

Is it the mind or the environment that determines happiness and sorrow?

About authors:

Boopathi & Srikanth brothers, a native of Rajapalayam, had a dream. As engineering graduates, they decided to invent a new sophisticated machine and be number one on the rich list in the world. They started a factory in Chennai. During that period, there were few automatic machines that filled and sealed milk and oil in bags. They have spent a year and a half of hard work and money to achieve in this field and have discovered new sophistication. Many in the press praised it. An oil company also placed an order with an advance of two lakh rupees. They began to design the machine as needed. Everything came together. Finally a little refinement was required. It has to cut the pockets evenly and separate them separately. That's the problem that made them cry! They worked hard night and day for forty days and exhausted. Thousands of rupees were also dissolved. The pressure from the ordering company was unbearable. They accepted the failure and decided to take rest and keep in silence for one complete day. Srikanth's mind suddenly tapped one idea when they were in silence without any thinking. That was a small change in the machine for just two hundred rupees. It works like a magic and the technology was successful.

Now the machine did not bring joy to the brothers at that moment, but gave a wise light. The solution that did not come when the object acted like fiery arrows of longing and pulsation, the magic we got when we were in silence. Among the iron machines, the wisdom found under the heated roof of the workshop! The text on the calendar hanging in front said: "What did you create to waste it?" That moment turned the brothers upside down. Going forward, Gnaneswara's interpretation of the Bhagavad Gita under the guidance of their mother changed life and elevated it above. The thirst for material possessions that the earth had been quenching, and the bonds of these other desires, had loosened. The willingness to travel like everyone was gone. They quit the industry in 2002. Gnaneshwar became a psychic guru. They started a new life. This book is the outcome of the clarity they received to all human beings.

Is it the mind or the environment that determines happiness and sorrow?

The belief is that one can live happily in this world with money and luxury life (environment). One more belief is that all is well if one's mental system happily accepts anything no matter what the circumstances. Is it the environment that determines man's happiness and sorrow? Or the mental system?, Let's do some research on that. While reading this, man's external circumstances such as money, position, fame, disease-free life, good husband, wife and children if everything is set right, the mind is automatically going to be happy, what is there to research in this? One may feel like that, However, the truth can only be known by examining the events we encounter in our lives as examples. Let's start the study.

Example: 1 – Food circumstance

Guru: A plate of meat is placed in between an orthodox person (who hates meat) and a non-vegetarian (who loves to eat meat every day) who are sitting and talking in one place. How will their minds feel?

Disciple: When the orthodox person sees this situation, he will be saddened with feelings like vomiting and nausea. But at the same time the non-vegetarian will be happy to soak in the saliva on the tongue.

Guru: what is the reason for the sadness of orthodox person and the happiness of non-vegetarian? Is it the meat or their own mental conditions?

Disciple: Both are normal until the meat arrives, So circumstances are the cause of sadness and happiness.

Guru: If 100% circumstance is responsible, then how one is happy and the other is sad? Is it the mind or environment that determines happiness and sorrow?

Disciple: When the meat comes, the mind takes it either comfortably or sadly. It is therefore the environment makes the impact on the mind and then mind takes it as happiness or sad. So it is the situation and the mind come together to determine happiness and sorrow.

Guru: The mind remained calm until the situation arose. But it was only after the arrival of the meat that it struck the mind and brought happiness and sorrow. So, it seems that the environment is basically attacking the mind and causing happiness and sorrow. But, it is not true, if well thought out, it is clear that the reason for the impact on the mind is not the environment, but the mental system itself. For example, imagine a person xyz who does not have any likes or dislikes with non-vegetarian food is also nearby the orthodox person and the non-vegetarian. In this case xyz is totally unaffected by the meat which means he will not feel so happy as well as he is not going to be so sad. I will prove this with one more example. Assume you are buying a new two wheeler and move on the road you will be getting impacted by many number of vehicles that has the same colour and brand which you owned. Why it is not happened in the previous day? It indicates that your likes towards the colour and brand in your mind has impacted when you move on the road and really not the vehicles impacted you.

Disciple: Yes. I am able to understand. While doing so, another question arises. Analysing the reason for the likes and dislikes in the mind, it seems that the environment in which he grew up is the reason. The reason he hated vegetarian meat was because he was born into a vegetarian family and was raised by his parents who taught him not to eat sinful food. Similarly, the reason why the aspirant wanted it was because his parents taught him that it is a nutritious food and it is good for the body.

Guru: No, the mind is fully responsible for the likes and dislikes that appear in the mind if one examines this seriously; It is obvious that it is not because of environment where one was born and brought up, Because the environment does not just teach only one thing but teaches everything. For example, the family environment teaches an orthodox person not to eat non-vegetarian food. But, school and in other environment teaches to be good. Then his mind decides what to do. Therefore mind is the whole cause and not the surrounding environment.

Another example is that the same teacher taught the lesson to all students in the same way in the classroom but not everyone learns the same way. They learn first-class, intermediate and lower class according to their mind. From this, based in which he taught the mental system it is clear that the learner is fully responsible. Not only that, I tell you the real event I have seen in my life, despite the fact that the environment (no light, no proper food, economic scarcity, persuasive dad) prevented my friend from studying, he diligently studied and enthusiastically becoming the first student in the school and became a doctor. Is it not the mental system decides how to handle the situation and not the environment ?.

Another real life event, parents force their child to eat meat, but failed. How environment is responsible if a child is not eating even when stressed.

Not only that, the mental structure is different between 3-year-old twins who were born and raised in the same environment. Therefore, the reason for a person's mental system is not due to the environment but his thinking. Moreover different people have different emotions for the same environment. That's why what one person feel happy is sad to another. Therefore It is the mind that decides happy or sorrow, not the inert environment.

The meat does not has any consciousness to decide. It is the mind that takes it as happiness or sorrow. So the mind is responsible for the happy and sad consequences. Since we cannot conclude with just one example, we will continue the study with more practical examples.

EXAMPLE 2 - RICH & POOR

Guru: A man lives very honestly and decently and becomes very rich by hard work. He is also a good man at heart and could rarely do any harm to anyone. Despite this his professional rivals completely eliminate his profession in an illegal way. Now that rich man is being pushed into poverty with no way to eat next meal. Now he regrets the tragedy that befell him. Is circumstance the cause of grief? Or his mental system?

Disciple: On the surface, it seems that the cause of his grief was not his mistake, but his circumstances. If you think deeply, you can know that the reason for his grief is the mental system he already had. After all, if it is true that the begging environment makes one sad, then it should apply to everyone. But in reality people are begging willingly. If you go to them and give them a place to stay and a job and call for a salary, they will refuse and make it clear that nothing like that has to come and bother them. It is better to live by begging than to live by working and surviving in their mental system. But the mental state of the rich is different. Begging is recorded as very difficult. Therefore, even in this context, it is his mental makeup that determines happiness & not the environment. This example can be compared to the meat eating example. The Begging environment can be matched to where the meat plate is, the rich can be compared with the orthodox person and the beggar can be compared with the meat eating people.

EXAMPLE 3 – NAME AND FAME SPOIL OR HUMILIATION SITUATION

Guru: A head of a village is very polite and passionate about serving the people. He treats everyone equal. He donated a large portion of his property for the benefit of the people. As a result, the people of the village considered him a deity and paid homage to him. Some who are jealous of him

planned to defame him, They make false allegations that he has raped a woman & imprisoned him. The foolish people of the village believe this to be true, the leader of the village is forced to humiliate by all those who worship him. Thus he becomes very sad. Was the cause of his grief the circumstances of his life? or his mental system?

Disciple - His mental system or his pattern of thinking is the cause of his grief & certainly not the environment. Because many people happily experience the same environment. Thieves, for example, are jailed and humiliated and imprisoned, but they feel happy. A thief's mental system says that working hard is sadness but losing prestige due to stealing money is not a problem. Therefore, even in this context, it is not the environment but their mental system that determines their well-being.

Guru: People might think only the great sages can enjoy the begging and humiliating situations. But that is not true because the beggar is not a sage but willingly enjoys the situation. Everything is the illusion that this mental system does. With the right understanding, with the right mindset, instantly we can change sadness into happiness

EXAMPLE 4 – DISEASE AND PAINFUL SITUATION.

Guru: A person feels sorrow when he is sick and suffering due to illness. Who or what is responsible for this suffering? Is it the disease or his own mind ?

Disciple: Please tell me the answer.

Guru: Even in this situation, the cause of one's grief is not the disease but the mental system. Because when a woman said she was suffering from hip pain and was having trouble even doing day to day work, her friend said, "I can't believe this, because you never said it was a pain when you walked around town last week and went up and down the shopping terrace. What is clear from this is that the woman's mental system thinks that the pain of doing housework is sadness and that the pain of going around the city is a pleasure.

And the remedy for disease through beating green leaves on the diseased person in the name of the god is an attempt to completely change the mental system. A mental system is that if she or he hits with the green leaves in the name of god then she or he will be cured of the disease. That is the reason why as soon as she or he hits with the green leaves, he or she says, "I don't feel the the pain". Also we never mind the body pain when we play in the play ground. Body builders and Gym goers has the pain but that pain is what makes them feel comfortable. Drinking hot tea is also painful. It is that pain feels comfortable and delicious. Therefore, it is the mind that determines the pain as happy and sad.

EXAMPLE: 5 - COLD ENVIRONMENT

Guru: A man suffers from cold when told to live in a very cold area. Is the cold environment the cause of this suffering? or his mental structure?

Disciple: I don't know.

Guru: Even in this, the cause of his suffering is his mental system and not the environment. Those who live in the same cold region are accustomed to that cold without being affected. So one's mental system is ready to learn to enjoy the cold, then there is happiness only.

Disciple : Here comes another question. That is, the accustomed mind accepts comfortably. The unfamiliar mind suffers. The environment helps to keep the mind cool. So it seems that the environment also plays a role in comfort as the environment accustoms the mind.

Guru: But if you think deeply does the environment accustom the mind or does the mind become accustomed to the environment? That has to be explored. No matter how many days a person stays cold, he will not get used to it if his mind is not ready to practice hating over the cold in his mind. On the contrary, if the mind does not appreciate hatred of the cold and begins to treat it as a challenge to enjoy, the mind will soon become comfortable in cold.. Therefore the mind has to get used to the environment and the environment does not get used to the mind.

EXAMPLE: 6 - TSUNAMI SITUATION

Guru: A person goes to the beach with his family to enjoy the sea breeze. Then the tsunami wave comes in front of his eyes. So he suffers mentally. Is the cause of this suffering a tsunami or his mental state?

Disciple: Again I don't know.

Guru: A person decides to commit suicide by hating life due to many failures in life. He is coming to the beach with the intention of committing suicide. Then the tsunami wave comes right in front of his eye. His mind happily welcomes this environment. Does this mean that the greater the desire for life, the greater the sorrow and the greater the hatred for life, there is no fear and feel happy to die. Here Tsunami does not have any role in deciding happiness or sorrow but it is the human mind which is going to encounter it has to decide? When asked this question to another person, he said that by the time the tsunami comes his whole mind will be thinking about how to escape and there will be no time to grieve. When asked what if there is no choice of escaping?, he said, "I would not feel so and would keep trying until the last second". From this we can see, One's mental system fights diligently even when it faces many failures. But another one's mental system is doomed to failure. So happiness depends on one's mental state.

EXAMPLE 7 – A TRUE INCIDENT, PUNISHMENT

Guru: A person from Srilanka faces a six-month government sentence. He cannot see the sunlight and kept in a darkroom and will be given less food just for survival because if he eats a lot then sleep a lot and will not undergo the punishment. Not only that, he should sit on a machine, it massages and relaxes the body and then gives a blow like a whip. That pain will be there for at least two hours.

Disciple - Can a man live comfortably in this environment?

Guru - That man proved that he can be comfortable with his thought pattern. That is, the first day made him very sad. So he decided to take revenge. He decided to deceive the government on a large scale and should not be caught at the same time. His sentencing environment was helpful

when it came to planning on a large scale, because it was quiet environment without disturbance from anyone. He started planning without sleep due to less food

He also said that the whip of the machine. It helped him in the following ways. To keep or increase his revenge feel which helped him from getting tired, Those who have experienced this punishment with will usually feel a six-month period like a six years when the sentence is completed. They also feels almost half crazy. But this Sri Lankan person felt the six-month period like a six days. He was more excited and refreshed. Just to prove that it is the thoughts or the mind is the deciding authority, I gave this example. I can give a right thinking pattern for this situation. If one knows the real experience is through mind or thinking, one can think what he like and enjoy within itself. If one is a devotee, he can sing songs on his deity and enjoy the bliss of imagination, no one can hinder him from creating and singing. He can plan to achieve his life goal and finally he can enjoy the whip with the power of the mind. Therefore, the mental system plays a complete role in determining one's well-being.

All the examples we have seen so far are very difficult situations. Since we understand that the cause of grief in these situations is the mental system, we can easily understand that it is the mental system that determines happiness in all other situations also.

EXAMPLE 8 - FIVE SENSES

Usually we think that a man experiences happiness and sorrow through his five senses. But, this is not true. This is because the senses or sensory consumer goods do not directly give pleasure or sorrow. These bring things to mind. Then the mind decides how to enjoy things (perceptual consumer goods). That is why,

- A. Eyes: one thing is beautiful to one and the same thing is not beautiful to the other. For example, one's favourite actress is not liked by another. The same can be said for modern art.
- B. Ears: One likes Carnatic music. Someone else likes folk songs. Someone else likes the sound of firecrackers.
- C. Nose: One is very fond of the scent of dried fish but some others dislike it.
- D. Tongue: Not all flavours are as appealing to one as they are to another. For example, a person likes bitter guard but other person dislikes it.
- E. Touch – The amount of heat or cold one can withstand is not possible by the other. Someone likes to lie on the floor but someone else is not so. So if the sensory consumer goods (external circumstances) are the only thing that gives pleasure then it should have been the same for everyone. But not so. Therefore, the mental system is fully responsible for the grief.

Subramania bharathy explores how the mental system should be so that one can only enjoy bliss forever and he explains it with the song "No Fear No Fear".

English Translation

1. Fear I have not, fear I have not,
Even if all the world opposes me,

Fear I have not, fear I have not,
Even if they judge me as the worst,
And tell things bad about me,
Fear I have not, Fear I have not,
Even if I am fated to live by begging,
Fear I have not, Fear I have not,
Even if I loose all my wealth & desires,
Fear I have not, fear I have not.

2. Even if well endowed ladies with bra,
Throw their eyes at me,
Fear I have not, fear I have not,
Even if dear friends mine,
Make me eat poisonous things,
Fear I have not, fear I have not,
Even if hoards of army,
With green uniform comes,
Fear I have not, fear I have not,
Even if the entire sky breaks,
And falls on my head,
Fears I have not, fear I have not.

The fact is that no force can make a person miserable if he lives with the above mental system

This is what Krishna says in the Gita. Here is an explanation given by Gnanadeva in the book Gnaneshwari: The hunter tied a rolling wheel to a tree to catch a parrot. The parrot comes and sits on it, and the weight of the parrot causes the top of the wheel to roll down. Thus the rolling parrot mounts on itself, fearing that it will fall to the ground, clinging tightly to the wheel, bending its neck and bending its upper leg, placing it at the top of its leg, which also rolls and falls down. Having difficulty resting like this, parrot thinks that he is bound to the wheel, the branches and leaves collide with him, but he does not let go of the wheel, clings tightly with his free leg, and finally the hunter caught and took away who has tied the parrot like this? So those who assume something that does not exist as true and keeps multiplying it, becomes an enemy to himself.

PURE MIND FREE FROM ADDICTIOIN AND AVERTION

We concluded that the state of the mind is the root cause of happiness and sorrow, if we analyse what is the corruption in the mind which make us feel sorrow, we find it is the likes and dislikes that we have created. We will try to understand this with the examples we have already seen. The first example can be understood as the cause of grief for the orthodox person ios dislikes for the meat. Other example, merchant or business man hate begging is the cause of grief. The so called beggar's like it gave them pleasure. If we examine other examples like this, we understand that the cause of happiness and sorrow is the desire and hatred in the mind. Let us now examine how the mind can be permanently happy without grief. The reason for Grief is due to hatred. This is understood better in the examples we have seen so far. Let's see how desire or addiction leads to sorrow.

It is understandable that if what is desired is not available then it itself becomes frustrating and leads to grief. If we snatch the meat from the person who loves it the most, the desire for that meat will turn into disgust and anger towards us. So we can understand that addiction is the cause of hatred. Therefore, desire becomes frustration and brings sorrow. We know hate brings sorrow. If the mind is to be permanently happy without sorrow, there must be no desire and no hatred. It is understood that without addiction and hatred the mind will not be sad forever. But will there be thrill? Let's see that too.

In the Bhagavad Gita it is said that a mind free from likes and dislikes is a permanent bliss. Let us see through some examples whether the mind without likes and dislikes is happy without sorrow.

EXAMPLE: 1 – GAME BETWEEN FRIENDS & GAME FOR MONEY

Guru: A sports team named Krishna with two friends who are ready to give their life for each other. There is another sports team named Kamsha who admire the enmity within one another. But, they will not reveal it. Krishna team friends challenged each other to win and started the play purely for the sake of fun and joy but the Kamsha team members challenged each other to win purely for money and started the play. Which of the following team enjoys playing the game throughout?

Disciple: Friends in Krishna team enjoys the play.

Guru: Why?

Disciple: In Krishna team, they will play each other without losing the love between them even though they play against and tries to win over the other. They play without arrogance. But Kamsha team members will play with pride and ego to win the match. Therefore, only those who play in Krishna team will play comfortable and enjoy throughout the match in spite of winning or losing the points.

Guru: Which team will show complete performance and maximum efficiency?

Disciple: I think it will be in Kamsha team, because hysteria or anticipation over success will drive them to speed. Excessive performance will be exposed.

Guru: In which team do players play with tension, fear and anxiety?

Disciple: Those who play in Kamsha team.

Guru: Suppose you are doing an act. Would you do well if you do that with fear and tension? Or do you do it quietly, happily, and well?

Disciple: I will do it well only if I am cool and relaxed in my mind. If done with fear and tension the thing will dissipate. So performance will only be better if it is done without tension.

Guru: In which game or team the tension, fear is more? Will it be in Krishna Team or in Kamsha team?

Disciple: In Kamsha team only.

Guru: Then why did you say that performance is better in in the Kansha team where you play with tension, fear and anxiety.

Disciple: Yes. Only now it is understood. Performance is best expressed in a friendly match in Krishna team that is played in a relaxed manner.

Guru: Let us see another example to understand this better. Take the example of Tendulkar playing a cricket match. Assume that he will take one run per ball in his performance. That means that Tendulkar has now scored 98 off 98 balls. Only two runs required to score century. Tendulkar should take only two balls for two wickets according to his ability, right?. How many balls does he usually take?

Disciple: Will take at least 8 balls or more or will get out.

Guru: Why?

Disciple: : Century get a place in history, fame among fans, and money through advertisements. This money, fame creates over-indulgence in century, subject him to tension, fear, anxiety and distort his performance

Guru: Will he play naturally at 98 runs?

Disciple: No. How can he play naturally when there is fear and tension

Guru: Now let's assume that he has scored a century. Then what will his game be like?

Disciple: His efficiency will be high. The mind is also relaxed without tension.

Guru: Why?

Disciple - Because he plays without any addiction to result.

Guru: When Tendulkar was 98, did it feel like a players in the Krishna team (friendly)? or like a players in the Kamsha team (playing for money)?

Disciple: In 98 he played like a players in Kamsha team. I understand better now. His ability was also reduced as he played with high expectations, tension and fear, like a players in Kamsha team?

Guru: After scoring century How he plays??

Disciple - Friendly Match like a players in Krishna team. I mean playing relaxed without any expectations

Guru: Do you understand now? Actually efficiency decreases if there is too much desire or addiction for win or addiction for price money. The mind also suffers from tension and fear.

Guru: Next, how will those in the Krishnateam and Kamsha team feel or react if they get a call for an important job while the match is being played?

Disciple: People in Kamsha team ignore that call and are addicted to the game with their whole mind. And they feel very hard if they happen to leave the game due to any compulsion. But people

playing in Krishna team, If they happen to leave for any important reason they will happily leave without any difficulty in mind. Each player will happily accept this.

Guru: Well .. Players in Krishna & Kamsha team, how do they deal with any health problems (headaches) while playing the match?

As mentioned above those in the Kamsha team will ignore it and continue to play with difficulty. But Krishna team players will walk away relaxed.

Guru: Well, if the opponent hits a shot efficiently while playing the match, how will those in the Krishna and Kamsha teams deal with it?

Disciple: People in Krishna team enjoy the skill full shot and at the same time focus on how to handle the shot with the whole mind. But Kamsha team players will handle it with disgust without enjoying that skill full shot.

Guru: Well, if the opponent players cheats in the match, how will the people in the Krishna team and Kamsha team take it?

Disciples - Those who are in a Krishna team will reprimand the opponent at the same time without being affected by any mishap. But, the players in the Kamsha team can turn it into a huge hit and end up in a big disaster

Guru - how the people in the Krishna team and Kamsha team think weather opponent player should be very weak or competent?

Disciple: Krishna team players will think that the match must be skill full and balanced in order to be enjoyable and thrill full. But players in Kamsha team will think that the opponent should be incompetent because the game is not important to them, success is important to them

Guru: playing like a Krishna team is easy to play? or playing like a Kamsha team is easy to play?

Disciple: Playing like a Krishna team players is easy. The reason for this is relaxed, happy and without any compulsion & without tension,

Guru - Do you understand now? The importance of the mental system with a Krishna team mentality.

Disciple - Yes. Well understood. Because this is where perfection and happiness comes from. More ever, whatever happens in the match (failure, cheating ...) can be harmless. Also we can able to enjoy the opponent's game as well.

Guru: Now suppose you have an environment where you have to play a match, but the opponent is waiting to play with the Kamsha team mentality. Will you now take on the Krishna team attitude or the Kamsha team attitude to play?

Disciple: I will face the play with psychology for a Krishna team, because I have to expose my full potential to my opponent and at the same time no matter what happens (success or failure, disappointment), I will be relaxed and enjoyed.

Guru: That attitude of Krishna team is the best example of a mind free from likes and dislikes. Now, as stated in the Bhagavad Gita, it is understood that a mind free from likes and dislikes can be eternally happy without sorrow? Now if you put Krishna team attitude into practice, you can live a lasting pleasure with a mind free from likes and dislikes. To achieve this attitude, we have to think of everyone as friends even if others think of us as enemies.

Guru: Attitude we discussed through Krishna team and game has to be correlated with the life.

Disciple: Please explain in detail how to apply this Krishna team game attitude in our day to day life.

Guru: Yes, the life is also a game or the play of God. Everything in the life is a game. For a child, trying to walk & talk is a challenging game. For students gaining knowledge is a game, for mothers cooking and housekeeping is a game, for fathers earning money is a game, for police catching thief is a game, for doctors curing disease is a game, for engineers inventing machines and constructing houses etc is a game. Like this, world is full of games only. Krishna team attitude is extremely essential to do all this day to day activities with more efficiency and with more joy. In this attitude, nothing is negative in this world. Thieves, robbers, killers, peoples who always give trouble to us are not negative persons, they are all mandatory to have the game in our life. We should consider them as opponent team players and without missing the love we should play against them. There cannot be any game without opponent team (people who act against us).

Therefore Loving All , The concept of all religions and Gita is not difficult to achieve in this attitude, because hatred can come only when we consider something as negative but here in this attitude nothing is negative therefore loving all is very easy to achieve.

God explains in Gita, Karma yoga as an example to have a right attitude. It means one must perform his duties with full responsibility to achieve the result but at the same time, one should not addicted in result as it is governed by innumerable number of factors. He should accept the result whole heartedly as a gift of god and should proceed to do the procedure again. For example, your son is in wrong path and you wanted to make him into right path. You should joyfully do the procedure of advice and your mind should completely filled in doing the procedure of action and should never bother if your son doesn't follow your advice. In Krishna game attitude, our aim is to have joy in playing the game and the result never hurts. But if you are addicted to result, then it will become Kamsha game attitude wherein you lose not only your efficiency of your actions but also you feel only sorrow.

Simillarly in selecting your profession or a business one must select based on his talent to enjoy the profession and not based on the profit or name & fame etc. Instead if you select based on the profit then you will not perform well and there is no joy.

Unexpectedly due to some reason if we need to be separated from a close friend or most liked objects, Krishna game attitude will take it easy, But in Kamsha game attitude one cannot digest this situation.

If someone cheated in your life, In Krishna game attitude, you will not get affected and able to be relaxed. This gives as strength to think and to do next actions efficiently to handle the problem. Bot in Kamsha game attitude, it will end up with a very big fight with full of suffering.

Finally in Krishna game attitude, we always think how to tackle the problems in the life with more enthusiasm and challenging and we never blame or hate any one resulting in tension free, cool and relaxed mind.

In the future you have to act with the attitude of being in a Krishna game attitude (friendly match) no matter how small or big the action is. This is what Gnanadeva says: "He who is not tired of actions (karmas), and who has no addiction for result of those actions, and has no feeling, " I will do this action and I will end what I have started to do". He who has sacrificed all his actions in the fire of knowledge, he is considered to be the god incarnated as a man.

EXAMPLE: 2 – ATTITUDE TOWARDS OUR NEIGHBOURS

We usually have no liking or dislikes with the neighbours . Let's see it with an example.

Guru: It is a news item published in a newspaper. More number of elephants maintained in the state of Kerala for the temple festival in Guruvayur. Elephant sheds have been set up in such a way that a small house for elephant man (one who maintains the elephant) is attached with every shed. The following is the incident took place in one such shed.

One of the elephant man who had newly married and had a nine months old crawling baby. The wife of the elephant has no knowledge on elephant. On that day, the elephant man left the house for some other work, and his wife was doing housework inside. The crawling baby was slowly crawled towards the elephant unknowingly, the elephant understood that the baby would be in danger if it came near, therefore elephant kept her legs, trunk and tail still. The kid was creeping and crawling and sitting in the middle of the elephant's four legs. After a while the mother came out in search of her missing child and saw her baby was sitting between four legs. Before I proceed the story let me stop now and ask a question to you. What the mother would have felt?

Disciple: The mother would have been shocked to see that the baby was in danger. Due to high desire for the baby and as she was not accustomed to elephant, anxiously she would have tried to save the baby.

Guru: But in great shock she fainted in front of her house. How would she behave if she had the neighbour's baby in the same scene?

Disciple: Definitely would not have fainted in shock. The mother would have done something on her own initiative.

Guru: With this example, we can know that if there is more desire, active talent will fade like in the Kamsha game attitude (bet match). Due to excessive desire for her own child, she not only left her baby from saving but also did harm to herself. At the same time, if it is of neighbour's child, she was able to perform the act of saving more efficiently like in the Krishna game attitude.

A similar show took place at my friend's house. That day is Karthik Deep Day (the day all Indians will light a number of fire lamp and place all over the house). The incident took place that evening when seven-year-old girl child was lighting the lamp at home with her mother. Mother is lighting lamps in one hall, the child is trying to lighting the lamps in the other hall. She was wearing a long skirt. When she lit a lamp, there was one more lamp on her back side fired the long skirt of the child. Unaware of

this, the child is moving to the next room. Fire Spread throughout. Then the baby screamed in the heat. Do you know what her mother did when she saw this?

Disciple: Is she also in a trance?

Guru: No. But she ran towards the baby with a scream and fainted as she hugged the baby. The mother-in-law heard the screams and came and put out the fire and saved both of them. The baby's thigh burned and after a week of hospitalisation wound healed. What would the same mother have done if she had seen neighbour's child burning instead of her own child?

Disciple: She would have done what her mother-in-law did. The overwhelming desire she had for the baby had paralyzed her.

Guru: I will tell you one more show. A housewife made a noise in the kitchen. Hearing the shocking noise neighbour friend came running and fixed the problem when the gas cylinder leak out. Another day a similar problem occurred at that friend's house, to the shock of the friend, she went and fixed it. What do you know from this?

Disciple: I & when it comes to mine, the more addiction leads to less efficiency in the mind tends to suffer greatly.

Guru: when someone is searching for an object anxiously that he is most interested in, he is unable to aware the object in front of his eyes. If the same object belongs to the next person, we will relax and try to find the object using our full potential.

Is the absence of likes and dislikes is similler as inert as the wood or is it a more comfortable?

Disciple - Absence of likes and dislikes is a permanent pleasure. At the same time it keeps you active and efficient while acting. Definitely not like a wood which does not have any feelings. Infact presence of likes and dislikes is living like a wood. Tendulkar goes for inertia in a tense situation with 98 runs scored. As well as the addictive mother goes into inertia

EXAMPLE - 3 ENJOYING A PARTY

Guru: Suppose a person with likes and dislikes & a person without likes and dislikes goes to a party. How they create food if you go to a party?

Disciple: In the feast, first the lentil rice, then the sambar rice, kaara kuzlambu (tamil dish with more pungent in taste) rice, the rasam rice, the payasam and the butter rice are served in that order.

Guru: What is the taste of each?

Disciple: The lentil rice has a slim taste, the sambar rice is slightly pungent, kaara kuzhambu is more pungent, the rasam is sour, the payasam is sweet, the curd rice is a different taste to the tongue.

Guru: He who has no likes or dislikes comes to the feast first. In what mood would he eat?

Disciple: One who has no likes or dislikes will enjoy everything from lentil rice to curd rice.

Guru: but the person with likes and dislikes cannot enjoy like this because when it comes to liking, hate comes automatically. For example if he likes sweet then automatically he will dislike the other taste, but in a feast they will provide all dishes with all tastes. He has to eat at least little little without any interest and wait for his sweet turn to come and that alone with more joy.

Disciple: Yes.

Guru Now which of the two enjoyed the feast better?

Disciple - The one who has no likes or dislikes enjoys the feast to the fullest.

Guru: Now you must imagine this feast example with your life. Various situations give various tastes in our life. Enjoy all the situations as you enjoy all the tastes in the feast. It means success, pleasure, profit, and health can be enjoyed and tasted like sweet dishes. At the same time, you can enjoy the conditions of failure, suffering, loss, disease can be tasted like a pungent dishes. If there is no liking or dislikes then one can enjoy all situations equally but If you like success, pleasure, profit, health etc. then it will automatically leads to dislikes in failure, suffering, loss, etc.

Disciple – Guru, I have a suspicion. As you say the complete comparison is that the one who has no likes and dislikes is the one who enjoys it forever. But he who has only a desire for sweet taste, that is, a passion only for success, pleasure, and profit, will hate when other tastes come and spoil them. If the mind is full of longing for sweet taste, then he can enjoy more pleasure during the time of sweet eating alone than one who has no liking & hatred for sweet. So the one who has likes and dislikes for a moment of sweet eating is more happy than the person who has equal feel for all. It seems to my mind that I can suffer to any extent to enjoy that superior pleasure even though it is momentary. Is that right?

Guru: Is sunlight too bright? Or Is the lightning light too bright?

Disciple: Eyes glaze over in the light of lightning. The eyes do not glare at the sunlight. So I say in my experience that lightning is high.

Guru: Have you seen lightning during the day?

Disciple: Never seen.

Guru: Why?

Disciple: Because lightning disappears in sunlight.

Guru: If lightning is not visible in sunlight then sunlight is more brighter than lightning light.

Disciple: Yes, I agree.

Guru: one should always believe not only in experience but also in knowledge in any matter. Just because you were in the dark, you misunderstood that a sudden flash of lightning is too much light. In the same way, longing for food (success, profit ...) is equivalent to being in the dark. So you misunderstand that when it comes to food, you get more pleasure like you misunderstood lightning is more bright. In fact, if you do research, you will understand that it is just a relief from suffering and it not bliss at all. But a person without likes and dislikes never has any grief to relief but he

always enjoys the real bliss like sunlight. Therefore, even in the moment, the one who has no likes and dislikes is in the highest bliss. To understand this better, when eating sweet, one half of the mind of the person is experiencing the taste but the other half of the mind will deliberately continue to think of this food like will I have it again? Will it end soon? etc.. But the one who does not have likes and dislikes will enjoy it wholeheartedly while enjoying it without any expectation or fear. Therefore he who has no likes and dislikes attains permanent bliss. Longing is a kind of dizziness. In that unconscious the senses are also unconscious. Therefore the experience is not fully available.

Disciple: I understood that the state of being free from likes and dislikes is eternal bliss. I also understood that the pleasure of experiencing like and hate is erotic.

EXAMPLE 4 - HOW A DIRECTOR MAKES A FILM

Guru: A film director spends millions to make a film. How many of the main characters does he put in that film?

Disciple: He lays down three main characters. 1. Villain, 2. Heroine, 3. Comedian.

Guru: Why Villain and Comedian are joined to the film?

Disciple: Only then the film will be interesting, and thrilling.

Guru: When a director makes a film, how he enjoys every event in the film, whether it is villainous or humorous. Similarly one must enjoy the villains and idiots who come to life. Villain and comedian are enjoyable for anyone who know how to enjoy. But if you put too much passion on heroism you will definitely hate the villains and comedians who come to life.

The hero and villain in the movie are the same until the last. But in the Life movie, the hero becomes villain for sometimes and the hero becomes comedian for sometimes. Our life so thrilling because one cannot even predict who is the hero?, who is the villain? & who is the comedian?

Everyone has three qualities (characters) within each of us. The hero (Satvam), villain (Rajas), & Comedian (Tamas). If we understand this, naturally we can dispel our likes and dislikes. For example, in the Tamil film Anniyan, Nasser (the psychoanalytic) while examining the hero of that film, Ambi (comedy character) first appears in him, that time heroine of the film feel pity about him. Next Remo (lover) appears in the hero, suddenly she (heroine) express shy and happiness and finally when Anniyan (villain) appears in the hero, she express fear and sorrow. One should not do the mistake did by the heroine in that film.

Heroine wrongly assumes assume Ambi, Remo & villain are permanent in them that is why she caught in likes and dislikes. She gets addicted to Remo and she hates villain Anniyan. But if we don't forget that the these three characters are combined in one personality, then we will never caught in likes and dislikes because when Remo appears we will see the Anniyan inside the Remo and therefore we will not get addicted to Remo. When the Anniyan appears we will see the Remo inside the Anniyan and we will not hate him. If we understand that everyone in this world are like this combine personality then we will like or dislike anyone in this world.

EXAMPLE 5 - TEACHER AND STUDENT

Guru: Take the attitude of the best teacher of a class as an example of the best mental state without likes and dislikes. The teacher treats equally in the class 50 students. For example if a student gets a good score, that student will be praised without any addiction in his mind. If a student gets a bad score, he will be punished without any dislike in his mind.

But if the son of the same teacher get good score, he will be very happy with the pride but if his son score bad marks, he will find it very difficult considering it as a shame. What do you know from this? It is understandable that likes and enters when the feeling of I & mine prevails.

EXAMPLE 6 – DREAM

Guru: how will be your experience when you able to feel the dream as dream during the time of dream?

Disciple: Please explain in detail.

Guru: For example a tiger chases in your dream. You are running. What would a sense of fear be like if you knew it as a dream when you are running in dream?

Disciple: At first I was scared to death in a dream when the tiger chased me. At the same time I would definitely not be afraid if I knew in my dream that it was a dream. I would be running with pleasure assuming as the game.

Guru: He who has no likes and dislikes will face it in the same sense without actually being afraid and affected by the sufferings that occur in our lives. If you get a promotion, money or fame in a dream, what would that experience will be like, will it still felt like a dream?

Disciple: When I doesn't knew it was a dream, I would loved it so much and was so proud of it.. If it had been understood as a dream while I was dreaming I would have accepted the same action as the game and I experience it without any addiction

Guru: similarly, a man of wisdom feels if it happens in his real life.

EXAMPLE 7- EQUILIBRIUM OF LAND, WATER, AIR, SKY, FIRE

Guru - If you realize that land, water, air, sky and fire are showing their love equally to all, you can realize the balance of nature. What is character of fire?

Disciple: Fire does not change with anything and whatever comes to it will turn into fire. Fire does not discriminate against anything. That is, whether it is small, big, rich, poor, educated or uneducated, it will burn everything that belongs to it.

Guru: Well, what is the nature of water?

Disciple: Whatever comes to it, it is ready to loss its nature and become that. For example if you pour milk in water, the water becomes milk. When mixed with poison water becomes poisonous.

Guru: In the life, one must follow the principle of fire or water in one particular scenario. For example, a honest police officer will punish social enemies for disobeying them like fire and bringing them to his way (honestly). But the same officer needs to know that if he leaves his fire attitude

when his own son becomes a thief and if he change his attitude like a water, he will lose his balance and become trapped in likes and dislikes.

And let's assume that the other person is very patient and adaptable (in the nature of water). He must understand that if he behaves in this way with his children and relatives must express the same character (forgiveness like water) to his enemy also, otherwise he is out of balance. It is an example of a mind with likes and dislikes that behaves like fire to one and water to another in the same matter. An example for a mind free from likes and dislikes is treating everyone equally like a water or fire (according to his character) in the same matter.

And we can see through some examples, how a person who does not has like or dislike will behave in certain situations that happen to him.

1. A woman finished MBA. She is the only woman in the house. She is from middle class family. So got a bank loan and completed MBA. She went to work after graduation and paid her loan in two years and then married a London groom at the behest of her parents. After moving to London, she passed an interview with a company and got a job with a higher salary than her husband. Then she made a decision. She told to her husband to send his full salary to mother-in-law's home. She ran the family on her salary. She returned to India after two years. Then she found out that the coconut grove near her husband's farm is coming up and told her husband to buy the land with the money we sent for two years. The husband also told to his father. His father told him to buy it through wife's money as she was earning more salary and claimed that the money he sent was enough for family expenses?

When the wife came to know this matter, she was little shocked but managed and accepted anyway. After that, she decided that she could buy it with her own money and asked him to register the land in her name. The husband goes to his father and told him this. On hearing this, his father was angry and shouted, "what is the problem in buying in my name? will I take your money?"

Husband told the matter to his wife. Having understood the weakness of the husband she decided to talk with father-in-law. She went and raised some questions against father-in-law. Father-in-law got angry and raised his hands to threaten her but she boldly tried to raise her hand to defend herself. This increased Father-in-law's annoyance and he attacked her. At that time the husband is not at home. Four members in husband's side were inside the house joined together and shouted her. Somehow she escaped from that place and came to his house. She thought about what to do next in this matter. In the house of father-in-law, they expected she would come with police and prepared for that. The next morning, she went to the father-in-law's house with an auto all alone. Four members from husband side saw this and shocked to see her back alone because they expected that she would come with police force.

She entered the house and told, "I am sorry for all of you" & fall on the legs of everyone. They stood with more astonishing. She said, "I have not taken my breakfast" and went to kitchen. She put two idlis on the plate and ate. They all looked up without understanding. Then she started to talk. "First of all, I did wrong, my first mistake was sending all my husband salary to you. My second mistake was my angry with you. I am going to put my husband salary and my salary in a Joint Account so that we cannot take any money without each other's permission. We will send rs 10000/- every month. If you need more money, I will send only if it is important. If you obey for this agreement, please send

your son to live with me. Otherwise ask your son to divorce me". Having said this she came back to her home. In this event, wife is a girl who is free from likes and dislikes in his mind. This kind of people will never look for the others mistake but look for their own mistakes only. They never hesitate to ask for forgiveness if they feel they did a mistake. She is still ready to satisfy their (father-in-law's) need indicates that she did not had any dislikes for them. She made such a bold decision indicates that she is also not addicted to anyone including her husband.

2. A woman returns after hearing the explanations of how the desire & dislikes collapses harmony. When she went home, her husband was working busy with laptop. He asked a glass of milk to drink. On hearing this she took the milk and put it on the side of his laptop and went into the kitchen in a hurry. The husband who does not notice this knocks the milk. Milk is poured on the laptop and the laptop smokes. When he saw this, he became very angry and started shouting at his wife, " who told you to place the milk here. I lost not only laptop but also very important files inside and I lost hours of work I made till now etc." wife in the kitchen heard it. She remembers being told about the attitude of how a director would make a film. She immediately thought of herself as a director and started to enjoy her husband's (villain) role (without hating). Then she notices something. That means the price of this laptop is Rs 50,000. She also notices that the project he had done for ten days since has been in vain. Then her mind first realized her mistake of putting milk near the laptop. Then she said a word of apology to her husband. The husband is surprised to hear this. Because if he had said a word before, In response she gets angry and says four words.

Then after an hour of relaxing she told him, " I realized my mistake. In the same way you also try to realize the mistake of whipping the milk". What we can learn from this is that a mind free of likes and dislikes can fully understand an event and its consequences. Similarly we find fault on our self also and get ready to ask for apology without any hesitation.

3. Let us see through two practical examples how the mind in likes and dislikes suffers by magnifying the problem. There was a Husband & wife. It is normal for the two of them to have frequent fights. The wife was very skinny and sick. They had two children. Son was in age 20 & the daughter was in the age of 15. One day they had 10 to 15 people sitting in the hall for a function at home. Then his wife went into the kitchen to serve them snacks. Seeing this, the husband quickly followed and went to the kitchen & locked the door and was shouting to his wife asking what was the hurry to place snack. She argued and told that what she was doing is right. Their fight intensified as usual. At one point, the husband went an anger and picked a vessel and thrown on a stone nearby her. She misunderstood that husband tried to attack her and she leaned down and shouted. The son came into the kitchen hearing the mother's voice. Mom leaned down & was crying. Dad was standing on the side. The truth was twisted by his wife. When her son saw this, he looked at his mother and asked what had happened. Out of hatred for her husband, the mother told her son to look at the pot how it was bend by his dad's beat on her.

When the son heard this, he got very angry and slapped his father by believing his mother's words. Father immediately got more anger and left the family. Five years later she confesses the truth to her son (the fact that father did not throw the pot on her mother) and brought back him to home on behalf of daughter's marriage. What we need to understand from this story is, if the wife had been relaxed without her likes and dislikes, when the husband lifts a pot she would understand easily that he would hit her as he never did it, but understood the quality of her husband getting angry and

throwing something down. She would have been relaxed without making a noise. The son would not have come inside the kitchen if she had not made noise. The problem could have been solved. Now if the son did not have the likes and dislikes he would have asked the mother where she got the injury. If not, he would have asked his father why he hit his mother like this. Dad would have casually said I didn't hit Mom. The problem would have been over by then. Now if the husband had been free from likes and dislikes, without getting angry when his son slapped him, he would have kept telling that there was no point in their son getting angry by telling the truth. The issue would have been over by then. What this means is that if someone in the family had no liking or hatred, the problems would not have gotten bigger and harder.

4. In another example at the train station how problems went away due to likes and dislikes. One day we were sitting at the train station. The train that was standing on the opposite platform started to take off, after a few seconds a woman and a man quickly got off the train and got down. The

woman screamed and ran from this point to that point on the platform. Her husband was also running behind. The woman stopped and asked what the matter was. Her husband said that they could not find their five-year-old child inside the train when the train departed. The train was leaving the station. We asked him if there was a chance the baby would be on the train. To which he said he did not know. But his wife was crying so much that she could not hear the question we asked. From this, if there is likes and dislikes, we have to cry and lament in anxiety without knowing what we are doing. Had the same woman not been in the likes and dislikes, she would have first caught the chain of danger and pulled the train to a halt. She would then have searching inside the train and searching on the platform. She would told everyone the identities of her child and asked if anyone had seen her. But she did not do that but screamed and running on the platform. No one on the platform understood why she was crying. It is important to understand that crying is of no use and that it will hinder the child's recovery.

The sage said, "Whoever does worldly affairs like the world outwardly, and stays in the divine experience and is immersed in it, he does not put his senses in order, nor is he afraid of seeing things, but the deeds described to him.

Whatever he has to do, he will do it all. He is not a coterie of karmic organs, he is only subject to their strains. The filth of ignorance does not cling to him because he does not appreciate a desire. Like a lotus leaf twisted from water to unrelated to water, he would have clung to things. Though he may look like others immersed in samsara, he will be as unmoved as the sun reflected in the water. Although he appears to be just like the others at first glance, on closer inspection he cannot figure out what is on his mind. Know that the one who is found to have such marks is the one who is freed from pleasure and he is the most celebrated yogi in the world. "(83)

PROUD

Let's think about what is pride.

Guru:

1 BEING GOOD (to be good for ourself & god)

2. FEELING GOOD (Being happy)

3. LOOKING GOOD (looking good to the eyes of the next person) These are three types of qualities. Which of these would you like to choose?

Disciple - I want to be good for myself but at the same time the other person should also look good at me.

Guru: Only one choice is given, what would you choose?

Disciple: How I look for others is more important than how I look to me.

Guru: Why?

Disciple: Only then I will gain my value and respect from others so that I will be happy. Otherwise, I will suffer if I lose my value to others.

Guru: Feeling Good. That is, does the happiness come when we are good, or does it come when we are bad but look good in the eyes of others?

Disciple: We do not get happiness because we have a fear of when the truth about us will be revealed if we are bad and look good in the eyes of others.

Guru: So we have to be really good rather than looking good to the next person. We will now see what will happen if we expect to look good in others eyes

Example 1, There was a person who was working as a higher official in the government of India. Many people used to visit him and saluted him with more respect to get their work done. He remains intoxicated with the same respect and felt more proud about himself. After his retirement he still assumes himself a great person expected respect from everyone but none came to visit him and none saluted him. This made him irritated. He felt more anger with all people. He wanted to take revenge. He had a house in an apartment. He started to do some strange things to turn the attention of people towards him. In the early morning 3 o'clock he went to the overhead tank of the apartment and closed the main valve which supplies water to all the houses in the apartment and came back to his house. People woke up and found that the water was not coming on the tap. They felt very hard and managed somehow with the help of mineral water and everyone left to the office asking the Watchman to see what went wrong. After that this retired man went to the watchman and told that he himself had locked the main valve and asked him to open the valve to solve this problem. Also he told watchmen to tell everyone that he only did this action.

When the people came from the office, Watchman told everything to them. They are all shocked to listen to this and went to the retired officer's home and asked why he did like that?. For that, this retired officer told to everyone, " yes I only did it because you have totally forgotten to respect me. To prove the importance and presence of me, I did all this things I will also do this kind of things again and again if you don't respect me". Apartment people were unable to understand him but without knowing the solution they went their houses.

Next day he parked his car into another person's area so that they can't keep their car. When the other person asked about this to him, he started quarrelling. The other person left the place and was complaining to everyone in apartment telling this strange attitude of this retired person. when the retired person came to know that everyone in the apartment are talking about him, he felt very happy and started feeling that the

people realised the importance of him.

One day retired officer's wife ask this man to go and pay the electricity bill as he was remain idle always, but the officer got huge angry and assumed himself that the people inside the house itself were not respecting him. He thought to teach lesson for them. In the early morning, he did hide some important kitchen equipment and kept silent. His wife suffered a lot in search of this material. Finally after 2-3 hours he gave that material to his wife and told that he did this because she had not respected him.

As it happened continuously, they brought him to the psychiatrist he examined him and finally found out that he has been affected from the disease called attention seeking syndrome and the doctor gave a counselling to the apartment members and family members. Doctor told that there would not be any problem if the family members and everyone in the flat must talk loudly about the greatness of him from time to time and greet him when he comes and goes. The same thing has been followed by the apartment people and the house members and everyone was happy now. Understand now, how foolish and addictive it is to be addicted to self-esteem?

Disciple: Yes, I understand. The retired officer goes a little higher than everyone else and falls ill with attention seeking syndrome.

Guru: Do you have attention seeking syndrome or not?

Disciple: No.

Guru: Everyone other than the sages has this disease.

Disciple: How?

Guru – None is today think what it is suitable for him & without bothering about others. They keep on wondering will the things attract the attention of others or not. Ladies for example, When it comes to picking up a sari, women tend to think about whether the sari will attract the attention of others or not, instead of thinking whether it suits them or not. Is that true?

Disciple: Yes. I Understood now. They also have attention seeking syndrome.

Guru: People while building house, their primary aim is to attract the attention of others without considering their capacity and their own taste. Similarly, buying a car, choosing an engineering college course, starting a new business, buying a home appliance (fridge, AC), buying jewellery, going on a honeymoon, their focus is to attract the attention of other person. Whether it's a luxury wedding, a birthday party, a party in general, a school, a college, a lifestyle setting, they never look at what is suitable for them, what's best for them, what's their interest etc. Is this true?

Disciple - Yes, it is true.

Guru: Spending thousands without even knowing to use using a cell phone is purely a mental disorder. Let me tell you one more event. A mother came to me and asked to advice her daughter who was in love with someone. Even though I was not interested to give advice for her, I went to explore the nature of her mind and to find out on what basis she is in love with a guy. She said,

“we both are studying in the same college. We went on tour from college. 20 students and 10 female students were participating in the tour. We the boy & girl students stayed separately at the tourist destination. At that time student leader (a boy) came to our girl students room to give some information as per the advice of his teacher. We (girls) in the room listened to the information he gave. As soon as he left, all girls in the room except me were attracted towards him and were talked and praised about his physique. They look at me and asked about my opinion on him. But I did not like him. For me he looked normal. Then the next day when that boy came to our room to give information, he is inspired on me and gave information by looking only at my face. Fellow students already liked him and told, “ We long for him but he did not look at us but he just likes to talk to you”. They look at me and said I am very lucky. I was so proud to hear this. He attracted the attention of my classmates but he was attracted towards me again and again. My mind also inclined towards him when my friends keep on praising him. This is how we become lovers.

From this it is clear that she makes the major decision of her life for the sole & only reason was the guy attracted attention of others. She does not mind her preference, interest, taste, merit, & capacity even in the matter of handing over her life. How much attention disorder is prevalent among the people!

Example: 2 A boy of 9th standard was very quiet. Attention disorder prevails in him. Fellow students do not get close to him because he is quietly aloof. Ramesh felt that all the students are attracted towards women, because most of the time the students talked and admired about women. If a girl smiles or looks at a boy, they thought of it very proudly and talk about it. Ramesh noticed this too. Gradually a thought prevailed within him. If she had been born a woman, she would have been able to attract the attention of others. He thought that being born a man is the problem. When he reached 12th standard, the talk of fellow students about women became more and more intense. He decided to become a woman to get the attention of everyone. Then he went to college. There he

tried to change his style & started acting like a woman by reinforcing the idea that he should become a woman. He changed his voice like a woman's voice. He grew hair like a woman. By the time he finished college he almost behaved with the woman's attitude. Then he met with a new problem. I.e. Very little students who are already a little accustomed to him were also moved away from him. Not only boys avoided him but girls also do not accept this either. So he got very upset because he was unable to get anyone's attention. Do you understand now how seeking proud makes one suffer?

Disciple: It's amazing to see this looking good triggers someone to the point where one can transform themselves into woman.

Guru: There is no difference between our attempt to change our nature and engage ourselves in that matter like building a house, taking a course, starting a new business, marriage like the one mentioned above and the story where Ramesh transforms himself into a woman.

Disciple: Yes.

Guru: Let us see one more example. His name is Sarathy. While studying +2, he got into trouble with a fellow student and attacked him brutally. The other students who saw this were frightened and moved away. He thought this is an honour for him. Similarly when he is studying in college a fellow student did not respect him. He beat that student also to satisfy his attention seeking syndrome or looking good. The students were afraid to look at him, this makes him proud and started beating students no matter what. It went to an extent many complaints went to the police station before he completed 3 years. He then reveals the same quality to everyone after he finishes college. He raises his hand without realizing it.

After some time his character becomes a problem for himself. He has thrown out of job. When he went to a place where friends and relatives gather, they left immediately due to afraid. So he was isolated and suffering. Then he understood. He felt inside, "I thought that everyone respects me, but everyone hates me and avoid". From this story it seems that everyone suffers from attention seeking disease by imprisoning their own life.

Let's see what kind of understandings can make this disease cure. How inert is society when it comes to measure the respect. Let's see in detail. Two different people living on the same street in the same town think negatively in terms of respect. For example, a woman who does not come out of the house and go by the car or auto if it is very necessary. Because she thinks this is her honour and respect for the woman. But the housewife in the next door who lives on the same street thinks that if she is inside the house always & go only by auto or car, then she will be treated as egoistic and moody character by everyone. Who determined that this is respect and this is not respect?. Is it decided by the society or one's own individual mind?

Disciple: That are determined by their minds.

Guru: It should be understood that the society has done nothing in this. And if a beggar begs in a street, is he renouncing pride?

Disciple - Yes, he begs because he renounces honour.

Guru: No, you are wrong. When he begs, if you put 10 paise, how will he deal with it?

Disciple: He will give it back to us.

Guru: Do you understand anything from this, he does not feel ashamed to beg. But getting less penny seems like a shame to him. So he too caught in the game of honour, disgrace, dignity, and attention seeking disease

Disciple: Yes.

Guru: It does not seem a shame for a beggar to beg but others who live on the same street feels begging is disgrace. Which one is disgrace is decided by their minds only and not society. There was a prostitute. We think that only the one who renounces respect & pride can do this business. But the situation is different. A word that the prostitute said to her cousin was different. She said, "I want my daughter to be groomed by presenting all materials properly, If not, I'm ashamed." What does this mean? She thinks it's a shame if her daughter marriage has not done properly indicates expects respect from others even though her profession is prostitute.

I tell you another story. I went one day to hear the noise of a big fight on the street. It was a big ground. There were about 50 people gathered at the ground and a group of people from the same race were fighting. When I went there, I found 15 feet away a dozen people were watching the fight. One in them says to other, "Just stand here and watch. Do not go to the place of fighting because people will think bad about us & include us with fighters. But amazingly the people who watch fighting nearer to the place of fighting said to each other on seeing the people who watch the fight 15 feet away, "they are all cowards standing like women and watching from distance". A group of two and a group of four makes a noise loudly & try to hit each other. One person in a group of 2 people told another person, "You calm down a bit. There are four of them. It is shame on us if they hit". But the other one said, "No, it is shame to accept the failure & obey with them". One more person feel proud of himself in trying to get peace among them. One of the person in fighting proudly announces that he is rowdy. Someone in the crowd feels disrespect to all of us if we fight within our caste. For him, it is not a shame to fight but fighting with in caste is shame. What do we learn from this?

Disciple: It is an honour for someone to stand at a distance and watch fight. For someone else it is honour if we watch the fight nearer. For one getting beaten up is dishonour but for the other, beaten up is not a matter but standing against is the honour. And for one, the honour is trying to avoid fighting. Someone thinks it is pride to be a rowdy. That is to say, they belong to the same street and each has a rule of thumb that it is an honour, it is a disgrace. It is understood that society has not determined that this is a disgrace.

Guru: you understood well. Let me give one more example, everyone who goes to the same wedding thinks differently that this is the pride in dressing style, make-up, putting on jewellery, manners and speaking. Asked what criteria society has set for this, everyone will say what they think is the norm. They themselves determine that this is honour and this is shame in society and suffer with grief if anything happens against it. From this it can be understood that their minds are responsible for fame or disgrace, not society and therefore it is needless to be happy for fame and it is needless to feel sorrow for contempt.

Understanding Number 2 is to understand that everyone is unique.

Guru: Talent, Knowledge, Interest, Taste, Capacity, Qualification, Position, Character, Quality, Principle, Physique and its character and so on, in this, each one unique or not?

Disciple: Yes everyone is unique. For example, If you tell women to do the same cooking, everyone will do it differently and will be different in taste with 10 different arts.

Guru: From this, it is clear that everyone is unique in every way and therefore how it is possible for anyone to expect to be praised by all and expect that no one should despise himself. Not possible at all. Because everyone is unique, for example, if a person catches a cigarette, he will be felt proud by those who are addicted and felt ashamed from those who are not addicted to cigarettes. So how is it possible to be felt proud of everyone. It will be the same in all cases.

To understand this, let us look at the driver conductor example. The conductor will not leave his seat on the town bus in Chennai. One day, there was overcrowd. Then at a stop, an old woman stumbles in the crowd and got the bus. Seeing this, the conductor got up from his seat and made room for the old woman. Fellow travellers who saw this were delighted and praised him. This message slowly spread and reached the ears of driver of the bus.

The driver who has been listening to this deserves praise for him too. At the next stop an old man climbs to the front door of the bus. The driver who saw this immediately got up from his seat and tried to give his seat to the old man? What would have happened?

Disciple: Everyone would have scolded the driver for his action.

Guru: The driver did the same action what the conductor did. Why is it that a conductor who got praised but the conductor got humiliated?

Disciple: The location of the driver is different. The location of the conductor is different. What is right for one person is wrong for another.

Guru: Do you understand now? Each one is unique and one should not be compared with other. Due to attention seeking disease, people forget this fact and act like this driver and suffer in their life.

Disciple: Yes.

Understanding Number 3. certificate

Guru: Someone issues the certificate. Someone else gets the certificate. Who is consider to be great of this two?

Disciple: The giver of the certificate is the greatest. University or Faculty is eligible to give Certificate. Students will be eligible to get it. So the givers are the big ones. It is also an honour to receive a certificate from the University. It is useless if it is certified by ordinary students. Also the certifier (University) will impose conditions (such as getting so many marks for example). The certificate can be obtained only after fulfilling all the conditions. Therefore, the certifier is the greatest.

Guru: If you are expecting a certificate from someone, the same moment you become small & the person you expect certificate becomes great personality. True or not true?

Disciple: Yes.

Guru: Then if you expect certificates like good, talented and virtuous from the others, then you lifting the other persons up to the university level and you consider yourself lower than them.

Disciple: True.

Guru: A funny thing is that people themselves consider as mighty, brave and good but expect certificates from even from their enemies who are cruel, evil and wicked for them. What can be understood from this? When they expect a certificate from a person they do not like, they underestimate themselves as small as the student and consider their enemies as great as university. Bringing this understanding will make you realize that the curiosity of having certificate from everyone is foolishness and unnecessary.

Disciple: From whom does one expect the certificate?

Guru: One should expect certification only from the sages & saints, who are higher than us. They will give us a certificate if we follow principles of Gita that is Love all equally..

Disciple - But we live not with the sages, but with the people around us.

Guru: A madman in a mental hospital must try to get a certificate from a doctor who is not living around him. Again it is much nonsense to expect certificate from his fellow madmen inside the hospital around him. Similarly how foolishness it is to think of getting a certificate from people around us without bothering to get certificate from Krishna and Gnanadeva.

Disciple: Now I understand. Certificates must be obtained from the Lord and the sages.

understanding number 4. The switch & a bulb in our house.

Guru: Do the bulb in our house has any freedom to glow or to put off on its own?

Disciple: There is no independent or freedom for the bulb, because it burns when we put the switch on, it turns off when we turn it off.

Guru: If someone praises you, your face will be as bright as a bulb and your face will be pale if someone despises you. Is there any difference between you and the bulb?

Disciple: If I am happy when someone praises me & if my happiness is simply put off by just someone blames me, then there is no difference between a bulb and me. I am depending on someone else for my happiness.

Guru: I will tell you a strange behaviour of people. Someone exhibit his skill before 10 people. 9 of them are praising and only one among them despises and ridicules him. Does he rejoice at the heartfelt praise of 9 people or regret for the one

Disciple: It is difficult to digest of what one who despises him. That is what goes deep into the mind and attacks him.

Guru: What a bad attitude it is to think, nine people are switching on (compliment) but unable to feel happy just because only one switched off (despising). It is disgusting to give our switch to everyone else and become addicted to all of them and beg for the happiness. But it is even more disgusting to give more importance for the people who switched off often(make him sorrow)

Disciple: Well understood. If we are not addicted to praise and disgrace our switch will be in our hands.

Understanding Number 5 - Mirror Foolishness

Guru: A mirror is hung on the wall in our house. Assume the mirror has ability to speak, and speaks like this, "I am the one who is important in this house because whoever goes out of this house will definitely tell me and leave. As well as whoever comes into the house will first give an attendance to me and they will do their work. They always keep me very clean. Even if they quarrel with each other, when comes before me they always smile because they all have such a great love and respect for me.". What the mirror spoke is right or wrong?

Disciple: Right.

Guru: Think deeply, why do you look at the mirror?, to see your face or to see the mirror? , in other words, you look at the mirror to give importance for yourself or for the mirror?

Disciple: I am interested and value myself only. Mirror has wrongly understood that I am giving respect for it. If I find a small crack in the mirror, I throw it away in a dust bin. So truth is we are respecting our self and not the mirror.

Guru: People respect rich people are really respect richness that is money and not them and people who respect people who are in high position are really respect their position and not them. In other words, people are giving importance for themselves and they try to use the rich people like a mirror and get their work done. This can be very well understood once if the rich people lost their money or the higher designative people retire from their position. People will avoid them like a broken mirror.

Disciple: I understood very well. People are struggling hard to earn money and higher positions without knowing that they are going to be fooled and get only fake respect. By understanding this one can have a great relaxation by avoiding unnecessary effort.

Guru: There was a saint live by begging. One day someone has thrown a lottery ticket on his bowl. He got very big prize money for that. Next day when he walked on street, all the shop keepers and others saluted him. In response, the saint told everyone that this message will be passed on. One among them asked him, "we are saluting yourself, but to whom you are going to pass on?". The saint replied, "If you are saluting me you would have been doing every day, only today after I got the prize money you all are saluted. So I decided to tell it to the prize money bag"

If a person is in this understanding, he will never suffer by making unnecessary efforts for money and position for name and fame.

UNDERSTANDING NUMBER 6 - DO I RESPECT ME?

Guru: Do you respect yourself? It means when you order your mind to be moral and get rid of bad habits, Does your mind agree to implement it easily?

Disciple: No.

Guru - If your mind does not listen to you, it means that you do not respect yourself. But, you think everyone should respect you. Let me prove you how foolishness it is. There was an elephant put dusts in his head. Someone else who had seen this act put some more dusts on elephant, but elephant got huge angry and thought how dare someone has to put dust on him. Therefore one must respect himself (keeping the mind in control) before expecting others to respect him .

UNDERSTANDING NO 7 - IMPOSSIBLE

Guru: To whom do you expect admiration?

Disciple: I expect the people who are above me should admire. I don't expect esteem from someone who is inferior to me, and I don't respect them either.

Guru: Like you, the one who is superior to you does not respect you as you are inferior for him, but expects the esteem from those who are superior to them. As such, those who are superior to you will not respect you. You do not need admiration from someone who is inferior to you. But no matter what position you are in, the people who in equal level will value you. So it is needless to suffer to have esteem from others which is impossible to achieve.

I will tell you some saint stories to understand this better.

Story no1:

Usually a sage goes to every house with his disciple and begs. One day when they went in front of a house and beg, the lady of the house shouted, "you are seems to be fine, why don't you work hard and eat?" His disciple was angry and started reacting. When the sage saw this, he looked at the disciple and told him to calm down and move out of the house. After they have gone a little distance the sage gives his begging bowl into the hands of the disciple and told him to keep with him. Then after a little distance the Guru asked the disciple who's bowl was this. To which the disciple said, " the bowl is yours". Guru asked him, " but it is your hand" . Disciple told, "even though the bowl is with me I did not take it for mine, how could I say it is mine, still it is yours only". On hearing this, the Guru told, "keep this bowl to yourself". Disciple accepted happily. Then after going a little farther Guru asked, "who's bowl is this". Disciple said, "it is mine, because I took this from you for me". Guru told, "I gave bowl, you took it, this is ok. But if someone gave you feces, urine or fire balls, will you take it". To which the disciple said that I would definitely not took. Guru explained, " words that the woman said when we went for beg were ugly and hurtful words. As you took it without realizing that it does not belong to you as long as you do not take it, You became angry and irritated and as long as you do not take the words she said, it belongs to her only".

Story no 2: Sathasiva Brahmendra.

He lived in Nerur near Karur. Let's look at an event that took place in his life. He is a sage who goes naked without clothes. One day he was lying on the backyard of a house with his head on the top of a rock pillow. One of the two women carrying the jug for water looked at him and said, 'Couldn't the

sage, who has completely renounced, unable to renounce the pillow on his head?' Hearing this he thinks for a while and puts his head down and lies down on the same place. When they come back again, she saw him lying with his head down told, 'Will the sage who renounced everything got angry for my words, got down his head?' What we learn from this is that no matter what you do, four people will accept, four people will reject. So we have to do it without worrying about what others would think it.

STORY NO 3:

A sage lives on the border between two villages. There was great enmity between those two villages. A woman from one village falls in love with someone in another village and becomes pregnant as a result. When this matter came to light, the villagers inquired about it, fearing that the two villages would fight with each other she blamed the sage at the village boundary. When the villagers heard this, they went straight to the sage and scolded him, telling him to save her or marry her for the mistake he had made. Hearing this, the sage said yes did not give any defensive statements and did not ask for any proof but went inside without any oscillations in the mind. Villagers left the girl with him and went away.

He did not even ask anything with that girl.. He didn't hate her either. She stayed there for a while and then came straight into town and told, "the sage is very nice. He makes no mistake. He is not the cause of my pregnancy". Having known the fact, the villagers gathered and went to the sage and praised him, asking him to forgive them for their mistake. The sage who heard it said yes and went inside without any oscillations as before.

In this case, the sage did not justify him with others, because they did not enquire him but they decided themselves. Moreover, he knew his own character clearly. Those who do not have clarity about their own character will try to justify themselves. For example a girl wore her inner wear in red colour. Someone denies it and tells it is black colour, It is foolishness to remove her clothes and show it outside to prove them. Similarly it is that foolishness to justify ourselves if we know who we are.

Story 4. Krishna, Siyamanthakamani

A merchant in Dwaraka had a stone called 'Siyamanthakamani'. If the stone is placed in a basket and recited a mantra then the bucket will be filled with diamonds. So he was the richest man in town. He was reminded of King Krishna of Dwaraka to protect his stone when he decided to go abroad for some time. Since there was no one more faithful than Krishna, he handed over the stone to Krishna and went abroad. He came back and asked Krishna for that stone. When Krishna went inside and saw where the stone was, the stone was not there. Krishna came out and told the merchant about the theft of the stone. Krishna asked the merchant for two day time for redemption. But the merchant did not believe it. Merchant thought who could come and steal inside Krishna's palace. He told people of Dwaraka that Krishna has stolen his precious stone. Surprisingly, all the people of Dwaraka believed this. The people of Dwaraka are from Mathura. While they were in Mathura, people knew all about the leelas (lifting the Govardhana hill ...etc.) of Krishna in Gokul. Yet they suspected of being a thief. If it is understood that Krishna himself is not able to gain the goodwill of the people, then it is understood that trying for the impossible is futile. Here we see the explanation given by Gnanadevar.

CHAPTER 4:

CONSCIOUS MIND AND SUBCONSCIOUS MIND

Guru: What is the mind? Is there any action take place without thought?

Disciple: I think action does not happen without intention. For example I see only because I think I should see. I walk because I think it should happen. Therefore any action takes place as a result of thought.

Guru: Do you think and produce anger, tear, fear? or does it come automatically?

Disciple: They are coming automatically. Because it comes even if I think I should not be angry, I should not be afraid or cried

Guru: Is it true that these actions take place automatically without intention? Actions like anger, fear, etc. need to be deeply understood because they take place due to subconscious thoughts.

Disciple: Please explain in detail about conscious mind and subconscious mind.

Guru: The action done with full consciousness and full effort is done by the mind called conscious mind. For example, an actor brings the anger, fear, crying when told by the director of the film, the act of chopping vegetables when cooking first time, learning typing etc.

Actions that are done spontaneously (naturally) without awareness, without effort, are done through the mind called subconscious mind. For example, the real anger, real fear, real crying, etc., happened automatically, typewriting and chopping vegetables after becoming expertise. Let's see how the subconscious mind is created. If we do anything repeatedly for long time, those thoughts required for those actions will get stored in the subconscious mind and now it will have the capacity of doing those actions automatically. The above examples like typewriting and chopping vegetables automatically cannot happen all of a sudden but must be understood that it occurred only after training given to the conscious mind. Unless anything is practiced consciously in conscious mind nothing will be stored in the subconscious mind.

If you produce thoughts only once in the conscious mind but with more intense and with fullest feel, then this thought will straightly reach the subconscious mind. For example, if a child is frightened at a young age that there is a ghost in a well, it will automatically go into the subconscious mind and frighten him at any moment whenever if he thinks are sees the well even after several years.

Disciple: Are the feelings of happiness and sorrow meant for conscious mind or subconscious mind?

Guru: Feelings and emotions are only for conscious mind. Only mere actions will happen automatically in the subconscious mind. There will be no emotions in it. It is the conscious mind that must feel happy or sad.

Disciple: Understood well. What are the benefits of subconscious mind

Guru: Subconscious mind greatly helps for an action to take place automatically without effort and fast. vegetable chopping and type writing are the examples. Moreover, it is essential for many actions to take place simultaneously. When an expert types in a machine his eye sees the paper, his

fingers are pressing the buttons in the machine and his mouth gossips with someone. In these three actions, act of seeing and tying is taken care of subconscious mind and gossiping is done through conscious mind.

When we do some important actions with conscious mind, our heart beats, lungs inhale and exhale and all other internal organs are doing their actions at the same time with the help of subconscious mind.

Disciple: which is stronger? I think subconscious mind is more powerful than conscious mind.

Guru: It is important to understand that although the subconscious mind is strong, it is the conscious mind that created it. That is, subconscious mind is like a machine created by the conscious mind. You just have to turn on the switch of the program on that machine. . For example, when a person sees a snake, he switch on the pre created program placed in the subconscious mind, as a result actions like increase in heartbeat, legs running fast, trembling hands, etc. will happen. But if he falls asleep or if he is not aware of the snake in the conscious mind, then these subconscious actions will not take place. It is therefore important to understand that the conscious mind is more powerful because it is the conscious mind that creates and controls the subconscious mind. Although the elephant is strong, it is under the control of the elephant man and therefore man who controls the elephant is powerful. Similarly the subconscious mind may be strong but as it is under the control of conscious mind , conscious mind is always more powerful.

Disciple: I have been practiced to wake up 7'o clock in the morning. Therefore my subconscious mind is programmed to wake me up at 7'o clock in the morning. But now in the conscious mind, I decide to wake up 4'o clock in the morning to do yoga and meditation. Is it possible for me to wake up at 4'o clock in the morning?

Guru: We already proved the conscious mind is always powerful, but if the idea of doing yoga at 4 in the morning is less intensity than the idea of sleeping up to 7, you will wake up only at 7. At the same time if we have to go on a trip at 4 in the morning we are able to wake up at 4 because that thought is stronger than the idea of going to sleep at 7.

Disciple: What id dilemma? Can the subconscious mind (pre-programmed thoughts) create a confusion in conscious mind?

Guru: Let me clear that the dilemma or confusion is nothing to do with the sub conscious mind. You may have a lot of impure thoughts in your sub conscious mind but this is just a data.You are one who analyse this data and final decision maker.

Dilemma means confusion to make a decision of two choices.. this confusion is purely on our conscious mind only. The subconscious mind cannot have any confusion because it is just a data and does not have any feelings in it. The war is between the pure and impure thoughts present in the conscious mind itself.

If you give more importance for the pure thoughts, then you will be in the right track with pure joy and without any confusion.

If you give more importance for your impure thoughts, you will be in the wrong track with temporary joy followed by huge sufferings. But here also confusion will not be there.

If you give equal importance for both pure & impure thoughts, then comes a state called confusion or dilemma which is the most difficult part of the life. The truth is the root cause for the stress, depression and all sorts of mental disorders are due to this only. One should be more aware not to get trap in this state. Even if one goes by his impure thoughts, there is a chances for the realisation after getting the consequences. But in the state of confusion, one tries to cheat himself and others. He will be wrong track but pretend himself to be in the right track. There is a proverb in tamil which conveys the following meaning. We can wake up a person from sleeping but it is impossible to wake up a person if he acts like sleeping.

Disciple: How to deal with the Subconscious mind it when its impact is high?

Guru: A young man has been in love with a woman for 2 years and has been longing for her. If the girl suddenly comes in front of him and says I love you, can you tell me what kind of actions his subconscious mind will cause in his body?

Disciple: His heart beat rate & breath rate will increase, The arms and legs tremble slightly, eyes produce tears, mouth cannot talk properly.

Guru: How does the conscious mind take these actions caused by the subconscious mind.

Disciple: All this subconscious actions will support to feel the joy in the conscious mind.

Guru: Suppose the girl at the same moment fell in an accident and die in front of him with blood scattered everywhere, Now can you say what kind of actions his subconscious mind will cause in his body?

Disciple: His heart beat rate & breath rate will increase, The arms and legs tremble slightly, eyes produce tears, mouth cannot talk properly almost similar to what happened when she said " I love you".

Guru: How does the conscious mind take these actions caused by the subconscious mind?

Disciple: Now take these actions supports him to feel sad.

Guru: Assume if the girl who died in front of him is unknown to him, How he would experience both in conscious and subconscious mind.

Disciple: Actions like raise in heart beat etc. will happen as in the previous case but he will neither suffer nor enjoy but busy with recovery and further actions.

Guru: From this , it is very clear that the subconscious mind is just helping to the conscious mind to feel better by doing or stimulating internal organs. It is the conscious which is going to feel either as joy or sorrow or in neutral way. Therefore it is needless to worry about the actions of subconscious mind even if it is mistakenly switched on by the conscious mind, because the conscious mind can make it to his control at any time.

There are some deep rooted subconscious data has been placed for a long time with strong feeling. They will be many times mistakenly switched on by the conscious mind. For example, we have appetite three times a day because we made a program to deliver a hydrochloric acid go to the stomach to get ready for digestion. So appetite comes naturally. Similarly one cannot continuously remain in the state of wakefulness without sleep, it comes naturally. This two are most common with most of the people but there are many deep rooted thoughts exist that differ from person to person.

During this time, it is needless to have guilty feel as we lost our control, but we can regain our control using the following three types of strategies

1. Enjoy subconscious Actions: In the previous example of girl killed in the accident, We proved that the subconscious mind can produce only actions but how it has to be felt is depend on the conscious mind. Here regain the control means, focus on the true knowledge and try to be in neutral feel. Al;so imagine you have a strong appetite but no food available, your stomach noice and does something, Just feel it as a different experience and try to enjoy it as a different taste. Remember how to feel is always in the control of conscious mind.

2. Leave unnoticed and focus on work: A person named Ashok went to a government office for an important work. . Ashok came with full documents without any recommendation. An officer was shouting at the person who is in front of Ashok for insufficient documents. Suddenly Ashok got shocked and by mistake he triggered his subconscious mind. As a result his hands and legs were trembling out of fear. Ashok turn came. He immediately applied the pure knowledge and decided to forget about the sub conscious actions and became ready to focus on the officer and tried to answer him properly and got completed his work.

The above story is possible because we never feel are notice the functions of all the internal organs like pumping blood in the heart, inhalation and exhalation by lungs etc. during sleep. In the same way we must do our work without any tension in the conscious mind, without bothering for the subconscious actions. That will subside automatically.

3. Diversion of Thought : When you remain idle are not in work and by mistake subconscious mind is triggered, In order not to be unaffected by the actions (fear, anger, crying) caused by the thoughts of the subconscious mind, one can focus on his favourite song or movie or favourite person or other favourite things (Lord, Lover) at that time.

THE LAW OF ACTION (KARMA)

Guru: To know the law of karma one must know the Newton's third law. Tell me the Newton's third law of motion?

Disciple: Every action has an equivalent & opposite reaction to it.

Guru: Can you elaborate on that?

Disciple: If I hit a ball against the wall, the speed at which the ball hits will return in the opposite direction at the same speed. Also in swimming, swimmer pushes water back with hands, equally, he

moves forward that is in the opposite direction. The wheel of the car pushes the road backwards, in turn the car moves forward in the opposite direction. The rocket moves based on this principle only.

Guru: Does this law apply to thoughts we produce?

Disciple: I think it applies. Because we have seen that the basic idea of action is the thought in either sub conscious mind or in the conscious mind. We know thoughts are the seed to have the action of plant. So if Newton's third law applies to action, it also applies to the underlying idea.

Guru: You are right. So you have to understand that every thought you have has an equal & opposite effect on it.

Disciple: All right.

Guru: Failure to understand this is the cause of the suffering we experience in our lives.

Disciple: Can you elaborate this?

Guru - If we want to deceive someone we have to understand that according to karma we are ready to be deceived. We also need to understand that we are ready to be subdued if we want to subdue someone. We must also understand that we should not compel anyone for any reason if we think, none should compel us. Thus we need to know the karmic result of your mind and adjust our mind accordingly.

Disciple: All right.

Guru: The thoughts to deceive, to subdue or to compel others come because of likes and dislikes present in our minds. Therefore we should take more care not to have likes and dislikes in our mind when producing thoughts. The consequences of thoughts will not affect us if we are without likes and dislikes.

Disciple: Explain in detail how likes and dislikes make us forget about the reaction or effect of our actions.

Guru: Example 1. Likes for marital pleasure in marriage and in social recognition, they totally forget about the other outcomes or the consequences like commitment to earn more money, deprivation of liberty (cannot go anywhere at any time according to one's will). They also forget about the extra responsibilities to protect children and spouse. That is why people suffer after their marriage. At the same time, if a person does not have lust and social recognition, he will clearly understand all the consequences of marriage. Then he can decide whether the marriage is suitable for his qualification or not.

Example 2: Likes to earn money totally hides their ability to manage the huge responsibilities and loosing of their freedom and time.

Example 3: When a boy and a girl are in infatuation, one tries to impress other. In this process they are unable notice the negative side of each person. Therefore action done in likes is unable to see the totality results in suffering afterwards

Example - 4: Preference for food: People who suffer from ulcers, diabetics & blood pressure has to follow a particular diet. Having suffered many times, due to likes in the taste of the food, they forget about the consequences, they miss the diet and suffer later.

Example – 5: Having warned and given caution many times, people who are addicted for cigarettes and alcohol forget about the cancer and continued to drink. This is what Gnanadevar said, " A fish does not know the thorn due to the lust for the flesh on the thorn. A wasp does not know fire due to fond on light and died".

Example – 6: Once a daughter-in-law in upstairs and the mother-in-law in downstairs lived in the same house. The daughter-in-law has a son studying in first standard. Whenever mother-in-law question her daughter-in-law, she feels irritated and try to reprimands the mother-in-law by way of shouting to his son in the following way loudly so as to be heard by mother-in-law, " how dare you raise a question to me, your arrogance is increasing day by day, are you a fool? Etc.", here, the son is getting hurt without any reason. In the future, she will be blamed by his son without any reason.

Example - 7: A small conversation I had with a 11th grade student named Nega.

Me: what field you would choose after finishing 12th grade?

Nega: I would study for a doctor.

Me: Why?

Nega: I would get more money and value.

Me: what subject do you like more, either maths or history?

Nega: Maths because I don't like memorising.

Me: are you active or lazy in nature?

Nega. I am lazy only.

Me: Do you easily get angry or remain patient for a long time?

Nega: I have no patience and I am short tempered. Why are asking so many questions?

Me: Medical study consists of memorizing lessons. But you said you like maths. Medicine is a field that needs to be more active. Because whoever comes in at midnight and knocks on the door, you should be actively clear and watch that patient. And the patient must be attended with more patience and loving even if they don't follow your advice and commit mistakes. If you choose a field regardless of your character, you and many others will suffer for the rest of your life as a result of wrong decision you made just because of your addiction towards money and prestige.

Example - 8 - The coconut trader, Ramesh was a legend in the coconut shell trade for a certain period of time. The business made good profits. He earned a lot of money. On seeing his profit,

some started the same business. Ramesh wanted to be monopoly in his business. To out throw the new entrepreneur, he started selling less than the purchased price for a loss, The new traders shocked to see this but they should also sell it for loss as they did not have any other choice. For example he would buy a lot for 800 rupees and sell it for 700 rupees. The market price becomes Rs 700 and therefore the new entrepreneur cannot get more than 700 rupees a load. Thus the new trader loses the money but cannot afford to lose money for more than 2 or 3 months and left the business. Ramesh again becomes monopoly raised his price as Rs 1000 or more to meet out his previous loses. Merchants will buy it as there is no other way.

Ramesh loved his brother Suresh. Ramesh called him and asked him to look after his business. Suresh also happily joined and did the business. Suresh got surprised to see the profit of the business. He learned all the tricks and started a new business against his own brother to earn more money. Ramesh suffered a lot because the reason was that the brother, who was very affectionate, had deceived him. His mind was equally suffered like his competitors when they have thrown out of the businesses.

Example -9: Karmic law treats everyone equal and never show any partiality. Here we are going to understand how Karmic law makes one rich without doing anything and someone become poor in spite of continuous hard work.

Two bulls. In order to use them for ploughing, their testicles are injured a few years after birth (to avoid sexual arousal) and then applied to plow the forty acres of grove daily for the rest of their lives. But the only benefit available for the cows was straw and grass and water on the ridge. An employee receives a wage of Rs.250 to work in the grove. Those bulls got nothing. They did not experience any pleasure (including sexual intercourse). As a result this bull will be born as the son of the owner of the grove. By the time he is 20 the whole grove will be under his control. Whether he pays properly or not, he will get trustworthy working people to work for him and earn a good income in the grove. He will enjoy all kinds of pleasures without working. During this period if he develops an ego and spend money with full of likes and dislikes, then he will have to take birth as bull in his next birth and work hard again to meet the debit he made in the past birth. Thus cycle continues. Whatever we do with likes and dislikes has an effect.

Example -10: A mother has three sons. All of them got married. The last daughter-in-law alone takes care of the mother-in-law. Many told her as gullible because the other two daughters-in-law were exploiting her. But actually the truth was, she was not serving her mother-in-law but herself only. According to law of karma whatever the service she do for others will be return back to her. For example, if we put some money in a bank, then it is not for the bank but it is our self only. We will get back later when necessary. Similarly, if we do more service to others when we are young, then later it will return and we will be served by others.

whatever the good or bad we do for others is not really for others but we are saving it for our self only, If we understand this, whenever if it is necessary to do service to others, we will not have any irritation or anger but we do with more joy.

Example -11: **Positive Thought, Negative Thought:** We need to understand that if we want something, it is always accompanied by a negative thought that it is difficult to achieve or it will not available to me. We know, it is the thought that will become experience therefore it is only 50%

possible to achieve as we create two opposite thoughts at the same time. The stronger the negative thought, then it is more likely not possible to achieve. We will understand this with some more examples.

Example -12: If I make a repeated request to the Lord that I should pass the exam then I must understand that the more the intention to pass is strong, the more the idea I have that I will be spoiled. If I does not have the intention that I will fail, the strong demand that I should pass is unlikely to arise. It should therefore be understood that positive thinking is the result of negative thinking. So the real positive thinking is to feel ***“nothing is negative in this world”***. With this strong base, if we think anything then the negative thought will not accompany on it.

Example 13: A couple did not have child for few years after marriage and went to many temples to have a child. Even then they did not have child. But they took birth a child after the adoption of a child. This is because when there is a positive feeling of wanting a baby, there is also a negative feeling of not being able to have a baby. This positive thought to have a baby disappears as soon as the baby is adopted. So the negative thought also disappears. Then what needs to happen happens automatically. That’s why even doctors are infertile. They say to adopt. So without more likes and dislikes one can be happy without positive and negative thinking. And because negative thinking is always stronger than positive thinking, that negative thought often comes into play.

Example-14: In this example we will see how people sow some thoughts by liking and dislikes and suffers when it comes into action.

Some one went to the house of an ayurvedic doctor for a minor injury to his leg. The ayurvedha doctor who saw the wound on his leg showed him a herb in his home garden and asked him to pluck a leaf from it. But he plucked three or four leaves. The reason was that the remaining leaves could be used for the next two to three days. What is clear from this is that he suffers by sowing a thought directly in his mind that he must be sore for three more days. So the thought that we cause by liking and dislikes comes as a reaction to ourselves.

Example - 15: let us see how people use few words out of arrogance and suffer as a reaction in this example.

If a widow comes out of his house within a year of her husband's death, a lady uses lot of bad words against the widow as it is not a culture. Then a few years later her husband dies. Fifteen days after the death of her husband, she is home alone. She got very bored and came to the door steps and sat down. Those who passed on that road saw this but felt very normal and left. But she began to thinking to herself that others would talk to her the same way she had talked to other widowed women when she was a wife and felt sorrow. Her speech itself was a reaction to her hatred and arrogance.

Example 16: Here is one more example like the above.

There are children who did not obey for their parents, a father mocks and offends parents of those children because In the early age his son was much obedient. This creates an ego and blamed all the parents. But after the marriage of his son, His son kicks him out of the house. He stayed s in a separate house and stayed inside without seeing anyone without leaving the house. No one criticized him. But the sarcasm he uttered to everyone stared at him. Similarly, people when they

are good, they look at others and mock them, and when the same thing happens to their lives, they suffer. The reason for all this is, likes and dislikes in the mind.

CHAPTER 6

WAKING WORLD, DREAM WORLD AND IMAGINATIVE WORLD

Guru: How many different worlds do we live in?

Disciple: We are in all three worlds, The world we directly experience now, the dream world that comes when we sleep and the imaginary world by the imagination of the mind.

Guru: How many worlds can we be in at the same time or at a particular time?

Disciple: I think we can only be in one world at a time. Can you elaborate on that?

Guru: We can only be in one world at a certain time. When we are in a dream, we cannot be in the direct world or in the imaginary world. You cannot be in the dream world & imaginative world when you are in the direct world. Also, if a student goes to the imaginary world while his teacher is taking a lesson in the direct world, there will be no attention or awareness in the direct world. He will be in the imagination. Therefore, if we are in the imaginary world we cannot be in the dream world and in the direct world. One may feel, we can live in the direct world and the imaginary world at the same time. But this is not true because sometimes we go to both this world (direct and imaginary) intermittently. Therefore one can live only in one world at a time. Now tell me, Which of the three worlds is real?

Disciple: Not sure. Please tell.

Guru: Dream is true as long as we experience dream but it becomes false when we come to direct world. Similarly, direct world is false when we are in dream and in imagination. In imaginary world the other two worlds seem to be false. Therefore we have to say either all are false or all are true.

Imagine God has come before you and grants a boon to live in any one of these three worlds permanently instead of living in all the three worlds intermittently. Which of these three worlds would you choose?

Disciple: The dream world is not under my control. I have to experience whatever comes. The direct world is many times out of my control because I am unable to achieve what I tried for. For example if I want to go to America I have to earn money. I have to wait for the passport and I have to wait for the visa. In spite of all my effort it may or may not happen. But in my imaginary world I could be in the United States the moment I thought without any restraint. So I like the imaginary world.

Guru: You are right. Is there an impact of one world on other worlds?

Disciple: Yes. For example when we think of something in the imagination say planning, then it will be put into action in the live world. For example, the impact of seeing the bird in the direct world develops the imagination of creating the aeroplane. Then the imaginary aeroplane comes to direct world. A horror film seen in the live world makes an impact in the dream. Sometimes whatever we

dream also come to true. Something seen in a dream also comes to the imagination. Therefore each world has an impact on other two worlds

Guru: You are right that the impact of each world is on all of the other two, but the impact of the imagination is the source or base for the other two worlds.

Disciple: Please elaborate a little.

Guru:- Thought and action, of this two, What is the root cause of what?

Disciple: Thought is the root cause of action. We have already looked at this in detail in the chapter called conscious and subconscious mind.

Guru: Can we consider thought as an imaginary world and action as a real world?

Disciple: Yes we can. I Understood now. We have already seen that thought is the cause of all effects and experience. Imagination is therefore responsible for the other two worlds.

Guru: All right. What percentage of your control is in the imaginary world?

Disciple: It is one hundred percent under my control.

Guru: So if imaginary world is responsible for the other two (direct & dream) worlds then shouldn't the direct world and the dream world be one hundred percent under your control?

Disciple: Yes. But why it is not?

Guru: The result of a mistake made in the imagination is that the other two worlds are out of your control.

Disciple: What's wrong in the imagination?

Guru: There are many persons involved in your imagination. Whos is really all of them?

Disciple: All the characters that come to mind are myself.

Guru: That means for example if people who are much stronger than you are scolding you. You can do nothing onthem in the direct world. So you would go into the imaginary world and scold him, beat him up and make him suffer?

Disciple: Yes.

Guru: But there (in the imagination) you are the one who reprimanded, beaten and shouted.

Disciple: Yes I am.

Guru: When you imagine, you are torturing yourself by forgetting that everyone in your imagination is yourself only. Assuming wrongly only one as yourself and others are different, you are beating and making others cry but the truth is the person beats and getting beaten are yourself only.

Disciple: Yes.

Guru: Many people imagine themselves as they are in high profile and everyone else longing for him and salutes at him when he goes before them. Whatever we think for others must be experienced by our self because there is no second person other than me. That is why karmic law came into picture. You have forgotten that you are longing and saluting for yourself, but when that imagination impacts in the direct world, you longs to see everyone many times but everyone looks at you and longs for you only once because you have to do all the characters that you made in your imagination.

Disciple: Yes, now I understand what is the mistake I do in the imagination?. The hatred and torture I do on a character in my imagination causes me to suffer when it comes into action in the direct world. If I had known this truth, I would not have bothered any character in my imagination because all is myself that come to my imagination. I would not have suffered directly as a result.

Guru: Imaginary world is like a karpaga viruksha (magic tree in the heaven). Whatever you imagine there will come into effect in the direct world. A person was sitting under this magic tree in a forest and felt to have a cot to sleep. Immediately a cot came and slept well, then he thought to have a delicious food to eat, it also came , after eating he felt to have someone to massage his legs, suddenly two girls came and started doing the massage. Then he thought a tiger would come and eat me as it a dense forest, finally that also happened. This is how we do mistakes in the imaginary world due to likes and dislikes and we suffer in the direct world.

Let me tell you how ignorant basketball player imagine in his imaginary world. He assumes he alone is highly skilled and powerful player in his team and he out throw the opponent players through his skill and his team alone is winning every time and he is the man of the match always. All the audience are applauding himself only.

How a man of wisdom imagines,

He will form a team in an imagination as well. Since he is the ten people in it, everyone will play with equal importance. He will play by giving equal importance to the opponent. Ten players will play with equal skill throughout the game. Imagine that in the end both teams get equal points and share the trophy. If playing is an art then the enjoying the game is also an art and he gives equal importance for audience too and in his imagination no one is superior and no one is inferior. Due to this lovable rational imagination he will experience the direct world and even the dream world with more joy.

7 Crime is a lot of guilt We can be happy if we see a lot of guilt and guilt in any action. Crime, guilt, and mass are not in the outward acts. Let's understand what we see. What is the difference between crime and reduction? Disciple: Acts such as stealing or lying are unforgivable. I.e. wrong in the matter of knowing well and avoiding.

Chapter 7

How to perceive the crime and defective as positive?

Whatever the actions, situations and people, if we look them in a positive way without findings their crime and defects, then we can easily develop love and enjoy the permanent bliss in the life. Also we will try to understand the crime and defects appear only in our perception.

Guru: what is the difference between crime and a defect?

Disciple: If a person is born deaf and does not hear, it is defective and not a crime. Having known that Lying and robbery are wrong, but if someone does then it is called crime.

Guru: You are right. We can perceive any situation or thing in three different ways. One as crime , next as defect and finally in a positive way. If we perceive as crime, we create dislikes and suffer. If we perceive as defective, then we feel normal but if we perceive as positive then we feel more joy. Let's look some example to understand this.

Example 1: How do you find a prostitute?

Disciple: Before your guidance, I would have looked as a crime. I would have been angry that this was an unjust, degrading act of society. That would be hard for me to be normal. But I see them as defective like due to financial compulsion or ignorance, they are forced to do this act. But you have to tell how to perceive this act in a positive manner.

Guru: Every housewife should look at a prostitute and think that she is a protective god for them because she protects other women from the men with uncontrollable lust and sacrifices her life for that purpose. Everyone should think that today women are freely moving in a road without afraid for men just because of this kind of prostitutes only. If we perceive in this way we never have dislikes on prostitute and can able to show our love feel for them also.

Disciple: Crime cannot be prevented if we start looking in a positive way.

Guru: Seeing an event as a crime causes anger and hatred. Because of that hatred our brain will not function properly and not being able to find the right solution, we will suffer by taking wrong solution when we face that crime. At the same time, if we look the crime in a positive way, there will not be any hatred and the love continues to flow even towards criminal. The problems can be approached in a friendly match (love game) attitude without liking or dislikes. When approached in this way our full potential in that action can be manifested and without being affected by the effect of that action. For example, a prostitute lives in a residential area on the street. The street women who saw her as a culprit scolded her directly and indirectly whatever came to their mouth in disgust and ordered her to vacate the street. Prostitute became angrier and decided to stay in that street itself as revenge. Then one day after they got the knowledge about love they started seeing her in a positive way. Then they went to her and requested politely with love and without any disgust to change her location on the outskirts of the town so that those who need alone will come to her. They also explained that the danger of the teenagers in that street who are not in lust may develop this habit. Prostitute accepted their request and the problem was solved.

Disciple: Yes, now I understand. The solution to the crime can be easily found only if the crime is seen in a positive perception.

Example- 2

Guru: How do you perceive people who act with high likes and dislikes?

Disciple: Perceiving as their defective means that they do so out of ignorance without knowing the danger of likes and dislikes. I don't know how to perceive in a positive way.

Guru: There is a Guru. He goes on to describe in detail that if a snake bites, the venom rises to the head and foams at the mouth, causing great inconvenience and death. There is one more guru who wanted to prove practically what will happen when a snake bites. He grabs a snake, bitten by it, and got foams at his mouth and died. Which of the two gurus is the best to realize the venom of this snake?

Disciple: The first guru takes it as theory. The second guru is practically proving. Therefore practical guru is superior than the guru who teaches theoretically.

Guru: We have to perceive them as our practical guru because we are learning practically the amount of suffering we have to face if we have likes and dislikes from them.

Disciple: Yes, I understand.

Example – 3:

Disciple: How to see it in a positive way when discriminated? For example, there are two children in the house, how to perceive if one person is given more care and importance than the other?

Guru: Usually, for those who have flaws are more given important. For example, the people with disabled are given more importance. Those who are well, healthy, strong and talented do not need much care. They are the ones who will progress themselves without special attention. Therefore if someone is not given care and attention then he should think it is the appreciation given to him for his skill.

Example-4:

Guru: How to perceive the backstabbers? That is, they praise before you but criticize very badly with others.

Disciple: we can perceive them as ignorant to avoid dislikes on them but I don't know how to perceive in a positive way.

Guru: It is because they love us too much, they are unable to blame us directly even though we did mistakes in their point of view, but to relieve their stress, they are telling to others.

Example - 5

Guru: Assume, we give guide someone with care but he refuses it and continue to talk nonsense. How will you perceive this situation in appositive way

Disciple: Knowledge of the subject we are talking about increases when they ask more and more sophisticated questions. We need to think many examples to prove them and as such our knowledge gets deeper and deeper. In this way they are really helping us to grow.

Example-6:

Guru: False preachers in our town preach like a sage. They behave like the worst ignorant in life. How to see any positive in it?

Disciple: We should think in this way, "even though he himself suffer without applying the greatest secrets of Bhagavad Gita in his life, but he preach others so that at least others will make use of it".

Guru: Yes, you understood correctly.

Example - 7

Guru: somebody does lot of mistakes but at the same time advise us always not to do any mistakes as we are reading spiritual books. How will you perceive this?

Disciple: How much care they have for us. Even if they suffer in our life they expect us to be happy always and keep on give caution if we do small mistake. It is something like they take a chisel and think that they are martyrs who come to carve us without carving themselves even if they are so bad.

Example-8

Guru: How to perceive if one is angry with his wife because of frustration he had it from someone else? Or sometimes the inability of himself due to illness will be transferred to his wife as anger.

Disciple: He cannot distinguish that his wife is different from him. So it can be taken that the angry for himself is transferred towards his wife because he feels that his wife is no different from him.

Guru: If a boy is rubbing a girl inside a bus by making use of the heavy crowd inside the bus, then how should she perceive it?

Disciple: she should assume him as his brother and think of him as a protector who will protect him from anyone else.

Guru: Someone asked Vivekananda what you would do if a woman came naked in front of you? Vivekananda answered that he would hug the girl and kiss her. He explained, if a woman comes naked she can only be under the age of three. So the guilt is in the view we see and not outside.

CHAPTER-8

ALL IN ONE AND ONE IN ALL

Guru: Who are you?

Disciple: I am this body

Guru: Which body? I mean the body that was at three years old? or the body that was at 13 years old? or the body at the age of 30?

Disciple: Yes. I am not this physical body. I am the mind that runs the body.

Guru: Which mind? Is it the mind that was at three years old, the mind that was at 13, the mind that was at 30?

Disciple: Yes. The mind is also changing and even my intellect is changing, If everything is changing? Then, how do I tell who am I?

Guru: There is gold. It keeps turning into a ring, a necklace, a bracelet and a chain. Thus the base for all ornaments is gold which remain unchanged but all the changes are taking place in the gold. Therefore, your body, mind, and intellect cannot change without the base of something.

Disciple: What is the unchanging base within me?

Guru: That is the energy or power.

Disciple: Please tell a little more detail about it

Guru: What is energy?

Disciple: In physics, it is defined as the capacity of a matter to do a work is called energy.

Guru: Yes. For example the work of moving a pen from one place to another needs a matter called our hand and the life force called energy. One more example, for work of lifting water from ground floor to top floor, needs a matter called pipe, pump etc. and electrical energy. Well, what is matter?

Disciple: Anything that fills a space and will have some mass in it is called matter.

Guru: Can you explain the contribution of energy and the contribution of matter in doing a work or an action?

Disciple: Energy and matter are essential for a job to take place. If there is only power without matter, that work cannot take place. Again, if the matter alone is there without power or energy, no work can take place. For example, just having a fan without electricity is not enough to get the job done. There must be electricity. Similarly, just having an electrical energy without fan is of no use. Therefore it must be understood that for an any action to take place, both matter and energy are absolutely necessary.

Guru: Well understood. Let us now look at the difference or relationship between matter and power. For example, there is a wooden object in front of you. If the energy in the object is completely absorbed, If you understand well, the object will not be there. This is because if the wooden object is lit on fire. The fire or heat energy present in the wood will be dissipated to the atmosphere and at last wooden object will not be there. What do you understand from this?

Disciple – it is only the power or energy has assumed the shape of wooden object. When it is burned and the energy in the wooden object is exhausted, there is no wood and nothing is left. So it is understandable that the power itself is in the form of an object.

Guru: you are right. Tell what is atom which you would have read in chemistry?

Disciple: . The atom contains protons, electrons, and neutrons. In it the protons and neutrons are inside the nucleus which is at the centre of the atom and the electrons is in the outer circle. Magnetic force holds protons, neutrons and electrons. Any object is made up of atoms only.

Guru: It must be understood that even the atom exist because of magnetic energy. From this it is very clear that any matter is filled with full of energy only or we can say it is the energy itself becomes the object. This is what Krishna said in the Bhagavad Gita that I am filled with water in ice. Here water is the metaphor for energy and matter is ice, which means here water is energy and ice is a matter. Well, can there be energy without matter? And can there be a matter without energy?

Disciple: Energy can sustain without matter but the matter cannot sustain without energy because energy itself is in the form of matter

Guru: Good , Can you explain the law of conservation of energy?

Disciple: Energy can nether be created nor be destroyed but it can be converted into one form into other.

For example, In thermal power stations, the energy in the atmosphere in the form of coal converted into steam (heat energy) and then converted into mechanical energy (turbine rotates) and then converted into electrical energy (in generator) and then transmitted to houses and again converted back into mechanical energy in fans and dissipated again into atmosphere.

Guru: Good. Now let me define what exactly is the energy? Energy means a capacity to take innumerable number of forms and also has an ability to do the actions by and in those forms.

Well, tell me energy is one or many?

Disciple - Power is one thing but it can be in any number of forms. In some of the big forms, there may be more power and in some other forms power may be less but in every form there is only one power in different quantities.

Guru: Ok. Is there anything other than energy in this universe?

Disciple: whatever seen through eye is nothing but energy. The basic raw materials for the universe are earth, water, air, fire and ether. They are nothing but energy. Therefore there is nothing existed except energy.

Guru: What is the difference between a big rock and an ant?

Disciple: Rock has energy but no sense or feel in it but the ant has both power and consciousness that is sense or feel. It is that consciousness which makes the ant move and experience.

Guru: So we have found out there is one more thing apart from energy which is called consciousness. If we try to define the consciousness, we can say it is the one which uses that energy and has an experience. Well, if energy is one, how many consciouness can there be to use and experience it?

Disciple - There can only be one consciouness to experience one energy, because I am the only one who can experience and use the energy within me.

Guru: Therefore there must be only one consciousness to make use of this only one cosmic mega energy. It is that mega consciousness decides what kind of forms to take and how to use and play with those forms. Do you understand it?

Disciple: Yes, but I have one doubt. As for as energy is concerned , I am very clear that it is one energy appear in various forms like various dolls are made out of same sand but consciousness is concerned, I don't how to understand the feelings and experiences of different people is the output one single mega consciousness.

Guru: I will explain this through many examples. We have already seen the nature of energy. That is, energy has the ability to take many forms and can direct those forms. Here the consciousness is required to direct, use and experience the energy. We can give the name shiva for this mega consciousness and sakthi for the energy. It is quite common for anyone to use their talent and enjoy. Similarly, shiva uses its sakthi (talent) and created this universe with innumerable beings just to have fun and play to enjoy. Let's look through some examples to better understand the game of Shiva Shakti.

Example - 1.

Guru: Imagine you are sitting inside a theatre. Imagine the screen as the space. Imagine the light coming from the projector as Shiva Shakti (consciousness & energy). Whatever seen in the screen (space) are nothing but light (siva sakthi) only and whatever the actions taking place in the screen are through light (sivasakthi) only. Similarly, siva sakthi appears like this universe and also direct this universe. A scene in the theatre where one person on the screen is cutting off another one hand. Who is the cutter in the scene, who is the cutting knife and who is the person who got the cut

Disciple – Everything is light including blood that appears in this scene, because light is all movable and immovable object on the screen.

Guru: Similarly what is this whole cosmos?

Disciple: Shiva & Sakthi is present in all movable and immovable objects, just as light is all in the screen. But I need some more details to understand how shiva consciousness becomes number of character consciousness that appered in the screen?

Guru: we will see it another example.

Example: 3. Puppet show

Guru: The puppet master or director is the one who performs all the characters in the puppet show. Similarly siva sakthi together performs all the characters in the universe both animate and inanimate beings. Now I will give you the answer to your question? (How single consciousness becomes many?) In this puppet show, various characters like hero, heroin, villain comedian etc. are there. Whose consciousness does all this character in this fun puppet show has?

Disciple: All the emotions that come from all the character in that show are the feeling of the director of that show.

Guru: Did you understand now how the single Consciousness becomes many?

Disciple: Yes it the one original shiva consciousness itself for the sake of fun and play projected this illusionary universe and assumes innumerable illusion consciousness. But now I have one more doubt. Each and every character in this world must have dual consciousness one is shiva and other is an illusion consciousness for the sake of character it possess. Whatever the consciousness I have must be an illusion consciousness of one real shiva consciousness, but where is my shiva because I have only one consciousness?

the feeling of the heroine and all the emotions. Does the Guru now understand that on the basis of a single feeling it itself becomes many senses? The disciple is a skeptic. Everything is Shiva power. But how did I (Sivashakti) forget that I am Sivashakti? The Guru can understand this through an event that took place in the life of a sage. He went to every place and argued with those who were there, arguing that the opponent should undergo asceticism if he won the logic. This argument was centered on Advaita. A yes

One day he goes to the house of a couple named Mandalamisra and Saraswati and invites them to plead. Mandalamisra also agrees. The two agree to have Mandalamisra's wife as their arbitrator in the argument. Saraswati says that when the two wear garlands and argue, whichever evening wears first, he loses and the other wins. Both argue. At one point Misra's evening begins to rot. Saraswati immediately noticed this and decided to join the argument, thinking that if Misra lost, he would have to renounce himself and go to asceticism. She looked at the monk who had come to argue. Half of the husband is the wife so she says that only if she argues and wins will Mandalamisra be defeated. He agrees with this. Saraswati immediately asks him questions about Kamal. Unexpectedly, the sage (because he had lived a monastic life since birth) told Saraswati that he needed some time to answer questions. Saraswati also agreed.

Immediately the sage discussed this with his disciples. Then they hear that the king of that city is dead. That sage has the ability to flow from nest to nest. So he tells the disciple to keep his body safe and immediately he enters the body of the king. Immediately the king's sage is resurrected. No one in the palace knew that he was inside the king's body. The sage is engaged in camellia to find answers to the questions asked by Saraswati to the Maharani and the women in the palace from the body of the king. At the same time, he is effectively running the government. Seeing this, the queen became suspicious of the king's behavior. He is definitely not a king, given the king's skill and intelligence and the way he walks in Camellia. It predicts that a sage will leave the nest and flow into the nest and into her husband's body. So she calls the minister and orders him to find out if there is any disease hidden within the borders of our country and to find and destroy it. Of a sage

Example: 2. Sea Wave Guru Here we can understand the sea as Shiva power and the wave as many forms. Disciple - The different waves that come in the ocean come in many forms but they are all oceans. It is understood that Shiva is present in all such averages.