

Amrit vani

Breathwave

Let's Pledge our allegiance to the Higher Energies.

Part – 1

Dear Soulmates,

Please read this pledge everyday and respect it for the rest of your lives. (Print this pledge and paste it on the wall where every family member can see)

- I am God Particle and I am a tiny part of God.
- God is omnipresent. Therefore I shall respect every animate or inanimate object around me. I shall respect myself.
- God qualities are all loving, kind, helpful, compassionate & forgiving, I shall inculcate all these qualities within me.
- I shall trust god to do things his way. I shall not demand / anticipate / command / request or suggest anything to god.
- I shall happily accept anything that comes my way.
- I shall believe that hurdles and disappointments are just stepping stones. God has always something best in store for me.
- I shall handover my cares, plans and dreams of the future to god. I trust that he can take care of them. I shall wait patiently as his plan unfolds for my betterment.
- As long as I have God's name on my lips, there shall be a hedge of protection, a hedge of mercy surrounding me like a shield. So I shall breath in and breath out God's name for the rest of my life.

- I shall have utmost faith in God and this faith of mine shall open the door for God to work in my life.
- I shall remove fears of all sorts and welcome God's joy to engulf me at all times.
- God's love knows no limit. It has no boundaries. There is nothing I can do to make him love me any more and there is nothing I can do to make him love me any less. He loves me abundantly as I am a part of Him.

Let's Pledge our allegiance to the Higher Energies. Part-2

1. Higher Energies are real. They are always walking amidst us. They are always watching what we do. So I shall not question their existence. This is one doctrine that I shall believe blindly and with utmost reverence.
2. I shall not belittle myself or anyone who comes in touch with me in this life time.
3. I shall always be ready to become God's medium to help the mankind and nature around me.
4. I shall not dwell in the past, I shall not mull about future, I shall not worry about my present.
5. I shall inculcate in me the art of forgiving. The more I forgive the fewer will be the pieces of baggage that I need to carry in to the ethereal world.
6. My smile, praise, devotion, love, compassion, help and advice for others will be true and guileless.
7. I shall only use the material comforts that come on my way. I shall not get attached to any of the worldly materials.
8. I shall keep my thoughts, words and actions under control
9. I shall keep my family happier and healthier and shall not expect anything from the family members

10. I shall grab every peaceful moment to utilize it towards my spiritual progress. I shall improve that peace internally so that I can tune myself to the frequency of Higher Energies.

11. I shall always be thankful for each breath I take.

PT/ST

Q. So many people seek to join Breathwave without knowing the reason?

A. Now you have so many seekers in Breathwave, my boy. At first they will come for material benefits but eventually as they will grow familiar with the teachings of breathwave they will understand that this is a course that will take the created to the creator. This is not a platform for self benefit but for personal and soul transformation. They will realize that they are lucky that they have started thinking about ascension, when the whole world is fighting. Understand the SOUL, understand the importance of BREATH. The whole world is in a chaos. So many of them do not even have the time for spirituality. Be happy that you all are well positioned. You all are protected and well taken care of. You have nothing to worry. "Your worries are my worries now".

Q. How to improve upon your relationships?

A. First and foremost, put yourself in the situation of your wife, husband, children, friends, masters, gurus, boss etc. And, then proceed. This is the mantra I follow. Keep your utmost thoughts on how to become pure. Slowly and gradually, you will release all the resistance towards that person. You will become humble and peaceful. We are away from the rules of God, who is within us. We have crushed the tiny voice, which is his voice. Now by the grace of Babaji, we have found our true path. We think of something as animate or inanimate because of our conditioning. We act or judge after comparing with our own conditioning. Birth after birth, we have created these walls of identity, called conditioning. This means that we function with our own rules. We create duality and knowingly or unknowingly, we

are applying the same principle on the people around us. We accept and reject people according to our conditioning. Nobody is perfect in this world including me. All of us have imperfections (manufacturing defects). In spite of having this knowledge; we are unable to accept our family members, like wife/husband/children/mother/father/brother/sister/friends etc. with their defects. We fight, always feel resistance and anger and we only see the defects in others. However, if we have any work with that person, then we become selfish and we just ignore these defects. As long as the person is of use to us, we ignore all the defects and we even love that person. Right? Don't you think every individual has defects? But, we don't seem to care about it.

Q. What is the root cause of imbalance?

A. The root cause of any imbalance is resistance. It is the ego that takes the shape of resistance. The ego can take any form. You can discover it in the various forms of resistance, like anger, dislike, fear, hatred etc. For e.g. when you fight with people, you are actually fighting the fact that the person is trying to change you. It could be your spouse, parents or even master. You know that they are trying to change you and you know that you need to change. Yet, you fight back. You are actually protecting the enemy i.e. the ego. So why fight back? Similarly, face your fears. When you face anything that you fear, it vanishes. If you want to experience a life of no resistance, accept the other side of the coin. Accept both the good and bad, both the perfections and imperfections in others. Whenever there is resistance, find the root cause and release it immediately.

Q. Battling with the mind is a major fight within us when we begin to walk this path. What technique, teachings of babaji or understanding can help us the best to overcome our thoughts?

A. Try, I know it is not easy. Go bit by bit. Keep practicing with no expectations. You can see progress. At present, thought pollution is a major threat to the whole world. It is generated by every individual. We are responsible for the worldly disasters. There are collective thoughts of fears and opinions. Every one of us should start cleaning their own thought pollution and help one another in this process. This is how we will be doing a great help to ourselves, our family, friends, society and the whole world. Let us clear our thought pollution and save our souls and the planet. This was Babaji's major task with top priority. He has given many kriyas to follow- Always focus on breath, that will keep your mind empty and will always keep you in the present moment. Or at the back of your mind keep chanting babaji's name. Work in the same way and fine tune yourself. The whole universe is with you. Living in the society, amongst people, we also carry other peoples' thoughts,

alongside our own. It is a challenging task to find our own thoughts. None belong to us. Can we fish out our own thoughts and identify others' thoughts? Let us do this in real time. Start now. How many of you are going to take up this challenge?

Q. How to become a pure light?

A. In order to become a pure Light, you need to shed the mass. This heaviness, which is anchoring you in your life and hampering your spiritual progress, in the form of thoughts, the blocks in your nadis and the baggage of your past, must go. Every thought is a weight. So, it is a process of the cosmic energy and it is our duty to clear this heaviness and darkness from all levels of our body, mind and soul, until we become part of the radiant divine light. Please accept the changes that take place in you. We are breathing since our birth and it is nothing but cosmic energy.

Q. What are the principles one needs to follow for ST?

A. These are the short cuts to soul transformation:

The 3P's: Practice, Perfect, Preach.

The 3C's: No Comparison, No Complaining, No Criticism.

WWH Principle: What Am I Doing? Why Am I Doing? How Am I Doing?

Come out of your vicious circle of faiths, conditioning and fears. If a thought strikes your mind strongly, act upon it before you start think to do it or not. Everything we face is an experience. It cannot be good or bad. It is only your tag line which makes it good or bad. It is the only way a soul will attain its perfection. It is only your truth, joy and purity which will make the journey of perfection smoother and easier. If stuck with guilt and vengeance, it is your soul's responsibility to have more experiences and help you attain perfection. There will not be any interference from God. If a person is absolutely ready to take help from God, he has to be pure, happy and ready to shed his stupid conditioning. This conditioning is based on the experiences of others and as also our own. Shedding this conditioning is essential for attaining soul perfection.

Q. What does the modern man require?

A. The modern man's life is hectic. He has neither the leisure nor the patience to reach God. Meaningless competition, comparison, arguments, stress, pressure and anxiety conceal man's knowledge. Man Remembers God only during problems. I have come to transform your minds. Welcome me into your hearts. It is also equally important to share our experiences. We have to choose to share, express and be open. Only then, can Masters help us. You know they don't have a physical form, but, they are standing next to us. So 'gatham gatha'. The past is the past, but, try not to make the same mistakes again and again. If you have done it, express it. Speak out loud. Our job is to keep trying until the old habits or old structural patterns are completely gone.

Q. Why should one share?

A. Dear all, a long silence from any member suggests that he or she is no longer interested in this path or in the messages that are being shared. As Masters, we can only lead, but cannot drag you behind us forcefully. A person who is interested will be there always, but a person who is not interested will come out with all kinds of excuses for not being there with his Guru. So, let us not disturb such persons. Spirituality is not an easy path. As the going gets tough, the tough get going.

Q. What to learn from the messages?

A. Messages keep coming to remind us that it is our task to move forward steadily and surely. We need to perfect ourselves in the areas for which the messages come as

reminders and help us in progressing in our life / spiritual journey. My dear soul mates, we seem to display great reverence towards our Guru and Satguru. We see Paramatma flowing through them. However, we seem to forget our family members, our spouses, children, neighbors, friends or even strangers on the street. The same Paramatma flows through them also. They are souls, they are god particles and they are also on the same journey as we are. Yet, we behave differently with them.

Q. How does chanting help?

A. Chanting brings us closer to our self and increases our concentration. Once we collect all our thoughts and chant, only the chant remains, which is a single thought of the mantra, also called,ekagrata in Hindi. Through the chant we are affirming and calling the Higher Energies, who manifest and align.

Forgiveness

Always forgive everyone who is near to you; like your family members, friends and colleagues whom you meet every day. Especially your closest ones (according to you), the special ones. This includes your guru and sat gurus, even the Higher Energies.

God Element

Q. How does one have faith?

A. Everything is well taken care of. If you are given a faulty instrument, you have no choice but to accomplish your task with it only. Your role is to completely align with the faulty instrument and HE will take care of your task.

Q. Are we unique?

A. Each one of us is unique. Each one of us can become a unique instrument either by empowering our own lives, by improving the life of someone else or for the betterment of world itself. Understand the strength of the God Particle within you. Understand that this God Particle is a part of the God himself. Then, this realization will help you to become an instrument and this will ward off the unwanted layers.

Q Who am I?

A. My presence is eternal, while my form is transitory. Ignorant is the one who fixes me to a form. You must enjoy the fruit, good or bad, of your past karmas. My devotees see everything as their Guru. If we see all actions as Gods' doing, we will be unattached and free from karmic bondage. Those who think that Baba is only in Shirdi, have totally failed to know me.

Spirituality

Q. What is destiny? Why do we feel pain?

A. Destiny is the result of our thoughts. Our thoughts travel faster than light and, then, establish a path and create circumstances based on our thoughts. Thoughts are all powerful. So, use them wisely. Our path is laid in accordance to our thoughts and they get manifested. It might be a thought from this life or from previous lifetimes. So, time and again, we are reminded to keep our mind calm and be in a thoughtless state. Our thoughts decide our path and manifest. Our thoughts shape up our lives. Whatever that is happening now is nothing but our own previous thoughts that we have created based on our situations, judgments, beliefs, conditioning, fears etc. at that instant of time.

Q. What are Shraddha and Saburi?

A. Baba's two key words are Shraddha and Saburi. Always remember them. If you have faith or Shraddha, your patience or Saburi will grow. If you have Saburi or patience, your faith or Shraddha will flourish. If you lack both or have them in low degrees, you might feel the pressure of each test and the pain which each hammer blow of life gives you. When happiness comes, you don't say why me? But when tests knock at your door, you question, why always me? Why not you? If you can accept happiness, why not hardships?

Q. Why do you think our behavior changes when we are with the Satguru, in comparison to other humans?

A. We are unable to see the same Parmatma in our friends and family, because we fail to see the same Parmatma in ourselves. Till the time we will live with our false physical identity, not realize and believe that we are souls, we will not be able to see the same in others. What we see in others is only a reflection of what we feel about ourselves, which we do, especially in the case of our family. Babaji has faith on me and has always shown me the way to live. When we completely surrender ourselves in devotion to our Sadguru, Guru, Masters, HE, our acceptance increases. As our body consciousness decreases following the mantra that "I am not body, I am a soul, I am an instrument of the universe", our soul consciousness increases and our expectancy from our fellow beings decreases. In our life, the first whom we meet is our Mother, who is the first Guru. Without the knowledge of the child, the mother keeps teaching her child "Sanskar" (the basic teachings of life). Whether the child likes it or not, she continues to impart her teachings without any expectations. She tries to make the child familiar with the worldly environment. Then, she introduces the child to another Guru, who is the teacher in the school. The second Guru (School Teacher) imparts the child, the subject knowledge. Every student tries to learn and grasp the subject as per his individual capability. If the mother scolds, the child does not feel insulted. But, in the outer world, when the teacher scolds, the "I" wakes up and argues with the School Guru. Now the innocent child starts losing his originality /purity. Slowly, the child adds up the toppings of anger, jealousy and ego. The school Guru wants to make the child a responsible citizen of the country. This Guru also slowly moves away from the life of the child as the child progresses to the next levels /next classes. After our education, when we are deeply engrossed in the competitive world and try to grow up on the ladders of corporate world, suddenly the third Guru arrives in our life. This is the Spiritual Guru. Everyone is not fortunate to have the Spiritual Guru. But, whenever he comes in someone's life, he will take various tests of the student without his knowledge. Even the punishment given by this Guru, is digested by each student as per their spiritual maturity level. This maturity helps the student to understand that the Guru is angry because the Guru wants to remove the imperfections. A genuine student will try to understand the true meaning of punishment /scolding. The real student tries to understand his faults and works on them to perfect himself. But the student, who does not understand the real meaning of Guru's scolding, never grows. He forms a layer of anger and ego against his Guru. Actually, the Guru does not have the intention of hurting any student, but, his actual aim is to remove the imperfections within the students. Over a period of time, people put on various layers of "I", like anger, hatred etc. Only the Guru can see these layers of imperfections and make the student realize these. This Guru is never bothered about his personal gains as he tries to impart spiritual knowledge. He never differentiates between his students. If and only if, the student tries to understand the true meaning of the teachings of Spiritual Guru, then the student will not get deviated and he will march towards his final destination to the Mother

Source i.e. Moksha. All Spiritual Gurus love their disciples very much and take the responsibility of the development of each disciple. A spiritual Guru changes our life and our inner self, the effect of which is seen by the outer world.

Mind Games

Q. Why everyone kicks only unsuccessful souls? Why can't they support that soul and bring him/ her up and show him/her path of success.

A. Instead of extending support, people kick such a soul as well as use harsh words. Learning is a process. Some learn fast and some are slow learners. So, do we leave the slow learners at their own levels? Or hold them and teach them how to learn, walk slowly and steadily. The weak have no place in this world (Like in the African safari, the weakest are the easiest prey. At the end of the day, all that matters is to feed the body.) No one can teach anyone unless the soul has a burning desire to learn and live. Can we teach a person to run when he is sitting on a fire? It is an instant action. The soul knows how to save itself while it is in the body. We have to learn from our experiences. We cannot explain the taste of an apple unless we tasted it. We can understand the real meaning of situation only when we face it. The best thing to do is to just stand beside them and let them learn. Don't push them. Let them fall and learn to stand on their own. They will learn only according to their understanding and their pace of learning.

Q. What is guilt?

A. Guilt is a negative energy and it will nail you down. It will drain you out. Instead, focus on the present moment and proceed to next thing. How strong are you? Can you identify and rectify your mistakes? Are you ready to come back on track after slipping? Which technique

or teachings helped you be strong? How long? What is our duty? To behave properly. That is enough.

Q. How many of you practically understand that your actions and expectations affect other person?

A. Many actions go unnoticed by us, because, when we are in a desperate situation, we only think about our own selves. We do what we think is best for us and do not care about the others 'or try to understand their situation at a particular instant of time and rather expect them to behave in a certain way. Because we want our work to be done, we tag them accordingly. Are you able to identify such situations in your day to day life? If so, have you made any efforts to rectify it? Understand the above question and try to rectify it, as this will help you progress in your soul transformation. Always rise above the situation. Analyze as an observer with calm mind , thinking not only about yourself but others who are affected by that situation and then act. Keep your ego aside. Else, it will be a hindrance. Always remind yourself. The purpose of soul transformation is to clean up the layers that have covered our true selves. You must focus on just cleaning the dirt, junk and the poisons. Identify and get rid of the trash. Name it. We are not our past. How long we can save it? Is there any use of hoarding it? So whenever you feel pain in accepting these kind of questions, remind yourself of SOUL TRANSFORMATION.

Q. Do you listen to your inner voice?

A. Have the courage to express. Let you inner voice come out. Do not kill your inner voice with conditioning, confusions and doubts. Verify your answers with your inner voice. Have faith and trust on your inner voice.

MASTER'S MESSAGES

august 2 ,2015.Master's message;

On Amrit Vani: All the messages in AMRITVANI are directly from Baba and Babaji. Implementing them will

lead automatically to personal and soul transformation . Amrit vani is in points my own personal experiences and situations explained in shortest form. If you truly understand the messages and apply them, you will find all the solutions to the problems you face in your life.

Bhagwat Gita: It has become like a Bible and has been accepted all over the world. All the teachings have been told thousands of years ago. It is a true manual of a descended God Particle. Periods may change but the concept remains the same. Babaji has given us some shortcuts which are easy to implement in today's world and time. The rope has been given, don't slip, hold it firmly. There are many ways to connect to the divine. Chanting of shlokas is one. Every word in the shloka contains beejaksharas. Every beejakshara resonates at a certain frequency. When you chant the shlokas, they will create positive vibrations in and around the body. The whole aura changes but accurate pronunciation is required. With purity if you chant, you will feel the energy. Every beejakshara originates from 'om'. The more you try to understand, the more you go in the depth and it's like diving in the abyss. It is never ending. Chanting the mantras/ shlokas helps in controlling the mind. It keeps away all the unnecessary thoughts and hence protects us from accumulating more layers. Do the chanting sincerely. Every second is important in this path to purity. This will clear up your inner clogs and purify the soul. Only your transformation is important. When you are disturbed, try to learn and memorize one shloka and try to master it. One reading is not enough, do it again and again. When you focus, your energies will be purified. Always be connected with the Guru element.

PT/ST

The 5 points given by Babaji to the retreat participants as the primary step for Personal Transformation. Those who follow these five points shall be the best among the men

1.Family

oFamily First

oUnconditional Love towards family

oTo provide everything the family needs is our responsibility

oPractice forgiveness at all time

oRespect, protection and needs of the family

2. Gratitude to the universe

oFor everything that the universe is providing

oTill the last breath be grateful

3. Everyone is a SOUL

oKnowing that I AM a SOUL

oAnd others are also Souls on their own Journey

oWhen we see others as Soul, we shed hatred, jealousy, lust etc.. towards them

4. Work is worship

oWork first and then pain and pleasure

oTreat work as god

oOnly those who see god in work shall reach the top

5. Cleanliness

oThought Cleanliness

oBody Cleanliness

oSurrounding Cleanliness

Society, Why is it different and why we are different?

The path we are walking we are detaching ourselves from the society so we feel alienated. Our souls are wrapped up with layers of imperfections. Society talks and moves with these layers but a person walking on the path to purity will speak without layers, that is why there is no compatibility. We used to do a lot of things for the sake of the society but now we know the teachings, we understand the truth. We want to

change, that's why we can't think in the same terms with the same people we used to associate with before.

Greed and spiritual progress ;

A person who is full of goodwill will continue to progress spiritually whether he wishes for it or not, because every breath he takes will be positive. When every breath he takes is positive, then his life will definitely be positive. It is said that the earth is round and whatever you give will return to you. One automatically progresses spiritually when one performs positive acts selflessly. Only good deeds will happen at the hands of a person who has goodwill towards others, and always wishes for the good of others. And when he always thinks about others, he will never have feelings of greed in his mind. Thus he will be safeguarded against greed, attractions and delusions. There is no end to greed; greed always keeps man dissatisfied. It is like a mirage. Objects that are close to him are not visible to him. But the moment he comes closer to it, he stops seeing it; and then he begins to see what is not closer to him. Man does not realize when his life comes to an end whilst running after this greed. This greed completely destroys man's life because he will not be able to see what he has obtained and then his running after 'I must have this will never end, though he himself may come to an end! Therefore the biggest barrier on the spiritual path is greed.

Simple ways to live an ascetic life in this material world.....

Cry if you want, but don't let the sorrow over power you....

Laugh as much as you can and let the twinkle reach your eyes and make others happy.....but let the joy not over power you.....

Love every one with all your heart..... But don't let the relationships tie you down.....

Help every one and don't expect anything in return.....

Be angry wisely and don't let your anger invade your decision making.....

Let the lust be momentary and should fade away with the blink of an eye.....

Don't allow greed and jealousy to surface....nip them up while they are still buds....

Remember these tips for this birth as they can be developed further in the next.....

Masters Message 27/12/2015

“Will power is the instrument of change “

If you have molded clay in to a vase and fired it, and now you want to make that object into a tray, you cannot do so. But if you can pulverize the vase and add that powder to fresh clay, and then form it into a tray. Likewise, when a bad habit is fixed in your mind, and you want to change it, you will have to use your strong will to pulverize or crush that habit and absorb it into fresh pliable or flexible good actions that can be remolded to the desired image. Strong will means strong conviction.

The minute you say to yourself, “I am not bound by this habit, and if you mean it, the habit will be gone. Look within and determine your main characteristics. Some love to write, some sing, dance, others enjoy finance or economics and so on. Unfortunately some love to gossip, some love to fight and belittle others.

Don't try to change in yourself what is good. There are certain things that you do against your will and that make you unhappy after you have done them. These are the things that you have to get rid of. How to do this?

Affirm with great conviction before going to bed and on arising in the morning by saying “I can change. I have the will to change. I will change”.

Hold to that thought throughout the day and carry it with you into the subconscious land of sleep and the super conscious realm of meditation.

Suppose your problem is that you frequently get angry and afterwards feel very sorry for having lost your temper. Every night and morning make up your mind to avoid anger and then watch yourself carefully. The first day may be difficult but the second may be a little easier and the third will be easier still. After few days you will see that victory is possible. In a year, if you keep up your effort, you will be another person.

Free yourself from the deeds that will make you unhappy. Do not become a slave of your habits. Avoid those things that will ultimately hurt you and choose those will give you freedom and happiness. In this New Year, change your consciousness. Cultivate the right conduct and good habits that lead to freedom. Will power is easy to develop. Try first for small accomplishments. Watch your consciousness. Develop the habit of self-examination of watching and analyzing your thoughts and behavior. When there are telltale signs of bad habits or inclinations, that is the time to discriminate and resist with a strong will power.

Masters_Message

03 Jan 2016

Walk the path without expectation

Dear soulmates,

Do your duty / Perform your responsibilities and leave the outcome to H.E. When you are in dark along with your father, don't you cling to him? don't you trust him? Same way, when you are struck in a situation, hold the hands of Babaji. He will guide you through this maze of difficulties effortlessly. when you walk in this maze do your duty which is "walking". Walk with all your might. Hold on to the guiding hands of Babaji steadily. Do not bother about the destination. concentrate on the walking, inch by inch and step by step. when the duty is performed without much expectations, you will be out of the maze within no time.

Now if you begin to expect, What will happen?

You will lose your faith on the hand you are holding. your doubts begin. you start to see frightening shadows as you walk. you might even bump into the walls of the maze. In your fright, you might even let go the hand of the "guide". So now it's high time everyone just went about their duties rather than focusing on the end result. we all are in this spiritual bus driven by Baba and Babaji. they are experienced drivers. So let them drive us through the jungles of hardships and towns of sorrow. Let's buckle ourselves in our respective seats and have a safe journey.

Masters Message 24 Jan 2016

'Hard work always pays'

Dear all, each individual is unique and each individual has his or her innate potential. if you have great talent, you can consider yourself to be a winner. If you have little talent but a lot of hardworking nature, still you can be a winner. Even if you weren't born with a genius trait in your genes, you can out-perform the smartest of individuals as long as you work hard. With hard work you can be good at what you do. Most of the time we come across 3 types of successful people. They are;-

- 1) People who are successful because of their extreme talent but little hard work.
- 2) Extremely talented people with extremely hard working attitude.
- 3) Less talented people with extremely hardworking ability.

These three types of people should be our role models.

Some of us strive to be successful but fail. This is because of the prevalence of procrastination. Stop being lazy. Stop postponing things. Set your goals and put your best foot forward. If you see the above persons, take a picture of them, get an autograph, wish them good luck and make them your mentors.

This world has problems.

We need talented plus hardworking people. They are as rare as diamonds. So soul mates, change your procrastination into motivation and let your hard work pay!

Master's message: Self pity

How to let it go?

Have u ever been on a see-saw.. If yes you might have squealed in delight whenever u kicked your legs and went up. Our lives are just like see-saw. Sometimes we are in high spirits and sometimes forlorn and detached. Today let's see what self- pity is all about. Self- pity means a self- indulgent dwelling on our own sorrows or misfortunes. As a see-saw goes up and down, even we encounter highs and lows in our lives. Bad things do happen. Some choose to sit in perpetual sadness immobilized by the gravity of their loss. Some choose to rise from the pain and treasure their precious gift- their lives.

When a common man experiences more adversities and painful events in his life than others, he wonders why me? He complains-- life is not fair .In this lifetime we all need to face awful things which range from 0-10 on a scale that can measure pain. No one can escape pain. Tragedies will affect us at some point in our lives. Well its OK to sit down and cry .Its OK to ponder and feel sorry for ourselves but at some point we need to shake ourselves from the vicious grip of misery or grief. People engulfed by self- pity can never let go the pain. The pain consumes these people and destroys their lives entirely. A person struggling with depression of self- pity can be identified very easily. He always looks lost in thoughts , detached, seldom smiles, often has negative perspective on things ,suffers from mood swings and refuses to see good in any aspect of life. So dear soulmates self- pity is the first thing we all need to drop if we want to move forward on the spiritual path in a constructive way . If we blame negative circumstances for our place in life, we are giving up our responsibility and control. Self- pity makes us more selfish and our own suffering is all we think and care about in this self- absorbed state. Now choose a life devoid of self - pity . You are in charge of your own happiness. Don't let self- pity consume you. What is destined to happen shall happen. You cannot change the past but your present and future are still yours , so shape them up wisely with a cheerful grin on your lips.

Om sairam babaji

Master on happiness:

Dear soulmates,

According to Babaji, none of you are truly happy.

You feel happy, only if some conditions of yours are met.

Happiness is everywhere. . It's omnipresent. But you want this happiness to come in only when you want it. You are blocking its free flow.

This is not how happiness works. No matter how gruesome the situation is, no matter how tough the life gets, if you can still smile, that is what you define a happy person as. Being the same inside out and at all times is the door that allows this divine happiness to flow through you. Be true to yourself. Even if higher Energies do not know, you definitely know what the truth is.

Do not deceive yourself by saying you are happy. Train yourself in such a way that in every situation you are the same person.

When somebody asks you if you are happy, say that you are learning to be happy at all times. There can be only two things, happiness and unhappiness. Either you choose the path of complete happiness or the path of unhappiness. Don't be in between.

GOD ELEMENT

Masters message "How to be an instrument of God?"

13 Dec 2015

You know that you are a God Particle. So, don't you think that you have all the qualities of God. Most of us do not realize this and get swept away in the direction pointed by all the experience layers. We have made ourselves slaves to our "experiences". We act and react according to the past experience layers. We never give ourselves a chance to look or think out of this box. This is the reason for our sorrow, jealousy, greed, lust, momentary happiness and all other troubles. Now, it's a chance for all of us to peel these layers and become a 'God Particle'.

Basically we need to realize that we are mere instruments and we need to exhibit great strength & courage in removing these unwanted layers and bring out the elegance of the God Particle. Our humble abode- the body, should become so pure that it can fight with these experiences and suppress them. This body should become an instrument of God and use all the gifts, talents, skills, knowledge, strength, courage, love and compassion to coordinate with the divine plan. Our body can be used as an instrument only if we can exhibit the divine qualities of 'God' himself.

'God' has no experience layers. He has neither past nor future. He is always in the present moment. He is neither happy nor sad. He is peace. He has no greed, lust or jealousy. He has nothing to give or take. He is omnipresent. He lives everywhere and in everything. We as human beings need to realize this and through our actions bring out the qualities of 'God', at least to some extent in this birth. With many births ahead, we need to cleanse ourselves slowly, bit by bit, birth by birth. First became an instrument of God by consecrating the thoughts, feelings, words, actions and beliefs to be the greatest force of life, light and love. Believe that you are one with all life forms. Believe that you are a part of 'God'. Believe that you are infinite abundance. Believe that the actions you take improve your life and the world. Believe that you are a 'God' Particle. Believe that in this birth you are the instrument of God, to help clean your unwanted layers.

Om Sairam Babaji..

Masters Message 14 Feb 2016

Do not fear death

Death is one experience that brings or binds all of us together. Rich or poor, beautiful or ugly, kind or cruel, spiritual or not spiritual, happy or sad. The experience of death will be the same. Millions of doubts about this experience will be the same. Common questions about death are.

sHow will I die?

When will I die?

After death, where will my soul go?

Will my death be horrible or smooth?

How will my family members feel about my death?

Will they cry or be happy?

How many days will every one remember me? Etc, etc....
Death is something common to all of us and no matter what, we all have to face it. No diet restrictions, no meditation techniques, no amount of money, no pills can help us escape death. So "death" becomes our "faceless" friend that we need to embrace at some point of our life. Some meet this death early. Some very late. Some have a peaceful meeting with death whereas for some the meeting will be very unpleasant.

However for most of us, finality of death and uncertainty of an afterlife, results in fear, anxiety and grief. Some of us try all the measures possible to extend life and some blame the almighty. Soulmates,

A man comes across many experiences. Death is one among them. All the other experiences can be shared & analyzed except death.

Please do not fear death. When you were born, you had no senses of your bearings, not even your mother and father. Same way, when you are close to death, you will first lose your senses. When senses are lost, your body does not know anything. Losing your senses is the only juncture where your soul & body can feel the pain otherwise. You won't know a thing. That breaking point where senses leave your body is what is called as "death".

A body without five senses is just a heap of flesh which someone has to incinerate! Now what happens?

The God particle with all its experience layers merges into the atmosphere. In this universe, we have a lot of energy pockets where all the stray god particles reside or take a break before they begin their journey in search of main energy core, which they left a long time ago. As they wait in these energy pockets, if there is a conducive womb for them to enter to get more experience layers, they enter and the god particle gets its vehicle and the life and death cycle begins all over again.

If the god particles are devoid of all the experience layers then, they do not stop in energy pockets, they will be constantly on the move to get in touch with their mother energy core. So now you know what happens when death knocks at your door. Death is an experience that will help your god particle to move on to another realm of experiences or move closer to the mother energy core. If you lose a close friend or relative, let your emotions come out in the form of tears and that's it.

Let go of the dead friend/relative.

Think of all the good moments with them only. Do not think how or why they have died. Events happen accordingly to release the god particle from its vehicle. These events are from the divine plan. This is one secret which can never be revealed to any of us.

So please accept death as a pleasant surprise.

Get ready for the journey that is beyond.

Mind games

What is the mind?

The mind is the tool that we have, to create anything in the physical world. The mind can be trained to be anyway we want it to be.

How do we train the mind to be in the physical world?

You have been taught that you are not the body, yet you need the body. You have been taught that you are not the mind, yet you need the mind. And there is the soul/god particle, which is driving the body and the mind.

The body behaves in different way, the mind behaves in a different way and the god particle behaves in a different way, all because they are not aligned. You need to learn how to coordinate the body, mind and god particle.

To transcend the body and mind you need to understand the mechanism of the body and the mind. The body is the vehicle that carries the god particle. When various particles split from the source they were dispersed. They then came together with many other particles to become the organism, the body. Our body is made of many elements including gold and silver. This body has to coordinate with the environment. Therefore it needs the sense organs, the eyes, nose, skin, tongue, ears etc.

Each sense organ is unique and to communicate with the other senses it needs a coordinator. This is the organ brain. All sensory experiences are accumulated and processed by the brain. All the information from the sense organs is organized in different parts of the brain. When the organism needs any information it is brought forward by the brain and is projected on the screen of the mind. For e.g. if you think of an apple, all the past experiences related to apples are brought forward and projected on the mind screen.

The body combined with 5 senses gives you feelings, emotions and creative visualization. There is great power in thoughts and feelings. Thoughts precede matter. Thought precedes materialization. Therefore you have to learn to use thoughts to your advantage.

In order to use thoughts to advantage, first of all you need to know the contents of your mind, the thoughts that you have. Once you know them you can start cleaning them. Understand the thoughts that you have. You don't have to create new ones, just analyze the old ones. The thoughts could be trying to resolve some old issue or reliving an old emotion. Whatever it may be do not ignore the thoughts.

The manifestation of thought depends on the level of purity. Also the focus or energy you are giving to the thought makes the thought manifest.

On the path to purity, when you start cleaning the mind, there is a fear that if you have negative thoughts, it will manifest. Do not bother about it. When thoughts come, just keep cleaning. Just remove that fear. When you are cleaning your house, you clean every nook and corner. Dust keeps accumulating every day and you keep cleaning. Your job is like a maid. Just clean and clean.

When you feel fear, kill it. A person on the path to purity will have no fear. A disciple of Babaji will have no fear; he will shut down the fear. If you overcome the fear, there is a greater understanding at the next level. You will then be able to laugh at the fear.

To tame the mind, the key is control. The key to control is to align the body mind and soul. You have to learn to monitor the body, mind and god particle. When all these things combine without discipline, then there is no peace of mind. You have been deviated from your true path for a long time. You need discipline to get back to the path. This is the true path and only those who are dedicated can experience this.

The mind is a dragon that needs to be trained. This dragon, when fed with positive things, takes care of you and keep you happy. If you feed unnecessary and useless things it will make you frustrated.

Man always focuses on lack of abundance on earth. You are trying to use up all the resources on this planet. The more you use the more resources are being generated by the planet. Earth is constantly reproducing whatever you are demolishing. The beauty here is how it is reproducing. If there is a crack in cement of a structure, a plant grows out of it. That is the living proof that nature is taking care. The law of attraction is constantly at work in nature. What is this law? We have capacity to attract anything that we feel strongly about. This law works at energy level. You should understand that everything is energy and matter is also energy. Apply this law to daily life. Humans at a lower vibration are denser and those at higher vibration level are less dense. Therefore if you work on your thoughts and achieve purity you move to a higher vibration and gain mastery over matter.

Nature can take care of everything. Nature is a giver. You only know how to take. All problems are momentary. If you can do, then do something. If you cannot do anything, then just leave it. Nature will take care of it.

Just as the sun rises everyday, the grace of Higher Energies is there all the time. It is up to you to allow the light or close your windows. The sun doesn't care; it just does its duty. Similarly you should just do your duty. Ignore the imperfections in others and do your duty.

Always make sure that no other thoughts run in your mind. When you are completely silent in any situation, you will have more energy and understanding.

At any time be calm and silent. When necessary the mind screen will automatically open up and show you the solution.

Pointers to tame the mind:

Chanting guru's names when the brain projects unwanted stuff.

Listening to slokas and the words of master when taken over by emotions.

Talking to a close friend or confidant (is a person you can trust) and pour out your feelings. .

Chanting Om or other Beejaksharas. The vibrations of the chants will calm down the mind.

Diverting yourself from unwanted experiences. If the mind projects unwanted things, engage yourself in different tasks. For E.g. you pick up an old album and see old photos that brings back old memories, then discard the album and move on to other tasks.

Doing things that make your family happy.

Setting goals and trying to reach and accomplish them.

Remembering that you are a god particle and nothing can disturb you.

Masters message 15Nov 2015

How to attain the fifth state of mind " The true joy".

How is it?

a) Well, if for ten days you were not permitted to sleep, but were forced to stay awake, and then allowed to fall asleep, the joy you feel at that moment....

b) You were allowed to hold your new born baby.....

c) You won a million dollar lottery.....

d) finding your long lost son after 10 years.....

All the above moments give you joy but the " True joy " is all the above mentioned joys, compounded a million times. All the sages went after this joy. they deprived themselves of material gain and felt that this "True joy" was greater than anything in this world.

To attain this "true joy" one has to have a happy state of mind and a young or youthful mind.

How to attain it?

Some young people, though in their youth, have an old and jaded mind. In contrast some elderly people, remain youthful in spite of their advancing age. they keep their minds young. their smiles trickle down from their souls into their bodies and faces their very blood throbs with joy.

Some persons, we see them dull and lifeless. they are young but don't seem youthful.

they are " walking dead". Their souls are shrouded by negativity. they always look moody and dispirited.

There is no excuse for a wrong state of mind. You must be always positive - minded, cheerful, smiling, vibrant.

there are all the qualities of a youthful mind. the age of the body has no real connection with youthfulness.

your state of mind and the expression of soul makes you youthful.

Now for ways keeping the mind youthful:

1. Meditate at least for few minutes in a day.
2. Observe silence and enjoy the tranquility with in you.
3. Learn to smile. It should be a sincere smile. where ever you are, no matter how trying the circumstances are, smile from your heart.
4. Harbor no form of anger or malice.

5. Try to contact the Higher Energies while you meditate and request them to give you strength to peel off the unwanted layers around your God particle.
6. Another key to mental youthfulness is to learn to be less selfish and self - centred. Be more giving and caring towards others.
7. unless you have the qualities of Higher Energies, you cannot be relived from this birth and death vicious cycle.
8. Be more willing to transform yourself. If you are unwilling, you will have no energy or interest. unwillingness will make you tired, unhappy and irritable. Willingness helps you to gain your vitality and enthusiasm.
9. Understand that you cannot carry anything with you after you discard your body. your God Particle can carry only this supreme joy. so try to shed the unwanted layers of greed, Malice, Jealousy, Lust, Impatience, Arrogance etc and try to replace them with true joy...

Om Sairam Babaji.....

Masters message: Thoughts, words and actions

This physical realm is made up of great vibrations of energy. Our thoughts are also vibrations of energy. Sometimes you must have experienced. This when you are looking for a car park. As you hunt for an empty slot in the parking you start chanting "Babaji - please get me an empty space please, " . Generally in the peak time it is impossible to get a parking space. Despite the 'full' sign you enter and expect a vacant space Well, if you don't feed a negative thought. bingo - you get a parking space but what do you do?

Your mind gets the information from the senses regarding the "Full" sign outside the carpark. So now the mind begins to send the thoughts that you shall or might not get a slot. At this point you turn to your wife or friends and say "Oh God I am not going to get the parking today". This thought will have a powerful influence. The result is you will be going around in circles hunting for an empty slot.

This example is just the tip of an iceberg. Everyday we encounter the mind power which directs our thoughts towards a desired or undesired outcome. Remember what you focus on you attract! Focus on success you attract success,

focus on fear and failure you attract failure.

So now you know how your thoughts can influence your deeds or your immediate future. Train your mind and make your thoughts work for you.

The mind is a projector of your brain.

Brain controls all your five senses and collects all the data and stacks them accordingly. Brain keeps sending messages to the mind and activates it too.

Mind in turn starts displaying images or thoughts. Mind is a creature of habits. So it is our responsibility to make sure all our five senses are under control.

Why do we need to keep our five senses - seeing, hearing, touching, smelling, tasting under control?.

One example= if a man uses his sense of sight in an improper way, he will be in great trouble.

As he commutes from office to home, if he sees a half clad woman- cleavages and thighs, his mind now knows what to project.

Brain sends all the necessary documents to its projector and the mind starts projecting all the improper images and inappropriate thoughts which are not necessary, the man commutes home. He comes home to his wife who is fully clad, looks simple and modest. Now he does not like this. His thoughts are stuck in other woman's body parts.

His thoughts shape up into words and he abuses his innocent wife. If the thought still persists he will go physical with her.... hope u understood how much you need to take care of your senses.

Masters Message 22/05/2016

"Senses are the five horses"

Senses are the five horses on which our brain rides. Mind is the charioteer it holds the reins of these five senses and steers accordingly towards the most dominant sense. Out of the five horses that pull a given chariot, if one horse is stronger, then the chariot gets pulled that way.

This develops unrest among the other horses. This imbalance between the horses will lead the charioteer

to go into a panic mode. The chariot without a sane charioteer will finally topple down. This is what happens if our mind is steered by dominating senses.

So keep all the senses under control!. Once your five senses are under your control, the thought process slows down. Unwanted thoughts do not arise. When unwanted thoughts are cut down, Then words that are based on these thoughts will be nearly eliminated. thoughts are silent words that we speak in our mind. if they go unchecked, we shall begin to speak out our thoughts loudly!

When unwanted thoughts shape up into words they are due to hurt somebody for words are much sharper than dagger!. Wounds inflicted by swords or daggers can heal faster but wounds caused by words can last longer and leave irrevocable scars on the mind. Over a period of time, words generated from unnecessary thoughts shape up into actions.

Can you think that actions that arise from unwanted thoughts and words will be better? Not at all. They shall hurt others by keeping words & actions under check. that is the reason why sages depart to lonely areas away from humanity to avoid temptations to their senses.

So dear soulmates, for this birth try to keep your five senses under constant security. Be away from things that tempt your senses and disrupt your peace.

You all just started on this path. it will take a while for you to reach your destination. Don't give up!

EGO

No individual can control his ego by himself. Therefore one should dissolve that ego into collectivity. There is no other way to do it. Half the population of the world now lives in cities; and thought pollution exists as a result of thickly populated areas in cities. People don't have any thoughts of their own, and the result of what people (collectively) think in society is felt by each individual. Therefore, it is absolutely necessary for man to maintain a balanced state of mind in this scientific age. Scientific gadgets can give us material happiness and comforts, but they can't give us mental peace. Man will have to obtain mental peace by himself. Peace exists inside man and he will have to obtain it on his own from within.

To accept Paramatma in any form is (a sign of) a good mental state. When we accept Paramatma in any form, we reach a very high emotional state, and this higher state controls our thoughts; and when there is control over our thoughts, our brain remains free from tension and stress; and that in turn leads to a tension-free physical body.

One can only obtain happiness through one's soul. And in order to acquire this inner- happiness, one should acquire inner-knowledge; and to acquire inner-knowledge one has to obtain self-realization. And to acquire self-realization there should be a self-realized Guru.

One obtains a lot of inner-happiness when one walks on the path indicated by the soul, and one also experiences a lot of peace. Several human beings are born in this world, but very few people have the good fortune to be able to walk on the path according to the wish of the soul. Some people cannot obtain it because of their parents, and others cannot get it because of their wives. I am very fortunate that I have found a wife who co-operates with me in this karya.

Everyone in society respects and reveres a person when he becomes an ascetic. But no one wishes that someone from their own house becomes an ascetic, because everyone knows that after becoming an ascetic he moves away from all attractions and illusions. Thus, everyone is aware from inside that all this is illusion and that it is a world of attraction; but they still wish to get entangled in it and live in it. They don't wish to give it up; and if someone gives it up, they don't allow him to do so.

At present the intellect is progressing very swiftly, and newer arguments are being made and will continue to be made, because the development and progress of the intellect is happening collectively. Arguments can be created through the intellect, but not spiritual experience. The present day society is a society of intellectuals; they give predominance to the intellect, and the intellect is related to the physical body.

Think twice before you do anything: Impulsive behavior

7/2/16

Most of us exhibit impulsive behavior. Impulsivity is defined as acting without thinking or the inability to wait. People who are impulsive appear to do things suddenly, without any planning ahead or considering the effects of their actions. In children, severe impulsivity includes not being able to wait before answering a question, or answering even before it is completed; often interrupting or intruding on others; running out into the street without stopping and looking, and being unable to wait for things that they may desire. Impulsivity is a complex behavior. People with this behavior lack the ability to put the brakes on their motor actions, verbal actions and thought processes. There is no self-monitoring of their behavior. In this world, some impulsive people act quickly with confidence but they do not bother about the consequences nor do they regret doing it. Some act quickly without thinking and confidence but regret the consequences later. Some know better, they do worry about the consequences but can't control their desire to act.

How ever, certain situations do need your impulses such as you crossing a busy road and about to be hit by a vehicle. Yes, here the impulse needs to kick in. In this situation, you need to act first and think later. You should use your impulse to leap out of the way of the speeding vehicle. But most of us use our impulses in a very wrong way. We act first and think later and this impulsive behavior leaves behind an everlasting and many serious consequences.

So when do we use our impulses wrongly?

When we talk to our spouse and other close relatives.

At our work places.

While shopping

While cooking

While gossiping

When our ego is hurt

When we are in an heated argument

When dealing with money

When we are slaves of bad habits

When we are bored with our lives and need to seek some thrills

When we are not organized

When we are frightened

When we think we are superior to someone

When we have unsatiable body urges

How to curb impulsive behaviour?

Visualize and plan everything to a tee.

Stick to what you have planned.

Be confident in taking up a task.

Walk away from something you want to buy on impulse. It will still be waiting for you later, after you've had time to think over the purchase.

Take a deep breath or talk with a thoughtful friend before impulsively yelling at someone out of anger. Practice calming strategies, such as meditation, muscle relaxation, yoga and cardiovascular exercise such as jogging.

Write a list of pros and cons of a tough decision before acting.

Make a mental outline of what you want to say before saying it.

Do some research on a purchase, decision or a proposal before you act on it.

So soulmates, please keep checking your behaviour from time to time and do not indulge in impulsivity.

Spirituality

“Spiritual knowledge is natural knowledge. It is pure only in its natural form. This is divine knowledge. No one can give this knowledge to anyone or take it from anyone. This is similar to a naturally flowing stream; a stream which continues to flow ceaselessly from its origin in a mountain, and from a determined height. It never changes its place. It has to continue flowing at its place. If we wish to bathe in it, we will have to search for it.

First of all we will need to have the pure wish to bathe in it. This need will arise in our minds only when we wish to make our body pure, holy, and clean; it is only then that we will wish to bathe. We will feel the desire to have a bath only when we realise that dirt had accumulated on our body and it is stinking with perspiration. We are engrossed in the worldly joys that we get dirty everyday in society. Day by day we are affected by the bad events and negative thoughts around us. This external influence is very bad and we have forgotten that –“We are pure souls and have a part of Paramatma within us.”

First of all, if we realise that this external atmosphere can be cleaned, we will also become aware of the influence of the dirt which has settled on our minds; and when we become aware of it, we'll try to remove that dirt too. This effort is the first desire to bathe (cleanse) ourselves; and then later on, it is this desire which will make us large-hearted. When one definitely decides to bathe, he will begin to search for the path –he will go to the (public) water-tap, he will go to the well, he will go to the river, he will go to the pond, or to some stream. It is not important where he takes himself because all of them are mediums, and he can bathe in any of them. There are several paths but only one bath. The path is not important; it is the bath which is important. He will be able to have a bath wherever he reaches. Thus firstly, he should be able to accept any source he finds for his bath. If he insists that –I will bathe only in the pond –then he may not necessarily be able to find the pond in this life

Master's message: spiritual journey

Now we know what the right path is. When I started my journey, I dropped everything .Please do not walk this path if you are not ready or if you are not willing. You must understand, this path if you try to

fiddle with your own ideas, you will not reach anywhere. So it is important that you have no doubts, confusions or fears. The only effort required is to tune yourself to the guru energies, and connect with your inner self. Rest will happen automatically.

Be aware at all times, introspect, your old patterns will come but do not feed them. They are like salesmen, they will keep coming, but you have to remain strong and consistent on your path. It is their job to come again and again and it is your job to clear your layers.

In meditation, there are many paths. All lead to Parmatma. When you close your eyes, you become calm and peaceful. You connect to breath. The breath knows , it will automatically lead you to your inner self.

Cosmic energy: cosmic energy is everywhere. This cosmic energy flows through everything, any medium that is alive. This cosmic energy is Parmatma. When you allow parmatma's energy to flow through everything will be automatic. This is what I am experiencing and you can experience too. Masters are around to help and guide, just feel them. Even while working be connected. There will be no distractions; there will more efficiency and creativity. It is like a horse pulling a cart, there are two leather patches on both the side of the eyes to avoid any distraction for the horse. These patches are Baba and Babaji. They will keep their disciples focused and eliminate all kind of distractions. So work with consistency and faith.

Masters Message 20/06/2016.

What is "Gurukarya" ?

What is the meaning of the word "Guru"?

'GU' means darkness of ignorance.

'RU' means one who removes.

When we put these together we can say that guru is somebody who can remove the darkness emitted by the ignorance. Each one of us should always be obedient and humble before these three persons in life -- mother, father and guru.

If you have found a guru , it means you have found a medium through which you can have glimpse of your god particle! Guru will be the medium to help you reunite your god particle with high energies.

Guru will help you to transcend all the three gunas – Rajo, Tamo, satva and introduce you to the yogic techniques which will help you to walk the path to purity.

Most sadhaks begin their journey but they want to have this connection with their guru at a faster pace. They do not give time for the bonding between guru and them to strengthen. Spiritual path will not entertain who tend to run. For a sadhak to understand his soul or his own God Particle, it might take many years or births.

Dear sadhaks, do not rush, slow down and enjoy every step that you take on this journey. Gurukarya is a spiritual service that you can do to mankind in your vicinity. Every human being should have a purpose. When you slow down you will realise your purpose in life. How best you can help the society. Decide on one thing and improvise it. Example, if you want to distribute food on a particular day, make it a point that you feed a needy person on that day for the rest of your life.

Nobody can remove the experience layers. We need to clean and expose the god particle ourselves. Over a period of time with the help of gurukarya, the unwanted layers around god particle will peel automatically and you shall shine like a bright star. Different births will introduce you to different gurus. Each guru will come to give you different knowledge. In this birth you all have gathered to listen to my words through this medium. So you all have determined to walk this path together. Respect and motivate one another, figure out what your gurukarya is and work on it until your last breath.

Do not expect name, fame or miracles.