

THE INSTANT SUCCESS

PART - I

A Scientific Approach

FOR AWAKENING EMOTIONAL & SPIRITUAL

INTELLIGENCE

BY 24 HRS. MEDITATION & AUTOMATICNESS

EMERGING AS DIVYADARSHIN YOGA

By

DAMODAR MANDA

ABOUT THE AUTHOR

I was born on June 15, 1966 in Somadevarapally Village, of Dharmasagar Mandal in Warangal District. My Parents are Sri. Laxminarayana Manda and Smt. Kamalamma Manda. I have completed my Primary and Secondary education in Zillaparishath High School, in nearby village Damera in Karimnagar District. I have completed my plus two education in Govt. Junior College, Hanamkonda. I did my BE (Electrical) in College of Engineering, Osmania University.

I have joined the APSEB in June 1990 as Asst. Engineer and was posted in KTPS palvancha. I have worked for 12 years in KTPS, as AE and ADE. From 2002 to 2009 Nov. I have worked in 400KV Mamidipally, Hyderabad and 220KV Chandrayangutta, Hyderabad as ADE. Since Nov 2009 I have been working as Divisional Engineer / Training and coordinator in Corporate Training Institute, TSTransco.

I have made a research on Personality Development for the past 8 years. I have followed 24 Hrs Meditation, thereby involving meditation in every activity. The outcome is the book I authored

“THE INSTANT SUCCESS”. I hope it will meet all the requirements of human being and achieving their goals. The ultimate reality of this book is explaining how a human-being excel in all respects automatically and the secret of confidence. I am sure that, it is Invention of an innovative Idea.

Consolidating these concepts as God’s dictum I have founded a powerful discipline namely **The Divyadarshin Yoga**, which I am sure will become, beginning of a new Era in the process of self realization. Very simple guide lines are given to follow the Divyadarshin yoga and I hope everyone can enjoy it whole heartedly.

I am very much indebted to all my friends, colleagues, superiors, subordinates and management of TSTransco the kind cooperation and mutual understanding and encouragement.

I express my heartfelt gratitude with reverence to Sri Swami Vivekananda and Master Sri Jiddu Krishna Murthy, whose teachings inspired me to write this book.

Thanking you!

Yours Sincerely,

Damodar Manda
Founder
Divyadarshin Yoga
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Dedicated to

My Wife

Smt. Hemalatha Manda,

Guide lines for following the Divyadarshin Yoga

- 1) Divyadarshin Yoga is aimed for realizing the divinity within. It has no discrepancy with any of the other yogic practices. It is basically an advanced Yoga of which, its limits goes beyond the word “practise”.
- 2) If the concepts of this yoga are understood in right spirit, it may not take much time for catching the essence or realization. It is not a practise that is to be done separately; it is a meditation that is to be involved in each and every thought and activity every moment (micro level) without any deviation.
- 3) It need not be get worried for not sustaining the consciousness. The concept of “Automaticness” helps, how to operate beyond the consciousness. Because “Automaticness” (God’s programming in the mind) is an instrument, which makes you how to withdraw the efforts and sees, how things to be done effortlessly. Further, it is to be understood that, when the realization of the oneness of the concepts of 24 hrs Meditation and Automaticness is attained, that state is the

state of perfection.

- 4) According to this no one in this world is superior to any one or no one in this world is inferior to anyone. Further no one can hate anyone in this world. Understand why?
- 5). According to this, there is no time reference, either past, future or no I or We etc. If it is understood perfectly, it can be started enjoying within an instance. The main aspect of Timelessness and thoughtlessness is that, the word ‘I’ is vanished. The mission of this yoga is **“the realization of the state of the nature of a human being without any deviation, there by aligning oneself to the frequency of the Nature, so that each and every one would lead a blissful life.”**

Note: The 24 Hrs. Meditation is the dynamic stability of the neurons. Hence the silence obtained by 24 Hrs. Meditation will be stable, reliable and permanent.

AIMS AND OBJECTIVES OF DIVYADARSHIN YOGA

Objectives,

- 1) Inspiring students, unemployed youth and making them self sufficient by identifying hidden talents, Intuitive and creative skills. Motivating illiterates and unprivileged to raise their self esteem and enjoy their sovereign power.
- 2) Increasing the efficiency of the employees by relieving work tension and creating job satisfaction.
- 3) Reducing the corruption by increasing awareness and life satisfaction techniques and showing how ante social activities leads to self destruction.
- 4) Developing moral strength and self esteem of visually challenged and other physically challenged brothers and sisters by adopting special meditation techniques.
- 5) Giving a road map to all the Administrators, executives and Industrialists to optimize their resources and maximize their benefits and achieve success.
- 6) Assisting the government in formulating the policies on education, employment and health, and molding the children as the national assets.
- 7) Coordinating with all the religions for toleration and maintaining harmony within the society.
- 8) Developing patriotism and showing the value of the life to experience the ultimate reality.
- 9) Recognizing the women as vital force in the emerging society and identifying women safety as responsibility of each individual.
- 10) Taking up Research study and developing practical techniques for understanding Instant realization. Arranging training for those who are interested.

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1. INTRODUCTION

It is not the strongest species that survive, nor the most intelligent, but the one who is the most responsive to change”

- Charles Darwin

It is felt, there should be change in thinking, it should be innovative and creative.

India is a source of abundant, traditional, cultural and spiritual heritage. The civilization is being an evolution from the ancient times. The modern techniques being adopted is still not meeting the needs of the people in holistic way. There is lot of unrest, disparities, violence prevailing in the society, despite the so much of scientific and Technological advancement. Because the same is being utilized for full filling, selfish goals and exploitation, and leading against law of Nature. Hence there is a need to go for some innovative approach.

According to the Nature, order is there in the disorder, patience is required to identify the same, for the betterment of the society. God has created the nature to make it self sufficient and happy. However human being is searching for happiness somewhere

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else, forgetting the fact that, nature of creation itself is happy. What is the use of making so many rules and conditions without knowing simple law of knowing the self? If somebody says it is “difficult” he has to lead a life of difficulty forever. If anybody says it is “easy” without any doubt he can always be happy for ever, because there is lot of energy and confidence in the word “easy”.

The purpose of personality development is learning how to UN-identify with ‘I’. Whether it is thinking positive, taking sportive or acceptance, everything ultimately implies to reduce the impact of ‘I’. If you understand it carefully, you will realize that, the word ‘I’ itself is not true and unless you are in the conscious you can’t recognize it. You can see the conscious if you are in ‘silence’. Do not mistake it for physical silence. Silence is there in every moment, irrespective of what you think, feel or act. Understand the “inner silence”.

So please understand (by thought), that ‘**Inner Silence**’ does not affected by what you think. It means we can say that, once you realize the ‘**Inner Silence**’, what ever you think or act does not matter or in other words, the thought process and all the activities will become ‘**automatic**’ or ‘**involuntary**’. The same is operated by your mind programming based on the processing of the inputs available from the surroundings and the data available in the memory. This is what is known as un-identification with ‘I’.

This beauty is there in the ‘**creation**’ itself. Knowing this fact makes perfection, in all aspects of life. Lack of awareness (ignorance) of this nature’s secret is leading to ‘**suffering**’ in the human race.

Everybody accept that, human life is very uncertain. This uncertainty is making everyone weak and resulting in lack of confidence and lack of enthusiasm. God has created human-being with abundant resources and so wonderful nature that no one need to suffer even for a moment. So this book explains how to understand the creation and how to enjoy the life every moment despite the troubles and how to achieve the goals irrespective of the obstacles. Further it enlightens how to realize oneself instantly without any practice.

It is generally said that, one may get the “**confidence**” by gaining knowledge, skill, experience, efficiency, influence, money, health etc., However this book explains how to get the confidence without all the above and how to gain all the above with the confidence.

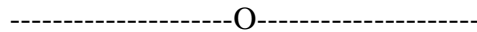
I have much passion in writing this book, sharing my own experiences. It is written with complete positive intension. There is no need to change the beliefs, practices or life style. I hope it will fully strengthen your confidence and weaken your weaknesses.

“Realize that, if you don’t know how to enjoy this moment, you can never understand how to enjoy your life for ever”.

Instant success is living in freedom, living with confidence, living with Zero effort, living in the infinite, living without limitations, living without conditions, living in the eternal bliss, living without suffering and finally it is an easiest way for the self realization.

Learn to control the “**Manosthithi**” to understand the “**Paristhithi**” because bliss is internal, not external.

This book is intended to prove your greatness not mine (author)



2. PATH OF TRUTH

“**Gaining confidence every moment is success. Losing confidence at any moment is failure**”.

The concept of success here is not just physical success. It is overall success or success of life. You may ask, how success of a life can be decided at an instant? Yes! It is possible. It can be achieved through confidence. It is that confidence, which can address any challenges, any troubles, any failures instantly or without any time factor. That is the concept of Instant success.

Before understanding the confidence let us recall what is “**Truth**”? The main characters of “**Truth**” is said to be (1) everlasting (permanent); (2) Omnipresence; (3) Almighty; (4) Power of creation and destruction; (5) Meta Physical.

Then the only TRUTH could be GOD.

As per the above characters the only Truth is said to be “**God**”. Only God has all the characters mentioned above. God has the power of creation. God’s existence is everywhere, in everything and in every body including vacuum or space. Hence there is no chance of “**evil**” in the world by nature. All the evil we see or we think of is prevails because of our weakness or ignorance.

“All the evil activities in the world can not be sustained before TRUTH”.

“Those who are bound by the TRUTH will never Fail”. This is the law of the nature.

You can interpret scientifically that, God is the flow of energy through the universe as a whole.

The divine potential will be awakened from Inner silence to fight all the evils. It is possible only by following the path of truth. There is nothing special in the path of truth. It is living in accordance with the nature. It is the true life, of-course; there are some practical difficulties in following path of truth. To overcome those difficulties the principles of instant success are essential. You can understand the truth by the principle.

“If something makes you weak, it can never be a TRUTH”

-Swami Vivekananda

We can examine that all the negative thoughts such as selfishness, greedy, jealousy, and corruption, inferior / superior, lazy, boredom, dissatisfaction etc., make us weak, hence these are untrue. Where as all the positive thoughts as unselfishness, love, honesty etc., give us strength, hence they are true.

Concept of nothingness:

The energy, which is base for existence of this Universe has no form or shape or can't be recognized with any of the sense organs. Hence it may be interpreted that, the energy is existing in the form of “Nothing”, having infinite power. Hence the concept of nothingness says. “If you realize nothing in physical, you will become infinite in spirit”.

Nothing in physical means, a realization that, there are no failures, no suffering, no achievements, no greatness, no angry or no hatred or no ego etc., Except love, affection, compassion, toleration or oneness etc.

Otherwise if you say something, all the limitations will come into picture and you will never understand the infiniteness. Anyhow all the physical activities every moment is automatic, you need not forego any of your priorities by following this concept. Please understand that, the idea of understanding “no Sadhana” is the true Sadhana”.

The reason to be humble.

Born as a human-being we have to understand ourselves and the nature. God has given us all the resources for understanding and sustaining a successful life. We know, in this universe everything is inter related. This universe has trillions of years of history and this may continue for even more. Whereas the

average life span of a human being could be hardly 100 years. How can we compare this? Everything is a part of universe and a part of creation. Even then we fight with each other, compete, develop animosity, supremacy.

Everyone has same origin, same power and resources. Hence the differences we see are because of wrong perception and ignorance.

Man is misusing the God given senses / resources and misleading themselves and falling into deep troubles where there is no way for salvation. Hence for understanding ourselves we need to utilize our resources in proper way.

As God is omnipresent, God also exists in the heart of human-being. However we know that, God is beyond physical means. Once we realize this we will be able to enjoy the infinite power of God and eternal bliss.

The Importance of, “work is worship”:

“Every duty is holy, and devotion to duty is the highest form of worship of God; it is certainly a source of great help in enlightening and emancipating the deluded and ignorance – encumbered souls of the Baddhas – the bound ones”.

-Swami Vivekananda

“Work every day by putting God in everything, and knowing him to be in everything. Work incessantly, holding life as something deified, as God himself, and knowing that this is all we have to do, this is all we should ask for. God is in everything, where else shall we go to find him? He is already in every work, in every thought in every feeling. Thus knowing we must work. This is the only way, there is no other way”.

- Swami Vivekananda

Ladder for going from the earth to heaven:

Suppose you are on the earth (finite state) and you wanted to reach heaven (infinite state) which is up above the earth. How can you reach there? You need a ladder. Can you guess what is ladder? Appreciate that, God has provided ladder also. Try to understand God has created every thing required in this universe for the sake of your enjoyment. Learn how to enjoy everything i.e., living things non living things all comforts, troubles and miseries, beautiful nature etc. that is the way to reach heaven and that is the true ladder.

Observe that evil in the society equally helps for your realization as good in the society does. Then why do you bother for either good or bad. Understand this is the creation of the God for your own benefit. Do not lose confidence, at least wakeup now.

To be a harmonious society:

Ask nothing, want nothing in return. Give what you have to give, it will come back to you, but do not think of that now, it will come back multiplied a thousand fold. Helping others is only helping us.

-Swami Vivekananda

People say government is not resolving the problems in the society. Yes, agreed. As government is rested with all the powers and resources, hence government is responsible for looking after harmony in the society. But understand government is bound by certain rules and principles as per the constitution which in turn not a fool proof process. Every one is selfish and finding loopholes wherever possible.

It is the people who are having supreme power in forming the government and running the government. They should unite and direct the rulers as per the people's mandate. The governing principles should be as per the law of nature. The transformation from finite (present state) to infinite is possible with love and faith in oneself

Truth Vs Status:

“Life is ever expanding, contraction is death. The self seeking man who is looking after his personal comforts and leading a lazy life – there is no room for him even in hell”.

- Swami Vivekananda

How can you find it very difficult to balance the rich and the poor? Why can't you educate the rich how they are losing their freedom and valuable birth by accumulating value less riches and status / administrative power? How can they expect mukthi by donating with a selfish motto? Accumulation of wealth reveals lack of faith & lack of confidence, but not for securing life. Only the TRUTH is the ultimate law of universe. God has programmed human mind that, if somebody lives according to the Nature, or abide by TRUTH, will only can enjoy all the riches of the nature. You can't exercise power over others. You can only love others.

“Everything that is strong and good and powerful in human nature is the outcome of the divinity within, each one of us has that infinite ocean of existence, knowledge and bliss as our birth right, our real nature, the difference between us is caused by the greater or lesser power to manifest that divinity”.

- Swami Vivekananda

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3. INTELLIGENCE

What is Intelligence?

It is interpreted, Intelligence as cleverness, talent skill or knowledgeable. In fact these words can't define intelligence completely.

Intelligence is the source which will direct you and guide you every moment, how to act, feel or react or how to think and having discriminatory power. It is not voluntary. It will process the information depending upon the inputs arising out of the situations. It is completely automatic or involuntary. Intelligence is a gift given by God to all the human-beings. If you interfere and introduce "I" intelligent or "my" intelligence then the trouble arises.

"Intelligence is an ability to protect us every moment in every aspect".

Intelligence is not related to knowledge or skill. Knowledge or skill does not give you absolute happiness. It is the confidence that give you unconditional happiness without knowledge/skill/experience / efficiency. Intelligence will take care of everything automatically. It will become active through Inner silence.

"Infinite Power is within you, you can do anything and everything". -Swami Vivekananda

All the Power, Knowledge and riches etc are lying in your own mind only. You can exhibit all these with the key of intelligence. Intelligence activates from Inner silence. Inner silence is there behind every act, every feeling and every thought, realize it.

"Even the greatest fool can accomplish a task if it be after his heart. But the intelligent man is he who can convert every work into one that suits his taste". -Swami Vivekananda

Generally everybody seek happiness / satisfaction at every moment. Knowingly or unknowingly everybody wants to perform anything, directly / indirectly for sake of their own happiness / satisfaction. Many times they don't know what to do or how to get happiness. Here is the Intelligence which helps you to how to act / react / respond / do / feel / express at any instant or at every moment to make you happy / satisfied. If at any instant / moment suppose you are not happy / unsatisfied, may be because of failure, it means your intelligence is not working. Find the reasons of failure of your intelligence.

Eg : Suppose your son / daughter not doing well in studies, despite all the trials or not good enough in any field. Then what is the solution? Or how can you

be satisfied / happy? How to be success-full in this aspect? If you pressurize him, does it make any use? Then how to pursue him? Is it his fate?

Ans : The whole and sole responsibility or future or success of the child lies with the parents only. How work hard or how risk you take for him is immaterial. The most important is the Love / Affection / Trust / Intimacy/ Encouragement / Support / Confidence etc that you should give. You may scold him some time, but there should be Love in the emotion. You may beat him some times, but there should be affection in your act. Mind your emotions. Be careful that he could never be hurt psychologically. Then where is the scope of failure?, losing trust is a failure. Void of love is a failure. You can win the God. You can win the fate. Never lose confidence. Then your intelligence never fail.

Some one is clever or genius over the other, on account of gathering more knowledge is not true. Knowledge can never be a measurement of power or happiness. It is the intelligence which decides your state of mind. Intelligence itself gives you momentarily what ever you require, may be knowledge or any other things.

Knowledge is inherent in man, no knowledge comes from outside, it is all inside. We say Newton discovered gravitation – was it sitting anywhere in a corner waiting for him? It was in his own mind, the

time came and he found it out. All the knowledge that the world has ever received comes from the mind; the infinite library of the universe is in your own mind. The external world is simply the suggestion, the occasion, which sets you to study your own mind”.

-Swami Vivekananda

Categorization of Thoughts and their process.

Generally thoughts can be divided in to four main categories 1) Manas 2) Budhi 3) Chitta 4) Ahankara or ‘I’ First Three can be easily understood as 1) Manas is a source of feelings and desires 2) Budhi is discriminatory thinking, measuring all the pros and cons or Intelligence 3) Chitta is a source of storing all the data from time to time. 4) Ahankara is a contradictory thinking which wants all desires are to be fulfilled and do not want to accept any risk. The same can be understood with the help of the following example.

Eg: Suppose a student wants to watch his favorite Cricket match in T. V. However he has very important exam the next day. Here please understand Manas has given both the options, Budhi will make the weighment of both the options and will take a decision based on the data available with chitta by selecting a more advantageous option. Say Budhi has selected for preparing Exam than watching cricket, now can the

student prepare for the Exam whole heartedly? No. Because the “Ahankara” does not allow him and his mind will be distracted for want of Cricket match. Or suppose budhi has selected the option of watching Cricket match because of strong inclination, can the student watch the Cricket match whole heartedly? No, because the “Ahankara” express guilty feeling and does not give satisfaction. Please observe that, the “Ahankara” always wants to full fill all the wants irrespective of the situations.

Then who has to blame for this discrepancy?
Ans : No one. Because the Ahankara is the property of a body that created, because of the ignorance, if you realize the TRUTH, it will disappear.

Developing Intuitive skills

Professionals talk about soft skills for all-round development, such as (1) communication skills; (2) Interpersonal skills; (3) Managerial skills; (4) Time Management; (5) Problem solving skills; (6) Positive thinking; (7) Leadership skills; (8) Motivating Skills; (9) Stress Management; (10) Change Management; (11) Competency development skills.

How ever all these skills are depending upon our logical brain. Generally we analyze any problem using logic only. However, the unconditional happiness or bliss the ultimate goal of the human-being does not lies in the logical mind. That is why, what so ever the

efficiency, soft skills does not give you ultimate happiness; even you become IAS or IPS and millionaire or billionaire.

The innovation and creativity lies in the intuitive mind, which is the source of the eternal bliss. Intuitive mind activates in silence. The skills developed by the intuitive mind are called Intuitive skills.

Understand the importance of Intuitive skills. Learn how to make every moment a success. Then definition of failure does not exist. Learn how to make internal communication, then external communication will become automatic. Realize, “**understanding yourself is making others to understand themselves**”. Then you will become a great leader.

The important Intuitive skills are Absolute Confidence, Inspiration, Emotional balance and Spiritual Intelligence, etc.

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4. 24 HOURS MEDITATION

What is Meditation & What is 24 Hrs. Meditation?

Meditation: Thoughts come out of dissatisfaction. Dissatisfaction sustains because of unfulfilling needs, wants / desires. Fulfilling of needs or desires cannot be met 100%. Because satisfying one desire breeds another desire and it is a never ending process. Hence thought is associated with pleasures and pains. We can't stop thoughts because it is physiology of body and mind and it is a basic need. Awareness of the thinking keeps control over the thought process. This is called Meditation. This can also be done without disturbance to the daily activities, everyday continuously, instead of sitting at one place.

“**Knowing your inattention is Meditation**”.

-Master Jiddu Krishna Murthy

However awareness or observation of thinking round the clock is not possible because of distractions due to emotions and troubles during day to day activities. Solution for emotions and troubles does not come from thinking; it comes from silence, so we need 24 Hrs. Meditation.

24 Hrs. Meditation:

The result of emotions and troubles may be
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thoughts in the form of pain, fear, anxiety, sorrow, grief, misery, dissatisfaction, boredom, laziness etc. Seeing the bliss even in the negative thoughts is still possible by observation without observer or (observation at micro level) or in absolute confidence.

When there is no observer, who is responsible to watch whether observation is taking place or not? It is a natural phenomena and an involuntary process (which will be interrupted, if you introduce observer). This is 24 Hrs. Meditation. Observe (micro) every moment.

Ignorance, awareness / observation:

In the physical sense, you may observe things, feelings, characters, qualities or what is good and bad in a relative way, in the form of thoughts and it is a natural process. Hence, it is need not be worried, whether you are getting use full or useless thoughts. However, the reaction or the response to a particular thought may be different from what the thought was intended to be or there may be an incident which is against what you have thought of. Then there will be a contradiction between the response and thought. Struck up in that tangle and trying for an escape is nothing but ignorance or interference of the flow of thought.

Or else if you continue with the next thought and so on without obstruction, the response and thought process go together automatically without any contradiction. Enjoying this process without

interruption is called “**awareness**” or “**observation**”.

If you understand what observation is perfectly, you can even enjoy the interruptions also and you can understand easily what enlightenment is.

Observation is not the physical activity. It is an automatic process of aware of mental status at any instant. It is an effortless process. In the life you may have to face troubles, failures, risks, stress, bore, laziness, selfishness, ego and jealousy, anxiety and depressions etc many such negative feelings or thoughts or intentions. However if you are really aware of the observation, all the negative thoughts turn to be positive and gives you positive energy and inspires you instead making you weak. Finally it leads you towards realization of life and eternal bliss or enlightenment.

Main hurdle for observation may be thought of, lack of confidence in eternal truth. It is not that confidence which may be obtained by knowledge, skill, experience, efficiency, power or money. It is the absolute confidence which can be obtained, even without knowledge, skill, experience, efficiency, power or money. Observation reinforced through understanding nature leads to understanding yourself, realization of life and realizing values of love, affection, trust and unity or oneness.

Then observation take care of all of your problems, you need not think what to do to excel. You

need not bother for job or money. You need not afraid of anything or anybody. You will become self sufficient, energetic, healthy, confident, competitive and start enjoying every moment and everything.

Understand that, God has created these resources, this earth, planets and universe for the sake of our own realization. The ultimate human dream of so called heaven is no where; it is there in our own mind or in the silence. Learn to enjoy the nature, surroundings and everything in this universe, so that you can reach the heaven, achieve the enlightenment. So we can understand that ladder for reaching the heaven is our nature, surroundings and everything in this universe.

Everything is there in the silence; there is no difficulty to understand. Further no desires can obstruct your practice; you need not change your life style. Understand the moral principles and moral values; only thing you have to remember is nature’s LOVE. Realize that love is giving, but not taking and love is unselfishness but not selfishness. Observation is the instrument for this realization. You need not do great adventures or hard work. Just feel the “**LOVE of nature**”, it is more than enough. Everything you can do effortlessly. Sometimes you may feel angry, tension, sadness etc., add the love also, to these feelings then you will be able to enjoy all the negative feelings and negative occasion also.

“All the troubles are god given opportunities”

How it can be established practically? Or how it can be experienced? We can easily understand that, if we are mentally ready to face the problem, the problem itself disappears. Further understand that, there is no reversing the past. What ever happens, we have to accept. There is a realization in the acceptance. This is not a logic, it is a programming of our mind, observe.

Acceptance: Physical acceptance cannot be treated as acceptance. If you really accept the failure, you should not become weak. Hence you should be able to enjoy failures also. It is possible, only when thought is not interfered. Therefore it is inferred that acceptance is non interference of thought. It is nothing but “24 Hrs Meditation.”

The greatest art in the world is seeing the greatness in everybody and everything in every moment.

Finally can we conclude everything comes from observation?

Yes, Interest passion, curiosity, dedication, commitment, confidence, inspiration, courage, knowledge, discipline, happiness, satisfaction, bliss and enlightenment and what next? Then what is observation truly? How to establish? How to realize? It is easy or tough? How much time required practicing

it or realizing it? So many questions may arise.

Of-course, observation is nothing but awareness of your Inner silence or delinking of thought process. Don't say without thinking we can't do any work. It is wrong opinion. We say people commit blunders, if they do not think properly, before taking any decision. But they never understand that the only culprit for sorrows, troubles, differences, selfishness and all the negative attitudes and keeping away from freedom and reality and nature is thinking. Then, thinking is your concern for anything. Some people feel that they are thinking very efficiently and taking right decisions from time to time and earning name, fame, status and wealth and power. There by strengthening your ego. Understand no physical entities will give you true satisfaction or happiness. You are thinking because you can't stay away from thinking or circumstances are forcing to think automatically out of ignorance.

How-ever without observation everything is mere waste. With observation your intelligence will become more active, and your concerns disappear. Then you will be mentally silent.

Watching does not tire you, does not exhaust you, if you does not correct what you watch. Meditation implies a mind that is so astonishingly clear that every form of self-deception comes to an end.

–Master J.K

How to observe?

Observation is an awareness of your thinking. Can you be aware of your thinking continuously? Very difficult. Whenever you feel concern for something, you lose awareness without your knowledge. You will realize this when you restore to your awareness. If you really observe at this instant why do you bother for not being aware of quiet some time? Because, in true observation there will not be any concern at all, it could be past or future. Hence, try to understand how to observe.

During observation, you will be in present, whether you may think of past or future. Observe further, you will slowly understand what is meant by present, whether is it 1 second or 1 mille second or 1 micro second? If you observe carefully (micro level), finally you will experience complete state of awareness and hence time becomes zero, this is how speed of your mind can be witnessed, this state of experiencing is called timelessness or being present. When time is zero, there can't be any thought i.e., thoughtlessness. Then you will be in thoughtless zone, and you will perform your actions automatically. How does it happen? Here at this stage conscious will be detached from the body & mind and you will find yourself in thoughtlessness (inner silence) zone, and you will perform the activities without any interruption. Bliss is there in the moments not in the incidents. Incidents are only medium through which we go from finite to infinite state. This is a state

where all the suffering ends, because suffering is the result of living in the past.

Observe carefully, everyone strive their best in doing their day to day activities. How ever, you compare with each other and differentiate them as worst / best. This comparison is only, creating inferior / superior, stress / ego ... so on and all other negative feelings. However we can't find fault with comparison. Hence the problem is with the own perception. Then what is the right perception or how to perceive the nature in right manner?

Suppose you are feeling boredom at some instant, it is because of some sort of dissatisfaction at that instant and you expect something to overcome the boredom. But you don't observe what the boredom is, If you understand, the boredom is created because of your wrong perception, then you can eliminate the boredom completely. What is the wrong perception could be?

Understand that, as God exists every where, happiness exists in every moment and in every happening. No need to struggle for understanding, it is just your true nature. Forgetting the basic thing, and you are searching happiness in some where else. Such as in the comforts and luxuries, which is not true happiness but temporary. Then how can you be happy and how can you overcome boredom.

What is right perception?

Recall that, “**If something makes you weak, it can never be a Truth**”. You look for material comforts, and think of pleasure, which is momentary and breeds dissatisfaction later. Understand, dissatisfaction is there in the thinking and analyzing. Instead, if you observe without naming, you will find what the Truth is, and start enjoying every moment. Troubles are also filled with joy. Why do you see suffering in the troubles? Every moment is filled with bliss irrespective of physical reactions. Realize.

Suppose we are experiencing some difficult situation. Normally we somehow suffer for unwanted happenings, because of the rejection (non-acceptance). Now spread your conscious on the suffering (or witness every moment), you will find a different dimension of your mind and you will develop confidence. Suffering is not stationary it is carried along the thought process in multiple directions, because your mind is searching for different options for the remedy. Hence, be conscious, without deviation during the thought process. Once you understand (realize) it practically it will become automatic process. Beware that if you put the effort you can never understand.

Observe Zero (silent) state of mind. Learn to accomplish any work in zero time. There is nothing to be achieved physically. You can happily say, “**I will not accept defeat. My winning is your happiness. I**

always strive to achieve it”. The un-selflessness never give you dissatisfaction.

People say the realized person should not have wants or desires and should not react / respond to any instances. It is not correct, because, though you physically react Inner silence is still possible.

Do not bother for Delta state of mind, which is said to be the neuron frequency range of 1 – 4 cycles per sec. It is the state of “unconcern”, not thought less or desires less. It is and directly related to Inner silence.

Do you feel observation takes lot of time? No. Observation does not take any time. It is a timeless process. If you introduce time it can not be an observation.

If you understand it properly it is a spontaneous process. No effort is required at all. Intelligence will be activated instantly through silence. Intelligence gives you what ever the required energy, power confidence, concentration etc. It is the mind programming done by God at the time of creation. It can never go wrong. Train your brain. If you feel it is to be practiced, then the practice should be spontaneous or involuntary, otherwise it will become a never ending process.

Observation, does not mean continuous physical observation, observation is such a state of

consciousness, which will take care of you even if you are not physically aware. Or you can say observe the non observation, which is indirectly related to timelessness, thoughtlessness, automaticness, acceptance, absolute confidence and enlightenment. It is an effortless process.

“If you really understand you can’t stop observation. Every moment will become automatic”

Sustaining observation: As we know that the journey is always from finite to infinite. We start observation in physical sense. We may lose observation intermittently due to some emotional thoughts or happenings. It is construed as the property of a body and our conscious is associated with the feeling of ‘I’. When that particular incident is over, again we come back to observation automatically. Now please understand, the problem is, the non realization of the automatic adjustment of the “observation”. And hence getting worried for breaks in the observation, which is again associated with ‘I’, and it becomes concern for ever. Instead, if you ‘see’ (witness) how the concentration is getting shifted, we will never lose the observation. “Observe the non observation” the feeling ‘I’ is nullified. This is what the true observation is. This is the infinite state. Then you will start enjoying what is bliss, the Inner silence. Understand the beauty of the Instant Success.

Note: Please keep in mind that there is no chance of past or future in spirituality.

“It is meditation that brings us nearer to Truth than anything else”

–SWAMI VIVEKANANDA

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5. SILENCE

What is Silence?

Silence: It is a state of unconcern, or inner silence despite what happens in the external world. During the state of silence your conscious will be separated from body, mind and thoughts, and intelligence becomes active, you will be empowered with all the resources.

Inner silence is there behind every feeling, thought and action. You can watch and achieve Inner silence through awareness (24hrs Meditation).

All the time is gone in vain, all the riches, status are of no use, and whole the life became useless. No happiness, no satisfaction. All the knowledge earned became useless. What is the use of God given life? totally ignorant. Who is great? Who are the least? Who knows? Leading lives so blindly. Do not want to know who they are? Do not try to understand. Do not want to believe them.

This is the reason for violence, confusion, chaos, misery, grief. Even then nobody wants to realize. Then how can be understood what life is?

“Solution to all the problems in the life is there in the Inner Silence, not in thinking”. Because, intelligence becomes active during the silence and ideas

comes out automatically. This is called intuition, which develops absolute confidence. Research reveals that 98% power of the brain lies in the Intuitive mind. Hence we can't always find. Solution in the logical mind (2% power), that why many times the logic fails and we pushed into troubles.

Eg: Suppose, I gave you Ten numbers and asked to arrange in increasing or decreasing order. You can easily do it as per the logic. Take another example, suppose when you are planning to purchase a house, there was a difference of opinion between your wife and yourself. You want to go for independent house, where as your wife wants a flat. Here logic does not work, because here the solution depends upon the love, toleration, compassion, and sacrifice etc., however all these qualities are there, only in the intuitive mind.

As you go deeper and deeper into the Inner silence the joy rises, satisfaction grows and all the negatives will be nullified. And there comes a tremendous confidence. Silence is a state of eternal bliss.

Inner silence is achieved by 24 hrs meditation (awareness). If you ask what is the solution? or how? Then trouble starts. How can you doubt if something is impossible in the Inner silence? Such mind is childish and totally ignorant.

Realize that no physical activity is life. Life is eternal bliss enjoyed through Inner silence, physically you may react, you should not lose the awareness.

“All the physical activities are automatic even if you do not feel so. You can enjoy all the physical means only in silence”.

By physical way you can do the work as per your capacity, by meditation you can do the work beyond your capacity. By physical means you have to work hard, control desires, put the restrictions and make the life materialistic, by meditation you can be creative, innovative and perfect, without putting any effort, or need not struggle with your desires (you can enjoy everything including troubles) you can do everything in a smarter way.

Once you realize all these things. You need not think about anything. Your thoughts will come under your control. Silence will reap through your mind despite physical disturbances or troubles or failures. You will not be carried away by materialistic thinking. Mental stability will be achieved. Your mind will be filled with joy, ecstasy and you will start enjoying eternal bliss.

Based on the divine nature of the human-beings, it can be said that all the physical activities that are being carried out from time to time or day to day are can never be life. However one has to understand what the life is, through physical activities, instead reverse is happening.

Life is not there in fantasies. Life is there in inner silence. “Silence is there behind every feeling, thought, and action and in every moment”. How can you understand the life by searching in the physical means? Physical world is just carrier towards eternal bliss, but not the bliss itself. The best way of enjoying the nature is there in ‘giving’, not in taking or expectation. Learn the art of giving you will get back in multiples. Remember, “helping others is helping you”. Humble, honesty, excuse, toleration & silence are energy storing activities.

Suppose at some times you are facing a bitter moment with somebody. You are unable to understand how to manage the situation, so feeling confused and tense. Then what is the solution?

Ans: Observe the moments, idea comes from the silence, not from thinking, no matter how big is the trouble you will be thrilled with happiness.

What is the answer for what I am to do?

There is immaturity in the question. Can you be idle at any time without doing anything? Your body continuously responds to the nature’s stimulus and what to do or how to respond also depends as per the data available at hand and inputs through the sense organs. Everything is an automatic process.

However, whatever you are doing whether right or wrong or feeling of dissatisfaction, selfishness, ego etc are the state of immaturity of your mind. A solution to all the troubles is there in your Inner silence. Silence is there behind every action, every feeling, every thought and every moment. Observe.

How to practice the realization?

No practice is required for realization. No resources (knowledge, skill experience, efficiency etc) are required. Practice is there in the understanding itself. If you live according to the law of nature, you are self sufficient. There is nothing to be achieved by you. Everything will be achieved automatically.

“Happiness is there in the moments, not in the Incidents”

As happiness is there in the moments, do not lose the moment. Every moment is wonderful whether positive or negative, loss or profitable, giving pleasure or pain, because every incident is associated with the moment. You will find the happiness if you do not try for it, or do not expect or else, if you try to search it, you can't get it. Do not think it is sitting idle. The duties, responsibilities and decisions will be taken care effectively automatically by your inner silence. However, if you introduce 'I', you will be living in the past and hence losing your original state of nature.

Thought is obviously the response of memory. The past always responds immediately, and to delay the response of the past when you meet a challenge, so that there is an interval between challenge and response, is to end the image. If this does not take place, we will always be living in the past. We are the past and there is no freedom in the past. So, a constant battle, the past, modified by the present moving into the future, which is still the movement of the past, though modified. As long as this movement exists, man can never be free; he must always be in conflict, in sorrow, in confusion, in misery.

—Master J. K

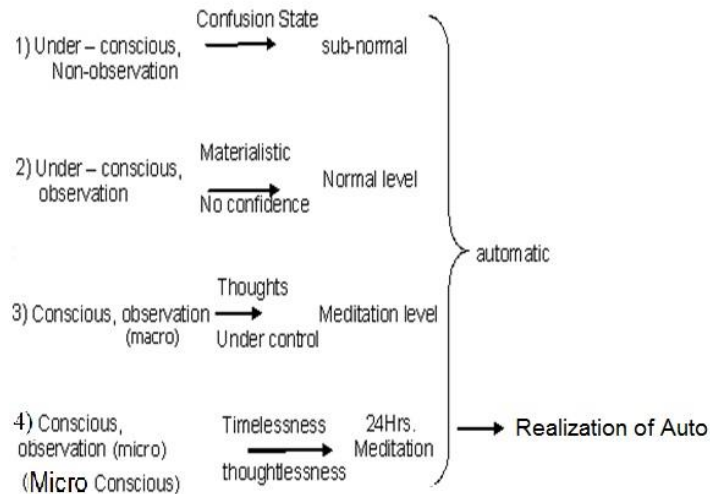
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6. CONSCIOUSNESS

What is conscious?

How do we do things, voluntarily? or Involuntarily, or both? Then what are the thinking phenomena?

Thinking Phenomena:



All the states of thinking phenomena are automatic.

Thinking phenomena in all the four states is also automatic, according to the processed output obtained from inputs received from environment and data available in the mind. In fourth state you will be able to see (witness) the processes that are taking place in

physical level as well as in the sub conscious level also. Every moment is automatic in the nature itself. Entire universe is dynamic, the energy balancing is a continuous process in the universe.

Realize that, nobody is doing anything in the world, everything is being done automatically. However everybody is thinking that, he / she themselves is doing every thing. That is why all the suffering, dissatisfaction, ego, selfishness and differences are being created and persisting.

Observe carefully, it is said that, it is not you that doing anything and it is being done automatically by the body and mind. Then who are you? Realize that, you are the conscious (i.e. absolute or micro conscious). It would be an end of ignorance or state of Inner Silence or the state of trans 'I', i.e., state of mind unidentified by 'I'.

Nobody can describe the thing that is not nameable whether that nameable is nothing or everything – it does not matter. Anybody who describes it does not know. And one who says he knows does not know.

-Master J.K

Is there any past or future?

You are timeless, boundless, unlimited and infinite. There is no past or future then created by your

own thought. You are the eternal bliss. Happiness is internal (thoughtless state), not external. If you feel, it is external, it is pleasure which is associated with pain. There are no failures. If you feel so, you are caught by time demon (past/ future) and in the ill spirit.

Time could be related to body or mind. Remember you are not body or mind. You are the conscious, you are thoughtless and timeless, observe.

“If you are looking with the eyes of the past at the present, then you will never understand what the living thing is”.

-Master J.K

The way the troubles open our eyes:

Realize that greatness is there in the humbleness, Richness is there in the poverty, life is there in the sacrifice, winning is there in the defeat, success is there in the failure, satisfaction is there in the dissatisfaction, happiness is there in the troubles.

Seeing troubles is an immature thinking. All the troubles are God given opportunities. Name / fame / popularity is there in the humbleness. There is no moment that you can pass without enjoyment. Greatness is already there in you. That is your original state / natural state.

What is dying?

Even though so much technology, so many miracles, so much beauty is there on the earth, the most wonderful than anything is there in your mind itself. People always try to find the happiness in external things; despite they are aware it is internal. External things are only medium to make the internal journey, and where you find the eternal bliss, which is said to be enlightenment, that is nothing but deathlessness.

Instead when you go on enjoying external things your ego will dominate and you will totally forget about the death. However when the time comes for the departure, you will become helpless and your enjoyment, name, fame, power, wealth proves to be useless, this is called dying.

How to conquer the death?

1 Eg: Take an example of the soldiers on the frontier. They have to fight against all odds. Their life is very uncertain. May be circumstantially, motivated or inspired by patriotism. Once they go in military services, they have to prepare mentally for the worst in the spirit of patriotism. The mental preparation automatically conquers the death. That is the greatness of the mind programming done by the God. So we found life is there in the sacrifice.

If he is aware of secret of automatic-ness, surely he would be more confident, can develop indomitable strategies and can enjoy every moment without any apprehensions.

2 Eg: Take the concern of a mother to safeguard her child. Suppose the life of a child is under threat. Then observe the mother's concern, she never hesitate even to sacrifice her life to save her child. That is the unconditional love of the mother. Then where does the question of dying?

3 Eg: Take another example of suicidal attempt. It is a negative emotional drive. There is no conquering, it is inviting the death. There is suffering and agony in the act. No scope for liberation of soul. Mind does not work; it is under state of hangover. Decision making is not possible.

Such things are detrimental to the society. Awareness of secret of automatic-ness avoids such events.

How to overcome the death?

Learn the detachment in attachment with the principles of instant success. Then your conscious will be separated from your body and mind. Then you will never be concerned about life or death. Truly there is no death other than fear.

Thought breeds the fear. Realize, thought is untruth, hence do not interfere the thought. Then where is the question of death.

Are you living in a civilized world or in an uncivilized world?

Analysis: You may say civilized world because you are being protected by constitutional Government and law. Further you have so many legal rights, traditional and social freedom.

However observe that your life is not secured. You have to struggle for your livelihood. Medical help is not guaranteed and shelter is not ensured. Apart from this there is no fair governance, every where there is exploitation, plundering, selfishness, corruption, partiality, egoism, violence, atrocities, unfair practices, ill treatments etc.,

Further to the above, there is lot of pressures, limitations, suppressions of thoughts; there is no fair relationship or honesty even among family members. Everywhere there is an apprehension, lack of trust and lack of confidence which is leading to loneliness, discouragement, and depression and unhappy. All these things together are causing a rift, alienation between individuals and desperately seeking remedy.

So what is the solution? What is wrong in the process of life?

Solution: Absolutely there is no problem. Deliberately problem is there in the perception. You may say somebody is selfish, unfair or dishonest. Please understand that, it is his problem, not yours. If somebody harm you; your protective mechanism is there which is an automatic process. Please Understand that, there is an opportunity of realization in the disorder.

How to be happy without any resources?

Ans: It is very well known fact that, our mind can not be content with what we have. If anybody says”**we can be content with what we have**”, it is only pretending to be satisfied or you may suppress your desire or compromise.

Eg: Suppose you are really working hard and seeking some recognition/ popularity, and not getting what you expect. Naturally you will be disappointed. Then what is the solution?

Do you think problem is there in the expectation? Or are you not so competitive?

Why do you see problem? Please, understand discontentment is not there in the expectation or in-competitiveness. It is there in your perception. Why do

you lose confidence, when your expectation does not met? Discontentment results in losing confidence. Expectations or desires are related to body and mind. All the physical activities are programmed to be automatic, which are always directed towards success, if not interfered / not interrupted. So discontentment comes by interference / interruption of the automatic process. For realizing the above, observe your consciousness, your confidence levels rise, you will find the happiness / satisfaction / inspiration, every moment irrespective of physical failure or success. Further realize that no physical success, how big it is will never give you enlightenment or permanent satisfaction. You are already fully resourced for enlightenment. Just realize it.

Sometimes you may be carried away to the past along with the past failures or carried to the future along with the future apprehensions and goes on suffering in both the cases. Here reason for suffering is getting carried away to the past or future. Learn to make time factor Zero. You can do that by bringing those incidents to the present state instead of getting carried away. Then your consciousness will becomes as witness and issue will be resolved painlessly (automatically). Then where is the past or future, failures or fears.

Remember that “**All the hard work is simply to bring on the power of the mind which is already there to wakeup the consciousness**”.

There may be also people of greed, people of jealous or people of selfishness. When you understand all these are weakness of a person, why do you afraid of their weakness, or why cannot you take determination and influence them the reality?. What is lacking in you. What happens to the infinite power within you?

“The world will change, if we change, if we are pure the world will become pure. The question is why I should see evil in others. I cannot see evil unless I be evil. I can not be miserable unless I am weak. Things that used to make me miserable when I was a child do not do so now. Thus the man that has practiced control over him can not be acted upon by any thing outside; there is no more slavery for him. His mind has become free. Such a man alone is fit to live well in the world”.

-Swami Vivekananda

What is there to earn or learn in the life, nothing. Already we are gifted with all the resources during the birth itself. Why can't you understand your own divinity? Why can't you realize your own identity? What difficulty is there in controlling your desires, emotions and actions? Why can't you enjoy all these things without attachment? How does full filling / un-full-filling desires, influence happiness?

Remember, no one in this universe is great in any way than anybody. If you does not understand this

secret, can never enjoy the life. Life is a ripen fruit. Understand how to eat before rotten off.

“Do you love your fellow men? Where should you go to seek for God, are not all the poor, the miserable, the weak, Gods? Why not worship them first”.

-Swami Vivekananda

As per ancient literature, which says people become slaves to their desires. Once they realize infiniteness within, they will be liberated from slavery.

One of the great instruments to liberate from slavery is LOVE. Normally you may be fascinated by beauty or addicted to bad habits, similarly you may hate ugly things or unable to bear troubles all these are symbol of slavery. However you can become master to every thing if you LOVE everything and every body. Remember LOVE is only giving, not taking and it is unselfishness and infinite. Love is not of time, it is not a thing to be remembered. You can't remember joy and cultivate it, it comes uninvited.

Observe the zero state of mind. Accomplish any work in zero time, as there is nothing to be achieved physically. Any physical activity is a step forward to achieve your enlightenment, but not just the physical accomplishment. If you concentrate only in physical gains, you are losing the opportunity.

“Our thoughts make things beautiful; our thoughts make a thing ugly. The whole world is in our own minds. Learn to see things in the proper light”.

-Swami Vivekananda

Observe that universe has created more than a trillion years back and continue even more. Whereas life of an average human being is not more than a 100 years. Then how some thing can become ours or how something can belongs to some individual. Then how can you understand the secret of life or wisdom if selfishness pervades throughout your life. Why can't you understand that eternal bliss is there in giving and sharing? Learn art of giving and sharing, which does not require any knowledge or skill except a pure heart.

Never say, it is my fate. **“Great people will create heaven every where they move”.**

“If you give up everything for your own salvation, it is nothing. Do you want to forgo even your own salvation for the good of the world? You are God”.

-Swami Vivekananda

How to become great / popular?

There is nothing new to become great. All the human beings are already equally great. The true greatness is recognizing the greatness of others.

There is a saying **“Service to the people is service to the God”**. It is interpreted as service rendered to the people is great act. Even though it may appear to be helping others, truly it is a self help only because, for you it is an opportunity to realize the joy of unselfishness.

Further there is no question of popularity. If people praise somebody, by virtue of his service or physical achievements, his ego may be strengthened. So he should be thankful to the people who gave him the opportunity to serve, as the service that led him to the achievement.

The popularity praise is a virtual. It will never give you true happiness. Hence, seeking the name, fame, recognition and popularity is an immature thinking only. Hence render unselfish service, which may lead you to the liberation. **“You can't help anyone you can only serve”.**

You may ask, “so many enlightened souls are there on the earth and then why they are unable to uplift the society”?

Nobody can uplift the society voluntarily. It happens in the process of realization of some people. Do not think the physical aspects of violence and anarchy, which may cause damage to the society. There is a possibility of realization inherently lying in the violence also. It does not mean to welcome the

violence. There is no such a potential person who can keep everything in order, like a power full magnet which can keep all the particles in right alignment. He can only guide you. You have to realize yourself.

Belief of God:

What is belief of God?

People perform poojas, yagnas, japas, offer prayers, parayanas, chanting mantras etc in the proof of devotion towards God. Also offer the God many gifts and prasadam to full fill their wants. They say, they have very much belief in God. Ok it is wonderful. We can't find fault with it. They do all these things because they do not have confidence in themselves and hence they seek God's help. Then does God fulfill their wants? Or what is happening in the worship of God?

Please understand the entire nature itself is created by God. The entire universe is governed by liveliness of God's presence. There is no moment that moves without God. There are no specific wants that are to be fulfilled by God. However when you perform certain devotional activities in the belief of God all of your apprehensions and tensions will be relieved and confidence developed. This is also the secret of creation.

In that confidence your performance / capacity / efficiency will be improved and you will achieve

desired results. We can't assess the power of mind in the positive attitude.

Still this is not a true belief. If you have absolute faith in God, you will not ask God for fulfilling of wants. Start enjoying everything in the nature including troubles. Please understand.

“If you believe God, you will succeed. If you are failed it means you did not believe God”.

Believing God is believing yourself. Then you will be experiencing silence, there by confidence rises, ideas and creativity develops. Then there is no scope for failures, sorrows / misery / emotions. You will be able to understand yourself. You will be able to understand everybody and everything. The question, somebody not understanding you does not arise. You will live every moment with content and happiness you live for others. You will find happiness in serving others and helping others. You will be able to see God's presence in everybody and everything; you will enjoy the eternal bliss. You will ask no more.

“Believing God is realizing divine power within every moment”. That is the state of freedom, or liberation. You will become energetic, infinite, and timeless and experience silence in your mind.

You may question, why some people are rich and others poor or some people are skillful, and

others not so or few are powerful and others are powerless?

Recall that the goal of life is an eternal bliss or absolute happiness. However the absolute happiness does not exist in the wealth / power or skill. Every one going every moment knowingly or un-knowingly in the pursuit of the absolute happiness and could not find even at the end of the life. If you realize the absolute confidence in your Inner silence, absolutely you will be happy and never bother for wealth / power / skill. (Earning the wealth, power and skill in the legal and moral way does not affect).

People insist Gurus does not accumulate wealth or does not have desires. It is an immaturity, you can't dictate terms, or you need not revere them. So, if it is a spontaneous gratitude, we can't criticize. They never expect to revere them. They are just sharing their experience.

Please understand that, nobody can uplift you. If you feel somebody is uplifted you. It is not his greatness, it is your greatness only, you need not even thank him (of-course, nature is the true guru).

Further, the Guru should be thankful to the devotees or disciples for giving him the opportunity to teach, like father and son.

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7. AUTOMATIC PROCESS (Timelessness)

“Freedom means no condemnation whatsoever of what you see in yourself”. “So ‘to live’ is to be free of time, and when you say ‘if’, you are introducing time. And time is the greatest sorrow”.

–Master J.K

Do not relate your spiritual advancement to time. In the spiritual sense there is no meaning to time. In-spirituality life is infinite and unlimited & unconditional. If you introduce time you will become finite and limited. Hence, eternal bliss is infinite and unconditional. (If you are really aware, you will not have the barriers of the time).

Time (past or future) can be related to body and mind (in macro or physical aspect) not to your consciousness. Conscious can be realized during Inner silence. Inner silence is there behind every action, feeling every thought and in every moment. Observe the Inner silence. Observation should not be a physical process or it should not become doing something. It should be an automatic process.

Inner silence can be accomplished by non interruption, non interference of thoughts and allowing free flow of thoughts. Realize that all the negative feelings such as fear, pain, anxiety, dissatisfaction etc., are because of obstruction of thought only.

Achieving Inner silence is an instant process. If you ask time, practice is required and becomes never ending. You can't achieve for ever. Practice is there in the understanding itself.

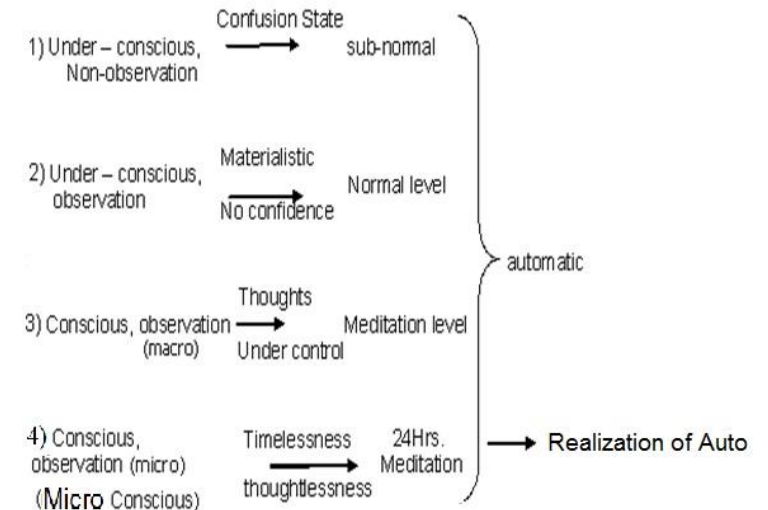
Bliss will come to you when you does not invite. Once you want to catch hold, it goes beyond your reach.

Though you are unable to get the inner silence, need not be worried. It will not come when you try or expect, but it will exist when you feel no problem. Even if you expect or try, it should be an automatic or effortless. You should not be influenced by it.

Even if you does not realize / believe or does not believe every action / thought goes automatic. Then why do you bother for anything. Your job is only to enjoy every moment of the wonderful life. It is up to you to decide, whether you wanted to be happy or unhappy. Do not surrender your sovereign power to anybody. Freedom is already given to you by God himself. You are limitless, timeless, un-conditional and infinite understand.

If you realize that, the external enjoyment or troubles are automatic, then you will find your bliss at your finger tips, that is beauty of the the instant success.

Thinking Phenomena:



All the states of the thinking phenomenon are automatic. Thinking phenomena in all the four states is also automatic, according to the processed output obtained from inputs received from environment and data available in the mind. Every moment is automatic in the nature itself. Entire universe is dynamic, the energy balancing is a continuous process in the universe.

No help is required, no change is required, no practice required, no time is required, and no further resources are required. This is the time for enjoying the eternal bliss. If luck is not there, don't care. If God is not favoring, don't care. If health is not supporting,

don't care. If survival is a problem don't care. Everything automatic, realize now. You could not understand, No problem. Could not be happy? No problem. Could not be satisfied? No problem. Could not be confident? No Problem. Could not concentrate? No problem. Could not compete? No problem. Could not control your desires? No problem. Every one hates? No problem. Could not control emotions? No problem. Could not cope up studies? No problem. Living alone? No problem. People are denying you? No problem. Do not have skill / knowledge / efficiency / experience / Money / Power? No problem. Failing every time? No problem. Do not have hope / belief? No problem, and afraid of the future? No problem. Everything and every moment is involuntary and automatic. Observe Please observe that, absolutely there is no problem even if you do not observe.

What is living?

Is living, carrying out physical activities according to “**Dharma**”? Can you define the limitations of the Dharma. Is it possible to live without any selfish motto? If you are unselfish why do you want to live at all? Whether, living for others does not involve selfishness? Then what is true living?

True living is that state of mind where you will not find any difference between Dharma and Adharma or selfishness and unselfishness. It is a state of oneness or infiniteness or unconditional or unlimited-ness. If

you see the difference between Dharma and Adharma, you will become finite. For the journey is being always from finite to infinite start with Dharma. Gradually as awareness increases, horizons of the Dharma increase, ultimately when you are realized both will be vanished and you will see the oneness or the state of inner silence.

Hence, you can't say that, “**carrying out physical activities according to Dharma is a living or else not a living**” It is all depends upon your state of mind. If you are in ambiguity, the same can be clarified from the fundamentals of the TRUTH.

Please understand, here everything depending upon the state of mind or awareness or understanding of TRUTH. Therefore if your state mind is perfect (as per the TRUTH), what physical activity you are carrying out is immaterial.

How does all the physical activities are governed?

All the physical activities are governed by nature's stimulation, which is perfectly programmed in your mind during the creation itself, and as per the data available (stored) in your mind, processed automatically. Then your intelligence works perfectly. You will be able to control your emotions very easily, and you can accomplish any work effortless. Then you will never see any troubles in your life. This is the beauty of the automatic-ness.

Are there any limitations of automatic-ness?

Please observe carefully, whether you understand or does not understand or realize or does not realize the automatic-ness, every moment in your life is still be in automatic. However if you are unaware of it, you will lose in materialism. “I” will dominate, and control is lost when you does not understand automatic-ness. Then you will be dissatisfied and goes on suffering. Or if you really understand / realize automaticness, then automatically you will be aware of it and you can accomplish anything every moment perfectly.

What is about human effort?

Human effort is also should be an automatic process. Unfortunately the competition is between the human beings for supremacy or livelihood. If the competition was within the self, there would be more fruitful results than earlier. Hence the concept of automatic-ness will promote more unity among the human beings and thereby more advancement among the human race.

Otherwise, there is no human effort. If you feel human effort is required, it will go out of control and you will become imperfect. Realize, human effort is an automatic process, or you can put the effort, if you know how to put the effort effortlessly.

Concept of this moment:

This is a powerful technique. In this concept there is no scope for analysis, effort, expectation or controlling of thoughts or forcing your mind. All the activities become automatic and every moment gives confidence and bliss.

It is not a sadhana, it is an instantaneous realization of the divine power irrespective of the troubles or suffering by aware of this moment.

This concept proves that, bliss is there in every moment irrespective of the state of mind.

Then you may ask, “If everything is automatic what is our duty”?

Please understand, whether you feel or does not feel the beauty of automatic-ness, everything, every moment goes on automatically only.

However, if you are able to observe (observation also automatic only) the automatic-ness every moment, then you will become free from all the sufferings and you will be start enjoying what is eternal bliss and enlightenment. Then where is the question of human effort? This is the beauty of the human life. That is why it is called the Instant Success.

“**You can understand what you are**”, when you go beyond ‘I’ with the help of “**automatic-ness**”. Do not analyze, enlightenment is over. Do not look for material comfort. Ensure “**zero effort**”.

Automatic-ness can be understood with the help of the concepts of “**acceptance**”, 24Hrs. Meditation, timelessness and thoughtlessness, confidence, faith of God, truth, inner silence. Similarly all these concepts can be understood easily with the concept of automatic-ness and vice versa.

Eg: Does “**acceptance**” of every moment need any effort. Please understand, if you put any effort for accepting any moment, it is impossible to accept that moment. Then you may ask, “**Why we are not realizing the eternal bliss when no effort is required**”?

The answer is that, the nature of our state itself is “**state of eternal bliss**”. Unfortunately we are unaware of this natural truth. Please realize, what ever we do, we do it automatically or without effort, however we do not feel so. We can say “**put the effort effortlessly**”.

Similarly we can prove that, all other concepts as above are also leads to the state of “**eternal bliss**” only.

What will you do, if infinite power is given to you?

Generally people argue that, they will eradicate all the evils in the society and do the justice to all the people or others may quote that, they want to make the country prosperous and luxurious or convert the earth into heaven or say many more.

Please understand that, Is not he present world being governed by infinite power? Is not the resources available at present sufficient to make you happy? Can anybody tell one reason for non enlightenment? Is there any luxury that can give you more happiness than eternal bliss? Can anyone tell what more he requires for his self realization? Or alternately, let us take someone is very enthusiastic and he wants to reform the society, when infinite power is given to him. Please understand, is he different from the nature? Can he do anything as per his own discretion? Impossible, please realize that, everybody and everything in this universe is part of the nature only, hence every moment is automatic.

Hence, the right answer for the above question is “**Accept everything as it is**”

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8. CONFIDENCE AND SUCCESS

Success:

The ultimate aim of success is permanent and unconditional happiness or bliss. It can't be accomplished by any physical gains. It can be achieved by removal of ignorance, which is a state of unawareness of your true nature of divinity. When your heart is illuminated by trust and devotion, or awareness inner silence is reaped. Then you will enjoy the eternal bliss, through the instrument of “**absolute confidence**”.

Devotion is not a blind belief. It is realizing the divine nature within you.

What is confidence?

Confidence is a state of mind that does not afraid of anything such as troubles, challenges, misfortunes etc., and that does not give scope to any negative attitudes such as ego, jealousy, fascination, addiction, anxiety, depression etc., instead confidence always keeps you positive, satisfied and happy. Hence we can define that,

“Gaining confidence every moment is success. Losing confidence at any moment is failure”.

You may doubt that, there may be under/ over confidence. It is an absolute (true) confidence or unconditional confidence that does not depend on the

knowledge, skill, efficiency, experience, money, power, status, name or fame or even health. It is free of time (timeless), unconditional and infinite.

Here success is interpreted as wisdom / liberation / freedom / eternal bliss or renunciation, it does not mean giving up everything, but it is to enjoy everything without attachment or slavery.

The greatest secret is that, “**success (happiness) does not give you confidence; it is confidence that give you success**”.

Generally we never satisfy with what we achieve. Further we justify ourselves that, satisfaction stops the growth. And go on struggling by comparing with others, which results stress / strain / sorrows. Is it true?

It is totally false opinion. Man always put his best efforts in achieving success as per the available resources, conditions and mindset. Result depends upon the existing situation or circumstances; conflict arises due to expectation of result and mental rejection of results. Please understand physical results, how big wonders you make, will never give you true happiness or satisfaction. The mere physical achievements are not the life. Even you could achieve nothing physically; still you can be happy and successful. Please understand happiness is already there in your mind and in the entire nature. Why do you not confident of your

original nature? Of-course you may not be conscious of your original nature (i.e., infiniteness) or you may be in the finite state. Hence all the day to day physical activities are meant to transform from finite to infinite only, but not to achieve physical gains over others or exercising power over others. If you understand it carefully you can realize it within no time. This is the basis of instant success.

“If you believe God you will succeed. If you are failed, it means you did not believe God”.

Please understand, **believing God is believing yourself**. Never expect any popularity / status / recognition etc., from outside. If you are fascinated by popularity you will be misguided and fall into trouble. Fundamentally you should enjoy your confidence, talents or expertise in your mind. The outside popularity will be only a reflection of your mind.

Do not expect luck in your life. **“If some thing got out of luck, it can never be yours”.**

Why do you say, you are not getting a JOB? Say many more people are not getting job. Explore the ways of searching Job for others. That is your **“Job”**. Then how unemployment persists? Take the responsibility, explore the solution for each problem, then you will find what the joy is. You understand happiness does not exist in the physical comforts /

facilities or popularity but exists in the troubles/ challenges / failures. Be careful, if you lose your heart your life is closed. Ensure, always go on gaining confidence.

“Dependency is slavery”.

Some times you may develop frustration, dissatisfaction or mental retardation. Do not reject it through logical thinking. Explore the happiness / satisfaction / Joy within the frustration / dissatisfaction through awareness. “Idea / solution does not exist in thinking, it comes from silence”. Silence is there even in frustration. Observe.

Dissatisfaction prevails in the form of thought when your expectation does not meet. If you cannot control your expectations, observe that, confidence is there even in the dissatisfaction, **“Every effort brings success and satisfaction proportionate to the attempt”**. However, understand how to put the effort effortlessly. (Remember automaticness)

“The degree of unselfishness marks the degree of success everywhere”.

Do not become weak even for a moment, which is equal to death. Enjoy bliss even in the misery without losing a moment. If you are pure you realize it instantly, observe.

“Have faith in yourself all power is within you – be conscious and bring it out. Say, I can do everything. Even the poison of a snake is powerless if you can firmly deny it”.

-Swami Vivekananda

There may be a situation or crisis where your mind does not work. You may be in confusion, chaos having no ideas or decision making. Finally you may be in desperate mood, resulting mental agony or suffering. There is a source of silence even in the suffering by awareness from which the courage springs out with a racquet speed.

Hence, please understand that the state of confusion is not a failure, never lose confidence, have faith in yourself. Then suffering does not make you weak, it will act as recoupment force to inspire you. Otherwise, if you reject, it will damage you in the form of emotion, observe.

Adopting Bhagavan Namasmara or any other practice in the event of suffering is also a part of avoiding rejection of emotional thought.

Nobody can guess what happens the next moment, nothing can be done without accepting the incident that took place. Find the solution that is there in the acceptance.

How to serve people?

There is not only IAS/IPS or politicians to serve the people. There are lots of other professions which will not require even degrees but gives greatest satisfaction by educating the illiterates, bringing the awareness in the poor, helping the unprivileged and uniting the people etc.

Then why does the violence takes place? Why does the poverty exist? Why does the unemployment rise? Why does the terrorism shoots up? How does the exploitation goes on? The only qualification to achieve all the above is, a **“purified heart”**.

Why can't you transform the world, when you understand the secret of success? Does any help needed? Why? When you have all resources within, you do not need any help. Since it is a timeless process you do not need any time. It is only the faith, it is only the confidence that will send very strong signals of transformation, it is a silent revolution, it is a timeless revolution, it is greatness of the God. It is greatness of all the people. This is the ultimate reality. This is the unity of the mankind.

A great work that you can do (perform) at any instant, depends upon your state of mind at that instant. If you are not confident at some instant you may miss the essence, and you may be in trouble. Hence, devise the foolproof techniques to hold on to the confidence

despite the failures or in the event of crisis also. Therefore please understand that **“How successful you are in future is depends on how confident you are at this moment”**.

“The beautiful things we see in the world, cities and countries, homes and places of pilgrimage, all are the product of man’s mind. Man can think of himself as a sinner and by so thinking, can make himself an even greater sinner. He can start with the thought of failure, and by dwelling on it, enlarge it till it becomes a veritable catastrophe, or, through his mind, he can lift his head and raise his standard high, even when there is nothing outer to sustain him. He can build up, something very beautiful, very vital and constructive, even though he may be standing upon ruins”.

-Swami Vivekananda

How to sustain the success?

Success has spread over everywhere. Success is there in pleasure, pain, bore, laziness, ego, jealousy, comforts, nervous, fear, anxiety or all feelings, acts and deeds. Only thing is observe/watch/perceive. There are no great people and no waste people. All the people are great only. Everyone is equally divine. Do not afraid, do not hesitate, do not be diffident, do not discourage, do not bother, do not be dissatisfied. All the negatives are sealed cover to your mind, unless you remove the seal you can’t see the beauty of life. Be confident, be

courageous, be happy. Learn to see the greatness in yourself as well as in others, why do you find the difference. Try to nullify the difference. Try to see the happiness in others, which gives happiness to you.

Understand why did you born? What is the objective of life? Understand yourself, understand your divinity, and understand the divinity of others. Let anybody criticize you, let anybody despise you, let anybody insult you, let you not well off, let you not well educated, do not lose confidence observe the wholesome of life. You can beat all the negatives, all the short comings, all the deficiencies with the instruments of Love, affection, compassion, empathy, gratitude, sharing, intimacy, devotion, and dedication. God has given everybody all these instruments. Awake your intelligence, do not lose confidence. Try to understand and develop trust in the divine power hidden in your heart. Let no one support you. You are not alone, trust yourself, you are divine, you are infinite, you are almighty.

So checkup whether you are enjoying this moment. There is no reason to be unhappy at any instant, what ever the grave the situation could be. Learn to enjoy every moment, learn to enjoy troubles and failure. Be aware.

Of course, see why the negative feelings like pain / dissatisfaction are developing. If you see the beautiful thing you will be amusing. If it disappears,

there is a longing for it. Further, something happens as desired by you, then you will be happy or otherwise sad. Then what is the mechanism involved in it?

Troubles and failures both consist inherently happiness only, which is the true happiness that is called Bliss and it is unchangeable and infinite. Mental satisfaction like achievement of goals and physical comforts like luxurious living are only the 2nd and 3rd grade of happiness respectively, and are temporary. If you are deceived by the same it is very difficult to come out. However the same can be enjoyed with realizing “automaticness” without foregoing any preferences.

By nature there are no negative feelings or thoughts. It is only because of wrong perception. Learn to receive every moment in right spirit. There is no bad moment or bad event. If you can't understand this you can not perceive in right way, and then you may lose yourself in materialism, you cannot practice, just understand.

Awareness:

Awareness is the state of consciousness, which is the original state of nature or the state of trans I. In this state nothing makes you weak or suffering.

The very important thing you have to understand to be enlightened is, “you should become effortless every moment”. This is the highest form of awareness.

Unconditional is there even in the condition. Be aware.

Any moment, any thought, feeling and action of any individual is absolutely does not affect, if he is really confident. Please wakeup at least now.

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9. INSPIRATION

It is said that, Inspiration, Passion, Curiosity are essential for achieving Goals.

So, what is inspiration? How to be inspired? People say, we inspire by reading autobiographies of great people, meeting with great people and listening to inspirational speeches, watching inspirational movies, participating in inspirational activities etc., everything is true, but shall we leading happy life despite all the above. There are limitations, which can't give absolute inspiration.

Then what is true inspiration?

Let us understand how God has created so wonderful world for us. Everything is available in this world. Only thing we have to know how to take whatever we want. We have to know what to do, to get whatever we want. For doing anything we need inspiration. Inspiration is there in the nature, in every happening and every moment, either good moment or bad moment. Once you catch the secret of Inspiration, who can stop you doing any wonders? .

Passion and curiosity will be generated from right perspective, vision and freedom.

“How does a person behaves, feels and thinks how does he conducts himself in a given set of circumstances is largely determined by the state of mind. Undisciplined mind acts as our enemy,

trained mind acts as our friend”

-GITA.

Soon after completion of studies, students opt for good jobs. Already huge unemployment is prevailing all over the world. A huge competition is to be encountered to get a job. Naturally student will be subjected to lot of pressure. There by situation still worsens. The chances of going for alternate livelihood are also remote.

As a result, lot of unrest being arisen, a huge extent of vested interests coming up, corruption, and anarchy is rising in the society. No effective control mechanism available, values are getting downfall, people are losing hope.

Then what is the solution. Governments are taking steps to create jobs, to show livelihood, training the people in different skills, encouraging industries, arranging job counseling. Even then there is a lot of VACCUUM.

Solution: God has created this beautiful world for your sake. There is nothing short of it. It is your choice / interest what you want to pickup from this infinite treasure. How can you think there is lot of chaos / violence / anarchy existing in the world? Why can't you understand God is giving troubles to know yourself? Why can't you overcome all the problems with God given resources to achieve wisdom / liberation / eternal bliss and reform the society? Then

how can a trouble be a trouble but opportunity? Inspire, by igniting the inner fire.

People say that they are ready to teach good principles, but nobody paying attention to them.

How can you expect attention of others? You yourself should be in a position to draw their attention. You should raise your potential or love towards the people.

Remember **“understanding yourself is making others to understand themselves”**.

If you want to love others, you should not expect anything in return. Love is only giving, not taking. If you expect, it can never be a **“Love”**. **God will give you anything you need without asking. Once you expect, the sanctity will go and you will be in trouble.** It proves disbelief in God. The power is there in the belief or faith, or trust

“Each soul is potentially divine. The goal is to manifest this divinity within by controlling nature, external and internal manifest this divinity in your day to day lives. Manifestation of divine consciousness is the sole index of civilization of humankind, which accomplish conquering self”.

–Swami Vivekananda

Of-course you need not lose any opportunity to

enjoy as far as moral values are maintained. Beware of danger in comforts. All the pleasures are associated with its own pains. Understand that pleasures and pain are like two faces of a coin. You can't expect pleasure always, without pain pleasure does not exist. Learn to enjoy the pain also. Do not be fascinated by physical entities / beauties, convert your fascinations into passions by understanding consciousness to avoid getting into troubles.

Sometimes you may be humiliated by others. In such case do not yield to that occasion or do not lose your heart, bring in your consciousness, be courageous with a smile. Remember **“If something makes you weak it can never be a TRUTH”**. Inspire from the pain of humiliation. Realize When somebody humiliates, it is their problem, not your problem.

“We are responsible for what we are, and what ever we wish ourselves to be, we have the power to make ourselves”. **“He who knows and controls his own mind knows the secret of every mind and has power over every mind”**.

–Swami Vivekananda

Power of your mind comes from purity of thought and sacred heart. Even then you are failed. It is not your failure, it is Gods failure.

“Good and evil have an equal share in molding character, it was misery that thought more than happiness, it was poverty that taught more

than wealth, it was blows that brought out their inner fire more than praise”.

–Swami Vivekananda

Character is repeated habits, and repeated habits alone can reform character.

The man, unrest in his mind may create violence and anarchy / chaos. But why do you relax till such a great damage takes place. Then why do you worry, for the loss incurred afterwards? Why can't you love the fellow people? How can you expect harmony without love?

“The more we grow in love and virtue and holiness the more we see love and virtue and holiness outside. We can not see outside what we are not inside”.

–Swami Vivekananda

“Every step that has been really gained in the world has been gained by love; criticizing can never do any good”.

Opposite of love (hate) does not exist in nature. Then how can some body hate any body. If he does so his existence is gone, then he is no more.

“Blame none for your own faults, stand upon your own feet, and take the whole responsibility upon yourself and know that you are the creator of your own destiny”.

–Swami Vivekananda

Great people create heaven wherever they go; selfish people create hell where ever they go.

Domination of one person over other is not possible by force or power. You can win any one, only with love. Each soul is eternally divine. How does domination arise?

For achieving any accomplishment or desire or goal inspiration is required. Dedication, commitment, planning and other factors will be met with the extent of inspiration only. Inspiration also includes passion and curiosity also. Then what is the source of inspiration? The source of inspiration is nothing but Inner silence.

The source of inspiration is nothing but Inner silence.

The desires of the human-beings will have no limit if opportunity is given. Man wants even to rule the world if things permit. How ever it is a sheer ignorance, it is a proof of blindness.

Freedom means, free from fears, free from misery, free from grief, free from boredom, free from ego and jealousy, free from dissatisfaction and finally free from thought, all together leads to inspiration.

Suppose you are unable to put the concentration on your studies, you are not satisfied with your knowledge and feeling inferior and dissatisfied. What is the solution?

Ans: Trouble is there in seeing a problem. Trust yourself that, you are alright. Believe strongly that you are potential and divine. Believe God whole heartedly. Observe the moments of distractions and perversions, do not try to concentrate forcefully. Understand that, something which is making you weak can't be a TRUTH. Do not think of hard working will fetch the happiness later. Instead, realize that, joy is there in the study itself or in the doing itself. Do not bother for the individual results. Develop concepts and confidence on education as a whole that, "the heart of education is education of the heart".

If you are disturbed (depressed), it is wonderful that, there is an inner fire in you. Let it come out naturally. If you are really not interested in studies, so it is great that, there are great ambitions lying inside. "Every heart is wonder full, finding fault with someone is insane".

Suppose you are tempting towards TV / Video games or time wasting activities. What is the solution?

Ans: It means you did not have determination or commitment towards anything. Your mind is not matured enough to face challenges. Such a mind becomes slave to the comforts for temporary relief. Please remember that a true "hell" is a life without a purpose or goal. If something comes to you freely, how it can be yours?

Everybody wants to achieve something for sake of their own happiness. They search for the source of inspiration, unfortunately they can't find happiness even though achieved targeted goal by all efforts. Understand happiness does not lie in the achievement of goals. Happiness is your true nature. You need not achieve anything. Realize your true nature, you will naturally become happy. You need not search for inspiration any where. Inspiration is there in every moment, every thought and every feeling. You can't pass a single moment without inspiration. Observe the inspiration every moment and make your life live.

A Small Story:

In a kingdom there was a powerful king. He was very much honest, he used to love his people and people also were very much loyal to the king and no king was dared to fight against him. How ever the king has no children to lead his kingdom after his retirement. So the king has performed many yagnas and poojas in many temples and shrines. Ultimately the queen has given birth to a male child. To their unfortunate the child was found to be very week as he was born prematurely. The queen used to take much care of him as per the doctor's advice.

The child was growing, but his intelligence found be subnormal. The king was getting worried a lot. The queen has become helpless. Again they began performing poojas and yagnas in each and every temple shrines. One day the Goddess Kalika Devi appeared in

her dream and told that her son was quite normal. Suddenly her confidence was boosted, and started motivating the yuvaraja. There was a tremendous change in the behaviour of the yuvaraja, he learnt so many arts, shastras and strategies. Finally he has become even powerful king than his father (as he was retired). His name was spread over all the directions, the people was very happy during his tenure. Time was rolled out and his parents passed away in the lap of the time.

One day the king has received news from his Intelligence sources that the neighboring king is planning to attack his kingdom. The king suddenly shocked and became sick. The queen, who is aware of the kings problem enquired about the news and found that the neighboring king was coming for praising his government and studying his rules for implementing the same in his own kingdom. The queen has started motivating the king and they lived happily.

I would not like to interpret the story. Please carefully try to understand it. If we apply this story to our life, here the mother continuously may not with us for motivation and the spouse; we may not expect continuously to motivate us.

Do not expect the Goddess in the dream, because the Goddess is continuously with us in the form of conscious. See the relation between motivation and confidence. Be aware of your conscious, you will continuously go on gaining confidence.

10. CONCENTRATION

“The world is ready to give up its secrets if we only know how to knock, how to give it the necessary blow. The strength and force of the blow come through concentration”.

–Swami Vivekananda

What is concentration?

The highest level of concentration is Inner Silence. In general Concentration is said to be a focus on the target.

Concentration is the exact focus on the target, the target is happiness. The statement that, some people can not put the concentration is not correct. Concentration also an automatic process and it goes on as per the existing priorities of your mind. The problem comes when you interfere or interrupt the process.

Eg: Suppose your mind may be thinking about your needs according to the priorities, at the same time you wants to divert the concentration towards studies or somewhere else to satisfy your ego, and says not getting concentration.

Concentration is believed to be the result of Inspiration. Do not think inspiration comes from

emotional trigger, that may be the moment the inner fire comes out.

Inspiration is there in the nature itself and it is always there in every moment, recognize. Regarding passion and curiosity, observe human beings are always curious to explore innovation. Do not spoil the capabilities by external fascinations and leading the life against the nature.

Reasons for lack of concentration:

- i) Lack of interest / passion
- ii) Lack of confidence
- iii) Lack of Inspiration
- iv) Lack of awareness
- v) Environmental issues
- vi) Social backwardness
- vii) Health
- viii) Culture / traditional issues
- ix) Distractions due to desires and fascinations

This is the materialistic way of thinking.

**Does concentration pertains to just studies or work?
Or does it need any effort to put the right concentration?**

Concentration is needed every moment of life. It should be an effortless process. If you put the effort, you can't concentrate. Please understand,

“thought is untruth and automatic, however your intelligence will take care of your actions if you do not interfere”.

If you can understand this statement perfectly, you can understand easily what the true concentration is. Please understand the enlightened persons always see the God in everyone and everything irrespective of whatever they do or think. Observe the level of concentration.

Please realize that, if you really understand what the concentration is, thought will never distract you from concentrating.

How to enjoy “this moment” (so every moment) even in the suffering?

Please understand very carefully, suffering is living in the past. The past is illusion and has no existence (you can realize it in 24 hrs meditation). When you are trying to be in the present, you are still dwelling in the past only, as you are putting effort and hence it is again a thought process only. So you can't understand what does the present is.

11. HOW TO INSPIRE CHILDREN

Here please understand by thinking that, thought is untruth and it is involuntary or automatic. Now please, forget about the level of the consciousness (under conscious / conscious / micro conscious) and observation (Physical) and let your Physical body experience the thought of suffering (do not interfere the automatic process, because whatever you think, feel or do, does not affect your joy, it is completely automatic process). Then you will realize what the true conscious is, and you will take any remedial measures with ease and effectively. So you can enjoy without losing a moment.

Otherwise please understand, if you reject the pain and try to control with the conscious observation (physical) or with analysis and consoling, you will not get true relief. Please realize, can you keep the conscious in your control? The moment you want to hold it, surely it is already gone out, and would have lost the original state of Nature, the “Bliss”.

Now, are you able to understand what the true concentration is?

Ans: The True concentration is, experiencing how every moment is automatic and effortless.

This is the beauty of the Instant Success.

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Begin the studies from childhood; everyone knows how much pressure is mounting on little ones? How much responsibilities being thrown on them? What is their time table? What is the quality of knowledge being imparted? How they are being guided? What is the method of teaching? What type of environment? Then, who is to be blamed? Where is the problem? What is education? Why to study?

The essence of education is to know ourselves to realize the infinite power within. Then what is the process of learning? Learning is a natural Instinct. See that there is no deviation from the nature.

An American research Institute which did research on “Art of Parenting” states that all the children are born genius, the difference, if any is environmental.

How to set right the environment, and who is responsible for spoiling environment? Therefore here the role of Parents, Government and Teachers is essential to safeguard the children from evil influences of the environment.

Who is responsible for future of the children? It is parents or teachers or society or children themselves? The answer is “Parents”. The whole and sole responsibility of the children lies with the parents.

The future of the children decides by the quality and quantity of the love and affection shown by the parents. Parent need not be an educated or skilled or rich. The required knowledge, skill or wealth can be gathered or acquired by the child if enough love and affection is invested by the parent.

Every parent wants their child to be great, famous or IAS / IPS or rich / powerful. He also works hard and encourages and loves his child to make so. It is not true love, it is selfishness. You can't find happiness even if he becomes IAS or IPS.

Observe carefully. Unselfishness is there even in the selfishness. That selfishness is needed which will not hurt anybody, you can achieve everything effortless.

How to inspire the children?

All the parents dream of their children to be grown as great doctors / engineers or powerful. However children always look for joy and comfort as they does not know responsibilities or duties. Gradually parents / teachers may educate the children about their duties and responsibilities in the way they can understand. In such case parent should understand the child, and parent should take the full responsibility to make them understand everything. There is no question the child is not capable or in-competitive, it is the parent who may in-capable or in-competitive. We can never blame the children.

99% reasons for failure of the children are pressure and lack of vision. Pressure is there at home, at school / college, from the society and self mounting pressure.

Parents should be aware of all these things and should be capable of tackling carefully.

There are four ways of educating children.

- (1) Telling
- (2) Teaching
- (3) Preaching
- (4) Inspiration.

- (1) Telling - Casual Way
- (2) Teaching - Programmed Way
- (3) Preaching - with discipline
- (4) Inspiration - with love, trust and Confidence.

Main hurdle for lagging is losing confidence. Why do you see a problem in the child? Do not see a problem in the child even he is not capable. Seeing a problem in the child is your in-efficiency, you are lacking self-confidence. Then how can you blame child. This is a great hurdle in blossoming of the little ones.

There may be a bad parent, but there can't be a bad child. Parents should develop trust and confidence in the children. Losing confidence makes them weak.

You can inspire the child with love, affection, freedom, intimacy, and observation. Here, freedom is not leaving them free; it is making them free from the apprehensions about failures, competition and future.

Preach them how to maintain emotional balance. Never say ‘no’ to them, there are many intelligent ways of expressing ‘no’ without using that word. The negative impact may kill their creativity and enthusiasm.

Anything you learn, knowingly or unknowingly directed towards your enlightenment, which is an automatic process. If this process is interrupted for want of worldly pleasures, you will be in the darkness.

The perfect and only mechanism of controlling and monitoring children is ‘**LOVE**’. No one can escape from love. If it happens it is not true love.

Many parents fail inspiring their kids due to comparison and expecting results. Every child is wonderful. Every child is unique in their nature. How can you compare with one another? Even if you compare, it should be positive, see that your child does not hurt or discourage. Once your child is hurt it is your incapability. Never lose confidence. The only incapability is losing confidence.

“An unselfish mind can never hurt any body, whatsoever the emotions, words or actions may exhibit, and instead it will always be ready even for sacrificing itself”.

Preach him anything in a convincing way. Do not find fault with the child. Assure him that he will achieve the goals. Inspiration comes from the love and belief (trust) and confidence of parent in the child. If he is not convincing, it is not his problem, it is your problem. There is no reason in the world that he can’t be inspired. Match the frequency and correct the pitch to receive you properly. The choice of the goal or decision making should be given to children where as the direction to lead should be shown by the parents.

Expose the children to epics and success stories, involve them in the debates such as resolving national and international issues, and social evils, elucidate the places of geographical, historical and cultural importance.

Sharing of family problems and posing them to resolve the issues, observing how harmoniously maintaining relationship with the teachers, friends, neighbors and others, teaching the importance of the cultures, traditions, moral values and practices, and appreciating the curiosity, and rewarding the achievements will fetch the results. Recognize the progress even in their failures; extract the ambitions and interests to set in the right direction.

Respect their emotions and guide them, how to convert their emotions into inspirations, fascinations into passions and how to be a master to their desires. Show the importance of tolerance, compassion, honesty, patriotism and unselfishness.

Train them how to face the troubles confidently and how to overcome the jealousy and how to be sportive, and how to become self sufficient.

Explain the purpose of life?

The purpose of life is not just living in happy, serving the people or gaining popularity or self satisfaction or working hard or honesty. These are only different ways to understand what purpose of life is.

“The True purpose of life is, exploring the horizons of the Love and the Universe”. It is a struggle between the creator and the creation.

Competing for IAS, IPS or IIT etc is welcome. But do not limit yourself by using only a logical brain. Expand your heart, activate your intuitive brain, there you find the real beauty of life. Even if you do not compete for IAS, IPS, IIT etc, the spirit will drive you towards eternal Bliss. Do not waste your talents; understand timelessness and automatic-ness. You can make the wonders.

Do you feel more competition? No, there is no competition at all. Everyone has infinite scope to excel themselves.

Children should be brought-up naturally. Be sportive

When you are inspired by some great purpose, all your thoughts break their bounds, your mind transcends limitations, your consciousness expands in every direction and you find yourself in a new, great and wonderful world. Dormant force, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.

–Maharshi Patanjali from Yoga Sutra

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12. EMOTIONAL INTELLIGENCE

Violent form of thoughts are said to be emotions. Emotions could be positive or negative. We find problem with negative emotions. Negative emotions burst out as anger, anxiety, crying, shouting, sadness etc.

What is the source of generation of negative emotions?

Eg: Suppose you have 4 or 5 years kid. Generally we have undisputed love towards small children and we develop more attachment. We slowly teach and show them with love & affection each item in the house how to use and what to do or how to behave. The kid also tries to learn everything with same enthusiasm and enjoys everything. Like this, everyday goes very fine and we enjoy it.

Suppose, one day, you are teaching your kid with the same enthusiasm and love and affection, and your kid is not listening or not caring or not understanding, where it is necessary to do it at that time. Then you try to explain him in multiple ways like cajoling, offering chocolate or in many other ways. So finally all of your options are over. Then you don't know what to do, or how to convince him. In the same time without caring your words, suppose he dropped a valuable item to the ground and spoiled it. Then what

you do?

Naturally you will burst into anger (emotion) and having completed all the options to react. In that emotion you shout at him and you may beat him also. When you beat him, the children normally weep. This scene goes on, for some time.

After some time your anger will come down and your kid is still weeping. Then how do you feel? Definitely you will feel sorry for it and take him into your lap and console him telling not to cry for spoiling and even assuring to purchase ten such things.

Please think of it why it happens like this, first you shouted at him and beat him in the emotion, later you felt sorry for it. How did emotion burst out? Because you do not have further options or you did not know what to do.

What happens if this situation occurs repeatedly? There is a danger of developing hatred and negative opinion towards the parents and progress of the child may be hindered.

So why does it happens like this?

Normally at the time of emotion you are in distress and you are not aware of what you are doing. Soon after your emotion is released, you realize the mistake. Hence, if you are aware of the conscious, your

intelligence will be in action then all the emotions will be in your control only. Even though if you shout or beat no negative impact will result if you are in the conscious and your kid will understand and alert.

Further emotions: Emotions are reflected where you do not have the confidence to handle the situation or where there is a contradiction between paristhithi and Manosthithi. On this earth any thing may happen. We can't dictate terms to anybody. Everybody has their individual freedom within a legal framework. Individual ideas, thinking, opinion, may not match. Knowledge, status, class may differ, which result in exhibiting many emotions. Such as ego, jealousy, inferior / superior, laziness, boredom, gentleman syndrome, partiality, misery, grief, depression, angry, anxiety, eagerness, tension, stress, selfishness, hatred, intolerance, worry, dissatisfaction, unrest, greed etc., As there is no control over paristhithi we should adjust our manosthithi to suit the environment, otherwise, the same may reflect on your health, efficiency, capacity progress, personality, relationship and career.

In the day to day activities, based on our thinking, we go on suffering with one or the other negative emotions resulting dissatisfaction and displeasure.

Then how to overcome such situations?

If you have confidence enough, or you are

aware of conscious or you have belief in God, then you can handle any troublesome situation with ease. Remember and realize all the troubles are God given opportunities. This is the only way God has shown us to enjoy the troubles and get the desired results. Enjoy the auto mode.

How to become great?

Every human being is unique in their nature. You can't compare any one with any others (If there is any comparison it should be an automatic process only). The greatness does not lie in the name, fame, power or wealth, as these are not absolute things and somebody may beat you in the respective field and you may be disappointed. Hence please understand that you will become great when you find the greatness in others. Greatness pertains to internal, which is not there in the feeling of great, it is there in the feeling humble. How to realize?

There is a misinterpretation of self satisfaction. There is a general tendency of the people, to exhibit their talents and get the recognition. Everybody has their own talents. However the greatest talent is that, recognizing and being confident of one's own talents by themselves, instead expecting others to recognize. (Unless you are weak why do you seek recognition). This talent is called self contentment or self satisfaction. This is what is known as, a feeling humble. This is the true greatness. If there is any true

recognition by the society, nobody can stop it. It will come automatically irrespective of the hurdles. Raise your potential.

How to maintain cordial relations between wife and husband?

An important relationship is, the relationship between the wife and husband. Basically marriage is a natural commitment. Marriage is also an ideal method to achieve enlightenment. It is an amalgamation of emotions, feelings, ideas, thoughts and actions. It is a commitment to live together forever, despite the differences. It is a means for securing individual freedom with the instruments of love and trust. There is no choice for deceiving one another. Everything is automatic. There is no fate, no accidental, no good luck or bad luck and no mistake.

There is a tendency that, a boy and a girl may fall in love. Ensure your love is unselfish. Because unselfish person only will think whether he/ she is suitable to you, and vice versa. This is how “**Marriages are made in heaven**” is true. Then where is the scope for separation? Why do disputes arise? What could be wrong in the relationship?

Do not take decisions in haste. Let emotions be converted into inspirations. It is god to decide what is to be done in future. Let it be automatic do not interfere. Even you are legally right, ask your

consciousness, whether morally right or wrong. Never think, it as fate.

Idea of separation is a loss of confidence, self deception and a selfish motto. Then there will be no scope for salvation. You may ask what to do, when natural urge is not being met. Then there may be a scope for understanding what the true love is. God will decide what to do. Do not interfere. Realize that automatic-ness itself is God.

Remember “**Understanding yourself is making others to understand themselves**”. Suppose, your partner is not getting you understand, despite all the efforts. Then please realize that, it is you to understand her / him that, she / he is unable to understand you. Then you will see the beauty of the marriage.

Does previous birth and rebirth exist?

Before answering this question let us examine what is the source of this universe, and what is the source of space. You may say this universe and space are infinite. Then how can you define infinite-ness of a physical existence, and question comes, who has created this universe?

During Meditation you can be realized that, no physical entity can be an infinite. Hence we can say that the entire universe and space itself are finite only.

There is no universe at all. They are only virtual or imaginary or creation or projection of the mind and not truth. The only truth is the liveliness which is a formless, Meta physical and infinite. This formless energy is the basis for the sustaining the entire nature. This is God. God is present in the gold in the form of glow, God is present in the flower in the form of fragrance and God is present in the human being in the form of consciousness. You are not born at all.

How to understand automatic-ness?

When you realize automatic-ness then there should be liberation of soul otherwise see why automatic-ness is not working, Of-course, even you did not realize also it is an automatic, even you expect something or even you have dissatisfaction or even you are confused, the automaticness will work. Even you are aware / unaware, why do you fail a single moment. Then why are you not confident of absolute success? The reason could be because you may be expecting, success is to be something different, you may be expecting pleasure in the success; you may be expecting comfort, relief or materialism in the success. Further you may be expecting popularity out of success. Realize that, expectation is only a thought. If you understand it, you can control it easily. The question not realized does not arise.

Please understand why you are so weak to afraid of materialism (such as boredom, lazy-ness, jealousy,

inferior / superior, dissatisfaction, popularity etc...). Why don't you accept the negative feelings and could not find the bliss in the same. Why are you so addicted to see happiness, only in the pleasures, which is not a true happiness? Find the true joy in your inner silence, which will be always with you, if you does not expect. Pleasure is a virtual thing, not real.

How to meet organizational goals?

Organization is like your family. What contribution you are making to the organization? You can't make any contribution to the organization. It is the organization which will make you any contribution. It is the platform where you can prove what you are. Always be proud of your organization. Service rendered to the organization is service rendered to you. If you are not fair you are missing all the opportunities.

Do not separate yourself from the organization. Every individual employee represents the organization. Hence everybody should feel proud of their organization.

How to achieve the perfection?

Knowingly or unknowingly everyone wants to achieve perfection in every act, every thought and every moment by putting their best possible efforts without knowing what perfection is, and not knowing how to achieve it.

One should understand that the perfection is a state where everything is done without any effort or by automatic. Hence putting the effort every moment effortlessly is the state of perfection. Then there is no chance of mistake or flaw in that act or thinking.

Why do people indulge in corruption?

The main reason for indulging in corruption is ignorance of the fact, that the corruption is a self destruction, either, you are caught or escape. You cannot escape from the conscious. There is no solace for them. They have to suffer for ever. There is no repentance or remorse for them.

How do you convince others?

Why do you expect others to be convinced? It means you are not confident enough of yourself. Realize.

How to manage desires?

Please understand desires are just thoughts. You will fulfill desires in accordance with the intelligence, as intelligence will tell you, the pros and cons of full filling desires, so that you can become master to your desires. When the desires are beyond reach, learn how not to expect the results. Having desires is not a problem. Problem is with the expectation. Even if you expect do not interfere the

thought. Realize thought is untruth. Enjoy the auto mode.

What is the difference between happiness and pleasure?

Happiness does not come in the form of pleasure. It comes in the form of toleration, compassion, passion, curiosity, sacrifice, sportiveness, sympathy, empathy, love, affection, apology, excuse, unselfishness, selfless service, thoughtlessness, timelessness. Suffering, displeasure and dissatisfaction also inherently gives happiness, in the form of inspiration. It is very difficult to see happiness in the pleasure, because the pleasure is always associated with domination of ego, which is a hurdle for self realization.

When everything is automatic, why can't everybody see the bliss?

Every moment, every feeling, thought and action of every human being is automatic. Further every moment is also filled with bliss. However no body wants to accept the bliss (of-course! Acceptance is also will be an automatic process. If they understand what is automatic-ness). Because everybody wants to dominate others, everybody is addicted to pleasures and people are so selfish that they think popularity is the true happiness. 1) Try to understand there is no domination possible in the nature. Still if you want dominating

other, it means you are going further away from bliss.
2) Learn how to become master to your desires.
3) Further learn how to win your heart, because popularity is a virtual thing, do not deceive yourself. Then why not enlightenment is gifted as an Instant Success?

What is your role in your life?

Everything in every moment (every feeling, thinking or action) is automatic in everybody's life. Then there is no role of you in your life. Understanding automatic-ness involves observation (24 hrs. meditation) inherently, thereby making yourself more active, alert, cautious, confident and efficient etc., and you will come to know what is eternal bliss. Do not analyze things. Understand, unless you are weak, why do you analyze? Unless you interfere, why you can't enjoy eternal bliss?

How to take all the troubles as opportunities?

Life is not the result of success or failure. Realization can be easy in facing troubles than comforts. If you understand this you can take every trouble as an opportunity. Only thing is catch the secret of enjoying troubles. Enjoy the auto mode.

“Enlightenment is not the end of the life, the true life begins with enlightenment”

Learn to be aware every moment, then there will

not be any troubles at all. Learn to enjoy every moment irrespective of profit / loss, success / failure, living / dying.

Never expect something to happen. If you do so, you may lose that moment, when you lose one moment, you may also lose all the moments. Understand why it should be an “instant success”.

“Enjoy even the troubles and failures; never think of, ‘life can be enjoyed, once troubles are passed out”.

How about traditions?

Never criticize the traditions, practices or religions. It is self respect of the people. No one has the right to enter in to the sovereignty of the others. Observe carefully, fundamentals of realization are available in each and every tradition.

What about the rebirth or previous birth?

There is no birth or no death. Everything is only an immaturity and ignorance. Of-course! For understanding infiniteness, you have to begin the journey from finite only, as you are in the state of finite.

Even if you believe in rebirth, what is good of it. It is only a self deception. There is a chance of going in the wrong direction.

“If you realize, you will become the part of the creator, otherwise you will remain as a part of the creation”.

Does God has not given, what you require?

Why do you ask more? Are you comparing with others? Do you believe happiness is there in wealth, power, name, fame, recognition or health? Do you mean, believing God is expecting what you ask? Do you think God did not enlighten you? Do you understand how ignorant or how immature you are?

Realize! God is always with you only, he is guiding you every moment. Learn how to listen to God. Asking name, fame, power, recognition and wealth keep you away from the God. Further, if you are concern about your health may still worsen your health. Believe, God will give you everything whenever required without asking. You are losing your opportunities by asking. Any moment of dissatisfaction is a result of disbelief in God. “Please checkup how much time you are confident of yourself”.

Why do people fail in understanding truth?

They want more and suffer for not getting. So what? Why do they suffer of suffering? Perceive the bliss even in suffering. Understand there is no suffer in suffering. Use timelessness and automatic-ness.

What is a discipline?

Discipline is not just having Good habits, attitude or character. It is the ideal way of life. Putting the goals in the life is least important. Because the final goal of a human being is already fixed, that is permanent happiness. Knowingly or unknowingly every human being always strives to achieve the happiness.

If you talk about discipline, having proper direction, is important to lead your life. Direction is exactly, how strongly you determine to achieve your goal, how sportive you are during failures, how committed you are to your duties and responsibilities, how courageous you are to overcome the troubles, how cordially you maintain relationship with others or how intelligently you utilize your resources available or finally how conscious you are to become a master to your desires and emotions. This is the right discipline you need.

“A well disciplined mind acts as your friend, other wise it will become your enemy”

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13. TEN CORE PRINCIPLES OF THE INSTANT SUCCESS

Understanding ultimate Truth from different angles to suit different situations and time:

i - Concept of Inner Silence

We know that solution to all the troubles is there in the inner silence. Further inner silence is there behind every action, feeling, thought and every moment. Then how to observe the Inner Silence?

Firstly, Inner silence which is a state of nature is not related to the physical silence, (which is controlled by body and mind) and it is an automatic process. Then where is the chance of not finding the inner silence.

Of-course! You may lose the state of nature (Inner silence), if you expect some thing to happen or if you wants to own something. Realize as you (taking 'you' as conscious) are infinite and everything, why do you bother for something to be yours. Or (taking "you" as body and mind), why do you bother for anything, as any physical entity is not a truth. If you are so weak, seek pleasure out of physical world, please understand, it is an automatic process by your body and mind, which was already programmed in the mind. Observe, there is no chance of losing Inner Silence. "Ideas &

decisions comes from the Inner silence not from thinking"

ii - Automatic process of life:

Everybody says I am working hard, I am doing carefully, I am taking decisions after thinking 100 times. However when you are asked to stop thinking for few minutes, you will say it can't be stopped. So it can be understood that he cannot do anything without thinking, and says he can't stop thinking even for few minutes. Indirectly accepts it is not in his hands. Hence it can be realized that every physical activity is an automatic process only, which is already programmed in the mind.

Exception: Even if you can stop your thoughts for some time, the same is also must be an automatic process only. The feeling that, you yourself voluntarily thinking is an interruption of natural process and leading to imperfection.

Eg: Suppose, at some situation, your performance is very poor, your efficiency is far below and you are being insulted and you are alone. Then how do you experience the suffering? Losing the confidence levels?. On the other hand suppose, despite the failures you are still gaining the confidence, do you experience suffering? No Then how to gain the confidence despite the failures? I do not want to motivate you. That much can be done by anybody.

Please understand, solution is there in your perception, if you feel failure as a weakness, immediately you lose confidence. On the other hand if you understand any physical activity is stimulation to the nature, then you will go on gaining confidence and you can be successful every moment despite failures. Enjoy auto mode.

Every action from the mind is an output produced by processing of inputs received from sense organs and the data already stored in the mind. This is called intelligence. This is a continuous process. You compare this with something and say success and compare with some other thing and say failure. With this success you draw pleasure and strengthen your ego. With the failure you lose confidence and experience suffering.

Please understand reason for suffering is not failures. Suffering comes when you lose the natural state of “**Inner Silence**” or due to lack of awareness.

iii - Understanding of Timelessness:

Timelessness is state of full awareness or micro consciousness or state of Inner silence or thoughtlessness.

When you are in the state of Inner silence, how does time is related? Because time is related to thought. Any physical happening does not affect. There

will not be any troubles or failures. You can enjoy the failures and troubles also. Every moment is ideal and automatic. You will be fully aware of what is happening. If you see the difference between past and future, you will lose the state of Inner silence.

iv - “If you believe God, you will succeed or if you are failed it means you did not believe God”.

The religious Gods are basically character oriented. The traditions practices with peaceful ambience will make it sacred place and becomes a source of inspiration.

There is a natural stability (relief) in every faith. However, if the adopted faith proved to be blind, then you will be in the darkness. If you really believe God, how can you say you are not enlightened? Understand what the true belief is.

The question comes, why we should believe blindly. Believe only yourself. Here believing God means believing you. If you believe God, without believing yourself it is said to be blind belief.

Let us say scientifically, the God, the flow of energy, which is spread over every atom of the universe, also exists in every human being that can be realized through Inner Silence. Believe in that divine nature. The person, who loves himself, can love everybody, for him the word “**hate**” does not exist.

v - If something makes you weak, it can never be a truth.

It means weakness is only a mark of ignorance or unawareness, otherwise weakness has no existence.

Every negative thought may result in dissatisfaction. Learn to see the satisfaction in dissatisfaction.

vi - Understanding yourself is making others to understand themselves (then you are the leader)

Never say somebody does not understand you. It is you to understand that, they are unable to understand. Tune your frequency to make them understand you.

vii - Gaining confidence every moment is success, losing confidence at any moment is failure.

You may develop confidence by acquiring knowledge, skill experience, efficiency, influence (power) or health & wealth to some extent. This confidence is called relative or finite confidence. Confidence without all the resources as above is also possible. That confidence is called absolute confidence or infinite confidence. You may experience absolute confidence, if you are aware of the infinite power or divine power within you. Once you realize your state of nature, automatically you will become absolutely confident.

viii - Ladder to reach the heaven.

Suppose, you want to go from earth to heaven you need a ladder. Can you guess, what is that ladder?

That ladder is nothing but NATURE. Please understand that God has created the entire nature for sake of your own realization. Learn to enjoy pleasures and pains to reach the heaven.

ix - Importance of 24 Hrs. Meditation.

Meditation is meant for bringing you to the state of Inner silence. The process of Meditation is not to stop the thinking. It is aware of what you are thinking. The awareness comes if you observe the state of inattention.

24 Hrs. Meditation does not mean that, it is continuous meditation; exactly it is a state of unconcern for not being attentive. Then joy will rise and you will see the state of eternal bliss. Please understand that, it is not continuous observation of thoughts. It is a state of consciousness and observation without observer. So you will become thoughtless and timeless. Continuous physical observation does not arise, as you are timeless. 24 Hrs Meditation is directly linked to inner silence.

x - Salvation:

If you give up everything for your own

salvation, it is nothing. Do you want to forego even your own salvation for the good of the world? You are God. Happiness is not there in seeking, it is there in the giving.

The great Guru, Ramakrishna Paramahansa used to caution Sri Swami Vivekananda to get to the people than to Meditate alone.

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14. SELF MOTIVATION FOR STUDENTS

(Divyadarshin Yoga for Students)

I say all the children are blessed ones. There is no reason for suffering. Every child can enjoy the freedom without any choice. No adjustment or no compromise is required; no limitations are there, no conditions needed. I say Joy is your birth right. However you need to understand that, you can enjoy it only in freedom.

Freedom and Joy: Freedom is not leaving you free to do as you like, or to think as you like. But freedom is the end of the ignorance, end of the suffering, end of the pretention, end of the manipulation, end of the ambiguity, end of the fears and end of the slavery. Ignorance is not the lack of knowledge, but it is the lack of awareness. Knowledge is theory and awareness is practical. Joy is not fulfilling of your wants, desires, goals and ambitions Joy naturally rises from the freedom, unselfishness, kind heart and from the honesty etc., irrespective of the troubles and failures.

What is the reason for the ignorance?

Ignorance is also a natural phenomena, but related to the body and mind. Desires, wants and

all the reactions are physical properties of a body and mind, and equally useful for self-realization of a human being, However these are to be regulated through the Intelligence which is activated by the awareness.

What is Awareness?

Awareness is the state of consciousness, which is the original state of nature. Or the state of trans 'I'. In this state nothing makes you weak or suffering.

Explanation: Suppose you are failed in achieving a goal or in an important exam. Definitely it is shocking news for you. You will quote 100 reasons for your failures. Say, next time you have worked hard and passed, you will be happy for the time being. Again you will put one more goal and you will test your fate. Please understand, even if you achieve 100 goals can you be happy or satisfied at the end.

Do not compare both, saying somewhat happy in 2nd case. Observe, it is only an external happiness. Please understand both the cases are associated with the thought process where as thought itself is illusion or untruth.

Now suppose you are aware or in the conscious, still you will think, act and react; but there will not be any concern in the doing. You will never feel the effort.. You will do everything automatically. Here the feeling 'I' is nullified. Then you will rise in confidence. You can enjoy doing anything.

What is the mechanism of awareness?

Let us examine with the previous example. As you are failed in the important examination, the first reaction (thought) is shocking. So follow my instructions.

Say in your mind, "**ok.**" Again a chain of thoughts such as, it is insulting, parents may scold, teachers may degrade, may be incapable, unfit, what is the fate?, what about the future?, and so on may come, then feel "**ok**" to each and every thought, including for the thought '**not ok**' and continue the same till you find getting no further thoughts.

It means you are accepting every moment what so ever the thought is, or whatever it is happening. Then you will see the peace, calmness and silence in your mind. You will start doing automatically and perfectly whatever you want to do without any effort. This is the state of awareness. And this is a Meditation called 24 Hrs. Meditation.

Please understand, Ideas and decisions come from your Inner Silence not by forceful thinking. Every moment is automatic in the nature. Every thought and every movement of "Human being is automatic every moment. Never feel it is fate or unfortunate. Realize Auto.

If you want to excel in studies or to achieve your goals, you should do it automatically and effortlessly.”

All the children are born genius”. Do not blame others or show any reasons for your failures. Do not fail of failures. There is no definition for failures in spirituality. Troubles / failures are God given opportunities for self realization. Do not mistake the genius for the scholastic skills or supremacy over others. Genius is the naturality or the truthfulness.

Do you believe in fate or Karma?

Please understand carefully i) Fate is an auto mechanism of the entire universe. If you are in auto mode, you can be synchronized with frequency of the universe. ii) If you believe in Karma brought from previous birth, the same would be, none other than your **mind set**, please observe, whatever the mind set could be, it is not more than the ignorance. Further, character can be reformed within no time by the awareness, there by ignorance can be removed. Then whatever may be the mind set is immaterial. So why do you bother for Karma.

Do you have concern for ‘Jathakas’ (Astrology)?

The effects of the planetary positions are negligible if you are confident.

Explanation: Suppose, at some time a planet is not in your favor. Then an astrologer advises you some remedy to perform some ritual. Now does that planet turn in your favor on performing the ritual? No, please understand the remedy is there in your mind. You can do any wonders if you are confident. Do not deceive yourself in the name of Jathakas.

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15. CONCLUSION

Be proud of the spirituality and Instant Success. Instant success is highest civilization, greatest entertainment, closest companion and safest guardian etc.,

You may be in deep trouble, your mind may be filled with sorrows, you may be in a position that not finding any solution to your problems. Your health may be not good. You may be not supported by any one, you may be in deep depression, in spite of all these problems you have a solution, you have a chance to salvage, you can adopt philosophy of Instant success. You can be successful; there is no question that you can't achieve the success. Understand success is also there in misery, in troubles, in sorrows, in failures, in grief. Observe carefully you can come out of all the negatives immediately. You will become happier than a wealthy person or a powerful person or an intellectual that is the greatness of Instant success.

You can strive for what ever your physical gains you need. Instant success also helps you in your efforts of physical gains, but do not postpone your happiness till achieving your physical gains. If there is any negative approach or negative thought in your effort, Instant success save you from the danger. Even if you have bad habits, bad thought or addictions if any, instant success will safeguard you.

Do not say it is not possible. If you say it is impossible you can never be happy despite the infinite comforts or power. Realize your divine nature.

LET US REVISE HOW TO SUSTAIN IN A BLISSFULL STATE.

It means we should be able to enjoy even the troubles, sorrows, misery, jealousy, depression, laziness, boredom, inefficiency, and insult etc., all such negative situations. We know that, there is only joy, even in the negative things. Even then we see only misery and dissatisfaction in all the negative happenings. So there is a problem in how to look at each negative happening. Let us observe.

Why do you look at relatively / comparatively instead of understanding in absolute sense?

Why can't you understand that, any physical activity is an automatic process pertaining to the body and mind?

Why do you harass your body and mind in the name of sadhana by putting conditions and suppressing desires, instead of leaving it free?

Why can't you understand that, more physical gains can be earned by following the path of TRUTH than exploitation?

Why do you find misery in the defeat, as the defeat also filled with bliss?

Why do you think, it is a long process, where as it is an instant process?

Why do you think or expect somebody should accept or support your idea, why do you want others to confirm whether you are right or wrong?

Why can't you understand every moment is a meditation? Why do you want to sit alone and force your mind to control thoughts? Why can't you do it out of passion?

Why can't you believe that you have the confidence that is sufficient for your life time?

Why are you not confident that you are already in the state of "Enlightenment" of which you can enjoy forever?

Why can't you understand the love, even in the hate?, as no one can hate anyone without love. Observe.

Further, suppose you gave a severe punishment to somebody, out of a situation is warranted to do so. Then you should do it out of love. It means, you should be in conscious, even in the worst emotion. Any act accomplished with love is a sacred work.

Why do you blame anybody or anything for your unhappy? It is a childish act, remember dependency is slavery.

Even if you can't understand the concept of instant success, do not lose your confidence. There is a beauty even in the Ignorance.

Please **understand, there is nothing to understand about anything.** This is a wonderful realization.

After all ARISTOTLE the great philosopher said, "**finally, what I came to know is that, I know nothing**". Hence one should understand that, it is not the matter of knowledge but "**CONFIDENCE**".

Observation should be so keen that, you must be unconcern even for not observing.

Understand that, thoughtless happiness is called bliss and happiness by thought is called pleasure. Thought is associated with pleasure or pain. Pleasure is an illusion. Bliss is the truth. Action, decision or idea comes from silence not from thinking.

Proof of the timelessness.

Every moment and every action is automatic in the nature. Then there is no question of past because there is no need of analysis or corrective measures

because any of such action is required that is also will be automatic. Hence for you (conscious) there is no past. Similarly there is no need of apprehension about the future or if any of such requirements is there, that is also will be automatic. Hence there is no future for you (conscious). Hence you are timeless.

Time is there for body and mind not for you. If you realize it, you become infinite. The best time for realization is, when you have the worst mood.

People argue that, there is a chance of laziness or idleness and there will not be progress, if they satisfy with what they have, and they interpret that, feeling of automatic is nothing but idleness.

It is not true, because the people who are lazy / idle are the one who does not know what to do or directionless or under the state of confusion / empty minded. The mind burdened with full of thoughts is called empty mind. The thoughtless mind (Inner silence) will give you instant solution.

All the troubles are God given opportunities. If you are unable to accept the troubles then accept the non acceptance which itself is an acceptance, or observe the non observance. It does not mean that, inviting troubles. Please understand unless you take it as opportunities, you can never overcome the troubles.

This is no Logic; this is the programming of your mind. How simple way, God has shown us to get desired results out of the troubles and enjoy the troubles; otherwise there is no alternate way to resolve the issue.

Another way of proof for instant success:

If anybody questions the proof of instant success, you may ask him can he show one reason for non enlightenment and can anyone prove, the moment which is not bliss. If you are confident of bliss, it will never escape.

If anybody asks, are you perfect? My answer is YES. Not only is myself, anyone who is confident of himself is enlightened. Do not compare with over confidence. Understand that, confidence is there in every moment and it is there, even in diffidence also. Never lose the confidence. You can conquer anything. Never surrender your sovereign power to anybody or anywhere, because self respect is crucial in gaining the confidence.

You need time for realization?

Why time is required for realization? No time is required for realization. Realization is there in the confidence. If you are confident what ever you do or what ever you feel or what ever you think, everything, every moment is bliss. Why do you lose confidence?

Losing confidence is equal to death. Please understand that, you need not lose confidence for ever; if you feel there is a problem, please make the correction in your perception. Enjoy the auto mode.

You may be thinking of less efficient, less knowledge or less skill, experience, power, money or in health. Please understand all these things are not related to you, these are related to your body and mind. These things do not influence your realization. You are already infinite, unlimited, and timeless. Then why do you lose confidence? Why don't you believe yourself? What help you need to make you understand what you are?

Your body is still trembling? So what? Still you are dissatisfied? So what? Still you are worried? So what? Still you are feeling jealousy, inferior, bore, depressed? So what?

What ever the feeling you have, never lose confidence. Every feeling, every thought, every action, every moment consist the "bliss". There is nothing exist in this Universe other than bliss. If you do not believe it, it can not be changed. Always it is "bliss" only. Bliss has infinite forms. You can enjoy in infinite ways. Just feel in your heart.

You are not confident of anything? So what? Confidence is there even in the diffidence. Please understand, even you could not understand, absolutely

there is no problem. You are nothing to do, everything is automatic. Everything is programmed in your mind only. If you want to modify the program, then you will be in trouble.

This is what I mean the Instant success that I am confident.

ALL THE BEST

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THE INSTANT SUCCESS-I



GAINING CONFIDENCE EVERY MOMENT IS
SUCCESS.

LOSING CONFIDENCE AT ANY MOMENT IS
FAILURE