

THE INSTANT SUCCESS

... at ease and effortless!!!

**A Scientific Approach
FOR AWAKENING EMOTIONAL & SPIRITUAL
INTELLIGENCE**

THROUGH 24 HRS. MEDITATION

By

DAMODAR MANDAL

**THE SECRET OF SUCCESS IS
"CHANTING SILENCE IN SILENCE..."**

Specimen copy

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ABOUT THE AUTHOR

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

I joined the APSEB in June 1990 as an Assistant Engineer and was posted in KTPS Palvancha. I have worked for 12 years in KTPS as AE and ADE. From 2002 to 2009, I worked as ADE in 400KV Mamidipally, Hyderabad, and 220KV Chandrayangutta, Hyderabad. From 2009 to 2017, I worked as a Divisional Engineer/Training and then as a Superintending Engineer / CTI & Enquiries at the Corporate Training Institute, TGTRANSCO.

I have done my research on Personality Development for the past 15 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 beings and achieve their goals. The ultimate reality of this book is explaining how a human being can excel in all respects automatically and the secret of confidence. I am sure that it is an Invention of an innovative Idea.

Consolidating these concepts into a specific discipline, divyadarshinyoga, which I am sure will become, beginning of a new Era in the process of self-realization.

In CTI, I have trained 2000 employees of TGTRANSCO and 1000 students in schools and colleges in Asanas, pranayama and Meditation in physical mode.

I am very much indebted to TGTRANSCO management and all my friends, colleagues, superiors, and subordinates for their kind cooperation and encouragement.

I express my heartfelt gratitude in reverence to Sri Swami Vivekananda and Master Sri Jiddu Krishna Murthy, whose teachings inspired me to write this book. I would like to create the spiritual ambience and spread the positive vibrations every where I move. So, let's sanctify our home, office, village, city, state and our country with purity, peace and harmony and enjoy Vasudaika Kutumbam.

With Regards,

DAMODAR MANDA

Author

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Written in solidarity of my co-employees of TGTRANCO with a motto of relieving their work tensions during field emergencies and achieving physical fitness and mental balance in their life. So that, it will be useful for everyone in general.

I feel that Corporate Training Institute, TGTRANSCO, is my mother who gave me rebirth to my spirit.

**Dedicated to
Corporate Training Institute, TGTRANSCO, in
reverence with love and honor.**

I wish the corporate training institute would be a sacred place for learning in peace and harmony.

**DAMODAR MANDA
AUTHOR**

Guidelines for Reading the Book

- 1) This book is aimed at realizing the divinity within. It has no discrepancy with any of the other yogic practices. It is an advanced Yoga whose limits go beyond the word “practice”.
- 2) If the concepts of this yoga are understood in the right spirit, it may not take much time to catch the essence or realization. It is not a practice that is to be done separately; it is a meditation that is to be involved in every thought and activity at every moment (micro level) without any deviation.
- 3) You need not be worried about not sustaining mindfulness. The concepts of “Silence, Timelessness and Automaticness” help in the form of 24 Hrs., meditation, and how to go beyond the conscious levels.
- 4) The main aspect of Timelessness and thoughtlessness is that the words ‘I’ or ‘ego’ have vanished. The mission of this yoga is **“the realization of the state of the nature of a human being without any deviation, thereby aligning oneself to the frequency of Nature so that each and everyone would lead a blissful life.”**

- 5) **24 Hrs. Meditation is the dynamic stability of the mind. Hence, the silence obtained by 24 Hrs. Meditation will be stable, reliable and permanent.**

- 6) **Being a certified teacher, I would like to give training in Asanas, Pranayama and meditation to those who have read this book.**

First Edition: April 2025

SCOPE OF “THE INSTANT SUCCESS”

- 1) Inspiring students and 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) To increase the efficiency of the employees by relieving work tension and achieving job satisfaction.
- 3) Reducing corruption by increasing awareness and life satisfaction techniques and showing how anti-social activities lead 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) It will give a road map to all the Administrators, executives and Industrialists to optimize their resources, maximize their benefits and achieve success.
- 6) Assisting the government in formulating policies on education, employment and health, and molding the children as national assets.
- 7) Coordinating with all the religions for tolerance and maintaining harmony in the society.
- 8) Developing patriotism and showing the value of life to experience the ultimate reality.

- 9) Recognizing women as a vital force in the emerging society and identifying women's safety as the responsibility of each individual.
- 10) Taking up a Research study and developing practical techniques for understanding Instant realization. Arranging training for those who are interested.
- 11) Promoting physical health and mental health, rejuvenating body and mind, developing resistance power to all diseases and becoming a companion during old age overcoming the pain of loneliness.
- 12) Helps in attaining Nirvana or “Moksha”, the ultimate goal of human beings.

PREFACE

Hi, I would like to share some of my ideas on 24 Hrs. Meditation. I feel meditation can never be a choice. It is as essential as breathing of air, drinking of water, and eating of food. Without meditation, life becomes materialistic, full of burdens, fear of uncertainties, fear of ill health and fear of death.

Some people may justify and motivate themselves by saying these are all common or you have to fight. Some other people (those people who do not know meditation) may tell you that you have to be satisfied with what you have or control your desires to make yourself happy (but they can't tell you how to control your desires because they don't know the right way).

But nature's secret is that all the Energies and powers are there inside waiting for you. You can visit them at any time during your life span, but only with the instrument of meditation. Meditation is the only way to show you the right path to visit the divine power within.

Suppose something unwanted incident happens in your life; then your intelligence will act within no time and update the data in your chitta (mind) and protect you accordingly. If your ahamkara or ego does not accept, the judgment and contradiction make you unrest.

Nullifying ego is not losing self-respect but coming out of ignorance or illusion; getting a thought is not a problem, living in thought is a problem. You need to understand this secret in meditation. Once you catch the secret. You will realize it in no time. This is THE INSTANT SUCCESS.

Please understand meditation in the right spirit. Make sure true meditation will never hurt you, never bore you or never trouble you. It is as easy as relishing Amruth and relaxing in mother's lap. Rejoice the treasure of joy and the heaven in every moment.

Put your heart into every work, enjoy every moment whatever you do, feel or think. Because, moment (silence) is a source of joy and work or service is a carrier of joy. **Any extent of sorrow or grief will pass automatically in zero time if we leave (thought), but do not lose a single moment, because if you cannot enjoy this moment, you can't enjoy any moment.**

“THE INSTANT SUCCESS is not merely a book, it is unique and first of its kind, a new invention of an innovative idea, a silent revolution. It is a complete life such that, it has answers to any question and every question in life”.

But I feel it is my responsibility to make it reach everyone. Because I know the secret, I am experiencing the joy, so I shall impart the same to everyone. I am sure I will do it wholeheartedly.

“I am not a handsome guy, but I can give my hand to someone who needs help. Beauty is in the heart, not in the face.”

- APJ Abdul Kalam

**WITH LOVE,
Yours**

DAMODAR MANDA

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MESSAGE FROM THE OFFICERS CTI/TGTRANSCO

Upon perusal of the contents of “The Instant Success” we are inundated with a plethora of thoughts which trigger the various episodes of positive thinking with an optimistic approach.

The author has troched the path of success in every moment of life through the concept of meditation round the clock and made ease the meditation through automaticness which awakens whilst balancing between physical, emotional, spiritual and psychological parameters to set at high degree due to which we boosted our confidence and feels success in every walk of life.

Our kudos to Damodar Manda Sir for proffering such wonderful words through this book in an innovative and attractive manner we find all the ingredients in this book that are helpful for everyone to gain confidence at every moment and it caters to all the needs of the instant era to remain cool, calm and compose apart from healthy, happy and energetic life.

With Regards

Officers / CTI

(List of Officers overleaf)

Sl. No.	Name of the Officer	Designation
1	B. Haranadha Rao	Divisional Engineer
2	N. Nalini Kumari	Senior Accounts Officer
3	N. Venkateshwarlu	Assistant Divisional Engineer
4	Harish	Assistant Divisional Engineer
5	G. Sudhakar	Assistant Divisional Engineer
6	S. Ravi	Assistant Divisional Engineer
7	Md. Ahmed Hussain	Assistant Divisional Engineer
8	M. Nirmala	Assistant Divisional Engineer
9	B. Santhosh Kumar	Assistant Engineer
10	T. Indrani	Assistant Engineer
11	V. Uma Maheshwari	Assistant Engineer
12	V. Krishna	Personal Officer
13	Ahmedi Begum	Assistant Accounts Officer
14	S. Ranjani	Junior Accounts Officer

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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 that there should be a change in thinking; it should be innovative and creative.

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

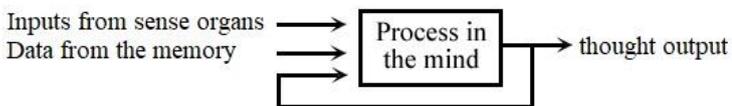
According to the law of Nature, order is there in the disorder. Patience is required to identify the same for the betterment of society. God has created the entire nature to make human beings happy and self-sufficient. However, human beings are searching for happiness somewhere else and making their valuable life miserable. What is the use of making so many rules and conditions without knowing the simple law of knowing the self? If somebody says it is “difficult”, he has to lead a life of difficulty forever.

It is not a criterion of interest of an individual. It is the criterion of understanding the secret of nature. It becomes easy if you remove the mask (EGO). Ignorance in the form of ego prevails and causes unrest in society.

If anybody says it is “**easy**” without any doubt, he can always be happy forever because there is a lot of energy and confidence in the word “**easy**”.

The purpose of learning spirituality (inward journey) is how to UN-identify with ‘I. Watch the silence in your mind.

See that your ‘**Inner Silence**’ is not affected by what you think or act because, thought process and all the activities are ‘**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 with auto correction facility with feedback. This is what is known as un-identification with ‘I’.



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

Please don't justify if somebody is driven by an ill spirit and does anti-social/illegal activities. Parents and teachers should nurture their children with good principles and ideas right from their childhood.

Everybody accepts that human life is very uncertain. This uncertainty is making everyone weak and is resulting in lack of confidence and enthusiasm. God has created human beings with abundant resources and such wonderful nature that no one needs to suffer even for a moment.

So, this book explains how to understand the creation and how to enjoy every moment of life despite the troubles, and explains how to achieve the goals irrespective of the obstacles. Further, it enlightens how to realize oneself instantly by inculcating these concepts.

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

I have much passion for writing this book and sharing my own experiences. It is written with a completely positive intention. There is no need to change the beliefs, practices or lifestyle. I hope it will fully strengthen your confidence and weaken your weaknesses.

“If you don’t know how to enjoy this moment (let it be a trouble or a failure), you can never understand how to enjoy your life forever”.

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 eternal bliss, and living without suffering, and finally, it is the easiest way for 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).

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2. PATH OF TRUTH

“Everything 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 birthright, our real nature, the difference between us is caused by the greater or lesser power to manifest that divinity”.

- Swami Vivekananda

What is “Truth”?

The main characteristics of **“Truth”** could be

1. Everlasting (permanent);
2. Omnipresent;
3. Almighty;
4. Power of creation and destruction;
5. Meta Physical (physically nothing);
6. Silence.

Then, the only **TRUTH** could be **GOD**.

We can say the entire nature or universe is descended from the source of universal energy, naming it God.

God has the power of creation. God’s existence is everywhere, in everything and in everybody, including vacuum or space. Hence, there is no chance of **“evil”** in the world by nature.

All the evil we see or think of is prevailing because of illusion or ignorance.

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 (see the 24-Hours Meditation) to fight all the evils. It will be easy if you understand the path of truth. It is living in accordance with the nature. It is the true life. The principles of instant success will guide you in every aspect. 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, greed, jealousy, corruption, inferiority/superiority, laziness, boredom, dissatisfaction, etc., make us weak, hence, these are untrue. All the positive thoughts as unselfishness, love, honesty, etc., give us strength; hence, they are true.

The law of nature:

“Those who are bound by ‘silence’ will never fail, because we can see the God only in silence”.

Concept of nothingness (humble):

The energy, which is the base for the existence of this Universe, has no form or shape and can't be recognized with any of the sense organs. Hence, it may be interpreted that the energy exists in so minute a form say "Nothing", but has infinite power.

"If you feel nothing in physical, you will become infinite in spirit".

If you feel you are something, all the limitations will come into the picture, and you will never understand the infiniteness. Anyhow, all the physical activities at every moment are automatic, you need not forego any of your priorities by following this concept. Program the same in Auto.

The reason to be humble.

As human beings, we have to understand ourselves and nature. God has given us all the resources for understanding and sustaining a successful life. We know that in this universe, everything is interrelated. 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 the universe and a part of creation. Then, why fight each other, compare, and develop animosity and supremacy?

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

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

As God is omnipresent, so exists in the hearts of human beings also. 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 Buddhas – 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 want to reach heaven (infinite state), which is up above the earth. How can you get there? You may need a ladder. Can you guess what is ladder?

Appreciate that God has provided ladder also. Try to understand that God has created everything required in this universe for the sake of your enjoyment. So, learn how to enjoy every relationship, living things, nonliving things, all comforts, troubles and miseries in this beautiful nature. That is the way to reach heaven, and that is the true ladder (NATURE).

Observe that evil in society equally helps for your realization as good in society does. Understand this is the creation of God for your benefit. Do not lose confidence; at least wake up now.

To be a harmonious society:

Ask nothing and 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 argue that the government is not resolving many issues in society. But understand that the government is bound by certain rules and principles as per the Constitution. Everyone is selfish and finds loopholes in every walk of life.

It is the people who have supreme power in forming the government. They may unite (oneness) and act accordingly in shaping society in cooperation with the government. The transformation from finite (present state) to infinite is possible with love and faith.

Truth Vs Status:

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 valueless riches? How can one expect moksha by donating with a selfish motto? Accumulation of wealth in greed reveals a lack of faith & lack of confidence, but not for securing life.

Only the TRUTH is the ultimate law of the universe. God has programmed the human mind that if somebody lives according to Nature or abides by the TRUTH, they will only enjoy all the riches of nature. **You can't exercise power over others. You can only love others.**

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

- Swami Vivekananda

Happiness as the goal of life:

Anyone can agree that happiness is the ultimate goal of life. But the greatest secret is that it will come to you if you do not invite it so that you can enjoy your life without foregoing any of your preferences, or else if you put effort or invite it, it will escape.

Knowingly or unknowingly, the human mind is always in the pursuit of happiness as if atoms always seek octate form. But as long as you do not know the secret of putting in effort effortlessly, you cannot get the happiness that you are seeking to enjoy every moment.

According to science, the human mind can exist in four different states depending upon the brain wave frequencies, i.e.

The first one is the **Beta State**:

In this state, we are mostly materialistic and can enjoy only physical comforts. There will be scope for wrong decisions, and we will feel dissatisfaction because in this state we will always tend to put effort into being happy, but in vain.

2nd is **Alpha State**:

This is a state of silence. This is possible only if your mind is relaxed and effortless, which is possible in meditation. In

this state, your thoughts will be reduced, and you will get ideas so that you can make the right decisions and feel happy naturally without foregoing any preferences.

3rd is **Theta State:**

This is a state of deep silence or deep meditative state. In this state, you will have full command over meditation, and it is possible to keep yourself in silence and happy around the clock, irrespective of hurdles in life. We may call it 24 Hrs. Meditation.

4th one **Delta State:**

This is a state of Samadhi (as per Ashtanga Yoga). In this state, consciousness goes beyond the senses, and you will see happiness everywhere. This is a yogic meditation and is not possible for everyone.

Flight analogy:

Finally, let us examine an analogy of travelling in a flight. When we travel in a flight take off is not in our control, landing is not in our control and during the journey turbulence is also not in our control. Though we have concern about the journey, we hope safe journey and choose to enjoy the journey.

See that, takeoff is birth, landing is death and turbulence is ups and downs in life, nothing is in your control. Apply the same principle in your life and **do not try** to be happy, just

become. (Because happiness is not a thought, you cannot cultivate it, it is a state of being). It must be unconditional or unchangeable, so that you can enjoy every moment in your life. Path of truth will always help you if you are not confident of your choice.

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3. AUTOMATIC PROCESS

(Harnessing the Power of Subconscious Mind)

You are not a drop in the ocean, you are the entire ocean in a drop; you are infinite, timeless; you are the creator, not the creation; realize.

Automaticness:

As per the available scientific evidence, the subconscious mind's processing speed is about a **billion times** faster than that of the conscious mind.

We can understand that the source for thoughts, emotions, and feelings is the subconscious mind, and then every thought becomes **past** by the time we (the conscious mind) know it.

So, we can't correct the past in present, but the correction, if any, will be taken up by the subconscious mind itself automatically.

All human beings indeed have the divine energy within, in the form of the subconscious mind apart from 'prana Shakthi', to care for, protect and accomplish any task, making everything automatic. Further, we have a conscious mind to enjoy every moment in silence.

But as long as you are in the illusion of time, you cannot see the silence. This illusion hinders understanding the truth and leads to unhappiness due to ego domination. So, if you can make

time zero (see timelessness in chapter 4), you can see the silence because every moment is automatic. This is the secret of Meditation.

Even if you do not realize/believe or do not believe, every action/thought goes automatically or is timeless. Then why do you bother for something? Your job is only to enjoy every moment of the wonderful life. It is up to you to decide whether you want 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, unconditional and infinite, understand.

No help is required, no change is required, no practice is 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 in favor, don't care. If health is not supported, one need not lose confidence (worry worsens the condition). If survival is a problem, don't care. Everything is automatic, realize now.

If you could not understand. No problem. Could not be happy? No problem. Could not be satisfied? No problem. Could not concentrate? No problem. Could not compete? No problem. Could not control your desires? No problem. Everyone hates? No problem. Could not control emotions? No problem. Could not cope up studies? No problem. Living alone? No problem. Are people denying you? No problem. Do not have skill / knowledge / efficiency / experience / Money / Power? No problem. Failing

every time? No problem. Lost all hopes? No problem, and afraid of the future? No problem.

To come out of illusion, check yourself moment to moment (zero time) and observe effortlessly if you can be **idle** even for a second, though you want to be. You can easily understand that you cannot.

Now, be mindful and try for 1 hr.; then you can easily understand that you will go on doing something automatically and can be blissful. To experience happiness, live in zero time (timelessness), then you will see the joy in silence (24 Hrs. Meditation, refer to chapter 4).

What is living?

Does living mean to carry out activities according to “**Dharma**”? Can you define the limitations of the Dharma? Is it possible to live without any selfish motive? So, what is true living?

True living is going beyond Dharma and Adharma. It is a state of oneness or infiniteness or unconditional or unlimitedness. For the journey from finite to infinite, start with Dharma. Gradually, when consciousness expands, the horizons of the Dharma increase; ultimately, when you are realized, both will vanish, and you will see the oneness or the state of inner silence.

If you are in ambiguity, the same can be clarified from the fundamentals of the TRUTH. Please understand, here everything depends upon the level of wisdom or understanding of TRUTH. Therefore, if your state of mind is perfect (as per the TRUTH), whatever physical activities you are carrying out are immaterial.

How are all the physical activities governed?

All physical activities are governed by nature's stimulation as per the data available (stored) in your mind and subsequent corrections automatically. Then your intelligence works perfectly. You will be able to control your emotions very easily, and you can accomplish any work effortlessly. Then you will never see any troubles in your life unless you interfere in the process. This is the beauty of the automaticness.

Are there any limitations of automaticness?

Please observe whether you understand or do not understand or realize or do not realize the automaticness; every moment in your life is still be automatic. However, if you are unaware of it, you will lose in materialism.

What is human effort?

Human effort should also be an automatic process. Unfortunately, the competition among human beings is for supremacy rather than livelihood. If the competition was within

the self, there would be more fruitful results than earlier. Hence, the concept of automaticness will promote more unity among human beings.

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 that human effort is an automatic process, or you can put the effort, if you know how to put the effort in effortlessly.

Concept of this moment:

“If you cannot enjoy this moment, you cannot enjoy any moment”.

Put your heart into every work and in every thought. Be effortless, don't care whether you are mindful or unmindful, and enjoy every moment whatever you do, feel or think. Because work or service is a carrier of joy, and the joy is there in every moment. Then, any tough task will turn out to be automatic, effortless and joyful.

But if you put any effort into accepting any moment, it is impossible to enjoy that moment.

Then you may ask, if everything is automatic, what is our duty?

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

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

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

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

Please understand that the present world is governed by infinite power. Are the resources available at present are not sufficient to make everyone 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? Alternatively, let us take someone who is very enthusiastic and wants to reform society when infinite power is given to him. Please understand, is he different from nature? Can he do anything at his discretion?

Impossible. Please realize that everybody and everything in this universe is part of nature only; hence, every moment is automatic.

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

Please understand that, in the external world, the universal energy drives everything in Auto, whereas, internally (within ourselves), the subconscious mind drives everything every moment in Auto. The first one is called super soul, and the subconscious mind is called the divine consciousness or the closest part of the soul, the ‘Prana Shakthi’.

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4. 24-HOUR MEDITATION

Introduction:

The instinct of the human mind is to search for happiness or satisfaction in every moment continuously, but in vain. Because unconditional happiness can be experienced only in the Alpha state of mind.

The Major hurdle is ignorance of putting efforts effortlessly. One should understand that meditation is a state of being, not a state of action.

Meditation: Thoughts come out of dissatisfaction. Dissatisfaction is sustained because of unfulfilling needs, wants / desires. The fulfilment 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 the physiology of body and mind, and it is a basic need.

Most thoughts are dominated by Ahankara/ego (Ignorance). But the solution lies in 'intelligence'. Whereas intelligence becomes active through meditation. The process is weakening the Ahankara by withdrawing efforts, i.e. removing the 'I' effect. Let it be any thoughts, feelings, emotions, or any disturbance in the mind; do not reject, just say ok. Observe that every moment is a meditation. Do not expect for experience; it is

an automatic and timeless process, and just maintain the silence. Do not cultivate; just become.

Because thought is generated at subconscious level, it will become past by the time it reaches the conscious mind. So, we (the Conscious mind or I) can't control the thought because it is already past.

Hence, the only way to control thoughts is to leave them to the subconscious mind. So be effortless.

If you refer to the Ashtanga Yoga, you will find how to practice meditation.

- 1) **Observe – Mindful or Unmindful – Follow up of – thoughts, Actions, or Moments → Dharana (concentration)**
- 2) **Observe – Mindful – Withdrawal of efforts → by applying Silence, Timelessness or Automaticness → Meditation (Dhyana)**
- 3) **Mindful – Thoughts, Actions, Moments – absorption (No observer) → Samadhi Meditation.**

24 Hrs. Meditation: The Application of meditation principles in your daily routine is the essence of 24 Hrs. Meditation. It will make every moment and every task blissful and effortless.

It is relishing every moment of life, whatever you think, feel or act.

The result of negative emotions or suffering is thoughts in the form of pain, fear, anxiety, sorrow, grief, misery, dissatisfaction, boredom, laziness, etc. Seeing the bliss even in the negative thoughts (heaven is there even in the hell) is still possible with 24 Hours Meditation.

It is a natural phenomenon and an involuntary process. Achieving the benefits of Meditation / Samadhi sthithi is still possible with minimum practice. The heart of these principles is called 24 Hrs. Meditation. Learn how to practice un-practice. Realize every moment is a meditation.

Thought is 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 the 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

Ignorance / Illusion, Awareness / Observation:

In the physical mode generally, you may analyze certain activities, incidents, qualities or what is good or bad in a relative way, in the form of thoughts. Though you are very rational and acting according to dharma, in most of the cases you may not get desired results. Then you will find contradiction as expectations are not met and get thoughts of some emotional reaction or dissatisfaction out of **ignorance**.

Or else, if you **understand thought is untruth and an illusion (no matter how efficiently you may think)** and maintain effortlessness without interfering thought process, the response and thought process go together **automatically** (in subconscious level) without any contradiction, and you can **enjoy (observe)** every moment.

If you understand it perfectly and able to accept every moment, you can enjoy even the interruptions (whether mindful or unmindful). **Keep a check on your senses (Transcending - going beyond the senses) without making a judgment.**

Acceptance: Accept the past to be happy in future, or if you do not accept, the future also troubles you in the form of suspense or fear of uncertainty and becomes past and troubles you until you accept it. There is a realization in the acceptance. This is not a logic; it is a programming of our mind. Observe.

Physical acceptance cannot be treated as acceptance. The proof of acceptance is rising of positive energy but not a weakness. You should be able to enjoy even the failures. The secret is that **accept the thought of non-acceptance from moment to moment and so on** and a relief can be seen in the pain. It is possible only if thought is not interfered with (24 Hrs. Meditation).

Therefore, please see that acceptance is non-interference or non-rejection, non-interruption or non-struck-up in thought. Even if you are rejecting thoughts and so on... say “OK” in your mind. Observe. **This acceptance of non-acceptance every moment is a concept of acceptance.**

The Secret of Acceptance and its flow mechanism:

Thought (Negative or Positive) generation in the Subconscious mind → sensed by the Conscious mind → Accept → Bliss, if not accepted → Suffering or Accept non-acceptance (Accept your weakness) → bliss or if can't accept the non-acceptance, leads to suffering forever.

Finally, you can see bliss even in suffering since you are timeless; every moment is automatic, whether you are mindful or unmindful. So, relax and enjoy the ok state.

Accepting our weakness (here, not Accept is the weakness) implies accepting the truth (OK state) by heart (you need not be loud or need not tell anybody), i.e. non-interference

of thought process and breaking the rejection of thought. Then, we will overcome the ignorance or illusion automatically.

Even if you won't understand this, I know the secret. I am 100% confident and reiterate and assure you that every moment in everyone's life is a meditation. Whether you recognize it or not, whether you are mindful or not, whether you believe it or not. In my heart, every person is divine, and I will see the divinity everywhere. Because meditation is silence or silence is meditation, and both consist of one thing, which is BLISS.

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

Watching does not tire you and does not exhaust you if you do 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.

On watching negative effects of your expectations get nullified and concerns will become challenges or opportunities. Even the negative effect of expectation of silence is also gets nullified.

Timelessness:

Observation is an effortless watching what you think, act or feel from moment to moment. 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 your awareness. If you observe at this instant your pain for not being aware for quite some time, will be offset. Nullify the effect of un-mindfulness with mindfulness.

During observation, you will be in the present (mindful) whether you think of the past or future. Observe further, you will slowly understand what is meant by present, whether it is 1 second or 1 milli second or 1 microsecond. If you observe effortlessly or by withdrawing efforts (following moments), finally, you will experience the complete state of awareness, and hence, time becomes zero. This is how the speed of your mind can be witnessed (auto mode); this state of wakefulness is called timelessness or zero time.

“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

Let us examine with another example, if you divide any work into infinite parts, each infinitesimal, so the subconscious mind can accomplish every part in infinitesimal or say in zero time (if we compare it with the speed of the conscious mind).

Let the subconscious mind generate and process the thought in a nanosecond or picosecond, but understand **zero time** as far as the conscious mind is concerned because the conscious mind's speed is lesser by a billion times than that of the subconscious mind.

But, you are under the illusion and the impression, that you (conscious mind) are the doer and do not know the fact that, thought is already past, by the time it is sensed by conscious mind, hence interfering all the thoughts and continuously suffering and getting dissatisfaction, thereby creating problem also to subconscious mind.

So, understand, effortlessness, zero time or forget the time to be silent to avoid thought interference, because every moment is automatic; then, conscious mind will become free, and allow free flow of thoughts (zero thoughts). Enjoy and relish every moment, because joy is there in the moments.

When time is zero, there can't be any thoughts that make you weak, spirit rises, conscious expands and goes beyond the senses; the subconscious mind will perform all the actions automatically. Enjoy the Bliss.

Bliss is there in the moments, not in the incidents. Incidents are only medium through which we go from a finite to an infinite state. This is a state where all the suffering ends because **suffering is the result of living in the past.**

Sustaining observation:

Observation is not finding whether you are mindful or unmindful. If you really observe, reaction to each thought will go and the negative effects of un-mindfulness also will go, then you will be able to enjoy every moment without interfering thought process.

Now, please understand that the problem is the non-realization of the automatic adjustment of the “observation”. Hence, getting worried about breaks in the observation, which is again associated with ‘I,’ becomes a concern forever. Instead, if you remove effort and forget the time, we will never lose the observation. “Observe the non-observation” the feeling of ‘I’ is nullified. Whether you are mindful or unmindful will not affect your bliss.

If you focus on the work, you will draw only a pleasure (even if you have passion for that work) or else, if you are under the impression of ‘zero time’, you can enjoy every thought, action and state of being in every moment even if it is a grief. Observe. (Even if you are unable to withdraw efforts or unknowingly put efforts, say ok, ok, then efforts will be withdrawn automatically).

24 Hrs. Meditation in brief: Enjoy Mindful Effortlessness with the help of 1). Silence, 2). Timelessness and 3). Auotomaticness.

1. Forget everything, completely relax, enjoy the **Silence**.
2. Enjoy **Timelessness**, understand zero time, be effortless, forget the time (zero thoughts) and see the silence in each moment.
3. Enjoy **Automaticness, leaving everything to your subconscious mind**.
4. **Enjoy, ok' state** in every thought and action, so as not to give scope to your conscious mind to interfere. If there is any break, follow the 'ok' state or accept or accept the non-acceptance.
5. **In 24 Hrs. Meditation you can enjoy even your inattention, it is winning over failures, troubles, and sufferings and enjoying thoughts and emotions every moment.**

Please understand that the 'ok' state is not compromising; it is liberating your conscious mind and avoiding interfering with the flow of the thought process to give freedom to your subconscious mind to fight against all the evils or negatives with full energy and confidence.

Alternatively, you can adopt any mind relaxation procedures such as Music, Sports, Service, Research, Japa, Tapa, Parayana, Yagna, or any other rituals, etc.

But please see that your mind shall be in an Alpha or Theta state for transcending your consciousness **beyond** the senses to enjoy the bliss in every moment. So, it must be a round the clock process.

Perception:

“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.

Observe that everyone strives to do their best in doing their day-to-day activities. However, you compare them with each other and differentiate them as worst / best. This comparison only creates inferiority / superiority, stress / ego... so on and all other negative feelings. However, we can't find fault with comparison. Hence, the problem is with the perception. Then what is the right perception or how to perceive nature in the right manner?

Suppose you are feeling bored 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 boredom is. If you understand, boredom is created because of your wrong perception, and if you realize the right perception, you can eliminate the boredom.

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

What is the 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 that dissatisfaction is there in the thinking and judging. But judging is living in the past.

Instead, if you observe (enjoying every moment or every fraction of a second) 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? Enjoy the heaven, even in the hell. Show the path of truth to rest of the world and become a vanguard of the spiritual journey.

Suppose we are experiencing some difficult situation. Normally, we feel bad for unwanted happenings because of the rejection (non-acceptance). Now, if you make time zero or forget the time, then you will see the silence and develop confidence. Hence, follow the concepts 24 Hrs. Meditation without deviation, you will enjoy every moment.

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

- Swami Vivekananda

Replace effort with love. Then you can happily say, **“I will not accept defeat. My winning is your happiness. I always strive to achieve it”**. The un-selflessness never gives you dissatisfaction.

A BRIEF SUMMARY ON 24 Hrs. MEDITATION:

Meditation is not an activity; it is a state of mind or inner silence. Internally, it is a process of reduction of thought frequency by withdrawing efforts, in turn, relaxing the mind but not by cultivation of minds. So many popular ways of mind relaxation techniques are available, here we see the absolute, easy and perfect way which lasts for a longer time.

We see life is all about descending from universal energy in the form of birth as a child, growing, developing intelligence, learning various skills and exploring innovations with great efforts and difficulties despite the risks and challenges, finally leading a life in dissatisfaction till the end.

But no one is showing interest in knowing what the true life is, even though it is easy, even though it is heaven at their fingertips, even though they can enjoy it without losing physical comforts or privileges. So, how ignorant is he? What an illusion he is in.

It is not to learn something, it is just knowing the secret, enjoying the heaven on the earth and uniting with universal energy, the source that he came from. Awake now.

Let us see our origin and how it is related to meditation.

We say that this entire universe is descended from a powerful energy; we call it universal energy, and the existence of that energy seems to be everywhere in the universe. We call it soul. We understand that the only truth in the universe is the soul.

Apart from the soul and physical forms, living things or nonliving things or so on, are conspicuously found to be having existence with different intelligence, though they are not permanent like the soul.

Within the human body, we also see that different parts of the body have different intelligences, out of which the human mind has the highest form of intelligence. In the human mind, the subconscious mind is more powerful than the conscious mind.

It is the subconscious mind that cares and protects us intuitively from time to time and keeps us in a blissful state unconditionally. The conscious mind is self-centered and is associated with I or ego. It always interferes with thoughts, seeks physical comforts, produces dissatisfaction, and all negative thoughts lead to suffering. Presently, you may cope with the stress, but physically, when you become weak, you can't escape from hell.

Now, anyone can understand easily that meditation is meant for awakening your consciousness by leaving everything to your subconscious mind.

I will give a simple formula for meditation and explain meditation.

“Observe – mindful – withdrawal of efforts – with the help of – silence, timelessness, Automaticness.”

Observe: Observation is so simple that I substitute the word ‘enjoy’ or relish every moment for observation.

Mindful or Unmindful: Sometimes, you may be unmindful or preoccupied due to the whimsical, eccentric or unstable nature of your state of mind. Enjoy zero time, live in moments or say ok, ok, the power of mindfulness offset the negative effects of unmindfulness.

Withdrawal of effort: Observe that there is a chance you may be putting efforts for being effortless. No problem. say ok, ok and so on... Then the effort will be nullified, be quite natural or put the efforts effortlessly and enjoy the effortlessness.

So, observe, meditation is a state of effortlessness with the help of 1. Silence 2. Timelessness 3. Automaticness

1. **Silence:** Sit comfortably, close your eyes, leave your body and mind free, forget everything and relax. See the Silence in

every thought, action and in every moment. Silence makes intelligence stronger.

2. **Timelessness:** Forget the time (zero time), and then you will understand what the timelessness is and be able to experience the silence in every moment so that your conscious mind will become free, or if you introduce time, the conscious mind react to thought, again you will be in trouble.
3. **Automaticness:**

As per the available scientific evidence, the subconscious mind's processing speed is about a **billion times** faster than that of the conscious mind.

The source of thoughts, emotions, and feelings is the subconscious mind, so that every thought becomes **past** by the time we know it.

Hence, we can't correct the past in present, but the correction, if any, will be taken up by the subconscious mind automatically.

Similarly, every moment-to-moment subconscious mind cares for and protects us automatically.

So, people seek different remedies for the stability of their mind, like music, sports, rituals, etc.

Rituals are meant to improve stability of the mind, not to please Gods. When performing rituals, one should focus on God to achieve stability of mind rather than following the procedures of rituals with a motto of pleasing Gods. Please do not analyze the physical shape or decoration of God. See not to drift your mind here and there. **Life (Service) is meant for helping yourself and for conquering yourself.**

I would like to give one more example: say you are physically healthy, if you are locked in a room alone. (even no mobile) providing necessities, how many days you can enjoy the loneliness or how many hours? Or please understand how we are habituated for dependence. God has given nature not to increase the slavery but to liberate yourself from the slavery.

So, show your love, kindness, unselfishness, sacrifice, unity, integrity, determination, etc. Feel that every moment of your life is an opportunity given by God to prove what you are to liberate yourself. Then you can enjoy your entire life irrespective of hurdles and sorrows.

Is it difficult to understand? Is it difficult to follow? Is time required? Awake now.

MEDITATION PROCESS:

First of all, you should choose the right meditation time so that nobody can disturb you and you will not get sleep when you sit in meditation and see that empty stomach. If you want

afternoon, it must be before lunch, or if it is night, it must be before dinner, for morning Hrs. It must be before sunrise, after having brushed and emptied your stomach. Before sitting, warm up your body. If it is morning, at least complete Suryanamaskaras and breathing exercises. Finally, finish the Bhramari Pranayama followed by meditation.

Please don't think we can achieve anything by practice. But Meditation is not practicing something. The Alpha State of mind can't be achieved through any practice or Cultivation of mind. Meditation is learning how to un-practice the practice.

Everything thing I explained in detail in my book THE INSTANT SUCCESS. The true power of the mind can be seen only in Silent State.

Meditation: Sit in Sukhasana, put dhyana mudra (preferably), i.e. put right hand in left hand, touch tip of both the thumbs and keep it in your lap. Close your eyes. Leave your body free; leave your mind also free. Take a deep breath and breathe out very slowly. Then chant Omkara once, which is a combination of the letters A, U and M, which conveys the meaning that you are the Energy. Be mindful of normal breathing, focus on the breath, then shift your focus on to your eyes, see the eyes with eyes closed for few seconds, then observe how the moments (time) are passing with your mind eye about 30 seconds.



Then forget everything, completely relax your body and mind, see the silence in moment to moment, be effortless, do not force your body or mind, If you are forcing involuntarily, say ok ok, and so on, then you will see the silence, enjoy the silence, forget the time, every moment becomes automatic and effortless. You need not bother for any thought, emotion, feelings or disturbance. If you are lost in thought and become unmindful, no problem, say ok ok in your mind, because every moment is automatic, be effortless.

If you are having worries, experience the worries without rejection, or if you are happy, experience the happiness without alteration and so on. You will find relief in non-rejection. Need not have any resources, do not expect anything even if you are unable to catch the essence of meditation, continue with ok state, even if you feel the difficulty say ok ok in your mind, if you are involuntarily putting effort say ok ok and so on and maintain the silence as long as you wish. **Please understand that there is no moment that is not a meditation, and there is no moment that is a suffering.**

Please keep your eyes closed, put Namaskara mudra, take a deep breath, and chant omkara 3 times and followed by a Shanthi mantra.

Asathoma Sadgamaya,
Tamasoma Jyothirgamaya,
Mruthyorma Amrutangamaya,
Om Shanthi Shanthi Shanthihi.

Meaning: Our journey is from Untruth or Illusion to Truth, Darkness to Brightness and from Death to Immortality i.e., towards enlightenment and peace.

Now, rub both your palms and keep them on your eyes. Once again, rub both your palms and massage your facial muscles and neck muscles and open your eyes in closed palms.

You can realize one thing in meditation: you need not lose any preferences or incur any losses by accepting every moment or accepting every thought as it is. This is only a technique to avoid rejection or interruption of the thought process so as

- (1) to enjoy the original state of being the “bliss”.
- (2) to give freedom to your subconscious mind to develop confidence and work effectively and efficiently.
- (3) to raise your conscious levels to relish every moment and every activity in nature.
- (4) to gain so much of knowledge including realization of secrets of nature such as
 - (i) a feeling that there are no failures, no hatred,
 - (ii) a feeling of universal oneness, etc.
 - (iii) One can enjoy more happiness in meditation than that of earning a name, fame, popularity, or money. But it

does not mean that you will not have growth. Instead, you will have more growth with self-contentment and lead a creative life, so that you can proceed with your ambitions without any hesitation.

(5) To know how to apply the same thing in your daily routine so that maintaining and enjoying 24 Hrs. Meditation.

Finally, please enjoy the “OK STATE” at any time and every time, at any moment and every moment and in any thought and every thought in your lifetime, irrespective of hurdles, sorrows, failures even if no one does cooperate or even no one believes you. This is the secret of my efforts.

These concepts will act as your companions during difficult times in your life. Do not believe me; believe yourself.

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5. INNER SILENCE

What is Inner Silence?

Inner silence is there in every thought, feeling and action and in every moment.

Inner Silence is directly proportional to how much you are leaving yourself free.

You can see the inner silence if you come out from the illusion of 'I'. Learn to know the silence in every moment whatever you think, feel, or act. **Just relax and forget everything.**

When your conscious mind is liberated or becomes free from thoughts, you will experience the silence, the original state of being the bliss or the state of timelessness, then you will perform all actions in perfection and auto. The state of this silence is called inner silence.

Inner silence is the source of all qualities of truth, like Love, Compassion, Empathy, Inspiration, confidence, Intelligence, etc. We can achieve inner silence in 24 Hours Meditation.

It is better to have a heart without words than words without a heart.

- Gandhiji

Achieving Inner silence is an instant process. If you ask time, practice is required and becomes never-ending, then you can't achieve forever. So, practice un-practice. The negative effects of the EGO will be addressed automatically.

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

Though you are unable to get the inner silence, you need not be worried. It will not come when you try or expect it, but it will exist when you feel no problem. Even if you expect or try, say ok ok, and so on, (See Timelessness in chapter 4).

All the time is gone in vain; all the riches and status are useless, and whole life becomes useless. No happiness, no satisfaction. All the knowledge earned became useless. What is the use of God given life? Who is great? Who are the least? Leading lives so blindly.

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

The Interest, passion, curiosity, dedication, commitment, confidence, inspiration, courage, knowledge, discipline, happiness, satisfaction, bliss and enlightenment and everything can be achieved by silence.

It is as easy as relishing or enjoying every moment naturally. Don't say without concern we can't do any work. The

only culprit for sorrows, troubles, differences, and selfishness is expectation (thinking).

Some people feel that they are thinking very efficiently and making the right decisions from time to time and earning name, fame, status, wealth and power, thereby strengthening their ego. It is not thinking; it is only an idea that will fetch you good results. You will get ideas when you are silent.

You are thinking (Concerned) because you can't keep quiet from thinking, or circumstances are forcing you to think automatically out of ignorance.

“The solution to all the problems in the life is there in Inner Silence, not in thinking”.

Because intelligence becomes active during the silence and ideas come out automatically. This is called intuition, which develops absolute confidence. Research reveals that 98% of the power of the brain lies in the Intuitive mind. Hence, we can't always find a solution in the logical mind (2% power); that is how many times logic fails and we are pushed into troubles.

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.

“All the physical activities are automatic even if you do not feel so. You can enjoy even a tough task if you do it 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 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).

Life is not there in fantasies. Life is there in inner silence. Joy is there in moments. The physical world is just a carrier towards eternal bliss but not the bliss itself. The best way of enjoying nature is in ‘**giving**’, not in taking or expectation. Learn the art of giving, and you will get back in multiples. Understand, “helping others is helping yourself”. Humble, honesty, toleration and love, etc., are energy-storing activities.

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 nature’s stimulus, and what to do or how to respond also depends on 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, feelings 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. **The quieter you become, the more you can hear.**

How do we practice the realization?

No practice is required for realization. (Meditation will not be treated as a practice). 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 will become self-sufficient. Everything will be achieved automatically. Practice un-practice.

“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 happiness if you do not try for it or do not expect it, 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 of effectively and automatically by your subconscious mind if you do not interfere, i.e. in silence. However, if you introduce 'I', you will be living in the past and, hence, losing your original state of nature.

The greatest secret is Chant silence in silence.

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6. INTELLIGENCE

What is Intelligence?

The intelligence is interpreted as cleverness, talent, skill or knowledge. But these words can't define intelligence completely.

Intelligence is the source which will direct you and guide you every moment, how to act, react or how to feel or think. 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. If you interfere and introduce “I” intelligent or “my” intelligence, then there will be trouble.

“Intelligence is an ability to protect and lead every moment in every aspect to keep you happy”.

Intelligence is not related to knowledge or skill. Knowledge or skill does not give you absolute happiness. It is the confidence that gives 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, riches, etc., are lying in your 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 is after his heart. But the intelligent man is he who can convert every work into one that suits his taste”.

- Swami Vivekananda

Generally, everybody seeks happiness or satisfaction at every moment. Knowingly or unknowingly, everybody wants to perform, all the activities, for the sake of their happiness / satisfaction. Many a times, they don't know what to do or how to get happiness. Here is the Intelligence which helps you to act/react/respond/do/feel/express at any moment to make you happy/satisfied.

Suppose if at any instant or moment, if you are not happy or satisfied, maybe because of failure, it means your intelligence is not working. Find the reasons for the failure of your intelligence.

Eg: Suppose your son/daughter is not doing well in studies, despite all the trials or he is not good enough in any field. Then what is the solution? Or how can you be satisfied / happy? How can you be successful in this aspect? If you pressurize him, does it make any use? Then how do you pursue him? Is it his fate?

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

Someone is clever or a 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. It is the Intelligence which gives you, may be knowledge or anything else.

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 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 mind. The external world is simply the suggestion, the occasion, which sets you to study your mind”.

- Swami Vivekananda

Categorization of Thoughts and their Process.

Generally, thoughts can be divided into four main categories 1) Manas 2) Buddhi 3) Chitta 4) Ahankara or 'I'. The First Three can be easily understood as 1) Manas is a source of feelings and desires 2) Buddhi is discriminatory thinking, measuring all the pros and cons say 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 to be fulfilled and does 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 on T. V. However, he has a very important exam the next day. Here, please understand that Manas has given both options; Buddhi will weigh both options and will make a decision based on the data available with Chitta by selecting a more advantageous option. Say Buddhi has selected for preparing Exam than watching cricket, now can the student prepare for the Exam wholeheartedly? No. Because the "Ahankara" does not allow him, his mind will be distracted for want of a Cricket match. Or suppose Buddhi has selected the option of watching a Cricket match because of strong inclination, can the student watch the Cricket match wholeheartedly? No, because the "Ahankara" express a guilty feeling and does not give satisfaction. Please observe that the "Ahankara" always wants to fulfil all the wants irrespective of the situation.

Then, who is to blame for this discrepancy? Ans: No one. Ahankara created it because of ignorance and illusion. 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 12) Imagination skills.

However, all these skills depend upon our logical brain. Generally, we analyze any problem using logic or reasoning only. However, unconditional happiness or bliss, the ultimate goal of the human being, does not lie in the logical mind. That is why, whatever the efficiency, soft skills do not give you ultimate happiness, even if you become a millionaire or billionaire.

**Curiosity, Innovation and Creativity lies in Intuition.
The intuitive mind gets active in silence.**

Understand the importance of Intuitive skills. Learn how to make every moment a success. The definition of failure does not exist. Learn how to make internal communication, and then external communication will become automatic. Realize that

“understanding yourself is making others to understand themselves”. Then, you will become a great leader.

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

Once you are acquainted with intuitive skills, it is easy to develop logical or soft skills.

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7. CONSCIOUSNESS

(ABSOLUTE / SPIRITUAL)

What is consciousness?

How do we do things voluntarily? Or involuntary, or both?

Spiritual consciousness is, a state beyond the limitations of body and mind and experiencing the sense of oneness, wisdom and eternal love and a state of blissfulness.

Observe, though you feel you are the doer, it is not you, it is being done automatically by your subconscious mind. But who are you? Understand, you are the consciousness (conscious mind is different from your inner or absolute consciousness or wisdom); you are thoughtless and timeless.

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 sacrifice, winning is there in the defeat, success is there in the failure, satisfaction is there in the dissatisfaction, and happiness is there in the troubles.

Seeing trouble in troubles is an immature thinking. All troubles are God-given opportunities. There is an opportunity to prove your divinity. Your dormant energies will come out. There

is no moment that you can pass without enjoyment. Enjoy the troubles.

What is dying?

God has already put the most powerful weapon the **bliss** in your heart, which is many more times happier than any of the external luxuries. But the external world is only a medium to make the internal journey fruitful in attaining the eternal bliss, the enlightenment, a state of deathlessness.

Or else, if you are addicted to external comforts, your ego will dominate, and you will forget about death. But, when the time comes for the departure, you will become helpless, and your enjoyment, name, fame, power, and wealth prove to be useless; this is called dying.

How to conquer death?

Eg 1: Take the example of the soldiers on the frontier. They have to fight against all odds. Their life is very uncertain. Maybe circumstantially, motivated or inspired by patriotism. Once they get into military service, they have to prepare mentally for the worst in the spirit of patriotism. Mental preparation automatically conquers death. That is the greatness of the mind programming done by God. So, we find that life is there in the sacrifice.

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

Eg 2: 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 hesitates even to sacrifice her life to save her child. That is the unconditional love of the mother. Then where does the question of dying come from?

Eg 3: Take another example of a suicidal attempt. It is a negative emotional drive. There is no conquering, it is inviting death. There is suffering and agony in the act. No scope for the liberation of the soul. The mind does not work; it is in a state of hangover. Decision-making is not possible. Such things are detrimental to society.

How to overcome death?

Learn the detachment in attachment with the principles of instant success. Then your conscious mind is liberated, you will never be concerned about life or death. Truly, there is no death other than fear. In physical means, conscious death is uniting your soul (Prana Shakthi) with the divine soul.

When a person dies fully conscious, he finds there is no death at all. Then, death becomes a falsehood.

- Osho

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

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

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

However, observe that your life is not secure. You have to struggle for your livelihood. Medical help is not guaranteed, and shelter is not ensured. Apart from this, everywhere, there is exploitation, plundering, selfishness, corruption, partiality, egoism, violence, atrocities, unfair practices, ill treatments, etc.

Further to the above, there are lot of pressures, limitations, and suppression of thoughts; there is no fair relationship or honesty even among family members. Everywhere, you see apprehensions, lack of trust and lack of confidence, which leads to loneliness, discouragement, depression and unhappiness. All these things together are causing a rift, alienation between individuals and desperately seeking remedies.

What is the solution for wrong perceptions?

Solution: You may argue that someone is selfish, unfair or dishonest. Please understand that it is his problem, not yours. If

somebody harms you, your protective mechanism is there, which is an automatic process. Please understand that there is an opportunity for realization even in the disorder. Pleasure or pain both are product of thought only. **Once you realize thought is untruth, you are enlightened!**

How to be happy without any resources?

Ans: It is a very well-known fact that our mind cannot 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 be suppressing your desires or getting compromised.

Instead, develop such a confidence that is sufficient to face any problems in your lifetime then the problems are get vanished altogether. Which will keep you unconditionally happy forever. So, learn to see the confidence even in the diffident. All the illusions will come to an end if you overcome thought rejection.

How to overcome past failures or future apprehensions?

Ans: There are no failures in life. The word failure is an illusion. Seeing failures or apprehensions is an ignorance. Please understand that bliss is there even in the failures. See that failures are opportunities to reform or to elevate yourself, so enjoy the failures. Do not lose confidence, and overcome thought rejection.

Understand that “All the hard work is simply to bring on the power of the mind which is already there to wake up the consciousness”.

There may also be people of greed, people of jealousy or people of selfishness. When you understand all these are weaknesses of a person, why are 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 am 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 anything 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 life? Nothing. Already we are gifted with all the resources during birth itself. Why can't you understand your 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 fulfilling / unfulfilling desires influence happiness?

Please understand that no one in this universe is greater in any way than anybody. If you do not understand this secret, you can never enjoy life. Life is a ripened fruit. Understand how to eat before it is rotten.

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

- Swami Vivekananda

As per ancient literature, 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 be unable to bear troubles. All these are symbols of slavery. However, you can become a master of everything if you LOVE everything and everybody.

LOVE is only giving, not taking, and it is unselfish 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 (time Zero). Accomplish any work in zero time without seeking physical gains so as to

achieve perfection in your approach. Any physical activity must be a step forward to achieve enlightenment, but not just for the physical gains.

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

- Swami Vivekananda

Observe that the universe was created more than a trillion years back and continues even more. Whereas the life of an average human being is not more than 100 years. Then how can it be ours, or how can something belong 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 the art of giving and sharing, which do not require any knowledge or skill except a pure heart.

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

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

- Swami Vivekananda

How to become great/popular?

There is nothing new to becoming great. All human beings are already equally great. True greatness is recognizing the greatness of others.

There is a saying: “**Service to the people is service to the God**”. 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 for his service or physical achievements, his ego may rise. So, he should be thankful to the people who allowed him to serve.

Popularity is an illusion. 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 liberation. “You can’t help anyone; you can only serve”.

Still, if you want true name, fame or popularity and recognition expand your heart, develop love towards every one and everything in the society, show the qualities of compassion, empathy and kindness. Then name, fame or popularity will become a mirror image of your personality, you need not expect from outside.

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

Belief in God:

What is the belief of God?

People perform poojas, yagnas, japas, offer prayers, parayanas, chanting mantras, etc., as the proof of devotion towards God. Also, they offer God many gifts and promises to fulfil 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 that nature itself is created by God. The entire universe is governed by the liveliness of God's presence. No moment 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.

With that confidence, your performance / capacity / efficiency will be improved, and you will achieve the 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 to fulfil your wants. Start enjoying everything in nature, including troubles. Please understand.

“If you believe in God, you will succeed. If you are failed it means you did not believe in 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 of somebody not understanding you does not arise. You will live every moment with contentment 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 eternal bliss. You will ask no more.

“Believing God is realizing divine power within every moment”. This 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 are poor, or some people are skillful, and others are not so, or few are powerful and others are powerless?

Recall that the goal of life is an eternal bliss or absolute happiness. However, absolute happiness does not exist in wealth/power or skill. Everyone is going every moment knowingly or unknowingly 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. Sometimes, the same may become a hurdle for your liberation. I do not mean that you should not acquire them. Show indifference to having or not having.

People insist Gurus should not accumulate wealth or should not have desires. It is an immature demand; you can't dictate terms, or you need not revere them. It is up to you. They never expect to revere them.

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

In my opinion, the Guru is thankful to the devotees or disciples for allowing him to teach.

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8. CONFIDENCE AND SUCCESS

Success:

The ultimate aim of success shall be permanent or unconditional happiness or bliss. It can't be accomplished by any physical gains. It can be achieved by the removal of ignorance, which is a state of unawareness of your true nature of divinity. When your heart is illuminated by truth and followed by 24 Hrs. Meditation, inner **silence**, is reaped.

Then you will enjoy the **eternal bliss (state of joy) and “absolute confidence”**.

What is confidence?

Confidence is the quality of inner silence that does not afraid of anything such as troubles, challenges, misfortunes, etc., and that does not give scope to any negative thoughts 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/overconfidence. It is an absolute (true) confidence or unconditional confidence

that does not depend on 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 achieving wisdom / liberation / freedom or renunciation; it does not mean giving up everything, but it is to enjoy everything without attachment or slavery. Wisdom sustains confidence, and confidence sustains happiness.

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 in stress/strain/sorrows and endless sufferings.

But it is a wrong opinion. Man, always puts his best efforts in achieving success as per the available resources, conditions and mindset. The result depends upon the existing situation or circumstances; conflict arises due to the expectation of results and mental rejection of results. Please understand that physical results, how big wonders you make, will never give you true happiness or satisfaction. Mere physical achievements are not life. Even if you could achieve nothing physically, still you can be happy and successful.

Please understand that happiness is already there in your mind and nature. Why are you not confident of your true nature? Of course, you may not be conscious of your original nature (i.e., infiniteness), or you may be in the finite state. That is why all the physical activities are meant only to transform you from finite to

infinite. But not to achieve physical gains or to exercise 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 that **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. Then, outside popularity will become a reflection of your mind. **If you can offset your expectations with your inner silence, you will be out of trouble. Because expectation is also a thought, do not live in expectations.**

“If something is 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 jobs. Explore the ways of searching for jobs for others. That is your **“Job”**. Then, how does unemployment persist? Take responsibility and explore the solution for each problem, and then you will find what the joy is. You understand that happiness does not exist in the physical comforts / facilities or popularity than in the troubles / challenges / failures. Be careful, if you lose your heart your life is closed. Ensure you always go on gaining confidence.

“Dependency is slavery”.

Sometimes you may develop frustration, dissatisfaction or mental retardation. Do not reject it through logical thinking. Explore the happiness / satisfaction / Joy within the frustration / dissatisfaction by 24 Hrs. Meditation. “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 expectations are not met. 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 in the effort effortlessly. (Understand 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 misery without losing a moment. If you have determination, 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 a desperate mood, resulting in mental agony or suffering. There is a source of silence even in the suffering; be effortless and forget the time (zero time), then you will see the silence, from which the courage springs out with a rocket speed.

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

Adopting Namasmarana (Chanting), surrender to God, 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. Find the solution there in accepting or enjoying the thought, i.e. either acceptance / non-acceptance from moment to moment and so on.

How do we serve people?

You need not be in Government to serve the people. There are lots of other professions which will not require even degrees but give the greatest satisfaction by educating the

illiterates, bringing awareness to the poor, helping the unprivileged, uniting the people, etc.

Then why does violence take place? Why does poverty exist? Why does unemployment rise? Why does terrorism shoot up? How does the exploitation go on? The only qualification to eradicate all the above is a **“purified heart”**.

Why can't you transform the world when you understand the secret of success? Does any help you need? 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 the greatness of God. This is the ultimate reality. This is the oneness of mankind.

“How successful you are in future depends on how confident you are at this moment”. But understand, confidence is there even in the diffidence. (Follow 24 Hrs. Meditation).

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 foolproof techniques to hold on to the confidence despite the failures or in the event of crisis.

“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 been spread everywhere. Success is there in pleasure, pain, boredom, laziness, ego, jealousy, comforts, nervousness, fear, anxiety or in all feelings, thoughts and deeds. The only thing is to catch the secret, observe. There are no great people or no waste people. All the people are great only. Everyone is equally divine. Do not afraid of, do not hesitate, do not be diffident, do not lose courage, do not bother, and do not be dissatisfied. All the negatives are illusion to your mind; unless you light up and see the bliss in all the negatives, you can’t understand the beauty of life.

Be confident, be courageous, and be happy. Learn to see the greatness in yourself as well as in others. Why do you find the difference? Nullify the differences. See the happiness in others, which gives happiness to you.

Understand why you were 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 are not well off, let you are not well educated, do not lose confidence observe the wholesome of life. You can beat all the negatives, all the shortcomings, 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, and do not lose confidence. 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, whatever the grave situation could be. Learn to enjoy every moment; learn to enjoy troubles and failures.

Of course, see why negative feelings like pain / dissatisfaction are creeping up. If you see a beautiful thing, you will be amused. If it disappears, there is a longing for it. Further, if something happens as desired by you, then you will be happy, otherwise sad. Then what is the mechanism involved in it?

If we compare winners and losers, winners are happy because they have won. But they do not have the opportunity to win the defeat that losers will have.

Please understand Troubles and failures inherently consist happiness only, learn to see the same. It is unchangeable and infinite. If you are deceived by the pleasures, it is very difficult to come out. However, the same can be enjoyed in your **inner silence** by 24 Hrs. Meditation.

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

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THE INSTANT SUCCESS



GAINING CONFIDENCE EVERY MOMENT IS SUCCESS.

LOSING CONFIDENCE AT ANY MOMENT IS FAILURE