

PURPOSE OF LIFE



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PURPOSE OF LIFE

(Jeevita Dhyeyam)

‘Purpose of life’ is one of the most significant and important of the 350 Spiritual Tablets’ project. We will now discuss the 3 tablets that encompass this concept.

‘Purpose of life’ can be divided into 3 types of duties – 1. Body 2. Family 3. Soul. When we dedicate and design the right amount of time and activity for these duties then it means that we are progressing with a proper purpose in life. The purpose of life keeps changing contextual to our level of knowledge and circumstances. For e.g. suppose a student has been consistently achieving 1st division right from 7th grade to 10th grade. Though he has been maintaining 1st division the grades keep changing. In the same way, before one takes to the path of meditation, his purpose of life is according to his limited knowledge of mind, body and worldliness. As soon as he enters the path of meditation, the purpose changes.

The purpose of life is different before and after- one converts to vegetarianism; he becomes a meditator;

the third eye is opened. Likewise at every ascending stage of meditation, one's purpose of life also keeps changing.

However, if one questions himself as to what is the ultimate purpose of taking birth on this earth, the answer would be to ensure that this is the last birth or to reach the level of a complete soul (PoorNatma). In this process of reaching the supreme consciousness, the knowledge that guides us in the choices that we make with respect to - circumstances, events, learning experiences, people that we meet, groups that we need to mold etc – is our purpose of life. Along with this, the happiness that we gain and the mode of gaining that happiness also comprise of the purpose of life. Most importantly the confluence of the duties towards body, family and soul is in itself our 'Purpose of Life'.



DUTIES OF THE BODY

The duties of the body are those, which are performed by our active senses (karmendriyas) and cognitive senses (gnanendriyas) and the happiness derived from them. For e.g. we see many beautiful places, movies or dance performances with our eyes. The happiness that we derive in this way can be categorized as the duty of the eye. Likewise - ensuring good smell sense. We take bath every day. If we add a drop of aroma oil to this bath, it is much more rejuvenating. We can also fill our room with good fragrance.

None of these are against spirituality. We have to take care that we upgrade all the things that nourish our senses from time to time. Watching good movies, creating good aromatic ambience, eating tasty and nourishing food (vegetarian or fruitarian), listening to melodious music, enjoying the sense of touch, swimming, bathing in waterfalls and rivers – all these activities which cater to our 5 senses, should be nurtured and enjoyed in moderation. Once there is satiation, we should stop that activity and move on to the next activity. In this way, finding happiness through sensory pleasures is the duty of the body. We

can schedule around 8 hours a day for these activities.

The fact that we have incarnated on this earth with such a wonderful body means that we should experience all the pleasure that goes with it. There is nothing wrong in having a sumptuous meal of our favorite snack tonight even if we are going to renounce this life as Buddha tomorrow itself. This means that one can find ‘happiness’ through the body, which is a part of the soul. When we understand this concept and enjoy the pleasures of the body in moderation and without any excesses, then it means that we have fulfilled the duties of the body properly.



DUTY TOWARDS FAMILY

According to the spiritual conditions of contemporary family system, we can categorize family in 2 ways – Blood relation family & Soul relation family. Blood relation family is that which has created an identity for us on this earth - Parents, siblings, Maternal and paternal relatives, in-laws etc. Family members that we meet when we attend a close wedding come under this category. The second most important category is the Soul relation family. When we become close to some people through meditation, meet them quite often, share spiritual experiences and grow together in the spiritual path, such a relation is Soul relation and these people are our Soul relation family or spiritual family. Just as a bee goes about collecting honey from flower to flower, we should keep pushing ourselves from one soul family to another and acquire knowledge. This is our duty towards our soul family. Hence, the first duty towards family is the duty towards blood relations and the second duty is the duty towards the spiritual family that has been added in the process of acquiring knowledge and meditation groups.

In a day, we have to assign 8 hours each to each of this family. It is our parents who have created a platform for us in this society. So we have to follow the saying – ‘Matru devo bhava, pitru devo bhava’ completely. In this process we have to be available to the relationships that have formed because of the blood relation. We have to maintain proper relations with all of them from time to time. However we should neither spend too much time with them nor leave them altogether. Sometimes the blood relatives and soul relatives may not be knowledgeable or meditators. Leave alone that, they may not be vegetarians also. In such cases, we have to attend to them only in times of need, crisis or share their happiness during some social functions like wedding, birthday, house warming etc.

If some of them have the potential to gain spiritual knowledge in the near future, we have to spend more time with them and see that the task is accomplished. Thus we have to keep in touch with those who have created a platform for us in this world. When they create problems we can keep them at a distance in friendly separation. When they again show interest in resuming the relationship we should be the first ones to make the first move. Thus we have to keep blood relationships alive all the time.

Now coming to the second – soul family. This family comprises of those who have taught us meditation and those that have learnt meditation from us. We come across people in search of self-realization while in travel, meditation camps, meditation classes etc. We have to get introduced to them and share spiritual knowledge with them. We have to maintain relationship with them and form only intellectual and spiritual intimacy with them. This can be done in the form of book sharing, attending meditation classes together, spreading the message of meditation etc.

More importantly, we have to keep upgrading ourselves to reach our soul family. As we strive to create blood relationships by way of - procreating, raising children, settling them in a good job/business/or good society and good environment, arranging for their education and marriage, or any other such social obligations – in the same way we have to make efforts to reach our soul family also.

Moreover, our efforts should also be aimed in the direction of those who we teach and upgrade spiritually. To maintain good relations with all of them means to live our purpose of life completely. For e.g. suppose we know only our mother tongue.

Learning other languages might help us to connect better with our soul children and soul families all over the world. We will be able to overcome the language barrier and also get in touch with them online.

In the same way, if we are interested in arts right from our childhood, we can pursue an art form and thereby expand our soul family. It may be – music (vocal or instrumental), dance or any other art form. When we learn and reach a reasonable level in the same, we can get closer to more number of soul children.

We can reach our soul family by way of - increasing our knowledge, memorizing good quotations and verses, writing books, distributing pamphlets, publishing articles on our meditation experiences and newspapers and many other such activities. It is our responsibility to expand our soul family. We have knowledge and abundant time. We have to spend all this time in such productive activity. On the whole, our responsibility towards this soul family, which has been introduced to us through meditation, responsibility of spreading the message of meditation etc come under the category of duties towards Soul relation family.

However the earth is presently in the 2014 transformation stage. So, it is now important to spend more time with Soul family than with blood relation family. Once we are able to establish the soul family, then there will be a huge transformation in the cosmic law of family. The duties of society were divided on the basis of caste and economic structure as per the circumstances prevalent. Scholastically the duties were categorized as Brahmacharya(student), Gruhastha(householder), Vanaprastha(retired and forest dwelling) and Sanyasa(rennunciation) Ashramas(stages). In the coming times, the only categorization will be ‘high level soul families’ and ‘low level soul families.’ – based on spiritual philosophy and knowledge. Then we will only come across those who have formed families on the basis of spiritual knowledge as part of the cosmic laws of family. So, duties of the body and duties of the family comprise 66%, which is 2/3 of the total purpose of life.



DUTY TOWARDS SELF

The final duty is duty towards self. Here, self means the Soul. Each one of us came to this earth with the body as a shroud, for inner consciousness. We have to do certain things related to the soul in the same way as we go about doing things for the body. They are mainly concerned with the journey of the soul. This includes the awakening of the third eye and past life experiences through divine vision. The duties of the Soul involve – the functions of this incarnation; acquiring knowledge about extra terrestrial worlds, which would be our future destinations; transcending beyond the earth by releasing the subtle body during meditation; witnessing millions of galaxies with the subtle body; experiencing the ultimate happiness of the 5th body consciousness while in meditation.

Along with receiving life energy - subtle body experiences; third eye experiences; telepathy; extra sensory experiences – these are all part of soul duties. Our soul should be able to witness our body externally in the form of subtle body. It should realize the eternal truth that ‘I’ am not the body but

the ‘soul’. Thus while attending to the duties of the soul we experience the truth related to the Soul.



BODY & SELF REALIZATION

All the experiences of the body, mind and intellect that we gain from the society are self-experiences. However, we categorize them as physical experiences. Along with the duties of the body, the activities at the energy level and the related extra sensory experiences shared with our soul relations while in meditation are the duties of the self or soul. They are independent of the body, mind and intellect.

In reality, self-realization is an amalgamation of the experiences at all levels. We have many experiences of the body and mind since our childhood. But we define only the experiences of the soul (during meditation) as self-realization, which is not right. So, if we assign 8 hrs each for duties of the body and mind we will have to assign the remaining 8 hrs for the duties of the soul.

Now if we observe carefully, when man starts living completely that is like God, then 'there is no sleep'. We usually assign 8 hrs of sleep per day. We are ignorant the common man's ability to live like God. Hence we term the 8hrs, which the soul has

earmarked for itself, as sleep. During sleep the subtle body of the soul, escapes and visits millions of dimensions gaining new knowledge and energy in the process. The common man functions with this soul for the rest of the 16 hrs.

When we meditate and gain knowledge, the third experiences not only provide rest to the body but also impart knowledge to the soul. So, the 8hrs spent at night for sleep are also part of the duties towards the soul. Only then is the yogic sleep justified. We generally prescribe 4-6 hrs of meditation for beginners because, until then their knowledge would be limited to the duties of the body and blood related family only. They would not have performed the duties of the soul related family and self. Hence, they create some kind of lapse with regard to the body, mind, social or spiritual level and also carry it in the form of disease or conflict.

As there are two sides of a coin, likewise, material and spiritual are both important in our life. To combine these two, the three types of duties are a must. But the common man usually does not know about knowledge or meditation. Neither does he know about the proper duties of the body and blood

relatives and the happiness that can be derived from them. They cannot swim, they do not know any art, and they have language barrier and the related communication issues. In this way, because of incomplete learning of certain things, they are unable to derive complete happiness at the physical level itself. They spend money and time on low-grade movies and entertainment. Such a person, who is incapable of finding happiness even at the physical level, should start with duties towards self instead of duties towards soul relations, in the beginning.

Hence, when an aspirant comes into the path of meditation, initially he has to assign full time to swadharma or duty of the soul (1½ part i.e. ‘behind the scene’). He has to spend the whole day with spiritual books, CDs, knowledge and propagation. Initially this might be slightly irksome to the other family members. However this is very important in the initial stages. Until then they would have spent months or years without knowing this 1½ part. They have to regain all that. Then it becomes easy for them to be immersed in the duties of the universal family i.e. duties of the soul. As soon as the left over soul program is completed we get back to the normal middle path. That is why it is essential to spend 8hrs

each in a day for duties of the body, family and soul, thereby, creating a balance of all duties.

On the whole, the proportion of time allotted for meditation varies from time to time on the basis of the evolved state of the aspirant. We can understand this very clearly in the above said sequence. So, for a period of one week, one month, 6 months, a year, 5 years or 10 years – depending on the requirement we have to choose time, circumstances and people to suit this schedule. By way of maintaining equilibrium in performing these duties according to a strategy, we can experience eternal bliss, share it with others and reach a supreme consciousness of no further reincarnation.

Equal distribution of time: Hence every meditator should understand these 3 tablets in the purpose of life and allocate equal amount of time to all 3 duties. It is not right for anybody to think that ‘my blood relatives, my spouse, my children – this is my world’. Likewise, it is also wrong to ignore blood relatives and spend time only in propagation of knowledge. This would be like indulging only in material and physical pleasures like swimming, food, cricket etc. When there is no proper life strategy or purpose of

life related to the soul, one confronts the obstacle of stagnation (sthiraatvam), resulting in energy depletion and finally succumbing to disease.

So far, we have been viewing the concept of purpose of life with reference to the duties of body, family and soul. Let us now look at it from another perspective.

Kama, Artha, Dharma, Moksha (4 Goals of life – worldly desires, wealth, moral code or duty & liberation):

This concept can be understood as living for these only. Duty is the social code of conduct that has been framed in order to bring about equilibrium in the functioning of all the soul material (atma padartham) in different levels. So, to live and let live is the ideal code of conduct. In the same way, ‘wealth’ or money is another part. ‘Art’ is another part. ‘Dhanamoolamidam jagat’ - wealth is the core of this world. We can achieve something in this world only if we have money. Hence, every man has to earn money and along with that invest some time in art and learn to derive happiness from that also. That is what makes life meaningful. ‘Wealth or Artha’ here

refers to the pleasures obtained from money and art also.

It is wrong to say that there should be no desires:

Coming to the third— Kama or Lust. All kinds of desires should be fulfilled. The judgment of right or wrong depends on the time and context. We can fulfill all our desires as long as they adhere to the social code of conduct and do not hinder the freedom of others in any way. Lust is usually misinterpreted as sex only. In fact, Lust means desire. Desires are multifarious – eating, listening, talking, enjoying nature, meditating, reading spiritual books etc. Likewise, any desire that arises in our mind can be termed as lust. However when lust is in excess it becomes greed. Most of the spiritual leaders have preached that – ‘to reach God it is essential to overcome desires. Lust has to be conquered completely’. Such preaching has ruined many lives. When one is practicing spirituality with the pressure of overcoming desire, one is sure to succumb to disease because desire is a natural tendency of human body.

We have come to this earth with such a wonderful body only to fulfill the activities of the body, mind,

intellect and soul. Instead of saying that such desires in excess are bad, when one preaches that it is wrong to have desire itself, such preaching should definitely be trashed as outdated and redundant. Only then we can journey into the true path of spirituality.

As a doctor, I have seen many patients. I have seen how they fall prey to different kinds of disease in specific parts of the body as a result of forced control of desires. They follow wrong spiritual practices and subject themselves to unnecessary mental stress due to this. Once they are brought back to the path of meditation, enlightened about the right path of spirituality and made to follow the middle path, the diseased parts regain consciousness and become healthy again. Hence, desire is in no way an obstacle to spirituality. There is nothing wrong in emphasizing this from time to time.

Desire is the happiness derived from body, mind, intellect and soul. We can also define this as a spiritual formula. ‘We are never given a wish without also being given the power to make it true’ (Richard Bach). However, as soon as there is a wish it is branded as ‘wrong’ by the society. This develops

a kind of helplessness in us and results in pushing away the wish. We always have the capability to realize any wish that arises in our mind. The way we realize it and the effort that we put in that direction should be proper. In the same way, we have to understand the nature of those desires and the right time and context to fulfill them. Certain times when it is not possible to fulfill them in the wakeful or conscious state, they are realized in the dream or subconscious state. Hence, when understand the ‘off and on screen’ concept, we will be able to the desire fulfillment part of life successfully. Thereby, we find happiness through desires as a part of Sat-chit - *ananda* or eternal bliss.

The fourth one is Moksha or liberation. This usually refers to the bliss that we find in the outer world after death. So, ‘present itself creates present(Seth)’ – when we identify every moment of our existence with the happiness of the present, then we perceive only the knowledge of the moment and attain complete happiness of that particular moment. This is liberation. When we do not find true happiness in the future, then it means that we have not escaped liberation and there is no liberation. When we are able to live every moment of the future with perfect

happiness then the soul continues on its journey even after getting separated from the body and reaching higher worlds. Hence we have to understand that liberation is not something that is experienced after death and reserving a seat in the outer world for ourselves. Understanding the concept of ‘Living every moment of this life happily and thereby creating another moment of happiness’ is liberation.

Hence, when we live in accordance with all four purusharthas (goals of man – code of conduct, wealth, lust, liberation), only then we are properly in tune with the purpose of life.

**Punyalokamulaku boyina pokagaa
Povuvuru vachchi povuchundru
Vachchipovudaari vadilinchukonavale
Kaalikaamba! Hamsa! Kaalikaamba!**

How many times do we have to come? How many times do we have to go? Is this the only thing? If we fail in 5th grade we have to repeat it. How many times do we have to fail like this? Or can we progress forward from 5th to 6th, 6th to 7th and so on my dear friends? This earth is only a school. The universe offers many colleges and universities. So do we

happiness to be in the school but it never exists in the school. You are
 after getting graduated, you are free from the school and entering
 higher worlds. Hence we have to understand that liberation is not something that is experienced after
 death and is not getting rid of this school and the school of life. When
 the spiritual understanding is complete, then leaving
 everything behind is not a matter of choice but a necessity. We have to
 create a new form of happiness, it is liberation. Sri
 Krishna in the Geeta. 'Punyaapunya vivarnita
 Hema, avarna Sankaracharya' in accordance with all four
 purusharthas (goals of man – code of conduct,
 wealth, lust, liberation) only the new great prosperity and
 science with the purpose of life reformer. Only a great
 spiritual scientist can be a true and effective social
 reformer. **Punya avarna Sankaracharya** He can
 be the true reformer. **Atcharya** There is no
 happy **Atcharya** with a spiritual science. For a
 pleasant **Kaaliah** happy **Namas!** **Kaaliah** spiritual life is
 compulsory. All great masters like Kabir, Nanak,
 Jesus Christ, Lao Tzu, Chuvang Tzu or Anne Besant
 have preached the same.



SOLO SCANNING

As mentioned before, it is important to understand the significance of the analysis of the Purpose life in the Spiritual tablets project. Because, once a patient has registered himself in one of the spiritual tablet centers, they are guided through 3 stages related to the purpose of life. In the first stage only meditative and knowledge training is imparted. This includes vegetarianism, meditation, receiving pyramid energy, full moon meditation, attending meditation classes by which, they obtain some knowledge and basic understanding. This is the first thing to do.

In the second stage, we decide the patient's purpose of life with the help of senior most pyramid masters and counseling by way of interpreting the physical and mental ailments of the patient on the basis of their dream and meditation experience analysis. The patient has to journey with this purpose of life in the second stage for a while. They have the opportunity of availing the counseling of senior masters and implementing their suggestions. In this process they can be relieved of the external and internal obstacles and conflicts. They gain regain good health and

happiness. By dwelling in the company of experts, they have the wonderful opportunity of completely eradicating their ill health.

In the third stage, when the patient evolves into a meditator, they gain knowledge to be able to formulate the purpose of life on their own. This is '**Anando Brahma**' - Eternal Bliss. How to lead a happy life? How to find happiness in everything? They can find out all this by themselves independent of a Master or Guru. They evolve as 'God' themselves without the need to depend on others physically. They gain the knowledge of 'fulfilling the purpose of life with the help of the third eye'. In this stage they are trained to realize the truth – 'Be your own Doctor'. Hence, the patients who undergo the three stages of training in spiritual tablet centers and implement, then they can start leading a life of no medicine and no external dependency in a healthy happy manner.

In this context, experiences of a car can be interpreted as related to blood relatives and soul family. Bus, train & flight experiences denote district level, state level and national level soul family. Food related experiences ('curry – taste') also should be

analyzed in the same way.

The diseases pertaining to Solar plexus and Heart centers in the body (Diabetes, Hypertension etc) arise mainly due to lack of implementation of the purpose of life even after knowing it.



EXPERIENCES

Change should start from within: My name is Swarna Lakshmi. My native place is Narasannapeta village in Srikakulam district. I was introduced to meditation through Dr GK's spiritual center. I was suffering from lot of physical and mental problems.

I started meditation as soon as I came to know about it. I became a vegetarian. There was a lot of change in me within a short span of 3 months itself. Until then I was under a misconception that I was encountering problems 'from outside, from family members'. Now I am completely relieved of all problems. I understood that change should begin with me. I could see that as I changed there was a change around me. From then onwards I have been telling the benefits of meditation to everybody.

Once GK Sir sent Naga Durga Madam to Narasannapeta. During that time I read spiritual books. I resolved to build a Pyramid in the year 2011. I could complete it with the help of everybody and Patri ji inaugurated the pyramid on the 12th of July 2011.,

For one year there was a break in the propagation of meditation due to unavoidable circumstances. I went through the internal conflict of ‘who am I’? Now I am back to spiritual service. Every moment, Masters helped directly and indirectly.

I will work till the last of my breath in conjunction with Global Master Brahmarshi Patriji’s mission and spiritual service as the purpose of my life. I express my gratitude towards my mentors Brahmarshi Patriji, Dr GK and Nanda Prasad.

I have understood the purpose of my life: My name is B. Kiranmayi. I live in Gajuwaka, Visakhapatnam. I was introduced to meditation by Dr GK in 2003. I had lot of mental issues. I performed lot of prayers and rituals. I took refuge of many Gurus and expressed my problems. I did not find answers in any of these efforts. I was able to know incidents that are going to happen in future but was not strong enough to handle this power.

At Gajuwaka I attended classes for 40 days. In these classes Dr GK enlightened us about meditation and spiritual knowledge. There was immense change in me within 15 days itself. There were a lot of

experiences. My husband also joined me in meditation. Slowly I came out of all my problems. I gained the strength to understand any problem. Propagation of meditation, meditation classes, organization, offering my share ‘service’ in the Dhyana Mahachakra events of Amaravati and Vizag – these were my activities. 10 years rolled by like this. Suddenly I started feeling some vacuum within. Then Dr GK was shifting from Kolkota to Vizag. I wanted to meet him. He came to our house shortly after his shift to Vizag. I told him about my vacuum. He asked me to memorize 100 slokas of Bhaja Govindam and verses of Yogi Veman, Guruvani etc. He also told me to learn music and new languages. I listened to his CD – ‘Purpose of life’ and ‘Testing time’ and contemplated within myself. Memorizing verses showed me the right path in the right time. Now I am propagating meditation with renewed enthusiasm and freshness in my purpose of life.

