

# Meditations



*If you aren't able to do what you have decided to do then how will you ever become who you want to?*

- Stay Calm, put effort to think about every thought/activity/impulse that comes across the mind be patient in unfolding and segregating each and every emotion that is/trying to occupying/occupy certain part of your mind.

Target boxes

- **Current Box** - If the thought/activity is in compliance with the current activity/goal you are occupied with.
- **Not Now Box** - If the thought/activity doesn't comply with the current activity/goal which is in process.
- **Junk Box** - If the thought is arising out of some past shades / irrational beliefs.
- **करम प्र ध्यान धेने से डर अपने आप दूर हो जायेगा**
- To be the truest to the self, never lie/ convince yourself no matter what the thought/activity may be.
- When past experiences / attitudes cross/ knock, just listen and then understand what is it trying to say & then act/segregate accordingly and also do tell that old address is no longer available.
- Everyone's blood is red so no one is superior/inferior to other, no matter what, first he is a human being just like you.
- Make the best out of every second because
  - This second is never going to return which is bound with the contextual thought & flow
  - As long as things are going good it's best to make the best out of it as life isn't uniform always make yourself strong prepared/strong enough to tackle any extent of pain that time can put you through.
- The toughest dreams and personality demands toughest of hearts & toughest sacrifices & greatest efficiencies of the trinity(mind,body,soul).
- Engagement with thought/activity is essential as it increases the chunk of it the brain can allocate is commensurate with the compliance.
- Assessment of Progress with time & necessary corrections based on the temporal knowledge of the self.
- Not just a blind reason but should be validated with a connected chain of logical arguments which are bound to start from axiom level(beliefs/ideologies) as source which are universally accepted.
- Very Very Very easily past will flash/knock, just tell that you are committed to your soul and no longer available for bull shit.
- Stay close to the self & never forget who you are & where you came from.
- Guiding the conscious through towards the desired goals with an intention in becoming a unison with the unconscious to experience the truth.