

# HOW TO DEVELOP ONE & ALL

Abhay

*A friend*

*A common man*

# Dedicated to

---

The Creator.

Who inspired me  
to meet the aim of my life

& You.

The reader  
with a hope that you will do your best  
for development of one-and-all...😊...!

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Every effort has been made to avoid errors in this publication. In spite of this, some errors might have been crept in. Any error or discrepancy noted by the reader may be brought to notice to the author to correct the same.

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## PREFACE

“Try not to become a man of success, but rather try to become a man of value.” --- Albert Einstein

Friends, I, a common man can change and develop one and all, if you listen to my words; and think, self-analyse and experiment in your life with the understanding and insights hidden behind my words. Friends, after joining govt. service in the Indian Navy, I felt a deep inner-motivation to do something for development of people, and with the same motivation; I started writing books. And, from a few days, my being or soul (whatever you name it), started inducing and compelling me to do something “**differently**” in this regard, and therefore now I have started making **YouTube videos** and speaking on ‘**Podcast**’ with a channel name – “**Yes! We Can Change India**”, to fulfill my same aim and ambition. And, I think in my whole life, including my future lives also, even I reach a little closer to this big aim; that is, development of one and all; it will be a great pleasure and satisfaction for me.

Friends, in fact, in the name of success, development, and modernity, we have cut-out from our society and humanity. We have cut-out from our surroundings, nature, and the existence. We have confined ourselves thinking only about how to gain more Power, Property and Prestige. Moreover, we have defined success and development in our own way--in a selfish way. Success means— self-success, self-prosperity, self-power, self-popularity— everything starts and ends with ‘**self**’. And, this is the basic reason why we have cut-out from our society and humanity; why we have lost the ancient feeling of “*Vasudhaive Kutumbkum*” (means, ‘*the world is a family*’). And the result is, we have created a vast gap between the rich and the poor, and we have lost the “integral” growth and development. Now, we need to fill-up this gap, we need to grow as a whole, we need development of one-and-all. And for this, we need cooperation of one-and-all all, and my all books and videos and speeches serves the same purpose.

Friends, especially this book encourages us to think in a scientific manner about all human related issues – starting with self or soul to the whole existence, i.e., God. And I am sure that even the most intelligent person on this earth will find something ‘**interesting**’ in this book. This book stimulates our inner-feelings of friendliness and cooperation and it inspires us for making an effort to develop one-and-all. Additionally, this

book defines the true meaning of self-development. In fact, true self-development naturally leads us towards the total development. It inspires us for making an effort to develop one-and-all, and with the same motivation I have written my all books.

In this book, to awaken our “self”, I have described the inner-science of our body with a new scientific concept, in which I have compared the structure and inner-mechanism of human body with that of a chemical molecule. In this concept, I have created a harmony between the intelligence of science and the experience of spirituality. This concept helps us to understand and experience our inner physiology and psychology in a most perfect manner, and this understanding helps us in our better growth and development. In this book, I have also explained all general queries regarding social issues with a scientific and spiritual approach. So, this book will certainly awaken your inner-awareness and this awareness will motivate you to make an effort to develop one-and-all. Additionally, in this book, I have shown that whatever may be the problem— personal, social, national, or international, all problems can be solved with the stimulation and awakening of our “self”.

I have no words to express my gratitude and thankfulness towards the Creator existence—the real God, for its motivation and support in writing this book. However, I would like to thank all those officers and friends of Indian Navy, who have motivated me for writing; especially, Commodore K. Kaushik sir, Ex-Controller of Warehousing Late I K Jha sir, Captain Rakhi Ram sir, Shri Ramesh Kumar, SSS, and Shri Sudhir Thakare, SS, who have all motivated me to keep on writing. Additionally, after writing my book, “Yes! We Can Change India”, I have got many appreciation letters from notable dignitaries like the President of India, the Chief of Naval Staff of India, 1<sup>st</sup> IPS woman officer Kiran Bedi Madam etc., and I have also got opportunities to meet VIPs and dignitaries like Ex-Chief minister Shila Dixit madam and some highly-ranked Indian Navy officers like Rear Admirals and Vice-Admirals. And I am thankful to all of them for their motivations and blessings for my future endeavors. My thanks are also due to Mr. Shivanand, an English high school teacher for his long editorial labors over the manuscript of this book, and to Mr. Baburaj Tyvedu, a senior lawyer, for his kind support in publishing this book. And at last but not the least, I would like to thank my parents, my mother Smt. Nirmal Devi and father Shri Hridayanad Singh for their kind blessings; and

my wife Priyanka and my son Vibhav for providing me some peaceful time for writing my books.

I would be glad to know what or how you feel about this book after reading it. Friends, you may have read many such self-help and motivational books, but I am sure that you will find this book a different one. Because, it is not just a collection of goody-goody words, ideas, and motivational stories; instead it has a new psychology of human life. It has a new harmony of scientific-intelligence and spiritual-awareness which stimulates your core-being-- your soul. And, this stimulation and inner-awakening will certainly bring out a good-change in your life. Finally, I will be happy to read your views and ideas about this book at my email: [abhay.afriend@gmail.com](mailto:abhay.afriend@gmail.com); or at my Whats'App no. 93463047474.

***A simple note:*** *The concepts of this book apply to both gender and I have used masculine gender throughout the book only for the purpose of ease in writing.*

## **FORWARD**

It is a great privilege to write a foreword to this book. Really this book is special in many ways: simple, scientific, innovative, practical, and having a touch of spiritual awareness. This book has been written with a great aim, and the aim is, development of one and all; self-development with total-development.

This book starts with self-development as it states in its very beginning: the journey of development begins with self-development, that is, *you&me..!* In this breakthrough book, Abhay offers a vision for total development. Additionally, this book discusses all the problems and difficulties that people are facing in their day-to-day life and shows their practical remedies. Instead of dos and don'ts, it presents new insights and perspectives within which we can comfortably develop ourselves.

This book discarded all false myths and belief about human and social development, and puts the real and scientific facts in front of us. For development, it encourages us for making sincere self-effort. In fact, self-effort with self-awareness is the basic key of our development and this book strongly justifies this eternal-truth. And though, I myself have written many books on human and social development, I find it really a different one. Indeed, only an awakened being, like a *Buddha*, can write such a unique and special book.

Most of the ideas and suggestions presented in this book can be implemented right away. They do not require an upheaval in the way you work or live; they can be implemented naturally and easily. Additionally, for any changes we undertake to be of lasting value, they must come naturally and easily in our life. If they are forced upon us, they can never give a lasting result. I am enthusiastic about the result you can achieve in reading this book. Really, this book is a gift to the people, the people of the world. So, if you are really interested in changing and developing yourself, this book shows you a way, a natural, practical, and easy way. So read and go on reading it!

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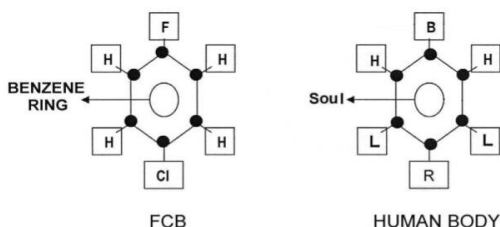
## THE INNER-SCIENCE OF HUMAN BODY

### A New Concept of Human body

Friends, in this chapter, I have described the inner-science of our body with the help of a new scientific concept. This concept comprises findings of science and experience of spirituality at the same time. In this concept, I have created a harmony between the intelligence of science and the experience of spirituality. This concept reveals actual science and chemistry taking place in our body. And therefore, this concept helps us in understanding our inner physiology and psychology in a most perfect way, and this understanding helps us in our better growth and development.

### Introduction to this Concept

Friends, as we know, our body is an organism made up of different kinds of cells, and cells are made up of different kinds of atoms and molecules. Therefore, we may consider our body as a huge molecule made up of different kinds of atoms, especially of carbon, hydrogen and oxygen, and therefore we may compare the structure and inner-mechanism of a human body with that of a chemical molecule. And for an easy comparison between these two, I have taken the chemical molecule as a benzene molecule, named — **Fluoro-Chloro-Benzene**, in short, **FCB** (look at the picture given below). If we examine the picture, we find that the structure of both FCB molecule and the human-body-molecule are similar, and later, we will also see that their inner mechanism also function in a similar manner.



Comparison of Human body with a Molecule

In this diagram

F- Fluorine atom is compared with our Brain (B).  
 H- Hydrogen atoms are compared with our hands (H) and legs (L).  
 C- Carbon atoms are compared with other constituents' parts of our body.  
 Cl- Chlorine atom is compared with our Reproduction system (R).

Now, first we examine structure and chemistry of the FCB molecule. This molecule has basically three things— mass, energy, and space. In fact, not only the FCB molecule, but everything of this universe is made up of these three things. These three things are the building-blocks of the universe. Further, observing the FCB molecule, we find that at the surface of this molecule, there are different kinds of atoms, e.g., Fluorine, Carbon, Hydrogen and Chlorine; and at its core there is a ring of energy - “**O**”, called the **Benzene Ring**. This benzene ring is formed by the continuous movement of its inner-bonding electrons, called as ‘*Pi-bond*’ electrons. And, here, it is also to be noted that the benzene ring thus formed is very strong. And, inside the benzene ring, there is an empty space or a void, or *Sunyata* (zeroness), as named by Gautama Buddha, thousands of years back.

Now, we examine the human body. Observing the human body, we find that the structural-chemistry of the human body is same as that of an FCB molecule. At the surface, we are mass (flesh and bones) like the atoms of this molecule, and at the core, we are an energy-ring like the benzene ring of the FCB molecule. And though, we have no idea about our benzene ring, in spirituality and some religions, it is popularly known as “**Soul**”. Again, though most of the people know about soul, very few of them have any self-experience about it. They have only knowledge and beliefs but not self-experience; and they have collected this knowledge and beliefs from different sources, especially from spiritual and religious sources. And that’s why I have conceptualized this matter in a scientific way so that people can understand this matter in a practical, scientific and modern way. In fact, in scientific sense, our soul is nothing but an energy-entity like the benzene ring of the FCB molecule. The inner and the subtle level electrons of our body moving through our circulatory and nervous system create a complete electric-circuit like the benzene ring of the FCB molecule, and this inner-circuit is the soul of our body. And like, benzene ring of a benzene molecule, our soul is also very strong in nature, declared as ‘*immortal and eternal*’ by lord Srikrishna, thousands of year back. Therefore, our soul is not a mystery but a simple ‘*chemistry*’ of our body. However, we should be aware that if we try to experiment, analyze, and formulate the equations of this chemistry, then it is a very complex chemistry, and it may take another millennium to formulate the equations of this chemistry! I am saying this because I have studied a part of this chemistry in the medical science—physiology and psychology, and I have observed that it may take a long time to describe the whole equations of

this chemistry. However, this book is to simplify our life so that we may grow and develop in a simple and natural way, and therefore instead of going into the complexity of this chemistry, I am going into this matter with this simple scientific concept. With this concept, in the forthcoming titles, we will observe and experience everything related to the human life and its development in a simple and scientific manner.

### **Science is missing Soul, Why!**

Friends, no doubt, science knows very well about physics, chemistry and biology of our body; however it misses an important point to understand the inner mechanism of our body and that important point is the soul of our body. Science misses this valuable point because it does not observe the role of benzene ring and its inner space in the coordination of action-reaction of a benzene molecule. Science considers that the benzene ring is a neutral entity and hence it hasn't any significant role in the coordination of activities of a benzene molecule. However, reality is that the benzene ring has the **greatest** role in the coordination of activities of a benzene molecule. The neutralizing-power and the inner peaceful-space of the benzene ring play the greatest role in balancing all activities of a benzene molecule. Therefore, in fact, benzene ring is the "actual" controller of the FCB molecule. And, as a matter of fact, exactly same mechanism works in our body and all other natural bodies. There exists an entity like a benzene ring (nucleus) at the core of every natural body which acts as the actual controller of that particular body. And though, even modern science has not observed this valuable point, spirituality has observed this valuable point long time ago. This is the reason why all concepts of spirituality are solely centered on the soul, whereas even the modern science has not a single word about soul. In my knowledge, Gautama Buddha is one of the first awakened souls who had experienced this valuable point. First, he had experienced it (inner-peace) within his body and then with the same experience he had observed that the virtue of peace is inherent within every natural body. He had described his inner-experience as *shunyata* (means, zeroness, neutrality, or calmness), as he had felt a deep calmness within himself. Additionally, with this inner-experience, he had felt a great self-awakening and with this inner-awakening he had observed that people are living a miserable and worried life only because of lack of this inner-awakening. And therefore, he had devoted his life to crystallize the inner-peace (soul) of people so that their souls might be crystallized and awakened and a healthy and a beautiful humanity might be developed. In fact, behind his teachings, he had not an aim to establish a new religion, as

it has been today established; instead he had an aim to create a healthy and a beautiful humanity. But due to unawareness, people established a new religion in his name and teachings. So, to sum up, it is very clear that, only because science does not observe the significant role of benzene ring and its inner-peace, it misses the science of soul.

### **Atom Vs. Cell Vs. Human body**

Friends, as above, I have mentioned that there exists a nucleus at the core of every natural body which acts as the actual controller of that particular body. Here, I have tabulated the above fact in the below table taking into consideration of an atom, a cell and the human body.

Unit/ Properties	ATOM	CELL	HUMAN BODY
Constituents Particles	Electrons, protons And neutrons	Mitochondria, DNA, RNA, Nucleolus, etc.	Cells, tissues, organs, and systems
Characteristics	The smallest independent unit of matter	The smallest independent unit of living matter	Known the most intelligent unit of the existence
Its controller	Its centre i.e., nucleus	Its centre i.e., nucleus	Its centre i.e., Soul

### **The Reality of 'Life' — We are Alive or Dead, Or Both!**

Friends, some people may think that FCB molecule is a lifeless molecule whereas we are a living entity and therefore these two things cannot be compared with each other. I am also a man of practical-and-scientific approach and therefore I cannot keep you in a theoretical-dream of the FCB model. So, here, first of all, we observe and analyze the reality of life and the virtue of 'aliveness' with a logical and scientific approach. In fact, why do we think that we are a living being and a molecule like FCB molecule is a non-living thing? Because, if we examine the '*chemistry*' of a living being, we cannot judge so easily that FCB molecule is a totally lifeless thing and we are a living entity. In other words, scientifically we cannot prove that we are a living being and an FCB molecule is a totally dead thing and both are totally different from each other. In fact, when science examines this matter at the micro level, at atomic and molecular level, it finds difficulty in drawing a threshold-line between a living and a non-living thing. It finds difficulty in defining life-energy or the virtue of



'aliveness'. In fact, at the micro level, it finds a relation, a connection, and a harmony between a living and a non-living thing. It finds that a living thing is alive only because of systematic and organized function of non-living things. If non-living atoms will not function in a systematic and organized manner, a living thing can never be possible. So, we are alive only because of the systematic and organized function of non-living things. It implies that there is a little virtue of **aliveness and awareness** in every atoms and molecules. Therefore, an FCB molecule is also alive, *a little alive!*

Friends, I also know your problem. I know why you think that the FCB molecule is a dead thing and we are a living being. Because, we have so many problems and difficulties, we have so many pains and miseries, we have so many thinking, desires and dreams, and we have so many myths and beliefs; so we think that we are alive; whereas the FCB molecule hasn't any of such things. And therefore, we think that it is a dead thing. But friends, the matter is — our problems and difficulties, pains and miseries, desires and dreams, and myths and beliefs are not the criteria and characteristics to define life. Science does not define life on the basis of such criteria and characteristics. Rather, it defines life on the basis of the inner and the outer process taking place with-in and with-out of a natural body. In other words, it defines life on the basis of such natural process like cell-division, growth, respiration, reproduction etc. So, for a time being, come out of your myths and beliefs, and desires and dreams and observe your inner and outer life with a new perspective, with a new psychology, so that you can understand and experience your life in a better way. Because, only after experiencing your life in a better way, you will be able to work-out your life in a better way. You will be able to solve your problems and difficulties in a better way. And in fact, this book is to experience and work-out our life in a better way and not to idealize, dramatize or fantasize it. And, in the coming chapters, you will see that in this book, I have discussed all the problems and difficulties of human life, and I have shown that whatever may be the problem of human life, it can be solved with our inner-awakening.

\* \* \* \* \*

## THE SCIENCE OF SOUL

Friends, in the previous chapter, we have discussed the inner mechanism of our body. Here, in this chapter, we will discuss about function and mechanism of our soul, as soul is the most vital part of our body. In fact, our soul is the basic source of all art, virtue, science, creativity, and development, and therefore it is very important to understand its function and mechanism in a better way.

### **Where is Soul in Our Body?**

Earlier, we have seen that like other natural bodies a human body has also a nucleus and that nucleus is the soul of our body. Now, the first and the basic question raise that, where is this nucleus in our body? Whether it is in our brain, as science considers that brain is the controller of our body; or whether it is in our heart, because some people—and especially people of high EQ, think that heart has the greatest role in controlling the activities of our body; or whether it is in any other vital organ of our body? Though, people have lots of myths and beliefs about this matter, they have not exact idea about it. However, FCB model can perfectly explain this matter. As benzene ring of FCB molecule is not in its F atom (brain), or Cl atom (reproduction system), or any C atom (other organs); similarly, our soul (nucleus) is not in our brain or heart or in any other organ of our body, instead it exists at the core of our body like the benzene ring of FCB molecule. Therefore, our soul is at the core of our body, and literally speaking, we ourselves are the core of our body, means; we are the soul of our body. Thus, we see that the FCB model of our body perfectly explains this matter, and hence this concept helps us greatly in understanding and experiencing the inner-science of our body.

### **Our Soul Is Continuously Emerging and Developing**

Our soul is not created in just a moment of time at the time of conception of our body; rather it has been already created with the energy and space at the time of creation of the existence, and from that time onwards, it has been continuously crystallizing and developing for emerging its inherent virtue and potential. Really, this matter seems very complicated and intriguing. However, we need not to bother about the complexity of this matter, because this is a matter of concern of the creator-existence and not ours. Our concern is only this that we have to crystallize our soul and emerge our inherent virtue which this existence has built-in within us.

During conception, as science observes, a developing soul fusions with a newly cell-body for further growth and development. And in fact, due to this very developing virtue of our soul, there is a great difference between our soul and a benzene ring, and that difference is— a benzene ring can be broken down by splitting FCB molecule (with the help of a simple chemical reaction), but our soul cannot be broken down or shattered with any means. Our soul is highly crystallized and powerful and hence it is an unbreakable entity; else, future science will put a better picture about power and strength soul. Additionally, this is the reason that our soul has experience and awareness of our eternal-life, and therefore we do not need to learn everything as a computer or a robot needs to learn everything (programming). And that's why even the most illiterate person of the world can do many things without any learning whereas a robot can do nothing without programming. A robot is nothing but just an iron-toy if it is not programmed. However, we human being should be aware that to emerge and develop our inner virtue, which our creator has built-in within us, we need crystallization of our soul, and we can do it in a simple and natural way with increasing our inner-peace. In fact, there is a proportional relation between the crystallization of our soul and the intensity of our inner-peace. So, if our inner-peace is increasing, means, if we are becoming capable of remaining in a peaceful state (no-mind or thoughtless-state) for more and more time, our soul starts crystallizing and becoming more and more energetic, virtuous, and awakened. And, in this crystallization-journey, a point comes, like the boiling-point of water, or in the natural sense, like the 'blossoming-point' of a flower; when our inner-virtue starts emerging in a natural way, like the vapor of water, or the fragrance of a flower.

### **Observe Our Inner-science in a Spiritual way**

Medical science finds that there is a complex-chemistry taking place in our brain; however what is this complex-chemistry? In fact, this complex-chemistry is nothing but the chemistry of our soul, and it will take a long time to reveal the intricacy of this chemistry. And though, it is a fact that to make us alive, in every moment thousands of chemical and biological reactions are taking place in our body, see the miracle of the creator-existence that we never feel any complexity and difficulty due to these complex reactions, and this is the way of observation of the spiritual-science. Spiritual science does not examine and analysis our body in parts as science does; instead it observes our body in an integral way. It observes "with-in" and "with-out" in a simple and easy way and shows the

way of life in the same manner. So, spiritual science is the simplest way to observe and experience our life. It needs only inner-peace and nothing else. You may be a zero in knowledge but if you have inner-peace, you can experience your soul and its virtue. Saint Kabir das is a great proof of this fact. He is at 0% in knowledge but at 100% in inner-peace. Therefore, we should experience and work-out our life in a spiritual way, otherwise we may have lots of knowledge about the physiology of our body and psychology of our mind, and together with, we may have lots of knowledge about the theories and philosophies of spirituality and religions, yet we will be very confused and stressed about the way of our life. Therefore, only our inner-peace and self-awareness and not the theories and philosophies of life can make us peaceful and blissful.

### **Human body is like a Magnet**

There is a great similarity between a human body and a magnet. We can use this similarity to understand the mutual-relation between our body and soul. A magnet has three things: an iron-body, magnetic energy and a neutral point at its center. Likewise, a human body has three things: a bony-and-muscular-body, an energy-crystal (i.e., soul) and a neutral point at its center. Again, as the energy of a magnet is encircled round its center, similarly the energy of our soul is encircled round its center. Therefore, this comparison gives a clear idea about the mutual-relation between our body and soul. In fact, this single comparison is enough to understand and experience the relation between our body and soul. A sensible person with a little common sense can easily understand this matter with the help of this comparison.

### **Soul is the Sky and Mind is the Cloud**

‘Soul is the sky and mind is the cloud’, this is a beautiful comparison to understand the relation between our soul and our mind. Mind, which is a thinking entity in our body, is like wandering clouds, and our soul is like the sky which contains these clouds. From this comparison, we should note that whether we think or not, our soul (sky) is always there in our body, because the sky can be with-clouds (thinking and dreaming state) or without-clouds (thoughtless, no-mind, peaceful-state, or the state of our soul). In fact, in spiritual sense, meditation is nothing but a state in which a human body remains in a peaceful (no-mind) state, that is, in a cloudless inner-sky.

### **Relation between Computer and Human body**

Many people and especially modern educated people compare a human body with a computer. Computer helps us in thinking, dreaming, and planning and therefore we think that computer is like a human body. However, there is a great difference between a computer and a human body and that difference arises due to our inherent soul. Like every natural body, we have an inbuilt nucleus which controls and guides our whole body-mechanism and its activities. However, being an artificial body such a nucleus does not exist in a computer and therefore a computer cannot control and guide its activities itself. And this is the reason why even the most foolish person of the world can do many things without any teaching (for a human being, teaching is a form of programming); however a computer can do nothing without programming. For every little action, a computer needs a coded-command (programming). Therefore, though a computer can work millions times faster than a human-mind, it can never be compared with a human body.

### **Brain and Mind are Overall Controllers of our Body — A Big Misconception**

Most of the people and even science think that brain is the overall controller of our body. They think that brain controls all internal and external activities of our body, however it is their misconception. Actually, our soul is the actual controller of our body and existence is the overall controller of whole humanity. Surely, our brain is the most active and vital organ (part) of our body, however it is just a part and not the overall controller of our body. A brain in a human body is same as Fluorine atom in an FCB molecule, and we know that both are just parts and not overall controllers of their bodies.

Now, what is the role of our mind in controlling the activities of our body? In fact, mind has a very little role in controlling the activities of our body. To understand this matter, first we should understand what is mind in the actual sense? Basically, the energy changes in our brain occur due to these three causes: the first and foremost cause is to coordinate all biological activities of various systems of our body in the guidance of our soul. The second cause is to think and plan to fulfill our desires and needs, and this is understood as mind in a general sense. The third energy change occurring in our brain is due to stimulation of a soul to its brain, for stimulating a human body to do a creative thing; and this is the most important activity of a human brain from creativity point of view. This stimulation occurs due to in-built virtue and creative power of a soul. Due to

this very virtue of our soul, all virtuous, creative, scientific, and development works of the world have been possible. Therefore, strengthening of soul is the most vital need for all human beings and it is possible only with increasing our inner-peace. Therefore, it is only a misconception that brain and mind are overall controllers of our body. Reality is that brain and mind are just vital parts of our body and soul respectively. Here, please note that brain is the vital part of our body and mind is the vital part of our soul. Brain is mass and mind is energy. Brain is like hardware and mind is like software of a computer. But there is nothing like soul in a computer to compare with.

### **FCB Concept versus Psychological Concept**

I have studied in psychology that our memory consists of three cognitive processes. Recently, after joining an IIT, my son was also studying the same thing in psychology in his first semester. These three processes are: Encoding, Storage and Retrieval. Encoding is the process of receiving a sensory-input and transforming it into a code which can be stored in the brain. Storage is the process of putting the coded information into memory. Retrieval is the process of gaining access to the stored (encoded) information as and when it is required. However, who is coordinating and controlling these three processes, science (psychology) has no proper reply.

FCB model of human body can properly explain the above matter: Encoding is the process of absorption of energy by a few electrons of our brain's cells (indicated as 'F' atom). Different sensory organs of our body act as in-put devices for our brain. After absorption of energy, the activated electrons jump to the higher orbits and start moving there for a time being. Absorption of energy by electrons and jumping from lower orbit to the higher orbit is the Encoding process. Continuous movement of those electrons in the higher orbits is the Storage process. Retrieval is the process in which our soul (benzene ring) makes an effort to gain access a piece of information from our mind by dropping down those electrons which contain that information so that they can release the information in a flash and our soul can *visualize* that flash. So, basically, this process is controlled by our soul and not by our brain, and not only retrieval process, but the other two processes i.e., encoding and storage process are also coordinated and controlled by our soul.

Further, regarding the function of our brain, mind, and soul, we should be aware that if a certain event is more stimulating and interesting, its

encoding and storage process will be more intense and deep, and hence it will have a long lasting effect on our mind and soul. Whereas, reverse will be the case with a less interesting event. Additionally, we should be aware that our brain and soul continuously filter the sensory inputs and information we receive from our surroundings. This filtering process may also be compared with the Long-Term-Memory (LTM) and the Short-Term-Memory (STM) of our mind, as psychologists have conceptualized this matter in this way. A more interesting event goes in our LTM and a less interesting event goes in our STM. Besides, we can also try to send something in our LTM with repetition of the same matter what most of the students usually do while their studies, especially in those subjects where they have to memorize many facts and formulae, and boring data. In fact, I myself have a STM-type memory, so I can easily understand their problem. However, repetition and recitation of a matter just to memorize it, is *parrot-type* learning. It is not a self-awakening and intelligent-learning. An intelligent-learning is that in which a student (or any person) understands or makes an effort to understand the matter. He takes genuine interest in understanding and experiencing the matter in his own life. And hence, only an intelligent-learning makes a person intelligent and awakened and not a parrot-learning. In fact, only by understanding and experiencing a matter, we 'absorb' the essence of the matter; otherwise, if we just rote the matter with our memory it will 'evaporate' from our mind (STM) within a few days. This is the main reason of my failure in education field, and hence I am doing an ordinary job in the Indian Navy. Thus, we see that the FCB model of our body explains the inner-science of our mind and soul in a better way than the psychological concept of medical science.

### **Difference between the Functions of Mind and Soul**

Friends, here, I have described the difference between the function of our mind and soul from a practical and scientific point of view. In fact, the basic function of our soul is observation and experiencing, whereas the basic function of our mind is thinking, desiring, dreaming and planning etc. Now, what is the meaning of observation and experiencing in a scientific language? In fact, observation is a 'no-mind' state like meditation—a state of active soul. And experiencing is also the state our soul, in which our soul, an energy-entity, interacts with other forms of energy and we experience this interaction (chemical and biological reactions) in form of different kinds of stimulation and sensations. Experiencing is nothing but getting stimulation through our soul. In short, experience is the product of observation. We can also understand this matter in an easy way with the

help of this simple practical example: when we eat a piece of sweet like *rasgulaa*, the molecular energy of sweet particles interacts with the energy of our soul, and we experience this interaction (chemical and biological reactions) as the feeling of sweetness (stimulation) within us. Thus we, means our soul, receive all types of experiences through our body parts.

Now, what is mind? While eating sweets, we may compare its flavor, quality and its price with our past experiences, or better to say with our past memory. This comparing-process of our memory is the function of our mind. Additionally, here we should be aware that experiencing is a complete and a short-time phenomenon, whereas thinking is an incomplete process, because we can enlarge or shorten our thinking as per our wish, or as per our liking and disliking. In the above case, for example, taste (experiencing) of sweetness is ended within a few seconds, but we can enlarge or shorten our thinking about its flavor and price (thinking-process) as long as we want. Further, as a matter of fact, our soul has no interest in retaining past memory and experiences. It always remains in **'now'** and it always observes and experiences a thing or a process in now, otherwise it always remains in a natural peaceful state, like the benzene ring of the benzene molecule, or the nucleus of an atom. In fact, our soul is made up of energy, electromagnetic energy; and we feel this energy as peacefulness in our no-mind or meditation state. Here, it is to be noted that the basic property of electromagnetic energy, one of the subtlest form of energy, is neutrality; and we feel the same as calmness or *zerness* during meditation.

Further, we can also understand this matter by comparing our soul with a plain mirror. Like a plain mirror, our soul reflects (sees) — *'what-is'* as *'what-is'*. Whatever comes in front of it, it just reflects it, otherwise it remains picture-less or blank. In fact, with this comparison I want to convey this fact that as long as an object remains in front of a mirror, an impression (picture) is created on it, but the point to be noted is that, the mirror does not attach with the impression (picture). The mirror does not absorb the impression and as and when recycle (dream and memorize) it. Most of the people, due to poor crystallization of their soul, continuously recycle their past memory. They are always busy in past-events-recycling and future-dreaming and planning. Their minds are always occupied with thinking, a non-stop-thinking. Even while sleeping, their non-stop-thinking is continued and it results into a dream. They never become peaceful or no-mind, and until they crystallize their soul they can never feel their inner-peace— the real treasure of their life. In fact, people like Sri Krishna,



Gautama Buddha, Mahavira, Jesus, and Kabir, in their life, they had not found any treasure of money and wealth, instead they had found the treasure of their inner-peace and inner-awareness, and only after getting this treasure you will know the real value of it.

Further, sometimes it happens that we find our surroundings so impressive and exciting that we forget to think-and-dream. In such a situation, we do not make any self-effort to remain peaceful (as we do during meditation); instead it happens by itself due to our beautiful and exciting surroundings. In these moments, though we see with our eyes and hear with our ears, we are so absorbed in our surroundings that for a time being, our thinking is stopped. It may happen while listening to a favorite music, or watching a movie or a magic-show, or watching a beautiful natural scene like rising sun in the morning or in any other such an exciting and mesmerizing situation. In fact, what happens during this period? During this period, our soul becomes active and curious, whereas our brain becomes inactive or neutral, and hence our brain becomes silent (thoughtless or no-mind). We can understand this matter more clearly with the help of a real life example: when we watch a movie like Godzilla or Dinosaur, one of the most exciting movies of my life, I have ever seen. At that time I was just a teenager, may be 19-20 years old. In some of the movie scenes, I was so excited and mesmerized that my thinking had been frozen. I was totally thrilled and spellbound. In such kinds of movies, we watch and only watch the cinema screen... we just become an **“eye”**, and that is the state of our soul. However, here we should be aware that though such movies are very thrilling and exciting, we happen to be thrilled only for the first time, because, if we watch them for the second time, our mind (memory) starts working and hence we lose the thrill. The reason is, we know about every scene and hence the thrill is gone and the same movie becomes a dull and boring movie later on.

Thus, we see how our brain and soul functions in two different ways. Our brain and mind works just as a storing and memory device for our soul, and nothing more. Friend, I am just a normal human being like you, and as you know, I am also a man of normal educational background, and if I am able to understand this concept, then why not you...ask this question to yourself...? Your questioning to your self will activate **“something”** within you, and that **“something”** is you. In other words, that **“something”** is the part of your body, which is called as ‘soul’ in spirituality. I am sure, sooner or later, you must understand this, and experience as well, as this is not a great thing to know, but a simple thing to understand and experience.

### **Soul can be Experienced but not Known**

Friends, it is important to note that our soul which is an energy-entity can only be experienced but never be known; why, because, the entity, which understands and experiences through our body is nothing but an entity made up of energy itself. Therefore, it does not make any sense if we say that an energy-entity knows and understands about itself; or an electron knows about an electron, or a unit of electromagnetic energy knows about itself– which itself is made of electromagnetic energy. At our core or center, we are nothing but an entity made of electromagnetic energy. To put this fact in simple terms: in our body, in fact, there is nothing except atoms and electrons. There is no observer with a name like Albert Einstein or Isaac Newton; there are only atoms and electrons organized and working in a certain fashion and we are the result of this organized function. So, this whole matter is of self-experiencing and not of knowing and understanding.

And friends, my FCB concept is especially for those people who want to experience the inner-science and functional mechanism of our body and soul. Otherwise, those people who are interested only in just reading books and books; will not be benefited with this book. In fact, they will not be benefited with any book of the world, until and unless they will be genuinely interested in experiencing their inner-peace. In fact, reversely, just by experiencing our inner peace, it reveals many things about secrete-chemistry of life-science, without reading any book; and this has been proved practically by Kabir Das, who was just an illiterate. And only because of this reason, I have a great honor for Kabir Das. I consider him as a role model for me as I myself have not read many books of the world. In fact, I did not get time to read. Soon after getting a govt job, the day, which I consider as my 'enlightenment day' in this life, I was very much impressed upon by the creator to start writing a book and I started. Though, I was not interested in writing book, as I did not like writing in my school days. I read and only read books, but the creator had so much forced me to write that I had no other option except writing. So, I have just read only a few books, nearly 15 to 20 books on religion and spirituality, and especially of Osho Rajneesh and J. Krishnamurthi, that's all. I have also read some science fictions and one special book of science genre, famously known as – 'The Brief History of Time', by Stephen Hawkins. But frankly speaking, very less I have understood this book. So, more or less, I am like my role model, that is, Kabir Das, just a simple and ordinary common man.

Further, experiencing one's soul means experiencing one's inner-peace. While experiencing our soul, we just become a 'peaceful-space'. In scientific terms, we become a "neutral" entity, neutral means charge-less, non-ionized. Here, we should note this important point that in this state, we do not *feel* calmness, rather we *become* a calmness-entity and that calmness-entity is soul (benzene ring) of our body. And, this same state is called as 'meditation' in religion and spirituality. For the same state, J. Krishnamurthy used the term 'observation', which is also used in science and research filed; for the same purpose and meaning. In fact, while experimenting and examining an activity, a scientist becomes totally calm and curious, and that is the state of 'observation', the state of soul.

Thus, we see that the FCB concept creates a link and harmony between the intelligence of science and the experience of spirituality. In fact, in normal life, whenever someone become totally calm and curious, it means his soul is in action, it is in an awoken state. Therefore, to stimulate and activate our soul, inner calmness and curiosity are the most essential ingredients of our life.

### **The Value of Experiencing our Inner-peace (Soul)**

What is the value of experiencing our inner-peace? In fact, this has the greatest value in our life. When we experience our inner-peace; means when we remain in a peaceful-state with our conscious-effort, our soul starts crystallizing and awakening in a natural way. In fact, in our peaceful-state, our soul which is a tiny virtuous and awakening entity is directly connected to the 'supreme' virtuous-and-awakening mechanism of the creator-existence. So, by being in a peaceful state, our soul starts becoming more virtuous, creative and awakened. In fact, this is the natural way of stimulation of our soul and this is also the natural way of peace, virtue, art, music, science, creativity, growth and development. Therefore, experiencing our inner-peace has the greatest value in our life. And because, through our soul, we all are connected to the virtuous-and-awakening mechanism of the creator, so by being peaceful, we all can take benefit of connecting to the 'supreme' mechanism and develop ourselves. And only by doing this, "one and all" can be developed.

### **The Psychology of Name and Fame**

As we know, our soul is same as the benzene ring of an FCB molecule and both are made up of electrons and energy. Now, such names like soul, benzene ring, electron, energy etc. have been given by us and not by the

nature and existence. In other words, an electron does not know its name. Instead, we have given this name to that energy-particle which revolves round the nucleus of an atom. Similar is the case with every natural body. In fact, we have given a certain name to every natural body to identify it; otherwise no one of them has a 'natural-name'. In other words, there is no name *written or inscribed* on a natural body. All natural bodies are *nameless* entities. And our soul is also a natural body, so it is also nameless. It means we are all nameless by birth. In fact, we get a name by our parents or by our caste and religion, or by our virtue. Most importantly, the name which we get by our inner-virtue is the virtuous-name of our soul. For example, names like scientist, doctor, engineer, artist, singer, dancer, musician or a '*Buddha*' etc. are the virtuous names of people, which they get by emerging their inner virtue and creativity. Such people are virtuous and developed souls. Therefore, if you also want to get such a virtuous name, start crystallizing your soul and start emerging your inner-virtue. This existence has created us only with a sole aim to emerge our inner-virtue (essence), so fulfill its aim, and by fulfilling its aim, we will be naturally peaceful and blissful; and in fact, only by doing this, we arrived at the state of enlightenment. As a matter of fact, enlightenment is such a state in which we become "nameless". In this state, we feel so much relaxed, contented, peaceful and blissful that we do not need any name and fame, we become nameless, a nameless body like any natural body.

Friends, finally, I hope that from the above discussion of the two chapters, you have got enough understanding about the science and inner-mechanism of our body, mind, and soul. Now, you utilize this understanding in your real life, because, only with a practical application of this understanding, you will be able to crystallize and awaken your soul. Friends, please be aware that a writer or a speaker, and even a world-famous writer or speaker, or a guru or god, can give you only the 'theory' of human life with his/her experiences and observations, as I am trying to give you; but no one can transfer his/her own 'practical' experience to you. Practical experience cannot be transferred to anyone, even to your lover or spouse, or to any other relations. You cannot transfer the taste of sweetness of a *ladoo* to your lover just by speaking about its taste to him. So, you yourself have to do this practical, and only this practical and the resulting-experience will help you in your real growth and development.

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## THE VALUE OF PEACE IN HUMAN LIFE

Friends, in this chapter, we will see the matter of peace and its value in our life. And though, we have lots of theories and philosophies about this matter, here will see the authenticity of this matter from a practical and scientific point of view.

### **Difference between Knowing and Experiencing Inner-Peace**

Though, verbally, most of the people know that 'peace is within us', rarely, we will find a person who can remain peaceful just for a few minutes. You can also check this matter upon yourself. Check your brain, how long can you remain peaceful in a no-mind state? You have to stop your thinking and day-dreaming totally for a few minutes, at least for five minutes. You will find it a very difficult task, and in fact, this is a difficult task for the most of the people of this planet. Does it mean that there is no peace within us? No, this is not the actual fact. In fact, we all have peace within, but due to its low intensity, we are not able to feel it. Additionally, we are so disturbed and imbalanced from within due to our high desires and dreams (mind), that we are unable to feel our inner-peace. And, without crystallization of our soul, we can never be able to feel it. One may be even the wealthiest and the most powerful and prestigious person of the world, but if his soul is not crystallized, he can never feel his inner-peace. Therefore, everyone should understand the inner-mechanism of his body and should make an effort to feel his inner-peace it. Because, this inner-peace has such a virtue and awareness that it can turn the direction of whole humanity towards peace, prosperity and total-development.

### **The Matter of Peace from a Scientific Point of View**

In fact, the peace existing within us is the same peace that exists at the core of every natural body. This is the same peace that exists in-between the bonds of different atoms of a molecule. It is the same peace that exists at the core of every energy-field. And, it is the same peace for which all elementary particles of mass and energy (many of them have yet to be discovered) interact with one another. In short, peace is the intrinsic virtue and the basic aim of every natural particle, and in fact, it is also the basic aim of our life. Therefore, peace is not just a theory or a dream rather it is a genuine reality, and if we are not able to observe this reality, it is only

because of lack of crystallization of our soul. So, only with the crystallization of our soul, we will be able to observe and *absorb* this reality.

### **The Matter of Inner-peace — Human body Vs. FCB Molecule**

Consider the matter of inner-peace by comparing our body with the FCB molecule: suppose 'F' atom (brain) of FCB molecule is disturbed due to inner and/or outer circumstances, and its electrons are continuously jumping up and down and creating disturbances. Then in such a situation, how FCB molecule can feel its inner-peace, means how benzene ring can feel it's intrinsic natural virtue, no, it cannot feel. Similar is the case with us. If our brain is disturbed due to various desires and dreams, how can we feel our inner-peace? No, we can't. Rather, we will constantly think and plan for fulfilling our desires and dreams and disturb our mind. Moreover, due to poor level of self-awareness, our mind is filled with many myths, beliefs and superstitions like beliefs in luck, fate, destiny, stars, planets etc. So, in such a poor-situation, how can we feel our inner-peace, certainly we can't. Therefore, only by increasing the intensity of our inner-peace and self-awakening, we can feel our inner-peace.

### **A Mathematical View of our Inner-Peace**

Actually, we feel only two things in our life; either peacefulness or disturbances. And, it is better to say that we feel only disturbances because we are naturally peaceful, so we need not to feel our inner-peace. Further, our disturbance is of two types — pleasure and pain, or happiness and sorrow. And, this matter can be explained more clearly in a mathematical way: we are naturally peaceful, hence we are at the center or zero of the number-line and we feel positive (pleasure) or negative (pain) according to the situation and circumstances. At the time of success and win, we feel pleasure; and reversely, at the time of failure and loss we feel pain and misery. From the same comparison, we should also note that our disturbances—pleasures and pains—are infinite, as in the number-line system, positive and negative numbers are infinite, but zero is only one, it is unique and single, and it is at the middle, at the core nucleus. It implies that our desires and dreams are infinite and hence our happiness and misery are also infinite, but our soul is unique, it is virtuous and peaceful. Therefore, until we increase the intensity of our inner-peace and self-awareness, our mind will move behind infinite desires and dreams like a slave and we will never be satisfied and peaceful. Hence, if we want to be peaceful and satisfied, we must increase the intensity of our inner-peace and self-awareness; there is no other way except this one.

### **O Brain! Relax Please**

Long back, I had studied a book, titled, 'Oh! Mind Relax Please', written by a famous spiritual personality. In this book, the author has advised us about how to make our mind relaxed. Though the book is written by a spiritual personality, however, from the spiritual point of view, the title of the book is not justified. In fact, reality is that mind never relaxes. Mind means thinking (audio) and dreaming (audio-cum-video), whereas, relaxation means a peaceful state of our brain, a no-mind state, or a nil-audio-video state of mind. In scientific sense, our mind is a form of energy which is produced in our brain due to our thinking and dreaming. So mind is a form of disturbance and not of silence. This disturbance may be creative and virtuous for a crystallized soul, or it may be just dreaming and planning for a poorly crystallized soul. But mind is always disturbance, it is never peaceful and silence. So, if mind never relaxes then how we can say our mind to relax? No, it is absurd to say. Therefore, in place of saying this, it is better to say, 'O Brain! Relax please' and one's brain can be relaxed only by crystallizing his soul, as calmness is the virtue of our soul and not of our brain or mind.

### **Peace is Now-Here**

Friends, people are searching for peace everywhere. They go to different spiritual and religious places. They pray and praise gurus and gods and follow their advices. And in fact, they do whatever is possible for them to get peace and satisfaction. However, observing the human-world, it is clear that people are very disturbed and unsatisfied. Additionally, they are also confused because they see that even the rich and successful people are also running behind money, power, and fame. It means they are also not satisfied. And therefore, people think that no one is peaceful and satisfied in this whole world, it means, peace is 'nowhere'. However, reality is that peace is, 'Now' — 'Here'. Here, I have just given some space in between 'W' and 'H' of the word 'Nowhere'. 'Now' means one is in the present-moment and in a peaceful state (no-mind), and 'Here' means one's soul or betters to say you; you are a peaceful-space. A peaceful-space exists within everyone, it is there from eternal, but we have no experience of it. We have to make an effort to feel it and make it crystallized with self-effort, only then we can experience our inner-peacefulness, our soul.

### **Begging peace from God is ignorance**

Many times, when people are in a tense and stressful situation, they say,

'Oh! God, please give me peace, or, please give me peace of mind.' However, it is our ignorance to beg peace from God. In fact, we need crystallization of our soul with self-effort, that is, meditation; and not begging peace from God or guru or anyone. There is calmness within us and it is there from eternity. We do not have to create it, rather but we have been created with it. And in fact, due to this very calmness, we are alive otherwise we cannot be alive. As without a benzene ring an FCB molecule cannot exist and without a neutral-point a magnet cannot exist; likewise, without a soul (nucleus) we cannot exist. So, we are alive only because of our core peaceful-space. Moreover, we can never be separated from our core peaceful-space. In fact, even when we die, at that time also, we are not separated from our inbuilt peaceful-space; instead, we come out of the body with this peaceful-space. So, it is always there within us. Therefore, we need only experience of this peaceful-space and crystallization of it. Doing so, certainly one day will come, when you will just remain a peaceful and awareness entity and at that time your search for peace will be ended, and on that day, you will stop begging peace from guru and god.

### **Wealth and Prosperity are not a Guarantee of Peace**

As we know, Siddhartha (later known as Gautama Buddha) was son of a king and he had everything to enjoy a luxurious life. However, he was not peaceful and awakened from within as his soul was not crystallized. He had many queries about the truths of life-science. However, when he left his kingdom and went to jungle and wandered here and there in search of peace and self-awakening, and interacted with many awakened and intelligent people of that time; during this process, his soul started crystallizing and awakening. And, one day he felt that 'peace is within', and in fact, he felt that he himself was an entity of peace, and then his search was ended. So, it is obvious from his life that only wealth and prosperity cannot make someone peaceful and awakened. One may become the wealthiest person of the world, but without crystallization of his soul, there is no hope for peace and self-awakening for him.

### **We can take V-turn towards Peace and Development at this very moment**

Friends, in the nature, at elementary-level, nothing is old and nothing can be old. Atom and electron can never be old. They can never be a matter of past. They can never be 'rusted'. In fact, even the rust of an iron metal is not rust in the natural and scientific sense. Rust of iron is nothing but a new molecular-form of the iron metal. The atoms of iron metal react with other



atoms and they are transformed into some other molecular form which looks as a rust. So, the atoms and electrons of a rusted iron are as fresh and new as any other atoms of the nature are.

In fact, similar is the case with our body, mind and soul. Our body becomes old (rusted) with time but its atoms are always as fresh as any other fresh atoms of the nature. And, our mind and soul are energy-entities, so there is no question of becoming old and rusted for them. Energy never becomes old. Additionally, we should be aware that our mind which contains the traces of our past history (memory) is also not old; rather, it is always totally fresh and new. Surely, to see our past history, our mind goes (visualize) in the stored memory of our mind and see the past-happenings, but this process of visualization is happening in 'now' and not in the past. Our mental-energy which we are using for this visualization is totally new and fresh, it is not rusted and old. Therefore, our mind and soul are always new and fresh and we are always in now. Hence, even if our past is not good and it is full of pain and misery; we can take a sharp turn, that is V-turn (and not U-turn) towards goodness, peace, and development at this very moment, that is, "now". We can leave our painful past and move towards peaceful future at this very moment. It needs only inner-crystallization which is in our own hand. Therefore, wake-up now and start crystallizing your soul with your inner-effort.

### **Be an Awakened-Realist and not a Dreamer**

Even in the modern science age, people think in a '*Be-Positive*' manner; because, they think that by being positive they can solve their problems, or at least, they can *hope* that their problems *will be or could be* solved one day or the other day. However being-positive or being-negative is not going to solve our problems; instead only our sincere effort and self-awareness are going to solve our problems. An optimist or a be-positive person is nothing but a day-dreamer. He dreams for heaven but lives in hell. There are many people in this world who are living in hell but they dream for heaven and at the end of their life, they will die in hell blaming their poor fate and destiny. This is the brief life-history of most of the people of this planet. Therefore, we should be neither an optimist nor a pessimist; instead we should be an *awakened-realist*. An awakened-realist is a person who understands himself as well as his position in a real and a practical way. He understands and recognizes his strength as well as his limitations, and therefore he sets his goal as per his ability and available resources. He does not dream like most of the dreamy and desirous people who dream

day-and-night. Therefore, you do not include yourself in this dreaming-mob, instead, you crystallize your soul and put your best effort to satisfy your desires and dreams and fulfill the aim of your life. Most importantly, do not think about being a success or a failure, just put your best effort for your aim, because only your sincere effort will make you peaceful and satisfied.

### **Drugs and Alcohol have not the Solution of Problems**

Some people consume alcohol and drugs to forget their problems and difficulties. In fact, such people are of dreamy in nature. They dream for a heaven but they do not know how to get their heaven, so they try to forget their dream by consuming alcohol and drugs. And, slowly they become addicted of such addictive materials and spoil their health and life. Now, what is the solution of this problem; only self-awakening by crystallization of inner-peace, there is no other way except this. Only self-awakening can make a person strong-from-within to have patience and endurance in the difficult circumstances. An awakened being can never take any addictive material to forget his problems. Such a person, instead of forgetting his problem, puts his best effort to solve it; he succeeds or not, it does not matter, only his endurance and sincere-efforts matter. And, even after his continuous-effort, if he fails, he accepts his failure as a fact. In fact, every natural body has some virtues as well as some limitations and we are also a natural body, so we have also some limitations. It is not a matter of luck, fate and destiny rather it is a matter of natural virtue and ability. No doubt, some well-known thinkers and philosophers have quoted some striking and thought-provoking quotations like 'Nothing is impossible', 'The word impossible is found in the dictionary of fools' etc., however reality is that, even for science, everything is not possible and science knows this reality very well. Even for science, there are many such things which are impossible and they will always remain impossible. There is a famous principle in science which has the key word '*impossible*', and that principle is, 'Hinesburg's Uncertainty principle'. This principle clearly states that it is '*impossible*' to find the exact location and momentum of an electron at the same time. Apart from this, there are many things which are impossible for science. Therefore, only a poorly crystallized soul can quote such striking and phony quotations but not an awakened and crystallized-soul. An awakened soul truly accepts the natural reality and his limited-ability, and accepting these facts, he puts his best effort to solve his problem. So, for such a real person, there is no question of taking alcohol and drugs to forget his problems. Additionally, such a person knows very well that

addiction of these things spoil one's health and life, therefore he cannot spoil his health and life with his own hands. Hence, if someone wants to be free of such addictions, he must crystallize his soul. Additionally, here, we should be aware that limitless-cravings for power, money, and fame are also a form of addiction; so, to eradicate such addictions too, only self-crystallization and self-awakening is the way and nothing else. In fact, self-crystallization makes a person free of every addiction. It makes a person so peaceful and blissful that he becomes free of every addiction.

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## SCIENCE AND SPIRITUALITY

### What Is Yoga in a Broad Sense?

We have learnt a lot of things about yoga; however what is yoga in a broad sense? In my awareness, yoga is a symbol to represent the relativity, connectivity, and harmonious unity of all the units and systems of the existence. Yoga is an awareness to feel and observe this whole existence as a single-system. In this existence, there exist different kinds of matters and materials, from huge black holes to the tiny atoms, all exist in this universe; and among all these bodies, there exists a harmonious relation. Friends, ignore the differences of human world for a few moments and observe the harmonious relation of this universe, there is a harmonious relation among galaxies, among all the stars of a galaxy, and among all the planets and moons of a star. Our sun is also such a star and we observe this harmony in our solar system, too. In fact, this harmonious relation is nothing but yoga (means, connection) in a broad sense. Therefore, In fact, what Albert Einstein has tried to define through his modern concept of theory of relativity, the olden awakened people have tried to define the same thing with the help of yoga. Hence, in a broad sense, yoga is a symbolic representation to describe the harmony of nature and existence.

Observing the harmony of nature and existence, we should be aware that there should also be a harmonious relation among all the matters and materials of a planet, and our earth is also a planet. In fact, all problems on this earth have been raised only because of lack of this harmony, and we, the human world, are the most responsible for this lack of harmony. We accept this fact or not but this the truth. Again, we may play blame-game and blame one another for the problems, but this is not going to solve our problems. Our problems can be solved only with self-awakening and helping and supporting one another. We have to consider this earth as a joint-family and we have to help and support one another as family members, only then we can solve our problems and only then we can maintain a harmony on this earth. Most importantly, maintaining this harmony is the basic responsibility of all the leaders and the government-bodies of the world. It is a challenge for their intelligence, awareness, and capability. And though, I am a common man, I feel a certain responsibility to do something in this regard and therefore I express my views through this book so that we may be aware about the actual reality and do something to maintain this harmony.

## **Yoga is a Healthy way of life**

What is the value of yoga in the life of an individual human being? Generally, common people think that yoga is some sorts of physical exercises like other physical exercises; however this is not the reality. In fact, the real aim of yoga is to crystallize our soul for creating a harmonious relation between our soul and the creator existence. The physical exercises of our body are just a little part of yoga. As we know, our body is made up of both mass and energy. So, for smooth functioning of its mass (muscles and bones) we need physical exercises and for smooth functioning of its energy we need yoga. Therefore, the basic aim of yoga is to make healthy our body-system to enable us to experience the harmonious relation between our soul and the creator. Thus, yoga is a complete healing-science for our body, and therefore yoga has a great role in the development of one-and-all, the whole humanity. Beside, here I want to mention that please do not consider yoga as a religious activity, it is not a religious activity. And if someone is not agreed with me, I want to say him that leave yoga and understand my FCB concept of the human body, it is a purely scientific concept and you know very well that science has no relation with any religion or belief-system. Science is purely practical and authentic, so you can rely on it; and if you are not ready to rely even on science then rely on your own knowledge, awareness, and experience. In fact, I myself mostly rely on my own awareness and experience, so you can also rely on your own awareness and experience. Self-experience and self-awareness is enough to make us peaceful and enlightened.

## **What is Meditation?**

We have read and learnt a lot of things about meditation; however what is meditation in the actual sense? In my experience, meditation is the simplest activity of a human being, and in fact, meditation is so simple that it looks absurd to mention it as an activity. In actual sense, meditation is nothing but 'simply-sitting' and doing 'nothing'! Generally, we continuously think, dream, desire, discuss, plan, and work for something or nothing (time-pass), except in deep-sleeping when we become no-mind. However, in meditation, we do not need to do even 'thinking'; so-simple is meditation! We have to move neither our body nor our mind, and friend, do you know any activity of a human body simpler than this. No, there is no one and there can be never one. Now, one can ask me if meditation is so-simple, then why so many people are searching for spiritual guru to make them understand about this matter. Friends, reality is that behind every

misunderstanding and ignorance, the reason is only one and that is poor crystallization of soul. Due to poor crystallization of soul, people have lack of awareness which results into misunderstanding and ignorance. And, the basic aim of this book is to eradicate such ignorance and misunderstanding by crystallizing soul.

### **How to Meditate Practically?**

In previous title, we get some ideas about meditation. Now, to understand and experience this matter in a practical way, we utilize the FCB model of our body. Let's go in a practical way — friend, first, read the following paragraph and then do it practically. First, you be in a relaxed position and take deep breath for 1-2 minutes. Now, compare your body with the FCB molecule and consider this matter as follows: you are a soul, an energy entity, a peaceful space like the benzene ring of the FCB molecule. Non-stop thinking, useful or useless; is continuously going-on in your brain (F atom). Let happen whatever is happening in your brain. Do not involve your-self (benzene ring) in your thinking; instead you make an effort to keep your-self *'aloof or indifferent or neutral'* from your thinking. As we know, in the FCB molecule, F-atom is separate from the benzene-ring; similarly, in our body, our brain is separate from our soul. Therefore, try to keep your-self (soul) apart from your brain (thinking). Continue your inner-effort to remain peaceful — slowly...slowly... a state comes when you start becoming thoughtless. And if you continue your effort, a state comes when you just remain a peaceful space. You become like a plain mirror without any object in-front or any image inside; and this is the state of meditation. How much time it will take to come in this state, it depends upon crystallization of your soul. In fact, this simple exercise can measure the intensity of crystallization of your soul. A crystallized soul may come to this state very easily; however it will be a difficult task for a poorly crystallized soul. In addition, as a matter of fact, we should be aware that meditation is not a matter of hurry; rather it is matter of calmness and inner-effort. So, whenever you get a leisure time, you make an effort from within to remain in a peaceful state; means, in a no-mind state. Slowly...slowly this peaceful-state starts growing in you, and within a few days or months, you will start remaining in this state without any much effort, and that will be the state of an awakened soul. After reaching this state, you will experience the reality of life-science and the value of your life. You will feel a different virtue and fragrance within you, and hence, at that time you will feel the value of inner-peace.

## **The Value of Meditation in Our Real Life**

Every creative idea and work is the result of action in meditation (peaceful-mind). For instance, we see its value in science and research field. With a crystallized and awakened soul and hence with a peaceful and a curious mind, a scientist observes a natural phenomenon and the result comes in form of an incredible concept and invention. From the ancient history, apples have been fallen in front of many people, but this event caught an attention of only of Isaac Newton and not others; this is only because of his crystallized and awakened soul. Additionally, in this world, many people have seen the miseries and the difficulties of the human world, but only a few people having a crystallized and peaceful soul have made an effort to find the solution and remedy of these problems and difficulties. Remaining all people have just come and gone, either living in misery or merry; but they have all just came and gone, why, because of their poorly crystallized-soul. Therefore, this whole matter is of crystallization of soul and nothing else, and our soul crystallizes with meditation or by being peaceful, more and more peaceful.

By being more and more peaceful, our inner-virtue starts sprouting and bubbling and we start making an effort to do some virtuous work. An innovative idea or an invention of a scientist, or music of a musician, or poetry of a poet, or writings of a virtuous writer... means every virtuous and creative work is the result of an action in a peaceful state (meditation) of a crystallized being. These are the different dimensions of art and creativity and these all needs a crystallized peaceful soul. And this is the reason why I emphasize so much on the matter of crystallization and peacefulness of our soul. The day, when most of the people of humanity will be of a crystallized soul, we cannot imagine how much this humanity will be virtuous and developed at that day. In fact, once upon a time, Gautama Buddha had seen the same dream and therefore he had devoted his life to reach this goal, however, unfortunately we are still a far away from reaching this goal and it is sad to say that it is not even clear that we can reach this goal or not. However, because I am wring this book to reach this goal, and I am sure that if every person will make a little effort to reach this goal, we can easily attain this goal. So I am not disappointed with the present position of the world. Also, disappointment and frustration are not the remedy of any problem, so there is no use of being disappointed and frustrated. Effort and only effort is the solution and remedy of every problem and I am encouraging every person for the same.

## **Inner-Peace Strengthens Us for Making Continuous-Effort without being Stressed**

With inner-crystallization and peacefulness, we get an inner-energy and enthusiasm to make an effort to meet our virtuous goal without being tense and stressed. In fact, with the inner-crystallization, our virtue and creativity emerge in a natural way like the fragrance of a flower and we know that a flower becomes lighter and brighter with its budding and flowering and not tense and stressed; so there is no question of feeling tense and being stressed for a 'human-flower', too. For example, while my writing, I never feel tired and exhausted. Even I write continuously for 4-5 hours, I never feel tired and fatigued, instead, I feel deep inner-satisfaction. I feel blessed by the creator-existence. I feel like meeting the aim of my life. And in fact, in place of saying, 'I write', it is better to say 'I glide' with my thought, because I never make an effort to write, whatever comes in my mind I just put those thoughts on papers, and it is so simple to do it. So there is no question of feeling tired and exhausted with my writing. And, on the basis of the same experience, I can firmly say that similar thing happens with every crystallized soul like the soul of a scientist, a singer, a musician, an artist, or a soul of any creative field. Therefore, everyone should make a genuine effort to crystallize his soul, so that his intrinsic virtue may emerge in a natural way and it may help in the development of humanity, and in turn, he may also feel blessed by the creator-existence, the real God.

## **Only Theory is Complex but not the Practical**

Theoretically, it seems that such matters like yoga, meditation, inner-peace, self-realization, the science of soul etc. are somewhat a complex and intricate matters. However, if we will go in a practical way to experience such matters, we will find that these are very simple matter to experience. In fact, a theory makes a simple matter complex and here we will see how a simple matter becomes a complex matter when we try to understand it in a theoretical way. Seeing or watching an object is a very simple matter for us. It is so simple that rarely we think how we see. However, if we try to understand this simple matter in a theoretical way, then it becomes a very complex matter. This simple natural process becomes a complex scientific-process. Here we see how we see an object: light rays (from a light source) fall on an object and reflect to our eyes and then they are refracted (pass) through our eyes and our eyes acting as a camera, makes an inverted picture (inverted— because our eye has a convex lens) of that object on the screen of our eye-camera. This inverted



picture which is a form of light energy is converted into electrical energy and further into chemical energy (this conversion process is also a very complex and lengthy process) and this conversation process moves through the sensory nerves especially designed for this purpose and reaches to the brain in a certain region of it, which works only for seeing. This part of brain interprets that inverted picture and then we are able to see that object in a normal erect position — what a lengthy and complex process is this! I have written this process in very short, otherwise, a few pages can be written on this simple matter, and in fact, it has been written in such a descriptive-manner in medical science books, psychology and physiology, (and I have also noted this fact from a book of psychology). Thus, we see that how a simple natural process becomes a complex process when we try to understand it in a theoretical manner.

Further, educated people know this process in such a detailed way; however whether a dog knows anything about this complex process! No, absolutely not, yet it sees everything clearly, why, because for seeing, a living being needs only a normal eye and not knowledge of a complex theory regarding seeing. Similar is the case with experiencing yoga, meditation, inner-peace, self-realization etc. In fact, reality is that for a crystallized soul these are very simple matters to understand and experience, and in fact, these are so simple that a crystallized soul does not need even reading to understand these matters. This is the reason why beloved awakened-soul Kabir Das has said, "*Pothi padha-padha jug muaa...*" Though, he was an illiterate, he had a crystallized soul. I often hear his virtuous-words and his words prove that he had a crystallized soul. So, Kabir Das is a great proof of this fact that even an illiterate with a crystallized soul can experience these all matters.

Therefore, friends, do not go for reading after reading theories and philosophies to understand life-science. No, it is wastage of time and energy. In doing so, you can fill your mind with so many theories and concepts about the processes of life-science and you can become an intellectual being, but you cannot crystallize your soul, because, while reading and understanding a theory or a book, mostly energy of only our mind is stimulated but not the energy of our soul. The energy of our soul is stimulated and hence crystallized only with the power of inner-peace. Therefore, in place of reading theories of life, start making a genuine effort to crystallize your inner-peace to experience the truth of life-science.

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## **AWAKENING SELF-AWARENESS**

### **What is Self-awareness?**

Once, someone asked Gautama Buddha, “Who are you?” One may answer this question in so many ways, however he simply replied, ‘I am awareness’, and he was perfectly right with his answer. In fact, awareness is the fundamental virtue of a crystallized being. It is the essence (cream) of total-experiences of a crystallized being acquired through innumerable lives. And, I myself have been attracted a lot towards this word ‘*Buddha*’, and even I have added this word Buddha as ‘*surname*’ with my name on the cover-page of this book; because of the same reason. Otherwise, I have nothing to do with the religion of Buddha. Certainly, I have interest to observe and absorb the virtues and the essence of every religion—please note—every religion, but I have no interest in ‘connecting’ with any religion or religious activities. In fact, if you observe my real life, you may call me a non-religious person, as my wife often says, because I do not do any religious formalities. I live like other living things, no formality with God. In fact, I consider God, the creator-existence, as my friend, so in a friendship relation there is no question of any formalities.

Further, knowledge and skills are the content of our present mind that we acquire in the present birth, whereas awareness is the content of our soul, which we acquire through our eternal life. That is why knowledge and skills are superficial in nature whereas awareness is deep and insightful in nature. Knowledge and skills can be changed with time but not awareness. And, as a matter of fact, whatever I am writing in this book, it is only because of the virtue of awareness; otherwise, I am an ordinary knowledgeable person. The ideas of this book are coming from my awakening-soul and not from my ordinary knowledgeable mind. In other words, I am using my present mind, having a little-knowledge, to express my experience and awareness, which I have acquired through my eternal life. So, self-awareness is solely related to our inner-being, and not to our mind.

### **Self-awareness Makes Us a Self-director**

Friend, think for a while, who teaches an insect to move away from a hot or a cold area? Who teaches an ant to go towards a pill of sugar? Who teaches a magnet to attract or repel other magnet? Who teaches different atoms to react with one another? I think you know the answer, the answer

is, no one teaches them. There is no teacher or guru for anyone of them. Every natural particle by itself learns or gets stimulation from '*within*' and takes action accordingly. In fact, every particle is free to act and move as per its intrinsic virtue, potential, and awareness. Every particle is a self-director. We are also a natural body and we are also free to move and act as per our intrinsic virtue and potential. However, to move towards the right direction we need self-awareness which we acquire with the crystallization of our soul. Self-awareness stimulates and inspires us from within to move towards the right direction. Our soul has an inherent guiding force and as we increase crystallization of our soul, our soul starts guiding us towards the right direction, and the simplest sign of the right direction is — we feel more and more peacefulness by moving towards that direction. We feel inner-satisfaction and blissfulness. So, crystallize your soul and become a self-director of the right-path.

### **Self-awareness Develops only with Self-effort**

Friends, here I have mentioned a very important fact about self-awakening: self-awakening takes place solely with self-eagerness and self-effort. Whole life we may follow some religious and spiritual gurus and we may follow their words and ideas, but if we have not self-interest and eagerness for making effort to experience the truth of life-science, we cannot awaken our soul. With mind, we can catch various thoughts and ideas from different sources— books, schools, gurus etc., but these all theories and ideas cannot make us awakened and developed. The reason behind is that for self-awakening we do not have to catch awareness as we catch a theory with our mind; instead we need to stimulate and crystallize our soul with the power of our inner-peace. As we increase our inner-peace, our conscience and sensibility naturally starts developing. In fact, a theory or idea stimulates only our mind but not our soul; whereas, awareness is a matter of our soul and not of our mind. Therefore, only with our self-interest and self-effort, we can develop our self-awareness. Without this, no one — no guru, god, religion, spirituality, belief-system, and even science, can help us. From the ancient history, many books have been written for development of people, but most of them have been proved ineffective and futile, only because of this very reason. People have recited theories and concepts, but they lack self-eagerness and self-effort and hence they lack self-experience. They know theoretically a lot of things about soul, self-realization, self-development, life-cycle etc., but they know these matters as a parrot knows, only verbal recitation, but no self-experience. In such a situation, it is obvious that only self-effort can awaken and develop people

and only this can develop our society and humanity.

### **Check Level of Your Self-awakening**

Friends, here, I have mentioned another important fact about self-awakening: verbally and theoretically we may know a lot of things about self-realization, self-awakening, and self-awareness. However, we can check the intensity of our self-awakening in a practical manner with the help of a simple experiment, and in fact, this is the most important experiment of our life regarding self-awakening. This experiment is very similar to the meditation. As we know, to remain in a peaceful state of brain with our conscious-effort, is the state of self-awakening. It means there is a directly proportional-relation between the intensity of self-awakening and the intensity of our inner-peace. So, in this experiment, we check the intensity of our inner-peace with measuring the time-period of our peaceful (no-mind) state of brain. For this, we make a conscious-effort to remain in a peaceful state for a maximum possible period of time in one sitting. This time-period determines the level of our self-awareness, (see the table given below). As the duration of our peaceful-state increases, our self-awakening and self-awareness level also increases and consequently our understanding and experiencing level also increases. A person, who can remain in a peaceful state for more than 15 minutes continuously, he has certainly attained a crystallized and awakened soul. At that time, he will be awakened enough to move as per his inner-stimulation—his inner-feelings. Now, his soul can guide him towards his aim of life for which this creator-existence has developed him.

Peaceful-State (in Minutes)	INTENSITY OF AWARENESS
Less than 01	POOR
Between 01 to 05	AVARAGE
Between 05 to 15	GOOD
More than 15	EXECELENT

### **Follow your Awakened-Soul and not a Leader, Guru or god**

Friends, we should note that when there is no leader or guru or god in the atomic world or any other natural world, then how there can be any leader or guru or god in the human world. No, there can't be. If an atom does not follow other atoms then why should we follow others? And, if we would follow others, then what will be the use of our own intrinsic virtue of awareness, which we have acquired by birth? How can we develop our own virtue and awareness if we continue believing and following others? No, we can't. Therefore, we must use our intrinsic-awareness to understand and experience the reality of a matter, and especially those matters which are related to the human life like self-awakening, immortality of soul, reality of life-cycle etc. Everyone has a soul, and awareness is the intrinsic virtue of our soul, so we must use this virtue. Only by using this virtue we can develop this virtue, otherwise we cannot develop it. Therefore, instead of believing and following others, we should crystallize our soul and follow our inner stimulation. In our inner-stimulation, there is a little-voice which guides us in our life on the right path. So we should always listen to this little-voice. In fact, listening to one's inner-voice and moving accordingly is the sign of an awakened being. Therefore, instead of following any leader or guru, start listening to your inner voice and move accordingly.

## **Come out of All False Myths and Beliefs**

Friends, for a long time, we have been living in a mesh of different kinds of myths and beliefs. We have learnt and accepted so many *dos* and *don'ts*, *shoulds* and *shouldn'ts* from our ancestors and forefathers without applying our own reasoning, sensibility and awareness. Though, at present, we are standing among different kinds of problems and difficulties, still we are living in the shadow of such false myths and beliefs. Still we believe in luck, fate, destiny, planets, stars and many others. We have such a strong-believe on our belief-system that we say— belief can move even a mountain. But, the question is, if belief has such a strong power then why are we facing so many problems and difficulties? We have belief-system from the ancient history, but still today we are facing many problems, why? Does it not mean that something is wrong in our belief-system and hence in our way of thinking? In fact, what is a belief in the actual sense; just a beautiful and a goody-goody “idea”. This idea may be a genuine reality or it may be just phony quote. Now, the question is how an idea can move a mountain; and leave a mountain as it is very big; how it can move even an ant or an atom? Can an idea move an atom, no; it cannot move and can never move. An atom moves as per its own virtue and mechanism, it can never move as per other's saying and idea. Even the whole world cannot move an atom against its own virtue and mechanism. So, what is the reality; reality is in front of us. Reality is this that we have goody-goody strong belief-systems which can move even a mountain; but it cannot move simple problems like poverty, unemployment, illiteracy, pollution, caste and religious discriminations etc. And this reality shows that how phony and fake people we are? So, what is the solution, solution is only one — self-awakening; understand the basic cause of the problem and make an effort to solve it; there is no other way except this. It is only our awareness, creativity, and conscious self-effort which can move us towards progress and development and not any belief-system. Therefore, it is time to come out of our all belief-systems and work-out our total ability to move towards self-development with total development.

## **How Did We Trap In A Belief-System?**

Friends, it is very simple to understand: in fact, the journey of humanity has been started with ignorance, fear, difficulties, and poverty. We have been conditioned with fear and ignorance from a long back. Just five thousand years back, here no one was an awakened and intelligent one; here no one was a king or a queen, or a guru or a leader; everyone was more or less

same, animals looking like a humans. And a little more back, we were all naked animals wandering in the jungle here and there for food and survival. So, our journey of development has been started with fear, ignorance and poverty and therefore we have been conditioned with so many false myths and beliefs. It was not our fault, it was not fault of anyone; rather, it was a natural phenomenon, a natural mutation process. However, with advancement of knowledge and science, we should come out of all these myths and beliefs and we should make an effort to move towards development.

### **We Can Ignore Goody-Goody Ideas but Not the Findings of Science**

Friends, no doubt, we can ignore goody-goody ideas of moral, social, and ethical values; and in fact, we have already ignored them. 'Honesty is the best policy' and 'truth always wins' are only a teaching and preaching matter. They have lost their practical meaning and values. So, we have ignored the entire moral, social, and ethical value system. But, the question is, 'how can we ignore the findings of science'; because, the findings of science are very real and authentic. They are as genuine as an electric-shock and we know that an electric-shock is not a good or a bad idea but a genuine real happening, a real natural process. So, whatever science says about mass and energy (nature), they are all genuine and real facts. And, we are also a natural body and the same concept of science functions within our body. Therefore, before doing any unnatural activity we must think for a while about its future consequences. One may discard this famous olden saying that, 'as you sow so shall you reap', but no one can discard the Newton's third law of motion that, 'every action has an equal and opposite reaction'. And if someone discards this law, he must be an illiterate or an educated-but-unawareness soul. In fact, we do not know that we could be a slum-dog from a millionaire and a zero from a hero; therefore we do so many unnatural and fraud activities. And, it is a reality that millions of past millionaires are present slum-dogs and millions of past slum-dogs are present millionaires, and only existence knows the real face of everyone. Therefore, it is sure that as you sow so shall you reap in one way or the other way. Of course, you may forget your past and present in future; but for the existence, there is no past, present and future. The concept of time — '*past, present and future*', is the concept of our mind and not of nature and existence. The existence has only action and reaction, flowering and fragrance, art and creativity, and evolution and development. It has been developing from the eternity and it will continue forever. There is no end of this development. Though, it is sure that one day the sun will

lose its total energy and this earth will become a dead planet, yet it is also true that the existence will continue developing humanity in one way or the other way. And today, we may not imagine and find that way, but in future someone of us, like the great Elon Musk, will find that way.

Most importantly, we should be aware that the existence never punishes anyone; it has never punished anyone, instead it has always made an effort to develop everyone. In fact, it is only we who punish ourselves due to our ego and ignorance. Otherwise, the existence always nurtures and cares us like a mother. Therefore friends, awaken your soul with the power of inner-peace, and listen to your inner-voice; there must be a call in your inner-voice to move towards peace, creativity and total development.

### **Self-Awakening Is Many Times More Important than being Knowledgeable**

Though illiteracy is a big obstacle in the development of humanity, the main obstacle is the lack of self-awakening. To justify this fact, I have mentioned here a ground reality of our society. Certainly, educated people know that huge population is the basic cause of poverty and unemployment, yet many of them have increased this problem by giving birth to more than one or two children. What is the reason? The reason is very simple, because, through education, such people have become knowledgeable but not awakened. They have memorized facts and data of books and have got certificates and jobs (or not!), but this '*parrot-and-sheep exercise*' have not awakened their soul. Because, for self-awakening, beside books-knowledge, they need inner-crystallization (inner-peace); and for this, they need a clear picture of the inner-awakening-mechanism of the human body. Additionally, for this, one must have to make self-effort in self-interest. In this matter, only education or any form of teaching (spiritual or religious) cannot help them. We have been giving education and teaching about spirituality and religion for the last two thousand years, but we have failed in developing the inner-awareness of people. I am saying this because not only illiterate and poor people are committing unsocial and illegal activities, but educated and rich people are also doing the same thing. Rather, educated people are committing unsocial and illegal activities in a more '*refined and planned*' manner considering all the risk factors and profit & loss. It clearly shows that just education cannot make a person awakened like Gautama Buddha and Kabir. Therefore, one must be interested from within for self-awakening, without this, no one can be



awakened. And without, self-awakening one cannot leave unsocial and illegal activities.

Besides, friends, due to lack of awareness, people have accepted many myths and beliefs as truth — like myths and beliefs about lines of hand and head, about stars and planets, about fate and destiny and about many other things; and these all myths and beliefs have created many problems in their life. In fact, due to this very belief-system, most of the people have born too many children. They have produced child after child and have left them on their fate and destiny; they have left them to die or alive on their fate. And in case someone dies, it is the fault of his fate and destiny and not theirs (parents). In this way, they have created problems of poverty and hunger for millions of people. On the contrary, an awakened being never creates a problem; instead he makes an effort to solve the problem. Kabir Das is a great example of this fact. Though he was an illiterate, he was an awakened soul and hence he had put his best effort to solve the problems of our society. He had stimulated and motivated common people through his awakening-ideas to eradicate the problems of their lives. Thus, we see that self-awakening is far more important than making people educated and knowledgeable. Only this can make them aware of the ground realities and only this can motivate them to develop a healthy society.

Further, as a matter of fact, what is the basic aim of our education system? In the name of education, what we are doing, we are continuously feeding data and information into young minds and most of the students are learning those data like parrots. They are simply keeping requisite data in their minds, but by doing this, their souls are not activated to the requisite extent. They do not get awakening to absorb and assimilate the essence of those data. They haven't awareness to see the value of those data in their real life. They have not awakening to see the whole picture of society and humanity with a broad view. Therefore, to make them capable of assimilating the essence of school and college knowledge, first of all, we need to inspire them for crystallizing their soul (inner-peace), and this job should be started from very beginning of their life, that is, from their child life. I myself have been advising my child from very beginning of his life to remain peaceful, whenever you get leisure time. In addition, whatever you do — eating, playing, studying, watching TV, listening to music and songs etc., you do everything with a peaceful-brain. Do not think, dream, and imagine too much, instead you remain peaceful for most of the time, and try to feel and absorb every matter you interacted and interested with. By

doing so, some kinds of thinking and imagination will naturally arise within you, which will be of far better-quality and creativity than the normal day-to-day life non-stop thinking, which is going on continuously without any aim and purpose. Therefore, first, we need to inspire our children for crystallizing their soul (inner-peace) so that their inner-awareness may awaken and in turn they may develop a healthy society and humanity.

### **How Long Could We Live a Stressful and a Miserable Life?**

Friends, we can ignore the problems and difficulties of our life with our false belief-system. We can ignore them by believing in our fate and destiny system. We can ignore them indulging ourselves in gossips, entertainments, and addictions. Additionally, we can ignore them blaming our leaders and government. However, the eternal-question is — how long could we blame our fate and destiny and our government and leaders? How long could we give false-consolation to ourselves? How long could we ignore the ground realities— for one life, for two lives..., for ten lives... how long? How many lives will we live a stressful and miserable life and die? Do we want to live it for life-long! Think and ask yourself—because there is an **‘entity’** within you, within everyone; which can reply you in a realistic manner and that entity is—self-awareness. Yes, your own self-awareness. Do not ask others— leaders, gurus, and fortunetellers, no; you ask yourself. You have asked others for many lives, now it is time to ask yourself, because if God is within everyone, then why to ask others? Why to ask and believe any guru or leader? No, in fact, asking others and believing their answers is the basic reason of our poor self-awareness. We are ignorant only because of believing-in others. Therefore, now we should ask ourselves, our inner awareness-entity. Our inner-awareness should reply our every question of life. I myself ask every vital question of my life to my inner-awareness and it replies me; and in fact, I am sharing the same reply with you through this book. So, you also ask your inner-awareness, your inner-God, because only this can make you more and more sensible and awakened. Most importantly, only your own developed awareness can make you capable of living a healthy and a virtuous life and not others’ teachings, ideas, and speeches. Hence, stop following others and start following your inner self-awareness. In fact, our inner self-awareness gives the solution of all problems of our life.

### **Only Self-awakening can stop All Unsocial and Illegal Activities**

Friends, from the ancient history, we have been learning holy moral, social, and ethical values; however, its result is in front of us. Today, all people

know, and even illiterate people know; '*What is right and what is wrong*', yet most of people are doing illegal and unsocial activities. In this world, we will rarely find a person who is purely honest and innocent. Certainly, such a person will be proved the ninth wonder! Lying, cheating and fraud have become a *part-and-parcel* of our life! So, this question naturally arises that why there is so much cheating and fraud in our life when we have been learning moral and social values from the ancient history? Why there is difference in our moral-thinking and real-life action? Why we have different teeth for showing and eating! And the answer is; because we have learnt only goody-goody thoughts and ideas from our ancestors, but we have not utilized the 'insight' hidden behind their words. We have treated our minds as parrots do. We simply memorize such quotations like— 'truth always wins', 'as you sow so shall you reap', 'soul is immortal' etc., but we never experience the essence hidden behind these words and hence we never utilize them, and its adverse result is in front of us. Now, the question is, how can we come out of this adverse situation, and the answer is always only one— "self-awakening". Because, self-awakening is not just a collection of goody-goody words and ideas, it is not just twisting and glamorization of words, but it is an awakening-state of a soul which observes the truth and reality himself. It is the developed state of inner-conscience which motivates and guides a person to do a right and a virtuous thing. Therefore, only self-awakening can transform and develop our soul and society. Only this can make us conscious, sensible, virtuous, and intelligent. And hence, only this can motivate us to stop unsocial and illegal activities and move on the path of peace, prosperity and development for one and all.

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## THE SCIENCE OF CREATIVITY

### What is Creativity?

Friends, as a matter of fact, most of our definitions (except scientific and mathematical) are very superficial and phony in nature. Moreover, we should be aware that it is only our mind which wants to define a matter; otherwise our soul has no interest in defining anything. Our soul is interested only in observing and absorbing (experiencing) a matter and not in defining it. So, in case of 'creativity' also, if we try to define creativity, it will be a difficult task to define it. For instance, through an analogy, we may compare the creativity of a human being with fragrance of a flower, as both are natural virtues. However, the question raises that what is the 'actuality' of the fragrance of a flower; we cannot say or define it. For that, we must need to go in a practical way. For that, we inhale the fragrance and then we experience its flavor and sweetness, and that is the 'actuality' of its fragrance. Similar is the case with the human virtue and creativity. Only after absorbing the music of a musician we can experience its melody and sweetness, which is the creativity of that musician.

Further, we should be aware of this important fact that the mechanism which is working behind the emergence of fragrance of a flower, the same mechanism is working behind the emergence of creativity of a human being. As fragrance of a flower emerges due to the internal-process happening at its core; similarly, creativity of a human being emerges due to the internal-process happening at his core (soul). Both are natural bodies, and hence their internal mechanism works in a similar way. However, there is a difficulty with the human body and that difficulty arises due to our SP-oriented mind (SP means — Success, Status, Security, Power, Property, Prestige etc.). We mostly think and act according to our SP-oriented mind and therefore our potential-virtue (creativity), which is coiled-up within our core (soul), does not get an opportunity to emerge out. Secondly, due to lack of inner-crystallization, our soul is not powerful enough to crack the shield of SP-oriented mind and emerges its virtue out. Therefore, we need inner-crystallization so that it can crack the shield of our SP-oriented mind.

Furthermore, we should be aware that any other person like a teacher, instructor, mentor, or a guru can only explain this matter as I have explained it, but no one can bring out your potential-virtue from your core. You must need to make an effort for this. You can read thousands of books

about this matter— motivational, inspirational, psychological, spiritual, religious, self-help, self-development etc., and you can take teachings and guidelines of hundreds of teachers, mentors and gurus; but until you crystallize your soul, no book or guru can help you, it is 100% sure. Moreover, there are many fake and phony teachers and gurus who can assure you that you need not to worry about this matter, you just leave it to them, they have “*special-mystical*” power and capacity to develop you; but all such assurances and promises are fake and bogus. Never believe such fake and phony teachers and gurus. So, inner-crystallization with self-effort is the only key to emerge out our creativity.

In fact, many great awakened people like Gautama Buddha and Sri Krishna had not succeeded in awakening and developing most of the people (humanity) only because of lack of self-effort of the common people. Most of the people want everything readymade. From food to knowledge and from entertainment to enlightenment (liberation) — everything readymade; just click a button and the item is served. This readymade-attitude is the biggest obstacle in the development of humanity. So, we must leave this readymade-attitude and we should put our best effort for our development. Just do your best and leave the rest to the creator existence to judge. The creator existence has its own intelligence and awareness mechanism to judge the honesty and sincerity of your effort. Remember, success is not in our hand but self-effort certainly we have, as told by Lord Sri Krishna thousands of years back.

### **What is the Actual Source of Creativity?**

Friends, medical science proves that we are all made up of the same basic materials. We are all made up of the same cells, tissues, bones, flesh, and vital organs. Not only this, medical science also proves that even our brain cells are similar in nature. It means, medically even a scientist’s brain is similar to an illiterate’s brain; and in fact, due to this very similarity, many parts of our body like eyes and kidney can be transplanted (interchanged). Thus, on the material (mass) level, we do not find any significant difference among ourselves. We all are same. Then this question naturally arises that where is that difference in our body due to which we have difference in our intelligence, awareness, and creativity; and the answer is— the difference is at our core-energy level. Due to the difference in crystallization of our soul, there is difference in our thinking, creativity and intelligence. Due to the same difference, there is difference between the brain (intelligence) of a scientist and of an ordinary person. Therefore, we all should crystallize

our soul with the power of inner-peace so that we can become virtuous, awakened, and developed.

### **Is Creativity a God-gift?**

Friends, generally, if people find someone virtuous and talented, they think that this is a matter of God and God-gift, or it is matter of fate and destiny. However, reality is that virtue and creativity are not a matter of God-gift and fate, but it is a matter of crystallization of our inner-energy (soul). In fact, the person who seems a God-gifted has already acquired crystallization of his soul and hence he has developed his inbuilt virtue in his very past life. Friend, it is a simple logic that if there is a God and He has gifts, then certainly He will give His gifts to all of us. He cannot be biased and unfair with us and if He is biased and unfair, He could not be a God. A biased and unfair body should be called a Fraud and not a God. So, the God, the creator-existence has given some gift to all of us, but it is the individual's responsibility to feel and recognize his gift. Additionally, it is the individual's responsibility to make an effort to emerge out his gift, his intrinsic virtue. In fact, this existence has not hands like a human being has, to give anything directly to us; so whatever it gives, it gives out through us, treating us as a medium. It motivates us through our soul to act and work. In other words, we are the '**working hands**' of the existence. Therefore, we should come out of this false belief that some people are God-gifted and remaining people are useless and gift-less. No, we are all gifted with some virtue but we need inner-search to find out that inner-virtue.

### **The Real cost of Creativity**

Friends, in modern age, we have nearly all luxurious things and comforts like AC, PC, laptop, mobile phone, car, airplane, bullet trains and many others. In past, we had only dreams of these things—a paradise dream, but now, that dream has become a reality. However, have you ever thought how this dream became a reality? What is the actual cost of these things which made our life luxurious and comfortable? For instance, have you ever thought what the actual cost of a bulb is? We just spend rupees 10 or 20 and buy a bulb. Is this is the actual cost of a bulb? No, this is not its actual cost. In fact, this can never be the actual cost of the sincere effort of great Thomas Alva Edison. For making this bulb, he had put his sincere effort for three years, so how can we pay for his effort just by paying rupees 10 or 20 rupees. In fact, we can never pay for his efforts; because even with the whole money of the world no one could be ever able to make a bulb. A bulb is incredible — no price can be justified for it. However, there

is a way to pay for his sincere and incredible effort and that way is, — our gratitude and thankfulness towards him. Yes, just our genuine thankfulness towards these people is the genuine cost of their creative and incredible efforts. And in fact, these people need only our sincere thankfulness and nothing more, and every sensible and awakened person will surely thank every that person who has put his effort to develop the whole humanity. In my awareness, they are real heroes and leaders of the humanity. Leader means a person who leads others with his virtue and vision — who gives some **‘light and vision’** like Edison, to move forward. A leader is not a leader who pulls or pushes others with his powers and forces, as most of the politicians usually do. Such people should be better called *poly-trick-cians* but not leaders. However, no one can make any trick with the creator-existence, so we do not need to worry about these people, as they will sow they must reap in one way or the other way; it is sure. In fact, we should see the incredible efforts of people like Edison, and inspiring from them, we should also make a little effort to bring some **‘light-and-delight’** on this earth. This book is also a little-effort for the same purpose. So friends, we should all make a little effort for developing a beautiful humanity. Wherever you are and whoever you are, you just make a little effort for creativity and development; and with our collective efforts, we will certainly be able to develop a beautiful humanity very soon.

### **The Role of Mind and Knowledge in Creativity**

Friends, generally we think that mind plays a great role in the success and development of a person. We think that only with a better mind and better knowledge a person can be a developed and intelligent one. However, this is not the actual fact. In fact, in a human body the real virtuous and intelligent entity is one’s soul and not his mind. The secret of creativity is not in one’s thinking, dreaming, and knowledge; but it is in the action of a crystallized soul. In other words, the basic source of art and creativity is one’s crystallized soul and not in his knowledgeable mind. Without crystallization of one’s soul, a person can never feel ‘aroma’ of his art and virtue. *Crystallize your soul with the power of inner-peace and your virtue will naturally start emerging like the fragrance of a flower.*

In fact, this is the reason why science does not find a direct relation between ‘Creativity’ and ‘Mind’. Many times, it finds a contradictory relation between mind and creative-intelligence. It finds that some creative and intelligent people have a very weak memory power, whereas some ordinary people have a strong memory power. Even today, many creative

and genius people are famous for their poor-memory and forgetfulness. What is the reason? The reason I have already mentioned — such people have a crystallized soul, and it is not sure that a crystallized soul must have a strong mind or memory power. In fact, such people have utilized their mind only as a '*device or medium*' to express their art and creativity which is the essence of their crystallized soul. Thus, it is clear that the main source of our art and creativity is our crystallized-soul and not our mind. Therefore, we must come out of this misconception that only a knowledgeable and intellectual mind can be a creative and intelligent one. No, instead, everyone can be a creative and intelligent one with crystallization of his soul. Therefore, everyone should make a genuine effort to crystallize his soul and emerge out his virtue; and in a true sense, emerging out one's virtue is the sole aim of one's life. Accumulating medals, recognition, success, power, property, and prestige; these are not the sole aim of our life. These are just for our minds or egos satisfaction, which are doing in our every birth or rebirth.

### **Crystallization of Soul is the Surest-Way of Self-development**

Friends, often we hear that we must do hard-work to be a successful person. Hard-work is the key of all success. Nearly all successful people describe this *charming and fascinating* word in their success-story. However, to be a successful person, in a genuine sense, the first thing we need is the crystallization of our soul, remaining all things are secondary ones. Without crystallization of our soul, our virtue cannot emerge out, and emerging out one's virtue is the success of that person. Additionally, crystallization of soul is not a hard work rather it is a soft-work — yes, it is a inner and subtle-level work. It does not require our muscles-power; it needs our will-power and inner-self-effort, which is possible only with our peaceful-effort from within.

Friend, think for a while— without knowing in which direction and dimension you have to move to be a successful one, how can you work hard in that direction? First, we have to feel the direction—our inner virtue, passion, zeal and self-inspiration; only then we can move in that direction wholeheartedly. And, moving in such a way, we do not feel that we are working hard, instead we feel that we are meeting '*aim*' of our life; for which this existence has been created us. Moving in that direction, we feel very calm, peaceful and delightful. While writing this book, I feel in the same way. I feel that with my awareness and understanding, I can bring about a good-change in the lives of people and this feeling gives me a great inner-



satisfaction. Even writing for 4-5 hours continuously, I never feel tired and exhausted, instead I feel blessed by the creator-existence. And, in my experience, same thing happens with every crystallized soul. For instance, same thing should happen with a genuine singer—a born-singer. If a singer feels that he is working hard for singing, then he is not a genuine singer. He is not born for singing. If he does not feel inner satisfaction and joyfulness while singing, he should stop singing and start further crystallizing his soul (inner-peace) to feel what his soul really wants to do? I am sure if one crystallizes his soul to the excellent level (continuous peaceful state for more than 15 minutes), he can easily feel the purpose of his life. He can feel what he should do in his life, and he will be so determined with his aim that no one can change him. Of course, in the present professional and commercial life, his near and dear people (parents, siblings, friends etc.) may advise him to choose a field where there will be more money, power and prestige, but his crystallized-soul will accept their advices, and hence, he cannot change his direction. Such is the power of crystallization of a soul. In fact, due to the same crystallization, there have been many virtuous, creative and visionary people on this earth. These people have not thought about getting more money, power, and prestige with their efforts, instead they have thought about progress and development of one and all. They have thought about making this world a healthy and a beautiful place. Therefore, crystallization of soul is the first and foremost requirement to be a successful person—a developed person. And about success, here I want to quote the great words of one of the great scientists, or perhaps, the greatest scientist of the world— Albert Einstein, “Try not to become a man of success, but rather try to become a man of value.” This inspiring quotation has deeply motivated me. This single quotation proves that Albert Einstein was not only a great scientist but also a great man of values. In my view, this is the real and virtuous aim of our life, and through my writing, I am making a little effort for the same.

### **Everyone has an Inbuilt-power of Creativity**

Friends, even an atom has a certain virtues and characteristics, so there must be some virtues and characteristics in every human being; as a human being is made up of trillions and trillions of atoms. So, a man should be trillions times more virtuous than an atom is! At least, we can say that, no man can be totally a *virtue-less and characterless being!* There must be some virtue and significance in every person and only creator-existence has that level of intelligence and awareness to judge the exact value of a

person. On this planet, there have been many ordinary people who have become great and extra-ordinary only because of their crystallized soul and sincere-effort. This proves that there must be an inbuilt creative power in every person; either in a developed-form (having a crystallized soul) or in a seed-form (a soul in the process of crystallization). Secondly, we should be aware that just in a week or month or a year; our virtues and creativity cannot grow and emerge out completely; rather it takes its time and it may take a long time to come out in a full blossom. But we never have to leave our effort. Creativity needs our continuous effort with passion and zeal which can be possible only with crystallization of our soul. Therefore, no matter what you are today, try to become what your soul want to become tomorrow. Otherwise, you just make a sincere effort to crystallize your soul with the power of inner-peace and your crystallized-soul will move you towards your 'becoming', that is, towards real-aim of your life.

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## THE EXISTENCE, SCIENCE, AND HUMANITY

### **The Existence is Our Real Creator**

Friends, we all are children of the same womb of the creator-existence. The creator-existence has transformed chemical substances into a cell and this cell has been sprouted and developed in the form of a living world, and humanity is a part of this living world. Though, some religious and spiritual people believe that we have been created by a God— an unknown body; it is only a belief and not a proven reality. Reality, as proven by science is only this that we are all products of the nature and existence. We have been created and developed on this earth after a long process of action-reaction, mutation and evolution. So, we are all children of the same nature and existence. Furthermore, though, among ourselves, superficially we may have some differences like different gender, colors and shapes; or our own created differences like caste, tradition, religion, nationality etc., however, we are all children of the same creator. Additionally, we should be aware that though humanity has been developed to the modern science age, observing the vastness and harsh conditions of the universe, this beautiful blue-planet earth seems as a womb (a safe place) for us. Even today, we are not in a position to leave this planet and go to some other planet. In fact, modern science has not found any other planet in our whole galaxy or nearby galaxy, which is more beautiful and safer than our mother earth. Therefore, even today, we are like babies in the womb of the creator.

Further, we should be aware that as in a mother-womb, a mother does not catch her baby with her hands and teaches him everything; yet the baby is nurtured and cared in every way by her mother. Similar is the case with us. This existence nurtures and cares us in every way like a mother does. It has provided everything for our growth and development from our birth. In fact, only because of its love and care, we have been developed to this modern developed age, otherwise we have started our journey with the Stone Age—an animal age. Therefore, this existence is the real God for us. In fact, we do not observe this existence as our God only because of our ignorance and false belief-system; otherwise, every awakened and virtuous soul has observed and accepted this existence as the real God. You will also accept this existence as the real God after crystallization of your soul. It is just a matter of crystallization of soul and nothing else.

### **The Existence Is Purely Fair and Lovely**

Friends, the facts and findings of modern science prove that nature is purely fair and crystal-clear. How, I explain here— the elementary particles of the existence like atoms and electrons are purely fair and unbiased. For example, everyone is same for an electron. It does not think—who is who or what. One may be a top most scientist, but an electron does not care; because it gives the same electric-shock to him what it gives to an illiterate. It does not differentiate between them. This clearly shows that nature and existence are purely fair and unbiased. In fact, this is the reason why in the spirituality it is said that everyone is same in the ‘eye’ of God; and that God is this existence. In addition, we should be aware that the intrinsic virtue of elementary particles does not change with time. An electron or an atom does not change with time, they are always same. It shows that this existence is fair and unbiased from the eternity.

Further, it is said that time is a great pain-balm. Time can heal our every wound. However, this is not the actual reality. The actual reality is that it is not the time; rather it is the healing-virtue of the nature (elementary particles) which heals our every wound. If there will be no healing-virtue in the nature, our wounds can never be healed. This healing-virtue of nature clearly shows that the existence is very loving and caring. It loves and cares us like a mother. In fact, the basic aim of the creator behind our creation is to care and develop us, so that we may be able to emerge out our in-built virtue, talent and intelligence; which the existence has been developing within us since eternity.

### **The Existence is Highly Active and Awareness**

Friend, though existence is very fair and lovely and it treats us like a mother cares, yet it does not mean that the existence is lazy, inert and blind. No, on the contrary, the existence is highly active, awaken, sensible and responsive. Science proves that in the existence, nothing happens by-a-chance; everything happens due to a certain cause. Action and reaction and cause and effect always go together. Each and every step of natural particles is calculated and self-determined. Self-determined means we cannot move natural particles as per our own wish and desire. They cannot be controlled and directed externally. Even the top scientist of the world cannot move even an electron as per his own wish and desire, and in fact, this is the ‘practical’ meaning of Hinesburg uncertainty principle. So, all natural particles are self-awakened, self-director, and self-disciplined. In addition, natural particles are also very active and awareness. In fact, they

are so active that they never take rest. We and other living beings sleep and take rest but they never take rest. They work continuously day and night. Even while our sleeping, they work continuously, and in fact, we are alive only because they work restlessly. If they would stop working continuously, we will die instantly.

Friends, we can also observe this fact in our real life in this way—during our deep-sleep, we become like a *'dead'* body; we become *'absent'* from our body; however again in the morning, we *'present'* in our body. How does this happen? This happens because the micro particles of our body are continuously in action. They never take rest. Additionally, here I want to mention that we see a dream while sleeping only because the electrons of our mind remain active in our sleep also. They do not sleep with us. However, their main job is to make us active and alive and not to create a film (fantasy and dream) to show us in the night. In fact, they create a film only because we are very 'filmy and fashionable' in our family and social life, otherwise electrons are very real and authentic. They are not filmy and fashionable like us. Thus, these all facts prove that the natural particles, and hence the nature and existence are very active, sensitive, and awaken. So, like the natural particles, we should also be active, sensitive, and awaken; as we are also product of the same nature and existence.

### **Scientific Principles and Harmony in the Nature**

Friends, we should be aware that there is balance and harmony in the nature and existence not due to scientific laws and principles; instead scientific laws and principles have been discovered due to intrinsic virtue of balance and harmony in the nature and existence. For example, there is a virtue of attraction in all the particles of the existence, therefore there is a scientific principle like the law of gravitational force; otherwise without this virtue, Newton could never be able to formulate this principle. Therefore, only because every natural particle is moving and dancing in a certain fixed manner, we have scientific laws and principles.

Further, friends, we should be aware that a theory or a concept may be modified or changed, but the intrinsic virtue of a natural particle can never be changed. Many theories have been modified and changed with time, as we slowly become capable of knowing the matter in a more detailed way, but the virtue of a natural particle has never been modified and changed. An electron is still an electron in its eternal form, shape, and virtue. There is no change in it and never can it have. In fact, there is no

impurity or drawback at the subtle-level of nature, so how can we find an impurity or drawback to remove it. No, we can't. Certainly, we can make an effort to organize natural particles for their better growth and organization, but it is not finding impurity and fault in them, instead it is working like a supporting-hand for them; and all awaken souls, and especially doctors, engineers and scientists have done the same job.

Additionally, from the above discussion, we should be aware that as science changes its own laws and principles but not the virtues of the nature, we should also change our own life-style and not the virtues of the nature; because, today we are getting many problems and difficulties and health issues only because of our modern and fashionable life-style; called as *life-style* diseases. So, we should change our life style as per nature's virtues and characteristics, only then we can develop a healthy-humanity.

### **We are Responsible for Our Problems and not the Existence**

Friends, it is a great observation of lord Srikrishna that whatever happens, it happens for good. It may be a hard truth to accept some bad incidences as good things— like death of a new born baby, or a baby born with an incurable disease, or we may count many other such incidences, which we cannot say a good thing. But, if we think or contemplate over that incident with the facts and findings of science as well as with the insights and awareness of spirituality, then we can understand that whatever happens, it happens for good; or better we can say in a scientific and refined manner, that it happened for *'balancing or equilibrium and for better organisation'*. Friends, as we know that it is a scientific observation that whatever action-reaction happens in the nature, it happens for balancing and coordination. It is a reality that this existence is always in action at the deepest possible level for balancing, coordination and development; and any sensible and awakened being can easily observe this truth. No doubt, there are lots of problems in the world— poverty, unemployment, population explosion, hunger, illiteracy, corruption, pollution, violence, discriminations, injustice and many others; but we should observe this fact that for these all problems, we should be held responsible or accountable or answerable or blamable (*whatever word you choose, which is best suited for you*), and not the existence. Our cunningness, cleverness or over-smartness due to our ego and ignorance is responsible and not the existence. The existence is continuously making a sincere effort for developing one and all. And, if we want to overcome our all personal and social problems and difficulties, we should all together make an effort for

this. Even the weakest and the poorest person of the world should make a little effort for this; he can help in controlling the population-explosion by giving birth to only one child. Remember, simply blaming and criticizing God and government is not going to solve our problems. We have been playing this blame-game for a long time. Previously, in place of blaming government and leaders, we used to blame kings and their ministers, (even today, leaders are known as ministers). Hence, at present, we should stop this blame-game, and we should all think and act in a helping and supporting manner, only then we can solve our problems and develop a healthy society and humanity. Otherwise, remember, even after thousands of years, problems will never be finished. World-famous leaders, gurus, and gods will come and go (and many of them have already come and gone), but problems will never finish. We will be standing among different kinds of problems and will suffer due to those problems in one way or the other way.

### **No One can Cheat the Awakened-Existence**

Friends, certainly, today we find cheating, fraud and corruption at every level. From top to bottom, everywhere we find fraud and corruption. 'Honesty is the best policy' has become only a teaching and preaching matter. Honesty and sincerity have been lost from our life. But we should be aware that there is cheating and fraud only in the human world and not in any other world. There is no cheating and fraud in the atomic and the molecular world. There is no cheating in any natural world — an atom, a molecule, a plant, a river, mountain, ocean etc. every natural particle, system or body is purely honest and sincere. Therefore, we can cheat, buy, or bribe anyone of the human world but not of natural world. We can cheat or buy someone of even the most powerful police and legal-authority of the world e.g., INTERPOL or International Court; but we cannot cheat or buy even a tiny particle of the nature e.g., an atom. We cannot buy or cheat an atom and move it as per our own wish and desire. Cheating atoms means, we should be expert to eat a bit of potassium cyanide (KCN) without dying! Is there anyone on this earth who can cheat atoms in this way? There is no one and there can be never one. Therefore, no one can cheat this awareness-existence for even a single moment of time. If someone thinks that he can cheat nature, then he is a big fool. He has not even the basic knowledge of science and nature, and if he has knowledge about it, he has a parrot-knowledge and not intelligent-knowledge. Because of parrot-knowledge, he has not inner-crystallization and self-awareness to absorb the essence of the knowledge. Otherwise, a person who has inner-

crystallization and also basic knowledge (even up to 10th class), he cannot be a cheater and fraud; his crystallized and awakened soul cannot allow him to cheat others. In fact, inner-crystallization has such a virtuous-power that it makes a person honest and sincere without any knowledge and education.

Further, friends, we should be aware that our each and every activity is observed, absorbed, and accounted by the awareness-existence through our soul. In fact, due to this very observation, absorption, and accounting; today, someone has been developed as a creative and intelligent person like a doctor, engineer, scientist, singer, administrator, artist, author, actor etc. whereas most of the people are at an ordinary state. And, due to this very absorption and accounting, a person though taking birth in a poor family, has been developed as a doctor, engineer and scientist, and has become even a prime-minister and president of a country. These people are not lucky and fortunate people. Also, these people are not hard-working people, as most of the common people believe so. In fact, these people are inner-crystallized, awakened, and soul-working people. These people work in the guidance of their crystallized and awakened soul. The soul of these people have been developed and awakened with their conscious and continuous effort and therefore today they are developed and virtuous; otherwise they are as simple and ordinary as we are. Therefore, please come out this cleaver mind that you can cheat and buy everything and everyone. No, 'everything and everyone are salable', it is only your false ego and ignorance and nothing else. Otherwise, you buy an atom and move it as your slave and then you think that you can buy everything. You can never do this, and in fact, no one can ever do this.

Therefore friend, before doing a cheating and fraud activity, you must think for a while about its future consequences. You must think that you may cheat police and judiciary-system, but you can never cheat nature and existence. You must remind yourself this olden famous saying that, 'as you sow so shall you reap', and in fact, most of the people on this earth are reaping their past sowing. Though, these people blame their bad luck and fate, but it is not a matter of luck and fate, instead it is a matter of reactions of their past actions; they are reaping their past sowing. Additionally, here, I want to emphasize this important point that there is no need to think and bother about the activities of our past-history of our present and past life. No, there is no use of it; history is dead, past has gone; there is no use of making dead things alive; we cannot do anything about that. Imagination of making a 'time-machine' and going back in time, and correcting our past



mistakes; these are all absurd and no-sense imaginations. So, we have only present, only *NOW* and we should utilize this *NOW* for our growth and development to the maximum level.

### **Humanity Is Disturbed and Imbalanced only because of Lack of Awareness**

Friends, it is a fundamental law of nature that everything flows from a source of higher concentration to the source of lower concentration. Water, air, heat, energy, electricity and every natural thing follows this nature's law. However, human-system does not follow this natural law. In fact, human-system moves against this natural law. In human-system, wealth and money are flowing from the poor to the rich; rich are becoming richer and poor are becoming poorer, and this cannot be possible without cheating and fraud, which is possible only because of lack of awareness. Due to lack of awareness, we are not aware of the actual functional-mechanism of our creator-existence. We are not aware that this compassionate-existence is putting its best effort to harmonize and develop one and all. Only because of lack of awareness, we are so much of *I&My-attitude*. A crystallized and hence an awakened soul cannot be of an *I&My-attitude*. He cannot suck money from the poor and make him poorer; instead he will help him to grow and develop. He will treat him in a friendly way.

Friends, think for a while, if rich will become richer, then how balance and harmony can be maintained in our society? How everyone can be developed to a normal level, at least up to my level. I consider myself at a normal level. After getting government employment, I found everything to 'eat, drink and be merry' peacefully and therefore I think that I am at a normal level; and I want to develop everyone up to my level— this is my aim and ambition of my life. However, it is also a fact that before getting employment, I was a very disturbed and an unsatisfied person. In fact, I may be one of the most disturbed and unsatisfied person of the world, and the basic cause of my disturbance and dissatisfaction were my poverty and unemployment. These were like an AIDS-disease for me and I wanted to cure them at any cost, and finally, I eradicated them with my continuous effort. And I want to eradicate them from the earth so that in future I may never face them again. This is a big aim and therefore I want help and support of everyone to achieve this big aim. Without help and support of one-and-all, this aim can never be achieved by me or by anyone — and even God is also included in this 'anyone'. God can do nothing without our

help and support.

Therefore friends, we have to help and support one another to eradicate all our problems and difficulties. We have to develop such a human society in which every unemployed gets a job and sufficient salary so that he can live a peaceful life. It is a fact that we are not equally capable and not equally intelligent and talented; we are like five fingers of our hand; so we have to create a balance and harmony among ourselves so that we can all live a peaceful life. Only then we can develop one and all, and only then this humanity can be termed as “developed” in true sense. Until we help and support one another, we cannot develop in an integral and total-way; some people will be millionaires and billionaires and most of the people will be ordinary and slum-dogs; and disturbance and violence will be continued in the world. No one can stop it; even God is helpless in this matter. Therefore, we should crystallize our inner-awareness and help and support one another so that we may create balance and harmony in our society and humanity; and in this way, we can also help our God, the creator-existence.

### **Existence has its own Intelligence and Mechanism to Move Forward**

Friends, observing fraud and corruption from top to the bottom level, it seems that there is no fair and unbiased mechanism working in this existence. It seems that there is no hope to organize and develop the total humanity. However, at the same time, we should see that we have achieved a tremendous progress in the human development. We have developed from the primitive Stone Age to the modern science age. We have invented and developed many luxurious and comfortable things to live our life in a better way. In fact, due to these very luxurious and comfortable things, today people do not dream to go to the heaven (and therefore, they have stopped doing social welfare activities!); rather they want to enjoy luxury of heaven on this very earth. So, the question is how this great human development became possible? And the most accurate answer is— it became possible because the actual organizer of the humanity is the creator-existence and not we or the leaders, politicians, gurus and gods. This existence controls and organizes all the activities of the world and universe and therefore we have developed to this level. And, this existence does not function as per man-made policies and principles; instead it functions as per its own awareness and intelligence, and about its functional mechanism, only science makes a genuine effort to know and experience. Only science is close to the truth of nature and

existence in a genuine and practical way. Therefore, we may consider all man-made policies and principles, and laws and orders as fake and phony and we may ignore them; but we cannot ignore the findings of science and technology. We cannot ignore Newton's laws of motion and especially his third law! Now, it is up to us that in what direction we want to move— in the direction of science, self-awareness, creativity, and total-development (the direction of inner-awareness), or in the direction of power, money and fame (the direction of ego and ignorance or unawareness). But one thing is sure that in the future, one day we must all move towards the direction of inner-awareness and soul; because the future of humanity is of science, self-awareness, creativity, and total-development. And, if someone will not move in that direction, he will be left behind and the existence will have to drag him forcibly so that he can move forward in that direction. This existence is dragging most of people in this way; are you one of them? If yes, start crystallizing your soul and move in the direction of your self-awareness.

### **Our Creator wants to develop One-and-All**

Friends, certainly, at times, we wonder how this humanity is progressing and developing. We see so many differences and abnormalities in the humanity that we become confused and mystified. However, if we want to see the fairness and sincerity of the existence, we should see the humanity in its totality which needs the eye of self-awareness. In fact, the existence is very fair and democratic, and in true sense only existence is real democratic. Otherwise, we people are very phony and fake democratic. We talk about equality and justice, but everywhere we create in-equality and discrimination in our self-interest. However, for the existence, we are all its children and hence without any differences and discrimination, it provides opportunity to everyone for his growth and development. For providing opportunity to everyone, it has a mechanism, which, in spirituality, is popularly known as life-cycle mechanism (discussed in detail in the next chapter). Through this mechanism, this existence provides opportunity to everyone for growth and development. Additionally, through this mechanism, it recycles and rebirths us for our further growth and development. In this mechanism, at energy-level (soul), a deep-level hybridization and transformation process takes place; and the basic aim of this mechanism is to develop one and all. This mechanism has been working from the eternity and it will continue forever. Therefore, if someone blames only existence for his misery and failure, it shows only his ignorance and foolishness and nothing else.

Friends, how this existence works— here we observe this matter with the real-life events of two great awakened people: as we know Siddhartha was born in a rich and prosperous family as a prince. He had enjoyed a luxurious life and when he had satisfied living a luxurious life, he had gone to jungle in search of something like self-realization, eternal-peace, enlightenment etc. This event seems very simple and ordinary; there is no peculiarity in this event. However, what about Kabir Das? Whether he was born in a rich family? Did he enjoy a luxurious life? Such a misery happened in the very beginning of his life that even his mother left him somewhere alone after his birth. He might have been died within a few hours if someone had not looked after him. Even his caring parents were very simple and ordinary people. They were poor and illiterate weaver and therefore Kabir Das was also an illiterate. Yet, in such a poor and ordinary family, he had developed as a rich-awakened soul. In my awareness, he is one of the most rich and awakened souls of this planet. I have a great respect for this great awakened soul.

Now, friends we should ponder over this fact that how Kabir Das had developed as an awakened soul? In fact, in his case, the life-cycle mechanism has been worked out. Kabir Das had utilized the opportunity provided by the creator-existence when it had given birth to him in a rich and prosperous family. He had not only enjoyed a luxurious life and added a few more zeros into his parent's account; but he had also acquired inner-crystallization and self-awareness. Thus, for his next birth, he had already acquired a certain level of self-awareness and we see his acquired awareness in his next birth in form of his beautiful awakening-words. His awakening-words clearly show that he had a deep-experience of life, and thus, it shows that without life-cycle mechanism such a beautiful and amazing event cannot be happened. This event also shows this fact that how the creator existence is making a genuine effort for developing one and all. It has no partiality, prejudice, or envy for anyone. It has love and caring for everyone.

Therefore, friends for our growth and development, the condition is only that we have to utilize and work-out the provided opportunity to our best. We have to make effort in our self-interest for our growth and development. Without self-effort no one and even God, is going to help us. We will simply come and go on this earth through life-cycle mechanism without any growth and development. Most importantly, here, I want to mention that for a Siddhartha, it is not a difficult task to be awakened, but for a Kabir Das, it is really a difficult task. Prosperity may transform a

Siddhartha into a Buddha, an awakened soul; but poverty rarely transforms a Kabir into an awakened soul, and therefore I have a great respect for Kabir Das.

### **Humanity is a Huge Hybridization Chamber!**

Friends, to understand how humanity is emerging and developing, I have utilized a concept of the Chemistry called as 'Hybridization' process. Hybridization is a process of mixing of electrons for symmetrical distribution of charge and energy for creating a balanced and stable charged-energy-field for making strong chemical bonds among atoms. In fact, this existence applies the same concept on humanity for its healthy and balanced development. For the creator-existence, this humanity is like a huge Hybridization-Chamber and we are all reactants (electrons) of this chamber. Through life-cycle, we have been hybridizing in this chamber in a similar way as the electrons of different energy-fields hybridized in an atom, and the basic aim of this hybridization is— balanced and symmetrical development of humanity. Through life-cycle mechanism, this existence provides opportunity to everyone for growth and development and to show his virtue, talent, caliber, and creativity. However, at the same time, we should be aware that it is the individual's responsibility to utilize the provided opportunity, because this existence cannot force anyone to utilize the opportunity. It is the individual's responsibility to crystallize his inner-core and to make a sincere effort for emerging his intrinsic virtue and creativity— being a failure or success, it does not matter; but one must make a sincere effort for his growth and development.

Besides, it is a sad thing that due to lack of awareness, many rich and prosperous people do not utilize this opportunity and waste it in accumulating only money, power, and fame. Such people do not care such matters like art, virtue, creativity, intelligence, self-awareness, soul, life-cycle etc. They do not care valuable experience of awakened people like Sri Krishna, Gautama Buddha, Jesus, and Kabir. They think that spiritual experiences are fictional and absurd. They see the inter-linked dazzling-chemistry of money, power and fame, and they think that only these are the things which prove a man successful. And therefore, they start running the race of money, power and fame, and thus they lose a great opportunity of emerging their inner-fragrance. However, for such a mistake, only they are blamable and not the creator existence. An awakened soul can never do such a mistake; he can never run the race of money, power and fame. Why Siddhartha had not run such a race— only because of his inner-

crystallization. Even before leaving his luxury and kingdom, he had a certain level of inner-awareness and therefore he had not run such a race.

Furthermore, friends here I want to add that in the future, it is possible that a top-level awakened and intelligent scientist may be able to understand the mechanism and the chemistry of the life-cycle and he may be able to formulate an equation for the process taking place in the life-cycle. However, we must be aware that the existence will be always the ultimate controller and organizer of the life-cycle mechanism; and any human being, whatever he may be, a genius or a god, he will be always just a tiny-unit of this mechanism. A tiny-unit can never be the ultimate controller of this mechanism. And again, I want to repeat it that this existence is making a sincere effort to develop one and all. It is providing opportunity to everyone for development, but it is the individual's responsibility to utilize the opportunity. Simply blaming God in the name of bad luck and fate is only one's ignorance and foolishness and nothing else. Thus, we see that this existence is developing this humanity in a systematic and organized manner.

### **Poverty and Unemployment — Big Obstacles in the Development of Humanity**

I myself have faced the difficulties of poverty and unemployment and I have a very painful experience of these problems. In my awareness, these are really big obstacles in the development of humanity. Due to these problems, a person thinks day-and-night only about making an arrangement for his bread and butter. Such a person rarely thinks about emerging his art, virtue and creativity, and that's why many poor people die in poverty without knowing and emerging their inner art and virtue. The same thing has been happened in my life. After getting employment, I settled in my life and thereafter, I became capable of writing my all books. Otherwise, this virtue and creativity was coiled within me in an 'ionized-form'. Certainly, I have often felt this 'ionization', my inner virtue (inner-awareness) at many times; because, due to this very virtue, I have discarded many mythological and religious beliefs in my very young age. Such beliefs and stories seemed very phony and illogical to me. In addition, while reading books of world famous personalities like — eminent religious leaders, famous social reformers, intellectuals, philosophers, authors, gurus, and even 'gods', my inner-awareness had often stimulated in little-voice that I can explain and convey their views in a somewhat better way; at least, I can add some 'value' in their views. However, before getting

an employment, I could never think about writing a book. I was so stressed due to my poverty that I was thinking day-and-night only about how to eradicate my poverty, how to get a secured-job, where I can be settled. And, when I got such an opportunity, within a month, I had determined to write a book. In fact, in the beginning, I had thought to write only one book, but later, when I saw that I am very far away from my aim, I keep-on writing, and now, I don't know when I would stop my efforts and writing.

Therefore, friends, it is a reality that many creative people die in poverty without knowing and emerging their inner virtue, and this humanity loses their virtue which can be very useful for its development. These people remain disturbed whole life in struggling with poverty and die without knowing that they had a great treasure of fragrance hidden within. Hence, poverty and unemployment are big rather the biggest obstacles in the development of humanity. They must be eradicated as soon as possible, and for this, we urgently need to do something: especially, family-planning and a job with a minimum-justified-salary for everyone; even a salary of D-grade government job is not bad to survive a small-family; a couple with one child can easily survive with this salary. I myself am living a peaceful life with this salary. In fact, my present life is many times far better than my past poverty-life. In my experience, during poverty, I was not living but I was dying 'slowly'. I started living only after joining the government-job. Poverty was killing me like a slow-poison, but a day came in my life when this poison was totally ended. However, to reach this day, I had to struggle for nearly five years; and that's why I consider that day as the "*Enlightenment-day*" of my life! At that day, I was feeling totally comforted, delightful and peaceful. Perhaps, in the jungle, one day Gautama Buddha had felt the same peacefulness and blissfulness after his continuous effort of many years for being enlightened.

Therefore, friends, and especially leader-friends, we should urgently eradicate the problems of poverty and unemployment. By doing so, every person will be able to live a normal life and he could make an effort for emerging his art and virtue, which will be valuable for development of humanity. Remember, all development, progress, planning, leadership, philosophy, modernity, fashion, and even science and technology, are superficial and absurd, if everyone is not developed to a certain minimum level. We must pay for its cost through life-cycle mechanism, and that cost may be very severe and painful; from millionaire you may have to turn into a slumdog— imagine about yourself...could you live as a slumdog..!

## **Poverty and Unemployment — How to Solve Them?**

Friends, though, lots of things have been written, spoken, and planned for eradication of poverty and unemployment; it is a ground reality that on the practical-ground we have done very little things to solve them. In fact, reality is that neither political leaders nor common people have intense-desire and determination to eradicate these problems. Political parties and leaders play blame-game and common people think that they have no other option except watching their blame-game. However, common people should come out of this thinking that they can do nothing except watching their blame-game. No, if common people will determine to finish these problems, no one can stop them to finish them. And, they have to determine only one thing, that is; they will never give the pain and misery of poverty to their children. They will never transmit the disease of their poverty to them. They will try their best to cure this disease, if they will succeed, it is ok; otherwise they will not transmit this disease to their children— that's all. By doing so, poverty will be completely eradicated from this world within a few decades; otherwise, centuries after centuries and millennium after millennium will be passed, but poverty will never be ended. Eminent leaders, social reformers, gurus, and gods will come and go, but this problem will never end. Disease like AIDS may be cured in the near future, but disease of poverty will never be cured— until and unless every person will be alert and awakened to cure this disease.

Furthermore, friends though poverty and unemployment are social problems and in a broad sense they are total-humanity problems, due to lack of inner-crystallization and self-awakening, people have made them an individual's problem — because, in the real life, due to these problems, only an individual cry and die and not the whole society and the humanity. We have goody-goody idea and concept of “*Vasudhaive Kutumbkum*” (means, the world is a joint family), only to teach and preach; otherwise, on the practical ground, we find that even our close relatives and sometimes even our parents are not helpful and supportive in our growth and development. They have their own problems and selfish desires, and they have very little concern about their children's problems. In such a critical situation, no other way left for us except self-effort, hard-work, and struggle. We may frustrate, cry and even die in our struggling, but for our survival, there is no other way except our continuous effort and struggle. And though, I myself am not a hard-working person and I never like struggling, it is a fact that I have struggled a lot to eradicate my poverty. So, in my experience and awareness, for a poor and unemployed person,



there is no other way except continuous effort and struggle. Others may or may not help you, it does not matter, but you must have to put your best effort to eradicate you poverty. And, for your continuous effort and struggling, I want to give you an important boosting-like-tip, which I have got from my own experience and, that is, — crystallize your soul, crystallize your inner-peace. It will make you *strong-from-within* and this inner-strength will help you in your continuous effort and struggling.

### **Kill the Problem but Never Kill Yourself!**

Many people commit suicide due to their poverty and unemployment, and many others commit it due to some other reasons. However, I consider that committing suicide is one of the most disgusting acts of a human life. A person, who commits suicide, declares that this creator-existence is bad and evil, its creation is immoral and corrupt. Friends, before moving forward in this title, I would like to ask anyone of this world that, what is that costliest and the most valuable thing, which you want to get and in case you failed to get it, you would decide to commit suicide. Otherwise, what is that costliest thing which you already have, and in case you lost it, you would decide to commit suicide. You would break the journey of your growth in the middle of it. Because, I do not see and find any such a costliest and valuable thing in my life for which I could commit suicide. I want to declare that '*Nothing is costlier than my life*'. I can leave everything but not my life. And, in case, if I face a problem, and like you I have also faced problems in my life, and still my life has not become a bed of roses. So, if I face a problem, I will try to kill the problem, but I can never kill myself. I may be killed in killing the problem but I can never kill myself; and I want to say the same thing to you. Kill the cause or problem which is killing you but never kill yourself. The problem may be anything — it may be a problem due to poverty and unemployment, it may be a desire to succeed in a competition, or it may be a desire to achieve a certain goal or success in life; whatever may the situation, you never try to kill yourself; rather, in place of that, you try to kill the cause or problem which is killing you.

Friends, we should be aware that committing suicide is ignorance, and it is a disgraceful activity towards the creator-existence. It is an insult to the awareness, intelligence, and the compassion of the creator-existence. Dear friends, this is the same intelligent and awakened existence about which the great scientist Albert Einstein has once said, 'I am a tiny drop of the ocean-of-intelligence'; and Newton has said, 'I am a

small child playing with sands on the beach of the ocean-of-knowledge'. So this existence is highly intelligent and awakened. We can never measure its total intelligence and awareness. Therefore, by committing suicide, do not insult the awareness and the intelligence of the creator-existence. Instead of committing suicide, you put your best effort to solve your problem. You may be proved a failure in solving your problem, but even then you never go for committing suicide. Because, today you may be a big failure and a very miserable person, but tomorrow you may be a great success and a great awakened soul. It is not a hope or a dream rather it is the reality of life-history of many successful and great people. I may be proved wrong and you may also be proved wrong, but this creator-existence which has created people like Einstein, Newton and Edison, and on the other side, people like Sri Krishna, Gautama Buddha, Jesus, Kabir and many others cannot be proved wrong. Friends, this existence has a deep-level plan for the growth and development of one and all and it is working every moment for it. So, this existence is very caring, loving, and awareness; it is only we, who are careless, ignorant, and irresponsible. Therefore, we should increase our awareness level, so that we can understand and experience the intelligence and responsiveness of the creator-existence in a better way.

Finally, friend, do you know what happens after committing suicide? Whether you die forever after committing suicide? Since you do not know the reality of life-science, you commit this mistake; otherwise you can never commit this mistake. An awakened being can never commit this mistake. And, no doubt, by committing this mistake, you got a sudden-pain and then relief, but you should be aware that, that relief is not permanent; instead it is very temporary in nature. And therefore, very soon, you will again come back to overcome your frustration and to satisfy your desires and dreams. And sorry to say that due to your *pre-history-suicidal-syndrome*, you may again commit this mistake after being fed-up with your failure and misery. Therefore, only crystallization of your soul can give you permanent relief and peace, and only this can make you capable of living your life in a peaceful and intelligent manner. Otherwise, you will live a dreamy, desirous, stressful and a frustrated life and the ultimate result of a stressful and a frustrated life is discontentment, frustration and finally committing suicide. Therefore friend, whatever may be the cause, problem or difficulty, you put your best effort to solve them, and for that, you need a great strength from within and that needs crystallization of your soul. Therefore, first you crystallize your soul and then tackle every problem of

your life in an intelligent and awakened manner. Only then you can prevent yourself from committing this heinous and disgusting activity called—suicide.

### **Please Stop Accumulating Huge Wealth, Until You Become Immortal**

Friends, I have written this passage especially for those people, who are 'crazy' for money and wealth and they want to accumulate wealth at any cost. Friends, though modern medical science knows about organ-transplant, it has no idea about soul-transplant. In fact, it has not even idea about soul, since it has not yet added this word 'soul' in its dictionary, so there is no question of thinking about soul-transplant. Further, science finds that our brain-cells are not replicated. It means no died brain-cell is replaced by another new one. Once a brain-cell died means it died forever. Therefore, our brain is dying day by day, and as a result, one day, it will die completely. And in medical science, brain-death means total-death, so death is certain. However, some optimistic-nature people, and especially rich and billionaire people, hope that one day in future science may invent a mechanism which can make a human being immortal — immortal means, permanent-alive in the same body; and really, that will be a great achievement of future medical-research field. But friends, until science invents such a wonderful mechanism, please stop accumulating huge wealth with you. Because, through life-cycle mechanism, the existence will capture your huge wealth and it may give you birth in a poor family making you a born-slumdog. And, in a movie like slumdog-millionaire, a slumdog can easily become a millionaire, as per movie-writer script, but in the real life, rarely a person becomes a slumdog-millionaire. In reality, only one in a million, make such a brilliant and wonderful thing; remaining all slumdogs *live-and-die* as slumdogs. So, you ask yourself, are you capable of becoming a slumdog-millionaire? If you are capable of it, you are fit for this world; really, this world needs people like you. But, if you are not capable of it, you are really in a danger; and if you want to come out of this danger, help the poor and slumdogs to come out of their poverty and slumdog lives. Why I want to finish these problems; because I myself feel this danger for me. And in the present life, I have felt its pain and misery; it is very painful and distressing. And I am not in a position to feel it again; and that's why I want to finish poverty from this world. But this is a big problem and without help and support of one and all, this problem can never be solved.

Furthermore, friends, if you think that soul and life-cycle mechanism are just spiritual and religious phony beliefs, and there is no reality in such

beliefs, then in my view, first you confirm the truth about this matter. In fact, to confirm the same truth, one day Siddhartha had left his kingdom. He had a deep curiosity about this matter and he wanted to know the exact answer of his questions and therefore he left his kingdom. Therefore, you have three options— either clear your doubt yourself, or let science confirm you the truth, or, let science make you immortal in your same body or a chemical-laboratory generated body like a test-tube baby.

Friends, further it is sure that even you earn and accumulate billions of currencies; you could never be able to clear your doubt, because if it was possible, then why prince Siddhartha had left his kingdom. Instead of leaving his kingdom, he should have accumulated more money and wealth so that he might become “immortal”. On the contrary, he left these things. So, for every money-minded person, it is a sparking as well as a valuable question to ask oneself, ‘*Why had Siddhartha left his kingdom?*’ Think, analyze and observe this question within yourself. You may feel a ‘move and shake’ within you and this ‘*shaking and shivering*’ will awaken your inner-awareness. Therefore, from the inspiring life of Siddhartha, it is clear that this matter has no relation with wealth and kingdom. In fact, this matter has relation only with our core-being; and hence this matter can be cleared only by crystallizing our core-being. And, when you will be able to clear this doubt, you will naturally stop accumulating huge wealth, and you will start helping others what Siddhartha, as Gautama Buddha, had done after experiencing the reality of life-science. Therefore, first you experience the science of human life and then think about accumulating huge wealth.

\* \* \* \* \*

## THE SCIENCE OF LIFE-CYCLE

### **Immortality of Soul — A Big Belief**

Friends, from the ancient history, birth and death have been a *mystical-mystery* and a secret matter for humanity. Since, birth seems a good thing for us, so we happily accept it without any query. However, death seems a bad rather a terrifying thing, so we do not accept it so easily. In fact, death terrifies us the most. But, death is certain, at least, it is certain until now; because, science has not yet found any mechanism to make someone immortal. And that is why we are very curious to know about death, and especially about '*what happens after death*'. However, our mind is so fearful of death that it desires to find a favorable explanation of it. And therefore, it easily slips into some comforting beliefs without experiencing the truth. Soul, rebirth, reincarnation, God, heaven, hell and many such beliefs are the products of our comforting belief-system. And though, with our comforting belief-system we feel relieved, in deep down within us we fear from death. Because, belief is a phony matter, it has not any solidity and power. It has not self-experience and hence it has germs of doubt and fear. In fact, only inner-peace gives us self-awareness and only self-awareness makes us capable of experiencing the truth of life-science. And therefore, I want to inspire you for crystallizing your soul and develop your self-awareness so that you may become capable of experiencing the truth of life-science.

Friends, in fact, through a belief-system, we simply accept a matter without knowing and experiencing its actual reality. And many times it happens that, though from an overview, a belief may seem real and true, but when we observe the same matter in deep, we find a different reality, which may be totally opposite of our overview. For example, we have believed for centuries that the sun moves round the earth without knowing the actual reality, and visibly it also seems real. However, when we observe this matter deeply, we find that the actual reality is totally opposite, and hence our ancient belief proved totally wrong. Now, we know that the earth moves round the sun. In fact, to know and experience the actuality of a matter, we need a crystallized and awakened soul and certainly people like Copernicus and Galileo observed the actuality of this matter only because of their awakened soul. Likewise, to experience the truth of our

life, we need an awakened soul which is possible only with our self-interest and self-effort. It is only self-effort which converts a simple man into a Kabir Das, an awakened soul. Otherwise, he was a very ordinary person, and he himself had accepted that he is an ordinary uneducated person — *massi kagad chhuo nahi* (I had never touched ink and paper). Therefore, always remember that, books, gurus, religions, authors etc., will give you only thoughts and ideas but not experience and awareness. It is only you who can make a sincere effort to be awakened. Self-effort plays the biggest role in self-awakening.

### **Life is like an Ice Cream!**

Somewhere I have read that, '*life is like an ice-cream, enjoy it before it melts*'. In fact, this is the thinking and way of living of ultra-modern fashionable people. Eat, drink and be merry, is the sole aim of their life. They want to fulfill their every desire in this very life, because they think that we get only one life to fulfill our desires. They think that death is going to snatch and destroy everything of our life. Life after death is just a daydream or phony belief of spiritual and religious people, and this phony belief is to give false satisfaction to poor, ordinary and miserable people.

Friends, no doubt, '*life is like an ice-cream...*' is a fantastic way of thinking and living for modern rich people, because they have everything to enjoy and entertain life in a lavish manner. They have so much wealth that even their dogs can enjoy a luxurious life, so there is no problem for them. However, this idea is very disappointing for poor and ordinary people. How can these people satisfy their desires and dreams if this idea is correct? Because this idea confirms that life is finished after death. It confirms that we do not get another chance to fulfill our desires. Therefore, poor and ordinary people believe in life-after-death and also in luck, fate and destiny. This belief gives them hope that in their next birth they may get an opportunity to enjoy a luxurious life with the grace of God. However, what is the actual reality; it is matter of self-experience and not a matter of discussion and belief. We have discussed and believed in this matter for a long time; now it is time for self-awakening and self-experiencing. It is time to stop believing and start self-experiencing the reality of life-science. Additionally, we should be aware that we cannot change the reality with our thinking, desire and belief-system. We cannot change the findings of science with our belief-system. Our many past beliefs have been proved wrong and absurd only because they were illogical, unreal, and unscientific. Our belief cannot stop the motion of earth and cannot prove a

Galileo wrong. Therefore, only our self-awakening can judge that life is like an ice-cream or it is like getting sometime '*ice-cream*' and next-time '*no-cream-and-only-dream*' or '*something-else*', which is yet to be defined! Because, though science has developed to the modern level, still it is a child to *define* life. And except science, all other people like gods, gurus, philosophers, religious and spiritual speakers and leaders, authors etc. have only thoughts and ideas but not the reality. So, only science has ability to define life in an authentic manner and we will have to wait for that...how long, we can only wonder and guess.

### **Science is also trying to reveal the Mystery of Life-after-Death**

Friends, certainly even for science, rebirth or life-after-death is a strange and peculiar matter, but not a *superstitious* matter. Modern science also research in this matter to know about its reality. Science cannot simply accept our belief-system and cannot accept immortality of soul and life-after-death. Science checks and verifies every matter, and only then it becomes sure about it. In fact, just believing and accepting a matter without knowing and experiencing its authenticity is ignorance and science is '*antonym*' of ignorance. For science, not-knowing is many times far better than believing, because if science will start believing and trusting, it could not develop and progress. Doubt, search, investigation, experiment, and research; these are the basic tools of science without which it will be paralyzed and dead.

Science has also made progress in the matter of life-after-death. It has also found some interesting facts which are pointing in this direction for further observation and investigation. Here, I have mentioned some of those interesting findings: science finds a peculiar phenomenon while observing the growth of a baby from embryo to the adult baby, occurring during the pregnancy period of a woman. It finds that the shape of the baby passes through different stages of animal kingdom like reptile, dog, ape etc. before its birth (delivery). Observing this fact, it is clear that there must be some deep-level processes taking place within the baby before her birth. Again, science finds that the cell-response in the visible-part of the brain of a newborn baby is almost similar to that of an adult person. It means a baby looks a thing as clearly as an adult person sees, and really it is an amazing finding. Furthermore, it is a proven fact and we all see this in reality that many children are by-birth developed in certain virtues and skills; some have inbuilt singing and dancing skills, some are by-birth more intelligent and sensible than others etc. Observing these facts, it is clear

that there must be '*something-unknown*' going on at an 'inner-and-deeper' level in the humanity, which is yet to be observed by the modern science and research field.

### **On Science, Rely only for Information but not for Belief**

Friends, whatever knowledge or information we get from others, it is either knowledge or belief but not self-experience. Certainly, if we want to know about nature and existence, knowledge of science and technology is very useful, but if we want to know about our life-science then only self-experience can help us. Surely science proves that nothing can be generated and nothing can be destroyed. Hence, a thing that exists in any form (matter or energy) can never become a non-existent; it will surely exist in one form or the other. However, whether there is an entity like soul in our body which is separated out from our body at the time of our death; how someone can be fully sure about this matter until he experiences this phenomenon himself? No, he can't be. Therefore, rely even on science only for information, but not for experience about life-science. All truths of life-science are a matter of self-experience and not a matter of knowledge and belief.

Furthermore, friends it is possible that in future, science may prove that there is a thing in our body which is immortal and indestructible, but what will be the result, nothing great! People will say that it is not a new thing, they already knew about it. In fact, the people of India have knowledge about this matter from last two thousand years, but what is the level of their self-awakening and self-development; you can see yourself. So, just their past-belief will be confirmed by science, and after that, they will start living in a scientific belief as today they are living in a religious and spiritual belief. And that time also, it will not be an individual's experience rather it will be a finding or an experience of a person like Einstein and Newton, as today, it is an experience of a few awakened people like Sri Krishna and Gautama Buddha. Therefore, we must experience this matter ourselves, only then we can be fully sure about it.

Friends, here, again I would like to repeat that reading, reciting and believing are very simple acts of our mind. They are very superficial acts without any inner stimulation and awakening. Even a parrot can memorize, 'I am a soul and I am immortal'. But what is the value of this information for a parrot? Can a parrot observe and absorb the insight, experience and awareness hidden behind these words? Can it become as awakened and intelligent as a man is? No, it cannot be and can never be. Therefore,



recitation, memorization, believing etc. are totally absurd in experiencing the truth of life-science, and hence only inner-crystallization and self-experience can make us aware of the truth of life-science.

### **The Cause of Rebirth**

Friends, modern science proves, and certainly it is a reality that there must be a cause behind every action. Science proves that even for a little movement of a particle; for example, for movement of an electron, a certain magnitude of force or energy is required which can be measured in the unit of force and energy respectively. Further, it finds that a particle moves in a circular path when a force—either external or internal, acts upon it. And, as a matter of fact, a similar mechanism is working behind our rebirth. In fact, there are two forces, which are working behind our rebirth (life-cycle); the first one is- the force of our unfulfilled desires, which is stored up in our mind; and the second one is- our potential force of our virtue, which is coiled-up in our being or soul. Both these forces move us in the life-cycle, so that we can work-out our total ability to fulfill our desire and emerge our potential virtue and finally become totally peaceful and content. Furthermore, we should be aware that the virtue of our soul is awareness and peacefulness and the virtue (impulsion) of our mind is hungriness and desirousness. Our mind has been always hungry for more and more success in power, property and prestige (3Ps). We have made these 3Ps as the sole aim of our life. Though, in every birth, we accumulate (more or less) these 3Ps, but we never become satisfied of them. We always want to accumulate more and more Ps and hence take rebirth. However, we never *'think'* that we can never be satisfied with them; because, to arise this *'thinking'* (inner-voice), we need self-awakening which needs crystallization of our soul. Without this, we can never get this *'inner-thinking'*. Therefore, if we will not crystallize our soul, our desires and dreams will never be ended. something will be always left to be fulfilled, and nature will return us to fulfill those desires and dreams. However, if we crystallize our soul and put our best effort to fulfill them; then, it will be in our hand to take rebirth or not. In fact, nature does not force anyone to be born again; it is only we who are extremely desirous to fulfill our desire and dreams, and in turns nature has to give birth to us. Therefore, the people who want liberation (permanent-freedom) from life-cycle can easily achieve it, you just crystallize your soul with inner-peace and put your best effort to fulfill your desires and dreams; rest of things will be naturally done by the nature and existence, no need to worry about them.

### **Existence Formats and Develops us through Life-cycle**

When the function of a computer is disturbed and becomes faulty, we format it to remove its virus. And in fact, a computer-virus is nothing but a computer programming, created by someone with a 'virus' in his mind, which creates disturbance in the original programming of a computer. And after formatting, and re-programming if required; again computer starts functioning in a normal way. Our creator existence applies the same mechanism on us to refresh and develop us. Due to poor crystallization of our soul, our function becomes disturbed and faulty and hence existence formats us through rebirth so that we can function in a normal way. And it formats us in a very simple and natural way. For this, it just keeps us in a peaceful state (no-mind state) for maximum possible period of time. It keeps us in a woman's womb where we remain in a totally peaceful state. And after birth also, until we start learning and thinking, we remain in a peaceful state. Thus, we remain in a peaceful state for nearly 2 years in a single birth. And, even before present birth (excluding mother's womb period), this existence keeps us in a peaceful state 'somewhere' for the same purpose, but where is this 'somewhere' in the universe, it is a matter of investigation for modern science. During this period, we do not make any self-effort like yoga and meditation for being in a peaceful state. This is a purely natural peaceful state. This whole-period acts as the formatting period for us. This long peaceful-state erases every scar from our mind so that our soul may further grow, emerge and develop. Therefore, natural-death is nothing but a process of inserting a soul into a natural formatting-drive so that it can further grow and develop.

Friends, further, we should be aware that the existence formats only our mind but not our soul, because in the long run of our life, only our mind becomes faulty and disturbed, but not our soul. Our soul is the root source of our virtue and creativity and this existence has made an effort for billions of years to develop them; so there is no question of formatting them. Further, as a matter of fact, only because of our faulty-mind, in humanity, there are differences and discrimination of castes, creeds, classes, religions, beliefs, isms, nations, and even of different Gods; otherwise there cannot be such differences in our humanity. So, our mind needs formatting and not our soul. Therefore, during rebirth-process, existence eliminates only ill-scars from our mind and not our inbuilt virtue. And, this is the reason why in the present birth, we forget our past-life history stored in our mind but not our inbuilt developed virtue. An artist does not forget his inbuilt virtue of art. A singer does not forget his inbuilt virtue of singing. A

dancer does not forget his inbuilt virtue of dancing. And there are many fields of art and creativity in which people have shown their talent and expertise without any formal teaching and learning; and certainly, this single unusual and peculiar activity of a human being provides a genuine proof of immortality of a soul. But, due to lack of awareness, people do not observe this matter in this way and they simply accept this as a matter of God-gift and fate; or a matter of genes and chromosome of their parents, grandparents and forefathers. Friends, this is not a matter of God-gift and fate, or mutations process and genetic engineering processed by nature, but it is a matter of rebirth and further progression of creativity of a crystallized soul. In fact, this existence has gifted some virtue to everyone. It has given some virtue to even an atom which is so tiny in size; so certainly, we, a huge molecule containing trillions and trillions of atoms, are many times more virtuous than an atom. Therefore, there is no doubt about our intrinsic virtue, it is built-in within us, however to emerge it, we need crystallization of our soul and a sincere effort for emerging it.

### **The Inner-mechanism of Birth-process and Child-development**

Why is it that the children of the same parents show a noticeable dissimilarity among one another? Why even twins born of the same parents and brought up under similar environments show dissimilarity in between them? How can theory of heredity-transmission and genetic engineering explain this case? And, how can astrology, a science or a belief-system that states that the position of stars and planets affect the fate and destiny of a child, explain this case; because twins are born at the same time and at the same place? In real life, we find so many cases where we find dissimilarity between parents and their children and even in between twins. So this question naturally arises that who or what is creating this dissimilarity? Who is playing a tricks and politics with our reproduction system! And, please stop saying—‘*God knows*’. In fact, we instantly bring God wherever we find difficulty in explaining such a case. This mentality shows only our poor crystallization of our soul and lack of awareness and nothing else. In fact, we should involve God in any case only when science will discover God, like it discovered God-particle! Until then, we should observe every matter in a scientific, or in a logical manner— because even today, explanation of everything is not possible by modern science.

Friends, in fact, heredity plays a considerable role only in making physical part of our children. It does not play significant role in transferring

our art and virtue to them. We should ponder over this simple fact that when an atom cannot transmit its virtue to the other atom then how a couple who is made up of trillions and trillions of atoms can transmit their virtue to their children? No, it is not possible. Only mass and quality of mass is transferred via Genes and chromosomes of parents to their children and not parent's art, virtues, awareness and intelligence. Hence, by giving birth to our children, we just give them only a body but not a soul (essence). Additionally, we should be aware that we are just a medium for giving them bodies but we are not the actual maker of their bodies; because, at the time of their conception or birth, their body-cells are selected by the nature and not by us. It is not in our hand to give birth to a male or a female baby. Through ultra-sound mechanism, we can only '*check*' the gender of a baby but we cannot '*change*' his or her gender. Additionally, this process is coordinated and progressed by nature and not by us. Moreover, there are many couples who are childless; it means it is not totally in our hand to give birth to our child. So, our role is very little in giving birth to our children.

Now, we see how our children grow and develop: we can understand this matter in a simple way with this analogy— a soul is like a seed of a plant. Its virtue and characteristics are coiled up within its core as it happens in case of a seed. A couple provides just a piece of land for its seedling and growth. Rich people provide a fertile-land whereas poor people provide a barren-land! Now, as a seed receives and assimilates certain peculiarities from its environment during its growth and development, similarly, a soul receives some peculiarities like a certain belief-system, culture etc. from his environment that is, his parents, family, society etc. and assimilates them within his mind. In fact, while growth of a child, the inner-potential (soul) of the child and his outer environments play their role and influence the development of the child. However, his inner-potential (soul) plays the key role in his development, because it is basically his inner-potential which coordinates and directs his thoughts, desires and actions, which are the key ingredients of development of a human being.

As we know, Albert Einstein was a silly boy in his early age. He was so stupid that a teacher had declared that he could not study. However, such a silly and ordinary boy, one day, became one of the greatest scientists of the world. It looks strange but it is a reality. And, similar incidents have been happened in the lives of many intelligent and virtuous people of the world. Looking all these incidences, this question naturally

arises that why does it happen? In fact, it happens because such human beings have already acquired crystallization of their soul and therefore they have already developed their inbuilt virtue and intelligence. That is why when such a crystallized soul takes a new birth, his crystallized soul slowly opens its layers like the petals of a lotus, where there is coiled-up sharp intelligence and awareness in a latent and potential form; and we see this intelligence when he is fully grown-up. But we simply say that such people are special and God-gifted. No dear, this is not the actual reality. Reality is that we are all God-gifted with some virtue and talent, so wake-up your soul and prove this reality as a truth.

Friends, from the above discussion, it is clear that we do not have to create or insert virtue and intelligence in our children; instead we just have to help and support them in emerging their intrinsic virtue. And though, it seems a simple task, it is not as simple as we think, because, a child is like a seed, a potential-unit. He is like an unknown-chemistry and we have to reveal this chemistry. And certainly, to reveal this chemistry we need careful observation and appropriate interaction with our children, and for that, we ourselves need a certain level of education, self-awakening, and a sense of responsibility. Without this, we cannot develop our children in a proper way. Observing the difficulties and problems of humanity, it is totally clear that most of the people of humanity are very irresponsible towards care and development of their children. People have produced their children to fulfill their own desire and not to develop them. Poor people want helpers or servants for their old age and rich people want a successor for their empire. This is the actual mentality of most of the people, and its adverse result is in front of us— huge population, poverty, unemployment, pollution, diseases, hunger, misery, and downtrodden lives of billions of people. People have spoiled their children and in turn they have spoiled the humanity to fulfill their own selfish desires. For these all problems, we are responsible and not any God, and until we understand the actual-mechanism of humanity-development and leave our selfishness and irresponsible-behavior, these problems will never be ended. And until these problems end; we all, both rich and poor, both VIP and ordinary, all will recycle in these problems through life-cycle mechanism, and in fact, we have been already recycling in this cycle for a long time. Therefore, the only way to come out of these problems is to finish them, and there is no problem in this world which cannot be finished with the power of self-awakening. So, awaken yourself and help in awakening others.

## **Leave Past and Utilize Present for better Growth and Development**

Friends, people have this belief that we face problems and difficulties in our present life due to our past-life karma, in fact, past-life bad karma. Certainly, it is true that action-reaction and cause and effect always go together, but it is not true that creator-existence punishes us in our present life for our past-life karma. *In fact, this existence is so kind and compassionate that it can bear any wound without hurting us.* Friends, we should be aware that like a mother produces her baby to love, care and development; the creator-existence has produced us for our growth and development and not for punishing us. Notwithstanding, even this existence finds someone in an unhealthy state— ignorant, egoist, greedy, angered and violent; instead of punishing him; it puts its best effort to make him healthy, sensible, intelligent and developed. Because, even an unhealthy person is like a cell of the creator's huge body, so there is no question of punishing its own cell. Therefore, this compassionate and awaken existence always cares us and it makes a sincere effort to make us healthy, developed and virtuous. However, due to ignorance and false spiritual and religious belief-system, we have created this false belief that God punishes us for our past karmas. For our misery, poverty, failure, diseases, and accidents we blame our past karma and God. In fact, blaming our luck and fate is nothing but blaming our God in an indirect manner; in a cunning, cleaver and diplomatic manner. We fear to blame God directly, so we blame him in the name of bad luck, fate, past karma etc. We fear that if we blame God directly he will be more angered and hence he will punish more severely, so we blame him indirectly. Further, the question is why this cunning-and-diplomatic psychology developed within us; I have already mentioned about this in the title—‘Come out of All False Myths and Beliefs’. In fact, when the humanity started its journey of evolution and development, we were foolish and ignorant; we had no knowledge about the virtues and the characteristics of the nature and existence. Certainly, today, we have this false belief that in the past we were very intelligent and awakened and we have gradually become more ignorant, cunning and corrupt. However this is not the truth. Truth is that we have started our journey with poverty and ignorance and we are continuously progressing towards prosperity and intelligence, and today we have reached here, at the developed science age. So, only because of our past ignorance and unawareness, we have caught into such false beliefs like luck, fate, destiny, horoscope, lines of hands and head, punishments for past karmas etc. Therefore now, in this modern science age, we should

come out of our ignorance and false beliefs and we should make a sincere effort to grow and develop. Only with our sincere effort and self-awakening, we can develop oneself and others.

### **Man Can Become an Insect! — What a Misery of Our Belief-System is?**

People have belief that in the next birth, one may take birth in any living form depending upon his present karmas and desires. One may take birth as a dog, pig, or even as an insect. What a disgusting-belief! People are agreed to be born as an insect. They have not abhorrence for such a disgusting belief. On the contrary, they justify their belief saying that at that time they will forget their past, as at present they have forgotten their past. So they can easily adjust with dogs, pigs and insects; and really, nearly 30% people of our country have adjusted their lives in a dog and pig manner in poverty and unemployment. For these people; poverty, unemployment, population explosion, diseases, hunger and death, are not big problems; they have been easily adjusted with them. And in fact, this is the main reason why these problems haven't been eradicated until now.

Friends, we have totally distorted our past religious and spiritual awareness. We have made it a matter of joke. Certainly, it is true that as you sow so shall you reap, because every action has a reaction in one way or the other way. Even an atom and electron follow this natural reality, so we also have to follow it. But the evolution process never goes in a backward direction. It always proceeds in a forward direction. Hence, a human being will always take birth in a human form, but one will take birth in a rich, poor, or in a drastically poor circumstances; it is a matter of concern of the existence and it is processed and organized by existence itself. It cannot be processed and controlled by us. No one is here on this planet, who can desire to take birth through a poor and downtrodden couple, however daily many children are taking birth through them; from where they are taking birth; certainly from us, from the humanity. Therefore, here no one is safe from poverty until we eradicate it from the root. And, government-people, political leaders, and administrative officers are more prone to the poverty, because they have taken the '*maximum responsibility*' to eradicate poverty; so your turn is coming soon, be prepared! Therefore, take some strong measures so that poverty and unemployment may be finished as quickly as possible; it will be better for your future lives.

In fact, I myself do not want to take birth on this planet until poverty

and unemployment are totally eradicated. I have faced lots of problems and difficulties due to these two problems and it is not intelligence to face the same problems again and again. And in fact, I want to eradicate these two problems from the root, only because I could not face them again in future. And I am sure that if at least 80% people of this planet can understand and experience my words, these two problems will be finished very soon. Because, remaining 20% people will naturally see and follow our awakened and intelligent way of living and also mix with us through life-cycle mechanism and thus, they will also help in developing a healthy and beautiful world.

### **Why do we forget Our Past-history in the Present Life?**

This is an interesting thing to know. Friends, as we know, science finds that the intrinsic virtue of every natural particle is to remain in its most possible balanced and peaceful state. Peace, harmony, coordination etc. are the basic virtues of natural particles. Now, our soul is also a natural body and hence it also wants to remain in a balanced and peaceful state. In fact, this is the reason why it leaves every bit of disturbed and unwanted energy before leaving its past body and consequently it forgets its past-life history. It leaves its name, fame, power, personality, caste, religion, beliefs and all such disturbed and unwanted energies and hence we forget our past-history. But, it does not leave its developed and acquired virtue like art, awareness and creativity and therefore in the present birth many people seem born-artist, born-singer, born-dancer, born-intelligent etc. They seem God-gifted. However, in fact, behind this, this is the basic science and chemistry taking place life after life.

Friends, to understand this matter in a simple and practical way, for a few moments, we leave thinking about the history of our past life and see the present life; what do we know about our present history, what do we know about our long “*yesterdays*”, what do we know about our childhood and teenage? And how much we care and are concerned about our “*yesterdays*”? Do we know about our every “*yesterday*”; from childhood till now? No, in fact, we know very little about our long-period of yesterdays. If we try to remember our long-period of yesterdays, we find that in our memory we have only a few “*glimpses*” of our *yesterdays-life*, 15 or 20 glimpses; remaining things are inert, neutral or silent— gone in our unconscious mind or transformed into some other forms of energy, we don’t know. And those glimpses are of either happy moments or sorrowful moments, only those ‘*even-and-odd*’ moments are alive within us;



remaining moments have '*gone*' out of our mind. Medical science says that it remains in our mind, in unconscious mind; but who care and what is its use for us, nothing, just nothing. Same thing happens while a new birth takes place— all yesterdays of our past life becomes neutral and dead, however our soul remains alive. It is always alive and it will be always alive, it can never be died. Aliveness, awareness, intelligence, creativity, and growth are the basic virtue of soul and these virtues can never be ended from it.

Now, fiends, since our past-history is totally inert and neutral, so there is no use of thinking about it. We can do nothing about it. We have not any '*undo-mechanism*' like a computer has; and even in a computer, we can undo an action before closing the window. Once we close the window, we can do nothing. So, once we take a new birth, our past-window is closed. Now, we have to start everything in a new way. Therefore, present is the most important time for our growth and development and we should utilize it to the maximum level. This existence has given us an opportunity to crystallize our soul and emerging our creativity and we should all utilize this opportunity; forget about success and failure, just utilize this opportunity.

### **Where do we go after Death?**

Friends, in the title, 'Existence formats us through Life-cycle', I have mentioned that for formatting our unhealthy and faulty mind, the existence keeps us in a peaceful state '*somewhere*', and science may discover this '*somewhere*' in future. Most of the people want to know this '*somewhere*'. Many spiritual and religious books are available in the market about this '*somewhere*'. Public has demand and authors and publishers have supply such materials. However, I have no idea about this '*somewhere*'. But before knowing this '*somewhere*', I want to ask a simple question to you; though, at present, you are alive at this moment, where are you at this moment? Where are these things— planet earth, solar system and the Milky Way? Have you any exact idea about it. No, you don't have. So, when we are alive, we have no exact idea about it then how can we know (or think) where we will go after death? No, we can't say. And, if someone can say some genuine facts about it, then only science can say it, remaining people will only guess, imagine and dream. There is no use of such imaginations and dreams. Imaginations and dreams of only scientific and awakened people—like Albert Einstein and Leonardo da Vinci, are useful and not of everyone. Most of the people are filled with lots of imaginations and dreams but they are all absurd and useless, because

they are for gaining only power, property and prestige and not for art, science, and creativity. People dream to be a business-man and a billionaire or an MLA, MP, CM, PM, President etc. and not to be a creative artist and a scientist.

Further, friends, as per our past religious belief-system, we may think that we will go to either heaven or hell depending on our present karmas, but until science discovers heaven and hell, we cannot be sure about it. However, one thing is sure that; since everything is in the existence, so after death also, we will be somewhere in the existence. Hence, though we do not know where we were before this birth and where we will go after death, it is sure that we will be somewhere in the existence. As a matter of fact, this is a matter of concern of the existence and not ours. Existence is the overall controller and organizer of everything and it is purely fair, lovely and friendly, and at the same time, it is also highly intelligent, powerful and awareness. Therefore, we do not need to bother about this matter and certainly an awakened soul can never be bother about this matter.

### **The Way of Enlightenment**

Friends, first of all, what is enlightenment? In spirituality and philosophy, a lot of things have been dreamed and spoken about it; however, in simple words, being enlightened is nothing but being totally peaceful, contented, and light (weightless). It is such a “saturated” state of a human being that in this state he feels that, for him, there is nothing left to be done or tasted or desired or dreamed in this world. He feels that he has done everything to be done and tasted everything to be tasted; and hence he becomes totally peaceful, satisfied and content. He feels that there is no use of taking birth and coming back here again; it will be useless; just time-pass; and passing time for an average human life, i.e., 60-70 years uselessly, what an odd and meaningless situation will be that. Hence, he always makes an effort to do something new and creative thing, and in fact, this is the reason why this existence gives birth to such people again and again. And though, we do not recognize such faces with their past names, this creator existence knows the actual reality of this matter.

Now, how can we attain enlightenment? The answer is only one—with crystallization of our soul (inner-peace). Crystallize your soul and reach to the excellent level of awareness and do whatever you want to do, that's all; you will be contented, peaceful, and enlightened. However, contrary to this, many religious and spiritual people think that for enlightenment, we should leave or suppress our desires and dreams. We should be desire-

less and dreamless. But, it is a wrong way of life. It cannot move us towards peacefulness and enlightenment. In fact, attaining enlightenment means attaining a state in which we become totally peaceful and contented. So, only after fulfilling our desires and dreams, we can attain a peaceful and contented state; otherwise, we can never attain this state? So, there is no logic and sense in being desire-less and dreamless for attaining enlightenment. Certainly, due to lack of self-awakening, we have unlimited desires and dreams of power, money and prestige, and until we awaken our inner-awareness, we can never come out of our dreamy-mind. But, at the same time, it is also true that emerging out our inbuilt creativity (essence) is also a desire—a passion, a great aim. Every great work of art, science, and music etc. has been possible only with great desire, imagination and passion. A person cannot paint a great painting without great inner-passion. A person cannot formulate a theory or a concept without passion. In fact, all great creative and virtuous works needs a great passion which arises within us as a desire. So, suppressing our desires and dreams means we are also suppressing our intrinsic art and creativity, which is a totally wrong way of life. Hence, in place of suppressing our desires and dreams, we need filtration of them so that instead of moving behind money, power, and fame; we can move towards emerging out our intrinsic art and creativity, and it is possible only with crystallization of our soul. Only a crystallized soul can filter out his creative desires and passion leaving behind the desires of power, money and prestige; and move towards emerging out his art and creativity. Remaining people will move towards money, power, and fame, otherwise they will be confused about the direction and the aim of their life. And, they cannot judge the right direction of their life until they crystallize their soul. In fact, after crystallization of soul, this existence induces us through our soul to act and move and we move accordingly, and moving in such a way is the “flowering” of our soul, and in the spiritual sense—this is enlightening our soul, and moving in this way finally we reach the state of enlightenment.

Further, friends, we should be aware that this existence does not want to catch or hold us forcibly in this world as most of the religious people think so. Many religious people think that this existence gives birth to us in this world to punish us; it punishes us for our past bad-karmas. But this is a wrong way of thinking. Reality is that this existence gives birth to us for our further growth and development. It wants us to emerge out our intrinsic art and creativity. In fact, we are always free from the existence to move from here and it is only we, who are forcibly attached with this world due to our

'unlimited' desires and dreams of money, power, and fame. So, basically, we ourselves are responsible for our unhealthy and stressful life-cycle and not the existence. Hence, crystallize your soul, with crystallization of soul, our natural awareness awakens and this natural-awareness guides us to proceed on the path of peace and creativity and that leads to our enlightenment.

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## 9 GOD AND RELIGION

### **What is God?**

Friends, there are many myths and beliefs about God and at present there are many theories and philosophies about Him. However, it is a fact that still people have no clear idea about God. Still, people are confused, and it is also true that only because of many myths and beliefs, theories and philosophies, the common man have become more confused about Him. Though, these beliefs, theories and philosophies are to simplify the matter of God, but they have made it more confused and complex. These theories are there to enlighten us but reversely they have made us more confused. Somewhere, I have heard that the word GOD has a significant and remarkable meaning: 'G' for Generator, 'O' for Organizer and 'D' for Destroyer. In fact, about God, there are similar beliefs in every religion. However, according to the modern science, nothing can be generated and nothing can be destroyed, anything can be changed from one form to the other form only. It implies that the word Generator and Destroyer have no authentic meaning, because if nothing can be generated or destroyed, no one can be a Generator or a Destroyer. So, now the word GOD remains only a letter O. Now, we see whether the letter 'O' (for Organizer) has any meaning: Yes, it has a meaning; in fact, it has a great meaning. Observing the different organizing and harmonious activities of the nature and the existence, it is evident that there must be an Organizer who is organizing the whole activities of the nature and the existence. Without an organizing-force even a tiny atom cannot exist, what to say about universe. So it is sure that there must be an Organizer who is organizing the whole activities of the universe. But the question is who (or what) is that Organizer and where is He, She or It? No one knows and no one can ever know, why? Because, there is no Organizer in the *'human-form'* or any *'certain-fix-form'* in the whole of universe as we believe in. We have different religions and philosophies about God to believe in, but the reality is that the actual God is the existence itself. This existence itself is that great Organizer. And, this Organizer is in front of us, but we silly people are searching for Him in books, beliefs, and at different religious places. Again, the existence—the great Organizer is neither He nor She, rather it is both and it is better to say it is 'all' or 'all-in-all'. Here, someone may ask— how does this existence do its organizing activities, because it has no hands and legs, so whether it

does not need any agent or a middleman like God, in which we believe in? And, the answer is, it does its organizing activities through its micro particles like atoms and electrons, and its micro particles (little organizers) are so active and responsive that it does not need any god or guru or leader as an agent or a middle-man to organize its activities. Surely, a person can help and support it in its organizing activities but not as a guru, god or a leader but as a child, as a lovely and awakened child, like Jesus, Gautama Buddha, Sri Krishna, Kabir and many others. These all people are lovely and awakened children of the existence and not gods or gurus or leaders. We should be also lovely and awakened children like them, which is possible only with self-awakening. Therefore, we need only an eye of self-awareness to see this existence as the real Organizer, the real God. Without self-awakening we can never see this real God.

### **Where is God — Some false Myths and Beliefs**

Friends, there are many myths and beliefs about the ‘abode’ of God and people are searching for Him on the basis of these myths and beliefs. Here, we observe two of such beliefs:

We believe that God is above in the sky. He is in the heaven and he controls the activities of the world from there. However, today we know that our earth revolves round the sun and hence the thing which is above at the daytime should go to the down at nighttime. So, if we say God is above at the daytime, we should say God is below at the nighttime. But we always say God is above, we never say God is below, why? Because, we have learnt this answer from our ancestors and we are just reciting it like a parrot. In fact, about God, we have kept many such beliefs and ideas in our mind, and as and when it is required, and especially, at the time of religious and spiritual discussions and discourses or speeches, we just start reciting these beliefs and ideas. In our society, and even in a village society, I have seen that most of the people are a good speaker. In fact, they just need an opportunity to speak and they can prove that they are better speaker than many gurus, leaders, and politicians. However, these people are only a parrot-type speaker and nothing more. They are speaking for a long time ago and they have still continued it, and until their inner-awareness will awaken they will continue it; because, by doing so, they pass their time, they pass their life. They do not know what to do with their lot of leisure-time and they find that useless speaking and chit-chatting is the simplest thing to do, so they pass their time by doing so.

Further, friends, we have a belief that God is everywhere (omnipresent) and it is really a nice belief. However, the question is, if God is everywhere, why do we go to religious places to see and pray Him. If God is everywhere, we can stand anywhere and we can see Him, talk Him, and love Him. Again, the question rises that how a single God can be present everywhere. He is a ghost or something else! Anyway, let He is everywhere, but everywhere means everywhere. It means He is not only in good things and at good places, rather but He is also in bad things and at bad places. Therefore, we should see God in bad things also; like in poverty, diseases, pollution, corruption etc., but we never see Him in such things, why? It means this belief is only a phony idea and not a reality. Friends, in fact, we should see this matter in this way: a part (which is known as 'humanity') of God or existence, is in a poor and miserable state and God needs our help and support to change and transform that part. Certainly, God is the most powerful organizer and transformer and it puts its best effort to change and transform every poor and miserable part. But it is also true that it needs our help and support to change and transform that part, because we are the actual hands of the God. God has not hands like us, whatever it does, it does through us, or it does through the micro natural particles like atoms and electrons. Surely, you will be surprised to hear that God needs our help and support, because from the ancient history, we have been taught that God is the most powerful, strongest, and compassionate body and He can do everything— nothing is impossible for God. He can finish our every problem within a moment; we just need praying and praising Him. But sadly, this is only a belief, a silly and phony belief.

Friends, reality is that a part of God is in a poor and miserable state and God needs our help and support to transform it; and poverty, diseases, pollution, corruption etc. are such parts. Therefore, please help God in whatever way you can help it, little or large, it does not matter, you just help it for developing a beautiful humanity. So, let's make this world a better place to live in. In fact, the basic aim of all spirituality and religions is only one that is, they have all inspired us to develop a beautiful humanity; otherwise there is no use of any spirituality and religion. This world can live and move forward without any knowledge of spirituality and religion; if people become sensible, developed, and self-awakened.

### **How to Know God?**

Friends, surely, in the market, we have books like 'How to know God', but in those books, there are only words and ideas except the God, because, with the help of a book or a guru, the real-God can never be known and experienced. The real God, a virtuous, peaceful and awareness entity can be experienced and harmonized with our crystallized soul only in our peaceful state, famously known as 'mediation' or '*dhyān*'. When we become peaceful, we naturally connect with this virtuous entity. In fact, being in a peaceful state '*consciously*' is the harmonious state of our soul with the God. In this state, our soul unites with the integrated virtuous and awareness mechanism of the existence, and that is the state of experiencing God. Hence, one should be aware that if he is not able to remain in a peaceful state just for a few minutes; at least for 5 minutes, even all the books and all the gurus of the world cannot help him in experiencing the God.

### **The Incarnation of God**

Friends, as we know, everything of the universe is a hybridized-form of mass and energy, and everything available at present is the result of continuous evolution process of the nature and the existence. Therefore, certainly, humanity is also the result of this evolution process; and in fact, humanity is the most developed form of this evolution process on this planet and in the near-by astronomical bodies of our solar system. Now, in our humanity, some of the human beings have been highly developed and awakened and we consider them as highly especial or VIP. We have distinguished some of them as— the incarnation of God, the son of God, the world-guru etc. We have made them so special that we have put them separate from us. We have made them holy and heavenly-bodies! However, it is a fact that they were also human being like us. They were also made up of the same atoms, molecule, cells and tissues like us. And, it was only their developed virtue and awareness, for which they had made a sincere effort, which made them different from us; otherwise they were exactly like us. And, because they were exactly like us, we can also develop like them if we make a sincere effort like them. The creator has given inherent power to everyone for growth and development. We are all the children of the same creator-existence; and for the existence no one is ordinary and no one is extra-ordinary or special. Everyone is same for it and it puts its best effort to develop everyone. So, with self-effort, we can also grow and develop like them. And in fact, reality is that all those people,



whom we consider as an incarnation of God or the world-guru, have advised, taught and inspired that we can also develop and become virtuous, creative and awakened like them. They have all inspired us to develop as a '*joint-family*' so that we can develop as a whole family, one-and-all. However, due to lack of self-awareness, we did not understand their virtuous aim and we created so many different religions in their names and teachings. We created differences and discrimination among us in the name of different castes, classes, and religions. They put their effort to do good things for us but due to lack of self-awareness, we started doing bad and even evil things in their names. But now, we can understand their virtuous aim, as today we are more educated, sensible, developed and awakened. At present, at least 60% people of this planet have that much developed intelligence and sensibility that they can feel and understand their virtuous aim. Friends, the most important thing to feel their virtuous aim is; we need a heart and not a mind; we need more self-awakening (inner-peace) and not more knowledge and education. Even an illiterate but awakened being like Kabir das can feel their virtuous aim, but a PhD without self-awakening cannot feel their aim; this is the intricacy and difficulty of the human psychology. So, we need inner stimulation and awakening with the power of inner-peace; only this can make us aware of the virtuous aim of our olden awakened and virtuous people. And I am sure, after self-awakening, we will naturally make an effort to develop the remaining people of this world and thereby we will develop a beautiful world on this planet; which is the sole aim of all the virtuous and awakened people and all religions of the world.

### **God is not hidden — We just need an 'Eye' to see Him**

Friends, whatever we do, we do with a desire or an aim, and the basic desire is our satisfaction; satisfaction of food, cloth and shelter or the satisfaction of money, power, and fame. There are also some people who want to fulfill the desire of their soul, and that is the creativity. Therefore, obviously, if we desire to find and meet God, we desire it for satisfying some of our big desires and dreams. However, the problem is, we are *billions* in number and our desires are *trillions* in number, but God is only one (or only a dozen!), so how this single God can fulfill our trillions of desires? It seems impossible. Once, I heard that our God is hidden somewhere in the universe, because he fears that if he would come in front of us, we all will start crying to fulfill our desires and dreams. Some people

may go on strike and some may go on fast-unto-death type strike to fulfill their demands. In such a situation, God will be very upset and disappointed, and this situation will also create a great chaos and disorder. And therefore, God does not come in front of us and hence he is hidden from us, and in fact, he has been hidden from us from the very beginning of the creation of the human world, because no one has seen the God yet. Whoever says (or has said) that he has seen the God, he has seen only the “image or dream” of God in his mind and not the real God in front of his eyes, because the real God is always in front of us, it is never hidden.

However friends, contrary to the above fact, we also say that our God is very merciful, powerful and great; then, the question rises that how such a powerful and compassionate God can be feared and hidden from us? Obviously, he cannot be feared and hidden, and hence he will certainly come to help us. But he does not come. We fought First and Second World Wars and we are preparing for the third one, but still God is not coming. Presently, we are facing so many problems and difficulties around the world, and we believe that this world is going to be destroyed very soon, but still God is not coming. And, I am 100% sure that he will never come; we can wait for eternity, but still he will never come, why? Because, God is not somewhere in the sky and he is not feared and hidden from us, instead he (the existence) is always here in front of us, we just need an eye to see him, and that eye is the eye of self-awareness, and this book is to stimulate and open that eye. People like Sri Krishna, Gautama Buddha, Jesus, Kabir etc. have the same eye, and therefore they have seen this existence as the God. You study their words carefully, they have all described this existence as the God—the Creator—and this God is rigidly and boldly standing in front of us. Anyone can cry at the top of his voice in front of it. Anyone can do anything with it to satisfy his desire. But, this existence never fears with anyone—how can it fear—it has trillions and trillions or better to say uncountable number of Hydrogen bombs, and just 100 Hydrogen bombs are enough to finish this world within a moment. It can kill even the strongest and the most powerful person of the world within no time, and for that, a hydrogen bomb is not required, rather just a tiny bullet from a six inch gun is enough! And, here I am talking in such a *‘bullet-manner’* because you have created many false myths and beliefs about God and only such a bullet-type talking can eradicate such false myths and beliefs. Therefore, there is no question of fearing for God.

Friends, at this point, again we should be aware that the basic aim of God (existence) is not punishing and killing us, as some fake gurus and

religious people believe and preach us; instead the real aim of God is our surviving, caring, and developing; and due to this very caring and developing nature of the existence, we have been reached this developed modern stage. But we ignorant people do not understand this developing attitude-and-effort of God. We ignorant people pray and worship someone else in the name of God to fulfill our desire and dreams. Please stop this foolishness and start doing whatever you want to do to fulfill your desire and dreams, because only your work and effort can fulfill your desire and dreams and nothing else. You have been worshiping God for many lives but still your desires and dreams are unfulfilled and they will always remain unfulfilled until and unless you will make a sincere effort to fulfill them.

Friends, what I have done in my life, just a-little effort— just some efforts to gets a little job, and little efforts to write only for books, and now little efforts to make nearly 20 YouTube videos; and how much I am sincere about my efforts, only existence knows. Because, this existence has produced people like Einstein and Newton, and Gautama Buddha and Jesus, so I need not to worry about its judgment and intelligence, and you should also not be worry about it. Additionally, friends, regarding work and efforts, you are also nearly equal or better than me, but you are lacking self-awakening and therefore you are facing so many difficulties and problems in your life. You must need self-awakening with crystallization of your soul, only then you can understand the actual science of life and God, and only then you can start living a peaceful and blissful life. Hence, come out of this belief that God is hidden from us. No, he is always in front of us; we just need an eye—the eye of inner-awareness—to see him.

### **The Real God is our Friend**

Friends, the real God, that is, the existence does not want any formality or ritual activities from us. It does not want any worship or prayer from us. An awakened being can never take interest in any ritual activities. He will be very informal and friendly with God. In fact, only in a friendly relation, one can be truthful to his partner, and only in a friendly relation, two persons can share their happiness and difficulties in a true manner. I myself treat God as my friend and I share everything with him in a friendly way. In fact, sometimes I also hate and scold God as we generally do in a friendly relation. Especially, during poverty, many times I have hated and scolded God, but God is such a lovely and caring friend that it has never hated me, it has always loved me. Surely, sometimes it has also scolded me—with

inner-voice, when I have done a mistake avoiding its voice, but it has never hated me. It has always loved and guided me to move in the right way. And, that's why I want to say that Jesus was a true-son of God, because, Jesus was as lovely as God is. Jesus was such a lovely person that even while crucifying, he had prayed God to forgive those people who were crucifying him. Such a lovely person he was. Friends, we should also try to be a true-son of God like Jesus, and if we cannot be that much true, at least we can try for that, so that, in future we may be that much true. Remember, only sensibility, love, compassion, and friendliness can survive this world and not arrogance, revenge, and violence. We can solve our all problems and difficulties with love and friendliness; there is no need of any war and bloody-revolution what is going on at many places in the world. This book is also to solve our problems, and after studying this book, you think yourself; what is that problem which cannot be solved with love, friendliness, science and self-awareness. You cannot find a problem which cannot be solved by developing these human-virtues, and developing these virtues is the sole aim of spirituality and every religion.

Further, friends it is very simple and easy to be friendly and truthful to the God, for that we just have to be truthful to our own crystallized soul. We have to be honest with our own inner-feelings and inner little-voice. Because, if we are truthful to our inner-feelings, we are naturally truthful to the God as our inner-feelings are directly connected to the God. God observes and absorbs our every activity through our soul, and that is why I say that one can cheat the whole world but no one can cheat the God for a single moment. So, if a person is not cheating or avoiding his inner-feelings, he is not cheating God, he is truthful to the God. And certainly, such a person will be an awakened and a virtuous one. He will be a human being in a true sense, and in fact, most of the people are not human beings, but they are *being human*! They are *becoming human*. They are developing from monkey to man! People like Jesus and Gautama Buddha are human beings and we are becoming human, we are becoming like them.

### **The Real-God does not do any Magic or Miracle**

Friends, we are very dreamy, optimistic, and *be-positive-type* people. We are so dreamy and hopeful people that we also dream about our next birth. Friends, please understand that in this birth, if someone has no curiosity and interest in science and technology, and if he dreams that in his next

birth he would become a doctor, engineer or a scientist, then only his dream-God can do such a miracle and not the real-God. Similarly, at this time, if you are not even a bathroom singer and you dream that in your next birth you would become a famous singer, then only your dream-God can do such a miracle and not the real-God. However, sorry to say that such a magical and miracle dream-God is only a dream and not a reality. Reality is only this existence about which I have already written a lot and if you want to know more about it then the best source is science books or science internet sites. Nothing is as reliable and trustworthy as science and *self-awareness*. Additionally, I want to say that here I have quoted only a few examples of art, talent, and creativity; however there are many dimensions of art, talent, and creativity, but in every dimension the matter is same. It means in every dimension, we need curiosity, self-interest, and most importantly self-effort. These are the basic ingredients or tools of art and creativity. This existence is creating, nurturing, developing, and organizing all art and creative works through us. In fact, art and creativity are natural processes and they are very delicate and sensitive processes. They need time and efforts. They do not happen in a magical way— within a few seconds an egg turns into a hen...; no, a natural process does not happen in this way, instead it takes time and lot of efforts. Therefore, if someone wants to do something or become something, he must start doing that thing at this very moment. Only then, one day he will fulfill his desire and dream, otherwise he will always remain desirous and dreaming. Like a pendulum, he will just move between the two ends of life-cycle— birth and death, and most of the people of this planet are moving in the same way. They are giving unnecessary burden of population on this planet. We can transform and improve this situation only with eradicating our false belief system about God.

### **Some Ignorant but Successful People are misguiding other People**

Friends, some wealthy and successful people like big businessmen, sports persons, film stars, celebrities, leaders, and other VIPs say (and indirectly advice) that fate and destiny has a great role in their success. Seeing the fate-attitude of these successful people, poor and ordinary people get satisfaction that they are poor and ordinary because of their poor fate and destiny. They think that poverty is not their fault but it is the fault of God and his planning. So, for their poverty and misery, God is blamable and not they are. What a misery of these people is! Already they are ignorant and

these VIPs are helping them to remain ignorant. Already they have '*cancer*' and these VIPs are inserting *HIV-virus in their minds*! Because, these VIPs are advising and confirming that in whatever way they are thinking and living is right. There is no need to change in their thinking and living.

Friends, whoever is saying that prosperity and poverty are a matter of fate and destiny is a guilty; in fact, ignorant. He is guilty and ignorant in the awakening-eye of the creator. He may be a hero, celebrity, star, leader, guru, god or any VIP, but certainly he is not an awakened soul. He is not a friend of humanity, because he does not want to develop one and all. He wants only self-development. He wants remaining people to see him as a role model, as a hero and leader. In addition, a person, who blames his fate and destiny for his poverty, failure and misery, he may be a God-believer but certainly he is not a God-lover. How such a person can be called a God-lover who blames God for his failure and misery; no, he can't be. And therefore, on this earth, only a few people (may be 1-2%) are true God-lovers, remaining all are God-believers and God-blamers! In fact, not only poor and ordinary people but also many rich and successful people are God-blamers. They blame God because they think that they have not yet achieved their desired goal, the goal of becoming the richest person on this planet, and they think that God is not doing justice with them.

Rich friends, if you have earned success and prosperity due to your talent and hard-work, you should simply say that you have earned it with your talent and hard-work, but please do not involve God in your success-story. Because, by speaking in this way, in fact, indirectly you are blaming God for the misery and the poverty of billions of people. Of course, in your own way, you are praising and flattering God, but in the other way, you are proving God a biased, partial and an unfair body. And suppose, if someone asks you, 'Who has made poverty and poor?' What will be your answer, could you say, 'God has made poverty and poor.' You couldn't say, and in fact, you can never say, because by saying so, you will blame and hurt God, which you can never do. So, in place of saying this, you will say, they are poor because they are lazy and stupid or unintelligent. It means you are prosperous and successful because you are hard-working and intelligent, and this is the real and right answer. Therefore, please speak the reality, otherwise speak in such a manner that your words stimulate and awaken others to act and move forward for their growth and development. Belief in fate and destiny is a big hurdle in the development of humanity and therefore you should help people in eradicating this belief.

## **I Want To Meet God Now!**

Friends, once I had gone to a spiritual institution. At that time, I was nearly 18-19 years old, and I was struggling to get a job. I have already mentioned that I am an ordinary knowledgeable person, so I was getting difficulty in passing competitive exams. In fact, I had to struggle for nearly five years to find the Indian Navy government job, so you can imagine how ordinary person I am. Secondly, in my teenage, I wanted to be a scientist, doing something in the field of science; but ultimately I become a store-keeper, this is another proof of my ordinairiness. I have also completed Fire Sub-officer training from NFSC College, Nagpur, and I have also worked as a fire supervisor in a private company, Oswal Chemical and fertilizer Limited in Orissa, but it was only a part of my struggle for being employed; otherwise, being a fireman or a fire-officer was not my aim of life. From teenage, my aim was only one, doing something in the field of science. And therefore, after getting employment, my young-latent-desire starts emerging out in the form of writing books. In my books, I have put my best efforts to observe and analyze the human life with a practical and scientific approach, and I have tried to show how we can improve and develop our life. As a matter of fact, when I had started writing this book, for many years, I had put the title of this book as, 'The Science of Human life', but later; I changed it with this new title, as from social and common-man point of view, I was not fully satisfied with the previous one.

Anyway, friends, there at the spiritual institution, a spiritual guru was delivering a beautiful holy speech about God. I heard him for a few minutes and only within a few minutes, I was so irritated with his goody-goody holy speech that I asked him abruptly, "Where is God, I want to meet him now?" He replied, "You come here for one week and I will show you God." I asked, "Why after one week, why not now? Whether your God is sleeping right now and you do not want to disturb him? What is problem with your God? If you can show him now, show me now, otherwise I will not come here for one week. I have not that much time to spare for meeting God. I have other jobs and the most important job is studying for getting a job; and, by the way, can your God give me a permanent job? I need a job to live, to feed my stomach, so can your God arrange a job for me? And, why only for me, if he is great and merciful and he can do everything, then he can easily arrange jobs for everyone. So, please tell me, what your God can do?" Again he started his holy speeches and goody-goody promising

words, but again I stopped him in the middle and said to reply my question, only in 'yes' or 'no'; that's all. He was answer-less. After this incidence, I had never gone there again to waste my time in useless argument.

Friends, we have made God just a matter of discussion, a goody-goody discussion, and we have been discussing it for a long time. However, what is the use of this discussion; nothing, just time-pass! People, and especially old and aged people have extra time and they do not know what to do with their extra time, so they are passing it in such discussions. I can firmly say that all such discussions and arguments about God are absurd. There is no use of it. Therefore, let's finish our all discussions and arguments about God and make alive and awaken our self-awareness, because only this can make us capable of experiencing the real God. I experience God without any discussions and arguments and without meeting any guru and god. And, I can firmly say that if someone, especially a guru or god thinks that I have no experience of God and I need his experiences and advices, then I am ready to meet and discuss about this matter to him. Secondly, I will meet him as a friend and not as a disciple or follower, because I consider even God as my friend, so there is no question of treating a human being as my guru or god.

Friends, once it had happened that I was reading Rajneesh (OSHO) for the first time, and I was reading his book with such a great interest that a friend had commented on me that now I would also become a disciple of Rajneesh. Listening to his comments for the first time, I had ignored his words for the first time, but when he had repeated his same words for twice and thrice (the book had nearly 500 pages, so it took nearly two days to read), I had replied that I could never be disciple of anyone, whoever he may be. Not only this, I had also told him, "If Rajneesh is interested to become my disciple, it is his wish, but I can never his or anyone's disciple or follower." And though, at that time I was only 17 years old, something was there within me due to which I had replied him back in such an unusual manner, and that something was a certain level of my self-awakening, which I had acquired in this life by-birth. So, though I am an ordinary person, I am ready to discuss any matter related to human life, human inner-science, human-development, and even a matter related to God with anyone (even a scientist) as a friend. In fact, I discuss such matters with God (through my awakening-soul), so certainly I can discuss this matter with anyone of the world. And most importantly, I want to convey same thing to everyone. You become a friend of anyone but never be a follower or a disciple of anyone, whoever may be this anyone.



Everyone has an awareness-entity which can awaken to the supreme-level, and it can awaken only with self-curiosity, self-inquisitiveness and most importantly with self-effort. So there is no question of being follower or disciple of anyone. Therefore, you put your best effort to become a self-awakened and a self-director. Even a tiny atom is a self-director then why not we, certainly we can.

### **An Awakened-soul has no Relation with any Caste and Religious System**

Friends, we are also a natural body and no natural body has any relation with any caste, creed, and religious system. An atom and a molecule have no relation with any caste, creed, and religion. Our body is also a molecule, a big molecule comparing to the chemistry-subject molecule, but comparing to a whale it is small molecule, and comparing to earth and solar-system; it is not even a bit of sand, it is nothing. So our body is also a molecule and hence it has no relation with any caste, creed, and religion. In fact, different castes, creeds and religious systems have been created by us and not by the nature and the existence. And these systems have been created due to our unawareness or ignorance. We should be aware of this fact that people like Sri Krishna, Gautama Buddha and Jesus had not made their efforts to establish a religion in their names; instead, they had made efforts to develop people; to develop humanity, to develop one and all. Secondly, the creator existence wants to keep a direct relation with us and hence it does not want any caste, creed, and religious system to contact us. It guides us directly through our soul and hence such systems have no value for it. What is right or wrong— the creator tells us directly through our soul in little-voices. We need only inner-crystallization to listen its voice. If someone crystallizes his soul and reaches the excellent level of awareness, he can never go to any belief and religious system for guidelines. He becomes his own light-and-director; self-director. Therefore, in the present modern science age, such systems are useless and absurd. An awakened soul can never attach with such beliefs and systems. We should observe this simple fact that when a tiny elementary particle like an atom or an electron does not need any guru or god or a belief-system to act and move, then how we human beings can need such a guru or a belief-system? No, we cannot need. Therefore, all myths and beliefs about castes, creeds and religions which we have stored in our mind are nothing but dreamy stories created by someone with a dreamy-mind. We should

come out of these dreamy stories and only science and self-awareness can give us awakening to come out of these dreamy stories.

### **Only Self-awakening can root out our Religious-differences**

Friends, when a person takes a new birth, he has forgotten everything of his past-life. Existence erases every unwanted thing from him and belief in cast and religious differences is also such an unwanted thing. He takes birth with a totally new brain and a new brain is a totally thoughtless (no-mind) entity. So, by-birth, we are all of no-mind and of zero-belief, and hence we do not know about differences of caste, creed and religion. Then this question arises that who teaches us these differences? And obviously, the answer is, we are the people who teach them these differences, because no any holy-body comes from the heaven to teach these things. So, parents, family, and society teach them these differences in one way or the other way. Again, the next question arises that why most of the people easily learn and accept these differences (beliefs) and the reason is same; due to poor crystallization and awareness of their soul. A poorly-crystallized soul easily accepts his ancestor's beliefs, customs and traditions without any arguments, logic and reasoning. He easily becomes a sheep or a yes-type man. On the contrary, a crystallized soul does not accept anyone and anything so easily. He doubts, reasons, observes and judges the reality himself, and unless he satisfies with a valid reason, he does not accept anyone, whoever may be this anyone. Whole world may consider this 'anyone' as a leader, guru, or even a god, but he does not accept and follow this 'anyone' so easily. This is the power and virtue of self-awareness, and in fact, this book is possible only because of this virtue of my being; and with this book, I want to kindle the same virtue, which is built-in in everyone; because, only this virtue can root out the differences of castes and religions and nothing else.

### **The Psychology of Hell and Heaven**

Friends, people have belief that somewhere there are heaven and hell in the sky, which is made by God, and a person who does a good work goes to the heaven and enjoys a luxurious life; whereas a person who does a bad work goes to hell and gets punishments there. However, the concept of God, heaven and hell is only an illusion created by our religions to inspire people to do good work and avoid bad work. Otherwise, reality is

that there is no heaven or hell in the whole of universe. There is no God sitting above in the sky to give us pleasure and punishment for our good and bad work. In fact, pleasure and punishment are nothing but reactions of our own actions, and we get such reactions at the very same moment of action. If our action is natural and creative we feel happiness and pleasure, whereas if our action is unnatural, destructive, and routine-job, we feel bad and boring. In fact, it is a very simple fact of our life and we can easily feel it. There is no need to study any theory or philosophy to experience this matter. Further, though the intention of our religions behind the concept of God, and heaven and hell is good; with the progress of science and technology, people started discarding this concept as science disproved many of such false beliefs. As a result, people started doing whatever they wanted to do to satisfy their desires and dreams without thinking about going to heaven or hell. However, people should be aware that though there is no God and no heaven and hell, there is a deep-level organizing force working in the existence for growth and development of one and all. In fact, due to this very organizing force, a little part of this earth looks like a heaven (prosperity); otherwise once upon a time, it was like a hell; it was a dead planet like moon and other planets. So, this dead-planet became an alive-planet only because of the awareness and the creative effort of the creator existence. Therefore, come out of this belief that there is no organizing-force working in the nature and existence. And, I have already mentioned that no one can cheat the creator-existence; we can cheat each-other but not the creator-existence. So, due to unawareness, if you are doing wrong and bad or evil things, for that, you will not go to hell, instead you will take birth again to correct and rectify your own mistakes. In simple terms, as you sow so shall you reap, and even modern science is fully agreed with this classical old proverb. Therefore friends, observe the development-mechanism of the creator; this observation will certainly awaken your inner-awareness and this awareness will purify your cunning and corrupt mind. Law and order, and study and recitation of holy religious literature cannot purify your mind, but the awareness arising due to this observation has power to purify your mind. And certainly, with this purified mind, we will make an effort to create a heaven on this earth; which is the sole aim of this book.

### **God is only one but He is everywhere — ‘How’?**

Friends, as you know, I have written this book nearly 10 years back in

2012, when my child was just 9 years old. At that time, daily at evening, my two-hour's time was reserved for my child, first one hour for playing with him, especially cricket; he wanted to be a cricketer, and another hour for teaching-cum-studying with him. And, I request all the parents to spare a few hours' time daily to interact with their children; you play, study, morning/evening-walk, or whatever you like. It is very effective in their healthy growth and development. And if someone has no time for his children, then what is the use of giving birth to them, I don't understand. In fact, just after getting married, I myself had no interest in giving birth to a child, but my wife had a great interest for it. And hence soon after my marriage, I had to take responsibility of caring a child.

So, once it happened that my child was studying his moral-values book and while studying his book, he asked me, "Where is God?" I replied, "I don't know." He asked me again, "It is written in the book that God is only one but he is everywhere; how it is possible?" I was impressed with his reasoning. I replied, "Yes, you are right. It is not possible. It can be possible only when God will be many. Otherwise, if we suppose this universe (existence) as God then it can be possible, because this universe is only one but it is everywhere. Otherwise it is never possible that a thing will be only one and it will be available everywhere." Here, I would like to mention that in his childhood, my son had a keen interest in knowing about the universe. He wanted to know more and more about planets, solar system, stars, and galaxy etc., and in fact, he also wanted to be an astronaut. Perhaps, he may be one of the first players playing cricket on the moon! So, he easily understood what I wanted to convey him about God. Additionally, I told him, "It is not necessary to assume this universe as God, because this universe is universe; why to assume it as a God; no, there is no need. So, if you don't want to consider this universe as God and if you think that God is something else, then in my view, first you try to know about the nature and the universe and then about God. God is the last thing to know. First, you know about everything and then about God. So, first you try to know and experience whatever you study through your books and through your teachers—and especially through *your-self*, through your own mind and experience, and then you try to know about God." Thus, about God, I did not give him any false and outdated myth and belief; instead I just put my views in front of him in a friendly way, and I consider that this is the correct way of stimulating and awakening others; and in fact, through this book, I have done the same thing for the people. I observe that due to lack of simple reasoning and conscience, people are

living a miserable and stressful life; and observing all these, my being stimulates me to say something to them, so that they may come out of their misery and stressful life. Moreover, here, we should be aware that only such an interaction with our children can develop them with a healthy mind and soul, and only this can develop a healthy humanity, where there will be no differences and discriminations due to different religious and belief-systems about God.

### **Do Not Go In Search Of God Rather Let Him Come To Meet You!**

Friends, why do you go in search of God? Do you know his exact address, if not, how can you search and find him? And moreover, it is said that God is our father, so it is the duty of a father to search for his missing child. In addition, it is said that God knows everything, so he can easily search and find us. So, in my view, there is no need to go in search of God.

Once it happened that my son, at that time, nearly 8 years old, was missing. He had not come home from his school. Naturally, I become worried. I asked the school-bus driver, he had no idea about it. Then I asked the school staff—they had also not instant reply. I scolded them and warned them for a police complaint if they would not be able to find him within a few minutes. After that, I had gone to school, and while going to school, I was always in contact with the school-staff via mobile. The whole scene was looking like a filmy-drama; really that was one of the most stressful days of my life. And, just before reaching the school, the school-authority had found the exact information about my son. My son had come to home with my neighbor and basically, this incidence had been happened due to misunderstanding of my son. But he was a child and hence immature and therefore he could do such a mistake.

From this incidence, I want to say that it is the father's duty and responsibility to search for his child and not his child to search for his father. And really, in the above incidence, my child was enjoying watching TV and eating snacks at my neighbor's home, without caring that his father is so worried about him. And friends, exactly same is the case with us. Our God-father is always in search of us. It is always trying to make a contact with us through our soul, through our inner-feelings. It is always trying to motivate and guide us to move and act in the right way; the way which is better for our growth and development. But due to lack of awareness, we do not care of our inner-feelings, and hence search for God here and there.

And moreover, in fact, reality is that, we are not searching for the real God, instead we are searching for a '*fraud*', who can take something (money or gold etc.) from us and can fulfill our dreams and desire in a magical way. This is the actual reality behind our search for God; otherwise we have no interest and concern with God. And this is the cause of fraud-market in the name of God, religion, and spirituality. Due to our ignorance and greediness, we have given a way or a tricky-device to such people like guru and god to cheat us, otherwise they cannot cheat us; and this market can be closed only with the power of self-awakening.

Thus, friends we see that we don't have to go in search of God, the real-God is always in front of us and it is always in search of us. It is always making an effort to connect us. And see, I have never gone in search of God, I have never met any guru or god to know God, and I have already mentioned that I never do any religious formalities with God, and I have always discarded goody-goody beliefs and stories about God; yet, see, the real God, the compassionate creator-existence searched me. He brought me on the right path, the path on which I find the true meaning of my life. In fact, reality is that, from the very beginning of my life, the creator was trying to make a contact with me and it is only me who was avoiding his stimulation and guidance. However, the God-father is compassionate and hence he never left his hope and effort; He continued making efforts and ultimately succeeded in making a strong connection with me. He succeeded in motivating and guiding me to move in the right direction and this book is the result of his same guidance. To dedicate this book to the creator-existence is not just a formality but it is a reality; it is my real emotion and dedication towards the creator-existence. So, the real God did the job of a responsible father; and he wants to do the same job for everyone and he is always making a sincere effort for it. Please try to make a connection with him by crystallizing your soul.

### **Fraud in the name of God and Religion**

There are many people in the world, who are cheating and making fraud in the name of God and religion. They have made God and religion a market, a business matter, a matter of money, power and fame. In the name of God and religion, these people show goody-goody dreams to common men and cheat their money and enjoy a luxurious life on the earnings of others. However, such fraud people cannot be hidden from the awareness-eye of the creator. Certainly, there are many ways for cheating others;

cheating in business, in politics, in law and order, in media, in education, in sports, in administration, and there are many such others ways; however, cheating in the name of God and religion is highly disgusting and shameful. But, if no one have a feeling of shame then why guru and god should have! In fact, the basic philosophy of corruption is only one— if everyone is corrupt then why not me; otherwise, how can I get success and progress; how can I get money, power and fame. So, I should also be a corrupt one. Really, this situation is very serious and critical, and except inner-awakening, nothing is going to change this critical situation.

Friends, we should be aware that there is no relation between the real-God and our wealth and money. God does not make business with us. '*Give-and-take*' is our policy and not of God. God is never professional and never can it be. It has no terms and conditions for loving and caring us. It always loves and cares us without any terms and conditions. It always makes an effort for our growth and development without taking anything from us. In fact, it always wants to give us without taking anything from us. Certainly, during our growth and development, something comes out of us, as fragrance comes out of a flower, but this matter is totally different from money and business. It is not a relation of give and take or profit and loss; rather it is matter of love, caring and friendliness. This relation is like a relation between a mother and her child. A loving and caring mother does not think what her child will give her when her child will be grown-up. She just eagerly wants to develop her child, and this existence does the same thing with us. So, if our creator wants something from us, it wants only our fragrance, only our virtue and creativity and not our money and wealth. But, I also know the inner-psychology of common people and I have already mentioned it, people don't want God, instead they want a fraud, who can fulfill their desires and dreams in a magical way. People want power, property and prestige and not God. And, there are agents of God who say that they can do their job. However, these agents do not know what the real-God is. When they will know the real God, they will leave the agency of God; they will stop cheating and fraud in the name of God.

Further friends, whoever is making fraud in the name of God will certainly pay for it, as the awareness-existence is observing and 'accounting' our every activity through our core being—through our soul. Remember, you are also in the same Evolution-and-Hybridization Chamber of life-cycle. For the existence, no one is special and hence there is no separate Chamber for anyone. You may be a god in the eye of world but you are equal to a slum-dog in the eye of the creator existence—there is

no difference between you and him. Therefore, today, you may be a god but tomorrow you may be a slum-dog like other slum-dogs. And the same people, who at present treat you as a god will treat you as a slum-dog; because at that time, your face and 'personality' will be changed and hence they cannot recognize that this is the same person whom once upon a time they have treated as a god. They will treat you in the same way as they treat other slum-dogs. In fact, in the present life, I myself have lived in poverty and hence I know how these people treat poor and slum-dogs. I have seen how people differentiate and discriminate others as per his power, property and status. I have experienced this idiom, '*people worship the rising sun*', in a practical manner. Therefore friends, and for me, everyone is a friend, even the worst and the most wicked person of the world is my friend, because everyone is a unique creation of the creator-existence, everyone is a child of it, so naturally we all become equal and hence friends. So friends, please stop all cheating and fraud activities in the name of God and religions. Awaken yourself and stop making fool to others. It is severely obstructing the development of our society and humanity, and beware, life-cycle mechanism is not just a theory instead it is a reality, and very soon, science is going to prove this reality. And, why to rely on science, no; it is not intelligence. So, better you check this reality yourself. You check and confirm this reality with your own self-awakening.

### **True Meaning of Love and Compassion**

No doubt, it is easier to criticize and condemn others than trying to understand their real difficulties, but this poor-attitude shows only poor crystallization of our soul and nothing else. A crystallized-soul cannot criticize and condemn others so easily. He observes the reality in its totality and this observation naturally sprouts sympathy and compassion for others and this compassion motivate him to do something good for others. There have been many people on this earth, whom we consider guru and god but they have not done anything to be great and god, instead it is their strong and crystallized souls which have motivated them do something good for others, and in fact, this is the true meaning of love, friendliness, and compassion. Further, we should be aware that these human virtues can be sprouted and developed within us only by crystallization of our soul. These are not sprouted by following any spiritual or religious belief-system or order. This is the reason why though we have been learning these virtues by our spiritual and religious belief-system for a long time, yet these virtues



have not been developed within us. Of course, we know about these human virtues verbally as parrots know, and therefore we have beautiful words and speeches about these virtues but we have not inner feelings and awareness for these virtues. We have not real and practical value for these virtues. And that's why we mostly care for only professional and commercial values but not for moral and social values. Therefore, it is certain that without inner-awakening, teachings of all moral and social virtues are absurd and useless. Without inner-crystallization, in this matter, we will always remain parrots as we are today. In fact, only after inner-inner-awakening, a state comes when our being or soul prevents us from doing a bad thing to others. It starts questioning us and making us humiliated and disappointed. We start feeling guilty within us. Not only this, even someone creates problem for us, up to a certain level, we tolerate him, we avoid him. We do not treat him directly in a 'tit-for-tat' manner following the Newton's third law; rather we treat him in a friendly way. In fact, due to the same reason, people like Gautama Buddha, Jesus and Gandhi have tolerated so much pain and difficulties in their life, otherwise they were also made up of the same cells and tissues and they had also pain and sensation as we have. Therefore, only with inner-crystallization and awakening, we can feel the true meaning of love and compassion.

### **Be Your Own Light-and-Director**

Friends, up to here, we have discussed a lot of things, and this much discussion is enough for our self-awakening. Remember, only thinking, twitting, *Whats'app-chit-chat* and discussion with others without experiment and efforts within ourselves, have no use; it's just wastage of time and energy. Also, every book has an ending and this book has an ending too. So, now I would like to finish this book with sharing an inspiring and stimulating experience of my life. Once, at the age of nearly 21 years, I was reading Osho Rajneesh and somewhere in his book, I had read the last words of Gautama Buddha. They were, '*Savh deepako bhavh*', means, 'Be your own light-and-director'. When I had read these words, suddenly I had felt a deep inner-stimulation and awakening. I had felt that something was happening within me; which is unexplainable in words. Really, these words are very sparking and awakening for everyone and therefore I want to finish this book with his same electrifying words. With these words, I want to say that whatever I have said in this book, you take it as a friendly conversation and discussion with you. You take it as an *inner-call* of a

friend; a call for self-development as well as total-development.

Further friends, at the end of this book, I would like to mention that though with my words, I have no intention to hurt anyone's feelings, if someone has been hurt with my words, I am sorry for my hurting but *'awakening'* words. Please accept my apology. Friend, be aware that due to my words, only your dreamy-mind and illusionary belief-system will be hurt but not your awakening soul. Surely, there is a *'point'* hidden within you, which will tell you that though my words are bitter and hurting, but they are not phony and fake rather they are very real, logical, scientific, and practical; and that *'hidden-point'* within you is your awakening soul. And, I have written this book only to make stronger that *'inner-hidden-point'*, that is, your awakening soul. Therefore, please don't get hurt with my words; and observe and absorb the vision and insights hidden between the lines of my words. It will certainly help you to reach the ultimate state of your awakening and enlightenment.

And finally, I am thankful to you for *reading and listening* to my words for such a long time! In fact, in this hasty and *fast-track-speedy* age, it is really a very difficult task to make someone listen to other's words, especially through a book. So really I am thankful to you. Now, you start crystallizing your soul, listen to your inner feelings— ***little voice arising within you from your core or nucleus***, and move as per your inner-feelings. Remember, only your own crystallized-soul can make you intelligent and awakened, and only your own awakening-soul can guide you on the right path— right path means, the path of peace, conscience, awareness, creativity, prosperity, and development for one and all. May this lovely, friendly, and awakening existence bless you all in the crystallization and awakening of your soul; and may all beings be healthy and happy! Thank you.

***“Savh Deepako Bhavh”***

***“Be Your Own Light-and-Director”***

\*\*\*\*\* THE END \*\*\*\*\*