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# Lukewarm approach

9/5/19. 12:00 PM.

Lukewarm approach to spirituality will surely damage an individual – one reason is that one gets used to such a state, then no benefit can be found in altering OR arriving at newer consciousness.

Secondly, the approach must be INTENSE and 24/7. It cannot be momentary. While driving, in business, with the family and friends. A true spiritual seeker will ensure 24/7 undertaking.

Segmenting lives only for certain period of day OR lunar cycle OR some TITHI OR anniversary is too limiting and shows narrow mindedness and absolute lack of right understanding.

Every moment is spent in HIM. Any moment spent without HIS remembrance should be repented.

# GRACE FLOWS

9/5/19.

During my sadhana, there is greater joy in seeing HIM smile. I go into ecstasy moment I learn that he is happy with me. Life’s purpose is served when my GURU is happy and spontaneously HIS Grace starts flowing in such moments – engulfing me completely – I remain possessed in HIS total grip.

In this sacred flow of Grace, all my heaviness, grossness, complexities and impurities get washed away.

His smile spreads waves of love purer than anything in this world.

I have stood against HIM many a times, inviting HIS verbal criticisms. Such moments were heavy. No point justifying the stand.

When one is at crossroad with GURU, there cannot anything as bad in one’s life.

Moment I remain in sync with HIM and He is happy about it, there is such a joy.

# Doership

Years of experience shows:

1. DOERSHIP
2. NON-DOERSHIP 🡺 allow HIM the freedom of working on your behalf. Thus, one will remain connected, secondly there will not be formation of samskaras… Third ego will take backseat…

Lord Krishna explains the reason for so much trouble for Pandavas. Yudhisthir could have requested Lord Krishna to play dice on their behalf the way Duryodhana chose Shakuni mama.

When I dominate, the doership barges in with heavier load, under which one remains buried. There will be tension and unnecessary STRAIN.

For this habit of entertaining ‘doership’ we pay big price. This ego sneaks in even while meditating OR cleaning OR praying OR remembering OR volunteering OR while offering some generous donations.

Imagine ‘ego’ sneaking in from backdoor even while performing noble acts!! Actually, more so than when you are doing bad! While acting bad, the self seems to hide itself!

Sincere SEEKER of spirituality will run away from taking CREDITS of DOERSHIP. He will attribute it to the SOURCE.

Let no longest shadow form in your life. Face HIM and see the light. Distance yourself while walking away and continuously keep walking away will only create longer and longer shadows.

Best would be to walk towards the source even if the gap be infinite.

WHO can confidently say that birth and death, my existence… are in my control? There is some source of life within me that keeps me going from the very 1st breath to the last one I will be taking!!

When we are faced with so many things in life, give opportunity to the inside dweller to respond with its Divine wisdom and guide life.

How to listen to that dweller? He conveys through the HEART.

Listen to heart…

Just the right echo will sound and re-sound at every juncture in life.

Even if you are sinner, even if we do not listen, to this little *bird* inside our heart, it does not stop speaking to us. It does not withdraw life and kicks the bucket!

The love from the source keeps pouring despite of our un-willingness…

Will your spouse OR parents OR business partners tolerate if you continuously remain “NEY – sayer”?

How long such relationships last? Maximum in this life only! But people we love, we wish we meet again and again, if not here, may be in the higher world.

# Closing the doors

A close up of a document

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*Closing the doors will prevent enemies from entering your place, but doing this your own people will also not be in position to enter.*

# Faith

Various needs created many forms of prayers and deities.

What if my prayers to certain deities were not offered and as a result not answered favorably! This naturally evokes fear.

So, we create another consolatory balm of faith and belief system to escape from fear build-up.

Believer tormented with fear will have a superficial anesthesia of faith. Actually, he is a non-believer so cosmetic form of faith is applied on face with all kinds of adornment on head, neck, wrists, special dresses and foot wears. More make up means heart is burdened with greater desires and fear.

One may offer millions of prayers at holy places, but without faith, they are unproductive and impotent.

Person who has faith in God, can offer prayer from wherever he is. Greater truth is that man of faith need not pray, will not pray - since all His needs are fulfilled. In absence of desire, what shall he pray for?

He is happy with all that he has. Nothing more remains wanting.

Someone says so beautifully on faith:

When your prayer is answered, your faith becomes stronger. When your prayers are not answered, it is that God is now testing you.

Amongst weaklings, people of no faith, if prayer remains unanswered, the faith crumbles instantly, doubts will occupy both heart and mind. Doubting being will develop newer levels of STRESS hormones.

Answer my prayer if you really exist OR if you are a capable Guru. If it is answered favorably, then the seeker believes that He is OR Master is capable enough. Man of faith imposes no such tests.

If someone says- “fall in this river” and see if your God protects you. Man of faith will say, I do not have to try to know this. It is for the people of doubts that such TEST are to be undergone.

Man of faith, has only gratitude for all that he has. He has no demands to be fulfilled. Nothing to be asked. No tests to be proven OR demands to be fulfilled.

Almost all will agree to test once the doubt has arisen. This is perfectly fine. You may test God as many times until your heart is content. What NEXT?

# MORE and MORE of LESS and LESS

# This simple statement of Babuji has far reaching implications.

* More and more of less and less. Of what? Of DESIRES so, you have lesser samskaras.
* More of Meditation - less of cleaning.
* More and more of HIM and less and less of ‘me’ – egolessness.

Only when this ‘me’ reaches almost nothing; HE prevails. He will be right in front of me, NEY, HE would have occupied my heart by then.

More we are, less HE remains, MORE and MORE OF ME and LESS and LESS OF HIM. Per contra, when I am zero, HE dwells completely.

Henceforth, wayfarer is no more. MEERA is gone, KABIR is gone and in their place enthrones the Divine Lord.

# KARMA and SHRAMA PARADOX

Shram/ labor/ hard work is inevitable in this world. The DOERSHIP is inevitable. The plans towards SHRAM FALAS thus are unavoidable.

But the aspects of

Expression of gratitude NOR

Love NOR FAITH NOR

*Sharanagati* NOR surrender

WORSHIP NOR

Reverence NOR

Realization NOR NIRVANA NOR

SAYUJJATA NOR

IDENTICALITY

Are not products of hardcore labor OR SHRAM.

To gain anything in this world one will have to work hard, that means self-efforts, self- ego will play out.

To make oneself eligible for the other world, one will have to sublimate ego. Stronger ego will fail in this case.

This is invertendo at its best.

Lord KRISHNA’S narration is simply brilliant. He says, perform KARMA, [NOT SHRAM], in such a pure form that by making it VIKARMA, it miraculously turns to AKARM. KARMA performed with extreme love, without any conditions, like mother looking after her child, NO samskaras are formed.

Performing the task with such attitude is WORSHIP.

This only shows how KARMA and SHARMA are diametrically prevailing in two opposite planes – shrama for the material world and karma for the spiritual!

Imagine a day when love becomes labor. Only with labor one gets tired. Since loving is NOT tantamount to such labor, reaching God with love cannot become fruit of labor.

In the “Objective WORLD” there is no rest for man of desires. And that is why there is NO respite to the complex web formation of samskaras.

Love filled actions becoming like AKARMA cannot form web of samskaras. Otherwise LOVE would become another name for labor and exertion.

In reality, love grants peace and ultimate silence.

Imagine yourself in the company of your most beloved! There will be immense and comforting silence. There is such a joy.

Now, imagine sitting OR waiting for someone you really do not like!! You would be under anxiety and tension until that person leaves you.

If such is the fact of love in this mundane world, how would it be with Divine Love, will there be tension of this OR that? Will there be even thoughts of doing anything for the next moment?

# Communication

# Some random thoughts

* KEEP HEART OPEN
* FACING YOUR BELOVED
* NOT SHOWING YOUR BACK
* GURU shows more and more light/ knowledge/ being-ness…
* LEARNING from weight- LIFTERS, little by little, one prepares to lift more and more weights.
* Babuji – If I make someone experience the opening of all chakras he will not be able to withstand, moreover he will have no cognizance of the state and can become uncomfortable.
* Time will come when one day one will be able to stand the flow of Ganges!! Like LORD SHIVA.
* When one become this, there is NO need to visit Ganga. Ganga herself will descend!!
* Guru prepares us for heavy burdens.
* If you are full of YOURSELF, more and more of yourself, your knowledge, achievements, you are not ready to be filled up by HIS grace.
* How can the MAGIC happen?
* ARE you ready to listen to your Guru?
* ARE you WILLING to move from listening to obeying to implementing?
* IF NOT, you have yet to go through grinding mills of

many cycles of incarnation.

Whatsoever HE ordains, take it fully with NO further analysis. YOU NEITHER REMAIN A DOER OR EVEN A THINKER for yourself.

* LISTENING:
* Are you listening with RAPT attention?
* What interests you? Things you like, you tend to register the most.
* Things we dislike also gets registered strongly.
* We miss out on many things which will TRIGGER change in us.
* Out of so much said, one listens to hardly 10% and registers even less.
* PREJUDICE Filters listening.
* PREJUDICE even filters the speakers.
* We filter agreeable/disagreeable.
* One start yawning finding things without INTERESTS.
* INTERNAL chatter diverts whatever we may hear. Viz attending classes after watching a horror movie!
* This internal chatter we call rush of thoughts during meditation – somehow needs to be resolved 1st.
* LISTENING without any prejudice, expectation… makes us empty. It is this emptiness that creates the real magic. One becomes the WITNESS. WITNESSING happens, then death is also witnessed, and NO one fears.

# Connection and communication

1. Talking connects us with OTHERS.
2. SILENCE connects us with our deeper self.
3. MEDITATIVE vibrations connect us with THE EXISTANCE.

Individuals in love remembers each other. It is possible to cultivate via reversal of this process – from remembering to Love.

Just as there is lot of remembrance when two are not together, they remain SILENT when they are together.

One can practice this love-filled silence to enhance/ deepen LOVE.

Per contra, if one remains silent in relating with others will be UNSOCIAL and if one remains busy chattering inside, the interior will become noisy and individual may even lose sanity due to constant inner chatterbox.

Thus, externally you lose a social life if one remains silent and internally loses peace of mind.

HOW: If one remains busy in establishing social circles, one can surely be successful, but if one is not careful, she can distance herself from the inner most CORE. Habit of speaking too much, is a sign of showmanship. The unfailing sign of EGO. EGO comes in the way between the center and the Heart.

When we are listening with compassionate heart, naturally in the silence of the heart, mind will also go in the background showering us with special lightness.

* One can permeate deep silence even during communication. Speaking with love, listening with concern/ love can bring about immense satisfaction.
* Avoiding listening to OR conveying that I am not going to listen to you can have their consequences.

When we remain a mere witness and do not associate with the ‘objects’ of the world, like beautiful cars, women…. Then where is the question of tension of possessing them.

She may have moved on in her life after college and settled, yet the thoughts would chase her. One remains in constant state of lack OR deficiency and thus create enormous suffering.

He cannot be content with what he already has!

If one remains too much preoccupied, he would want to have that object at any cost- via moral OR immoral ways. This is the result of limerence or crush.

It is through this immoral approach one commits to sin… and this becomes the mother of all GUILTS.

Backtracking on this, we realize that WITNESSING is a heavenly approach while identifying ourselves with the objective world with participation one succumbs to the way to hell. Hell is the state of mind busy with guilt, ruminations on “could have, should have…. “

So, importance of RAPT OR skillful listening.

Listening like this, one is becoming more FEMININE a receiver, not an imposer or an aggression or a violent. The speaker is given freedom to express who would also find solace in us – simply because we heard them.

On both side there is ease, calm, joy. There is NO end to this joy. Each level of lighter state will surpass the previous lighter state. There is no end in sight for such lightness. At that moment, one may feel completely content. Still, we go on experiencing this progressive beauty arising within us.

Witnessing lovely sunset today and again watching many more beautiful sunsets can be compared with ever expanding beautiful states within us.

This expansion is nothing but BRAHMLAYA.

Absorbancy in ‘Expansion + contemplation’.

Today one may feel infinite expansion, yet once more you can feel infinite expansion.

This state reminds me of:



1. PURNAAT – PURNAM – UDACHYATE
2. PURNAM-AADAYA
3. POORNAM – EVA – AVASHISSYATE

# PRAYER / conditions

Prayer simply put is the expression of our true feelings towards God.

Originally it was feeling that was received. Feelings were translated in words; which we now have as WORDED prayer.

Reversing the process:

* Read words/ recite names etc.
* Mentally go through it
* Think over it
* Understand the meaning.
* Contemplate on the meaning of prayer.
* State of gratefulness that arises in which we try to remain absorbed.

Thinking is flat and on the surface. It is one dimensional. It is a mental phenomenon. It is moving on in one horizontal dimension. This horizontal dimension can be considered as floating away of a sky-diver OR the Eagle trying to have her cruise flying at one height OR like a swimmer swimming away on the horizontal plane. This is the phase of THINKING and repetition of WORDS.

The contention is multi- dimensional. Sky-diver can have a downward dip, eagle suddenly flying down to the prey with her majestic speed, like a diver moving deeper and deeper into ocean, traversing various depths, many dimension. Only then one can claim to have successful mission of fetching a pearl.

How long one can go on repeating name OR mantra OR a prayer and stay cruising at one height like an eagle OR a swimmer who keeps swimming on surface?

Recitation of mantras OR prayers only teach us how to remain on surface, however still and comfortable. Diving will be needed. Without it, you will miss out on pearls.

SLOKA/ MANTRA/ DESCRPTION of INNER CONDITION CANNOT CARRY ALL THE FACTS. THE ACTUAL CONDITION WILL BE MISSING WHEN WORDS ARE SHARED WITH ANOTHER PERSON. HE MAY CAPTURE THE WORDS BUT NEVER THE CONDITION.

Now with SAHAJ MARG practice, the condition is transferred with transmission, words become redundant… in fact vocabulary comes later. Example of sister DRAUPADI to whom I used to read Babuji’s books in late seventies...

Often the listener of the word understands the words as per his level and hence the distortion.

WHEN BABUJI talks of NOTHINGNESS OR RESTLESSNESS, what do we grasp from these two important WORDS? Will our understanding match HIS?

His restlessness for the DIVINE MASTER may remind us of our restlessness we were exposed to REGARDING things and objects!! Will we go mad like Him, will we become as humble talking of nothingness, then we are nearing His words.

Some amongst us will try to move towards the essence of what is conveyed. Most of us tend to mutate the essence / meaning to suit our understanding/ misunderstanding. Later is more accurate.

When we have learnt to a certain extent, see if it is really experiential OR mere informational. If the condition is already there, seek Master’s permission to share knowledge acquired. He will protect us from ego- which likes to share beyond one’s available experience. For no reason, one blows trumpets and, in the process, loses everything. Preceptors must seek Master’s permission before sharing, instead of speaking from their head.

Sarnadji always took permission before travelling to centers…. While there were some who would not even inform of such visits, raise bills….

These days, the freedom is widely used for a good cause. But at times, men of knowledge, some preceptors love to teach other preceptors. I keep wondering and maintain silence so as not to curb interests. If they had waited for Master, the results would be just as required. This is an example of knowledge pollution.

SPEAKING without knowing true essence OR the condition tantamount to displays of falsehood…. and LIE.

Example = voters

Falling at feet of politicians after election and politicians before election falling at the feet of VOTERS is typical display of such a falsity. Politicians fall at the feet of elders in every village, imagine if they were busy doing this post-election!

Even amongst the bhaktas, one can see praising GURUS OR GOD. They say to GURU = TVAMEV MATH CH….

A person who has not reciprocated parents love claims GURU to be his mother/ father/ brother…

I have seen thousands of sons and daughters who can rarely talk affectionately with their parents. After the arrival of daughter-in-law in many families, tragedy strikes. Even the son in many cases will now surrender to wife! Now, how can this son pray to Guru and express *tvamev mata….* You feel like weeping at such hypocrisy. What God must be thinking?

# Illusion of doership

DOERSHIP = consequences

NON-DOERSHIP = witnessing

NO-DOERSHIP = Dangerous

Illusion of Doership = Most dangerous

Over-doership = Generosity or ego. It comprises larger spectrum.

Above can be further expanded by using the word, believe in place doership.

Repeating lies OR information has one very big disadvantage affecting NOT the others but oneself. One tends to believe the lies OR even simple things like – I believe in God – can give false satisfaction and efforts to unravel the truth suffers.

# Memory

18/05/19

If you read something in a school or college or say some spiritual literature, one must make an effort to recall the same, if found important, after 1-2 hours OR 1-2 days in order to strengthen the mind as well as the understanding of the topic. This will help in long run. The strong mind then developed cannot become victim of many mortal disorders – including tendency to not recall names OR events.

# EMF impact

I’m unable to work with computer even for 20-minutes due to electro-magnetic field around keyboard, mouse, the screen, the air purifier behind the table.

It develops smaller areas of thick inflammations on thumb- joint to start with. Then the entire energy meridian gets affected, especially the point on the elbow.

# Covid-19

28/3/20. KANHA

It will be unfortunate to see CORONA crisis going beyond August 2020.

Such was not the case 2- weeks back. Ever since the lock down all over India, actually I chose to remain home-bound since last 10 days or more.

Anila’s daughter with her family is in Kanha, they arrived from Seattle. It was the epicenter of CORONA in the beginning.

Now, unfortunately even one hundred thousand remains infected in NY and over 600,000 all over the globe. That makes NY state with the fast spreading virus.

Italy crossed 10000 deaths.

One of our abhyasis Dr. Francesca is fighting the battle, she being in charge of one of the hospital in Milan.

Worldwide death-toll is now 27000 plus.

10:15 PM. 28/3/20.

# Magic of acceptance

28/3/20.

Our attention to body parts go when something goes wrong. Only when we are tired that the body demands our attention signaling intervention. Otherwise we remain free from such warning signals.

The feeling of lightness OR bodilessness is one sign of good health.

But, similar experience, perhaps even better are felt by even a physically sick person who has entered SAMADHI.

The point here – the TRUTH / HEALTH is natural, and they do not warn us. Only the lies/ unnatural/ sickness give warning signals – for our survival.

Taking miseries as Divine blessings makes sense.

When we remain so focused, settled within the center of our being that mind remains lighter - since you are now learning the art of separating suffering from your real-self.

When we achieve this, too much cold OR too much inconvenience OR headache will not make us unsettle: The frontal cortexes are also relaxed despite of observable chaos in the system.

In fact, such individuals who are able to face adversities, they are able to enjoy better health. The defending WBC produced by bone-marrow comes to rescue. Many other things transpire when we accept adversities and tackle them, the body finds a different purpose – a challenge to overcome!

While suffering when one complains, one RESENTS, the energy dissipates away from the center of our being.

Moment one accepts the suffering, the flow of energy plus the quality of energy will change.

We have now opened up the chances of healing OR if suffering from other worldly problems like business OR mechanical failure of your favorite gadget, one can find solution to a problem easily when one is calm, focused and surrendered to higher will – with an attitude – “LET THY WILL BE DONE.”

Quality of Bioenergy: Recollect your energy associated with when you were really really angry to the extent of provoking rage and your eyes popping out like a red – tomatoes.

VERSUS

Energy-flow when you meet your beloved time and again.

VERSUS

Energy-flow when you are offering PUJA.

VERSUS

When you are in state of Samadhi…

# Pranahuti

# Pain

# Acceptance

29/03/20

When Lord Jesus declared 2000 years ago that men cannot live by bread alone. How true!

If the heart is not nourished, emotions are not fulfilled, soul does not receive its own nutrition – there will be this unfortunate stagnation OR worse, the weakening of the entire spiritual being.

That’s what Upanishad statement conveys – PRANASYA – PRANAHA.

This pranahuti can nourish the soul and in turn energize the entire subtle body system and eventually the physical system.

It is “LOVE ENERGY” that connects bhakta and beloved, child and mother, wife and husband, shishya and Guru…

This “love energy” flows within and between various system, in the entire universe. It is this force we call “life of life.”

Lord Jesus emphasizes, men cannot live by bread alone.”

Both are required. Pranahuti alone can nurture the causal and subtle bodies, but it is bread, “anna”, food that is required for the physical sustenance.

“Life in life” builds the “bridges” between physical, subtle and causal body of an individual. It also acts as a bridge between individuals – and when it builds infinite bridges between all that exists, it becomes universal-cosmic in nature.

It is this flow of love that keeps us emotionally buoyant.

It is when this flow of love energy is disturbed, bridges are broken, the flow stops - one suffers, can die also if the very source, the causal body breaks the bridges with rest of the subtle bodies and physical body.

Death comes in many forms. Physical death happens eventually that is for sure. What about the death like feeling of utter helplessness one feels at emotional level where “love” bridges are shattered from beloved! Slow death OR retarded contraction of this love energy OR life bubbling with love energy, the entire being begins to expand…

When this bubbling of love energy reaches its escape velocity OR its critical level of expansion, YOGIS would recognize such a state as NIRVANA, being one with rest of cosmos.

In love, SELF is totally consumed, leaving behind a great field of NOTHINGNESS where all the impression-less impression of pure love only exists. With selfishness, one consumes the other! Selfishness is heavier, grosser and impactful spoiling the consciousness. The result is blunt intelligence, lack of wisdom, loss of power to think in a long run… destroys spiritual future.

Let us explore love and suffering from another angle.

Babuji: 30/04/82, message:

देहधारी को तकलीफ

ही तकलीफ है फिर भी…..

Buddha: There is DUKHA – another name for suffering.

Jesus: Blessed are those who have suffered.

Babuji: Accept miseries as coming from God for your own good and be thankful.

“Those who have suffered” …

“Suffering” had happened but what did we learn from this suffering, what did we become (especially) from this suffering. If the answer is “NOTHING LEARNT” that means the suffering was wasted. Suffering was there but without yielding any fruits.

देहधारी को तकलीफ …

This is a fact that life is a phenomenon of “pain and suffering” yet many people say; I will take the medicine for this ailment when I am better.

But who needs to visit a physician OR take medicine when you are feeling better?

So, there is no point postponing meditation/OR medical man/OR medication…

Take it when you need the most. DUKH is always there anyway!

Meditation breaks the bridges of suffering and re-connects our bridges with the center of our being… The energy begins to flow in both directions – inward and outward.

Of course, it is good not to postpone something that can actually rescue us. WISER/better would be not to allow this building of bridges causing suffering, like KABIR says -

दुःख में सुमिरन सब करे सुख में करै न कोय।  
जो सुख में सुमिरन करे दुःख काहे को होय ॥

If you pay attention to your health while you are fit, exercise, implement right food habits, healthy habits…. When you are happy and healthy, going inward, meditating, centering oneself… both situations are like- vaccination.

Due to unfortunate training we tend to avoid pain/ suffering/ inconveniences and prefer to move towards comfort, joy and life full of conveniences.

The above scenario keeps scissor representing painful part very sharp while the scissor that represents pleasure side of existence remains blunt. Why?

No one prefers to use the pain part of the scissor, so it remains razor sharp, slightest of touch of inconvenience and you feel cut!

Over used pleasure part of scissor becomes blunt, unable to give you pleasure with the same amount of dose. It requires more and more investment in keeping you happy.

Why did Babuji insist in Maxim 5 “ALWAYS BE TRUTHFUL, accept miseries as coming from God for your own good and be thankful.”

* When we feel miserable, look within and see the cause of it.
* Whom do we attribute this misery to? Blame game.
* Be truthful at that time.
* When you have no room to blame others but consider it as coming from God, we will escape making few enemies PLUS when it is seen as coming from God, there will be better acceptance.

Each time, some episode transpires and unsettles a person, she tries to do best and once again re-connect with the previous peaceful state… We must try to make these acts effortless when we appreciate with gratefulness the onslaught of miseries. What is effortlessness as per science? When any act becomes a subconscious act, where it becomes a reflect action… automatism gets established easily. Thus, each time, some inconvenience may find its way in the eyes of the world, but you remain unaffected, but swim through the phase without any impression of good OR bad.

# Two wings of a BIRD

29/03/20.

Imagine a BIRD that is unable to use both the wings. Can it fly?

YOGIC exercise keeps us flexible at a physical level. Some people get vertigo after 50’s when they tend to move their neck OR head either downward OR upward OR sideways!

One’s flexibility to use these muscular system gets lost when the system remains under-utilized.

Over a period of time, a person who is totally into either of spiritual wing OR the material wing, not using both, will fail OR will find it difficult to adjust.

Any attempt to make use of un-utilized wing of life makes it extremely difficult.

Lesson: Do not let your neck muscles stiffen so much that you forget the art of bowing.

# Politicians

It’s Dear Devki’s birthday. She completes 2 years today, 29/03/20.

9:00 am.

Gave sitting worldwide for twenty minutes. I was completely drained after such an absorbing sitting.

Worldwide infected=660,666 USA=120,000

Italy death toll crosses 10k

Spain death toll touches 6k

Worldwide death toll crosses 30k

Politicians are politicians. BJP lead Govt now has come back after toppling short lived congress government in MP. BJP-CM removed DG Indore from her post and shifted her to Bhopal. HQ, that too within 3 days after regaining the power.

Such agendas do not get priority just like that by the mafia gang that was absconding will NOW be protected by CM and his wife. CM’s wife took lot of interest in important government matter.

Moreover, the favorable police officer was placed, who was earlier replaced.

The game of competition goes on – it rarely/ hardly matters which political party runs the show.

O Lord! Dear God, Dearest father, PLEASE SAVE THIS PLANET FROM CORRUPT POLITICIANS. The promise you gave us keeps us moving with a hope that one day, once again Dharma will be established.

Unfortunately, finance minister of Germany ends his life for his frustration over economy due to CORONA pandemic.

# Awareness

# Invertendo

30/03/20. 00:40 am.

One under the state of unawareness while alive is still akin to a dead person; while one who has become “LIVING DEAD” is actually fully aware and fully alive.

Life means complete awareness.

# Transformation

If I need to transform myself from this moment onward, I’ll have to dissociate myself from the past. The past means conditioning. The past means baggage of habits. The past means samskaras.

Unless I drop the past, there is NO room for total mutation.

I may change a bit with a certain trait, certain habit or a tendency but overall transformation has yet to happen. Such a piece-meal job may give me temporary solace and dangerously lull me into thinking that I have done my part. Sadly speaking this is not enough.

The transformation must be total. Dissolution has to be total. Merger has to be total.

# Merger

For total merger: 100% purity will be needed. 70% or any less purity will not do.

When ICE melts and becomes water and water becomes vapor, the continuity deepens at each stage. At each stage the past is left behind totally.

At each stage, the previous identity is lost. On this spiritual journey many twists and turns will be there. “New You” can happen provided “Old you” is willing to dissolve.

Often the seeker tends to run away at crucial stage. The plunge seems suicidal! Seeker returns back to old habits of now searching for the real in unreal places and gets consumed by greedy *yogis* turned *udhyogis*.

Piece-meal attempt to change oneself has inherent weakness- i.e. though one item is changed from the overall personality, the overall personality’s sense of missing out on lost piece-meal disturbs the entire system, resulting in failure, person returns back to comfortable old-self, abandoning the transformative process.

Transformation process slows down moment one tries to escape from challenging circumstances.

Imagine parents telling the 5-year-old, “You should not take much trouble in learning numbers since it gives you headache!!”

When will this child ever learn numbers?

The pampering- unfortunately is anti- evolutionary. So, how can such acts of pampering be called - acts of caring OR loving?

Admire a person who makes you do impossible, makes you work, teaches you… they are the true teachers NOT those who automatically grants you next class and next class - you may pass out and gain a degree as well – but what is the use of such a degree? Have we learnt as a result? Let us be careful of such teachers misleading you into comfort zones!

Such teachers undermine the influence of your cruel acts, defects, aggression – all that is punishable, sinful in traditional terms. They tend to console by saying God is merciful and compassionate, He will/cannot punish Himself since He too dwells within you. You can never be destroyed since God is Eternal and this Eternity is you soul’s nature.

Such consolatory preaching keeps us gross, un-transformed.

Where is the motivation for change? Pampering somehow negates the inner push to change.

You may be asked to be more generous. You may address the Lord, to be forgiven. You may even take few weeks of holidays and start serving in the community feeding the poor or migrant workers hoping such acts of generosity and kindness will help you having access to heaven!! Earlier there was greed for having more and more, later this greed changed its face in seeking/reserving heavenly “seat.” You are still the same old person, now wearing the mask of holy-desires. That’s all. No real transformation has happened.

Heartfulness practices allow us, helps us, inspires us to change from within for a lasting change, becoming PURITY, becoming simplest to the deepest core.

One realizes that expecting seat in heaven in exchange for acts of generosity and kindness is only cheating myself.

I can continue with the same acts of generosity and kindness, but now with an attitude that it is my duty, that I’m doing this on behalf of Lord. I seek nothing from this. I’m simply been given this opportunity. Such attitude is transformative.

Let us keep in mind few fundamental things regarding transformation.

* What is being transformed
* Why
* How
* By whom
* When I can get completely transformed
* Qualities/ Transcendence.
* Total transformation leads to absolute transcendence.
* Ego free mind and desire free heart has total clarity.

Most of our energies are consumed in worrying about fulfilment of desires, future oriented. Past keeps us busy with could have/should have… we remain busy with regrets and guilt. Both future expectations/ demands plus remorse arising from past are continuously fueled by desires and ego.

Man resolved to move on in life promising change learns how to destroy these bridges built into the future and the past. Now, the focus remains only on the continuous flow of river of life, if remains uninterrupted and does not fetter away into multiple channels, then this river will surely merge in the ultimate ocean of life.

# Surrender

30/03/20 12:40 PM.

GITA: Chapter 18, sloka 66

Leave all things behind,

and come to me for salvation.

I’ll make you free from

Bondage of SINS. Fear NO MORE.

सर्वधर्मान्परित्यज्य मामेकं शरणं व्रज |  
अहं त्वां सर्वपापेभ्यो मोक्षयिष्यामि मा शुच: || 66||

# POINTS TO PONDER:

* In the beginning Lord Krishna was providing Arjuna to follow/ adhere to his KSHTRIYA dharma.
* Surrender to me and I will make you free. Sounds paradoxical.
* Having surrendered. Be Fear Free.

What really precedes actual surrender is mutual trust and mutual adoration. This creates dependency on Master, which further develops slowly and slowly without one feeling the loss of personal freedom.

Actually, most feel personal loss of freedom is always due to this sentiment OR emotional slavery to habits, idiosyncrasies, comfort zone.

The guide does not demand that you surrender to him. It simply happens as we follow the practice. Trying to surrender with conscious-mind OR with any sweet intentions, it will always backfire.

Willy-nilly surrender is NO surrender at all. MEERA’S surrender to unknown was packed with confidence. Only this joyful, willing surrender breaks the barrier between the disciple and the guide. In this barrier-free state, there can be free osmosis. When this osmosis is complete. The true identicality between the two develops. Disciple now becomes the mirror image of the Master.

State of prapanna, saranagati is crucial, it must mature in the environment of humility and insignificance. Such a one quickly arrives at PRABHU-PAD.

Absence of surrender, remaining in comfort zone, clinging to the old habits, no one can create miracle of impossibility of absolute transformation. Surrender to a guide is a kind of practice one goes through in order to actually arrive at surrendering to the Existence itself. The Master is merely a catalyst in this wonderful alchemic reaction.

It happens that disciple can be a genuine and Master a kind of scoundrel. What happens then? Surrendering even to a statue OR a tree or a river helps one redeem – since the act of surrender means getting rid of ego – this in itself will pull grace from God directly. The magic could not have happened without trusting someone however scoundrel, a *Murthi*, *a form* even though a stone! There is this right way approaching worshipping the form. Form should be taken as representation of God and not God itself.

31/03/20. 8:45 PM.

Attended via zoom call HFN session with the officers under training who are now in their places, away from National Police Academy.

The session was requested by the Director of NPA shri ATUL KARWAL, DGP, there were 196 zoom-connections, one of them was MRS ANITA KARWAL, IAS who connected from New Delhi.

The session has been going on for some time now. They all are very happy – reflected from their questions.

Gave them sitting. I was informed that even after “That’s all”, most had their eyes closed.

In the evening, over at terrace, from 5:30 PM, recorded message for various TV channels. Also, answered some of the question which we were earlier sent by AM and TIMES reporters.

Also, added the HINDI recording for AASTHA channel.

# Truly Recognizing a successor

31/3/20.

I’m very grateful that abhyasis across the globe have accepted me as the successor of Babuji. No one has any qualms since Chariji declared this representation during his lifetime to avoid any sort of controversies OR foul-play by miscreants OR ambitious individuals.

This is welcome. But the greater achievement would be for abhyasis to witness with their hearts the essence that truly exists. People have tendencies to compare without actually knowing even one person under comparison. Neither they know me, nor do they know them.

Surrender means absence of any doubts, hesitation or confusions.

If with this clarity one can also remain loving then the ultimate miracle of total understanding, realization, merger is not at all a distant matter.

It can happen where one can fully entrust someone with complete surrender, some specific task like allowing someone to drive you to doctor’s office OR help you with planting some vegetables in the backyard. You may not entrust OR remain reliant on the same person to help your child learn music OR maths.

Similar was the situation of ARJUN. He entrusted the movement of his chariot during the war in the hands of Lord Krishna. The same friend expressed hesitation in considering many logistics including inner journey OR inner movement. It was only after all that Krishna had to reveal that Arjun was able to completely surrender to the will of the Lord Krishna.

So, with our practices with HFN, we may entrust pranahuti, the Master as a source of Pranahuti and that it is easy to attain inner peace and calm, that it helps improve health etc., but to surrender completely for the ultimate Inner Spiritual Yatra is altogether a different matter.

I have often noticed especially the long standing abhyasis, lacking even primary state of surrender.

Minimum requirement for initiation at the hand of Master is that abhyasi has some level of trust, faith. Very often Master overlooks this vital prerequisite and goes ahead with initiating of this abhyasi – hoping such thing will open up the heart, but alas-almost 90% of initiated disciples succumb to spiritual curvature.

Path of surrender, that is what Heartfulness is all about, one can quickly flourish on the path when one is imbued with intense bhakti, restlessness, inner craving/longing, acceptance. Even the slightest of suspicion OR doubt works like what is one lemon drop to a gallon of milk.

# PRANAHUTI

01/4/20.

“Life” in life is real life; according to Babuji.

What he is trying to convey is, we all have life, that is continuing going on since the beginning of time. This is called eternal existence. The continued existence goes on even after so called death.

‘Life’ can derive multiple meanings, purposes…

The physical or bodily life is limited. The quality of bodily life depends upon our habits, exercise, food…

Then there is subtle life associated with subtle bodies - namely *chit*, *manas*, *buddhi* and *Ahamkar*. The quality or the development of this body is largely depending upon how our mind, intellect, *Ahamkar* and consciousness receives training.

The causal body, its life is eternal, remains as a permanent witness. The quality of its life can further be enhanced through *PRANAHUTI*, what is nourishment for body, what is education for mind, it is *pranasya-prana.* For our soul, it is certainly this pranahuti that nourishes our soul.

*Pranahuti* actually affects the entire system of physical, mental and causal body. Because of this pranahuti newer level of consciousness develops- helping us to create a life of very high order - goal oriented life- goal oriented efforts are made- these efforts, endeavors form an invisible part of daily routine of life. This invisible part of daily routine of life is most profound, purposeful, most fulfilling….

It is this invisible, purposeful life can be called “life” in life.

It is because of Pranahuti that this second parallel life runs within – that is why initiation at the hand of Guru can awaken this consciousness, new life is breathed into us – thus the term – TWICE BORN – DWIJ.

There is yet another level of life most people are not familiar. It happens when this spiritual seeker remains in the mental womb of the Guru for 7-months continuously, that after this period, disciple is delivered into the Brighter World. The new life in the Brighter World continues to grow as this disciple continues to make stride here while continuously improving this ‘Life’ in life. This is a rare kind of third birth truly happens in the BW.

Yet, there exists even rarest of the rare kind of birth when Guru prepares the further ground for his disciple to get initiated at the hands of the ultimate.

Let us remain vigilant with ‘Life’ in life, refine it so that all these potentialities which awaits us can become realities. This destiny is in our hands.

# Spiritual work

* Who can transmit
* Purpose/ intention of Transmission.
* From what level of consciousness/OR
* Region/Point.
* Transmission can be from

1. Heart
2. Second point OR

Any other higher point.

1. From 6th point
2. From Regions OF

Para-brahmanda

OR

From condition of Prapanna and Prabhu OR

1. From AVYAKTA GATI
2. Best would be to remain absorbed in the state of surrender, imbued with love and allow Master to do His task.

* Transmission can have prayerful intentions for the benefit of recipient(s).
* Either to remove unwanted

OR

* To infuse anything lacking
* OR

Intensify/multiply what is there in the seed form in the heart of an abhyasi.

* Time bound sankalpa
* Slow release transmission
* Subtle transmission.
* Dose exacting/ Titrating/ adjusting

1/4/20.

The entire day has been very quiet. In the evening, recorded a small message on PRANAHUTI

# Who are you?

Someone asked Babuji – who are you?

Babuji: I’m what I ought to be.

Someone asked Buddha – who are you? Man OR Dev?

He replied - No

Q: Man?

He replied - No

Q: woman?

He replied - NO

What can one say once polarity dissolves within? The polarities are created basically by the original currents we had received at the time 1st creation where purusha and prakriti waves intermingled. That was energetic polarity. We are all conceived by inheriting 23 chromosomes each from father and mother.

When we allow the dualities to prevail, there will always be imbalance. Being a male, you will continue to remain aggressive, logical and being a female one will tend to be docile, empathetic… A person may be biologically one gender but can have the psychological characteristics of another gender. Wisdom would be to arrive at psychological balance.

One can be logical and empathetic, one can be receptive plus tolerant and also aggressive as needed.

To allow the right quality to manifest as required is a kind of perfection we arrive at as we evolve. We become we ought to be and nothing else!!

Beginning of creation started from the center, that once had perfect balance. What came out was or interwoven waves of purusha and prakriti.

The ‘one’ was divided, the process to regain oneness is now to stop creating division amongst ourselves. Regaining the balance that was lost, that is YOGA.

# HFN PRACTICES: Limits to be transcended

To a large extent the process of meditation can be mentally understood as what goes on inside the mind. One can measure the frequency of the EM field created, reflected in wave pattern during EEG studies.

The details on what part of brain responds to compassion/ anger/ love/ irritation/ memory/ intuition…. All that can be studied.

Such an attempt only increases further inquiries into the mind and its role. The purpose of meditation is to go beyond mind, transcend mind…

Only the experiences can help us understand and actually allow the awareness to penetrate into deeper realms.

As we go on demystifying the process, more and more yet remains to be resolved on our way to satisfy the logical mind.

Logical mind moves in steps. Only the heart can venture by taking the quantum leap. Doubting and suspicious minds cannot even scratch the surface, let alone dream of quantum leap.

Many people praise, inquiring OR logical mind, suspicious heart… all that is nothing but some sort of disability OR state of weakness making one absolutely handicapped.

# Management

* Karma/ Vikarma/ Akarma
* Equanimity in action.

Skillfulness

If you are not skilled to do certain task, how can you have peace of mind. If no there is no peace, then how can you’ve equanimity?

Hyenas

* Teamwork Wolves

Spartans

* Role of EGO is conflict management.
* Politics in office
* Nip it in bud
* Filtered listening
* Responses without emotions
* Conflict to be solved with all present.
* Undue favoritism kills the foundation.
* MERITOCRACY and Not Favoritism
* Above two points diffuses any small company politics.

Like any individual to succeed, must have peace. Reward is happiness.

In a company as well, there is a hidden brain, hidden dynamics which can easily get disturbed due to lack of MT and R. then the result could be -

* Jealousy
* Party politics
* Favoritism
* Death of meritocracy

Even if you do not believe, I assure you, the company politics does affect your personal and family life as well.

GITA: Modern Management

Karma Action

Gyan Skill/ aptitude

Bhakti Attitude

# Diary

3 April 2020.

We began 1st web-call via zoom with Dr. Adizes. it started at 8:30 and ended at 9:15 PM.

It was arranged by Harpreet and Sunil.

# Diary

4/4/20.

After the deep morning satsangh at 7:00 am for 30-minutes, I was overcome by very deep sleep until 11:00 am.

I had actually woke up at 2:30 am and since then I remained awake until after meditation, was able to get some sleep.

I have always wanted to take meals with our folks but due to unmanageable rush of people I am unable to feast amongst all.

Earlier too during the lifetime of Master, I cried to have meals with abhyasis. Unfortunately, then too it did not materialize. Master would always end up inviting me for meals. Sometimes I would create some excuse towards which he will express “displeasure”, sometimes he would get angry when not in good spirit- for being with him all the time. For few days I would disappear, but this would only create more trouble!!

# Lord Jesus on rich people

# Afraid of losing freedom

Generally, they are businesspeople - always busy with transacting salable objects with money. Those who are always busy, every moment on thoughts of profits and loss - no concern for self, inner peace or consciousness…

Not every rich man qualifies to be so careless enough to drop in this category.

People of high moral standards like YUDHISTHIRA, even he lost his mind and transacted DRAUPADI, in the gamble as an object. In the end he lost his kingdom of this world.

That was about mighty highly moralistic YUDHISHTHIRA, I wonder how many can come closer to his state of being. If such was his case, one can only imagine the situation with less fortunate. How can they even dream of the better world OR Brighter world?

Lord J: Camel can pass through an eye of a needle, but not a rich man through the gates of heaven!

He uses lovely parable to express this tragedy fallen for those whose minds are always scattered on mundane.

One can only imagine the recent scenario of RAYMOND group of company where SON literally throws away father from his mansion and ends up on a rental place – the father who gifted 1000 crore worth of properties, in the end loses to his SON.

I have also witnessed the fights between my father and my elder brother on mundane matters, all about money and nothing else! I had then in 1980 told categorically to my brother, even if we become poor by using father’s strategy, there is nothing to worry. But, never hurt his feelings. I had seen my father in utter despair and tears whenever there was clash over money with brother.

Money mindedness destroys family peace, happiness here plus such a mind will/ cannot grasp inner intricacies and subtleness required for higher life.

Some even question:

What will I get if one meditated?

This attitude of gaining!! Even with such profound things, they in fact make fun of: would you make fun of student going to university, asking what are you really gaining?

But if you answer to them, that through YOGA, through meditation, one arises and fulfils the famous statement of Lord Krishna:

YOGAH KARMASU KAUSALAM.

Through YOGA, all your actions can become skillful – your business, studies, cooking, health, relationship… all becomes better. Though it is more than 100% true, the people committing to spiritual practices for this OR that, for mundane WILL SURELY FAIL, GUARATEED!

A busy man, busy with objective world, finds NO time at all for personal growth. If at all, they would go to temple OR meditate, it is only to find materialistic growth.

This is very surprising – since simple aspiration also to grow spiritually does not make a man POOR. What really happens is that with spiritual aspirations comes uprising of some moral standards which prevents one from having full freedom of doing what is NOT right. One perceives this as a loss of personal freedom.

Mind that craves constant occupation is an uncultured mind.

During this nationwide quarantine period, one will have a true test of mind. ARE you OK with your lack of busi-ness? ARE you bored?

Then, surely we have this category of individuals who match the ever thirsty Aladdin’s GENIE. She is EGO fulfilling. She keeps minds busier.

It craves for more and more work and hence more and more creation of ideals to fulfil work. Ideals lead to desires… Mind loves to remain occupied. Some individuals, philosophers even say that unoccupied mind is the devil’s workshop!

I have experienced that whenever I have remained absorbed within, though no work is happening, there is absolute bliss and even when work is happening there is divine bliss.

HFN practices do not recommend any sort of excess. It recommends MODERATION, integrating both S and M wings of existence.

# Consciousness

5/04/20.

Between the two giant oceans is sandwiched our consciousness, the present mind, the ego and our intellect.

These two giant oceans are kind of infinite. The giant ocean of past has no beginning – packed with infinite layers of samskaras.

The infinite ocean of future is also unfathomable, full of expectations, dreams, ambitions, desires… things to materialize in the future.

Sandwiched subtle bodies can still find freedom and can transcend all past, present and future. Remaining “busy” even in the present, NOW, cannot offer the solution.

All must be transcended.

When the past and future are infinite and has incessant hold on our heart and mind, how can one remain cognizant with clarity?

Cognates from the past and the future fulfilments are tainting my present.

Whatever may happen in the now, will/ can never be good enough on one side and can never be so bad either, if one looks at it from a different angle. The best way to transcend is by “acceptance” of the present without fighting.

# Waiting for Avatar

5/4/20.

The promise of the Lord as proclaimed in GITA -

**यदा यदा हि धर्मस्य ग्लानिर्भवति भारत …**

World has been waiting, questioning where is our Lord when the present day situation is perhaps worse than the days of Mahabharat.

Many cultures also are waiting for their promised, chosen Messiah.

Common folks as well as the most intellectuals, bhaktas and devotees… all remain in waiting in order to witness the next AVATAR to manifest.

How to recognize? Will anyone be able to recognize such an incarnation? The answer lies in the question put below:

Were we able to recognize those great personalities when they actually walked amongst us?

They became known as great only after their departure from amongst us.

So, one can eternally wait and still miss out on the magnificence of AVATARS.

I think such a tragic phenomenon has something to do with:

Selective amnesia OR

Selective choosing OR

Selective Mania

Selection process is always guided by the past. The tragedy of “always a future” makes one ignore what is most visible. Even the great ones can miss the most obvious.

So, what is the solution? If I answer it here, would you believe me?

# Do Krishnas dream?

5/4/20.

Dreaming, hoping, expecting are all futuristic.

Abdicating the present for the future is a fool’s approach.

Lord Krishna says in GITA that YOGIS are awake while the rest of the world is asleep. This must not be taken literally. It only conveys that enlightened beings are always aware. Their awareness returns as soon as summoned for real action.

Only the person who sleeps, who remains unconscious…dreams…leaves things for the future.

# Destination

Even after/ having reached the destination, people who are still bewildered in searching – as a result of habit of searching, that even when they are face to face with the Master, they continue to search yet again!

A close up of text on a white background

Description automatically generated

In order to feel the pulse of such a being, I’ll have to be resonating at his level. I’ll have to be livelier, joyous, accepting, loving…pure only than his being will/ can be felt.

If I am not awake enough and try to see the pulse, I will miss it and declare the person to be dead. Only if I’m fully alive, with awareness that I can confidently feel the pulse of another being OR absence of a pulse in dead.

Once again bringing back the aspect of “LUKEWARM” approach will not do.

I did not want to mention, but here it goes:

It is said that it is the Master who creates the field for the spiritual seeker and when he is ready comes in touch with the Master.

When one comes to read about such mechanisms, the seekers after the meeting the Master foolishly entertain the question – DID YOU CHOOSE ME? ARE YOU THE REAL MASTER FOR ME?

Only your heart can answer such questions. In his child-like innocence, if the Master like Babuji says, “YES, I have been waiting for you!!”

One can imagine the mercury of ego rising in the core of person listening! Either with pride, arrogance, disbelief OR total rejection.

You do not expect Masters to say few things:

1. Your condition is great.
2. Your journey is complete.
3. You are very gross.
4. I’m the way, goal, surrender to me.
5. I will deliver you in the B-W.

The real Master will never utter that he is the Master. Moreover, if he answers in negative that I’m not the Master, then too you will be misled. This is the danger in asking most relevant question to Master.

Many vital things cannot be answered, and many mundane things ought to remain mundane. Waste no time in/ with mundane.

Whatsoever may be his answer, people will compare and ask funny questions – Are you a special personality? He has already shown the method on recognizing such a being- even if you are face to face with him, yet you fail in knowing / feeling him – what is the use of words of declaration as so and so has merged in the greatest personalities like Lord Krishna, Chaitanya Mahaprabhu, Guru Nanak, Kabir Sahab, Lord Budhha…

Let us study the mind of a New Yorker or a person from Mumbai with successful business OR doing a job of a salesperson.

He visits his native village. He can manage to stay in that village for few days and enjoy the quiet of the place.

He soon starts missing NY or Mumbai, that hectic lifestyle, the chaos all around, so much that the quiet of village where one grew up, spent precious childhood… yearns to return!

Mind used to anxieties, stress, thoughts – how can it tolerate peace OR bliss or NO-thing-ness?

Even peace and bliss will disturb such a mind. We have many visitors experiencing the depth of meditation, but they remain inwardly drawn toward hectic life…. they seem to miss adrenaline rush. Like a drug – addict missing a dose of his addictive pill, so does a materialistic man obsessed with objective world, forgets the real subject – himself!!

# Caring for Spiritual Condition

5/4/20

Most of us struggle to preserve the condition we receive after

1. Daily meditation
2. Individual sitting
3. Group satsangh
4. Meeting Master

The idea of preserving condition is defeating since it is meant to expand, to grow. Spiritual condition is like the seed. We have to cherish it in the fertile heart (devoted), allow it to germinate and become a tree….

Let me share a story:

King was getting old. He had 3 lovely sons, all unique in their own ways. He could not make up his mind as who could succeed him and look after the kingdom once he dies.

Under the advice of his wiser elders in the court, he was asked to go on a pilgrimage.

Before leaving for pilgrimage, he gifted three different bags, the bags looked very precious. They were not supposed to say what they had received to another person. He asked them to return the package upon his return. He cautioned them – told them in clear terms, whosoever succeeds will become his successor to the kingdom.

Elder son was intellectual. He had received seeds. He thought the best way would be to protect these seeds on a very strong armored chest. He purchased the most expensive security closet and locked the packet of seeds. Kept the key with him 24/7.

Second son: He thought that father has given him seeds. The seeds may get spoilt by the time he returns, so he sold those seeds with an intention of buying back when father returned from pilgrimage.

Third son: He thought of this package deeply. He too had seeds in the bag. Best would be to grow. So, he went to his palace garden and planted those seeds…

Father arrives after one year.

All three sons were summoned. Father told them; he had actually given all three sons the same thing – bag of seeds.

To the 1st son, he conveys. You did well in preserving. But, not good enough.

To the second son: You did well in selling and now buying back. At least they are fresh!

To the third son: You did the right thing. You actually multiplied these seeds – now they are in plenty. I gave you one bag, but I see the garden that has flowered now will yield so much to fill many bags.

You are the wisest. You shall rule the kingdom.

‘Seeds’ are symbolic. Means growth, multiplication, prosperity if you allow seeds to bury under the soil, allow spiritual seeds of condition gifted by Master to sprout and multiply even more!!

We have to carefully be seeing at a spiritual condition. See how it feels like. How does it feel? Relish it… recall it… time and again. If you are at peace, deepen the peaceful state with pure awareness as if you are meditating with open eyes – if you have a moment such that you can close eyes for 2-3 minutes – take those few moments, intensify this peaceful state…

We are training many aspects of our individual faculties, starting with awareness that perceives the states… In the process, we keep on absorbing various conditions as the journey within unfolds – along with awareness tagging along.

So, one side we have this witnessing awareness and on the other side there is ever changing inner spiritual state unfolding as our journey take twists and turns.

There are some of us who do not become cognizant, aware of what is really going on inside despite the fact the journey is going on within. To such individuals, it is the faith that saves their day or saves their life, because a person with a lack of awareness of inner states often loses interest and drops the practice.

Awareness is like wealth. Wealthy man accumulates more and more. Wealth attracts wealth. Similarly, a person with some awareness will eventually develop and become more and more aware.

Unawareness can also grow like weeds if left unattended.

Some of us new to HFN, some are here for many years, some are farmers, students, professors, businessmen, housewives, ... We all have a common purpose, through meditation – evolution.

Each one grows differently despite of same HFN methodologies, same Master, …

It is because each one’s awareness is scattered based on various priorities in life OR lack of it.

It is this awareness, that should become substratum of our existence. Babuji calls this awareness: Remaining absorbed in HIS remembrance.

Besides all these what else can make this seed of spiritual condition multiply – in other words, how to make pinpointed ray of light and turn into flood light?

General tendency of almost all to move towards lesser and lesser efforts. Somehow ENTROPY sets in very fast. This results in deterioration of spiritual state, so much that one feels terrible in losing something so valuable.

One thing for sure that helped me was regular individual sittings. Besides my scheduled sittings, I would take extra individual sittings moment I noticed something unwanted peeping into my awareness.

It is a proven fact that the condition will immediately wither away like dying flowers, if I am by chance in the company of wrong people. They drain me completely. But when I’m in the company of right persons, my inner state once again start blooming. So, we must choose our associates carefully.

Parents can stop worrying about children, once our children are able to attract individuals and make them practice, have dialogues related to spiritual subjects. When they are genuine about their quest it is such a joy. It is beyond words.

But, one caution: since children also knows what makes parents happy, I have seen and actually witnessed some parents become victims to the ‘Satvik’ manipulation by their children. Children thus gets their way, parents become happy… but this game is only temporary. Such children betray the trust of none else but parents. One can only pray.

# Diary

6/4/20.

Like 4th night, 5th night was also spent with open eyes until 2:30 am or so.

I woke up few minutes before 7:00 am and participated in worldwide satsangh. Felt it was rather very deep.

PALM Sunday: The day Lord Jesus decided to enter Lion’s den, knowingly, deliberately. More on this topic will be revealed/shared in due course.

# Effortlessness and effortfulness

6/4/20.

System or things or individuals left to themselves will tend to follow the principle of entropy. Unless some superior input is applied.

Resistances when overcome, make us stronger. In personal relationships – observe – are you being challenged, if your friend argues with you and tries to prove time and again, you might not like his association, though it has been productive. Ego feels pampered in the company of individuals lesser than you.

When you put Master on pedestal without experiencing his higher consciousness, it will prove detrimental, since now you will reject him, he being better. Some inner resistance will repel you somehow.

To accept someone as superior in true sense requires unusual courage. Only then one will be able to learn something.

Master becomes your punching bag before you finally encounter the most supreme God.

It is not surrender that defeats us, but lack of acceptance that the other is better than me. When I accept this, the flow can begin on its own, in natural manner.

Moment significance of self-start to dominate, the other becomes insignificant, irrelevant… how can then you learn, how can you earn? It is true even in the Bhautik Jeevan.

Look at it from another perspective: water falling from heights requires no effort. To raise water by 30 feet requires energy input, such is the case with a man having chosen the downward path, against the evolution, go down very fast. But to build the moral and spiritual empire is another matter.

To build a 10-story building can easily take 2 years, but to destroy it, does not take much!

To write Ramayan… but to burn such a thick volume, takes seconds.

Moving towards the source is like working against gravity. Moving away from the source, the sinful acts to majority remain a child’s play – this downward trend, doing nothing, certainly such a journey is hell-bound.

This must not be confused with effortlessness - OR Sahaj ‘awastha’ we talk about. Effortlessness – is a product of efforts gone in one direction – so much that the very act becomes sub-conscious. There is automation, reflex act – like we try tooth and nail before getting car driving license. Then time comes, the effort to look into mirrors, brakes, wheels… everything becomes just a simple task!!

Such a beautiful parallelism is developing at a philosophical and practical level:

KARMA ==== Effortfulness

AKARMA === Effortlessness

Akarma is all about automatism Babuji talks about.

Lord Jesus also recommends KARMA, efforts – which later on through exertion/ efforts/ TAPASYA becomes AKARMA OR effortlessness = same destination where ZEN approach also ultimately culminates.

Directly jumping to effortlessness ZEN talks about is akin to graduating from college without studies.

Effortlessness OR Kind of NIVRITTI – for the mind is a daunting task- since the mind is caught in so many desires and cannot easily be regulated OR controlled.

It can neither be attentive nor be quiet. (Lalaji) CWRC II

Mind always needs something to do. Hence the path of renunciation – which ultimately boils down to effortlessness OR ZEN way becomes a challenge.

In comparison, path of PRAVRITTI, practice and devotion is easier and helps one arrive at effortlessness.

# Non-believers

One stops believing in God for a deep psychological reason – it is a like a boy who really really loved a girl and at some point for whatever reasons the bond breaks!

Lover of God also moves with lot of passion, but at some point, when religion or better put priests or their system fails them, the passion dissipates, and seeker retracts for no fault of God.

Seeker starts blaming the omniscience or omni potency of God and starts to deny – the ATHIEST is born.

# Diary

7 4/20

Again could fall asleep at 2.00 AM. Woke up once at 4.00 AM and went back to sleep.

8.30 AM: Gave individual sitting to Shri Kovind ji, Honorable President of India. Yesterday evening he called for this session. “Pind Pradesh” was worked upon. There was no complex or adverse level of grossness. The system henceforth now will accelerate.

Sad to note Boris Johnson, PM of UK was hospitalized and now in ICU due to CORONA-19.

One of the carpenter out of 4 from Bihar working for Vivek Somakumar contracted this virus from their landlady, residing in Chegur. Unfortunately, she passed away 5 days back. Other carpenters and diseased family members are not showing viral attributes but who knows, knowing the nature of CORONA virus, unpredictability drives fear of passing on…

Now, the Chegur and surrounding areas including Ashram are on high alert.

# TENDENCIES

Exists in 5-states

FIRST three belongs to WORDLY people

1. KSHIPTA – mind turns towards material aspects such as honor, dishonor, hunger, money, etc. Mind remains fickle, attention is on the fulfilment of desire.
2. MUDHA – Laziness or sleep – it really means dullness. One does not want to do anything. Attention neither on material/spiritual.
3. VIKSHIPTA – The fickleness of the mind can be witnessed by those who practice meditation. The disturbing thoughts arise, especially some unwanted ones…this is called VIKSHIPTA.

NEXT TWO tendencies are of the YOGIS

1. EKAGRATA – Propels our mind – attention towards one and only one object.
2. NIRODH – self-contained state free from complexities and disturbances.

# Yoga

YOGA is the name given to the stilling of the mental tendencies.

ASHTANG YOGA: The practice adopted for bringing consciousness to its TRUE STATE is call A.Y.

For more refer to CWRC – Lalaji II

# Heart that reflects

10:00 PM

HEART is but a mirror:

Mirror reflects our outer form. Heart reflects our inner persona.

If mirror is constantly moving, would you be in a position to see your inner reflection?

Adding further complexities – suppose the mirror is dirty and is also rapidly moving!!

True inner reflection is possible in a clean and steady heart. Fickleness OR whimsical emotions, bad intention – all these will not allow anyone to have correct thinking and right understanding. How can then such a person maintain genuine honesty? Can such a person have wisdom to discriminate?

Ipso facto, such an individual lacking viveka is bound to fail in life.

Simple principles to adopt:

Does my thought or action make me happy? OR Do they make me unhappy?

Illusion masks our thought process and understanding. This impacts ability to discriminate, right/wrong, holy/unholy, good/bad… God/Devil…

One gets so much influenced that wrong or unholy becomes the goal and what is right and holy is totally dropped out. This is sin – inability to stay on righteous course.

# Action

WHEN GOD IS THE SUPREME POWER AND DWELLS WITHIN ME AND ALSO EVERYWHERE, WHAT IS THE USE OF THIS POWER IF NOT MANIFESTED VIA ACTIONS.

ACTIONLESS PERSON IS ANTI-GOD. SURRENDER IS NOT TO BE TAKEN AS LACK OF ACTION. IN FACT, MORE AND MORE OF REFINED ACTION IS A SIGN OF GODLINESS

10:20 pm, ‘K’

# William Blake

“If the doors of perception were cleansed,

Everything would appear to man as it is, infinite.”

# CWRC – II Lalaji

8 4/20

He refers to SATVIK and TAMASIK shraddha.

# Diary

9 4/20

General instability and lots of sadness.

Sadness – after reading a chapter on MY WIFE by Lalaji in his book Complete Works Ram Chandra, Lalaji II.

200+ members of Saudi Royal Families are in isolation.

By last evening, total worldwide death toll covered 53,000 and nearly 1.5 million corona virus (CV) cases.

# Knowledge Versus Experience

9 4/20

Knowledgeable these days means lots of accumulated information. Gnani had different meaning – gathering Gnan through experience. This may sound like play of words.

Restricting ourselves to pure knowledge – taking it as an information – which is the function of enriched brain or mind.

Experiencing is a different matter. Becoming wiser with information form holy scriptures is one thing whereas experiencing the essence of what is described in a different dimension the feeling arising is always reflected in the heart. That’s why focusing on heart, waiting prayerfully for the ultimate realization. Heart is the center of our feeling; the deeper emotions arise there. While the head is all about gathering information.

Knowledge ABOUT the highest does mean we have known God.

To really really experience God, OR know God in TOTALITY, one will have to dissolve oneself, dissolve one’s EGO. That means the mandatory requirement of transcending oneself. This can never happen without fundamental qualitative transformation in one’s being.

All the pieces of puzzle which are scattered here and there will have to systematically come together.

Let us argue from a different angle. If God is love, to know love/God, the basic requirement/the ONLY essential is LOVING HEART.

Elder generation, teachers and professors – they become the wisdom bridges – in transforming the vast data of knowledge, but to experience something sublime, no one can help me. I’m the most essential element in equation, even if GURU of the highest caliber is present.

# 1 NEED OR THE PREREQUISITES FOR EXPERIENCES

\*PURITY AND SIMPLICITY

How to?

Through cleaning

# 2 is the ability remain focused on the highest goal, though we have myriads of mini goals.

How to? Through meditation.

3. Continuous Improvement

How to?

Reflecting on our thoughts and actions.

Resolving not to repeat the OLD TRICKS.

Being pure and simple, reflects the flowering of Fundamental 5-fold qualities by Ashtavakra -

क्षमा, आर्जव,,दया, संतोष and सत्य

It’s a mandate. There are no two ways about it.

HFN practices culminates – transcending sadhana Chatusthaya traversing across

1. Viveka
2. Vairagya
3. Mumukshatva
4. Sat-sampatti

Viveka and Vairagya are the states unfolding as a result of practices.

While Mumukshu is the culmination wherein one realizes one’s true self.

Sat-sampattis are the means to complete our journey.

HFN is this journey adopted to suit the circumstances of modern times.

# It is what it is

STORY: Babuji talking about not forming channels.

Upanishads talks about multiple channels, all being outbound, but one moving inward. Our inward attention slowly becomes more intense.

In the beginning, we move from the periphery of our being, move inward, withdrawing scattered attentions, energies flowing outward is now pulled inward and as they become highly charged, intense, merged on singularity, the central core of our being.

This is the beginning of glimpse of the infinite.

Quote Viveka from R.A.D.

Vairagya: (“ “) PLUS the following.

When all our channels are drawn inward, for whatever reason, is the beginning of vairagya. There can be aversion, dislike for the experiences we undergo with the external world.

There is something GRAND and nobler, where one remains centrally focused, OR remains identified with the Center, without any attraction or aversion or likes/dislikes… NO ENERGIES are either inbound or outbound. It becomes one uniform field in harmony with the existence.

Outbound flow of our energies, dissipation is common amongst multitude.

Only very rare one can manage to withdraw this out-bound attention, energies inward, this is mastering PRATYAHAR. This gives birth to VAIRAGYA.

Rarest of the rare ones whose attention, are neither outbound or inward bound, arrive at UPARATI.



When all the attention/ENERGIES are inward, VAIRAGYA is the outcome.

In the state of UPARATI, attention/Energies are neither going outward or inward. There is no attraction or aversion. Serene state of desirelessness culminating into contentment

Information/Knowledge etc., are if I’ve to recall, at times I find lots of difficulties – this can create anxiety or tension just like a student going for test. It happens to me sometimes that I try to memorize some *sloka* and find it difficult to quote during speech.

But, when I’ve to share my experience, that has lead me to becoming and that becoming has part of my being!! There is NO tension, no anxiety, no burden of extra weight of knowledge.

Beauty is that BEING when one transcends to NON-BEING, the experiences drop. The craving for any sort of experience dies out by now.

How to describe this?

It is what it is:

# Awareness

5 4/20

1. Boy: Why people park in their driveways and drive on parkways? r sunrise and sunsets: In reality there does not exist rising or setting of the sun.
2. On Valentine’s day: Boy – “I choose to remain single, see I’ve saved lot of money now!”

Awareness – if many things routinely done can turn in to thoughtless routine. Example 1 is primary one conveying this aspect of Routine stuff makes us unaware of many things. It becomes mindless action. Irrational sense of doing things with full awareness but for a wrong reason. Viz. example 2 often such level of awareness is wrongly used – viz. pre-meditated crime…

Cigarette smoking or marijuana smoking. People are fully aware of the consequences … yet this awareness alone does not rescue the person from addiction.

1. There is also this general awareness that exercising is good, following circadian rhythm is great, meditating can make you evolve… Simple awareness does not seem to work.
2. Can we say then that to change patterns, doing things for personal good 🡺 there is some level of MEGA-RESISTANCE
3. What is the origin of this MEGA-RESISTANCE, to avoid bad, to embrace good …

# Children of Masters

4 4/20

I consider them to be the most unfortunate lot, though there are abundant opportunities all around and grow, and perhaps become better than father. In the material world the foundation laid by forefathers is often embellished and made stronger by the next generation. One expects to see such a stronghold from the next generation of children of spiritual Masters.

I have witnessed the following:

1. Children start fooling themselves thinking we are highborn, and that saintliness is our nature. They like to be addressed with prefixes like Sant Shri …

Such an attitude of saintliness was absolutely unthinkable totally repugnant to their fathers.

1. That his blood line runs through us and that there is no need to adopt spiritual practices. The very fact that blood of such a great one is flowing in my veins must make them more responsible and civilized so as not to bring name to forefathers. Even the Master has to remain meditative 24/7, but the children of such a Master do not pay attention to few minutes of meditativeness.
2. Arrogance creeps in and they start thinking to be very special. They start expecting special treatments. Of course, the general public would surely shower their affection, some would even worship them, but as a child of the great Master, it would be a tragedy to expect such an honor.
3. Once this arrogance creeps in, the attitude of superiority shackles them so much that the next Master also seem to be nothing in their eyes.

One can witness the dialogues between Lalaji and Babuji…

The amount of anguish expressed by Lalaji on account of his Family! Lalaji even thought of taking some actions against his wife, Swami Vivekanand had to intervene and prevent Lalaji from punishing his own wife for not siding with his successor Babuji.

# Relationship

31 3/20 11:40 am

In relationship, husband and wife, individually both want/need freedom.

Mutual freedom has its unique character – common boundaries – so, there will always be some cross-over.

When goings are good, boundary crossover us considered very romantic. When goings are not good, even the freedom zone seems infringed upon.

Then the complaints would begin for occupying their free space, taking away time, moving away resources for being resourceful once before.

Tensions escalate, war begins. Entropy now is at its worse. It would demand more and more sacrifices to pacify the other.

Only way to bring about harmony is to let go of all that may be there and demand nothing. Let there be cooling period. And, do not hold back any emotional baggage from those episodes which may have felt like infringement.

In almost all cases, love is just an excuse. Deep down there is strong desire to be loved. Each one coming to this level of state where “love” has been tried out they see if you are properly rewarded with the investment of love.

Thus, we see how such manipulation go on – even in love. Most manipulated aspect of existence is “LOVE”.

The black-mail (emotional) parents is one of the examples.

Lovers who fell in love so called, after some time find reasons to part their ways – once again the calculated approach destroys the sanctity of love.

“I am being loved” – such a sense fulfils your significance, feeds your ego. If not checked, it demands more and more. Time will come, when you would not even realize how much other person has given you.

Before we borrow so much of “love” and become “love” bankrupt, it is good to share more love, give more and more. It grows by giving more and more of it.

# Moderation

# Contentment

# 

MODERATION WORD in GREEK translates to mean EXCELLENCE.

So, in a way moderate approach to like brings about excellence. Read emphasis laid by Lord Krishna in GITA on this aspect of MODERATION.

* Person with will to choose what is not healthy, normal, goes on consuming junk food, no exercise under the shadow of freedom to choose actually have weaker ‘will’. They consume the resources of the society. This is in a way immorality when one denies self-care.

Rishis, elders used to bless, with well wishes that you become centurion at least 100-year-old. One may presume that centurion was the norm of those days. One may argue that these old folks are sucking up the resources, may be, but they provide by their mere presence, their vibes, vibrations, knowledge sharing, no school or any institute can come closer to their contribution.

What can a man of total contentment has to look forward to in life? Nothing to seek he becomes sought after, his needs to be loved are all dropped, including desire to love. Of course, love flows without desires!

It is no longer selective of Kith and kin or friend or Shishya.

Whose association will such a person seek? No one. He is total in himself.

Guru is the one in whom nothing remains wanting at a personal level. HIS being remains filled with love from Above. His heart longs for nothing. His being remains full and overflowing all the time.

WHAT CAN YOU OFFER to such a Being?

His love keeps flowing like River, keeps raining like CLOUD, like flower keeps sharing its fragrance, like mother keeps caressing his loving disciples…who are close to His heart.

Can rain be absorbed by a Rock?

No point blaming GURU for one’s lack of growth.

Become the fertile soil. Egolessness, absence of desires … are the Key to enter HIS KINGDOM.

9 5/19