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# One more method

23 5/18

7:20 AM

One more method was revealed. During relaxation, breathe deeply; and with each deep breath, pay attention to the area or the vestibule of that area. Each can have three breath long attention. It will keep to breath in deeply with inner resounding of OM ॐ

26 5/18

7:30pm

Follow the above process. Include the intention of emptying the vestibules just before evening cleaning. After one round of emptying the vestibules, finally around the centre, proceed with REGULAR evening cleaning. Cleaning will become more effective.

2

10 6/18

Think of a fast bowler in a cricket game. Longer the distance he covers before pitching the ball/serving the ball, the longer distance and fast running speed creates effective psychological impact on batsman as well as the fielders.

Accuracy of delivery only enhances the chances of favourable game.

# Message

“I am satisfied with my people. All should remain focussed on spreading inner silence”

* Babuji.

10 7/18

# Research projects

Satisfied with oneself = content

One who is NOT content, cannot be Sthit Prgna.

Left Nostril = Measure serotonin and other hormones

Right nostril = Measure serotonin or oher hormones

Sleep study: Left nostril and measure Melatonin

TO MEASURE

Temperature

Oxygen

Electrical conductivity

On both side of the body parallel to making note of position of NOSTRIL which is active.

Both hatred and love blinds the individuals, hatred more so than Love. 15 10/18

Would you take a birth in a womb of a mother that is so compromised?

Would you select father and mother who have exploited others?

4 11/18

# Seeing faults

Seeing faults in others however justifiable often brings one down from the lofty height of consciousness.

Wise persons should keep eyes focused on the most essential.

9 11/18 10:50 pm

# Witnessing

29 1/19 - 30 1/19

When you are not looking – simply witnessing, you see the wave pattern or formlessness.

When one observes, it behaves like a particle/ form

3:00 AM.

13

When I observe, likes and dislikes take over.

Witnessing has no such pre-planning of likes and dislikes.

One may like or may not what was witnessed.

3 2/19 11:30pm

Thinking + CR

Acting/working +CR = WITNESSING

Observation + CR

Inspiration without perspiration or dedicated efforts is futile and yields no results. One remains in a whirlpool of dream-world. Bhakti without KARMA is similarly unproductive.

When two are in love, there is total silence between them.

Reserve this Total silence will create echo of love.

# Do you know what life is

When you struggle to know what is, how will you KNOW what will be?

Do you know life?

If not how will you know DEATH?

# Completeness

23 4/19

Having desires means, you are still unfulfilled or incomplete.

In a person of TOTALITY or completeness, there will be no desire.

# Uncut Diamond = Individual

# Cut diamond = Personality

Someone groomed by self-efforts – self transformation – can become personality or a special personality. Ask a diamond, how did you become diamond?

# Science and religion

Wednesday 10:00 pm 17 3/20

When religions which are perceived to be God ORIENTED cannot be brought together, how can science and religion be brought under common platform without making making any noise?

# Spiritual Journey – qualitative apsect

30 5/19 11:00pm

1. HEART - Likes/Dislikes
2. BRAHMAND - Yes/No
3. PARABRAHMAND - Humility
4. PRAPANNA \*
5. PRAPANNA \* THAT I’M NOT FANA

PRABHU

1. PRABHU \* THAT THOU ART THE ONLY GOD-BAQUA
2. CENTRAL REGION

\*NOTHINGNESS

Happy

Consciousness Sad

when you are Betrayed

Angry

Dependent OR In-dependent

Freedom

Are you condemned to your KARMA OR samskaras?

Is there a solution?

# Creating culture / legacy

Father: Dekho bete, kaun gadha aaya hai

Son: Dad, koi gadha nahi hai in the living room.

F: See which elder has arrived

S: Shri so and so has arrived.

# AEIOU and O.P.E.N

28 12/19 KANHA

Let us taking it for granted that so far A.E.I.O.U. are very well understood. Now, let us ask main Question -

What am I to absorb?

How to create that?

Going backward, we see the root of success in absorbing condition fundamentally linger on its creation.

Can I create without practice?

Can I practice and remain close - hearted or closed – minded?

Will the practice work if I do not enjoy it?

Once three things-

* Openness “O”
* Practise “P”
* Enjoy “E”

are fulfilled, it is bound to give birth to NEWER (N) condition. O.P.E.N.

# Caution

Though some individuals take up YOGA practices, they bring bad name to the name of YOGA when they follow it haphazardly.

15 3/20 12:10 pm

# Whispers

17 4/14

Babuji:

Human Beings voluntarily limit themselves to their ignorance, so has it been since dawn of time.

18 4/19

* This love, the love that carries you, is a powerful flame; …. , it defines the PATH……
* Love wins over the fervent and surrendered heart.

29 12/19

* Somehow we end up acting on the inspired thought very easily than the imposed ideas or orders.
* What will it take us to be truly inspired to become fully fervent and surrendered?

14 1/20

# ARJAV

Sincerity is one of the greatest qualities one can have. The role of this great quality can be appreciated once we truly understand its opposite which is hypocrisy!

# Meaning of CON-FUSION

Moving away from fusion, YOGA creates a state of mind that is called FUSION of mind.

It is better to wear out than rust out

*Research projects:*

*Study methylation:* Effect of amla and guduchi on various sirtuline protein family members

# Dopamine

Excessive pleasures masks pain/depression/anxiety/PROBLEMS.

That means DOPAMINE justifies masks of all the above.

Dopamine fasting ensures or reminds or highlights your true problems/pain. You start questioning wherefrom all these issues are arising!

* Identify problem – highlight them
* Write them down
* ORGANIZE the reasons for pain / problem
* This will give insights in to solution

1. Am I going through inconvenience today

Physical Emotional

Anxiety depression

Shame / guilt

What sort of feelings arise:

1. What is in my being that is craving/triggering this pain or emotion…
2. What must I do to fix it
   * + What can I do immediately
     + In long run?
3. What if I do not do anything as found above understood!
4. What WORST can happen? Write down.
5. What if I embrace those steps in #3 for next few years.

* STARVE DISTRACTION
* Remain focussed
* Dopamine Fast is not only about breaking addiction.

# Loneliness

48% of Americans have only one person that they can speak to about important matters. With that 1 person do you really talk imp. Subjects or discuss games/weather….!!

No real bonds

No real/deeper conversation

Less social media

* Meaningful work

70% U.S. employees are unhappy with work they do.

Most work is Data entry or following orders or paperwork.

What to expect when there is no emotional connect?

* Community service is one way of meaningful contributions or posting or displaying your art-work.
* Write book

Sculpting yourself =

* Working on yourself
* Improving yourself

# Experiment

shows that loneliness makes you crave for other alternatives to promote dopamine.

Caged rats = cocaine dependency triggered by lonelinss

Park rats = no cocaine dependency

“IF I’m not for myself, then who can be for me?

And, if I’m only for myself. Then, what am I?

And, if not now, when?”

Two thousand years ago, by Great Jewish Master, HILLEL, wrote a poem in ARAMAIC.

# Dr.Adizes: Suggestions

16 2/20

Via video

1. ‘Mission’ of mission to be clear.
2. Through HFN practices.

Purpose is not meditation but what can be attained through meditation.

1. INDOCENTRIC =
2. Opening hearts of people. GLOBAL
3. Make All-involved
4. Jerusalem of HFN
5. Focus on spreading, widening, deepening…
6. 12- apostles financial well-off

Preach / Travel

Title like…. Messengers of HFN

(He volunteered)

1. Travel expenses- support finance
2. Full time
3. Broadcast – every month
4. Chapter of Babuji - Explain
5. 12. Evangelists are potential successors
6. INTERNATIONALIZATION

* Food (canteen is disaster)

“Poisoning”

* Service is not good. With all dirt and noise
* Food court can be created = outlets of soup/salad/Indian/European
* Multi counters

1. Tablecloth. Rooms around….
2. Promoting / inviting Executive and Office……
3. Pearl: Same food
4. Service : good uniform

# UPEKSHA

UP + EKSHA

IKSHA = “TO SEE”

UPA= nearness, continuity

Thus, UPEKSHA means ‘to be or to remain in a state of pure energy of seeing” without expecting APEKSHA anything.

INFORMATION

INFORMUTANTS Changes to “INOFORMUTATION”

2008 – 11

2012

2013

2014 –MIOT etc in the month of MARCH

2015 1st December letter to Babuji and Master

2016

2017

2018

2019

2020

# Purity brings about

* CLARITY
* HAPPINESS
* CONCENTRATION
* MASTERY OF SERVICES
* SELF AWARENESS
* Patanjali 2:41

Purity enhances self-awareness with reverence. It does not demand anything. This in turn keeps senses in check. You would not be any position to make yourself impure even by thought. This results in single-pointedness and clarity.

Focussed mind grants contemplation and harmony.

Harmony bestows happiness

3:18 and 3:19 of

Vibhuti PADA

Helps Reading condition …..

# Succession

18th July

Babuji say one fails to see what is obvious around us.

19th July to Momma

Expresses about Chuphal as a wrong choice.

This sudden sickness before going to Tiruppur.

21 July: B to C: You must choose its future Master

B 🡪 This anniversary is important. B expected C to declare the successor on 24th July 2011.

23 July

You submit a request and we provide you with answers.

22 July: The star of this boy is already shining in the sky; you may give him his rightful place in the world and prepare them for Mission’s constructive future.

# FIGHT WITH OTHERS ONLY REFLECTS INNER TURMOIL

During Inner turmoil or disturbance, one starts making others responsible. One start blaming others. The inner conflict is now portrayed outward.

So, one needs to look at oneself with courage and clarity.

This inward reflection can surely identify the cause. This will stop blame game, one now can save relations.

# Relationship

18 3/20 3:45 am

Any relationship means a sort of commitment. In friendly relationship, it is that of commitment to each other’s loyalty.

Between enemies, the commitment is also there. But it is one to destroy the other. The greater the enmity deeper will be extent to which one can destroy the other.

Can you have simple surface relationship with the others – be it a girl-friend or your mother or your wife?

Without the depth in this commitment, one can externally remain on surface with superficial level of commitment.

Do you want your son or daughter or your wife to remain superficial to you and be deeply caring for someone else?

Depth also conveys the level of interest we have for each other. Level of interest!!

Interest means to see the overall welfare and well – being of the other.

Depth also means total involvement of one’s being. Often individuals are afraid of such involvement that keep/engage you absolutely or totally.

If totality of this involvement was absent in case of Radha for Krishna, who would still be talking of them with so much of reverence.

It is not that people with shallow relationships are not talked about, per contra, they are also talked about as gossip and with an element of cynicism or negative reverence.

So, what is your choice going to be?

* Another challenge is: Am I needed? Technology is a blessing and a curse; effects are visible everywhere. Viz; chess game I played with my sons when they were of 6-7!! We spent good amount of time. Taught tricks to each other. There was dialogue – dialogue creates bonding.

Now, your smart phone gift has replaced parents. Parents are needed to acquire these gadgets and that’s all. Just to see the fun, see what happens when you say ‘no’!!

# Sin

SIN: “a vitiated state of human nature in which the self is estranged from God” from Google.

Thus, any idea or thought or action that takes us away from awareness of God is SIN.

Lalaji talks about: Any moment passed without remembrance of beloved has to be repented.

Repent: The process of repenting does not mean that you be in despair or guilt or remain disappointed; but to confidently resolve to regain or return to the SOURCE. That is promising oneself not to repeat the same mistake again.

18 3/20 4:30AM

# Listening to silence

Listening to Indian classical music can put you off if you were suddenly exposed to Ravi Shankar’s sitar.

You can appreciate the subtle nuances after years of listening.

Once you appreciate Indian classical, it can become challenging for some to listen to Hindi Filmy Music.

If Indian classical music takes a very special, sophisticated cultured ear, imagine trying to listen to Divine Melodies!! How silent, receptive and accepting one has to in order to appreciate!!

# Mensions and Dimensions

Evolution demands different level of consciousness – different dimension. Such dimension cannot be replaced with most modern or most comfortable mensions.

20 3/20

# Myths

Any effort to make unknown understandable through known is but a mythical story-telling.

At root of it all, be it pollution or war, it is due to the misgivings of ‘manas’, the mind of men!!

Imagine if illusion give you wings to soar,

What if one truly realizes oneself of Divine nature.

Imagine a girl who continues to imagine to be the prettiest of all! She remains intensely focussed on this feeling. This feeling becomes central to her existence. This fascination is ego. Illusion feeding the ego muscles. Lives are spent in ignorance of one sort or the other.

# Relationship

Perhaps, the most intense and complex topic of understanding. It pervades to all aspects of existence. You name it and it is there – even if you are alone!

How does one relate oneself with individual self?

With siblings?

With parents?

With spouse?

With co-workers?

With boss?

With children and finally, how do we relate with our Maker?

The solution perhaps is in the way we identify ourselves with the way each person has a way of relating oneself with fashion/ clothing, habits, built up idiosyncrasies’….

All those identification defines us who we are. Thus, we understand that there can be infinite variations in all direction.

Doing thing rightly and being so centred, aligned, from all concerned will automatically bring about synergy, coherence… you no longer are entangled in complicated web of deceit and a need to prove oneself – since you are settled/aligned in the right place – The Heart.

# CORE = Who we are.

CORE/CENTER: SWASTHYA: You are strong and stable when you are settled in your CORE; if you are not srttled then you scattered here and there.

Ever changing mind, moods, decisions cannot let you center.

# Lessons from Organic chemistry

* Like dissolves like
* Viz oil and water cannot make a transparent and uniformly homogeneous mixture.
* One can see the droplets suspended or coalesced on top.
* Terroist element called sodium can unite with poisonous chlorine and produce life-giving salt.

# Reflections

Future version of ourselves:

* How would you like to see yourself as in next one year
* What adjustment must you make
* What all will you have to drop.
* Do not think you lack anything – all that is needed is given.
* For all that is NOT there, try not to pay attention on such lacks and spoil yourself.
* Often when we talk of what is given and what we do not have, our attention goes to house of choice, children who would obey or spouse who would love you no matter what and friends who remain loyal.
* Plus Guru who keeps fulfilling all kinds of requirement.
* Need dispenser
* [A] We all are worried about COVID-19 spread, of course, this is natural feeling when we see and hear the number of individuals getting infected and we really do not have any cure in site.
* [B] The spread of VIRUS versus spread of hatred/jealousy/contempt/stiff neck syndrome!!
* Which is more dangerous for humanity **A or B**

# Being who you are

If you are a student and you go to a temple, what would you pray for?

Businessman?

Scientist?

An architect?

Newly wed?

Parents with 2 grown up teenagers?

A saint?

A thief?

A murderer?

A politician?

A modern day Guru?

Prayer of a murderer is going to be to perform his acts without getting caught!

Everyone’s prayer will reflect who they are. Whatsoever you are lacking, your lack will reflect in everything you do.

This lack will also be in your CENTERING.

Quality of your being defines the prayer.

Religion / spirituality/ Morality are all concerned with doing but Reality is all about BEING.

PRAYING = PRAYERFUL

MEDITATING = MEDITATIVE

ACTS STATE OF BEING

65

More women than Man tend to fast – since they have Reserves

FASTING Rich needs to fast, and celebrations should reflect fast

Poor celebrates with feast

# Morality

SIN = it can be a mental phenomenon

No court can punish you for thinking to rob a bank! But, ask yourself a question: Is it moral?

CRIME = it is always a committed act.

It is punishable

it is also SINful.

# What if?

Do you really know Lord Krishna **(LK)** or Mother Saraswati **(MS)**?

If you continue seeking them and one day one of them does a favour and comes to see you in the restaurant.

When you are having your dinner with your friends, how would you know who is visiting you !! How would you know that is LK or MS

# VIRTUE

Really means powerful. Virile (latin)

# The opposites

if one is more intense, dominant, naturally the other will be subdues in comparison. It depends on the focus. Outer richness will/may portray inner richness as bit pale – which need not be the case – according to HFN way of life.

So called opposites can glitter away ad-infinitum! In a realised soul, opposites actually dissolve away.

We have heard so often about inability or unworthiness of rich man entering heaven!

Further, the insult to rich man does not end here.

Bible continue: Camel can pass through the eye of a needle but not the rich man through the giant gates of heaven!!

Heartfulness makes it possible that one can remain generous, compassionate, uncorrupt, loving, honest…and still acquire material wealth, can become a success in this objective world while continuing to succeed also in the spiritual world, the subjective inner realm.

It is possible to perceive the inner poise, inner stillness while witnessing the experiences of the objective world without creating non-alignment with the SEER.

Permitting the SEER take its deserving DRIVER’S seat, focussed attention can help one sail through the ocean of life.

By neglecting this SEER, the central force, one tends to attend only the peripheral or objects on the surface – one’s attention remains outbound and hence such an individual will continue to feel inner emptiness.

# MAYA ISHWAR

Ocean of TIME Eternity = TIMELESSNESS

## OUTER INNER

objective world subjective

Peripheral Central

Creates layer of Layer will mask the

grossness inner being

Multifarious and many Only ONE

Many infinite objects One infinite Being

You may own objects Own yourself

Objective world, the world of infinite objects can keep us engaged depending upon our identification with these objects.

The subjective inner world has only one entity present, The SEER.

We can accomplish/achieve many from the objective world but we will surely lose “ONE” from the subjective world. What is thepoint?

You may attain all but if this very inner BEING is missing then you have gained nothing.

In a united family, father/mother enjoys the central position in the family. Now, think of a scenario, successful children, prosperity unimaginable, what if father/mother are no longer central! They would feel miserable while rest of the family swims under the intoxication of prosperity.

Prospering /ever increasing grossness will cover the inner Diety… no divinity / Divyata/ Ojas/ glow will get to break the wall and radiate.

It will all be filtered out.

# “DO NOT LET THINGS OWN YOU”

Owning THINGS means you are also tied to those objects. BANDHAN

**OUTER**   **INNER**

*A picture containing saw

Description automatically generated*

Trying solve multiple Solve one.

Exists for a limited period ETERNAL

# WISE MAN

is one who is ready and willing to strike a balance between the outer and inner. There is no need to hate outer or inner.

# Caution:

Do not identify yourself with the outer. See from within, witness from within, feel that HE dwells in all. This in itself will dissolve enmity, jealousy, greed….

Sahaj Marg:

* One of the principle is to strike a balance between the material and spiritual life
* It would be better to spiritualize the material existence.
* This is possible only when we start identifying ourselves with the inner-witness, make the Master a witnessing agency through constant remembrance.

Poverty of the objective world versus subjective world:

Outer world can be enriched with objects.

Inner world, its emptiness arises out of need to resolve some eternal questions. So this inner emptiness can be filled only with those answers. Questions like – the purpose of existence.

Where am I heading…

What is Divinity…

What is Liberation…

What is Eternity…

Why am I born….

Why death…

Inner world can be filled with – starting 1st with the understanding of these questions and answers. Such contemplation will initiate our inner journey – inner spiritual voyage.

# Outer versus inner

**Outer Inner**

🟋 Temporary shelter 🟋 where the real home is

*रेन बसेरा है*

🟋 Outer becomes valuable 🟋 Inner become unpalatble

due to desires due to desires or the other way – depends who is looking

🟋 Visible 🟋 Invisible

🟋Moving/changing 🟋Unchanging CHANGELESS.

🟋 Thoughts/feeling are all 🟋 State of being

from the outer: MIND/heart etc

🟋Boundaries exists 🟋Boundaries dissolves

Leads to multiplicity leads to Unity

🟋Mind remains busy with 🟋Mind is at rest with

objective world inner-subjective world

# Why Meditate

Mundane perspective

Most people purchase homes, appliances, clothes, music… through comparisons – how their neighbours or friends or relatives have.

We like to be seen as in sync with our peers.

The typical of pharmacist in NY/NJ area where I practiced. If one bought Lexus or Mercedes, surely you will see many parked in the parking lot next time we met.

Similar was the trend in buying homes…

One can easily see outer glitter and try to copy. As we move inward, it becomes difficult to read thoughts, perceive feelings, resonate at the frequency of the other being.

No outer – bound eye can see the inner processes. No mirror or a person can say anything about your inner being.

The inner being becomes visible or the signs of its need become visible when we 1st close our eyes, open our hearts and lovingly wait for it to reveal. This is meditation – an art of seeing your true – self.

Meditation acts like a true mirror where we can see our feelings, thoughts, intentions very clearly. We are able to negate the view-points and opinions of the objective world without offending anyone.

Through meditation, we are able to see our needs or desires very clearly. The need “to fit” in with the rest of the society dries-up. How simply we come to a stage where we stop looking at ourselves from other’s perspective or eyes or opinions.

# What is TRUTH

One that can stand the test of time, endures ad infinitum

Circumstances do/can not make a dent on TRUTH

# Why evenings and morning are so clorful?

Sunsets and sunrise are so colourful:

The moisture in the air acts like a prism and spring sunrays in to multiple colors.

It tends to become more colourful whenever there is greater pollution!! Mind acts like a Prism- it makes many things colourful. More pollution that is more colourful it becomes.

So the need to clear up the inner pollution.

We have a greater challenge with our own Prism – the mind. It keeps changing its flavour all the time, the perspectives, the emotions that affect the mind also changes the way this prism/mind behaves and so, so many possibilities in which the external world can be seen. The world in flux, the mind in flux – you can imagine the complexities we encounter each day.

I can to some extent regulate the prism/my mind, there is no guarantee of regulating this mind stuff of others! That is why the importance of mixing with matured minds. Minds endowed with steady approach to life – they will tend to minimize the complexities.

# Keys

Inability to use keys properly can often spoil the lock itself.

Many keys or secrets are there in nature especially in the esoteric world. Sharing certain secrets can actually create more harm than good if the receiver does not understand the gift and misuse it or wrongly uses it!

Certain methods like point B cleaning is actually not a secret, it is open to all. There can be instances where an individual instead goes on meditating the very thing one wants to get rid of!!

# Holding on to Spiritual condition after Meditation

When one comes inside the house after the summer walk at noon, especially if you are entering the dark room, it will feel darker, until the eyes adjust. This adjustment is required otherwise I may bang into a table or some toys lieing around the floor.

Moving from closed eye meditation where the inner is intensely focussed inwardly, the outward attention will have to wait for some time – until my inner awareness is ready to interact with the outer. Holding onto inwardness is a beautiful attempt gives further courage or impetus.

About Champagne

“IN VICTORY YOU DESERVE IT, IN DEFEAT YOU NEED IT.” Napoleon –

# I wonder at my life..

People obsessed with the objective world and allowing themselves away from the inner most core, develop a fictional justification for objectification. The illusion is further strengthened by the friends, family members and the society.

For fiction to play out, future is needed to extend the ‘now’ of unreality.

At the moment when you are about to breath your last, end of life, end of the journey, fictions that needs support of future also will end….

You are now face to face with your authentic real self….

Then, too please do not make plans – I wish I had longer life – now, at least let it be a calm moment.

If these fictions can die out, before one breaths last, the future will merge with now. This moment is where one becomes “living dead”. No more fictions, dreams, desires…. Simple state of Being – A mighty emperor is now born = DWIJ born.

# Fictions after fictions

Can you prove you are such a good person?

You will have difficulty in doing so. If you have built fictions about yourself, no real proof can come out.

One then snaps out from the very start to prove other to be out of line/wrong/ deviated, so indirectly you say, that not only you are good, but better!!

That is why we need courage to see/ to look at ourselves.

It is precisely due to infinite fictions we have created about ourselves and about others. Likewise, others have also created fictions about themselves and also about us.

Some may have fiction, that I am a realized person and others are not.

When I know that I have nothing on my own, but the fictions created by mind and others keeps me going on the wrong trajectory. That must stop – and to deny those fictions. I must develop courage. “Clarity” is the result.

# Riding on two Horses at the same time

It sounds foolish to conceive of such a scenario. Often Gurus use such statements that in order to follow one Guru, the seeker will have to discard one.

But, this is too superficial view.

The fact is that there are only two horses – one called faith and second called doubt.

Faith or Trust has its own advantage and so does doubts and suspicion. No one can cheat you if you are suspicious, doubtful; but you lose vital thing from life and that is peace /health /wholeness arising out of trust. Thus in reality, others may not cheat you but you are now cheating yourself better than anyone can!

In reality, we do not have just two horses, we indulge with so many. We have created so many tributaries in our mind, it is bound to lose its force, never make it to the ocean. Such a life will be a tragedy.

Riding on multiple horses, sensual appetites of infinite nature…how can one remain focussed on that inner deity?

One wonders at a worldly man, who is careless about or worry free about the other world. He seems to be more at ease than half-hearted person pursuing the journey of the inner world.

So the Goal should be clear discretely and then next step is to find appropriate means to arrive at the end.

Lack of faith unhappiness

Doubt/SUSPICION leads to neurosis

Madness

misguidance

Faith / Trust can lead to Blindness

Viz you trusted your love or Boss or Trump. BETRAYAL

Babuji says: “I do not trust anyone NOR do I trust”

But do not say I do not trust you. ( just be alert / aware open)