

WINNING THE GOAL OF GENUINE PEACE & HAPPINESS



Every human being aspires for a happy, serene, beautiful and successful life. Irrespective of socio-economic background or upbringing or value systems, we strive to attain that which is good and productive for ourselves and our loved ones. Over time and with experience, one learns that all that is really worthwhile requires effort, attention and investment of time and energy. **Nothing that is truly unique can be attained by fluke**, and thankfully so, since we tend to value everything that we ourselves have worked towards.

For many today, 'happiness', 'peace' and 'security' are deceptive illusions but we fail to understand why has it become so. For generations and lifetimes, we have unconsciously associated these glorious achievements in life with

external factors – family ties, approval of others, conducive working/family situations, physical beauty and assets and so on. It's astounding that we began to believe that these temporary and limited characteristics could possibly provide us secure and fulfilling lives! **The number of unthinkable sorrows in the world is increasing daily, so how long can we refuse to acknowledge that our own perceptions, attitude and lack of responsibility have led to our downfall...**

Whether we lead professional, family or spiritual lives, every human being faces so many challenges, ups and downs, but by following spiritual guidance i.e. guidance from the Divine (God), things most definitely can get resolved amicably and life can truly be termed 'beautiful'. **Spiritual**

lifestyle when adhered to positively and with an open mind, can help solve many problems of society. The yearning of human souls for inner peace and happiness is universal and stems from deep memories of having lived with dignity, love and peace in whole once upon a time... It is time to reinvent our thinking and approach to life so that we can transform society. This can only be done through mutual understanding, respect and love for each other, and of course a little bit of sacrifice of limited self-interests.

At the present time of Settlement of Karma, or in other words, the exchange of positive and negative spiritual energy between human souls, or humans and the five elements, **it is very important to stabilize our emotions, enhance our decision-making power, and channel only positive energy through our thoughts, words, attitude and actions.** The four main subjects of the path of Rajyoga Meditation help us to achieve this accurately:

- ▶ 1) **Wisdom or Gyan**
- ▶ 2) **Meditation or Sahaj**



Rajyoga

► 3) **Inculcation of Divine Virtues**

► 4) **Sharing of Godly blessings and wisdom or Service**

When practised rightly, sincerely and completely, the above four pillars determine wonderful, carefree, peaceful and happy lives. This, in fact, is the inheritance we receive from the Supreme Parent, not just for this birth but ensuing lifetimes. Rather than assume that peace and happiness are the final attainments of life, the more we live with spiritual awareness, the more we experience these qualities as part of our normal personality traits. **Humans are not physical beings with spiritual attributes, but we are spiritual beings that express ourselves through the physical chariot.**

The regular practice of performing actions in the consciousness of being divine points of energy, 'souls', atma empowers me to display only my eternal qualities of love, wisdom, peace, bliss, purity towards

the Self, the Divine, and

others. The reason for disappointments/frustrations in relationships and professional aspirations is the lack of this '**karma yogi-consciousness**'.

"While you are performing actions, it doesn't remain in your awareness in an emerged way that "I am a soul". Everyone knows this, "but what type of soul am I?" **I, the soul, am Karavanhar and these physical organs are karanhar.** While performing actions, be an embodiment of the awareness of the self-respect of karavanhar. Even if you have to get something done through your physical organs, remember *"I am karavanhar, I am a master". If you are set on that seat, then all of your physical organs will remain in order.*

"The soul is the king and these physical organs are the companions. So, the soul, the king who is Karavanhar, should check karanhar, the physical organs. While performing actions, become the master of the self and don't let go

of the seat of self-sovereignty." (Avyakt BD, January 2010)

"You are not those who just have yoga, but you are those who have a yogi life. A life is not just for two to four hours; a life is for all time. So, while walking and moving around and performing actions, you are constant yogis who have a yogi life. The aim of your life is to be constant yogis." (Avyakt BD, January 2010)

*"There are many authorities, but the greatest authority is the authority of experience and **God, the Almighty Authority has given you the experience of self-respect.** There is a difference between hearing and thinking about it, and in being an embodiment of the experience: whatever you think, whatever self-respect you want to stabilise yourself in, become stable in being the embodiment of that experience. No one can shake that experience because it is self-respect (Swa-maan). When you are an embodiment of self-*

respect and are stable in the experience of self-respect, there cannot be any body-consciousness there. For instance, when there is darkness, if you switch on the light, the darkness automatically disappears; you don't have to make any effort to remove the darkness or to chase it away. Similarly, when seated on the seat of self-respect, the switch of experience is on, so no type of body-consciousness can exist there.' (Avyakt BD, January 2010)

A truly blessed soul is one who is able to create will-power and a beautiful inner stage, before them providing a good atmosphere for others to accomplish the same too. Let us be kind to others and support them on their journey of life with love and regard:

"Where there is knowledge and the stage of yoga, the inculcation of virtues takes place automatically; spiritual service will take place at every moment automatically. According to the time you may serve

through your mind, through words, through actions, through love in your relationships. For instance, if another soul is a little sad, a little dull in his or her effort and is under the influence of a sanskar, if you give zeal and enthusiasm, co-operation or love to the soul, that is the charity of service, you will accumulate in your account. It is an act of charity to uplift someone who has fallen.

"Do not push those who have fallen further down, uplift them! Give them your co-operation. The sanskar of anyone's weakness should not reduce the good wishes in your mind. That one's sanskar is slack, but it is powerful enough to reduce your good wishes. It is necessary to have such good wishes among yourselves. God knows that there is a conflict of natures, but the conflict of natures should not finish the love, it should not finish the relationship or make any task unsuccessful. This is God's family. If there is no love in the family, it is

not a family. Only when you become free from obstacles, you will become experienced and make others experienced with your authority of experience." (Avyakt BD, January 2010)

We as spiritual beings have a beautiful opportunity at present of living with peace and happiness, and reviving the same in others' lives. May we dedicate regular time to making this elevated vision a reality!

"At this time in the world, there is sorrow at every moment, whereas you have happiness at every moment. The greatest act of charity is to give unhappy souls happiness. People of the world spend so much time and money for happiness whereas you have easily found the treasure of imperishable happiness. Now, simply continue to share what you have received and thereby increase it." (Sakar Murli, 2 July 2014).

Om Shanti

EDITORIAL TEAM