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SEMINAR TOPIC

“As You Think, So You Become.”

Showers of Divine Grace – The Subtlest Method (Page 62, Ed 2018.)

INTRODUCTION

Namaste brothers and sisters, and humble pranams to our Senior brethren who have been guiding and supporting us for our spiritual progress in the Natural Path.

The topic of the day is taken from the message delivered on **9th July 1972** in Madras (Chennai) on return from the tour of Western Countries by our beloved **Master Pujya SriRamchandraji Maharaj** of Shahjahanpur-UP.

When I read the above Master's message, I noted two main facts of Life as mentioned below.

1 – The Ultimate is the Subtlest Being, and to realize Him we need to adopt simple and subtle methods

2 – The Ultimate is internal, so to Imperience Him, we need to meditate on the Ultimate alone using those simplest means

If the goal of our life is Happiness and live up to the expectations of the Ultimate, then Self-Realization becomes the key. And it is possible only when you realize that we all are the expression of Divine and the Ultimate is

within us. As long as we alienate Divine from us and look for Him externally by worshipping in the temples, idols, pictures or portraits made by us, we will never be able to realize Him.

Fortunately, our beloved Master has simplified the process of Realization by giving us the system of Natural Path where by doing meditation on the Divine Light present in the heart, doing purification and taking the support of Pranahuti, we can feel the company of Divine within us. It is easily said but requires assiduous sadhana with Faith on the Master and trust on the Natural Path given to us.

We are so much busy with our worldly and materialistic life, that we hardly find time for ourselves searching for the Truth. We seldom think about the Source of Life. So, how to feel the company of Divine, and maintain positive and constructive approach towards life especially when going through so many obstacles, miseries and pleasures of life.

By unique discovery of our beloved Master Pujya Babuji Maharaj, we all learned in the Natural Path that any idea first comes in the upper part of the heart more so at location Point A of the human chest frame, and whatever we think repeatedly located at this point, we will form our fate accordingly. To explain further,

- The IDEAS get expressed in the Heart in the form of FEELINGS
- When those FEELINGS are entertained or carried to the Mind, they become THOUGHTS

- And when THOUGHTS are executed, they become ACTIONS defining the Characteristics of that person

So, FEELINGS, THOUGHTS and ACTIONS are interrelated and cyclic in nature defining the Consciousness of an entity, as shown in the picture below.

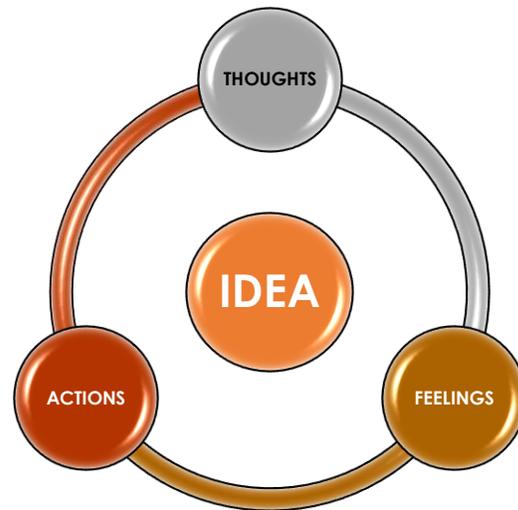


Figure 1 Consciousness

In the system of Natural Path, we also learned that Consciousness of a person can be broadly classified into 3 main categories – ANIMAL (Lower), HUMAN (Upper) and DIVINE. With the help of Pranahuti and Purification process, the steps for the transformation of Consciousness is from Animal to Human and from Human inturn to Divine (Pure) as shown below with examples of some characteristics for each type of consciousness.

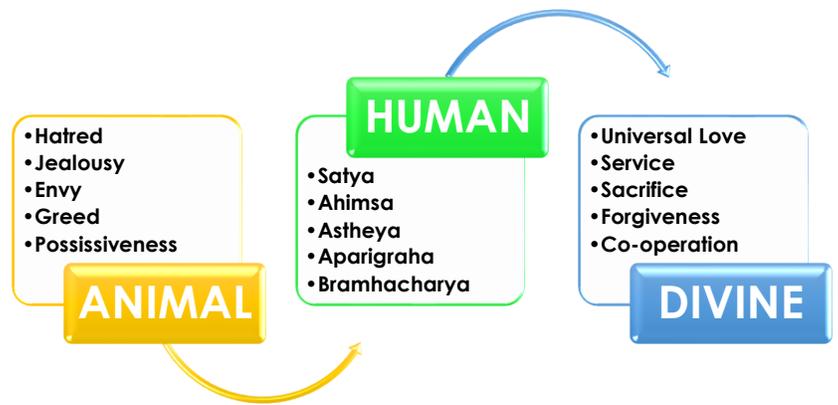


Figure 2 Transformation of Consciousness

Now, I would like to walk you through couple of examples to understand how we **Become** based on what we **Think**:

If a person gets an **idea** of helping or doing good to others, then the person starts **feeling** of being kind or sympathy or empathy in the heart based on the situation. Because of those feelings, the person further gets **thoughts** on different ways of helping and will take the required **actions** accordingly. So, as he thinks so he becomes a true human.

Vice-versa, on a negative note, if a person gets just an **idea** of being cheated or wrong done by someone, will make him **feel** angry or hatred at heart. Based on the intensity of those feelings the person will start getting **thoughts** of doing bad or revenge on the other person which in turn drive to take the **action** based on the temperament of the person. So, again as he thinks so he becomes or falls down to the nature of an animal.

Now coming to the Ultimate/God, though we all know nothing about It in Reality, but still we

love the Ultimate – referred as Universal Love, Service, Sacrifice, Forgiveness, etc. representing the Consciousness of the Ultimate or Pure BEING. When you become Divine, there is so much of happiness and peace around you, that people automatically become peaceful and happy by mere presence of you or coming in contact with you whether knowingly or unknowingly. That is the greatness of PURE consciousness. “Thought when purely Divine, can reach the Source without fail”, says our beloved Master in the same message.

And Point-A meditation is the key to stay in Upper and progress spiritually to Divine consciousness and become Divine.

CONCLUSION:

Like how we become children ourselves when playing with children, so as you think of being Divine in nature, you become the Divine.

Thank you and humble Pranams!

REFERENCES:

<http://www.sriramchandra.in/books/SDG/mobile/index.html#p=33>

