

AS YOU THINK ,SO YOU BECOME

- Shambhunath Singh

Dear Brothers and sisters on the path my humble pranams to all of you.

At the outset I would like to thank the organizers for providing me an opportunity to participate in the Seminar today 15 Aug on the occasion of the Birthday Celebrations of Revered K.C. Varadachari Sir.

The topic of the seminar is “As you think so you become”. So first we have to think what we want to become using our mind and intellect, that means we have to set our goal. Babuji has stated in his writings that thought has power and if you keep thinking continuously on achieving a particular goal the thought gains power and gives you means and strength to achieve it. It provides determination and Commitment to achieve the goal. God willing the nature also conspires and helps you in achieving your goal. Jab Koi Kuch Hasil karne ke liye Shidat se chata hai to poori kaynath useh woh hasil karwane me jud jathi hai. However, if your desire is not strong enough then you may not succeed. Late. Dr Abdul Kalam, President of our Country once said that he wanted to be a fighter pilot but could not get selected in SSB and on hindsight he felt that perhaps the intensity of his desire was not strong enough for his dream to be realized because destiny had something else in store for him. So desire has to be strong and intense.

In a young child, the mind and intellect is not fully developed so his goals change continuously. The child’s thoughts and desires keep changing frequently, they come and fade away so they do not gain strength to fructify. As he grows his intellect develops and he becomes more stable, wise and experienced. Yet it becomes very difficult to set the goal as to what you want to achieve in life. The environment, the parents, teachers, peer pressure, circumstances etc. influence the individual in setting the Goal. There are two aspects that are to be considered; the worldly or material achievements and the spiritual. Generally one focuses on the materialistic aspect and it is only at a much later stage in life a few of us start contemplating about higher purpose of life. Babuji has made the most complex task extremely simple for us by stating that our Goal or purpose of

life should be Complete oneness with God and not to rest till the ideal is achieved. Further he went on to provide us simple means and methods in the form of Ten Commandments on the Sahaj Marg to achieve our Goal of life without shirking our worldly responsibilities towards self, family, Society and Country so that our materialistic and spiritual life progress parallelly and harmoniously.

Generating thoughts is play of mind and we keep generating many thoughts and desires all the time but only those thoughts which are followed up and matched with ACTION of equal intensity, willpower and determination can FRUCTIFY. So when the desire is very strong and it is followed with single minded determination, hard work and zeal only then “You can become as you think”. The thoughts could be positive as well as negative, it is the intensity that is important. A chaiwala with intense positive thoughts matched with determined action can become the Prime Minister of India (Modi) and a Lance Corporal with intense negative thoughts followed by determined action can become Fuhrer of Nazi Germany (Hitler).

Besides our thoughts and actions God’s Will plays most important role in shaping our fate or destiny. If our thoughts and actions are pure and are for the larger Good of the society/humanity then we get support from God. Babuji has again provided a simple method for obtaining God’s grace in our Endeavors by offering our thoughts and actions to the master. He says that the grace of God comes when one surrenders one’s mind to God, one’s thought, however gross to God so that by that influx of that original thought or Godly *Manas* or thought the gross thoughts of individualized person will receive purification and get restored to divine activity. If our thoughts are purified we attract people with similar thoughts towards us and it also create the conducive environment and circumstances which aid our actions in making us become what we think. As regards our actions Babuji tells us to consider work as obedience of command from God and perform our duty for duty’s sake (Selfless action) without bothering about the fruits of action.

It is also said that one may not always get what one desires but will get what one deserves based on the law of Karma. So one has to first make himself deserving. Babuji has again given us the tool of cleaning to wipe out the sanskars and also

through 'Nishkam Karma' (Selfless action) to avoid formation of fresh sanskars or Karma. Further, Babuji has also spelt out how to make oneself deserving of the grace of Master by developing love and affection towards him through Constant remembrance.

In the end I pray that we all become what Babuji wants us to become and that is to become one with God and for that we have always to keep Babuji and his Commandments in our thoughts and all our actions should be treated as obedience of his Commands.

Namaskars