

“Our Duty is to Grasp it firmly and stick to it at all cost. The renunciation develops automatically in our system. (Showers of Divine Grace, Chapter – 8 “Craving of The Soul” - Page 160).

-By Sandeep Yadav

Namaste Dear Brothers & Sisters,

My Humble Pranams to all of you.

Based on my understanding I would like to share some of my thoughts as below.

1. Community of thoughts
2. Our Job
3. Renunciation

Community of thoughts:-

We have setup type of thought pattern and we all the time would like to dwell or think on those. Most of the time we all get these types of thoughts in our meditation and those thoughts seek our attention.

e.g. Now a days corona news/updates, Politics, Sports, Stock Prices, Job Market etc.

The question is why we are getting these kinds of thoughts. Below are some of the reasons from my understanding.

- Our Liking to Subject or Habit of doing the same
- Impact of those thoughts which has direct connection to our life (Could be Fear or opportunity or Aspiration)

- External Environmental Inputs (outside world is talking or feeding you those things)

The thoughts which we get during meditations will give an idea on what consciousness we are dwelling.

Our Job as an Abhyasi

1. We need to be vigilant on type and nature of thoughts we are getting and make a note of these in our diary.
2. Acceptance of our own consciousness or mistakes we are doing is must because that will bring direction to work on those.
3. We need to be very open and have courage to discuss with our trainer for solution of those.
4. Follow earnestly all the practices provided by The Master

We know its easily said than done and we often find challenge in following them. If we trace back the problem, we will see the issue is not because we don't have time OR methods are difficult OR insufficient support of the system, but it boils down to Clarity and Priority of Goal.

We have setup many different Goals and Priority in our life based on our profession or likings/Hobbies E.g., if someone in Finance OR IT background wants to excel in their position, learn new technology as one goal, want to start new firm as another goal, someone wanted to work on any sports/hobbies etc. and we also have Spiritual Goal too.

So now what should we do with these different goals? Our Master says we need to fly with both the wings. Everyone has their own goals, but we need to be very Clear on our Primary Goal which is permanent, and

rest of the Goals are temporary. Here comes the real test of our Viveka which we need to use very wisely and obviously we need work and focus on Primary Goal.

We are very fortunate by Blessing of The Master, Pranahuti and assistance of our Brothers & Sisters, At least we know these thoughts are the cause of our bondages and reminds us again and again of our Goal.

So, the big question is why we are whirled into these thoughts again and again and could not be able to stick to thought of our Goal?

The Problem is owning of condition we get during mediation/Satsanghs/celebrations/Individual sitting. We need to hold on to it as much as possible.

Contemplation on the condition in HIS thought helps a lot. It helps for constant remembrance.

Renunciation:-

If we follow earnestly all the practices provided by The Master by keeping Primary Goal in view all the time then slowly and gradually, we will start developing the Love, Warmth, Devotion to The Master. The greatest boon in our system is Blessing of The Master, Pranahuti and assistance of our Brothers & Sisters which makes the path easier and eventually all the methods find so simpler to follow. All we need is Fix our Goal, Will to achieve, Faith in The Master & Methods and Confidence. Never Give up or underestimate yourself. Our System is positive system and approach of system is very positive. If you observe carefully most of our commandments gets easier to follow provided, we attach ourselves to divine. Once load of Mala, Vikshepa, Aavarana is reduced we are sure to feel the Renunciation on many aspects in our life and it will automatically

come. We don't need to forcefully stop or leave on whatever your belonging, Property, Money, Habits etc. but the weight of those bondages will come down sooner. I still remember during one of the celebrations talks Puja sir saying "Vairagya is not detachment to things but attaching more to The Divine" which will reduce all other attachments.

I would like to share few of my experiences here.

Many years I have witnessed my condition before the celebration and after the celebration. it reminds me the game of Snakes and Ladder.... snakes are nothing but our lower/material thoughts which bites us and takes us down and ladders are nothing but help I am getting through the system.

In my case my liking/attachment to work and money keeping me busy in these thoughts pattern. e.g., I need to learn something new for securing my job or earning more money/fame/position or there is fear of losing job etc. but when I dig down further, I saw issue with contentment and want more attitude, but Greatness of The Master is such that he is always guiding us during silence. The kind of freedom and bliss we enjoy during mediation removes all the bondages/obstacles on the path.

It has greatly reduced the impressions of those thoughts. Whenever I get these kinds of thoughts then it reminds me back to my original goal with thoughts such as "what to do with all these assets and efforts we are doing? which anyways not going to help for our goal because very nature of it is temporary .I may get satisfaction or more position but that is not going to help in my goal but rather will take time or keep me busy on those thought pattern and only thing which will go with us is the amount of progress we made in spiritual field.

From my experience though I get these thoughts but the intensity of those goes away quickly and it doesn't stand longer and that is the Blessing of The Master.

. I would like quote Master , He says "Spirituality is my responsibility, as practice is your responsibility".

In our system our connection with The Master is firmly established and he is giving us signals and guidance in our day-to-day life.

Our duty is keeping our Goal in view all the time and go on reducing the distance between him by having remembrance all the time so that we don't miss the signals/guidance coming from him and act on it.

I would like to conclude my paper with Prayer

"O, Master!

Thou art the real goal of human life.

We are yet but slaves of wishes

Putting bar to our advancement.

Thou art the only God and power

To bring us up to that stage."

Thank you for an opportunity.

Pranams

Sandeep