

He is in the real sense a 'Monk Who Sold His Ferrari'

Ashok Arora, former secretary, Supreme Court Bar Association, a well-known lawyer has done extensive research on the spiritual path. He has practical experience of more than thirty years in the field of child/personality development. Feeling concerned about millions of fellow human beings not getting one square meal a day, the growing violent tendencies, falling standard of physical & mental health of the youth world over, he resolved to abjure a lucrative law practice at the peak of his career to dedicate his life for guiding the youth and fighting against corruption.

This book not only suggests simple route for stress free, successful and blissful life but also talks of 'Law Of Impermanence', which reminds us of the futility of mindless accumulation of wealth. Imagine how wonderful the world would be if corruption is rooted out and the money being mindlessly accumulated and siphoned off by the corrupt is spent for the benefit of billions of children world over who are not getting one square meal, primary health care facilities and basic education. Once a person reflects upon the 'Purpose of Life', once he realizes the "Beauty of Soul" and "Law Of Impermanence" he would never run after mindless accumulation of wealth. He would not pollute his soul by indulging in corrupt deeds. He would surely utilize his resources including money and intellect for the cause of humanity. The real beauty of this book is that one just has to understand, be aware of the issues discussed and follow the simple route the author has formulated to lead a blissful life.

Comments on books and talks by the author

What a miraculous book! Every word singing a musical note, of a well-tuned soul, whose words ring like soft bells & reverberate with the symphony of a life that is totally in control of its inner strength! The most amazing blessing falling in my lap like a gift from heaven! From a heavenly soul! Ajeet Cour President SAARC writer.

Inspired by the success of his earlier work, Ashok has authored the present treatise to carry forward his mission to bring morality and probity in public life. Ved Prakash Chairman, Bar Council of Delhi

Ashok a twenty-first century Buddha has produced a working manual of existence for every hour of life. Ram Jethmalani Ex Law Minister

Rendering Holistic Education, Values are the pulse of his talks. He is a gifted speaker with a pragmatic realistic approach to the experience of life. Maj. General B S Daulta

Mr. Arora has been rated as one of the best speakers by senior judges and police officers coming from all over India & neighboring countries. He has been very popular amongst his participants. Dean Institute of Criminology

Mr. Arora is a magician who holds his audience spells-bound with his profound and mesmerizing thoughts. Principal Police Public School.

The beauty of Mr. Arora's talk is that first he goes to the level of his students and then he brings them to his level. Principal Delhi Public School.

"Ashok is Wonderfully Intelligent, Thoughtful and Kind, A Gift to my class."

Professor Andreas Teuber, Harvard University

With Best Compliments from

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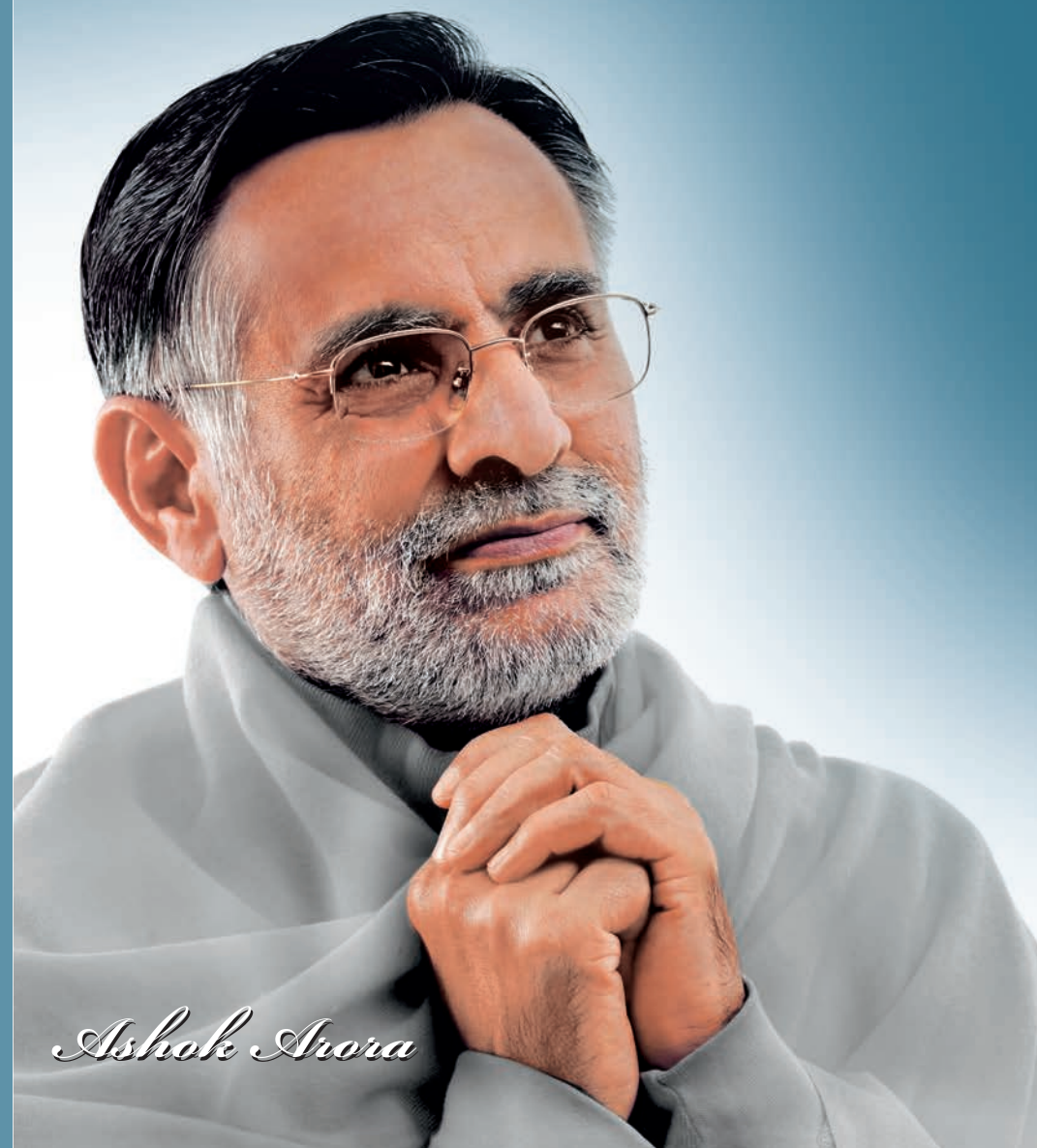
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Meet Your SOUL

Ashok Arora

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by

Ashok Arora

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Meet Your Soul
by : Ashok Arora

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Annexure I

Foreword written by Sh.Ram Jethmalani to author's first book -
'Simple Tips for Sure Shot Success'

Dedication

This book is dedicated to millions of departed souls who died of hunger. To unfortunate farmers who grow grain for us but are unable to feed their own children and many of whom commit suicide.

To millions of fellow human beings who are unable to get one square meal a day, primary health care facilities and basic education because of the greed of a section of society, which is engaged in mad rat race to acquire wealth through unethical means.

The purpose of writing this book will be best served and millions of human beings living undignified life can benefit even if one such person resolves to part with a portion of his wealth for the cause of humanity.



Foreword

I have been a witness to the meteoric rise of Ashok Arora from a Trial Court Lawyer of District Courts to a most acclaimed and sought after Lawyer of Delhi High Court and other Courts in the country. He is a keen observer and bold commentator on all happenings and developments in the society. Ashok Arora is a strong believer in morality and probity in private and public life. He is spreading the message of righteousness and uprightness through regular interactive sessions in schools, colleges, police and other administrative training centers in various parts of the country.

He has taken upon himself the challenging task of motivating the younger folk to shape as ethically sound and virtuous citizens and be an asset to their family and society.

His deep-rooted thoughts took the shape of a very interesting book titled ‘Simple Tips for Sureshot Success’ which was published last year and was a run-away success.

Inspired by the success of his earlier work, Ashok Arora has authored the present treatise to carry forward his mission. He, very rightly concludes that anger, hatred, jealousy and greed are real threats to peace and harmony that lead to negative thinking, belligerence and tension among individuals and even states. Ashok Arora has taken lot of pain in putting across his message in a easy and captivating manner.

I am sure, the book will prove rewarding to its readers and millions of human beings will benefit even if one person who has made riches in life imbibes the theory of “Law of Impermanance” and diverts his resources for the benefit of those living undignified life.

Ved Prakash Sharma
Chairman Bar Council of Delhi

Date : 05.02.2010

About The Author & The Book

He is in the real sense a monk who sold his Ferrari! Mr. Ashok Arora, former secretary of the Supreme Court Bar Association, is a well-known lawyer, who has done a lot of research and has practical experience of more than thirty years in child development, personality development and communication skills. He has also done extensive research on the spiritual path. Imagine someone starting to read about child development and human psychology even before the birth of his child; gracefully refusing the offer to become a high court judge. Feeling concerned about millions of fellow human beings dying of hunger and millions not getting two times meal, the growing violent and suicidal tendencies, falling standard of physical and mental health of the youth world over and the stress and strain they go through he resolved to abjure a lucrative law practice at the peak of his career to dedicate his life to selfless service.

He studied in Mukherjee Memorial School, Hindu College and Campus Law Centre, Delhi. He has been practising in the Supreme Court of India, as well as in different high courts and trial courts for the last more than thirty years.

Having been interviewed a few hundred times by many popular TV channels like BBC, CNN, Star, Aaj Tak, Zee News and Doordarshan, and also by journalists from prominent newspapers, Ashok is known for giving bold and wise comments on issues of public importance.

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Despite having achieved great success and renown in his field, he has never lost touch with his humane side and has always stood up for social issues he believed in, and taken a courageous stand on many public issues.

Many people, who have interacted with Ashok, are of the opinion, that he is a rare mixture of compassion, wisdom and courage. He has refused to compromise with his conscience on many issues and hence has become a *role model* and great motivator for the next generation.

His bold and wise criticism of the trial judge who acquitted the accused persons in the Jessica Lal murder case ignited a nationwide debate, and more than ninety-eight per cent of the citizens agreed with his views. In fact, the two-judge bench of the Delhi High Court later confirmed his stand. The acquittal was set aside and the accused were convicted.

He has worked with dedication and sincerity to become one of the most successful lawyers in the country. He has represented many prominent companies and business groups like Tatas, Birlas, Reliance, American Express Bank, Motorola, Apollo and Hindujas. His clients also included Union Ministers, Governors and Chief Ministers. He had been on the panel of the British High Commission, the American, German and several other embassies. He once cross-examined the famous lawyer Ram Jethmalani at such length that it continued for umpteen number of hearings. He created a history of sorts when he successfully argued for the summoning of a former prime minister of the country.

Ashok has written many bold articles criticising various judgments passed by the Supreme Court. The most important of

these, was his criticism of the verdict delivered by the constitution bench, wherein the Supreme Court, while interpreting article 105(2) of the Constitution of India, wrongly held that members of parliament were immune from prosecution, even if they had taken bribes for raising questions or casting votes in parliament. He even criticised his own colleagues when they went on strike. He maintained that the strike was unfortunate and anti-litigant.

When he was a young lawyer just beginning his career, Ashok displayed signs of his deep social commitment. In the year 1984 he observed an indefinite hunger strike in support of the process of bifurcation of courts in order to provide justice at the doorstep for litigants and after eighty hours of his fasting, full court consisting of twenty-five judges of the Delhi High Court was compelled to give in and start the implementation of bifurcation of courts.

In fact, even before he was registered as a lawyer after graduating from Campus Law Centre in 1979, Ashok took a courageous stand opposing many legal luminaries of the country who had advised the then President Neelam Sanjeeva Reddy not to act upon the advice given by the then Prime Minister Charan Singh to dissolve the parliament. As a fresh law graduate, he boldly advised the President to ignore the opinion of those legal luminaries and go ahead with the dissolution of the House, and this is what exactly happened.

Ashok has always advocated the abolition of the death sentence and believes that life and death should only be in God's hands. Without charging a single penny he successfully argued in the Supreme Court for commuting of the death sentence of a young man where the Delhi High Court had confirmed the death sentence awarded to him by the trial court.

Despite being occupied with his important engagements, he has never lost sight of his commitment to common people: he helped to ensure the release of more than one thousand poor prisoners who had been languishing in jail for petty offences. He has been boldly declaring all along that the poor are discriminated against in our present legal system.

Ashok is a fine orator, having delivered more than a few hundred lectures on different topics like law, public affairs and motivation for the benefit of judges, senior police officers, principals, teachers, company secretaries, students, NGOs, foreign delegates and professionals from various fields. He has the special quality to connect instantly with his audience, whether it is children, judges, police officers or college students. A melodious song or a couplet nicely mixed up in his speech or lecture is always the 'Icing On The Cake'.

So what prompted such an eminent lawyer to give up a flourishing practice and devote himself to the selfless service of humanity?

The turning point came during the court's summer vacation in May 2005. Mr. Ashok Arora was scheduled to attend two international conferences in Scotland and France with lawyers and judges from all over the world. All arrangements like ticketing, hotel booking, VISA had been made. It so happened that he went to meet a few less privileged children who were being looked after by a voluntary organisation. While he was on this visit, an enlightened soul suggested that instead of going abroad to attend a lawyers' conference, it would have been better if he had spent some time with those children, teaching them and playing with them. Being extremely fond of children, Ashok said, without

batting an eyelid, All right, I will not go on my foreign trip. I shall spend my summer vacation with these children.

This spontaneous gesture changed the course of his life. Ashok spent the entire summer vacation in the company of those lovely children, aged between three and fourteen, playing and singing with them. Instead of enjoying a vacation at an exotic place, he spent his days in the scorching heat of a village where there was no electricity. However, he really enjoyed the time he spent with those children. Within a couple of days they had warmed up to him. He trained them to recite poems and sing devotional , patriotic or whatever songs they liked. After a few days their confidence grew so much that they began looking forward to the open session every evening, and those children who were earlier shy were now keen to participate. This experience completely transformed Ashok's life.

Ashok has been deeply concerned about the rising rate of suicides among youth. Seeing the disturbing growing trend of students resorting to suicide as an escape from the stress and strain they go through during examinations, he resolved to dedicate his life to the cause of humanity. He is considered one of the best orators and motivators who inspire students to strive for excellence without putting undue stress on them.

Ashok's authored his first book 'Simple Tips For Sureshot Success' with a purpose to share his experiences of life with student community. The Hindustani version of this book authored by him is '**TANAVMUKT SAFALTA KE AASAAN RASTE.'** His idea is to make the youth more confident, by assuring them that many people like him have succeeded in making a prosperous career for themselves, despite not having been born with a golden spoon.

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In this book in addition to suggesting simple route for stress free, successful and blissful life, he has talked of ‘law of impermanence’, which reminds us of the futility of mad accumulation of wealth. Imagine how wonderful would be the world if corruption is rooted out and the money being spent on nuclear weapons and arms race, money being mindlessly accumulated and the money being siphoned off by the corrupt is spent for the benefit of billions of children world over who are not getting one square meal, primary health care facilities and education. Once a person reflects upon the ‘Purpose of Life’, once he realizes the “Beauty of Soul” and “Law Of Impermanence” he would never run after accumulating mindlessly. He would not pollute his soul by indulging in corrupt and dishonest deeds. He would surely utilize his resources including money and intellect for the welfare of others especially for the less privileged.

Through his books and talks Ashok has been trying to impress upon the importance of cultivating one’s personalities to become complete human being, so that one can enjoy stress free life and achieve great success. His opinion is that one can meet one’s soul and stress free success can only be ensured if one becomes aware of the importance of developing a complete personality and have a balanced physical, mental, intellectual, emotional, social and spiritual health. The author firmly believes that everybody can fulfill his or her dreams with his simple formula for success, and this is what he wishes to share with his readers in the course of this book. He believes that real success and failure are measured by assessing how we act or react while dealing with different aspects of life, different situations and relationships in our day-to-day activities

The author has dealt with many important aspects of life

that determine our success and failure. He is of the opinion that it is very important to understand the ground realities, the truth, of life. It is hoped that his wonderful gesture of sacrificing a lucrative career to guide the next generation will meet with great success. The book makes an interesting reading and Ashok has attempted to address all relevant issues in an informal manner that is bound to appeal to all his readers.

The real beauty of this book is that one can follow the simple route the author has formulated to lead a blissful life. One just has to understand and be aware of the issues discussed by him. It is not a bad bargain to have a peaceful and successful life by just spending an hour every day as per his suggestions. After a couple of months you won't have to spend even an hour if you constantly feel aware of the issues discussed by him!

—**Publisher**

Introduction–Purpose of Writing This Book

I know my limitations in the ocean of wisdom and knowledge. I am very sure that many of you are much wiser and more knowledgeable. I have just tried to make a humble effort to share my experiences and views as a fellow traveler. May I request you, lets be friends first and share our ideas either through email or whatever means to serve the cause of humanity.

Fortunately a few years back I realized that the life had given me more than what I deserved and desired so I thought of doing my bit as a token of acknowledgment of this debt. I wondered how best one could serve the cause of billions of children not getting food, primary health services and education. I tried to analyze the cause of misery in the world and came to the conclusion that through out the world ill will, hatred and greed are the real causes of destruction, war, terrorism and corruption. The theory of ‘Beauty of Soul’ is to engrave in every one’s mind that fundamentally every human being is divine and no one intentionally hurts any one. And the ‘law of impermanence’ reminds us of the futility of the mad accumulation of wealth. Imagine how wonderful the world would be if there was no ill will or hatred. Imagine how wonderful the world would be if corruption is rooted out and the money being spent on nuclear weapons and the race for armament, money being mindlessly accumulated and the money being siphoned off by the corrupt is

spent for the benefit of billions of children, the world over who are not getting primary health care facilities, food and education. I am sure the theory; “Beauty of the Soul” would eradicate all the ill will, hatred, terrorism and greed.

We all know that terrorism exists because of ill will and hatred. War too is because of ill will or hatred or because of greed to wield control and power over others. Ill will and hatred seriously affect the mental balance, the level of contentment and happiness of a person, which in turn affects his output, which again is a loss to society. If one sheds off such negative feelings naturally s/he would feel content and would also develop love, affection and compassion for every human being. They would surely realize the importance of the “Law Of Impermanence” which means that nothing in this world is going to survive forever. Neither money nor power nor life is to survive for too long so why not endeavour to find the real purpose of life through introspection and contemplation.

As the saying goes, “Life without purpose is of no purpose”. Once a person realizes the “Beauty of Soul” and “Law Of Impermanence” he would never run after accumulating mindlessly. He would not pollute his soul by indulging in corrupt and dishonest deeds. He would surely utilize his resources including money and intellect for the welfare of others especially for the less privileged. It reminds me of a beautiful couplet

***“Saien itna deejye Jaa mein kutumb smaye,
mein bhi bhookha na rahun sadhu na bukha jaye”***

Which literally means God or life should give me enough only to satisfy my hunger and my guest also should not go back

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hungry. I feel that most of the problems in the world would be solved; many miseries would be wiped out if every one is sensitive and especially those who govern the nations and the world believe that every soul is fundamentally divine and beautiful. It is very important that those who control the major portion of wealth are made sensitive to the theory of 'Beauty of soul' and 'Law Of Impermanence.' If we feel from the core of our hearts that every soul is fundamentally divine and beautiful we will have no ill will or hatred against any one. Imagine a world without ill will hatred or jealousy. It would be heaven; it would be beautiful and ecstatic.

If every one feels that the soul is fundamentally divine s/he would firstly not have any negative thoughts against any one and secondly s/he would naturally gravitate to contemplation and introspection of self. Every one would be compelled to think that if every soul is fundamentally divine that means his/her soul is also divine. Now if one feels that his/her soul is divine would s/he not embark upon the purpose of this beautiful soul? Would one not reflect upon what is s/he doing in life what is s/he thinking of life? What is one's contribution to his/her beautiful soul? One would surely reflect upon and wonder what is one doing in life or with his life. One would surely then analyze which act of his/her is in consonance with the truth of a beautiful soul and what all is opposite to one's fundamental quality of a divine soul, a beautiful soul.

I have absolutely no doubt that once a soul reflects upon the purpose of his/her life one is sure to contribute his/her energies for the welfare of every one. I don't think those who are amassing wealth without any goal and those who are spending billions of dollars on arms and security have ever stopped for a while to say hello to themselves. They have not 'spoken to' themselves. Only

the one who doesn't talk to himself regularly would aimlessly keep on amassing wealth and waste his intellect and might for retaining power for selfish interests, which include his interest to secure the future of his next generation and then generation after generation. Bill Gates, Warren Buffet, Sridharan of metro fame and likes of Narayan Murthy and so many others have been contributing their best to serve the cause of humanity. But the number of those who have realized the purpose of life is far less in comparison to those wandering aimlessly. The number of people living life in consonance with the truth that every soul is fundamentally divine and beautiful is not sufficient to maintain the dignity of mankind. I am more than convinced that this is the single most important reason because of which millions of children world over are not able to get primary health and education whereas billions of dollars are either being wasted on arms race or are being transferred from generation to generation and sometimes are wasted unclaimed.

Imagine if billions of dollars being spent on arms race and nuclear weapons are diverted to eradicate the miseries of millions of mothers the world over who don't get primary health and nutrition to give birth to healthy children, to millions of children world over who die in the first few days of their birth, to millions of children who are not getting sanitation, health care and education, to millions of youth not getting proper education and employment, to millions of youth having problems of physical fitness and mental alertness, to millions of youth misdirecting their energies and millions of potential good will ambassadors diverting energies to useless and purposeless lives.

I sincerely feel that even if a few of those who matter analyze the purpose of their lives, the theory of "Beauty of Soul" and "law Of Impermanence", the purpose of discussing this theory

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would be reasonably served and the day a good number of those who matter in this world feel the beauty of soul and analyze the purpose of life the world would be very beautiful in fact the world would be too good to imagine.

Beauty of Soul

“Every soul is fundamentally divine”

Rev. Swami Vivekananda said it beautifully that every soul has the potential to be divine. Taking a cue from this wisdom, we can go a step further to say that every soul is fundamentally divine. Potentially divine would mean one has to make efforts to make it divine where as if we say fundamentally divine then all one needs to do is be watchful so that the soul does not deviate from its pristine nature.

We all know that one at peace with oneself can do no wrong. . If I ask you, “Have you ever in a good or normal mood hurt some one or have intentionally done some wrong”? The answer would be a big ‘NO.’ If we analyse any such moment when some one was hurt by our conduct we would always find some excuse that it was because of anger, greed, ego, ignorance or wrong perception. This again means that irrespective of the nature of the hurt, it is never intentional. All wrongs are done because of anger, greed, lust, pride, hatred, ignorance or lack of wisdom, which are certainly not consistent with the divine nature of soul. We must engrave it in our minds that like us, every one behaves or reacts to any situation according to one’s own perception, experience or spiritual growth. We can’t and should not fight with any one’s perception or level of wisdom. Every action in the world is a result of some one’s perception based upon his knowledge and wisdom. So we should never carry any ill will or hatred against any one.

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I shall cite an incident from my own life in support of my belief in the 'Beauty of Soul'. In the year 2000, the lawyers of Delhi went on a strike in protest against police assault on some of their colleagues, which resulted in suffering to the litigants, some of whom had to remain in jail because there were no lawyers to plead for them. I felt that we were wrong to be on strike, and took a conscience decision to oppose the strike. Most of my fellow-lawyers, who were angered by my views, criticized me roundly. But a few months later the very same colleagues supported me in the election for the post of Secretary of the Supreme Court Bar Association (India) and helped me win hands down. Imagine, why did it happen? The answer is very clear that no one was my enemy, when my friends thought that I was wrong they criticized me and when they thought I deserved to be elected they voted for me. It proves the theory of 'BEAUTY OF SOUL.'

We all notice that whenever some one scores a goal in a football match or takes a wicket in a cricket match all the teammates rush towards that player and hug him or some times even pile over him to celebrate. No one thinks that it was his individual achievement and every one rejoices from the core of his heart . It again proves the theory of 'Beauty Of Soul.'

All of us possess good thoughts and most of the time we perform deeds which we perceive as good according to our own training and spiritual development. Even the worst of human beings are not obsessed with evil thoughts all the time. Such people also do charitable work from time to time. This is evident when a person or a group of persons plan to do any social service, many people offer to do their bit to help advance their cause. This willingness to lend a helping hand is again proof of the divinity of the human soul as also of its beauty.

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All negative feelings such as ill will, hatred, anger and pride disturb mental balance and undermine the feeling of contentment, which in turn results in actions like terrorism and corruption. Once a person realizes that no one is his enemy he would never bear any ill will towards anybody. One would not feel hurt by harsh words spoken by someone and would always presume that every one acts or speaks according to his/her perception of the situation. Once a person understands the theory of “Beauty of Soul” he can never nurse any ill will or hatred towards any one. How wonderful life would be if all ill will and hatred were rooted out! One would then be filled only with love and compassion for all fellow human beings. One should always believe in the beauty of soul and as such feel blissful all the time.

What I am trying to convey my friends is that no one is our enemy. So we can't have any ill will or bad feelings for any one. We should never feel sad or hurt because of some one's perception about us. Let's keep in mind the theory of “Beauty of Soul,” all the time and fill our hearts with pure love for all to feel blissful and musical all the time.

Who am I?

“Know yourself to know the world”

If you say it is my arm, it is my leg, it is my face, you surely convey that you are not your body. If you say my name is such and such you surely mean to say that, that is your name not you. You quite often say, “My mind says it is wrong / right”. That would mean that you are not your mind either.

We are quite used to saying that we had a disturbed sleep last night. It is natural that if we were awake we would know that we could not sleep properly but how do we say that we had a sound sleep last night? That means some one conveyed to our mind that we had a sound sleep. If we are not our mind nor our body then who is it conveying to us that we had a sound sleep or telling us that our mind did right or wrong, telling us what is good and what is bad, stopping us from doing some thing. Who is it telling us it is nice to do or it is not nice to do some thing which disturbs our mind.

Having understood that we are not body or mind and there is some thing, which warns us or tells us what, is good and what is bad we can easily conclude that we are nothing but awareness or we can say that we are pure consciousness. One can say I am the eternal self or the blissful self. **Once a person realizes this truth about ‘who am I’ and understands that I am the eternal self, life becomes so blissful that all issues look ordinary and routine. So let’s enjoy the musical life with this feeling, ‘I am the blissful consciousness, I am the eternal self.’**

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Training Mind & Soul

“Half the problems in the world are because we act without thinking and other halves are because we keep thinking without acting”

***“Purer the soul quieter the mind,
quieter the mind sharper the intellect”***

We all know that the real purpose of education is to prepare a student to deal with life, to be a good human being and to learn to serve the society. The perfect health as per the definition of WHO is balanced physical, mental, emotional, social and spiritual health. Unfortunately despite several reports and recommendations the education system has failed to provide this life skill training to the students. That is why many of us despite getting professional degrees struggle to deal with day-to-day stress of personal and professional life. Our performance at work place and inter personal relationship suffer due to lack of life skill training. Many of us are not able to lead a joyful, successful and purposeful life. The main reason for all the sufferings in the world whether personal or general is lack of training of mind and soul. Like untrained drivers kill themselves and others on the road, many people in the world living untrained lives are making mess of their and others' life.

Sometime we are quite cool and don't react to even worst of the situation whereas at times we react furiously to even a smallest of mistake. My employee breaks a vase of five thousand dollars

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and I politely tell him, “*Oh dear please be careful*”. After a few days he breaks a glass of five dollars and I fire him like an angry man. One-day a student finishes three chapters in one hour and on the other day he struggles to finish one chapter in three hours. Just analyze how does it happen?

The answer is very simple. When my employee broke a costly vase, I was able to think with reflex action that if my son had broken it I would have rushed to him to ask, “*Oh dear wish you didn't hurt your fingers*” and when I was not able to have the same feelings on my employee's breaking a glass I fumed at him. Similarly when the student is calm and focused his out put is more and when he is disturbed and distracted his performance is below par. But one thing is clear that we are capable to maintain cool in the worst of the situation. It all depends upon our mood and behavior that particular moment. So why not maintain that cool and calm all the time. It is not part time job or pastime job. Whatever we learn in life we learn through mind and soul. Similarly whatever action we perform we perform through mind and soul.

Many of us read so much that any one on the spiritual path may not find anything new at the outset in different sects or discourses. We all have known our friends and foes on this route to meet our soul. We all know that love, compassion, endurance, fearlessness, humility, faith, study, selfless service, meditation, contemplation, discretion detachment, silence, solitude, non covetousness, discipline, purity, truth, forgiveness are all our friends. We also know that lust; anger, greed, attachment, ego, arrogance, worry, fear, ill will and hatred are all enemies on the path.

***“When you have control over your thoughts only
then you have control over your life”***

Let's examine why despite knowing about all these virtues and vices we continue to suffer the rigmarole of this worldly life. Why we are unable to enjoy the best of both the worlds. Why we are not at peace with ourselves and why we don't treat life as a celebration? Life is a celebration for those who are happy and useful and is suffering for those who don't try to understand the truth of life. It is suffering for those who don't want to live the knowledge imparted by the enlightened masters and the history of mankind. Life can be musical only if we live the knowledge and have strong will power to religiously observe the time-tested wisdom.

***“Gold shines only after burning in the furnace and
the diamond shines only after tough friction”***

To achieve this it is most important that we our minds & souls are trained to live the knowledge. Success and happiness in life is heavily dependent upon our right use of intellect & soul in all our actions. All our actions are the result of the use of the mind & soul. Therefore it is of utmost importance to train our mind to make the best use of our intellect all the time in all our actions. The Mind should be trained to use the intellect instead of following the senses and uncontrolled desires. This training can come only with absolute discipline and strong will power. We have to diligently work on each of the virtues and be constantly conscious of the truth of life. We have to be constantly aware of

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the enemies within. It can never be achieved just by reading or by attending discourses here and there. We all listen to discourses and read so much on spirituality but we continue to be where we were few years' back. It's like getting a ticket and not boarding the train. It's like having the road map in the pocket and roaming on the street like a wanderer asking every one the direction. Therefore it is most important to develop the intellect and use it to control the wandering mind, which is more often than not is governed by emotions, likes and dislikes.

I have a short story to share with you on this count. It also emphasizes the role of will power in our evolvment. There was a rich man who was very well connected and very popular as well. One day he fell ill. He promptly consulted the best doctors available in the city and procured all the costly medicines the doctors had prescribed. He boasted of his connections to everyone who visited him. He told them that he had consulted the best in the field of medicine and arranged the best medicines from all over the world. The irony however was that he never took those medicines kept near his bed. As a result, his condition deteriorated day by day till he had to be shifted to the intensive care unit of a hospital. There the doctors came to know that despite having consulted the best doctors and having procured all the necessary medicines, he had not taken those medicines.

The moral of the story is that we have to live knowledge by being all the time conscious of it. The problem in the world today is that we read and gain knowledge about many things, but not many people work on the knowledge gained. Just knowing what steps are necessary to achieve success is not enough. One has to consciously develop the will power and motivation to implement the plan of action in order to achieve concrete results on the path to evolve.

Wisdom lies in living life based on what we have learned. We know about the theory of *'Beauty Of Soul'* that no one intentionally does a wrong yet we entertain ill will and hatred. We know that no one ever born was complete in all respects yet we crib over the few things we don't know. We know that no one ever got every thing he wanted yet we crib over not getting some material things. We know that very one born on this earth irrespective of his status committed mistakes yet we sulk over committing some mistakes. We know the theory of impermanence yet we take years to come out of broken relationships, loss of near and dear ones or loss of job or power. We know of human nature that it not only commits mistakes it some times entertains wrong intentions or even falls prey to temptation yet when some one does wrong to us we feel miserable. We know the beauty of love, compassion, purity and truth yet many times we casually ignore to be friends with these virtues. We know anger is bad yet we don't do a bit to control this enemy. We know that by being in solitude and in silence to contemplate and reflect upon our thoughts and deeds we can evolve manifold but we don't perform this blissful exercise. We know the importance of selfless service yet we hardly undertake any worthwhile activity in this direction.

Unless we understand that to imbibe all these virtues and to tame all the enemies on the path, it's ultimately training of the mind, which is most important, we really can't, make much progress on this path to lead musical life. But once we start living this knowledge, we start limiting our desires and start flowing with life while enjoying the possessions, always conscious of law of impermanence; we are at home to meet our soul.

Once we understand that it is our attitude, which makes life hell or heaven or which makes life a misery or a celebration we

should vigorously follow the resolve to train our mind & soul to imbibe the truth of life. Once we imbibe this truth of life and with total dedication train our mind to reflect upon the truth of life we really flow with life and it becomes musical. The mind can be trained by constant introspection of thought process and deeds, by constant reflecting upon how much have we imbibed and where improvement is still required with reference to each of the friends and foes mentioned above. We must spend minimum one hour per week in solitude and at least ten minutes each day to achieve this goal. Gradually we will find that it becomes our nature and we are all the time in musical mood, which is bound to improve our performance in all our day-to-day activities.

So let's make a strong resolve to train our mind & soul to make best use of the intellect in the light of all the virtues and truth of life while conquering all the enemies on this path in all our actions to conquer the summit, ***'Meet Your Soul'***.

Life is a Celebration

“The Realy Poor Man is not the one who lacks money but one who lacks the joy of heart”

It may sound very optimistic but it is very important to understand that life is a celebration, if we feel happy and are useful. Everyone, irrespective of his status, has one problem or another. It is also true that there are many miseries in the world, but only those who are happy with them would do well for themselves and would solve some of the world’s miseries too. For the one, who has learnt the art of living happily in all circumstances, life is a celebration. In fact, if we are happy we are bound to be useful.

Unfortunately many of us are stuck with negative quotes like, ‘life is suffering’. The truth however is that life is a suffering only if we are attached to our possessions and viewpoints or if we have no control over desires and emotions. Once we get control over the desires and emotions and once we discipline our thoughts and deeds, life becomes a celebration.

The other quote, which is often quoted incomplete and is misunderstood,

Nanak dukhiya sab sansar—which means every one, is sad in this world. Again many miss out the full quote and the true meaning of it. The complete quote is,

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“Nanak dukhiya sab sansar so sukhiya jis naam adhaar”

Which means every one is sad but one who is living the truth of life, who has understood the philosophy of life and has surrendered to the eternal truth, is blissful.

Having understood the theory of ‘Beauty of Soul’ and the ‘Law of Impermanence’, along with the true philosophy of life, one can easily make life a celebration. So the choice is very clear and it is for us to decide whether to make life miserable or musical.

Lets us see all that can make life a celebration

Love Yourself

Sometimes the simplest of truths stare us in the face but we ignore it. One such basic truth is that to achieve anything worthwhile in life, it is very important to love yourself. When you love yourself, it shows: you look good, you have a glow on your face, you enjoy life and you find it easy to be a success in whatever you do.

Are you wondering how that happens? It is really very simple: if you love yourself you would feel confident. And unless you love yourself how can you love others?

Think of your positive qualities, count your blessings and feel happy. Keep in mind that no one was ever born perfect or can be perfect in all aspects of life. Everyone, irrespective of his status or position in life, be it the president, prime minister, judge, government official, professional, teacher, parent and even a spiritual master, has some positive qualities and his share of weaknesses. So to start with, enjoy your positive points, and have the strength to love yourself. It may be your singing or dancing

ability, your patience, your calmness, your voice, your sense of humour, your compassion, your handwriting, your sporting skill, your manners or anything else under the sun that brings a smile to your face or makes you feel good inside. It is a great quality to love yourself.

ALWAYS BE VERY POSITIVE Another thing that is very important to make life a celebration is that we should always feel very positive and see the brighter side of every thing, every person and every happening in life. If we are positive we can convert even the adverse circumstances into opportunities.

Never condemn yourself

When you take stock of yourself, focus on the areas where you need to improve, but never condemn yourself. As we have discussed earlier, everyone, irrespective of his/her status, has committed errors some time or the other. When you analyze your thoughts and deeds over the weekend, try to pinpoint the mistakes you may have made, and work out how to rectify them or avoid committing them again, but never condemn yourself.

We see many people being unduly harsh on them after committing some error. This is an extremely negative reaction and can have serious adverse effects on their mental and spiritual growth as well as on their personalities. One should just try to improve and not repeat the mistake, let there be no occasion ever to condemn oneself.

Ever Joyful

“The fragrance of flowers spreads only in the direction of the wind, but the goodness of a person spreads in all directions, so keep spreading it forever.”

We should be genuinely joyful all the time. If we are joyful, our friends and acquaintances are bound to look for our company, and they would like to share their problems and secrets with us. This would give us a great sense of satisfaction. It would enhance our level of confidence and balance of mind. It would also, in a way, enhance our capacity to learn and perform better in all spheres of life.

We have been discussing that ultimately it is our equanimity and balance of mind, which is of great importance during all activities of life. So our whole effort should be to make ourselves more and more contented, joyful and balanced. Once we resolve to take life as a celebration, we would find several opportunities to make life a wonderful experience.

Make people laugh!

If you are in the company of friends or relatives, it is always a good idea to tell a nice, decent joke and make people laugh. Even a prank is fine, but the thumb rule is that the prank or joke should not hurt anyone's sentiments. If you crack a joke on yourself or in general, without hurting anyone, your friends would laugh at the joke and would like you. But if you tell a joke or play a prank, which hurts someone, people will laugh at you, instead of laughing at the joke.

Everyone loves fun, but it should be in good taste and not insulting to anyone. Be careful and sensitive when you crack a joke. The best policy is to crack a joke on oneself.

Here is a popular single-liner, but how to crack it is important. The joke is: "Ashok is playing chess," hinting that Ashok is so dumb that his playing chess is a joke. If I put it like this, you

would enjoy the joke because I am trying to ridicule myself. But if the same joke were directed towards someone else, then that would be a hint that his intellect is so low that his playing chess is a joke. And he may not like it. That is why one should be careful and sensitive when cracking a joke.

Sense of humour is a great quality, but very few have the right sense of humour. It is not a joke to crack a joke. We must know what to say when to say and where to say. The quality of the joke is also important and should be considered with regard to the age and relationship with our audience. We should not look like a joker while narrating a joke. We should never overdo our jokes, anecdotes or poetry. A simple test to know the difference is: Do people ask you, “Why are you going?” or do they whisper, “Why is he/she not going?”

You must have heard this amusing quote: ***“The cultured give happiness wherever they go, the uncultured, whenever they go!”***

Laughter is the best medicine

We all know that laughter is the best medicine, but how many times in a day do we really laugh? People have forgotten to laugh and that is why comedy shows on television are so popular today: we need external stimulation to make us laugh because we have lost the art of finding something humorous in the situations around us.

Mahatma Gandhi once said: ***“A man is not properly dressed if he is not wearing a smile on his face.”***

We must make a conscious effort to wear a gentle smile all the time. An enlightened master while stressing upon the

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importance of smile said it beautifully: ***“Fake it till you make it.”*** We should make it a habit to laugh every day for a few minutes, be it in a park or a garden, during our morning walk in a group or even in our own room or in our bathroom. It relaxes your face muscles and is very good for health. It would also keep our spirits high. A smiling face is always a better performer in all spheres of life, be it studies, exams, sports, or music. Recently, ever-giggling famous bollywood actress Vidya Balan rightly emphasised the importance of a smile or a hug to enjoy blissful life. So keep smiling and never miss any opportunity to have a hearty laugh.

Be aware of the great opportunities

Many a times even small little incidents give us life long happiness. Let me tell you about an incident in my life. On one of my visits to Indore (in Madhya Pradesh, India) I happened to meet a masseur in a hotel. He told me that he was earning just about two thousand rupees a month and had a family including his wife and a child to support. However he was always at peace and very content with life. He told me that once he was walking down the road and saw a man selling parrots. He had ten parrots locked in separate cages and was selling them for fifteen rupees each. This masseur had only one hundred and twenty rupees in his pocket. He bargained with the parrot seller and bought all ten for the amount he had with him. After buying, he set them free one by one. He told me that he enjoyed that action so much that it has given him a lifelong bliss.

So the moral of the story is that we should always look for such wonderful opportunities, which would give us happiness throughout our life, even the thought of which would give us joy and bliss. It is wonderful to do such good deeds to love yourself and prepare yourself for the musical state of mind.

A nice couplet or a song or a poem or an anecdote always comes in handy in making a tense atmosphere light.

My friend Ehsaan always recites a beautiful couplet written by an enlightened soul, which says,

***“Fizaye arsh pe udna to koi baat nahi,
kisi ke dil mein utarna kamal hai pyare”***

This means that it's no big deal to acquire worldly status; the real achievement is to make someone feel nice or touch someone's heart.

When we make others happy, it not only pleases them, but it also gives us a great sense of confidence. It makes one receptive, sensitive and compassionate and a complete human being.

Quotes and couplets of enlightened souls help us a great deal to understand the truth and philosophy of life.

There is no better form of communication than conveying the truth in a poetic manner. But we should first understand and be convinced about the philosophy of the same and try to imbibe its values, otherwise it would never impress or help others. A couplet or a quote, even if it contains the greatest philosophy and truth would be pleasant to the ears only if we have imbibed it or at least are convinced about its message and are trying to live the same.

Wherever we go, we should be full of life. Life is uncertain, so we should enjoy every moment. As the song goes:

***“Zindagi ik safar hai suhana
yahan kal kya ho kisne jana”***

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This means that life is a pleasant journey and no one knows what might happen the next moment.

So it is better to enjoy every moment, irrespective of what we are doing. Wherever we go we should share our laughter and joy and spread positive vibes all the time. That should be the spirit.

We should genuinely *love everyone*. Have you observed a child at play? Children are always full of energy all the time. The reason is very simple: they are innocent and have no ill will, no worries and no jealousy. So we should be childlike in our nature, but our conduct should not be childish. We should not have any ill will, hatred or jealousy against anyone. Life is too short and uncertain so it is pointless to nurse any grudge.

Never miss a single opportunity to please or **PRAISE** anyone who deserves a pat on the back. We should particularly look for an opportunity to genuinely praise, in public, the one who is angry with us. We should always be sincere in praise, and genuinely appreciate people for their qualities and possessions. But we should never overdo the praise to the extent that it sounds like flattery.

You should be the life of every gathering. You should be a *‘Goodwill Ambassador’* for everyone. A goodwill ambassador is one who carries only positive remarks about friends and teachers. We should never convey negative or insulting remarks or indulge in any backbiting.

Another important point is that one should *never make anyone feel guilty* for his or her actions. As a true friend, you can privately correct a friend but never embarrass anyone by criticising him/her in public. Also avoid complaining about small

issues such as their failure to keep in touch or take your calls. You don't know in what situation your friend might have been. So always presume there must be some valid reason for him to have behaved in that manner.

We must plan our schedule in such a way that we can attend to all the aspects of our life. Unless we are responsible and particular about our health and moral responsibilities we cannot celebrate life. Celebration comes when we are responsible and sensitive towards our teachers, friends, parents and every one around us. We can celebrate life only when we are sensitive towards nature, plants and animals. Once we become aware of our responsibilities, life would really become a celebration.

We must understand that if we are worried and sad, our performance will deteriorate drastically. Worry cannot help. ***“No hurry, no worry, make your life a nice curry!”*** If we are happy, we will have a relaxed mind to perform better in all spheres of life.

In order to make life a celebration it is also very important to spend some time with yourself. Try to develop some hobby or pursue some recreational activity that interests you – be it swimming, music, playing some game, listening to or reciting some nice poetry – anything which connects you with your soul, which makes your heart happy, which makes you feel light and which gives you some opportunity to be with yourself alone in order to love yourself. We should always try to spend some time alone and develop a habit to go alone to different places for recreation, like watching a play or a movie or to some art gallery or a musical concert or dance performance. Some times we may even sit at home or in a garden and recite or sing some nice song or a couplet.

Always remember that life is a celebration, and even when you are alone, you should celebrate every moment of it. Once you resolve to take life as a celebration, you will find many opportunities to make life a wonderful experience.

So celebrate life to meet your soul.

The First Lesson of Life

Ma—Mother

“Usko nabi dekha hamne kabhi, per uski zaroorat kya hogi, e ma teri soorta se alag bhagwan ki soorat kay hogi—we have not seen god but there is no need for that since he would not be different than you, my mother”

Many times while preparing for a talk or while writing this book I wondered as to what should be the first chapter or lesson to one’s journey of life. I wondered what should be the first lesson for some one who has the longing to meet his soul. The one thing which I had noticed all these years as your fellow traveler on this path was that whenever I talked about the role of one’s ‘Ma’ (mother) in his/her evolvment, there was so much receptivity that I often noticed moist eyes in the audience. My own mother showered so much love on me till her last breath that even after her physical departure from this world I can still feel her living presence all around me. In fact many mothers gave me so much love that I saw my own mother in all of them.

Every religion and every enlightened soul has emphasized the great importance of showing reverence to (Ma) the mother. You must be wondering about the relevance of discussing “Ma” (mother) in this discussion but just wait for a while and you will realise her importance in achieving your goal, ‘Meet your Soul.’

It is an absolutely a scientific and proven fact that those who

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feel emotionally secure (or satisfied) evolve better and faster than those who are emotionally insecure or feel lack of love and care. Perhaps now you are starting to get interested in knowing more about mother, her love and her importance in our growth and success in life.

Please appreciate the fact that right from your conception, she has been taking care of you. You must have learnt that she changed her eating habits, daily routine and everything according to the doctor's advice to ensure that she gave birth to a healthy child i.e. you. From the moment of your birth her life revolved around you for many years and she still feels concerned about you.

She fed you, bathed you, clothed you, washed your nappies and spent many sleepless nights on the wet side of the bed, shifting you to the comfortable and clean bed. Many a time like a lord's you chose to play at midnight, she played with you and when you chose to sleep during the day she tried to do something else while keeping her heart and soul watching over her angel in a dreamland. As you have grown, she is there by your side at every step, ready to offer a helping hand if you need it. She is the epitome of love, compassion, sacrifice, surrender, will power, strength, art, beauty and devotion.

Many enlightened souls emphasise that your heaven is at her feet. Poets down the ages in all cultures have written verses in praise of the mother. My dear friend Neeraj often quotes a beautiful couplet written by an enlightened soul. It goes like this:

***“Mere gunahon ko kuchch is tarha dho deti hai,
Ma bahut gusse mein ho to woh ro deti hai.”***

It means that my mother is so large hearted and nice that

whenever she gets angry because of my mistakes, she just sheds tears to pardon me .

This is the beauty, strength and love of a mother.

Our emotional security/fulfillment emanates from the mother and it plays a significant role in our growth and evolvment. In fact our bond with the mother initiates us into the world of sensitivity. Compassion, love and sacrifice can't be imbibed just by reading books. We have known too many intellectuals and knowledgeable people who are totally insensitive and have no compassion worth the name. Now do you still feel she is irrelevant or would you like to recite to her or sing for her what I just quoted? I promise you if you just recite this couplet to her, or say some nice words to her, you would see her love pouring out, and this would go a long way towards your relationship with her and your emotional security. Once we start being sensitive to our mother's feelings, love and sacrifices it becomes our habit to be sensitive to every thing around us. Being fair, sensitive and compassionate, having love for all and willing to sacrifice whatever is the need of the hour is the sure shot route to meet your soul. It enhances our performance and makes us more confident and successful in life.

Once we start valuing our mother's love, sacrifices and concern for us it subconsciously becomes our nature to be sensitive to others too. Charity, as they say, begins at home, so to start with let's become sensitive to our near and dear ones.

A father has an equally important role to play in a family. Every father is different and unique: some fathers may be strict and unapproachable, others may be friendly and fun to be with, and still others may be very indulgent and willing to give in to

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every wish of the child. But whatever the nature of the father, the fact remains that all fathers love their children and want the best for them. If you share your hopes, aspirations and dreams with him, it will build trust between both of you. He may even be able to give some valuable advise to you because, after all, he has lived in this world longer than you have, and his experiences could help you avoid making the same kind of mistakes that he may have made.

Your reverence and love for your mother and other elders in the family would surely mould your attitude towards offering respect and showing love and concern for everyone that you come across, be it your teachers, friends, neighbours or anyone. Remember; when you speak from the heart, there is a heart, which listens too. Why only mother? We should have some nice couplet ready for our teachers, elders, sisters, and friends and even for our nation and humanity. This will keep our spirits high and our mind emotionally secure and relaxed, which is of great help on the path to 'Meet Your Soul'.

Let's Go To Play School

"We don't stop playing because we grow old we grow old because we stop playing" — George Bernard Shaw

'We stop growing when we stop learning', what a wonderful message is conveyed through this quote or in other words we can say, *'Those who stop learning, start ageing'*.

It is the truth of life that as long as we have the zeal to learn, we keep growing and evolving whereas those who stop learning keep ageing and stop evolving. Age is no barrier to zest in life. So let's go to a play school. Why am I asking to go to play school is because we all know that the best way to learn is through play method and not through preaching.

Winston Churchill said it very aptly, *"My schooling stopped my education"*. Unfortunately same is true about many schools in the world today.

In earlier times, children used to spend their formative years of life in the company of wise and enlightened souls. They used to imbibe the truth of life and so many divine qualities that every religion talks of, like truth, love, compassion, purity, contentment, discipline, austerity and study of self. So when they came to mingle with the world or perform worldly duties they were fully evolved and trained to deal with different situations of life and most of the time they did well. Although

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even then they committed certain mistakes and even blunders yet those were too negligible in comparison to the wisdom displayed by those mature human beings. But now things are just the opposite. It is like giving driving licenses and cars to unskilled, untrained, undeveloped souls. The result is obvious. Every time they drive, they are killing people on the road of life and that too with blatant impunity because many a time even those who investigate, prosecute and punish are equally weak and untrained.

Now a days not many schools are making any concrete effort to engrave these 'blissful virtues' in the young minds. I am saying 'blissful' because ultimately it is the follower of this path who is the real beneficiary. All these virtues go a long way in the formation of an integrated personality. Unless one is wedded to truth, has unconditional love for all and purity of purpose how can one be a good family man, leader, bureaucrat, businessman, professional or a judge. The unfortunate part is that first we are not trained in schools to imbibe these virtues and secondly, which is worse, even after having realized the value of these qualities we don't make any concrete efforts to live that knowledge. I feel it is most important to imbibe these virtues by constant effort if we really want to meet our soul or be somewhere near the inherent divinity of our soul.

It may sound rude but tell me what can be the reason for millions of children the world over dying of hunger, not getting sanitation, primary health and education, millions of youth remaining unemployed, farmers committing suicides, workers dying of hunger, ordinary man not getting justice and those in power spending millions of dollars in the mad arms race or siphoning off wealth to tax havens. We all know that trillions of

dollars from the world over are deposited in foreign banks, people spend money like water while millions of people don't have pure water to drink

My idea of discussing all this is because of my firm belief that the miseries in the world are due to the unfortunate reason that most of us drive our vehicles of life on the roads of humanity without proper training. We have the licences in the form of our degrees, which qualify us to take up jobs as a doctor, engineer, teacher, lawyer or a judge, but we don't have the proper training to "drive" the life. Getting a degree or a licence to drive means we are qualified to drive. We all know that the licence may allow us to drive but the real training and experience would come only when we actually drive on the road and follow the rules. One can't be a good driver just by following the traffic rules; it would also entail 'THE' balance of mind, presence of mind, co-ordination of hands, legs and mental faculty. Most important is that one can be a good driver only if one is mindful of pedestrians and careful about the fellow travelers on the road. Imagine can we drive perfectly just by obtaining a licence. The same is true about life since most of us are driving the vehicle of our respective lives on the roads of this worldly life without proper training and experience, the reason behind the utter chaos in the world.

The worst is that those creating the chaos or those capable of dealing with it are unwilling to accept this. They are not saying "hello" to themselves, to contemplate upon the real purpose of life. That is why I say that the biggest challenge is to make them understand that they are capable of transforming the world into a heaven. Those who have the capacity to change the world are mostly under the illusion that they know everything and are doing every thing right. That is why we say that the illusion that we

know everything and there is nothing more to be learnt in life is our biggest folly.

“Nothing worth learning can be taught” Oscar Wilde

We all have the virtues of a good human being and the only difference is that a wise man uses these good qualities more frequently whereas an ordinary person does not use these qualities too often. Imagine how many virtues, which a good human being should possess we inherently possess?

Good qualities, which we all have

A person should be **humble**, pure in his **dealings**, compassionate and should follow the path of non-violence. He should speak the truth. He should be tolerant and patient. He should love all and should be free from all sorts of negative qualities, like anger, greed, lust, jealousy, hatred and egoism. He should be unpretentious, upright and fearless. One should enjoy the well-earned worldly possessions in a balanced way keeping in mind ‘Law of Impermanence’ so that one is not overtly affected by any loss and the life keeps flowing like a river. One should have full control over one’s mind. He should be thirsty to gain the right kind of knowledge and should observe silence as much as he can. He should do selfless service and should not be attached to anything, not even to the fruits of his actions. He should accept results gracefully without any complaint. He should not be dependent upon anyone for anything but should himself be always ready to help others. He should be harmless and forgiving. He should be pure and firm in his actions and thoughts. He should exercise self-control over all his senses. He should use his intellect to perform only good actions. He should constantly reflect upon all his thoughts and deeds in order to do his best.

Perfection is not the measurement of wisdom but how frequently we don't fumble or lose self-control. Once we realize that we do possess all these qualities in different measures, we only need to improve upon the frequency of usage.

All these divine qualities as mentioned above, especially love, compassion, sacrifice and fearlessness cannot be imbibed without proper schooling that is why I say let's go to play school to imbibe these divine qualities in a playful manner. These qualities can't be imbibed just by reading the books. Men of wisdom are required as trainers to make rulers and governors capable of exercising full control over their senses so that they can drive humanity towards a blissful living. If we wish to see that every child gets milk and education, if we wish to see every youth gainfully employed to live a dignified life, there is no option but to make governors of this world realize that they have to be sensitive towards the miseries, which billions of fellow human souls are going through. They have to realize the concept of 'vasudhaiv kutumbkam' i.e. the whole world is one family. This can only be achieved by opening play schools for young and adults for proper and constant training to bring home the point that they have to develop into complete human beings. We should not give too much importance to providing a licence to drive; rather we should train them to drive humanity towards a dignified living for all.

Be Honest to Your Self (APNA TO BAN)

*“Toughest war is to conquer the self”
“Your heart is your mirror”*

There is a wonderful couplet, in which one enlightened master said it so beautifully,

*“Apne dil mein doob ke paaja surage zindagi,
Tu agar mera na bana mat ban,
Apna to ban”*

Which means you can find the key to a blissful life within you. Even if you are not being sincere to any one, be honest to yourself at least.

We all wish to enjoy a decent and peaceful life. To achieve this we must be honest to ourselves that is why the master said APNA TO BAN. We can be a good Christian, Hindu, Muslim, Jew or Sikh or a good human being only if we are honest to ourselves.

The word religion is derived from two Latin words ‘re’ and ‘ligare’. ‘Re’ means ‘back’ and ‘ligare’ means ‘to unite or bind.’ Religion therefore means to unite with your pure self or your original self. Every religion preaches love, compassion, truth and selfless service. Mahatma Gandhi said *‘Truth is God.’* Many

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enlightened souls have said **‘Love is God.’** The crux of every religion is the same: truth, love, compassion and selfless service.

So if one is a true Hindu or a true Muslim or a true Christian or a true Jew or a true Sikh or whatever religion one belongs to, one should be true to the *fundamental* preaching of one’s own religion.

Even if one is a non-believer one must understand that relaxation and concentration of mind grows manifold if our heart is full of love and one is engaged in some selfless service. If we genuinely love others, we will automatically be more sensitive to their problems and would not have any negative feelings like hatred, jealousy, anger or greed.

Listen to your heart

Great thinkers, from almost every religion of the world, have stressed the importance of connecting with your conscience, your inner self through introspection and contemplation. They discourage the blind observance of rituals and have time and again declared that all you have to do is to listen to your heart; it will always convey to you what is right or wrong. They also stress the importance of silence and contentment.

In all religious texts the secret of achieving peace of mind is conveyed in a few lines. But we must spend some time to understand and imbibe this. We need not go to any religious place if only we understand the gist of our religions, which is explained in a few words: love, compassion, truth and selfless service.

Revered Sant Kabir said it so wonderfully,

‘Tera saien tere andar, dekh sake to dekh,’

Which means your god, your pure soul is inside you, observe it if you can.

My revered mother used to ask me to sing a song the lyrics of which have always had a profound impact on me. The gist of this composition is that your heart tells you what is right or wrong. Your heart is your true God and your only religion. So just keep your mind and heart pure and listen to your heart only.

Let us imbibe the philosophy underlying this song to feel at peace with ourselves. The song goes like this:

Tora man darpan kehlaye

(Your heart is your mirror)

Bhale bure sare karmon ko dekhe aur dikhaye

(It sees and it reflects all your good and bad deeds)

Man hi devta, man hi ishwar

(Heart is God; heart is the divine spirit)

Man se bada na koi

(There is no bigger force than your heart)

Man ujjyara jab jab phaile, jag ujjyara hoi

(Whenever the heart spreads light, the world is brightened)

Is ujle darpan par prani dhool na padne paye

(Beware of not allowing this shining mirror to gather dust)

Sukh ki kaliyan dukh ke kaantein, man sab ka aadhar

(The heart is the basis of everything, the blossoms of joy and the thorns of sorrow)

Man se koi baat chupe na, man ke nain hazar

(Nothing can be hidden from the heart, it has a thousand eyes)

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Jag se chahe bhag le koi, man se bhag na paye
(You may run away from the world,
but not from your heart)
Tora man darpan kehlaye
(Your heart is your mirror)

I have always found this particular song very **inspiring** because **it cautions us about going against the dictates of our conscience and guides us to perform all our actions with the knowledge that the heart is watching and judging our** every move.

My dear friend **Col. Bakshi** often recites a lovely couplet written by some enlightened soul that similarly expresses the importance of the heart. It says:

Kitaben, risale, na akhbar padiye,
magar apne dil ko har raat ik baar padiye.

This means you may not read scriptures or perform rituals but every night you must introspect with a clean heart and reflect upon all your activities pursued during the day.

If we just **analyse all that we have done during the day**, our heart will surely tell us what was right and what was wrong. We can then **resolve not to repeat the wrong actions and improve** upon our behaviour. So it is not important whether we go to any religious place or perform any rituals as long as we continue to chat with our heart, our conscience about the nature of **our actions**. **Our heart will tell us every moment what is wrong** or what is right, provided we listen to it carefully. **If by spending just a few minutes at home we can be a good Christian, Hindu, Muslim, Jew or Sikh, then why should we not do it, my dear friends?**

How do we judge our actions?

The best way to decide if your actions are right or wrong is by reflecting upon the motivation behind them. If an action is performed with a desire for personal gain at the cost of others, it would be wrong. If it is for self-evolvement or for others' benefit, it would definitely be right. If any action makes us happy it is good. However, if the action disturbs our peace of mind, we should not crib or feel guilty but should resolve not to repeat it in future.

Once we start listening to the inner voice of our heart, we will be incapable of doing wrong to anyone and will be kind, helpful and compassionate, which is the true religion. You will also find yourself always being cheerful and optimistic in spirit. Blissful peace will fill your soul and your relaxed mind will help you cope with all the stresses and strains of life. Let your heart become your friend, philosopher and guide. Then you will see the world and happenings around in the right perspective and would never be overwhelmed by them. You will become more focused and better equipped to face the challenges of life.

Power of Prayer

*“If the only prayer you said in your whole life was
‘Thank you God’ that would suffice”*

The power of prayer and its relevance must be understood to live a blissful life. By just spending a couple of minutes if we can lead a musical life, it's not a bad bargain. We need not go to any particular place to offer our prayer. We may pray any time, anywhere, just for five minutes in the morning and five minutes in the evening. Close your eyes to convey thanks to God. Mentally recite 'OM' or 'ALLAH' or 'WAHEGURU' or 'GOD' or any name that gives you peace.

If you are a non-believer you may choose any word that gives you peace. You may mentally recite 'Ma' to convey your gratitude to the one who started taking care of you even before your birth, the one who brought you into this world, and the one who has been taking care of you with exemplary dedication.

We must appreciate the importance of prayer. Prayer calms us down and relaxes our mind so much that no other activity can be so relaxing. But prayer should not be to beg from God. In its simplest form our prayer should be to convey our gratitude to God and all those who helped us and loved us in our life, starting from our mother, father, teacher, siblings, friends and whosoever helped or guided us anywhere, in any way.

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You must have heard of the *story* of a boy who was arguing with his father because he wanted to buy a pair of costly shoes. He fought with his father until he saw a man without feet. It is necessary to understand that no one born on this earth ever got everything he desired, so it is better to be content with what you have and feel grateful to God.

My friend Rashpal Malhotra always says,

***“If the only prayer you said in your whole life was ‘
Thank you God’ that would suffice. ”***

My friend Anurag often quotes this wonderful wisdom,

“When you pray for others God listens to you fast and makes them happy so when you are happy and blessed remember that some one has prayed for you.”

Affirmations

Apart from our usual prayer as per our own religion and faith, we should also make some positive statements to evolve. I assure you it is very effective. You will yourself be amazed at their effectiveness. You may say, “I am happy and blissful,” “I am peaceful and content,” “I am a pure soul,” “I am strong and healthy.” You may also resolve to improve your nature by saying, “I shall not nurse ill will or hatred against any one,” “I wish to apologise to all those whom I may have hurt intentionally or unintentionally at any time in my life,” “I will control my anger.”

These affirmations are very helpful. After your prayer if you repeat these affirmations I assure you that you would subconsciously imbibe all these qualities.

We are all aware that just by reading books one can never imbibe the numerous qualities that a man requires to cultivate himself as a complete human being. It requires something more; a conscious effort to develop compassion, fearlessness, contentment, gratitude, humility, passion, memory, love, affection, sensitivity and sharpness. Similarly, one cannot get rid of anger, ill will, hatred, greed, lust and ego just by reading books. So to acquire all positive and divine qualities we must reflect upon and introspect upon our thoughts and deeds constantly without fail.

So friends, let us shut our eyes for five minutes to convey our gratitude to our God, parents, teachers and all those who helped us at any time in our lives. Let us also offer our sincere apologies to all those whom we might have hurt intentionally or unintentionally; to relax our mind and to be at peace with ourselves.

Once we get into the habit of praying for a few minutes twice every day, we would find ourselves incredibly relaxed and at peace with self. It would also help us achieve great success in whatever we do in life. This in turn will surely help us meet our soul.

Law of Impermanence

“The only thing permanent in life is the impermanence of every thing”

Gurubani says it so beautifully,

“Ram gayo Rawan gayo ja ko bahut parivar”

Which means every one irrespective of his status or power has to leave this world or in crude words we say every one has to die one day. This is the only certainty of life.

King Yudhishtara in Mahabharata says that the biggest surprise of the world is that despite the fact that every day people are dying and every one has to die one day yet no one is preparing for death. This in fact means that no one is living life or conducting oneself, keeping in mind this bitter truth of life. Most of us are in a mad rat race and are living a routine life from morning till evening for years and years. Many even at the fag end of their lives are busy minting money or trying to acquire/retain power.

History is full of instances where even the most powerful kings, rich men, presidents, prime ministers, judges, bureaucrats, police officers and professionals came down tumbling in no time. Every relationship, be it that of father and son, husband and wife, close friends, employer and employee has to end either by default of one or both the parties or because of nature of both the parties

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or by some compulsion or by natural calamity. Every performer on this world stage be it a king or an actor or player or even an ordinary man has to come to the last scene of his play.

So the question that immediately comes to one's mind is, after all **why are we unaware of this truth despite it having been repeated** innumerable times by different enlightened souls and nature. Why all of us are unprepared for the last journey? **Why are we not aware that in one way or the other we are all responsible for the miseries of billions of souls?**

The answer is very simple according to me. Those who govern and have the capacity to transform this world into heaven have not learnt this truth of life, about its impermanent nature, about the brittleness of power and money. Mahatma Gandhi aptly said that there is enough for every one's need but not enough for every one's greed. He further declared that all those holding wealth are the **trustees**. Every one knows that it is the **obligatory and religious duty of a trustee to utilize the resources held in trust for the benefit of those for whom those assets are kept.** **Not doing so is a criminal offence all over the world.** So is it not justified to spend the wealth kept for the billions suffering inhuman life? I m sure the moment those **utilizing resources only for selfish interest realize this theory of Mahatma Gandhi they would start diverting money for the welfare of mankind instead of siphoning off to tax havens.**

They **have not learnt that the real purpose of life is to be happy and to be useful.** I sincerely believe that **once a person realizes this truth, he would definitely be much happier and more useful to serve the cause of humanity.**

Body A Boat to swim in the Ocean of Worldly Life

'Health is wealth' is a golden rule because good health is the foundation of a good personality. The choice between being healthy and unhealthy is a choice between freedom and dependency. Even if we have a slight headache, we don't feel like doing anything and wish to relax. We tend to postpone even the simplest of work. But unfortunately not too many people take due care of their health. We must realize the importance of a healthy body, which is a boat to swim in the ocean of this worldly life. If the boat is strong it can withstand the strongest waves in the ocean and if the boat leaks it cannot cross even a small river. Those who aspire to achieve heights in spiritual or even worldly life thus have no option but to be very particular about their physical health.

All achievers in their respective fields have very good health. They cannot even afford to fall sick. How many times have you heard or read that Sachin Tendulkar or Vishwanathan Anand or Roger Federer or Tiger Woods or Ronaldo missed a game because of ill health? Very seldom will you see them skipping a game because of bad health (we are not talking of sports injuries). It is really not possible to reach heights with bad health. But then it is also true that good or perfect health does not come on a platter we have to work towards it.

The key to good health

We must take care of our eating, drinking, thinking, and sleeping habits, physical exercise and our breathing habits. We should also take care of our attitude towards life, our day-to-day stress management and relaxation habits to achieve perfect health. It is said that we must practice what we preach. So let me share with you how I enjoyed the benefits of fitness during the last thirty years.

Good health is the very foundation of balanced intellectual, emotional and spiritual health. It makes us feel good, look good and act with confidence. It is in fact very easy to achieve once we develop a strong will power. We have to try and do what we like, which would make us fit, keep us happy, make us an asset and not a dependent. What happens if we are not keeping good health? We would request some one to run errands for us and that person becomes an asset. So our choice is either to become an asset and achieve freedom or become dependent upon others when we are not fit.

I may seem a bit harsh here, but my effort is to stress upon the great importance of improving your health and engrave on your mind that there is no substitute for good health. This certainly does not mean that those who fall sick should not be taken care of. Rather, if we are able to serve anyone indisposed or unwell, that should be considered a great privilege. But if the indisposition is self-inflicted, because of our own carelessness, then in that case we should resolve not to become dependent because of our own fault. If despite taking good care of our health we are sometimes unwell because of other reasons, we should not feel guilty. In that case we should just try and analyse what triggered any health problem so as to avoid that routine, food or drink.

Be your own doctor

We should keep a check on our weight, sugar level and blood pressure regularly, test our flexibility and look out for any unusual symptoms in our fitness level. If you are having constipation, get tired very quickly, having stiffness or if you are gaining weight you must get yourself checked up by a doctor, but if there is no such problem, you are likely to be fit and fine.

Food habits

Research has shown that those who have a healthy breakfast have a better attention span in their daily routine. But unfortunately not many of us have time to peacefully take a healthy breakfast. It is all because of mismanagement of time. So let's first resolve to have a healthy breakfast to start our day on a good note. We all know how important is the choice and management of our diet. Our body tells us what suits it and what doesn't. If you feel that after eating some particular food or a certain quantity of some food you do not feel good or energetic, you should avoid that food. Like some people do not feel comfortable after having fried food, so they should avoid that.

You must have noticed quite often that whenever your stomach is full to capacity or you have overeaten, you feel sluggish and do not feel like studying or doing anything that requires attention or energy.

If you feel heavy after having a particular number of chapattis or bread, you should restrict yourself to the comfortable quantity. The rule of thumb is never to fill your stomach to its full capacity, fill it to two-third or preferably to three-fourth capacity to feel at ease at all times. It is always preferable to have small quantities at frequent intervals.

Our supper or evening meal should be as light as possible and as early as possible. There should be a minimum gap of three hours between our retiring to bed and having our last meal. A glass of warm milk at night is always a good option depending upon your constitution.

One should always avoid too much coffee or tea. Junk food, alcohol and smoking should also be strictly avoided to stay fit. Plenty of fresh fruits, vegetables and milk would keep you fresh and energetic. One should also have plenty of fluids and water during the day. We must consult a dietician once in a while to decide upon our food habits. But one should not be very fussy about it. Having control over one's food habits is most important. As they say, ***“Eat to live not live to eat”***.

So my friends, right from this moment we must resolve to have a healthy diet to keep ourselves light, fresh and mentally alert all the time, which is very important in our mission, ‘Meet Your Soul.’

Sleep

Have you ever noticed how fresh you feel on Sunday mornings after a sound sleep? Why do you think there is a difference in your fitness between Sunday morning and a week day morning? The answer is obvious that because of sound sleep and no hurry to rush to work, we all feel fresh.

The next important thing is that every night one must have a sound sleep. To ensure this, it is advisable to retire to bed at the same time every night so that our body clock works efficiently.

“Early to bed and early to rise, makes a man healthy,

wealthy and wise' is a golden rule. Let us resolve to make full use of this wisdom. You must have noticed that if you have even one hour of sleep less than the usual your fitness level does not remain the same. So if we are careless about it, our body and mind cannot be in a perfect balance.

Lack of sufficient sleep causes imbalance in body and mind. Because of lack of sleep one can never feel fresh the next day and will be irritated and exhausted throughout the day. So can there be any better choice other than having a relaxed and sound sleep? Sound sleep enhances our capacity and energy level. We feel more focused and relaxed. Our calmness and concentration levels improve manifold. Sound sleep not only provides us a good opportunity to relax, but also creates immunity cells and rejuvenates us.

There are a few things to remember that would ensure that we have a good sleep at night. One should always avoid items like coffee, tea, alcohol, junk food, spicy food, oily food, pan masala and tobacco, etc. because they create an imbalance in our system and disturb our sleep. We may have a warm bath and a cup of warm milk before we retire to bed. Some breathing exercises done in the morning and evening always help with sleep.

We must all have at least six to eight hours of sound sleep for a healthy life. Those who have a sound sleep would surely have a greater chance of looking nice and fresh. Face creams or cosmetics cannot give us a better glow than a sound sleep and a healthy diet.

Please remember to switch off your mind when you go to bed. All your anxieties, problems and pending work should be put in cold storage till the next morning. The next day's planning

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should be done immediately after dinner so that when you retire to bed, you are fully relaxed. When you retire to bed after about three hours of your dinner/supper, just switch on some nice instrumental / soft music and sleep with that soft and sweet melody to have a sound sleep. Enjoy music and mentally recite the single word you like most—maybe ‘Om’ or ‘Allah’ or ‘waheguru’ or ‘God’ or ‘Ma’ or any other word that gives you peace. Strictly avoid any planning when you retire to bed.

Physical exercise

Never jump out of bed;

We all know that during sleep our blood pressure levels drop to the minimum and there are instances when people have had heart attacks in the morning because they immediately started the day at a vigorous pace. It is of utmost importance to start your day with a relaxed mind. You should never jump out of bed when you get up after a sound sleep. Both your body and mind take a little time to get activated. So we should begin the day in slow motion.

Have you seen a cat stretching itself? Once you open your eyes, you should stretch your body like a cat and then relax it. Do it twice to start with. Then sit up gently, swing your legs off the bed and do some leg movements in this position to get the circulation going in the body.

Do some neck rotation exercises: Turn your head gently to the left and hold this position to a count of 10. Then do the same on the right. After this, look up and count to 10, then look down and do the same. Finally, turn your head in a circular motion a couple of times. Many of us complain of headache and stiffness

of neck, particularly those working on the desks for long duration. This is because of long hours of sitting and some time because of sitting in a bad posture. So spending five minutes every morning doing these simple exercises before getting up from the bed can be extremely beneficial in the long run.

By Spending just five minutes before getting up from the bed you would reap many benefits for you. To have a relaxed mind throughout the day is not easy. It is not part time or pass time requirement. So right from the start of the day we should consciously relax our mind all the time till it gets into our system.

After getting up, you should gently massage your arms, legs and the whole body slowly for two minutes. You must drink a few glasses of water first thing in the morning. Instead of tea you may drink warm water mixed with some honey. Do not rush to the washroom but walk slowly. You should be aware when you brush your teeth whether you are doing it in a rush or with calmness. It is a good indicator to assess your calmness.

We all know that many people have been able to maintain fitness for decades together just by going for a morning walk regularly. A morning walk is such a wonderful experience that there can never be any perfect substitute for it. In addition to exercising your cardio vascular muscles, leg muscles and the whole body, it is so refreshing that you feel energetic the whole day. If you cannot go for a morning walk, you may try it in the evening.

It is very important to exercise your cardio vascular muscles. It can be a nice brisk walk for about forty-five minutes or cycling or swimming or jogging or if nothing else then spot jogging or aerobics at home, may be to some soft music. After this, do some

breathing and stretching exercises. Three things to be taken care of in your body are: the spine, stomach and weight. Do some forward and backward bends, both in sitting and standing positions, but do them very slowly, vertebra by vertebra. Do some exercises for your stomach and also take care of your weight.

You may seek guidance from a yoga teacher to do some easy yogic postures. Each yogic position being held for a while adds to your calmness and mental strength. You should also do some lightweight training to tone up your muscles. You can get some dumbbells/stretching rubber band at home to tone up your elbow and arms. It would strengthen your elbows and arms and would also give them a nice shape. You may do two to three repetitions of twenty each with tumbles: only three exercises like one in front and one sideways arms up and down with light tumbles.

It should not take you more than an hour every day to maintain perfect health, which would relax your mind too. I don't think spending an hour every day to achieve this is a bad bargain. Once you take care of these few things you would find yourself energetic and alert throughout the day. Your resolution to achieve physical fitness should be the most important issue of your life, as your intellectual, emotional and spiritual fitness is very heavily dependent upon it. Your attitude, mood and energy to prepare for your spiritual journey would improve manifold by your physical fitness.

Attitude and behaviour

Our thought process and attitude also determine our mental and physical fitness. We will explore in greater detail the issue of one's attitude towards life in later chapters but as of now, it is very important to understand that it is of great importance to understand the truth of life and to have a positive attitude to achieve perfect health.

You must have noticed that some people are optimistic and see only the positive in everything whereas others may be pessimistic and see only the negative side of every situation. We must first assess where we belong in that spectrum and then try to become a more positive person. If we are generally happy and positive about life, we are bound to have better results in all spheres of life. Therefore it is of utmost importance to have a positive attitude all the time.

I would like to share an interesting anecdote with you. A blind man was begging with a placard stating “I am blind. Please help me.” A smart student passing by saw him, looked at his placard and watched people ignoring him. The student changed the placard and many people started donating generously. Guess what he wrote... “Today is a beautiful day, but I can’t see it.” See how expression and attitude can change things drastically in one’s life!

We should never entertain negative thoughts towards any one. Genuinely love people and try to do your best in every situation. Your behaviour should be exemplary at all times. Speak only when required and weigh your words before you speak. Try to maintain silence as much as possible. It would make you a thinker and would keep your mind relaxed, which is necessary for great success.

Be happy and useful. Ultimately, you are the beneficiary of your positive approach in life. It would also enhance your capacity and efficiency. You must have noticed that people who are mostly happy, normally also keep well. So imbibe it in your system to be happy and positive all the time to enjoy good health.

The resolution, ‘I cannot afford to be negative or fall sick,’ would go a long way towards your mission to meet your soul.

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Button Your Shirt

“Sawdabani hatti durghatna ghati-concentration lost aim lost”

Have you ever experienced that when you are in a great hurry or if you are thinking of some past or future event while you are putting on your shirt, you sometimes button it all wrong and in the process waste more time? If you have never experienced it, just try to button your shirt with great speed or while thinking of some past event or some future anxiety simultaneously. You are bound to do it wrong and it would in fact take a longer time. Please appreciate that even the simplest of things needs presence of mind, or in other words it wants you to live in the present. You have to be hundred percent with whatever you are doing. Problems arise when we are thinking of some past experience or when we are having some anxiety about some future activity or plan.

The windshield of the car is large and the rear-view mirror is much smaller. It signifies that the past is of least importance and the present is most important. Most of the time, we are thinking of either the past or the future. We rarely live in the present, which is the biggest mistake. We lose the opportunity to enjoy the present by cribbing over the past and being anxious about the future. If something bad happens or if someone says something unpleasant, we get stuck to that negativity, which is very harmful for us. Many times we keep feeling depressed because of some sad happening or are anxious of some future event like marriage, employment or housing.

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We should always keep reminding ourselves the golden words of wisdom: *'The past is gone and the future is uncertain'*.

No doubt we should learn from our past experiences in order not to repeat our mistakes. Similarly it is certainly important to plan for the future. But it is most essential that we maintain a balance and not go overboard by worrying endlessly about the future. The best state of mind is when we are enjoying whatever we are doing in life, and that requires us to live in the present.

Lets us therefore make a firm resolution to live in the present moment. Living in present and giving your hundred percent to whatever you are doing are two very important virtues to be imbibed in order to reach the summit, 'Meet Your Soul'.

Mind A Basket of Flowers— Not A Dustbin

*“Fragrance of flowers spreads only in the direction of the wind
but the goodness of a person spreads in all directions,
keep spreading it forever”*

We must make our mind a basket of flowers rather than a dustbin. Many times we keep piling up memories of sad times or bad times in our memory bank. Someone says something unpleasant about our performance or clothes or hairstyle, and that criticism gets stuck in our mind and we carry on negative feelings for an undue long duration. As discussed earlier, the golden rule to follow is that, ***“we should engrave good remarks and fond memories on stone and write bad remarks on sand.”***

Don't we clear out our dustbins every day to keep the atmosphere fresh and healthy? We take a bath every day to keep our body clean and healthy. We wash and iron our clothes to look smart, but we don't clear our mind of negative thoughts and useless memories! If a dead rat or insect is not thrown out at once and the area around not cleaned with an antiseptic, what would happen? It would spread not only foul smell but also some deadly disease. Similarly, if we permit the dead rats of negative thoughts and remarks to linger and disturb our mind for too long, it affects our balance of mind. In the long run, this is bound to affect our behaviour and peace of mind.

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By throwing out negative and useless things we sharpen our memory to a great extent. If some comment is negative and does not contribute in any way to our growth as a human being, it is garbage. So why take it to heart and make a dustbin of our mind? Keep only good memories and make your mind a basket of beautiful flowers, which perpetually gives out a sweet fragrance for you and all those who come in contact with you.

If you are in the habit of carelessly dumping your clothes in your cupboard and you don't clear it of old and unusable items, would you not be irritated when you can't find a certain shirt among the pile of clothes? Similarly, if you keep stuffing your mind with negative and useless thoughts, your mind would be unnecessarily burdened. Therefore you must periodically clear your mind of negative memories so that it is full of positive and useful thoughts, and your memory box is well managed.

If someone is angry with you, tender an apology to make it a non-issue and keep the mind fresh and positive. If you feel that someone is feeling guilty or embarrassed because of his unfair treatment of you, assure him that we are all human beings and may not be perfect all the time, assure him that you are not carrying any grudge in your mind and have forgotten about it.

Some times we unnecessarily carry negative thoughts against our friends, even against our parents and colleagues because of some useless incident or maybe because of some negative quality in them. This is very bad. No one perfect in all respects was ever born on this earth. If you look for perfection you would never be able to learn anything and would never be friendly with anyone. Negativity merely pollutes the mind, so just appreciate and adopt the positive qualities of everyone you meet in life, be it parents, colleagues or friends.

Your life will be blissful if you have only the wonderful flowers of pleasant memories in your mind. Keep humming some nice song or music whenever you get time and make life musical. Dance a little bit and see your life dancing.

“Laughing faces do not mean that there is an absence of sorrow, but it means that they have the ability to deal with the sorrow”.

Mould your attitude and it would give you much peace and equanimity, which is bound to enhance your performance in all your activities. You would surely become an asset to the society, especially to your near and dear ones. So enjoy your basket of flowers and throw away the dustbin in order to enjoy a musical life.

Friends on the Path

“One good book is equal to a hundred friends, but one good friend is worth more than a library”

We all know that every religion talks of truth, love, compassion, purity, contentment, discipline, austerity and study. Therefore it is most important to imbibe these virtues by constant effort if we really want to meet our soul or be some where near the inherent divinity of our soul.

Genuine love and truth have been discussed in separate chapters.

Purity

The other **important virtue to be developed** is purity. Purity **in every thing we do including purity of thoughts**. Purity of thought means we should have **pure thoughts all the time**. Even in thoughts we should never have any type of impurity. It would **make our journey sweet** and short. We should **only think of our growth as pure souls** and **how to help others in our selfless service** projects. It **does not mean** at all that we should not plan performing our **day-to-day social responsibilities towards our family, friends and profession**. The only thing to be kept in mind is that we must try to maintain a balance so that we are not always busy with our selfish desires. We should also be sure **that our earnings are rightful** and with **pure intentions**.

Compassion

How beautifully one enlightened master said;

“Vaishnav jan to tennhe kahiye jo pierd parayi jaane re”

Which means that the true human being is one who feels **the pain of others**. This is one thing very close to my heart and I sincerely believe that the **miseries in the world can be eradicated only if those who have means can feel the pain of millions of children dying for want of food and primary health care facilities**. Every one in this busy world is so pre occupied with his **day-to-day routine, taking care of his personal needs that one hardly has time and sensitivity to feel the pain of others**. The **silver lining** is that the **number of people feeling concerned** with others' miseries are **growing**, but the real people who control the financial and governing powers of the world are still busy in **mundane things**. So we **must ensure that those who really matter and can change the world should meet their soul** to ensure speedy justice to the less privileged souls.

Discipline

Discipline means **living the life of self-regulation with a strong will power**. **Brahamcharya is widely misunderstood as control of sex energy only**, but it actually **means a regulated life with a strong will power**. It means **control over all the activities of life be it physical exercise, eating habits, speaking habits, sleeping habits and reading habits**. It means **to be in good company, not wasting time, not indulging in gossip and so forth**. We must discipline ourselves by **making a strict routine of what to do, what not to do and when to do what**. This is the **most important aspect of life**, which **we quite often ignore**, and in the process **delay the musical bliss of life**.

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Study

Study is another very important friend who can help you meet your soul. Self study and study of good books, scriptures, history, study of life and study of autobiographies of great masters is also necessary to achieve the goal of meeting our soul. We must have a regular routine to study some self-help book or any thing, which reveals the truth of life to meet our soul. It should be a regular routine, say for thirty minutes per day till we feel that more than study contemplation is the need of the hour.

Non-covetousness, austerity and contentment as friends to reach the summit to meet your soul are also discussed in separate chapters.

Love is God

*“If we can not love the person we see how
we can love god we can't see”*

—Mother Teresa

“Jin prem kiyo tin hi prabhu payo”

He finds god whose heart is full of love

How wonderfully it is said by an enlightened master that only the one who is full of love would meet his soul or God. The other enlightened master said,

*‘Pothi parh parh jag muwa pandit bhaya Na koye,
Dhai akhar prem ke parhe so pandit hoi’*

Which again means that just by reading books one can never become enlightened whereas those who read just a couple of letters as in ‘Prem’ or love became enlightened instantly.

Literature and quotes are in abundance to tell us the importance of genuine love. Some say God is love or love is God. Once we start nurturing genuine love for all it is the ultimate bliss of life. It is the end of all confusions and miseries. It does not even take long to reach that stage provided we are vigilant and imbibe the truth of life.

Another beautiful couplet I remember goes like this;

***'Hoga teri mehfil mein koi aur bhi jalwa,
Mujhko to har taraf mohbbat hi mohbbat nazar aae'***

Which means there may be many wonders in God's or in nature's world but I could see only love everywhere.

One more to be obsessed with this thought is like this;

***'Unka jo farz hai woh ehle siyasat jane ,
Apna to paigame mohbbat hai jahan tak pohnche'***

This means they would know whatever is their politics, my message is of love wherever it can reach.

The simplest way is to think of every one like your own kith or kin and behave accordingly. Once we resolve to love all, in all circumstances, all the time there would be so much bliss in our own life that we cannot imagine it. We have discussed it many times that no one does any wrong by his natural instinct or inherent nature. It's only because of lack of evolvment, of wrong perceptions or training that one does a wrong. In fact we all continue to commit errors as long as we are in worldly flesh and blood. But many a time we keep carrying the dead bodies of those sad moments on our shoulders. Ill will, hatred or negative feelings only scorch the inner and not the outer world, then why not have love all the time? No point in harboring any negative feelings, just love and love alone should be our motto to meet our soul.

We should keep the slate clean, love even those against whom we took a stand or whom we hurt some time as well as for those

who took a stand against us or hurt us some time. We should nurture love for all and even the adverse circumstances of our life. Treat them as different chapters of life or different scenes on the world's stage. We should not carry on with any negative feelings, just drop those and let go to be in love all the time with every one.

To end with I would like to quote another couplet by some enlightened master;

*'Ik lafze mohbat ka adna sa fasana hai,
Simte to dile aashiq phaila to zamana hai'*

Which means that 'love' though is a little word, if you restrict its effect, use or interpretation only for your beloved but once you expand your love's definition and enlarge it's horizon from the core of your heart it encompasses for the whole world. So let's resolve to love all from the bottom of our hearts. Even if you meet a person for a few seconds he should feel your love that should be the mission of one's life. Once we are able to genuinely love all that means we have reached the mission, "Meet Your Soul".

Where Are We Going

“Contentment is the most precious asset one can ever possess”

If you ask some one who is busy in trying to improve his standard of living by accumulating wealth aimlessly or trying to grab power or position, as to what is the ultimate aim or goal of his life he would be totally at a loss for an answer. The truth of life is that most of us are not even aware where we are going. Is it not madness to start a journey even for a day without even knowing where we want to go and for what purpose? It being so, imagine the prudence of undertaking the journey of life without any aim.

No religion or enlightened master preaches self-persecution or self-denial. Buddha also talked of the ‘Middle Path’ and understood the futility of self-denial. We must enjoy our possessions in a balanced way but to devote our energy totally towards accumulation of wealth and power instead of getting peace of mind, we convert our mind into pieces. That is why non-covetousness is one of the virtues essentially to be imbibed to meet our soul. And that is why contentment is a virtue the importance of which can never be underestimated.

Contentment is another quality that makes our path to meet our soul easy and achievable. The most precious wealth as they say is contentment. If one is content with whatever one has got, one is much better than those multi millionaires who are not content despite having fortunes at their disposal. The one who is

content would be useful to society and would meet his soul faster than the one who is all the time thinking of multiplying his own bank balance only. With contentment is connected the philosophy of *simple living and high thinking*. It is but natural that one who is not busy in earning too much to maintain his life style would get more time for contemplation and would surely develop high thinking. One who is busy all day in earning a luxurious style of living would hardly get time to reflect upon the wisdom of enlightened masters or the truth of life.

That is why many enlightened masters and all religions talk about the importance of contentment as a big leap towards meeting your soul. I have few wonderful instances to share with you to demonstrate the height of contentment.

In the year 2007 on an invitation from a women's organization working for empowerment of women, I had the occasion to go to a village in India. On my way I stopped for a while at some roadside restaurant to have a cup of tea. There I went to use the washroom and was quite impressed with the cleanliness with which the boy working there had kept the area. He himself was a young boy around eighteen years of age who had kept himself too very neat and clean. I talked to him about his family and while going offered him a hundred rupee note just out of love for a smart boy who was doing his job so sincerely and efficiently. I was amazed by his reaction to my offer when he said, 'YEH KISLIYE', why this? I had to convince him that it was out of the common pool, which God maintains and having loved his work and nature I just thought of making a small gift to him who was like my son. Now imagine in this corruption filled society where greed is not uncommon, a village boy was so full of self respect and contentment that he was uncomfortable while accepting a hundred rupee note which he thought was unearned.

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On the same trip I had another experience about height of contentment. In the guesthouse where I was staying I started a conversation with the person who came to clean my room by asking about his family and children. At the end of the conversation I offered him a hundred rupee note to him saying he should take sweets for his children. This noble soul with great sense of gratitude accepted the money. We can always notice the sense of gratitude or otherwise in a person's body language and eyes and it were writ large on his face.

Now savour the beauty of soul in this noble man. Normally we have seen that if we offer a tip to some one he is always keen to have more every time he serves you but this beautiful soul was totally the opposite. After that every time this gentleman came to clean the room or bring some thing he was full of gratitude but reluctant to make eye contact as if to convey, 'please don't give me more, you have already given more than enough as tip'. Is it not height of contentment? Compare it with those who have no sense of gratitude and are full of greed despite having much more than their needs and the needs of the next few generations.

Recently I watched a play, Chimte Wala Baba. The one character I liked most in this play was a young boy named Nathu, working at a roadside lodge and restaurant. He is busy the whole day helping every one sincerely with so much of love that he is the soul of the surroundings. The story was about some ascetic Baba from whom the visitors got their wishes granted. A visitor asked this boy if he had some wish fulfilled by the Baba. This content soul answered so beautifully, which is worth emulating. This boy countered the question in these words, "what should I ask from baba? Lala (his employer) gives me food and clothing, he has provided me shelter too since I sleep on the floor in the

restaurant after every one goes off to sleep. I **am lucky to be in these beautiful surroundings with such nice natural scenic beauty** of hills, mountains, river and the fresh air, so **what else should I ask from baba.**” Imagine the height and beauty of contentment. So let’s learn from these beautiful souls the value and importance of this great virtue ‘**contentment,**’ which makes life so wonderful and sets us on the route to meet our soul.

The Real Success

“Success is measured by the number of hours you smile in a day”

The real success of a man cannot be judged by the position he occupies or by the worldly possessions he has acquired. A successful person is one who is at peace with himself and helpful to society. Now if you are at peace with yourself and happy, you would be useful to society surely, which would give you real joy.

“The truly great are not the men of wealth or of possessions, not men who gain name and fame, but those who testify to the truth in them and refuse to compromise whatever be the cost. They are determined to do what they consider to be right. We may punish their bodies, refuse them comforts, but we can’t buy their souls, we can’t break their spirits. Whoever possesses this invulnerability of spirit even to a little extent deserves our admiration”

—Dr. S.Radhakrisnan

See how beautifully a great man who was not only the President of India but also a great visionary and scholar-defined success. Success is a measure of our overall development or level of evolution, our total personality, it is how we interact with the world and with our near and dear ones and how much we contribute to society.

My friend Ramasubhan always says,

“Success is measured by the number of hours you smile in a day.”

Success is our happiness and calmness throughout the day. Success is our physical, mental, intellectual, social, emotional and spiritual health. ***“Success is a journey, not a destination.”*** ***“Success is to fall and rise again.”*** Tell me if the world-class cricketer Sachin Tendulkar fails in one or two innings, or if some low-ranking player defeats world number one tennis player Roger Federer or if world class footballer Ronaldinho fails to convert some easy chance to a goal, would you say that they are failures? No, we will still say that they are world class players because they always learn from their mistakes and try to perform better next time. So success is to not to be bogged down and feel low after committing mistakes, but to make sincere efforts to improve.

“A successful life is not where you reach the desired destination it is in which you enjoy the journey”

Success is not to follow a herd instinct. Success is to apply your mind to each situation and judge for yourself instead of blindly following others. Today all over the world people mostly follow herd instinct. You may have heard of an incident in turkey where fifteen hundred sheep jumped to their death by following one sheep, which by accident fell from a cliff into a fifteen-meter deep valley.

The same may be true of human beings. Many a time we don't apply our minds and just follow the routine and the path set down by others. Success comes from applying your own mind and judgment and running your own race, of course after due consideration.

In this world people will never allow you to be yourself. People would always expect you to follow the masses. So you have to be

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extra strong to carve out your own route. But it should not be just for the heck of it. We must first analyze the advantages and disadvantages, take into account the relevant factors, examine our motives and then take the final decision, which can be termed as success. Success is not being different merely for the sake of it. Time-tested wisdom should be followed till we discover a more meaningful way and convince ourselves about it.

Be self-reliant

Success is to be a giver and not to be dependent upon any one. I am not at all saying that we should never ask for help or guidance from any one. What I am saying is that we should avoid asking small, little favours and we must try to manage without asking for avoidable favours. On the other hand, we should always be willing to provide help to everyone. That is the true meaning of success.

Be pleasant

Success is also judged on the basis of our interaction with the people who make up our world. It is dependent on how well we deal with the world and especially with the people around us: for example, our mother, father, siblings, friends and colleagues. How do they feel when they interact with us? You can't please the whole world, but if people generally feel nice when they meet you, it is an indication of your success.

Success means **TAKING A STRONG STAND** on what you believe in, even if the majority feels annoyed. Success is to **FOLLOW YOUR HEART** despite adverse circumstances. Success is to stand like a rock on your principles and not sway like a dry leaf in the wind, changing direction every moment. Everyone, irrespective of his position in life, is criticised for something or

the other, and successful people are criticised the most, so success means the ability to withstand criticism and learn from your mistakes, without getting depressed and losing heart.

Success is WHEN YOU FEEL CONFIDENT under all circumstances and do not get nervous. Success is when you are of some help to society, when you are strong enough to ignore setbacks and criticisms. Success is when you are CALM AND COMPASSIONATE, when you are sensitive to others' problems.

Success is not about getting a powerful position or material possession. It's our overall success as a good human being. Success is when you notice that your tolerance is growing, your patience is strengthening, your compassion is deepening, and your sense of discipline is improving while your anger and ego are shrinking, when people generally feel happy to meet you. Success is when most of the time you are cheerful and make others look forward to being in your company. So please enjoy your 'real success' friends to conquer the summit, 'Meet Your Soul'.

Truth Is God

“TRUTH IS GOD -the biggest advantage of truth is that you don't have to remember it”

Great Sant **Kabir** said it beautifully,

*“Saanch baraber tap nahi, jhooth baraber paap,
jake hirdaye saanch hai take hirdaye aap”*

Which means that truth is the greatest form of worship and falsehood the worst type of sin; one who has truth in his heart has God in his heart.

Why did **Mahatma Gandhi** say, *“Truth is God”* ? Many enlightened souls have declared that truth is the best religion. Honesty is the best policy, because truth is pure and truth is beautiful.

“The curse of lying is that it teaches you to escape situations, the blessings of honesty is that it teaches you to face situations”

Here is a **lovely story** that illustrates the value of truth.

There was a **charming prince who was very popular and many girls in the kingdom were keen to marry him.** Among them was a simple girl from a humble background called Preesha who longed

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for a chance just to meet him. As luck would have it, the king decided it was time to find a bride for the prince. The custom in the kingdom was that the prince interviewed all prospective brides and then made his decision. So the announcement was made that whosoever wanted to marry the prince should come to the palace to be interviewed by him. Preesha was delighted to know this and decided to participate, merely to have a look at the charming prince.

On the appointed date, all the girls gathered there and the prince met them one by one. He gave a handful of seeds to all of them with the direction to sow them in a pot and show him the flowers after a few months. Preesha took the seeds home happily and spent the next few days reading up on gardening and the best way to sow seeds. She put her heart and soul into caring for the seeds but nothing grew in her pot. After a few months, all the girls carrying beautiful flowers in their respective pots assembled at the palace. Preesha was sad but consoled herself by gazing at the prince once more to her heart's content.

The prince looked at the flowers brought by all the girls. Finally the king asked him, "Well, my son, whose flowers do you like the most? Which girl would you like to marry?"

The prince shocked everyone by announcing that he had decided to marry the girl who had brought the empty pot, because she was the only one who was honest and truthful. He then disclosed to the gathering that he had given barren seeds to all of them. All the other girls must have bought fresh seeds from the market to grow beautiful flowers. Only Preesha had tried sincerely to grow plants from the seeds given, whereas all the others had changed the seeds.

So that is the power of truth and honesty. It is very important to understand that the biggest advantage of truth is that we do not have to make an additional effort to remember it.

Suppose a student gets home late because he was busy playing some game, and he tells his parents that he had an extra class to attend. In that case he would have to make up and remember all the details about the so-called extra class, like who was the teacher, what was the topic, who else was there and so on. Imagine what would happen if a classmate of his rang up and asked about him at the time he was supposed to be having a class! So not only one has to plan his lies, one has to train all concerned to support one. Isn't this a waste of precious energy and time? Therefore, wise men do not lie because it is just not worth the effort.

Besides, when we tell a lie, we lose balance of mind and one can never be as confident and comfortable as one is when one is honest. This one virtue if imbibed and lived honestly would go a long way in any one's evolvment and great success in life. Truth is so important that so many other benefits accrue out of this wonderful habit. We all have understood by now, that to meet our soul we have to be relaxed and focused all the time. Then why disturb calmness of mind by telling any lies?

Don't you say to your friends sometimes, "I don't believe you, you are telling a lie"? How does this happen? The answer is very simple. ***"Your heart speaks and your heart listens"***. So if you know when someone is telling a lie, the others also know when you are telling a lie. You must have noticed that whenever someone lies, his facial expression is tense or nervous. So even if some one wants to look nice, one should not tell any lies.

We must understand the time-tested wisdom that, **“You can’t befool all the people all the times.”** Not only that, even if we tell lies in a casual way, it becomes our habit. The converse is also true; if we are determined not to tell lies, that also becomes our habit. This applies even to casual statements like, “Ok, I will help you,” or “I will definitely visit you soon”. We should not get into the habit of making these offhand commitments unless we really mean to honour them. It gets into your system; so better check yourself before you make any statement. We must realise that in the long run, our personality and our reputation is at stake if we continue to make loose statements in a casual manner. If by our conduct we show that we are not trustworthy, people around us would lose faith in us and would stop trusting us. This would surely have a negative impact not only on our future growth and career prospects but also on our evolvment.

The converse is also true. If you feel that people like you and trust you, you would have a more relaxed and balanced mind. You would be more confident and that would definitely help you in your evolvment. One should always be watchful to what one commits to do and what one is asked to do. Be sincere and honest for your own sake. In our friends’ circle we may have friends who are not trusted because they make casual statements, let us not follow them. Rather, we should try to correct them in private and not in public. Also tell them the importance of truth and honesty for them to maintain serenity. So let’s make a firm resolve to be truthful in every thing so as to be on the path to meet our soul.

Obstacles on the Path

“All the water of the sea can't sink a ship unless it gets inside it”

Having discussed about the virtues, which lead us to reach the goal, meet your soul, I feel it's very important to discuss the obstacles on the path. We all know that ill will; hatred, lust, anger, greed, attachment, ego, fear and worry are the main enemies of humanity. These negatives play havoc in one's metamorphosis in very subtle ways and we don't even know how and when they play spoil sport to our peace of mind and mission in life. The main reason of stress and strain in life is not paying proper attention to our attitude towards controlling these deadly weapons of destructions.

We are all aware of these enemies but the root cause of all these enemies is not saying hello to yourself. How many times do we sit alone and watch our actions and motives or do some introspection and watch the flow of our thoughts? Once we understand that these are the obstacles on the path to meet our soul we must investigate into their origin and make a firm resolve to over come all such enemies.

Inconsistency

Inconsistency in efforts to evolve is another dreadful enemy that obstructs our path to meet our soul. Many a time most of us are lazy and inconsistent in our efforts. We make many resolutions like, 'I should study about life every day for an hour,' 'I should get

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up early and go for walk,' 'I should constantly watch my thoughts and deeds,' 'I should constantly observe my greed and needs,' 'I should take proper care of my health and diet,' so many resolutions we make only to break at drop of a hat. One thing is sure that unless we strictly adhere to our resolutions to maintain strict vigil on our thought process and daily routine it is very difficult to reach the summit,' Meet Your Soul'. We all tend to be careless and lack of strong will power results in lack of energy and laziness. So all those interested to meet their soul have no option but to be consistent in their efforts.

Doubts

Another enemy on the path is doubt. Many a time we start with a doubt even while contemplating on some great philosophy or truth of life. There is nothing wrong to clear our doubts on any thing, which needs some clarification to satisfy our intellectual thrust but to start with a doubt is definitely not a good habit and is a great hindrance on the path to meet your soul. We should always start with a faith. Do we doubt a doctor before taking medicine prescribed by him or do we start with a doubt as to whether the driver knows driving or not before boarding a bus or train? Do we ask the pilot if he knows flying before boarding the aircraft? Similarly in all aspects of life we should start with a faith or positive mindset because entertaining any doubt at the outset adversely affects the receptivity whereas faith enhances receptivity.

Ill Will and Hatred

After having discussed the theory of Beauty of Soul we don't need to stress the philosophy that there is no scope of any ill will or hatred against any one since no one intentionally does any wrong or causes any hurt. All unfavourable or unlikeable actions in life occur because of imbalance of mind at that particular time or

bias or prejudices or wrong perception or lack of involvement or information. So let's firmly resolve not to have any ill will or hatred against any one. Let's follow this wonderful message, ***Pyar Bante Chalo—go on showering love.***

Attachment

We all have experienced that many times even the **best of people in the world promote their kith and kin at the cost of humanity and larger public interest.** Now please analyze **why does it happen?** Is it not attachment, which is **causing damage to the moral fabric and welfare of the society?** There is **nothing wrong in guiding and providing legitimate facilities to our kith and kin but there can't be any justification in promoting some one at the cost of some one more deserving.** It has **far reaching negative impact on some deserving individual who can be of greater help to the society.** It also **dampens the spirit of those meritorious and sincere youth who are on the threshold of their career.** **Not promoting the deserving also affects the performance of the concerned institute,** which may be **involved in some public welfare scheme.** Let us **wish that those attached with their kith and kin realize the damage they cause to mankind by not appointing the deserving people at the right places.**

Similarly **attachment to our viewpoint also causes imbalance in the society in addition to harming our own peace of mind.** There is **nothing wrong in arguing for your view sensibly and even forcefully** but to **maintain peace of mind and equilibrium** it is very important **not to be attached to one's viewpoint.** One should always be **open to options to learn and have a blissful living.**

Attachment to **material possessions and relationships** also many a time **causes great stress and sorrow.** We **lose some one**

dear either because of death or otherwise and feel miserable, we lose some thing material and feel devastated. Having understood the law of impermanence and the fact that all events have been happening since time immemorial, how can one worry or disturb one's peace of mind over losing any material possession or relationship?

Lust

We some times don't even know how in a subtle way lust for any thing causes great damage to our soul. There are innumerable instances of the high and mighty, saints, presidents, judges, business tycoons and others falling from grace just because they were not able to control lust at some particular moment. It may be a momentary lapse or an obsession but unless the person is devoting some time to introspect and reflect upon all the pros and cons of every important issue constantly the chances of one's falling are much higher. We have to be watchful that whatever routine or habit or craving disturbs or upsets our mental peace or health has to be avoided at all cost. We are not talking of self-denial or self-persecution but the balance has to be maintained while enjoying life. Like if we feel that after having a particular quantity of drink or food or after indulging in some activity we are not feeling fresh and rejuvenated we have to take stock of the situation and act in a balanced way to maintain equanimity of body and mind.

Greed

Similarly when we talk of greed we have to regularly reflect upon our needs and greed. We have to be watchful of our thoughts to assess as to what is needed and what is turning into greed. The problem in life many a time is that while pursuing our ambitions and goals we lose sight of even a thick dividing line between need and greed. Mahatma Gandhi said it beautifully that there is

sufficient in the world for every one's need but not for every one's greed. Keeping our life style simple definitely takes care of greed. Simple living has direct connection with high thinking because if the personal needs were simple one would have more time for self-evolvement and selfless service projects. Here again simple is not self-denial but maintaining balance of our needs while being firm on basic virtues of life. The theory of law of impermanence should deal with the problems arising out of greed and attachments.

We have separately dealt with the other monsters, worry, ego and anger which are most important and difficult to deal with but not at all impossible to improve upon. With constant contemplation of our thoughts and deeds, of our purpose of life we can definitely have a remarkable victory even over these two enemies. But the key is awareness and constant introspection of thoughts and deeds.

Anger Hurts You Only

Anger is madness for a few seconds.

Anger is one of our worst enemies and to know the negative effect of anger on our mission, 'Meet Your Soul' is of utmost importance.

Some enlightened soul says that,

“Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.”

Why do we say that anger is such a negative thing?

A brief moment of anger can have a lifetime of consequences. We all are aware of the incident when a world-class cricketer slapped a fellow player and lost millions of rupees as a penalty in addition to facing a lot of public criticism. Otherwise he is not a bad person; in fact he is very popular. But sometimes anger may cost us very heavily because when we are angry we are not balanced, and we have discussed throughout this book as to how important it is to maintain our balance of mind all the time in order to deal with the world and to maintain a peaceful existence.

Why do we get angry?

Whenever we expect a particular response from a situation or a person, and do not get it, we get angry. So the best way to

control our anger is by not expecting more than what we get from a particular situation or a person. I know it is easier said than done, but people have been able to control their anger quite a bit by just being aware of it.

***“For every one-minute of anger we lose
sixty seconds of happiness”***

Resolve to keep a check on your temper

We have also realized that anger is there because of non-fulfillment of desire or expectation and it only hurts our inner self so anger has to be conquered. We may not be able to control our anger completely, but by making a resolve to keep a check on our temper and by making conscious efforts in that direction we can achieve remarkable success. Quite often you will find that if you just change your attitude towards a particular situation, person or his nature, you automatically control your anger.

The first step towards anger management is *observing silence* for a few minutes whenever we find time or feel our temper beginning to rise. Silence connects us with our inner self, and once we are connected with our inner self, anger will subside automatically. If we make it a habit to observe silence on a regular basis during the day, we will find that subduing our anger gradually becomes our nature.

I have known many people who were short tempered and used to get angry at the drop of a hat are now so much at peace with themselves, just by observing silence, by being in the company of nice people and by reading motivational and spiritual books. I must confess that I too had a short fuse, but with the above-mentioned method, I have been able to control my anger quite a

bit. I must make another confession to you that I have not been able to fully control it despite making a constant effort for the last sweet sixteen years. But since I have been able to control my anger for, say about seventy five percent of the time, I thought that on the basis of that distinction I am entitled to talk a bit on this matter!

We all feel good whenever we are able control our anger and invariably regret it whenever we react in an angry mood to a situation, which could have been managed with gentle tact and sober consideration of the situation. But we should not be consumed by guilt if once in a while we lose control of temper. Just be aware that we are all fellow travelers in life's journey, committing errors and learning from them.

Why do people say that one should never take any important decision when one is angry, and should never promise anything when one is in a celebratory mood? The answer is simple: because in both these situations one does not have the right balance of mind to take rational decisions.

It is rightly said, ***“The true heroism lies in the conquest of anger”***. Just remember this in order to become a hero. To control anger is such a great quality that it requires great wisdom and training of the mind. It can only be achieved through constant contemplation, reflection, silence and analysis of one's thought processes.

It is however very easy to improve if we just resolve and make conscious efforts in this direction. One nice quote would definitely help you control your anger if you just remember and try to cherish this pearl of wisdom. It may sound a little rude too but some

times we all need a bitter pill to cure some defects in the system. Some enlightened soul said it very beautifully,

***A realized (balanced) person does not have to go to the temple, Wherever he bows, it becomes a temple.
An angry man does not have to go to hell,
Wherever he goes, he creates hell.***

You must have noticed that whenever we show anger towards a particular person, we not only hurt that person, but we spoil the whole atmosphere. Similarly, whenever we control our anger, not only do we enjoy the calmness of mind but we also influence others to be calm. Anger is madness for a few seconds, it is true and if we just control our anger for a few seconds and try to count up to ten or just observe the situation like a witness, or if we defer our decision for a few seconds only; the anger would vanish for sure.

So let us resolve that to reach our goal, 'Meet Your Soul', we must control our anger as much as we can. So just observe silence for a while, to be with your pure self, to control anger and live a blissful life.

EGO and Arrogance

*"Humility is the greatest virtue and
arrogance the greatest weakness"*

***'Mei ek zarra bulandi ko choone nikla tha,
hawa ne thum ke gira diya mujhko'***

How wonderfully the poet has tried to depict the fall of one driven by ego. The couplet has compared the fragile existence of man's power, possessions and relationships like a particle of dust trying to reach the sky which crashes to the ground if the air stands still.

Ego is our worst enemy. Once we reflect upon the insignificant existence of our being there in the vastness of this universe we would actually realize what Ghalib, the great poet said was so apt, that nothing would really matter even if I were not there. The world and the happening around were going on in our absence and would continue to be even when we depart from this world. But many a time we are so deeply immersed in our ego that we lose sight of the real purpose of our life. In the process instead of getting peace of mind we break our mind into pieces.

I, my, me and mine are so predominant in one's life that it leaves very little scope for evolvment and growth. Unless we come out of this I, me, my and mine obsession we can't even think of a higher goal in life. Not only that, in the mad race for

me and mine, we disturb our own peace of mind and comfort. The negative effect of ego is that it recoils back on us because of mental agitation whereas the surrender of ego is the best way to achieve tranquility.

Only because of me and mine we cultivate egocentric desires and spend a lifetime in acquiring possessions for satiating those desires. Unless we stop for a while and make some conscious effort to get rid of this ego and egocentric desires we can't be at peace with ourselves, we can't reach the summit, 'Meet Your Soul'.

The most unfortunate thing is that we don't even realize this worst enemy within us for many years and keep on living like robots being controlled by the world. Some one says some thing innocuous or even unintentionally and we feel hurt. We immediately react without applying our mind to the situation and without bothering to keep in mind the concept of beauty of soul. Some one does not wish you and you feel insulted without even realizing that he might not have noticed you or there could be some other valid reason. Some one is not able to attend to you properly as per your own presumed status and you feel hurt. Some one does not invite you properly and you feel hurt, some one does not acknowledge your presence and you feel hurt. There are a thousand and one reasons to hurt our ego, which do nothing but disturb our balance of mind.

Ego and arrogance can be easily destroyed by reflecting upon 'who am I' and by trying to understand the law of impermanence. It can be destroyed by undertaking some selfless service and by trying to understand that even the most powerful could not control all the events all the time. Once we understand that the result of any action is not in our hands and we don't know what is in store

for us **then there is no scope for ego or arrogance**. But all this can be imbibed by constant awareness and contemplation of truth of life. It can't be learnt while running in the rat race.

Ego and arrogance are in a way real sisters. It is very important to understand how badly ego and arrogance affect our mental peace. You must have noticed that whenever intentionally or unintentionally we behave in an arrogant manner, it affects our mental balance and we are tense for sometime at least. Not only do we stress our minds, we sometimes regret it for a longer time and wish that we had been humble at that particular time.

The converse is also true. Whenever we act with humility, we feel nice and relaxed, which is very important for our performance in all spheres of life. I wish to tell you a story that illustrates the shallowness of arrogance.

There lived a king who was very benevolent but very proud. One day he summoned all his ministers and said, "We are all doing some work or the other, **but what is God's work?**" Everyone was surprised at this question, but he was insistent and demanded an answer. Everyone was baffled and finally they all suggested that they should consult the head priest of the kingdom. The crown priest was summoned and was asked the same question. The king in his supreme arrogance told him that he needed an answer to his query, "what is God's work in this world?" **The head priest was worried and spent the next six days agonizing over the answer.** On the seventh day, while he was sitting outside his cottage in a pensive mood, a **shepherd boy, who used to pass by every evening, saw him and felt concerned.** He asked the priest what the matter was. The priest replied, "The king has asked me to find an answer to a question which no one

has been able to answer so far. He will punish me if no answer is found by tomorrow.”

The shepherd boy said, “Sir, you have always taught us to be happy and grateful to God for all that we have. I cannot bear to see you looking so unhappy. **Why don’t you at least share your troubles with me? What is this question that the king has asked?”** **The priest sighed and told him the question.** The boy smiled mischievously and requested the head priest to let him answer the king’s query. The priest was worried. He had no option but to take a chance, since he had failed to find any solution during the last six days.

The next day the priest took the shepherd boy to the palace and told the king that the boy would answer his question. The king was not impressed, but agreed on the condition that if the boy was not able to answer his query to his satisfaction, both he and the priest would be hanged. **The boy asked the king to summon all his ministers and this was done at once.** In the presence of the entire assembly, the king repeated his question. The boy kept quiet for a while. All the courtiers fidgeted impatiently and murmured among themselves. **The king got angry and roared, “Well, what is the answer? Why don’t you speak?”**

The shepherd boy said, “Your Majesty, you are asking the question to **which only I have the answer. So that makes me the teacher and you the student.** In that case, don’t you think you should vacate your throne for me and sit down like a student?”

The **king had no option but to reluctantly agree** to this fair proposition. He stepped down and sat on the floor while the boy climbed on to the throne meant for the king. The boy having a

naughty smile settled comfortably on the splendidly carved throne and started swinging his legs admiring the glitter of surroundings. The king was getting restless. He waited for a while and then shouted; “Now why don’t you answer? What is God’s work?”

The young shepherd laughed aloud and said, “This is God’s work: see how he has put you down in my place and brought me up to yours!”

All the courtiers and the head priest burst out laughing at the boy’s audacity and the king realized how arrogant he had been.

The moral is that the arrogant are pushed down by society and the humble ones are pushed up.

Why do people behave in an arrogant manner?

People behave arrogantly if they feel someone is inferior to them either in terms of wealth or status or because they feel that they know more than others do about a particular subject. They fail to understand that there are millions of people having expertise in different spheres of life.

It is absolutely futile to boast of one’s achievements, because in the larger perspective, they may seem so small and insignificant, as this story shows.

There was a man who always boasted of his big bungalow to all his friends till he met a smart boy. The boy asked him, “Uncle I have heard a lot about your bungalow. Can you please tell me where it is located?” The rich man tried to explain to him the location of his bungalow but the boy was too smart. He said,

“Sorry uncle I can’t understand it like this. **Let me bring the map.**”
The boy brought the map of the world and asked him, “Please explain to me on this map where your palatial bungalow is.” The man got nervous and the **boy got naughtier. He said, “Uncle I will help you a bit, then you take over.”** He spotted his country in the **world map and said, “Uncle I have located the country.”** This was a miniscule portion of the map.

He pointed out the country on the world map and said, “This is our country on the map. **Now can you locate the city where we live?**” The gentleman pointed to a **tiny dot on the map and said,** “Here it is.” “And where in this city is your grand bungalow?” queried the boy innocently. **“How can I show you that in this little dot on the map?”** **roared the man angrily.** So the boy smartly said, “But how big is your bungalow if it can be fitted into this point with **millions of other houses small or big?**” The **rich man understood** the wisdom of the smart boy and stopped boasting from thereon.

The same is true about knowledge. The world is a great ocean of knowledge and **one cannot acquire complete knowledge of even a single subject in a lifetime.** So why be arrogant even on that count?

There is a nice couplet on this. Some enlightened soul said it beautifully,

***“Zindagi ki asli udan abhi baaki hai,
Aage abhi aur imtihaan baaki hai,
Abhi to naapi hai hamne thodi si zamin,
Aage saara aasmaan abhi baki hai”***

In other words, the **real flight of life is still pending,** there are many more tests awaiting us. We have managed to take the

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measure of just a bit of the earth; the entire sky is yet to be discovered.

Hence it is futile to boast about the limited knowledge and limited material possessions that we have. Arrogance is an undesirable trait, which can distort our personality and outlook on life.

We must realize that whenever we are humble, we have a relaxed mind and facial expression. However, whenever we act in arrogance we get tensed up. Why do we sometimes say that so and so looks very arrogant without even having much interaction with that person? It is very natural that whenever we act arrogantly we look arrogant. Even if we are thinking in an arrogant way, we get tensed up. We have often discussed, that to maintain calmness of mind for better results is a full-time activity, and we should therefore try to be as humble as possible to maintain grace and a relaxed mind for better preparation for life as a whole. Many religions preach that the **“toughest war to be won is to overcome your ego”**.

Now for a moment analyze why against the same team, at the same venue, in the same conditions, with same fitness level and on the very same day a player performs badly in the first half and becomes a hero in a few minutes in the latter half. It happens in many spheres of life that some time we do our best and face criticism and then sometimes we perform ordinarily and get appreciation. The message is very clear that in the fitness of things around the universe we are too insignificant and many a times the result is not in our hands. So, where is the occasion to have any ego or arrogance? The proviso however is that we should not be complacent and sit idle with the feeling that we cannot make any

difference. In fact the selfless service is the best way to kill the ego and maintain the balance of mind. Now since we know the importance of humility and the deadly effects of ego and arrogance on our mission to have a blissful life, let us resolve to be humble and kill ego and arrogance to maintain calmness of mind so as to enjoy a musical life.

Never Crib

*“Troubles are like washing machines they twist and turn around
but in the end we come out brighter and better than before”*

***“Khuddar parinde kabhi shikwa nahi karte,
kabhi tooti hui shaakh pe basera nhai karte”***

Remember if we wish to meet our soul we should always be blissful and have no complaint whatsoever. The couplet quoted above means that people with self-respect don't complain and when they have to then they don't cry on weak shoulders.

The first message in the above couplet by some enlightened master is that we should not crib and the second is that we should never rely upon weak people. Quite often we see people complaining about one thing or the other. Some one is complaining about his son not doing well and the son is complaining about his father not having proper understanding. Some one is complaining about his employee being inefficient and the employee is complaining about the employer being insensitive and miserly. Some one is complaining about not getting justice and the judge is complaining about his own problems in life. **Day in and day out we see people complaining.** We don't realize that **most** of the time **complaining does not help**. You would find very **few** friends who have the patience, the wisdom and the will to help.

No one says that you don't share your problems with any

one. The only thing, I am trying to stress is, that we **should not** talk of our own problem **all the time with every Tom, Dick or Harry**. Most of the **people** who you complain to would be **insensitive and may even some time ridicule** you. That is why an enlightened master said it so beautifully;

***“Rahiman sab man ki vyatha man hi rakho goye
Sun athlaiyen log sab baant na leve koye”***

The master has tried to tell us that we should keep our problems in our heart because the others would only make you a laughing stock and hardly any one would try to share it.

This is the truth of life. If you look back as to **how many friends of yours were of genuine help** to you in all your personal problems, **you would find them too small in number** in comparison to the crowd you might have invited at your son's marriage. One of my friends recently shared with me his sorrow by telling me that **more than five hundred so called friends had attended the wedding reception of his son but less than hundred attended or responded to the message of his mother's sad demise**. So the truth of life is that **many people would be there to share the good times** but in **difficult time you would find only a few who offer help**.

Many times we crib of some pain or sorrow **without realizing that every one has some problem or the other**. We are all aware of so many tragedies being faced by the world since ages. Once we realize this truth, there would never be any occasion for us to crib. We should always get support from this nice couplet;

***“Is duniya mein kitna gam hai,
Mera gam kitna kam hai,”***

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Which means that there is so much suffering in the world that in comparison my suffering is too little.

Some time we crib **because we don't get some thing but fail to realize that no one ever got every thing in life**, as the enlightened master said it so beautifully;

***“Kabhi kisi ko mukammal jahan nahi milta,
Kabhi zamin to kabhi aasman nahi milta,”***

Which means no one ever got everything in life. Once you get an opportunity to look into some one's life you would find one missing out on something or the other. **So why crib dear,** Count your blessings and enjoy a musical life.

Some time we **crib because of some one's attitude or response** to a situation or because of some one not being up to our expectations. We must keep in mind this wonderful couplet to feel nice all the time.

***“Kuchh to majbooriyan rahi hongy,
Yunhi koi bewafa nahi hota”***

How wonderfully the enlightened master has told us that one must have had some compulsions otherwise one would not be unfaithful or unfair. **When some one is hurt because of any action or conduct of us we would have any number of reasons to justify our conduct, like our perception, not being aware of true facts,** being in hurry or anger, which the other side may or may not be aware. **Similarly unless we put ourselves in other's shoes** we would not realize that there could be many reasons for some one behaving in a particular manner. In fact once we realize this truth of life we

should not even waste our energy in trying to know as to what could be the reason for some one to behave in a particular manner. We should always assume that some one must have had some compulsion.

It **does not mean** that if you were expecting a friend and he does not reach you within a reasonable time you don't even bother to know about his welfare. **We must make a call to enquire** if all is well, without sounding rude or seeking an explanation. Now **a days smart use of SMS comes very handy in such situations.**

We **waste so much of time and energy while complaining of our problems that we exhaust ourselves in the process.** We also **become a laughing stock and miss the opportunity to learn positive things from the society.**

So **let's resolve not to complain of any thing** to any one but for the exceptions we have discussed above. Let's adopt a wonderful dialogue from our **Guajarati friends.** When some one asks them, 'how are you', they always say '**MAJE MA.**' which means 'I am blissful'.

Why be Worried or Depressed?

“A butterfly lives only for few days but still it flies joyfully winning many hearts, each moment of the life is indeed precious”

“Every one celebrates in good times making life a celebration in adversity is the real art”

Chinta taki kijiye jo unhoni hoye

How beautifully are conveyed these wonderful words of wisdom by an enlightened Sikh guru. This means that we should be worried only if some thing, which never happened before happens in our life or in the life of others. Only this much wisdom, if imbibed in letter and spirit, is sufficient to liberate every single soul from all the worries in life. Whatever happens with us or in the society has been happening since ages. We worry unnecessarily; feel depressed or some time allow some worry to become a cancerous disease, because of not imbibing these words of wisdom and by identifying too much with any personal problem.

Some one's near one dies, some one is separated, some one suffers a loss, some one is cheated, some one is unfair, some one falls sick, some one not getting married, some one not getting a divorce, some one does not have a child, some one is disturbed because of a child, some one is corrupt, someone does not get his due, some one is raped, some one is killed or robbed, people dying of hunger and some one having unaccounted wealth, all

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these things apparently are causes of worry in addition to thousands of other problems which can be a matter of worry for any one.

But kindly analyze has any of the above mentioned things happened for the first time in history? No, all this has been happening since ages, then why worry or feel depressed about any happening at all. This is a top secret to a blissful life.

No one suggests that we don't try to solve problems or be unconcerned about sad happenings around. The only thing the enlightened master has tried to convey is that we should not worry about any thing. We should properly analyse an issue, try to find a solution to that problem and do our hundred percent to solve that problem, at the same time not worry about the result. So the best is to only do your best and be prepared for any result because that is also part of life.

The most useful formula to come out of any depression is to start with realization that it has been happening since ages and not to treat the bothersome issue as the only thing in life. One should resolve to live a normal life, attending to all other issues of life without being affected by that depressing issue. Rather one should devote more time for recreational and musical activities to live a balanced life. One should spend more time with positive people who are not aware of one's problem or who are sensible enough not to discuss that issue all the time. One should try to spend time with those who either make one feel comfortable to deal with the issue or have some positive suggestions and not with the ones who only tear open the wounds by insensitive remarks. Once we start living with the wisdom that apart from the issue that is bothering us, there are so many positive and

interesting issues to deal with, there would never be any occasion for depression.

The worse is by worrying we make ourselves vulnerable and reduce our capacity to deal with the very problem, which is worrying us. It is but natural that at a time when we are not cheerful, our mental faculty and reasoning powers would not be as proficient and sharp as they would be with a perfect balance of mind. We harm ourselves so much that we don't even know the negative effect of that worry or stress on our day-to-day life and health. If we are worried about some thing our dealing with people and situation would never be perfect. The consequent result therefore is bound to be not up to the mark.

So let's resolve not to worry about any thing and just do our best according to the need of the hour. Let's engrave on our mind the golden rule of wisdom, "*Chinta taki kijeye jo unhoni hoye.*" We may feel depressed only if some thing that never happened in the history of mankind happens to us. This is the sure route to meet your soul.

Speech is Priceless

"Before you speak, it is necessary for you to listen, for God speaks in the silence of the heart"-Mother Teresa

***'Boli to unmol hai jo jane so boli
liye tarazoo tol ke tab mukh bahar kholi'***

How beautifully said Kabir the great soul! It means only the one who knows that speech is precious has the right to speak, we must weigh each word in a balance before we open our mouth.

Quite often we say some thing, which we would not have said had we only analyzed the uselessness or negative impact of those words. That is why the enlightened master said we must weigh each word before we utter it. The great saint Kabir further elaborated on how to speak, in his wonderful couplet;

***'Boli aiseee boliye man ka aapa khoye.
apna man seetal kare, auarn ko sukh hoye'***

Which means that we should surrender our ego before we speak. We should say only that thing, which satisfies our soul and pleases others too.

If we are guided by the above-mentioned words of wisdom I think we are on a good wicket to bat to meet our soul. Many a time we create avoidable problems by saying useless things or by

saying more than what is required. That is why every religion has given great importance to observing silence. Unless we observe silence and weigh our words we are most likely to say unwanted words. It is very natural friends; the more we speak the more are the chances of saying some thing unwarranted.

The wisdom espoused by Kabir if lived in letter and spirit can be of such great help in our evolvment and living a blissful life that one cannot even imagine the additional benefits of it. Once we start observing our thoughts and weighing our words before we speak it automatically speeds up our evolvment and growth as a complete human being. We are bound to be in rhythm and in consonance with the inherent nature of man, which is the divinity of soul.

“A tongue has no bones but it can break a heart and it can also build bridges and pillars of strength so just think before you speak”.

Taking control of our speech may not come easy but once we resolve and are constantly aware of the wisdom mentioned above we are bound to improve very fast. So let's resolve to take control of our speech to meet our soul and live a musical life.

Most Important—Be an Island unto Yourself

“More you mingle more you fumble”

Be an island unto yourself is the message of many enlightened masters.

Another enlightened soul said the same thing differently but wonderfully;

“It is difficult to find happiness within you but it is impossible to find happiness out side you,”

Why does every religion preach us to be with the self and conquer the self? Because real happiness would come from within and the more we are with self the more are we happy, in fact blissful.

When we come back home from office or work we feel relaxed, irrespective of a tiring day and feel like being with the self for a while. We feel nice because we are then connected with our inner self.

Not only as a joke but some where close to realities of life, I am not talking of bliss at home in all cases. I basically talk of being with the self. In fact it reminds me of a nice joke,

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One young boy was wandering on the road late in the evening when confronted by an elderly neighbour was asked as to why he was roaming so late at night. “I am not married, my parents live in another city and there is no one I can talk to so I do not go home early.” But in the same breath he asked, “Sir why have you not gone home till now?” Pat came the reply, “I am not going home because I am married young man.”

Jokes apart the fact is that whenever you are with the self, whether you come back from work or otherwise you feel nice. Even if we have had best of the vacation at best of the location, coming back home from vacation gives us same sort of blissfulness. In fact you must have noticed that the moment you land up at the airport bliss starts tickling as you collect your baggage, it increases, you sit in the cab it goes higher and when you reach home you feel so relaxed. All these events lead only to one conclusion that inner happiness is being with the self. So let’s resolve to be more and more with the self to enjoy real ecstasy.

Be an island unto yourself. Be a recluse to reach the summit, ‘Meet Your Soul.’ Try to avoid too much of mingling with the world because the more you interact the more are the chances of your getting into unfavourable gossip. It does not mean that we should be insensitive to others’ joys and sorrows, the only thing to be observed is that it should not be at the cost of missing out on much required time for saying hello to yourself.

Stop for a while and say hello to yourself. You greet every one but do not greet yourself. Very few people in this world feel comfortable when they are alone. Most of us look for company all the time, whether while going for a movie or for shopping or

even for a walk. That means we must be so boring that we cannot be with ourselves even for a short while!

One thing we must understand is that in order to have calm and balanced mind all the time it is very important to maintain silence for sometime. Maybe for only five minutes, twice a day *keeping your eyes closed*, mentally recite any one word, such as OM, Allah, Waheguru, God, Ma (mother) or any other word that relaxes you. It is best to do it at a quiet place in your home or outdoor in the lap of nature till it becomes a part of you. Then you can do it even at a railway station or a busy market. If you are determined to do that, you would get many such opportunities in your daily life, like while waiting for a friend or your turn somewhere or for the next engagement to begin.

Can we see our image in a dirty mirror? Unless we clean the mirror we cannot see anything. Similarly can we see the surface of a swimming pool when it is full of people and is full of activity? Can we have a healthy swim if we don't close the swimming pool for couple of hours every day and fill it with fresh water every day? To achieve clarity of vision, certain stillness is essential. We need to have a clam and clear mind in order to observe our thoughts and plan our future course of actions. While observing silence and by being with yourself once in a while you will get the opportunity to observe your thoughts, know who you are and what you really want from your life.

To have a relaxed mind all the time, it is very important to maintain silence for at least five minutes twice a day and spend at least one hour with oneself at least once a week. We waste so much energy speaking and listening to trivial gossip that it becomes all the more necessary to conserve energy by observing silence.

Some enlightened soul has said it beautifully:

***“A quiet mind produces a brilliant intellect.
The quieter the mind, the sharper the intellect”***

In the course of our busy lives, many of us do not get time to see whether our thoughts and deeds are in the right direction towards what we want to achieve in life or not. Sometimes you may not realise that many of your thoughts and deeds are not leading you to your goal in life or may be are even harmful to it. You must therefore resolve to cut down on or exclude those thoughts and activities. This can happen only if you review your activities while being alone once a week for at least an hour.

It is not difficult to do this if you decide to make it a habit. Once in a week you must go to some nice garden or choose any nice surrounding where no one can disturb you at least for an hour. This one-hour in a week you must spend in silence in order to review your activities and thoughts. For this one hour you can just observe nature and your thoughts. Just be a witness and let your thoughts flow freely. After all, your thoughts only activate you into a particular course of action and if thoughts are not observed how can you control your actions? We can also make it a routine to analyse and plan our future course of action or for the next day's strategy by spending at least ten minutes every day in the evening.

This would go a long way towards your evolvment. This one-hour of self-analysis will give you a chance to reflect upon your routine and see where you need to improve and where are you wasting time. It would give you a chance to observe what is taking you towards your goal and what is taking you away from your soul.

The benefits of silence

One must observe silence at least twice a day for five minutes, just being with oneself to conserve energy and to maintain a relaxed mind. With the passage of time you will discover that you have started enjoying being with yourself and would start loving yourself more and more. My own experience is that if you start observing silence for a few minutes whenever you get an opportunity during the day you will always feel rejuvenated and will feel fresh throughout the day.

Now hold your breath and count the benefits of observing silence. It relaxes your mind, which is most important to do your best in any sphere of life. It enhances your memory, intuitive power, healing power, calmness, compassion, love, tolerance, reasoning power, fearlessness, quality to accommodate, perception, confidence, voice, oratory skills, glow on your face, immunity level, communication skills, sharpness and reflexes, cheerfulness, capacity to use your intellect in the right manner, energy level, capacity to work more, capacity to withstand adversities, bad times and sorrows... you see, the benefits are really uncountable!

I probably missed out on many that you will discover for yourself. All these qualities cannot be imbibed or developed just by reading books. But all these qualities are necessary towards cultivating ourselves as complete human beings, which is the main purpose of our lives.

Having discussed all the benefits of observing silence and being with self, can we afford not to observe silence and be with ourselves for at least one hour in a week and at least twice in a day for just five minutes each? If you love yourself, it is also important to make a constant effort to try and improve yourself. Tell me, my

friends, don't you polish your shoes every day? Then is it less important to keep your mind clean all the time, brushing away the dust of negative thoughts and filling it with positive thoughts? If you love yourself, won't you like to do your best in everything, be it dealing with personal and professional relations or taking care of your health or any activity of life?

If you want to improve in all spheres of life it is important to maintain the balance of mind and have relaxed mind all the time. The only solution is to be with yourself more and more, love yourself more and more, and observe silence as much as you can to sharpen your intellect.

Be Grateful

“Gratitude is the best lubricant for a smooth living”

“Utna hi upkar samajh koi jitna saath nibha de, koi na sang mare”

*“Be grateful for what you get from a person,
no one would die with you”*

How wonderfully the enlightened master has conveyed this wisdom. We all feel sad if some one does not behave as per our expectation. Sadly enough we don't even bother to know as to how the other person was placed and what could be the difficulty with him at any given time. Many a time in life when some one is angry with us because of our **not behaving as per his expectations we have a valid excuse to offer. Similarly unless we put ourselves in others shoes we can never realize the compulsions of that** person. Once we start living with this attitude we only feel grateful to others for whatever they did for us instead of complaining for what they could not do.

Is it not unfortunate that having **realized that the human mind is like a monkey and keeps on jumping from one branch of thought to another we still feel sad and some time depressed over the functioning of others' mind? After all it is the fluctuation of mind,** which disturbs the rhythm in life, peace of mind and relationships. In the process we don't realize that if our own mind is fluctuating all the time how can we expect others to always maintain stability.

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That is why some enlightened master wrote the above mentioned wonderful couplet, which means that we should be grateful for whatever some one has done for us. Is it not unfortunate that many of us don't even think of expressing / conveying our gratitude to God/life/nature for blessing us oxygen to breathe, normal eyes to see a wonderful world, ears to listen, normal functioning of heart and other organs of body. Imagine how much agony one goes through even if one organ of the body is not functioning properly, how much money people spend in hospitals to get good health. So not only to people but also to life as a whole one should feel grateful for whatever one has received from nature. Developing a sense of gratitude towards life in general goes a long way to maintain balance and peace of mind. Otherwise people keep complaining all their lives of small little things. Let's have no expectation and feel obliged to whosoever has done even a small little favour to us to feel musical and reach the summit 'Meet Your Soul.'

Establish in Self Not Self Centered

“Beautiful thing in life is to see a person smiling, the most beautiful is when you know that you are the reason behind that smile”

Many people while on the path of self-evolvement tend to be self-centered and misunderstand the concept of ‘be an island unto you’. Established in self does not mean self-centered. In fact one who is self-centered can never be established in self. Compassion is the most important virtue to be developed by constant contemplation of the philosophy of life. Unless we feel the pain of others, unless we share the joys and success of others we can never grow into a complete human being.

If our actions and thoughts are involved in self-centered activities all the time, we just cannot be happy. We cannot even enjoy the fruits of self-centered activities if we are totally unconcerned about the happenings around our social responsibilities and us.

Care should be taken that in the process of sharing the joys and sorrows of others one does not lose sight of maintaining balance in the routine one has set for oneself. It should not upset the timing of his contemplation, health and other important schedules. It’s not important to be physically present at all the functions to celebrate or to convey our condolence at any event. Physical presence is just a ritual. What is more important is to be spiritually with that person and enquire how one could be of any

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assistance. I have personally experienced that a short SMS helps a person in grief better than your visit and it remains with him for a longer duration than the ritual presence of those who are there just for formality's sake.

So let's resolve to share the joy and sorrows of others as many as we can while maintaining our balance of routine to reach the summit, "Meet Your Soul."

Time Management- Self Management

“Constant introspection, contemplation and reflecting upon your thoughts and desires is the best way for time management”

Another important point to be meticulously planned is time management. In fact it is not time management it is self-management. We all know that time available is equal to all. Every one has twenty-four hours in a day but still some people in the world manage better than the rest of their colleagues in all spheres of life. A few are able to manage themselves in such a manner that they perform better and more in less time whereas others similarly placed seem all the time busy and tensed up.

It is all because only a few are able to maintain their cool and wisely decide their priorities. To manage time in the best way is to first prioritize all the activities by using the intellect and not by blindly following the mind. No matter what, we have to devote time to so many day-to-day activities of life. We have to attend to our personal needs like physical exercise, getting ready, having meals, and travelling to and from work place. We have to devote time for professional and social activities as well. So one has to be very careful in fixing the priorities according to the goal.

Unless we use intellect in deciding the importance and priority of the activities it is just impossible to maintain cool. We tend to

lose our temper and under perform if we have less than the required time for any activity. The converse is also true. We are bound to excel in every activity we perform in case we have sufficient time at our disposal. Once we pause for introspection and use our intellect to decide what is important, what is urgent and what is detrimental to our mission in life, time management becomes effortless.

My friend P. Laxminarayanan (senior disciple of internationally renowned philosopher revered Swami Parthasarthy) gives a nice 'Three-P' formula for self-management- *Pause, Ponder and Plunge*. It is a very effective method if one puts it into use in one's day-to-day life. We mostly rush into activities without pausing to pondering over the importance and utility of that activity. Once we learn to pause and ponder over the relevance of each and every activity to our goal in life, I can assure you, many useless activities detrimental to our goal would become avoidable and it would facilitate self-management in a serene and efficient manner.

The easiest way to develop our intellect is to scrupulously adhere to daily and weekly routine of introspection of one's thoughts in the light of wisdom gained and mission chosen in life. Once you develop this habit you would always find yourself serene and cheerful in dealing with all the activities of life and would always have spare time at your disposal. The failure to adhere to this routine makes people irritable and busy all the time. So the choice is very clear that to maintain our cool and perform best we have to constantly reflect upon our thoughts and accordingly decide the priorities of our day-to-day life.

What to Do Now

“When it rains all the birds fly for shelter but eagle avoids the rain by flying above the clouds. The problems are common to all but attitude makes the difference”

Quite often you must have experienced that whenever something wrong happens, like if you miss the train, you start blaming the circumstances – you may blame the bad traffic in your city, or your driver who came late, or start blaming yourself for getting up late. However, whatever may be the reason, ultimately you have to decide as to “what to do now?”

Let us take another example; someone has failed in the examination or has got poor marks in some subject. These students feel depressed and carry on with that state of mind for many days, with the result that their performance in other areas of life and dealing with other issues and relations also gets adversely affected.

In every situation, you have to ultimately decide, “what to do now?” So why waste time and energy for so long? Why allow your peace of mind to be disturbed and other activities of life to be affected by one poor performance?

There is a very common saying, ***“there is no use crying over spilt milk”***. But how many times do we live this knowledge? If we really make use of this wisdom that “whatever happened has happened,” we would save a lot of time and energy.

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We can never put the clock back; we can never undo whatever has happened. So the best course is to forget the negative as early as possible and decide at the earliest, “what to do?”

We have discussed this as a separate topic because this is the most common habit even with grown-ups that they waste a lot of time and energy complaining over what has happened.

So let us resolve that every time something goes wrong or whenever the result of any happening is not up to our expectations; we shall quickly decide, “what to do now?”

STANLEY DALIN LAMA

Purpose of Life

"Life without purpose is of no purpose"

If we are pure consciousness and this body, mind, relations and possessions all are impermanent then what should be the purpose of this life? What is that which gives us permanent bliss and what is that which gives us temporary happiness and feeling of guilt thereafter? We all must ponder over these questions to live a blissful, purposeful life. By running in the rat race no one has ever found bliss and ecstasy.

Many of us live mechanical lives from morning till evening. Most of us follow the 'herd instinct' starting from play school, to higher classes, to the university level and then choosing one's profession or a career to earn a living. We continue to follow the herd instinct by getting married and bringing up children. Most of us are all the time involved in day-to-day mechanical routine to look after our professional, family and social commitments. And then the day comes, which is the final call to leave this world. No one is aware when the final call will come. It may be at any moment right from the time of our birth or as per the average age at seventy-five years or latest say at hundred years.

Unless we reflect upon the purpose of our life and contemplate upon our daily routine in the light of that purpose we can never get out of the shackles of this mundane life. Some enlightened soul said it so wonderfully;

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'Life without purpose is of no purpose'

So now the question is what is our purpose of life, can it be to get formal education, start earning a living, get married and bring up our children, or to attend to social routine commitments of attending marriages, condolence meetings and birthday parties? I am sure the answer has to be a big 'No'. Let's now analyze what can be the purpose of life.

Shakespeare said, ***'A man is beautiful only when he is learned'***

Being a lawyer I am in the habit of making amendments so with all humility at command, I made an amendment to this great saying. My amendment is,

'A man is beautiful only when he is learned and is using his learning for serving the cause of humanity'

Self-realization or control over self, which many masters say is the real purpose of life, can only be achieved through selfless service to mankind and by understanding the truth of life. Therefore, the effort should be to understand the true philosophy of life and maintain a balance while performing all our social responsibilities.

We all say, ***'Man is a social animal'*** therefore can we say a man serving only the selfish interest is a social animal? To be crude and rude and to give a shock to our conscience we can say that some one who is not social is only an animal.

Many enlightened masters from different religion and even among the non-believers, feel that the best way to reach your inner self or inner peace is through selfless service to mankind.

No religion or philosopher preaches self-persecution or self-denial. The Buddha also talked of the 'Middle Path'. He understood the futility of self-denial. So now the purpose of life is more or less clear to us. We must enjoy our possessions in life in a balanced way with a lot of discretion and should try our best to serve mankind in whatever way we can as per our nature. We must fulfill our social responsibility to do our best for society while performing our other social and family responsibilities, which is the real purpose of life. The more we grow the more we believe in the concept of '*Vasudhaiv Kutumbakam,*' universal brotherhood. With our spiritual growth we learn to balance work and utilization of our resources, material and non-material, for the service of mankind. Once we are able to do that we have found the purpose of life. In simple words we can say that the purpose of life should be to be happy and useful. In fact if we are happy we are bound to be useful because no one would even ask or expect help from a sad or self-centered person. So let's be full of life, let's sing and smile to serve the real purpose of life 'to be happy and useful'.

Just One Hour a Week

*“Life laughs at you when you are unhappy, life smiles at you when you are happy but **life salutes you** when you make others happy”*

My friend **Darshan** always recites one beautiful couplet written by some enlightened soul, which says,

***‘Bada hua to kya hua jaise ped khajoor
panthi ko chhaya nahi phal laage ati door’***

This means that it’s no big deal to acquire a high worldly status; like that of the ‘Date Tree’ which neither provides shade to a passerby nor is fruit easily accessible because of its height.

The real greatness is when you help others or make others happy. When we make others happy, it not only pleases them, but also gives us a great sense of confidence. It makes us more receptive, sensitive and compassionate and a complete human being, which is a sure route to Meet Your Soul.

Every religion talks of the significance of selfless service, and equates serving humanity with serving God. So whatever religion you follow, be a good Hindu, Muslim, Christian, Sikh, Jain, Parsi or Buddhist, by devoting just one hour every week for selfless service. I assure you; it would give you a lot of happiness and would help you enhance your efficiency. It would definitely help you look nice, perform better in every sphere of life and enjoy more in life.

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One can't even imagine the tremendous positive effects of selfless service on one's overall success in life and serene existence.

I will tell you about my very dear friend Karan who is a well-known lawyer. He shared with me, that despite having represented the high and mighty, ministers and top industrial houses in world famous cases, the fulfillment that he got by working for the release of hundreds of underprivileged prisoners languishing in jail had been a life-time satisfaction and a blissful experience. That is the beauty of selfless service. One should always be sensitive to others' problems and sentiments. If someone has acquired worldly status but is insensitive to others' problems, he is not a complete human being.

We all know many farmers committed suicide in recent past. Millions of children are dying of hunger; millions are not getting primary health facilities and drinking water. Millions do not get food and even basic education. Millions are unemployed and millions of students throughout the world do not have perfect physical and mental health.

It is true that no one can solve all the problems of the world. I am not even saying that one should lose sleep or peace of mind because of these problems. One should not even feel depressed about these problems. But surely one should be sensitive and conscious of the problems. Do spare a thought for these unfortunate souls and count yourself blessed that you have access to all these things that you take so much for granted.

“One beautiful heart is better than thousand beautiful faces”—Shakespeare

I am not suggesting that to start with one should neglect his

personal or professional responsibility in order to do social service. Just spending one hour per week doing some selfless work out of 168 hours of a week is sufficient to initiate one into this blissful path. It is in fact very important to develop a complete personality.

One enlightened soul beautifully said:

“Life laughs at you when you are unhappy; life smiles at you when you are happy; but life salutes you when you make others happy.”

Once in a while if we can be helpful to a friend, or even a stranger, we should always be willing to do our best in such situations, which is bound to enhance our overall capacity to do well in all spheres of life. Giving provides us so much of fulfillment that no other activity can provide us even a miniscule of that.

All these activities enhance our output and focus by purifying our soul, which directly improves our capacity to do well in all spheres of life. If one is sensitive to others' problems, one would get many opportunities to serve mankind, which would be a true religion. One could help in many small ways to make a big difference to the person one is helping.

I wish to tell you about Bajrang, a dear friend of mine. He has a great sense of responsibility towards his near and dear ones. He likes to spend time with a friend who has lost someone dear or a friend who is unwell. Bajrang tells me that it provides a lot of solace to his friends and is very satisfying for him too.

There could be an instance when a friend is unwell and has not been attending his work. May be he has lost a parent or dear

one or is passing through some difficult phase in life. If so we should just visit him and ask him if we could be of any help. It is our duty to be by his side and see if we can be of any help. We need not discuss the tragedy; just being with him will be a source of comfort to him. One may talk about matters that he is disposed to discuss, or simply spend time with him in silent companionship; it would be very satisfying for both.

As you reach out to more and more people and help them with your silent support, you will gradually develop the instinctive ability to speak on matters that the other person wants to discuss. This is a great quality that will make you special.

All of us have many problems but it is difficult to find someone who understands what we are going through and can share our problems, at least in spirit. These are sensitive moments and one should know what to say. Many well-meaning people bungle their way through such delicate situations by making inappropriate comments or offering words of comfort that actually sound offensive. This is a part of our personality that can be developed over a time as we face and learn to handle difficult situations with compassion and sensitivity.

To start with, just be aware of the problems of your near and dear ones and try to do your bit to ease them. This will add a new dimension to your personality and make you a complete human being. The sense of satisfaction you will get by doing this is a reward in itself. You do not have to make any extra effort or spend too much time.

The sense of fulfillment you get by spending time on such opportunities would also make you feel more at peace with

yourself. Once calmness dawns upon you, love and compassion for all would naturally be instilled in you. You would become an asset to society, especially to your near and dear ones.

As of now, your doing a bit to help others and being aware of problems is sufficient to make you happy and perform well in all spheres of life. Maybe later in life, when you resolve to dedicate yourself for the welfare of society you will surely do something great for humanity.

Every one should spend at least one hour a week for any social service project. We do not have to disturb our normal routine for this. One could participate in a discussion about some social problem. As mentioned earlier it is important for us to be aware. We should be sensitive to problems and should do whatever we can. one may write an article, giving one's suggestions or just send e-mail to the concerned person on some social issue or organise a debate to discuss some problem. One could even go and watch a movie or a play to understand some social issue. One may visit an NGO and ask if s/he could assist them in their noble mission once in a week. One may even teach some student in the vicinity or spend time with those in need of company, for example with the inmates of an old age home, with special children/ students in need of care, or wherever one feel happy to spend time for any social cause.

Just do your bit to fulfill your sense of social responsibility. If you are not able to get an opportunity, just e-mail me and I will suggest how to devote just one hour in a week for some social cause in your own area.

This is an oft-ignored aspect of life, which, if taken care of would go a long way in making you confident and enhancing your efficiency. Undoubtedly it is the best route to meet your soul.

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Be a Witness

“Be a witness to the worldly dramas to enjoy the bliss called life”

We all watch movies, don't we? What happens in a movie? A drama of emotions and life is portrayed through a plot and some characters. Sometimes there is love, sometimes there is sacrifice, there is justice or injustice, there is hurt, there is joy, there is tragedy, there is violence; but we all come out of the theatre unaffected in any major way.

Why is it that we are not much affected by the tragedies and violence in the movie? The answer is very simple. It is because we do not identify with the characters and their tragedies. Don't you feel that life would be a complete mess if we started identifying with all the tragedies in the movies and all the happenings around us? We do not identify with the characters despite the fact that whatever an artist is showing is quite close to reality. It is very sensible too.

Shakespeare very rightly said that *life is a stage and we all are actors playing our roles*. We all play too many roles at different stages of life and many times even on the same stage of life. Sometime we play as students, sometime as parent, sons/daughters, sometime as friends, sometime as teachers, sometime as players, sometime as employer or sometime the employee, some time social workers or sometime as leaders.

For a few seconds we may feel affected by some tragedy in a

movie but we immediately regain our composure since at the back of our mind we have the thought that this is all a plot in a script. Once we understand that every plot in the movie or a play is the reality of life, truth of life, we would be much better of in life too. If all that, which is being shown in the movies, is the truth of life, then why can't it happen to us? There is no problem if we just watch life like a movie; the problem arises when we identify too much with the tragedy.

Once we have understood that every thing happening around us or with us has been happening since ages, no one was ever spared of realities of life, no one ever got every thing he desired, we can not always get the result as per our wishes, the theory of impermanence and the beauty of soul there can't be any reason to feel sad on any tragedy or unfavourable happening. We can't be sad on breaking of a relationship, loss of a dear one, loss of a job or by any unfair treatment or unlikeable comment by anyone. Once we realize the truth of life as explained by the enlightened masters, there can't be any cause to feel sad or depressed. Having realized the truth of life one has to remain a witness, to accept all the happenings, to feel happy all the time and to perform our duties to the best of our ability. One has to do his best as a student of life and be a witness to the result, happenings in life.

To accomplish the mission, 'Meet Your Soul' you just have to be a witness and watch the events in your life, like a movie or a play. It requires a constant and sincere effort to be able to do this, but once you resolve to do that, are aware of this and constantly practice it; gradually it will become part of you. It is not very difficult; once we resolve to be a witness in the backdrop of truth of life we are bound to improve every day, every moment. For example if today we are able to watch twenty five percent of

event around as a witness with resolve we are bound to increase the percentage day by day to reach the ultimate where every happening would be observed by us as a witness. You can't imagine how wonderful your life would be, if you were able to do that! Life would be musical and every happening would be like a movie on the screen of life. So let's resolve to be a witness to the worldly dramas to reach the summit, 'Meet Your Soul'.

A Date with a Musician

“If music be the food of love, play on”—Shakespeare

“The importance of music in our life is like the importance of our heartbeats, though not visible it silently lends us the gift called life/bliss”

Music is such a wonderful thing that it can elevate our spirits in no time. When you are in a terrible mood and you happen to listen to a beautiful song or a musical composition, have you noticed how it cheers you up instantly? Such is the power of music.

Life can be beautiful only if we are positive and have made a firm resolve to feel relaxed and happy in every situation. We have understood by now that everyone has problems. Everyone, irrespective of their status, makes mistakes, and no one always gets what one expects. So where is the reason to feel depressed?

Still, whenever you are feeling low or depressed, make a date with the musician of your choice, and experience your mood change in a flash. Just play any cassette or CD and listen to some soul-stirring music. In fact, you must make it a point to listen to the music of your choice every day.

These musicians have contributed so much to our souls that we can never repay their debt. To my mind they are magicians, not

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mere musicians, because they really mesmerize you with their artistry. It is no wonder that they are the recipients of countless awards that honour their priceless contribution to society. They have put in their heart and soul to reach the level where their compositions or voices enthrall millions of souls. We are so fortunate that sitting at home, with the mere tap on a switch, we can listen to them over and over again. What more can one ask for in life?

We are all aware that many religious sects and many enlightened masters start their discourses with some soft and nice musical compositions. The scientific reason behind this is that music calms our mind and we are more receptive and focused to the guiding forces after a short spell of soft music. So to be able to keep our mind calm and contented all the time we must listen to some nice and soft music as much as we can afford according to our daily routine.

The best thing about music is that you do not have to take time out to listen to it. You may listen to music during your morning walk/jog, while getting ready, while travelling, when you come back from work, when you are enjoying your evening snack or dinner, or even during a stroll after dinner. Just make it a habit and you will find there can never be any better stress buster than music. Indeed, music is a great motivator too.

It is best to listen to some nice devotional or soft music during early morning when you are getting ready. When you retire to bed, put your favourite music cassette/CD on and sleep with it playing in the background. Some soft, soothing composition, either vocal or instrumental, is better, since at the end of a long, hard day your body, mind and spirit need to unwind and relax. Listen to your heart and choose music that lulls you to sleep every night. Your preparation for the journey of this life and results are bound

to be better if you keep your spirits high and mind relaxed with a regular dose of good music.

There cannot be any better company than music. It is most easily available, you do not have to spend too much money on it, and you do not need any company to listen to it. You can pamper this hobby without having to waste time in travelling. Just imagine, sitting at home you can listen to the music of your choice!

My personal favourites are the immortal compositions of great poets like Amir Khusro, Bulle Shah, Ghalib and Kabir, as well as modern poets like Sahir or Gulzar. There are so many magical voices to choose from: Pandit Bhimsen Joshi, Pandit Jasraj, Lata Mangeshkar, Mohammad Rafi, Abida Parveen, Ghulam Ali or Jagjit Singh. As for instrumental music, you can listen to the sitar of Pandit Ravi Shankar, the flute of Pandit Hari Prasad Chaurasia, the tabla of Ustad Zakir Hussain, the sarod played by Ustad Amjad Ali Khan or the santoor played by Pandit Shiv Kumar Sharma.

Music knows no age, no boundaries, so go ahead and choose music that you would like to play to relax your mind, because this relaxation is most important for your growth and evolvment. That is why I say your best date is a date with a musician or maybe with many of them at the same time! You must listen to some good music, especially when you feel low for whatever reason. This is a sure stress buster, and you don't need any company to listen to a great soul.

Now that we have learnt about the power of music and its incredible ability to transform our lives, let's resolve to include it in our life on a daily basis. Remember to keep your date with a musician of your choice for at least some time every day to reach the summit, Meet Your Soul'.

Adversity Your Best Teacher

“Every one celebrates in good times; making life a celebration in adversity is the real art”

In the year 2004 a few of my friends planned a vacation at a hill station to take a much-needed break from the hectic pace of life. All the arrangements like air travel, hotel bookings etc. had been done; every one had taken off from work and was looking forward to spending some quality time with family members. But unfortunately on the eve of their departure one of the friends had to be removed to the hospital with serious heart problem and was in intensive care unit. There was no option but to cancel the trip since it was a well-knit group of four friends and no one wanted to leave his friend in that state and enjoy a vacation.

I tell you another instance. A common friend invited a friend of mine for dinner and they confirmed it at 6 pm. At 8 pm when he reached his friend's place after one hour of strenuous drive, much to his disappointment he found that his house was locked and there was not even a message for him at the door lock. He tried his mobile phone but there was no response. He felt frustrated and after waiting for a while went to some near by restaurant to have dinner. On his way back he again went to his friend's place to find out if he had come back, but no luck. He felt sad with the notion that his friend was unfair and insensitive since he did not even inform him of the change in the programme. Next day he got a call from his friend that his wife had to be removed to the

hospital for some emergency and he could not even inform him because of panic.

We all **face many similar situations** when it really requires a lot of patience and wisdom to maintain our calm. Not only that, many times we encounter some one behaving totally in an unfair or even in an obnoxious manner despite our sincerity and honesty to that person. The **instances can be countless** but the point I am trying to make is that our **wisdom and calmness is measured in difficult times** only. **If things go smooth as per our planning and desires there is hardly any occasion to exercise restrain over anger or frustration.** We all have noticed that **many people because of their pampered and protected upbringing, lack confidence and get frustrated at the drop of a hat.** It is because they **got every thing on a platter and never got the opportunity to exercise discretion or judgment in unexpected situations.**

My friend **Dr. Satinder** always says that **instead of complaining, 'why me'** to God or to Life we must say, **'try me'** so that we **learn more about life and the truth of life.** We all must **aspire to reach a stage where no circumstance appears as adverse and every such incident is welcomed as a new learning experience.** Therefore, we say that the **real test of maturity is in adverse circumstances** and that **adversity teaches you so many things in life.** **Unless we experience adverse and difficult time we can never learn many things in life.** We can always **convert the adverse circumstance into opportunities.**

I have one **nice and true anecdote to share** with you on this;

Great Pandit Madan Mohan Malviya once approached a rich Nizam for some donations for a good cause. The Nizam in his

arrogance got annoyed and threw his chappal (Slippers) at his chest. Malviya was neither bothered nor annoyed. He simply held the chappal in his hand and walked out of the Nizam's palace. The next day he advertised through pamphlets that he was going to auction a rare chappal of the great Nizam. The Nizam thought that if people didn't come for the auction or if the bid offered was too low it would hurt his prestige. He sent his own people to bid for the chappal with a direction to raise the bid to some respectable amount. The bid closed at Rupees five-lac and Pandit Malviya who had asked for Rupees one lac for a cause got five times his expectation. This is how we can convert an adverse circumstance into opportunities with a positive attitude. Otherwise also, those who are optimistic are more confident, focused, successful and calm within themselves to fulfill the mission of 'Meeting Your Soul.'

Company You Keep

“A man is known by the company he keeps.”

When we talk of company it does not mean company of human beings only. The company of the books we read, the movies we see, the music we listen to and above all the thoughts we entertain all are very important and play crucial roles in the process of our evolvement. Our intake of raw material, that is our thoughts, our food, things we read, ideas we entertain and listen to decide our output. All these things influence our thought process in subtle but definite ways, and decide how we will react to different situations in life.

More than anything else the company of thoughts influences our destiny in a long way. As they say our thoughts becomes our ideas, ideas become our habits, habits become our character and character turns our destiny in a particular direction. All that we are going to do is heavily dependent on the company of our thoughts. So let's be watchful of this most important company to meet our souls and live a musical life.

In Hindi also, the same wisdom is expressed in the proverb.

“Jaisi sangat waisi rangat.”

This means that your activities and nature are greatly influenced by the kind of company you have.

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There are innumerable cases where some innocent students were arrested or faced criminal charges simply because they were in the company of some rowdy elements. During the last thirty years as a practising lawyer, I have witnessed cases of parents of exceptionally brilliant and decent boys being embarrassed and humiliated at police stations because their children happened to be in the company of some misguided friends who had committed some crime. There are many students facing trials in criminal cases only because they were accompanying their friends who had committed some crime. That is why it is important that we should be very particular in selecting the company we keep.

“The company of good people is the shop of perfumes, whether you buy or not you will still get nice fragrance”

We subconsciously adopt the thoughts, habits, actions or phrases of people we are associated with most of the time. I wish to tell you my own experience in this regard. Mr. N. C. Chawla, a senior lawyer, whom I considered my guru (teacher), had this charming habit of saying “*Muaff Karnd*”, which means “I beg your pardon”, whenever he had to disagree with someone. I don’t know when I picked up this habit and started using the phrase myself. It is a polite way of expressing disagreement, particularly when we are in conversation with some elderly person. When we begin our argument with, “I beg to differ, sir” or “I beg your pardon, madam”, we are showing respect even while indicating disagreement.

So you see, just as one can unconsciously imbibe a certain good habit, one may tend to pick up bad habits too. Hence it is very important to pay attention to the kind of company we keep.

'If a drop of water falls in the lake, it loses its identity; if it falls on a lotus, it shines: if in a shell, it becomes a pearl. The drop is the same; it is the company that matters.'

Have you heard the story about the tiger amongst the lambs? Once there was a tiger cub that was brought up in the company of lambs. He was always fearful, even more than the lambs. He never realised his strength till he met a real tiger, which made him recognise his true nature to become brave. This is the intensity of the influence one's company can have on one's personality. And the choice is ours.

I am not suggesting that we should hate anyone or show our disapproval of anyone. We should simply be aware whom to spend our time with, to discuss our purpose of life. Whenever we notice substance and depth in someone, we should just be aware and try spending time with such learned people.

However we should not be rude to anyone. Even those whom we consider not very good company are likely to be good in something or the other. There is something to be learned from everyone. Although it is advisable to avoid being frequently in the company of people who don't facilitate our mission in life yet if we feel that some one would benefit in our company and there is some scope of making him more useful to the society, it is always nice to be with such a person. The idea is that there should be some purpose in frequently meeting some one, and what can be a better purpose than helping the cause of humanity.

You must have noticed that soft music relaxes our mind whereas loud music tends to tire us, and instead of feeling relaxed, we feel exhausted. Similarly, if you are to go for a movie, try to

find out which movies are worth seeing. Do not just rush to see every movie in town. As discussed earlier, you do not have to make your mind into a garbage bin where anything can be thrown in by anyone. Be very selective about the kind of movies you see. Often the review of movies can help you decide whether a film is worth seeing. It is better to spend a few minutes reading the review of a movie in a newspaper than wasting a few hours in watching the movie and then regretting your decision. This is not to say that you should only watch serious movies. Watching a light-hearted movie always helps in making life musical.

The same is true about plays. Often, we get a nice message from a play or a movie. So we should be attentive and appreciate the message the author or director is trying to communicate. A movie or a play some time can change the course of one's life with a strong message. It is said that music and books are your best friends, as they never desert you. So why not cultivate the habit of reading good books and listening to good music so that we have nice friends who will give us company for life?

We must read autobiographies and biographies of great men and women who have contributed to the betterment of mankind, and who have achieved phenomenal success in their respective fields. We should make it a habit to discuss a book that we have read and liked, with our friends and ask them to keep us informed about any good book they have recently read. We should never try to finish a book with great speed. Try to understand what the author is trying to convey. We should also mark what we feel is important so that if we wish to consult the book again, it would be handy. We should also, after finishing each chapter, make our own notes on what we learnt or thought about the book or the important issues in it. Same should be true about our company

of friends. If we like something in a friend we must try to imbibe that habit.

Wish you the best of thoughts, friends, music and books to give you company on the path to meet your soul.

Are You a Good Friend ?

“A relationship does shine by just shaking hands in the best time but it blossoms by holding hands firmly in critical situations”

Everyone seeks good company. Just as we may be looking for a friend who would have a positive impact upon our personality or would share our values and interests, others would also be looking for friends who are kind-hearted, sensitive and responsible. We meet many people in the course of our life, then how is it that we like only a few? A good friend is one who would be there when we need him, who understands our problems, who is sensitive to our views and feelings, who is essentially a good human being and who would help us evolve. So someone we wish to be friendly with would also look for a friend having those qualities. Therefore we must have in us the quality of sacrifice, to be sensitive and to be faithful. We must have a great sense of responsibility in us to become and deserve a great friend.

We should always surrender in friendship. We may give our opinion when it is required, but on small issues like where to go for lunch or where to spend some time together, we should always surrender. However, we must share with our friend if there is any genuine difficulty. Even if some times we feel betrayed by a friend on some occasion, the bond should be so deep that if our friend calls us in times of need, we should rush to help, forgetting the past. That is the value of friendship.

I would like to tell you a nice couplet on friendship. An enlightened soul said something like this:

*“Dhokha kyun khaya? Dosti mein,
rote kyun ho? Phir bulaya hai”*

Which means: someone was asked, “How were you cheated?” He said, “in friendship.” He was then asked, “So why are you crying?” He said that the same friend needed him again. That is the value of friendship. I have always felt that it is a historic moment once someone becomes a friend. That is why an enlightened soul thought of this great couplet; that even if a friend has been unfair on some occasions, we should be determined to help again.

We can be a great friend only if we are sensitive to our friend's problems and know his/her nature through and through. We should be giving and not demanding in friendship. We should do all that we can and expect nothing in return. Whenever we feel neglected we should always presume that there must be a valid reason with our friend for such behaviour. We should never condemn a friend and avoid making complaints on petty issues.

Our friends should find in us a patient listener who not only listens to their problems with complete attention, but also assures them that their secret would die with us. It is very important for a person to be sure that his problem is listened to attentively and his secrets or personal problems are not made a laughing stock of.

The third important quality would be the ability to give sincere advice, which would be a bonus for many friends. I wish to share with you a nice quote by an enlightened soul on the importance

and value of a wise friend: ***“One good book is equal to a hundred friends. But one wise friend is worth more than a library.”***

Another important thing is that we should **never embarrass any friend or burden him with undue expectations.** We should **never make a friend feel guilty or have some complex.** We should be there **only to motivate friends.** We should **praise them in public and try correcting them in private,** if we are their **true friends.**

So **let’s resolve to grow as a fine, sensitive and caring friend,** which is going to help us a great deal in reaching our summit ‘Meet Your Soul’ because the more we become sensitive and responsible for others the nearer we are to the goal to self realization.

Yoga and Meditation

“Understand and live the truth of life to enjoy meditative state twenty four hours in a day, it’s just not possible otherwise”

Yoga and meditation are really in today. Every second person you meet would talk of yoga and meditation. There are many yoga and meditation centers and teachers through out the world today. Many are doing appreciable service to mankind. In fact revered souls like Baba Ramdev have created a revolution in making yoga popular. But unfortunately many ‘self-proclaimed’ Gurus are misleading the public like, ***‘Blind leading the Blind.’***

No one can underestimate the benefits of Pranayama (breathing exercises), yogic postures and meditation. However not many students are able to reap the potential benefit because of lack of preparation. The fact is that unless one realises the truth of life one cannot be prepared for meditation. One has to be wedded to the truth, follow the principles of non-violence, non-covetousness, and non- stealing. One has to control desires and live a disciplined life, has to be contented with whatever one gets in life, has to study the truth of life regularly, has to surrender ego, has to exercise austerity and has to be pure in thoughts and deeds to honestly prepare oneself for yoga and meditation. The agitation of mind caused by too much mingling in the world, has to be calmed down with proper understanding of the truth of life and disciplined living to enjoy quick and long-lasting benefits of yoga and meditation.

'Rome was not built in a day' is an old saying and conveys an eternal message. One has to start some day from somewhere. So best is to first try and understand the truth of life so that nothing agitates our mind and simultaneously start observing silence for a few minutes twice a day to begin with.

The ultimate goal should be to remain cool all the time. This would happen only if we understand and start living the truth of life. Observing silence provides us the opportunity to do some introspection and it also enables us to reflect upon and contemplate the knowledge gained.

Many people for years have been trying to meditate but have not been able to stabilize because of lack of preparation and the agitation of mind. The disturbance in the mind is only because we have not understood the realities of life and because we are not living the knowledge gained. The realization of truth and meditation are complimentary to each other. However one thing is sure that irrespective of how many hours and years one tries to meditate, one can never succeed unless one makes a strong resolve to live a disciplined life as per the principles enumerated above and starts living the wisdom gained through books and other sources.

It is also true that unless one stops for a while to introspect and reflect upon his thoughts and deeds one can never achieve calmness of mind. Once the mind is settled one can meditate even at a busy market or railway station. And once we get into the habit of contemplation and observing silence the process of evolvment speeds up remarkably.

The same is true of yoga postures. Once we understand the

truth and our mind is calm then not only each posture of yoga rather every activity of life becomes meditation. So let's resolve to live the wisdom gained and observe silence as much as we can so as to enjoy a healthy and musical life.

Power of Surrender & Forgiveness

“The weak can never forgive. Forgiveness is the attribute of the strong”

Surrender, generally speaking, is considered to be a weakness. However one on the path of self-evolvement starts realizing the power and beauty of surrender. Surrender and forgiveness are not a weak man's traits. Only strong people of great substance can surrender and forgive. Surrender in real sense makes the other person surrender. One before whom we surrender is often moved by our surrender and would try to do what we like. Many a time we fight over small little issues because of being subconsciously attached to our viewpoint. There is nothing wrong in expressing our views on any point but to be attached to it and not being open to options is an obstacle on the path to meet your soul.

Enlightened Master Bulle Shah said it so beautifully,

*“Jit jit umar gawanie, hun tu haar faqira
jitte da mul ad kaseera haare da mul heera”*

Which means that we have wasted our lives while fighting to win our viewpoint, lets now learn to surrender, the price of winning is just worth half a grain whereas the price of surrender is worth a diamond.

This is the power of surrender! Many times we argue even on

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small issues like where to go for lunch or which movie to watch or many such insignificant issues we waste time and energy. Best is to minimize the points of discussions and surrender on as many issues as possible. It only helps us to be focused and be more forceful on real important issues. I am not suggesting that one should surrender on matters of principle and values but small issues should not be argued at all.

Another nice couplet by an enlightened master goes like this,

***“Khusro dariya prem ka jo uli wa ki dhaar,
Jo ubra so doob gaya jo dooba so paar”***

My interpretation to this modified version of the original couplet is, ‘the ocean of love has strange laws, any one who tries to win or act smart would be drowned and the one who surrenders without the fear of drowning would surely cross this worldly ocean’.

Similarly the power to forgive also stems from deep substance. Once we have realized the concept of ***“Beauty of the Soul”***, we have understood that no one does any wrong intentionally. So where is the occasion to carry negative or vindictive feelings against any one?

The best thing about the power to surrender and to forgive is that we are the ones who are actually benefitted by surrender and forgiveness. We feel light and it is always a fulfilling experience whenever we surrender or forgive. The opposite is also true if we try to argue or fight over every issue we feel tense and exhausted. If we carry any negative feeling and don't forgive we feel dejected inside. The person against whom we are carrying the negative

feeling is not affected at all. By carrying the negative feelings we unnecessarily get tense and perturb our inner peace.

So let's resolve to surrender as much as possible and forgive from the core of our hearts every one against whom we ever carried any negative feelings to feel blissful and reach the summit, 'Meet Your Soul.'

Nothing Worth Twenty-Four Hours

“To enjoy blissful living never allow any problem to take cancerous roots”

We have all experienced that often we are stuck with some issue or problem and twenty-four hours of the day, week after week, that issue keeps bothering us. Whenever we keep our mind occupied with any particular issue all the time it not only disturbs the mental equilibrium but also affects our capability and vision to deal with that very issue. Any issue irrespective of its importance if allowed to bother us all the time is bound to have acute adverse effects on our physical and mental health.

There may be some issues in life, which may be very important and may even seem to be a question of life and death. For example one is stuck in a relationship where neither one is able to live with the nature and behaviour of the other person nor is one able to take a call to separate. Some time one feels that s/he loves the other person but the other person does not respond in the desired manner. I have seen many such situations where one person is madly in love and the other is totally insensitive or incompatible.

Now you tell me what can be the solution to such problems. It all takes time to resolve and as they say, *‘this too shall pass’* should be the attitude. Take another example suppose you are not happy with your present employment and wish to resign and venture into some other profession. But you are also apprehensive

about your financial security. So after due deliberation you resolve to defer it till you get your daughter married. Now tell me can there be any justification in feeling depressed about the problems you are facing in your job till your daughter gets married? You are entitled to review it if there is some major change in the situation. As they say ***‘Change it if you don’t like’ and ‘Like it if you can’t change it.’***

There can never be any issue more important than our peace of mind. Nothing in life is worth disturbing our balance of mind. But a person keeps feeling depressed perpetually because of one incident of life, which becomes a sort of, cancer and spoils inner happiness. One should never allow any issue howsoever important it may seem to be a twenty-four hour issue. I say this because if anyone is always bothered about some thing s/he is bound to be depressed all the time and it takes a very heavy toll on one’s physical and mental health. Not only that, if one is all the time distressed about any issue that means at no point of time one can reflect upon the problem with a balanced state of mind. Now you can well imagine, if one is not in a balanced state of mind that would only proliferate the problems because that would adversely affect the performance of that person in all other spheres of life. So much so that s/he is bound to complicate other relationships as well in professional and social field.

I am not saying that one should not think of or can ignore any issue, which according to that person is the most important issue of his/her life. I only suggest that one should first of all resolve that the issue is most important and needs utmost attention of the individual. Having resolved that the issue is most important you give utmost priority to that issue. Giving importance means you take this as the first chapter of life out of so many issues/

chapters of day-to-day life. You can resolve to give every day a few minutes with a fresh mind to that issue to start with and reflect upon the options. There is nothing wrong in jotting down all the important issues involved in that problem and weighing the pros and cons as many times as possible till you are sure about the real advantages and disadvantages of a particular option. Say for example you have resolved to separate from your spouse but you don't wish to disturb your son/daughter's study till s/he finishes a particular class. Now there is no point in complicating the issue and disturbing your peace of mind till you reach a particular stage of your son's study.

Once you resolve that up to a particular time you have to hang on then stick to it till there is some substantial change in the situation. Gradually you would realize that the most important issue would become one of the chapters of life. Then you need not reflect upon it every day, deal with it if there is some change in the situation.

We should always keep in mind that irrespective of the importance of any issue we have to devote time to so many day-to-day activities of life that a balanced person cannot even afford to be obsessed all the time with one problem. We have to spend some time for our personal needs, some for professional activity and have to attend to some social responsibilities as well. Now imagine, how much time is available to you to bother your mind with a particular issue of life. It is of great help to start some recreational activity during the time of any crisis if one is not already into it. Say, for example, you may start swimming or some sport or some musical activity, which would cheer you up, and make you better prepared to deal with the issue. Once your mind is calm and content you would be better off not only living a

blissful life but also tackling the bothersome issue. A strong warning here may look rude but never allow any problem to take cancerous roots. Just flow with life and deal all matters on merit to live a musical life. As they say,

“Laughing faces do not mean that there is an absence of sorrow, but it means that they have the ability to deal with the sorrow.”

Let’s resolve to deal with all issues of life as separate chapters and not be bogged down with any particular issue all the time so as to live a wonderful life to meet our soul.

How Important Are We?

*“Na tha kuch to kbuda tha, kuch na hota to kbuda hota
Duboya mujhko hone ne, na hota main to kya hota”*

How wonderfully the great poet Ghalib described ego?

Which means, ‘When there was nothing there was God, if there would be nothing God would be still there, my feeling important is the cause of my down fall, it would not have mattered if I was not there at all.’

A nice story comes to mind to try persuading mankind about the fragility of one’s power, position and possessions. Two lizards over heard the conversation of the family members that they were going for an outing. One of them said that they should also go out with them once in a while and it was not difficult to fit in any baggage they carry along. Both agreed but one of them was quick to suggest that they should not go together and one of them should stay at home. The other one wondered how could they enjoy if they are not together and why one should remain at home all the time. The first one replied that if both were to go there would be no one to support the roof and the roof would come down. Same is the mindset of many of us who feel that the world would come down tumbling if we were not there in a particular position.

It is very important to understand this truth of life that the world has been going on and would go on irrespective of whether

we are there or not. It must be kept in mind all the time that we are all instruments and we have to act humble and be grounded which is most important to reach the summit, 'Meet Your Soul.'

I must share this personal experience with you, once I resolved to serve the society full time, my court appearances reduced day by day. Some personal friends because of their love used to inquire some time as to why I was not coming to court regularly. I used to joke with them and say I am told that the courts are not closed because of my non-appearance rather those are working better. May be my friends had asked me to make me realize this truth of life that the show goes on, we are all mere instruments and no one is indispensable. The show shall go on whether we are there or not. Let's engrave this truth firmly in our mind to enjoy a musical life and to reach the summit, Meet Your soul'.

You Can Change The World

*“Humanity is suffering not because of greed of corrupt
but because of silence of honest people”*

Having learnt about the law of impermanence and that no one is indispensable, one should not be complacent to live an idle or routine life. The idea to discuss the enemies within, like arrogance and ego is to maintain balance of mind and equanimity all the time. The real purpose of life to help society, can be achieved best only if we are established in self. Routine help to society and reasonably balanced life can be lived with ordinary life style. In every society majority of population is busy in earning a living and attending day-to-day mundane things. Although many people feel concerned and try to do their bit yet only a handful of blessed people have the strength and wisdom to do some thing big for the welfare of society. Only a few could contribute some thing substantial for the growth of mankind. But the realization and the capacity to make a big difference would come only if we conquer all the enemies within. It can happen only if people start **connecting** with you at **soul-to-soul level**. Only when people love and respect your ideas and personality would you be able to change the world around you. We must have this conviction that we can change the world

Once a person attains that level of evolvment, one can with a simple article arouse sentiments, which can lead to protests and even a revolution. So prepare yourself for the bigger mission in

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life which is possible only if we do all that is essential to meet our soul and avoid all those things, which are obstructions to our mission, 'Meet Your Soul.'

Simple Way To Remove The Obstacles On The Path

“Every king was once a helpless baby and every great structure was once a blue print. It is not where you are today but where you wish to reach, matters”

Having realized that lust, anger, greed, attachments, ego, ill will, hatred, worry and fear are the obstacles on the path to meet our soul the biggest issue is how to deal with these monsters? The solution is very simple according to me. We must investigate into their origin and make a firm resolve to overcome all such enemies. Once we understand the theory of **‘Beauty of a Soul’** and **‘The Law of Impermanence’** half the battle is won. Now we have to imbibe these theories while keeping at the back of our mind the above list of enemies en route the mission to meet our soul. The simplest way is to make a firm resolve and by constant introspection of thoughts and deeds eliminate them one by one. We must develop this habit to sit in silence in seclusion to observe our thoughts and deeds. Once we start this habit of introspection and contemplation and reflect upon our thoughts, deeds and habits we are bound to achieve remarkable success in this direction. The only thing required is **will power and a persistent effort**. I have personally experienced that **constant contemplation** of these theories goes a long way in the process to establish one in the **SELF**. Again keeping in mind that hundred percent success may be a mirage but scoring a distinction is very much on the cards.

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Wish all of us *constantly observe silence, introspect, contemplate and reflect upon the truth of life* to overcome these enemies so as to reach the summit 'Meet Your Soul.'

Are You a Master Or a Slave?

“Master your needs/ desires to become architect of a great future”

This is the only question I wish we all answer every day, to ourselves. The truth is that many of us are slaves of our desires, greed, nature, thoughts, opinions and above all, expectations.

Are you the master of your desires, dress sense, hairstyle, balance of mind and happiness or is someone else your master? If by not getting a particular thing or position you get upset, that means that thing or position is your master. If someone can provoke you by a stupid remark and disturbs your peace of mind, which means that person is your master, since you have given him so much importance that he decides whether you would be happy or sad.

Hardly do we get time in our lives to observe our thoughts and analyse if those are going in the right direction. What we do not realise is that all our actions are born out of our thoughts. So once we take charge of our thoughts, and analyse the utility of every desire we become masters of our actions but unless we take control of our thoughts, we remain slaves of our desires, needs, thoughts and expectations.

It may sound rude, but sometimes we need a bitter pill to get sound health. Here it is not a question of our physical health only. Our whole being is at stake because it involves physical, emotional,

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intellectual and spiritual health. Our output and performance in all spheres of life would automatically improve manifold once we realise the importance of not being slaves to our needs and expectations from other people and external situations. We spend most of our time following the demands of our needs and desires without applying our mind to the real purpose of our lives or even our ambitions.

So unless we ***stop for a while and analyse what is necessarily required*** and what is important for us, we can never be balanced in our approach. No religion and no enlightened souls have ever taught us self-denial. They all talk of self-control. Therefore it is of great importance that we limit our desires so that we may grow as complete human beings with great hearts and minds.

The quality of our thoughts is the most important thing to be observed. As one enlightened soul said it beautifully,

***“The quality of our activities cannot be raised / improved,
Unless we raise the very texture of our thoughts,
And depth of our understanding.”***

Once we start observing the quality of our thoughts we will automatically stop blindly following our needs and expectations. We are sure to enjoy life more by just observing and contemplating upon our thoughts. So let's make this positive affirmation: ***“I am the master of my thoughts and actions.*** I am the master of my happiness and balance of mind. No one can disturb my blissful state. Nothing can disturb my relaxed mind.”

You are bound to enjoy more and perform better in life if

you reflect upon the need and utility of chasing your desires and expectations. Take good care of your thoughts. ***Be the master of your thoughts, desires and expectations.*** Do not be a slave to any thought, need or behaviour of others.

Ten-Minute Magic to Rejuvenate

“Charge your battery for constant network connection”

Friends, it is very important to learn how to relax your mind and rejuvenate yourself in a short time, especially after finishing your routine office work.

We all must remember to take short breaks at regular intervals to maintain a ***high level of composure***. You must have noticed that your capacity to perceive and perform is not the same at all times. There is no point in continuing to work without a break when your capacity has reduced drastically. It is better to take a short break of may be five minutes every hour than to work with a tired mind. We really waste a lot of time while trying to work with a tired mind and in turn disturb the balance of our mind, which is very harmful to our competence to perform in life.

A brief break gives your mind a much-needed rest, and you would find you could finish an assignment in fifteen minutes, which, with a tired mind, you would have taken two hours to finish. You do not have to take out any extra time for a session of relaxation. You can do it anytime and anywhere once you have made it a habit. When you need a break from your busy schedule, you may listen to some soft instrumental music. You can also just relax while sitting on your chair. Make a cushion of your hands by interlocking the fingers of both the hands, and rest your head over your interlocked fingers. Close your eyes for a few minutes

and relax your entire body and mentally recite only a single word of your choice to relax yourself. Relax your neck muscles by putting counter pressure on the back of your head with both hands and then by dropping your head on the cushion made of both the hands. Just in five minutes you would be fresh and alert again. Your perception and concentration would increase manifold.

The ten-minute magic mantra should definitely be employed once a day especially after your days work is over. It is very simple. Lie down straight on your back, on your bed or on the floor and close your eyes. Just feel that your total weight is on your bed and you are very light and weightless. Relax your body and mentally recite any one word, like 'Om' or 'Allah' or 'Waheguru' or 'God' or Ma (mother) or any other word, which gives you peace. Do not think of anything else but that single word. After about a minute, start relaxing each part of your body one by one. First focus your attention on your right toe and relax it consciously. Then imagine your right foot is relaxed. Slowly shift your focus to the right lower leg and feel this part relaxing. Then turn your attention to the right calf muscles and relax them. Spend a few seconds focusing on and consciously relaxing each part.

Move slowly to your right knee, right thigh and then your right leg as a whole. In the same way, focus on your left leg and relax it, part by part. Now turn your attention to your abdominal area and feel this part relax. Move up slowly to the chest area and focus on relaxing it for a few seconds. Do the same for each part of your body: the lower, middle and upper back, and the shoulder blades.

When you relax the arms, begin with the fingers of your right hand, and then move to the right palm, wrist and lower right arm, followed by the elbow, biceps and right shoulder. Now relax your

entire right arm. In the same way, relax your left hand and arm. When you focus on the neck region, take special care to relax your muscles completely, because this is the area that feels the maximum strain when you study or work on computer for long hours. After this, focus on your face and relax each part for a few seconds: the lips, chin, cheeks, ears, eyes and then the entire face. Move up to the temples and forehead and finally relax your skull and head. By now you will have begun to feel weightless, as if the whole weight of your body and all your problems have dropped.

Remember, do not think or plan anything during this time. Give your brain a rest. You will find after ten minutes that you are fresh and rejuvenated, ready to enjoy life for another few hours before you retire to bed.

Please understand that to maintain calmness is most important. It is not a part-time job. So this exercise of closing your eyes for a few minutes, maybe for two minutes, while sitting must be performed as many times as possible, whenever and wherever you get the opportunity, be it while waiting for your turn somewhere or waiting for a friend or travelling.

You must have noticed that achievers are calm most of the time. So maintain calmness all the time to meet your soul.

Good Morning Until Morning

“Happiness can’t be traveled to, owned, earned or consumed. It is the spiritual experience of living every moment with love, grace and gratitude”

Once four friends while talking, expressed concern over a common problem, which all of them had that they were not able to control i.e. their habit of using bad language. They resolved to improve upon that, and decided that every day they should meet and confess honestly as to how many times each one of them had used bad language the previous day. To avoid any embarrassment in public, they decided to convey their confessions in a code language. They smartly decided that when they meet every morning they would say good morning as many times as they used bad language the previous day.

Next day the first friend came and said “good morning, good morning” meaning he used bad language two times. The second friend came and said it thrice and the third friend came and said good morning five times, that meant they used bad language thrice and five times respectively. Now was the turn of the fourth friend, and it is very interesting to note. He came and said “good morning till morning”. On being asked, he confessed to his friends that he had forgotten about his resolve and had used bad language throughout the day!

What I am trying to tell you here is that to be aware of your thought process and to be at peace with oneself is ***not a part-time***

or pass-time activity. We must realise that to have a relaxed mind to perform our best in life we have to be aware of it all the time. We must be aware of what we have learnt in life and how to live that knowledge to maintain the balance of mind throughout the day.

Why do we breathe twenty-four hours? Why can't we avoid a few minutes or may be a few seconds to take a break from the monotonous breathing process? Don't you find this question silly? My question is simple and even a child can answer that we breathe twenty-four hours because we know that to remain alive we have to do so. But is it only the breath which is essential all the time or is there something else also that may be equally or very important?

Make a guess and stop reading here for few minutes.

Now we come back. What was your guess? Ok let us take the cat out of the bag. It is your balance of mind and a relaxed mind, which you need all the twenty-four hours.

Whenever we commit some wrong, or are not attentive, or do not perform to the best of our knowledge and ability, or whenever we misbehave or get angry or do anything negative, what is common to all these situations? Definitely the answer is that we do not have perfect balance of mind when we do not perform well in any activity of life. Even our thought process is not normal when we under perform or do some wrong. So is it not important to maintain balance of mind all the time? Don't we say sometimes, "Please don't talk to me now, I am little upset"? Meaning thereby that if your mind is not balanced you don't feel like talking or doing anything. But sometimes we are not aware that our mind is not balanced, that is why we commit wrongs or behave incorrectly.

Don't we wash our clothes and body every day? So should we not wash our brain or mind every day to keep it neat and clean, which is most important. If we speak for a while, we wish to give some rest to our vocal cords. If we walk or run for a while, we wish to give rest to our legs and body for a while. If we watch some movie, we wish to give rest to our eyes for a while. During all our activities whether watching a movie or playing or speaking, our mind is constantly working, but we do not give any rest to our mind! We do not realise that we should rather give more rest to the most important component of our body, which is functioning all the time. If you have a battery-operated torch and you keep it 'on' for a long time, don't you think it would discharge very soon? Similarly, it is important to give the much-needed rest to our mind.

I wish to tell you an incident to appreciate the importance of being attentive and alert all the time. My friend Kush, at the peak of his career as a well-known lawyer of the country, was sitting in Delhi High Court waiting for his case to be called. Before his case was called, a case came up for hearing in which a person undergoing life imprisonment on some murder charge had requested for parole (temporary release from jail) to attend the wedding of his sister. The judge was quite considerate and she allowed him to attend the wedding but under police security.

Now see the wisdom and promptness of Kush; he immediately got up and requested the court to modify the order to the extent that the policemen going for security should go in plain clothes and not in police uniform. He said, otherwise the convict instead of enjoying the wedding would spoil the wedding by going under security with policemen in uniform. The judge appreciated the point and added in the order that the policemen accompanying him for security would go in plain clothes.

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Kush was alert and had the confidence to intervene in the matter in which he was not even a lawyer, just because he was sure that he was only helping the cause of justice. That is why we discuss the importance of having a relaxed mind all the time. Otherwise we would miss many opportunities to serve and grow in life.

I am sure once you resolve to maintain calmness through out the day you would achieve it very fast. Do not worry if once in a while you falter. Everyone born on this earth loses control once in a while, so just resolve to improve and enjoy life. It would also help you tremendously to look nice 'good morning till morning' and you would surely reach the summit, 'Meet Your Soul'.

Buddha's Eight-Fold Path

"Right awareness is the sure route to bliss"

Buddha's eight-fold path is so simple that any one having firm resolve to reach the summit can achieve it in no time. The only thing is that your resolve should be firm, the will power to live that knowledge should be strong and the aspirant should implement the formula with total dedication.

Buddha himself experienced the futility of self-persecution so the message of the middle path should be comfortable for any realistic person. Enjoy life with this ideology in the backdrop of eight-fold path i.e. right views, right intention, right speech, right action, right livelihood, right effort, right awareness, and right concentration. Imagine if one sincerely follows this path can there be any misery in life? Buddha's central teaching commands a control on desires, and non-violence and once a person undertakes the journey along the eight-fold path, he is bound to conquer all desires.

Be an island unto yourself and be a recluse unto yourself, seek no refuge in others. How wonderfully my friend Sunita has described the gist of all religions in her book, 'On The Footsteps of Buddha'!

Life can be so simple and beautiful only if we are constantly aware of the eight-fold path and adopt the middle path to enjoy life. We can surely resolve to imbibe and live Buddha's message as reproduced above to live a musical life and to reach the mission, 'Meet Your Soul'.

Open Letter To Enlightened Masters

“Extending one hand to help someone has more value than joining two hands for prayer”

“Even if one popular enlightened master is able to motivate ten percent of his devotees to dedicate their lives to the service of mankind, miseries of millions of children can be eradicated”

To start with a note of gratitude I wish to acknowledge from the core of my heart the amazing benefits I reaped from many enlightened souls and the books written by them. I am very sure I could not enjoy the musical life without the support and guidance of those enlightened masters, my parents, teacher and friends in whatever form they guided me and showered so much affection on me. Many saints and enlightened masters are serving the cause of humanity world over. They are helping people evolve and are trying to make them more useful for the society. Many are helping thousands of people one way or the other through their noble projects.

However I sincerely feel that many enlightened masters are not utilizing their full potential to eradicate suffering of millions of children world over who do not even get the basic needs of a human being like drinking water, food, education, primary health services and employment. Recent survey shows in India alone one child dies every fifteen seconds because of malnutrition. Imagine few hundred thousand devotees of these enlightened

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masters involved in nation building or in helping the cause of humanity. I am very sure that even if ten percent of the devotees of one such enlightened master engage themselves towards serving humanity, the world would become more beautiful and millions of children and adults would get the much deserved relief from their suffering. They would be able to live a dignified life where there is no scarcity of drinking water, food, education, primary health and employment.

I am really amazed at the lack of effort and direction on the part of those enlightened masters who attract millions of people to their discourses but fail to ask them as to how they are contributing towards eradication of human sufferings. I feel they should ask each and every devotee as to how they are living their lives, what standards they have set for themselves and their children and how much they have learnt and imbibed by listening to their respective gurus who preach self less service as a sure route to liberation in this life only. I sincerely feel that those who have been attending discourses for many years should be woken up from the slumber and told that the real service to guru is to serve the society. They should be strictly told not to attend too many of the lectures but rather dedicate themselves as per the guidance of their gurus to fight corruption, to help maintain communal harmony and help the needy in whatever way they can while attending to their regular household and official duties. They should be strictly asked as to how many times have they taken a bold stand against corruption and injustice in the society, how many culprits have they excommunicated for their shameless acts of corruption and other deeds against human dignity and how many have they shamed for their misdeeds and indiscretion?

Many enlightened masters are capable of playing the role of

Chanakya who structured an establishment for good governance through his disciple to provide a dignified life to human souls but surprisingly not many today have taken up this task unto themselves. In fact many are just happy and intoxicated with the growing number of their disciples. They all preach to the world and particularly their disciples for constant introspection of their thoughts and deeds. I feel it is time for them to do some introspection and contemplate upon as to how sincerely and effectively have they tried to produce any Bhagat Singh or Mahatma Gandhi? How have they tried to eradicate the misery of millions of human beings dying of hunger? How effectively have they served the cause of millions not getting even the basic needs to live a human life what to talk of a dignified life. I am sure many of them have the potential to wipe the tears of billions world over provided they get up from slumber to revolutionize their spirituality instead of making it a five star club activity.

I therefore most humbly pray to those gurus to assert themselves to their maximum potential to give direction to their disciples and firmly tell them not to attend any discourse or religious ceremony till they start living the wisdom gained and file regular status report of their selfless service projects. Only those disciples should be accorded audience with the gurus who have some good scheme or report card of serving the cause of humanity.

My Pranam (salutation) at the lotus feet of those enlightened masters and my apology for being straight to garner for the society the maximum benefit of their teachings.

How to Help a Depressed Friend

“What about my fee”

Surveys show that about one million people committed suicide in 2008, out of which about 1.2 lac were Indians. Exam related suicides in India and abroad are increasing every year. The purpose of reading any book is best served, if we help the society through the wisdom gained.

Since by profession I am a lawyer so by force of habit I ask my fees from the readers. My fee is very interesting and hope you would not disappoint me. My only request to you my friends is that, you should always be aware of the people around you, and should help a depressed friend or anyone you feel has suicidal tendency. You can do so with the truth contained in the various chapters of this book. I am sure, anyone on being asked to read and keep in mind the reality of life contained in this book especially the chapters; Beauty of A Soul, Love Yourself, Life is a Celebration, The real success, Make your mind a basket of flowers, Religion, Never Crib, Why depressed, Date With a Musician, Just One Hour a Week and a few more such things contained in this book, would never even dream of such an act; s/he would rather become an asset to the society and would guide the other similarly placed people.

But stop for a while and tell me can you confide your personal problem or a depressed state of mind, anytime, to anyone?

The answer would be an emphatic ‘No’. And you may be right because it is never easy for any one to share his personal problems or dilemmas or depression with any one unless one feels hundred percent comfortable with that person at emotional level and has full confidence in his sincerity compassion, and wisdom. So it must be kept in mind, that the privilege to help others and to be of help to a depressed friend would come only to a lucky few. So, the first thing is to train yourself and discipline yourself with the truth contained in this book and in other such books.

By your own conduct and discipline generate confidence in people, especially friends and close ones. Your demeanour should assure them about your concern and the ability to deal with their problems. Friends should be sure of your wisdom and sense of discretion that you would listen to their problem patiently and their secret would die with you. A word of caution here that although we should be conscious and sensitive to others’ problems and create a situation where one feels comfortable to share them with us however we should never force ourselves upon them or embarrass any one to share their dilemmas. Unless of course, we feel that there is something very important and the person should be told about it. I am sure, once we resolve to dedicate ourselves in this direction, the rest will fall in place automatically.

Magic Friends—‘Magic friends’ as the phrase suggests are your friends who magically cheer you up in no time. We should suggest to every one including a friend in some depression to keep their respective ‘Magic Friends’ handy. In fact we should also make best use of our ‘Magic Friends’ whenever we feel low or not in great spirits. Magic friend can be any thing like a good composition of any instrumental or vocal music, which makes one feel blissful. It can be any memorable event of life when

some one brought life to your life or you made some one's day or even an encouraging compliment. It can be a scene from a movie or a play, it can be an outing or a wonderful meeting with some one dear or even a stranger. Any blissful experience of your life can be a 'Magic Friend' and we should always keep those friends in our heart to bring back joy in stressed time.

Take good care, and resolve to be a balm for your friends in need. This will definitely help you meet your soul.

The Ultimate —Meet Your Soul

“The ultimate in life is to flow with life”

*“Chah gayi chinta miti manwa beparwah
Jinko kachu na chahiye wobi shebansha”*

This means one who reaches a stage where there is no desire, no worry and the mood is carefree and one who does not crave for anything is the real king.

Once we have understood that we are not body or mind, we reflect upon the question, **‘Who am I’**. We come to the conclusion that we are pure consciousness or we are eternal self or blissful consciousness. We have discussed in the various chapters of the book as to what is it that takes us to the path to meet our soul and what all deviates us from the path. One thing we must keep in mind is that the self realization does not mean that one would never commit any mistake. It only means that most of the time one is established in eternal self or blissful consciousness. Now you are prepared to meet your soul or eternal self, to live a musical life if you have started living the truth of life or the philosophy of life discussed in the various chapters.

If you have imbibed the theory of **“Beauty of Soul”** that no one intentionally hurts and cheats and it’s because of lack of involvement and wrong perceptions that people entertain wrong intentions and indulge in unfair and corrupt practices, you are

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right there. If your heart is full of love for every one and it has no home for ill will or hatred you are right there. When you imbibe the **“Law of Impermanence”** and understand that neither wealth nor power nor the body nor relationships are going to survive till perpetuity, that every thing is temporary you are right there at the door to meet your soul.

If most of the time your heart is at the right place to serve and feel musical you meet your soul.

If you have understood the futility of self-denial and self-persecution and have learnt to enjoy the possessions with utmost discretion you meet your soul. If you have started **living the reality of life** that no one is perfect and no one is useless, no one ever got every thing he wanted and success is measured by the number of hours you smile or make others smile you meet your soul. Once you realize that whatever is happening is happening since ages so nothing can worry or depress you that means you meet your soul. If you understand and live this wisdom that life is suffering because of desires and expectations and life is a celebration if you are content with whatever you have, you meet your soul. If you are compassionate and can feel the pain of millions of children dying of hunger you are right there to meet your soul. If you know that human suffering is because of bad and corrupt policies and you are doing your best to serve the cause of humanity you are right there. If you have learnt to discipline your thoughts and direct them only in positive direction you are right there. If you have the courage to take a stand for the right cause then you are right there.

And the ultimate is if you feel you have **no worry** and are **happy all the time**, you have no doubts and are sure what to do

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when, you are not dependent upon any one, feel liberated and free all the time to perform your duty to the best of your ability without expecting any results. If you feel you are useful to the society and life is a celebration you meet your soul.

So long as we are alive, we would continue to face and solve innumerable issues; but the ultimate aim of life should be to reach a stage, where we are able to serve the society to the best of our ability and we are established in self, dealing with the issues day in and day out in a blissful manner without any confusions.

We must aspire to be happy all the time and in all circumstances.

The ultimate stage is to be happy all the time and be useful to the society. The stage, where there is *no confusion* and the person is able to live and enjoy life as it comes all the time, is able to flow with life, that is the ultimate in life. As one enlightened soul said beautifully:

*‘Mein zindagi ka saath nibhaata chala gaya,
har fiqr ko dhuyen mein udata chala gaya’*

This means, that I love life as it comes, I flow with life and make all worries fly in smoke that is the ultimate...

I am sure this book, and the truth contained in it, would help all of us reach the ultimate stage in life –So all the best my friends, Meet Your Soul to feel blissful, rather musical all the time.

Annexure I
Foreword written by Sh.Ram Jethmalani to author's first
book - 'Simple Tips for Sure Shot Success'

Foreword

It is rare that an author of a new book asks me to write a foreword. I am not an author of any readable books, have never produced a prize winner and literature is not my forte. So when my friend Ashok dropped by one day and announced his product and wanted me to release it after adding a foreword to it, I was quite flattered. At the same time I was a little alarmed by his insistence that I complete the job in a week. With my preoccupation with Parliament, the courts and teaching I knew it would be tough but could not say 'No'. I may be late by a couple of days but that is not inexcusable.

Now I had known years ago that Ashok was a competent and flourishing lawyer, who was much in demand. His status in the profession was fast growing and he could well dream of rising to the top one day. I am sure he did. But one day I was astonished to see in front of my eyes Ashok a monk - a twenty-first century Gautam Buddha. Somehow I had lost him during his sudden onset of renunciation, discarding the lawyer's robes and bands, entering into a new world in search of the meaning and end of life on this sorry planet. When he turned up, I saw an accomplished mature

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Gautam after his enlightenment under the Bodhi tree in Gaya. I envied this transformation but I was not sure the change was going to last. After another long interval it was that he turned up with his book ready for publication. I have read it.

I have often wondered if Buddhism is a religion or just a form of wisdom, a system of metaphysics. The Dalai Lama is often asked this question. The compassionate saint jokes about the answer. "Poor Buddhism! Rejected by religions as an atheistic philosophy, a science of the mind; and by philosophers too as a religion; there is nowhere that Buddhism has citizens, rights. But that is its advantage. It allows Buddhism to build bridges between religions and philosophies. It is a metaphysical tradition from which a wisdom applicable in every instant and in all circumstances is derived. Buddha's teachings are like travel guides that show the way to enlightenment, to ultimate knowledge of the nature of the mind and the phenomenal world."

Ashok's personality went through a sudden change by the sight of suffering, in particular the rising rate of suicides amongst the young. In 2006 the figure for India had risen to six thousand. He cancelled his visit to Europe to attend a lawyers' conference and migrated to a village to live in the midst of young students through a summer of scorching heat and meagre conveniences of comfortable existence. He has brought knowledge to many and unlike Buddha who never wrote what he taught Ashok has produced a working manual of existence for every hour of life. The book is doubtless a compendium of useful instructions calculated to inculcate the spirit of social service along with techniques of extracting the last drop of joy from mortal life. Its dominant purpose is to prevent surrender to pessimism and paralysis.

Sir Edwin Arnold in his famous book *Light of Asia* summed up Buddha in the last stanza of his poem: "We are the voices of the wandering wind that moan for rest, But rest can never find; Just as the wind is, so is mortal life, a sigh, a sob, storm and strife." Ashok repudiates this streak of failure and frustration.

It is a book of joyous existence to which the young can aspire and achieve but it is not a book of humour, though it extols sense of humour as a cardinal virtue. Humour is vivacious response to perception of the odd and incongruous, the stubborn individual, the kind only a robust democracy can produce. Ashok himself is one such human being blessed with a divine gift, no doubt induced by the grace of his mother. No wonder he fondly quotes the Urdu couplet:

*Mere gunahon ko kuchch is tarha dho deti hai,
Ma bahut gusse mein ho to woh ro deti hai.*

Ram Jethmalani

SCHOOL FOR TRAINING MIND & SOUL

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Purer the soul quieter the mind, quieter the mind sharper the intellect

Perfect health means balanced physical, mental, emotional, social and spiritual health. We express ourselves & perform every activity through mind but unfortunately the education system has failed to provide training of mind to the students. Many of us despite getting professional degrees struggle to deal with day-to-day stress of inter personal relationship and professional life due to lack of training of mind. Many of us are not able to lead a joyful, successful and purposeful life. The main reason for all the sufferings in the world whether personal or professional is the lack of training of mind. We must realize that purer the soul quieter the mind, quieter the mind sharper the intellect. Like untrained drivers kill themselves and others on the road, many people in the world living untrained lives are making mess of their and others' life.

Inspired by the mission to train minds and souls so as to produce delightful & efficient citizens, we have established a non-profit "School for Training Mind & Soul". Citizens so trained will be able to lead and serve the society so as to make this world a better place to live. We organize workshops to constantly motivate/guide the youth and other citizens to choose the appropriate action and imbibe virtues such as love, compassion, selfless service, fearlessness, purity, truthfulness, non-violence, composure of mind, introspection, self realization, patience, humor, warmth of speech, humility, determination, detachment, forgiveness and so on. We feel its utmost important to motivate the youth to transform their mind and soul. We wish to provide them adequate training to perform right actions that harmonize intentions, words and actions. We wish to initiate students into the process of self-enquiry through introspection, discussion and meditation. We wish them to understand the basic & spiritual truth of existence so that they achieve cheerfulness and professional excellence.

*One can arrange or attend the **Lectures on wide range of topics** including:*

How to develop creative and analytical thinking

Yoga & Meditation To Achieve Excellence In Professional & Personal Relations

Develop complete personality Perfect health (as per WHO's definition-balanced physical,

Intellectual, emotional, social & spiritual health) IQ EQ SQ

Joyful tips to kill depression

Simple tips to get rid of drugs and violence

Communication skills/ public speaking

Managing Relations for professional Excellence

How to look nice, enjoy maximum & score maximum

Time management

Musical Package of Philosophy of Life to make it Musical
How to sharpen your memory
How to develop self confidence
Be a leader-how to build a successful team
How to be a good parent
How to be a role model teacher
How to be a great lawyer/professional
Art of Being A Great Interviewee

Challenges to women in the corporate sector

Lectures for law students & lawyers

How to be a great lawyer
How to excel in Moot Court
Art of cross-examination
Criminal law and procedures
Matrimonial disputes & counseling
Constitution of India
Rape Survivors' & Counseling
Client Satisfaction & Soul Satisfying

Ashok Arora's Five C Programme

A complete personality development and joyful living programme, it does not involve any rigorous training or rituals. It simply requires a different understanding that enables you to enjoy a musical and successful life

Celebration—Make life a celebration

Holistic Personality— Physical, Mental, Intellectual, Emotional, Social & Spiritual—IQ, SQ, EQ, SQ, Intelligence, Emotional, Social & Spiritual Quotient
Communication Skills – English / Public speaking—
Calm and cool—Anti depression and Stress Management Techniques
Confidence/Creativity -How to build enormous self-confidence

Corporate /Professional Training

Introductory—curtain raiser 90 minutes or weekend retreat
Joyful living—Make life a Celebration for Optimum capacity optimum production
Incorporate Spirituality for corporate excellence
(Serve more to earn serve—consumer satisfaction)
How to build a team like a family—
Self-evolvement—(Time management—Self-management— Stress management- yoga mediation)

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Communication skill/ public speaking for team management and faster access into Consumers' Heart

Challenges to women in corporate sector –advantages & disadvantages

COURSES AVAILABLE For

Complete Personality Development (as per WHO)

Youth/ Leadership Training

Parents Training

Teachers/Motivators Training

Corporate /Professional Training

Introductory-90 minutes Interactive session

Courses available on:

Weekend (Saturday and/or Sunday 10am to 5pm)

Weekdays Monday to Friday 6 pm To 8pm

Five Days - Monday to Friday 10am to 3pm

Weekend Spiritual Retreat (Friday Evening to Sunday evening)

Advance Course Monday to Friday 10am to 3pm

Motivators Training (One week residential at a Resort)

Summer Course-Two/three weeks residential programme

Ashok Arora, ex Secretary of the Supreme Court Bar has done a lot of research and has practical experience of more than thirty-five years in the field of spirituality, law practice, holistic development, communication skills, stress management, matrimonial disputes & criminal law. Feeling concerned about the growing violent & suicidal tendencies, falling standards of physical & mental health of the youth he resolved to renounce a lucrative law practice at the peak of his career to dedicate his life to guide the youth. He is in the real sense a ***'Monk who sold his Ferrari'***.

Mr. Arora has already delivered quite a few hundred lectures organized by a number of universities and ministries like home, health, defence & education for the benefit of students, teachers, parents, judges, senior army/police officers, corporate, Doctors, Company Secretaries, and foreign delegates at different forums and on different topics covering wide range of subjects like holistic Development, Leadership, Stress Management, Communication Skills, Parenting, Relationships, law, Human Rights and many issues connected with the welfare of society.

Mr. Arora has authored many books. The first one titled, ***"Simple Tips for Sure shot Success"*** is to imbibe values in a playful manner and make the youth stress free. He has tried to impress upon the students the importance of cultivating their personalities by having a balanced physical, intellectual, emotional, social & spiritual health. His other books ***"Meet Your Soul"*** and ***"Guide to Man Woman Relationship"*** are also well received and many prominent citizens have spoken very high of his talks & books.

