

**E Book
on
Practical Spirituality
(Part 1 – Knowledge)**

BKWSU

Singapore & Malaysia

Preface

First of all, this is not a book.

This is the understanding and interpretation of one of the true effort making Brahmins, in his spiritual journey, of the Spiritual teachings imparted by the Very Sweet Supreme Father, Supreme Soul Shiv Baba in the Confluence age. This Child is still taking small steps in his Spiritual journey, holding the hands of his Supreme Father, Supreme Soul Shiv Baba.

The intended audience of this so called E- book is Brahmins and Brahmins only.

The intention of this effort is to share the internal working of the Mind, Intellect and Sanskars in a very practical and easy to understand language. The text is written in very casual language with no specific emphasis on the quality of language

Baba has helped this Brahmin child immensely at every step of the way to understand the spiritual teachings. This child has enjoyed the whole process of Inner Transformation (to whatever level the transformation has happened till date) and still is.

It is this Brahmin child's deepest desire that this knowledge becomes easily understandable and usable for all fellow Brahmin brothers and sisters. This is an attempt to make the spiritual knowledge easier to comprehend.

If this E book can benefit even one Brahmin child in the whole world, then the objective of this book has been achieved.

The whole book is an expression of this child's understanding and interpretation of the knowledge given by The Supreme Father, Supreme Soul Shiv Baba

This Brahmin Child also takes full responsibility to any errors and misinterpretations in this document – either in the concepts or any errors related to the language – grammatical and spelling mistakes

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Practical Spirituality

1 Introduction:

Every human being in this world, whether Rich or Poor, Literate or Illiterate, Beautiful or Ugly, Healthy or Sick, Strong or Weak, Black, White, Yellow or Brown-skinned, without exception, seeks HAPPINESS.

This need is universal. However, there are differences in what, where, when, from whom and how we seek happiness.

Some seek happiness from position, power, social standing, intelligence, mastery in certain sports, skills, relationships, wealth, physical strength, religion, food & drink, God, spirituality etc.

The source of happiness varies, but the need for happiness is universal, without exception.

And when that need is not met, the result is sorrow.

2.0 Our typical mode of Operation

(Reference should be made to the picture in page 8)

Our conscious mind is the window to the outside world. The mind is the bridge to our body and bodily organs. We make sense of the world through our five sense organs. The information from the sense organs triggers thoughts in our conscious mind, which are then sent to our intellect.

The intellect is our storehouse of our Desires, Knowledge, Skills & Attitudes. The intellect makes decisions based on the above. When what is sensed about the world meets or exceeds our requirement, Happiness is the result. If it is otherwise, the result is Unhappiness.

These judgments are not necessarily based on the real world, but on our perception of the real world.

Such needs and desires are sometimes unknown to us, leaving us without explanations for many of our emotional responses..

This is mainly because we do not really think through and clarify to ourselves what we need and what we don't. The great philosopher Socrates said "***The unexamined life is not worth living***". Unfortunately, most of us live an Unexamined life. We just know we do not like some things but we do not know why.

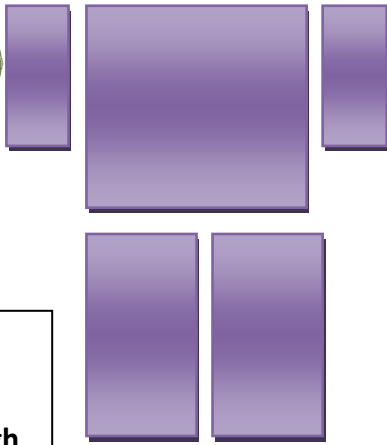
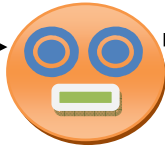
There is an endless dynamic loop of Making sense of the world, Comparing with what we need implicitly, Feeling happiness or sorrow, Taking further action as seen fit, Responding to the consequences of our actions.

- Choices made comparing the situation with a set of internal requirements & standards.
- What are they?
- Based on the Feedback loop, The Intellect makes some adjustments?

Pursuit of Happiness

- Desire
- Knowledge
- Skills
- Attitude

Intellect

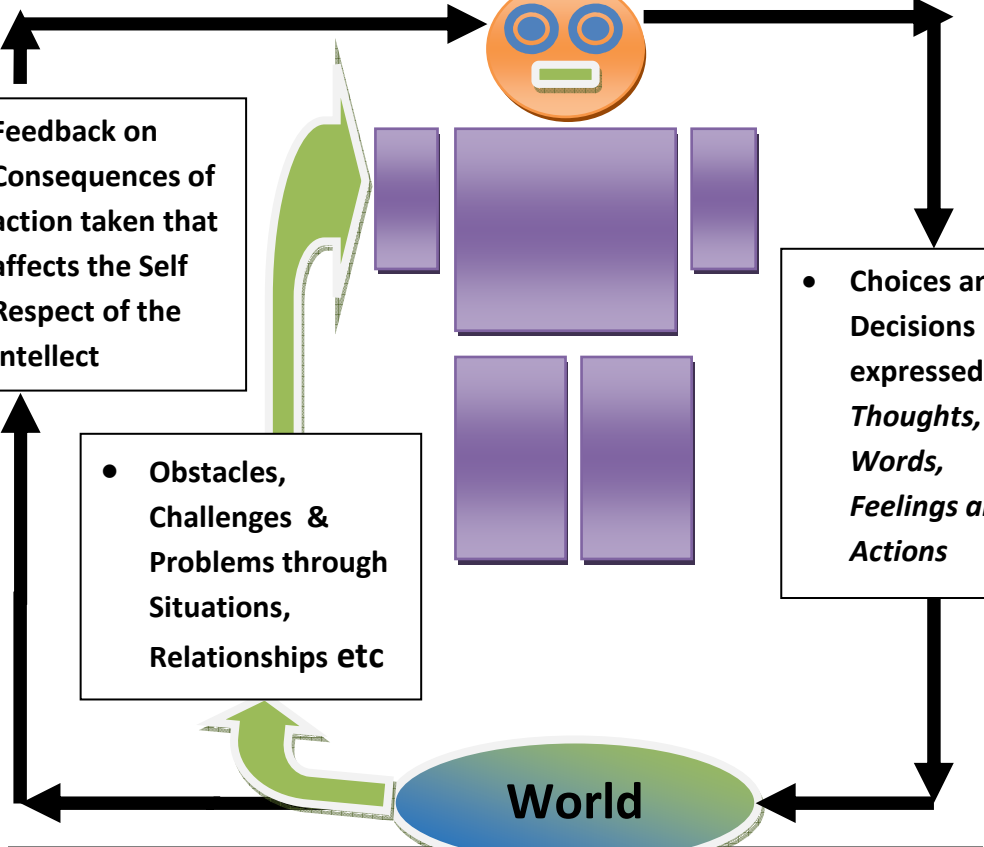


- Feedback on Consequences of action taken that affects the Self Respect of the Intellect

- Choices and Decisions expressed as *Thoughts, Words, Feelings and Actions*

- Obstacles, Challenges & Problems through Situations, Relationships etc

World



Self-respect

The results our actions yield impact our self-respect and attitude. The more successful the consequences of our decisions are, the more our Self-respect increases, and vice-versa. Sometimes, it also leads to over-confidence and arrogance and, at the other extreme, hopelessness and depression.

There are very few souls in this world who can maintain a very high level of self respect in spite of many failures in their lives. Classic examples include Abraham Lincoln, Winston Churchill etc

It is clear, therefore, that our understanding of the inner workings of our mind is critical to our well-being.

This book is an attempt in that direction.



3.0 Four Dimensions of Human Existence

Human beings operate in four dimensions: PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL.

(Refer to picture on page 12).

The very purpose of our existence is to experience happiness and that need is in the Emotional Dimension.

To achieve this, we work on our physical dimension by enhancing our physical strength, beauty and capabilities and on our mental dimension by learning new subjects, skills and knowledge.

We are constantly applying ourselves in the physical and mental dimensions, so as to attain something that satisfies our needs in the emotional dimension. The entire focus is on the purple box.

Our happiness is entirely dependent on the contents of that purple box. If there is something inside that box , we feel happy. – if it is empty, we are completely unhappy.

The entire world has been conditioned to think this way by the media and advertising.

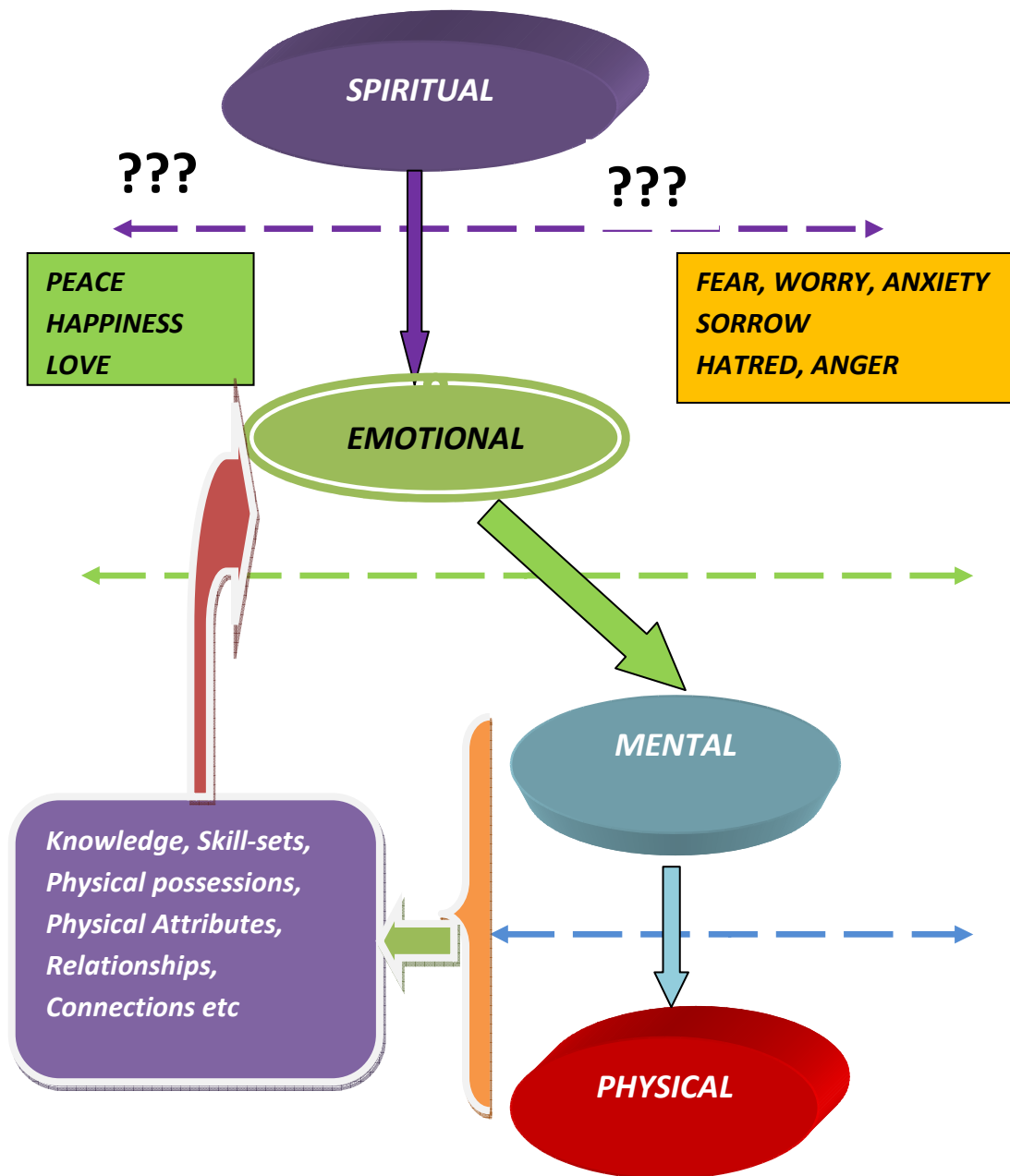
Added to that is the biggest curse on humanity – that of comparing what one has in that purple box with what others have in that box.

We are forever comparing what we have in that box with what others have in that box – and our happiness and sorrow swings depending on how we fare against others. Such comparisons consume most of our lives.

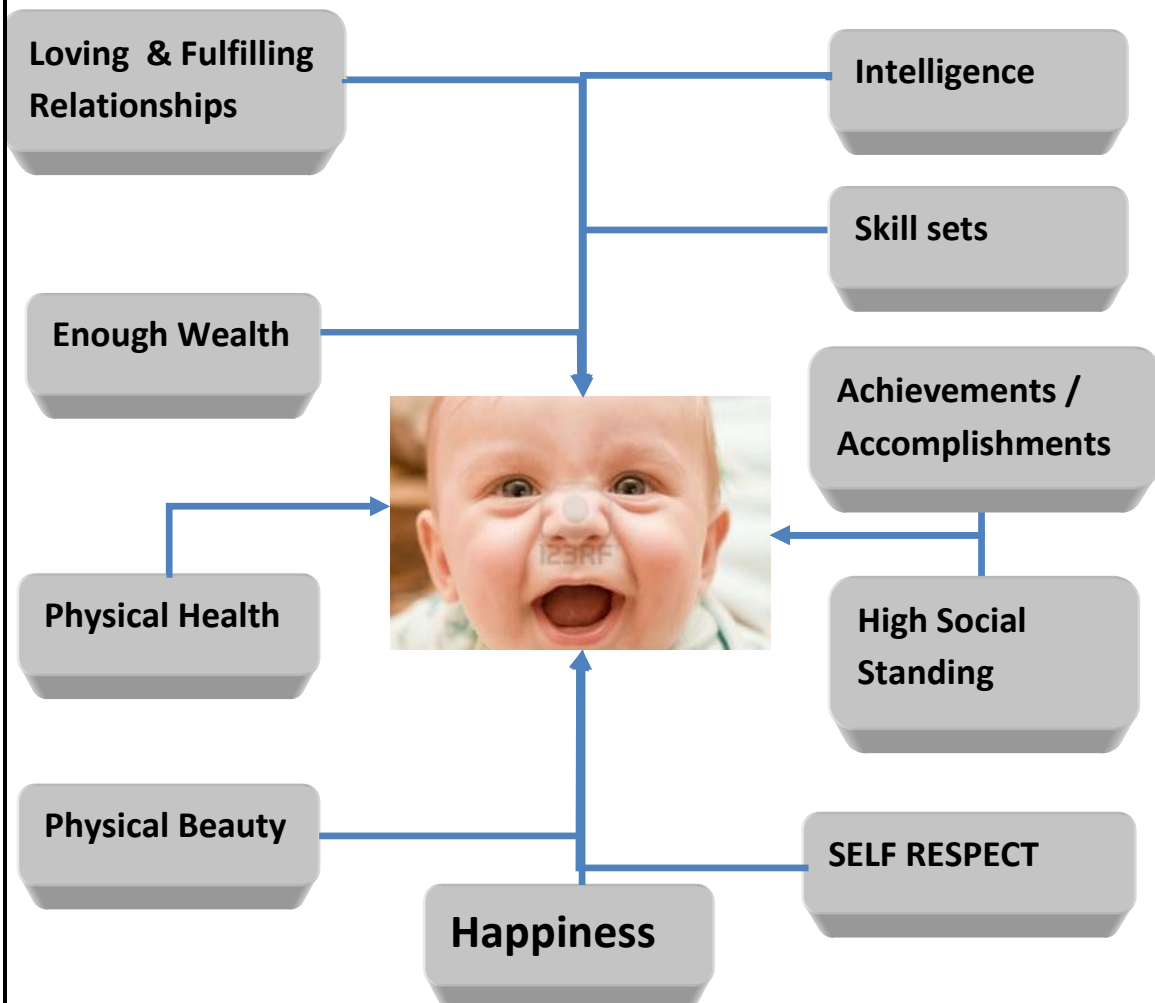
This comparison has brought unimaginable level of misery to all of humanity.

Our need of Happiness is in the Emotional Dimension and our suffering also is in the Emotional Dimension.

The 4 Dimensions of Human Existence



What do people typically expect in the purple box



The normal requirements of Beauty, Health, Wealth, Fulfilling relationships give happiness.

However, lasting happiness comes when the soul has enough intelligence, some skill sets with which it can create something significant, i.e it can achieve or accomplish something of value. That increases the self respect of the soul.

Another aspect that gives a soul self respect is when it receives unconditional love from another soul. This also gives the soul lasting happiness.

The questions that follow logically are:

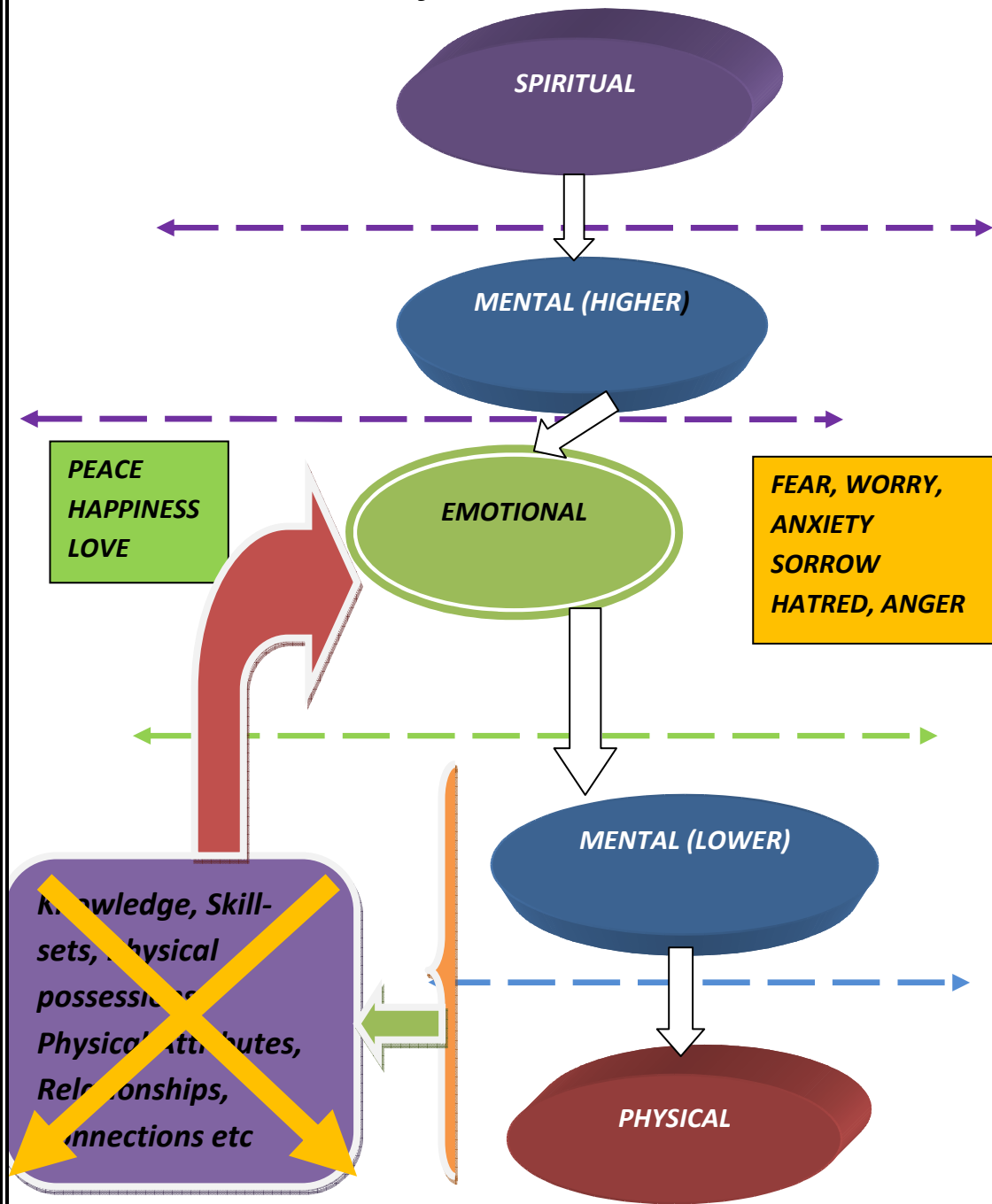
- ***“Is this the only way that we can pursue and achieve happiness?”***
- ***“Is life so complicated that we need to do so much to get so little happiness?”***
- ***“Is this what God, our Creator wants us to go through to experience happiness?”*** We’ve only looked at 3 dimensions. We have not dealt with the spiritual dimension.
- ***What does it mean to be spiritual?***

Most people plead ignorance to what is spirituality. Yet, it does not mean that we do not operate at this level. We are often unaware of this dimension and its profound effects on our lives.

This book will explore what it means to be spiritual and how it is connected with our Intellect and what we can do to improve our lives through this dimension.

The previous picture has been redrawn with an additional level.

Four dimensions of human existence



The mental dimension has been divided into Mental (higher) and Mental (lower).

In the Mental (Lower) dimension, our primary focus is learning about matter and the physical. In the Mental (Higher) dimension, we learn about the meta-physical –

- ***To Know Who we really are and our natural state of existence***
- ***To Know Who God is & To know the relationship between the Self & God***
- ***To Know why the World Was created and the History & Geography of the World***
- ***To Know the Key Principles through which everything in the World Operates***
- ***What attainments or treasures we can get from God***

When we can operate at a higher consciousness level based on the higher knowledge, then we can be naturally happy with or without anything in the purple box – we can transcend the physical requirements

***To live spiritually means that
One lives in this world with Full
Consciousness of the true identity of
oneself, understanding their Highest
Potential and operating at their Highest
Potential at ALL TIMES, for the benefit of
one and all.***

With this awareness, let us begin the journey into spirituality.

JOURNEY INTO SPIRITUALITY

4.0 Who am I?

The most fundamental question in Spirituality is

- Who am I?

Rishis and Munis have been trying to answer this question for thousands of years.

We all know that we are the Souls, the spirit, the meta-physical life force within this body that operates this body and operates through this body.

The Soul is a point of divine and incorporeal Light & Might, a bright and shining star.

The soul, the energy, seeks expression. That is why the soul comes into this physical world to express itself and to experience what the world has to offer.

The Soul is eternal, immortal, imperishable and indestructible. The physical body, which is made up of the five elements (Earth, Water, Air, Ether and Fire), is perishable.

As long as the soul operates through the body, we are human beings. As soon as the soul departs from the body, the body perishes and the immortal soul continues with its journey.

When we realize that we are eternal souls, then the biggest fear that haunts the whole world – the death of the self and our loved ones become irrelevant.

Besides, when one knows that we are eternal, then we automatically start looking at things from a long term perspective instead of short term perspective.

5.0 Who is God?

The next question in Spirituality is

- *Who is God and What can we know about God?*

GOD is pure consciousness. He is also a soul, but is called the Supreme Soul because He is the Supreme of all Souls. He never comes into the cycle of birth and death and hence is EVER ABSOLUTE .

He is also called the Supreme Father because he revives us by giving us the knowledge of the eternal truth and helps us to regain our lost purity and powers.

He is complete and perfect, overflowing with emotional energy. He is the Ocean of Peace, Love, Happiness, Powers and Bliss. He is the only one who has the knowledge of the whole scheme of things.

He does not need anything in the physical dimension. He is always overflowing with these qualities. He is always giving. He is the Supreme Father, the One who revives all souls at the time of need by giving the knowledge of the Eternal Truth.

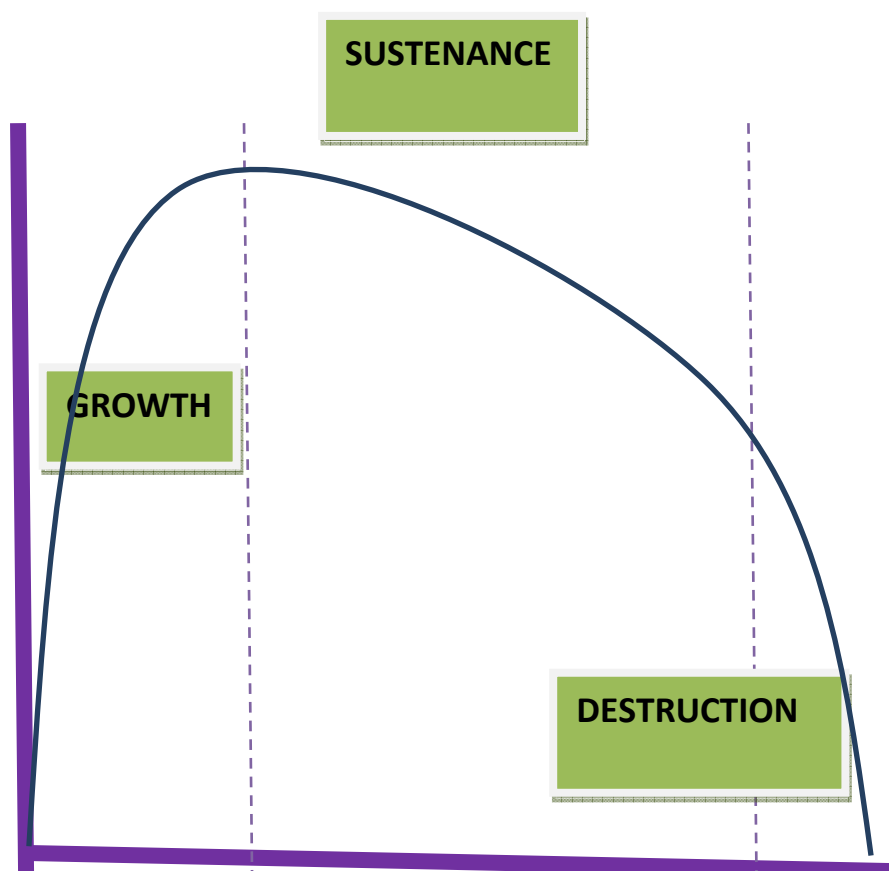
Albert Einstein said

You can not solve a problem at a level at which it was created.

So, GOD, our Supreme Father, Supreme Soul , stays in a higher plane all the time waiting for us to spend our energy – of the soul and the elements of nature, and reach an extremely low level of energy. Then he comes and rescues us and purifies us (rejuvenates us) the souls and purifies the five elements for the next cycle to begin.

6.0 Eternal Cycle of Growth, Sustenance and Destruction

Everything in this physical world goes through a cycle of growth, sustenance and destruction, depicted below.



Not only everything in this world – the human beings, animals, Plants, Trees etc, but even the world itself and the meta-physical souls also go through this cycle. All things in the world, and the world itself, go through this cycle.

Confluence age is the age of growth, the beginning of the cycle, during which the soul grows – from its worst tamopradhan stage to its purest

satopradhan stage. The end of Confluence age is the end of growth of the soul, when it reaches its highest possible potential. The Golden age is the beginning of the age of sustenance and the soul keeps losing its energy through the various ages. The end of the iron age is the period of great depletion of the soul's *energy*. At this time, due to divine intervention from the Supreme Father, the Supreme Soul, the soul gets the opportunity to re-energize itself to its highest potential.

This eternal cycle continues for ever and ever.

6.1 Movement of Energy :

Energy, always moves from its highest point to its lowest point. This is also called Law of Entropy.

Everything in this world needs some kind of energy to operate.

Just like a fully charged battery helps to operate Electrical equipment and, in the process, keeps losing its energy until it is fully discharged, the metaphysical souls (energy entities) go through the same process.

From the beginning of the cycle and from its highest energy level, the soul travels through the cycle losing its energy until it reaches its lowest energy level. In the whole cycle, the soul expresses itself to the world and experiences what the world has to offer at different energy levels starting from its highest to its lowest.

Just like a fully discharged battery needs an external AC power source to charge back, similarly the souls also need an external source of power. That source of power is GOD and GOD alone.

While human beings can help other human beings on a physical level, the only source of help for the souls to regain its lost energy is GOD and that is why GOD is praised so much in all religions.

Not only souls, but countries, societies, and races all go through the same movement – growth phase, and then a decline from its highest energy level to its lowest energy level.

7.0 Faculties of a Soul

The next question naturally comes to our mind is

What is inside a soul and how can we have so many differences in all the 6 billion or more human beings

Components of a Soul

Each soul consists of three subtle faculties:

1. The Conscious Mind
2. The Intellect
3. The Sub-conscious Mind

The Conscious Mind

The conscious mind is the window to the body and, hence, to the world. The conscious mind is the seat of thought creation, based on the input received from the 5 sense organs. Thoughts are also triggered in the conscious mind by memories held in the subconscious. The conscious mind can only handle only limited information – about 7 at a given time.

The Intellect

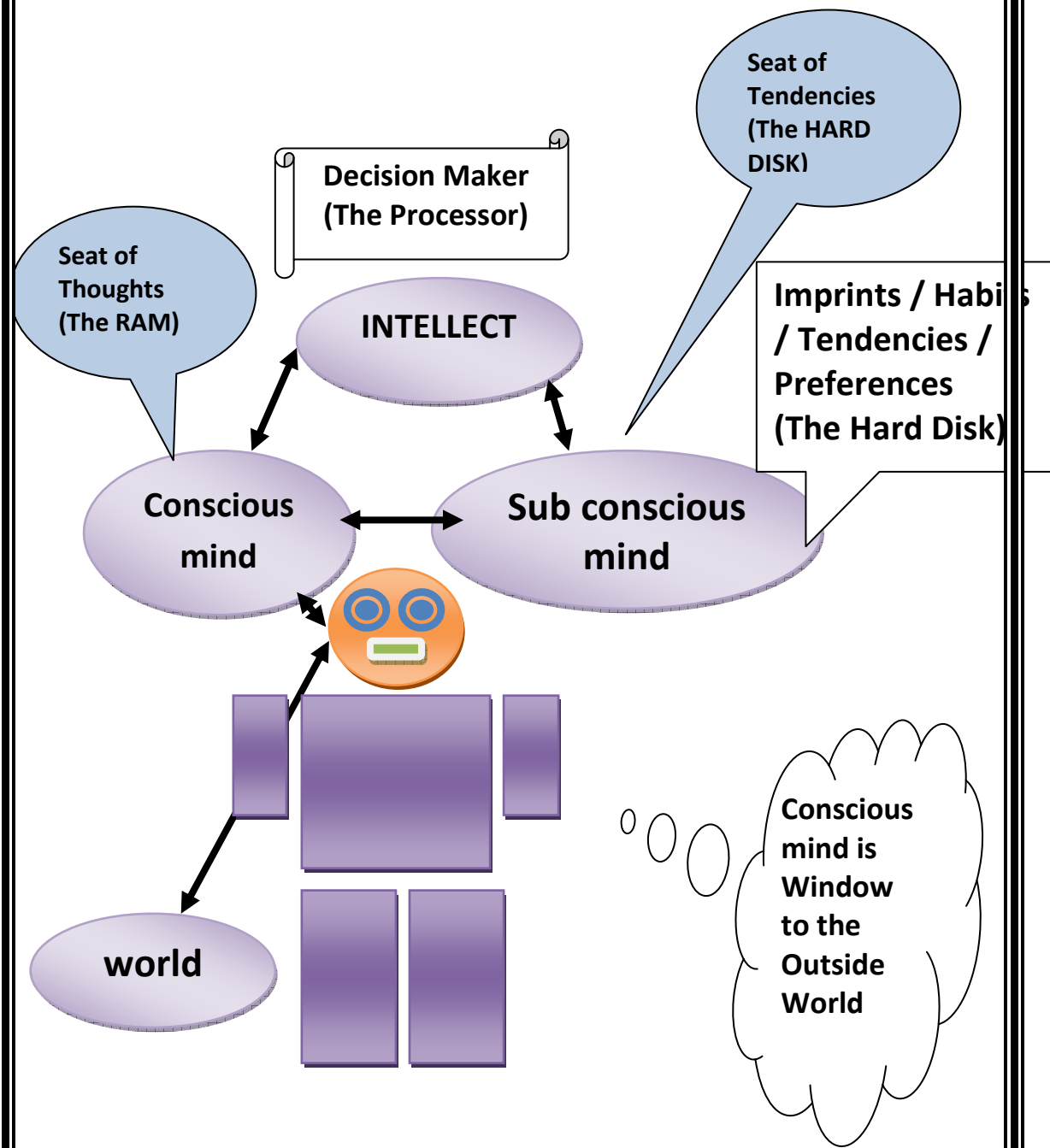
The intellect is the decision-making authority and the most critical. It is the seat of our Software algorithm with which we all operate at all times. The difference from one soul to the other is in the intellect. Each soul descends into this world to express itself (its uniqueness) to the world and to experience what the world has to offer. Unfortunately, instead of doing that, most of the human beings only compare and complain most of the time forgetting the uniqueness of each and every soul.

The Sub-Conscious Mind

The sub-conscious mind is the store house or the hard disk of the soul.
The sub-conscious mind can handle a huge volume of information. .
Whatever decision the intellect makes is stored in the sub-conscious
mind for future reference.

It is very appropriate to highlight the poem:

Sow a thought, Reap an Action
Sow an Action, Reap a habit
Sow a Habit, Reap a Character
Sow a Character and Reap a Destiny.



It highlights the importance of habits in our lives. Great philosophers caution us that we humans are slaves to habits, so it is better to create good habits. It takes same amount of effort to create either a good habit or a bad habit, only difference is bad habits are formed unconsciously whereas good habits require conscious effort on our part.

8.0 The Conscious Mind

The Conscious Mind is the Seat of Thought.

We create some 30,000 to 40,000 thoughts on an average day and up to 90,000 if emotionally very disturbed.

Even though the mind is called CONSCIOUS MIND, most of the thinking that happens in there is UNCONSCIOUS.

Now it is worth recalling that the soul is an energy being and everything related to the soul has energy implications. That means the Soul has to expend energy to operate this physical body and to perform actions.

Thinking or creating a thought is the subtlest of all Actions.

So every thought that the mind creates has energy and therefore, energy implications.

Broadly, we can categorize the thoughts into three categories

- Positive / Powerful
- Neutral
- Negative / Weak

Positive thoughts energize us and negative thoughts drain us.

According to scientists, most of us spend more than 70% of thoughts about the past and about others. That means about 20,000 to 30,000 thoughts that we generate every day are not of any use to us – that is a colossal waste of our most precious resource.

First of all, we all need to realize the importance of this critical resource and take full control of this activity of thinking. The mind exists so that the souls can create the thoughts that it wants to. So we have to check

and ensure that a particular thought is essential before we allow that thought to enter our Conscious mind.

With consistent and persistent practice, this will become a reality. This is a very critical step in spiritual development as we stop draining and start accumulating mental energy.

Positive thoughts energize the soul, negative thoughts drain the soul of its energy and neutral thoughts do not have much of an energy implication.

If anyone gives us \$100,000 in \$ 1 notes and asks us to throw each \$ away from morning to night, we will be reluctant to do so even if it is not our money. It is because we understand the value of money. If a very rich billionaire keeps throwing away the money indiscriminately every day, very soon he or she will become a pauper.

However, due to ignorance, we are wasting away our very precious resource of thought throughout the day. So, over a period of time, the soul loses its energy and is unable to deal with even very simple issues or obstacles.

We need to be very careful about the thoughts we create.

The right way to think is :

We should create thoughts:

- **Consciously**
- **That are relevant and beneficial to us and others**

8.1 Reasons for thinking:

The most fundamental question one can ask when it comes to thinking is

Why do we think?

The reasons can be grouped into the following:

- 1. To make sense of the world**
- 2. To achieve our Desires / Goals**
- 3. To Solve Problems**
- 4. To express our talents / uniqueness**
- 5. To bring benefit to others**

In modern times, most of us think mainly to solve problems. Human beings face hundreds of problems every day – either in their personal lives, professional lives or social interactions. In fact, most of us only know how to think in this mode. For many people going through hardships and emotional disturbance, this alone consumes nearly 100 % of their energy, leaving hardly any for the other four categories.

The more fortunate ones, in addition to thinking to solve problems, have enough energy and time to think in order to express their talents and uniqueness to the world. These are the people who are very successful in their chosen profession and in their personal lives.

In heaven, almost all our thinking will be for expressing our talents and uniqueness.

Still more fortunate are the ones are those who dedicate their lives completely to bring benefit to their community or humanity. Religious leaders, spiritual masters and similar rare & special ones fall under this category.

8.2 What is Life?

Life can generally be defined as

The sum total of all the experiences we have had throughout our lives.

If we have to say confidently that we have lived well, then it is imperative that each one of our experiences are very intense and of high quality.

That can only happen when we are fully focused and present in the present when going through any experience.

Most of us are either reliving past experiences or worrying about the future, rarely being present in the present. ***Technically, most of us don't live because we are never present in the present. Being present in the present all the time is the gateway to spirituality and higher consciousness.***

Celebrated author Eckhart Tolle says the egotistical mind looks to the past for Self Identity and the future for fulfillment, always forcing us to ignore the present.

8.3 Two Critical Resources

Two resources all souls have equally are:

- Thought Power
- Time

A rich person compared to a poor person may have a head start in any undertaking. However, the ultimate success of any individual depends on their usage of the above two resources.

There are many examples in the history of humanity, where people who have started at the bottommost rung have reached the topmost rungs – to CEOs of big corporations, Presidents and Prime Ministers of Countries. This was possible through the power of positive thinking and effective utilization of time.

There were also many cases of people who start well at the beginning of their lives and end up as very poor towards the later part of their lives.

8.4 Benefits of Obstacles/ Problems:

Any person who wants to become physically strong has to exercise. That means to put the muscles through more stress and build up the strength of the muscles.

For example, a weight lifter who can lift say 30 Kg weight has an aim of lifting 100 Kg weight , has to go through a systematic development process of practicing with weights of 40Kg for some time, and then 50Kg and then 60Kg and so on until he or she has enough strength to lift 100Kg. If they try to lift 100Kg weight directly from 30Kg, they are likely to cause permanent damage to the muscle / bone structure.

Similarly, any soul that wants to build up its mental strength or emotional resilience has to be willing to expose itself to handling more and more problems and systematically overcome them. Without this experience, a soul cannot become strong and powerful. At the same time, we need to be aware that if a soul is exposed to very intense emotional problem, it can freeze.

So, obstacles and problems are stepping stones for higher strength and power and should be viewed as such. We all should have the attitude to welcome problems with open arms as they come to teach us something and to make us strong.

There is a saying that problems are opportunities in disguise. The earlier any soul goes through obstacles, the better it is. When children grow up without facing any difficulties, they completely lack the ability to deal with the problems and challenges of life as adults.

9.0 The Intellect

The Intellect is the heart of the soul – the decision-making entity that decides what actions need to be taken.

The conscious mind creates thoughts and passes them to the intellect. The intellect can then decide whether the thought is worthwhile or not, whether to process it or not. If it chooses not to process it, it is discarded and forgotten.

If it decides to process that thought, then after processing it, it decides to take some action or not. If the intellect decides not to take any action, then the thought is discarded and forgotten.

If the intellect decides to perform some action, then it takes the shape of:

- Another thought
- A feeling
- Spoken words
- A physical action through the body and bodily organs

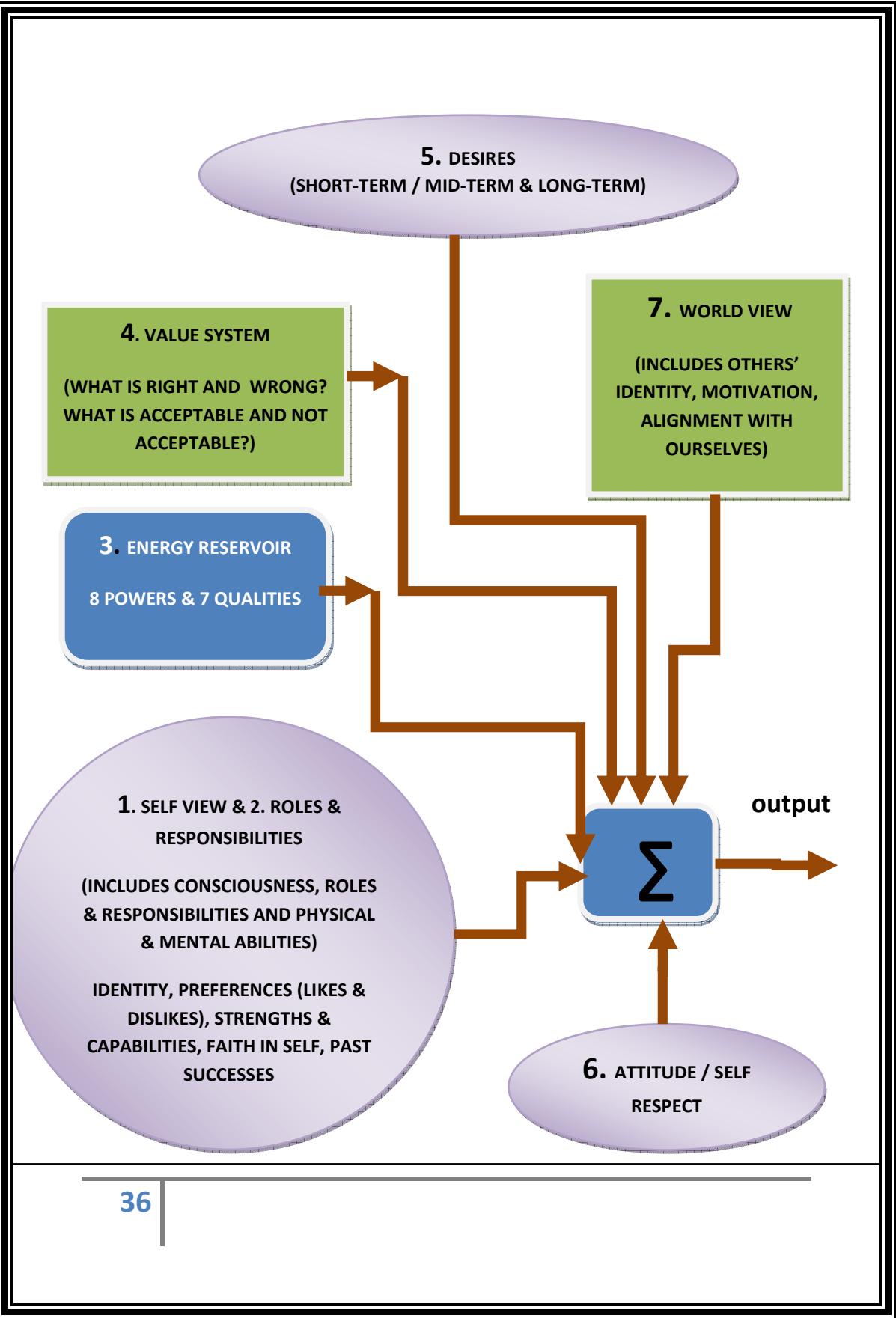
For the intellect to take some decision or action, it has to compare the incoming thoughts with some kind of benchmark. Depending on whether it is better than the standard or worse than the standard, the decision of the intellect varies.

The components of the intellect are shown in the diagram in the next page

The intellect has

1. Self-View
2. My Roles & Responsibilities
3. World View

4. Value System
5. Energy Reservoir of 7 Qualities & 8 Powers
6. Desires (Long-term, Medium term & Short-term)
7. Attitude / Self-respect



Many of us are able to observe our own thoughts. We often wonder why we get certain thoughts – we do not understand the motivation behind those thoughts and worse, we are unable to transform those thoughts. We know they are detrimental, but lack the wherewithal to make changes to those thought- and action-patterns. We give up on any hope of transformation after few or several failed attempts.

We also realize in our lives that each one is very strong in bringing about changes in some aspects of our lives and are relatively weak in bringing about changes in some other aspects of our lives

We will now look at the foundations of the thinking process.

9.1 Parameter #1: Consciousness

The most fundamental layer that determines our inner lives and much of our outer lives is what is called CONSCIOUSNESS.

What is Consciousness?

Another term normally used is awareness. **What is Awareness?**

Another spiritual term used for this is called Enlightenment. **What is Enlightenment?**

In Simple terms, Consciousness, Awareness or Enlightenment means

BEING AWARE OF OUR TRUE IDENTITY AND OUR TRUE POTENTIAL AND TO BE ABLE TO OPERATE FROM THAT AWARENESS AND AT THAT LEVEL OF TRUE POTENTIAL / CAPABILITY

Our consciousness controls our entire lives – there is no part of our lives untouched by our consciousness. However, most of us are totally & explicitly unaware of this master controller of our lives.

We may find someone has the following consciousness:

I am a 27 year old Indian male, with average physical beauty, below average physical health and physical strength, with average educational qualification (say I am a Mechanical Engineer with 8 years' experience) working in a workshop making Mechanical Equipments for Oil & Gas Refineries, making above average salary per month, am married to an average looking woman who is a housewife,

having two children aged 5 and 2, looking forward to a very ordinary life

or

I am a 30 year old single American woman, with average physical beauty, above average physical health and strength, with above average educational qualification, (University Degree Qualification) working in an office and making very good salary per month looking forward to a great life ahead.

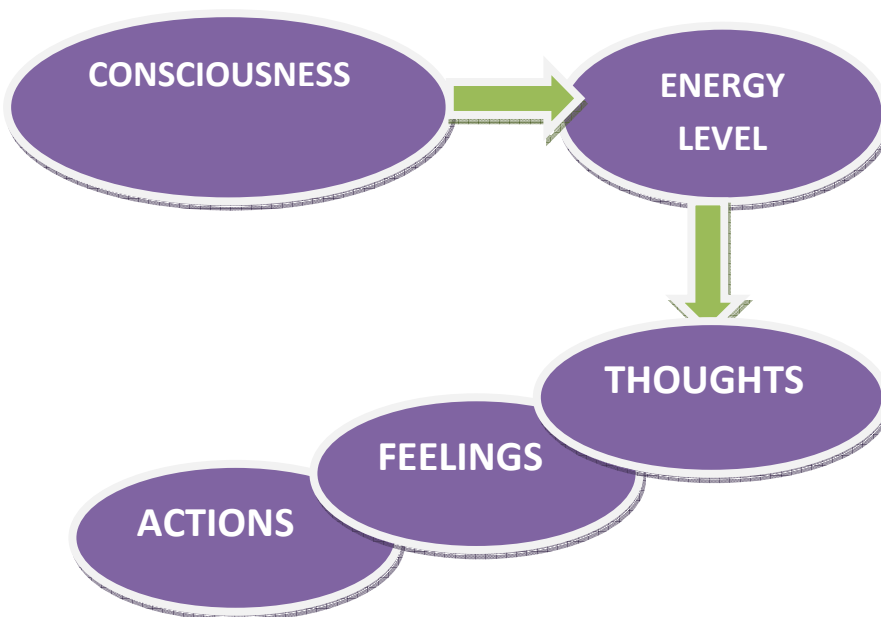
This consciousness or Self-Identity is very deep and powerful aspect of every soul. This determines our entire life. Our own consciousness may not be so clearly defined, but it nonetheless directs and drives our lives.

A fully awakened soul, enlightened soul or a soul having higher consciousness level is fully aware of the relationship between thoughts, feelings, words and actions and our consciousness level all the time.

Most of the human beings always start off their lives with great ambition, motivation and energy. However, when they experience obstacles, most of them cave in at the slightest level of discomfort & pain, especially if it has to be sustained for a long period of time. Most of the people are capable of facing even severe obstacles for a short period of time, however if it stays for a long time, then caving in or walking away is the most common response.

A fully evolved soul is capable of handling whatever level of discomfort for whatever period with the full faith that they will ultimately overcome the obstacle.

RELATIONSHIP BETWEEN CONSCIOUSNESS, OUR ENERGY LEVEL, THOUGHTS, FEELINGS AND ACTIONS



Our consciousness determines our energy level and our energy level, in turn, determines our thoughts, feelings and actions.

If we are really keen on changing our thought patterns, we must change our consciousness. This is the reason why most of the people who attend positive thinking courses and make sincere effort in changing their thought patterns fail in the long run. We cannot change our thinking without changing our consciousness.

Most fundamental aspect of Consciousness is whether we consider ourselves to be a physical being or a spiritual being.

Other aspects of our Consciousness also include:

- My own Capability (in my areas of interest)
- My Knowledge Level (or Intelligence level)
- My preferences (Likes & Dislikes)
- My Skill Level
- Past Performance
- My Social Standing
- My economic status and achievement
- My physical attributes
- My Support structure including powerful and intelligent family members, people of a certain clan who have been very successful in whatever dimension that is of importance to me, my relationship with people with lot of power (who can help me achieve what I want to achieve).

9.2 Parameter #2: Roles & Responsibilities

The second most important layer that controls our thoughts, words and actions is our understanding of the roles that we play.

The Roles & Responsibilities directly come from our Consciousness of our Self-Identity

At home, a man plays the roles of son, brother (elder or younger), husband, father, grandfather, etc.

At home, a woman plays the roles of daughter, sister (elder or younger), wife, mother, grandmother, etc.

At the office, a man or woman plays the role of worker, supervisor, manager, CEO, etc.

Our understanding of the roles that we play also comes with an understanding of the rights and responsibilities associated with that role. Hence, our thoughts, words and actions are very much influenced by our understanding of our roles, rights and responsibilities. These are dictated by the prevailing social norms.

Parameter # 1 is much deeper and most people are totally unaware of its influence on their lives whereas Parameter #2 is a lot more visible.

These roles & responsibilities also come with an awareness of our role, relative to the roles others play and the powers associated with various roles. Here again, the social conditioning, culture and value systems of the larger society play a major part.

Again, the roles & responsibilities we assume also depend on the fundamental aspect of consciousness – whether we consider ourselves to be a physical being or a spiritual being.

9.3 Parameter #3: Energy Reservoir

This parameter consists of the Energy reservoir that the soul has.

- Reservoir of 7 Godly Qualities
- Reservoir of 8 Powers

1. Energy Reservoir of 7 Qualities of

- a. Knowledge
- b. Purity
- c. Peace
- d. Love
- e. Happiness
- f. Bliss &
- g. 8 Powers
 - i. Power to Discriminate
 - ii. Power to Judge or Decide
 - iii. Power to Face
 - iv. Power to Cooperate
 - v. Power to Adjust
 - vi. Power to Tolerate
 - vii. Power to Withdraw &
 - viii. Power to Pack up

Just like a rich man is one who has lot of money and a poor man is one who has little money, a powerful soul is one who is full and overflowing with these 7 qualities and a weak soul is one who does not have enough of these qualities.

If a soul is full and overflowing with these 7 qualities, then that stage is called equal to **GOD – who is pure consciousness. In that stage, there is no need for us to think. You are just full and complete.**

This is a stage attained by very few in this world.

When a soul is overflowing with these 7 qualities, in that stage, the soul is Peaceful, Happy & Content. The soul does not need anything. The only reason the soul has to think is to Express its own uniqueness and talents for the benefit of the self and the world.

The Energy level of the soul overflowing with these 7 qualities is very high. The operating frequency of the soul is also very high and it attracts high quality materials into its life automatically, with the least possible effort.

The 8 Powers are the powers of the intellect that keep working all the time. However, based on our consciousness level or self-identity – the intellect makes decisions and executes them. The foundation, again, is whether we consider ourselves to be physical beings or spiritual beings.

The higher the energy level, the higher the level of these 7 qualities and 8 powers and also, the higher is the willpower. The soul will be able to face very great opposition and still be firm on achieving what it desires.

These three parameters, together, control our thinking, speaking and doing. Most people, however, are unaware of the presence and influence of these parameters.

9.3.1 8 Powers of the Intellect:

1. The Power of Tolerance

- a. Tolerance means to bestow love and good wishes even when confronted by negativity and ill feeling. True tolerance is a rich response to adverse circumstances and a state of natural giving in all situations.
- b. Tolerance builds bridges across the chasms of human misunderstanding. With this power, pain can be transcended and old wounds healed. Tolerance makes enemies into friends and enables me to bless those who curse me.
- c. Where there is true love and regard for others, there is less feeling of tolerating

2. The Power of Accommodation

- a. To accommodate in a spiritual sense is to have such a big heart that there is room for everyone in it and no one is excluded.
- b. Accommodation requires a flexible personality, humility, broadmindedness and unlimited love that places no demands on others and accepts them as they are
- c. Like the ocean, the soul is so full that it can accept whatever flows into it – yielding and giving but never losing any part of itself

3. Power of Discrimination

- a. The power of discrimination is the ability to assign accurate value to the thoughts, words and actions of the self and of others.
- b. It means the ability to recognize that which is truth from that which is falsehood so that we are not deceived by the self or others
- C. Also called realization. To increase the power of discrimination and understanding, the soul has to go into the depth and subtlety of knowledge.

4. The Power to Judge or Decide

- a. The power to decide is to make decisions and bring them into action.
- b. If our decisions are made with a completely selfless motive, then all will be happy.
- c. The nutrients for increasing the power of taking decisions are soul consciousness, incorporeal stage and detachment. Soul Consciousness and the incorporeal stage pertain to the Intellect. Detachment is to be brought about in action.

5. Power to Face

- a. To face is not to confront a person or situation with anger, but it is based on an optimistic outlook, a deep faith that there is benefit in the outcome of every scene in the drama.
- b. The first step in self-transformation is that the soul must have the courage to face itself and external situations that may initially appear challenging.
- c. The power to face can be gained by absorbing the powers of yoga and gyan and having clear realization of the greatness of the soul and that this drama is just a game to play. When there is intoxication of the ultimate achievement, the obstacles that confront us on the road to the goal can be crossed with happiness.
- d. Only the soul who feels that he has nothing to lose can truly face – i.e the soul must be free from all desires. Destroy fear through being carefree – I am an immortal soul. In reality, there is nothing to lose.

6. Power to Withdraw

1. To withdraw is a power, an act of total self-control
2. There needs to be a strong awareness of the spiritual self, and the ability to stabilize in that in a second no matter what the atmosphere may be. In that state of introversion, the soul experiences deep concentration. It is one of the foremost powers that the soul needs to develop in order to practice meditation.
3. The ability to withdraw stems from a deep respect for the self; a value for one's own thoughts, words, actions and time.

7. The Power to Cooperate :

- a. The power of cooperation is the coming together with a common aim and working in harmony with natural ease and smoothness in operation.
- b. It involves the virtues of humility and both farsightedness and broadmindedness.
- c. To be cooperative, I need to have the aim of bringing benefit to all. Become humble so that you can then increase the task of world renewal.

8. The Power to pack up :

1. The power to pack up involves the tapasya of destroying the past forever in the fire of yoga.
2. To pack up requires courage, honesty, discrimination, judgment and straightforwardness.

9.4 Parameter #4: My Value System

My value system is like a guiding post.

This defines my own idea of

- What is right and what is wrong?
- What is acceptable and what is not acceptable?
- What is doable or what are not doable?

Just to give a crude example, suppose I want to become very rich. I know very well that looting a bank or my rich neighbor is not the way to become rich. I have to find a legal and ethical way of achieving my objective. In fact, some people resort to looting banks or others because their value system does allow them that option. However, for most of us it is a strict “no no” and not an option at all.

Value system again operates at many different levels – Individual, Family, Groups, Business, Society, Religious groups etc. For example, for one religious group eating pork is not an option, In another religious group drinking alcohol is acceptable, for another religious group drinking even milk or eating dairy products is not acceptable. One has to be aware of these influences in our lives.

Value systems also include categories that are

1. Long-term values / No compromise
2. Mid-term values / Some compromise allowed
3. Short-term values / Keeps changing with times

The most elevated life is a life lived based on Values which manifests itself as divine behavior and virtues in our thoughts, words and actions.

9.5 Parameter #5: Desires & Intensity of those desires

The main difference among human beings is in the aspect of expression of the self and the preferences one has in life. One may be interested in music, another in dance, another one in science, another one in travel, food, culture, and yet another one in spirituality. There is great variety.

It is the desire that makes us get up every morning and go out and do something and it is the Intensity of that desire that gives us the strong motivation force to keep going against all odds.

Desires are also of three types:

- Long-term
- Mid-term &
- Short-term

For most of the people of the world, the long-term and mid-term goals are explicitly absent and they are just driven by the short-term or immediate day-to-day survival-level or subsistence goals. Most of the people also find it very difficult or painful to get past the day-to-day demands.

For many of those who can comfortably meet those day-to-day demands and still have some spare time, money and energy, the whole focus shifts to enjoyment / seeking pleasure.

Only a very few people in the world actively pursue mid-term and long-term goals very systematically. No wonder that 95 % of the wealth in the world today is controlled by 1 % of the population.

That is why most of the people feel that life is a drag. Those who have the mid-term and long-term goals and have a strong need to achieve

these goals have unlimited energy to go through life with lot of zeal and enthusiasm.

Again, we need to be aware of the difference between desire and a wish list. Most of us have a huge wish list – i.e we want many things in our lives. However, we do not wish to spend any amount of energy – in terms of time and effort to achieve these items in the wish list. An intense desire is an entity for which we are willing to sacrifice our lives. We live and breathe that desire – like an athlete who wants to win an Olympic gold medal. Every moment of their living day is spent on how to achieve that goal. That is the difference.

We need to consciously think and develop our short-, medium- and long-term goals and spend our lives systematically to achieve them one by one. All successful leaders are great examples of such intense focus and systematic efforts.

One of the major problems regarding desires is discussed below.

We all have 4 capabilities.

- Power to think
- Power to Choose
- Power of Habits
- Power of Current Skills & Capabilities

Whenever we make our choices, we are always constrained by our current level of skills and capabilities. We always feel inadequate whenever we have to choose any major goals in our lives. However, the right way to choose is based on the level of intensity / desire that we have in that field. Based on the level of intensity, we can enhance our current skills & capabilities or attract talent required to achieve our objective.

9.6 Parameter #6- : SELF-RESPECT & ATTITUDE

● SELF-RESPECT

○ Is the sum total of my faith or belief in myself

- Every time a situation comes in front of me, I analyze it and make decisions, of which there are consequences. If the consequence is positive and exceeds my expectation and the expectations of others, then obviously my self-respect rises and I have more self-confidence in my ability to do the right thing at the right time. However, too much success can also turn into over-confidence and arrogance.
- If the consequences are negative, then my confidence in my ability to solve the problem takes a beating. If after repeated corrective analysis, decision-making and taking actions, if the results are still negative, then my self-confidence begins to take a more severe beating. Then the person is not confident of dealing with any problems in future, and it shows in his or her behavior – He or she may shy away from dealing with issues publicly due to the fear of failure. It can turn into severe depression and loss of faith and a lack of will to live.
- The cycle of analysis, decision-making and action keeps happening hundreds of times every day and in this process – depending on the consequences, our self-confidence either goes up or goes down.
- This can also be called SELF-RESPECT – a dynamic parameter which governs our emotional state.

- A person with very high level of self-respect will be able to face setbacks and obstacles over a long period of time without losing their self-respect – examples include Leaders like Abraham Lincoln and Winston Churchill. A person with low self-respect will not be able to face such setbacks and will eventually lose confidence to live – or will become cynical and depressed.
- **Attitude :**
- What is attitude?
 - ***Attitude is our outlook of life and the world based on my self-confidence – i.e. Confidence in myself and my ability to deal with any situation whether I have a solution or not, whether I have the expertise or not.***

This is what helps us to see either a glass to be half full or half empty.

A person with a very high energy reservoir will have very high self-respect and will have a positive attitude towards life and the events in life.

To have a positive attitude and in turn to have a high level of self-respect we need to raise our energy level by accumulating the 7 Godly qualities and 8 Powers of the Intellect.

9.7 Parameter #7: World View

The world is divided into many pieces due to various limited thinking of human kind. Some of the key parameters include

- Division by Countries
- Division by Color of the skin
- Division by Educational Qualifications
- Division by Economic Status
- Division by Clans / Sub-Clans
- Division by Religious beliefs
- Division by Profession

Our world view is the sum total of what we made sense of our experiences and the experiences of all those around us. We are fully aware of our thoughts, feelings, words and actions at this level.

However, how we make sense of the world around us also, to a large extent, depends on how we view the world – which is based on our own consciousness level, our understanding of the roles that we play & our value systems and our energy reservoir. How I see myself determines how I see others – if I see myself as a Christian, a person of other religion may seem to be an enemy. If I see myself as a human being, then I see all other human beings as my brothers and sisters.

These are two levels below our conscious understanding. Without bringing about change in these two levels, we cannot bring about any sustained changes in the visible behavioral level.

We also tend to generalize our experiences.

For example, if a Chinese friend has helped me during my difficult situations and has always been very supportive all the time, then I always believe that Chinese are good people to deal with. If my experience has been opposite, then I believe all Chinese are bad people and that they are not worthy of having trusting relationships. Though this is somewhat of an exaggeration, it demonstrates how we generalize our experiences on a surprisingly frequent basis.

Essentially, the intellect relies on these 7 factors in any and all decision-making:

1. *Consciousness about the self*
2. *Roles & Responsibilities of the self*
3. *Energy Level*
4. *Value System*
5. *Desires & Goals*
6. *Attitude and Self-respect*
7. *World View (Consciousness of Others and their Roles & Responsibilities)*

These 7 factors constitute our intellectual foundation.

As we become more and more introverted, we will be able to see these factors very clearly and be able to transform these factors as required, again depending on our level of realization.

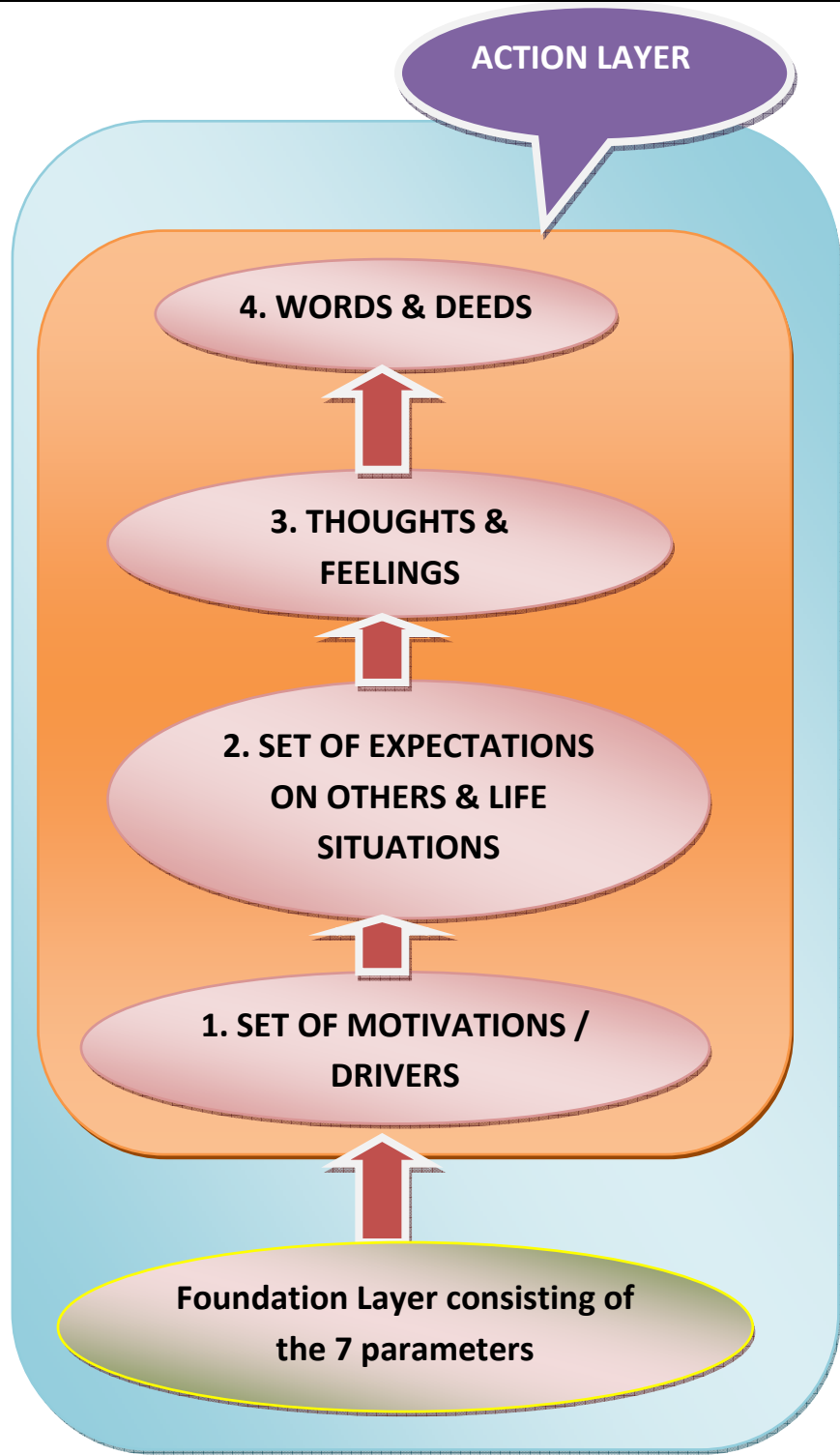
This is the foundation layer and these factors influence our thoughts, words and actions in the **Action Layer** as shown in the next page.

10.0 Response / Action Layer

Whenever a thought or a decision is given to the Intellect, the Intellect can choose to

- Discard the thought
- Ignore the thought
- Process the thought , but not take any action
- Process the thought, and take some action through – another thought, a feeling, words and physical actions

The manifestation of the response from the intellect is shown in the next page.



10.1 Motivations / Drivers

Experts say that one can never be motivated from the outside. Motivation always comes from within, from within a person.

Others can only provide what the person values, so the person can motivate himself or herself to perform whatever needs to be performed.

Motivation is a very deep subject.

Lack of understanding of this field is the reason for failure of millions of people who spend thousands of dollars going through a multitude of motivational courses, expending time, effort and energy and still fail to realize significant changes in their lives.

Significant changes, or even minor changes, can only be effected when the changes required are in alignment with

1. My Consciousness
2. My Roles & Responsibilities
3. My Energy Level
4. My Value System

5. My Set of Desires
6. My Attitude / Self-respect
7. My World View

In fact, without this alignment, nothing can be changed and changes brought about cannot be sustained. Lasting changes can only occur when we work on these seven foundation factors which most of us are explicitly unaware of.

- ***The Enlightened Spirit is stronger than the Flesh and not vice versa, always.***

10.2. Expectations on the self and others

No man (or woman) is an island. We all live in a society filled with people. We need the companionship of people, without which life becomes meaningless.

Depending upon how we view ourselves, our set of capabilities, our own desires and how we view others, we also develop expectations on everyone around us.

The single most cause of all our problems is – our expectation on others

We all have expectations –on what should happen in our lives, what others around us should do, what God should do and what my friends should do etc. Our expectations are endless.

When our expectations are not met, we naturally get disturbed and our happiness goes out of the window. The greater the intensity of the expectation, the worse the disturbance and sorrow if the expectation is unfulfilled. **Power of Intention vs the Power of Expectation:**

When we have expectations on others, we inherently feel that if they do not help, we may not be able to achieve our goals or that it will become much more difficult to achieve our goals.

When we fail, most of the time, we are looking for excuses and others become our convenient scapegoats. We blame others for not helping us achieve our goals and, thus, for our failures. ***The Law of Attraction states that whatever you focus on will grow. This works at the emotional level.***

On a fundamental level, all of us want to be peaceful and happy. If our expectations go unfulfilled, it leads to loss of happiness and accumulation of sorrow.

When we are in a state of happiness, then according to the Law of Attraction, then we will receive more happiness from the universe.

When we are in a state of sorrow all the time, then according to the Law of Attraction, then we will receive more sorrow.

Power of Intention

The main difference between the Expectation and Intention is one of support structure – either external faith or internal faith.

Expectations are always extrinsic. Examples are: My father should help me out, my friend should do this for me, my boss should listen to me, etc. If I don't receive that help I expect, then it leads many times to disappointment and hopelessness. I lose my self-confidence in achieving what I want to.

In the case of Intention, I decide what I want to achieve, but I do not expect anything from anyone or the situation. I have the inner faith that I can achieve whatever I want to when I put sufficient focus and attention on it. The situation at the moment may look totally unfavorable, but once I set my mind on something with full faith and determination, nothing affects me and I keep going and eventually, after overcoming a few obstacles, succeed.

I am also explicitly aware of the way the mind works and how from thoughts, physical things manifest in our lives.

When we can move from the external faith to internal faith – i.e from expectations to intentions - then our lives becomes wonderful, enjoyable, challenging, exciting and completely free from worries.

10.3. Thoughts & Feelings

- **Thoughts**

Thoughts are the foundation of our existence. We make sense of our world through thoughts – through the 5 sense organs, we create **perceptual** understanding of this world and through our subtle organs of our mind & intellect, we create **conceptual** understanding of the world.

The difference between human beings and animals is the ability to think at the conceptual level.

We can maintain positive thinking even in challenging situations only if we have high energy and strength. Fear and worry are the constant companions of the weak. ***Positive and optimistic thoughts energize us while negative and weak thoughts drain us of our energy.***

- **Feelings :**

We are human beings and we are emotional beings. Everything related to us is based on feelings and emotions.

What is the difference between feelings and emotions?

Feelings are feelings, as we traditionally understand them, while emotions are the effect of those feelings on the motion of energy in our physical body and organs. When these energy motions are not in balance, when they are affected, the body becomes sick.

Our physical body is only capable of handling positive emotions. It gets sick when negative emotions persist for a sustained duration.

10.4. Words and Deeds

Our words and actions follow our thoughts and feelings.

Without changing our thoughts and feelings, we cannot change our words and actions.

Without changing my attitude & self-respect (and in turn my energy level), I cannot change my thinking.

Raja Yoga is about bringing out very significant changes to our consciousness and changes in all the layers / levels. Only with significant help and support from the divine (My Supreme Father , Supreme Soul) can we manage this transition.

A great level of understanding of how our Conscious mind, Intellect and our Sub Conscious mind work and how to make use of them to manifest what we want in our lives is the basis of bringing about SELF TRANSFORMATION in Brahmin Children.

This book has thus far shed light on the inner workings of these subtle organs to help bridge the gap between knowledge and transformation.

11.0 The Sub-Conscious Mind

Why do we need two minds – the conscious mind and the subconscious mind?

The reason is one of Capacity.

Scientists have proven that our conscious mind can only handle about 7 parameters at any given time. To make sense of the world for us, we need to process millions of pieces of information.

The subconscious mind can process trillions of pieces of information simultaneously. However, it takes some time and effort for the information in the conscious mind to be transferred to the subconscious mind.

Whatever decisions are taken by Intellect are stored in the Subconscious mind. This recording goes on and on throughout the cycle, across 84 births.

Our lives are controlled mostly by our habits. Experts have said that “We are what we repeatedly do.” It is worth noting that it takes the same amount of time and energy to develop a good habit and a bad habit.

The sensible thing to do is to review and scrutinize all our habits and discard those that are detrimental, while keeping those that are useful and systematically developing beneficial new habits.

12.0 Aim & Objective of Brahmin Life:

To become a human being with Divine Virtues

***BECOME WISE & SENSIBLE (INCORPOREAL), POWERFUL
(EGOLESS) AND VIRTUOUS (VICELESS)***

The aim of Brahmin life is to become the most elevated human being of all, one who is

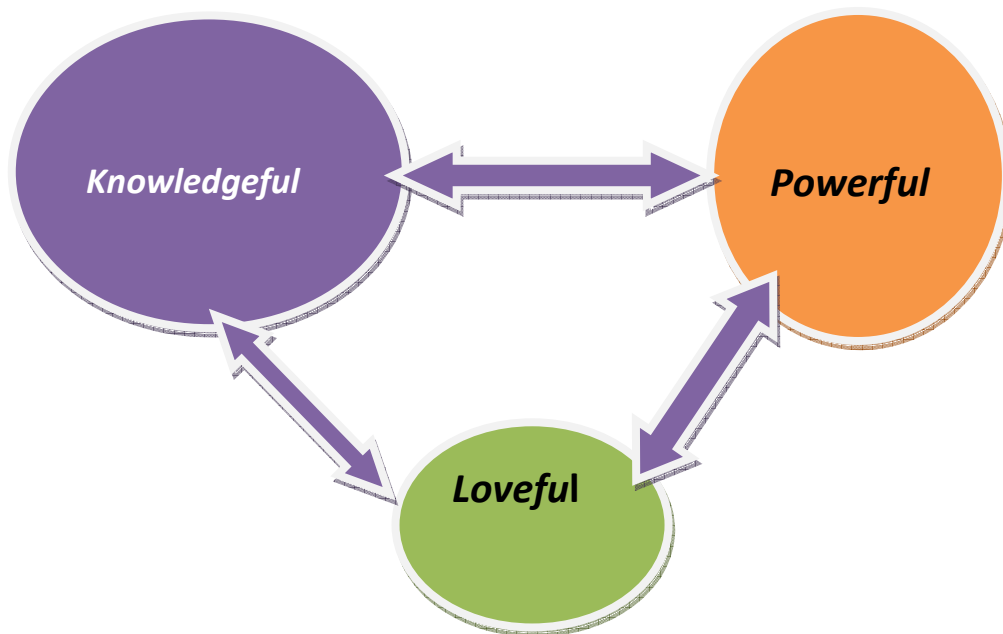
- a. Completely Viceless
- b. Full of All Virtues
- c. 16 Celestial degrees complete
- d. Doubly Non Violent &
- e. Following the Highest code of conduct

In essence,

**TO BE ABLE TO MAINTAIN GOOD WISHES AND PURE FEELINGS FOR ALL
SOULS IN THE WORLD AT ALL TIMES**

To become that

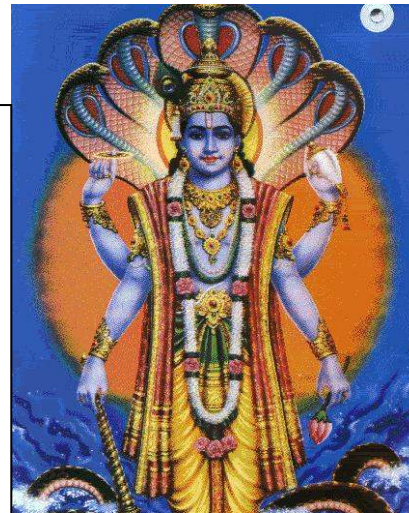
- One needs to have the Knowledge of the eternal truth of the self and the universal principles
- One needs to have enough strength / emotional resilience to remain undisturbed at all times
- One needs to be able to behave in a virtuous manner under all circumstances



**BECOME WISE & SENSIBLE (INCORPOREAL), POWERFUL (EGOLESS)
AND VIRTUOUS (VICELESS)**

INTELLECTUAL CLARITY

**BECOME WISE & SENSIBLE BY
BECOMING FULLY SOUL
CONSCIOUS & THROUGH
IMBIBING KNOWLEDGE OF
THE ETERNAL TRUTH,
UNDERSTANDING THE LAW OF
KARMA AND BEING A
TRIKALDHARSHI**



**INTELLECTUAL POWERS AND
EMOTIONAL RESILIENCE**

**BECOME POWERFUL THROUGH
PURITY & ABSORB ALL DIVINE
POWERS FROM THE SUPREME
FATHER, SUPREME SOUL BY
ABSORBING THE GODLY
QUALITIES OF PEACE, HAPPINESS,
LOVE AND ALL POWERS.**

BECOME VIRTUOUS

**LIVE A LIFE THAT IS A CONSTANT DEMONSTRATION OF THESE VIRTUES BASED ON
WISDOM, POWERS, PEACE, HAPPINESS & LOVE**

Appendix

- 1. Meditation Commentary on My Air & Objective**
- 2. Meditation Commentary on Changing my Consciousness level from the Current level to the Most Elevated**
- 3. Mental toughness**

Meditation Commentary on My Aim & Objective

Sl No	Commentary
1	<p>My Aim & Objective in life is</p> <ul style="list-style-type: none">- To become Equal to God- To become Close to God &- To become Like God <p>And to enable as many souls as possible to achieve the same stage</p>
2	<p>The Symbol or sign of being equal to God is Maha-Vishnu, the Double Crowned Deity, the Master of Heaven, the Most Elevated Human being of all</p>
3	<p>The Qualifications of I, the Double Crowned Deity, are</p> <ul style="list-style-type: none">- Completely Viceless- Full of All Virtues- 16 Celestial degrees complete- Doubly Non violent &- Following the Highest code of Conduct willingly

4	<p>I achieve these qualifications of a Double Crowned Deity through a thorough understanding of</p> <ul style="list-style-type: none">- My Eternal Identity- My relationship with my eternal Father , the Supreme Father, the Supreme Soul- Deep Understanding of the Karma Philosophy- Deep understanding of how the drama repeats identically- Realizing that the elements of nature has been created to serve the soul,- that God, my supreme Father, the Supreme soul is the only source of strength and support for the soul &- A Clear understanding that nobody can cause any harm to me
5	<p>The essence of Raja Yoga is to become</p> <ul style="list-style-type: none">- Knowledgeful- Powerful &- Virtuous

	So that God Himself can use me to bring immense benefit to the billions of my brother souls currently going through lot of suffering & to the five elements of nature.

**Meditation commentary - How to Change our
Consciousness level from the Current to the Most
elevated (An Example)**

1. Knowledge Bank	
1. Self View	<p>I am a special soul playing an elevated role in the world drama.</p> <p><i>Who am I ?</i> I was Vishnu, the double crowned deity, (Crown of purity and Crown of Responsibility), the Master of Heaven, the most elevated human being of all in the whole world. I am becoming that once again. God Himself is making me that once again.</p> <p>I am God’s direct Child, Student and Disciple. God Himself is my Father, Teacher and Satguru.</p> <p><i>My Qualifications are :</i> <i>Completely Viceless, (Completely free from all Primary & Secondary Vices)</i> <i>Full of all Virtues, (All 36 Virtues)</i> <i>16 Celestial degrees complete (Full of Power</i></p>

**& Strength),
Doubly Non violent (Not even thinking
violent thoughts) and
Following the Highest code of conduct.**

5 Forms Drill :

- 1. In the beginning of Golden age, I was the Double crowned deity Vishnu, The Master of Heaven, the most elevated human being in the whole world.**
- 2. During the middle period, my worship worthy non living image (can be Vishnu or any other form you like) was serving all the devotees giving them home and strength to deal with their problems.**
- 3. In the Confluence age, I become a Brahmin, the top knot. Brahmin means one who knows the Eternal truth, one who is a direct child of God Himself, One who becomes pure, helps others and nature to become pure.**
- 4. Towards the end of the confluence age, I become a pure angel, one who is completely pure, one who has only good wishes and pure feelings for all, one who has the benefit of the entire**

	<p><i>humanity in my heart.</i></p> <p>5. My eternal form is – a point of light and unlimited might, a pure and powerful meta physical living being and a life force, a bright and shining white star.</p>
<p>2. Roles & Responsibilities of the Self</p>	<p>During the most elevated and most beneficial confluence age, I play the following roles.</p> <ol style="list-style-type: none"> 1. I become a Brahma Kumar (or Kumari) learning the most elevated knowledge of Eternal truth in the World Spiritual University learning from GOD himself. 2. By imbibing the knowledge imparted by GOD Himself, I become a Pure Brahmin. 3. By staying combined with my FATHER, GOD Himself, I become a Shiv Shakthi 4. I become GOD’s helper in his task of World renewal. 5. I become GOD’s Instrument / Trustee so that GOD can bring benefit to all my Brother souls and to the elements of nature through me. 6. GOD makes me into a Master Almighty Authority, one who is Knowledgeful, Powerful and Loveful and one who has a right to GODLY Kingdom, the master of
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	<p>Nature.</p> <p>7. GOD makes me into a World Benefactor soul using me to bring benefit to all my Brother souls and to the elements of nature through me.</p> <p>8. I become an Angel who has the benefit of all in my heart and who has Good wishes and pure feelings for all.</p>
<p>3. View of the World / Others</p>	<p>All souls in this world are my Brother souls playing their part in the World Drama. They are all my Brothers, Children of my Supreme Father Supreme Soul Shiv Baba.</p> <p>They can not cause me any harm, because I fully understand that my life is determined by my Karmic activities – and I am fully responsible for my life. Whatever I have given only can come back to me. I can not blame anybody nor can I hold anybody responsible for the problems I face in my life. Also, I can only clear all my karmic account by performing elevated actions.</p>
<p>4. Roles & Responsibilities of Others</p>	<p>During the most elevated and most beneficial confluence age, other Brahmin souls also play the following roles.</p> <p>1. They become a Brahma Kumar (or Kumari) learning the most elevated knowledge of Eternal truth in the World</p>
<hr/> <p style="text-align: left; margin-left: 20px;">76</p>	

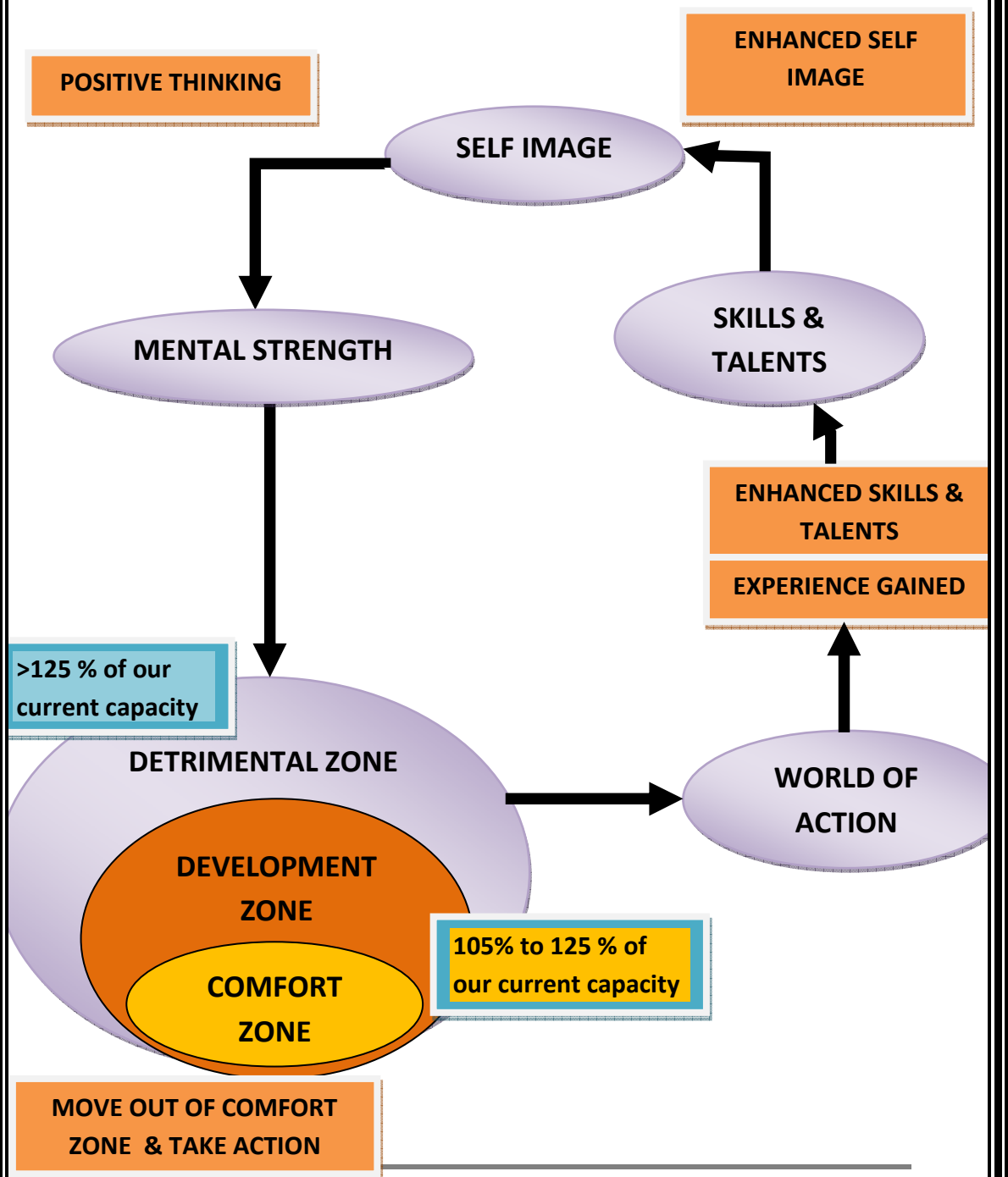
	<p>Spiritual University learning from GOD himself.</p> <ol style="list-style-type: none"> 2. By imbibing the knowledge imparted by GOD Himself, they become a Pure Brahmin. 3. By staying combined with the FATHER, GOD Himself, they become a Shiv Shakthi 4. They become GOD's helper in his task of World renewal. 5. They become GOD's Instrument / Trustee so that GOD can bring benefit to all my Brother souls and to the elements of nature through me. 6. GOD makes them into a World Benefactor soul using them to bring benefit to all my Brother souls and to the elements of nature through them. 7. They become an Angel who has the benefit of all in their heart and who has Good wishes and pure feelings for all.
<p>5. Value System</p>	<p>Karma Philosophy</p> <ol style="list-style-type: none"> 1. I am fully responsible for my life. 2. Whatever I need in my life, I can manifest using my mental powers 3. This whole world drama is a game between the Soul and Nature. The Soul
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	<p>is superior to the elements of nature. By regaining my Powers, I become so powerful that nature serves me.</p> <ol style="list-style-type: none"> 4. I need to practice being bodiless and filling myself with all the 7 Qualities so that I, the soul can become equal to GOD Himself 5. Only GOD is the source of help for me the Soul. Other people can only help me on a physical dimension. By taking help from GOD and filling myself with Knowledge, Powers and Virtues, I can also help my Brother souls. 6. I do not need anything from anybody in this world. I am full and overflowing with Knowledge, Powers and Virtues. 7. My life is a reflection of Knowledge through words, Powers through the mind and Virtues through Action.
<p>2. Energy Reservoir</p>	<p>Just like a poor man needs money to be able to deal with material related problems in life, a weak Soul needs the supply of these 7 Godly Qualities to become powerful. In Yoga, everyday, I fill myself up with these qualities until I become full and overflowing.</p>
	<ol style="list-style-type: none"> 1. Knowledge, 2. Purity, 3. Peace, 4. Love, 5. Happiness, 6. Mercy, 7. All Powers
<hr/> <p style="text-align: left; margin-left: 20px;">78</p>	

3. Desires	
	<ol style="list-style-type: none"> 1. My Desire is to become Equal to GOD (Bapsaman) and to make as many souls as possible to achieve the same. 2. My Desire is to be able to experience all the 7 Qualities to the same extent that GOD Himself (the Ocean of all these Qualities) experiences. 3. My Desire is to become a Sample for Brahmins (a source of Inspiration for Brahmins) to follow – a great example of how a Brahmin should be. 4. My Desire is to become a Very Powerful and Incognito server through whom GOD can bring immense benefit to the entire humanity. 5. To become Successful in all dimensions of life through Spiritual Power – in the Physical, Mental, Emotional, Spiritual, Economic, Professional, Social Dimensions and to be able to help others through that Spiritual power
4. Attitude	<p>Attitude manifests based on one of two factors or both.</p> <ol style="list-style-type: none"> 1. Based on the successes achieved in life till date.
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	2. Based on the faith / confidence in the self
5. Processing Powers	<p>I understand that all the Powers work well based on my Knowledge base (in section 1 above), Energy Reservoir (Section 2 above), my Desires (Section 3 above) and my Attitude (Section 4 above).</p> <p>I always have and use these 8 powers. However, based on these 4 key factors, my ability to make the right decisions under all pressing circumstances vary. When I become body conscious, I become more prone to make mistakes and go into a downward spiral.</p>
	<p>1. Power to discriminate, 2. Power to Decide / Judge, 3. Power to Face, 4. Power to Cooperate, 5. Power to Tolerate, 6. Power to Accommodate, 7. Power to withdraw / Introspect, 8. Power to Merge.</p>
6. My Self Respect Points	<p>I am a MAHAVIR, MAHARATHI, VAISHNAV, RAJ RISHI, MASTER ALMIGHTY AUTHORITY, GOD'S HELPER FOR WORLD TRANSFORMATION & WORLD BENEFIT, SELF SOVEREIGN, WORLD SOVEREIGN,</p>
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3. Mental Toughness



Mental toughness:

The best way to build strength / resilience of the soul is just like what we do to build up the physical strength / endurance.

We constantly stretch ourselves beyond our current capacity and rest, and then again stretch and again rest, an eternal cycle of stretching and resting (or recovering).

We can not stretch too much – for there is potential for permanent damage, nor can we stretch too little – for there won't be any development. Just the right level of stretching.

We all operate from one of three zones at any given time.

The Comfort zone:

This is the zone we operate from most of the time. It takes enormous amount of energy and effort to move out of this zone.

The Development zone:

If anyone wants to progress in life, then he or she must be in this zone most of the time. This is related to 105 to 125% of our current capacity – all the time stretching our limits. This is the best way to grow oneself to his or her highest level of capabilities.

The Detrimental zone:

This is the danger zone. IF we stretch too much, then there is a very high possibility of creating irreparable damage to the self. This is related to above 125% of our current capacity.

Depending on our thoughts, words and actions and the consequences of those, our mental strength either keeps going up or down – very rarely stagnant.

A good Brahmin is one who stays in the Development zone throughout the Confluence age – developing and developing until reaching perfection.

End Note :

Spiritual growth is very much like growth in lokik life.

A person goes through education, gets a degree and acquires knowledge , then joins workforce at a junior level executive. Over the years, as he or she applies this knowledge and gains experience, he or she gets promoted to higher and higher position in the company until he or she becomes the CEO of the Company. As he or she gains more experience, he or she also gains more knowledge. Gaining knowledge, applying them properly and achieving success is a life long process.

It is the same case in spirituality. A spiritual aspirant, gains knowledge through the seven day course. Then by practicing Yoga, he or she gains the strength and slowly and steadily applies the knowledge (with the acquired strength) in day to day life, gains experience and becomes more and more valuable. This practice leads to experience which makes the soul more valuable. This practice needs to be continued until the soul becomes complete and perfect.

**Wishing all my Brother souls a great spiritual journey
towards becoming equal to our Supreme Father,
Supreme soul.**

