

## BEING BLISS

### Ep 1

Happiness is not based on achievement. It is not at the destination, it is on the journey.

Happiness is a state of being, created while working towards the goal, not a feeling to be experienced after achieving the goal.

Obstacles on the journey are obstructions in our achievements, not obstructions in our happiness.

If we believe happiness is at the destination, then we will experience fear and anxiety if there is any obstacle or delay on the journey.

### Ep 2 – No synop

### Ep 3

TV, shopping, holiday, smoking or alcohol is not a de-stressor. It is only a temporary deviation from the pain.

The emotional wound of stress, anger or hurt gets deeper, because instead of healing it, we are distracting our mind away from it.

Achievements and possessions can get us regard, not happiness and respect. Regard is an outer gesture and respect is a feeling for what the person is.

Possessions give us comfort. Physical comfort is different from emotional comfort. Happiness, peace and love is our internal creation and can be created irrespective of external comforts.

### Ep 4

When we make our happiness dependent on a person's behavior or the outcome of a situation, there will be a dependency and therefore fear.

When happiness is dependent, we give power to the other person or situation, and thereby become weak.

The situation is a stimulus. The response to the situation is our creation and is completely our choice.

Our state of being influences the situation, i.e. the being comes into the doing. Anything done repeatedly then becomes a habit. So being, doing and then becoming is our choice.

### Ep 5

When we believe that our reactions to situations are dependent on the situation, then we shift to an automatic way of reacting, rather than choosing our reactions.

Situations outside are uncertain. If we make our state of mind dependent on them, then our reactions also become uncertain.

When people around us are in physical or emotional pain, we need to take care of our self. If we remain strong we will help to heal their mind. If we create pain, we will add pain to their pain.

If we stop our negative emotions from coming into words and actions, we reduce their intensity and increase our will power.

Ep 6 – No synopsis

Ep 7 – No synopsis

Ep 8

Our problems are not really the problem; our reaction to the problem is our actual problem. It is the quality of our reaction which decides our happiness or pain.

In the same situation different people will react differently. The situation does not trigger the reaction, it is the sanskar of the person which will create the reaction.

When we get disturbed by someone's behavior, we are making that person powerful. We believe they have the power to affect our state of mind.

We have the sanskar of anger and also of peace. We choose which sanskar to use, depending on person and situation. Let us not give our self the liberty to get angry with anyone, irrespective of their age, relation or position.

Ep 9

10% of conflict is due to difference in opinion and 90% is due to wrong tone of voice. Raise your words, not your voice.

The first step to transformation is not to justify your negative emotion, but to take personal responsibility of having created it.

When we justify our emotion, we blame others for it. We then expect them to change and do not find the need to change our self.

To change any habit we need to answer three questions. WHY should I change? HOW do I change? and most important Do I WANT to change? Unless the WANT to change is there, the HOW to change will not get implemented.

Ep 10

Resolve the issues on the mind before sleeping. Give answers to the disturbed mind, or give instruction that we will think about this tomorrow. Silence the mind, else the body will sleep, mind will keep thinking and not get charged.

Improper sleep over a period of time makes us sleep deprived. This makes our behavior irritable, tolerance power low, memory power and decision making power gets affected.

If we allow situations to overpower the mind, we start depleting our power. Rise above the situation. Focus on the solution, rather than thinking about why the problem happened.

Think about the solution, not the problem. Till we keep thinking about the problem, we are thinking about the past, which is not in our control, and we are wasting time and energy.

Ep 11

The mind is like our child. Take care of your child and also all your responsibilities like family, career and health. The first priority will be the child within and then everything outside.

While taking care of your responsibilities, the child might start crying, the mind starts getting irritated, angry or hurt. Withdraw for a minute from activity and heal the child, talk to the mind and change the quality of thoughts.

The child within is not in our control. No one taught us what to think or how much to think. Discipline this child with love, not force or harshness. While dealing with others, remember we are dealing with the child within them.

RESPONSIBILITY means the ABILITY to RESPOND the right way in every situation. So the priority list of responsibilities will be SELF, FAMILY and WORK. If we take care of our emotional well being we will have good relations and then perform well at work.

#### Ep 12

Like we choose the clothes we wear, let us choose the thoughts we create. The thoughts which suit our personality, which are comfortable for us and which will be appreciated by others.

We create 50 to 60,000 thoughts in a day. Our thoughts become our energy field. Our energy field moves with us and radiates to everyone like the perfume we use.

Even if we create hurt, resolve the issue and reduce the time for which we will remain in pain. Else we can carry it for months and years. Answer the mind and close the topic, heal the pain.

Our every THOUGHT is followed by a FEELING. Feelings over a period of time develop our ATTITUDE. Attitude comes out into ACTION. Any action done repeatedly becomes a HABIT. All our habits put together is our PERSONALITY. Our PERSONALITY creates our DESTINY.

#### Ep 13

The soul is always creating thoughts. Whether a soul leaves the body, or a soul is in the womb of the mother or if a person is in coma – the soul still creates thoughts and also receives our thoughts, but cannot express.

When a soul leaves the body, the family left behind should create thoughts of love not pain. Thoughts such as – we cannot live without you, how could you leave us... these thoughts will only cause pain to that soul.

When a soul is in the womb, create thoughts of love and happiness. Thoughts such as – will it be a boy or girl, do we have the resources to look after the baby... these thoughts of anxiety are not welcoming energy.

The information we take in is the most powerful influence on the thoughts we create. Early morning newspaper has a deep impact. Begin the day with 15 mins of powerful positive information.

#### Ep 14

Human being means body and soul. Being is the energy, the soul. Today we focus more on DOING rather than BEING.

The original qualities of every soul are Purity, Peace, Love, Happiness, Power, Knowledge and Bliss.

We don't have to look for peace, ask for love, achieve or buy happiness; we are an embodiment of these qualities. I am a Peaceful, Loveful and Blissful Soul.

Give attention to the sanskars which we want to be, sanskars of Peace, Love and Happiness. Where attention goes energy flows. Where energy flows things grow.

Ep 15 – No synopsis

Ep 16

When someone around us is in pain, if we also create pain, then we are only adding to the existing pain. If influenced by another's situation, we create anger or hurt then collective consciousness starts becoming negative. This is how negativity spreads in society.

Compassion means remaining stable when others are in pain. Sending them vibrations of love and power which they will use to heal themselves.

Detachment means remaining uninfluenced by other's vibrations. This allows our vibrations to influence them.

If we have had an unpleasant interaction with someone, clean your mind of the past experience before you meet them again. The clean perspective will radiate pure vibrations in the next meeting and will create a pleasant interaction.

Ep 17

Law of Attraction does not mean YOU GET WHAT YOU WANT, it actually means YOU GET WHAT YOU ARE. Our thoughts and words are what we are, these vibrate to the universe and we get them back.

WHAT YOU ARE is a soul carrying – sanskars and karmic accounts. So what we are going to get will be according to our sanskars and karmic accounts. Thoughts create destiny, is always true for the soul, whether in this costume or an earlier one. Costumes may change but the thoughts created then will still create our destiny.

Destiny is created according to our qualities and skills of the present and also karmic accounts of the past. Even if we are not getting the desired result, do not let any of the present qualities and karmas decline. If we create jealousy, insecurity, anxiety, then we are creating a negative present.

Accept the past carry forward and keep yourself strong and motivated in the present. If the present remains powerful and positive we will gradually settle the past, and create beautiful karmas which will influence our present and our future.

Ep 18

Thoughts are influenced by information, past experiences and belief systems. Every situation will be perceived through the belief system.

Anger is necessary; Happiness is in achievement; Stress is natural; Life is a competition; are some of our belief systems today. Even ONE wrong belief system reduces the power of the soul.

If we hold the belief system – Anger is necessary; then we will use anger to get work done. Even if we decide to work peacefully, it will be temporary. We need to create a new belief system – Anger is damaging, Love is the way to get work done.

When we experiment with a belief system, check if – We are feeling lighter; Health is improving; Relationships are becoming simpler and Karmic Accounts are settling. Then that belief system is right for us.

#### Ep 19

Our every thought, word and action is the energy we create and radiate - this is our KARMA. Situations and people's behavior is the energy we receive - this is our DESTINY.

We experience the energy of our thoughts while creating them. Then they radiate and the other person also creates similar thoughts for us which we receive. So we experience while giving and also while receiving.

Karma begins at the level of thoughts. If we create negative thoughts but speak beautiful words and do good actions, we are still creating negative energy. Karma is not in the action, it is the intention behind the action, i.e. the thoughts.

Knowledge of the Law of Karma empowers us to create right karma in the present. We take personal responsibility of situations coming to us; we do not blame anyone because we know it is a return of our earlier karmas.

#### Ep 20

We have made mistakes in the past, may have caused pain to people around us, in this birth and many before. We do not need to think of what is already done, it's over, cannot be changed. Focus only on creating the right karma now.

Creating guilt, self criticism or self hatred about the past will deplete our power, and again create present karma of negative energy. We need the power to create right karma now, so focus only on the now.

When return of past karma comes to us as challenging situations or conflicts in relationships, we have to now respond to the situation with stability and positivity. Even if we are constantly receiving negative energy, we have to create and radiate only positive energy.

Even if we have one strong negative karmic account, it depletes the soul power and can affect our health and our relationships. Change the quality of that karmic account so that we enjoy all our other beautiful karmic relationships.

#### Ep 21

Everything that we do whether at work or in family, let us set our goals and use our skills and qualities to achieve them. The focus should be on our own journey, not in reference to others around us.

If we keep striving to go ahead of others and appear to be in a race, then stress, anxiety, fear and jealousy will be our normal emotions.

If we focus only on our goal, then there will be no insecurity, we will be confident and motivated. This stability will keep give us the energy, which will empower us to achieve our goal. When we create insecurity and jealousy we will achieve less than our capacity.

It is because we want to go ahead of others, we compromise on our values, principles and ethics. Compromising on values depletes the power of the soul.

#### Ep 22

In studies, business or any professional, social or creative activity, our resources, sanskars and skills are the present input parameters. Our past karmic accounts are the invisible input parameters. Past karmic accounts is a powerful factor in deciding our success today.

Since our past karmic accounts can never be the same as others, we cannot compare or compete with others for our result.

Questioning or being unhappy about others success is a deep negative thought. When we start creating jealousy, insecurity, fear and low self confidence, then our present karmas also start declining.

Focus completely on your present parameters and do the best to your capacity. Be satisfied with the results, and continue to increase your capacity.

#### Ep 23

When we create a thought, it is followed by a feeling. This energy is experienced by us and also radiates to the person for whom it is created.

Love means acceptance. When we get critical or angry, we create negative energy of rejection. There is no appreciation, motivation or respect in those moments.

Our intention for family and friends are good, but in moments of anger our positive energy of love gets blocked and we radiate negative energy. Frequent blocking of our natural feelings affects our emotional and physical health and our relationships.

When someone makes a mistake, talk about the mistake, don't criticise the person. Separate the act from the person. Do not make past references about the person, discuss only what needs to be done in the future.

#### Ep 24 – no synopsis

#### Ep 25

The thoughts people create about us will always reach us. Any wrong karma, invites negative energy from people towards us.

If people are jealous of us, they will create negative thoughts for us. If we create fear, then we are creating negative energy and we will become vulnerable to consuming their negativity.

Be compassionate for them, they are jealous because they have achieved less than us. If we

understand their pain and create pure thoughts for them, it will become a protective shield for us.

If someone sends us negative energy, let us remember there are also a lot of people who send us blessings and pure energy. Focus your attention on the positive energy, influence of the negative will reduce.

#### Ep 26

If we create critical thoughts about the other person but speak very sweet words, we are still sending them negative vibrations. Slow down this inner conversation, because it blocks our natural energy of happiness and love.

Irrespective of the karma that the other person does, always remember they are a pure, beautiful soul. This consciousness keeps our flow of love natural and radiates respect to them.

When we have to give a correction for someone's mistake, it has to be given with vibration of love. Negative energy from us, makes them justify their mistake and then not correct it.

Anger attacks the person and talks about the past. Assertiveness talks about the mistake and solution for the future.

#### Ep 27

The thoughts we create are vibrations that radiate to the soul about whom they were created. These vibrations will trigger a similar quality of thoughts in them and those will then radiate to us. Very soon it is continuous exchange of energy. We need to be careful of the quality of thoughts.

The thoughts that we create in the early morning hours are the foundation for the day. So begin the day with reading or listening to pure powerful words, and then churn on them and implement them during the day.

The soul has divine sanskars and also impure sanskars. When we create pure thoughts, we bless our self and when we create impure thoughts we curse our self. God, deities or saints will never curse or punish us.

When someone blesses us, they are sending us powerful positive vibrations. When we take that energy and then create positive thoughts, we have accepted and used their blessings.

#### Ep 28

Everything good that is happening in our life and also things which don't seem right, all of them are a consequence of our karmas. They have not been decided by God or deities. Our karmas write our destiny.

Wrong karmas of the past come to us as challenges today. Help from others in times of challenges is a return of our good past karmas. Right response to the challenge now, will be our right karma in the present and this reduces the suffering.

God is the Ocean of Knowledge, Love and Power. Connection with God gives us the knowledge and power to do the right karma in the present and to also face the return of past karma in the right way

now.

If we have an overall positive energy field created because of our right thinking patterns, then the soul is powerful. A powerful soul will be able to absorb the blessings created for it and reject the negative thoughts created for it.

Ep 29

When we take a decision, it has to be according to our capacity to face the situation. We need to take the decision with full awareness of our sanskars which can make it easy or difficult to implement the decision.

When we give decisions or ask others for decisions, it may go wrong. The one giving the decision is giving according to THEIR sanskars which may be completely different from the sanskars of the one implementing the decision. The right decision of the giver may be a failure for the one to whom it has been given.

Do not take decisions for others. Be detached and see all the probable consequences of their decisions. Show them all the options possible and leave the decision to them.

Make others aware of their sanskars which they are not using. Empower them to use their positive sanskars to face the situation, then they will take the right decision.

Ep 30

The more we ask others to take decisions for us, our own decision making power will reduce.

When the decision is ours, we put in more than our capacity to implement the decision. We do not blame anyone, instead take personal responsibility for the consequences of the decision and face them with power and stability.

If people ask us to do something, let us not do it FOR THEM. Always remember, they are important to us, their happiness matters to us, so we are doing it for the harmony in our relationship. Decision is for our happiness, not THEIRS.

However challenging the situation may be, the decision we take IS OUR CHOICE. We can never say "I had no choice". The decision is ours, karma is ours, karmic account is ours and the return of the karma is our responsibility.

Ep 31

Each soul's definition of right and wrong is based on their sanskars and their environmental conditioning. So in the same situation, two souls will have a different definition of what is right and what is wrong.

While giving advice to someone in conflict, show them the perspective of the other person, which they themselves cannot see.

Even if you are in pain, do not hold the other person responsible for your pain. When we blame, it blocks our energy of love. When we don't blame, it means we accept them completely.

If we create thoughts for someone that they are wrong, then very soon they will feel that we are wrong. Now both the people will reject each other and this is disrespect.

#### Ep 32

If we get hurt, let us take personal responsibility for creating the hurt. Let us not blame others for our pain. We cannot love people whom we hold responsible for our pain.

If we are not judgmental about the other person and also do not hold them responsible for our emotions, then we are accepting them completely. When we accept them, we will get acceptance from them. This is respect and love.

When someone shares their problem or mistakes with us, if we are judgmental, then we are rejecting them. Continuous rejection from us will stop them from sharing with us.

Role of parent or friend is to be a counselor, which means to be non-judgmental. Accept unconditionally. Our love and acceptance is the healing for them, heal them and then give advice.

#### Ep 33

When the other person is right according to their perspective and we feel they are wrong, conflict has begun. Two souls are different, not right or wrong. Each is always right from their perspective.

Empathy means to detach from your own perspective and see the situation from the perspective of the other person. This creates understanding and compassion.

Even if we cannot understand the other person's perspective, let us always remember that what they are saying is the truth for them. This is the first step towards conflict resolution.

Accept your negative sanskar or the sanskar of the other person. Acceptance means no negative thoughts and energy of love keeps flowing. This love and power helps to create a new sanskar. Acceptance is the first step to Realisation and Transformation.

#### Ep 34

If there is a strain in any relationship, then definitely we are creating wrong quality of thoughts for them. We need to clean our thoughts; else even the best words and behavior will not get the right result.

To begin healing any relationship, do not focus on their behavior, words or what they think about us. Let us take care that we are creating the right thoughts and behavior towards them. If one person changes, it will influence the other and healing begins.

When we are adjusting to sanskars of the other person, we need to remember, they are also adjusting with our sanskars. Two souls will always have different sanskars and will find the other's sanskars uncomfortable.

Accept the other person's sanskar, which means remain stable. Now help them to create a new sanskar and give them time to do it.

### Ep 35

Positive thinking is not about EXPECTING the best to happen every time, but ACCEPTING that whatever happens is the best for this moment.

Positive thinking means right thinking at every moment. Visualising the best to happen, but then accepting the result and creating the right thoughts irrespective of what the outcome may be.

Positive thinking does not mean what will happen, will be the best; it means whatever will happen, will be accurate for me; according to my sanskars and past karmic accounts.

Accepting the outcome of the situation, keeps us stable at that moment. We retain the strength, confidence and motivation to put in our best in the next moment.

### Ep 36

When someone has made a mistake, they are in pain. We feel they have done wrong, and we are in pain because of their mistake. Truth is they are in more pain than anyone else.

The one who has made a mistake creates guilt, low self confidence, low self esteem, fear of rejection and insecurity of future. If we create anger, hurt and hatred then we are increasing their pain many folds. They need love and acceptance to heal their pain.

A person goes towards any substance addiction because either they are deprived of love; or crisis in life; or low self esteem and seeking public approval for feeling good. Help them to heal the pain in order to give up the addiction.

The intention should be reformation not punishment. Anger gives punishment, depletes the energy of the one who has made a mistake. Love empowers them and brings about reformation.

### Ep 37

Perfect maturity is when a person hurts you and you try to understand their situation and don't hurt them back.

When we respond to people in the same manner as they have behaved with us, we are copying them. When we keep copying each other, it is a continuous exchange of the same quality of energy.

Every time we copy negative behaviours of people, we are losing our own identity. We become an imitation of all the people we meet, and stop using our original sanskars of love, respect and harmony.

Irrespective of the other's behavior, be your original self and radiate your qualities of love and humility. They will respond in the same way. We will be happy while creating and radiating the energy and also when we receive it from them.

### Ep 38

When we hold resentment against someone, it becomes a very strong negative emotional link, we are bound to them. The one who lets it go, will set them self free.

Forgiveness means forgiving our self by letting go of the resentment we have held on to. Even if the

other person forgives us, we will remain in pain till we let go of the past negative experience.

Forgiveness does not only mean we are behaving and talking as before. It means we have healed our hurt, have understood the other person's perspective and do not hold them responsible for our pain.

Do not be angry with people for not forgiving us. Understand they are still in pain and do not have the courage to interact again because they fear that they may get hurt again. Send vibrations of love and compassion which will help to heal them.

#### Ep 39

Earlier when we experienced pain, we blamed others for it and wanted them to change so that we would be happy. Now we are aware - we are in pain, we are the creator of the pain and we have to heal our self, so it is complete self responsibility.

When we blame others for our state of being, we are giving our power to them. We also become dependent on them to heal us.

People have the power to affect everything that is outside of us – our work, money, property and even our body. But people do not have the power to affect our mind; that is completely in our control.

Healing is not an overnight process. It is a daily cleansing of pain. Be aware of your reactions in situations. Appreciate yourself for all the right responses. When a negative sanskar comes into action, do not justify it, prepare yourself to do it differently the next time.

#### Ep 40

To change any habit we take care of 4 aspects. Gyan – Knowledge, Yog – Meditation, Dharna - Inculcation and Seva - Sharing.

Study of spiritual knowledge in the morning and attention on application in situations is Dharna. We shift from reactive behaviors to consciously responding from our original qualities of peace, love and respect.

Share the knowledge with others through words, actions and vibrations. When we bring our qualities into action or radiate pure thoughts to others, it is Seva.

Rajyoga Meditation means connecting to the Supreme Power, God and taking His powers and love to heal our blockages, and emerge our original sanskars.