

4 DAY LESSON GRADUATE RETREAT AT IGATPURI

-By Sw. Krishnanandji

18th Sept 2009. 10a.m.

Igatpuri Retreat has many firsts to its credit. This is the first retreat for devotees built by the devotees. Dwarahat ashram was the first retreat ashram in India. But now days sometimes there are no retreats at Dwarahat even in a month. So this is The retreat. Igatpuri has to its credit the First Senior Citizen's retreat, First retreat for Kriyabans, this time the First retreat for Lesson Graduates. A unique trend is being set up by Igatpuri. Rest of the ashrams in India will follow what has been started by Igatpuri. Last time I was conducting a retreat in Simla for centre leaders for people from all over Himachal Pradesh on how to conduct satsangs and retreats and centre leaders from 8 centres attended. Then the Chandigarh people said, "Come and organize a similar programme for us." They were followed by Delhi, Noida, Faridabad. Now meditation leaders are getting prepared everywhere.

Guruji is turning me into a retreat specialist. First he made me into a construction specialist, then a temple specialist, then a calamity relief specialist and now he is making me into a retreat specialist. During the retreat we have to first dust out our own weaknesses. I actually wanted to do it for myself, and the best way to do it, is to make others do it.

There are so many techniques given in Guruji's lessons. But the main ones are the Hong Sau, the Om Technique, Energization Exercises and the Kriya. If you master just these four they will take you all the way to God. But then why did Guruji give 101 other techniques in the lessons? The above four techniques are a part and parcel of every Yogodan's daily morning and evening routine but Guruji gave a lot of other things besides this foundation.

For e.g. the Superconcentration technique. Every time I have made people practice it they have come and said it has made a great difference in their meditations. Everybody has concentration, but if Guruji says superconcentration then it obviously means something more superior.

Similarly there is the expansion technique, breathing technique, diet lessons and a lot of variety of things that we may even have forgotten are there in the lessons. The purpose of the retreat is to renew them, include them in our daily routine, not just practice them once over here. Perhaps someone will find that the breathing techniques or some other technique help him to overcome some personal problem. Different people have different needs at different times and so let us practice some of the techniques listed in the lessons.

In order to do this and to get more benefit there are 2 devotees here to help me. One is Mr. Pramod who has helped me in the past during children's camps in conducting the asanas. He will try to include some of the asanas in our practice. The exercises taught in Guruji's lessons are sometimes a little different from the one taught in Hath yoga.

Also in the lessons are a lot of Healing techniques. Dr. Anuradha will select out these techniques from the lessons and teach us how to put them into practice in our daily life. In following the

techniques from the lessons we may be at a loss as to what to do next; she will be able to tell us how to use them.

The timetable is not very rigid, it is flexible. Please check the daily time table on the white board. We will have Gita chanting of one chapter every day.

Study of the mind has become very popular out in the world. The world is catching on to the real meaning of how mind is the one responsible for everything that is happening to us. In Jan 2009 during the retreat I showed the devotees a film 'The Secret'. In the last sitting I myself tried to note down every single point mentioned in the film in an effort to use it as an excellent topic for satsanga. Then I showed that film during all the 3 - 4 retreats in Simla. I asked them not to see the film for entertainment or as a pastime but to find out how I can use this to help me find God. Take the tips outlined there to find success, to get the desired car and apply it any aspect of your life.

After the Energization Exercises we will practice sun gazing. Today I was asking someone when is the sun rising, and tomorrow we will practice some heliotropic healing exercises – like sun gazing, some breathing exercises, exercises for the eye etc. Take in the fresh air and then we will go for Gita recitation. In the afternoon, we will review the healing techniques and then Dr. Anuradha will explain some of those healing exercises. Anyone with a problem can come forward and be a volunteer for receiving healing and we will all send healing vibrations. We have to not just read but practice these techniques together. If no one is willing to be a volunteer we will catch a volunteer. Instead of healing him we will make him better.

In our daily schedule we are so busy just completing the basic four techniques with a watch in our hand, we are so busy with our jobs, trying to catch the local, get to our destinations, etc. that we hardly have time to practice affirmations and some other basic techniques. Let me ask a straightforward question. How many of us after our meditations, daily, separately practice sending of healing vibrations for mind, body and soul and for world peace? That requires more will power. Finally it is left to every individual how much each one of us practices of all the techniques that we review during this retreat.

We will also have guided meditation. Why is guided meditation easier for everyone? Guided meditation pattern makes long meditation shorter or left to myself 3 hours take a very long time. During the individual meditations I have to use my own will power, there is no Krishnanand leading me step by step through the techniques. Also the effect of the group is not there when we are alone. Group meditation is far better than individual meditation because of the Guru's presence felt in a stronger way. Satsanga is therefore very important. At the same time don't give up individual meditation.

How God and Guruji have given me this brain – it is more of an analytical type. Many years ago when there was no computer, and I sat down to read Guruji's lessons, I would study them in different ways. So many of the topics are scattered all over – some on philosophy, some on creation, some on how to get along. Guruji has different reasons for doing so. So I formulated an index. I put them all together in such a way that it would become easy to search. At that time I was in the correspondence department, Sw. Bhavanandji was signing the letters which I was

formulating and often it would become necessary to mention the page numbers of techniques suggested. I took a duplicate of all the lessons and put them again, topic wise, page wise and index wise. Sw. Bhavanandji's area is healing. When Sw. Bhavanandji saw me doing this he suggested, "Why don't you make one like that for healing also? I have the 1956 SRF edition. The new ones may have a different page number, or a para here and there may be different. For this retreat I asked one of the monks to look up the techniques and search them on the computer and he said it was taking very long because of this change in the new editions. So next time I hope to have a better index.

If you send me your email id's, I can send you a copy of the index as compiled by me. Sw. Krishanandji's email id is : swami.krishnananda@gmail.com
Simplest thing for you to do, get a duplicate set of lessons from YSS and compile your own index. It will motivate you to review the lessons. You will get a lot out of it.

I got this magazine from the SRF (Summer 2009) and I wanted to share the thoughts in this article on:

INTROSPECTION: HOW TO REALIZE YOUR HIGHEST POTENTIAL.

- By Parmahansa Yogananda

(Excerpts that focus on the whys and hows of self-improvement, from a talk previously published in Self-Realization Magazine.)

India's *rishis* from time immemorial have carefully analyzed the whole of human existence and advised people how to realize life's highest potentials. Psychology teaches you what you are; ethics tells you what you should be. The sages emphasized both as part of true religious training for spiritual unfoldment in body, mind and soul.

Every day you look into a mirror to observe your face and body, because you want to look your best before others. Is it not important to look daily into the inner mirror of introspection, self-analysis, to insure the proper visage of that which is behind the superficial appearance? All outer attractiveness derives from the divinity of the indwelling soul. And as even a little pimple or scar on the face spoils its beauty, so are there psychological disfigurements of anger, fear, hatred, jealousy, worry from the uncertainties of mortal existence, which mar the reflection of the soul. If every day you strive to free yourself from these defacements, the beauty of your inner being will shine forth.

By analysis we see that human troubles are threefold: those that afflict the physical body, those that attack the mind, and those that occlude the soul. Disease, old age, and death are the difficulties of the body. Psychological maladies invade through sorrow, fear, anger, unfulfilled desires, discontentment, hate, any fever or nervous excitation or mental cancer of emotional obsession. And the soul sickness of ignorance, which is the most injurious of all, is the underlying condition that makes possible all other troubles.

The only true freedom lies in the consciousness of the soul. Analyze yourself and determine to what extent your soul consciousness has been bound by the roots of ignorance. Real freedom is possible only when those roots are severed.

Persons suffering from physical afflictions are quick to seek a cure; but ignorance and the psychological malignancies of bad mental habits – hatred, anger, jealousy, fear – insinuate themselves subtly into one’s second nature, so most people don’t even try to eradicate them. Even when treatment is applied, they are found to be very nasty and difficult to get rid of. A diseased psychological disposition erodes the health of not only the mind and emotions but the body as well. Likewise, one’s mental makeup is affected by physical ailments, but these are easier to get at. However, even a healthy body and mind does not ensure happiness so long as there is ignorance of the soul’s nature.

Day in and day out, year in and year out, most people are plagued with unhappiness. They don’t know why they are unhappy, but they are. One’s first priority therefore should be to learn to analyze oneself – to find out why he is all the time unhappy even though outwardly he seems all right and has a sufficiency to satisfy his needs. Happiness will elude him until that question has been answered.

(Swamiji’s comments: Many are unhappy but they do not know why they are so. First analyze why are we always unhappy? We have a Guru, a teaching; more blessings than any normal person has and yet the permanent happiness eludes us until we ask ourselves the question why are we unhappy? Retreat is the best time to ask ourselves why we are unhappy. Usually we find – it is me who is making myself unhappy. The natural state of the soul is joy.)

Your natural state as a soul made in God’s image is joy. If you are not really happy within, remember: there is something wrong with your spiritual health. As nonobservance of physical health laws invites into the body harmful agents of disease, so transgression of mental, moral, or spiritual laws infects you with psychological and spiritual troubles. These invisible enemies of your happiness are very pernicious. Do not ignore them; overcome them. Be the doctor of your soul. Dissect yourself psychologically and spiritually to determine where your trouble lies, and then remove and completely destroy the malignancies of bad habits and ignorance. As physical ailments can be cured by medical doctors who understand physiology and anatomy, so, like a spiritual doctor, you need to understand the workings of your inner being in order to know what you must do for yourself in consciously diagnosing and treating your psychological and spiritual ills.

The physical body is only an outer shell for your marvelous inner body of life and consciousness. Just as the physical body has a spine and nervous system, a brain, heart, hands, and feet, so also does your inner body. Reason or intelligence is your inner head; life force for sensory cognition and motor response is your inner nervous system; will is your inner hands and feet; and feeling is your inner heart. If your feeling is not working rightly – for example, if your emotions chronically get the best of you – you have spiritual heart trouble. If you sleepwalk through life like a mechanical man, lacking initiative to achieve, then you have paralysis of the will. If you are restless, irritable, never satisfied, then the life energy in your sensory nerves is overheated. And if your reason is sluggish – if you do

things first and only afterward think about the consequences – then your inner brain is malfunctioning.

Faulty reasoning is the cause of such troubles as the tendency to leap before you look. Many people jump into a marriage because two beautiful faces are attracted to each other; she wears a lot of makeup and he has a nice car, and so they marry. But after a time, they see the marriage was only between the rouge and the car; there was no union of hearts, minds, and souls. People are fooled into following paths of unhappiness because of faulty reasoning.

Reason is also often befogged by prejudices. If your reason is clear, you will not mistake your preconceived likes and dislikes for discernments of truth. Be calm all the time and avoid excitable emotionalism, which brings on faulty reasoning. When reason goes awry, you are liable to do nothing or anything – and painfully regret it later.

In order to be happy, reason must be used rightly. For instance, if in a household the wife every day has to be nagged by the husband to do this or do that in order to keep the house clean, and she says, “Oh, you just want to pick on me,” that is false reasoning. Likewise, if the husband neglects his share of the upkeep duties, and every day the wife brings to his attention that he should wash the windows, fix the screens, mow the lawn, and he too says, “Oh, you just want to pick on me,” that is false reasoning. You must find out what your faults are. See if you deserve the reminders, the so-called naggings of your husband or your wife. If either of you feel that you have too many duties to do – that you neglect some of them because you are being run ragged – the best thing is to sit down and analyze your life and begin to cut out those things that can reasonably be eliminated. In other words, live more simply so that you can balance your life and have more time for other worthwhile pursuits that bring satisfaction and happiness. Most people take on too much work, thereby leaving no time to enjoy anything. Having too much to do, they can’t do anything willingly and they can’t do anything well.

(Swamiji’s comments: Most people take on too much work and have no time to enjoy anything, including the retired people who have less time now than ever before. They are busy keeping themselves busy because they really don’t want to retire. People will blame them, ‘Why don’t you do something.’ Many would say, -‘Oh after retirement I will do this, or that.’ Now even after retirement they don’t have the time.

I know one devotee who is in his early 40’s or late 30’s. He has changed his job 6 or 7 times in the last few years. He is always on the run. He went abroad but lost his job during the depression. By Guruji’s grace he is again doing well. He came to ask me for spiritual council. He has taken the 3rd and 4th kriya as well. 1 ½ hour are spent daily commuting to work and 1 ½ hour back, his work demands full 12 hours, then his family claims his attention. He has to make time for television, sleep, children, wife, and parents. After seeing me he went home and sent an email, ‘my father has had a heart attack. By Guruji’s grace his father is now cured. But I told him that his father’s illness has been an alarm bell for him. He says he wants to earn a crore in the quickest time and then he will put it in a fixed deposit. But by the time he gets there he will have got a heart attack.

Rajarsi Janakanand has said, “When I got a million dollars I was the most miserable man on earth.” He later said, “My life was business, but my soul was sick and my body was decaying and my mind was disturbed. I was so nervous I couldn’t sit still.”

I told this devotee, “When you get a crore you will get a heart attack and your 3rd and 4th kriya will be of no help to you.”

When you learn to think deeply about whatever confronts you, you can find the solutions to any problem. Why? Because your mind is a receptacle of the Infinite Mind. It doesn’t cost you anything to learn to think deeply, but it costs much if you don’t. Day and night people in all branches of life are acting from ignorance – children as well as grownups. Sooner or later those wrongdoings bring inharmonies, nervousness, all manner of unhappiness. You see nice, rich food and you say, “Well, I know I shouldn’t eat it, but I can’t control myself.” And hours later you are sick; and oft repeated, chronic illness sets in. Wouldn’t you have been happier had you thought ahead and exercised a little self control? Or someone is mean to you, and so to pay them back you treat them with even greater meanness. Is that not faulty reasoning? Just because someone else is angry, or spiteful, why should you inflict that psychological disease on yourself? It makes no sense. No matter what ugliness we see in others, there is no reason to act in like manner.

How necessary it is to analyze why you behave the way you do. Some people are filled with fear; they have made it a chronic habit. They nurture fear every day; and therefore their days are miserable with worry and anxiety. What is the logic of it? We are all going to die one day. It only happens once, and when it happens it is all over with. Then why be afraid of it? Why die every day through fear? When you learn to reason clearly, you discover that so many of your everyday attitudes and actions are foolish; the unhappiness they create is totally unnecessary.

I remember when I was a little child I used to make images out of mud. Mother used to scold me for getting dirty. But how I loved to do it! When I was older, that childhood enjoyment seemed foolish. That is the way with lots of people who are mentally and spiritually immature: they love to muddy their minds with misunderstanding, and do not want that mud removed. Often they become furious if anyone tries to help them see how unseemly it is. It is impossible for them to understand because they never look in their psychological mirror to see their faults reflected there. Far better it is to clean away your mental and spiritual dirt, so that when others look at you they see the marvelous soul that you are.

It is heartbreaking to see people remain the same year after year. Why is it that they do not improve themselves? Because they do not take time to think. As soon as you learn to think introspectively you change right then and there. You have dissociated yourself from your faults and recognized them instead of pretending they do not exist. In that instant a change takes place. Even the desire to be good – to correct yourself – means you have changed.

Spiritual growth is invisible. That is why you may think you have not progressed, unless you have kept a record in your mental diary. Each solar year brings you a certain evolution; if your development were put in figures, you would see how much you are

changing. But it requires millions of refinements in your inner being before your soul can be fully liberated in God.

Once I asked a great saint if it were possible to get to God. He replied, “Even the thought of wanting God changes you.” If you nurture that single-hearted desire, nothing can stop you from attaining. Even those who have done no more than listen willingly to my words have begun to progress. Some people deliberately go to sleep on the way; that is different. But as long as you have that fervor of willingness, all the shackles of habits and evil will not be able to hold you. So learn to analyze yourself strictly. Don’t spare yourself. Cure your mentally paralyzed will.

Think and plan your life, and see how you will change. Try constantly to improve yourself. Seek out good company, company that reminds you of God and of the noble things in life. Be conscious everyday of how you are going to change your bad habits; how you are going to schedule your day; how you are going to hold your calmness. And every so often inwardly ask, “Lord, am I wasting my time? How can I get a little free time every day just to be with you?” All the time I say that. And He responds, “You are with Me, for you are thinking of Me.”

Start the morning in meditation and praying deeply to God; and after you have meditated, ask God to guide your life and all your noble efforts: “Lord, I will reason, I will will, I will act; but guide Thou my reason, will, and activity to the right thing I should do in everything.” Determine to be better in every way that day. If you start in the morning and keep on working at trying to hold on to your calmness, or trying to put into effect some good habit that you want to acquire, thinking of God all the time, then when night comes you can go to sleep knowing that you have put the day to good use. You will know you are making progress.

So think and plan for success before you do anything. Of course, some people think too much and don’t act in the end. Do not be like that. Act sincerely with a determined will according to your thinking. The pledges that I make for myself I carry out before I urge you to follow them. I never have missed morning and evening Energization Exercises, not even one day, since long ago promising myself to be regular in my practice.

You are in school, and the Lord is the teacher. You have many lessons to learn, and He does not want you to fail in any of them. So no matter how many times you have faltered, if you keep on trying you are bound to succeed. If you have given up trying to change, then you yourself have decreed your own failure. Never cease striving to pass all tests, knowing that with each one you are earning the diploma of God’s eternal pleasure.

If you study these teachings you will know everything about practical religion – the science of dispelling every form of sorrow. And if you put the teachings into practice, you will be on the way to becoming master of yourself.

Now we have an opportunity to do what we have neglected for years.

18th Sept 3 p.m.

People always keep asking me “when are the lessons coming in Hindi?” I tell them by Guruji’s grace only you will get all the lessons in Hindi. He has given you only one lesson in Hindi so it is his responsibility to take you across in just that one lesson. So you should pray that the other lessons do not come out in Hindi so that with only one lesson you can get God Realization. Well they are not so lucky because very soon the other lessons are coming out in Hindi.

There are some breathing exercises to be performed while walking. Three times in the day you will be walking to the kitchen for breakfast, lunch and dinner. You can practice those exercises then instead of chit chatting. Just before Hong Sau you are supposed to practice the **20 – 20 – 20 breathing exercises. Lesson 11 Page 2.**

The other **breathing exercise while walking** given in the same lesson **Ls. 11 Pg. 2** is the **12 – 12 – 12** breathing exercise. I practice this very often when walking after dinner. When I had to walk around the ashram from the maintenance department I would walk and combine it with breathing. It is a deep abdominal exercise and it empties out the air from the upper, middle and lower part of the lungs. Here we cannot even complain that the air is polluted. In Mumbai the air is so polluted but here there is no such problem. You can practice breathing and combine it with Japa and walking. 3 steps breathe in with Om Guru, 3 steps hold with Om Guru, 3 steps exhale with Om Guru.

In **Lesson 134 Pg. 5** there is the **breathing exercise for rejuvenation** to awaken energy. When you are tired and hungry it is good to take a sunbath or inhale and exhale deeply several times near an open window.

During fasting inhale and exhale deeply 12 times, three times in a day. **Ls. 134.**

All those who practice breathing exercises (Even Kriya Yoga is a breathing exercise) have shining eyes because there is prana in their eyes.

Then Swamiji demonstrated and made us practice the **6 – 6 – 6 – 6 square breathing exercise. Ls. 134 Pg. 5.**

One more **breathing exercise** is similar to Anulom Vilom – similar to what Baba Ramdeo teaches. **Ls. 172 Pg. 2** It accompanies the lesson on How to develop Voice. Guruji had established his ashram right in the middle of Hollywood, so he tried to attract the stars to the path of Yoga by teaching them how to improve their appearance, how to modulate their voice, how to overcome stage fright etc.

Public speaking and singing is a kind of Pranayama – its skill depends on how much of breath you inhale, how much you exhale, how long you can hold your breath, without letting the audience know. No one should make out that you are running out of breath, and that you are struggling for breath, and you should be able to come back to the exact note at the right place, while others are doing Ooh, Aah.

When Guruji established the Brahmacharya Vidyalaya, those were the freedom fighter days. The freedom fighters often addressed thousands without loud speakers. During the world war days, the generals gave war speeches to inspire soldiers. Their lungs were their loud speakers then. The lung power was projection power. Now we are used to loud speakers everywhere, so the story is different. Swamiji read the rest of that technique asking speakers to practice self control in the matter of eating and the quantity of time for practice of this exercise. He said:

We are not worried about becoming singers or speakers but we only want the spiritual benefit of Anulom- Vilom for Nadi Shuddhi.

Of all the nadis in the body, there are three main ones – Ida on the left, Pingala on the right and Sushumna flowing in the middle. Natural breathing keeps on alternating from left to right to both and then again to right by itself because prana flows alternately through Ida, then Pingala then Sushumna and then again through Ida, then Pingala and then through Sushumna. It stays for a very short time in Sushumna. Prana passing through nadi causes breath. It automatically changes from one nadi to another. During Anulom – Vilom breathing we are doing it consciously. This cleans up the Ida and Pingala nadi thus allowing prana to flow without hindrances. Before I came to the path of Kriya Yoga I used to practice this breathing and I had many experiences of seeing the Spiritual Eye. Even if you practice it just 6 times both morning and evening it will be very useful. It keeps problems off.

The Heliotropic Methods of Self healing are used to keep the life force in the body alert. Heliotropic healing can be used for chest, colds, for headaches. You can allow the sun to fall freely on the head, scalp, forehead, back and sides of head. May be we can practice this tomorrow. May be my hair may grow back.

One common **heliotropic exercise for the eyes** can be performed tomorrow in the morning. **Ls. 43, Pg. 3-5.**

There is **another eye exercise** we can practice which does not require the sun. **Ls. 166 Pg. 7.** If you are doing one, you are not excused from not doing the other. Normally during the Energization exercises we inhale and tense. But in this exercise for eyes we exhale and tense.

Exercises that Swamiji said we can include in our daily routine:

20 – 20 – 20 breathing exercises.

12 – 12 – 12 breathing exercise while walking

Breathing exercise for rejuvenation

During fasting inhale and exhale

6 – 6 – 6 – 6 breathing exercise.

Breathing exercise (alternate nostril)

Heliotropic exercise for the eyes

Healing exercise for eyes

Lesson 11 Page 2

Lesson 11 Page 2

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Lesson 134

Lesson 134 Page 5

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Lesson 166 Page 7

DR. ANOORADHA ON HEALING

Dr. Anooradha then spoke of healing and various other principles and how they can be applied to heal body, mind and soul. Her talk was based on Guruji's **Lesson 41**. She also recommended reading **Lesson 47 Pg. 6 Unchanging qualities of Spirit**.

We are here to improve the quality of life; to find lasting happiness. When you are happy you feel elation, jubilation, you feel relaxed. The whole world appears good. But when you are not happy it feels as if everyone is out to get you.

Frustration, fear, anger, hatred, jealousy are painful and uncomfortable. They drain you out and you feel fatigued, low on energy. Appetite goes down and immune system weakens. Acidity, blood pressure etc. are caused by fear, worries, and other negative emotions.

A mentally sensitive person is susceptible to all the changes in his surrounding – economical, social, political etc. He is always worried what is going to happen. "He speaks rudely to me, he has hurt me. I am feeling bad, I am feeling low." These are the kind of reactions of a sensitive person. If you are constantly sensitive you become powerless and you give other person the power over your life.

Guruji says over emotionalism is bad. My happiness is in my own hands. Never blame others for what happens to you. Tell yourself what ever happens I will remain calm. In Divine Romance Guruji has explained how one should go on a worry fast. Whatever happens resolve to be happy for one week. Do not give in to unhappiness. But do not repress your feelings. If you feel like hitting out, find a way of sublimating your feelings. Repressed emotions are not good.

First use your will power. Use will power affirmations reminding yourself that you are a child of God. Then you will not feel bad. Meditate to realize your dependence on God, rather than on physical or psychological aids.

It is important to be mentally and emotionally strong. I don't constantly need an approval from others. We have come here only to gain the approval of God. If I have God's approval then I have tremendous faith in myself. E.g. if you are learning driving and if the guide tells you "Oh, you are hopeless, you can never make a good driver," then we may develop a phobia of driving. At such times use your will power. "You say, I can't do it, you may laugh at me, but I will show you I can do it."

As Guruji has said in The Law of Success, on Will power:

"To creat dynamic will power, determine to do some of the things in life that you thought you could not do. Attempt simple tasks first. As your confidence strengthens and your will becomes more dynamic, you can aim for more difficult accomplishments. Be certain that you are made a good selection, then refuse to submit to failure. Devote your entire will power to mastering one thing at a time; do not scatter your energies nor leave something half done to begin a new venture."

Do not seek emotional or intellectual approval from others. Use your brain and thinking capacity. Try to solve crosswords, puzzles, and learn to solve problems creatively. Using the creative initiative power helps in meditation also.

Find ways to build your memory. It will help you to concentrate on good things in life and remember only the good things of life. This helps in developing intuition and positive thinking.

When you are constantly seeking approval from others you are in a sense saying, “You solve my problems I can’t solve them.” People who are often hurt or betrayed break down completely. Human love is temporary. Someone may praise you one day and then suddenly dump you. You are the most praise worthy person one day and then suddenly you become the worst person.

Have a high self esteem. Learn to go within, look at yourself from within. God wants you to be happy. Remember you are pure peace, pure joy, pure love. Develop your self esteem by positive thinking, acceptance of yourself as you are. Tell yourself I am not going to change my nature. I am happy with myself. Irrespective of how many mistakes you have made God never punishes you with sorrow and suffering. We are in a state of duality when we think in terms of sorrow and suffering. To come out of it needs a lot of practice of will power.

Even a subtle negative thought cuts off the positive thoughts. There is no way of checking it. Develop pure intuition. Free your mind from prejudice, hatred, and jealousy to develop pure intuition. Learn to surrender. After your meditation talk to Guruji about your problems.

Dr. Anooradha suggested the following affirmations:

My mind is charged with God’s divine will power. I can change. I will change. I have the will power to change my thoughts to God’s positive thoughts, God’s peace thoughts, God’s joy thoughts.

I am a child of God. God loves me unconditionally and completely. I love myself unconditionally and completely.

God accepts me unconditionally and completely. I accept myself unconditionally and completely.

God forgives me unconditionally and completely. I forgive myself unconditionally and completely.

I am a child of God. I am healed, perfect, and complete. I am unique and special.