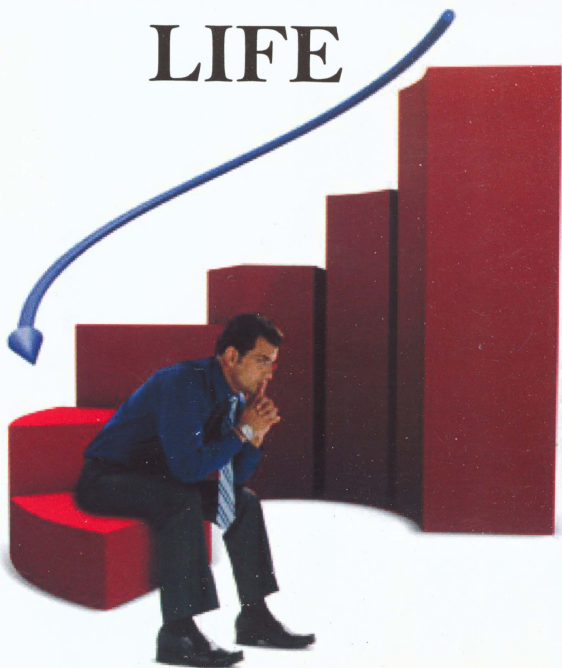


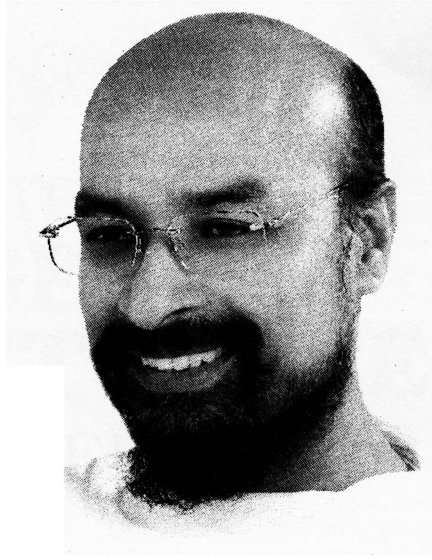
An Effective
Guidance of

Great Saint
Shri Chandraprabh



HOW TO ENJOY **ANGER** AND **ANXIETY FREE** LIFE







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How to Enjoy Anger and Anxiety free Life
By : Shri Chandraprabh

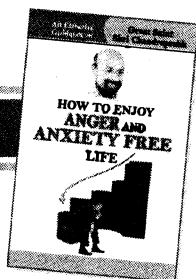
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PREFACE



It is a well known thing that anger, having been taken out the sensibility of mind, shuts down the doors of wisdom. Similarly anxiety, after killing the pleasures, leads man to the funeral pyre. In spite of knowing all these things, we all get ourselves surrounded by the flames of anger and anxiety. It has affected our health, broken our relations, and harmed our careers. Everybody wants to get rid of anger and anxiety, but how? We are in search of getting the answer of this burning question.

The sermons of great saint Shri Chandraprabh guide us effectively for the same. The message as well as teachings of Shri Chandraprabh touches our hearts deeply and change our life style in a magic way. Who is there in the world with no shortcomings or demerits? The success of life lies in getting rid of shortcomings as well as enjoying the meritorious values of life. The Saint Shri Chandraprabh teaches us not to make a search for heaven in any sky. Create the heaven here on the earth. The elements like Anger and Anxiety are making our life hellish. We should save ourselves from the fire

of hell and should lead ourselves to the path of peace and prosperity by playing upon the flute of love and affinity.

The reverend saint points out the real fact that we ourselves are responsible for all the mistakes of our life. As we sow, so shall we reap. We should sow good seeds in order to get good crops. We should show love and affection in each and every activity that we perform in our daily life. Make peace the permanent partner of you. Develop a habit to respect all with a sweet smiling appearance on your face.

The present book is a treasure house of secrets for maintaining the happiness of our life. It is just like a boon blessed by any Angel. Emotional style, impressive examples and the teachings of the great saint with deep understanding help and guide us in a unique style. These all things contained in the book may act miraculously in your life. The book will no doubt prove not only fruitful but also a source of your happy and successful survival. The followers of the teachings of the great saint Mr. Chandraprabh will feel and realise a great and marvelous change in their life and will find themselves able to lead their steps to the path of salvation.

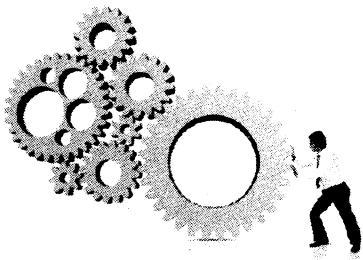
A great regards of the reverend saint for the divine teachings!


- Meera



CONTENTS

1. How to live anger and anxietyfree life	9-21
2. How to control over anger	22-38
3. How to adopt peace in life	39-53
4. How to improve behaviour	54-66
5. How to look after children	67-80
6. How to make a family happy	81-96
7. Balanced Diet : A source of positive health	97-116





How to Live Anger and Anxiety Free Life

My Dear Fellows,

There are two strong enemies in our life – Anger and Anxiety. These two live together with us like a brother and a sister. The people, who have no place for anger and anxiety in their life, can pass their days as well as nights happily and peacefully. Anger makes man out of control, weakens his health and creates separation in relations. On the other hand, anxiety hurts balance of mind, makes the temperament irritated, affects business and profession and destroys peace of mind and career. Anger spoils others while anxiety disturbs one's own peace of mind. Anger destroys peace while anxiety destroys beauty. Anger destroys wisdom while anxiety weakens self-confidence. On the whole, both of them are the enemies of our heart and mind as well as the root causes of various ailments.

However, all the persons sometimes get angry and are puzzled due to anxiety. These two elements are such

diseases that puzzle not only to the theist but also to the atheist. The religions may be varied but anger and anxiety affect similarly to every man of every religion. Anger and anxiety follow man like his own reflection. Mother-in-law, Son-in-law, Husband, Wife, Father and Son, all are mutually worried about each-other for some or the other reason. Anxiety of mother and father begins with the birth of their child. When a child grows a little, parents begin getting puzzled about his school, when he begins going to school; they get worried about his studies; when he begins studying, the anxiety of exams occurs and when the exams are over, the burden of result makes them puzzled. After all this, when a child grows little elder, the anxiety begins of what subjects are to be opted and in which college should he be admitted. If he gets subject and college of his choice, then there is the anxiety of fee and scholarship. When the college education is over, there is an anxiety of career, job and service. If service is available, anxiety of marriage begins and if marriage takes place happily then comes the turn of anxiety for children. I mean to say that the cycle of anxiety and worries goes on continuously round o' clock. If a step is advanced on the road, there is an anxiety of getting scooter, car etc. The net of anxiety becomes automatically larger. The children will serve in their old age or not and what will there be after death: - the hell or the heaven? The anxiety of all these things goes on constantly.

If you are the victim of anger and anxiety then the company of your relations i.e. husband or wife etc. will prove no fruitful but you will be facing the company of anger and anxiety in real. You yourself have a look into you and examine yourself how the anxiety puzzles you. The first harmful effect of anxiety occurs to the mind and health of man. The mind of man is the greatest capital of him. But with the growth of worries, increases tension and the mind

becomes disturbed. A tense person is like a soil of the pond of which water gets totally dried. If a pregnant lady remains worried, the child after its birth will be the victim of anemic disease. Anxiety affects remembrance power of man, weakens the eyesight, the glands of taste will get affected and his vocal cords stop working properly. His speech or speaking power will decrease in a severe harmful way. There will be a constant problem in the throat. Anxiety can cause brain hemorrhage. It affects every field of life whether it is a matter of family or business, profession or society or a matter of mutual relation. Therefore, it is obligatory for man to control over anger and anxiety first. Those who do not know how to face and fight against anger and anxiety and do not know the art of getting over these enemies, become the victims of untimely death.

We all should check and find what type of matter is going on in our mind. Anxiety is woodworm and process of pondering positively over something is a meditation. Anxiety leads man to the path of funeral pyre as woodworm makes the corns internally empty. There is a little difference between anxiety and funeral pyre. The funeral pyre burns man only once where as anxiety keeps on burning man whole the life. It is easy to die once but to die and keep on burning daily is like a sweet suicide. One is worried for past matter, the other for present condition. If you want to get rid of anxiety, be the master of your present life; enjoy your present time well. The past is past. The matter that has passed, it had to pass. Can you bring back the past? Can you bring future in present? The answer will be No, not at all. It is duty of God to provide all the required things to his creation.

One, who has no fear of anything, no wish for anything and is not afraid of anything, will enjoy a sound asleep at night. He will survive at ease and will sleep easily. It is said-

Worry is over if wish is gone,
One who desires nothing is a supreme king.

One who has no yearnings, no wish, no greed, no selfishness, is the only emperor. What to think of that which has not yet occurred. When it occurs, we will think and face it. People often ask me, "Does anxiety not make you puzzled?" I then reply, "Anxiety did make me puzzle but when I comprehended the essence of life, the anxiety has disappeared since then." And if you develop the same sense in your life, you can cool down the temperature of anxiety existed in you. May it not be one hundred percent but certainly you will be eighty percent able to get over the anxieties. You know that mother's breast gets filled with milk before a child takes birth. The lord Almighty makes all arrangements. You may keep a good deposit for tomorrow but if he does not give you tomorrow, then? If he has to give you the day of tomorrow, he will undoubtedly provide you all the required arrangements.

One of my familiars is a government officer. He was to be retired after six months. In the meantime, the festival of Deepawali took place. Since he was a high ranked officer so like every year, that year too people gave him great gifts and sweets. He was taking food. He glanced at the heap of sweets and gifts and suddenly he got upset and sad. On being asked the reason of sadness by his wife, he replied, "Now he is an officer but he will get retired before the next Deepawali, then will the people keep on giving sweets and gifts in the same way?" To be puzzled this way is futile, one who destroys his present for the sake of future anxiety, is infact a stupid creature. You must enjoy what you possess today leaving the matter of future aside.

Today, man has a diamond set to put on, a sofa set to sit on, a T.V. set to watch, but his mind is upset. His mind is facing a constant struggle of anxiety and worries. He is

much more depressed and disappointed. He can not tolerate even a little bit harm. He, inspite of being depressed and disappointed, must enjoy his present. What matters if two teeth have got broken, still 30 teeth are available. What matters if two fingers are injured, still you have eight in balance. To ignore the remainings by remembering the figure of 2 is neither a good thing nor an act of wisdom. It is just to insult the remaining figures.

The main reason of anxiety is money. Man wants to add more and more money any how legally or illegally. Stop running after the money. Have a peaceful life. Earn your livelihood but do not burn others' earning sources. If you want to get worried, then do it for the sake of your welfare. Get worried about the devotion to the deity not of religion worshipping. Don't get much worried about your children. Don't get puzzled about your wife. The children and the wife are capable enough to pass their lives purposefully and peacefully. Serve your children and wife to some extent and get pleased and overjoyed.

We should think of four issues to cool down the anxieties:

1. What is the problem?
2. What is the cause of the problem?
3. What are the possible sources of the problem?
4. What is the best possible solution of the problem?

These are the four questions to be pondering over them; we can reduce or remove anxiety. The elders however have even to face the difficulties like the sun also sometimes get covered by the clouds. Trust in God, He is and will always be with you. It is said that Tao had a disciple named Chuangtsi. Once his wife died. Huetseyi went to meet and console him. When he went there, he found him (Chuangtsi) singing and playing. People asked him what kind of that drama was at the time of mourning. Huetseyi

said, “Old and weakened body gets changed like the change of seasons, then why to weep and cry?”

This aspect of life is an aspect of peace and salvation. What has happened, was necessary to happen. What kind of interfere should there be in the happenings made by God to happen? If any problem has occurred due to us, then get a solution of it but the problem or suffering which is caused by due to you, is not meant for weeping or regretting over. Be at ease, be overjoyed.

If someone learns how to swallow the gulp of sorrows,
It is reality, he is able to survive in the world.

One, who has learnt how to survive under severe circumstances, is infact a person of broad heartedness. The people of strong will power are never weak or timid. They have sound confidence. They do not get worried but try to understand the causes of their calamities and face them. They ponder over the anxieties and solve all kinds of burdens with an easy consciousness.

Here, I am telling you some formulas of getting over anxieties and to be free from all the worries and anxieties. First thing – pass your life in an easy way. Neither evil-some, nor artificial or imposed – try to pass the days easily and happily.

Accept gladly what is achieved at ease. Someone told me about a shopkeeper who gets angry and makes his shop shutter down in angry mood together with cries of hatred feelings if he remains unable to earn a good amount or to make a good sale. I think he should accept gladly whatever he has earned and move peacefully and politely to his destination, inspite of wasting his energy and losing the peace of his mind as well as of his surroundings.

Do not artificially beautify your body unnecessarily which is already a gift of God. Artificial beauty material

worsens your skin, nails, hair, face etc. Be happy and gay at ease. Take care of what you eat and drink. Follow the right time table of your diet. Do not enjoy any edibles late at night. Doing this you are harming yourself. Do not be over busy during the day. Being so much busy and in a haste, if you earn and deposit a lot then what matters it. You will not be able to keep in your possessions more than your fate allows you.

King Dashrath had no issues in his fate. But he decided to have children at any cost whether he had to perform many religious rites, yajna etc. He did perform yajna and got issues but he could never get the pleasure of his issues. We have one of our familiar disciples. She is affectionate to us. She respects us too. After her wedding, she did not get any child for a quite long. She always wished for getting herself blessed with a child. She eventually bore a son and he became to grow. When he was fourteen, he suffered from Dengue fever. He got serious and so was taken to Delhi where after a few days, he died in hospital. That time, I remembered only one thing that if you get the thing any how which God does not want to give you, you can not get happiness from that thing. Therefore enjoy what you get easily and do not get puzzled for the things which you can not get. If it is achieved, it is alright, if not achieved, then it is also alright. One who has got the art of surviving positively this way, only that person can pass the life tension free and carefree.

If you are honoured, it is good, if you are insulted, it is also good. If you are able to control yourself even under the reverse circumstances, it is the real success of your life. If you consider yourself quiet, confident and self reliant then I think it is sometimes necessary to get the quietness, confidence, self reliance and equilibrium of your mind be tested. Once a saint known as Bhikhaji was preaching

sermons. Suddenly among the crowd, a young fellow came to him and blew twice or thrice on his head. All the people present there were startled to see it. They caught the young fellow and began beating him. Saint Bhikhaji told them to free him. People asked, "What are you saying, Sir?" The saint said, "Whatever happened, has happened, you please leave him free." But the crowd shouted that the young fellow had beaten him, so they would teach him a lesson. Then the saint told that the young fellow had come to become his disciple but he wanted to test him from all the aspects and he tested him properly whether he was able to become his preceptor or not. The saint further said, "We check an earthen pot of few rupees while purchasing it in the market then why we should not test a person to whom we are going to make our preceptor. It is also not an easy task to make a preceptor of us. The young fellow has done nothing wrong in testing my capabilities for being his preceptor."

This is a test. A test of a saint, a test of balanced state of heart and head, a test of positivity and a test of toleration power.

The next thing to live tension free life is to trust in the arrangements of nature and its creator. The deeds of a person are not everything. The nature makes every required arrangement and the nature of nature is changeable. Here changes occur to the seasons, the weathers, the days and the nights, the loss and the profit etc. Incidence and co-incidence, life and death, all get changed. Nothing such is there in the world that does not change. There is a famous temple in Kolkata. It is one of the visiting places of Kolkata. A millionaire got it built. Every thing of this temple is built of imported material. It is said about that millionaire that whenever he got legal advisers for his any legal suits in courts, he used to give diamonds to the

pleaders against the fee and told them to have diamonds for their fee and send back the remaining diamonds at his home. Now-a-days, the descendant of his fifth – sixth generations are earning their livelihood by selling the photographs of that temple. It all is the result of changeability.

I have even seen that the person who hardly earned a sum of Rs. 500 per month, became the great industrialist of country one day. He was Mr. Dheeru Bhai Amabani. G.D. Birla was not much educated but became the highest industrialist of country. One, who was poor yesterday, becomes a rich one today. Nature gives to all and changes to all. Therefore have a trust in Nature and its creator Lord Almighty! And believe that He does only the things He wants to do or the things He has to do. If we get profit, it is the grace of Him (God), if we have to bear a loss, it is also the result of His grace because there is some effect of arrangement made by Him in all these things. We don't know what God wants from us, what he wants to get it done or what he wants to say us.

Weal and Woe are two aspects of life,
Happiness and Sadness are complements of
life, One is incomplete without the other,
Balance appears, when both of them occur.

Sometimes happiness! Sometimes disappointment! We don't know the tricks of our creator. We can only make requests or complains. Once the king Akbar told in his court, "It happened very bad today, in the morning when I was cutting a mango and a watermelon, my finger got injured, it became bleeding, and even the finger was cut." The courtiers felt sorry for this incident and expressed their sympathetic feelings. Birbal remained quiet and uttered nothing. Akbar asked him the reason for not telling anything. Birbal replied, "Sir, What should I tell or comment?" He told that he only knows the thing that

whatever happens, it happens for something good happening. The king surprisingly asked, "What? I have got my finger cut, and have been suffering from the pain and you are telling it happened for something good happening." But Birbal confidentially repeated the same thing. The Sultan got angry and ordered to imprison him (Birbal).

A few days passed. The king went for hunting with his bodyguard. He went ahead to his companions and was surrounded by some nomads who took him to their preceptor because he had to offer a gentleman's sacrifice to his goddess who possessed 32 virtues. The priest checked Akbar carefully and found that one of his fingers was cut. The priest told the nomads that the gentleman brought by them was not fit for offering sacrifice to the goddess due to one of his fingers being cut and therefore the king Akbar was released. Akbar remembered that Birbal had rightly told whatever happens, happens for something good.

Akbar, the king, came back to his court and got Birbal released from imprisonment but asked him that, "Birbal, it proved fruitful with my regards or in my case that I was released without offering to the goddess, but you were imprisoned by me then what fruitful or good happened in your case of imprisonment". Birbal gladly replied that it proved lucky for him as he was imprisoned otherwise you would take me with you while going for a hunt, and I, not having my finger cut, would have been offered to the goddess instead of you not being found fit and I would have become the victim of offering sacrifice.

Accept the unfavorable circumstances positively inspite of pondering over them seriously. Whatever is to happen, will certainly happen and if anything has not to happen, will never happen at any cost. Remember, whenever happens anything, it happens exactly as it had to happen. Therefore neither praise nor condemn anyone for anything

that has happened. Many astrologers, after a great match of horoscopes of boys and girls, make the parents arrange their marriages but a few years later, the couple has either to face separation or to bear divorce. What can you do? It happened because it only had to happen the way that it happened.

Remember one more thing that when you find yourself unable to complete any thing or any task, then leave it aside for the arrival of better time or assign it to the grace of God. You have tried your best; now assign it to the grace of God. He will arrange everything accordingly His way. One old lady knew that she was the victim of cancer. Doctors told her to get operated after four days. She sent for her both the sons. She prepared her will and told the sons about her total moveable, immoveable property together with the detailed description of the banks where the cash money was deposited. The sons asked her what had happened with her so quickly and suddenly. She told them that there was no certainty of her future so got her all documents completed. The sons considered it their mother's wish. They stayed for a day and went back. Four days later the lady came to hospital and told the doctor to operate her. The doctor was surprised. Such a major operation and no person of family is there with the lady! The doctor told her to call one of her family members. The lady said, "I have called one of her most favourite members." The doctor asked, "Whom?" She said, "To God, Lord Almighty" and added, "Doctor Sir, you are like my son, you are already with me. You operate me please, and perform it easily." The doctor thought that perhaps she had no relatives so she herself had taken whole responsibility of the operation. When the lady was being taken to the operation theatre, she folded her hands and remembered God and said, "Oh Lord! I am handing over myself to you and your shelter."

It is said that the operation of that lady was successful. Fifteen days later when she was about to discharge from hospital, the doctor said, "If you have even any distant relatives then tell us please, we will call him and he will take you to your home." The lady told that she had no need of any distant relatives. She said that she had her own son and daughter. The doctor got surprised and asked her why she had not called them earlier at the time of operation. The lady told that there was no need of them. Well, at last, they were called there. When they knew that their mother had been operated for curing her cancer disease, they got angry for not informing to them. But mother said, "Dears, I myself had handed over myself to God, not to you people. You people are very dear to me but the reality is that thirty years ago, when your birth was to take place, I was seriously unwell. Then the doctor said to your father, "Mother or baby, only any one of the two can be saved." Then your father, together with fulfilling the documental needs told the doctor to save one of them who could be saved easily and when I was being taken to the operation theatre. Son, I felt that now only one support had remained then." And I remembered God and said, "Oh Lord! I am handing over myself to you. I should be saved and my child should be saved. I prayed God to save both of us. Son! then due to grace of God you were saved and I too was saved. That time the trust of God had saved me and today also he has given me a new life."

The Lord Almighty has thousands of hands to help, and thousands of eyes to examine everything, how and in what form he will appear to assist us, can not be pointed out.

One other way of living tension free life is to forget the past and enjoy the present. The past can not be brought back at any cost. The past should not be pondered over. If we have to keep something in our mind, we should keep

good things in our mind and wipe out the tensious matter for ever from the screen of our mind.

The inhaling process of our breathings inspire us to acquire good things and sweet memories and the exhaling process of breathings suggest us to throw out evil things from our mind or things which are anxiety or stress creating things. Inhale the virtues while inhaling breathings, exhale evil things when you exhale breathings.

The great saint Meeran had even shown her attitude free of anxiety even under unfavorable circumstances then why we should not follow her way of living the life happily.

We should adopt adjustment in our life. Life is not a bed of roses. It is a mixture of weal and woe. Weal and woe, happiness and sadness etc. are complement to each-other. We must happily adjust with the arrangements of nature. Our fortune can not fulfill our all wishes so instead of getting disappointed, we must gladly accept and adjust what our fortune has provided us.

Enjoy the peace of mind in your life, develop a new hope, and advance your steps with new vigour in order to attain the peace of mind, success and salvation.





How to Control Over Anger

My Dear Fellows,

Affection is the most pleasing friend in our life while anger is the biggest enemy of our life. It destroys our peace. It is an obstacle in our success and mars our career. Anger affects health also. The doors of wisdom get shut due to anger and our thinking capacity becomes inactive. A person loses his speech capacity due to anger. He forgets what adverse affect will there be of his speech. An angry person can not see anything useful during anger and when his anger gets pacified, during this time, he loses a lot and remains nothing except repentance.

At high magnitude of anger, man even gets ready to commit suicide. Poison appears in our blood during angry temperament. Therefore it is said that mothers should not make their children drink their milk during anger as it becomes poisonous. One lady while fighting made her child to feed him with her milk and for our surprise, the child was

dead. A doctor in order to find out the effect of anger, injected the blood of an angry man into a hare, you will be surprised, the hare died after sometime with a great suffering of pain. I request such angry people to be quiet, try to be silent and see that what they are going to perform is justified or not. I try to cool down such people by making them aware of the harmful effects of anger.

Death appears once in life but the messenger of death knocks at the door of life in the form of anger many times a day. I have heard, the God of death appears riding on a buffalo but in the form of anger he appears riding on a donkey at our doorstep and breaks our families, makes a quarrel between father and son, destroys wisdom of mother and daughter-in-law and makes distances between a customer and businessman. If it is examined religiously, it creates dangerous cuffs of evilsome deeds. One, who has taken an oath of not getting angry, enjoys a life of paradise during his lifetime. No power is able to make such person separate from his family and society. A person without anger is always in heaven, he can't be anywhere else. There will be no quarrel between any members of family. Such a happy and cheerful person need not perform any religious deeds for his salvation. He already enjoys a life like salvation.

Anger is the root cause of any ill will or breakings of family among other reasons of property and prosperity. Ignorance and insulting behaviour among brothers or family members create anger that leads them to separation.

Anger never appears alone. It has its family too. Ignorance is the mother of anger and ego its father. When ignorance and ego meet together, anger takes birth. Violence is wife of anger, hate its friend. It loves a lot to its two daughters condemn and complaints. It has mollycoddled much to its two sons named revenge and

protest. It has its son-in-law known as selfishness. Now when anger has such a big family, then how it will appear alone. It appears with its whole dynasty as it has got your invitation. It doesn't feel good to appear alone.

Be aware! An anger of a moment may spoil your whole future. One who has become a slave of anger, his meditation of months and donation of millions is futile. Hell is certain for him. Therefore, try to achieve a goal of peace in your life. Peace is the pleasure of your life. It is the heaven and power of society together with an utmost satisfaction in the world. Create an atmosphere of peace in your family and you too will get peace of heart and mind. Provide a pleasure of peace to all. Fix a cardboard in your house, "Oh being! Be quiet!" written on it. Fix it on such a place where it is every time visible to you and follow it, assimilate it practically in every step of your life. Peace must be the power and prosperity of your life. Anger is the minus point while the peace is the plus point of your life. Anger breaks the peace of mind, creates tension, murders laughing and destroys happiness. You don't know that your anger may spoil even the career of your children as well as of you.

A certain mother came to meet me with her son. I asked the boy in which class he studied. He replied in class XII. I felt that he is much of age but was studying only in class XII. When I asked him the reason, his mother replied that last year his father scolded him so he refused to appear in the examination. His father slapped him when there was no effect of persuading him a lot. It was examination time and he shut himself in his room. She said that they kept shouting but he did not open the door. The exams time was over, he could not take the exams and now he repents why he got angry and wasted a period of year. Such are the results of anger!

Recently, I got an opportunity to go for preaching sermons in the jail of Jodhpur city. I was sitting among prisoners. I asked one of the prisoners the reason of his imprisonment. He began weeping. I consoled him and asked to tell the about the offence he had committed. He said that due to his anger, he got an imprisonment for eleven years. I asked him how? Then he explained that he had a habit of drinking wine. His wife told him many times not to drink wine but all in vain. After all, it was decided that he would not drink wine at home. If he were compelled to drink, he would drink it outside the home. After sometime, his wife went to her paternal. He thought that now for about 10-15 days, his wife would not come back so he began drinking wine at home inviting to all his friends. One day when he was enjoying wine with his friends, suddenly appeared his wife. As soon as she came and saw the scene, she got furious and showed her anger in the presence of his friends. He told that he got angry and made a fierce blow of paperweight on her head and began bleeding. He then took her to hospital in a hesitation but on reaching to hospital, the doctors declared her dead. Consequently, he was imprisoned for eleven years for the charge of murdering his wife. He told me that he had been repenting over his angry temperament since that day why he got angry for a trivial thing.

There may be one plus one two in numbers in general counting but in the mathematical calculation it is always eleven. Hence the effect of anger acts as the later calculation. I too have got angry and seen its harmful results. You would also have seen harmful effects of your anger. We all want to deal in a profitable business. Anger has no profit in it. No builder, business man, officer, teacher, student, household person, a child, a young or an old man, no one can tell any profit of anger yet they all get angry. Why?

If you lead yourself to the path of peace, you will be known as a saint while an anxiety or restlessness will push you into the hell in your own life. It is easy to be a saint in a disguise but to be quiet is a symbol of real sainthood. It is easy to become 'Maharaja' but it is a great thing to become a saint if you can keep yourself quiet in your household life then you are not lesser than a saint. We should not only keep on worshipping God but we should try also to develop Godly values in our actions. Anger is our enemy. To get over anger is a victory.

Remember the incident of past when Lord Mahavira was passing through a forest and he faced a snake named Chandkaushik. The snake stings him. Lord Mahavira, during his twelve and half years of meditation, had told only one word – “O Being! Be quiet! Become quiet! How long will you have been stinging the people in anger? Remember your past what you were and what you have become.” It is said that Chandkaushik examined his previous life and found that he was a saint. That time, his disciples had told him that a frog had come under his feet and told him to repent. The saint did not pay any attention so the disciples repeated the matter three to four times. The saint got angry. He ran after the disciples to punish. The disciples ran away and the saint got struck with a pole and died on the spot. After death, he turned into the birth of a serpent and became Chandkaushik serpent. A saint turned into a serpent after death. Now, you think patiently if we get angry what will we become after death? It is surprising that a saint in anger became a serpent after death but later on he died in a peaceful way, he became a God. Now, it is up to you what you have to become after death a serpent or a God.

I don't know who had imagined about hell and heaven but I enjoy seeing hell and heaven on this earth only. I believe in changing my present life into heaven. If you keep

on getting angry whole the life, it is certain to go to hell on the other hand if you keep on showering affection to everybody every time, no one can prevent you enjoying your present time like the paradise. One whose present is hellish how he can go to any heaven.

If a mother-in-law curses her daughter-in-law, if any family member behaves ill way to any other relative of family, how is it possible for them to go to heaven after death? If you perform your deeds full of hellish activities and wish for heavenly pleasure, then how is it possible? We will have to behave heavenly in order to get heaven. It is necessary to sow the sweet seeds in order to get sweet fruits. I have heard from many of daughters-in-law that their father and mother-in-laws are like God. They are so amiable and affectionate that daughters-in-laws never think to get separated from themselves. To get a place in the heart of daughter-in-law, it is necessary to be a mother, not a mother-in-law. It is the time now to perform the role of father not a role of father-in-law. Like good father and mother-in-laws, there are also daughters-in-law, who behave like daughters not like daughters-in-law. Their behaviour and temperament is so respectable and sweet that they make us forget the remembrance of our own daughters. The unfamiliars remain surprised not to find out the reality whether they are daughters or daughters-in-law. They win every heart of their in-laws' by their sweet behaviour. It is the goodness of any relation. If we live together happily, we are able to survive well. If we keep on quarrelling whole the day with each-other, it is not a purposeful survival. I would feel sorry to say that there also live dogs in streets together but it is difficult for them to forecast when they would begin fighting with each-other.

I am a follower of a peaceful life. A life that is full of love and loving deeds, where everybody is affectionate and

friendly to every other. I survive in love, win over love. Happiness and heaven of life lie in the peace only. Brothers! Life is a nine days wonder. No one knows when the death will appear. It is impossible to say when one has to pass from this world. Only the people, who perform noble and loving deeds, will be remembered for their peace providing performance permanently. Heaven is the result of peace, prestige and politeness together with loving behaviour while hell is the result of anger, ego, hate and jealousy. Evaluate yourself by your own assessment and see what the result of your life is, the heaven or the hell!

I love a story. Nanu Seechi had been a great Chinese Saint. The General of Greece went to him and said, "O Great Saint! I have heard a lot about you and I have a question to get it answered."

The Saint Nanu Seechi told the General to explain his eagerness. The General said, "Honourable Saint, I want to know what heaven is and what hell is. I have read out of these in the religious epics but could not know what the heaven and the hell is." The Saint Nanu Seechi saw him attentively and told him to introduce him. He said, "I, oh! I am the General of Greece.

"Are you the General of Rome? But it doesn't seem by your face. The face seems to be of a beggar."

"O Saint! what are you telling and to whom? Do you know you told a beggar to the General of Rome? What have you seen such in me that you told me a beggar? Do you find a bowl of alms in my hands? Said the General in a furious way."

"No brother! I told these things only after examining your face. What have you in your hand? asked the Saint?" The General said, "I have a sword in my hand."

"Oh! then you have a sword. Is it sharp or not? said the Saint."

Hearing this, the anger of the General began rising high. He took out the sword from its cover and said, - “Maharaj! It has sharpness and you told me a beggar but had it been a matter of any one else, his head would have been cut and would be on the ground by now. But you have told me so I.....”

“It's o.k. but your sword is really sharp or.....?” said the Saint.”

Hardly when the General heard it, he cut a branch of the nearby tree. The branch fell down on the ground and he spoke, “Have you seen how sharp is my sword?”

The Saint said, “Oh brother! You took my words otherwise. I was only satisfying your eagerness.”

“What do you mean?” asked the General.”

“That you got angry having been told few insulting words by me, is the hell only. said the Saint.”

The General got surprised. He understood the whole matter. He fell in the feet of the Saint and spoke, - “Sir! I could not understand your mysterious matter. I beg your pardon.”

The Saint Nanu Seechi got him up and said, “It is the heaven only.”

“What do you mean?” asked the General again.”

The Saint Nanu Seechi said, “To get angry by you is hell and to bend for begging pardon is heaven.”

This is the reality of heaven and hell. Forgive those who have committed mistakes. It is the heavenly behaviour. Likewise, beg for pardon if you yourself have mistaken. It is the heavenly attitude. Remember, heaven is for those who forgive the mistake committing people, and who keep sympathy for others. God loves those who are kind and of forgiving nature.

You would be habitual to mention good profit and expenditure in your accounting book. I request that auspicious deeds and behaviour should also be noted down in the same way. Think auspicious, Speak auspicious, Look auspicious, Listen to auspicious and do auspicious, - these five things should be assimilated in the life like an elixir of five types.

I have seen harmful effects of anger and fruitful results of affection. Therefore, I tell you not to get angry. To love all is the best art of living our life. Love itself is a non-violence and non-violence means infinite love. Don't think what matters if a little anger occurs. You would not be able to know when these little things will turn into the largest one. Never take a loan from anyone. It can increase any time. Never let a wound arise, else the wound can increase anytime. Never let a fire get caught because it can become fierce anytime so never get angry. Otherwise it can also advance ahead. If you are compel to show anger, show it in little quantity. You may get angry only when you have no other option because it is the greatest weapon. Use it only when your all weapons fail.

There are three kinds of anger. The first, like a bubble arising in water that finishes immediately. As a line drawn in water remains in existence for little, likewise the anger of some people exists for little. The second kind of anger is like cracks in soil that exists until it gets sweet or loving treatment. The anger of such people cools down with a showering of loving behaviour. And the third kind of anger is like a crack in stones, inspite of many efforts, stones do not get joined together easily. The anger of such people doesn't lessen easily. And some people are so obstinate that they remain angry for many births.

Once we were in a city. It came to our knowledge that a gentleman had kept fifteen fasts. Therefore an auspicious

procession was arranged. There was a programme of great feast. They invited us too. We were advancing in the procession, we passed by a house. Someone told us that the house belonged to his elder brother whose procession was going on. I asked him why he was telling me that thing. He told that elder brother was not there in the procession. He also told that they both inspite of being brothers did not speak to each-other. Oh! I thought, fifteen fasts! And such a jealousy in mind! How this programme would succeed?

I called the gentleman and asked him whether he would have invited his brother. He began pretending by telling that his elder son would have invited him etc. I proposed him to go to his house. He could not oppose it. We together with a few other people went to him and told him to attend the ceremony. He negated our invitation by telling that he had no contact with his brother. I told him that if a brother doesn't speak to his own brother then to whom will he speak? He argued that both of them did not attend the wedding ceremony of their sons and did not have any relation with them. They had no communication for the last 15-16 yrs. ago from the day when they stopped talking to each-other. He told us the date. I asked him to tell about the day of that date. He could not remember that particular day. I instructed him to bring a calendar from the home. He got surprised and began saying how it will be possible to bring so old calendar of 15-16 yrs ago. If it is not possible to arrange so old calendar then why he was carrying so old burden, I told him. We requested him, "Dear! We turn over the page of a calendar when a month is over and we turn over even the whole calendar when a year is over but what kind of we people are who are carrying and suffering from the matter of 16yrs. ago. They felt the reality and understood their mistake. We got them to eat a sugar candy piece and got them join the ceremonial procession.

Please remember, if a brother doesn't speak to his brother, keeps jealousy and ill will against him, he is not authorized to ask for a pardoning in a society in any religious ceremony. If anger has occupied any kind of existence in your life, try instantly to get over it. Anger like a line drown in water is pardonable but the rest two kinds of anger will make your life restless and tensious.

Now we will discuss the reasons that cause anger. The main are as under:-

Anger occurs at the mistakes of others, not at our own mistakes. Suppose you are shaving and you got a cut on your face with a blade, at whom will you get angry? At no one, yes, if someone spits on you, you will get furious but if our own spit falls on us, then? We don't consider our own mistakes but redden our face at others' mistakes.

My great gentleman, keep in mind, if the matter is solved with a needle, do not use a sword for it. The matter that can be solved with a little seriousness, do not use abusing words because the anger of present includes the past matters of anger and increases at high magnitude.

The second reason of anger is that anger appears at the weak. We see a father getting angry with his children, an owner with his servant and children at their toys. Those who can not get angry with other, are seen getting angry with helpless and tongue less animals. Sometime such people throw a stone at a dog or beat it or a goat or any other animal out of anger. Anger always flows at down wards but love and affection flow at upwards.

It is said a person was going on a road. He was thrown a stone by someone from somewhere. He got angry. He picked up the stone and went towards the direction of the house from which the stone was thrown and decided to challenge the persons in the house. But on going there, he

saw a wrestler was exercising there at that home. That person asked him, Hey! What's the matter? Why have you come here? He very politely told that nothing was there; he had come to return one of the fallen stones from his home.

Anger appears at the weak, it bends before the powerful. Anger results in a fatal output. One thousand cells of knowledge of us get destroyed by getting one time angry. The children, who get angry ten times a day, lose their ten thousand knowledge cells. Therefore, my children! Be always evergreen happy! Be patient! Be tolerable! Be quiet! If you want that your remembrance power remains sharp, take an oath, have a resolution never to get angry, never to get angry at any cost. First you give up your anger, decide your goal, concentrate your mind and work hard positively, you will certainly succeed.

If you get angry, your heart will become weak, digestion power will get disturbed and mental power will continuously keep on getting weak. The blood pressure will get imbalanced, problem of appetite and sleeplessness will occur. Anger disturbs self control. It breaks mutual relationship. A moment's anger may destroy the whole future. It affects our career too.

One, who doesn't get angry, remains energetic even after taking one time food in a day. He is capable of keeping self control. I am a follower of discipline but don't get angry. To get angry is a foolery. Whenever a person gets angry, he repeats foolery only. An angry man uses abusing words in anger. In anger, wisdom is set aside and flows a fountain of abuses. A little bit of our anger finishes all the friendly relations of us.

We should control over our anger. So I say that a work that can be done with a needle, do not use sword for the same. I have a famous instance. An S.P. together with his

team reached to riot affected place. The people of that place were furious and their anger was at full swing. One of them spat on the face of S.P. seeing this, the Inspector took out his revolver and aimed at him. He was about to shoot him, the S.P. told him to stop and asked whether he had a handkerchief. The inspector replied positively and told that he had a handkerchief. The S.P. told the inspector to give him the handkerchief. When the S.P. got the handkerchief, wiped his face and threw it aside. He told the inspector never to use a revolver when it is possible to complete a work with a handkerchief.

It is the first and foremost formula to win over anger that the work which can be done with a polite and affectionate words why we should get angry for the completion of the same. You can get angry when there is no other option than to get angry. Scold your subordinates, sons, daughters, daughters-in-law, servants etc. when there is no other alternate of it.

Never dismiss your servant in anger even if you are compelled to leave him. He may be dangerous for you. You have dismissed him in anger from your house or shop; certainly he is also angry at your action. He can show his anger at you. He can make a fatal attack on you. Therefore, Be aware! Whenever you dismiss or discontinue any servant, do it in a polite way. Give him a reward and thank him at the time of his departure for his devoted services. Even if a brother has to be separated from his brother, or father has to be separated from his son, perform this task with such a polite way that after separation there remains no problem of meeting in future if required and mutual help can be given or taken at the time of requirement. If you get separated in anger, the ignored son and his wife will condemn you before others. The wisdom of any person is visible how he gets over the unfavourable circumstances.

Now we should discuss how to solve the problem when we get angry. Develop a habit of avoiding anger whenever it exists. If you react against anger immediately on spot, it will become like a volcano. In anger, a person remains no more a person, a father remains no father. He becomes a volcano. An appearance of anger seems like volcano's appearance. Therefore, if you get angry, have a peace for ten minutes only. My dear, anger is not a trivial thing that you show it whenever you want.

No mention if anger has appeared but keep patience. There is no greater friend than patience. It is tested even under severe circumstances. The remedy of anger is patience. Ten minutes' patience may save the wastage of ten hours' peace. If you do not keep patience, the whole dynasty of anger will appear and get various types of taxes from you. Your peace, your wisdom, your relations – all will be bitten like by the mice.

It so happened: Russian saint Gurzief was on death bed. One of his devotees came to meet him with his son. He said to the saint, "O Great Saint! Provide some useful teachings to my son for his lifelong betterment!" The saint saw that boy attentively and said, "Dear son! Whenever someone gets angry with you, do not respond him instantly. Do respond but after 24 hours." The youth got agreed. Now it happened, whenever the matter of anger appeared, he remembered the teachings of the saint and 24 hours later he would forget with whom he and to get angry.

I also suggest you that if someone commits a mistake, ignore him first time, pay attention second time and persuade him third time politely. In spite of all those steps, if he keeps on repeating his mistakes then.....? Then he may be slapped. Lord Krishna had forgiven 99 mistakes of Shishupal. Can we not forgive even 9 or 3 mistakes of someone?

In my point of view, a person who is able to keep control over his anger, only he is liable to survive in both the material and the spiritual world. You are the persons living in a state of balanced life style. Meditate for an hour daily. Have a fast of silence for an hour daily. However, every person must have a fast once in a month and this fast should be special regarding there will be no anger during the period of fasting. It will be a fast of not getting angry whole the day. An oath should be taken of not getting angry and no violent reaction will be there under any circumstances at any cost. Let it be any kind of incident, but the fasting of not getting angry should not be broken. As the people keep fasting for not taking any diet, likewise you keep fasting of not getting angry in any condition. How easy penance is it? Even after taking diet time to time, you will get a benefit of being an ascetic. An ascetic in the way that you did not get angry for a particular period of time. Otherwise the ascetics who remain on fasting get angry quickly. You please, give up your anger and enjoy your life happily.

Adopt one more formula of getting rid of anger. Keep yourself away from the place where the atmosphere of anger takes place. Come into a room, listen to a sweet music or do the cleaning work. I mean to say, divert your attention. If it is not possible to leave that place then have a drink of cold water. When the milk, while boiling, tries to come out from the pot, we drop some drops of water or switch off the gas stove to stop its temperature, in the same way, drink cold water to cool down the temperature of anger. Anger will also be pacified. If you get yourself cooled down, the other will automatically follow you.

One thing more to be kept in the mind is if anyone gets angry due to our rude behaviour then do not forget to say 'Sorry'. Say 'Sorry' without losing even a single moment.

The word sorry is very powerful. It decreases the temperature of any person to fifty percent. Always use three phrases in your life – Please, Thank you and Sorry. As many times you say please, so the angry person will get pleased. He will feel gratitude having been thanked and after telling the word 'Sorry' there will be an inculcation of humidity of peace in the atmosphere of anger.

Never let your anger appear when any mistake takes place because loaning, wounds and fire should never be let to increase and anger should also be not allowed to appear. Develop a habit of to be little silent. The best and sweetest thing in life is to be silent. Let others abuse if they are compel to do so but you have not to respond or react except being quiet. Do not accept or adopt the anger of others. He may be of an angry temperament but what matters it if you keep patience. Ignore his anger. If you accept his anger, you will be compelled to have a slavery of anger. Only anger is such a bad thing that it not only declines our soul but also disturbs us mentally as well as creating a break in our relationship.

But anger will not disappear only by telling or listening to all these things. It will decrease and disappear when we take an oath, when we resolve not to get angry as it has many fatal effects. We should adopt a message of being quiet not to get angry.

Treat all politely. It will help in avoiding an atmosphere of anger. Develop a habit of to be cheerful everytime. Smile for a minute as soon as you get up. Smile in such a pleasant way that your every nerve get exalted. Smile before performing any act whether it is a matter of meeting parents, teachers or any guest. You will find even the reverse circumstances suitable for you. Develop a habit of smiling even under severe circumstances.

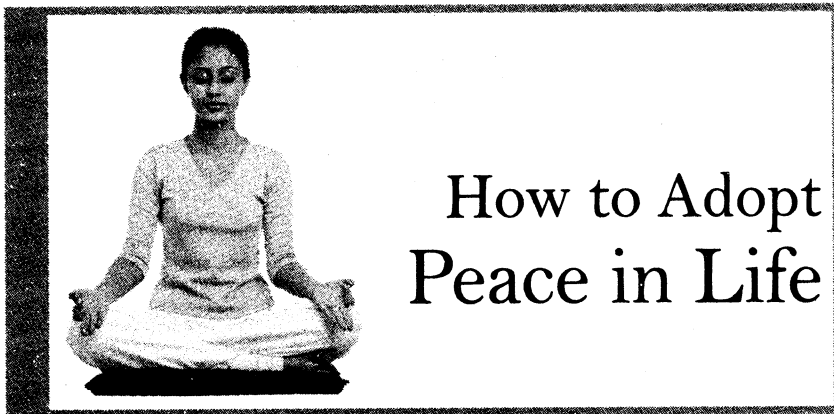
Keep always smiling in your life, make the distances lesser in relations and learn to love every one. Give up commenting ironically and learn to be polite and civilized. Remember, a matchstick has a head but not mind. It begins burning with a little rubbing but we have both head and mind, then why we should be violent and furious at trivial things. We have to utilize our wisdom and have to control over our anger wisely.

I am telling you a special story. It is said that the son of Sultan (King) Harun Rashid complained in the court of his father that a son of a certain commander had abused him badly. On this, some one among ministers suggested to hang him till death.

At last the Sultan told his son by making him understand, "Dear Son, if you can forgive the sinner, it will be a great thing and if you can't do so, you can abuse him too but before doing so, think for a moment whether it will be an honourable act by you or not?"

The prince thought something for a while and went peacefully inside the palace. He understood that inspite of a reason causing anger if someone keeps quiet, is really a great warrior. We all should recognize our bravery and should become a worshipper of path of peace. I think, from right now, you will be able to keep your anger under control, will keep patience even in atmosphere of anger. I also hope that you will show a sweetness of your temperament in your speech, in your behaviour and in every action of your life. The people who drink the poisonous share of others, and give in return a godly sweetness of their behaviour, are considered and compared next to Lord Sheo. From today, we will present the people bouquets of sweetness not of flowers.





My Dear Fellows,

The most precious formula of life is – “Be peaceful if you want peace.” The formula is quite simple but the matter is very important as it is related to our survival. The beginning and the ending of the day of every person must be peaceful. Peace itself contains the power of patience. It also contains patience of self-confidence and there lies an empire of the Lord Almighty in the peaceful atmosphere.

Someone is rich or poor, wise or stupid, high rank holder or a watchman – these all aspects may be the symbol of rise and fall but everybody must have a question to ponder over whether there must be peace of mind or not. If there is peace of mind, the poverty too does not occur. If there is no peace of mind, prosperity itself will become a satire to man. If there is a peace of mind, a little income or a lower rank will not let us become frustrated while if the peace of mind is disturbed, we will not be able to be satisfied with us even if we are high rank holder or highly prosperous. May we be

enjoying the highest rank but if the peace of mind is disturbed, we will not be able to get satisfied or contented. The desires have no ending like the endless horizon. There is no end of gains, as the endless sky but if there is a peace of mind, our every step will make us realise the experience of contentment. We will get satisfaction in every aspect, in every direction of our life. Wherever we live, let it be any kind of atmosphere, it will become suitable to us provided there is a peace of mind.

The person, who is a possessor of peaceful mind, will feel heavenly pleasure even if he is thrown to hell. But on the other hand, if a person of restlessness is provided a doorstep of heaven, he will feel the sufferings of hell even there. Both the heaven and the hell go with us like our own shadow. If there is heaven ahead, hell is far behind to us. If the mind is peaceful, there is an existence of heaven ahead, but if there is restlessness in our mind, the hell will be waiting for greeting us and the heaven may be hidden somewhere else.

If someone wants to rank something high in his life, I would suggest him to rank the peace first. No doubt money is valuable but the peace of mind is more valuable than money. Wife is very important but the peace more than the former. Children are very valuable but peace of mind is more valuable.

Every path, every person, every purpose and every property is acceptable in life where our peace is safe and sound. The things that disturb our peace of mind are abandonable forever.

People say that relations get their formation in heaven. We find husband-wife every time quarrelling. Is anyone there who can tell me whether their relations took place on the earth or in the heaven? I think the relations of such people would have got their formation in hell. Those poor

fellows would not have been able to spend that hell completely so they are compensating their hellish life now on the earth.

Such people come from the hell and spend here hellish life too. I am sorry to say that such quarrelsome husband – wife even go to hell after their death.

My dear fellows! Why you are making your life hellish by doing such trivial quarrelsome deeds. It can not be altered from where we have come. But the place where we have come can be turned into the heavenly pleasure; don't be the blind follower of the blind traditions. Winds get changed, weathers get changed, relations get changed then why should we carry the old calendars of quarrelling activities? Now you have not to face many wives or many husbands. You have to care and share everything with one wife or one husband. You know you have to pass your life. Why should you make your life hellish either by quarrelling or by complaining? Life is a shorter one to shower a sea of affection and you are wasting it in the quarrelling or futile things. Is it a wise act?

What sense is there in loving the donkey whose kicks we are getting frequently? We are suffering more and more but still we are compel to be kicked by his kicks. If we have a peace of mind, we will get a great satisfaction from our little sources of livelihood but if there is no peace, may be man become George Bush, but he will be imagining at his place to hang some Saddam Hussien till death and if any Osama-Bin-Laden exists there, he even after hiding in the forests will be planning to shoot George Bush.

The alphabet 'K' stands for Krishna and it also stands for 'Kans' i.e. a cruel and inhumane person. 'H' stands for 'Harishchandra' and the same stands for 'Hitler'. The beginning alphabet of these names is same, the zodiac signs of these names are same but the results of life of these

people are totally different. If you want to become like “Krishna”, direct your life to his way. Let your mind enjoy a taste of peace and truth if you want to become like “Harishchandra”. Someone asked me, “You have told us how to become 'Krishna' but if someone wants to be 'Kans', then?” I said, “There is no need to tell the way how to become 'Kans', you are little bit Kans in some or other way presently.”

Peace is a valuable thing for me. If someone asks me what goal I fixed for my meditation, I would tell that in religious epics I have read to be like God or to get God, grace of God or a great eagerness to feel the presence of God must be the ultimate target of our meditation. I also read in epics that to feel or to get the soul must be the target of meditation but when I read myself; I found the conclusion that to gain the peace of inner conscience must be the target point of our meditation. It is the real peace which cannot be disturbed by any obstacle.

I have heard: once a saint visited a house hold who (the saint) had put on black clothes. The household asked him why he had put on black clothes. The saint replied that his anger, temptations etc. had died so to lament over his griefs, he had been putting on black clothes. Hearing this, the household ordered his servant to get the saint out from his house. The servant followed the order. The saint had hardly gone ten steps ahead, the household sent for him back. As soon as the saint reached to his home, the household again made him out from his home in insulting way seventeen times. But inspite of all this, the saint showed neither anger nor any opposition. At last, the household gave him great respect by telling that he (the saint) was a saint in real. He tried seventeen times to make him angry but he remained silent. He told the saint that he (the saint) had really won over the anger. Listening to the household's words, the

saint smiled and said, "Stop appreciating me, please. The dogs that inspite of insulting and scolding hundreds of times, come again, are more tolerable. Dear! What need is there to appreciate the matter that can be obeyed or cared even by the dogs?"

One, who wins, is a great personality forever. One, who wins the world, is Alexander and one who wins himself, is Mahavira. The way of Mahaviraism is obtained through the peace. I am the worshipper of peace, the follower of peace and devoted to peace. Peace is the part of my heart. It is my companion, a companion that lives with me round o' clock in day and in night. One who has made the peace his companion, is happy both in day and night. Yesterday a gentleman asked me whether I fall asleep properly and regularly during the night. I told him that one who is happy in what God has provided him, why he should feel worried for anything and will not be able to enjoy sound and sweet asleep.

If you have peace of inner heart, your every action will go fruitful whenever and wherever you perform it. I tell you the secret of success and meditation that whenever you perform anything, perform it with great zeal and fully concentrated mind. If you dine, only dine. Do not get indulged in other things while taking food. If you walk on the road, fix your mind to your careful steps only. Don't peep here and there. If you sleep, sleep only, stop dreaming. The peace will exist only there where one target is fixed and will be performed deeds accordingly with fully concentrate state of heart and head.

Remember that the religion is not only to sit daily for Meditation, or to offer prayers in shrines or to recite epics at high magnitude. The first religion of man must be peace of mind. If there is a peace of mind, the house itself will turn into a temple but if there is no peace of mind, it can not be

felt even in temples. You will even not be able to sit in the temple in dying state of your mind. It will be impossible like sitting of an alive man on a funeral pyre. The pigeons of peace enjoy sitting on the fragrant, affectionate and safe sandal trees not on the burning funeral pyre.

Your wife will show and shower her love if you possess peace of mind. Your children will gladly follow the balanced state of your mind. Your parents would like to embrace you. A noisy person whether he is a father, a husband or a son will be disliked forever. If you are of violent temperament, people will feel pleasure in avoiding you. Think please whether you want to enjoy closeness or distance in relations. I want to share the following lyric lines for the purposefulness of your life.

To whom you are close,
Are full of pleasant glows,
Make no sorrowful blows.

Let a fountain of happiness flow to your close.

You make the peace your fate and fortune. Put on a bangle and bracelet of peace in your hands and chain and wedding bracelet too. Use cement of peace in the roof under which you are sitting. Shower a glow of peace from your eyes to whosoever you see. Make your tongue sweet like honey to which you speak. Let your ears hear a sweet music of peace. Do not make your life much disturbed. Give up the habit of running after money every time. Enjoy and develop a habit of peace in what God has provided you. We should live together, enjoy together and die together. Live like Lord Rama, Do like Lord Krishna and die like Lord Mahavira. The three will make our life perfect and purposeful.

The beginning will take place with peace. Eat peacefully, Go peacefully, Walk peacefully and wear clothes peacefully.

Have a patience and enjoy the peace. Let a channel of peace run into your life. Give importance to the peace. Be the king of peace in your life. May someone get salvation in life or not but if someone has got the peace of mind in his life, then it will be equal to salvation.

Peace itself is departing point. The peace itself is a stoppage. The peace is destination. There is no destination, no stoppage and no milestone more important than the peace. No light is there more important than the peace which we can keep in our eyes forever. There is no company better than the peace which we can enjoy together. No music is there more important than the peace which we can fix in our ears. If you are sitting among a few persons and you feel that your peace is disturbed, leave that place immediately without any hesitation or doubt. Now if you remain there even for a moment, your peace will turn into restlessness and anxiety or it will catch a fire of anger or will engage us into a net of jealousy.

One, who feels and understands his restlessness, will be able to advance his steps towards the peace. One who understands the causes of his restlessness, will be able to develop a thinking of peace in his polite heart, otherwise life will become a great problematic thing. To live with all the people, to adjust all, to obey all, to make others obey, only to make others happy and for the sake of our prestige, we make an agreement with our peace and mortgage our peace. Such a mental disturbance and quick in fix condition create tensions and make our life boredom, consequently, we live under the shadow of tension and terror.

Life is no doubt an adjustment. We have to make adjustments with sorrows in our life. We must have a value, a target, a hope and a destination of peace in our life.

Have the peace of mind whether you are able to go to the temple or not. Keep patience whether you are able to keep

fasting or not. Have a sense of peace whether you sit for meditation or not. What you ate, what you drank, where you went, what you did are not more valuable than the peace of mind.

Avoid yourself from the futile things. Do not carry the burden of futile things. Forget and keep the things off from you which frustrate your peace again and again. Let it be a matter of husband, wife or children.

Who doesn't love a child? All love a child. I love children. You love children. Therefore, God has been accepted in the form of a child. We worship God as a child. Wife is loving to all. Who will say that his wife is not a good one? If she were bad, you would become a saint very earlier. Wife is liked by all. Likewise, every husband is liked by every wife but the quarrelling atmosphere among them is not a good thing. Every man and every woman has four short comings. Neither the females can be compared now with Sitaji who bear all silently and engulf into the earth nor males are like Lord 'Rama' who has no short comings. Sisters, please, remember that your husband is not a saint who bears all the things. We all have born here as a human being and no human being of the world can be free from any short comings. Therefore, it is better to be happy instead of shouting at the shortcomings.

If person or surroundings is boredom or polluted, use the best part of your wisdom instead of crying at your luck and try to change the situation into a peaceful situation by your sweet and peaceful temperament. The peace of mind is the real part of life, the rest all is only social arrangement or mental weakness.

If you have to advance your life towards the doorstep of peace, you will have to give importance to the peace at any cost. We will have to use the words full of peaceful sweetness. The test of peace is to control and adjust under

unfavourable situation. And to get over unfavourable situation, follow and obey the arrangements of nature provided by its creation. Whenever you face a loss, think that it was a part of natural arrangement and it had to happen, so it happened. The things which have to happen, can not be avoided from happening at any cost. Weal and woe, victory and defeat, life and death, meeting and parting, blooming and fainting, incidence or coincidence – all these things are part of nature and its arrangements. No person in the world wishes for sorrow, but he gets it. No one wants loss, but has to face. No one wants to be insulted but he has to bear it. The things that happen against our wish, accept it that it was to happen. Don't think the happenings not happenings. Have a pleasing and greeting feeling to every happening. If we are unable to adjust ourselves in any situation, we will become the victims of tension and depression.

I will do say to consider life and death a part of arrangement of God. If someone takes birth, be at ease, if someone dies, also be at ease. Do not develop tension at loss and do not get proud or egoist at profit. One who remains happy and at ease in every situation, is a capable only to maintain peace of mind in his inner conscience. People are fan of Kabir's saintliness. You also try to understand it.

It is said; a merchant had a very beautiful maid. Once he had to go out of station for a visit and he was not able to decide with whom he should keep her. At last, one of his friends suggested him to leave her with the saint Yusuf. When he reached to saint Yusuf, he heard so bad things about the saint from the villagers which were against the dignity of a saint's life. So he came back. He told his friends about the things he heard from the villagers against the saint but the friend appreciated the pious conduct of the saint. He again reached to the saint and the people again

tried to misguide him by condemning the saint but this time with a strong will and confidence, he entered the hut of the saint. He was highly impressed by the sermons preached by the saint. He told the saint that his (the Saint) knowledge and distractions were unique but he could not yet understand why he had kept a bottle and a bowl with him. Due to this, the people condemn you as a drunkard.

The Saint Yusuf smiled and replied in his mysterious way that he had no pot for water. He got that bottle and bowl from on the bank of a river. He washed and cleaned them and kept with him for water drinking. The merchant said, "Sir, the defame is due to these things." The Saint Yusuf smiled and began repeating the same mysterious manner and told, "Brother! Therefore I have kept these things with me. Due to defame, more people do not come to me. I myself want a few people come to me so that I might pay most of my time to God and his worshipping. Think merchant! if there were no defame, would you not have dropped your beautiful maid with me? See how beautiful maid with me? See, how beneficial is it for me that I am free from every problem."

How strange the way of the Saint! To live a life of Saint and to worship God, even he accepted defame. It is the tendency of the world that we get here lesser respect but much defames. We get the lesser occasions of success but get many occasions of failure. Every success contains a story of failures. Ultimately, there is no person in the world who has not to face profit loss, life death, fame-defame and success-failure or victory-defeat. If we do not give a place to the arrangements of nature, to our heart and head, if we do not get believe in all these arrangements, every man will take steps to endanger his life even hundreds of times during his lifetime. Endangering life is a sin. It is an offence. It is not a solution of any problem. The solution is to change the mentality.

When the weather and winds do not remain alike, the blooming flowers have to get fainted, then how we and the circumstances will remain alike. Change is the nature of nature. This religion affects me and you equally. We all are a part of nature. No factor of the world is greater than the arrangements of nature. The system of nature is equal to all. We will find worshipper of Lord Mahavira in a large as well as the persons pinching nails into the ears. Lord Jesus got lacs of his followers as well as many others who crucified him. Lord Rama had also to keep on facing continuous pains and sufferings in his life. He faced so many sufferings that his life became an austere meditation for others. But the question is that inspite of all these sufferings did Lord Rama get defeated? No, he did not lose the battle of his life. Lord Rama is the name of a person who found out a way of victory out of a defeat and played a game of entertainment out of sufferings.

The bravery of a man does not appear in naming himself as Mahavira but it is tested when he succeeds in facing the struggles of life. It is fixed that those who push themselves into the fire of freedom will have to become a martyr like Bhagatsingh. The students, who study, will have to face failure sometimes. The merchants will have to bear a loss or profit. The people, who make relations, will have to face a sour experience together with sweet realisation. If you think that a husband remains the dearest forever as well as a wife the ever beloved, is not always possible in the system of nature. Man sometimes gets irritated, shouts and cries sometimes. It is a tendency depending on his mood. It is not clear when his mood will change and to which direction. I never feel anything bad instantly; the unfavourable conditions can not disturb me because I know the secret of life very well that everything in the world is changeable. Nothing is fixed, stable or permanent here whether it is a matter of anything, any

situation, any person or any circumstances. The people who seem respecting us, make us realise a poisonous insult. The people who sometimes used to criticise, appear today as intimate fellows. No one knows what will happen in anyone's life tomorrow. The world will keep on going as usual. If you accompany, it's good but if you ignore, nothing wrong will take place. Believe in the sense of the song heard in childhood that adjusts yourself in unfavorable conditions. In life, we face sorrows and unfavourable situations. There appears autumn in life but the woods still bloom.

Sometimes, try to understand the system of nature sitting on the bank of a river. See, how the water waves arise and merge into the water of sea or river. A silent sea sometimes gets aggravated by the waves. I would suggest you to have a look sometimes at the waves and sometimes into yourself. The people, the profit, the situations and the relations will seem falling and rising like the waves of water. During this, if you are able to understand the secret of nature, you will overcome every type of unfavourable situation. In my view, it is your salvation.

I am not a fatalist. I am an industrialist. I am a believer of hard work but I do accept the system of fate. I am free from sorrows and sufferings because of being able to understand the system of nature. Work hard you, too but when you lose while working hard, consider it a system of nature and adjust yourself. Remember the peace lies only in the simplicity and the soberness. I pass my life in a simple and sober way. I am a follower of simplicity and soberness. Imposed, artificial or showy life eventually causes sorrows. Nature is simple and sober. The Sun and the Moon, the flowers and the thrones, all are simple and sober. We should follow the simplicity and soberness of nature. It is the peace. It is the prosperity. It is the deity. It is the salvation.

Don't feel if someone has misbehaved with you. He has no understanding of peace, no control over himself, therefore he misbehaved and used abusive language and mis conducted. Will any sensible person use abusive language to anyone? Abusing by someone means that he has no sufficient wisdom to use proper words. Abusing words, anger, and ego – all these are symbols of stupidity. The fool get angry while the wise win over the circumstances.

Make yourself positive. Negativity increases restlessness, jealousy and bad conduct together with anger and aggravation. On the other hand, positivity creates peace, politeness and prosperity. It makes us to behave properly with a vast amount of love and enables us to get over unfavourable situations. The first weapon to win the battle of life is positivity. Positivity is the solution of every problem. The whole life is an austere meditation for me. To live life under severe circumstances is more austere meditation. It is not lesser than meditation to honour the enemy, to welcome the critics, to return smile to the people who insulted us and to live in a balanced way even at loss. Therefore do not get angry at others' mistakes. Occurrence of mistakes is the first mistake but to get angry at the mistake is the second mistake. Will we be repeating the history of committing mistakes or sow the seeds of goodness and good deeds?

Don't care much what the people will say. Don't become a doll of others' hands. This tendency will not let you survive happily. Use your own wisdom and perform that you think proper. The misguidance of people will push you into the state of quick in fix. Don't make yourself so misguided that you seem neither on the earth nor in the sky. You may have a look at the Moon and at the stars but keep your feet touched on the earth. Fix your eyes always at the Sun so that you might not see even your own reflection.

Always step ahead, don't think of past. What has happened, has happened. What to cry at the past and the lost and why? What to think of that which has not yet appeared? Enjoy what you possess in the present. Feel contented in what you possess. What a great irony of circumstances that today we have prestige and prosperity but we do not have contentment! And if we have no contentment, how will we get the peace of mind?

Be practical, please. Do not dream of peace only. Do not only talk of peace and do not keep on flying the pigeons of peace only. If you want peace, develop a habit of keeping quiet, speak peace creating words. Life is not a game of permanency then why should you run after material things every moment. Nothing will accompany after death. No property or prosperity can avail anyone salvation. Everything has to be left here. Our ancestors had also to leave everything here and would have to go empty handed. Like us, our children will also not be able to take anything with them after death. It is certain every being will have to depart with empty handed. Give up the futile greed and selfishness. Life is transient, Survive it happily and purposefully full of nobler deeds. Life is very valuable. Fill it with all the colours of purposefulness. Keep your body fit and mind peaceful. Live amiably in the society and adopt mortality in life. When you have come on the earth, perform some noble and benevolent deeds before departing to the heavenly abode. If we live, we should spread fragrance like flowers and if we depart. We should leave a fragrance like camphor behind us.

If we remain positive, we will be able to maintain our peace in every negativity else it is never possible to be peaceful. Peace is not a name of any bird to whom we can call whenever we want. It is a result of understanding. It is result of positive thinking. In my view, if you always

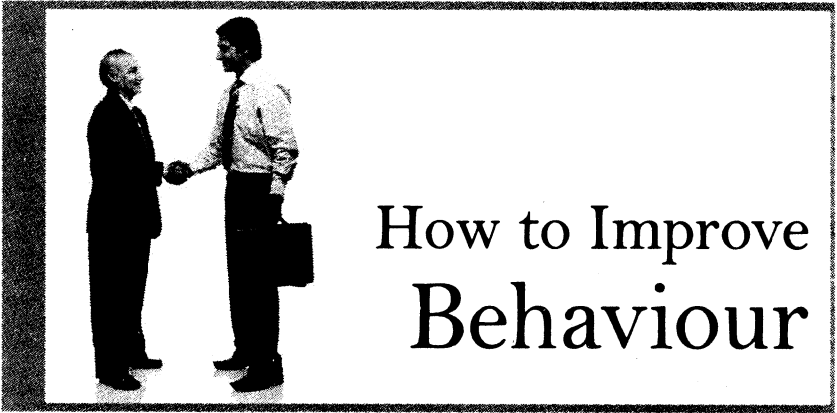
remain positive, you will be able to treat yourself mostly. You need not go to any neuron physician. One who always remains peaceful, balanced and positive, the medical bill of him will remain zero forever.

Provide a system to your life. Perform your duties well. Work hard for 8 hrs out of 24 hrs. in a day. Let those 8 hrs. be of day or night. Do not run after money much. We are not born only to earn and earn money. Money is a source of collecting the sources of life. Sources should value only of sources. If you make a source a necessary part of your life, the life will become dull. Don't waste your precious time in earning money only. Take care not to accept or use even a single pie of dishonesty. We can buy our wives a set of golden bangles from dishonest earning but it may also be possible that we may have to wear a set of hand cuffs.

My advice for you is that live your life with a peace of mind, peace of head and peace of heart. Enjoy moral values in your life and pass it in a joyous mood. Say 'Sorry' if a mistake has been committed from your side and show a greatness of forgiving the others if they have committed any mistake. Never take a curse of anyone in your life. Offer a service what you can make possible. And don't wait for any return. God is always with those who help and support others and forget instantly without tempting for any thing good in return.

Develop a habit of feeling overjoyed and exalted in our life. To remain overjoyed in every situation is infact a great meditation in itself. May God succeed us all in this great meditation!





My Dear Fellows,

Behaviour of a person is an index of his personality. His behaviour is the first formula of his recognition. A sweet temperament keeps the family and its surroundings happy. It improves the relation of a customer and a merchant. Good behaviour makes a person the future builder and the base of his society. His character is known by his behaviour. His nobleness and aristocracy is visible only through his behaviour. A good behaviour is a base of good personality where as behaviour of meanness exposes lower personality.

Behaviour plays a great role in our life and family. It is mainly the matter of loving and affectionate behaviour that enables a daughter-in-law to win every heart at her in-laws' house but if the behaviour is not just and practical, a daughter-in-law fails to adjust at her in-laws' house. Your behaviour is an index of your personality at every place whether you are at the doorstep of your family, or at your shop or at the dais of society. Some people succeed in

behaving positively even with an enemy while the some other can not enable themselves to behave properly even with their friends. Great people behave in a great way even with their enemies but the ordinary people behave ordinarily even with their friends. The greatness reflects from the personality of any person. One, who behaves politely and properly with everyone, uses respectable language with all and behaves in a relaxed way with friends and always proves himself a hero of great personality.

The secret of someone's name and fame is confined to his balanced behaviour. I remember – A blind man kept on sitting at the circle of a town with his begging bowl and survived with whatever the passers-by gave him. One day, some soldiers riding on horses passed by him and one of them, who was their leader, addressed him and asked, “Blind! Did you see anyone going from here?” The blind positively replied by addressing the person as the Commander and told that he had felt some enemies going from there. The Commander passed ahead with his troop but he was surprised how the blind recognised him. After sometimes, some more horse riders came there. One of them asked, “O Brother! Have you seen anyone going from here?” The blind replied positively by addressing the person as the Minister and told that he had felt a Commander and his troop going from there. The Minister thought how the blind knew about him but without commenting anything, he also walked ahead. After sometime a chariot passed by him and the person riding in the chariot said to the blind, “O Divine person! Have you felt anyone passing by your seat?” That Blind respectfully replied, “Yes, your highness! I have just felt the Prime Minister passing by me.” The king realised his greatness and passed ahead.

The three Chiefs and their troops, having been completed their tasks, when came back at the same circle,

began discussing how the blind recognized their identity properly and exactly. They asked the same thing to the blind too. The blind replied that he could know their recognition by their different behaviour, by different addressing words and the sounds of the hoofs of their horses. The person who addressed him as a blind made him realise that he could be a commander who was habitual to use harsh and commanding language. The person who addressed him as Soordas (the blind) made him realise his politeness and his power of deciding the cases in the court so he recognised him as the Prime Minister and he felt the king passing in the chariot who addressed him (the blind) as the divine person made him realise that such a great confident and polite person must be the king of that kingdom.

Whether you are mother-in-law or daughter-in-law, son or son-in-law, customer or merchant, student or politician, make your behaviour so civilized and polite that all might regard and remember you. People will recognise you as a king or as a beggar by the behaviour you keep. One of my intimate fellows told me that he went Pune with his friends to see a girl for engaging her. His friends were well to do so they took him to Pune by air. They all were warmly welcomed at Pune. The party of Pune was also very prosperous. They seemed quite royal and the girl was also very beautiful. After it, they arranged a feast. Many dishes were served by many servants. The feast was over and when they were about to depart back, the host told them that if the guest could assure, they would.....! My friend told him that he will reply after reaching his home. They got into the aero plane again. On the way, the intimate friend asked to his friend with whom he had gone to Pune why he had not agreed and told them yes inspite of the girl being very beautiful and well mannered together with her prosperous and well cultured family. The friend replied that everything

was alright but the family where guests are treated and served by the servants not by the host himself then what he should do to engage the girl who had not guided for doing hard work inspite of being depending on the servants. She would also follow the habits of her parents while treating the guests. He told him that there was no lack of prosperity at his home but he wanted that a daughter-in-law should serve and care the family with her own hands. He also told that when he goes to engage a girl, he examines the breedings of the girl first and then the prosperity. The manners and behaviour of the girl will depend on her family breedings. It is necessary for a girl to be accustomed of hard work.

Don't think of what complexion or colour of your face you have got. If it is fair, don't be proud. Black, dark or fair complexion is God gifted. You have no role in it. To colour the face is the duty of nature but to give way to the life, is duty of yours. You can not change the colour or complexion of your face but you can change the way of your living. Our former President Mr. Kalam is not of any fair complexion but he is a great scientist and pride of our country. The first President of America, Mr. Lincoln was of dark complexion. The face of the Greek Saint and Philosopher Mr. Socrates was full of spots of chicken pox, the great poet Malik Mohmmad Jaysi was also one eyed person, the famous film singer and musician Rajendra Jain is also blind, the famous composer of hymns Soordas whose psalms we keep on reciting lovingly was also blind. An ideal of all kinds of handicapped, Miss Hellen Keller was also deaf, dumb and blind. But no physical handicapness or shortcoming becomes an obstacle in the progress of any person. Make such shortcomings a source of your strength.

Remember, colour, complexion and beauty appeal us for a short time only. The rest important things are your values

and your merits that help in making you advance forever. I was once a guest in a house of one millionaire. He had two daughters-in-law. Both the mother-in-law and father-in-law were taking food on a dining table. One daughter-in-law was cooking food and the other was serving them. There were also many servants at home but this pious work was being done by the daughters-in-law. The other things of kitchen can be done by the servants but cooking should be provided only by the daughters-in-law. A house where such manners are existed, resides Lakshmiji, the goddess of wealth there. If there are many daughters-in-law in any family but if the food is cooked by the old parents, is not a house in real. It is a symbol of hellish life.

The great parents are not those who give birth or properties to their children but the great are those who give worth and good breeding to their children. The manners will become the identity of the family, otherwise there remains no difference between you and the others who use abusive words. If, inspite of being educated, you smoke, then what difference is there between you and an uneducated? You know the right things but you perform the wrong things. If I were not a saint, and I would do something wrong, perhaps I would be forgiven. But now if being a saint, if anything wrong is done, I will never be forgiven.

Let us develop good virtues in us. An empty sack can not be kept straight in standing position. It can be spread but to make it straight standing, it is necessary to fill something in it. To make our life rising up, we will have to fill good values into the sacks of our life. We should practitse good manners and good behaviour.

Once I was in a town. There was a meeting of trustees of a society. Two kinds of people were specially invited there, one very rich and the other very ordinary. Those who

were prosperous, their flight arrived at 1p.m. They had come to us. The train of the ordinary group was late so they arrived at 2p.m. The first group was talking to us and saw that the people of second category i.e. ordinary people were entering the room with their luggage. One of the rich persons stood up immediately and took the suitcase of one of them. The prosperous person who lifted the suitcase was the Chairman of that trust and the ordinary person, whose suitcase was carried by, was the Secretary of that trust. The age of the Chairman was about 65 and the Secretary about 37yrs. of age. But as soon as I saw this scene, I felt it is the gentility! It is gentility and a matter of pride! I trust in such simple and sober behaviour of a person. Such people are respectable. No one can become a saint by taking asceticism but his thinking, his views, his conduct – all these things make him a saint. Every person cannot take reclusion but you can prove yourself a recluse living with your family members and doing your household duties provided you make your behaviour better.

We should learn how to improve our behaviour. The first formula of it is to be polite at every stage. Never get proud of any thing in your life whether it is a matter of money, body, complexion, power or of your wisdom. No one knows when a rich may turn into a poor fellow. You would have seen the people who were owner of the royal palaces till yesterday but today they are earning their livelihood by serving as servants. Therefore, I keep on telling to do worship of goddess Lakshmiji but trust in God only. Goddess Lakshmiji is agile, may move or depart anytime to anyone else but God will shelter and support you permanently.

When I see the sky and its height, I feel for what should I feel arrogant. Oh! The greatest is the lord Almighty then why we should be proud and when I see the earth beneath, I

feel why we should feel arrogant for at last we have to merge into this soil only. So if you are prosperous, don't feel arrogant, think that it is the result of our fortune that God made you prosperous and if you are poor, don't curse your luck for it, there would have been some certain reasons for your poverty.

I would suggest you to adopt and accept politeness. Begin your meetings with respected way with anyone in such a way that politeness and simplicity might become your evergreen impression. Have the blessings of your parents by paying respects to them and touching their feet early in the morning just when you get up. One who gets the blessings of his parents, meets success whole the day. Respect and regard each-other at home, May it be a matter of husband or wife. They should greet and show respect to each-other everytime. You would have come to know the news that Mr. Lahoti, having been taken an oath as the Chief Justice of the Supreme Court, paid his respects by lying down straight before his mother who was there in the oath taking ceremony. It increased the dignity of mother certainly but no doubt it increased ten times glory of Mr. Lahoti. You too like him, if, without caring the crowd, pay respects to your parents who has just got down from the train, really you are a son of well mannered parents.

At present, I see that people ashamed of greeting and respecting to their elders. But I make you aware that so much you greet and respect your parents, as you will be able to avoid knee pains in your old age. If you do not bend, you will suffer from back pain and fattiness. But one, who has greeted and respected the elders early in the morning, has got the secret of healthy life for greeting and respecting is also a kind of an exercise. Remember that three people in our life are liable for getting full respects by prostrating himself before them. They are parents, preceptors

(teachers) and the Lord Almighty. Greeting these three in standing is just to insult them. Pay your respects to them by kneeling before them with folded hands and bent head and let their hands come to your head or back in order to bless you. Then the energy of their hands, shadowy rays, aura and affection will accompany us forever.

The second thing is to develop a habit of smiling. Meet anyone smilingly, talk anyone smilingly and even smile smilingly. Smiling is like the sandal which will scatter its fragrance everywhere. Smiling is a flower that costs nothing when you give it to someone but who gets it, becomes much pleased. You can not get or give the gifts daily but smiling is such a gift that can be given anytime to anyone. Begin your day with a smiling face and keep on smiling till the day is over whatever you do, do it smilingly. If you open the shop, smile first and then make the shutter up. Even if you go to temple, offer your prayers with smiling make yourself cheerful and feel overjoyed and then pray to God. Make the smiling a part of your personality and nature. Keep on smiling under any circumstances.

If you want happiness for an hour in your life, have a nap for sometime wherever you are sitting or working. If you want happiness for a day, take a day's leave from your office; go for a picnic if you want happiness for a week. If you want a month's happiness get yourself married and become an adopted child of any millionaire for a year's happiness. But if you want happiness for the whole life then develop a habit of smiling and to be overjoyed at any cost under any circumstances. Never let your smiling and cheerfulness be broken. Now people have forgotten even to smile so they are made to listen to some jokes so that they might laugh a little. But if you keep on smiling naturally, there will be no need to make you listen to jokes. Smiling itself becomes a joke and seeing someone smiling, people begin smiling and laughing happily. My dear! keep yourself overjoyed so

much with smiling that if you go to any garden, even the faintest flowers may begin blooming.

Come on, Enjoy a little laughing, please.

It so happened: Someone took Mr. Chopra's old house on rent. One day, the tenant reached early in the morning and began shouting. Is it your house or junk store? Mice keep on running here and there every time." Mr. Chopra said, "Do you want to enjoy running horses in such a lesser rent, dear?"

It so happened. It is a matter of Mr. Chopra's young age. He had got once married. It is a matter of the same day of his wedding. He was getting photographs with his wife. The photographer, before taking photos, told him to smile, please. so that he might remember, he could have ever smiled.

Man forgets to smile after wedding due to being much busy in domestic chores. He becomes so much busy that he even doesn't get any chance to smile naturally.

It so happened. There was a barber of jocund nature. Someone wanted to tease the barber by joking. He asked the barber, "Why dear? Have you ever made a shaving of any donkey?" The barber replied politely, "No brother! Never did so. But you please have a seat. I will try my best." Keep smiling but never make a joke of someone. Do laugh but don't laugh at others. Smile like the Lord Rama who was happy and gay everywhere whether it was a matter of royal palace or an exile for 14yrs. Be at ease whether you are respected or insulted. To be happy and cheerful during rise and fall, profit and loss, honour or insult, even in the unfavourable conditions, is an art of successful survival.

The next thing to be cared is to behave with all systematically, politely and in a civilized way. Have a keen desire to respect someone instead of getting respect from others. Welcome others with garlands of flowers. Don't

wish to be garlanded yourself. Welcoming others by garlanding them with flowers is greater than the person wishing for to be garlanded himself. Be happy by respecting others. Those who feel proud of being honoured are egoist and arrogant people.

People tell us why we respect others inspite of being saints. I want to clear them that we are not so mean that we do not respond the devoted greetings and respects shown by you all to us. If someone has become a saint, he is two times better than a householder? And if any householder is greeting us with folded hands and bent head, Is it not a duty of saint to respond that householder for the saint is two times better than a householder. I see that saints of one customs feel puzzled of greeting the saints of other customs. Arrival of any saint at your doorstep is a matter of good luck of you. Therefore the sand touched by his feet should be used on your foreheads. If a saint does not greet the other saint, think he has not yet got saintliness. My dear! Even the washer men greet each-other when they meet then are we so mean that we ignore greeting each-other? The beginning of religion takes place with politeness and simplicity. If you do not greet and respect others, it is clear that you have not yet passed L.K.G. of religion so enjoy respects and regards each-other.

It is said: Henery, the king of France was passing on the road with his soldiers then a beggar on the way saluted the king thrice putting off his hat. When the king saw him doing so, he also did the same and passed ahead. The Prime Minister of the king said, "O His Highness! What kind of courtesy is it that a beggar saluted you and you also saluted him respectfully? It is against the standard of a king."

The King Henery said, "An old beggar saluted me and should I become so uncivilized that I even do not reply his greetings? I do not want to convey a message to the world

that a beggar is so great that he saluted a king but the king proved so proud that he even did not respond him.”

Respond salutation with salutation. Reply respects with respects. Behave properly. Speak properly. It so happened that a certain gentleman was habitual to offer to take food to any of his visitors. Generally the visitor did not agree to take food but if some one agreed, he served him food and after having been taken food by the visitor, the gentleman would say that it was good, you took food else he would be compel to give it to the dogs. You can imagine the condition of a visitor when anyone would hear so. The same thing happened once with his son-in-law and the son-in-law got so angry that he never came back. Therefore, never speak anything such that can hurt someone.

Don't lose patience. Be bold and pass your life cheerfully and smilingly. One, who has known to pass his life this way, is advancing his steps to godliness. When you speak or talk to someone, it should seem that you are showering the flowers of sweet fragrance by your tongue while speaking or talking to someone. It should appear as roses blooming with the shining golden sunrays. Sweet tongue costs nothing. Why should you show poverty in your speech? Whenever you speak, speak after selecting the beautiful words in a mannered and proper way. The wise speak after thinking and the stupid speak before thinking. You can not change what you have uttered. There is no use in regretting over the matter now. Think only that which can be spoken and speak only that which can be signed under it. The words uttered by you become promising words which can never be changed. Our tongue is not a pair of scissors; make it like a needle that can join the worn, torn and broken things.

The words are very precious. Use them carefully. The speech makes us popular, takes us to the top and may cause

us insulted. Perhaps for this reason, God has not provided any bone in our tongue. He has provided 32 teeth to guard it as the watchmen. If you keep on using your tongue properly, the teeth will act as body guards but if the tongue is not used properly, all the teeth will come out of the mouth.

Keep in mind that every thing can be thought of but can not be spoken to any one. Use and Select the words carefully while you speak anything. Speak as a wise not as a stupid. You can not keep back what you have sent out.

One person condemned some one but later on he felt, he did wrong. He came to us and said, "How I recant what I have spoken." I showed him many torn pieces of paper lying there scattered and requested him to put those paper pieces at any circle before I reply him. He went and put the pieces in the centre of the circle. When he came back, I told him that I had mistaken and told him to bring the pieces of paper back. He went there but came back with empty handed. I asked him for those pieces of paper. He told that all the pieces were flown away here and there by the fast blowing wind. I told him to learn a lesson from the incident that it is impossible to get back what you have uttered likewise not to be able to get back the torn pieces of paper. Therefore I suggest you to speak and be aware of selecting the words whenever and whatever you speak.

Do not mock at others. Do not laugh at others. Do not condemn, criticise or comment anyone. If you have committed a mistake, Say sorry for it. Speak and behave respectfully not only with outsiders but also with the family members at home too.

Some more things to improve our behaviour should be kept in mind. Do argue politely but do not get angry with others instantly. An argument is a light but an opposition is fire. If you make wrestling with a pig, the clothes will

surely become dirty. Better to talk to the wise than to the stupid. Pay respects to all at home early in the morning, speak politely with all and respect every guest whenever comes. Make your behaviour simple and sober as it is an index of your characteristics. Do not use lower category words. Your behaviour only wins the heart of customers, turns your kith and kin to your side and it will provide you respect and regard. Develop a habit to appreciate others. Having been heard appreciation, even an ant gets power to cross a hill, while hearing criticise, even the wife will turn her face to the opposite side.

The last thing, I want to request you is to keep your sight forever controlled and balanced. Wrong sight will make everything wrong whether it is your thinking, your behaviour, your speech or your any step where as good thinking, good speech, good sight and good behaviour will succeed you at every juncture of your life. Ravan had twenty eyes but his sight was fixed at one lady only where as you have two eyes but your sight is almost at every lady, then think over it who the real Ravan is.

Remember, your behaviour is your recognition. Lord Mahavira has said, "Wish the same for others that you wish for yourself. Don't desire for the things for others that you yourself want to avoid. It is the essence of religion and a message for you today.





How to Look After the Children

My Dear Fellows,

Every man has to pass through the three steps in life i.e. childhood, youth and old age. As the childhood is, so the youth appears and as the youth is so appears the old age. One whose childhood has passed with better education and well breeding, his old age will also become happy and benevolent. Childhood is for gaining knowledge, young age for earning material gains and old age is for earning holiness in life. If proper knowledge is gained in childhood, earning becomes easy in young age and when the earning is over, the holiness is gained properly in old age and only he is able to get salvation after death.

Every one of us has started his life from the childhood. Therefore, those who have crossed the age of 55yrs. today should try their best to engrave the charm of childhood on the canvas of our nation, society and family. We all should also do our best to bloom the flowers of our tender age on

the ground of our growing life so that the puberty and the old age might become happy, peaceful and prosperous. We, who have become adult today, have passed the days of our childhood. May be, we are not able to bring back our childhood but we should behave with our children in such a proper way that they might not repeat the mistakes of our 55yrs age. Childhood appeals to all. When a lady becomes a mother, a surprise of world takes place that her blood turns into milk. A grinning of a child echoes in her lap. A lady becomes grateful when she gives birth to the virtuous children.

A lady kneels down her devotions for the birth of a child. A child is a grinning (kilkari) of family, a pious urn of the motherhood of a mother, a grace of society and future of a nation. May we be keeping on worshipping Lord Krishna Kanhaiya in the form of a child in the temples or celebrate the birthday ceremony of Lord Rama or Mahavira, but God appears only as a child in the lap of parents when he has to appear. Therefore, a child who takes birth in a family is not only a child but also an incarnation of God. The day when we begin enjoying God in the child, our attitude and behaviour will totally change towards the child right from that day. then he will not learn 'A' for Apple but will learn 'A' for etiquettes, 'B' for Bravery, 'C' for Courtesy and will also learn the greatness of devotion from 'D'. The A.B.C. of his life will totally get changed. His every movement will makes us feel and realise the incense of Godly grace.

There may be a dialogue, or argumentative debate based on the characters of great personalities but the childhood age of all of them is very charming and attractive. There are so many kinds of thieves in the world and they steal many things but only a child is the person who doesn't steal anything except stealing the inner heart of anyone. An

appearance of a child fills the emptiness of home whereas his departure makes us feel loneliness. A family that enjoys children is a glory of that house, society and nation. The family that has no child is an impotent family. We all were children ever once. One who has the feeling of a child even in old age, is never old in real. I always pray to God for keeping me enabled to feel and enjoy the feelings of a child at every juncture of my life.

There must be an existence of childhood but it should not turn into childishness. Lord Jesus had once said, "An entry into the states of heaven is possible only for those who are sincere, sober, simple and polite like Children. Only such people can get entry into the heaven." You would have seen the children quarrelling. They will keep on quarrelling for ten minutes and then they become friends as usual, as earlier. They will soon become friends and will begin there study and playing together. And we people will quarrel for two minutes but will keep jealousy, hatred and revengeful feelings for 2yrs. Now, decide yourself to whom should we consider great, to us or to children? Do quarrel but never end our relations. Everybody knows that anger is harmful. Getting angry with someone is not a good thing but nobody follows it. We should follow the tendency of children. A child becomes happy and forgets his anger when he gets an affectionate touch. A child laughs for a moment and weeps also for a moment but we, if begin laughing at someone, keep on laughing or if we begin weeping at someone, keep on weeping continuously.

O Lord! You make us children only. The children could become a great personality even in their childhood. Dhruv and Prahlad were also children. Atimukta Shankaracharya was also a child. And these children had got all in their tender age that a person can not get even in his old age. Pray to God that there might be visibility of rosy smiling of

childhood on our lips when we pass to heavenly abode. There must be a great relaxation and an echo of the name of Lord Almighty in our heart and head. It is well known that Chhatrapatti Shivaji fought his first battle in the tender age of 14yrs. and defeated the enemy. It is also well known that Galileo had invented a hanging lamp in the age of 17yrs. and George Washington had become the General of his army in the tender age of 19yrs. If anyone takes a resolution, then even a poor child like Budhiya can make a world record of sixty kilometers of race.

Childhood is not incompleteness. It is not emptiness. It is respectable, Lord Krishna would have performed political tricks in his grown-up age but his childhood remained very sweet and simple. Therefore, we worship him in the form of his tender age. Whenever I bring the childhood picture of Lord Krishna to my mind, I feel a great sweetness of butter and sugar into my mouth. It gives me great enjoyment.

I talk to my parents. My father was of a little rigorous/strict temperament. But he took reclusion. After taking reclusion, he felt that it is wrong to beat or punish the children. Then he began loving to children. And when he began loving to children, he did it so much that he became the saint of the children. He would always give toffees to children, would tell them noble and sweet stories and would try his best to give them the best teachings. He would shower a sea of affection to them.

The first Prime Minister of our country Pandit J.L. Nehru was also favourite of children. He was known as 'Chacha Nehru' among the children. The former President Mr. Kalam has also a great attachment with children. He did not attend any inauguration ceremony during his reign but he kept on attending schools and colleges to share his achievements and attachment with the children. He became an ideal of every child. Today, every child wants to become

great like Mr. Kalam and Mr. Nehru. Mr. Kalam taught the children to dream high. If the children keep on considering him as their ideal, India will remain no more merely a country only by 2020 but will become a centre of attraction to the whole world.

Now-a-days I feel the condition of children is both good and bad. I consider it good for the attention paid to the children in this age was never paid to them earlier. Today every parent is ready to spend a lot for the sake of his children. Earlier, parents did not allow even to spend a sum of 10 paise for an ice candy but now they are provided with mobile and scooters. I remember my childhood. I began putting on a full length pant when I was in 9th standard and I was bought an old bicycle in my 10th standard but today parents buy you a scooty even in your 7th standard. Such a great change has taken place during the last 15-20yrs. of period.

When I look back into my past, It seems, we grew up in a simple way and in an ordinary style. Now, the best schools are selected for the education of children. New and highly advanced scopes have emerged for higher education. In early times, the kings or the rich would have looked after their children very well else ordinary children would keep on growing them like the vegetables of any field. Therefore, Children! You must feel proud of your age. Now, parents are devoted to make any kind of sacrifice for their children whether it is a matter of sending them abroad for higher education or spending lacs of rupees for their luxurious way. In our age, it was not easy even to meet our parents face to face and to speak or talk in a high tone was a matter of far distance. But now the freedom that has been availed to the children, I would hope that they will become the future builder and prove themselves a backbone of our nation. They will shine the name and fame of their family

and will increase the graceful dignity of our society and nation.

As I am appreciating the age and children of today so as I would make you aware that a lot of attention is paid to the education of children today but no attention is paid to their values, merits and character building. We want to teach our children in a higher institution but we do not care whether there is an arrangement of inculcating the values and manners together with education in that institute or not.

Remember, we people have got sufficient manners and etiquettes from our elders but still today the brothers are not living together. There is no sweet relation between a daughter-in-law and a mother-in-law. No son wants to live with his father after getting married. Imagine what will happen with the generation of today? A child is made to lie before the television set even at the age of six yrs. because his mother has to cook food. The child becomes silent to watch the colorful scenes on the screen and the mother completes her work. The child of six months grows older by watching the T.V. and becomes matured by the age of ten years. You know that a child has been able to watch more than 2 lacs of scenes of violence and more than fifty thousands of scenes of sex and rape on the T.V. screen even before he attains the age of maturity. Now think, how mature and horrible will he be in his grown up age?

The age is changed but towards decline. Earlier, there was a great piousness in the relation but now no one can be trusted. A gentle lady told me that there is a hotel near her house and when she comes to know and see the scenes taking place there, she feels embarrassed and ashamed. She told me that girls and boys came there. The girls have scooties and the boys own cars. The girls park their scooties there and go in the cars with the boys. It is not exaggerated to say that they come there in during their school or college

hours with their bags even in their school-college uniforms. What a matter of shame! At home parents think that their affectionate daughters have gone to school or college but here they tear the trust of their parents into broken segments or infinite pieces of deception. And as the five-six hours are over they come back to the parking place, cover their faces and go back on their scooties. How declining result will occur need not to be mentioned? It is certain most of them are blackmailed at later stages and their life becomes hellish here on the earth. Babies! I would like to say, your reputation, your dignity is up to you. What you are gaining today by shameful efforts will be of you with great welcome at the right time. You should not tempt for the things for which the right and proper time has not yet appeared. You will get everything in your life but at the right time. No fruit can be achieved before the proper time and if achieved, it will never be fruitful. You should take care of your clothes. Do not put on exciting or highly transparent cut clothes that you become the victims of molest even in the broad day light on the thoroughfares. I have no objection of modern stylish dresses but the skin tight clothes may prove a danger for you.

I consider you my own part so I aware you of the dangers I notice. The birth of any creature is a system of nature but to make him the best human being is the best worshipping of God. It is difficult to make the children the best human beings than to run a government of any country. It is very easy to talk high and to present ideal things in the society but it may be that at his home, even his own son doesn't hear and follow him. A police officer can scold his subordinates at his office but at home, he gets silent before his wife and children. I would like to suggest you that if we provide good breedings to our children, it will become a matter of grace for the glory of our family, society and nation.

I have heard that when the war was going on between America and Japan, the Admiral of America was camping at the sea. He sent all his soldiers to fight against Japanese Army. He was alone in the ship. Some journalists reached there and asked him, "Mr. Admiral! You are sitting here tension free while you have sent your all soldiers to fight." What the Admiral replied is to be followed. He said, "I am at ease and relaxed. What else will I be doing except to be at ease and enjoying rest when my all soldiers are at battle field." The correspondents were surprised and asked, "Then you are not worried any way about your soldiers." He said No and added that he had given the better training of war to his soldiers he ever knew and had armed his soldiers with highly sophisticated weapons available with him. He said that he had done whatever he could do and he believed that his soldiers would not prove wrong. Therefore, he was sitting overjoyed and relaxed in his ship.

The day when you feel that your child will not prove wrong because of the etiquettes that you have given to him, think that you have done the best of you and leave the rest at his luck. Luck favours thirty percent while our trial favours seventy percent. We should care for the future of our children, we should take care of them so properly that they can feel proud of us and we can also feel proud of them. When the children think of us they should feel high sentiments of our care and begin telling that their mother was not only their mother but also their guide and friend too. Your son should keep on appreciating you for the role of father and friend played by you. Play such a great role that they should feel proud of you and should eulogise your greatness.

I was a guest of a certain family. The house was very elegant and splendid. The host said that he had not got that house constructed. That house was existed due to grace of

his elder brother. I asked what he meant by grace of his elder brother, he replied that his elder brother had got that splendid house built and there was an inaugural ceremony there. I together with my family went to attend the ceremony and suddenly I found myself telling that the house was very splendid and It was liked by me. At this elder brother just after listening to his appreciating words told him that if he had liked the house, he should take it and the elder brother gladly gave him the possession of the house. And he told that he had been living in that house with his family since that day. He told that his elder brother was not only his elder brother but also his father, teacher and friend. This incident is related to the life of Mr. Suresh Rathi whose elder brother Mr. Anand Rathi is known as Share-king. The way Mr. Suresh Rathi has served the society is really praiseworthy.

The house where such types of good manners exist, that house becomes the heaven. No one can see the heaven or the hell in real life but the heaven and the hell at the earth can be really seen and enjoyed. The fostering and breeding of children is up to their parents. The children of today are very sincere as they understand the depth of the things. Whatever they fix in their mind, follow that in the rest of their life. Therefore, it is necessary that we make the healthy atmosphere of our family. The children learn only what they see at their houses and in their families. A tiny child addresses his mother and repeats the addressing words for his father as he is guided. The child will learn the language that you speak at home. You need not make him teach anything separately. If you use respectable words, the child will act and follow everything of you in the same way.

Your children will care you if you have taken care of your parents and elders. But Be Aware Sisters! If you ignore your husband or a husband ignores his wife, the

children will learn to ignore both of you. Therefore, make your family atmosphere proper; do not let quarrelling affairs take place. If you are habitual to use abusing words, give up this habit right now else your children will use the same even before you. I feel the condition is very declining and if it is not cared well, the children will certainly spoil their life. The children grasp everything good or bad very quickly. If you are addicted to anything, your children will also get addicted to many other things. One day I heard an abusing phrase from one of the children. I found he looked belonging to a cultured family yet he was abusing. I called him to me. He was frightened of scolding. I told him to come to me and assured not to fear. But I had to ask whether his father used to abuse. And for my surprise, he replied positively.

If the roots of a tree are infected, the fruits of it will surely be infected then who should be blamed for? We all are responsible for the bad habits of children. A father, who smokes cigarettes, causes to bring the cigarette packets by his children from the market. Even a smoking father makes his child to smoke and when he begins coughing, they laugh together. In the parties of the rich, children also participate and are forced to drink wine and thus they get addicted to wine. At home, playing cards are played by all the family members with children. During parties, if the phone bell rings, ladies go to attend the phones and tell their children to continue the party by playing the cards. What all this is happening? We ourselves are pushing our children to the flames of fire and when the matter is out of control, the children are blamed. We never look into our own conscience that this all has happened because of us only. Therefore be cautious and improve the worse condition of the family well in time.

Family is the first learning of the children. Now change the order of the alphabet. Now teach them, 'A' for Action, 'B' for Behave well 'C' for Consider the things first, 'D' for Devoted to duty, 'E' for energise yourself, 'F' for Firmness, 'G' for Godly nature, 'H' for High thinking, 'I' for Indianness, 'J' for Justice, 'K' for Kindness, 'L' for Love to all, 'M' for Manliness, 'N' for No quarreling, 'O' for Optimistic, 'P' for Patriot, 'Q' for Quickness, 'R' for Relaxed, 'S' for Safety, 'T' for Trust in God, 'U' for Unity, 'V' for Values, 'W' for Wisdom, 'X' for X-mas, 'Y' for Yoga and 'Z' for Zeal. Teach the children such a good alphabetic order, that it becomes the part of their life. They should present themselves so gracefully that their name and fame add the beauty to the grace and glory of our nation.

We should plant a tree of good manners at our home so that we can make our children well cultured under its cool shadow. It must be such a nice tree where even the neighbours can get relaxed under its cool shadow. If you are addicted to any drugs or anything else, give it up for the sake of your children if not for your own goodness. Give up the habit of telling a lie for the betterment of your children. Do not teach your children only business management but teach them life management too. Do not let your children keep on sleeping till 9 o'clock even if it is Sunday or any other holiday but guide them to utilise the holiday hours in a best way. Inspire your children to attend yoga classes, etiquette classes or any other such beneficial camps early in the morning or tell them to go to playground and play any game of their likings together with taking a little regular physical exercise. Instruct your children to cut and trim their nails timely so that no disease due to the dirt of increasing nails can prove harmful for them. Tell your daughters to avoid using nail polish particularly on right hand nails for it contains some harmful chemicals

which will reach directly to their stomach while taking food. They should be guided for washing hands properly before and after taking any diet. The children should touch the feet of their parents and get their blessings when they get up early in the morning. Teach the children to do their work by their own hands whether it is matter of washing utensils or clothes. Even let them cook and take food if they can cook. It is an evil to get their ort utensils washed by their parents or sisters. Develop and inculcate every good habit in them for their betterment.

Live a life of self-reliant. It is the vital source of life that every child becomes self confident. You should not use harsh tones at home else your children will repeat the same. Do not insult your child again and again else he will become aggravate to you. Do not curse him, he will get frustrated. He will begin ignoring you because he knows his every act will get him scolded whether it is good or bad. He will think that Papa and Mummy will certainly scold then it is better to do nothing and this way he will get accustomed of doing nothing fruitful.

Do not misuse children at home by asking them to find out the things of elders secretly. Never ask about the activities of elders otherwise the children will feel that there is no similarity among all at home. Do not create the feelings of separation in them. Teach them only the lesson of Love and Unity. Be aware not to ignore the children. Guide them not to repeat the mistakes by forgiving them. It should not happen that your neighbour comes and complains about your children regarding plucking flowers or fruits from his garden or anything else and you begin arguing in favour of your children. If the neighbour says that he has seen your children doing so with his naked eyes, then do not quarrel unnecessarily because the child sitting inside is listening to your matter and he will come to

conclusion that he may commit any mistake but his parents will certainly favour him. Do not do so. It will affect your child badly and he will inspire himself to do wrong things and he will follow a path leading to more harmful things.

I describe an incident frequently as it is a great motivational incident. The incident follows that the police arrived to the house of a certain rich man and told him that they had to arrest his son. The reason was pointed out that three children had molested a girl at the Gate way of India. They told that they had arrested two out of three and had come to his house in search of the last one. The rich man went to his son's room and came to know the reality. The son accepted that the matter was right because his father had known it. The rich man coming outside, told the police to arrest his son from his room. The police arrested the boy and when they were about to depart, the rich man gave Rs. 5000 to the police and told that he was not giving the money to free his son but he was giving for teaching him such a lesson that he(boy) could never molest a girl during the whole period of his life. Such a father can make his son a better human being!

Once when George Washington was told to take an oath on the name of the Bible in the court in order to tell everything true what he told but Washington refused to take such an oath and told that he had not told anything lie so far so he need not putting his hand on the Bible while taking an oath. And he disclosed the secret that he told a lie before his mother once when he was young and his mother, having been slapped him, told that she would like to be addressed as the mother without son instead of liking to be addressed as a mother of a liar son if he kept on stealing the things. After that incident, George never told a lie in his life. Such a brave mother can prepare a son in real!

In my life I feel proud in one thing telling you that I have never told a lie in my life. I don't know what wrong or right I performed but performed this thing certainly that I speak truth, live in truth, tell the truth whether it is felt good or bad, I neither tell a lie nor performs anything lie. Truth is the religion of my life, Truth is a fast of my life and Truth is the austerity of my life.

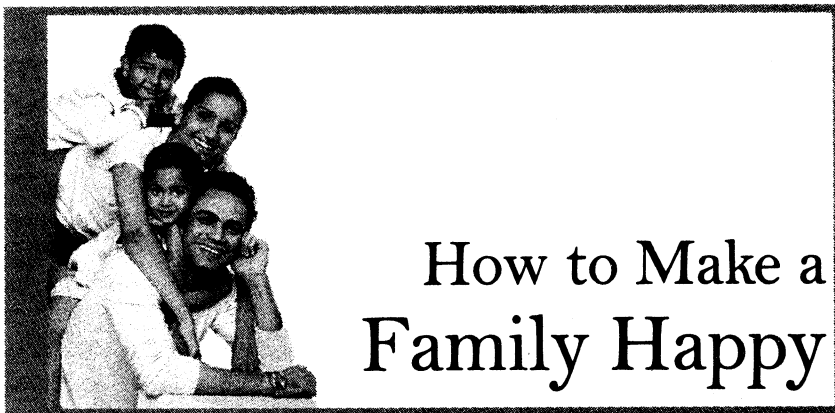
A father should play not only a role of father but also a role of good teacher as well as the role of a good friend. Mother should not confine herself to mother only but should play the role of a teacher and friend with her daughter. Prove yourself parents of fostering children properly and then only children can become brave and we can feel proud of them. Children also feel proud of their parents and tell that whatever they are today, they are because of their parents, proper care.

The present system of education is totally changed. Now, so many companies are readily waiting to employ you with a good package of lacs of rupees in salary. So be careful and take education seriously today. Nature has given us everything – two hands, two eyes, heart, wisdom, knowledge etc. then why we should feel weak. What matters whether we are born in a rich or in a poor family? The prospective tomorrow will be of us. We will get all the things by our own efforts. The wishes of the hard working are always fulfilled. Development is possible only if you have selected the path of development. Dear Children! You should not accompany bad fellows. Do not develop bad habits. No drunkard can get honour in any society. Bad habits can not avail you regard and respect. If you don't give up bad habits, the world itself will leave you. Watch good things, listen to good news, watch good movies, listen to appealing music and read good, noble and great books. Keep the dignity and limitations of your house safe. Give

and get respects mutually. Greet and regard your elders. Pay respects to your elders. Love affectionately to your youngsters. Offer prayers to God at dawn. Pray to Goddess Saraswatiji, your wisdom, your talent, your sharpness of mind will get sophisticated. You will feel concentrate. It will enable you to be concentrated and a proper rise will take place in your life. Money is not the only wealth in life. Blessings of elders are a great wealth of your life.

Perform yogasans for ten minutes and meditate to your deity for fifteen minutes daily. You will enjoy positive health, i.e. a balanced health of body and mind. Have positive thinking and develop self confidence. Have a belief to develop yourself, you will surely make progress in your life. If all play their roles, perform their duties well, a bright future will certainly embrace them. If you work hard to your destined goals, success will surely greet you. Family, society and nation will enjoy progress in real. The child is the foundation of forthcoming tomorrow. The youth is backbone of our nation. As the foundation is strong so sound and bright will appear the tomorrow.





How to Make a Family Happy

My Dear Fellows,

Family is the base pillar of our life. A person takes birth in a family and also takes his last breathe among the family members. A very few people are there in the world who are eager to be a saint or recluse being detached from the worldly guile. The rest whole the world enjoys his life time among his family members. In my point of view, the real heaven of life lies where all the family members live together happily. In such a family, no ill will or hatred feelings occur among brothers, sons or parents. Parents are the grace and glory of family and they seem blessing every time to their children in such a happy family.

The family where no sympathetic or amiable relation is found among its members, where parents cook by their own inspite of having two-three sons, where brothers live in separate houses, is a lifelike picture of hellish life. If brothers are living together happily, it is the result of their

previous pious deeds but if they are involved in legal affairs against each-other, it is also the result of their previous sinful actions. A house does not mean a construction of four sided well built walls but it is a place where children, having been got up early in the morning, get blessings of their parents and elders by touching their feet. A house is that in which all the brothers live together happily and support each-other whenever any assistance is required. Do you think we can call a house a family where there is a wall of jealousy among brothers, where a daughter-in-law doesn't speak to her mother-in-law, where nephew and niece do not play together, where parents have to cook their food by their own old age trembling hands? I don't think such a house will be considered a family. What an irony of circumstances that four persons do not live together in a house whereas even in a crematory four persons live together. We should not live a life of any graveyard dead bodies that neither talk nor speak anything to each-other and do not see even the faces of one-another. If four persons are living in the same way in your house, I request you not to let your house turn into a graveyard. Convert your house into heaven, not into hell. A house where a father smiles seeing his son, where a daughter-in-law gives her parental saree to her mother-in-law, where a son when comes from duty, talks to his father first and then to his wife, is infact a paradise of life.

We have decided to add one more day in the week, i.e. family day. It should be considered the eighth day of a week. If the eighth day i.e. the family day is safe, the rest seven days of a week will automatically become safe and useful. A family is that where some great epic like 'The Ramayana' is composed not that one where the play of 'The Mahabharata' is played every day. The family in which four brothers live and if they feel proud of themselves like Lord Rama, devoted to each-other like 'Bharat' and dutiful like

'Lakshman', you may consider it a real and true family. A family is that where one son sacrifices for the sake of enabling his father to keep his word, the second brother goes to forest during the exile of one brother, thinking that it is not honourable to enjoy royal life when his one brother passes his life of banishment in a forest and the third brothers thinks it unfair and regardless to be crowned himself as a king when his elder brother is passing a life of banishment. He doesn't place himself on the royal crown but respectfully keeps the shoes of his elder brother on the royal seat in order to feel his brother's indirect presence and this way runs the empire.

One brother, if in a society, donates fifty thousands of rupees but if the elder brother of him is surviving in difficulties, then I would suggest him to help his brother first instead of donating something to the society. If you are elder one, play the role of your duty properly. If you fail to play your role, your rank becomes futile. An elder is one who can play the role of father to younger one. Lord Mahavira or Lord Buddha is worshipped by us or not, Lord Krishna or Mohammed is greeted or not but the Ramayana should certainly be followed and practised its teachings practically in our life. And then you will be able to offer your prayers to God in a temple in true sense else you will try to ignore your brother or avoid your parents.

In my opinion, a human being gets his shape in a family and the religion also begins from the house and family. We all know that family is the only center of learning, only school of knowledge where a child turns into his reality. As the family is so will the child be, mannered or barbarous. If you want your child to be civilized, cultured and mannered, give up all those bad things, bad habits that you have been performing so far. The children are like wet clay; they will get their shapes or get moulded as you want to mould them.

Respected grand parents! If you smoke cigars, give it up from right now else you will fall into the eyes of your grandson. Our small, tiny children know what to do and what not to do? My dear! Before listening to the sermons of a saint, listen to your own children what they want to tell you, what type of inspiration, they want to give you. It is possible that an eighty years old fellow may not know what your eight yrs. child may know regarding what to do and what not to do? If I ask about smoking to a child of eight yrs. whether it is useful or harmful and it is good or bad to abuse someone. He will reply, 'harmful and bad thing'. Now, decide yourself who is wiser, a child of 8, or a grand person of 80?

Remember, as we are, as we will be able to give manners to our family. A civilized person will teach the civilized manners whereas an uncultured or drunkard will teach abusing words. A mannered person will use mannered language while a drunkard will keep on quarrelling. Therefore, it is said that observe or supervise the manners of family when you marry your child instead of going through the colour, complexion and external charm and prosperity of the girl. No doubt colour and complexion play a great role but successful survival is dependent on the manners that the girl possesses. At last the fruit will appear according to the seed sown.

You may understand this incident this way. A girl of ten used to come to meet us. She would come, greet us and sit quietly. I thought she greeted me considering a preceptor but that time, if some other persons were sitting there, she would pay respects to them also. One thing more, she would reply everything adding respectable words like Sir and would address respectfully even to the youngsters. One day I asked her about the secrets of her manners and the reasons for showing respects to all. That tiny girl replied, "Sir, my

politeness, manners and way of respecting all is due to my family. All the members of my family behave with each-other this way.” It came to my knowledge that this message should be conveyed to whole the world that if the atmosphere of your family is good, the manners of your children will certainly be good. If a quarreling takes place at home, the child will also learn quarreling. If smoking takes place at home, the children will also learn smoking. But if all the family members offer respects and behave affectionately to each-other, the children will also follow the same. Our family is a reflection of us. As we are, so will our children be.

Family is a reflection of religion and society. It is the backbone of every society and nation. If your family is happier one, it will please and appeal to all. The morning when the children pay their respects to their parents and the brothers embrace each-other, that morning makes a festive atmosphere of Id-ul-Juha. The afternoon when the brothers dine in a same dish together, turns that afternoon into a festival of Holi. The family where the old parents are served and given respects at night before sleeping and taken their blessings, where the parents teach their children and keep on sharing their weal and woe, there even the black nights turn into the festival of Deepawali. My dear, those who do not know how to pass the life properly, celebrate the festivals once, twice or thrice in a year otherwise we can enjoy the pleasure of these festivals every day at any occasion.

A family will remain heaven till you embrace each-other and behave affectionately with all. We should live happily. We go to the astrologers and ask about our problems. My dear, if these forecasters tell us that our astrological calculation is proper, who will pay them fee so they guide us to put one precious stones on various fingers and assure us

that our condition will improve soon but it is of no use, whether your condition will improve or not but their condition will certainly improve by the fee and donation given by you to them.

I do not know if anyone could be able to change his condition by putting on any stone but I know very well that the blessings of parents certainly change the conditions of us from bad to good. If the blessings of parents do not prove fruitful, I don't think any stone may prove useful to us. Parents are like temples alive. Prosperity appears automatically where the brothers live together happily. Do you know about the story, in which Goddess of wealth, Lakshmiji, tells to a sleeping rich man, "Twenty years have passed living me here with you, now I am going?" The rich man said, "But Mother Lakshmiji! I am your own son. I always think and care of you." Lakshmiji said, "I know it. I am also feeling pains while departing but you don't get worried, I will give you a boon before leaving this place. I will come to your dreams tomorrow, you may ask for a boon." The rich man suddenly got up from asleep. He was aghast to ponder over whether the Goddess, Lakshmiji will leave them alone. Oh dear! Whatever luxurious life you have, whatever honour and dignity you possess, even everything is due to her and if she goes, what will remain there after Her departure? The rich man told the whole story to the whole family early in the morning when he got up. The elder daughter-in-law said, "Papaji, the Goddess of wealth, Lakshmiji is leaving us but if she is giving a boon then tell her to fill up our all the safes with diamonds and ornaments." The rich man thought it proper. Then the other daughter-in-law came and said very politely, "Papaji, if Lakshmiji is departing, how we can have diamonds and ornaments? You please ask for the real estate, land etc. as this field is growing and developing day by day." then came

the third daughter-in-law and said respectfully, "Papa, however, I am still young and new too in this family. So I don't think it my right to give you much knowledge but if you consider me, I will advise you something new." The rich man said, "What new advice is there, dear?" The daughter-in-law said, "Papaji, whether you ask for land or diamond as a boon but everything will be over with the departure of Lakshmiji so you ask only for one thing from Goddess Lakshmiji and tell her Mother, if you want to live with us, live happily and if you want to leave us and go then also do so happily but depart after granting me the boon that there must be affection and unity in our family, among brothers, brothers-in-law, sisters-in-law, daughters-in-law and mother-in-law and our family members must live together happily. Get this boon granted surely from Goddess Lakshmiji, Papaji." The next day Lakshmiji came and told the rich man to ask for his wish as a boon. The rich man told the Goddess that he had liked the advice of the youngest daughter-in-law and told the goddess to grant his wish as a boon that there must be affection and unity among each and every family member at his home and all must live together happily. The Goddess said, "Oh rich man! What strange have you asked for! By asking for granting this wish, you have compelled me to remain forever with all of you at your home in your family. When an affectionate and brotherly touch as well as unity among each and every member exists in any family, then it is sure of goddess Lakshmiji to be there permanently. See how the youngest daughter-in-law solved the problem of her father-in-law using her cleverness of mind.

If you want your family happier one, correct the picture of your house properly. We can understand this incident this way. Two ways are there for flowers to bloom, one is flower-pots and the other is flower beds. We can symbolize these things as flower-pot culture and flower bed culture. It

is necessary to water the plants daily existed in flower pots because it is not connected with the land but a flower bed has many plants and if any plant of them is watered, the rest all get water automatically. Likewise, if all the brothers are living separately, they are like the plants growing in flower-pots. But if they live together happily, they are like the plants or flowers blooming in the flower beds. As small the flower-pots will be, so small will be the flowers but as big the flower bed is, so big will be the plants growing or the flowers blooming in them, so you please adopt flower bed culture and avoid flower pot culture. Presently, the people have big houses but the hearts of the people residing in them have turned very small as they all think only for their personal selfishness and own advantages. Now, the family slogan is confined to, we are two in number and we must have two children only. Now the relation of parents, uncle, aunt, brother, sister etc. have no place in family. All have got themselves divided separately and when the family is divided, the society and the nation will surely be divided by the same people. Consequently, a few years later, there will be no existence of uncle, aunt etc. words in real sense and these words will remain confined to the dictionaries only.

I have learnt well from the Ramayana that when Rama departed for exile, Lakshmanji also accompanied him. You would be remembering when an exile was declared for Rama, Lakshmanji goes to his mother Sumitraji and says, "Elder brother Ramji is departing for an exile but before his departure, I have also come to you for asking for something, Mother." Mother Sumitra says, "Oh Son! Kaikeyi has already asked for two promises and as a result Ramji has to depart for an exile of 14yrs. What promise you want to get in such an inauspicious time, Son? Please, ask for any promise two days later." Lakshmanji said, "Mother! If you make a little bit delay, it will be very harmful and will never be compensated. It is the only juncture of time when I

should ask for something.” Sumitraji said, “Son! When a great harm has already occurred in the form of an exile of Rama then what more harm can occur now. So you also get your wish granted. Let it happen anything.” Then Lakshmanji says, “Mother, I want to tell you that when my elder brother is departing for an exile, then myself, his younger brother should accompany him for his services there during the exile.” Hearing this, mother Sumitraji embraces Lakshmanji and says, “Dear Son! By asking for this boon promise, you have glorified the dignity of your mother and shown your gratitude to your brother.” Saying this, she gladly granted Lakshmanji the promise to accompany Lord Rama, during his exile.

It is a love and an affection of a brother to brother. It glorifies the family and the home. If we talk about us, we find that our parents got the feeling of passing their old age by devoting themselves to God and as a result, they took reclusion. We thought that our parents were getting reclusion and who would care them so at last we two brothers among five decided to get reclusion. When Lord Ramji can go for an exile for 14yrs. then can't we sacrifice ourselves for the sake of our parents' care?

It so happened. Once my father scolded me severely and told me to leave the place. As soon as I got ready to move, my younger brother told me not to go and argued that if I left the house, he would remain alone. My steps stopped on spot for the sake of my brother. We both the brothers live together very happily and care well for each-other. I want to support him and him to me. Really, the way of our living is very pleasant and we are living together very happily. I would request you all to live happily. Consider your family as a temple and devote yourself for the sake of each-other and enjoy your life purposefully.

Keep cleanliness for the sake of happiness of your family. Insanitary Condition is a great problem of us all. Recently, I had to attend a function in which many powerful leaders of state and central government were present there. I requested them all to do only two things i.e., "Addiction free Rajasthan and the other, Neat and Clean, Beautiful Rajasthan" and told them to get these two things done till they are in power. Let it be matter of any govt. of any party, we want only addiction free and neat and clean beautiful Rajasthan.

If the streets are full of dirt, the diseases will certainly break out. How can we support for vote to the leaders or parties who can not provide us healthy atmosphere? Sometimes, we get ashamed of thinking that the India which we should be proud of contains such an empire of dirt! It is our moral duty to keep our surroundings neat and clean. I have heard that Gandhiji used to broom the streets of Harijan colonies. Saint Vinobha Bhave used to broom on roads and Ramkrishan Paramhans used to plant the plants any where in order to increase afforestation awareness. When these great fellows did not shamed of doing noble deeds, why shouldn't we help in keeping our surrounding neat and clean? Keeping useless things at home is inauspicious matter. It remains heaped up either in the corners or at the roof of the houses. We should destroy and throw away such useless things in order to let the prosperity enter your houses. It will help you in avoiding an inauspicious hint of poverty and progress. Cleanliness is the mother of heaven. It gives relaxation and peace of mind. It will help you in having the grace of your deities at your home as it is said that cleanliness is next to Godliness.

The other factor of happiness for maintaining family is co-operation. Help and support each-other. Share your helping hand in your domestic chores. Do not assign all the

pieces of work to your mother. Do your own things yourself. It is well known thing that when a bird gets his wings, his mother lets him fly high in the open air. Develop a habit of doing your all things yourself. Whether it is a matter of serving food or washing utensils or clothes etc. it is a sin to get your ort utensils washed by anyone etc. It can be done only in emergency cases. To get an ort dish washed by your sister is to insult her i.e. rakhi a sacred hand bracelet made of threads, made to put on by sisters on Rakshabandhan festival in order to care their safety under any circumstances. Is it our independency to get our deeds done by others? Why should we ashamed of doing our own things? You readily do the things of society and others then why should you be dependent on mother or sister to get your own routine things done by them? I request you to avoid such things.

People divide their shares among each-other but do not make partnership. You should share the weal and woe for the happiness of your family. Mothers! if you have become mothers-in-law, then do not impose every burden of domestic chores to daughters-in-law and Daughters-in-law! If your mothers-in-law have to work early before dawn, then do not embarrass your life this way. The kitchen in which mother-in-law and daughter-in-law, sister-in-law and elder sister-in-law cook food together, Lord Mahadev and Mahavira begin to shower blessings in that house automatically. There remains their deity pleased naturally.

To be free from every addiction is the third main component of a happy family. Even you should not recite holy couplets if you have not given up all the addictions. Reciting holy mantras, having been drunken wine is against the religion. We may adopt various religious activities later on provided if we have given up every kind of addiction then it may be considered that our steps have advanced to

religion in real. Smoking cigarettes, chewing tobacco and eating gutkha etc. addiction will lead your children to imitate your addictions and thus they will spoil their lives completely. When you eat gutkha, omit 't' from the word gutkha and then pronounce it and then eat it if you like it better now. You should not give up the addiction for myself that a saint, is telling you but give up all the addictions for the sake of happiness of your family. Determine you will not get addicted to anything and everything will become easier to you. You know a stone has great strength. It can break our head. But iron is more powerful than a stone because it can break the stone. And fire is more powerful than iron because it can melt the iron. Water is more powerful than fire because it can extinguish the fire but the will power of man is more powerful than water because it can turn and change the way of water waves. If man makes his will power strong, nothing will be there in the world for that he will not be able to do it. If he is unable to do it, certainly he would have been lacking in will power as well as resolution capacity.

Develop one more good habit in your family of taking food together; let the members be fourteen or fifteen. It will realise you the pleasure of paradise. Remember if a single branch of a tree gets withered, the rest all the branches will get affected. To keep the family branches full of greenery, maintain unity in your family. Develop a habit of respecting elders as well as providing happiness to the Youngers. Present gifts mutually on some festive occasions in order to have a change in the way of your living. Let all the family members to pay their roles and perform their duties freely. Do not interfere in their way of living life happily provided it is not harmful for others. Guide mutually but do not impose anything on youngers. Follow the duty of all of you properly for the sake of your family happiness.

Parents are the temples alive. They are next to God. They are incarnations of God. They not only give us birth but also foster us and enable us to become self reliant and pass our life purposefully. They get us educated, get us married and thus care at every juncture of our life. Once I asked one of my teachers about the members of his family. He replied that he had his wife and two children in his family and added that he keeps his mother with him. I repeated the same question to a gentleman. He replied that his wife and children they all live with his mother. It gave me a great relaxation. You may examine the difference of both the matters. In one matter, a person keeps his mother with him and in the next, a person lives with his mother, one who keeps his mother with him, seems obliging to his mother but the other who lives with his mother, is grateful and devoted to his mother. Is there anyone greater than our parents? What can we return to them? And what do we return to them for they cared at every step of our life and still they are caring in the same way without wishing for anything in return?

Take your old parents to the temple with you in the morning and let them enjoy with God there. Take them to a pilgrimage once in a year. I have seen people donating for the old age orphanages but they do not serve and care their old parents residing with them at their home. Then donating this way is an insult of donation in real. Serve the parents properly and make them drink water by your own hands till they are alive inspite of making common drinking water houses after their death. Presently, the people have big houses and separate rooms for every member but there is no separate room for their old parents. There is a place for all but not for the parents.

I want to tell to the old parents that they should not give their whole property to their children. Keep some

emergency fund safe in lock and keep the key of the safe with you. Your children may not serve you with the parental feeling but certainly they will serve you for the greed of money. It is well known that the heaven is there only with the blessings of parents. They are always ready to shower their blessings. I have seen the families which were earlier very poor but they became prosperous with the blessings of their parents. If wife is a result of your liking then parents are result of your virtues. Today we have ignored our virtues for the cause of our liking.

We never saw Him,
But what need will there be of Him.
O Mother! What different form will be of Him,
than the form of you.

Perform your duties well for the sake of happiness of your family. Every member of the family should reciprocate respects and regards to each-other. Give so much loving treatment to your daughters-in-law that they forget even the telephone number of their parental house. All the members of family should care the feelings of one-another. If there is a proper understanding between the mother-in-law and the daughter-in-law, the happiness will automatically appear in the family. I would like even to suggest you now to match the horoscopes of mother and daughter-in-law inspite of a boy and a girl for successful wedlock. The adjustment between both of them is very necessary. A lady should not become an enemy of the other lady because the males have ego whereas the ladies have jealousy. A lady should get rid of jealousy as well as a man should avoid ego. It will create happiness everywhere.

Once a lady came to me and began complaining against her daughter-in-law and told that she was very much puzzled due to the ignoring and aggressive behaviour of her daughter-in-law. She further added that even it was

impossible for her to decide what to do or what not to do. I told her to send her daughter-in-law to me so that I might improve her behaviour. The daughter-in-law came on the next day. I welcomed her, told her to have the seat and asked her about the well-beings of her mother-in-law. I also asked her about her relation with her mother-in-law. She also told many such jealousy things. I thought the matter was serious. Both seemed alike in their behaviour. I told her to follow my advice. She agreed for it. I requested her to follow two things for a month strictly and assured her that after a month she would be blessed with a son. I told her so because I knew that she had no son. She got very happy and asked if she would really be blessed with a son. She eagerly wanted to know what she had to do. She also agreed to follow and obey all the things. I said to her, "The first thing is to do only the things your mother-in-law wishes to get them done without applying your own mind. The next thing is neither to reply directly nor to oppose anything of your mother-in-law and whatever you do, do it by asking to your mother-in-law. For example, you have to cook vegetable and there is only lady finger available in the refrigerator. You know this thing still you ask to her respectfully what vegetable should be cooked. She will tell you to cook anything available it. The lady finger was sure to be cooked but the way you discussed with her in order to get her guidance and permission before cooking the vegetable will increase her grace and she will realize the goodness of your behaviour."

One month later both the mother and the daughter-in-law came to me together. I assured the daughter-in-law that she will certainly be blessed with a son and asked the mother-in-law how her daughter-in-law behaved with her. She said to me, "Sir, I don't know what spiritually strange you had done with her that she is totally changed now. I

have got such a nice daughter-in-law that I think, it is results of my previous pious deeds. Now I asked to the daughter-in-law about the behaviour of her mother-in-law. She also appreciated her mother-in-law and told that earlier her mother-in-law got so much angry with her but now she loved her so much and even she did not take food before her. This way, the daughter-in-law eulogized her mother-in-law in a great sense and asked to me now about the spiritual solution of having a son. I told her that there was no need of any spiritual formula and assured her that she would be blessed with a son by the blessings of her mother-in-law.

We should not take the things otherwise told by our parents and elders as none else will be there to suggest and guide us except them. Follow the feelings of such things and you will certainly have happiness in your family. The guidance of our parents and elders is like a red signal of traffic. It may seem to us as an obstacle but it is for our safety. In the same way, the guidance of elders works as a red signal. We should forget ill-will and jealousy prevailed among us and should live happily together. Life is a nine days' wonder. We are mortal beings. It is well known that everyone of us will have to depart one day to the heavenly abode and at the ending juncture of our life, nothing will accompany us except the noble deeds and the way we lived happily together. Therefore, when nothing is everlasting here in this world than why should we not live happily together? We should live our life in such an affectionate and amiable way that even the people appreciate and mourn emotionally after our departure to the heavenly abode. May you get salvation but I want that even after your final departure, your family members should place you next to the God and offer respectful prayers for the way you lived with them happily and purposefully.





Balanced Diet: A Source of Positive Health

My Dear Fellows,

Diet is the compulsory requirement for our survival. We take birth with the requirement of diet. Every creature is dependent on the diet. A healthy supply of diet is the base of physical as well as mental health. Diet, Asleep and Sexual Intercourse – these three factors are natural tendencies of every life. Body is fostered with diet. As the diet is simple and not much spicy, so simple and balanced will our body be. Intercourse is a natural tendency of every creature. Asleep is necessary requirement of our life in order to get rid of tiredness of body and mind. Every creature of this universe is indulged in the process of diet, asleep and intercourse. If these three factors are positive, it will be a plus point for a successful survival. Excess of any of these things is like a deal of loss. A person, who takes balanced diet, falls balanced asleep and consumes balanced consumption, will enjoy positive health, peace and

promptness of mind and succeed in enjoying natural entertainment of life.

I would discuss some necessary steps regarding dietary system. Diet where it is a base of life, it is also an important factor of our positive health. It is said in Vedas, "Food is Brahma." You can realize the supremacy of Brahma by taking balanced diet. Food only operates body, mind and consciousness in our life. If we take balanced diet with simple and exalted feelings, this simple food taken by us will lead us to realize the supremacy of Brahma.

If you take healthy, balanced and positive diet, you are certainly a saint from the view point of health. Food contains particles of the five super natural elements, i.e. the earth, water, air, fire and the sky. Food is a gift of God and as man is close to nature, so will he be strong and healthy.

Those who pay attention to the healthiness of diet, are the own doctors of their disease. I too suffer from diseases but I do not disturb the material doctors. I get myself well with the help of some yogic exercises like Pranayam i.e. process of inhaling and exhaling breathings systematically, Yoga, Meditation and also by taking a change in my diet. It is the reason that my medical bill is always zero. You should also follow it and make your medical bill zero.

Now-a-days, the allopathic medicines are prevalent everywhere. The toleration power of people is over. If they suffer from a little bit of headache, they begin making rounds in visiting to the doctors and their clinics. Though, the allopathic medicines work promptly, but there are so many harmful side effects of these medicines that they decrease the resistance power of the Patients very horribly. I challenge that if a person develops a habit of taking balanced and satvik diet and devote an hour daily for the yogic exercises, Pranayam and meditation, he will be able to resist all diseases and enjoy positive health forever. We

should take yogic exercises daily in the morning in order to maintain our health. Take yogic exercises for fifteen minutes, Pranayam for ten minutes and meditate for thirty minutes daily. Have a clapping for two minutes and a laughing for a minute only. This experiment for an hour will create a great change in your physical, mental and spiritual point of view.

Today, we will discuss on the topic how to make ourselves healthy and energetic through the diet. The diet we take is so useful for our life that a person dying from thirst is ready to sacrifice his any wealth or glory in order to quench it and a rich person struggling from hunger feels the grains of millet even a more valuable than any diamond etc.

It is said, once a rich owner got caught in his own factory. The owner of the factory was in his office. The staff was unaware of this thing. They went out closing the factory. The whole factory was automatically operated. As soon as the main gate was shut, the whole internal system automatically got off. The factory was closed on Saturday and was opened on Monday. The owner was perturbed of hunger and thirst. On Monday, just after opening the factory, he did not run to the bank but he ran to the mess. He took two breads and drank a glass of water and got a little relaxed. The meantime, he could realize the value of a grain of millet that it is more valuable than the costly diamonds.

The most important thing required in our life is food. God is hidden too in food. A contented person remembers God in a temple or a mosque but a hungry person realizes the presence of God in the food. The way of living life of man may be different but there is no difference in the basic requirements of body. May be a ring you are putting on your finger costs ten thousands of rupees and the ring put on by Anil Ambani may cost ten lacs of rupees, your car

may cost five lacs of rupees and the car of Amitabh Bachchan may be of fifty lacs of rupees but one thing is certain that whether it is you or Amitabh, we all take the same flour in the same way. The stomach is at last filled with food not with the richly diamond or golden sets of ornaments.

Food is the basic requirement of life. It has been cleared to all of us. Now the basic thing is how to take food so that it might act as vital force in our life. It is said, 'As you take food, so will be the level of your mind likewise you will get the formation of blood, bones, flesh, marrow and semen in your body. It is necessary for food to be balanced for keeping the whole system of body and mind healthy. Much oily, much spicy, much sweets and rich food taken usually or at various functions make our stomach a dustbin. If you are suffering from worry, anxiety, tension, jealousy, anger, revengeful feelings, sleeplessness, constipation etc. better you should improve your dietary system instead of taking rounds to any neurophysician. Take the diet balanced and positive, go for a morning and an evening walk and do not let yourself suffered from constipation. You will enjoy the superb state of positive health.

If a person is getting angry today, it is clear that he has been providing a platform to appear anger. If someone is highly distorted, surely he would have been taking food such rich in oil and spices and tamsik food that keep on increasing the shortcomings of a person. All the spiritual and religious people, if they want to convey any great message to the world, I would say that all the religions should make a beginning of purity of dietary system and abstinence. The purity of diet provides the purity of conduct and purity of thoughts. One who is not able to control over his diet, how will he be able to keep control over his conduct, thought and speech?

Man must have the wisdom of deciding what to eat and what not to eat? May be that a person who is offering and providing food free of cost but the person is taking food, how much will he take it free of cost? May you enjoy a lot of costly sweets in any function but what benefit will you get from that unusual diet? The body will accept the calories as it needs only. A proper quantity of sweets will be assimilated by the body but if you eat much, you will invite laziness and diabetic diseases. Think yourself why we are taking food for living or for eating only? Food is the base of life. Take it as you need it. There is a great demerit of the Hindustanis that they do not stop when they begin eating whether it is a matter of food or bribe. People are accustomed of eating the things available free of cost. When they go to take food in any function, they do not puzzle themselves by taking bread, loaf and vegetables. They eat only the dishes of varied sweets and richly prepared dishes. It is said that if you go for any feast, eat only white things which are generally varied sweet dishes. It will not be exaggerated to say if they are asked for serving loafs, they will not hesitate of replying for what they would take the loaves which are already available at homes and will further say that they have come to enjoy only special dishes. The tendency of such heavy diet consuming people started the envelope systems. The reason is that if they are taking food estimating one hundred rupees, certainly the fifty rupees will be gifted this way.

It so happened. A hotel was inaugurated and opened in Mount Aabu. A sign board was put up there that read, "Take as much food as you can. Don't take tension of payment. It will be charged from your grand and great grand sons." A person habitual of eating free of charge, once went to visit Mount Aabu. He caught sight of that sign board put up on the hotel. He entered the hotel and

ordered many type of dishes. He took all the dishes very contentedly. As soon as he began to move, the waiter handed him over a bill of Rs. 450. He was surprised and asked what type of bill was he given when the sign board read, that eat contentedly as you wish and payment would be charged from your sons, grand sons and great grand sons. The hotel owner said, "Whatever you have eaten, will be charged from your sons and grandsons only. We want the payment of bill that your father and grandfather had eaten here earlier free of charge." The person habitual of free fund things knew the matter and embarrassingly, he had to pay the bill.

Such people should be behaved this way only. All the fatty and glutton in the world are either habitual of getting things free of cost or excessive food consumer or irregular in their dietary time table. The swollen belly symbolizes imbalance of body. Such people suffer from knee pains and also suffer from the problem of bent backbone and are unable to bend easily in front of them. The problem of waist pain increases at high rate. They are also suffered from indigestion, gastric problems and constipation etc. If man takes a balanced and a vegetarian diet, he will not have to face any problem regarding imbalance of his body.

People keep on using their mouth whole the day and keep on eating something till mid night and consequently the intestines do not get sufficient time to digest the diet taken by them. The previous diet is not digested and we force new diet into our stomach continuously. Once you take food, nothing should be taken for four to five hours except drinking water. The food taken once takes four to five hours to digest it. If the food is rich in oil and spices, it will take seven to eight hours to digest it properly.

Body is a companion of our life. It is our friend. Behave politely and lovingly with it. Neither eat much nor remain

much hungry. The people who take simple diet, need not keeping fasts but those who are habitual of fast food, accustomed of oily and spicy food, should keep a fast once in a week to balance their digestion process. On the day of fast, only milk and fruits should be taken in order to keep the inner machinery of body fit.

If the diet is simple and vegetarian, it will give positive results in blood, bones, bone marrow, dirt and semen etc. and consequently you will be able to have virtuous or sincere children that will help you in positivity of the diet which is the base form of all the positivities of life.

The body takes its formation through the diet only. The diet is the base form of body composition. It is useful in blood, bones, bone marrow, semen etc. If a son of any person enjoys luster and grace on his face then it is sure that the diet taken by his parents was certainly positive and healthy. But if the son of any person is feeble, it is sure; the parents of that son would have taken mal nutritious diet.

Even, if a mother feeds her child with her milk in anger, it becomes poisonous. The milk sucked in anger turns to poison. Sucking that milk, the child will become unwell. On the other hand if a mother feeds her child with her milk in very happy mood that the milk will act as an elixir for the child. Keep in mind that the mood and condition of body and mind give its effect accordingly.

It is the rule of nature that as you sow, so shall you reap. There are two aspects of life: the first body and the other behaviour. It is the rule of behaviour that the output will occur as the input is but the rule of body is that as the externally appearance is, the same will follow internally and will result in alike. A famous theory of computer system is that good in, good out, wrong in, wrong out. The negativity will be there in return of negativity and the output of positivity will result in positivity. If you feed

wrong in the computer of your life, you will get the wrong result and if you feed correct, the result will appear correct.

The people, who want to become the master of happy and healthy life, should ponder over the diet and its timetable that they follow. We will arrange happy and healthy life first and then will go to temple for religious deeds else there will be no capacity to act well in the field of virtuous and religious life.

The diet means the first step of life. The diet means the first step of healthy life. The diet means the first requirement of our life. Everyone has to take diet. Even the creatures of hell and the Gods of spiritual world take the diet too. The creatures of hell take four kinds of diet. The first diet that we will call a diet like a burning red coal. The second diet is like a rice husk burning fiercely. It is burning gradually but in a horrible way whose pang remains for a long particular period. It is also like a grainy or a diet like a sparkling. The third diet they take is so chilled that it seems like a piece of an icy part and the fourth process of their diet is that it seems hard like an icy slab in shivering water and it is so cool that even it can not be touched. Such are the kinds of diet that the creatures of hell take it.

The birds and beasts also take four kinds of diet. They take the diet that is totally well edible, pleasing and well digestible. The second diet is swallowed directly to the stomach as a rat passes directly into its hole. The third diet they take is like the flesh of an elephant. It is as hard to take as to digest it. The fourth kind of diet they take is so hatred that seeing it taking to them, even the others begin to hate it as a dog vomits the things eaten up already and then begin licking it again.

Man is different from all these creatures. Man takes four kinds of diet. The first kind of diet is produced from various corns. The second kind of diet contains fruit juice,

water, milk and all the liquid things. The third edible food contains fruits, dry fruits, cashewnuts, almonds etc. and the fourth diet contains all things used as mouth freshner like beetle, beetle nuts, clove, cardamom, cinnamon etc.

Man takes the four types of diet but the gods take diet of higher quality than we take it. They take the diet that is good in colour, good in taste, good when it is touched and good in its fragrance. Why shouldn't we take the diet that the gods take it? We human beings can take the diet of four kinds only as cited above but we should try to involve the qualities of godly diets. It is good if we consider our body like the temple. Every person wants to devote the best things of him. This body is also a temple made by nature. Man itself is a temple. Why the best things shouldn't be devoted to the temple of our own that are clean, pious and healthy things.

What a nice irony of human beings! They light up incense sticks in the temples but cigarettes, bidies etc. in their own mouth. No one offers cigarettes, bidies, gutkha, tobacco in the temples then why do you force this rubbish to your own temple i.e. your own body? The diet provided to body should be healthy, energetic, vigorous, clean and providing relax and entertainment to our mood. The diet that makes us excited, lazy or weak, should never be taken. It is a well known maxim that one, who bathes in cold water, takes fresh hot food, never needs any doctor. One more famous maxim is that one, who urinates in standing position, takes food or edible things in sleeping or lying position can never avoid poverty. They are always poor. Today, people take bed tea. It means tea made available on the bed. But infact it is a bad tea instead of being bed tea. It is very harmful and just like to invite dozens of diseases. It kills our appetite. It is said that even an enemy should not be provided tea to his empty stomach. It is better to take cow

milk at early in the morning instead of taking bed tea. Man should take the diet like the diets of gods. He should think the existence of gods in his own inner conscience and should take pious and vegetarian food. Those who think gutkha, bidies, cigars etc. the sources of entertainment are wrong in their thinking. Infact, these things are sources of their deterioration.

There are two kinds of people in the world. The first one is the people who practise rigorous and austere meditation. They keep on fasting for many days, even for weeks and months continuously as they want to make any world record. The second types of people enjoy their body well. They believe in the notion 'Eat, drink and be merry.' Such types of people are also making atrocities with their body. The body is like the strings of lyre that should neither be much tightened nor be left much loose. It should be meditated by simple, pious and virtuous vegetarian diet.

It is said a person had a cows and a calf. He had a lamb at his home too. The cow was milked and the milk was taken by the family members. The remaining milk was served to the lamb. The calf tells to his cow mother, "Mother! How cruel our owner is that you provide him milk and he gives only dry grass in return to you. And the lamb which gives nothing but takes the diet well in the best way only. Mother, do see our diet, please."

Mother replied, "Dear! Don't get worried. If an owner provides so rich diet to any animal, it is certain there is something wrong in it. Horrible danger may appear to him but you need not get hesitated. We are satisfying our hunger with whatever dry things we get and the animals taking simple and pious vegetarian food are never afraid of any danger."

The calf told to his mother that she was only coxing him but the mother always taught him that those who live in

a simple and positive way enjoy the successful completion of their healthy age. Those who are wise in diet-resistant, get the natural boon of enjoying 36,500 nights successfully.

Two or three months pass over. The lamb becomes very fatty. One day the owner of that house reaches to the enclosure of animals with a big sharp knife in order to arrange a feast for the guests at home. The calf hesitates and asks his cow mother why the owner had reached there with a big sharp knife. The mother told him not to hesitate for the beings who keep reliant regarding their diet, have no fear. The owner entered the enclosure and quickly jumped over the lamb and cut the lamb by his neck. The calf began trembling of fear but the cow mother assured him that those who keep control over the diet, have no fear but those who make their body fatty by the things freely attained, have to repent like the lamb in their life.

Increase the diet if untimely death is to be invited. If the death is to be avoided, control over the number of dishes being taken. If someone has much indigestion, he should decrease the number of dishes, he takes. He should control over his diet, his diseases will automatically be over. If man eats much, he will suffer much.

I tell you a miraculous incident happened at Jodhpur city in Rajasthan. It can't be believed but we have seen it with our naked eyes and still it is continuous. There is a lady, mother of Kamlaji Gandhi. She is a very pious lady. She is suffering from diabetes. Such a dangerous disease that she has to visit hospital twice-thrice in a day. On the day of Akshay Tritiya i.e. the third day of Vaishakh month, considered very auspicious for the beginning of anything etc. she wished for keeping a fast. It is surprising that she kept on fasting for whole the day. We suggested her not to keep on fasting in old diabetic age but she did not move from her decision. She argued that so many people had offered

themselves for a long ritual and religious fasting then why she should not try for keeping on fasting for a day and she followed it. At night when she fell asleep, she felt relaxed. The next day again she decided to keep on fasting. And after a 3-4 month of fasting, it was a miracle that she felt improvement and kept on fasting for three months more continuously and after it, she felt a miraculous experience in her life and great improvement in her every activity as well as in her diabetic disease.

The changes in the diet provide all the chemical changes in the body naturally. If you are suffering from any disease, you should change the dietary plan first before going to visit any doctor. If you were eating the loaves of millet till yesterday and you have fallen ill then take a little diet like mash etc. today. See the results in your body by changing the system of your diet in various ways and you will find the chemical changes appearing in your body automatically. Even after practising various ways regarding the changes in your dietary system, if you do not get well then you may knock at the door of any experienced doctor.

Now the question arises how to take food? When the food should be taken? What our diet should contain and for what purpose should it be taken? If we eat in order to sustain our survival, it is our compulsory requirement but if we survive only to enjoy eating various dishes, it is our foolery. It is unwise to keep on eating recklessly round o' clock. But keeping the fact in our mind that the diet is a compulsory requirement for our body if it is taken once in a day, it is the symbol of our wisdom and saintliness. A diet taken carefully and wisely by a sensible person may act as meditation. If we follow the maxim only to eat, drink and be merry then we are showing foolery only.

The first important thing regarding the diet is that it must be pure and pious. We should not take fast food. It is

not wise to eat in the market in standing position and it is also not an identity of any civilized and cultured person. You will be able to know the horrible reality of production process of sweets if you examine any shop internally. If any fly falls into the syrup during the process of preparing rasgullas or any sweet, it is sure we will not use that syrup. If any fly falls into milk, we are sure not to use that milk. If any ant falls into any vegetable, we are again sure that the vegetable will be thrown away. But do you know the fact that the rasgullas which you had purchased yesterday from the market, it is possible that two rats would have fallen into its syrup and would have died in it? Do you think that the shopkeeper will throw away that syrup? No, the shopkeeper will think of his profit and will throw away those two fallen rats from that syrup and will sell you the sweets prepared by that polluted material. Many market made things contain various types of such happenings but we keep on using these things knowingly or unknowingly only for the cause of our laziness and also due to the habit of avoiding hard work. Therefore, it is always best to use the things cooked at home by your own hands instead of depending on the readymade dishes available in the market.

People visit hotels thinking that they will enjoy the tasty dishes prepared in hotels. But have you ever seen the condition of the kitchens of hotels? You will find a horrible scene of dirt, rubbish and impurity there in the kitchens. Even the cooks remain so dirty that we can not see their condition. If the vegetables are rotten, we do not use them at home but in hotels if they are rotten, will not be put up aside but will be cooked for the sake of their selfishness as well as to earn a handsome profit. The owner has to run his business. He has no relation with our health or religion. His purpose is only to earn profit and run his business anyhow. His target is only to think of his own benefit not for others.

The diet must be pure, must be vegetarian. I would appreciate the followers of Vaishnav religion drinking the fresh water drawn immediately from the well. They never drink the water already stored in the pots. Not only this but also before taking their food, they clean the place of their seating with cow dung and then they place their dishes on that place and take food in a pious way. They wash the utensils again just before their food and thus they prefer purity very much during cooking or eating their food.

I would appreciate the followers of digambar section of Jain religion. If I am asked about my preference to take food first from between the followers of digamber and shwetamber sections, I would gladly prefer the followers of digamber section and their dietary system first. The reason behind my preference is the purity followed by them. The main difference regarding the dietary system of the digamber and the shwetamber sections of Jain religion is purity. The purity of food helps the saints of the digamber sections to maintain their status as well as their standard.

The digambers will not use the yam. They even do not use the stale water stored at night. They do not consume stale sweets. They consume the ghee (butter curd) only if it is prepared on the same day. They use the flour prepared by their own hands on the same day only. The milk is used only if it is milked from the cows by a cowboy after taking a bath just before milking the cows and with a feeling of holiness for saints. Such is the purity of the Digambers!

Is it a simple thing to remain nude in every condition, in any climate, in any weather and at every place? They are also human beings and may get the victims of disorder. But they maintain the equilibrium of their status only on account of the purity of their diet. The result is: The feelings of inner conscience will be pious provided the diet contains purity.

If we are taking diet like the diets of gods, if we are aware of the purity of diet, certainly the heart and head of us will enjoy the holiness of our feelings. I believe that you are grasping and pondering over my things so we will try our best to maintain the purity of our diet right from today. We have also learnt this virtue from the followers of Digamber section of Jain religion. It is not necessary to take four vegetables in the diet but the maintenance of purity of diet while preparing and taking it, is very necessary thing.

If the nature of diet is pious, pure and virtuous, the nature of mind will also be pious, pure and virtuous. If the diet is respectively Rajsik or Tamsik, the nature of mind will follow the same respectively. Man contains three virtues in him i.e. Satogun, Rajogun and Tamogun. The people who eat non-vegetarian things and drink wine are known as of the Tamsik nature. They increase violence, cruelty and terrorism. The people who take butter curd, cheese, sweets and highly oily and spicy dishes in much quantity are known as of Rajsik nature. They increase evil things too. But the people who take simple, pious and pure vegetarian dishes free from much spices and oil are known as of Satvik nature. Such people are sincere, honest and devoted to their duties positively. They have power to keep patience. They do not get aggravated immediately and behave politely and wisely with others without any excitement.

Therefore, the diet must be positive i.e. pure, pious and vegetarian. It is a matter of sorrow that people specially the Jains have begun getting the Rajsik dishes prepared in their personal parties. They get the Rajsik dishes prepared so much that even the dishes of wedding ceremonies remain trivial before them as the sweets, oily and spicy dishes were prepared only in weddings earlier. Specially, it has become a

saying for the Jains that the money of the jains is spent either in the construction of buildings or in the preparations of dishes. The feasts have become a necessary part the success of any function now-a-days. The tendency of eating and enjoying has become so horrible that the dinner begins at 9 o' clock but the people keep on coming even by the midnight.

Recently, the Oswal Community arranged a feast on the occasion of their anniversary and they spent ten lacs of rupees only for the arrangements of food. Had they spent the same amount for the cause of any creative work or for the upliftment of down trodden or the weak of their community, it would have become a pious and noble deed from themselves but perhaps they were unable to avoid the enjoyment of the taste of their tongue.

The saints also preach sermons for a particular period especially in the months of July, August, September and October. It is heard that crores of rupees are or were spent during the process of their sermons' preaching. If such expenditure keeps continue, the people will hesitate in getting such functions organised. It seems that the people do not know how to follow the religious traditions. Such people are trying futile to make the money the basis of the religion. Now the success of preaching sermons or any religious ceremony is estimated by the transactions of money and its figures. Now the virtuous are ignored and the rich are valued. It is an evil of the present age. Now the saints, who are rich, are worshipped and given importance. It is a great evil of our present society and their thinking.

Regarding the abovected reference, I would like to discuss a town and the town is Balotra in Barmer district. The every member of Balotra society has to follow ten rules. Have you ever heard that the wedding ceremonies of the sons and daughters of the millionaires do not have the

arrangements of band parties? There at wedding, they can only light up twelve tube lights. They do not get prepare more than two sweets in the dinner. They do not prepare more than eleven items including water too. It is a great thing and greatness of them. Now, in such a critical time, the people who enact and execute such type of great and pious rules are blessed by the Tirthankars (Godly dignities of Jain religion) themselves.

I would like to request all the societies of the world to adopt Satvikta (i.e. purity and holiness followed by vegetarian diets) in their diet. We should arrange social functions but should never make the money base of our prestige. The dinner (diet) should appear as dishes offered to gods and goddesses. We should arrange simple, pure and pious vegetarian diets only then our prolonged efforts for the noble cause will help us gradually to bring positivity and purity in the diets.

The diabetic problem is a common thing now-a-days so avoid preparing sweet dishes in when you arrange any dinner. Prefer pure and pious vegetarian diets instead of rich oily and spicy meals. Make the meals so simple that it becomes a sign of your personality. The diet of the Jains in Gujarat is famous for containing no onion, potato, garlic etc. The diet you take or you offer to someone must be simple and pure with pious feelings.

Recently, an impressive saint got 2100 types of sweets to offer to the Goddess near by Bangalore city. He made a world record. It if was done for the sake of making world record, it is all correct but if it was arranged in order to offer the Goddess, it is the thinking of the Saint as it is well known that God or Goddess does not require the quantity of dishes but they require only to keep trust in them. We should have devoted feelings not the tendency of showing pomp and show among other people.

Remember that the simplicity and positivity is the first inspiration of any religion. Much pomp and show is made either by the royal people or by the fools. Both the food and the clothings must be simple and positive.

Now we discuss the form of diet. There are three kinds of diets in the world, Shreya (the simple but pleasant), Preya (the loving diet) and Heya (much oily, spicy and heavy diet of low standard). The Shreya diet is simple in taste but pleasant in results. The diet that gives enjoyment is Preya diet and the diet that is too much spicy, it burns the tongue while eating and difficult to digest, is known as the Heya diet.

The third necessary fact about the diet is that it must have some limitations regarding its time and quantity. Lord Mahavira says that if we take four bites lesser than the requirements of our body, it is a kind of meditation. If we can't remain hungry, we should take some edible but in limited quantity. If you take four breads, now take three and half and give the rest half to any animal and this way you will be able not to let yourself fall ill.

People are habitual of eating many a times in a day but they do not pay attention to its digestion procedure even once in a day. The strength doesn't depend on the quantity of food taken by a person but it is a matter of how properly we digest whatever quantity of food we have taken. It is our foolery if we do not pay attention to the proper digestion of the diet that we have taken. The saints take food one time only. The next time it should be taken only when we feel great appetite. Even simple food becomes tastier and sweeter provided it is taken at the time of feeling sufficient appetite.

The next thing to be cared is to take the food when the food already taken has been digested well. The third important thing regarding the diet is to take care of

cleanliness of our hands and nails. If you are fashionable of increasing nails, you should keep in your mind that your nails are not dirty else the dirt of nails will go to your stomach directly together with the diet you take resulting in making you suffered from the various diseases.

The fourth point to keep in mind about the diet is that a glass of water should be arranged before starting the meal so that you can drink water immediately if required during the meal. You should keep a towel with you also in order to wipe your hands after washing them. It is very necessary to wash your hands before and after taking the food.

Take your diet peacefully with patience. The food taken in haste, doesn't get mixed up with the saliva and it causes indigestion. If you take food without chewing it properly, the intestines will be compelled to do the work of the teeth. The food should be taken like a saint.

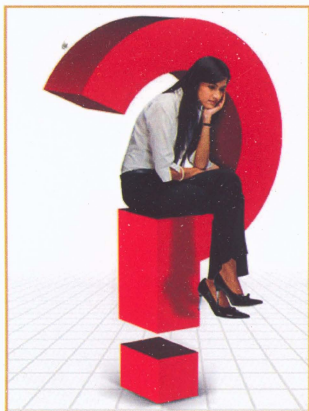
One more thing to be kept in mind about the diet is that it should be cooked with pure and pious feelings. As the feelings are at the time of cooking, so will the results be of it. If we provide food unwillingly to someone, it will not be useful for him. The food will become poisonous if it is served with hatred feelings. If we share whatsoever the quantity of food we have it will act as the blessings of God.

As a conclusion the food must be pure and it should be taken peacefully in a silent way. The purity and positivity of food should be preferred. Never think to eat free of charge. If you have to dine at any social function, contribute some thing financially in order to avoid the blame of free fund tendency. Take food only when you feel sufficient appetite. The Peace and pleasure of body and mind are the necessary aspects of diet whether it is a matter of dining or making someone to dine. Remember that the diet you take contains the healthiness of body and mind.

The granules of fenugreek should be taken twice necessarily in a month. It will help you to avoid the knee pains and various fatal fevers. Two cloves should be added to vegetables in order to avoid diseases. The black pepper is a beneficial thing as it controls the problem of coughing. The turmeric acts as an anti-biotic medicine. Thymol should be taken in a little quantity once in a week to avoid the gastric problems. Your kitchen is an important hospital in itself. Develop a habit to wash everything well before cooking or using it. The canes containing the edibles should be kept covered. Avoid anything stale. Always dine fresh. Those who have taken the fresh things in their diet have a shining glow on their faces.

In my point of view, it is not a matter of number of years we live, whether we live four years or forty years, is not an important matter but the important thing is whatever the number of years we live, we must live happily, peacefully and in a healthy and pleasant way and the secret of all these things is: Pure, pious, balanced, simple, vegetarian diet. Purify your diet, control over your anger, avoid the worrisome affairs, take yogic exercises, perform pranayam, be happy and keep the others happy and share the secrets of your happiness to all. It is the secret of living the divine life.





It is a well known thing that anger, having been taken out of the sensibility of mind, shuts down the doors of wisdom. Similarly anxiety, after killing the pleasures leads man to the funeral pyre. In spite of knowing all these things we all get ourselves surrounded by the flames of anger and anxiety. It has affected our health, broken our relations, and harmed our careers. Everybody wants to get rid of anger and anxiety, but how? We are in search of getting the answer of this burning question.

The sermons of great saint Shri Chandraprabh guide us effectively for the same. The message and teachings of Shri Chandraprabh touches our hearts deeply and change our life style in a magic way. Who is there in the world with no shortcomings or demerits? The success of life lies in getting rid of shortcomings as well as enjoying the meritorious values of life. The Saint Shri Chandraprabh teaches us not to make a search for heaven in any sky. Create the heaven here on the earth. The elements like Anger and Anxiety are making our life hellish. We should save ourselves from the fire of hell and should lead ourselves to the path of peace and prosperity by playing upon the flute of love and affinity.

The present book is a treasure house of secrets for maintaining the happiness of our life. It is just like a boon blessed by any Angel. Emotional style, impressive examples and the teachings of the great saint with deep understanding help and guide us in a unique style. These all things contained in the book may act miraculously in your life. The book will no doubt prove not only fruitful but also a source of your happy and successful survival. The followers of the teachings of the great saint Mr. Chandraprabh will feel and realise a great and marvelous change in their life and will find themselves able to lead their steps to the path of salvation.