

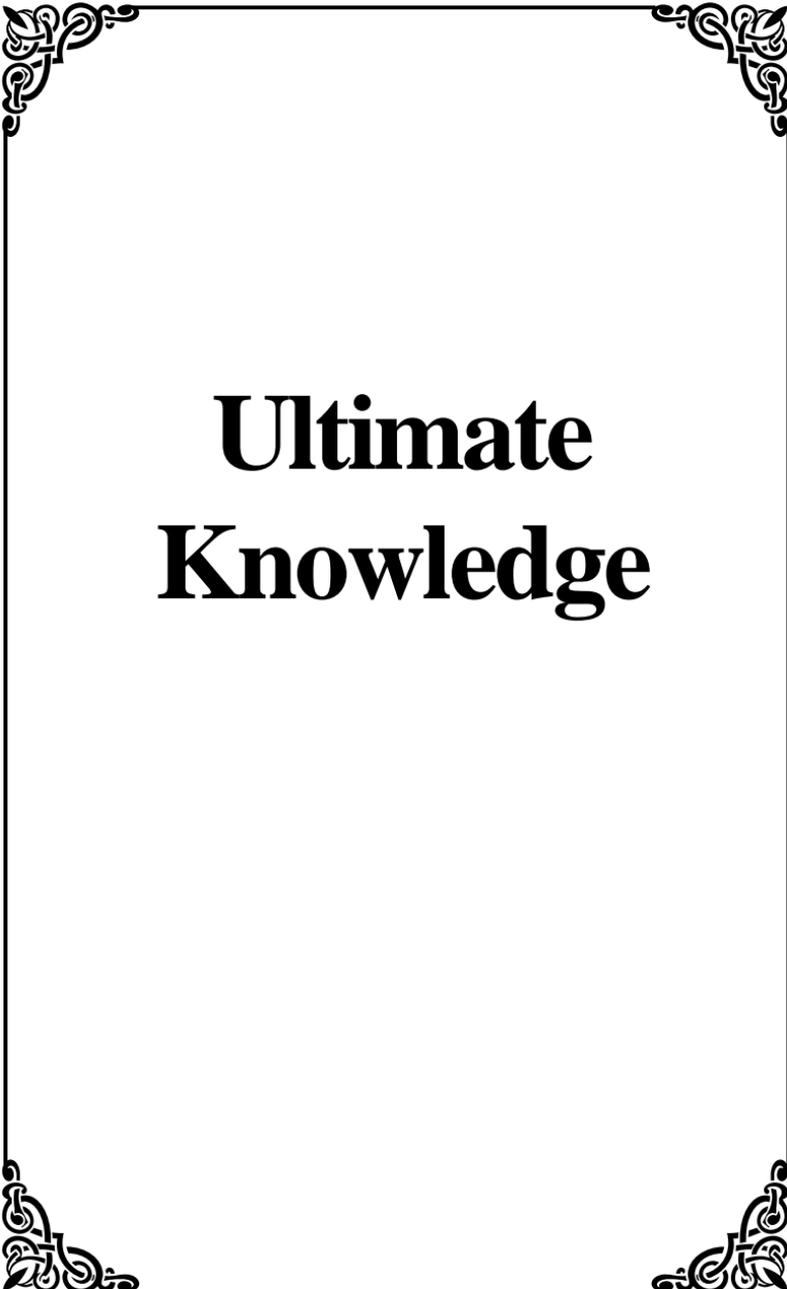


Ultimate

KNOWLEDGE



Rakesh M. Patel



Ultimate Knowledge

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Trimantra

(The Three Mantras)

Namo Arihantanam

I bow to the Lord who has annihilated all the inner enemies of anger, pride, attachment and greed.

Namo Siddhanam

I bow to all the Lord who have attained final liberation.

Namo Aayariyanam

I bow to all the Self-realized masters who unfold the path of liberation.

Namo Uvazzayanam

I bow to the Self-realized teachers of the path of liberation.

Namo Loye Savva Saahunam

I bow to all who have attained the Self and are progressing in this path in the universe.

Eso Pancha Namukkaro

These five salutations.

Saava Paavappanasano

Destroy all the sins.

Mangalanam cha Saavesim

Of all that is auspicious mantras.

Padhamam Havai Mangalam

This is the highest.

ॐ Namu Bhagavate Vasudevaya

I bow to the One who has become the Supreme Lord from a human being.

ॐ Namah Shivaaya

I bow to all auspicious beings of this universe who are the instruments of salvation of the world.

Jai Sat Chit Anand

The Awareness Of The Eternal Is Bliss.



ULTIMATE KNOWLEDGE

Ultimate Knowledge has been written solely for the purpose of showing you life from a different perspective: One which you may not have considered before and could find most beneficial. It provides explanations for the many unanswered questions that life has presented to us, both about the World and yourself. For example, who you are and why are you here? What happens to you after you die? Do events in your life happen by pure chance or are there reasons behind them? These questions along with many more are answered in this book in an easily understandable way so as to avoid confusion. The idea of this book is to give you a deep understanding of what we call life, help maintain peace and tranquility, realise your pure-self and reach the point of eternal happiness thereon.

* * * * *

AUTHOR'S NOTE

Hi! My name's Rakesh (or Rak for short). I live in Enfield and I'm still at school at the age of seventeen. I'm aiming for a career in graphic design or advertising as these are special interests of mine.

The family consists of Mum, Dad, my two elder brothers (who are both married), one nephew and me. My Dad works in a grocery shop and my mum's a house wife.

My parents come from India and I was born over here in England.

Before I was told about the ultimate knowledge (Gnan) I was confused as far as religion was concerned. After meeting an Enlightened Guru named Dada Bhagwan my whole life changed. I started looking at things from a completely different point of view. I got to understand the workings of what we call life. After understanding the ultimate knowledge, I reduced my worrying and ever since then my main interest has been in the ultimate knowledge.

I've benefited tremendously from this knowledge and would therefore, like to pass it on to as many people as possible. For this reason I wrote this book (an English version) of the knowledge; hope you benefit as much as I did!

PREFACE

There are many different types of religion in this World today. Each one has its different interpretations of God and ideas on how to live a good life. Some religions have special activities to perform and numerous prayers to say.

However, with all these different types of religions in the World there are many contradictions. Some believe that they shouldn't eat pork; some believe that they shouldn't eat meat at all; whereas some think that eating meat is fine and so on... Which one is the right religion and which ones are not?

The answer lies in the True Religion. All these other religions are by different view points of people thus causing mass contradiction and confusion. The True Religion is the factual one! I mean, a certain religion can say that they can do certain things without it being sinful, but this is only true from their own point of view, and not necessarily be true from a factual view point.

Only those who have the entire ultimate knowledge of this World and beyond can tell you the truth behind it all. Only they can tell you about life after death; the correct way to live a good life; the external powers of life; how to free yourself from all these Worldly miseries and as a result enjoy eternal bliss.

This book is all about the true religion and its knowledge. Read it, understand it and please practice it..

THE REALITY OF LIFE...

Everything around us in this World is temporary. Nothing is permanent apart from the pure self (which will be discussed later on).

For example, whatever gives you happiness can also bring you the same amount of unhappiness. Say you get something you really like, such as a compact disc player, cassette player or video recorder this brings happiness to you as you can listen to your favourite songs over and over again or record your favourite programmes on tape ... However, STOP and ask yourself the question Is this happiness temporary or permanent? Now if your expensive piece of equipment fell off the shelf and broke (well these things do happen you know) then the same thing that gave you all that happiness would give you the same amount of unhappiness. Therefore, the CD player, cassette player and video recorder are all temporary, i.e. They provide you with temporary happiness.

Similarly, if you get a new sari (or dress) you'd be very happy, but this is temporary happiness that you are feeling, because if it gets torn or ripped you'd feel sad again.

All these are temporary adjustments. Even the body isn't permanent as it will leave you at the time of death.

THE PRUE SELF

Ask yourself these questions

1) After death what happens ? Your body decomposes (decays) and is useless. Do you die with your body or is there another part which survives?

2) During the day you may say that you breathe heavily or silently, but tell me who breathes at night when you are in deep sleep? Even though you are unconscious your breathing **still** goes on.

Are you breathing deliberately or is it happening automatically? i.e. Is there another power within?

3) Tell me, do you get up in the morning on your own? Or are you awakened by some invisible power? If you can wake up on your own then why do people use alarm clocks?

4) Do you ever inquire about the workings which go on inside the body ? Is all that bile, gastric juice and other secretions mixed with your food done by you? Do you carry out these internal workings purposely or is there another power at work?

Who are you? You may say that you are Robert, Jane or what ever your name is, but this is only the name of your body; It is lost on the day that you are carried to your grave.

EXPLANATIONS..

All the above questions (and many others) require knowledge of one's pure self in order to answer them..

God is in the soul of every living creature, whether visible or invisible and not in man-made creations.

It is this presence of God which keeps us breathing automatically; which wakes us up in the morning and takes care of our internal workings within the body.

It is proved by scientific understanding that the body and the soul are separate things Once one realizes this, then he/

she has reached the point of self-realization.

The permanent thing is the soul, everything visible is temporary. For example, you come into this World with nothing and leave this World with nothing. In other words all that money that you may have accumulated, the house you live in and even the family you have are all temporary adjustments; You don't take them with you when you die, do you?

Listen.. I'm not telling you to stop living or anything like that, I'dl keep a suitable limit on everything and don't get too involved in temporary matters (like money, business etc..) By drowning yourself in temporary matters you'll find it harder to free yourself (now and in the future.)

As mentioned before, even the body is temporary. Not everyone realizes that the body is separate from their soul, because they are at different stages of spiritual development. Those who are spiritually minded and believe that there is a separation between the body and the soul will benefit more than those who are materially minded (i.e., Those that go for temporary happiness like material things or devote their life to making lots of money etc. And not taking any interest on the pure self (eternal happiness).

THE SOUL

Imagine the soul as a light bulb, the light produced shines everywhere. However, if lots of tracing papers were used to cover the bulb, then there would come a point when no light is emitted (*complete darkness*).

By correctly understanding who you really are (right beliefs) these layers around the soul start to peel off and the light has more of a chance of coming through.

However, by wrong beliefs more layers are put on around the soul, thus creating less chance of light coming through.

Once all the layers have been removed (a rare occasion), then and only then can one attain liberation and complete non-attach-ment from the body can be experienced.

The soul cannot be seen, touched, heard, smelt or tasted... It is neither matter nor non-matter. Having said this, it can be experienced by permanent happiness.

If I asked you to describe the smell of your favourite food, what would you say? You can easily compare your food's smell to other smells (like a tomato or cheese), but you still can't explain its smell can you? It's hard to put into words, similarly a physical explanation of the soul is also hard to say.

This is the reason why many people don't believe that there is a soul present in them.

The only way the truth can be discovered is if you meet a self-realized soul during one of your lives. In other words, one who has realized their pure self and is close to Liberation.

THE PACKAGING

If the soul and the body are separate (with the soul inside the body and the body on the outside) then the body must be a kind of packaging.

Some packaging maybe broken, rotten or beautiful, but the content within is definitely pure.

All creatures have a soul similar to any human being, the only difference is the packaging on the outside.

For example, the body of a dog, mouse, plant, donkey, fly, elephant or any other living thing are just packages to the soul.

As explained earlier the body is only temporary. Many people think that they are the body, but what they really are is the soul (pure-self)

The body can also be deceitful to you.....

For example, if you were really looking forward to going to a party, the body could be bad to you and give you a headache (or the flu) on that day, thus prevent you from going. It also leaves you at the time of death so how can it provide you with eternal happiness?

WHERE IS GOD?

Dada Bhagwan said that this belief of God being above is not correct by fact. Dada says that he has been through every atom in this World and all that's above is empty space, planets, stars, sky etc... There's no God up there.

What is the true address of God? Well, we've already said that God is in every living creature and not in man-made creations. God is present in every living creature, those which are visible and those which can't be seen even under the most powerful microscope!

Therefore, the true address of God is inside us. We just haven't realised this yet. Therefore, when praying, pray to the God within you.

I AND MY..

The best way to explain this is to give an example, so here goes...

Imagine a block of gold. If you asked the gold block who it was, it would reply 'I'm gold' (If it was able to speak).

Now if the gold was melted and made into a ring, a necklace or a chain and then asked as to who it was ? Then the answers would be different, the ring would say 'I am the ring'; the necklace would say 'I'm the necklace and the chain would say 'I'm the chain'.

Is this true? No... You see, all of these are different forms

of gold. Therefore, when asked who they are they should have all said 'I am gold!'

Imagine the soul as a piece of gold... Now if you wanted a gold chain you could have the gold piece melted and a chain made out of it; if you wanted a gold ring you could melt the gold chain and have a ring made out of it; if you wanted a necklace, again you could melt the ring and have a necklace made and so on...

The main point that I'm trying to get across to you is that although the gold consists of many different forms (necklace, chain, ring...) The gold is present in each one.

Similarly, the same can be said for the soul, because as it moves from one life to another, the bodies (packaging) that it enters are all different but the soul remains the same (unchanged).

Similarly when someone asks you who you are? You may reply that you are 'Rakesh, David or Lisa' (for the sake of recognition), but remember that you are in actual fact a soul!

There are many people in this World with the same name as yours, but this doesn't mean that you are all the same does it?

Names are solely for identification, you are not the name! You are the soul.

Without this understanding a contradiction arises. If someone asks you 'who are you?' You will reply 'I am Rakesh'. Then if you are asked 'what is your name?' You will say 'my name is Rakesh'. Is there a contradiction between the above two sentences? Are you Rakesh or is your name Rakesh? Which statement is true? If you say my name is Rakesh, then who are you?

This is where 'I and My' come into operation and one has to distinguish what goes into 'I' and what goes into 'My'.

For the body you will say 'this is my body'. You will never say 'I am body'. Therefore, the body will go into the 'My' category. Similarly for your speech, you won't say 'I am speech' will you? You will say 'this is my speech'... This is my mind, this is my house, my business, my money, my father, my brother - All this goes into 'My'.

Then what goes into 'I'? Well, let's put it this way 'I' without 'My' is the pure self! Anything that goes into 'My' is relative and only a temporary adjustment. 'I' is real and a permanent adjustment.

When 'I' is realised (i.e. who you really are) then it can be called self-realisation!

Next time someone asks who you are? Don't say that you are the soul. This would confuse the other person (not everyone knows about this knowledge of the self), instead tell them your name, but inside remember that you are the soul. (*Because it helps in your march towards self-realization*).

This may be difficult to understand at first reading, therefore, it is recommended that you read on and come back to this part later.

THE ACTION AND REACTION THEORY

Why are so many people different? Some are rich, poor, some have difficult problems to cope with (like being handicapped), Others are luckier and live a happy life with only minor problems to cope with... Why?

The answer to these questions and many more lie in the following statement

“FOR EVERY ACTION THERE IS A REACTION.”

It's all to do with rebirth as well as good and bad deeds..

For example, if in your previous life you were a very charitable person and cared for others less fortunate than yourself,

then in your next life you maybe born into a rich family. However, if you were rich and didn't care about those who were less wealthier and tricked them in money matters for your own benefit, then you risk being born into a very poor family and live a poor life in one of your other lives.

So you see, it's all to do with the good and bad deeds you perform. This is known as KARMA.. A note is kept of all the good and bad things that you may have done, so in one of your next lives you are given the same treatment (whether it brings you happiness or sadness.)

Therefore, things do not happen in this Universe by accident or chance or in a disorderly manner. There's a certain definite connection between what is being done by you now and what will happen to you in the future. No one in the world can even lay a finger on you unless they owe you a reaction for the action you performed in your last life.

This cycle is repeated (i.e. Life, death, life, death and so on..) Until one realizes the pure-self and has no bad deeds or good deeds to be repaid.

Regarding the reaction/action theory, I can say that knowing about it can help you look at things in a completely different light which could prove to be most advantageous.

For example, next time anyone does anything bad to you, you'll immediately realize that it was your own fault and instead of being nasty back to them (which would create more of a problem) you'll simply understand that they were only repaying you with the actions that you performed in your previous lives.

If you were walking in a market place for an example; with £100 in one pocket and only £15 in the other and a pick-

pocket came along and took the £15 out of one of your pockets, ask yourself the question why?... Why didn't he put his hand down the other pocket which contained the £100. It's because in one of your last lives you may have stolen or cheated the same amount of £15, therefore, this is being repaid now. So don't think that it's just a coincidence.

The whole idea of knowing about all this is to give you calmness. In other words, if you do not find any justification in someone else's behaviour, then you should realize that it must be the fruit of any actions (karma) of your past life and so maintain calmness and feel satisfaction that the fruits of your past actions are suffered and so be ineffective afterwards.

So next time anything bad happens to you, instead of saying 'Why me?', be happy that you have been repaid and so will not have to suffer it again.

If someone gets angry with you and hurts you, don't do the same to him/her (as this creates more of a problem), but understand why he or she did it and try to talk it out in a calm manner. Being hurtful back to them would simply increase your 'sin level' and will have to be suffered again.

Therefore, sort things out in the present life so you will not have to suffer in the next!

There once was a man who was jailed for a murder he did not commit, while the real murderer got away. The innocent man was jailed for life. He wondered everyday why this had happened to him; why he had to suffer so badly in this way. The reason was that in his last life he actually did commit murder, but that time he got away with it. Therefore, in his present life he was jailed for his past actions.

Every thought, every word, every deed is weighed in the scales of eternal, divine Justice before a reaction is given.

YOU REAP AS YOU SOW..

If you plant a mango seed in the earth, then you'll get a mango tree (simple enough), but if you sow rice seeds, you cannot expect a mango tree or a bunch of daffodils now can you? The same sort of seed produces the same kind of plant.

Similarly, if you sow the seed of a bad action you'll reap a harvest of pain and suffering. A seed of good actions will harvest pleasure.

You will be rewarded in your next life if you show care and consideration for others or by giving/sharing your happiness with someone else.

This is the Law of Karma and it is also believed by Hinduism and Jainism religions.

DISCHARGE

Everything that happens in your present life is due to your last one.

It can be said that you are encountering a discharge. Right from birth the three batteries of mind, speech and body are being discharged.

In other words, you charged the batteries with sins and good deeds in your life before; In this life you are simply receiving the effects as the batteries gradually discharge.

There's almost nothing we can do to change it.

Everything you do in this life won't change your present life, but it will have a considerable effect in your next life.

Therefore, by charging the batteries correctly and smoothly in this life, your next life will benefit.

As far as your present life is concerned, the movie has already been shot. You can't alter anything. Look around you...

If you were able to do anything in this World, then wouldn't a beggar try his best to become rich? Why is it that some students (although they try their best and have the motivation) can't do well at school?

It's all a massive 'discharge'. Therefore, go through the rest of this present life with full understanding of this discharge theory. Make the necessary changes to ensure that your next life will be straight without any unnecessary hassles.

Remember: In the present life we are only the masters of charge, not discharge.

LIFE ADJUSTMENTS

The 'birth-death' rebirth cycle goes on and on (infinite). However, by freeing yourself from all Worldly attachments you could escape from these endless rounds of birth and rebirth. It is very rare (though not impossible) for a person to obtain liberation; but by understanding and practicing the knowledge given to you in this book; you will surely benefit and reach the glorious point of Liberation much more sooner than you may have done.

As mentioned before, only an Enlightened Guru can tell you the true value of Liberation. However, if you are unable to find one you can always gain all this knowledge from those who have been fortunate enough to be in the presence of one. You see, an Enlightened Guru can not only show you the path to liberation, but also give you the power to stick to it. They can wash away some of your light sins in the present life, but the tougher sins will have to be suffered or else it wouldn't be fair.

Many of India's most famous religious teachers were in the search of an Enlightened Guru in order to ask their unanswered questions.

Once you reach the point of Liberation you'll experience

eternal happiness; you'll realize that all your previous lives were useless; that the happiness you received from them was nothing compared to the happiness you are receiving from the pure state of the soul.

It's as if you spent most of your life dreaming and you've just been woken up to reality.

There are four main things that bind us in this world, hence hold us back from Liberation..

The first of them being ANGER, as you know it leads to many problems and could prove to be very dangerous. For example, once a person gets angry, they lose control of all their better judgments and their anger seems to take over.. This could lead to some very serious problems and above all it builds up bad KARMA (sins). Remember anger solves nothing, a better way to sort things out is to talk it out (keeping your temper under control at the same time).

Anger (KRODH) is a very nasty characteristic to have, therefore, you should try your best to lose it as soon as possible, otherwise life could become unbearable. For example, after losing your temper you could do something that you may regret for the rest of your life.

The second of the four things you should avoid is what Hindus call 'MAAN'. This is all to do with PRIDE.

For example, if someone says that you are an excellent artist and that your pictures are wonderful, you shouldn't get too overwhelmed and think that you are someone special... The reason that a person may be good at something like art is due to so many factors like the paint brush, the paint, your teacher, your past deeds. All these factors collectively contribute to your painting a picture.

You see... When you eat food it's your job to chew it for

ease of digestion, but who adds all the saliva, gastric juice, bile etc..... This is done automatically (in other words you don't mean to churn up all the food in your stomach and add all those juices to it do you?). Just as this happens automatically so does your life. Before you are even born your life is set out before you. For example, all the things like how tall you'll be, who you will marry (if you get married), the length of your life... It goes on and on and it's all to do with your past deeds.

Therefore, you are doing nothing, it all happens automatically. If your business is going very well and you become very wealthy as a result, don't get all 'big headed' (PROUD); Don't think that you did it and don't start looking down on others because this way you are risking the road to liberation.

Some people work very hard all their lives however, they don't become rich no matter how hard they work. On the other hand some people are born rich, they don't even have to work half as much and money comes rolling in to them.

Another reason why being proud is such a bad thing is because you might start looking down on people who are not as wealthy as you. By doing this you'll create bad KARMA, because you should show equal love to all.

I once met someone at a wedding in America; he was a middle aged man with a great personality; he wore ordinary clothes (nothing too fancy). Later when visiting him at his home I realized that he was a millionaire.

I admired this man so much because he showed no sign of being proud. He had a good business which provided him with plenty of money; a fantastic home; a great family, yet he acted so humble as though he had nothing.

You may have realized by this time that the examples I've chosen are mainly to do with money (i.e. being rich or poor). The truth is that money is also temporary and brings temporary

happiness. It helps you enjoy certain aspects of life and some things around you, but the real happiness comes from the heart.

In other words you don't have to be rich in order to enjoy life. For example, a poor family may have a much better (more successful) family life than a richer one where there maybe frequent rows and divorces as well as financial problems.

Therefore, we can conclude that happiness over rules wealth by far!

The third thing is ATTACHMENT (MAYA).

As you know everything is temporary, even relationships. In this World today, even the relationship you have with your parents is not be real. If you had an argument with your father and told him that he is stupid and doesn't know anything, he may well kick you out of the house and tell you never to come back?

Therefore, you must not get too attached to anyone or anything as it is only temporary. The more you get attached the more you have to suffer when things go wrong (Ever heard of the saying 'The best of friendships make the worst of enemies'). People may say that their relationship with their husband/wife is real (i.e. Ever lasting), if that is the case then why do the same people get divorced some years down the line?

An enlightened person (named Dada Bhagwan) celebrated on the birth of his son; His son died at an early age, yet he didn't feel sad and celebrated as his son had moved on to another life. You may think that it's wrong of him to be happy after a death, but due to his less attachment and knowledge (that everything is temporary) he didn't shed all those worthless tears.... If you think about it carefully, crying and making yourself suffer doesn't bring the person back. Nor does it do them any good therefore, all those tears are wasted and it only leads to unhappiness.

Keeping a controlled limit to all relationships and understanding that everything is temporary could prove to be very beneficial. (It also means that you won't have to suffer as much).

The fourth thing is 'GREED' (LOBH).....

For example, if you have enough money yet you still want more, this is greed. Money can be a good thing, but those who spend most of their lives earning more and more money get so revolved in it that they tend to forget about the spiritual aspects of life. Greed can come in many forms.. (e.g. There's a greed for happiness, a greed for health, a greed for food, wealth and soon.)

Remember, this Worm is a puzzle, in order to free yourself from it you have to solve it. However, those who spend more of their time in the Worldly aspects of life get dissolved in this puzzle and may never find salvation.

WORLDLY RELATIONSHIPS

Your relationship with your father, mother and wife - is it real? Many people would say 'yes' with great certainty.

However, if you got angry with your father and put up a massive argument in which both of you lost your tempers, then everything would be over. He would most probably reply 'Get out of my house and don't show me your face here ever again, you are no longer my son and I am no longer your father!' (*Depending on how bad the argument was*).

You may also regard your relationship with your wife as real, but if one day you had a serious argument with her which lead to a divorce, then you'd realize just how real the relationship was... *Life is like that and these things can happen.*

Knowledge about one's pure self is PERMANENT, all else is TEMPORARY. How can there be harmony between the

two? For this reason the whole World is in confusion, they go for the temporary things in life and pay little attention towards the more permanent things (such as seeking for eternal happiness.)

By going for the temporary things you'll enjoy happiness and unhappiness one after the other. You will never enjoy eternal happiness unless you realize who you are; what you're doing here; how life works and how to free yourself from this bondage.

SUMMARY OF A FEW POINTS

1) Everything in this World except the soul is temporary and subject to destruction.

2) Due to the fact that none can protect a living being from death, the only shelter one should seek is Liberation.

3) Your soul has been through a series of births and deaths, thus it is high time for you to think in terms of Liberation.

4) Whatever happens you will have to suffer or enjoy all the fruits of your previous lives. Action and reaction are equal and opposite so good and bad deeds have to be endured.

5) Note: All souls are independent, none are related to one another.

6) The things that bind the soul from freedom are as follows: Attachment, greed, ignorance, pride, sense of futility and more...

7) One should devote his/her time to find out more about the pure self.

8) By acting with full knowledge of the 'self' you can cut the knots of binding actions.

9) Search for a Guru who can provide you with the right kind of knowledge thus free you from all miseries as a result.

10) Attain LIBERATION. (Easy to say, but hard to do!!)

THE RIGHT TYPE OF GURU

It is said that liberation is a process that can be speeded up with the help of an Enlightened Guru. However, things aren't that simple because there are amongst us what I call 'FAKE GURUS'. These are the kind that are either after your money or simply just after attention.

In order to distinguish between the two types there now follows a characterization of a religious bigot:

A religious bigot would select for his Guru either one which has been in his family for years (due to tradition), or one who taught about religion without obtaining the knowledge of the Self.

He would also feel uncomfortable in the presence or hearing of a 'TRUE GURU'. Therefore, he would say bad things about him and tell the public how superior he is and try to persuade them to believe that the 'TRUE GURU' is an impostor. A TRUE GURU would never say anything bad about anyone or anything because he understands the consequences (bad KARMA and so on..)

A bigot is really after respect from his followers and to be praised as a highly religious man.

The above helps him develop pride and vanity. A True Gum is there to help others liberate themselves and not for attention.

If a bigot was to accidentally meet an Enlightened Guru who could show him the correct path to liberation, the bigot would refuse to listen.... As this would mean the loss of his personal honour, pride and his followers respect for him.

Another type of bigot would gather all his knowledge from old books and parrot-like repeat it all to his followers, thus claim that he is the only one to know about it. Also he feels

that he Needn't go to any other Guru for liberation. Nor read any spiritual scriptures.

A bigot would find it very hard to attain Liberation. Not only him, but all those who follow him also sink deep in Worldly miseries.

Note carefully that.... A bigot runs after personal fame and pride. A True Guru wears simple clothes and shows little Interest in Worldly materials and pleasures.

He would also show signs of anger, desire for honour, Worldly attachment, greed etc...

The characteristics of the bigots have been described purely for the purpose of distinguishing between the two types of Gurus. Therefore, before putting your faith/trust into any Guru make sure that he holds the right kind of knowledge and look for the signs which will tell you whether he is a bigot or not.

The characteristics of a True Guru will be mentioned later on...

A TRUE SEEKER OF THE SELF

A true seeker of the self definitely knows the disadvantages of worshipping or following an ignorant family-Guru. The true seeker would know that a FAKE Guru would not be able to take him/her away from the birth-death cycle. The true seeker would be keen on salvation and slowly lose interest in Worldly happenings. They would make Liberation their goal. Also they should have no doubt about their TRUE Guru.

The Gurus advice would be deeply considered and followed; the seeker would show immense gratitude to the Guru and sur- render to him by mind, speech and conduct.

The reason why the seeker shows gratitude is because he/she would realize that all this time they had been wondering

aimlessly from one life to another. There is no time to waste so the seeker would lead his/her future life strictly in accordance with the advice and guidance of the Enlightened Guru.

The seeker turns his/her mind from thinking about unnecessary and wasteful things to the knowledge of the SELF...

Due to the fact that the seeker wasn't in the presence of a Guru for most of his life the seeker held an open invitation to bondage.

A true seeker of the self may argue or ask Guru to explain certain aspects; that doesn't mean he/she is not a true disciple.

If the seeker finds dissatisfaction in others behaviour, then rather than causing a commotion he/she would understand that it must have been a fruit of the past life. (You reap as you sow). Thus the seeker attains complete calmness and satisfaction with no hard feelings.

He/she would consider all souls as equals and banish all pride.

Once the seeker reaches the state of Liberation he/she realizes that all their efforts for self-realization were worth it.

AN ENLIGHTENED GURU

The Enlightened Guru that I'm now going to tell you about was called 'SRIMAD RAJACANDRA'. He was born in the year 1867 and expired in 1901. Therefore, he got to the stage of self realization within the age of 34.

It is said that he carried across his Enlightening from his previous life to the next, where it then progressed.

Between the ages 7 to 11 Srimad devoted his time to study where he was able to remember all that he once saw or read. His memory was very powerful and faultless. At this stage of his life Srimad had no idea of the self.

He gained much of his religious knowledge from his grand father who believed in Lord Krishna. Srimad believed very much in non-violence and love to all high and low in the World.

At the age of only 7 he acquired the knowledge of his past 900 lives... It all started when his next door neighbour suddenly died from a snake bite. Srimad was confused as he did not know what death was, therefore, he went to his grand father... His grand father tried to evade the reply and told him to finish his meal when Srimad asked.. Again Srimad asked as to the meaning of death.... Finally his grand father told him that to die is to separate one's soul from the body.

As soon as Srimad heard this he ran to the crematorium and climbed up a tree. Here he saw the dead man's body being burnt. He felt sorry for the man and even thought that those who burnt him were cruel!

Suddenly, Srimad was able to see his past lives. He saw who he was, the kind of friends he had, the different types of parents he had etc.. A train of thoughts filled his mind and at once had attained the knowledge of his past lives.

Srimad's mind was amazing. He once saw a man at a circus who was able to-concentrate on about 5 things at the same time. (5 different activities). Srimad went home and tried to perform similar feats. Within only two days he had mastered the same feats, first in front of his friends and then in front of the public. realization within the age of 34.

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Later he went on to do 12 different activities at the same time in front of an audience of 2000. He became famous and was addressed as 'the precious diamond of India'... He then went on to perform many more memory feats which included: Playing copada (an Indian board game) with three players; playing cards with three others; playing chess; counting the

number of grains which were dropped on his back and stating the number at the end; performing addition; multiplication; subtraction; division; keeping the results in mind and declaring them all at the end; hearing 17 sentences in 16 different languages; changing the order of a few words to create a verse at the end; write out up to 16 poems in 16 different poetic forms; recollect complete poems at the end; name all the chess pieces removed from the chess board and much more.

All in all Srimad was able to use his mind in 105 different ways at a time.

He was also told by admirers that he could make a fortune and become a very rich man.... However, Srimad decided to appoint his powerful mind towards the liberation of his soul.

He thought that the wide publicity of his memory powers could hinder his march towards self realization therefore, before he reached the age of 20 he had given it all up.

At the age of 20 Srimad got married. A letter that he wrote to a friend read: My thoughts on women..... Unqualified and unrestricted happiness lies in pure knowledge of the self. Never in Worldly enjoyments of married life. Bodily happiness is only a shadow of the real happiness.

Besides, enjoyments of the body are only short-lived and are clouded by misery, diseases or death.

Srimad says near towards the end of the letter.... My desire is for Liberation, but forced by the fruits of the action of my previous birth I lead a married life.

Before Srimad died he told a few of his friends “be sure that the soul is eternal, it reaches increasingly higher stages and it has a very bright future”. He also told them that he may not be able to tell them all this with his own tongue at a later date, therefore remember carefully what he had said and to continue

their efforts towards self realization.

He told his brother to take care of their mother, and said that he will now retire to his soul's true nature.

From 8.45am. to 2 o'clock in the afternoon, Srimad lay on his death bed, quiet as a smooth running machine and in deep meditation he left his body forever.

Therefore, It can be said that Srimad lived and died as a self realized soul, though in body form.

Now, those who have the knowledge like Srimad are True Gurus.

DADA BHAGWAN

It is very rare to find a true Guru (or a saviour of the soul). I was lucky enough to be in the presence of one when I was 14 years of age. Everything written and explained in this book is about the knowledge that I gained from him.

He was born in 1908 and left his body in 1988. Unlike Srimad, Dada got his knowledge later on during his life. It was at a railway station in India (Surat station) when this extraordinary thing happened.... He was waiting for the train with his assistant. The station was full of people and his assistant had just gone to wash some pots. Dada decided to lay down on a bench to get some rest. It was during this time that he was given the knowledge of the self. It was a visual experience and lasted for approximately fifty minutes.

In this short time at the station, Dada got to know who he was; who you are; what Karma is; how to free yourself from it; how to bind yourself with it; what hell is; what heaven is; where all the free souls are and the entire universe.

Dada spent most of his time imparting the knowledge he attained with the hope that others too could free themselves one

day from all Worldly miseries and enjoy eternal happiness.

His real name was Ambalal Muljibhai Patel. He was very well known in places like India, America, England and Canada, because he helped others to enlighten the soul. Only a True Guru possesses the infinite spiritual strength that Dada had. He was able to lift countless seekers to heights of self-realization. He was able to wash away the lighter sins in a person, thus give him/her a fresh start on the right track. His sayings were all based on the soul and its true nature.

Dada Bhagwan said that the World is relative and he himself, after the minutest observation and exploration, offers the master-keys to attain liberation. He was always happy and smiling no matter what was happening around him; because of the knowledge that he possessed. He was free from anger, greed, attachment and so had nothing to worry about.

All of what he said to his believers was recorded on tape and then published in books. This was a good idea as it spread the knowledge to all parts of the World.

He never made mistakes in his wording either (another characteristic of a True Guru), he never got angry or upset with anyone even with the most disbelieving and aggressive person Dada stayed calm.

You see, Dada could have attained Liberation there and then at the station, but still thought that he should stay and give others the knowledge that he was so fortunate to have.... Out of the 360' circle of Liberation (where 360' is absolute Liberation), Dada had a remaining 4' due to the fact that he stayed on earth to spread his knowledge.

How Karma Gets Built Up

Karma can get built up in a number of ways whether good or bad. You could build up bad Karma by just looking at

someone and thinking bad thoughts about them. This is because although the person doesn't know what you are thinking their soul does; thus the soul keeps note of this and will repay you in another life.

Say two people are walking on the pavement when they come across a dog. Now if one of them kicks the dog out of the way; the dog will feel hurt and it remember who hurt it. It will think 'O.K. You have your fun now and laugh as much as you want, but you too will be a dog in one of your future lives!'

There now follows an excellent story which I was told by an Auntie of mine, it sums up Karma build up and rebirth...

There once was a family which consisted of a father, a mother, a son and his wife (who he recently got married to). The family used to live in perfect harmony before the new wife moved in. The wife caused nothing but havoc and discomfort to the parents. The parents were old and needed looking after, but the wife was very nasty to them by not giving them food and hitting them when they started to complain etc... The parents were very angry with her and thought many bad thoughts of her, thus building up bad Karma. They moaned all day; complained to their son and told the whole neighbourhood how bad their daughter in law was. This built up even more Karma and in the end when they died the mother came back in her next life as cat and the father as a COW.

After a few years had gone by another disaster occurred.. The husband came home one day and found his wife with another man. Instead of blaming it all on his wife, the husband beat the other man until he died. This man came back in his next life as a baby, and believe it or not, this baby was the son of the same man (the husband) that beat him to death in his previous life.

One day the husband held a party at his house as a

celebration for their new born son.. He killed the cow in his back garden for meat; bought some drink and food and invited all his friends.. During the party he went to look out of the window, while carrying his new born baby in one hand and a piece of meat in the other.. While standing near the window he observed a Guru who went past looking at him and silently laughing. Immediately the husband ran out to ask the Guru to explain what was so funny? The Guru replied “Oh nothing”, and continued walking. Again the husband asked (this time more forcefully). The Guru finally replied and said, “The reason why I am laughing is quite simple.. The cow that you slaughtered for meat which you are now holding in your left hand used to be your father; the cat roaming around in your back garden used to be your mother and the baby son in. your right hand was the man that you killed”.

The husband was absolutely shocked and couldn't say a word. As for the wife, she had to suffer in her next life any way, but due to the fact that the parents built up all that bad karma just thinking about her they too had to suffer.

So you see, it's better to understand why nasty things may happen to you hence keep a certain calmness about you; rather than retaliating, building up more karma and binding yourself into this cycle of rebirth. We must seek salvation and to do so many of us need to change our ways.

THE BODY AS A TEMPLE

There once was a man who had a great deal of money saved up. He was married and lived in an average kind of home.. He never spent more than he had to and he showed no signs of being proud.

One day he had a heart attack and died leaving all his money to his wife. Now, his wife wanted something to remember him by and therefore, she had a mansion built (using her

husband's money). The mansion was enormous, it took five years to build and 200 builders to build it. She had expensive furniture bought in from places like Hong Kong, Sweden, America and various other parts of the World. It could almost be called a palace!

After it was built the women started to show it off to everyone.. At first she used to call the neighbours over and show them each room in the house. Then she used to call over tourists and boast about where she got the furniture from etc.. She even invited famous people for dinner so that she could show off her new house.

Every person that visited the mansion-was stunned, impressed and couldn't believe their eyes. Each one left saying how fantastic it was, until one day when she invited a Guru to see the house.

The woman gave the Guru a guided tour of the entire house in depth. At the end of the visit when the woman asked the Guru as to what he thought of the house the Guru replied, 'It's nice'.

The woman was shocked and said, "Until now every person that's seen this house has made numerous outstanding remarks about it and all you can say is 'It's nice', Why are you not impressed?"

The Guru told her that the house he has is much more greater and valuable than hers. The woman was shocked and demanded to know about this house.

The Guru said that his house stands on two pillars and encloses the most precious thing ever.

He was of course talking about his body. The two pillars being his legs and the precious thing inside being the soul.

The woman understood at once and asked for forgiveness

for showing off so much.

She realized that by getting too involved with money and her home she forgot about the soul. She thanked the Guru for saving her and from that day on all the boasting stopped!

So you see, the body is a packaging for the soul and therefore, must be looked after like a temple.

RELATIVELY SPEAKING.

There are two ways of seeing things and these are relatively and by reality.

For example, in reality you and everyone around you are all souls however, relatively speaking everyone around you may be your friends, relatives, mums, brothers etc..

In other words, by fact your relative brothers, fathers and so on are all souls in a realistic point of view.

Even insects and plants, they may be given the name of ants, spiders, roses and so on, but what they really are is souls.

After knowing this kind of knowledge and fully understanding it you should start to treat all living things equally. This is because you should be able to look at it and think of it as a soul and not something that you should look down on or treat badly.

The World is a puzzle itself, God has not puzzled the World at all. There are two view point needed to solve this puzzle. One relative view point and one real view point. As explained earlier by relative view point you are Rakesh, son of your father, brother to so and so.. By real view point you are the pure soul.

By separating 'I' and 'My' with the help of a self realised person one can solve this Worldly puzzle.

Relativity and reality are both very different things (as explained above), but those who cannot see this separation get dissolved in this Worldly puzzle.

MORE VIEW POINTS

A circle has 360° within it, right. Now, if we take each degree as a stage closer to Liberation you have religions which are on 110° 120° 140° or 220°. Each one of these religions look at reality from their own point of view. They all use different angles of vision.

I mean, a person with glasses would read a different story to that read by a person who needs glasses but doesn't have them.

All of them believe that what they say is the one and only truth of reality. In actual fact they are fight from their point of view.

However, if a religion on 120° and a religion on 80° were called together and asked, who is fight and who is wrong?

The religion on 80° would immediately say that they are right. On the other hand the religion on 120° would understand that these differences are due to different view points and difference in spiritual development.

An Enlightened Guru like Dada Bhagwan accepts all view points, all of these are included in his vision.

A Guru can be said to be sitting at the centre, while all the other religions are in the surroundings in search of the truth.

So you see, all religions are true, but they are relative religions based on different view points. However, if you want the true knowledge (by fact) then you'll have to be in the centre of it all.

MOKSHA

This is the name given to the place where all those who have obtained Liberation are. They have completely freed themselves and exist only as the soul.

In Dada's words... Moksha means complete-freedom (liberation) with no superior to command and no subordinate to obey you.

You can also experience total-freedom here while you are alive. If only you can understand this knowledge and think of yourself separate from the body. You should be able to have no worries, be fearless and take things as they come in a calm manner.

Once you experience it here on earth, then and only then are you able to experience pure liberation (without the body) in Moksha.

LIFE IN HELL

Life in hell is said to be excruciatingly painful. If you were given a real picture of hell, you might even die of fear! That's how bad it is.

It's a hundred thousand times more painful than frothing rice when boiled. One undergoes death and agony five times in one birth and yet death eludes him. The bodies there are all heavy like mercury and every limb of theirs gets cut and joined again repeatedly. The pain and suffering is immense!

None of this is made-up material. All of this comes from the speech of the Enlightened Guru 'Dada Bhagwan'.

The kind of people that go here are those who may have caused immense suffering to others in their previous lives. Those who murder whole groups of people or tortured them.

WANDERING SPIRITS

If before death you have a great wish which hasn't been fulfilled, and if you were thinking about it before death then you enter your next life in a wandering spirit form.

Spirits are similar to humans except they are invisible. They have a casual body, an electrical body and a pure soul, but no physical body. They have the same feelings as we do, they feel hungry, sleepy and they too have a soul. They wander about the World aimlessly. When they feel hungry they enter another persons body for food.

Therefore, before death think of the God within you and Liberation rather than the family and friends that you are leaving behind..

THE EXTERNAL POWER OF LIFE

Say that you're the boss of a company and someone working for you breaks a glass accidently, then don't be angry with him/ her. They most probably tried their best to stop it from falling, however an external power of life (called vyavasthit) makes it happen. Without this power no one would break any glasses, this would mean that there would be no more glasses sold, the factory which manufactures them would surely close down and many people would be out of work. Similarly if clothes didn't get torn, then all the clothes factories wouldn't have to make any more and all the mills which supply the wool would be out of business (Unemployment figures would also go up').

If you were drinking hot tea and a child accidently nudged you causing the tea to spill on your lap, then you would probably shout at him/her for being so careless. However, if you had the tea in your hand and you sneezed causing the tea to spill, then who would you blame? No one's there to blame, who did it? How did it happen? It's this external power in effect again!

Therefore, instead of shouting at someone else and saying “WHY DID YOU BREAK IT YOU FOOL!!!”. Understand why it happened (i.e. because of this external power), keep calm and ask them if they got hurt in the accident (this would make them feel good because they too have a soul). Then tell them calmly to take their time and be more careful next time.

THE CINEMA APPROACH

If you think about it, the whole of your life is like a film. Good things happen, bad things occur and so on. If somebody video taped your life (cutting out all the boring bits like sleep) then your life could easily be regarded as a film couldn't it..

Now, taking this fact into consideration we can use it for an explanation..

When you go to the cinema you have some viewers, a large screen and a projector (that emits the light to form the picture).

Some viewers might really get into the film and start crying at the sad bits and laughing at the good ones. On the other hand you have those who remember all throughout the film that it's only a film and not reality.

Such is life..... Your whole life is a film and it consists of happiness and sadness depending on your sins and good deeds.

Those who get really attached to the World and its problems can't experience eternal true happiness in Moksha, thus they have to go through rounds of birth and rebirth. On the other hand, those who have the kind of knowledge explained to you in this book have no problem. These people remember that it's only life and this is the way things are meant to be. They understand why things happen to them and how to free themselves.

The light of the projector can be said to be the soul of things, after all it does show the picture (image) that people get attached to.

Dada said that you don't have to free yourself from all family and friends in order to obtain Liberation. You can just as easily free yourself within the family and friend circle. Just realize your pure self and always remember that the body, mind and speech are separate from it.

INTELLECT

The people who forge money commit a great crime. They are using their intellect and doing a mean trick. All their tricks amount to hard ship and unhappiness.. This is because a trick of this sort means exploitation of the lesser intellect of the other person, with greater intellect (more cunning!)

You see.. Intellect binds you to this World and will never lead you to Liberation.

If the mother of a 1 year old boy dies, it wont affect him at all. But if a 22 year old loses his mother he would be deeply affected.. This is all due to development of intellect.

There is this limit to the intellect you should use... Say your hand came under a large stone, slowly get it out from there and use this limited intellect as to prevent your hand getting pressed beneath the stone again.

But nowadays these unlucky people use it for earning wealth by means of black marketing. They cheat others and obtain their wealth in this way.

This will not lead to Liberation!!

TRADING HONESTLY

According to circumstantial evidence it can be said that if your deeds are good you will become a millionaire; whether

you steal, use tricks or trade honestly. If it's written in your life book that you will get a million, then you will, not a penny less or a penny more. However, by stealing or using tricks to con others you are building up a very unhappy next life for yourself!

If you have a shop, make sure that each item that is marked at a certain price is sold at that same price. If someone gets a lot of items, don't increase the price of one or more of the items thinking that they won't notice. This is where greed comes into action and greed is the enemy to Liberation!

Srimad Rajacandra (talked about earlier) was a very good business man. He was a jewelry merchant.

Once a son of another merchant sold some pearls to Srimad at a much lower rate by accident.. When the father came to know of what his son had done he scolded him. The next day the son went back to Srimad and told him about his mistake he had made.

Immediately Srimad returned the pearls and canceled the deal as it was done by mistake. This shows great honesty and sympathy.

For this reason Srimad was praised by many foreigners about his excellent business organization and honesty

We can therefore, conclude that we will get what we deserve (nothing more or nothing less) and by trading honestly you'll build up a happier next life..

LIVING IN YOUR COMMUNITY

1) Do not see anybody's faults. Believe that whatever difficulties come your way, are all due to your own shortcomings.

2) Never indulge in self praise. This is because in self praise one only lowers themselves.

3) Behave in such a way that it may win affection Of

others. It may not be so easy to start with, but gradually by strong selfdetermination and effort, you will be able to shape your behaviour.

DIFFERENCES

If there had been no rebirth and God had moulded us all, then we would be all alike in appearance and other factors.

However, here on earth one is big another is small, one tall, one short, one white, the other black, one rich, one poor.. If there was no rebirth then this wouldn't have been the case.

These differences that you find are due to their past lives. Even the external physical and inner subtle bodies are only effects of the past causes.

We've done all the causes in our previous lives and are now suffering or enjoying all the effects. It's as if in our last life we filled the sacks of good and bad deeds and in the present one the sacks are being emptied.

Good causes produce good effects and bad causes produce bad effects. However, there is no Liberation until the end. Effects cease only when the causes come to a complete stand-still.

Say you wanted a sports car desperately at the age of 17. Then if your good deeds (done in your last life) are at a high number, then you will get the car, no problem.

However, if they are bad then you will not get the car, no matter how much you beg or try, something (or someone) will always get in your way.

No one can change the effects in this World as they are completely scientific. Even the greatest scientist has to accept this fact.

GOOD DEEDS AND BAD DEEDS

If you give someone peace and happiness then the count on the good deeds increases. On the other hand if you give pain and suffering to someone then the count increases on the bad deeds column.

All this information is processed and then it bites the person!

The whole World is like a giant universal computer and the people within are all individual computers. Every good and bad deed is recorded and processed to set up your next life. In this case the large universal computer is what Dada called 'scientific circumstantial evidence'

There are four types of good and bad deeds...

1) Bad - continuing bad deed: This is when a person suffering bad deeds continues to be in the same rut. He/she inflicts pain on others and enjoys it.

2) Good - continuing bad deed: This is when a person who is suffering on account of his past bad deeds makes a change and decides to increase his good deeds, by leading a morally fortified noble life.

3) Bad - continuing good deeds: When a person enjoys happiness due to his past good deeds, but starts gathering horrid and terrible bad deeds. (A change for the worst.) For example, if a man has everything he wants (due to his good deeds) like money, a car, a bungalow, a great family and then he mixes in with bad company for the sake of more money. (Therefore, be happy with what you have!)

4) Good - continuing good deeds: A person enjoys the fruits of his/her past lives and performs study and obliges others for uplifting the soul. They therefore, accumulate more good deeds and head for Liberation.

All actions performed with egoism, obstinate austerities and obstinate rituals bind evil continuing deeds. Whereas austerities and rituals performed with proper understanding for the welfare of the soul accumulate good - continuing good deeds.

By the way, if by some luck you meet an Enlightened Guru no matter which category you are in, then you stand a much better chance of Liberation. (Providing you stick to your guns!)

Some people say that a sin committed unknowingly bears no fruit (i.e. Doesn't have to be suffered). This is not the case. For example, if you put your hand in a fire unknowingly, what happens. You suffer although you did it unknowingly right.

Having said that, a sin committed deliberately is far worse than one committed unknowingly due to the circumstances. Both sins will have to be suffered in your next life, but the one you did unknowingly will be unconsciously suffered. The other one will be suffered and you'll know about it! This is the only difference.

Take an example of two brothers: one is sixteen and the other is only two years old. If their mother died, then both of them would have to suffer the consequences of that sin.

However, the elder one had to suffer consciously while the other one passed through the ordeal unconsciously. This again shows the difference.

Also a good deed can be performed unconsciously. Say you are carrying home a bag of sugar, the minutest hole in the bag would cause the sugar to gradually fall out.

The sugar trail you leave on the ground would be enjoyed by the ants and other insects who benefit tremendously - This is an unconscious good deed and its fruit is also unconsciously enjoyed by you next time round!

MEAT

If your aim is for Liberation, the best way to go about it (and not to build up any extra karmas) is to cause no harm to any soul. You must not hurt anyone's feelings.

When you cut something like a carrot or a tomato, you don't feel bad. This is because vegetables have less senses for pain, you don't see blood coming out of the vegetable or hear them screaming.

On the other hand, if you kill an animal. Then things would be different. For example, the animal would squeal, jump up and down, cry, blood would spray out and so on. (A bit like a horror film.)

So you see, both animals and vegetables have a soul, but due to their different stages in development they don't feel hurt in the same way.

By killing an animal, your karma builds up to a greater level.

This is because the animal that has been killed may have a family, just imagine the suffering they would have to go through.

Basically, the choice is yours.....

THE MIND

The mind is a knot. It consists of knots. It has knots for food and taste; it has a knot for greed for money; a knot for love; one for laziness and so many others.

These knots are carried over from your previous lives.

You may have a knot for stealing. Now, if you stole something and knew it was wrong and felt quite guilty about it, then the knot starves and gradually leaves the mind. on the other hand, if you stole something and felt proud about it (i.e.

Told your friends how you didn't get caught and how much money you got out of it) then the knot for stealing gets nourished and grows. Thus this large knot will prove to be hard to get rid of.

Similarly, if you asked someone if they ever think of eating rent.. One might say, 'Almost every day'. Another might say, 'Sometimes' and another may say, 'Never!'.

Why do all these people give different answers? The answer is simple... Their knots for eating meat vary. The first one may have a large knot; the second a medium size knot and the third one may not have a knot at all!

An Enlightened Guru has very few knots.

If you were good at playing a musical instrument in your last life, then a knot would have developed for that. Thus, in your next life you would find playing a musical instrument easy. If the knot is large, then you wont even need lessons.

This is why some people can learn quickly and others take time.

INNER MACHINERY

The Inner Machinery consists of four things: Mind, Chit, Budhi and Ahankar.

For ego example, mind keep you wandering should I go to school today or not? Which outfit should I wear to the party? Should I take the Lamborghini or Ferrari etc..

The 'Chit' is like your imagination i.e. what you think about. Using this same example: In all this thinking about going to school, you may actually visualise the school, the desks, the teachers (and everything else connected to school), this is the part played by the chit.

Another example: If you were on holiday somewhere and

someone phoned you from your home to ask you where the salt and pepper was? Then (without even being there you would be able to tell them where to look. (i.e. “Above the sink there’s a flower pot, if you look to the left of that then you’ll see a small cabinet, look inside and just beside the grey pill box there’s the salt and pepper”).

Your chit flew all the way over and pictured your home and all the things in it, just like that!!

Now the intellect (budhi) makes the decision. It tries its best to figure out what to do. For example: If you go to school then you don’t risk getting into trouble; if you don’t then you’ll have to make up an excuse and you’ll miss out on a lot of work; you’ll have to copy it all up and so on. The intellect takes all these facts into consideration and then makes its decision.

Ahankar simply signs the decision to show its approval. Just like a bank manager may sign a document to go through with a deal.

All the above processes happen very quickly and each time a decision needs to be made, the above steps are carried out.

THE POISON OF EGO

With the slightest egoism of some achievement, there’s bound to be a fall.

Children have their ego in the dormant (unaware) state. However, as the child grows it gets more powerful. If they don’t get the nourishment that the ego needs, then they grow up to be cultured beings (a person who has the power of thinking and understanding).

An egoistic person goes on creating a big knot for ego (which is not good! Is it? No, I didn’t think so either!).

Many people commit suicide when the ego gets shattered, i.e. When the ego gets no nourishment from either side. Committing suicide is a very fatal mistake as it prepares you for hellish life! (So don't do it, no matter how bad things may be!)

A visible quality of ego can be seen in a person when he/she is very sensitive (i.e. When they are very touchy, when they don't like people joking about them and laughing).

Remember, a True Guru is absolutely egoless, even though he has the ultimate knowledge of life and the key for, he feels no pride. Otherwise he wouldn't be a True Guru!

THE ADVANTAGE OF BEING A HUMAN

There is no other body form except that of a human being that is privileged to Liberation.

The human has more developed senses than any other. Including the sense of sight, smell, hearing, taste and feeling.

Animals and plants (due to their Karmas) are unable to attain Liberation. They have to suffer their time in whatever body form (state) they maybe in; after they finish their time, then they can move up into higher states Which have more senses.

If one gets human life and is blessed to obtain the means and circumstances suitable to Liberation, then their puzzle of life gets solved.

Therefore, we can conclude that to get human life is indeed a great advantage. Some people waste it and go back into a lesser state of being (such as a plant, tree or animal) and the wiser ones use it to obtain Liberation.

Please be wise!

Use your instruments of the mind, speech and body for the welfare of other people (for a good purpose).

If they were used for your own good only, then you would have to suffer for a period of five-hundred years. Your soul would move into the body of a tree as a kind of punishment. You will miss out on all the freedom you once had in the human body (no sense of sight, smell, taste, etc..). Not a good move!

In tree life, people will enjoy your fruit, burn your wood, use you for houses etc.. And you'll have no say in the matter!

This is why Dada Bhagwan says to use your mind, speech and body for others and you will enjoy your next life.

Being a human being is like a test examination. It can be your turning point, because you have the power to either succeed or fail.

Do something so that your next birth would be a better one.

From the human life the soul can go to five diversions - It can go into hellish life, brute-beast-bird life, human life, heaven life or liberate itself and enjoy eternal happiness!

DREAMS

The science of dreams is very deep and mysterious. Many great scientists are involved in unfolding the mystery of dreams. However, the science of dreams is beyond this intellectual pursuit.

During a dream the active body is closed. Only the subtle body (mind, intellect and imagination) are in operation. Also ego can't express itself in a dream; If this was possible then the dreamer would get up fighting, making a row or respond in some other physical way.

Dreams are very effective. Let me explain.. If a pauper dreams of being a king then he would swell in exhilaration. On the other hand if a king dreams of being a pauper in rags, then he would shrink in shame. In fact he would feel as bad as if he

really was a pauper and may even wake up crying!

So you see, dreams are effective and sometimes the effect of the dream lingers on long after you are awake.

Take this fact into consideration... Nothing that has never been seen before appears in a dream. It might have been seen in one of your previous life cycles even! You see.. Dream is an expression of endless, countless life cycles that you have been through.

Sometimes you dream of situations, people and things which you may have never seen before, but you may have done in one of your last lives.

CONFLICTS

Just a few short words on this matter...

Do not ever come in conflict with anyone and try your best to avoid them at all costs. This is the way to Liberation.

If you happen to come in conflict either by chance or mistake, you must try your best to settle it. Get through it quietly and smoothly without emitting any spark of friction!

FAULTS

Self-confession of a mistake solves a problem.. All you have to say is “Well, the fault was mine.”

Whatever comes your way was posted to you from your previous life. It consists of a list of credits and debits which are just waiting to be cleared.

Most people have a faulty or distorted vision; so they see others faults and not their own. To correct this we should make our vision immaculate and innocent. Be innocent and see innocent!

The more faults you see in yourself, the more freer you become from faults. This is because the ‘pure self’ (soul) is

‘fault-free’ and absolutely innocent. Therefore, the more we are fault free and innocent, the more closer we get to the soul.

People are bound by their own faults. For example, a man in the criminal fault is bound by the police.

Some faults are wrapped in millions of layers (i.e. A very large fault) and to be free from it, you have to see this fault many, many times.

Basically, if you see other peoples faults, then you get dirty. And by seeing your own faults the dirt gets washed away.

Laziness is a persons worst enemy. It’s like an obstruction. It obstructs the path to Liberation. You see, if a person sits idle and thinks that he is fault-free. Then how on earth is he going to realize his own faults. Instead he/she will find faults in others and cause even more Karmas to build up!

If you make a mistake and it cannot be rectified. Then by knowing that you have done wrong and feeling guilty about it, the effect you will have to suffer in your next life will be decreased considerably.

If a mistake of yours causes you to lose someone’s friendship, then remember that it must be an effect resulting from one of your previous births. To correct the matter do the following things: Picture your ex-friend and ask his/her soul to forgive you. By doing this you get closer to the correction, but if the effect is very strong, then it’ll take a lot of time.

I tell you the following from my own experience.....

A few years back, I broke up with my best friend over some silly argument. From that day onwards we never talked to each other, never looked at each other and never even crossed each others paths. Then a follower of Dada Bhagwan told me to ask for his soul’s forgiveness every night. I carried out this task for about a month and then one day he started talking to

me again. The person who I thought would never say another word to me for the rest of my life, suddenly started talking; and from that day onwards our friendship grew.

So you see, asking for forgiveness can prove to be very beneficial. It will decrease the suffering in this life and the next.

How much forgiveness must you ask for?

This depends on how much you hurt the other person. It's like a mark on your shirt. If the mark is large then you'll have to rub over it many times, but a small mark doesn't need too much rubbing before it comes off. Similarly large mistakes need a lot of forgiving to do on your part.

The way I see it is as follows: If you did something bad or hurt someone (mentally or physically) then every time you think of what you did, ask for forgiveness.

Remember: The Fault Lies Within The One Who Suffers.

DRAMA

If you are the soul and your body is separate, then we are basically acting out the discharge (resulting from our past lives).

The whole of life is a drama: Weddings, car accidents, arguments, funerals, earthquakes etc.

With so much going on around you, what does the soul do? What part does it play?

The answer is simple, it doesn't. The soul simply watches, observes and takes note. It doesn't get sad or happy. It's like a spectator looking at what the body is doing.

Since we cannot feel that the soul is separate (unlike a True Guru), we have to imagine that it is until one day when the

efforts you have made towards self-realization finally pay off.

By saying that 'I did this and that...' you are charging the battery in the wrong way.

You haven't done anything, it is all a discharge. However, by laying 'I did this and that' in a dramatic way (as if you were Bering) then the battery gets charged correctly and there is no harm.

Let me give you another example: An actor may play the part of a wealthy king, but while acting he doesn't become the king does he? No, he knows that really he's an average family man, working for a living, with a wife and two children to support. He simply plays the role of a king.

Similarly, we are playing the part of a human being (or a person), but what we really are is the soul. (Always keep that in mind).

Basically, you should play two different roles. With your external eyes you see by relative view-point and with your internal eyes you are the soul (pure-self).

Say you have a brother who is a teacher... Now, when he's at home he acts as your brother and plays with you; helps you or beats you up! (Which ever the case may be). But the minute that he steps into the class room, he acts as the teacher and everyone regards him as that. He wouldn't then start messing around with you like he does at home would he? He wouldn't show preference just to you would he? He has a job to do and that's to

teach everyone equally..

Therefore, there are two roles that the person (mentioned above) is playing, the teacher and the brother.

We should also remember that we too are playing two roles; the human being and the soul.

DESTINY AND REAL-EFFORT

O.K.. If what you are experiencing here on earth is all a discharge, then how much (you may be asking yourself) is due to Destiny and does our Real-Effort come into this?

We have already established that everything doesn't happen according to what we may have planned or desired. If your good deeds awaken to bear their fruit then and only then do things happen according to your expectation. When bad deeds awaken to give their fruit then everything turns out wrong!

From the day that you are born it is decided how much you get educated (due to your destiny); if you get married is also due to your destiny; how much money you'll earn is also destiny; any illness you might get is also destiny, likewise when you die is due to destiny. Right from birth to death you are dealing with your own destiny! Everything that happens to you is destiny!

Your destiny has been decided by the wishes of your previous life and by the workings of nature.

Take this example: There are two brothers, one of them helps anyone who comes to his shop; the other one is the kind of person who steals from other peoples shops and then sells the goods in his own shop to make extra profit.

Now the brother that did the stealing did so due to his destiny (i.e. It was meant to happen); the thoughts that he got for stealing are due to the opinions that he had formed in his previous life (hence these in turn determined his destiny). Now say that at the time of stealing he felt "Gosh, I shouldn't be doing these bad karmas!?" Then this becomes his Real-Effort, hence he plants seeds of good deeds for his next life.

The fact that the other brother does not steal anything is also due to his destiny and this too is the product of his previous

Life's opinions, wishes and intentions. Now if this brother (with the good karma) forms a strong opinion that "It would be a good idea to steal, my other brother does it so why shouldn't I?" Then this becomes his Real-Effort and due to this opinion in his next life he'll be a thief!

Therefore, in my very own words I can say this: Whatever is going to happen, is in the hands of scientific circumstantial evidences, we have no say in the matter, but the opinions that we form during these happenings is the part we take (the Real-Effort) in the change of our destiny.

How better can I explain this other than to give you another example, so here it is...

Say you're walking down the road when you see a tramp begging for money; Now the act that you perform by giving out your money to him/her bears no Real-Effort on your part, this act was going to happen anyway due to your destiny. But, the internal opinion or intention with which you gave this money can be said to be the Real-Effort on your part!

You see there are many different ways of donating money:

Suppose a wealthy businessman donates £10,000 to the starving people in another country and then gets asked "Did you really donate £10,000 to these starving people?" to which he replies, "Yea I did, but if it hadn't been for my wife who pressured me into it, I wouldn't have given anything at all?" Then his intention with which he gave this money wasn't good hence, he'll get accordingly in his next life!

Now if a tramp walking down the road looks into a television shop window, sees the starving people on the news, puts 10 pence into the donation box and wishes "Boy, if I had £10,000 I would also put this in the box" and providing he meant it (i.e. Thought of this with true intention) then he would be rewarded for this in his next life.

Both these opinions of the Businessman and the Tramp are examples of Real-Effort but see how much they differ..

The most beneficial opinions (thoughts) and intentions to have are those for Liberation! Make it your wish to be Liberated, to enjoy eternal happiness, to directly experience the soul! This would be the best and most beneficial Real-Effort you can make in this Life!

THE RIGHT AND WRONG KIND OF KNOWLEDGE

Life is not wrong, nor is the World false, but the understanding is incorrect.

If someone told you that there is no wild beast or dangerous animals in a forest, you would pass through with no obligation.

However, at the same time you are not informed that at one place there's a whole range of wild animals in cages. This makes the your knowledge incomplete.

While making your way through the forest you hear the roar of lions and various other animals. Just by hearing them you run back in distress.

Had you received the complete knowledge and previously been informed that the wild animals were in cages, you would not have feared and fled back.

So you see, the right kind of knowledge is essential and the wrong kind wont get you anywhere.

How can you expect to solve the puzzle of life if you're given such incomplete information? Not having the full knowledge you fled back and was back where you started.

Do WE HAVE AN OVERHEAD (Boss) ?

No one is your overhead (or boss) in this world. By

relative view point you can say that your boss at work is your overhead, or if you get pulled over by the police for speeding then the policeman/woman is your overhead, however, in reality everyone is the soul (no matter what the packaging), everyone is God, we are all alike so how can they be overheads by real view point? Easy they can't. Your only overhead is your own blunders and mistakes. (i.e. These bind you to this human life.) What you did in your previous lives (due to the lack of knowledge about your pure-self) keeps you going through the birth-death cycle again and again otherwise all your deeds would not be repaid.

If these blunders and mistakes are not present, then you have no repayments to be made, no rebirth to come back to and no physical body to enter, hence you are God and experience complete freedom and eternal happiness! (Liberation.)

RIGHT AND WRONG BELIEFS

Due to wrong beliefs we say that "I'm a pharmacist, I'm this lady's husband, I am this boy's father, I'm a lawyer" etc. You Can't be any of these in reality, because you lose all these titles when you die (They are all temporary adjustments). All these wrong beliefs about 'who you are' is the reason why you and I have been roaming for infinite lives. The right belief is the correct perception (i.e. The belief with which the Pure-Self is seen!).

Try to get rid of these wrong beliefs, because they are only temporary adjustments, i.e. Throughout your previous lives your role has changed so many times (father, mother, sister, taxi driver, graphic designer etc.), not to mention your appearance, so how can this belief be permanent if it keeps changing all the time? Easy it can't.

At the moment we cannot feel that there is a soul within us (due to our karmas this truth is hidden) therefore, we must start up this new belief that there is, because the right belief is a permanent adjustment and will benefit you tremendously in

your steps towards Liberation. Once you get Liberated this belief no longer has to be present as it then turns into reality!

INTERESTING FACTS

These facts mainly came from Neeru Ben (a lady who has been with Dada Bhagwan ever since he got the knowledge (a life time devotee) and Dipakbhai (both preachers of Dada Bhagwan).

A person asked her, when planes crash, ships sink and so on, why do so many people die?

She answered: All these people die at the same time for a reason and not because they just happened to be there. Going back to the action/reaction theory helps answer this question... All these people in their previous lives must have done something bad to die. They did the same sin collectively and therefore, have to suffer together. Had there been one person missing, then the plane wouldn't have crashed.

The man asked for what reason might so many people die at the same moment in time?

Neeru Ben answered: Take this example, when a group of people go on strike, it's not just one person that walks out, it's the whole group of strikers. Similarly when a group of people commit a sin together, they get punished together.

Speaking realistically.. If there was a crowd of people watching two animals fighting and tearing bits of each other, and if this crowd found great enjoyment out all that suffering, then they too are all committing a sin together. They too will be punished together.

For example, a whole family can get killed at the same time in a car accident. Although the family consists of a father, mother and a few children their time must have come. That's why they all die together.

After meeting Dada and following his path to Liberation, you get much closer to the soul. The pure state of the soul has all 360'; Dada Bhagwan had 356' (i.e. only 4' to go) and those who go by Dada's advice can reach up to 300'. Therefore, you don't have to go through as many life-cycles as you may have had to.

Believe it or not, before the soul entered the human body form it passed through 84,000,00 body forms (i.e. Microscopic creatures, insects, a variety of plant lives, animals and so on).

Just by visualising all the sins you may have done throughout the day, you lessen their effect on you in your next life.

Just remember that you are the soul (atma). By doing this you get closer to self-realization.

When looking at any living thing, think of it as a pure soul, this way you will not treat it any differently and save yourself from building up bad karma.

The beauty of this knowledge is that there is no need to give up anything except your wrong beliefs.. You are not asked to forget your family; cut down on your social life; stop listening to music; not to get married; stop going to the movies or any other liberties of the normal worldly life. All you are asked is to realize who you really are, why you are here and what you have to do in order to free yourself.

Eternal happiness must first be experienced here on earth (to such an extent that you experience complete immunity to all worldly unhappiness and pain), i.e. In the midst of all this worldly hassle (whatever life throws at you) you remain calm and unaffected! This is the first stage to Liberation, then and only then can you experience total bodiless Liberation in Moksha!

Live with your body as your neighbour and be fearless.

You yourself are the pure soul which cannot be touched so what is there to be scared of? Nothing!

The God in our souls doesn't control the weather. This is done by nature.

If God did have any effect over the weather the following problems would be encountered: A farmer would pray to God for rain as it would benefit his crops in the field. A housewife would pray for sunshine as this would dry her pots, pans and clothes etc.

Both these people are praying, but which one can God choose to satisfy?

There are many people in the World like this and God can't exactly keep everyone happy if he controlled the weather could he?

Therefore, the weather is under nature's control. Of course when people die in floods and hurricanes, it's because of their bad karmas.

When eating your food you shouldn't think about any other matters. Concentrate on the food, enjoy its taste. Also chew the food in the mouth until it's almost like a liquid and then swallow it. By eating your food without chewing it properly, causes indigestion and diseases; you won't realize this at an early age, but once you're over 46, that's when the trouble starts. This is why some people get through old-age without much hurt and others have ligaments hurting all over. Think now and plan for the future.

In places beyond this World there are people who are around 4000 feet tall. This is because the less karma you have the greater the size of your body. In this World the differences in height of all these people doesn't really mean too much. For example, there's not much difference (concerning karma) in the

person who is 6 foot tall and the person who is 5 foot tall.

Looking at a person's eyes is a good way of judging character. When walking into a room in Dada's presence he immediately looked at your eyes and welcomed you; not your face; not your body, but only your eyes.

Remember that all religions are correct from their own points of view, but the religion which investigates your Pure-Self (i.e. Who you really are) is the final path!

If you over hear some people saying bad things about you and this in turn has a negative effect on you (gets you angry), then you may have read and understood this book, but you haven't put what you have learnt into practice yet. Your viewpoint is then said to be still fixed on the relative self. If your viewpoint has been turned around then you wouldn't take this nasty gossip about you offensively, you'd understand that it's just them paying you back for your previous actions, just be glad that it's over and done with, so you don't have to suffer it again.

JUST A FEW WORDS

The whole of this knowledge given by Dada Bhagwan wasn't told in the English language (although certain words were spoken in English). It was explained mainly in Gujarati. What you've read was my English version of this knowledge.

It is highly advised that this book should be read again to give you a more intense understanding on this subject. (Totally upto you of course, I mean don't let me push you into anything.)

The books that were used for reference were 'Aptavani' by the Jay Sachchidanand Sangh and Srimad Rajacandra's 'Atma Siddhi'. Thank you deeply. All other information was gathered from Dada Bhagwan, Neeru Ben, Dipakbhai, friends and relatives.

FINAL

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Well, here we are then.. The end of the book. Hope you enjoyed it, but even more importantly I hope you learned from it.

The main point in writing this book was to try and open your eyes to reality; I sincerely hope that this has been accomplished because the outcome will be very rewarding to you..

May I take this opportunity to wish you all the best for now and the future, a happy and fulfilling life (lives) and may you all attain Liberation and enjoy Eternal Happiness...

Humbly with Pure Love
Yours Truly

Rakesh M Patel

Remember the Golden Rule:

Try your best not to give any living thing unhappiness. If you do (as a result of your previous lives) then ask for forgiveness immediately.

Gems of Wisdom

All religions of the world are correct by their own view point. But the religion that investigates, “Who Am I ?” and “Who is the doer ?” is the final path. The absolute religion is the one that gives us the final and the real understanding of “Who is the knower and the seer?”

Once the wrong belief that “I am the doer” is realized and “Who the real doer” is understood all our puzzles are solved.

Moksha is not possible until absolute pure state is achieved. For this purpose one needs to realize, “Who am I.”

Gnan is knowing, “Who am I” and “What am I not.”

“I” and “My” are always separate in that there is never a single property or quality of “I” in “My” and “My” in “I”.

Once, “Who am I” is realized, only then can it be decided “What is not mine.”

Having even a slightest feeling of “My” is egoism.

It is not necessary to become “egoless.” It is absolutely important to realize and know “Who am I.”

By one’s own efforts it is not possible to achieve the knowledge of “Who am I.” This is because to do anything you need ego. As long as there is ego one cannot realize “Who am I.” [This is so critical, ego and knowledge of atma doesn’t go hand in hand.]

When will a person realize atma? Atma can only be realized when the ignorance of I am the doer and I am able to do anything in this world ceases to exist anymore. Or else, it is not possible to realize even a minuscule fraction of Atma.

It is not important to make one realize that “I am not the doer.” It is absolutely important that “I am the Pure Self,” this awareness by itself gives the real meaning of the doership and destroys the doership.

It is impossible to realize the Self by one’s own efforts. Unless the sense of egoism ceases to exist then and then only, it is possible to understand “Who am I.” But how can one get rid of this ego (ahamkar) ?

Therefore, for Self-realization one needs to go to Gyani Purush. The Gyani Purush dissolves your ego through his kripa (divine grace) and after that all your problems are solved.

— Dr. Niruben Amin

JAY SACCHIDANAND



**“The World is the Puzzle itself,
God has not puzzled this World at all,
It is only Scientific
Circumstantial Evidences”**

- Dadashri