



Quintessential
Spiritual
Quest

of Dr D.V. Gundappa

...as understood by me
Padma Bharadwaj

Introduction

Sanatana dharma, in Hinduism, term used to denote the “eternal” or absolute set of duties or religiously ordained practices regardless of class, caste, or sect. Different texts give different lists of the duties, but in general *sanatana dharma* consists of virtues such as honesty, refraining from injuring living beings, purity, goodwill, mercy, patience, forbearance, self-restraint, generosity, and asceticism.

(ref:<http://www.britannica.com/EBchecked/topic/665848/sanatana-dharma>).

Sanatana Dharma is said to have originated over 5000 years ago. Deeper truths of this eternal law are quite difficult / abstruse and are difficult to be understood by the common man.

Dr D.V. Gundappa (popularly known as D.V.G) was a great Kannada literary writer and philosopher. Through the gem of his works, Manku Thimmana Kaggga (ಮಂಕು ತಿಮ್ಮನ ಕಗ್ಗ) comprising of 945 verses D.V.G. has provided the essence of Sanatana dharma.

Given my very limited knowledge of Kannada, in addition to referring Kannada book “Kaggakkondu Kaipidi” (ಕಗ್ಗಕ್ಕೊಂದು ಕೈಪಿಡಿ) by Shri D.R. Venkata Ramanan, I have referred to English translation/commentary “Dim Tim’s Muses” by Rashi and Sampath (Smt Rajyashree Sampathkumaran and Shri Sampathkumaran). I would like to thank the authors of the English book who have kindly consented to offer a foreword to my work.

I would like to mention here that my work is neither a translation nor a transliteration. It is just my own reflection after reading the reference books.

Hope this compilation is interesting to readers.

Padma Bharadwaj

Foreword

D.V.Gundappa-DVG as popularly known was a legendary thinker, philosopher and writer. His life and works have influenced scores of writers, thinkers and the people interested in literature all over the world. Amongst his many writings MANKU THIMMANA KAGGA in Kannada Language of the Karnataka State in India has been a GEM for all these decades. Way back in 2000 my wife Rashi and I thought of translating and explaining this applied philosophical book into English for the benefit of non-Kannada knowing people all over the world. It was not easy. It was a herculean job- bringing out the eastern philosophy in western language. After two years of research we published the translation and explanation DIM TIM'S MUSES. We believe the Kagga is a masterpiece and should be accessible to one and all, all over the world. Here comes the laudable work of Smt. Padma Bharadwaj who has settled down in Australia for bringing out the essence of DVG'S Kagga in English. We wish her success in her endeavor to reach out to non-Kannadigas in propagating the rich philosophy of the KAGGA.

Sampath Mallur

Acknowledgements

I would like to commence my acknowledgement with Smt and Shri Govindarajan, our good friends for providing me with the reference books that helped me to commence my work. The other most important person who should be thanked here is my dear maternal aunt Smt Sreedevi Vijayaraj who voluntarily accepted the responsibility of deciphering my scribbled manuscripts and bringing it to the print format. Without her help, I couldn't have brought out this book so soon. I would like to place my gratitude to my father in law Shri D.S.R Moorthy who is the first critique of all my works related to Hindu scriptures by providing appropriate advice.

Padma Bharadwaj

- 1 Let us bow to the Supreme
Omnipotent, Omniscient and Omnipresent one
Who has projected the universe
And make us wonder at the wonders!
- 2 Salute the extraordinary power
That's beyond space, time and measure
We cannot comprehend/cannot understand
The mighty that encompasses living and inert world
- 3 Is there or isn't there? - a question
We do not know answer to this question
But we believe there is some power
Assuming it to be the absolute truth, let us surrender
- 4 Forever there are perplexing questions
For which there are no answers
What's the meaning of life? What is the meaning of universe?
Ascertaining the relationship is so complex
- 5 Is God a dark cave?
Can we give God a name?
When there is a saviour, why is there a misery?
Why the cycle of birth and death? It is a real mystery
- 6 Is the creation a riddle? And whole life is a puzzle?
If God projected the universe, why is it so diverse?
Why there are different creations, with such variations
Rich, poor, healthy, wealthy, abled, disabled and so on
- 7 Is there one Lord or several?
Does the Fate, Valour, Virtue or something else?
Are we able to get an answer?
Or will this remain a question forever?

- 8 What is the aim of creation?
 This is a great confusion
If God is so compassionate and loving?
 Why in this world, endless suffering?
- 9 We are absolutely bewildered
 To look at the complexity of this world
Cosmic dimensions and movements of planets
 Complexity within the imprints of various elements
- 10 We are continuously confronted with the query
 Of What is the purpose of our life really
We see so much unrest and agitation around us
 Where does this end – we are just clueless
- 11 In our daily lives, we witness several incidents
 They are deplorable and present chaos
It seems as if human life has no meaning
 If there is one, we seem to be still searching
- 12 The world is treading a dangerous path
 In place of bliss, there is blood bath
Animosity amongst humans resulting in destruction
 Is mother earth turning into a butcher-block in this
situation?
- 13 We do advocate human dignity, freedom and democracy
 But is this seen in reality?
Cold war, provocation, exploitation swarming us
 There can be peace only when there are no destroying
weapons
- 14 All living being live under one sky
 Breathe the same air, consume food every day
We all sustain using the same resources
 But, why do we see differences amongst ourselves?

- 15 Generations passed, our insight has deepened
Alas!, human values and virtues have deteriorated
Present society is not orderly, peaceful and disciplined
Looks like we are a confused lot marching forward
- 16 Old morals and values have diminished
New morals and values have emerged
The whole world is in a state of agitation
What's the answer for this situation?
- 17 Is it something like storm before calm?
Will this chaos end and bring us calm?
With the belief that Almighty is with us
Let us await for good results
- 18 Life is like water ripples of a river
No beginning, no end whatsoever
Repeat of births and deaths
Are like water bubbles
- 19 Any object is nothing but conglomeration of atoms
Human body is filled with basic elements
Without those elements, human is nothing but inert
Why aren't we cognisant of this fact?
- 20 It make us wonder why do we pray God
And the way we workshop God
All we need to live is food, shelter and clothing
To attain this, we are ever wandering
- 21 In this world, what we deem pleasant turns out be detriment
What we reject as unpleasant, is actually the best
It is difficult to understand the irony
Is "fate" the answer really?

- 22 We cannot physically see "God"
We feel this is an unreal world
We are just passengers undertaking a journey
And we need to travel cautiously
- 23 Life is somewhat like a machine
We earn our living, grin when happy, frown when in
pain
Celebrate the rewards, cry when faced with failures
We do not know the purpose of all these gestures
- 24 It has always been a puzzle
And perhaps a very difficult riddle
Do we pray God out of devout or fear?
Or just with the hope of fulfillment of our desire?
- 25 Our lives are like uncharted waters
To manoeuvre through, we need a compass
To guide us..the sailors, Divine compass is what we need
To show us our journey's beginning and end
- 26 "God projected this world" is what we are given to understand
But what is the purpose, we fail to understand
On the one hand we see glory, on the other hand we also see
gory
How do we get a balance? Isn't this a worry?
- 27 Meaning of life, can anyone define?
In a state of confusion, is this where we remain?
What's the difference between human and animal life
Seem to be the same, nothing but strife
- 28 Are we looking at a paradox?
Knowing the truth is not an easy task
Creation seems charming and beautiful on the one hand
Filled with suffering and bad elements on the other

- 29 We seem to wonder if God is both serene and angry
Immeasurable beauty and ruthlessly aggressive
Perhaps this is the truth
To keep the universe going by keeping both
- 30 Are we to presume the Almighty is true and world is delusion?
Then between the two there is no connection
Seeing through our eyes and learning through our minds
We infer world is real and coordination exists
- 31 Questions arise, is delusion blocking the truth?
Is illusion hiding the God, the Absolute truth?
We are amidst this dilemma situation
Why?..Who is going to answer the question?
- 32 Why did this universe come into being?
Is this His act while sleeping?
Is this universe governed by set rules?
What is the purpose of hiding such rules?
- 33 Is our life just a quiz?
Are we being tested by the God, the whiz?
When there are no answers to these questions
Nothing remains but confusion
- 34 The deeper we think, more uncertainties arise
What is this life? We are unable to surmise
Is life meant to be a continuous suffering?
Are we to blame "fate" for the sake of our consoling?
- 35 Perhaps lot of thought has been given to this creation task
And purposely complicated our path
If we understand everything easily
Then we may not be able to realise the creator's
workmanship

- 36 We are surrounded by impeccable temptation
We are attracted to this illusion
We fail and end up in commotion
What can we infer from this situation?
- 37 If Brahman is all pervading
Why is He in the hiding?
Perhaps He does not want us to know his identity
Our confused state, perhaps amuses the Almighty
- 38 God's constant changes in His disposition
Is really an incomprehensible question
How can we understand Him completely?
If we do not know His identity
- 39 If we understand the notion
And have no confusion
Seek the truth which is hidden
We can't get there without His guidance
- 40 Why doesn't He reveal His identity
In the day time or night time
Time, space, measurement do not matter
As He is beyond all these parameters
- 41 If God has locked Himself in Sanctum Sanctorum
At least if there is access to the keys that can open
Only learned gurus and intellectual generation
Can show us the way to liberation
- 42 Emotions like love, friendship and infatuation
Result in various types of reactions
Expression of emotions, when joyful or sorrowful
How do we overcome these, to understand our life in
full?

- 43 In every part of the universe
Energy, we experience
Be it up, be it down, very nook and corner filled with energy
What is this energy? Who created the energy?
- 44 We feel as though we are living with dim light
Farther vision is beyond the capacity of our eyesight
We feel there is something, but cannot reach
Is this doubt within us, a mere fate?
- 45 We have limited power in our eyes
Unable to distinguish source of light
Perhaps if the world was dark, things may have been clear
Does this false light make our minds waver?
- 46 Life's secret is hidden behind a curtain
We are curious to know what's certain
Had this mystery been revealed, we won't be so curious
As such we are in quest of hidden secrets
- 47 Is it worth to muddle our confusion
To lament on imaginary situation?
Isn't it profitable to muster what's in our control?
With a hope to progress what's better for us, after all
- 48 We know our limitations individually
Perhaps we can work together collectively
We can benefit from each other's experience
And seek our goal through joint process
- 49 A question is posed to pundits/saints
For those who urge upon the normal citizens
When they try to bridge the gap between truth and untruth
Do they take into account feelings of listeners when
trying to inculcate truth

- 50 Do the scriptures and epics alone offer the truth?
From our inner self, can't we learn the truth?
We have seen unassuming lot rising above
Such an experience is a great proof
- 51 Beauty and pleasures of this world
Toward them, like magnets we are attracted
What is it that creates this binding
Is this fate of nature's doing?
- 52 Azure blue of the sky is pleasing
Red at dusk is not so appealing
Does the colour changes one's mood
Or is it a mere state of mind?
- 53 How does grass gets its green colour
Is this due to sun light, moon light or water?
Or is the beholder responsible for this wonder?
Perhaps we can assume this is all put together
- 54 `The theory of cause and effect
Will not hold good in our spiritual pursuit
By developing clear mind and through subtle experience
We would be able eventually know the true essence
- 55 Visually impaired people
Recognise not through eyes, but through experience
Likewise we need to get the inner feeling
To get the spiritual understanding
- 56 We are amidst a chaotic situation
Sky and clouds producing noise and vibration
To control and filter this environment
We need to have an inner control as a prerequisite

- 57 All things bright and beautiful
For us God made everything wonderful
We are enchanted by the music of great composers
And by reading great epics, we experience happiness
- 58 Certain experiences in our lives
Stay permanently in our minds
Be it beauty of nature or the love of friendship
We learn a lot through these imprints
- 59 We see in our day to day lives
Magic tricks to marketing talismans
Is there any meaning/merit to these rituals?
Isn't morality and compassion not enough to be
spiritual
- 60 Poems from Greece are enjoyed by Indians
Hindu philosophy is appreciated by non-Indians
When human beings are same and seek the same happiness
Why there are barriers, why there are differences?
- 61 To realise the Supreme Power
There needs to be a conglomeration that should occur
Our sincere desire from our heart together with His blessings
And through a teacher (Guru), we can accomplish this
- 62 Great scientists and inventors have done research
Measured solar system and Moon has been reached
While such an effort has helped the mankind
Can anyone measure human emotions and the hidden
energy behind?

- 63 All our feelings and emotions
Our tongues cannot express
There is an inner voice within us
That can be understood only by the Supreme Power
that protect us
- 64 Our thought process and mental attitude
Are like grains of paddy in the paddy field
In order to reveal the rice, the human doctrine
We need to pounder to get wisdom and wit
- 65 Knowledge acquired by academic pursuit
Is a feather on our caps, no doubt
Nevertheless to know the Absolute
Development of inner sight is a must
- 66 We may encounter several questions
As to the existence of species of worms and insects
Every creation has a purpose in this universe
We need to have appreciation of this
- 67 On the big map of universal creation
What we see is just a small portion
When we cannot comprehend the big picture
Is it not difficult to fully analyse?
- 68 Thus we do have only a limited exposure
It is a mystery till we learn complete
Hidden secrets of the creator
We need to somehow decipher
- 69 This world is filled with variety
Everything is interconnected eventually
Fragrance from afar carried by the breeze
Being where we are, don't we enjoy the same?

- 70 Basic element of water and other fluids
 Vapourise due to sun's rays
Forming clouds and giving back to earth in the form of rain
 To feed us all. Is this nature's trick?
- 71 We recognise relationship between various elements
 Rays of sun and water within clouds
Earth and its movement around the sun
 These well -defined patterns, benefit the humans
- 72 We can see in all elements a relationship
 Such connectivity is so binding
When we look at these ties and links
 We cannot find anything that has no link
- 73 Even though our lives are complicated
 We cannot afford to be completely unattached
We need to go with the flow of life
 Without shirking responsibilities in this life
- 74 We all know we are submerged in an illusion
 But why? What is the reason?
Perhaps the Almighty too so many forms
 Because it is a sort of a play for Him
- 75 Like a tiny seed gives rise to a gigantic tree
 Creation grows and manifests itself
When we see the froth on top, milk is hidden
 Thus the creation is like froth and God is like milk
- 76 Brahman created this universe
 And in every creation, He has His presence
He is attached but still unattached
 It is a wonder..How could He do that?

- 77 Brahman the creator of the wonders
 Enraptured by His own creations
Like a glittering stone that shines
 And peacock that dances with enchanting feathers
- 78 Joy is experienced by the creator
 Oblivious of anything but His creative splendour
Like a damsel who bedecks her ornaments
 And forgets about the world and thinks only about
herself
- 79 When a child breaks his/her writing board
 The child is busy picking up the pieces of the board
Thus the creator is so indulged
 In the creations He manifested
- 80 One who plays the game of solitaire
 Assumes having an opposite player
In the process they forget they are on their own
 Perhaps this may be the thought process of Brahman
- 81 Does that mean the creations have been forgotten?
 Has God left His creations amidst suffering situation?
No, Brahman is always with us
 We need to overcome the suffering and attain
happiness
- 82 God has made us to join the hide and seek game
 Without exception, all creations are involved in this
game
Though blind-folded, the outcome is fun
 Thus in the life game, eventually there is liberation

- 83 We all, at times, talk to ourselves
Trying to solve our personal problems
It is as though there are two different people, but in fact there
is only one
Thus we see God in many forms but He is one
- 84 Perhaps Brahman is bouncing a big ball
Entwining planets, elements, creations and all
Some space left in between those contents
For Him to move around those creations
- 85 Vastness of the sky, depth of the minds
Between these, living creatures
This life is like a balloon filled with air
Impermanent and will end when there is no air
- 86 Perhaps God can be imagined this way
Moon and stars are tiaras on the head, that is the sky
Entire world his dancing stage
Where He performs his cosmic dance
- 87 Look at the light speed phenomenon
To denote time and direction
Growth, bloom and constant disintegration of objects
Aren't these results of God's creations?
- 88 Vastness and the movement of this universe
Is so magical and inexplicable
Just like glitter is natural to a diamond
So is the super power natural to God
- 89 What is the beginning of the universe?
What is the end of the universe?
Projection of universe is like protruding limbs of a turtle
Contraction is like withdrawal of limbs of turtle

- 90 Certain things are impossible to know
 Tides of the ocean..which one is the first tide, do we
 know?
 Blowing of wind, we experience but cannot see
 Thus we understand the existence of God even though
 God cannot be seen
- 91 Lotus flower blooms at the sunshine
 It folds the petals when there's no more sunshine
 Likewise projection and contraction of universe
 Is a continuous process
- 92 Day in and day out
 Power of God is felt
 We can all feel the freshness
 But we fail to understand from where it originates
- 93 Perhaps the operation of this universe
 Is like cosmic dances
 That the Brahman performs
 According to the life force's rhythms
- 94 We feel as though divine power is an illusion
 But for those who are enlightened, it is no illusion
 In the depth of creations, God is unattached
 But the nature created is well connected
- 95 God's characters portrayed in mythology
 Ferociousness as well as serenity
 Virtue and violence both exist
 Protecting the virtuous and punishing the opposite
- 96 In this world of tumultuous nature
 How do we recognise the super power?
 When we look at the ocean, tides are real
 He has made us feel we are amidst "real"

- 97 What is the doctrine of righteousness?
 What is life and what's this universe?
Emergence of these questions with us
 Is the pathway to understand the God within us
- 98 Everything is uneven in this world
 Ups and downs, pleasant and unpleasant
Perhaps God created this disparity
 For us to search and experience divinity
- 99 Moving ocean looks static from a distance
 Static land may look like moving from a distance
This is nothing but our own perception
 Nature is so beautiful giving us this variation
- 100 What's unknown to us
 Is immeasurable, indivisible and boundless
Standing on a small beach, vastness of the ocean is unknown
 Thus the Absolute truth remains unknown
- 101 If we use the world for comparison
 It is like butter in milk and iceberg in the ocean
One is measurable and not measurable is the other
 Measurable is materialistic, immeasurable is the
unknown factor
- 102 Human psychology is predictable
 Whereas "mind" within is not predictable
Functioning of the body is known but the energy to function is
unknown
 Thus the force we term "God", is what is unknown
- 103 This materialistic world is like an island
 Unseen Brahman is the ocean who's the surround
For us to understand the unseen ocean
 We need to understand the blend of illusion

- 104 The world is eternal and thus there is no ending
Time that's infinite keeps it going
Life is like a lamp that's lit by the time
If one flicker of light is extinguished, another one is lit
proving life's continuance
- 105 All entities are interdependent in nature
One cannot survive without the other
To draw a picture, there needs to be a writing element in the
background
Drawing is the universe and Brahman is the
background
- 106 The space is infinite and universe is finite
Clouds have a form but sky doesn't
Thus there is a reasoning in philosophy
Known and unknown analogy
- 107 Each one has his/her own perception
Depending on their own disposition
An atheist denies but a theist believes in God
A scientist researches and a saint searches
- 108 What's the difference between inert and living objects?
Energy is lacking in inert objects
Perhaps if life energy is fed into inert objects
Who knows! May be there will be action in those
objects
- 109 To give an example of the above
An incident from Ramayana has been chosen
A woman who has been turned into a stone by a curse
Changes to a woman form when God's feet touches

- 110 There is no comparison
 Between a huge mountain and a small worm
Huge mountain remains stationery because it is inert
 But the small worm can reach heights with its own
 effort
- 111 Inert creations may be lifeless
 But energy is built in those creations
When it is triggered by the super power
 Inert objects can also exert their power
- 112 Thus the great Himalayas is standing still
 With abundant energy within
This energy together with its grace
 Is beneficial to the human race
- 113 Science and technology have made great advancement
 Be it genetics or characteristics of various elements
But behind all the measurable elements
 There is some force that's unknown to us
- 114 This world may seem totally disorganised
 Hither and thither we move in this world
Nevertheless behind this chaotic existence
 We should realise there is a stable strength
- 115 We may see several formations of clouds
 But the sky remains unchanged
From a tiny cell, after various changes, humans have evolved
 But these do not alter the super power behind
- 116 The universe has been built with immeasurable force
 The real "power" is not visible to us
Though the builder has built this materialistic world
 He is not part of the system he's built

- 117 Is life restricted to only some of our organs?
No, life is filled through all our organs
Thus super power occupies the entire universe
Unaffected by its environs
- 118 Does the world operate solely because of sun?
Or does this happen because of earth we live on?
Different forces join to create this globe
This is not an easy matter to probe
- 119 Food, water, air, shelter and clothing for us
Are the gift of various elements
Thus we can conclude life's activities
As culmination of interaction between several forces
- 120 Human growth process is through several elements
This is an ongoing process
We accept, reject and make decisions
We wonder who created these emotions
- 121 What's body and what's mind?
There should be another force behind
The same force that colours the lawn and shines the stars
This is the supreme power that should be understood
by us
- 122 Death is inevitable for all living beings
But death may not conclude one's life
For the progeny continues even after one's death
Life continues because of that unknown force
- 123 Try, try, try again, at last you will succeed
It is but natural to pursue what we need
This is the natural phenomenon for any living being
A gift from God to all the beings

- 124 Our life's very purpose
 Is to seek happiness
Be it being quiet or involving any actions
 The default nature of "Self" is to seek bliss
- 125 Goodness and happiness are our Self's (Atma) basic
 characteristics
 Being hidden by an illusion screen
Life is like a sugar cane, illusion is the crusher
 Thus the whole world seems to be a candy maker
- 126 The art and architecture we see
 Full of goodness and beauty
Are just a fraction of the big picture
 We need to seek the entirety, that is the super power
- 127 What we are experiencing as happiness
 Is very minute and not complete
Like sun's rays falling on the ocean
 What we perceive is a minute of God's manifestation
- 128 In the wheel of creation
 We are unable to identify outer/inner circumference
We cannot distinguish the air within or outside us
 They mingle together and seem same to us
- 129 Mystery of the world is the mix of old and new
 We follow the values old and new
Like rainwater mixes with groundwater
 The flow of life is forever and ever
- 130 It is logical to say we are the same old generation
 As the earth, air and ocean
All existing from several generations
 They are ancient and always applicable to us

- 131 All beings need to be respected
In everything we feel the presence of God
We need to feel oneness with other beings
For world is a blend of everything
- 132 Rich or poor, celebrities or a lay person
Isn't the "human" component common?
Why there 's intolerance? Why there's animosity?
This cannot be understood really
- 133 We might perhaps say
That we are all actors in a play
Almighty, is the super power, who is the Director
In that drama, we play a character
- 134 From one super power/energy
The whole universe has been projected externally
Brahman is present in everyone and everything
We need to try and understand Him
- 135 Just we can identify Globe's centre point
We should be able to find God from within
God's presence flows like electricity
To understand this power is our responsibility
- 136 The horizon of universe is beyond sun and moon
There is a special relationship between us and the
horizon
Let us be like a fragrant flower
Disseminating aroma of goodness all over
- 137 "Self" is like a spoke in the centre of a wheel
Here, world is equated to the wheel
There is no beginning and there is no conclusion
It is a constant rotation

- 138 Several questions emerge from us
We are still looking for the answers
Did God descend from the heaven to manifest the earth
Or does this "Self" ascend towards heaven, from the
earth
- 139 Several stories have been narrated
About the creation and end of the world
They are just mere tales
The process is continuous
- 140 Seasons begin and end
Again, seasons come around
Nature is cyclical
Same way, life and death is cyclical
- 141 Old is gold we need them for ever
Sun is old, moon is old, water is old and so on and they
are for ever
Anything new that emerges
Has to merge with old that already exists
- 142 There is some super power behind
The creation of objects/beings of every kind
With this understanding within ourselves
We need to live our lives
- 143 This beautiful world is created
And there is so much to enjoy in this world
But at the same time there are several sad aspects
Why? This question arises
- 144 We cannot see the air
But don't we all feel its presence?
Thus we cannot see the Supreme
We need the devotion to experience

- 145 Life will be of no interest
If there is no quest
We dream, we opine to fulfill our ambitions
This is beauty of worldly illusion
- 146 An example to depict the illusion
Epic Ramayana has been chosen as an illustration
Like Kaikeyi manipulating her husband, the King
Illusion takes charge in lot of worldly happenings
- 147 We need to be aware of the connivance
The illusion can do to us by its presence
It may seem appeasing to us at times
But the same illusion can turn so destructive
- 148 We all need to abide by the nature
Going against nature is nothing but disaster
We need to synchronise ourselves
To align with nature for betterment of ourselves
- 149 Human life is guided by three aspects
One is Self (Atma), second is fate and the third is
divine force (Paramatma)
Sure, there may be a problem with coordination
It is difficult to make "good" or "bad" differentiation
- 150 In such a process of trifold actions
It is no surprise for life to have ebbs and flows
To lead our lives smoothly with happiness
We need to face life as it comes
- 151 The three factors contribute to human life
Divinity, Fate and our deeds' consequence
All the three have in common
The presence of "God" the Supreme

- 152 In our day to day lives
We do several actions
Some are harmful and some are harmless
There is no one but us responsible for our own actions
- 153 No one can ever augur
What's in store for us
We need to have the appropriate attitude
To confront the best and worst when they emerge
- 154 Like the roots get from the soil fresh nutrients
For the growth of a sapling
For our sustenance in this life
We need continuous grace of the Supreme
- 155 Like the presence of air in ether
Aids us to breathe fresh air
God (Brahman) is all pervading
Who always aids our living
- 156 Can we term the "fate" as cruel?
No ..."fate" is not cruel
Happiness, sadness, wealth, poverty and so on
Part of our lives, both good and bad fate brings on
- 157 We readily blame the fate
Especially when we are in a sad state
To make our lives peaceful and pleasant
We need to be compassionate and tolerant
- 158 Two important aspects we need to remember
One is fate and our disposition is the "other"
Fate is pre-determined but the "other" is our endeavour
We can overcome the hurdles if we are clever

- 159 We are subjected to several humiliations and hardships
It is due to our own fate, that's what we think
We, at times, are so demoralised by frustrating events
But there is some rationale for occurrence of such
events
- 160 It is very complicated and very confusing
To understand unpleasant circumstances we are
facing
We need to understand just reasoning
That the "Super Power" has some secret agenda
behind these things
- 161 Who can escape destiny
No one can, we all need to accept it
Our destiny depends on our own actions
So, our actions should be good to get good returns
- 162 We have been provided with strength and wit
We should know how to make use of these
Instead of using our power and prominence constructively
We tend to use them destructively
- 163 What's the incentive to move on with our lives?
Perhaps understanding our actions (Karma) and
responsibilities
To discipline an elephant a mahout uses a stick
Likewise, we need to use self-control to stay
disciplined
- 164 The actions (Karma) we do are continuous
We bring with us old Karma and create new karma
with our current actions
All the actions flow like a river
We need to be aware of this characteristic of nature

- 165 In the mingling of old and new (karma)
 There is always some attachment of old to the new
This combination is ongoing
 That makes our lives interesting
- 166 Living beings live and perish, land erodes
 In the deep ocean, emergence of new islands
Waning and growing repeats
 This is a continuation of the universe
- 167 We see a regular pattern
 In changing of seasons due to earth's rotation
Likewise our current deeds adhere to the pattern of past deeds
 With the exceptions like human progress and natural
calamities
- 168 Our relationship, disposition and personality
 All depend on our previous birth's deeds
There is a continuity in these actions
 This is ongoing and never stops
- 169 Fate ensures that we are indebted
 By loading us with debts that are old
The same fate lures with a carrot stick
 Perhaps to move forward, this is an incentive
- 170 As mentioned before, everything is predetermined
 in our lives that we lead
When no one can predict our fate
 Is it natural to complain about fate?
- 171 We jump with joy in happiness
 We are gloomy and gutted in sadness
Happiness and sadness alternate
 This is the law of nature

- 172 Our kith and kin, near and dear
Friends and foes and anyone we encounter
They all have relevance to our previous births
As these acquaintances are continuous
- 173 The bondage with our family and friends
May not assist in our spiritual progress
Our practice towards non-attachment
Will pave the way to spiritual attainment
- 174 Relationship is smooth sailing
Till "ego" creeps in
This ego leads to selfishness
Even in the relationship between parents, children,
.this is disastrous
- 175 Our ambitions and goals
Need to be pure, not harmful to others
Desiring to commit cruel deeds
Will eventually destroy us indeed
- 176 Our life is full of complications
We need to cross so many hurdles
Our own acquaintance may display behaviours
that may cause humiliations
- 177 Whether kith and kin, near or dear
WE need to exercise caution for ever
Merely because of relationships with them
We should not be ignorant and blindly follow them
- 178 The emotions emerging out of our relationships
Love, hatred, anger and the like
These become the basis of our binding with them
They also become the reason for our mental
disturbance

- 179 Fate seems to play a major role in our lives
More often than not, we are subjected to fate's
directives
It is likely the result is disastrous
Is this the way the fate works?
- 180 We are addicted to our fate
and thus we are carried away
We do not know that such addiction
Will lead to our destruction
- 181 Fate is like slow poisoning
It kills us very gradually
The noose used for this
is nothing but the infatuation/indulgence we
experience
- 182 Cycle of birth and death is eternal
It keeps moving like mechanical
However, to add semblance of freshness
There is some fun filled in this universe
- 183 Materialistic pleasure leads to vanity
Disappointments lead to sorrow and agony
Both these situations are ongoing in life
Balancing is what we need to practice
- 184 Thus we need to be balanced to lead our life
If we worry too much, we won't be happy in life
We need to relish all aspects of life
And try make it a detached (get rid of attachment) life
- 185 So, does the fate decide our life?
What happens when happiness, love and affection are
brushed aside?
Are we not entitled to a meaningful life?
All these queries remain

- 186 Love, happiness and affection are not negligible
They are important aspects of our life
We are not alone in this world
There are many others that we acquainted
- 187 We search for love, affection and companionship
Like we search letters for world building
Once we get what we are looking for completeness
That brings us happiness
- 188 Nature tempts us in many ways
To which we are naturally pulled towards
Like sumptuous meal attracts us
Pleasant things are inviting for us
- 189 Nature provides us beauty and pleasantries
We feel enamoured by such wonders
We need to make a very clever decision
of what's best and to our satisfaction
- 190 Despite nature providing environment
that seems attractive and pleasant
We are not content completely
Is there something else hidden from us really?
- 191 By pursuing materialistic needs
We satisfy our physical needs
But in our endeavour of seeking physical satisfaction
Our spiritual needs have been forgotten
- 192 We are constantly in a tug of war situation
In the pursuit of our physical satisfaction
In this sort of situation
WE forget the importance of "self-realisation"

- 193 Perhaps human is a combination
of several characteristics of animal kingdom
Cunning and craving nature of human
Compares well with fox and ape character
combination
- 194 If we need to name one that's most complicated
That's our mind indeed
When we cannot understand our own mind
Can we blame others who fail to understand our
mind?
- 195 Human beings are multifaceted
One face for family, one face for friends
one face to interrogate within, one face for physical
appearance
There may be many others that are not known to us
- 196 If we think the world is imperfect
It should be us that we should first introspect
We need to look in the mirror of our own mind
To get to know our ugly side
- 197 The characteristics of wild animals
Anger, ferociousness, cruelty and such others
They are all within us, humans
We need to replace them with love compassion and
similar ones
- 198 There is a Greek story that goes
A man tried to live in the surroundings for truth
Lived in a 'tub' secluded
Moral of the story is "truth is rare in this world"

- 199 Human nature is very complicated
Full of layers and knots
Thus it is difficult to untangle and find
The true nature of human kind
- 200 There is no contentment in human beings
The more we get, the more we seek
With dissatisfaction and avarice
We tend to forget the whole purpose of life
- 201 How do we quench the fire of jealousy
that makes us happy
God is the only saviour for us
To get us out of such materialistic traps
- 202 Humans are loaded with qualities of all other species
Humans are also intelligent and innovative
We need to nurture our good qualities
And try to get rid of our other qualities
- 203 Like the noises of a bird chirping and screeching
Human mind is constantly chaotic
Amidst this cacophony of thought process
Good thoughts also come out towards human
progress
- 204 The way to be humane
We need to use our own intelligence
Developing noble qualities in us
We aim at bringing universal happiness
- 205 Human qualities differ
Strong as a stone, flexible as a creeper
Prickly like a thorn, fragrant like a flower
Such diversification in a human, is this not a wonder?

- 206 In pursuit of spiritual knowledge
We may think we have achieved
But we cannot be so complacent
As a slight materialistic change makes us different
- 207 Our desire is like a turf
When dried, it loses its buff
But with moisture it rejuvenates
Thus our hidden desire emerges at appropriate times
- 208 There is no end to our desires
We are always chasing pleasures
Power, wealth, grandeur, fame and so on
Restless minds which never stop
- 209 Physiological needs of living beings
Are all the same for animals and human beings
But animals get satiated by physical needs
But “humans” pursue intellectual needs
- 210 As per Maslow’s theory of hierarchy
In stages we satisfy our physical needs
But Our materialistic pursuit is continuous
As we are unable to fully arrest our desires
- 211 As humans make progress
The requirements increase
Where to draw the line?
This question remains
- 212 Our achievements and accomplishments
Become obsolete as time passes
We yearn for new fame, new glory
This happens continuously

- 213 In contrast to the animals
Thinking power is in abundance for humans
Then, is it not logical to say
that we need to behave in a civilised way?
- 214 Man has adapted to the present age
Changes can be traced back from stone age
According to civilisation and progressing technology
changes in humans occur simultaneously
- 215 Other side of the pasture is green
Everyone has this in their thinking stream
This is a natural behaviour
Which makes us work hard to progress further
- 216 We are all like thespians
Allocated roles to display various actions
Who is the Director?
Director is the Super Power
- 217 Nature displays magnificence
We enjoy nature's brilliance
Shining Moon, raising waves, fragrant flowers and fruiting trees
These are mother nature's gifts
- 218 Manifestation of nature
Can be seen everywhere
What we learn and what we create
Origin is nothing but nature
- 219 When we enjoy the warmth of the Sun
Sun rays touch us and not the Sun
Thus there's something beyond this materialistic world
That's hidden and need to be explored

- 220 If the beauty and comfort in this world are not real
Then What and Where is the “real”?
The answer to this query
Perhaps can be found in spirituality
- 221 To tread the path of spirituality
We need our mental maturity
We experience good and bad things in our life
These prepare us well towards that matured mind
- 222 The desire within us
Which makes us seek good things
May a times help in the process
Of looking into our inner Self
- 223 Our movements and activities
Are being tracked and this is continuous
Who is the tracker?
Who else other than the unknown Power
- 224 The pursuit of our wants
In search of happiness
Is there an end to this?
That’s the eternal bliss
- 225 Destiny acts like a sieve
Constantly refining our life
We may not be aware of this activity
But destiny is that aids our well being
- 226 Every time we inhale and exhale
A freshness arises
Perhaps God provides us this freshness
And makes this world interesting for us

- 227 How do we measure human progress?
It is done by various means
Through Science, Arts, Literature, General knowledge and the like
Progress is the result of expertise they provide
- 228 All our efforts are focussed towards materialistic progress
What we need is our mind's progress
How do we achieve this progress?
By seeking Truth and Goodness around us
- 229 Human aspirations are never static
Just like waves, they keep moving
We are seated on a moving swing
Waiting for Him to regulate how we are moving
- 230 While we are showered with God's grace
There is this aspect called fate (Karma)
The ebbs and flows of our life
Depend on our own fate
- 231 Ups and downs in our life
Never remain the same
Good times and bad times alternate
To confront them, lot of adjustments we need to make
- 232 Life's mission is to build and rebuild
What's fallen, we try to lift
We replace the old with new
This cycle continues
- 233 There are many things in this world
That may need to be modified
In the enthusiasm to modify
Destiny makes us involved in something we dislike

- 234 The human anatomy
Seems very organised and perfect really
On the other hand we see parody in the creation
Why? We do not understand this situation
- 235 The pattern of creation
We can relate to "Give" and "Take" situation
What we have been provided by mother Nature
WE are bound to give back, that's for sure
- 236 Flora and Fauna have different species
But within the species there's resemblance
But in the case of human beings
Each individual is different, that's what is unique
- 237 One earth, but different types of soil/sand
One water, but it can be salty/sweet/hard
One family, but siblings have different characteristics
This diversity is a commonality
- 238 One human race, but appearance is different
Physical organs are same, but psychologically different
Each one thinks and behaves different
Thus, in this world varieties exist
- 239 We hardly come across
Complete similarity amongst humans
We are what we are
This depends on our Karma in the past
- 240 If we look at our fingers, no two are alike
So are human beings, no two are alike
Accept the differences, appreciate everyone
Tolerance and patience are good for everyone

- 241 We need to think of practising
 Something which does not come naturally
We need to spot evenness within unevenness
 Friendship in enmity and so on with good spirit within
us
- 242 The world is full of entanglements
 Everyday we witness
Diversity, debates, rules, regulations and so on
 Life is so interesting due to such combination
- 243 There are two universal aspects
 That take place in all living beings
Hunger for food is a natural phenomenon
 Thus death for everyone is another one which is
common
- 244 Non violence is welcomed by everyone
 But is it practical? That's the question
Can a meat eating tiger eat grass and live?
 Survival of the fittest.. that is the nature
- 245 We, human beings are packed with emotions
 All emotions are not harmless
By nurturing our love and compassion
 We can lessen our hatred and aggression
- 246 Sweetness and serenity we see in this world
 But we also see bitterness and hatred
While we need to accept this variety
 We need to look for harmony
- 247 Good or bad catches like a fire
 If we spread goodness, good for our lives
If we spread the spark of ire
 Well, we have nothing but despair

- 248 Our body is a wonderful vehicle for our “Self” (Atma)
We need to take care of it with lot of respect
Our environment provides us a wonderful platform to live
Is it not our duty to look after our surroundings?
- 249 The rigmarole of life
No one is exception to this way of life
We have to experience all the difficulty
Is there any escape from this ordeal?
- 250 How do we then improve our life
One answer is doing “service”
Service to humanity is the best
That satisfies us and all the rest
- 251 When we look at a banyan tree
We can see ever growing branches, sprouts and roots
of the tree
Millions of humans grow like the tree
No beginning, no end, to the repeats
- 252 We are but a branch of a tree
We believe God is the origin of this tree
From the old root emerges new shoot
Such is the continuum of human growth
- 253 A gardener nurtures and takes care of the plants
His duty is to look after beautiful gardens
Likewise we have a responsibility indeed
To look after fellow human beings in need
- 254 The world is like an amphitheatre
Where the play of life is taking place
All living beings are the thespians
What’s interesting is, we are the audience

- 255 Having got a role to play
 We need to perform well in the play
From the side of the audience
 We also need to appreciate the play
- 256 We can neither be passive nor day dream
 We need to know where to draw the line
Instead of climbing on a ladder to get the rainbow from above
 We need to learn to appreciate the colours below
- 257 There is no short cut to salvation
 As such we cannot abandon our worldly action
We need to live well and virtuously
 That would pave way to salvation eventually
- 258 We should not reject the life given to us
 It is but natural in our life to confront ups and downs
We need to stand tall to fight injustice
 With love and compassion, that's the best practice
- 259 Some of us work hard to get results
 But others seem to get effortless results
We pursue various goals
- So, the efforts need to equate this
- 260 Life is not easy, it involves a lot of effort
 Just like sugar from cane can be extracted only with
effort
The effort we put in is the input
 The result is directly proportionate to that is the
output
- 261 We need to practise equilibrium within us
 In the way we lead our lives
Eat, play, entertainment – all are good for us
 As long as they are within the limits

- 262 We are happy when life is pleasant
We are sad when it isn't
Happy or sad, life continues
Such is the nature of our lives
- 263 How do we get on with our lives?
There is a commonality amongst all living beings
That aspect is "Hope"
Which make us look forward to better tomorrow
- 264 It is easily said than done
To be balanced in every situation
Nevertheless we need to continuously make attempts
To stay calm and control over emotions
- 265 Just because we do not know the rules of a game
We cannot find faults with the game
Our life is nothing but a game within the universe
We need to play carefully without breaking the rules
- 266 Why should we grumble or why should we lament
That this world is full of suffering and unpleasant
There is no use with this attitude
We need to accept and move on with our life
- 267 We might make several remarks
That fate does not affect us
We are all bound in reality
By the pre-determined destiny
- 268 We have every right and reasons
To seek happiness and admire this world of ours
That is the natural phenomenon of life
Keeping in mind to lead a virtuous life

- 269 We need to accept situation as it comes
We may not always tread in the path of roses
Happiness and sadness alternate
We should learn to confront any state
- 270 Love and compassion begin at home
Sharing and caring starts at home
From such a selfless family union
We can work towards universal communion
- 271 We should not feel dejected
When we are disappointed
Everything happens for good
We need to adopt this and march ahead
- 272 Nature demonstrates changes
By way of changing seasons
Likewise, in our life changes are inevitable
We need to understand and make ourselves
comfortable
- 273 We can neither shut our eyes
Nor think of escaping ways
Having come into this world
In the ocean of life, we need to swim ahead
- 274 We need to treat our life as precious
And consider a boon, our existence
We need to respect and we need to nurture
To make our lives better
- 275 We would like to preach others
But we won't be able to continue this
As we are bound to encounter problems
Taking refuge in God is the only situation left for us

- 276 We can boast we have determined
But how long and how firm can we stand
The moment we are enticed with materialistic pleasure
Majority of us will pursue the pleasure
- 277 Temptation is common to everyone
We can hardly find an exception
Goddess Seetha was tempted by a Golden deer
Ramayana tells us how grief struck her
- 278 Who taught wild animals
To quench their hunger and thirst
It is a natural phenomenon for all living beings
But as humans, we need to follow discipline
- 279 We feel sad and distressed
When someone seems biased
But let us put on our honest thinking hat
Haven't we behaved towards others like that?
- 280 To err is human
This saying is well known
Nevertheless we tend to judge others' and critique their
mistakes
Without properly analysing the reasons for such
mistakes
- 281 Before making a judgment on others
We need to question ourselves
Are we exempt to making such errors?
No one is ...all we need is to be compassionate to
others

- 282 If someone is behaving in a harmful manner
It is not just an instantaneous behaviour
The person is disturbed within himself/herself
We need to be sympathetic and support them
- 283 Our actions are results of our various emotions
Such overwhelming emotions may give rise to errors
While it is not rationale to accept all errors
It is sensible to fully look into the reasons for such errors
- 284 In the event of not knowing the reasons
For what we think as wrongful actions
It is best to leave the judgment to God
How to address the situations that's beyond us
- 285 After we commit our actions
We need to interrogate ourselves
Perhaps we will realise our mistakes
And be ashamed and not repeat such mistakes
- 286 Human nature is a combination
Of both ordinary and of divine
Such a mix is required for humans
To balance life's ups and downs
- 287 We can see the variations
Not only in Humans
But there are so many variations in nature
Inequality is to be an accepted factor
- 288 Good and bad characters
Law abiding and Lawlessness
All can be seen in this world of ours
We need to follow what's not harmful to others

- 289 Our life is like an ocean
We do not know its dimensions
We need to understand our life fully
In order to distinguish between pleasant and ugly
- 290 There are too many temptations around us
Naturally, we are attracted by those
In the process , we commit mistakes
And we come to know the truth only after we realise
- 291 There is no smoke without fire
Our actions are the results of our desire
Who is to be blamed for the mistakes
Is there an answer to this?
- 292 Before we point our fingers
At others criticising their actions
We need to question ourselves
Are we perfect to blame others?
- 293 There are no valleys if there are no mountains
There are no shadows, if there is no light 's
brightness
There is no death if there is no birth
These are realities we see on this earth
- 294 For a meal to be sumptuous
We need to add spices of varied tastes
Thus for our life to be interesting and lively
We require variety
- 295 Kettle calling a saucepan black
Without looking its own back
What right do we have to mock at others?
We need to realise it won't take long for the reverse

- 296 Words blurted out in a fit of anger
Will produce negative reaction on the other
If we like to bring change in others
We need to be compassionate to bring about wonders
- 297 Our scriptures provide us various ways
For us to follow and lead our lives
While practising every aspect is difficult
We need to at least make an attempt
- 298 Human mentality is not stationary
It keeps wandering continuously
We need to try and discipline our mind
By practising over and over to get the right mind
- 299 We need to have flexibility
In order to lead our lives harmoniously
We cannot adhere to fixed notions/thoughts
Such an attitude is of no help to us
- 300 Same situations seem different for each one
That's life's combination
For one who buys flowers, they give him/her pleasure
Whereas for the one who sells flowers, it is for their
bread and butter
- 301 Grazing calf runs hither and thither
Looking for a better pasture
So does the man run helter skelter
Getting no satisfaction whatsoever
- 302 Termites collect mud
And build a big mound
That may become an abode for a third party, the serpents
Sometimes our efforts may be useful to others

- 303 Some people are always on the run and are active
 Some others day dream forever and stay inactive
 Also some people critically observe environment and others
 The world is made of humans of all sorts
- 304 To get a boulder atop hill
 Is not an easy task, but struggle
 There is no gain without pain
 If we put in efforts, it won't go vain
- 305 It is not appropriate to use the theory
 Of cause and effect for every activity
 At times events happen for no reason
 It is very difficult for us to know the reason
- 306 To validate that we cannot use the cause and effect theory
 An example from Roman History
 Is it logical to say the attraction towards Cleopatra the Queen
 completely changed Europe's history
- 307 At times we encounter failure
 We may not be responsible for such failure
 Things sometimes happen for reason unknown?
 To give "Karma" as the reason is not uncommon
- 308 If we compare the Government to a canoe on choppy waters
 And drunken men in charge of the oars
 Common public seated on the canoe with right
 Despite these, the canoe still staying upright!!!!
- 309 There are so many variations
 We see in our day to day lives
 It is not natural to find a spiritual leader in a gambling house
 We need to understand human behaviour

- 310 We all need to be ambitious
At the same time we should not be day dreamers
Rainbow is just a reflection of sunrays on water droplets
It is foolish trying to grab it by leaping towards
- 311 Our daily life is filled with various circumstances
Some create happiness, others sadness
When we are forced with situation beyond our control
What good is it to contemplate over?
- 312 Why are we subjected to such varied emotions?
If we look into Hinduism for answers
We get the answer called "Karma" (our actions)
That are continuity from our previous births
- 313 Carrying forward our karma to next births
Brings us within us questions
Why can't the Karma conclude in one birth?
Is there is an answer? No, there is dearth
- 314 Perhaps there must be some reason
For our karma's continuation
The world is like a garden, with varieties
It will be good only if there's life in it
- 315 Desire to enjoy what is good
Ambition to create the comforts of livelihood
The actions performed towards these
Are catalysts for us to get on with our lives
- 316 Proceedings of our life
Can perhaps relate to a "Top" that spins
Top spins and spins as long as there is momentum and stops
So are we, continuously perform actions and one day
it stops

- 317 Human qualities have a mix
Of virtuousness and its opposite
No one is perfect in this world
We won't be judgmental if we understood
- 318 We need to understand the variations
In our lives, why there are ups and downs
At times we have the mentality of laughing at others' pains
Without realising we may one day experience the
pains
- 319 We see similarities in numbers in this creation
Five elements, five senses and so on
How come there are only five
Are we able to get an answer that is right?
- 320 Five or more than five
There could even be twenty five
Is there a merit in contemplating?
Perhaps it is better to attempt on the spiritual
understanding
- 321 We are aware of several achievements
Perhaps, they, all can be termed as worldly
achievements
Have we thought beyond materialistic pleasure?
To find what's in the spiritual treasure?
- 322 The universe is made up of several matters
Animate or inanimate, everything matters
If we try and understand all the matters
Absolute truth may not be far from us

- 323 We admire beauty, love and affection
We enjoy all our fascination
Likewise we need to pursue a path
To find eternal bliss through spiritual path
- 324 Without ado on various trivial matters
Let us concentrate on worthy matters
We need to interrogate within ourselves
To find the Self (Atma) within us
- 325 Human creation is a miracle
The anatomy is so complex and intricate
All the elements combined in right proportion
We wonder at God's creation
- 326 Why was this world created in the first place
Sure, everyone will ask this question one day
Perhaps the creator needed companionship
Thus He projected this universe
- 327 If our life is compared to a game of cards
We, the living beings are like the cards
We are scattered, shuffled and moved around in the process
Three players are God, World and our Karma
- 328 Thus while shuffling the cards
Non one knows the destination of cards
It may end up in God's direction or worldly direction
Or else, it may end up in karma, the result of previous
actions
- 329 This game of cards has no beginning
And it has not ending
It is a continuous game of cards
No one knows who wins and who loses

- 330 There is no reward for the game
 It is just an ongoing game
The thrill of playing itself
 Can be considered as the motive force
- 331 What is the ultimate truth
 The serene and absolute truth
We need to seek this truth
 For that we need to get our mind away from trivia and
search the truth
- 332 What is that truth we are seeking
 Where can we find solution to this
The truth is both external and within ourselves
 We need to coordinate them by interrogating within
ourselves
- 333 Can everyone find the absolute truth
 Perhaps the answer is “yes”
However, not everyone recognise the truth
 We need to have the right disposition to locate the
truth
- 334 We cannot disagree the fact
 That we differ from each other in all aspects
We behave differently to the same situation
 This is nothing but to prove “one man’s meat is
another one’s poison”
- 335 One is rolling in riches and other is rolling in rags
 One has lot of wealth , the other is sick and in distress
What is the rationale for this variation
 Karma is perhaps the only possible answer to this
question

- 336 Can we take credit for ourselves for our growth and
accomplishments?
Sure, but there are also other contributors
Our parents, teachers, friends, kith and kin
They all have influenced us for the state we are in
- 337 Quality of a crop is dependent on the soil and its nutrition
Better the soil better the vegetation
Likewise there is inseparable interdependency
In the case of human mind and body
- 338 We are not alone in this world
We are all surrounded
By kith and kin, family and friends
And our links are also with our forefathers
- 339 The presence of genes is a continuation
It is passed on generation after generation
Our fathers, grandfathers and great grandfathers
Our children, their children and it continues
- 340 What is our fate may be hidden
And thus it is unknown
Nevertheless we can get an indication
From what we experience through our actions
- 341 One who is a receiver is also a giver
Cow grazes the grass and gives milk
Living beings use the natural resources
And contribute towards other resources

- 342 What is good at start can be disgusting in the end
 This state can be explained by an example of a flower
garland
Fragrant and soothing when the flowers are fresh
 After a while, the same flowers turn wear away and
not used
- 343 We don't have any contentment
 There is always a search for more excitement
The more we get, the more we search
 It is like more the itch, more we scratch
- 344 When we consume too much unhealthy food
 We feel sick and such food is no good
We take medicine to recover from sickness
 Thus, sorrow and happiness alternate
- 345 We stumble and fall
 We recover from the fall
We make errors and make amends
 These are all natural trends
- 346 It is not an easy task
 To carry heavy load on our back
In the same way we are unable to bear
 The onerous responsibilities that come under our care
- 347 We are all aware of the fact
 That what our tongue likes may have an adverse effect
Likewise in this world, there are so many incompatibilities
 The creator has provided us the variety to choose
cautiously

- 348 Our sorrow spreads like wildfire sparks
Thus affecting not only us but also others
But there is an end for everything
And time is the answer for everything
- 349 We have limitations in our capabilities
And we do not know what are those limits
We need to do our duty
And leave the rest to the Almighty
- 350 There are several desires and ambitions
Some are hidden within ourselves
At times those hidden ones cause anguish
We need not feel ashamed to unhide our wish
- 351 If we like to locate Brahman (the Supreme) within ourselves
Whether in heart, head or other body parts
We need to remember one thing
That Brahman is omnipresent and all pervading
- 352 Majority of us have just a common goal in life
To satisfy the basic needs to survive in this life
Not many venture beyond materialistic pleasure
And attempt to understand spiritual atmosphere
- 353 Whatever be our lifestyle of occupations
There is something unknown behind our actions
We need to explore that unknown entity
That's what is termed as Almighty
- We all know the theory of creation
It is nothing but a playfield for His recreation
- 354 If that's the case, why sorrow and miseries?
Where is the answer for these queries?

355 We pursue many of our dreams
 Hoping to make true such dreams
 But we are not successful in our deeds
 That's due to our karma (predisposition) indeed
 At times we are caught in a greedy net
 356 Because we are never content
 We seek, we follow and fill and yet again we seek
 They are life's common cyclical repeats

 If we think that we have been chosen
 For good and bad events to happen
 357 We are wrong, as there is no exception
 Each and every living being is subjected to a condition
 for some reason

 We plan something, at times we succeed and other times we
 fail in life
 358 That's the natural phenomenon of life
 If we need to give a term to this state
 Perhaps, we can call it "fate"

 In this world, so many deficiencies we see
 359 So many incorrectness we see
 While it is impossible for us to make any changes
 Our attitude should be nothing but acceptance

 There's no point in being fearful
 360 Of what's going to happen next that may hurt us
 We need to leave it to the nature to take its course
 That's the best disposition, of course

 What cannot be cured should be endured
 361 Perhaps this holds good at times in this world
 When events happen that are beyond our control
 What's the use of worrying when something goes
 wrong

Our life is like a boat that is afloat
362 Sailing smoothly when conditions are perfect
When an unexpected gales hit the boat
 Boat topples and so is our life Boat

Fate takes its own time
 To execute its mission at appropriate time
363 We do know we are subjected to fate
 So, we need to accept when things happen according
to our fate

At times destiny may be deceiving
364 It looks as though everything is smooth sailing
Nevertheless if our Karma is to experience sorrow
 Nothing can stop it happening though

We cannot blindly differentiate
365 What's good and what's bad in our life
At times what we perceive as "not good"
 May turn out to be good and very good

Can anyone predict the future?
366 No, no one can foresee the future
No astrologer can augur
 What's going to happen further

We consider ourselves lucky beings
 When we compare with others who are less fortunate
than us
Our assumption of our being placed better than some others
 is perhaps the reason for us to move ahead amidst
various situations
367

- 368 There are too many contributing factors
 That drag us in different directions
It makes us wonder why there is no proper organisation
 To get rid of our confusion
- 369 Man proposes and God disposes
 We all know that's that happens
Why don't the God and man think alike?
 So, disappointments never arise
- 370 Good health, good fortune and good things make us happy
 If we need to possess all of them simultaneously
We need to be placed at the right place at the right time
 Like a rain drop that makes pearl on a mussel's inside
- 371 We always want more and more
 When do we say "we do not want any more
We strive for continuous accumulation
 When would we get satisfaction?
- 372 Renouncing external needs
 Is no guarantee to the mind indeed
Even if we are remotely located
 Previous thoughts and experience stay haunted
- 373 Staying away from home, wandering in the forest
 Starving the body and attempting penance
Physical relocation to divert the mind
 Will not help unless one controls the mind
- 374 We are all being tempted by several pleasures
 It is a natural phenomenon to get attached to such
pleasures
Nevertheless we need to keep in mind always
 Anything beyond moderation will bring detriment our
way

- 375 Controlling the mind does not equal to relieve
Tactfully dealing with the mind is what we need
Like diverting infant who is adamant, in a nice way
We need to direct our mind, when it tries to go astray
- 376 Like said before, our mind needs to be treated
In a way it does not stay diverted
This is an ongoing occurrence in our life
To lead a virtuous and peaceful life
- 377 To sustain our body we need food
With no food we won't feel any good
However eating too much is no good
How do we control the temptation for food?
- 378 Controlling the mind is a delicate matter
We need to plan this in a suitable manner
Like milk needs to be boiled at the appropriate temperature
We need to tackle the mind with a lot of care
- 379 If we need peace of mind
Contentment is the path we need to find
Continuous desire without contentment
Will take us towards our detriment
- 380 Though humans, we possess animal instincts
Thus we behave inhumane to others
We need to cultivate a good habit
Of not making our minds like beasts
- 381 Anything in excess will end in distress
We need to be always mindful of this
The balancing act is not going to be easy
This needs to be practised from young age really

- 382 No one is exempt from temptation
At one point or other we'll be in such a situation
There is no need to renounce and be secluded
We can indulge in worldly pleasures without going
overboard
- 383 Desire results in various outcomes
It may produce sympathy or averse
Seetha in Ramayana desired a deer, while Ravana desired
Seetha
Sympathy for Seetha, Condemnation for Ravana
- 384 Hunger for food, love for happiness
Are two predominant forces
These two urges motivate us
In performing our day-to-day actions
- 385 It is possible we become slaves
And be addicted to several cravings within us
There is only one way to come out of this
That is to control the mind of ours
- 386 The emotive instincts within us
Come out bursting unknowingly from us
Laughter, Sorrow, anger, slander and so on
The mind is their origin
- 387 Worries and woes are natural phenomenon of life
Whatsoever, there is no escape
Rather than fearing and fretting over the difficulties
We need to try to figure out how to come out of our
ordeals

- 388 The Self and body are the two aspects
 That we all possess
Taking care of one and leaving the other
 Is not a good idea whatsoever
- 389 We cannot afford to neglect our body
 Which is the vehicle with 'Self' in it
To successfully pursue our spiritual needs
 We need a healthy body indeed
- 390 More often humans go into a dream state
 And start building castles in the air
Counting chickens before the hens are hatched
 Is not a good idea as we end disappointed
- 391 We've all heard the tale
 Of getting frightened of a rope, thinking it is a snake
While the object is false, the fearful impact is true
 Then world seems imaginary , but, in fact it is true
- 392 We need to understand the importance of relationship
 That's the one which keeps us all binding
When one is drowning the other gives a hand that's helping
 That's the beauty of various relationship
- 393 Various incidents and emotions
 Have a strong bearing on our minds
Keeping an open mind and seeking truth
 Will enable us to find the real truth
- 394 Dreams, Reality and Assumptions
 Have a direct bearing on us
Thus they have a semblance of truth
 So, they are important too

- 395 The prevalence of Absolute truth
Is all pervading within universe
Absolute Truth is not something tangible
We need to experience the truth to realise the
Omnipotent
- 396 In search of spiritual wealth
We cannot afford to neglect our physical health
Our body is the abode for our Self (Jeevatma)
We need to nurture in order to reach the Absolute
(Paramatma)
- 397 Our body is like a horse
Our Self (Atma) is the rider of the horse
Horse and rider should be compatible
In order to pursue the journey with no trouble
- 398 Our existence is a reality
There is no need for idle curiosity
And go in search of something that is beyond our limitation
We need to work hard to attain our destination
- 399 Body and Self (Atma) are interdependent
They need to function collaboratively
We need to understand the importance of this situation
In order to fulfil our life's mission
- 400 Impermanent world is a means to achieve the permanent
Hence we need to perform our duties diligent
Our worldly experience will be the source
For us to reach the Supreme who protect us
- 401 We know the world is impermanent
However, we should not be negligent
Like a Doctor strives to take care of terminal patients
We need to lead our lives taking care of ourselves

- 402 Birth and death are cyclical
This phenomenon is but natural
If there is no death in this world
Mother earth will be congested and over burdened
- 403 This world is full of Variations
Combined with good and bad elements
Like weed amidst good crops in the field
We see Varieties of different kinds in this world
- 404 Entity or idol worship may be forgotten
But the force behind this is never forgotten
Like day and night come and go , but time remains though
Likewise our physical body disappears, but Self is permanent
- 405 The creations in this world
Are oblivious of the fact
That the 'Self' within, is same for everyone
What differentiates is the external appearance (body)
- 406 Marital relationships
Lineage and creation of assets
From where begins love and compassion
That spread to the society like a chain reaction
- 407 Such a bondage within a family
Gives rise eventually
To the state of Self-Realisation
That's the path to liberation
- 408 As per Maslow's theory of hierarchy
Another need arises once a need is fulfilled satisfactorily
This pattern is repeated in generation after generation
That's the beauty of creation

- 409 Human life is like a great saga (story)
Always in quest of the Divinity
To accomplish this great search for the Absolute
Art, Culture, Science etc. are used as various paths
- 410 Human development in this world
Has been continuous and progressed well ahead
Amidst innovations and various initiatives
Quest for Divine is intact and ever remains
- 411 Time passes like a flood continuously
Human creations have been washed away
e.g. Ideals, strategies, towns, cities and the like
But the “humanity” remains in its place
- 412 When a river flows towards the ocean
It picks up minerals & nutrients in its motion
Likewise various systems have evolved thro’ generations
It is impossible to measure such variations
- 413 The qualities of a man and woman
True, at times are common
Femininity and masculinity exists in all human beings
The dominant quality is present according to genders
- 414 Mutual attraction between a man and a woman
Is nothing but a natural phenomenon
There’s something that’s responsible for this happening
That “something” is called “Karma” or predetermined
- 415 Destiny is a mystery
Events occur unexpectedly
e.g. Complete strangers get acquainted and stay forever
together
Such is destiny and we should accept it whatsoever

- 416 Looks are deceptive
Some may appear friendly but may turn hostile
So, without getting carried away, we need to understand
Is that we need to lead a life that's balanced
- 417 We witness in our day-to-day lives
Pleasant and unpleasant objects and events
Rose with a thorn, putrid smell from pretty vegetation
These are examples of life's combination good and bad
- 418 Everyone of us possess varied characteristics
Good, bad, pleasant, bitter and the like
However we need to curtail our ill feelings
And cultivate serene and good feelings
- 419 Young saplings growing new shoots
Clear water gushing out of fountains
Gradual development from the stage of 'infants'
Such is the nature that brings us happiness
- 420 A child needs proper guidance
That needs to be provided by the parents
However worrying about child's future
Will not bring comfort to anyone whatsoever
- 421 All of us love and adore our children
In this process, we develop so much attachment
As children grow there should be detachment
It is easily said than done, what we need is a strong
commitment
- 422 When emotions overcome us in happiness or sadness
We should not withhold fully such emotions
Like calm after storm situation
Minds get relieved after letting out emotions

- 423 It is nothing but natural for us
 To experience different feelings
Nevertheless exaggerating such emotions
 Is detrimental to us as well as others
- 424 A small lamp lit under the roof
 May be more powerful than the celestial glow
Thus love and compassion towards other beings
 are a great Service to God than merely searching Him
- 425 Attaining Salvation or Liberation (Moksha)
 Is not an easy task for the Self (Jeevatma)
To work towards such an accomplishment
 We need to perform our duties that are diligent
- 426 Human beings are sociable in nature
 We all need the company of each other
Sharing of love, care, compassion with others
 Brings us happiness
- 427 Human beings yearn to share their love and affection
 In turn they also get others' reciprocation
Such love extends to the family, extended family and friends
 This cycle repeats and forms the basis of happiness
- 428 While love and affection bring happiness
 They can also be the cause for distress
Anything is to be practised in moderation
 Too much of anything results in poison
- 429 Sharing and caring is nevertheless important
 That nurtures bonding and aids in one's development
One becomes Selfless and Serene
 Which are the qualities of divine

- 430 If we would like to lead a life of isolation
That'll only bring depression
When we live for each other and with each other
We are able to appreciate the nature
- 431 Just as ripples of water in a pond
reach the bank of the pond
Our influence in this world
spreads far and wide
- 432 Being Selfish and always self centered
Will not bring anyone any good
Selfless help and plenty of compassion
They are the characteristics of human creation
- 433 It is but natural to bring out emotions
Laughter, cry and other formations
But for us to head in the path of self realisation
We need to know the balancing act with regard to
expressing emotions
- 434 Laughter and weeping are like two recipes
They are brought out at different times
Laughter brings out the best of inner Self, shedding tears
churns the Self
We need to understand both and adapt ourselves
- 435 When we encounter something pleasant
We get tempted and would like what's pleasant
But we need to understand what is pleasant is not always good
for us
We need to make a judgment of not falling prey to
undesirable temptations

- 436 We need to enjoy good things in life
But over-indulgence is not good for our life
But what is the definition of 'good'
As long as the external pleasure doesn't affect our
internal Spiritual strength, then it's good
- 437 While enjoying materialistic pleasure is a way of life
It is the correct balance we need to strike
There is something beyond this impermanent life
That's the path of Spiritual life
- 438 We cannot walk fast without enjoying the nature
Germinating seeds, Grinning kids
They are so beautiful, the happiness they give
Nature is providing all these gifts
- 439 Our minds are always in a State of chaos
So many thoughts trespass
At times we come to a state
That's confusion filled hapless state
- 440 We have tremendous outside influence
That creeps within us due to our senses
Such an influence is so addictive
And becomes difficult to come out of it
- 441 While the external force targets our external mind
We have something called our 'inner' mind
Our external and internal minds
Should work in unison to strike a balance
- 442 No one is exempt from the fact
that everyone of us would like to look perfect
We spend so much time beautifying our looks
To make sure we are at our best when others look

- 443 God has provided in apt situations
Where we get full satisfaction
We care for a rose plant and see the plant grow
When the flower blooms, our face too glow
- 444 Is there a better beauty than nature?
Horizon's curve, beaming sun rays
Twinkling stars and the moon's brightness
Thus we can go on and on adoring nature around us
- 445 A thing of beauty is a joy forever
The happy moments we cherish forever
We might only spend a few minutes witnessing a wonder
But we'd never forget the beauty & grandeur
- 446 What is beauty?
How do we define beauty?
Nature is beauty
The Supreme power provided us the nature, the eternal
beauty
- 447 There is some crookedness in beautiful things
For example, the Moon is not pure white but has some
smudges
Perhaps this crookedness
Enhances the beauty itself
- 448 Opposite Poles attract
It is a proven fact
Combination of variety
Makes our lives interesting
- 449 Beauty is not just a combination
There is uniqueness in the combination
Different patterns different features
Supreme Power's gift to us

- 450 We experience duality
In all facets of our life
We need to understand the important duality
Of His creations Vs Him
- 451 Vast sky acts as a background for sparkling stars
Steep hills enhance the beauty of a river when it flows
Thus the two aspects complement each other
That is the beauty of nature
- 452 Some more examples of beauty
Rushing waves are ocean's beauty
Sun's brightness is sky's beauty
Rhythmic steps are dancer's beauty
- 453 Beauty comes in different forms
for a human to experience these forms
Maternal compassion , siblings' affection
Spouse's love and children's attachment and so on
- 454 Different forces give rise to emotions
All living beings are subjected to such emotions
But what's the real beauty in such emotions
That's nothing but the aspect that is close to our hearts
- 455 Human sentiments are of various types
Beauty, Humour, Fright, Anger, Disgust, Valour,
Compassion, Love, Serenity
However some are more important than others
They are peacefulness, affection and kindness
- 456 Material attachment makes us earn and enjoy
Kindness and Compassion support charity
Peaceful mind spreads calmness all over the world
Ultimate aim is to get liberated

- 457 There are also other characteristics in us
 That the result of other aspects
Love gives us happiness, Atrocity triggers valour in some of us
 Fearful wonders induce contemplation mood within us
- 458 Post events have left the memories in us
 Future events are unknown to us
What we need to do at the present
 Is to move towards the goal that we have set
- 459 True happiness results from various aspects
 The happiness is the 'enrichment' of Self within us
Literature, Fine Arts, Nature around us
 Any such involvement can bring happiness
- 460 We are entangled inside the cell (this world)
 The rope that is tied to us is destiny that's in store for us
How are we to communicate outside our confinement?
 Thro' spiritual scriptures and treading divine path
- 461 To behave very affectionately
 One need not come from the same family
Love and affection towards other being is nothing but nature
 It comes from both hearts when they care for each
other
- 462 Love's greatness
 And the virtues and values
Have been captured so well by great writers
 In their great works that are great treasure
- 463 Mind and 'Self' should go hand in hand
 For us, in our life, to understand
The day-to-day necessities
 Be it materialistic needs or spiritual deeds

- 464 Worldly pleasures like music, literature and arts
 Are no doubt needed for us to progress
Nevertheless there's something other than materialistic
pleasure
 Vedas are the keepers of this great treasure
- 465 Music, Arts, fine arts and the like
 Help our emotions to rise
To bring solace to our mind
 'Spirituality' is the path we need to find
- 466 We laugh when happy and weep when sad
 They are the emotional signs that we bring outward
But there's something within ourselves
 that we need to seek to understand our 'Self'
- 467 Quality of 'Self' is incomprehensible
 Cannot be described and immeasurable
One needs to experience
 the bliss from spiritual influence
- 468 Although spirituality is inexplicable
 No one would deny that it is beautiful
To express the presence of beauty
 People adorn the deities (icons) and worship
- 469 Beauty is in the eye of the beholder
 This holds good in spiritual Endeavour
If one has to recognise the beauty (Absolute Truth)
 Needs to follow a dedicated path
- 470 It requires a lot of effort
 To appreciate the beauty that we seek to get
We need to appreciate the 'Creator' first
 Prior to proceeding with our quest

- 471 Beauty can be found everywhere
Be it in water, be it in sculpture
Be it in carpentry, be it in masonry
Yes, there is the presence of beauty
- 472 We can also recognise beauty
Amongst various human beings
Dancer, Thespian, Painter, Philosopher and so on
They bring out their beauty in their actions
- 473 Great thinkers bring out new notions
That transform into various inventions
Service to humanity is Service to God
That is the way to enrich the world
- 474 We should never lose hope when we encounter failure
Old crops die and new ones germinate
Patience, tolerance and perseverance
Will get us to a winning stance
- 475 We need to respect the various resources
For example 'energy' and other resources
We need to be responsible and think about future generations
And act accordingly by not squandering such
resources
- 476 We are all like gardeners in this world
Looking after the garden(world) that's been provided
We need to nurture the garden with good deeds
To reap world peace which are the garden produce
- 477 A rose stem has several thorns
But it grows to bring out fragrant flowers
Thus there are 'thorns' by way of struggle
But we need to be patient to get good results

- 478 A gardener sweats and struggles
To grow plants, to get flowers
He placates thorns and fights insects
The bloom that appears brings him happiness
- 479 What is 'Truth'?
How do we adhere to "Truth?"
We need to understand our disposition
That's the first step in the right direction
- 480 Aspirations and Expectations
are always with us, we humans
When we encounter failure
We don't stop – that's human nature
- 481 Our previous birth is unknown
Our future birth is also not known
Instead of concentrating on the present reality
Some people try to delve the unknown mystery
- 482 Our life is not smooth sailing
We come across hurdles that are lasting
Nevertheless we need to March forward
With lot of belief that our lives will be good
- 483 Punching air will lead to despair
Efforts need to be made at the right place
Our hard work, and perseverance
Will result in good with the grace of Supreme
- 484 At times we may be in a situation
of being filled with confusion
We seek advice from others for a solution
God's grace will take us in the right direction

- 485 If we do not have trust/belief
 We can never lead a peaceful life
We need to trust fellow beings,
 In order to lead a life of good human beings
- 486 It is a common Inquisitive
 every human has at some point
Who am I, What's this world, what's life etc. queries
 That unknown factor is the 'energy' that is the
Supreme
- 487 We witness in this Universe
 Varieties within the expanse
Various theologies, various cultures ,various religions and so on
 They are all many waves of the same ocean, the
Brahman
- 488 Human beings and the 'Supreme'
 What is their relationship?
Both are interdependent
 Man seeks God for help, God awaits to protect his
own creation
- 489 To support God and creation are intermingled,
 another example is explained
Without our eyes, we cannot look at the Sun
 Sun's presence is for humans to experience
- 490 To understand this relationship
 We have been blessed with scripture
Our preceptors & ancestors have paved the path
 For us to understand the spiritual path

- 491 Materialistic world is impermanent
Eternal bliss is permanent
Despite our limitations to know the Eternal Bliss
We need to seek the path of spirituality
- 492 We may question the iconic worship
We may also question aspects that are ritualistic
But we need to understand the fact
That they are vehicles to comprehend the real 'fact'
(the Brahman)
- 493 There's no place without His presence
However why people go on a pilgrimage?
It is not because they can find their 'God' there
It is just for the vibrations that prevail that bring them
solace
- 494 Faith or Fear is the question
Do we pray to God out of fear or devotion
Unfortunately many a time there is only barter- ship
In place of absolute and loving worship
- 495 Brilliance of rising sun
Serenity of spanning Ocean
We are awestruck/Speechless by such nature
Such should be our divine worship/prayers
- 496 When do we get the inner peace?
When we do identify ourselves with Supreme
When we seek the Absolute Bliss
Without seeking any materialistic returns
- 497 So many aspects we do practice
When we do our duty and do not expect
Then why do we try to bargain with the God
For providing more and more – with no end

- 498 Good music is pleasing and soothing
But it cannot make hunger satiate
Likewise we experience so many without any tangible returns
So, it is not good to put a tag on good deeds
- 499 In our mechanical lives
We constantly struggle and strive
To keep us away from this
We direct ourselves towards spirituality
- 500 What does the God need from us
Does he need rituals that are pompous?
What do we need to give God, who's everything
Being good and tread the path of virtue – that's
everything
- 501 Devotion is not a trick
Devotion is to come from our within
Our mind need to be filled with sincerity and purity
In order to follow the path of spirituality
- 502 When we see the beauty of nature
We can do nothing but wonder
Such powers come from the Creator
Incomprehensible by a lay person
- 503 When we are in distress and helpless
Who rescues us
It is that Super Power or Supreme
Who we need to seek
- 504 Grace from God is so mysterious
To augur such grace is impossible by us
We get the benefit of the grace at the right
Which is always pleasing

- 505 Most of the time we perform rituals
Prayers and Hymns seeking materialistic pleasures
What we need to seek from God
Is the Absolute bliss, that's life's very purport
- 506 A patient may like sweet which is not good for him
The same patient may dislike medicine which is good
for him
But the Doctor will prescribe which's good for him despite the
patient's wish
Likewise God provides us what we truly deserve
- 507 When an alleged culprit is pleads clemency from a judge
Judge takes into account the complete history of the
accused
Then the judge passes on the appropriate sentence
God is like a judge for all of us who gives us the
appropriate grace
- 508 To expect God's grace
We need to be eligible in the first place
If we keep our good deeds and bad deeds on each side of a
scale
It is needless to say the weight decides our fate
- 509 It is like financial management for someone in deep debt
One needs to increase the income in order to reduce
the debt
Similarly our actions (Karma) are like debit and credit
We need to always keep a check on it
- 510 This bank account is very complicated
Our deeds, good or bad
Not only affect us but also our kith and kin
Lots of ebbs and flows , that's how we are destined

- 511 As such Karmic outcome is inter connected
For someone else's deed, due to our influence, we
may be affected
May it be family, community or anything else
We have to bear its consequences
- 512 Thus we may end up in suffering
For someone else's doing
But we cannot blame the God
For we are incompetent to pass on judgment against
God
- 513 We don't know when God's grace is bestowed upon us
We don't know our Karmic results
This remains always a secret matter
No one knows but for the Supreme power
- 514 It is a human psychology
To deem if the "God" concept exists
When we are happy we appreciate the God's presence
When we are distressed, we doubt His presence
- 515 The thought of 'God has let me down'
Emerges when we are in lot of pain
Such a thought provokes us in a wrong direction
That's not the path for salvation
- 516 When we are treading the path of spirituality
'Experience' alone cannot be a yard stick
There are several other matters
That may need to be considered by us
- 517 Human experience has no bounds
It is like a wave of the ocean waters
The path of realisation is so complex
It is not easy to attain by mere experience

- 518 Human experience in spiritual matters
Is very limited due to various reasons
In order to progress towards spirituality
Scriptures and epics act like catalysts
- 519 Perennial rivers never dry up
Its tributaries are 'rain' dependent
Our scriptures and epics are like perennial rivers
Our knowledge and experience are like tributaries that
merge in the river
- 520 It is foolish to think in terms
That knowledge from our elders and ancestors
Are obsolete and not applicable to present times
Because elders' advice is like a foundation for modern
times
- 521 What is the means for spiritual success
There are three aspects that act as foundation to the
success
Ancient knowledge thro' scriptures
Together with reasoning and experience pave path to
this success
- 522 New leaves and old roots give a tree a magnificent view
New knowledge and old principles combine do
become virtue
If wisdom of sages mixes with modern Science
This would be beneficial to mankind
- 523 Rules, Regulations and standards
Exist so that we do not deviate from correctness
Scriptures are like a torch in a dark tunnel
Enlightenment is like the end of the tunnel

- 524 Life is just not religion and morality
 We have to look at the world objectively
 Can the banks of a river stop a flooded river
 Thus there is no confinement to life whatsoever
- 525 When the world progresses what happens to Scripture?
 Do they wither away as time passes?
 No, the old values and teachings will ever remain
 In fact they are strengthened as the time passes
- 526 Religious institutions need to be flexible
 They need to function as amiable and amicable
 Keeping age-long traditions is essential
 Nevertheless, it shouldn't be illogical and harmful
- 527 Human beings are blessed with intelligence
 We need to effectively make use of such intelligence
 While materialistic pleasures are needed for day to day life
 We need to make an intelligent decision to also follow
 the path of spiritual life
- 528 Singing hymns and saying prayers
 No doubt, the means of following spiritual matters
 However spirituality is beyond the mundane rituals
 There's lot of effort required to attain Absolute bliss
- 529 Where do we seek refuge?
 Where else but surrender to the Supreme
 Humans are filled with beastly qualities
 Those qualities, need to go away for taking refuge
- 530 Our world is what our eyes, ears and mind perceive
 What makes us happy and what makes us sad is our
 own deed
 When we perceive with broadened mind
 Petty things, we don't find

- 531 There is a separate agenda
 For the creator who created this
Brahmanda(Universe)
It remains the great mystery
 To understand that hidden agenda really
- 532 A brick in the wall of a building
 Won't know the purpose of that building
Nevertheless it needs to stay intact, lest there will be a crack
 Similarly humans need to cooperate to keep the world
intact
- 533 We are bound by destiny and fate (Karma)
 Thus we may feel constrained
But, in spite of our shortcomings, we are progressing
 With the help of the power of the Supreme
- 534 Wind can blow mild and can be pleasant
 Wind can also be wild and cause havoc
Our freedom is like wind
 In moderation, it is good; in excess , it is horrid
- 535 If there is no proper channel
 Water cannot be distributed very well
So our deeds should always be channelised
 With the barrier of thoughts that are good
- 536 Behind our freedom and power
 There is divine and Supreme power
If we are like flowers with fragrance
 Supreme Power is the breeze that spreads the
fragrance

- 537 We, human beings have a unique power
That is called the thinking power
We need to utilise this power intelligently
By always thinking positively
- 538 Some people are selfish and think
whatever we have achieved , it is just for us
While others are selfless and saintly
and think they need to share with others happily
- 539 Intelligence cannot seek Absolute truth
As other senses are associated with it
Moreover, there is no control over intelligence
As it can be used for either good or bad deeds
- 540 Human wisdom isn't pure and is like rain water
When rain water mixes with dirt, it contaminates and
loses the quality of pure water
Thus human mind is polluted
By various factors of life and gets agitated
- 541 Past memories influence our mind
Thus, any direction can be taken by the mind
It may make wrong things look right
Unaware of anything, we are convinced that is right
- 542 Mind is so attracted by desire
We get carried away by such desire
We are so deluded and can't see the truth
We should try and remove the curtain of delusion to
seek the absolute truth
- 543 Our intelligence and discretion should work together
If mind is a horse, our intellect is the rider
To reach the goal, there needs to be cooperation
Such a journey will lead to liberation

- 544 Noble thoughts arise when our mind is pure
They need to be reasoned along with experience
This combination gives rise to wisdom
Leaning this way strengthens life's foundation
- 545 In our day to day lives
We come across several circumstances
Love-Hatred, Gain-Loss, Happiness-Sadness, Richness-Poverty
and so on
We can strike a balance only with our wisdom
- 546 Human beings, be it any religion or nationality
Pray to God for health, wealth and prosperity
But the best things we need to seek
Are Intelligence and knowledge for our benefit
- 547 Thus intelligence is a very essential asset
But on its own, it hasn't got the effect
Mind and intelligence have to work in unison
In order to attain perfection
- 548 Human effort is a requisite
Before we turn to God for His grace
If we shirk our responsibility and do nothing
Unfortunately the result is nothing
- 549 It is likely, we all, at times
May think destiny can be overcome
Destiny is something pre-set
Where actions take place at the right time
- 550 It is not possible to augur
What destiny has planned for us to occur
We need to be patient and accept
That destiny is not something that brings what we
expect

- 551 Accepting the nature of destiny
 isn't that we need to shirk our responsibility
We need to perform actions to the extent possible
 And then await God's grace
- 552 Ancient teaching and preaching
 Come out of our scriptures (Vedas)
In order to seek the absolute truth
 We need to respect and preserve those assets
- 553 Absolute truth is revealed in portions
 We need to put together all such portions
Like it takes time from crescent to a full moon
 It takes a lot of time to know Him, the Supreme
- 554 We are all aware of two aspects
 One is theory and other is practice
In order to understand these aspects
 We need to reason intelligently
- 555 When our mind is disturbed and restless
 Best solution is to introspect within ourselves
More often than not
 Our inner conscience will bring us calm
- 556 Many a time we are caught in a situation
 That leads to a position of indecision
On such occasions we need to interrogate within
 To thoroughly analyse, without being selfish
- 557 When the windows of our inner Self is kept open
 Smoke of worries don't accumulate within us
We can be serene inside and project the same outside
 That is the beauty of being happy

- 558 If we relate our life to a sailing boat
Mast and Oar are important to the boat
Our language and communication are these two
That help us sail happily all the way through
- 559 If we imagine an upside down Banyan tree
Roots will be up and branches come down the tree
Thus the God above nourishes life tree
And provides us the comforts amidst the branches of
the tree
- 560 Thus in this big banyan tree
We are like leaves and stems of the tree
Leaves wither and grow afresh, thus we die and reborn
But the eternal purity the tree stays on and on
- 561 When new lives are brought into this earth
There are some lives that leave the earth
It is like some old leaves disappear and new leaves sprouting
God will always be nurturing
- 562 In this world we all play a role
Let us not underestimate this role
The role may be significant or, insignificant
Nevertheless, the role is very important
- 563 We are like a cog in a giant wheel
We are important however small we feel
We complement other beings in this world
And support the giant wheel, the Super Power of the
world
- 564 In remote and hidden woods
Nature creates great wonders
This is done by nature's own strength
Such is the beauty of creation

- 565 Needless to explain beauty of nature
 Shapes of animals, colours of bird's plumage
Nature creates magic for us
 Preserving nature is a responsibility for us
- 566 Nature does not expect appreciation
 Nature brings joy to everyone without differentiation
If that is the true quality of nature
 Can nature be anything else other than the Super
power?
- 567 We see a lot of talent in people
 Whose inherent talents bringing joy to other people
A poet brings out his/her emotions via poetry
 And a sculptor converts a mere stone into a great
piece of artistry
- 568 Many a time we feel handicapped
 And are not able to implement our ideas as we aren't
well equipped
To fulfil our desires, we may need a lot of resources
 Preserving nature is a responsibility for us
- 569 No one is able to predict
 When exactly a seed begins to sprout
Likewise we are not aware
 That right factors will yield results
- 570 Every human has a physique
 But some stand out unique
Not because of their physical appearance
 But because of their great contribution for the benefit
of human race

- 571 No difference amongst people in their anatomy
Difference is seen in their personality
God's grace has showered on them to be talented
Perhaps fate(Karma) plays an important part
- 572 We should never give up hopes
If we don't succeed in our first effort
We need to diligently try, try and try again
In the end there is bound to be gain
- 573 Even if we fall down and left alone
We need to be positive and walk along
We need to be strong soldiers and march ahead
We need to be optimistic to gain the lead
- 574 We need to fight with valour
We need not be stubborn, but we need to be clear
We need to exercise compassion and detachment
We need to always uphold correct
judgement(Dharma)
- 575 What's good living? What should be the motto of our life?
We need to sympathise and empathise
We need to live a selfless life
It's difficult, but at least we must try
- 576 Keeping in mind our strengths and weaknesses
Doing our duty within our own limits
Performing actions, as necessary, for the situation
This is how we swim across the worldly ocean
(Samsara)
- 577 When disappointments hit us, we feel terrible
And our lives become miserable
To avoid such a state, we need to act slowly
Step by step progress will bring us victory gradually

- 578 We need to measure our strength before any action
Lest we'll end up in a difficult situation
Trying to do something that we are not capable
Is like trying to weigh a mountain using a scale
- 579 Our life is influenced by three aspects
Our effort, our destiny and God's grace
We make an attempt of what we can
If we fail once, we need to try again and again
- 580 Every human has responsibilities
But the responsibilities are varied
We need to be aware of our specific responsibility
And act accordingly
- 581 We should not be living careless
And put no efforts
In looking after ourselves thinking
Without our efforts, God will look after us
- 582 We shouldn't be petty minded and act petty
Thinking we are acting so perfectly
Nothing is perfect, what we need is tolerance
If we understand this, our life is pleasant
- 583 We are born in this world to fulfil an assignment
We need to contribute to complete the assignment
Everyone is important, but no one is indispensable
The world will go on whether we are in it or not
- 584 Not everyone can do everything
Each one of us have a specific responsibility
We need to be aware of this and do our duty
And live in this world happily

- 585 It is pointless to grumble
and blame God if we are in a struggle
When we make an attempt, failure at times is natural
We need to have a balanced mind to overcome the
struggle
- 586 We shouldn't be desolate and despondent
Just because eventually the world will come to an end
We shouldn't take it for granted and act superficially
We need to perform our duties whole heartedly
- 587 Maturity comes with age
We tend to understand our inner strengths when we
age
We become more tolerant and compassionate
Our life's experience moulds us this way
- 588 We need to be pursuing our duty
No matter what the outcomes would be
Just because a wrestler loses in one game
He/she shouldn't think they will never win again
- 589 Our trials and tribulations
Distresses and Disappointments
Are nothing but stepping stones for success
We need to stay positive and attain success
- 590 Our ability to think and take actions
Does have some limitations
If we are aware of such limitations
We can plan all our actions
- 591 Life seems a battle
Chaos and Commotions are inevitable
Who's the winner and who is the loser?
We are winners if we live in a detached manner

- 592 The battle is fought by two sides
Fate on one side and love/affection on the other
If we need to be a victor
Love/affection have to overpower the other
- 593 In this battle of life
We need not think we are defeated, thus come to the
end of life
We need to be optimistic and march ahead
There's certainly light at the end of the tunnel ahead
- 594 We won't be able to estimate our life
Like an accountant who calculates the figures
Our 'life ' business is ongoing, no time for inventory
Checking accounts can't be our responsibility
- 595 Winning and losing figures
are irrelevant in the big picture
More than these mere statistics
Recognising what's been achieved is more realistic
- 596 If a wrestler builds his body and attempts a fight
There is benefit even if he loses the fight
In the course of preparation he has maintained his own body
Thus one needs to be satisfied even when there's no
victory
- 597 To reap good crops, we need to sow good seeds
Fertilise the crop and look after carefully
We should do our duty diligently
Pouring rain to result in good harvest depends on the
Almighty

- 598 Due to fear and panic we cannot desert our lives
Despite difficulties, we need to live
We cannot shirk our responsibilities
We need to boldly face the challenges
- 599 We need to stay strong and stable
Even if we face severe hurdles
We need to have a focus mind
In order to succeed
- 600 Life is like a cart drawn by horses
Destiny is the owner driver and we are like horses
The journey may end up in fun or forlorn
No one knows except the "Super Power" who makes
the decision
- 601 Whatever we do, we need to do with conviction
Whatever we eat, treat it as 'God Given' and have
satisfaction
Live the materialistic life without forgetting spirituality
Depart from this earth peacefully
- 602 The worldly creation
Is an illusion
Who is the creator?
'God' – in other words nature/Super Power
- 603 Is this world illusionary?
Just suffering and agony?
No, when we live without ego and too much attachment
We are in no predicament

- 604 We all undergo changes from time to time
 There are various facts that mould our life
When we get rid of all the blemish in our mind
 We are ready for liberation as we will have a purified
mind
- 605 Humans have two important quests
 Physical quest and Spiritual quest
Caught between the two quests
 Eventually, we find the answer, that is the Absolute
truth
- 606 Our worldly/Homely life path
 Is like a tight rope walk
We need to balance the family affairs
 Without steering away from the rules of discipline
- 607 Love and affection in a marital life
 Is essential, lest there would be strife
And there shouldn't be a situation
 That hinders the spiritual aspiration
- 608 It is natural for us to have emotions
 Be it love, hatred, jealousy or compassion
However there needs to be a moderation
 Or else, this will result in an awkward situation
- 609 Happiness and Sorrow alternate
 This is the law of nature
The experiences we have day to day
 Give us the strength and maturity to act in a balanced
way

- 610 It is not a correct assumption
That spirituality cannot be experienced being a family
person
Family filled with affection and satisfaction
Is in fact a means to salvation
- 611 We need to treat ourselves as learners in a family
Our family members provide the tutoring
This schooling is ongoing
Family is a bridge to take us towards spirituality
- 612 Wearing saffron robes and abandoning the family
Is this a true search of spirituality?
No, the real spiritual quest
Emerges from doing household duties perfect
- 613 We can learn virtuousness from iconology
Lord Shiva's half body is Parvathy
What does this depiction signify?
Nothing but gender equality
- 614 We are continuously in need
of our family support indeed
For smooth journey in this worldly ocean
We need everyone's cooperation
- 615 Butter and Yoghurt come from the same source
of pure milk, of course
In order to get the products, milk is to be processed
Thus to bring out our spirituality, our inner Self is to be
interrogated
- 616 We need to understand the meaning
of the term "Spiritual Enlightenment"
When we do our duties without shirking responsibility
That's when we attain spirituality

- 617 Our external disposition/self
 Is nothing but a replica of our inner Self
 Various emotions we show towards others
 Are the feeling, that are experienced by ourselves
- 618 Various factors and incidents of this world
 Affect us irrespective of whether such factors involve
 us or not
 They bring about emotions within us
 This is how external world is well connected with us
- 619 We cannot live with complete detachment to the world
 Being selfish and not caring for the world
 We are not to amass wealth with greed
 We need to care and share indeed
- 620 Our life experiences
 Are catalysts for our matured status
 Maturity results in mental clarity
 To understand the path of spirituality
- 621 We need to shoulder some responsibilities
 That benefit the society
 We need to follow the path of selflessness
 That's the way of being righteous
- 622 God helps those beings
 Who help others
 If we are better placed than some others in the society
 Isn't taking care of them is our responsibility?
- 623 At every level, be it an institution or Nation
 There needs to be our contribution
 Serving to the great cause of humanity
 That's the whole meaning of Sanatana Dharma,
 promoting equality

- 624 We need to consider ourselves as soldiers in a battlefield
Soldier's aim is to merely fight
Without being selfish and sacrificing oneself
Follow the nature's orders
- 625 We see in our day to day life
Bad elements that put living beings to strife
We cannot run away due to the presence of harmful elements
We need to focus towards goodness
- 626 We need to treat this world in a delicate manner
Like how we would treat a fragile, fragrant flower
Fragrance and beauty need to be enjoyed carefully
By destroying the flower, we destroy its beauty
- 627 Aspirations and desires are but natural
Nevertheless they need to be at a level
that we would be able to achieve what we desired
Lest everything will be destroyed
- 628 We need to repay some debts
Liberation is the reward for paying off our debts
Our debts are nothing but our responsibilities
Paying back is acting appropriately
- 629 It is our duty to help those in distress
Lending our caring and sharing hands
All of us are bound to be in dire situation
So, it is very important to show compassion
- 630 Our own relatives may have misconception
They may not like our actions
However, we shouldn't become aggressive
Best to ignore them for not being mature

- 631 Whether one lives a princely life
Or in a situation of utter poverty
Both feed to satiate hunger and clothe to cover the body
What good is to discriminate people unnecessarily?
- 632 Can an ear-ring prevent deafness?
Doesn't a rich man get wrinkles?
Rich or Poor - one and the same
"Death" - when time comes doesn't discriminate
- 633 We have come to this world with some obligation
That one from our previous birth's actions (Karma)
We cannot just erase them and have a clean slate
We need to understand this concept of "fate"
- 634 Irrespective of our disposition or status
We may be a lay person or one who is famous
The concept of Karma is common for all
We need to understand and go on
- 635 Can we use a spade to level hills and valleys?
Are we able to prevent old age by magical means?
No such things are possible
We need to be aware of things that are inevitable
- 636 Being conscious and by taking preventative actions
We can stop undesirable situations
Nevertheless certain things occur
For which we have no control whatsoever
- 637 In the eyes of Mother Nature
All are same and treated in the same manner
Riches, rags, dumb or intelligent
Mother treats the same and without any difference

- 638 When we are in trouble
 Last resort is to go to temple
We blame God for our suffering
 This is not the path of real spirituality
- 639 We need to enjoy the materialistic world
 Taking care of not getting in
We need to practice detached attachment
 It is difficult, but we need to make effort
- 640 Whether we are in luxury or poverty
 Our stay in this world is just temporary
Perhaps we are visitors to this materialistic world
 Our Self(Atma) belongs to another
- 641 For birds to fly, is there a map showing direction?
 For fishes to swim, is there guide to destination?
In a way, our life is like unchartered
 Who knows when does that end?
- 642 Sometimes we think we are wandering aimlessly
 That's what is life's mystery
How do we get some clarity?
 That's when we resort to spirituality
- 643 What cannot be cured must be endured
 This needs to be followed
For our lives, many situations are inevitable
 We need to accept the fact, lest it would be miserable
- 644 An animal scratches its wound
 That worsens the wound
Likewise we ponder over our imperfection
 Alas! There is no solution

- 645 Our worries and sorrows
Overtake our mind's chaos
Cheer and happiness we experience
Give us comfort and soothe us
- 646 For our physical ailment we seek medication
to alleviate pain and keep the body in good condition
What we do for our mind's disturbance?
Meditation and good actions give us some solace
- 647 What is the salvation/liberation for us?
It is the state of mind and nothing else
We need to control the senses
That's the first step for the eternal Bliss
- 648 How do we control our senses
Of course, it has to come with a lot of practice
We need to get rid of complex and harmful thoughts like a
weed
To give room for love and compassion to good all over
indeed
- 649 We shouldn't fret for not being noticed/cared by others
We should not expect favours from others
Like us, others will have their own pains and pleasures
So, there is no time to think about others
- 650 What we need is to live contented and happily
We shouldn't envy others unnecessarily
We have food and we are satisfied
Then what good is to look at others and regret?
- 651 We need to work hard and live within our means
Never should cheat others and loot their belongings
Even if it is a simple life
That is the way to lead a decent life

- 652 As per Maslow's theory of hierarchy
We are satisfied with physical needs
But what about the "Self"(Atma) within us
Spirituality is the answer to this
- 653 It is but natural for us to desire
Fame and recognition in whatever manner
From lay person to highly learned
No exception, all included
- 654 In the quest for name and fame
Some people probably go insane
Rather than seeking pomp and glory
Real recognition is service to all beings
- 655 How do we get away from this "Recognition" Syndrome
Our thoughts should be considering much more
In front of the great inventors who have improved quality of
our lives
Can our contribution any day match this?
- 656 We need to learn great lessons
From flora and fauna around us
Cow gives us milk, plants and trees bear vegetable and fruits
Without expectation, that is the way of being selfless
- 657 In pursuit of personal glory
People may even perform acts that are gory
Just to accomplish their selfish fame
They act without any shame
- 658 Many a time we make promises
In order to assist our own progress
But do we keep those promises?
Hmm.... Once progressed, we tend to forget such
promises!

- 659 We huff and puff to go up the stairs
But one small slip, we roll down the stairs
Likewise we put in efforts to get a name and fame
A small error is bound to get us shame
- 660 Whatever be the degree of our achievements
We should never let arrogance come near us
We need to have humility and level headedness
Lest we will be confronted by destructive forces
- 661 If we are contributing to our society
That needs to be done discretely
If a service is done for pomp and glory
It is not a genuine contribution to the society
- 662 Message from Gita, the good advice
We need to attempt to practice
Doing our duties without expecting returns
That is the way of leading a life of virtuousness
(Dharma)
- 663 Every action taken by us
Needs to be looked into from two angles
One is external (materialistic) and other internal (spiritual)
As we need to respect both external and internal
- 664 We all live with two Accounts
One is external (body) and the other within us (Self)
We need to balance both Accounts
So it isn't enough to enjoy materialistic pleasure
alone, we need to interrogate within us
- 665 Food we consume out of desire/craving
May not be always be good for our well being
Hence we need to consider carefully
The good and bad effects before consuming

- 666 In the markets we see varieties
Different prices for different objects
Trade and marketing differ in various situations
Choosing wisely is our discretion
- 667 Everyone comes forward to extinguish a building fire
Even at the expense of their own lives
However the fire within the disturbed mind
Is not taken care and left neglected
- 668 An idle mind is devil's workshop
It is essential to keep our minds sharp
If we do our duties and contribute to society
Then life is not onerous really
- 669 However we lead our lives in this world
One day it will come to an end
Instead of living a life that is worthless
Isn't it better to lead our lives with goodness?
- 670 Our experiencing joys and sorrows
Are life's ups and downs
When we are not able to prevent difficulties
At least we need to strive to minimise
- 671 Beggars cannot be choosers
In a way this applies to us
We are 'what we are' and 'where we are'
Due to our own actions (Karma), so what good is to
whinge?
- 672 We are like distant travellers
Come in to this world with temporary visas
When the validity finishes we will be departed
This travel will end and no provision to extend

- 673 We are all indebted in this world
Our lives prolong as long as there is debt
Once we pay off debts through our actions
That's the time for death to embrace us
- 674 Life and death is an ongoing process
One follows the other - just endless
All those who are born cannot live forever
They need to give way to the new comers
- 675 Having born in this world
We need to aim for a comfortable living in this world
For this we need to have reasonable ambition
At the same time if we are greedy, that's nothing but
destruction
- 676 We shouldn't get carried away
By the joy and fun all the way
We need to know where to draw the line
Otherwise, our happiness will be on the decline
- 677 Just because we like tasty food
Are we able to continuously consume food?
If we do so we will fall sick
Likewise, in everything there should be a limit
- 678 It is certain we'll all die one day
All our trials and tribulations will come to an end that
day
Thinking about that day, can we spoil the present?
We need to lead a normal life and leave it to nature to
do the rest

- 679 As we grow older we need to practice 'detachment'
In a way this is a preparation to depart
We shouldn't succumb to mere temptations
Rather we should divert ourselves towards meditation
- 680 We need to be considerate and compassionate towards others
We need to learn to imagine ourselves in other's
shoes
Like a teacher educates children considering their well being
We need to look after our fellow beings
- 681 Some are always in the past and worry
Some are ahead in future in a hurry
Shifting from past to the future
Is at the expense of the present which they don't
consider
- 682 Man proposes and God disposes
Everyone knows this and would have experienced
When that's the truth, why over indulge in planning
Planning is helpful only if done with practicality
- 683 Everything in this universe happens systematically
Planets move, seasons change periodically
So time is an important factor
We need to always remember
- 684 Our days in this world are time bound
No one can foretell exactly when life comes to an end
We are born, we live, we age and we die
This process is just ongoing
- 685 We all have a great boon
That keeps us going without being forever in a gloom
That boon is nothing but 'forgetfulness'
Times gives this which is of great help to us

- 686 At some point we may think
That this life is nothing but suffering
But we need to be optimistic
Like travelling inside a dark tunnel in search of light
- 687 Force of a waterfall, magnanimity of a mountain
Being where we are, it is hard to imagine
We need to witness to satisfy ourselves
Likewise, to feel 'spiritual', we need to condition
ourselves
- 688 We can imagine things about unknown
But reality will appear only when known
We all know the rope and snake analogy
We need to really 'experience' spirituality
- 689 For many things in our lives
We are dependent on others
But when it comes to self-realisation
It happens only when we are on our own - 'Solitary'
situation
- 690 There is a permanent companion with us
As long we live, it remains with us
That companion is nothing but our own conscience
We need to abide by our conscience
- 691 We need to have certain direction
Without which, life is nothing but commotion
Philosophy/spirituality is the binding factor
Thus they are very important to consider
- 692 More education and deliberation
Will not lead us in the spiritual direction
When we get over the "I" and "Mine" factor
That's when spiritual aspect is closer

- 693 Time and again we need to be reminded
That we have limitation in what we can achieve
It is foolish to think we can reach the rainbow with a stick
Thus it is unrealistic to think it is easy to recognise the
Supreme
- 694 There are several ebbs and flows
For rivers to join the ocean waters
Thus we need to cross several obstacles created by our senses
Before we ultimately understand the Absolute Bliss
- 695 What our external eyes perceive
Is tangible and worldly/materialistic
We need to develop a special insight
To experience Godliness
- 696 A swimmer's aim is to swim across
A soldier's aim is to win over the enemy
With focused mind, if we surrender to God
That's liberation, the ultimate goal
- 697 By force of habit we do many things
But, have we considered if they are good for us?
We need to spend time to think about this
Lest all our efforts are useless
- 698 A child when learning to walk
Is bound to have a fall
Thus when we are gaining wisdom
There may be slips, but we shouldn't give up
- 699 Failure is a stepping stone for us
Towards success and achievements
We learn by the mistakes
So, we should not lose heart when we do mistakes

- 700 Desire and reasoning power
 Always differ
To get the correct solution
 We need to be balanced and overcome emotion
- 701 We have two obligations to fulfil
 One materialistic and the other spiritual
We need to perform both actions
 By leading a balanced life to be successful
- 702 As we get aged and old
 Our materialistic needs are reduced
We need to concentrate more on spiritual matters
 Ready to depart with preparedness
- 703 To practice and experience spirituality
 We need to resort to solitude
To lead an attached but detached life
 Is difficult, but we need to persevere
- 704 We need equilibrium
 And control our mind with discipline
Balancing act of worldly and spiritual matters
 Is very essential for spiritual progress
- 705 Our mind wanders hither and thither
 We need to get our act together
We need to discipline our mind
 Thus, right direction we'll find
- 706 Bhagavad Gita Words
 Should always be remembered
We need to do our duties with selflessness
 Without expecting fruits of our actions

- 707 Whatever action we perform
 We need to be devoted and honest
 We need to put in the best of our ability
 Without shirking our responsibility
- 708 Performance of our actions
 Should be completely selfless
 We need to show our sincerity
 Even if there is no self- gain through that activity
- 709 Carrying out easy tasks
 And pushing away tasks that are contentious
 With the expectation that someone else can act
 Is not the way to react
- 710 Just because we cannot physically see
 The presence of the Supreme
 We cannot say that there's no higher power
 And act recklessly and in an indifferent manner
- 711 At the outset we need to realise
 That we have been entrusted with several
 responsibilities
 We need to carry out all such duties
 With diligence, devotion and dignity
- 712 We do not really struggle to breathe
 It just occurs naturally and with ease
 In the same manner our devotion should be natural
 That's spontaneous and spiritual
- 713 To run a smooth and peaceful life
 We need to follow some steps in our life
 Practising good conduct, not fretting about the past
 Not going in-depth into the future and put a balancing
 act

- 714 We need to understand our limitations
And need to perform our actions
We need to avoid indulgence
And practice the method of non- attachment
- 715 Being happy the very purpose of life
Can be achieved by certain practice
To forgive, to take things in our stride
Be balanced in sorrow or joy and avoid jealousy
- 716 How do we practice detachment
By moving away from attachment?
We need to develop a mental framework
Of pall bearers who don't give way for emotions and
just do their work
- 717 Self- help is the best help
We shouldn't be expecting others' help
If we analyse the life between our birth and death
We are alone and always alone
- 718 We can learn a lesson from Jesus
Who carried Cross on his shoulders
Thus we need to carry our own burden
Without any support from anyone
- 719 We don't openly air dirty laundry
Getting our laundry clean is our personal
responsibility
Likewise we need to deal with our sorrow and problems
Without trying to broadcast to others
- 720 We need to let go sorrowful or worrying past
With hope that future will be best
We need to be positive and optimistic
To make our lives comfortable and happy

- 721 We are all aware of great wonder inventors
That give us pleasure and many comforts
However pure love amongst living beings
Is considered to be a great blessing
- 722 No one is exempt from emotions
We laugh when happy and when sad, shed tears
This is applicable even to an ascetic
But an ascetic tries to be uninvolved with it
- 723 There is nothing wrong in aspiration
But we need to know our limitations
No point to desire something at the expense of our mental
peace
We need to act very balanced and realistic
- 724 It is nice to have a soft smile on our face
It is pleasant to give honest speech
We need to practice to restrict our emotions and avoid over-
indulgence
Being 'moderate' is life's essence
- 725 To stay calm and composed in all situations
Is not easy, but that's essential
There are always ebbs and flows in life
Sorrow and happiness alternate throughout our life
- 726 Perhaps we can consider ourselves
As a 'postman' who delivers letters
We have been assigned to deliver good news or bad news
Someone else is responsible and we are not
responsible for such acts

- 727 Like the mailman who is unaffected
By the contents of the message that he delivers
We need to practice such detachment
To make our life pleasant
- 728 The world is full of diversity
Living beings live and act differently
We need to recognise this and live our life
When time comes, we depart from this life
- 729 In our day to day life
We come across struggles and strife
We shouldn't get affected and lose peace of mind
Staying calm is the path to get liberated
- 730 A bird doesn't have a set destination
It has to fly to various locations
To find its food and no one would volunteer to feed the bird
Likewise we do need keep an open mind
- 731 A bird flies to catch its prey
Unaware of any predators on its way
In a way human beings live the same way
Without knowing what's in store for them along the
way
- 732 It is very difficult to augur
If we can accomplish everything we wish for
Man proposes and God disposes
Everyone has this experience
- 733 We may plant a sapling with lot of expectation
But we may reap bitter fruits instead of sweet ones
Thus in our life situations
Shocking disappointments come without
appointments

- 734 World is like a battlefield
We are all like soldiers fighting in the field
For us to fight is this life 'war'
We need to get instruction from the commander
who's the Supreme Power
- 735 When the war is directed by the commander
Outcomes rest with the commander
All the soldiers get useful training
'Training' as to how we lead the life of human beings
- 736 So, in this life
We need to do our duty
That appeases our Self (Jeevatma)
That's the path to liberation
- 737 We are all in debt
Due to inheritance of our Karma from previous birth
It is our duty to repay the debt
Through our good actions and taking care not to incur
more debt
- 738 A father feels happy
When his son accomplishes something
Likewise we need to appreciate others' success
Without being jealous
- 739 We need to understand temporarily we are parts of this world
And we need to try and detached
The whole universe is run by a commander
Which we call 'God' or 'Super Power'
- 740 Life is an art
Even if we have many talents
Lack of one skill may cost us
We need to seek what's lacking with us

- 741 Our life on this earth
Is so delicate and like walking on the rope
One wrong step taken
Will lead to our destination
- 742 To have a balanced outlook
We learn from no book
Tolerance, Equality and Self-evaluation
Are the means to attain perfection
- 743 Ups and downs in our life
Are common and that's the helm of life
Like dried grass bounces back to life
That's always a hope in our life
- 744 The nature of green meadow
Is so fresh and spread out
We need to be fresh and happy
To boost up our energy
- 745 Our lives are interdependent
Even though we may think we are independent
Plants and trees benefit humans without expectation
Likewise we should good to others expecting no
returns
- 746 From the sun we are protected by the shade of a tree
This is a benefit to us from the tree
So soothing and comforting is the tree
Similarly, we need to be pleasant and kind as much as
we can be
- 747 Looking at others and comparing them with us
This amounts to being jealous
Instead of thinking what we do not have
It is good to be satisfied with what we have

- 748 When we are at the dinner table
 We need to contemplate a little
Is the food we eat is honestly earned
 Or did it come out dishonestly?
- 749 To live in this world profitably
 We need the capital called 'spirituality'
Together with devotion and honesty
 We can live our life happily
- 750 We need to swim in this worldly ocean
 We cannot get bogged down and drown
We need to blend with the world and do good to others
 When time comes we leave by bidding adieu to others
- 751 This world , for us, is like a theme park
 So many attractions and so many options in the park
However ,as visitors we can participate in only so much
 When time is up, we need to leave and can't do much
- 752 The sign of enlightenment
 Is complete contentment
Once this state is attained
 Nothing affects us as we are so elevated
- 753 In this world amidst all materialistic
 We need also to be a bit spiritualistic
After all materialism is not permanent
 Our abode is with Brahma (Super Power) that is
permanent
- 754 May be in a flower garden
 May be our own home
May be in scriptures and may be in music
 We can experience God everywhere

- 755 We may read the scriptures
Or listen to spiritual lectures
The real understanding is evident
Only when the spiritual quest is constant
- 756 In our spiritual pursuit
There are four essential qualities that need to be understood
Courage is first, wisdom is second
Compassion is third and last but not the least is to stay detached
- 757 Our love needs to be pure and not infatuated
We need to be courageous and without hatred
We can aspire for a quality of life without giving room to pomp and glory
This will ensure our life be filled with serenity
- 758 We need to follow certain principles
To make our lives purposeful
We need to believe in such principles
And be happy with what we have at present
- 759 A bird in hand is better than two in the bush
Yes we need to remember this saying which is very true
Thinking about what we do not have
We tend to ignore and go waste what we actually have
- 760 We can only see what's in front of us
And we can't see what's behind us
Perhaps there is logic in the location of our eyes
To see ahead and forget the past behind us

- 761 When we acquire the opportunity
 To pick from good and bad activities
We need to make a wise decision
 of picking the right activity which is In the right
direction
- 762 We need to live our life
 No doubt we may experience strife
Unless we set a goal and work towards achieving it
 We won't get what we need
- 763 To climb atop a mountain
 There could be several ways and means
Likewise to practice spirituality
 There are many ways and the most suitable one we
need to pick
- 764 For spiritual realisation
 We need to go in the right direction
To show us this direction
 We need a Guru (teacher) who will help us with our
liberation
- 765 Our union with God comes from our within
 We need to contemplate and interrogate within
For us to attain this state
 We need constant practice
- 766 We need to stay focussed
 In order to get the results
To understand the spiritual path
 We need to have full dedication in the chosen path

- 767 To seek spirituality, there is a requirement
That is to practice 'detachment'
We need to reduce our entanglements
To work toward s enlightenment
- 768 Most of us display a selfish attitude
And concerned about only self -gratitude
Instead, if we care for the society
That's the first step toward spirituality
- 769 Life is full of variations
With no variation, there is no appreciation
Only when we starve we can welcome a scrupulous meal
Thus good and bad are inevitable
- 770 We have two eyes to see
We have two hands to use
However they are connected by one mind
Likewise we live with the power of Supreme
- 771 Our relationship with God
Is always aligned and cannot be separated
If Ocean is God, life in an iceberg
If milk is God, life is like hidden butter
- 772 There are many faiths
Different ways of worship
All paths lead to the same destination
The Supreme which is the same for everyone
- 773 We need to perform a difficult dual act
For our lives to run smooth and perfect
Outwardly be seen involved in this world
At the same time to stay detached

- 774 Sun rays may be visible easily
But we struggle to see the Sun directly
Like we use an implement to view the Sun indirectly
We need to become a disciple of a teacher to
understand spirituality
- 775 From far a crow and a cuckoo may look the same
We'll know the difference once we hear their voices
Likewise an ascetic may look like an ordinary person
But in fact he is detached from this worldly affairs
- 776 We are in the wrong
If we think God is localised
Supreme power is omnipresent
It is just that we fail to recognise His presence
- 777 God can manifest in any form
Any shape, any form of energy in front of us
A deluded mind cannot identify this
Pure and strong inner strength are able to achieve this
- 778 Gradual detachment from worldly pleasures
Constant dedication and strong will during failures
Treating everyone unbiased
These are certain tools to get liberated
- 779 We can deem ourselves fortunate
If we are able to cultivate
Simplicity and contentment
That are important towards spiritual quest
- 780 Each season is suitable for a particular activity
Hot, cold, dry or rainy
Likewise our path towards spirituality
will be visible to us when the time is right

- 781 Can we harvest a crop the same evening
When we sow seeds in the morning?
We need to have patience
As everything takes time
- 782 We should be good to ourselves always
And not procrastinate
Not to get overwhelmed by happiness or sadness
This balance we need to possess
- 783 We encounter in our day to day life
Happenings that are not pleasant and often terrible
Such things are unexpected and beyond our control
We need to have the right mindset to cope
- 784 Sun may stop providing warmth
Moon may stop being cool
In other words unexpected things might happen
We need to confront all situations cool and calm
- 785 Being prepared and tolerant
Doesn't mean we need to be pessimists
We can hope for good and happiness
Happiness is bound to come to us
- 786 Everything has to come to an end
No point worrying about this inevitable end
Perhaps there may be some consolation
That there needs to be a rest after exhaustion
- 787 Love, desire or sufferings
Be it any of the situations
After they peak they are bound to cool off
That's the law of nature that we should be aware of

- 788 If we are suffering from any ailment
 We are relieved once we are out of the ailment
Likewise when we are out of the materialistic life
 The commencement of our spiritual life
- 789 We need to play different roles
 According to situations
When helping others, melting like a candy
 When difficulties strike us, being like a hard rock
- 790 We need to respect our life
 And not waste our time
No job is too small, everything is valid
 We need to have conviction and proceed
- 791 Living on this earth
 Is like building a home
Irrespective of differences amongst human beings
 We all need to live in harmony to construct this
building
- 792 What should be our prayers
 To the Supreme Power?
Let us not be bound by desires of the present
 Let us be free from the worries of the past
- 793 By physical appearances
 And way of behaviours
We feel we are different from our fellow beings
 But in face, 'the Self' within us in one and the same
- 794 We should let our mind grow
 And let our vision grow
Let us start understanding
 The impermanence of our physical body

- 795 How do we blend ourselves
In this world with everything else?
We need to see ourselves
In all the things and in all others
- 796 Every action of ours
Has a reaction to us
Seeds sown bring up new saplings
Thus action of ours decide on the outcomes
- 797 If a rope is burnt and left untouched
It may appear like a rope but it is different
Likewise even living in this materialistic world
We need to practice detachment and work towards
spiritual world
- 798 Each and every human being
There's a unique characteristic
One may be pessimist with no outlook of hope
Poets imagine, ascetics renounce and so on
- 799 The world is full of variations
Rich, poor, pleasant, unpleasant and so on
Diversity has been created to make life interesting
If one overcomes all the emotions, that's the path to
spirituality
- 800 When thirst is quenched, hunger is satiated
Any more drink or food won't be required
Likewise for person fully satisfied /completely renounced
Everything is same as renounced as they're so
unattached

- 801 To progress in our life
 We need to look at the big picture
We need to slowly detach from the trivial materialistic aspects
 And focus ourselves towards the eternal spiritual
aspects
- 802 Once you are atop the hill
 You may not think about the steps you used to climb
the hill
Thus when you have made an effort towards the spiritual path
 There is no need to look back
- 803 What is the real spiritual path?
 It is nothing but kind and compassionate path
We share sorrow and happiness of others
 And always be considerate to others
- 804 Pleasant and unpleasant
 In this world, both are present
Neither pleasant nor unpleasant
 Should be a hindrance to our spiritual quest
- 805 Nature is prevalent everywhere
 That we call 'God' who is pure
As He dwells in everything
 Without discriminating
- 806 If we do help others in whatever way possible
 We need to be discrete and be humble
We should not boost and be arrogant
 But should be polite and pleasant
- 807 How do we merge with this universe
 When we spread happiness
God will help those beings
 Who help others without being selfish

- 808 It is a long and hard practice
To become completely spiritualistic
With constant Self Discipline
We can achieve this
- 809 A person who's attained Self Realisation
Is the one who's understood relationship between the
Supreme Power and His creation
That person has no fear
And no need to study any scripture
- 810 Mere rituals and regimented actions
Will not result in spiritual vision
Following the path of care and compassion
Will alone pave the path to liberation
- 811 Our actions outside and thoughts inside
Should always synchronise
It is but natural to encounter conflicts
But what we need is the act of balancing
- 812 There is nothing wrong in bringing out emotions
Crying and laughing at appropriate situations
However we need to have a strong mind
Unperturbed like wave striking a rock that stays rigid
- 813 When we decide to take spiritual path
We shouldn't regret later on
We need to leave arrogance and strive for values
That's the way for real spiritual practice
- 814 How can we lead a balanced life?
Perhaps we need to play the role of a judge in our life
Without any selfishness and without bias
The will lead to our happiness

- 815 Certain factors compel towards certain actions
 Certain other factors repel such actions
 For us to decide on an appropriate action
 Is like leading a horse in the right direction
- 816 To take care of our physical health
 We use certain medications to keep good health
 Similarly it is very important to take care of our mental health
 Scriptures /spiritual path provide us mental health
- 817 To know about the properties of a tree
 No need to uproot or deface the tree
 We need to provide water and nutrition
 It will grow and give us the satisfaction
- 818 Humans have evolved from stone age to a jet age
 This development is due to the experiences and
 lessons learnt on the way
 Similarly in the spiritual path
 We need to experience a lot
- 819 With the curiosity of learning the origin of a tree
 If it is cut and examined, we stop its growth and
 destroy
 So, instead of worrying why this world was created
 We need to concentrate I how to get liberated
- 820 If we relate our life to a business
 It has got three partners
 One is the individual, other is the world and the third is
 ‘unknown’ perhaps we can call it a fortune
 Irrespective of the efforts of the two partners,
 decision maker is the unknown fortune (the Supreme)

- 827 There are certain rules of the society
 That we need to follow diligently
Self respect, Self confidence and Humility
 All the qualities we need for spirituality
- 828 Anxiety and distress
 Are hurdles to our progress
Tranquillity and peace within us
 Are required for our happiness
- 829 If we compare our mind to a pond
 Several external pressures dirty the pond
In order to keep a clean mind
 We shouldn't be stirring the dirt within our mind
- 830 There is a reason for presence of dirt in this world
 Without which we may not know the value of
cleanliness in this world
So, we need to accept the fact
 of the existence of this contrast
- 831 There are varieties in the beings
 Harmless and Harmful ones
What we need is tolerance
 To this great variance
- 832 To lead a life that is stress free
 We need to allocate time for charity
Being compassionate and helping others
 Will bring us the satisfaction and happiness
- 833 We should never interfere with others' happiness
 By doing things that hurt them and bring them
sadness
If we are able we should try to put a smile on others
 If we can't ,better to keep quiet, which is harmless

- 834 No matter how we live our lives
Death is certain for every one of us
So, from us let there be good actions
Path way to our liberation
- 835 We need not fear death
And get unnecessarily worked up
Let us consider death as an opportunity
To lead us a better life in the coming lives
- 836 We feel creation is unknown
Meaning of our lives is unknown
The 'Self' within us is also unknown
Everything is hidden inside us, we just do not know
- 837 The search for the truth has been ongoing
But still the answer is lacking
Large Secret is hidden
To unveil it, where do we begin?
- 838 We do not know why we have born
We do not know when we'll be dead and gone
The purpose of our life?
Yes, it is a mystery
- 839 When the wind blows
Brings with it several dust particles
We do not know the properties of such particles
Likewise we have come to this world like puppets!
- 840 To grow our daily food of grains
So many others have put in their efforts
What is the connection between us?
This is what we call fortune /fate for us

- 841 One another's connection
Is like a chain reaction
We may call this act of nature
But there needs to be someone who 'owns' this
nature
- 842 Another example for connection
Is the cow that provides milk for our nutrition
We drink the milk but do we know the origin?
Here again Karma or fate can fit in
- 843 There are countless living cells around us
We cannot recognise them with our eyes
Through connections we reap benefits
Let's bow to this nature which is mysterious
- 844 We should not over power others
Everyone needs to live their own lives
Providing advice to others may be good
But that should be done only when asked
- 845 We need not completely take out someone's burden
We have our own lives filled with burden
We need to let others to put in their own effort
And let them live in their comfort
- 846 What will happen after our death?
Whether we will be a ghost or get reincarnated?
Instead of speculating what's going to happen
We need to enjoy what's available at present
- 847 If good seeds are sown
There is a guarantee good crops will be grown
Likewise if we lead a good life
Sure it will provide good results in our life

- 848 Energy, nature or God, however we perceive
is un-destructive and permanent
Rest of the movements, beings animate and inanimate objects
Are just temporary and not permanent
- 849 We need to have a focussed mind
And understand the philosophy of the world
We have been created to play some role
Let us accept and move forward
- 850 We have read/heard some mythological stories
Where God manifests into various beings
We need to accept that we are also His manifestation
And walk towards liberation
- 851 When we open our eyes and see externally
We look at the world and various activities
When we close our eyes and interrogate internally
We can perceive the Absolute and spirituality
- 852 As man evolves
He poses a lot of questions
He is curious to experiment to get results
This is the worldly interest
- 853 We are part of this world
And we need to stay good in this world
Nevertheless there are bad elements around
We cannot escape the effect of such unpleasantness
in this world
- 854 There are so many uncertainties
That may never be clarified for us
For e.g. are we able to change the world?
Being compassionate and kind

- 855 There cannot be 'one fits all' attitude
 As characteristics of humans are multitude
One man's trash is other man's treasure
 As necessities differ from one another
- 856 If we consider this world as His creation
 We need to understand that we are here to perform
certain actions
Rather than contemplating His intention
 It is beneficial to diligently perform our action
- 857 We are always on the move
 Searching for betterment than what we have
This search makes our lives interesting
 Lest it will be so boring
- 858 This search and our actions
 Are continuous for several births
We never know when our desires will be fulfilled
 Perhaps, that's when our birth cycle ends
- 859 Nature changes man from time to time
 Man also changed nature from time to time
Thus there is a strong relationship between man and nature
 May need to utilise resources from nature
- 860 To make use of nature's wonders
 Man brings forward many inventions
Thus there is a constant contact with nature
 Kept by man to fulfil his desire
- 861 When there is a new finding
 It cannot emanate from nothing
We can easily relate our modern fine arts and learning
 To our scriptures and ancient teachings

- 862 How do we get happiness?
Which is the prime goal of our existence
Happiness comes with contentment
Contentment is within our temperament
- 863 In order to get good outcomes
We need to put in lot of efforts
To achieve our set goal
Means should be normal and not ethical
- 864 In search of our happiness
We should not curb others' happiness
Hatred, enmity and harm
Should not come near us in any shape or form
- 865 We are subjected to physical and mental stress
When we're faced with difficult problems
But when we bounce back after the ordeal
We are so fresh like a rejuvenated seedling
- 866 Our body is a vehicle to our 'Self'
So, we need to take care of our physical health
Science/Technology has progressed so well
For mankind, it is so beneficial
- 867 We need to put in continuous efforts
And never give up for not obtaining immediate results
Our effort is doing our duty
Outcomes will appear eventually
- 868 We need not get dejected
If our capabilities are limited
Little drops make an ocean
So our little contribution will end up in great
satisfaction

- 869 Rome is not built in a day
We need patience and perseverance all the way
Try try try again
In the end what we get is all gain
- 870 We all know of different tastes
Sweet, sour, bitter, acrid, hot spicy and the like
Likewise our life come with different aspects
Happiness sadness, aggression, serenity are some
examples
- 871 A bird in hand is better than two in a bush
This saying is very true
Many a time in search of unreachable goals
We may lose our current achievements
- 872 It is not proper to kindle others' desire
By promising to give them what they do not have
If the promise is not delivered
The other person will totally be shocked
- 873 We need to think twice before trying to change something
We need to think if it is a feasible thing
By attempting without knowing the risks
We are in for troubles if not success
- 874 We need to be very realistic
In making our promises
We need to commit what we can afford
And not unrealistic and unachievable target
- 875 If we would like to instigate a big change
We need patience and perseverance in a big way
Rome was not built in a day
So, we need to do it slowly and steadily all the way

- 876 Even if there is an intent to change
 There may be so many hurdles
May be that resist change, nature, political and any external
barrier
 So, it takes time and effort the change we desire
- 877 Our ancestors are also to be appreciated
 For their efforts and logic they have left behind
So, when we try to initiate a change
 We need to preserve the relevant old message
- 878 One should not destroy the foundation to get things light
 Once damaged a building cannot stay upright
Haste will end up in waste
 So, before we attempt we need to thoroughly analyse
- 879 No one will disagree
 To the fact all human beings
have a certain amount of animal instinct
 Which is the reason behind chaos and conflict
- 880 Our plans and actions
 Should be consistent with the deviations
Our actions must also have good intention
 Lest it will end up in some destruction
- 881 What cannot be cured
 Must be endured
Thus we need to wait with patience
 For the right time and opportunity
- 882 Complete happiness is the world's happiness
 For this to happen we need to inculcate selflessness
Equality and co-existence
 That's life's essence

- 883 We need to understand the duality
Namely , our Self (Atma) and body
So, what do we need for the Self?
It is caring and sharing with others
- 884 Advancement of Science and technology
Has benefitted mankind immensely
If we need to spread this benefit to the entire world
We need to be open and broad minded
- 885 Discipline amongst people, sharing of wealth
Knowledge and peace, no fear or no stealth
Cooperation and basic courtesy
All these will make the world happy
- 886 Progress of the world is a continuum
Failure of one generation is a stepping stone for the
next generation
The progress can be seen forever
Like a Banyan tree keeps sprouting over and over
- 887 Our day to day happiness
Is a short term happiness
If we do seek permanent happiness
We need to look at our inner 'Self'
- 888 Pomp and glory we accomplish
May fulfil our materialistic wish
But fulfilment of our eternal wish
Through spirituality, we accomplish
- 889 We are in a way deluded
By what's around in this materialistic world
In fact this is finite and fractured
Infinity being spiritualism is the one which is well
strengthened

- 890 We all know the mythology
That spreads manifestation of the Almighty
The various forms and characteristics
Are for us to get an understanding of being
spiritualistic
- 891 Irrespective of one's qualities
Final place of abode is same for everybody
However we need to practice virtuousness
In order to live in this world with happiness
- 892 We need to understand the duality
In order to appreciate the presence of Almighty
He is within us and in all surroundings
Yes. He is all pervading
- 893 When we are sleeping
Many a time we are dreaming
When we are awake, we realise everything is false
But as far as our "Inner Self" there is no dream and
nothing false
- 894 To calculate our time and direction
We depend on the Sun
But in case there is no sun
We may not look for any direction and then realise
Almighty is the one
- 895 We deal in our day to day life
Names, numbers, assumptions, equalities and the like
We do designate parameters in our life
But no such thing applies to God as He is beyond
Space and time

- 896 Class, Creed, Nationality and the like
 Made by humans to differentiate
No such difference is applicable
 To the Self (Atma) which is Universal
- 897 It is only fair to say
 That no one can deny the Supreme or Super
energy(God)
When we are in this world that we are experiencing
 We cannot say it emerged from nothing
- 898 Animate and inanimate beings
 Different aspects of human beings
‘Temporary’ is the quality of such materialism
 ‘Permanent’ is the quality of spiritualism
- 899 We experience pain and pleasure
 Through our senses of our physique
While we enjoy the external happiness
 We need to remember and pursue towards internal
happiness(spirituality)
- 900 When we carry out our actions
 We need to do with diligence and dedication
Work carried with no selfish intention
 Is the path we take towards liberation
- 901 We should always have a notion
 That we are but a drop of water in the ocean
Ocean has a number of drops like us, i.e. our fellow beings
 So we need to get rid of our ego of “I” and include
other beings

- 902 When a fruit ripens
 It automatically falls
Thus when we grow and our minds ripen
 We need to seek spiritual attention
- 903 If we are seeking salvation/liberation(Moksha)
 There is no 'fast' route to our destination
Doing our duties virtuously
 Will liberate us automatically
- 904 Having come into this world which is materialistic
 We are bound to accept our responsibilities
We need to act keeping in mind what's beneficial and what's
harmful
 Thus we can lead a life which is peaceful
- 905 Our mind is restless and wavering
 Always in the mode of wandering
It's not very easy to discipline our mind
 We can, if we try hard
- 906 If we need to focus our attention
 To divine with sincere devotion
First we need purification
 of our mind that can come only with determination
- 907 Medication is bitter and hard to take in
 But it is necessary, lest we will stay ill
Similarly for our spiritual health
 We need to follow the correct path
- 908 To practice Selflessness
 We can look at examples
A mother will go hungry for the sake of her family
 Looking after others without being selfish is the way
to live really

- 909 Life is full of compromise
 Compromise makes our lives at ease
 When we receive favours from others
 Is it not our duty to give back to others?
- 910 One gains the 'real' respect
 Not because of wealth but because of one's worth
 Though born as a commoner, because of his own effort
 Abraham Lincoln became great leader/US President
- 911 So many morals we learn from various events
 One such event is war hero General Sydney's
 greatness
 Though water offered to him when he was ill
 He offered the water to his adjacent soldier who he
 said was 'deserving'
- 912 When we are young, we succumb to our various senses
 We indulge in search of materialistic pleasures
 However as we grow into adulthood
 We need to use our discretion to use the senses that
 will result only in good
- 913 If we hide in caves
 By running away from our responsibilities
 This is not the proper way to live in grace
 We need to contest all the challenges we are bound to
 face
- 914 If we consider this world as an ocean
 We are just waves in the ocean
 To be part of this world
 We need to mix and mingle and be integrated

- 915 When we help others and be charitable
We need to be discrete to the extent possible
Charity given because of publicity
Depicts no compassion but displays only superficiality
- 916 Whatever actions we perform
Need to be done with care and compassion
We need to accept all our responsibilities
No matter how many times we have been born
- 917 Laughter is the 'best medicine'
Haven't we all heard this saying?
To laugh and make others laugh
Is a great quality which is a boon from God
- 918 When we look at and experience world's wonders
We can appreciate the unique force behind this
Let us show our respect and gratitude
To the 'Great Almighty' who is behind such magnitude
- 919 Cycle of births and deaths
Is a mystery to us
Everything is impermanent
Except the 'Absolute' the only permanent
- 920 We are faced with various situations
Where we are overcome with emotions
We need to attempt to control our mind
It is tough, practice is required
- 921 As we grow old we need to work towards detachment
Thus our 'Self' seeks Supreme's attachment
When we are submerged in the divine ocean
We know nothing except liberation

- 922 Let us bow down to our family and friends
Let us acknowledge our great teachers
We have become aware that the world is hollow
The Supreme Power is the one we need to follow
- 923 We came alone into this world
We will also be leaving alone from this world
In a way we are like orphans
Who go in search of our parent(Brahman)
- 924 We need to be very humble
And understand what we are capable
Most of us are first like a shrub without scent
Making no difference if we were to be absent
- 925 A nomad travels from place to place
For nomad, there is no permanent place
Likewise we are nomads in this world
We stay here temporarily and move away from this
world
- 926 As we grow older
Our strength becomes lesser and lesser
We reach a point where we cannot work any more
That's the time we need to prepare for our departure
- 927 We will all come to a stage
Where mindset becomes that of a sage
Worldly pleasures will not affect any more
All we expect is a happy and peaceful adieu
- 928 It is believed wild elephant can foresee his/her death
So, the animal goes remote on its own
Likewise can humans know their time of departure
So that they can prepare?

- 929 When we are born
 We make loud noise
But when it is time for us to die
 Won't we all wish we just go to sleep and die?
- 930 Let us say our prayers
 And seek His blessings
For us to be never dependent
 And to enable us practice detachment
- 931 At the time of our death
 Let us leave in peace from this earth
By listening to good music and good words
 That are soothing and spread happiness
- 932 Melodious music is so pleasing
 That's what our Self(Atma) is expecting
If we submerge in that musicality
 We will be amidst serenity
- 933 We have to understand what's good and what's bad
 Distinguishing is no easy, but we need to persist
No matter how much we are morally right
 It won't help till we develop our insight
- 934 The world is like a big pantry
 Hundreds of thoughts and beliefs fill the pantry
We have our discretion
 To pick what we need and live accordingly
- 935 We choose our medicines
 According to our illness
Likewise we need to choose doctrines
 That are suitable to us

- 936 The author of the great work(DVG)
 Explains the rationale behind this work
 His philosophy, his own thinking and analysis
 Have come out in the form of his verses
- 937 Music is sweet to the ears
 Prosaic writing is simple to the readers
 However message in the form of verses
 May be a bit overwhelming to the readers
- 938 The author tells the readers
 He is not a poet nor a scientist
 He is just an ordinary human being
 Try to explain the subtlety of “Self” to fellow beings
- 939 The author acknowledges
 That there may be some ambiguities
 He has felt that his writing served appropriate for that time
 Any changes in the future, he doesn't deny
- 940 Further the author also admits
 Neither grammar nor other rules
 have been followed to write this text
 His intent was nothing but readers' benefit
- 941 The name of Manku Thimma
 appears repeatedly in this work of Dr Gundappa
 Author has chosen this simple name
 With the intent to reach everyone
- 942 What can we pray for?
 What can we ask for?
 God is great
 Nothing but kindness we seek

- 943 Instead of asking for materialistic pleasures
 through our prayers
Let us be happy with what's been given to us
 And make the best use within our means
- 944 Let us acknowledge the presence of God
 And let us strive for universal good
Let there be peace, let there be compassion
 Let there not be any violence or destruction
- 945 In this concluding verse
 The author has penned 'surrender' verse
Let us surrender to the glory of our inner Self (Jeevatma)
 And ultimately surrender to the all
pervading(Paramatma)
