

Truth - Teachings - Tools - Technology - Transformation

YOUR SPIRITUAL REVOLUTION COURSE - MODULE 1

**Life Transformation using
Practical Spiritual Science**

Amitt Parikh

Author of *Conversations with The Mysterious One*
Founder of Spiritual Science & Research Foundation
Executive Editor of Your Spiritual Revolution eMagazine

www.TheMysteriousOne.org

www.YourSpiritualRevolution.org

YSR Course is dedicated to

All Seekers of

The Ultimate Truth

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WEEK 1

KNOW YOUR SELF

Day 1

"If you can start exploring possibilities, you will surpass all known boundaries!" - *Amitt Parikh*

Introduction to YSR Course

Are you ready to leave your home, your job/business, your friends, family and opt for years of rigorous meditation in a cave on a mountain peak in search of the Ultimate Truth?

For most of us this choice is not quite practical in this century. I believe you are the spiritual seeker of 21st century living a fast, busy life and trying to figure out ways to balance your materialistic and spiritualistic goals.

In this 21st century with so much information bombarded from various media, it is difficult for us to filter out the useless stuff and find out what will work best for us. This course is my sincere effort to provide readers with effective teachings, exercises and tools as well as ability to develop their own filters that will aid them in their spiritual journey.

Apart from my own version of the discovered (remembered) truths, all other information/recommendations are based upon my personal experiences with various philosophies, products, technologies, services, courses, books and living masters. Take what resonates with you and put aside what you feel not comfortable with. Chew up the insights that you get from this course to bring out your own version of the Truth. Always strive for the higher truth...

Let us begin the journey of Your Spiritual Revolution...which will lead us all towards Our Spiritual Evolution!

Objectives of YSR Course

- Your Spiritual Revolution - speedy evolution
- Significant improvement in your physical health
- Significant improvement in your emotional health
- Significant improvement in your financial condition
- Significant improvement in your intelligence
- Significant improvement in your relationships
- Aligning thoughts & activities with your ultimate life goal
- Significant improvement in manifestation of dreams
- Love, peace, happiness and abundance in your life
- Development of will power, concentration, decision making, clarity of thoughts, self esteem, humility, forgiveness & compassion for all
- Development of Divine Ego
- Development of dormant psychic abilities - psychic feeling, psychic intuition, psychic hearing, psychic vision
- Significant improvement in dormant abilities like lucid dreaming, astral travel, aura viewing, time travel, remote viewing and healing
- Communication with your Higher Self
- Achieving thoughtless state of mind - witnessing ground of being
- Seeking, understanding and living the Truth

How to Use YSR Course - **Please Read First**

Most of the topics in this course have two components: **Concept** and **Practice**. The core concept is explained first in theory followed by practice to build up a strong base for your spiritual revolution.

Often we read a book, understand the concept, but do not act upon it. This does not help in transforming ourselves. Hence in topics where some action or your active participation is needed, it is mentioned as Practice below the Concept.

Take one concept per day. Devote that day to study and understand that concept. Digest it. You can use one/two days to do the given practice and/or answer the questions asked.

I urge you to consciously think (!) and do the given exercises if you want real transformation to happen within you. Your spiritual revolution requires your active participation and devoted efforts.

Comments / Counseling

You can contact me for questions, clarifications or comments as well as for guidance on your specific issues for one month period. For this it is necessary to register yourself by sending an email to amitt.parikh@gmail.com with 'YSR Module 1' as subject line.

Love,

Amitt Parikh

www.AmittParikh.com

Day 2 - 3

"Whoever doesn't know Self - doesn't know anything, but whoever knows Self - has already acquired the Knowledge about the Depth of the Universe." - *Gospel of Thomas*

Who am I?

Concept

Ask this question to yourself - Who am I? What answer do you get?

Your name?

Your physical body?

Your mind?

Your soul?

Your consciousness?

Think. Try to find answer within.

At first you may refer yourself by your name. Your name is just a reference to your physical body in current life. You may identify yourself with your body.

But are you sure that you are 'your physical body'? If you are your physical body, you will cease to exist after your death. Can you believe *you will not exist* after death?

Somewhere deep in your mind, you are sure about one thing; that you will continue to exist even after death. There is this feeling of continuance of life in all of us.

Let's try to find out the reality about your real 'Self'.

Think of a dying person. Think of the moment of his death. What is the difference between his living body and his dead body moments after death? There is no difference at all. Every organ and every atom of his body is same. Every doctor or scientist on earth will agree to this truth.

Now take a good look at your right hand. Who are you? Your right hand? Your index finger? The nail on the index finger? Do you feel your right hand is away from you? So then are you your

head? Who are you? Your eye? Your nose? Your brain? Which part of the brain, right or left? Exactly which cell in your brain is you? Who are you?? !!!

So you are not part of this temporary physical body or any of its atoms. Need more proof?

Take example of reincarnation. There are many cases of people giving exact details of their previous life like names, places visited, events etc. Or read any book of expert Hypnotists who using hypnosis take their clients to recall previous lives and its events (past life regression technique).

If you were physical body or made up of atoms, you cannot take your memory to the next life. Can you? So your existence must be independent of physical reality made up of atoms.

So *who am I?* You are able to raise this question because you are aware of yourself. You will agree that you are conscious of your existence. You have consciousness.

In fact all living organisms have consciousness. Animals, birds, insects or even bacteria; all have consciousness. The moment consciousness leaves their body they are 'dead' just like rocks and metal.

An interesting phenomenon can further provide us proof that living creatures have consciousness, which exists even after their death. We, humans develop vaccines to fight against bacteria. But even after death of generations of bacteria, they 'evolve' and become immune to that particular vaccine. That means even after their death, they carried over 'desire' to 'fight' against the vaccine and continue to 'learn and experiment' for generations to become immune to the vaccine.

Questions

1. Who controls every action of your body?
2. Does your mind follow your body or your body follows your mind?
3. How much time do you give for your real Self out of 24 hrs of a day?
4. Have you really *understood* who you are? Yes/No
If yes, can you spare 1 hour per day henceforth for your Self?

Day 4 - 5

"If you would be a real seeker after truth, it is necessary that at least once in your life you doubt, as far as possible, all things." - *Rene Descartes*

I AM

Concept

So many gods, so many religions, so many scriptures, so many dogmas, so many philosophies, so many beliefs, so many opinions, so many researches, so many theories, so many masters, so many courses, so many books, so many paths, so many definitions, so many languages, so many versions, so many translations, so many prophecies, so many suggestions, so many choices, so many thoughts, so many truths!

In this fast paced information age, we are bombarded with information from all directions. Search for any topic on internet, and we can very well understand this frustrating truth about Truth of any information.

Take for example, enlightenment. What is enlightenment? How to attain it? Why to attain it? Is it in mind? Does it also involve changes in physical body? How to find who is really enlightened? Why do we seek enlightenment? How does enlightened humans behave?

We search for answers in all types of media, in spiritual books, in scientific and technical books, courses, seminars and workshops, quick-fix CDs and gadgets, various enlightened masters... and at last we are thoroughly confused. After all whom will you believe? How are we personally going to validate each and every statement or test all products or check the real source of the information? What if enlightenment is just a myth? What if it is not a myth at all and most important aspect of our life? What if there is no life after death? What if we already have lived in ignorance for thousands of lives and there indeed is life after death? How do we judge others? How do we authenticate their claims? Whom to trust?

So at the end, there is only one person and one place left - our self!

Who else can we trust more than ourself? Who else can know us more than ourself? Who else can guide us better than ourself?

Again this piece of information is from outside of you.. So can only point you to the real One who cares for you 24x7.. Who loves you more than anyone else... who knows you inside-out... you.. Yourself..

I will guide you to yourself... how my frustrating efforts to find the truths outside.. Ultimately led me to myself.. And there I found the real source of Wisdom..

Forget all that the religions told you. Have you ever met the original writer of the scriptures? Can you be sure that the scriptures are not tempered with or edited or 'lost in translation' after so many years? Has the 'god(s)' mentioned in those scriptures, solved all problems of humanity or guided all to ultimate blissful state? If not, does not that mean that scriptures just point a way of life, for ultimately our salvation or enlightenment or development or happiness or peace lies in our hands?

Forget all the information so many 'best-selling' books tell you. Forget all that you learnt in school and college. Forget all those 'quotes' you heard from great masters. Forget all that the new age people tell you about reality. Forget all that you learnt in transformative workshops. Forget...forget all of it... and doubt everything again... and restart learning from scratch... believing only what you understand.. as beyond doubt..

Have you validated all that information that is there in your mind.. yourself? Have you seen the structure of hydrogen atom yourself? Have you tested all the effects of the medicine that has been prescribed by your doctor yourself? Have you tried to figure out how the money is 'created' in the first place in our current

monetary system? Have you checked the contents of the mind of the person whose spiritual book you loved so much? Are you sure your most loved-ones really love you and not their own image in your mind? Are you sure, the ones in power are making all right decisions on your behalf for your highest good? Are you sure beyond any doubt about the prophecy of the 'psychic' you met the other day?

In our dreams, we are so sure about its reality. We act as if it is really happening.. with buildings, people, things outside... solid... that we can see.. touch..smell.. time is real.. space is real.. we are real.. everything around us is real.. but then morning alarm rings.. and all that was real.. vanishes into nothingness.. all that remains is the memory of those 'projected events' in our minds.. with a clear knowing that 'it was just a dream'... Can there be a possibility that this 'reality' too is 'just a dream'? !!!

So this leads us to doubt everything around us.. what if our body is also not real.. like in dream we were taking so much care for it.. but it turned out to be a projection of our mind! So we doubt this body too!

Practice

Start doubting everything for next few minutes.

Doubt everything, every object out there.

Doubt every concept.

Doubt all that you have learned till date.

Doubt all the firm beliefs in your mind.

Doubt this exercise too.. doubt your existence too.. doubt..

After thinking deeply, what remains beyond doubt?

Do you doubt you do not exist?

Even a faint doubt that you are not?

I AM...

Can you doubt this? is there other way possibility.. like.. I am not?

If 'I am not'.. then there is no question of doubt.. because there will not be anyone to doubt! But then if I doubt.. how can 'I am not' be possible at all?

I am! **I AM!**

That's the **absolute truth** which is beyond any doubt!!!

Day 6

"No one exactly like you has ever lived or will ever live in the entire Universe – you are so special to the Universe!" - *Amitt Parikh*

You are a Miracle!

Concept

Some of us have low self-esteem doubting our position in this huge universe. Do we matter to the universe? Let me share some points about why I feel we all are very special to the universe.

- Your finger print is *unique*
- Your eyes are *unique*
- Your face is *unique*
- Your voice is *unique*
- Your thought at this moment is *unique*
- Your handwriting is *unique*
- Your breathing is *unique*
- Your body smell is *unique*
- Your DNA is *unique*
- Your personality is *unique*
- Your qualities are *unique*
- Your talents are *unique*
- Your dreams are *unique*
- Your understanding is *unique*
- Your likings are *unique*
- Your experiences are *unique*
- Your expressions are *unique*
- Your entire life is *unique*

No one exactly like you has ever lived or will ever live in the entire Universe – You are So Special to the universe!

So no matter who you are, what you are or where you are; you are very special to the universe. Feel this greatness for yourself. Learn

to love yourself first, before trying to love others. Remember, you can only give what you have!

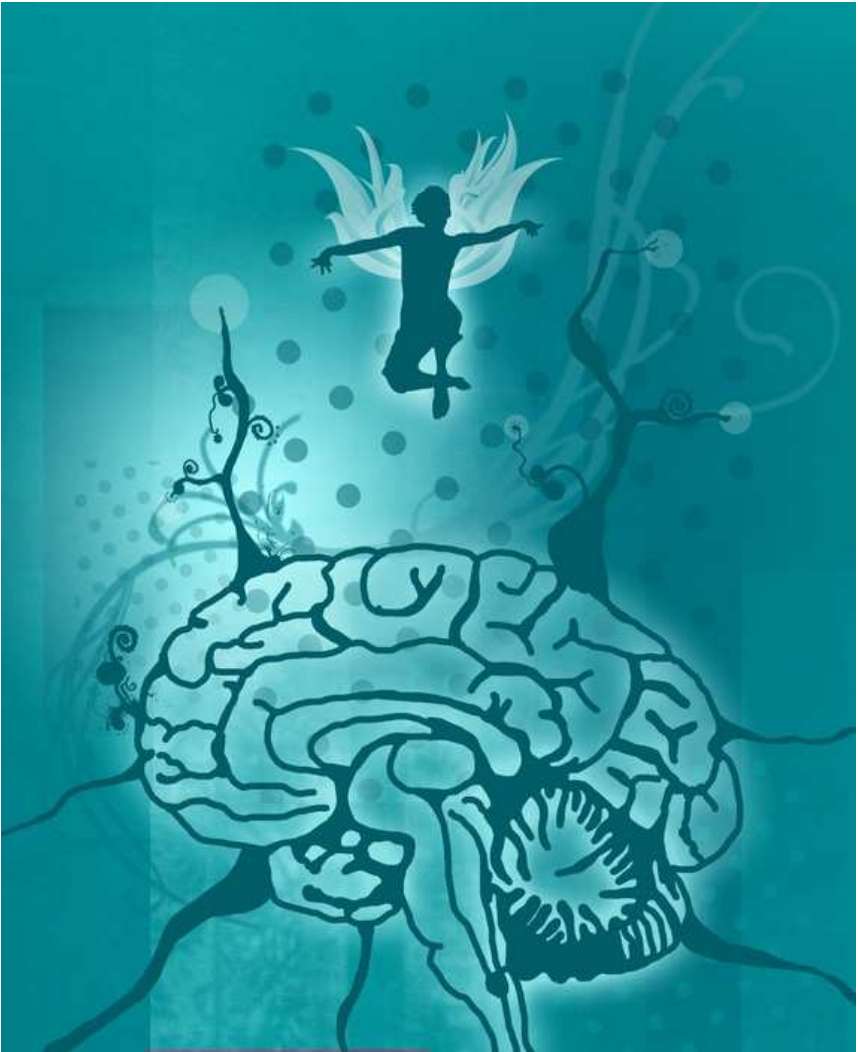
Practice

Today have a good look at people around you. Look at their faces, their personality, their voice, their eyes, their smile, their emotions, their different reactions to the same stimuli, their talents, their likings, their handwriting etc. As you become really aware of diversity around you, you can not help but wonder about the uniqueness of everyone around you.

When you really appreciate this uniqueness from your heart, you can not stop the feeling of deep gratitude towards Life.

Questions

1. Although each person is unique, still what are the common characteristics of all humans?
2. Although each animal is unique, still what are the common characteristics of all animals?
3. Although each life form is unique, still what are the common characteristics of all life forms?



WEEK 2

YOUR DESIRES & DREAMS

Day 1-2

"Don't run after every desire, they will take you nowhere..." - *Amitt Parikh*

Analyzing Your Desires

Practice

Some questions that can help you list down your desires/dreams. Do not think what is GOOD or what is BAD. Write down your desires/dreams as they come to you.

- What would you like to become?
- What would you like to buy?
- Where would you like to go?
- Whom would you like to meet?
- What would you like to do?
- What would you like to change?
- What would you like to gain?
- What would you like to make?
- What would you like to show?
- What would you like to eat?
- What would you like to wear?
- What would you like to get rid of?
- What would you like to construct?
- What would you like to gift?
- What would you like to learn?

List your deepest desires/dreams here:

Now take a look at your desires/dreams listed earlier and answer following questions:

Why do you want to become what you desire to become?

Why do you want to buy what you desire to buy?

Why do you want to go where you desire to go?

Why do you want to meet ones you desire to meet?

Why do you want to do what you desire to do?

Why do you want to change what you desire to change?

Why do you want to gain what you desire to gain?

Why do you want to make what you desire to make?

Why do you want to show what you desire to show?

Why do you want to eat what you desire to eat?

Why do you want to wear what you desire to wear?

Why do you want to get rid off what you desire to get rid of?

Why do you want to construct what you desire to construct?

Why do you want to gift what you desire to gift?

Why do you want to learn what you desire to learn?

Are your answers related to Non-Material things? !!!

Do your answers include some of following?

- Happiness / Pleasure / Joy
- Power / Sense of Achievement
- Satisfaction / Contentment
- Knowledge
- Love
- Appreciation
- Peace

So all these years whatever **material things** you desire are actually **non-material desires** inside?

But can material things really satisfy your non-material desires?
How long?

It will take just a few days for you to change your life-style, your beliefs and your perception to attain all these non-material desires in abundance followed by the material things!

So actually the way is other way around!

The truth is:

Till the moment you WANT something, you will not GET it.

The moment you say you HAVE it, you will GET MORE & MORE!!

To become happy, you must be HAPPY!

Experiment it right now.

Try to remember a happy experience. Try to feel the emotion of happiness. And you are happy!

As simple as that! And let me remind you, it costs nothing!

Day 3-4

"Once I woke up from a beautiful dream at midnight and realized 'I am All That Is' in the dream - the Creator as well as the Observer." - *Amitt Parikh*

Mystery of Dreams

Concept

30% of our life time is spent in sleeping. Around 10% of our sleeping time is spent in dreaming. Why not make the best out of this limited time for our spiritual growth?

Dreams offer us the chance to be in touch with our inner master. Dreams offer guidance, they act as mirror showing us our real self, they offer opportunity to overcome our fears and weaknesses, they have the power to heal physical body, they sometimes warn us of upcoming danger and they clearly show us the higher truths when deeply analyzed.

However due to our current education system and life style we all have forgotten to use dreams for our development. In fact some people do not believe that they dream! Yet, truth is that every one dreams. Yes, you dream, every night!

Like other abilities, you need to develop your ability to recall dreams so as to be able to use them for you spiritual development.

There is an aspect of your lower ego which blocks out all dream experiences. You will need efforts to recall and write down your dreams.

As you progress, you will also develop ability to become aware of dreaming within the dreams and use this 'lucid dreaming' to control your dreams. More serious seekers will develop ability for astral travel as well.

Practice

Before sleeping make a strong intent that ‘I remain conscious in sleep, during dreams and recall all dreams in details.’ While going to bed, keep a pen and a dream diary ready near your bed.

As soon as you get up from bed, look at your open palms for couple of minutes. This is an ancient practice which helps a lot in recalling dreams. This is beautifully said in following mantra:

*Karagre Vasate Laxmi : karmadhye Saraswati |
Karmule tu Govind : Prabhate kardarshanam ||*

Then immediately write down your dreams as you recall them. At least first write down the keywords that you recall from the dream content. Most vivid or weird dreams are easier to recall. Mostly you will recall last dreams first.

If you do not recall dreams initially, do not get discouraged. Everyone dreams for sure. You just need to learn to recall.

If nothing is coming up in mind, think or see trigger words like your relatives, friends, tree, water, animals, fire, train, bus, car, food, boat, swimming, flying, eyes, road, your apartment, movie, journey, class, school, college, workplace etc. After some days you will start writing detail accounts of dreams.

Day 5-7

A dream which is not interpreted is like a letter which is not read." - *The Talmud*

Analyzing Dreams

Concept

Every night we go to sleep and witness many dreams. It's a routine, what's new?

I have been conscious of my dreams since many years and wondered their complex stories and how they would perfectly reflect my state of beliefs, desires, fears, aspirations working as a perfect mirror of my waking consciousness.

Lately I began to see them more closely and many a times, became conscious of 'dreaming' inside the dreams and altered the output of the dream or course of the dream. Sometimes, I 'rewind' and experience the altered sequence.

Once I got up from a very complex dream and woke up. I was amazed at a sudden thought of my mind working as a projector, projecting such a complex script as a dream sequence involving so many characters, huge landscapes, twists and turns of a story and weaving everything together as one coherent dream sequence without any 'editing' or 'revisions' needed!. I appreciated the higher self within me for its intelligence.

One day I was hearing a recording of Dr. Deepak Chopra who viewed this whole thing with little different perception and immediately it struck me. I used to think of my mind projecting this story, but I did not see my mind as 'me'. So now you have you yourself, in your dream as not only the character which is 'you' in the dream but all other characters, the plot, the locations everything.

So if you are witnessing a dream of you playing volleyball on a beach with your friends, then essentially you are the 'you' who is playing along with 'yourself' as your friends, you as the sea, you

as the sand of the beach, you as the net, you as the ball as well you are the sounds you hear, you are the sunlight you see, you are ALL THAT IS in that dream including the OBSERVER observing and experiencing that dream!

The REALITY as we know is no different than a DREAM, only its a waking state dream. You are your physical body, you are your mind, you are the PC on which you are reading this, you are the article, you are the reader and you are the writer and you are the one who is observing and understanding this and saying 'hmmmm!'

Well it seems 'dreams' do tell us a lot about 'reality' if we analyze them more deeply.

Practice

Record your dreams every morning till end of this course. After writing them read them with open mind - try to find insights. Underline important keywords in your dream diary for future reference. After every week, have a quick look at your past dreams.

- Are there any repetitive dreams?
- Do you have nightmares?
- Are your dreams about your fears?
- Are your dreams about your failures?
- Are your dreams about your confidence?
- Do you become aware within dreams?
- Are your dreams prophetic?
- Are you chased by unknown people?
- Do you dream about unfulfilled desires?
- Do you dream in color?

- Do you think within your dream?
- Do you see yourself in the dream?
- Where do you dream - you see a huge landscape with buildings on it.. where is this huge space?
- Are the characters in your dream real?
- Do these characters actually come to you in dream?
- Who writes the script of your dreams?
- In your dreams you see, hear and feel like in waking state. Which sense organs do you use for this?
- While asleep, your body is paralyzed - yet when you walk in dream, you really feel like walking - how is it possible?
- When a dream begins, there is no past for that character - like you find yourself in school - but did you actually took birth and went through all years as in real life before reaching the school in dream? If not, what made you believe that situation to be a reality?
- Do you dream only at night or during waking state too?
- Can it be that the waking state reality might also be a dream from the point of view of a Higher Self like dreams are an illusion to us who are higher self of our own 'lower self' in the dreams?



WEEK 3

TIME & MONEY FOR SELF

Day 1

"How can you love others unconditionally, when you can't truly love yourself completely?" - *Amitt Parikh*

Love Your Self First

Concept

Can you give someone something that you do not have? YES / No

Can you give someone money if you yourself are poor? YES / No

Can you love someone if you lack love within? YES / No

Scriptures tell you:

Love Your Neighbor

Love Your Enemy

But before following them: **Love Your Self First!**

If you truly love yourself and are aware of the reality That Is, you will naturally love All That Is.

Practice:

Today as you look at yourself in mirror admire your body, admire your beauty, admire your intelligence, admire your uniqueness, admire your virtues.. fall in love with your self. Thank God for this life, for this moment.. Thank your parents for bringing you into this world.. Thank mother Earth for nourishing you.. Sit with yourself in silence for fifteen minutes.

Feel the love within.. for yourself... note how it feels..

As the love outpours, send love to all around you.. and note how you feel.. That's the magic of love!

Day 2

"The butterfly counts not months but moments, and has time enough." - *Rabindranath Tagore*

Time for Self

Concept

Your lower ego loves to live either in past or in future but never in present moment! Thus you spend your entire life in either past or future and always talking about not having enough time for things like spirituality!

The same ego lets you enjoy movies, fiction books, gossips and other activities to kill time. But the moment you try to get into serious development of self - especially which can show you Truth - your ego objects - will give you thousands of reasons why you should not be doing that activity. Sit for meditation and it will rebel. Sit in front of TV and it will be happy - allowing you to sit there for hours without any complain!

Similarly your ego tells you how important it is to work hard - to earn money - to secure your future. It ensure that you remain in constant fear of future - which is never going to arrive - as it keeps pushing this 'future' to future!

It tells you how important it is to maintain relationships with family, friends, colleagues, neighbors, associates and so on. But it does not allow you to even open a dialogue with your real 'self'! It does not want you to have any relationship with 'Self' - ensuring you believe lower ego to be the real 'you'!

So you have to manage your time between so many people and tasks and yet no time for your real 'Self'!!

Even you might be finding it difficult to spend time for this course... for your ego knows what it is all about!

Choice is yours. Either to remain slave of your ego and dance to its tune - remaining insane.. or open your eyes and really look around - trying hard to reclaim your sanity!

From your previous lesson about 'Who am I?', you must have realized your true Self.

Practice:

1. When you know that all you are doing right now is for your body - which is definitely moving towards its death... why can't you spare time for your real Self? Think over this again and again.

2. If this is your moment of death.. !!

What will be your thoughts?

What will you miss?

What will you be happy about?

What will you repent?

What will you recall?

What will you be proud of?

What will you cry for?

What will you carry with you?

Day 3

"God created everything in abundance, man invented economics of scarcity!" - Amitt Parikh

Spirituality and Wealth

Concept

We all have a wrong belief implanted in our minds since childhood. All spiritual people are those who have left this material world, live as a hermit and have no inclination towards money, pleasure or sex. This is a myth.

Abundance & Scarcity

The size of the universe is unimaginable. There are billions of stars in our galaxy and there are many such galaxies. Earth itself is so vast with so much open land, so many trees, so many flowers, so many animals and so much water in the sea!

Wherever you see you will see that abundance is the nature of God. God did not calculate how much area will be needed for inhabitation of 6 billion people or how many plants and how much water will be needed for them to survive. The life is full of abundance. Earth is filled with so much gold, diamond, pearls, oil and other costly material that it is impossible to calculate networth of Earth!

The scarcity is in our mind. If you analyze, there is more than enough of food, water, space, air and everything for all humans. It is our system which has created poverty out of this abundance.

Practice

Exercise 1:

Who is the most evolved spiritual entity in the entire universe?

Who is the wealthiest entity in the entire universe?

Isn't **God** the highest level of spirituality as well as materialism? After all who is the owner of all the jewels, all precious metals, all the oil (!), all the lands and seas, all planets and stars? God is everything yet nothing. The perfect balance. The highest form of non-attachment. Can we learn from this simple example?

So next time you look at a person, a course, a book, a CD or a workshop... do not have prejudice by confusing the money part and the spiritual part. There are other more useful and effective filters to find out if they are suitable to you or not. But do not carry this prejudice.

Exercise 2:

At this moment, are the following statements true or false for you?

- An honest person can not make money in this world.
- Everybody can not become rich so I can't become rich.
- I must work for money. Money can't work for me.
- Money earning is possible only through hard work.
- It's better to have peace of mind than money.
- If money comes without struggle, it won't last long.
- Money buys bed, not sleep.
- More money, more problems.
- Money and spirituality don't go hand in hand.
- Rich people don't have good family life.
- An honest person can not become rich.
- Rich people can't live spiritual life with higher values.
- Rich people are selfish. They don't care for others.
- Money is the root cause of every evil.
- I associate with poor, meek and weak.
- I have lots of fear about being rich and prosperous.
- I become highly emotional in money matters.
- I can't enjoy spending money willingly and joyfully.

Exercise 3:

Think over and answer following questions:

1. All materialistic people are spiritual in nature. YES / NO
2. All spiritual people are materialistic in nature. YES / NO
3. Spiritual people are those who never ask for money. YES / NO
4. Businessmen are never spiritual people. YES / NO
5. Rich people are materialistic only. YES / NO
6. Real Life is fusion of spirituality and materialism where your work for survival becomes work of God and your meditation becomes your work for livelihood. YES / NO
7. If everyone on the Earth become spiritual and stop doing any work (living as a hermit) think of what will be the scenario on Earth. Can this be the purpose of universe? YES / NO
8. Think if you start doing all good activities free of cost, how many can you benefit?
9. What if everyone on this planet become balanced in material and spiritual way of life, think of what will be the scenario on planet Earth.

Day 4

"Money is the root cause of all problems...
Yet, if understood well, money itself CAN become
the most practical solution to all the problems... "

-Amitt Parikh

Understanding Money

For in-depth analysis of Money - about current speculative monetary system - about how money impacts each facet of our day-to-day life - and how you can use money to acquire more knowledge, happiness and love - read 'Understanding Money' ebook. Click on the image below to download the free ebook.

Understanding



MONEY

**"Money...
More precious than Life!
More powerful than Love!
More essential than Knowledge!
More dangerous than Nuclear Bomb!!"**

Amit Parikh

Day 5

The stages of the Noble Path are: Right View, Right Thought, Right Speech, Right Behavior, Right Livelihood, Right Effort, Right Mindfulness and Right Concentration " - *Buddha*

Concentration

Concept

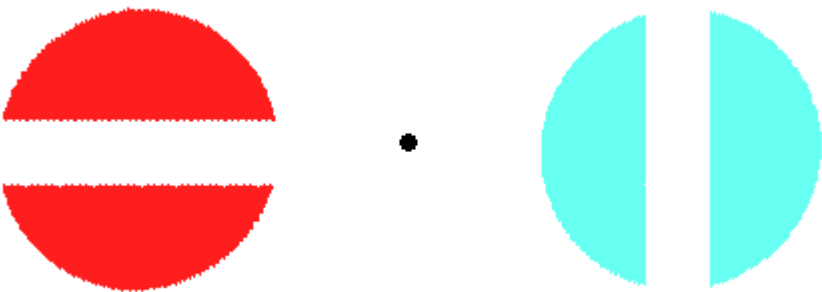
Concentration followed by meditation offers you the most practical solution for speedy spiritual development. Concentration is focusing your attention on one single thing whereas meditation is remaining a witness in a no-thought zone - detached from every thing - including thoughts.

Practice

Following exercises and content related to this chapter on concentration are taken from Dr. Tom Chalko's website www.thiaoouba.com and his famous book 'The Freedom of Choice' available from www.thefreedomofchoice.com. I am very grateful to Dr. Chalko for his thought provoking book as well as such powerful exercises.

Concentration exercise 1

Place the picture about 1.5 m in front of you. Look exactly at the black spot for 30 seconds or so and observe colored dots with your peripheral vision. Resist temptation to look anywhere else but the black spot.

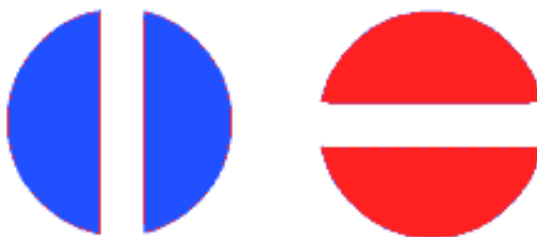


Note that colored areas seem to be surrounded by the “Aura” of a different color. When peripheral sensors are stimulated for some time, we have color sensations, much different than when we use the central vision. The longer you concentrate, the brighter is the “Aura” around colored areas, because your sensitivity increases. Concentration at ONE spot for long enough is the key. This exercise also demonstrates the principle of how to look to see human Auras by making you aware of certain specific capabilities of your eyesight and your perception.

Concentration exercise 2

This exercise aims to stimulate the communication between both hemispheres of the brain, thereby increasing the "processing power" needed to see Auras. Place the picture about 1 meter in front of you. Stretch your hand forward so that one of your fingers is between and underneath circles.

Change focus on the tip of your finger and overlook the circles. You should see 4 circles. Then aim to overlap the middle two to see ONE CIRCLE WITH A WHITE CROSS on top of your finger, in the middle between the two. Seeing the cross is the evidence, that the left hemisphere of the brain is communicating with the right hemisphere.



This exercise turns out to be extremely beneficial: 5 minutes of it seems to double the size of the electro-photonic aura as recorded by bioelectrography.

The cross will initially float and seem unstable. Experiment with the distance from your finger to your eyes to achieve a perfect

cross. You gain a significant benefit after 3-5 minutes of maintaining a perfectly balanced cross, preferably without blinking, but a magic duration seems to be 45 minutes of concentration at the time, which is said to make a REAL difference to your mental and auric abilities.

In my experience it is best to start with a minute or two and gradually increase the time every week. Short and intensive concentration seems to be better than a longer one, interrupted by the lack of skill.

Gradually, with practice you should be able to achieve and maintain the cross without the finger. While maintaining the cross try to become aware of the other 2 circles as well as everything around using your peripheral vision. You should see Auric colors around the colored circles above with your peripheral vision. When you can analyze surroundings using your peripheral vision, without losing the cross (and the concentration), you are ready to see and read auras.

Advanced levels of concentration:

One diameter in the cross seems usually "in front" of the other. This means, that one of your brain hemispheres seems to dominate the other. Males usually see the horizontal diameter above (left hemisphere dominates) females usually see the vertical diameter above (right hemisphere dominates).

Try to get the "hidden" diameter in front as much as possible, by concentrating, on demand. The final level of concentration is to achieve and maintain a perfectly balanced cross with all four arms of similar intensity, thereby achieving a perfect balance both hemispheres. Many people experience amazing effects here. Firstly, concentration gets much deeper. Secondly, after 2-3 minutes you seem like losing sight, with bright background becoming dark purple or pink. Your sensitivity and awareness greatly increase.

Day 6-7

"Meditation is the dissolution of thoughts in Eternal awareness or Pure consciousness without objectification, knowing without thinking, merging finitude in infinity." - *Swami Shivananda*

Meditation

Concept

What is meditation?

Meditation is a thoughtless state of mind - where we witness the ground of 'being' - the unmanifested source of everything. Meditation is going deep within ourself to seek out our true Self. Concentration followed by meditation works much better. Meditation can be done anywhere, anytime by just being 'aware'.

Benefits of Meditation

Meditation rejuvenates you completely at all levels – physical – by making your body disease free; mental – by removing all stress; spiritually – by taking you to another level of consciousness. Meditation will bring you answers to all your questions and help you become enlightened.

Maharshi Mahesh Yogi's Transcendental Meditation and TM Siddhi programs are practiced across the world. More than 600 scientific studies conducted at 200 independent universities across 35 countries and published in over 100 leading scientific journals have documented various positive benefits of meditation on physical and mental health of meditators. Some of the benefits verified are:

- Reduction in stress levels
- Normalization of blood pressure
- Restful alertness (increased alpha waves in EEG)
- Increased orderliness of brain functioning
- Decreased risk of cardiovascular diseases
- Improved general health
- Increased life expectancy
- Increase in IQ, creativity and comprehension

- Emotional maturity
- Improvement in memory
- Reversal of aging process
- Expansion of consciousness
- Self-actualization.

Why so many types of meditation techniques?

As each one of us is different, what technique suits me, may not suit you. Hence our ancient masters gave us many techniques of meditation to suit people of different temperament. Learn about meditation techniques from various sources and practice what you find best suited to you.

Some types of meditation techniques:

- Meditation using a *Mantra*
- Meditation by becoming aware of Breathing
- Chakra Meditation
- Meditation on Third Eye
- Meditation on Inner Sound
- Mindful Meditation – Being an Awake Observer

How to Meditate?

Close your eyes, focus your attention on breath – observe yourself taking breath in and then breathing out. Just be with the breath without trying to control it. If you lose focus do not repent. Just be with the breath again. If any thoughts come, let them come and go. Do not focus on them, else they will receive the energy and start a whole story to engage you. If you think still thoughts come, try reciting a mantra silently. Mantra is any word – making no sense. Just observe the breath – it will soon become very slow and deep.

This is the easiest and very effective form of meditation. You can give it whatever name you wish to give. Start with a few minutes of meditation. Do it regularly preferably at same time and at same place for maximum benefits. However, you can do it anywhere, anytime, for any duration depending upon your individual circumstances. But do take it seriously. Meditation is the best tool for your spiritual development.

Even when you are moving at great speed, you can sense something which is totally at rest within. During meditation, you might experience this duality of a silent potential force and a fast moving energy – stillness and movement existing at the same time. You can also experience it as a deep silence within in the midst of noise. Just be with this silence. Just be with this stillness. Just be with your true self. That is meditation.

Whatever be the form of meditation, the essence is 'being an observer'. Initially you may not really get what is being an 'observer'. But soon with some practice, you will find a 'witness' within you witnessing all your actions, words, emotions and thoughts. Extend that state of 'being a witness' and you will be in a timeless zone.

Practice

Meditate using any type of meditation. If you have never meditated, experiment **now!**

Start with one minute meditation. Everyone has at least a minute to spare. Take a clock having a second hand and look at it. Observe it for one full minute without blinking your eye and without thinking about anything. Slowly increase that duration to 2, 3, 4 or 5 observing your breath as days pass. This should be quite easier than trying to do a meditation for half an hour without any previous successful attempts.

When you feel that you have fallen in love with meditational experiences, increase the time to whatever you feel comfortable with.

Meditation charges you with a lot of pranic energy necessary for your overall spiritual development.

Meditation is the key to DNA activation, kundalini activation, spiritual ascension, activating sixth sense and enlightenment.

Make a commitment to meditate as much as possible. Remember, initially you may not be able to meet your commitment of daily meditations. Do not regret. Do not curse yourself. They can have a negative effect and sometimes can take you away from spiritual path. Continue meditation whenever you feel like doing it. However, slowly go on increasing the time and frequency if you really wish to rise above and meet your true potential self.



WEEK 4

QUESTIONS & PROGRESS

Day 1-3

"Questions are what separate us from other animals.. " - *Amitt Parikh*

101 PROBING QUESTIONS

For Your Intelligent Mind

Note: You can select the most appropriate answer from list of given answers. It will be very beneficial to you if you think deeply and try to write down very short explanation for your choice of answer for each question.

1. Ask following question to yourself: 'Who am I'?

- Physical Body Mind Soul Consciousness
 Multidimensional Being

2. What is the number of God(s) existing in the universe:

- 1 10 Millions 2 0

3. Is the creation of universe by chance or by design?

- By Chance By Design

4. Why do we worship God?

- Because we love & adore him Because we fear that if he/she gets angry, he/she can give us troubles So that he/she gets pleased and grants our wishes Because everyone else worships him/her

5. If a football player along with powerful fearful emotions visualizes himself failing to make goals while playing football in his imagination for many days, in reality during actual game also his performance will be affected badly.

- Agree Disagree Partly Agree

6. Aura is:

- A famous commercial brand name Electromagnetic multicolored rays radiating from any living/non-living entity Name of a disease
 Lights seen in northern hemisphere of Earth

7. Our memory of all the experiences of our life is stored in our brain and so we carry them to next life.

- Agree Disagree Partly Agree

8. You create your own reality every moment through your own thoughts, words and actions.

- Agree Disagree Partly Agree

9. Money is the only root cause of all evil.

Agree Disagree Partly Agree

10. God, the ultimate source of unconditional love, can ask you to kill innocent animals or human beings, created by himself, as a sacrifice to please him.

Agree Disagree Partly Agree

11. Those who have more money are always happy people.

Agree Disagree Partly Agree

12. Whatever we can believe and perceive, we can achieve.

Agree Disagree Partly Agree

13. Emotions and our thoughts affect our physical health to a greater extent.

Agree Disagree Partly Agree

14. You will allow or will take part in killing innocent people of other country for progress of your own nation because you are loyal to your country.

Agree Disagree Partly Agree

15. Religions are based on false interpretations and translations of spoken words of great souls and are used for instilling fear in human psyche so that few people can make the masses dance to their tune in the name of God.

Agree Disagree Partly Agree

16. All religions essentially teach giving unconditional love to all.

Agree Disagree Partly Agree

17. True love is:

What two lovers have for each other What God has for us What a patriot has for his/her country

18. Only gifted psychics can see aura around all objects including human being.

Agree Disagree Partly Agree

19. Every night each of us leave our physical body and travel in astral world.

Agree Disagree Partly Agree

20. Meditation means closing eyes and chanting a secret mantra.

Agree Disagree Partly Agree

21. The stories of ships, planes and people getting sucked into parallel universe in Bermuda triangle area are all false and are imaginations of some people.

Agree Disagree Partly Agree

22. The stories of UFOs visiting Earth are all fantasies of some people.

Agree Disagree Partly Agree

23. Regular proper intake of Vitamin C and other micro-nutrients itself can treat many of the deadly diseases by helping body's natural capacity to heal and defend itself.

Agree Disagree Partly Agree

24. For any revolution to happen, one person's efforts can not do anything significant.

Agree Disagree Partly Agree

25. Anger, stress and depression causes observable bad effects on our body like headache, blood pressure, insomnia and lower immunity to diseases.

Agree Disagree Partly Agree

26. Watching television for 3 hours everyday is good habit as we will be spending just 75,000+ hours from our expected life of around 70 years which is more than 100 months.

Agree Disagree

27. Our ultimate aim of taking birth on planet Earth and living this life is to make lot of money, get lot of fame and power, so that we can take them along with us when we die.

Agree Disagree Partly Agree

28. Pain, hatred, poverty, war and failures exist in this world for us to learn and see the contrast and choose the opposite.

Agree Disagree Partly Agree

29. No one can predict our definite future, as we have the freedom of choice to create our own future.

Agree Disagree Partly Agree

30. Even the most intelligent people on Earth hardly use 5-10% of their brain.

Agree Disagree Partly Agree

31. Our brain has capacity to store entire contents of the world's largest library.

Agree Disagree Partly Agree

32. 'God is Everywhere' means All That Is is God.

Agree Disagree Partly Agree

33. The old statues and paintings of Gods and Goddesses are just a language of symbols trying to convey a truth using a form of art.

Agree Disagree Partly Agree

34. We have several other bodies apart from the visible physical body.

Agree Disagree Partly Agree

35. We are alive only because of air, water and food that we take.

Agree Disagree Partly Agree

36. Prana or Chi or the subtle energy or the zero-point energy exists throughout the universe.

Agree Disagree Partly Agree

37. It is easy to kill someone; it takes a lot of courage to save someone at the cost of our life.

Agree Disagree Partly Agree

38. As a universal law, the more you give, the more you will receive.

Agree Disagree Partly Agree

39. We all have chosen our lives, the circumstances, our parents, challenges and we are completely responsible for our past, present and future.

Agree Disagree Partly Agree

40. Newspapers and TV news reporters give us the truth as it is, without distorting the facts in anyway, hence we must take news report as it is without trying to judge the validity and authenticity of the news item.

Agree Disagree Partly Agree

41. As we are more like monkeys, we must imitate the clothing, hair style and also our lifestyle as per that of our idol/famous personality, without exercising our freedom of choice and showing our uniqueness.

Agree Disagree Partly Agree

42. Meditation means maintaining a thoughtless mind.

Agree Disagree Partly Agree

43. What is one in 1, three in 3 and five in 5?

Nothing Included angles Lines Curves

44. It is important to understand, rather than just knowing a subject.

Agree Disagree Partly Agree

45. There is no need to think and experiment on our own. We should only use our brain to remember facts and fiction as taught to us.

Agree Disagree Partly Agree

46. Immortality is fiction, it is not possible.

Agree Disagree Partly Agree

47. At the moment of death, you will take with you:

Money you made Marks you gained in exams Honor and fame you received Understanding and memories of experiences that you gained through life Everything that you have now including all physical possessions

48. The sorry state of our civilization is due to progress of science and technology without integrating spirituality with it.

Agree Disagree Partly Agree

49. Non vegetarian food is harmful not only to our health but also for our environment. Besides by eating non-veg food we share the responsibility for the cruelty on the innocent animals.

Agree Disagree Partly Agree

50. All objects, living or dead, are ultimately made up of quanta (packets of energy) as found by quantum physics.

Agree Disagree Partly Agree

51. Unconditional love means truly loving someone under all circumstances, without wanting anything from them.

Agree Disagree Partly Agree

52. Although we all look different, we all are just a unique expression of one Supreme Soul, God, the First Cause, All That Is, Super Consciousness.

Agree Disagree Partly Agree

53. The great people on this planet are only those whom we see in TV or in newspapers.

Agree Disagree Partly Agree

54. The humming sound that we hear within our mind (when ears are closed) is sound of:

Air An illusion Subtle vibrations I don't hear such a sound

55. The entire universe is made in line with the law of contrast as we can see with male & female species, positive & negative poles, hot & cold temperatures, light & darkness, love & hatred, pain & happiness, gross & subtle etc.

Agree Disagree Partly Agree

56. Daily 15 minutes of concentration and meditation can increase our awareness, strength, clarity in thoughts, mind power and ability to relax to achieve success in every aspect of life.

Agree Disagree Partly Agree

57. True Guru/Master is the one who liberates you from agonies of life as well as from himself/herself.

Agree Disagree Partly Agree

58. Many of the so called sacred religious texts have been translated and edited several times and hence we must follow them literally 'as-it-is'.

Agree Disagree Partly Agree

59. We get one thought at a moment, we never have more than one thought simultaneously.

Agree Disagree Partly Agree

60. Drugs are dangerous not just because they are harmful to physical health, but because they specifically kill the ability of an intelligent human being to be aware and to think.

Agree Disagree Partly Agree

61. Gambling is just a game of luck, but unlike other games where you can master a game with practice, in gambling whether you play once or a million times, you can't get mastery over luck!

Agree Disagree Partly Agree

62. God created everything in abundance, man invented economics of scarcity.

Agree Disagree Partly Agree

63. An honest person can become rich.

Agree Disagree Partly Agree

64. I must work for money. Money can't work for me.

Agree Disagree Partly Agree

65. Science has discovered that an electron can be at two places at the same time.

Agree Disagree Partly Agree

66. Each one of us dreams every night. It is just that some people remember their dreams, some do not.

Agree Disagree Partly Agree

67. In almost all countries, 5% of the population has all the wealth thereby making rest 95% of the population dance to their tunes for making two-ends-meet.

Agree Disagree Partly Agree

68. Telekinesis means the natural ability to move objects without physically touching them, just by power of thoughts.

Agree Disagree Partly Agree

69. Violent movies and games does not affect children's minds making them more violent in real life.

Agree Disagree Partly Agree

70. Human on Earth is the most intelligent species in the entire universe.

Agree Disagree Partly Agree

71. This physical world including time is an illusion which seems real only due to our five limited senses. For example, we 'see' only a small part of the electromagnetic spectrum.

Agree Disagree Partly Agree

72. It is not possible to control our heart beats, body temperature and blood pressure intentionally.

Agree Disagree Partly Agree

73. There is a place called heaven above Earth and hell below Earth.

Agree Disagree Partly Agree

74. Before taking birth on Earth, on soul level we ourselves choose our birth location, our body, our parents and kind of challenges that we will face during our lifetime to experientially know Who We Are and What We Want to Be.

Agree Disagree Partly Agree

75. We all have complete freedom of choice and God loves us no matter what we choose.

Agree Disagree Partly Agree

76. Our soul can be destroyed by _____.

Nuclear explosion Devil Fire Nothing

77. Humbleness is one quality which is not needed in spiritual progress.
 Agree Disagree Partly Agree

78. Right now, just besides you all the radio channels and TV channels are available and hence it is possible that there are even other frequencies available of which we are not aware of and we do not have technology to receive them.
 Agree Disagree Partly Agree

79. It is not possible for a person to be present at two places at the same time.
 Agree Disagree Partly Agree

80. What is the greatest force in the universe?
 Money Muscle Power Nuclear Energy Unconditional Love Gravity

81. Beliefs are blocking our natural progress, hence it is very important to question every information that is fed to us before believing it blindly.
 Agree Disagree Partly Agree

82. Our five senses only give us limited picture of the reality as our eyes can only see a certain band of light, our ears can only hear certain frequencies of sound, our nose can only smell limited fragrances, our tongue can only sense limited amount of taste and our skin can only sense limited amount of sensations.
 Agree Disagree Partly Agree

83. Historical information about events and people that we read might not be actual facts due to the time period that passed and information filtered through so many people, besides sometimes information might have been distorted for some reasons.
 Agree Disagree Partly Agree

84. Early mornings are filled with dull air, so we should get up late by noon when fresh and cool air is flowing.
 Agree Disagree Partly Agree

85. Those who commit suicide are making a mistake as they will still have to take births again to learn the lessons they did not complete in their current life.

Agree Disagree Partly Agree

86. Good people always get punished and bad guys always enjoy life, because:

Law of karma sometimes does not work God favors those who worship him by offering money, beautiful flowers and tasty food This is an illusion only as we are souls taking various births getting effects of our deeds in this life or in future lives There is nothing like law of karma, that is why bad guys enjoy life

87. In your dreams you see landscapes, buildings, people etc. In which huge space all this drama take place?

Inside Brain Near Third Eye Area Outside our body It's a Projected Illusion by our Mind

88. You do not truly love anyone, all you love is your own image inside other people's mind, including your close relatives.

Agree Disagree Partly Agree

89. How many thoughts do you think in any given moment?

1 2 Several

90. What is 'God' doing at this very moment?

Thinking Playing Eating Shopping Teaching Learning Everything yet nothing

91. Enlightenment is not only psychological but also a physical process whereby the initiate's physical body turns into immortal light.

Agree Disagree Partly Agree

92. Our DNA can be affected by sound as proved by science, so ancient *mantras* actually have the capacity to make permanent changes in our physical DNA.

Agree Disagree Partly Agree

93. Reality is actually nothing but interpretation of actuality by consciousness according to his/her own belief structure. For example,

'chicken masala' dish can bring water in some people's mouth, some may feel like vomiting, some may feel compassion towards chicken, some may feel hatred towards the butcher etc. The external object remains same, interpretations differ!

Agree Disagree Partly Agree

94. Most of the times, we are consciously aware of our responses to external stimuli.

Agree Disagree Partly Agree

95. If we are learning mathematics, there is no way we can become expert in music. Similarly wherever we put our energies, we will grow in that area only.

Agree Disagree Partly Agree

96. What is most important in life?

Money Fame Friends Enlightenment Service to humanity Doing our duties

97. When you are thinking who is thinking 'who is thinking' within your mind... at that moment actually who is thinking?

you your lower ego your higher self your brain your mind

98. A child when born, has to be taught how to cry, how to smile, how to open eyes and how to open mouth.

Agree Disagree Partly Agree

99. How do you rate your overall life?

Perfect Excellent, but can be improved Bad Horrible

100. If God can sort out all the problems of humans, why are the problems increasing on Earth?

God is busy God does not listen to prayers We have freedom of choice and we are responsible for correcting our errors

101. Each and every person on planet Earth is Unique.

Agree Disagree Partly Agree

Day 4

"Knowing others is wisdom; Knowing the self is enlightenment; Mastering others requires force; Mastering the self needs strength" - *Lao Tzu*

Common Qualities of Enlightened Beings

Following are the common qualities that we can easily make out from the life, nature, actions and spoken words of enlightened ones. Few examples of such beings are: Gautam Buddha, Jesus Christ, Mohammed, Mahavir etc.

1. Blissful/peaceful state of mind at all times (including 'stressful' events of their lives)
2. Overflowing with unconditional love for all (including enemies/other creatures)
3. Fearless nature (including no fear of death)
4. Service to others without any selfish motive (not for receiving love / recognition / fame / wealth / power / followers or any such ego-centric motive)
5. Non-attachment to material world (physical body/wealth/fame or any such illusion)
6. Truth in speech as well as in all actions (they stand by truth at all cost)
7. Absence of all defilements (like greed, anger, lust, depression, fear, hatred etc.)
8. Highly developed miraculous psychic, healing and manifestation powers (but used solely for benefit of mankind at large)
9. Their life mission was to spread the Truth, unconditional love, joy and work towards upliftment of the downtrodden / lost / confused brothers and sisters
10. Oneness with the Source - living in Eternal Now

Any spiritual development course / book / workshop / master etc. should lead us from current ego-centric limited personality towards enlightened God-Self with qualities mentioned above.

Day 5

"Spiritual progress is like detoxification. Things have to come up in order to be released. Once we have asked to be healed, then our unhealed places are forced to the surface." - *Marianne Williamson*

Progress - Wins Diary

It is important to have a feedback system to ensure you continue your journey. Small Wins diary is very useful to give you more confidence, keep you on track, and let you think if you need to change mission or goals or need to change lifestyle or your thinking.

Regularly write even your smallest achievements in your Small Wins diary. Like you got up early by 30 minutes, you remained happy throughout the day, you responded instead of reacting to a situation, you remained conscious in dream, you were flying in your dream, you helped someone today, you achieved something in professional/work life, you ate good food today, you loved someone today, you were joyous even in bad situation, you wrote a song today, you painted a picture today, you won a match today, you were lucky today, you had a coincidence today, you got more confidence today....

Fill it with all pleasure points so that your subconscious mind will try to repeat these incidents more and more and you will keep on winning more and more.

If you fail somewhere, just learn what you wanted to learn from it and then forget it. No need to maintain a Fails Diary! You have been maintaining it since long. Throw it away. Remember and focus on your WINS.. day by day more and more WINS!

This will help you to tackle your lower ego when it will doubt your efforts on spiritual path.. when it will doubt if courses like this are of any use.. when it will use all its strategies to bring you back to 'normal' life... to ensure you remain unenlightened confused human being!

Day 6

By suppressing or hiding the truth, you are only preparing it for a louder explosion!" -*Amitt Parikh*

Five Percepts

I urge you to adhere to following five percepts for your success with YSR course. These are not commandments, nor taken from any religion as such. If you look at them objectively, you will understand these are common qualities of any great person.

- Truth (in thoughts, speech and actions)
- Love for all (unconditional love)
- Non-violence (in thoughts, speech and actions)
- Open Mind (to learn new things, change rigid beliefs)
- Sincere Efforts (devote time and energy for Self)

Day 7

“One may understand the cosmos, but never the ego; the self is more distant than any star.”

- *G. K. Chesterton*

Beware of Your Lower Ego

I have mentioned this word several times. By now you must have got a hint that you have mistakenly identified yourself with your illusionary 'ego'. Ego does not exist in actuality. That is, it is not truth. And that is why it tries hard to ensure you do not realize the Truth.

Ego uses time as its main weapon to confuse you. Ego creates fear in you for the future which has not arrived yet. It keeps you thinking and living in past - you dwell in good and bad experiences of past.

Ego can not live in Now. Here we are talking of psychological time and not clock-time. If you become aware of present moment - you come out of incessant stream of thoughts - and you realize your true Self. The silent witness within.

Your identification with thoughts - is the food for ego. When there are no thoughts - ego dies. When there is no time - ego dies. This simple example is enough to ascertain that ego is an illusion. You can not fight it. All you need is the light of your awareness. Where there is light of truth, illusion/darkness can not remain!

This course has two goals - to break your identification with your false ego and develop your Higher Ego.

You have completed Module 1. If you have resonated well with the concepts and if you think that the exercises and questions have stirred up something inside - expanded your viewpoint of life - made you realize few truths yourself, then I urge you to move on to Module 2.

Listen to your intuitive feeling and beware from your lower ego while making the decision. It has several reasons to stop this course here and now. The choice is yours, as always!

Lower Ego and Higher Self

'Logos' is the genesis of knowledge - the beginning 'Word' - containing all spoken and written words. As it expands to new frontiers - new knowledge is achieved yet the simplest truth remains the same. Once Logos is achieved everything is realized - in a nutshell. Thinking is like that. The further you go down from the center - expanding - creating complex thoughts - yet to the core the concept is very simple and actually no need of such artificial details to be expressed - yet we express.

Terry cotton is a product made of natural cotton - to get new variety of cloth. Yet the core is the same - in pure form or in new avatar.

Similarly higher self is Logos - pure cotton - yet expressed in different flavors just for the sake of expression. Deep down - at the core - of this lower ego - the One exists - a simple profound concept. As I told you before its just an identity crisis.

You need to be aware of this simple powerful truth in all the 'moments' that you live. You can easily make the difference between logos and a rotten knowledge piece - its very clear in the power of the content. The clarity of concepts - similarly you can easily differentiate between cotton and terry-cotton by mere touch - or just by looking at it.

So now that you are accustomed to functioning of this mind-body system in both modes like Windows 98 and Win XP OS, its your choice to align with the highest - most advanced version. Yes, and the reality is that the most advanced products in your world are most primitive in our eyes - keeping the difference between 'you' and 'me' only for clarity.

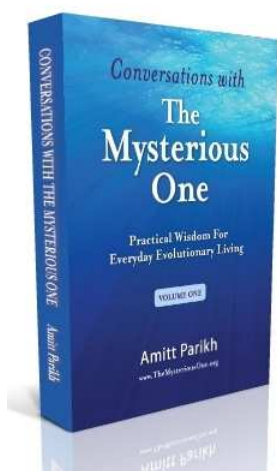
Time pass is the idea of the ego for it has no purpose or interest in your evolution. Time pass in other words is either being lazy or being destructive to your own body and mind without even giving

'you' a hint that you are permitting yourself to die faster. The polarity as you know is needed for us to make progress by consciously choosing which way to go and how fast, with whom and why.

Right or wrong is not the way. Either there is truth or there is absence of truth - which we call illusion - ignorance etc. Why we call is that even in that second case, the truth is there - its only that you have empowered yourself to keep your focus away from it by creating an illusionary world for 'time-pass' or rather entropy.

'You've got the whole world in your mind' is literally the truth. What you do with your creative powers s your choice and based on your choices the reality out there changes bringing you joy-sorrow, profit-loss etc. An endless cycle of creation-destruction keeping your more and more into it till you completely forget your role in creating these circumstances - or rather creating your own reality.

Conscious evolution is 'my' only purpose. I can not push 'you' to evolve, I can only guide and motivate 'you' to move towards what is 'my' destination.



Above is an excerpt from *Conversations with The Mysterious One - Volume One : Practical Wisdom for Everyday Evolutionary Living* book
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Format: Paperback
Price: US \$16.95

Please visit www.TheMysteriousOne.org for more information on other formats and versions of this book.

Split Personalities

You are split into two personalities. The difference becomes clearer as we progress towards the union so that you can ultimately decide which personality to retain forever. Expanded and limited - both these views are possible with divine eyes. You will be able to see the larger picture with very wide eyes as well as see in great detail even down to the quantum level with the same eyes focused on a part.

Only the choice is between seeing the *illusions* or *truth* in every moment. Illusion requires ignorance and truth requires true knowledge - *gnosis*. Judgments, decisions, desires and choices from the illusion based ego personality lead to further illusions, confusion, diseases, chaos and hell (state of mind) as the guiding light of spirit is missing and it has got no purpose to evolve or live truly. The same under the aegis of God, will lead to enlightenment, immortality, heaven (state of mind) and great clarity of purpose of life and evolution.

Satori is not experienced by the chosen ones only. In fact, none of the masters are chosen ones. They chose me. If it was left for me to decide, I would have chosen each and every one, not a single life form would suffer in illusion. But that's how we decided for evolution to happen. Trust me explicitly now. Don't waver. Your undivided faith in me will help me move things faster and make miracles happen, for your logic will not allow miracles to happen, and we have to go by a step-by-step process.

Dissolution of your false personality (ego based) is your only goal. That personality, which you now understand as superfluous, is molded by the religion, family, culture, media, environment, the people around and all those 'variables'. What is your 'true' personality - unchanging - the real you? Beyond all the 'responses,' 'reactions' and 'encounters' with reality (which itself is ever changing), that real YOU is ME, born out of nothingness with a very specific personality, which is permanent and REAL!

An excerpt from [Conversations with The Mysterious One](#) book

YSR COURSE - MODULE 2

Week 1: Balance in Life

Day 1-2: Love and Fear - Two Extremes

Day 3-4-5: Art & Science of Balance

Day 6-7: Exercises for Balance

Week 2: Knowing God

Day 1-2: Is God really everywhere?

Day 3-4: Review of a Great Movie!

Day 5: Religion & Spirituality

Day 6-7: Insights & messages from Movies/TV & music!

Week 3: Truth

Day 1-2: truths about The Truth

Day 3-4: Reality vs Illusions

Day 5-6: All That Is is One

Day 6-7: Exercise - Reality Check

Week 4: Your Body

Day 1-2: Chakra & Kundalini System

Day 3: Human Aura - Learn to see

Day 4: Food - Why be Vegetarian?

Day 5: Healing & Health

Day 6-7: Yoga & Mudra Exercises for Health

Fees for YSR Course Module 2 is US \$30 / INR 500

Eligibility: Must have completed YSR Module 1

To register for YSR module 2 or for any questions / clarifications

email: amitt.parikh@gmail.com or call +91 09724844055

Note: One-on-one counseling will be provided by Amitt Parikh using emails and online chat. YSR Course is also conducted at following address:

Spiritual Science & Research Foundation

24, Shree Hari Nagar, Opp. Palika Nagar, D. Z. Patel School Rd.,

V. V. Nagar Road, Anand - 388001, Gujarat, India.

Tel: +91 02692 229432

About the Author



Amitt Parikh is a proficient writer, who has published many thought-provoking articles, short stories, poems and presentations in several newspapers, magazines, newsletters and websites.

He is the author of *Conversations with The Mysterious One: Practical Wisdom for Everyday Evolutionary Living*, the Executive Editor of Your Spiritual Revolution eMagazine, the Founder of Spiritual Science & Research Foundation, India and Managing Director of Parikh Info Solutions Pvt. Ltd.

He is a mystic and a seeker of the Truth. He conducts entertaining and revolutionary courses, seminars and workshops for Everyday Evolutionary Living and Your Spiritual Revolution.

By integrating the mystical wisdom of the East, the practical logical mindset of the West and guidance from The Mysterious One, he provides consultancy to corporate, NGOs, institutions and activist groups for evolutionary projects and activities in diverse fields like economy, ecology, education, entertainment, health, media, politics, and applied spiritual science and research.

Email : amitt.parikh@gmail.com
www.facebook.com/amitt.parikh