

Hari OM

Three Powerful Tools for quick Self-Realisation

By the Grace of GF, out of compassion to All of You, would like to give, three powerful, practical and simplified Vedic tools for spiritual growth and Self-Realisation. Just practicing these along with purity of thought, words and action, you will see tremendous spiritual awakening to get prepared for liberation here and now.

1. Stay in Awareness watching your thoughts:

Hridhaya Vidhya: Practice daily to watch your thoughts and see how they come and go instead of identifying with them or getting carried away or triggered by those thoughts. Stay in the quietness for minimum 20 - 30 minutes that arises from the vast expanse of that Peace. The moments of Bliss or peace will be brief in the first stages, but over a period of time they will stay longer. This peace is also strength, compassion, power, kindness, joy and love. In time, you will realize that you are one with the Universal Power, and this will lead you to act from a different dimension of Absolute or Universal Consciousness, not from the selfish, perishable, ephemeral, limited Ego.

2. Be Humble, Good and Kind to Everyone:

Practice Humility: Always be Humble, Good and Kind to everyone. Humility, Goodness and Kindness do not necessarily point to one's weakness. When you are Humble and Good, you will be actually strong. People sense your inner strength, and therefore, do not try to impose on you. When you are strong and calm within yourself, you can help people, because you act from the supreme power of awareness and you want to be helpful to others. You act from tremendous strength of positive attitude not from weakness. Goodness and Humility are not signs of weakness, as some people wrongly think. Goodness manifests together with power, courage and strength.

3. Equal-vision and Equanimity:

Practice seeing everyone and everything with **Equal-vision** (Viswaroopa Dharshan) and stay with **Equanimity** while meeting both pleasurable and painful experiences. GF Blessings. OM Tat Sat.



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