

Hari Om

Important Guidelines for God Realisation:

As far as possible unnecessary talks, Gossip and reference to details and questions about others and things not involved in our issues are to be strictly avoided. This is in line with the Vedhanthic requirements for removing impurities from our minds. We should remember that when we hate or talk wrongly about others (even about people who may be wrong or inimical) we are actually altering our Karmic values negatively. We should practice to see God in everything and everyone (Viswaroopa Dharshan or Equal Vision) for attaining eternal Peace and Tranquillity through expansion of mind.

Our Life time is to be consciously utilised for only rightful actions with the steadfastness to remove the negative values of Hatred, Jealousy, Greed, Lust, Anger, Grief, Pride, Delusion, Ego and Fear for attaining purity, maturity and detachment, and consequently to realise the Supreme Lord in our Heart.

Because of our past karma we may experience obstacles, failures or shortcomings, losses and mishaps. Due to frustration caused by these experiences we should not expect others to suffer or wish anyone bad as these would add to our Karmic values negatively to delay our recovery from problems and restoration of peace. Due to habitual pattern of thinking and behaving (Vasanas and Samskaras) we will be into the cyclic existence of delusory consciousness leading to suffering through innumerable births and deaths. We should seek Lord's benediction to overcome these stinking thinking habits and to neutralise these thoughts with positive thoughts of Love, Joy, Compassion and Equanimity the great immeasurable qualities of positive mind.

Vidhya Maya should replace Avidya Maya initially by practice and through detachment and God's Grace even Vidya Maya will be transcended and only Undifferentiated, non-dual and self-effulgent Brahman will shine in your heart.

Assiduousness (Abhyasa - constant practice to stability) and Imperturbability (Vairagya - unshakable calmness) are the two great aspects of Yoga to be followed by All for Realization of the Truth (GOD) in our Heart in this life itself. Dedicated Practice and Detachment will certainly reveal the Truth.

GF Blessings. Om Tat Sat.



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