

Hari Om

Stop the Karmic-Camera (Mind):

Time has come to put an end for the Karmic-Camera - Mind' incessant inner chattering.

Attach your mind (the karmic camera) to GOD and detach it from the world and repeat this exercise till you regulate, retain control of your mind. Minimum of 20 mins (if not half an hour) , Meditation or performing Japa is a must for removing the conditioning of your mind to improve your decision making capabilities and to strengthen the purification process of your heart.

Do not tell me , that you do not have time.

Save time to meditate by curtailing some of the following activities:

Unnecessary gossip and talking over the phone

Reading newspaper gossip columns

Some wasteful obligatory duties

Surfing net or watching TV in the name of Entertainment and relaxation

Sitting idly watching the inner chattering

Sleeping at odd hours

Visiting places or shops without genuine purpose

Unnecessary arguments with family or friends

The only way to cross over the turbulent ocean of material energy and its inherent nature of impermanence and grief, is to attach your mind to God and detach it from the world.

Dwell in God and Deal with the world affirmatively and tranquilly.

Blessings. Om Tat Sat.



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