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My dear friends,

Most of everything that we experience in life is generally created as a reaction and reflection of our previous birth karmas. Some of them are Sanchita karma and some are Prarabdh karma. Sanchita karma is the cumulative effect of many births put together. This can be related to as a compound interest of the karma bank. Prarabdh karma is the non erasable karma of the previous birth, from which you cannot escape. Only through the divine grace of God Himself, anyone could be relieved of them. Sanchita karma however can be diluted and modified through Gyan, buddhi, good karma, prayers and certain methods that the Rishis (enlightened saints) mentioned in the Shastras (ancient spiritual scriptures) . We therefore have to take into account the total picture and then see what best remedial measures could be taken to deal with the difficulties in life.

Some of the things just cannot happen. No matter what you do, you have to just accept it as your karma. Some positive areas of our lives could be enhanced, and some negatives could be diluted by doing some remedial measures. But we also need to apply practical wisdom to every part of our life. For example if you have a headache, then saying Ram Ram 108 times will not cure it. You have to take Tylenol. That's because even the medical science is a gift of God. Therefore practical wisdom is very important.

Joy and sorrow are obverse and reverse of the same coin. One cannot exist without the other. While joy is an experience, sorrow is also an experience. But both of them are related to the senses and are temporary. The Atma (soul) knows neither joy nor sorrow. It is devoid of any attributes and Indriyas (senses). Attachment always brings grief. Detachment brings calm and bliss. Desires, expectations, ego, anger, attachments, are the prime cause of human sufferings. When there is a cause, there will be an effect.

The Jeevatma (living being) is always struggling with Maya. If you see the reverse sound of Maya, it becomes Yama! (Lord of death) So Maya is death in disguise. Therefore while we seek material things in life, we must not get attached to them. We must try to reach a state of mind that is Sama - meaning - not affected by joys or sorrows. Not giving in to Raga or dwyasha. The state of the Sama mind can be attained through Abhyasa, Niyama, Pranayam, Pratyahara, Dharana, Dhyana, Dhairya, Vairagya and Dharma. (Practice, application, discipline, introspection, contemplation, meditation, patience, tolerance, detachment and spiritualism)

Mind is ever confused and always in a dilemma. Remember, the word mind begins with an M, again - Maya. This M is the cause of all the problems for mankind. All the problems begin with M. Mental stress, medical, marriage, money, mine (desire) All these are the vagaries of the mind. The mind is Arjuna, filled with doubts, confusions, gloom, attachments etc. Krishna is the vivek, the buddhi, and higher consciousness. Therefore if we relate to

our consciousness (Krishna) then Arjuna (mind) can win the battle of Mahabharata. Thus we are all fighting a battle of Kurukshetra in our life. The Hastinapur is really the Astinapur (body of skeletons) and the 5 horses are the 5 Indriyas of Kama, Krodha, Moha, Lobha and Ahankar. (Desire, anger, attachment, greed and ego) Arjuna is our mind and Krishna is our Gyan and vivek buddhi.

Obviously with our planetary effects, we can understand our karmic influences, and through our Gyan, (wisdom) we should understand them and rectify them. Remember, life is an experience; there is always a hidden message. Those who solve the puzzle, win the game of life. Those who are stuck with it and have no clue, they will have to endure the effects till they overcome those karmas and rise to a higher consciousness.

What I have told you is Brahma Gyan. (The ultimate truth) Read this once a week and you will get a better understanding of your life.

However, at the time of a crisis, we tend to forget all the Gyan (wisdom) and our material senses are fully active and we act according to our senses. The saints have mentioned that throughout our life, we should have some satsang. Satsang means being in company of men of wisdom and truth. They will always talk of Brahma Gyan and will give you the patience, tolerance, and the understanding of the principles of karma. Satsang also gives you Atma shakti, which greatly helps you to withstand the hardships of life in a righteous manner. So by regularly attending satsang, one can keep imbibing the spiritual understanding of the meaning and purpose of life. Satsang can be by way of sitting with men of wisdom, reading the spiritual books, or even talking to people, who can give you some understanding of the karmic effects. Like you and I are doing now. It is only by constant involvement and attunement of the mind in God, can you be relieved of your grief and sorrows.

I will tell you a short story from the scriptures.

Once, there was a man who had committed many sins. When he died, the devas (angels) up there checked his karmic records and saw that he had committed so many sins that he had to go to hell. But he had done one very good karma, for which he could be granted one day in heaven. The man told the devas that he did not wish to go to heaven for a day, but instead, just for one day, he wanted to be with the enlightened rishis and saints and have satsang with them. So he was granted that wish.

After one day, the devas told him that his time was over and now he had to go to hell. In that one day of satsang with the saints, this man had attained Brahma Gyan (enlightenment) and was totally changed. He then asked the devas as to why he had to go to hell, to which they said that he had committed so many sins, for which he had to be punished. The man then said "All those karmas that I had done on earth was done by my body, mind and my senses, but I am Atma, I am not influenced or affected by any of those karmas I am above and beyond Maya, I am above senses, I am beyond the three gunas, I am one with God. So how then could you judge me as a wrong doer, since I am the pure Atma, the part of Paramatma. The devas were very confused and went up to lord Vishnu with the problem. The man then told Vishnu the same thing. He said that in that one day of satsang, he realized that he was Atma, and not the body. He was not connected with the mind or senses, but he connected with the divine consciousness. Lord Vishnu then realized that the man was God realized and then had to send him to heaven!

So now you can see how great satsang can be. When you engross your mind with the spiritual understanding, then you automatically start responding to difficult situations by equating the circumstances to some karmic effect and are then not so much affected with sorrows and joys. You start believing that you are beyond all that. Also, it's not necessary that all difficult situations are karmic. Some of them are a test to your mind control, and some of them could be kriyamaan karma. Kriyamaan karmas are the ones that we invoke instantly in our present birth, and

get an instant result. Like for example, if you knowingly and purposely slit your wrist with a knife, then it is kriyamaan karma. Or if you knowingly and willingly and thoughtfully made some decision, then that is kriyamaan karma. These are independent of the Sanchita karma (cumulative karmas of many births) or the Prarabhdha karma (hard irreversible karma). But eventually, they would add to your Sanchita karma.

The saints also mentioned that by constant abhyasya, pranayama, dhyana, dharana, dharma, and practice virtues like Daya, kshama, prema, satya and shaanti, we could overcome these storms of Maya. (Pranayama is a breathing technique in yoga) {Meditation, divine contemplation, spiritual practices, compassion, love, peace and righteousness} It's not necessary that those who have had a very hard life are people with bad karma. Even the avatars (divine incarnations) had to go through a very difficult time. Rama had to go to the jungles on vanvasa. Krishna had to go through a vanvasa with the Pandavas and go to war. Ramkrishna Paramhansa died of throat cancer. The important message for mankind is - how do deal with life and karma.

What is life? Only a time span. And how would you see time? - On a watch.

So, Watch your :

W - WORDS
A - ACTIONS
T - THOUGHTS
C - CHARACTER
H - HEART

This is a simple formula for good karma.

Best wishes

God bless

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Chairman

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