



ISHWAR NEWSLETTER, MAY 11TH 2009. SUB: PRACTICAL SPIRITUALISM

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DEAR EDA

THIS IS MY LATEST NEWSLETTER WHICH I AM SENDING TO YOU FOR PUTTING UP IN THE WEBSITE. ONCE YOU HAVE PUT IT UP, ONLY THEN WILL I SEND IT TO ALL, SAYING TO READ THE FULL NEWSLETTER ON THE WEBSITE. ALSO, PLEASE DO NOT ERASE THE PREVIOUS NEWSLETTER. LET THE NEWSLETTERS BE IN A CHAIN. LATEST TO OLDEST.

MANY THANKS.

BEST

DR. KUMAR

Dear friends

All spiritual religions and scriptures teach us the same things. But people are often confused when applying these teachings in their practical life. We shall discuss some of them in this newsletter.

1. DO NOT GROW IN DESIRES AND DO NOT HAVE ATTACHMENTS.

Not to dwell in desires does not mean not to do your worldly duties or fulfill responsibilities. The question is- where and how does one judge the difference between desires and requirements? We all have to earn money to pay our bills and get the things we need. Here is the key word. NEED. While we should certainly try to get what we need, but not necessarily what we WANT. There is a huge space between need and want. Need refers to our requirements of life, be it in form of health, food, clothing and other day to day things. But you cannot say you need to buy a Rolex watch! That is a WANT. A desire. Similarly, you may say that you need cosmetics, but you really need Cosmetics!

That means- apply the foundation of the Cosmic laws. Body identification is merely living in ego, and not being your true self. Self is the Atma, the soul. Mind and senses derail a person completely from the true purpose and being. Maya is the main cause of it. Maya is illusion and delusion. Maya makes one believe in the falsely projected world. Therefore we should try to be focused in our inner being, and do our karma in the world, but always try to transcend to a higher level of consciousness. But how does one connect to higher level of consciousness? And what is this consciousness?

Now here is where we go to the 2nd part - ATTACHMENT.

Attachment is the prime cause of all grief and sorrow. When we are attached to someone, and that relationship breaks, there is grief and sorrow. Whether attachment is to parents, husband, wife, friends, children or any worldly object, it is bound to bring grief in some form, in some way or in some time in life. Attachment is also Maya. Nothing in the world is forever, and all things must come and go, just as a scenery passes away as you ride in a train. Even attachment to the body causes pain, since the body will grow old one day. The only way to evolve spiritually is to develop detachment. This does not mean that one should not care about family or friends. Always care and love all. But without expectation, or attachment. Attachment brings jealousy, possessiveness, anxiety, anger, depression, aggression, greed, selfishness and eventually downfall. Therefore one has to exercise discrimination over all these matters when trying to judge how much is too much.

In a family, how do we apply these teachings? Between a husband and wife, and between parents and children, don't we have desires and attachments? Yes, we do!!! Then how do we know the difference between desire, duty, responsibility and love?

Well this is the hardest part. Between a husband and wife, the relationship should be based on commitment,

trust, duty, responsibility and harmony. The husband and wife should live their lives by becoming exemplaries for their children. Remember, parents are the first teachers of their children. Parents should fulfill their responsibilities and duties selflessly, and with love. But love does not mean going overboard with extravagance and overindulgence, without any sense of discipline or discrimination. This way, you will spoil your children and ruin the delicacy of the relationship between husband and wife. One should be firm in discipline and follow ethics and values. Sometimes, a mother has to show her annoyance at the children, and even punish them for misbehavior. But that is not from the heart, that is only a drama the mother has to play, in order to teach the children.

The relationship between husband and wife is at many levels. They are friends, lovers, companions, and mates for life. Therefore they share many emotions and sense perceptions in mind, heart and body. Even sex between them, should be out of love, not lust. In the west, sex is such an important issue in relationships. But alas! this is such a sadly misplaced idea. Relationships that are based on flesh, perish soon with time.

After so much of introspection about human life, and about applying the righteous human and spiritual values, we narrow down to just one word - DISCRIMINATION.

At every point in our life, every day and moment, we should exercise discrimination. This is the only way we can lead a righteous and virtuous life. Below here, I have defined discrimination, which says it all.

D	-	Divine	-	Divine contemplation
I	-	Introspection	-	Constant self check
S	-	Spiritual	-	Righteousness
C	-	Control	-	Senses and desires
R	-	Righteousness	-	Live by right values
I	-	Intuition	-	Deep insight
M	-	Mind	-	Control the mind
I	-	Instinct	-	Judge correctly
N	-	Noble	-	Live virtuously
A	-	Awareness	-	Of Soul, not body
T	-	Truth	-	Truth is consciousness
I	-	Information	-	Be well informed of world
O	-	Observation	-	Look out for good and bad
N	-	Non violence	-	Don't give in to anger

With this, I end this part of practical spiritualism series. I will be writing many more of these series in time to come, and hope that readers may benefit from it. If anyone has any doubts or questions, they are free to ask! I will be glad to answer them, to the best of my knowledge and wisdom, that Baba has granted me with. We are all seekers, and God alone, is the giver. I pray to God to give all of us the wisdom, inner strength and ability to live our lives in peace, harmony, selflessly and as per the divine Will.

God bless

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