

## Random Thoughts

Practice self analysis, recognize and eliminate Fear, Lust, Gluttony, Greed, Sloth, Wrath, Envy, and Pride

See the difference between information, knowledge and wisdom and find their sources. In this age of information never say “ I do not know”.

Turning points come as opportunities, look for them and grab them, if missed they may not come again.

Lust is the last to go.

Pride can set in within seconds and takes a lifetime to get rid off.

You are a plain sheet of white paper. You are not a colored paper. The coloring, writing and

drawing are add-ons. You can change them or get rid of them as you choose.

All mind states are states of mind. They can be acquired in a moment and can be eliminated in a moment. You have to realize that you are beyond your mind.

Evil is the collateral damage of the creation of intelligence and free will. Where there is good there is bound to be evil. Where there is free will there is bound to be compulsion. Freedom is tied in with slavery, only the masters have changed. Satan is the shadow of Adam.

Allah is one and all the rest is a composite. You may call Allah by what ever name you choose. The best may be to call Allah “The One” and then there is no controversy.

Separate one essence and the opposite will congeal. The opposite is always there. Acknowledge and accept both. Sometimes it is the volume or the grade that matters. There is

anger but the question is how much anger.

Once you completely accept God's will then God's will and your will become one. The I, me, mine, myself, and my are insurmountable barriers to the acceptance of God's will. Very rare persons have crossed these barriers.

Saints and sages do not manifest miracles for personal gain, they follow the laws of nature, and they follow God's will. They do show miracles in compliance with God's will.

The mind is a story maker and a story teller. Dreams and vivid dreams tell us what stories a mind can make and tell. After a lapse of time we are at times unable to separate fact from fiction. What we see on Travel Chanel gets established in the mind as real travel experience.

An attitude of gratitude attracts plenitude. The more thanks you give the more opportunities you will get for thanksgiving. Expression of

gratitude is the best way to get what you want from the Divine or human. Gratitude gratifies the giver and the receiver.

Analyze the motivation behind all your actions, look for fear, pride, jealousy, greed, lust, compassion, gratitude, goodwill, sense of duty, sense of obligation, and love. When you plan to act see what desire is being satisfied. Ask if it is appropriate. Ask if the action is appropriate. Contemplate the potential outcomes. Make a decision in full awareness and without fear and be ready to bear the consequences.

Thoughts and their opposites, good and bad, rise in the mind continuously, randomly and involuntarily. The thoughts you decide to stay with and ponder on voluntarily determine your mental state and life. Decide with diligence. You are not your random thoughts but the thoughts you make your own may become a reality.

You should first be loyal to yourself. You have to take care of yourself as long as you can. No

one else will. Self-knowledge, self-realization, self-actualization, self-acceptance, self-respect, self-hood, and self-control are essentials.

Physical, Mental and Spiritual well being has to be addressed. You need to learn to listen to your body, mind and conscience. The noise from an uncontrolled mind drowns the subtle voices from the spirit and body. Learn to control your desires, rein in the senses and quieten the mind. Then inspiration and intuition will come to the forefront. The body including the brain is the interface of the spirit and mind with the outside world. Take care of the body so that it stays vital to the end. The mind is your servant. Do not let it become your master. Feed your mind and body with great care. Your true self is spiritual, realize that.

Irrational and unrealistic expectations and hopes lead to disappointments and frustration. Very very rarely do things happen which seem to go against natural laws, and on further investigation they will probably comply with

laws we have not understood yet. Plan and work in a rational, realistic and logical manner. Plan for the worst and hope for the best. Take all help you can get from your conscious and unconscious mind, from the human and Divine.

You should make a daily schedule and every activity in the schedule must be put through criteria that you establish for your self.

Activities should be rated for their necessity, importance and urgency. Adequate time should be given and planning should be such that you can handle life without hurry. One calm and levelheaded person is able to bring peace to a tense situation.

When the mind is calm, breathing is slow and deep, heart beats are normal and regular. When the mind is disturbed, breathing is shallow and fast, heart is racing, palms are sweaty, there is an emptiness in the chest and a sinking feeling in the stomach. To calm the mind first start

taking deep slow breaths, then attend to your thoughts and rein them. Look at the situation; see what you can control and what is beyond your control. Do what you can, don't try to control the results, the end result is not in your hands, only the means are.

Instillation of trust in Providence and removal of doubt is a sure way to a calm mind.

Utilization of right means for a right end with trust in God will give you the strength to face any situation. The effort is in our hands, the results are not. Leave the results to God's will and be grateful in all circumstances.

There is no end to a feeling of want. There is always something you do not have, always something new. Once you start moving towards a feeling of contentment and start containing your desires then life becomes simple. Greed is for material and non-material things. Greed will lead you into a trap of sinking sand. There will never be fulfillment or peace.

Look at each aspect of your life. Measure it in a scale of simplicity and honesty. Evaluate for effectiveness and efficiency. Study its impact on you and your environment. Act with complete awareness. Be responsible for all your actions. Determine your own future with the choices you make.

We are either in fear of the present or it seems dull and boring. Either the future seems more exciting or the past more worthy. Hence we neglect the present. We need to stay put in the present. We need to lock our attention on the present moment. We need to solve the problems of the present situation and enjoy the procession of life.

To avoid hurry you need two things, enough time and proper scheduling. Available time can be increased if time is not wasted. Proper scheduling requires carefully choosing your activities and prioritizing. Not planning, procrastinating, idling time away, worrying, getting involved in unnecessary matters robs our

time. Then we are in a perpetual hurry not working efficiently, stressed, not enjoying and life passes away. Your mind and body are a tool, use them effectively and efficiently.

## TOPICS

Listening.

Listening is an art that needs to be learned.

Listening needs patience and practice.

A good listener can avoid a lot of trouble.

Most of our difficulties are because of not listening.

The intention behind listening should be to understand.

Listening with an attitude of opposition is wrong.

Most of the time we do not even listen and are ready to speak before the other has even stopped

talking.

When listening you have to curb the urge to talk. You may even have to forcibly hold your tongue still or immobilize it between your teeth.

When listening focus your attention on your hearing and not your speech.

Listening with patience and acknowledging alone can help the one speaking immensely.

At times we all need someone who can listen to us patiently. That is all we ask.

If you do not understand then ask the person to explain so that you understand. Listening without understanding is futile.

Do not take listening for granted, it is vital for your success.

Most of our troubles are because we are not willing to listen to the truth. Some of our troubles are because we listen to the truth.

There is always more said than words alone.

Learn to listen to the body language.

Choice:

Choice is your birthright.

You make a choice and the choice makes you.

Choose for choose you must to fulfill your own dreams. Or else! Someone else will choose for you and fulfill their dreams.

Take your time before making a choice.

Realize that you are also responsible for choosing not to make a choice.

Sometimes you have no choice. You should be fully aware of such situations and handle them to the best of your ability with whatever limited choices you have.

Once you have made a choice after consideration then be patient and persevere. Your choice, intentions and effort will hopefully

lead to a good outcome of your desires. You may not be able to choose the final outcome.

Choosing for others who cannot choose for themselves is a great responsibility. Do not underestimate it. You will have to bear the consequences of your choosing for them.

Choosing for your children when they are young is your duty and responsibility. You will be held accountable as you are their trustee.

Taking away other's right to choose forcefully is tyranny.

Taking away other's right to choose by false promises is treachery.

Think before giving up your right to choice.

Making choices is a learned behavior and experience is the teacher.

Preparing and educating so that one can make his own choices is the best learning. That should be the goal of all education.

We usually choose because we think it is the

right thing to do. That belief should always be questioned. It may not be the right thing. There may be better alternatives.

Sometimes we choose one thing because we do not want to do the work involved in looking for alternative choices.

Food:

Eat and drink for your body and brain and not for the senses and mind.

Eat to live and not live to eat.

Eat when hungry and stop eating with some hunger left.

Eating and drinking for the nourishment of the body which is also pleasing to senses and the mind is a win-win. When only the body and brain are winners is also acceptable. When the body and brain are losers and senses and mind are satisfied then there is trouble.

Once you have had a good balanced meal then the next good meal should be taken only after you have had a good bowel movement.

Monitoring what and how you eat will help you understand the state of your mind.

The initial stages of eating are voluntary. Choose your foods well, Chew your food well, eat slowly and savor your food. Then the involuntary processes of digestion, assimilation and elimination will go well.

Eat fresh foods. Eat local foods. Eat the food in season. Also eat some foods grown in different regions. Eat a balanced meal. Maintain strict hygiene. Eat well cooked food.

Focus your attention on your food and the complete process of cooking and eating. Eating will then become a meditation.

Be grateful for the food and for the ability to consume, digest and assimilate it.

You are what you eat. All cultures and traditions have some dietary guidelines.

Providing food for yourself and for others is a sacred activity.

When possible always share your food. Do not waste food.

Look to the cooking habits and ingredients from all cultures and incorporate them. They have persisted for thousands of years and are nourishing and healing.

Satisfying the hunger and thirst of all humans, animals and all life is a duty with great rewards.

Respect and reward those who provide you with your nourishment.

Unhurriedly see, smell, feel, taste, hear and eat your food. Nourish your body and brain and make it an extraordinary sensuous experience.

Visit all the places from where your food comes. Learn about the processes of food making.

The food you eat comes alive when incorporated in the body. This is one of the greatest miracles of the spirit. All traditions have a small prayer of thanks before and after eating.

Eating food is a sacrament.

Body:

The body is an earth suit for the spirit on its journey to earth.

The body is extraordinary. Every single aspect is miraculous.

The transformation of the body from conception to death is a wonder to behold.

The body is made of matter and subject to the laws that govern matter. Multiple generations of stars and bursts of supernovas created the elements in our bodies.

The miracle of the body is that inanimate matter comes alive in the body. Life has taken billions of years to make a human being.

The body if given proper nutrition can pretty much take care of it self.

The body needs to be protected from harm.

Proper hygiene and cleanliness of the body are absolutely essential for it's well-being. All cultures and traditions have rules and guidelines for the cleanliness and purification of the body.

The body always communicates to the mind, it is the mind that listens or ignores it's warnings.

Mental states reflect in the body and body conditions affect the mind. Butterflies in the stomach, legs becoming Jello and other metaphors attest to that. Psychosomatic illnesses are well known.

The body is very forgiving even after significant abuse. It heals itself. The body has all the ingredients to heal it self. It has to be awakened and needs the stimulus for self healing. I have witnessed amazing responses to chemotherapy in different patients with different cancers and I believe that the body has its own mechanism for healing which can activated by different factors.

The body is designed to move and lie down when tired. Sitting for long times is unnatural.

Many of our illnesses are due to sitting for long durations.

Exercise is vital to the well-being of the body. Stretching, flexibility, endurance and resistance training incorporating isotonic and isometric exercises are needed. The rewards of a spending time exercising are manifold. There is not a single body system that is not affected positively by exercising.

Good nutrition, adequate water intake and proper breathing with right activity and exercise will keep the body vital. It will be a perfect companion to the mind and spirit for a life time.

The body is made of living organic matter and is susceptible to disease and degeneration.

Prevention whenever possible is the best.

Rational treatments with proven outcomes must be employed. Do the best you can and leave the rest to God's Will, Only God can heal. Miracles do happen but are not the norm and are very rare.

The body, mind and spirit are good neighbors.

They need to live in harmony and peace.

Fear:

Fear is what fear does.

Fear is your best friend if it cautions you.

Fear is your worst enemy if it stops you.

Ignorance is a root cause of fear.

Knowledge dispels ignorance and fear as light dispels darkness.

To fear fear is the worst fear.

Fear paralyzes and fear motivates.

Fear is a double edged sword, it protects and harms.

Fear is a state of mind. Fear can be dispelled instantaneously.

Fear manifests as an emptiness and constriction in the chest, sinking feeling in the stomach and weakness in the legs.

Fear can be rational and irrational. Rational fear protects. Irrational fear harms.

Fear can be used to manipulate people. Fear can be used to guide people.

Fear is needed for survival.

Fear sets limits. You have to try to go a little bit beyond the limit to increase your abilities.

There is always fear of the unknowable. Faith and trust are needed to control that fear.

Learn as much as possible to live a fearless life.

Poverty leads to fear and money makes fear go.

Fear vanishes in the company of brave persons.

To live in perpetual fear is torture.

Guilt is associated with fear.

To face your fears is one way of getting rid of them.

Unpreparedness goes hand in hand with fear.

Loneliness increases fear and company dispels it.

Fear of authority is ingrained since childhood and at times it can become disabling.

Fear of the future is eliminated by focusing on the present and learning about the future.

Uncontrolled and unexpressed fear can manifest as rage and cruelty. This can underlie irrational behaviors and atrocities.

Breathing:

Breathing is essential to life. If breathing stops one dies in minutes.

Many of us do not breathe right. Proper breathing has to be learned.

Breathing through the nose conditions the air.

The primary muscles of breathing are the diaphragm and the muscles that lie in-between the ribs. The accessory muscles are the other chest muscles, some neck muscles and abdominal wall muscles.

Most of us have a rapid and shallow breath, and breathing is into the upper sections of the lung with the use of rib cage muscles. The breathing movement is seen in the upper body. When anxious this is the pattern of breathing and this mode of breathing causes anxiety.

Some of us have a slow and deep breathing pattern where the diaphragm is the primary muscle and movement is visible in the abdomen.

This pattern is associated with a calm mind and calmness of mind can be induced by this way of breathing.

When the rib muscles contract the ribs move out and up and the volume of the chest cavity increases and air enters in. When the rib muscles relax the ribs come down and in and air comes out as the volume of the chest decreases. This is chest breathing.

When the diaphragm contracts it moves down and the volume of the chest cavity increases and air comes in. During this the abdomen bulges out. When the diaphragm relaxes it moves up air comes out as the volume of the chest cavity decreases. during this the abdomen goes in. This is abdominal breathing as the movement is visible in the abdomen and the chest movement is minimal. Note that there is no contraction of abdominal muscles involved, only the diaphragm contracts and relaxes.

A complete breath is when the lungs are filled to

maximum capacity. Primary and accessory muscles are used when taking a complete breath. To take a complete breath first we need to exhale completely and this is achieved by first relaxing the chest and abdomen and then forcibly contracting all the abdominal muscles to push the diaphragm further up and empty the lungs completely, a complete exhalation is achieved.

Then what happens is that your abdominal wall muscles relax, diaphragm contracts and moves down and air enters, you then forcible push the diaphragm further down, abdomen bulges more and more air enters in. Next you lift and expand your chest cavity by making the ribs go out and up, more air enters and the abdomen goes in a small amount. This expands your chest to its maximum capacity and a complete inhalation is achieved. This is followed by exhalation when first the muscles moving the ribs relax, the diaphragm relaxes and air comes out and then you forcibly contract all the abdominal muscles to push the diaphragm further up and empty the

lungs completely. We rarely take complete breaths and it may be worth taking only a few complete breaths at a time once an hour when we remember. Too many complete breaths at a time will cause dizziness.

We need to learn to breathe mainly with the diaphragm and this takes practice. You need to lie on your back, place your hands one on top of the other in the middle of the abdomen and relax. Do not move your chest and do not contract your abdominal muscles. When your diaphragm contracts it will move down and your abdomen will move outwards slightly and you will feel your hands move. Air will rush into your lungs. When the diaphragm relaxes it will move up, abdomen will move in and your hands will move. Air will rush out. Continue breathing this way as long as possible and soon this will become your breathing pattern lying down, sitting and standing. This pattern calms the mind.

Observing your breathing pattern can reveal the

state of your mind. When anxious, agitated, angry, fearful and upset breathing becomes rapid and shallow and mostly chest breathing. When you are relaxed and you intentionally start doing chest breathing you will notice that the state of your mind will change. When calm and relaxed you will notice that your breathing is deep and slow and mostly abdominal breathing. When you are agitated and disturbed and intentionally start abdominal breathing (there is no contraction of abdominal muscles involved, only the diaphragm contracts and relaxes) your mental state will become calm.

Breathing is an involuntary action which can be brought under voluntary control. Voluntary breathing uses significant mental resources. Involuntary breathing is hardly noticed until it fails.

Breathing and Meditation always go together as the mind can affect breathing and breathing can influence the mind.

The best techniques for using breathing to help with meditation are:

1. Learn abdominal breathing ( there is no contraction of abdominal muscles involved, only the diaphragm contracts and relaxes).

2. Plain and simple observation of breath without any modification. Attention has to be fixed on the breathing and when ever it wavers it has to be brought back to the observation of breathing. It can be fixed on the movement of the abdomen up and down, the feel of air moving in and out of the nostril or on the sound of air moving in and out. This will calm the mind, restrain it from wandering and thoughts will come under control. Breathing haste be abdominal.

3. Normally there is no significant pause at the end of inhalation and exhalation. Voluntary introduction of a momentary pause at the end of every inhalation and exhalation will force you to observe your breathing and will completely occupy the mind. This will also calm the mind,

restrain it from wandering and thoughts will come under control. Breathing has to be abdominal.

4. Occasionally a few slow and complete voluntary breaths will help focus attention.

5. Pranayama or yogic breathing has many techniques associated with different benefits and side-effects and one can study those.

Gratitude:

An attitude of gratitude attracts plenitude.

Gratitude should be felt and expressed with words and deeds.

Thank-you is a very powerful phrase, do not be stingy with it.

There are prayers for supplication and prayers for thanksgiving. Prayers for supplication indicate that you are still needing and still wanting. Prayers for thanksgiving indicate that your needs and wants have been fulfilled. What

ever your needs are think that they have been fulfilled and start thanking God. God in his beneficence will give you opportunities and means to materialize them. Try and see. Every thing first happens in the subtle universe and then in the gross worlds.

All societies have some holidays for thanksgiving, prayers for thanksgiving and rituals for thanksgiving. God rewards gratitude for all that he has given us with further blessings. Not being grateful is a sure way to stop all blessings.

There is always something to be grateful about. There are always moments when gratitude can be expressed. Look for them.

Some times we think why should we say thank-you or why should we say please. Please and Thank-you are intangible words that lead to immense tangible returns.

Your efforts towards a goal are in your hands, the results are not. What the outcome will be is God's will you just put in your best effort.

Leave the results to God and be grateful for whatever happens.

Being grateful does not happen automatically. One has to learn to develop an attitude of gratefulness and express it. Expressing gratitude does not mean you humiliate your self but it surely needs humbleness.

Enjoying your blessings and using them appropriately is also expressing your gratitude. Miserliness is to be ungrateful. Generosity is to be grateful.

Intention:

Our ability to intend has atrophied from disuse.

Intention is a great strength.

When intention is firm and attention is focused then effort becomes easy, difficulties become bearable and goals are achieved.

Good intentions lead to good outcomes. Bad intentions lead to bad outcomes. Yours is the

choice.

Only you know what your intentions are. Your consciousness monitors your intentions and rewards or punishes you accordingly. Observe and see.

Your final judgement will be on your intentions.

Every action has an intention and motive behind it. You may or may not be aware.

Become aware of your intentions and motives for action.

Always act with good intentions and in good faith. Results are not yours to determine.

First make an intention then think about it till it becomes a part of your conscious and subconscious. Fulfillment will then become automatic.

Once you make a firm intention for good work then Nature will set all its wheels in motion. Circumstances and opportunities will arise, doors will open and intention will be fulfilled.

Bad intentions can be hidden behind apparent good actions. Good intentions may at times need action that appears bad.

Speaking.

Speaking like listening is also an art to be learned and perfected with practice.

Speak with the intention to be understood.

Speak with the intention to do good and not harm.

Speak only if there is something to talk about.

When speaking make sure the listeners are understanding and confirm that.

Your speech reveals who you are so be very careful.

Sometimes silence may be the best speech and at times the worst crime.

Think before opening your mouth, once the words escape there is no bringing them back.

The consequences of your speech are not in your hands. How your words are understood depends on the listener.

Speak only after you have completed listening and understanding.

Harsh words can leave a non-healing wound.

Kind words are a balm to the listener.

Speak so that a few words say a lot rather than a lot of words saying very little.

Assess who you are speaking to before speaking. Do not waste your speech and efforts.

Most of our troubles are because we are not willing to speak the truth. Some of our troubles are because we speak the truth.

When you speak remember that your body is

speaking too.

Say what you mean.

Monetary Debt:

All of us have gone through a period of debt or are in debt. We all know the feeling.

Very few times and that too only for a limited period is debt absolutely necessary.

We incur debts first and foremost because we are unable to say no to our desires and uncontrolled minds. We are unable to say no to our ego.

Then we incur debts because we do not learn to say no to others. It is not easy to say no.

To make an ongoing commitment from your future income has to be approached with significant thought and never let it be a casual decision.

It may be best not to make commitments on

future income.

Give what you can when you can without borrowing in the present or the future.

Making a commitment and not fulfilling it is worse than not making a commitment at all. It will breed feelings of guilt, failure, anxiety and shame. It will lead to rash actions.

Remember that material goods for which you incur debts will never satisfy, they will increase your wants and desires and your debts. Satisfaction comes with contentment.

The feeling of no debt cannot be described, it has to be felt.

Try to get out of debts as soon as possible. Why give away your hard earned money in interest. Why lose your peace of mind.

When in debt you are always anxious and worried. Your peace of mind is controlled by others.

Jealousy, Greed, Pride and Upmanship cause us

to go into debts.

Know your self, know your finances, know your limits and do not be influenced by others when dealing with money.

Generosity is not possible for a spendthrift. Being generous with others money is not right.

Falling into debts is like falling into quicksand or a whirlpool. It is a vicious never ending cycle.

Desires:

Desires arise for the satisfaction of the senses and the mind.

Desires are essential for survival.

Uncontrolled desires and their satisfaction lead to pain and suffering.

Sense organs should be in your command and you should not be at their mercy.

Once you have had a great experience then

seeking for the same or better causes  
dissatisfaction and suffering.

Do not compare, look at each experience with a  
new perspective.

Not desiring, not choosing, not experiencing is  
to be not living.

Fulfilling desires at others expense is wrong.

Fulfilling desires that harm you is foolishness.

Desiring impossible things is an absurdity. Do  
not live in a daydream.

Always count the costs of fulfilling your desires.

Meditation:

Awake, Aware, Attentive, Focused, Calm and  
Peaceful, Comfortable posture, Regular Deep  
Abdominal Breathing, Regular Pulse indicate a  
state of meditation. Nothing forced, nothing  
disturbed.

Early morning when the mind is quieter is the

best time to practice meditation. Sit in a comfortable posture with the back straight so that breathing is not restricted. Do not make any effort to breathe, just let the belly move in and out on its own with the movement of the diaphragm. No additional effort. Keep your attention on the breath, no need to count, just in and out, in and out or focus on your belly, just in and out, in and out. No need for any manipulation. Thoughts will come and go, let them come and go. Do not attach your attention to the thoughts, keeping attending to the breath. Attention will run away with a thought just bring it back to the breath. Thoughts are random from the random firing of neurons in the brain, most of the random thoughts are meaningless and rather amusing. Impossible to stop. Do not give them substance by attaching your attention to them and being carried away. You will tend to fall asleep. Keep staying awake by keeping your attention on your breath. Hopefully you will be in a meditative state and once the session is complete the benefits will last for the whole day. This is meditation with no additional effort, this

is your being at peace.

Early morning when the mind is quieter is the best time to practice meditation. Sit in a comfortable posture with the back straight so that breathing is not restricted. Do not make any effort to breathe, just let the belly move in and out on its own with the movement of the diaphragm. No additional effort. Keep your attention on the breath, no need to count, just in and out, in and out or focus on your belly, just in and out, in and out. Then keeping your focus on the breathing start noticing the transition between breathing in and breathing out. Do this for several minutes and then add a voluntary momentary pause at the transition point. Do this for several minutes. You will then notice that breathing has become voluntary and the mind is completely preoccupied with the breath and thoughts slow down and also momentarily come to a stand still. Faint images of thoughts will be in the background with no power to grab your attention. Once the session is over you will be refreshed and hopefully the effects will last for

the whole day.

Meditation will calm your mind so that your true self will become evident. No ego, no pretensions.

Once you practice and learn to meditate and calm your mind and thought waves then the mind can serve you to do focused thinking, problem solving, resolving old issues and hurts and healing. Take a problem, start your meditation and keep your mind focused on that problem see what comes up, keep analyzing and focusing on the subject, note down the insights. Keep working on it, do your research and study and solutions will come. The whole act will become a meditation. You can change your mind by meditating on the changes you want and instilling them in your conscious and subconscious. Best to meditate on the words of Saints and Sages and instill their thinking into our minds..

Similarly if all activities are done with a focused, one-pointed mind then all of life

becomes a meditation.

## Contemplation and Prayer.

The earth is the size of a mustard seed when the sun is the size of a football. The sun is a medium sized star in our galaxy. The Milky Way has billions of stars and there are billions of galaxies with innumerable stars and planets. This is only a fraction of matter and energy in the universe. Most is dark matter and dark energy. All this matter and the universe is just empty space. Learn astronomy! Look into the sky on a clear night and be awed. Travel for 14 billion years at the speed of light and you would go across the known universe. (If you had a billion dollars and you spent a thousand dollars a day since the time of Christ you would still have money left.) Our bodies are made up of billions of cells with a cell turnover of billions daily. Our mind and intelligence is able to grasp all this and more. The diversity of life on earth and possibility of life on other planets, what does it all mean. There is the known, the

knowable and the unknowable. The more we know then there is more to be known. Keep abreast with new discoveries.

When we pray we acknowledge God.

When we pray we have faith in God.

When we pray we trust God.

When we pray we realize the omnipotence of God.

When we pray we acknowledge our dependance on God.

Pray with humility and awe.

Pray with the realization that God is beyond our imagination. He is the creator and sustainer of all, His Will is unknowable.

Pray for others before you pray for your self.

Pray with prayers written by prophets, saints and sages.

Pray in your own words coming right from your heart.

The best prayer is the prayer of gratitude and thanksgiving.

Prayer draws an answer from God.

Prayer is your communication with God.

Prayer is a conduit for inspiration and intuition.

Prayer is a mercy.

Prayer is an healing.

Sensations and Beyond.

Our sense organs are sensors that are sensitive to their environment and the information is transformed into signals which are sent to centers in the brain. Brain tissue is able to decipher that information and present it to US so that WE perceive the sensations. What WE perceive is dependent on the signal, the sense organ, the conduit for transmission, the deciphering brain tissue and the mind.

Sometimes what WE perceive may not be what it is as information may have been altered at

various points. The mind always adds its own take on any information based on its experience and memory. Therefore each of us experiences life a little differently. Every stimuli has a different response in every individual. This leads to individual variation and personal bias. Objective assessment is best conducted with instruments that give a readout in numbers.

Stimuli arise outside and inside the body and also in the mind. Learn to look objectively without the added assessment and bias of Your mind. Give every issue a chance, do not draw conclusions without an objective evaluation. Use Your mind to help You, do not let it control You. You are beyond Your mind. The mind is the total functioning of the brain. Part in Your awareness, part subconscious. Meditation will reveal Your True Self. The Self that Intends and commands and is responsible for all the actions.

Faith and Belief:

Faith that cannot be shaken and belief that is unquestionable-who has it?

I have faith and I believe-What does this mean?

To have faith is a struggle because the nature of the mind is to doubt.

Faith that has not been challenged and belief that has not been shaken is liable to be broken easily.

Faith that is challenged and then confirmed and belief that is broken and rebuilt is stronger.

Keep faith and do right, believe and persist in spite of all adversities and doubts.

Study, question, reflect, trust, challenge and accept what is reasonable.

Faith based on outrageous beliefs will not last long.

Your intelligence must not be insulted and ridiculed by what you are asked to believe. Intelligence is what makes us human.

Scriptures have esoteric meanings and they talk

in parables. You need the right teacher to explain. Study will increase your faith and belief.

Science should not be a path to faithlessness and disbelief. The more you know, the deeper you go, the more reverence and awe will be inspired. Science is the study of God's creation and it is also a path to the Creator.

Search:

Search starts when there is an hunger.

Search starts when there is a dissatisfaction.

Search starts when status quo is not enough.

Search starts when there is a glimpse of hope.

Search starts when there is a catastrophe.

Search starts when the known is not satisfying.

Search starts when the false peace is broken.

Search starts when the spirit awakens.

Search starts when there is suffering.

Search starts when a teacher appears.

Search starts when intelligence is challenged.

Search starts when a desire to know takes root.

Search starts when compassion softens the heart.

Search starts when imagination presents new worlds.

Search starts when ignorance becomes evident.

Search starts when there is an emptiness.

Search starts when there is something lacking.

Search starts when there is a need.

Search starts when humility displaces pride.

If you know it all than there is no searching, you might as well be dead.

When will the search end? Never!

Will you get the answer? Maybe!

Your desire to search is awakened by the answer.

Your searching will eventually attract the answer.

Every one and every thing can be a teacher.

Doubt the answer is in books.

## Stuttering

I started stuttering at a very young age, not sure exactly when. At age 7 I moved to Bombay to stay with my paternal uncle. At that point I was definitely stuttering. I would be afraid of reading and recitation at school. I would sit in the last row and would hope my turn would not come. I would be hesitant to talk and make friends. When I was 12 years old my parents moved to Bombay and our family then stayed together. Stuttering may have improved some but was still significant. I would practice talking with marbles in my mouth. When I was in 8th or 9th grade my cousin brought some herbal

medication from Karbala in Iraq which I took. In 11 th grade my last school year I built some courage and asked my school principal if I could give a speech on Independence day. She was not sure if I would be able to but she let me do it. I prepared a speech and delivered it stuttering. After that slowly my stuttering improved and I went to college got a degree in Medicine. Came to the United States and did further studies to become an Oncologist. My whole career depends on my ability to speak and communicate. I think fear had a lot to do with it. Overcoming that took many many years. Even now at times I might stutter.

## Reading Addiction.

I was addicted to reading for many years. I read compulsively every thing I could read. I would read a book cover to cover and read the complete newspaper and magazine. I would stay awake reading late into the night. I would keep an open book on my lap when driving and

would try to read on a signal. I would visit the library and book stores for hours and read. I would read to the exclusion of all other activities. I would compulsively buy books new and used. At times I have bought the same book twice. If I did not visit the book store or read I would get anxious and depressed. In 2008 I gave up all caffeine (another story) and slowly the urge to read incessantly decreased and now I read what I like. I kept searching but there are no answers in books. Last one year I have mostly read manuals and instructions for photography.

## The lesson of the Mango

I was in Mombasa, Kenya several years ago on vacation. One day walking on the street I stopped to buy a mango from a fruit seller. There were a few customers, bystanders, goats and cows there. I picked a mango and gave it to the seller to cut it for me. He cut two large slices and was about to throw the seed with remaining pulp. I tried to stop him and asked that he give

me the rest of the mango. The other customers and bystanders started laughing. I look around and saw the animals eating the remainder of the mangoes. That moment I realized that the locals were way advanced then me. They had it in their culture to share their food even with animals. I was selfish and was wanting the whole mango for my self. Later during my phase of reading I read the Old Testament and somewhere in it I read that when harvesting a crop the instructions were to leave the four corners unharvested. This was to provide food for the poor and the animals. I learned a good lesson.

## Time

Time Management brings up the issue of the clock and the compass.

We have all become slaves of the clock when

we should be masters of our time.

We should know the direction we want to go in and use time to reach our goals.

Some activities need us to allot a specific amount of time and other activities will determine how much time is spent on them. We need to learn to differentiate between them.

Time as measured by the clock is different from time as perceived by the mind.

Time is our main Capital. Well utilized we gain other wealth.

With time everything changes.

Time heals all wounds.

We should not hide behind the clock, adequate time must be spent when needed.

When we are paid for our time, then we must give the quality and quantity of time. Not giving due measure is wrong.

Proper scheduling with built in time for breaks

will avoid hurry.

Some time should be spent daily on personal development and health maintenance. Rewards may not be immediate but will be manifold and long-lasting.

Take your time to eat, that is one of the reasons you work so hard.

Slow down and enjoy the journey. You may or may not reach the end but there will be no regrets.

Do not sacrifice the present for the future. The future may not be in your destiny. If it is then a good present will make a good future.

Forgive and forget the past after learning its lessons. Move on and enjoy the present.

Destination.

In pursuing the destination do not forget the journey.

The journey is more important, the goal may or

may not be reached.

Results are not in your hands. The effort is.

Wrong means will not lead to right outcomes.

Right means will not lead to wrong outcomes.

Work Associates.

Should be qualified and trustworthy.

Effective and Efficient-Leader

Effective not Efficient-Workhorse

Efficient not Effective-Dangerous

Not Effective and Not Efficient-Sloth

