



Back to basic – Non-Violence, Thoughts, Words & Deeds.

The group determine to undertake 3 spiritual sadhanas as an offering to Bhagawan for His Centenary birthday.

- 1) Avoid watching T.V. while eating and also talking.
- 2) Do not indulge yourself in gossip.
- 3) Be always in good company (including seeing good, listening soothing music, Bhajans and reading good books. Be in Satsang.

Mind – is nothing but bundle of thoughts.

- Mind has able to perceive objects only through senses.
- Mind is pure but polluted due to association with senses.

How to purify mind? With sadhana.

- 1) Service 2) thinking unity of all human beings 3) good thoughts, behavior and actions 4) have good company. 5) Meditation 6) Namasmarana.

Thoughts – are passing cloud formations in the mind (worries are clouds that passing in the mind)

- Food consumes determines one's thoughts. (Eat satwic).
- Thoughts are responsible for our happiness and sorrow.
- Bad thoughts reach the other person and causes harm and harm you as well.
- Thoughts in mind are finding faults with others.
- Don't think superiority.

Positive thoughts

- Approaching life's challenges with positive outlook and optimistic attitude.
- Acceptance and change so you see both "good" and "bad" with balance mindset.
- Prayer for whole wellbeing and blessings.

How to think positive thoughts? Focus on good things. (spend time with positive people). Practice gratitude – feel great full. Challenging situations and obstacles as a part of life. Allow yourself to have bad days and identify negative thoughts.

What are benefit of positive thinking? Makes you happy – feeling happy. Develop inner peace. Success and satisfaction. Improve relationships.

Negative thoughts. I can't do anything right. (I am such failure). I am worthless, weak and burden. No one wants to hear my option.

How can you overcome bad thoughts? Bury bad thoughts under good one then bad one will fade away and forgotten. Be calm.