THE DIVINE VISION

A Periodical on Spirituality and Health



LIFE SCIENCES FOUNDATION

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Founded by
Dr. O.P. Kohli

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Devoted to enlightening the mankind on spiritual evolution through techniques of meditation: raising one's limited consciousness to expanded consciousness; enabling on to liberate from threefold sufferingsof physical, mental and spiritual ignorance; and offering spiritual healing when medical facilities and medicines fail to respond.

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(The publication of this periodical is based on sea knowledge in Gita, Ramayana, Vedas and other Hindu Holy Scriptures and teachings of our Revered Guruji 'Premavatar Sri Sri Paramahansa Yogananda')

EDITORIAL

'The Divine Vision' provides wisdom and knowledge to those treading on the sacred spiritual path.

India is going through a very difficult time both on economic front and social front. Rupee is fast losing its value against dollar and other major currencies and India's credit rating is fast taking a nosedive. There are massive scams in the government circle on different allocations and many other sectors with the result that all the precious time in parliament sessions is wasted by opposition raising scam issues.

In spite of earnest efforts by the honest people in the present government the corruption is so deep rooted that it is eating away the basic foundation of Indian and Eastern values for e.g., there is a 6 lakh of barrels diesel shortage per day in Europe right now, which will only exacerbate this year. We don't know who is going to be the major supplier to plug this gap.

India is going to fulfill this by more than 60%. This is a huge game changer in Geopolitics. India is emerging as the upstream refinery destination of Russian oil, which is then exported to Europe. Currently we are buying 17 lakh barrels of Russian oil every day at roughly 47 dollars per barrel, which means potential export revenues to the tune of 70 billion dollars this year.

Last year, for instance, Netherland emerged as a surprising export destination of Indian hydrocarbons reaching 10.4 billion dollars. Not only will this have a positive impact on India's current account, but also, we will emerge as a major player in Global Energy economics.

U.S.A simply cannot tolerate India's this partnership with Russia. That is why Indian businesses are being attacked by violating human rights and religious freedom. We must appreciate Modi for his

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fantastic foreign policy. The U S, Europe and China do not appreciate our rise but have no options.

Recently, a few days back, Indian Government announced the discovery of 5.9 million tonnes of lithium in Salal – Himana area of Reasi District of Jammu & Kashmir. Lithium is an essential component used in the production of batteries for electronic vehicles (EVs), solar panels and electronic devices.

The largest ranking reserves in 2023 are as follows:

Bolivia – 21 million tonnes

Argentina – 20 million tonnes

USA – 12 million tonnes

Chile - 11 million tonnes

Australia – 7.9 million tonnes

China – 6.8 million tonnes

India – 5.9 million tonnes

Germany – 3.2 million tonnes

Congratulations India may you prosper.

Today there is a need for counselling, morale building and awareness through spiritual publications like the Divine Vision by spiritual Guru Dr. O P Kohli. The articles of the Divine Vision are treasures to be cherished and to be read again and again to imbibe the values in our daily life.

Let us all resolve to be honest and sincere in our professional and personal lives and follow the path of meditation taught by our Gurus so that we can contribute positively to the nation and set an example for the younger generation to rise above the total mess our country faces today.

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THE DIVINE VISION

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THE MYSTICAL SHIVA TATTVA

By: Dr. O.P.Kohli

We have 3 states of consciousness – waking, dreaming and sleeping, and there is a 4th state of consciousness where we are neither waking nor dreaming nor sleeping. It is experienced in meditation. A glimpse of that 4th state is what is called Shiva tattva.

When your body came into existence, it was just one cell. One cell became your whole body. That cell knew exactly where to make the eyes, where to make ears, where the kidney should be, and where the heart should be and one cell multiplied itself into many different ways – nails, hair, tongue, muscle, bone and everything.

Have you ever thought about it? One cell multiplied and made so many organs in the human body. The human body is one, yet it is so different, and diverse in its nature and texture. This unity in diversity is also evident in the whole creation. The entire creation – sun, moon, stars, air, cloud, water, earth is made up of one substance. Everything is made up of One thing. **That One thing is called Shiva.**

Shiva Tattva is very difficult to talk about as it can only be felt. Words go that close but they return. Is Shiva somebody? Is he a form? Is he someone sitting in some place? No. Shiva is the entire universe. Shiva tattva (essence) is from where everything has come, everything is sustained and into which everything dissolves. There is no way that you can even step out of Shiva's tattva at any time because Shiva is the whole creation.

Shiva is Vishwaroopa which means that the entire universe is his form and yet he is formless or Nirakaar. You can

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know Him by going deep into Om, the primordial sound of the Universe. How can you understand Shiva? Only through meditation. There is a beautiful story related to Shivaratri. Once Brahma, the creator and Vishnu, the preserver of the Universe wanted to know the expanse of Shiva. Brahma said, "I will go and look for his head and you find his feet." So for thousands of years, Vishnu travelled downwards to find Shiva's feet and Brahma went upwards to find his head but they couldn't find it. Finally, they both met in the middle and said that they couldn't find either – there is no beginning and no end to Shiva.

Shiva comprises the entire creation and the creation is full of opposites. On one

hand, he is considered Shweth vastra dhaar (wearing white clothes) and on the other hand, he is Krishna varna meaning he is dark. He is the Lord of the Universe and yet he doesn't have even a piece of cloth or jewellery. He is Rudra or the fierce on one side and Bholenaath or the most innocent on the other. He is Sundaresha, the lord of beauty and he is also Aghora – dreadfully intense. Shiva Tattva binds the dynamism of the beautiful dance and stillness of meditation, darkness and light, innocence and intelligence, ferocity and compassion.

Shiva's Mrityunjaya mantra is one of the most revered mantras in the Vedic tradition. Mrityunjaya means victory over death. The soul has no death. It goes from one body to another. Mrityunjaya means victory of the mind over the ephemeral and soaring on to the eternal. The mind realizes that "I am the eternal being. There is something in me that is not changing." Then there is no fear. Fear is one of the signs of death. You win over fear and you will win over the small-mindedness of identification with the perishable and move to the imperishable. We are a

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combination of both: our spirit is imperishable and the body is perishable. Often our mind is attached to the perishable and it feels like it is dying. Mrityunjaya's mantra takes our mind from the limited identity to the unlimited identity. It has a prayer: "Let Shiva make me strong. Let him make me strong. Let him give me relief from bondage."

Usually, people ask "what is the purpose of life? What is the purpose of creation?" The cosmos is not a journey somewhere. The Creation has no purpose. It is simply a play and display of consciousness. Just like the dancer and dance cannot be separate, the Creation and the Creator are not two separate things. This truth was depicted in the form of Nataraja (One of Shiva's forms). The five elements are depicted in Nataraja who himself is consciousness. The dance of consciousness is the whole Universe. This universe is not struggling or suffering; it is celebrating every day. It is bliss. One who does not know this suffers is depressed or sad. One who knows that this whole creation is a dance finds joy. That truth is Shiva tattva. Don't try to experience Shiva. You simply have to be present at the moment and relaxed, Shiva tattva is already there.

The Upanishads say Shivam (auspicious), shantam (peaceful), Advaita (where there are no two), Chathurtam (4th state), Manyante se atma (that is what is your Self), Se vijñeyaḥ (that is worth knowing). Who do you think you are? You are not just a name, not just a form. You are that scintillating consciousness that is Shiva tattva. The temple of Shiva is made up of the consciousness of human beings, not of stones. That which encompasses the whole Universe, that something in which every life is, that is the mystical Shiva tattva.

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THE NATURE OF SPIRITUAL LIFE

Dr. O.P.Kohli

The goal of the spiritual path is to understand the spiritual dimension of life and live fully all the values that the spirit represents

Life is more than matter. If it were just matter, there would be no need for comfort. Matter does not feel comfort or discomfort, beauty or ugliness, love or compassion, joy or sorrow. Will a chair ever feel sorry or happy? No, matter does not have these finer values. They belong to the realm of the spirit. But life is also more than spirit. If it were just spirit, there would be no need for water, food, or rest. Human life is a combination of both matter and spirit.

The nature of the spirit

Spirit experiences and expresses values. Values are feelings and emotions – that which cannot be captured totally by words or understood by the intellect. The goal of the spiritual path is to understand the spiritual dimension of life and live fully all the values that the spirit represents. What are those values? Peace, love, joy, beauty, unlimited knowledge, and the capacity to understand both mind and matter.

Comfort: A quality of consciousness

Whatever one does is directed towards one goal, happiness or comfort. Often people think that comfort comes in a material way, through matter alone. Comfort is a quality of consciousness. To some degree it does depend on matter, but to a greater degree it depends on attitude and understanding.

The true nature of the spirit is comprehension

You listen, you understand and you absorb. Who understands? Who is absorbing? It is the spirit in your body that is taking in the knowledge. And this knowledge

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is not coming through sight, sound, smell, taste and touch alone. It is also coming from inside as intuition.

You can say that at every level of consciousness, knowledge is present. And consciousness is present! If it were nothing, it could not be present. It is something, yet it is not finite. You cannot measure consciousness, so it is present and infinite.

The nature of your consciousness is peace : You are love

Consciousness is peace. You are peace, you are truth, and you are energy, walking, moving, talking, and sitting. The "self" is energy and the "self" is knowledge, the knowing and the knower. This consciousness is love, you are love. Understanding and living this is the spiritual life. Life attains its richest form through the spiritual dimension. Without it life becomes very shallow and you are unhappy, dependent, depressed and miserable.

The effects of the spiritual dimension on society

This is a great sense of belongingness, responsibility, compassion and caring for the whole of humanity. The spiritual dimension, in its true form, breaks the narrow boundaries of caste, creed, religion and nationality. Wars will be eliminated only through spiritual understanding.

The spiritual path is not an escape from life

Actually, the spiritual path makes life more difficult! People think the spiritual life is easy – go to an *ashram* where you don't have to work hard. No! The spiritual path is not an escape from hard work or sincere action, just as social service is not an escape to a comfortable life. In both situations you have to put your heart and soul into your actions and be ready to give a hundred

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percent of yourself. The spiritual life will bring you enormous joy, more contentment, more peace and more energy than you can find, but it's not an escape.

The spiritual path is not an escape from responsibility

The spiritual path means taking responsibility. If you think it is difficult to manage your children and your spouse, you will be given more people to care for. If you are ready to take responsibility for 20 people, 2,000 people, 20 million people, then you are on the path. The spiritual path is not an escape from responsibility, but taking responsibility.

The spiritual path is not an escape from hard work

Intelligent, effective work is part of the spiritual life. When you are working hard you may think you deserve compassion. I say that if you are working hard and doing it with intelligence, then you need appreciation, not compassion. If someone is taking five hours to complete something that can be done in half an hour, it doesn't need compassion.

Knowing peace

Another aspect of spiritual life is peace – knowing that peace is your nature. At any moment, in any place, you can just sit and let go, knowing that inside you there is a pure clear space that's vast and deep. That inner space is what you are. Feeling this is knowing your spiritual dimension. ”I have come from peace, I am in peace, I will go back to peace. Peace is my origin and my goal.” This inner affirmation or experience makes you a seeker.

A sense of sacredness

Still another aspect of spiritual life is a sense of sacredness. When you have a deep sense of thankfulness combined with regard and respect for everything that comes to you in life, it brings a sense of

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sacredness. In sacredness there is awareness. Your mind is fully present in fear, anger or sacredness.

Service and silence

Silence heals and rejuvenates. Silence gives you depth and stability and brings creativity. Service brings the dynamic experience of heart. It creates a sense of belongingness. Lack of service can land a person in depression. Service alone can bring contentment in life, but service without silence tires you. Service without spirituality will be shallow and cannot be sustained for a long period of time. The deeper the silence, the more dynamic the outer activity becomes. Both are essential in life.

Have confidence

Have confidence in yourself. One who does not have confidence cannot achieve anything. Confidence clears doubt. Doubt is the opposite of confidence. Once you eliminate the negative, you will see that the positive has already happened. When doubt clears, confidence appears. So to gain confidence in yourself, you must understand what doubt is.

The nature of doubt

If you observe the nature of doubt, it is always about something that is positive. You doubt the goodness of other people, never their bad qualities. You doubt your own capabilities, never your incapability. On the spiritual path, you learn to handle things with intuition and inner freedom. I don't say don't doubt. I say doubt as much as you can. That will help you get through it before progressing further.

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WISDOM IN GAYATRI MANTRA

Dr. O.P.Kohli

Gayatri Mantra – The most powerful and miraculous mantra in the universe:

Om Bhur Bhuvaḥ Suvaha
Tat-savitur Vareñyaṃ
Bhargo Devasya Dheemahi
Dhiyo Yonaḥ Prachodayāt

The Mantra of Vedmata Gayatri, consisting of twenty-four letters, is very small but it contains an ocean of infinite knowledge. The knowledge underlying it is so profound and all compassing that if a person understands it properly and brings it into practice, he can make his present as well as future life truly happy and peaceful. The message in the mantra most meaningful both from spiritual as well as material point of view. If it is well understood and contemplated upon, it manifests itself as a source of perennial fountain of true wisdom.

General meaning: We meditate on that most adored Supreme Lord, the creator,

whose effulgence (divine light) illumines all realms (physical, mental and spiritual).

May this divine light illumine our intellect.

Word meaning: Om: The primeval sound; **Bhur**: the physical body/physical realm; **Bhuvah**: the life force/the mental realm **Suvah**: the soul/spiritual realm; **Tat**: That (God); **Savitur**: the Sun, Creator (source of all life); **Vareñyam**: adore; **Bhargo**: effulgence (divine light); **Devasya**: supreme Lord; **Dheemahi**: meditate; **Dhiyo**: the intellect; **Yo**: May this light; **Nah**: our; **Prachodayāt**: illumine/inspire.

Gayatri Mantra (the mother of the vedas), the foremost mantra in hinduism and hindu beliefs, inspires wisdom. Its meaning is

that "May the Almighty God illuminate our intellect to lead us along the righteous path". The mantra is also a prayer to the "giver of light and life" - the sun (savitur).

Gayatri, the five-faced Goddess, is said to have domain over the five senses or
pranas, and protects these five life-forces of those who chant the Gayatri Mantra.
Hence the Gayatri is unique in that it embodies the three concepts of stotra (singing
the praise and glory of God), dhyaana (meditation) and praarthana (prayer).

What is the Gayatri Mantra?

The Gayatri is a universal prayer enshrined in the Vedas. It is addressed to the
Immanent and Transcendent Divine which has been given the name 'Savita,'
meaning 'that from which all this is born.' The Gayatri may be considered as having three parts - (i) Adoration (ii) Meditation (iii) Prayer. First, the Divine is praised, then It is meditated upon in reverence and finally, an appeal is made to the Divine to awaken and strengthen the intellect, the discriminating faculty of man.
The Gayatri is considered as the essence of the Vedas. Veda means knowledge,
and this prayer fosters and sharpens the knowledge-yielding faculty. As a matter of
fact, the four core-declarations enshrined in the four Vedas are implied in this Gayatri mantra.
The Gayatri Mantra is a sacred chant that demonstrates the unity that underlies
manifoldness in creation. It is through the recognition of this unity that we can
understand the multiplicity. Clay is one and the same thing, though pots of different
shapes and sizes can be made from it. Gold is one, though gold

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ornaments can be multifarious. The Atma is one, though the embodied forms in which it resides may be many. Whatever the colour of the cow, the milk is always white.

Who is Mother Gayatri?

Gayatri is the Mother of all scriptures (Vedas). She is present, wherever Her name is chanted. She is very powerful. The One who nourishes the individual being is Gayatri. She bestows pure thoughts on anyone who worships Her. She is the embodiment of all Goddesses. Our very breath is Gayatri; our faith in existence is Gayatri. Gayatri has five faces; they are the five life principles. She has nine descriptions; they are 'Om, Bhur, Bhuvah, Suvaha, Tat, Savitur, Vareñyaṃ, Bhargo, and Devasya'. Mother Gayatri nourishes and protects every being and she channelizes our senses in the proper direction. 'Dhīmahi' means meditation. We pray to her to inspire us with good intelligence. 'Dhīyo Yonah Prachodayāt' - We beseech her to bestow on us everything we need. Thus Gayatri is a complete prayer for protection, nourishment and finally, liberation.

Benefits of chanting Gayatri Mantra

Through meditation on the Gayatri, one can become aware of the inner motivating principle of the five elements, the five vital airs in the human body, and the five sheaths which encase the Atma. Just as there are three basic energies that govern man---the physical, the metaphysical and the psychical, the ādhi-bhoutik, the ādhi-daivik and the ādhi-atmic, Gayatri has three facets, Gayatri, Savitri and Saraswati.

Gayatri fosters the metaphysical, Savitri, the physical, and Saraswati, the psychical. These three karañas

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or instruments have to be cleansed and sublimated so that man can realise the goal of life. Through the recital of Gayatri mantra and meditation thereon, this great task can be achieved.

Gayatri Mantra - Long Form and Praanayama:

The complete form (or long form) of the Gayatri Mantra contains an invocation to the seven spheres, followed by the traditional 24-syllable mantra that is most commonly chanted (Details of each syllable can be found in the Gayatri by Words article). The final part of the mantra is an invocation to the Goddess of light to illuminate our path as we move towards higher consciousness.

ॐ भूः, ॐ भुवः, ॐ स्वः, ॐ महः
ॐ जनः, ॐ तपः, ॐ सत्यम
ॐ तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि
धीयो यो नः प्रचोदयात्।।

AUM, the primordial sound, resides in all elements of the universe. It permeates the earth (-bhUH), water (-bhuvaH), fire (-svaH), air (-mahaH), ether (-janaH), intelligence (-tapaH) and consciousness (-satyam). We pay homage to Gayatri, the one who shines like the sun (tat savitur), the one who destroys all our sins through her everlasting and effulgent light. Dear Goddess Gayatri, please illuminate our path towards our higher consciousness and lead us to our true purpose in life. Please shine your light (-jyotiH) in our path so we may partake of the everlasting nectar (rasomRRitaM) of brahman while chanting the primordial sound, AUM.

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BUDDHA'S ENLIGHTENMENT & HIS TEACHINGS

Compiled by Dr. Manoj Pabrai

Enlightenment is a state of complete understanding and complete compassion. The Buddha remained on Earth to communicate his insights to others. He attained enlightenment around the age of 35 and did not die until he was 80. This is called nirvana with remainder, as his body remained on Earth.

What does Buddha say about enlightenment?

The Buddha said of his enlightenment, "Ignorance was destroyed; knowledge arose; darkness was destroyed; light arose—as happens in one who is heedful, ardent, and resolute." On the night of his enlightenment underneath the bodhi tree near Bodh Gaya in India, the Buddha recalled his past lives, understood the workings

When Lord Buddha got enlightened, he was silent for seven days; he didn't say a word. All the Gods and the angels got worried that he is not saying anything. They pleaded with him to say something because what he says will benefit people for ages to come.

Lord Buddha came 2,500 years after Lord Krishna, and if he doesn't say anything, what will happen? One of the Gods, Lord Brahma went to Buddha and said, "Please say something." Lord Buddha then said, "Those who know it, you don't need to tell them. For those who do not know, there is no point in telling them because they are ignorant. Any amount of telling them will not be of any use. They are in the small mind."

Then the angels told Buddha that some are in the middle; they know a little bit and yet, they don't know a lot. When they hear you, they can move towards the higher truth. Thus, they convinced Lord Buddha, and then he started speaking. He travelled all over India and spoke for 32 years. In those days, there were no aeroplanes; otherwise, he would have come to Japan also. His only intention was to bring compassion and inner peace to the people of the world.

Nirvana, according to Buddhism, is the state in which the mind is at complete peace and the soul is merged with the universe. It is reached when a person's desires and suffering all go away and they neither need nor want anything.

What are the 7 stages of enlightenment in Buddhism?
The seven factors are:

- Mindfulness (Sati)
- Keen investigation of the dhamma (dhammavicaya)
- Energy (viriya)
- Rapture or happiness (piti)
- Calm (passaddhi)
- Concentration (samadhi)
- Equanimity (upekkha)

Buddha's teaching – Nikayas

Throughout his life, the Buddha gave many teachings. They were collected into five volumes called nikayas, which today form Buddhist scripture. These five volumes are collectively called the Theravadin scripture, and they form one 'basket' of the Pali canon.

These teachings help Buddhists to understand the nature of reality and how they can achieve enlightenment. For example, Samyutta Nikaya 35.199 is a parable that warns Buddhists to be restrained in their desires and not be impulsive.

The five nikayas are:

- **Digha Nikaya -** the collection of long discourses. This contains some of Buddhism's most commonly referenced teachings. The description of the Buddha's last days where he talks about morality and practices for lay people are found in the Digha Nikaya, as well as teachings about time, the universe and Samatha meditation.
- **Majjhima Nikaya -** the middle-length discourses. This nikaya consists of 152 discourses by the Buddha and some of his main disciples; it includes some of the main aspects of Buddhist beliefs and practices.
- **Samyutta Nikaya -** the collection of grouped discourses. This contains almost 3000 discourses grouped into five sections and further subdivided, into related topics.
- **Anguttara Nikaya -** the collection of numerical discourses. This consists of several thousand discourses of the Buddha and his major disciples arranged into 11 books according to the number of dhamma items referenced in them.
- **Khuddaka Nikaya -** the collection of smaller discourses. This is a very varied collection of books many of which contain small fragments of teachings.

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HIGHEST FORM OF FORGIVENESS

Compiled by Dr. Manoj Pabrai

Forgiving others with a sense of compassion is the best form of forgiveness.

A restless businessman once came into Buddha's assembly, walked straight to him and spat at Buddha. He was furious that his children who could have spent their time earning money, sat with Buddha instead, with their eyes closed. Buddha merely smiled at him. There was no word, no reaction. The man walked away in a huff, shocked. He could not sleep all night. For the first time in his life, he met someone who smiled when he was spat at. His whole world had turned upside down.

The next day he went back to Buddha, fell at his feet and said, "Please forgive me! I didn't know what I did." But Buddha said, "No! I cannot excuse you!" Everyone in his assembly was taken aback! Buddha said, "Why should I forgive you when you have done nothing wrong?"

The businessman reminded him of what he did on the previous day. Buddha simply replied, "Oh that person is not here now. If I ever meet the person you spat on, I'll tell him to excuse you. To this person here, you've not done any wrong."

Compassion is not saying, "I forgive you." Your forgiveness should be such that the person, who is forgiven, does not even know that you are forgiving them. They should not even feel guilty about their mistake. This is real compassion.

The tradition of seeking forgiveness

Each year during this time, many cultures around the world celebrate a day of forgiveness, a day when you ask people around you, those you know and those you don't, to forgive you. The Jewish community celebrates Yom Kippur, the Day of Atonement, while the Jain community in India celebrate Kshamavani, a beautiful tradition where each person greets the other with Michhami Dukkadam which means seeking forgiveness for deeds or words spoken that may have hurt someone consciously or subconsciously.

It's a beautiful tradition to not harbour hatred towards anyone. Even Muhammad

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Ghori who waged many wars against India was forgiven when he asked for forgiveness. Today, there is so much hatred, tension, and violence in the world. There is domestic violence at home, violence between communities, and conflicts between countries. In such a world, observing a day of forgiveness is of great significance.

If everyone in the world could practice forgiveness—both asking and giving—many of the world's conflicts could be solved. Many of the conflicts in families and relationships would be solved.

Is it easy to forgive?

Forgiving is easy when you look at the bigger context. When you see from a wider perspective, you see that a culprit is also a victim. When you see that victim inside the culprit, you don't need to forgive, forgiveness happens; in fact, compassion spontaneously arises in your heart.

Forgiving someone shows one's compassion. Asking for forgiveness shows that you recognise your mistakes and that you resolve not to repeat them in the future.

Why make mistakes at all?

Mistakes happen due to lack of understanding, wrong education, wrong indoctrination, and emotional outbursts as we don't know how to control our rage, anger and frustrations. When uncontrolled emotions spring into action, it becomes a mistake.

It is wisdom that checks these uncontrolled emotions; wisdom which makes you think before you act. People commit mistakes because of a lack of wisdom, lack of happiness or lack of an inner connection with the divine. Someone who is happy, content and in love will not harm anyone. It's impossible. If someone harms another, it is because there is a deep wound or scar inside of them which needs to be healed.

The highest form of forgiveness is to realise that the other committed a mistake out of ignorance, and have a sense of compassion for them. Forgiving others with a sense of compassion is the best form of forgiveness.

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QUESTIONS OF DEVOTEES

Answered by: Bhai Sahib

Q 1.) Why is my meditation not successful despite practicing for several years?

Ans.) By command of will direct the life energy to flood your body. Then feel the energy vibrating there. Relax and feel, Relax the tension and feel the tingle of new life in the recharged area. Then feel your life energy that sustains that life. Feel that peace, the freedom, the increased awareness that comes with the calmness produced by the practice of this Technique.

Q 2.) Should we have a particular method or technique through which we can talk to God?

Ans.) The technique of Kriya Yoga makes us learn to be guided by our conscience, the Divine discriminative power within us. God is the whisper in the Temple of our conscience.

When we are doing wrong our whole being tells and that whole feeling is God's Voice. If you don'tlisten to Him, He becomes quiet. **HE is the LIGHT of INTUTION.**

Q 3.) How can we cultivate Magnetic Force within ourselves?

Ans.) Magnetic Force is soul guidance, appearing naturally in man/woman during those instants when his/her mind is calm. Then it may hear the infallible counsel of the inner voice and also attract the like-minded personalities.

Q 4.) Why do obstructions come in the pursuit of God?

Ans.) Our mistakes are too heavily in the deluded world to neglect constant exercise of right judgement. Our Good habits help us in ordinary and familiar situations but may not suffice to guide us when a new problem arises. So, by deep meditation we can learn to choose the right course in everything when confronted by extraordinary problems.

Q 5.) How can we feel safe in this Era of violence in our society. What is the proper solution?

Ans.) We should deal with such problems by common sense method and faith in God. Never let life beat you down. If you have a strong Will, you can overcome all the difficulties even amidtrials. Don't behave like a cringy mortal being. You are a Child of God.

Q 6.) Is Joy an emotion/feeling or what?

Ans.) Man is not an automation and, therefore, cannot live by simply following set rules and rigid moral precepts. In the great variety of daily problems where we find the scope for good judgement, it is joy.

Joy is a kind of Wisdom-guided emotion but not a psychological automation like the animal.

Q 7.) How to live a life of Freedom and Peace in modern society?

Ans.) When you have peace in every movement of your body, peace in your thinking and in your will power, peace in your Love, peace in your ambitions: you have connected God in your life, in times of adversity in this uncertain world

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NEWS AND EVENTS

Bhai Sahib's Birthday Celebration

This Year on 17th December 2022 Bhai Sahib's Birthday was celebrated by the devotees and members of Life Sciences Foundation gathered in big numbers at Budhewal, a small village in Ludhiana East Tehsil, Ludhiana District of Punjab State. It is an industrial area with forging mills and sugar factories. The programme was arranged by Mr. Lucky Bindra, his son Sonu Bindra, along with their other friends.

The site was filled to capacity with flowers, bouquets and variety of cakes brought by the devotees as everyone present there wished to celebrate with Bhai Sahib in his own way. Bhai Sahib was in a cheerful mood bubbling with radiance as usual. The candles were lit, cakes were cut, and everyone wished Bhai Sahib 'birthday greetings and a long healthy life'. Bhai Sahib gave a brief discourse to the spirituality aspects to all in general.

- Man wants to have all that he desires, never caring to enquire whether his desires are legitimate or not. A man can have peace and happiness in his life only if he controls his senses and mind from unlawful wants. Invariably, he suffers in pursuit of wrong desires and wants blaming God for not fulfilling them. Bhai Sahib advised the audience not to commit mistakes made in previous years and make use of all experiences and sufferings as lessons putting us on the righteous path.

- A short pooja was also performed there beneath a peepal tree in the evening for blessing the gathering to perform selfless actions leading to Karma Yoga, Bhakti Yoga and Jnana Yoga which alone is the only source for liberation.

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ADVERTISEMENTS AND DONATIONS

The main objective of LIFE SCIENCES FOUNDATION and publication of 'LIFE SCIENCES' Periodical on 'Spirituality and Health' is to serve the humanity at large.

There is no profit motive for the authors, the printers, the editor and the publisher.

The spiritual knowledge in the periodical and other activities of LSF will lead many from darkness to light.

All DONATIONS and proceeds from ADVERTISEMENTS will go to LSF TRUST and shall be used only for meeting the Aims and Objectives of the Trust.

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   For Advertisements and Donations please contact any of the following devotees at the given phone numbers:

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THE DIVINE VISION

LIFE SCIENCES FOUNDATION

MEMBERSHIP FORM

i) Full Name:Mr/Mrs/Miss_____
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iii) Residential Address_____
iv) Phone Numbers: Res_____ Office:_____
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(For office use only)

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MEMBERSHIP FEES (MONTHLY) : RS. 500 only
OR
MEMBERSHIP FEES (QUARTELY) : RS. 1500 only
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2) Please contact the secretary or any member of Executive Committee for any details.

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