

## **DISCOURSE BY- Dr. KUNWAR RAJ SINGH**

**BOOKS-DISCOVER YOUR DESTINY BY.ROBIN SHARMA.  
MEDITATION BY SWAMI SIVANANDA  
MIND AND THOUGHT BY SWAMI SIVANANDA**

## **JOURNEY TO HAVE A GLIMPSE OF GOD INSIDE YOU**

GOD IS ALL PERVADING AND EVERYWHERE. HE IS INSIDE YOU IN THE FORM OF ATHMA / JIVA / SOUL. WE ARE PRIVILEGED TO HAVE GOD WITHIN US. WE MODEL THE INFINITE POWER, THE CREATOR IN US. WE HAVE TO BELIEVE IN BODY / MIND / IN GOD.

GOD IS WITHIN US SO WE BECOME A MOVING TEMPLE OF GOD. OUR BODY HAS 10 MAJOR ORGANS AND SYSTEMS WHICH ARE ALL INTERCONNECTED EG; RESPIRATORY SYSTEM, NERVOUS SYSTEM ETC.

OUR BODY IS MADE OF THE FOOD WE EAT, THAT GROWS IN THIS EARTH FOR EG; VEGETABLE, SALAD, AND FRUITS ETC.

WHEN WE DIE, OUR BODY GOES BACK TO THE EARTH AS; IT IS MADE OF WATER, MINERALS AND ASHES. OUR BODY CELLS ARE GROWING SINCE BIRTH AND OUR BODY CELLS ARE DYING SINCE BIRTH.

WE ARE TRANSIT PASSENGERS ON THIS PLANET EARTH. DEATH IS NOT THE END BUT, THE BEGINNING OF A NEW LIFE. OUR LIFE DOES NOT END, IT'S JUST A NEW BEGINNING.

### **OUR MIND**

OUR MIND AND THOUGHT ARE INVISIBLE AND ARE CONNECTED TO OUR SOUL. INVISIBLE MIND/THOUGHT IS PART OF THE CENTRAL NERVOUS SYSTEM, OUR BRAIN HAS 2 BILLION NEURONS, NERVE CELLS THAT ACT LIKE SMALL BATTERIES OR SMALL COMPUTER CHIP WHICH RECORDS AND STORES INFORMATION SINCE OUR BIRTH TO OUR DEATH.

OUR THOUGHTS ARE INVISIBLE TO US AND TO OTHERS. OUR THOUGHTS ARE CONNECTED TO OUR SOULS AND OUR CONSCIENCE. WE CAN SEE GOD INSIDE US BY OUR INVISIBLE MIND OR THOUGHT. YOU CANNOT SEE GOD BY OUR OPEN EYES. GOD IS NOT VISIBLE TO HUMAN EYE, YOU CANNOT SEE THE ENERGY OF THE SUN BY OUR OPEN EYES. SO OUR BIOLOGICAL ENERGY, THE GOD CREATOR CAN BE SEEN ONLY WITH OUR EYES CLOSED AND CAN

BE SEEN BY OUR INVISIBLE MIND / THOUGHT.

GOD IS ALL PERVADING AND IS INVISIBLE. WHAT A PRIVILEGE IT IS TO KNOW THAT GOD IS WITHIN US, INSIDE YOU AND INSIDE ME. TRY TO LOOK WITHIN TO FIND GOD.

OUR DIVINE ENERGY IS LATENT INSIDE US IN THE FORM OF SOUL, ATHMA, OR JIVA. LET US INVOKE THIS BIOLOGICAL ENERGY IN US NOW.

LET US NOW HAVE A JOURNEY TO SEE GOD WITHIN US. LET US TAKE OUR FIRST STEP TO WALK A MILE.

### **THERE ARE 10 WAYS TO SEE GOD INSIDE US.**

OUR SOUL OR ATHMA OR BIOLOGICAL ENERGY HAS TO BE REALIZED BY US IN 10 WAYS. CHOOSE THE WAY YOU WANT TO SEE YOURSELF FOR SELF REALIZATION AND FOR SELF AWARENESS.

#### **1)BY REMOVING IGNORANCE (AVIDHYA)**

OUR IGNORANCE IS FROM A TO Z. A-ANGER/B-BAD/C-CRUEU DDESIRES / E-EGO / F-FOOLISH / G-GOSSIP / H-HOSTILE, HOSTILITY 11INJUSTICEI J-JEALOUSY AND SO ON.

#### **2) BY HAVING SPIRITUAL KNOWLEDGE**

FOR EG. A-APPRECIATION / B-BOLD / C-CONTENT / D-DETACHMENT / E-ENERGY / F-FAITH ETC.

#### **3) BY MEDITATION**

RELAX, CLOSE EYE, INTENSE CONCENTRATION OF SELF ANALYSIS AND SELF REALIZATION AND SELF AWARENESS.

MEDITATE AND FOCUS TO SEE YOURSELF INSIDE YOU. SELF CAN BE SEEN BY OUR INVISIBLE MIND AND THOUGHT. MEDITATION WILL HELP ERADICATE IGNORANCE AND WILL HELP CREATE SPIRITUAL KNOWLEDGE OF PEACE, HAPPINESS, AND FORGIVENESS ETC.

#### **4) DO TAPAS**

TAPAS IS AN INTENSE FORM OF MEDITATION WHICH IS DONE SOMETIMES FOR DAYS, WEEKS OR MONTHS WITHOUT FOOD OR WATER. YOUR BODY LIVES ON THE NATURAL ENERGY OF SUN, WIND, LIGHT.

IN TAPAS THE MAIN THING IS YOU HAVE TO BE DETACHED, THAT IS YOU HAVE TO LEAVE YOUR SPOUSE, CHILD, HOME AND OTHER MATERIAL THINGS AND DO INTENSE MEDITATION IN ISOLATION. FOR EG;SALT DOLL.

IN TAPAS YOU MEDITATE TILL YOU HAVE ACHIEVED TOTAL SELF REALIZATION, OR SELF AWARENESS. YOU DEVELOP MIND, THOUGHT

CONTROL AND YOU TOTALLY ERADICATE OR REMOVE THE IGNORANCE AND YOU DEVELOP SPIRITUAL WISDOM AND KNOWLEDGE FOR EG:GAUTAM BUDDHA, JESUS CHRIST, GURU NANAK, ABRAHAM IN JEWS AND MOHAMMED IN ISLAM.

BY TAPAS YOU GET KNOWLEDGE, SPIRITUAL POWER, POWER OF HEALING AND POWER TO CONTROL YOUR MIND OR THOUGHT.

### **5) PRAYERS**

PRAY FOR KNOWLEDGE, COURAGE, PEACE AND FORGIVENESS. DO NOT PRAY TO REMOVE SUFFERING AS SUFFERING IS A GIFT OF GOD TO US. IT WASHES OUR BAD KARMA, IT CORRECTS US FROM WRONG PATH, IT PUTS US IN OUR TRUE PATH, IT MAKES US HUMBLE, TEACHES US HUMILITY AND GRACE, HELPS US TO GAIN KNOWLEDGE AND MAKES US REALIZE OUR MISTAKES, WE LEARN FROM OUR MISTAKES TO CORRECT OURSELF.

SUFFERING IS CAUSED BY 75% BY US, 15 -20% IS CAUSED BY OTHERS AND 3-5% IS CAUSED BY NATURE TO US FOR EG: STORMS, TORNADO'S.

### **6) WORK, WORSHIP, VOLUNTEER.**

WORK TO SERVE HUMANITY, TO HELP OTHERS FOR EG:RABINDRANATH TAGORE STATEMENT WORK SINCERELY AND WITH TRUTH, SERVICE TO HUMANITY IS SERVICE TO GOD. WORSHIP WHEN YOU ARE WORKING, IT BECOME TAPAS. YOU GET POWERS TO OVERCOME DIFFICULTIES AND ROAD BLOCKS. IT ENERGISES US. VOLUNTEER FOR OTHERS-WHEN YOU WORK AND WORSHIP, THE UNIVERSE SUPPORTS YOU AND PUTS THE WIND BENEATH YOUR WINGS.

### **7) DONATIONS**

IF PEOPLE ARE BUSY AND DO NOT HAVE TIME TO MEDITATE OR VOLUNTEER THEN, DONATION IS THE WAY TO SEE GOD AND TO RECEIVE THE POWER OF SELF REALIZATION OR SELF AWARENESS. FOR EG:CHRISTIANS DONATE PART OF THEIR SALARY TO THEIR CHURCH.

BE MINDFUL OF THE DONATIONS MADE BY SOME OF THE DONORS PRESENT IN THIS ROOM TOWARDS THE CREATION OF THIS MANDIR. IT IS IMPORTANT THAT EACH ONE OF US ACCEPT RESPONSIBILITY IN MAKING SOME FORM OF A DONATION TOWARDS OUR OWN MANDIR FOR EG; BY WAY OF MAKING A DONATION, DONATING YOUR TIME AND LABOUR ETC.

JUST LIKE ANY RELIGIOUS PLACE, OUR MANDIR ALSO REQUIRES CONSTANT UPKEEP AND DONATIONS IN ORDER TO HELP IT REMAIN IN OPERATION. AS A HINDU, WE MUST TAKE IT UPON OURSELF TO MAKE DONATIONS ATLEAST ONCE A YEAR AND ESPECIALLY DURING SIGNIFICANT EVENTS SUCH AS DIWALI. TO GIVE AN EXAMPLE OF A MEMBER WHO HAS BEEN DONATING

MONEY FROM THE TIME THIS MANDIR CAME INTO EXISTENCE WOULD BE DR.SHUKLA, WHO HAS MADE IT HIS MOTTO TO REMAIN A SILENT BUT, USEFUL DONOR.

### **8) FAITH**

HOPE, FORGIVENESS IS THE FRUIT OF UNDERSTANDING.

### **9) SINGING BHAJANS.**

BHAJANS ARE PRAISES OF GOD'S GLORY. IT IS A SIN NOT TO SING BHAJANS.

### **10) BY CHANTING MANTRAS**

MANTRAS ARE SPECIAL WAYS OF INVOKING VIBRATIONS TO OUR SOUUGOD. IT EVOKES GODS AWARENESS THAT WE ARE LOOKING FOR HIM.

### **3 MANTRAS**

1)- HARE KRISHNA, KRISHNA KRISHNA HARE HARE.

2)- HARE RAMA, RAMA RAMA HARE HARE

3)- GAYATHRI MANTRA-OM BHURBUVA SWAHA TAT SAVITUR VARENEYAM  
BHARGO DEVASYA DEMAHI, DIYO YONAHA PRACHODAYAT

THANK YOU,

SINCERELY

Dr. KUNWAR RAJ SINGH.