

GOD

Realization

So far, you have come across hundreds of people preaching about spiritual power, god realization etc. But, none of them could explain the process of producing spiritual power similar to electric power generation. Believe me, once you finish this 48 page book, instantly you will be able to produce spiritual power. Interestingly, to produce spiritual power and realize the God – you don't need to leave your family, you don't need to meditate in Himalayas, you don't need to sit in padmasana position.....

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Title of the E-book: God realization

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First edition: 2018

Total number of pages: 48

Price: FREE.

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God realization

AUTHOR'S NOTE: The content of this book relating to God realization is taken from my yet unpublished book, ORIGINAL VEDA. Since the book Original Veda will take some time to get finished (although I am writing it for the past 9 years), I have decided to publish a small yet very important portion of that book relating to the topic on God realization. Also, please note that the content of this book is duplicated in my other book titled as Postpone Death. Therefore, if you have already gone through that book or decide to read that book, then you can skip reading this book.

The content of this book deals with the Vedic Science. Before getting into the details of the Vedic Science, which the world presumes to be of a theory purely based on a bunch of superstitions and mere beliefs, I want to bring something to your notice. In the year 1546, Girolamo Fracastoro, an Italian scientist, proposed that all contagious diseases are the result of transmission of some tiny particles. Since microscope was not invented by that time, let alone the general public, medical scientists, including Giromalo Fracastoro, did not believe the existence of germs and other microscopic living creatures. This was the reason, Giromalo Fracastoro himself believed that contagious diseases were the result of transmission of NON-LIVING tiny particles. Till the invention of the microscope, even the scientific community used to believe that the existence of germs was a superstition!!! Such things happen because people of some regions on earth, Europe and the descendants of Europe in particular, are quite new to civilization. Therefore, they try to disbelieve even the most advanced scientific theories of other regions, they try to invent and discover everything from the BEGINNING

and try to impose their own new theories on the rest of the world using the PAID media. What they claim modern now, was tried and discarded thousands of years ago by the Vedic scientists. The present generation, whose only source of knowledge is PAID media reports, frowns at terms like spiritual power, planetary influence etc as they are all brainwashed and programmed to believe that the people on earth, since its evolution till recently, led an uncivilized life with planetary influence kind of superstitious concepts. They are made to believe that the term SCIENCE is coined in the 17th century in Europe. The weak has to surrender before the mighty, no matter who is right and who is wrong. During the era of colonialism and the present era of The New World Order, comprising legitimately organized global crime syndicates like UNO, World Bank, IMF, WTO, WHO, Amnesty etc – the ancient science was totally destroyed and made the billions of new generation people believe that all ancient people led quite an uncivilized life, their theories were based on superstitions and only the modern theories are scientific. Following research is the output of these so called modern scientists:

- 1- Daily consumption of two pegs of alcohol strengthens the heart, reduces the risk of diabetes, early death etc. So, you should drink alcohol every day.
- 2- Home food is not a balanced diet. So, eat packaged food and consume food supplements every day.
- 3- Natural groundwater is the culprit behind millions of deaths every year. So, BUY processed water and get vaccinated.

You should be knowing by now that it is the corporates and their ulterior motive of profit maximization at any cost that decide what is science and what is superstition. Now, you are eligible to study The Vedic Science.

The original Law of Karma

Vedic sages (scientists) noticed that with willpower, people can get things done automatically, with minimum physical efforts. This willpower is nothing but a wish, desire or prayer. The primary discovery of these Vedic scientists was that your willpower can turn the incidents of your life and anybody's life into your favor. Their next discovery was that human beings are not the only creatures that exert their will power but also each and every creature of this world. Thus, they concluded that every single incident of this world is the net result of the combined desires and their attached will power of all the living creatures.

Leading the life of any creature, including human beings, is painful. Painful life is the result of the pain you cause to your fellow creatures during the course of your daily life. It is just impossible to live without causing loss and endangering the life of other creatures on earth. Whoever causes pain to others tends to generate some amount of sin. By the time of your death, you tend to accumulate huge amount of such sin. Even though you don't wish and cause loss to others intentionally, in several ways you are causing loss to other creatures. Example: During your every single breath, you are killing hundreds of microscopic creatures of your surroundings. Just by sitting in a chair, you are hurting and killing many of those microscopic creatures that are present on the surface of that chair. You cause so much of pain to the plant life to fill your stomach, as every plant, tree, fruit, seed, vegetable etc is made up with billions of living cells. The flames and or heat of your stove during cooking kill millions of microscopic creatures surrounding that area. This list is endless. Nobody can escape from the punishment, which is the result of the crying and curse of all those victims before dying. The chances of materializing a desire or wish by any creature will be highest when it is undergoing the mother of all pains, i.e. being brutally killed by someone against its wish. Every activity that results in pain to other creatures is

referred as Karma. All your sins are accounted for and are referred as “karmic account”.

Vedic sages noticed a surprising element with regard to the consequences of hurting other creatures. There exists an automatic eternal system to make sure that every creature on earth receives its share of punishment that is equal to the grief it caused to others. This punishment is imposed by The Cosmic Power, which you can call The God, even though it is purely a force of science. This cosmic power reacts to all your karmic actions. And such reactions would make you suffer. Finally, in the long run, the amount of your suffering will be equal to the suffering you caused to all other creatures.

Your karma, the result of the grief you caused to other creatures in your past lives and this life, stands as an obstacle in materializing your desires. Experiencing the karmaphal (consequences of karma) means taking up the punishment. The punishment for hurting other creatures is nothing but leading a painful life on your own. This pain could be in the form of failures in your sincere efforts to achieve something, the day to day problems, infliction of a disease etc. The grief of other creatures, to which you are the reason, releases negative power into the atmosphere. Creatures that benefit from you release positive power into the atmosphere. Every time a creature releases its negative and or positive power into the atmosphere, it is accounted for by The Cosmic Power. How bad deeds results in pain, the same way, good deeds of yours results in pleasures, although pleasures can be achieved through other means too. No human being can escape this punishment for the sins of his past actions.

Now, some of you might think that the Vedic sages had propounded this theory only to bring law and order in the ancient society by instilling fear in the minds of

the people about their wrong doings. But the truth is that the Vedic sages had shown great concern about the sins we are accumulating by hurting and killing the microscopic creatures. According to the Vedic Science the amount of sin we are generating by hurting and killing the microscopic creatures and the plant life is quite enormous compared to the sins we are generating by our wrong doings towards the fellow human beings.

The more pain you take, the greater is the amount of sin you are offloading from your shoulders. Suppose, if you fail to settle this account of sins by the time of your death – you will be reborn, either in the form of a human being or a germ or an insect or a plant or an animal only to undertake pain and settle the account of sins of your previous lives as well as the present life. The moment you settle this account of your total sins – you will no longer be required to born again. This is what we call liberation from the chain of births and deaths. As nobody cares about their sins, every living creature, on its death, has to born again in one or the other form and lead a painful life. Only human form of life is suitable to offload all the previous karma and get liberation.

Spiritual power

When you desire or wish or pray for something, the materialization of your desire depends on the unfolding of certain incidents. Your desires include scoring good marks in an exam, getting rich, getting a suitable job, winning the love of a person, having an own house, curing a disease, enjoying a meal, getting liberation etc. Every single incident in this world demands certain amount of spiritual power to get unfolded. In other words, if you want a particular incident to happen, you require generating an appropriate amount of spiritual power to let that incident take place. How do we generate spiritual power? The Vedic scientists discovered that every time you suffer, your pain is offloading equal

amount of karma from your karmic account, which is what generating certain amount of spiritual power that is exactly equal to the amount of your suffering. In other words, the more sins you offload from your shoulder, the greater are your chances of fulfilling your desires. Finally, in the short run, the amount of your suffering will be equal to the amount of spiritual power required to fulfil your desire.

To offload the sins, you require suffering from pain. To get pain, you require taking up some punishment. Punishments are of 2 kinds:

- 1- **Self-punishment:** If you choose punishments on your own, we refer it as self-punishment. Fasting comes under self-punishment as it is chosen by us.

- 2- **Imposed punishment:** When you don't choose any punishment on your own or when your choice of self-punishment is insufficient to offload the required sins, The Cosmic Power imposes its own choice of punishments. Creating difficulties in your life is the handiwork of The Cosmic Power only to impose a punishment up on you, without bothering about your choice.

Except human beings, no other creature can take up wise decisions like undertaking self-punishment to offload their sins. This is the reason human life is termed as the greatest. Because, it is only through self-punishment, one can achieve liberation, which should be the sole objective of any creature's life. With imposed punishment, you can only fulfill small and medium level desires but not big desires like getting liberation. This is the reason Vedic sages claimed that human life is primarily intended to get liberation by way of self-punishment and all other forms of life is mostly intended to offload the sins by way of forced punishment imposed by The Cosmic Power. Therefore, if someone has to die

prematurely, he should be the one with enormous amount of sin, which can't be offloaded in human life as he is not engaged in self-punishment but only interested in physical pleasures that accumulate more amount of sin and so he should be killed and be reborn in another form. That another form of life, an animal or insect or germ or plant etc helps his soul in offloading its sins on a fast track, compared to his human life with physical life pleasures at the cost of other creatures' grief to an unparalleled extent.

In fact, poor people think that rich people have no problems in their life. But, The Cosmic Power doesn't see any difference between rich and poor. Example: A financially poor fellow spends just one to two minutes to finish his defecation, whereas, a rich man might struggle for one to two full hours to finish the same ordeal EVERYDAY by performing aerobics, brisk walking, sitting on the toilet commode by engaging himself with electronic gadgets, magazines etc. What does this mean? Your karma haunts you and no one can escape the punishment imposed by The Cosmic Power, if one fails to choose punishment on his own. This is what the Hindus (Indians) call The Law of Karma. Karma is a Sanskrit term, which means an act of doing something with a desire to get something in return. The more activities you are indulged in, the more karma is credited into your account. Even sitting idly also results in karma as you tend to breathe and kill germs. And, the proponents of this theory, the Vedic sages, are none other than ancient Hindu scientists who also propounded Yoga. When none of us are considering yoga as a superstition or belief or unscientific – there is no point in not believing The Law of Karma, proposed by the same Vedic scientists.

Vedic scientists, on keenly analyzing thousands of cases for generations together, had identified 3 types of karma:

- a) **Sanchita karma:** Your total karma that was generated in all of your previous lives and the current life is referred as sanchita karma. Whatever pains you have undergone so far both in the present life and in your previous lives were already deducted from this sanchita karma account. All your sins, for which you fail to take up any punishment by the end of this life, would be carry forwarded to your next life.

- b) **Prarabdha karma:** That part of karma that you have to experience now is referred as prarabdha karma. In other words, sanchita karma is the karma that is not ripened yet, so as to give you the resulting pain. Whereas, prarabdha karma is that part of sanchita karma that is ripened and so the resulting pain is imminent. In simple words, we can say that when you finish the whole of prarabdha karma, a fresh portion of sanchita karma turns out to be the new prarabdha karma. The amount of prarabdha karma is not fixed. It varies with your desires. The more and complex desires you go after, the greater amount of prarabdha karma is to be experienced, only to meet the spiritual power demands of your desires. Because, materialization of every desire requires spiritual power, spiritual power is generated only when you experience pain, pain is generated only when you undergo some punishment, punishment is warranted only when the offloading of your prarabdha karma is called for and prarabdha karma is evoked only when you desire something. The more is the prarabdha karma, the higher will be the number of obstacles you face and so the longer will be the time it takes to materialize your desires. This is the reason

you should focus on one desire at a time by giving sufficient time to materialize that desire. Please read this paragraph again and again till you grasp it fully without being left with any doubt.

- c) **Agami karma:** Your actions of this life also result in some karma, which we call agami karma. Agami karma can be postponed to be experienced in your future incarnations or you can choose to finish it by undergoing self-punishment in this life itself. However, you can offload agami karma only after offloading the total karma of all of your previous lives. Therefore, agami karma can be offloaded only by people who are on a fast track of full time penance for several years.

You can't classify karma into good karma and bad karma. Any karma is bad as it results in grief to other creatures. If at all you have to classify your deeds, you can do so by grouping them into selfish deeds and selfless deeds. Suppose, you are indulged in a work for a social cause with no selfish gain, then, all that karma that results out of your work will be credited into the account of the beneficiaries of your work. If you expect to gain some reputation out of that social work, then, you will be treated as the primary beneficiary.

Why some people are so lucky and many people fail in materializing their desires?

Mind you, this single paragraph is the clue to all of your successes and failures. So, read carefully for 100 times and memorize it, so that you don't forget it till your death. Get ready, I am going to reveal the greatest secret of this universe. Complete understanding of the differentiation between sanchita karma and prarabdha karma, that is discussed above is the prerequisite to be able to understand the following concept. Since our birth, we desire for several things.

Every time we desire for something, a portion of our sanchita karma transforms into prarabdha karma. Irrespective of how many desires you materialize, how many you just leave in the middle and how many you leave in the beginning itself – your prarabdha karma gets accumulated to an extent that is equal to the amount of karma required to be offloaded to materialize all of your desires as on date. The major determinant of fulfilment of any desire is the amount of prarabdha karma that is pending at the time of undertaking your fresh desire. If you have already desired for several things in the past but failed to materialize some desires – the accumulated prarabdha karma of those unfulfilled desires stands as a big obstacle on your way in materializing your fresh desire. Successful people are those people who desire for one thing at a time. Successful people are those people who bring their prarabdha karma to near zero level before fixing a new goal. Suppose, your desire is to dine in a restaurant and watch a late night movie. We assume that it requires 50 units of spiritual power to materialize the desire of having dinner in a restaurant and 100 units for watching a movie. Immediately, prarabdha karma (the raw material to produce spiritual power) that is required to produce 150 units of spiritual power gets transferred from the sanchita karma. Now, if you change your mind, drops the dinner plan and directly go to the theatre. Now, in this changed scenario and in the absence of any other desires, your desire to watch a movie will cost you a total of 150 units of spiritual power, but not the usual 50 units. Rather than considering this as a silly example, consider it as a simple example to understand this toughest subject. Small mistakes can be corrected. But what if you plan to become a billionaire and drop that desire? Imagine how many million units of prarabdha karma gets accumulates on your head? After that, even if you plan to lead a middle-class life, even such a reasonable turns out to be an impossible desire. By this logic, I don't mean to say that you should fulfill all your desires without leaving in the middle. Just because the prarabdha karma, the raw

material, is ready, there is no point in proceeding for materialization of a desire. Because, desiring something and accumulating prarabdha karma is quite easy. But undergoing punishment and thereby converting all that prarabdha karma into spiritual power to turn the incidents in your favor so as to fulfil your desire is the toughest part. Therefore, if you think there is no use of fulfilling a particular desire, you better leave it at any stage. Of course, you can use that part of prarabdha karma that is meant for your dropped desires to materialize more appropriate and fresh desires. This is only possible if you disown such unwanted desires during Sandhya Vandanam. Sandhya Vandanam is the process of communicating with The Cosmic Power and your friendly planets about your desire every day. If you can't do Sandhya Vandanam every day, I insist you to do it whenever you want to disown your previous desire(s) and or going to desire something new. Please note that the Sandhya Vandanam that I am referring here is totally different from the one mentioned in the existing Vedas. I have discussed about my kind of Sandhya Vandanam at length in my other book, titled as Original Veda. Whether you believe me or not, there might be some prarabdha karma waiting in the que on your head to own a rocket! It could be your unfulfilled desire since you were 4 year old. As your priorities keep on changing due to several reasons, thousands of unfulfilled desires and their respective prarabdha karma are in que for their turn. Disown them or ruin yourself. A fresh amount of sanchita karma stops getting transformed into prarabdha karma for your future desires only when you disown all your earlier unwanted desires. The moment you seriously desire for liberation that is the mother of all desires, an enormous amount, if not all, of your sanchita karma transforms into prarabdha karma. This is the reason you should never desire for liberation unless and until you finish discharging all your responsibilities towards your family. So, think about liberation only after retirement or after becoming an ascetic even before getting married. In simple terms, what I mean to convey is

the lesser is your prarabdha karma, the faster you can materialize your desires and vice-versa. This is the reason some people are able to achieve even a big thing in very short time; some other people take too long even to materialize a very small desire and some other fail to materialize forever. The problem with the available Vedic science and other ancient Hindu scriptures is that they don't bother to explain you the logic. They just command you not to have desires as desires are the root cause of all your problems. That is all the scriptures say. You need to experience THE HIGHEST SELF to get the latent meaning of our scriptures. I hope now you understood this concept to the fullest extent, although your willingness and ability to practice this theory depends on your own prarabdha karma at this very moment.

Managing desires

Please note that the following content looks like repetitive. I beg you to pay attention even if the repetition is boring. You are going to learn several new things too.

- 1- When you desire something, you will not get it fulfilled instantly. Because, your every desire comes with a price tag. The price will be in terms of spiritual power. The bigger or more complex is your desire or very less time is available to materialize your desire – the greater will be the requirement of spiritual power to materialize that desire. Spiritual power is generated only when you offload your sins by experiencing some pain. So, spiritual power generated in one hour time is equal to the pain you undergo and the resulting amount of sins offloaded during that one hour period. Therefore, the moment you desire for something, The Cosmic Power (God) tries to inflict pain up on you, only to help you earning the required spiritual power to fulfill your desire.

2- Your every desire is materialized by performing certain tasks. To complete every task, you require generating some spiritual power. But, most of you believe that any task can be completed by human effort coupled with some luck. People, who failed to understand The Vedic Science, assume that some tasks can be completed by physical world power (human efforts) and some tough tasks require spiritual power. But the ultimate truth is that no single task in this whole universe can be completed without spiritual power. It is only with the application of spiritual power any task, simple or tough, is completed. If you are able to finish a particular task so effortlessly does not mean that task is not demanding spiritual power. Simple tasks demand very less quantity of spiritual power to turn the incidents of this universe in your favor, so as to get your task completed. Just because the task is very easy or you put sheer physical efforts to finish a task does not mean you finished that task without using spiritual power. The secret is that your physical effort is itself one kind of self-punishment. So, easy tasks are those tasks that can be completed by way of undertaking the easiest punishment, i.e. human effort. Therefore, physical power and mental power, which we refer as human effort, are nothing but variants of punishments and spiritual power generators. Hence, you can classify all tasks into the following categories:

- a) Tasks that require small amount of spiritual power: Tasks that can be finished by yourself or with the help of people from your known circle or with the happening of few easy incidents.
- b) Tasks that require huge amount of spiritual power: Tasks that require the happening of certain incidents belonging to different locations and different people, including unknown people and or known people but not willing to help you.

- c) Tasks that require abnormally huge amount of spiritual power: When you desire something very big compared to your present status or you desire something to happen within an unreasonably lesser time, then all those tasks related to such desires demand abnormally huge amount of spiritual power.
 - d) Tasks that require every single unit of spiritual power that can be generated by offloading all of your sins from your karmic account: Liberation from the chain of births is the mother of all desires. So, it requires every single unit of spiritual power that you can generate by undergoing severe self-punishment till you bring down your sanchita karma account to zero balance.
- 3- When you undertake self-punishment, you get pain and an amount of karma that is equal to the amount of your pain will be offloaded from your karmic account. The resulting spiritual power that is generated in this process is used to unfold the relevant incidents of this world in favor of the materialization of your desire.
- 4- The example for self-punishment is weekly fasting, which is still very popular among the Hindus. Observing fasting for one full day once every week is referred as weekly fasting.
- 5- In the absence of self-punishment or when the amount of self-punishment is insufficient – The Cosmic Power imposes its own choice of punishments up on you. Since the punishments imposed by The Cosmic Power are neither planned by you nor predicted in advance by you – those unexpected punishments turn to be dangerous and sometimes fatal. The difficulties that arise out of the imposed punishment include disease,

obstacles to your work, disappointment, failure in your endeavors, depression etc that will not only shatter your day to day life but also delay the materialization of your desire. Sometimes, death also could be the imposed punishment. However, even this imposed punishment too helps you in offloading your karma, corresponding to your desires, although at a high price.

6- So, obviously the best option is to plan and undertake self-punishment that is matching your desires and keep The Cosmic Power, even though you regard it as The God, out of your way in deciding the punishment. It is observed that even if you are engaged in self-punishment, still there is every possibility that The Cosmic Power imposes its own choice of punishments. This happens because when you attempt to undertake a task that requires spiritual power and you are short of the required amount of spiritual power, The Cosmic Power instantly imposes its own choice of punishments upon you. This is the reason, you should always stick to the following rules:

a) Whether you desire anything or not, you should undertake self-punishment on a regular basis to bring down your prarabdha karma. So that your future desires don't demand huge amount of karmaphal to be experienced. The reason why good period in everybody's life is followed by bad period is because of the fact that most of us love to lead happy life for years together without bothering about taking up self-punishment. If you happen to balance your pleasures and pain (self-punishment) on daily basis, then you will never ever face bad period in your life for years together. By not making use of this great ancient science, most of us are leading a life with ups and downs.

Because of this series of ups and downs, at the end of every down period, we lose everything; and from the beginning of the good period, we start rebuilding our fortunes from the scratch. What a huge waste? If you plan and experience both pleasures and pain hand in hand on daily basis, then, your development will be quite progressive at any given point of time in your life, without giving any chance for an exclusive down period.

- b) A desire is fulfilled with little effort by one person within a short span of time, whereas, to fulfill the same desire, some other person struggles a lot for quite a long period. And we call the former as lucky and the latter unlucky. In scientific terms, the reason should be attributed to their prarabdha karma. The lesser is your pending prarabdha karma, the faster you will be able to fulfill your desires with least efforts. Therefore, instead of taking up all the punishment after desiring something, you better undertake self-punishment at all times, so as to keep the prarabdha karma as lesser as possible, which in turn leads to materialization of your future desires so quickly and effortlessly. This is the reason I advise children to take up self-punishment even though their required desires like good health and education don't normally demand huge amount of spiritual power. By undertaking self-punishment, only children and monks can create a reservoir of spiritual power, which they can use for their future needs. Why only children and monks are capable of having a reserve capacity of spiritual power? Because, they will not have desires. Another reason is that parents take care of materializing the desires of children. It is when you undertake self-punishment with no desires, you will be able to build a reservoir of spiritual power, which enables you to get things done with

ease in the future. This is the reason monks of the ancient times were able to curse others or grant boons using their reserve capacity of spiritual power. Since all adults and people in the family life have so many desires, they always fall short of spiritual power. Therefore, I suggest all of you to teach this subject to even your children and make sure they don't undertake unwanted desires and they undertake self-punishment on daily basis. By showing sympathy and pampering your children beyond a healthy level, you are in fact helping them accumulate huge amount of prarabdha karma, which demands huge effort even to materialize simple desires of your children when they are grown up. That is what you want to happen to your children?

- c) Before attempting to undertake a task that requires spiritual power, first undertake self-punishment. Although there is no measuring rod to quantify the spiritual power, you are the best judge in deciding this matter as it is related to your own soul and desire. So, try to match your pain out of the self-punishment with the amount of spiritual power required to finish that particular task in hand. Once you undertake the task, and find any difficulties, then, understand that it is the result of 3 things: insufficient self-punishment, insufficient exposure to your friendly planets and overexposure to your enemy planets.

- d) Never give any time gap after experiencing required pain out of self-punishment. You should immediately attempt to finish that particular task that is demanding spiritual power, immediately after experiencing the pain. Else, the spiritual power that is generated out of your pain might be used in materializing unwanted desires. Example: Meditation also is one kind of self-punishment. After one full day's fasting and one

hour of painful meditation, you go out to undertake a tough task. On the way, you will be forced to see at least 100 ladies exposing their cleavages and some ladies showing off their bare thighs. Due to western impact, the modern urban living Indian ladies are very strongly believing that not exposing the cleavage indicates that they are not modern. Most of us, the men, can control our erection, but almost all of us fail in controlling our rhythm in breathing. Such kind of sexposure not only disturbs the rhythmic breathing pattern, but also instigates us to desire for sex. Instantly, your spiritual power gets exhausted in its attempt to make that lady fall for you. Since your spiritual power, which was actually generated for some other important task, being quite insufficient to make that lady fall for you, obviously gets wasted in a feeble attempt. Even if the desired lady falls for you, still that is not your original desire for which you undertook the painful self-punishment.

Yes, you are right, the sin of wasting your hard-earned spiritual power will be credited into the respective accounts of all those sexposing ladies and they will all suffer. This is the only reason why our ancient scriptures strictly banned sexposing and asked all the women to cover their bodies fully with appropriate dress. People those who came to know that earth has got gravitational force very recently and are still not fully civilized, they made you fools by artificially glorifying certain nonsensical concepts like LIBERTY, FREEDOM, EQUALITY etc using the paid media. Yes, these things are nothing but sheer nonsense in comparison to the Spiritual power.

- 7- Since your every pain results in offloading a corresponding amount of karma, you should never ever feel depressed about the pain. Instead, your job is to focus on undertaking HIGH QUALITY PAIN. A high-quality pain is the one that results out of self-punishment, rather than imposed punishment and the one that results in more units of spiritual power at a given amount of pain or lowest amount of pain at a given amount of spiritual power. Only spiritual power can turn the incidents relating to your desire in your favor.

- 8- The punishment that The Cosmic Power imposes includes infliction of a disease. The pain you undertake by suffering from a disease comes under LOW QUALITY PAIN. What is the fun in killing yourself or bringing down your lifespan for the sake of materializing certain desires, particularly when there are better options like self-punishment, which don't affect your health if chosen with proper care? The bigger is your desire or the lesser is the time to materialize your desire – the greater are the chances of infliction of a disease or health disorder up on you. Big desires with sufficient time to materialize and small desires would normally result in lesser punishment with no infliction of disease. Even big desires with lesser time limit can be achieved without getting inflicted with a disease by undertaking a matching amount of self-punishment on fast track. I am repeatedly telling you that The Cosmic Power never inflict you with any disease as long as you support your desires by offloading required amount of sins by undertaking sufficient amount of self-punishment. Remember, not just diseases, every single untoward incident of your life, including accidents, fighting, failures, insult, loss, imprisonment, disappointment, depression, premature death etc are all the result of your desires that are unsupported by self-punishment. Even small daily incidents like an

argument with your spouse, tasteless food, failure to have a goodnight sleep, failure to get a movie ticket etc also are examples of imposed punishments. Unable to understand this most advanced Vedic Science, the later Vedic Hindu gurus started talking against having any kind of desires. You just can't expect a family man with several responsibilities towards the dependents of his family to have no desires at all, right? Therefore, plan your desires and self-punishments TOGETHER and avoid imposed punishment by The Cosmic Power, which results in low quality pain.

- 9- Consider the case of 3 people of same sex, same age, same lifestyle, belong to same place, suffering from cancer and are in stage three. One might get cured in 6 months, the second person might take 6 long years and the third might die within a year. It all depends on 2 things: the amount of their prarabdha karma, their desires that are other than getting cured from cancer and the amount of spiritual power they generate every day.

Some good examples

- a) Do you know that Hindu bride, bridegroom and their parents observe fasting on the day of the marriage, while offering a feast to all the guests? Most of us are following this tradition since ancient times. Just imagine how painful it is to refrain from enjoying the wedding celebrations while all outsiders are enjoying at our cost. Quite surprisingly, no single Hindu knew the logic or science behind this practice. Fine, I call this is what self-punishment. By undertaking this kind of rigorous punishment on such a joyous day, family members of both the bride and bridegroom are making sure that everything goes right on the day of the marriage with no

obstacles. Remember, your every single moment of enjoyment is the result of burning of your spiritual power. If you want your spiritual power is to be spent on materializing a particular desire, here a marriage with no obstacles, you should direct all your spiritual power towards materializing that desire, but not any other desires as your spiritual power is quite limited. So, on the day of a marriage celebration at your home, by taking up self-punishment on one hand and by not enjoying the celebrations on the other hand – you are making sure that your focus is on finishing that once in a lifetime event without any obstacles. Although I am not discussing here, there is a bigger reason behind fasting on marriage celebration kind of major events. During fasting, you can direct your kundalini power to settle in an appropriate chakra of your body, so as to control the events of that day and thereby making sure that nothing untoward happens. You will find a detailed discussion on kundalini power in my other book, THE ORIGINAL VEDA, to be published in the year 2019.

- b) Pandavas in the epic Mahabharatham had spent full time in penance for years only to wage a war against Kauravas and win back their lost kingdom. It was during their years of penance, the required incidents unfolded in their favor. After winning the war, enjoying the royal life for several years, again they left their royal palace and spent the rest of their post retirement life in the forests, performing penance for full time only to materialize their ultimate desire of getting liberation.

The root cause of all diseases and disorders

Although, the method, mode and type of punishment imposed by The Cosmic Power (God) vary from person to person – the most common way of punishing anybody is by way of inflicting with a disease or health disorder. Other types of

punishments include failure in our endeavors. My final conclusion is that The Cosmic Power chooses the most rigorous punishment for you if you fall in any of the following categories:

- a) You are so serious and very much determined about your desire to achieve something that is beyond your capacity.
- b) Even though something is very much within your capacity, you are trying to achieve it on a fast track mode.
- c) You are leading a life with so many pleasures but not bothered about self-punishment and at the same time you desire something big.

And inflicting a disease is the most popular type of rigorous punishment The Cosmic Power chooses. The more is the number of desires you have and or the tougher desires you wish to fulfill or the faster you want to fulfill your wish – the greater will be the amount of spiritual energy required and so a more dangerous disease you will be inflicted upon with. Now, do you understand the root cause of your disease?

Why The Cosmic Power chooses disease as a common mode of imposed punishment?

Every single incident of this world is the net result of the combined desires of all the living creatures. If your desire is to get a confirmed ticket and a window seat in a bus during a peak holiday season and you don't take up any self-punishment, The Cosmic Power is left with the following 3 options:

- 1- Since there are very few seats available and too many people are competing for a confirmed ticket as well as a window seat, your chances of materializing the desire are very less – you will be imposed with a failure

in another task of yours as you are not so serious about its successful completion. In the absence of any such tasks or if the completion of that another task also is important for you, then, The Cosmic Power imposes any or a combination of the following punishments: a heated argument with your colleague, you will be served with a tasteless food, your favorite shirt gets torn while you are working in the garage etc.

- 2- Since it is the job of The Cosmic Power to unfold trillions of incidents throughout the universe to execute the desires of all the creatures based on their merit – sometimes, The Cosmic Power may not be left with sufficient options to punish you otherwise. In such a case, it inflicts a severe headache or indigestion etc. Because, indulging you in a heated argument with your colleague, serving you with a tasteless food, tearing your favorite shirt etc all require creating many secondary incidents. If The Cosmic Power finds no time or no opportunity to create secondary incidents, then it prefers an easy way of punishing you. Example of a secondary incident: To create a heated argument with your colleague, The Cosmic Power has to create an atmosphere and difference of opinions between you two fellows. The easiest way of punishing you is by inflicting with a disease or disorder. In this case, since your desire is just to get a confirmed bus ticket for a window seat, creating a headache or indigestion problem etc are chosen. If your desire is so big compared to your capacity like to own a luxury car, then the easiest way of imposing a punishment is with inflicting with diabetes if your lifestyle is sedentary or with a Hepatitis virus attack etc. In the case of big desires also, The Cosmic Power tries to make you fail in your lesser important desires. Vedic sages claimed that there is no God in this universe or anywhere to have sympathy for you. The Cosmic Power, which runs this universe, is purely a

matter of science. Therefore, without bothering about your health, it always tries to pick a punishment that does not demand unfolding of several EXTERNAL incidents. To inflict a disease or disorder, The Cosmic Power does not require creating several external incidents as you yourself are offering your body that is quite CONDUCTIVE to be inflicted with a disease.

- 3- Your desire won't be fulfilled if your competitors are more powerful or in the absence of convenience for The Cosmic Power to facilitate the required incidents so as to punish you.

If you are so concerned about your health and so follow a healthy lifestyle, The Cosmic Power will be left with no option but creating external incidents that result in pain to you, so as to materialize your desires. Likewise, if you are so concerned about maintaining cordial relationship with people and put some serious efforts in that regard, then, The Cosmic Power forgets the option of creating a heated argument or fight with your colleague. Finally, what I mean to say is that it is YOU who decide how your life is to be and what kind of incidents should happen in your life, but not the God or The Cosmic Power. Example: If you strongly feel that any kind of disease and disorder is okay with you but not diabetes, The Cosmic Power will never ever inflict diabetes upon you. Suppose, if you don't take any precautions to keep away from diabetes and you don't put any efforts in this regard – in that case, not to get diabetes will itself turn to be a SEPARATE AND INDEPENDENT DESIRE of yours. If you put some efforts to keep away from diabetes and wish you should never get inflicted with diabetes, then, it is not considered as an independent desire but as a PRECONDITION in materializing other desires and accepting imposed punishments other than diabetes.

Diseases and disorders in children

It was only when my 5 year old daughter complained of poor eyesight and when the doctor prescribed glasses – I realized that even kids desire big things. I got horrified when my 1st standard studying daughter revealed her strong desire. She has so many desires. But her most sought-after desire at any cost is to get shifted to own house with a personal swimming pool from the present rented apartment. That too she wishes this almost impossible desire to be materialized within one year or so. I made her understand the connection between desires and diseases coupled with other kinds of pains in life. I also made her realize how costly and difficult it is to own an independent house with a swimming pool. I assured her that it is my responsibility to purchase an apartment that is having access to a common swimming pool. I also made it sure that she will never ever desire anything other than simple enjoyments that can be realized easily within a few days time like to go to a water park, to buy some toys, to be in good health, to be able to understand her school lessons etc. I convinced her that she should welcome pain in one way or the other on daily basis, instead of trying to make every day as the most pleasurable day with every single incident, event and moment to be the best.

She started observing weekly fasting along with me. Since she is quite young, I allow her to fill her stomach with uncooked food like coconut pulp, dry fruits, fresh fruits, juices etc even during fasting days. She was almost one-year old when I realized the global scams and dangers associated with vaccination. After that I never allowed anybody to vaccinate her. I still remember the several failed attempts by the Dharamshala government medical officer who used to visit our home to vaccinate my daughter. It happened when I shifted my family to Dharamshala, a small town in the Himalayas, to continue my research in The Vedic Science.

The secret about incidents that happen in your life

The amount of suffering and enjoyment in your life is predefined based on your karmic account, but not the incidents in your life and the modes of sufferings and enjoyments. Whether to bring your karma to zero balance in this life or in several future lives is up to you to decide. Don't forget that you have full control over the modes of sufferings in your life. Plan your future by judiciously choosing the really required desires and also choosing the modes of punishments to materialize such desires. Every single incident in your life is your choice, be they are good or bad.

There are only 2 incidents that happen in our life

- 1- Good incidents: Incidents that are directly related to your desire. Such incidents are directly favorable to materialize your desire.
- 2- Incidents that are intended to materialize others' desires. The Cosmic Power (God) is using you as a tool to discharge his duties of ruling this universe by making you a part of such a remotely relevant incident. If such incident is causing you pain, assume that the amount of spiritual power generated out of such pain is being used to materialize your own desire.

“Therefore, there is no point in terming some incidents as good and some other incidents as bad”.

God realization

Human beings live long without much suffering if they can lead the life by exactly utilizing their life for its originally intended purpose. Following 3

responsibilities are to be shouldered by every human being, so as to utilize his or her life for its originally intended purpose:

- 1- By giving birth to a few babies, you are helping some souls, which suffered a lot by taking the form of different creatures so far, to have human form in this life, so as to get liberation from the chain of births and deaths. Believe me, there are millions, if not billions, of souls that are waiting in que to be born in the form of human beings, so as to get liberation from this painful chain of births and deaths. Therefore, you should give birth to sufficient number of children. Your earnings should not be the criteria in deciding the number of children you want to give birth. Since every child comes into this world with her own karmic account – it is foolish to say that only your personal karma determines your earning potentiality. Any family's earning potentiality is determined by the combined destiny of all the family members putting together.

- 2- It is your responsibility to take good care of your family, then, make sure they understand this cosmic game, raise the kids till they get self-dependent and then take retirement from family life only to spend fulltime to get liberation.

- 3- Help The Cosmic Power in discharging its duties without expecting any favor in return. Although every single incident of this universe is the outcome of The Cosmic Power and the 9 planets, we assume that only we are responsible for all our actions. This is the reason we blame ourselves or others for our troubles. This is the reason we intend to take revenge against our enemies. This is the reason we feel proud of our achievements and get depressed for our failures. The truth is that all of our actions are the result of

our previous karma and our present desires. As we have discussed earlier, whatever work we do, we tend to hurt our fellow living creatures, which results in some sin that is credited into our karmic account. Only those people who realize and surrender themselves to the LEELA (interplay) of The Cosmic Power and the 9 planets, would stop desiring anything from this physical world and attribute the reason for all of their pleasures and pains to The Cosmic Power. This is the reason they perform their duties without any expectation. When the result of your work fails to make you neither happy nor sad, then, only then, you are termed as a KARMA YOGI or a doer with no expectations in return, although ultimately you could be the beneficiary or loser, if that work of yours results in any gain or loss, respectively. One of the greatest findings of the Vedic scientists is that if you undertake tasks at random as they come on your way, without desiring any benefit out of performing those tasks and you heartfully believe that the final outcome of your tasks will be the consequence of the trillions of incidents caused by The Cosmic Power in discharging its duties to run this world – then, the resulting karma of your efforts will NOT be credited into your karmic account. Because, a doer, who believes heartfully that the results of all of his actions are the consequences of The Cosmic Power – can't be considered as a prospective beneficiary, even though the doer happens to be an ACCIDENTAL beneficiary at the end. In this case, all other creatures with an expectation of executing their own desires are held responsible even for your own actions and the resulting karma. This happens only when the doer wholeheartedly believes The Cosmic Power and completely surrenders to it. In other words, a karma yogi is used by The Cosmic Power as a tool in materializing the desires of other creatures. The Cosmic Power and the planets run this universe by materializing the desires of trillions of creatures on merit by facilitating

trillions of incidents by using both the living creatures and nonliving things in the nature as tools in the job of ruling this universe. Therefore, the resulting karma of executing all these trillions of desires every day is credited into the respective karmic accounts of all those creatures who think that only they themselves are responsible for their actions but not The Cosmic Power and or who desire and or undertake tasks to materialize their own selfish desires. Whereas, people who merely play their roles with no desires of their own and no happy or sad feeling about the result of their actions, as the result is attributed to The Cosmic Power, are excused. The lifespan of such people would be EXTENDED as they are utilizing their human life exactly what it is intended for, i.e. helping other souls get liberation, helping The Cosmic Power in ruling this universe and attempting to get liberation for themselves as well by not accumulating more karma for their actions like animals and other non-human creatures. Remember, whoever is helping The Cosmic Power in discharging its duties, he will be taken care by The Cosmic Power by providing the essential basic comforts of life and longevity, even though he doesn't desire anything. If you still don't understand this concept, the following example would definitely help you fully understand it.

When you kill the plant life to fill your stomach, obviously that sin of killing the plant life gets credited into your karmaic account. This is the reason Hindu scriptures advise you to cook the food not by keeping you in mind but by keeping the God and the guests in mind. Therefore, the sin that is resulting out of killing the plant life to cook your food is credited into the accounts of those Gods and guests. Every Hindu is supposed to eat only the leftover food after offering the food (prasadam) to the God and the guests. In Hinduism, God means not The Cosmic Power but some great yogis like Shiva, Krishna etc. This cunning

arrangement of offering the first portion of the food to the God and the second portion to the guests and only the leftover food to self and our own family members is aimed at crediting the total sin of killing the plant life into the account of the God and the guests by making them as the main beneficiaries. Guests include devotees at the temple, beggars, visitors to our home, street dogs, ants that are passing through our home etc. However, unable to understand this concept in its proper sense, the modern Hindus are eating the first portion and offering the leftover food to the guests or throwing it into the waste-bins or freezing the leftover food and eating next day or eating same day by themselves at night and going for jogging in the next morning to offload the extra fat.

How by offering the major portion of the food to the God and the guests you can get rid of the resulting karma, the same way, by doing your job without bothering about the result – you can get rid of the resulting karma. In this case, the resulting karma of your acts in the course of your job gets credited into other beneficiaries. Since you, the karma yogi or a man with no desires of your own, are being used by The Cosmic Power as a mere tool to materialize the desires of other creatures – you will not meet the death prematurely, even if you are terminally ill. In the course of discharging its duties, The Cosmic Power has to rely on all the creatures to cause trillions of incidents in this world. As I told you before, every incident is the net result of the combined will power and the associated desires of all the creatures of this world. To cause an incident in favor of you to materialize your desire, The Cosmic Power has to influence and use several other creatures. It was the observation of the Vedic sages that incidents that favor you, although you didn't express any desire, will also unfold during the course of ruling this world by The Cosmic Power, although such incidents are not on the PRIORITY LIST of The Cosmic Power, as you never expressed your desire or not

have any. Example: If it rains in your village, it rains in your own farmland too. So, let other farmers of the surrounding farmlands desire for rains, you don't need to join them. If their desire is materialized, even your farmland gets its share of rainfall. Therefore, there is no point in desiring something, which happens on its own. However, in this strategy, the happening of incidents in your favor would take a bit longer time as you didn't expressly ask for such incidents to happen, but they are happening to materialize the desires of others.

In the case of a house wife, although her intention in cooking the food by killing the plant life is to feed herself and her family members – still she is considered as not a beneficiary as she and her family members are eating only the leftover food. Likewise, although you have a desire to live long, still you will be considered as a karma yogi with no desires as you are performing your duties without expecting anything in return. Suppose, your one-day breathing is killing five million microscopic creatures and your one-day food is killing 10 billion cells of the plant life – that karma gets credited into the accounts of other beneficiaries of your work as you are performing your duties with no expectation. Since you have stopped accumulating fresh karma and you have no desires – your total karma reduces to a bare minimum level.

The ultimate secret

What happens if everyone of us turns to be a karma yogi with no desires? How the universe runs? In whose account the resulting karma is to be credited? Who should be punished for the resulting karma? The answer is NOBODY. Vedic Science is all about making all of us karma yogis and facilitate liberation to all of us. Therefore, desire for something only during certain urgencies. Let things happen naturally. You better keep away from deciding the course of this universe by expressing desires. You are wasting huge amount of your hard

earned spiritual power by expressing a desire and trying to change the course of movement of this whole universe. Remember, every single incident, however small it is, has the potential to change the course of movement of this whole universe. EXAMPLE: If you are late by one minute in reaching airport and miss the flight – this single incident would result in innumerable supplementary incidents that affect innumerable lives of this world. Therefore, use the major portion of your spiritual power to get liberation and the minor portion of the spiritual power to get things done in your life by expressly desiring for certain things, which are not happening on their own or you can't wait for the happening of such things on their own. The science of materializing desires by spending minimal spiritual power is discussed in my other book, ORIGINAL VEDA, to be published in 2019.

Who are the bad people and is it The Cosmic Power that is using them to perform bad things?

Every one of us possesses both good and bad qualities, although in varying ratios. Yes, it is The Cosmic Power that uses both good and bad qualities of you to trigger the necessary incidents of this world. Still, you yourself are responsible for all of your actions, as long as you perform such actions with some expectation or something in return. Suppose, you lead a perfectly healthy lifestyle, you have got a gentleman behavior and so nobody fight with you, you are quite efficient in your work, you take care of everything in such a way that you are not giving chance for The Cosmic Power to impose any punishment easily. It is very difficult for The Cosmic Power to trigger several incidents every day to punish you. Then, if you are unmarried, you will get a foul-mouthed wife, who will punish you with her foul-mouth without any reason on daily basis on behalf of The Cosmic Power. So that, The Cosmic Power does not need to focus on triggering incidents every day to punish you, as you are not giving any chance to punish you.

Conclusion

Suppose you are suffering from thyroid and your strongest desire is to cure it, fine, you will get cured of thyroid disease. And then, you might get diabetes. If you are successful in handling diabetes, finally you might slip into cancer. The intention of The Cosmic Power in inflicting you with thyroid disease in the first place is to punish you for your karma. By one way or the other, if you are able to cure your disease means you are going against the will and wish of The Cosmic Power. As long as you don't take up the punishment in one way or the other, The Cosmic Power keeps on inflicting you with new diseases and or disorders. If you have all healthy habits and leading a healthy lifestyle, thereby not giving any chance for a disease – then, you are forcing The Cosmic Power to punish you with some other means like an accident, a prison term, losing your source of income, divorce, failure in your endeavors to excel in life etc. Therefore, the best as well as ultimate treatment for your present and future diseases and solution to your present and future problems is matching your every desire with self punishment. Even a desire to have one plate meals and desire to breath, just to stay alive, also demand self-punishment. You just can't expect to live here at the cost of somebody's life and be happy without paying back. Assuming that only the prayers of human beings are heard and the prayers of all other creatures are ignored by The Cosmic Power is undoubtedly a foolish notion. Every creature's desire that is coupled with appropriate pain is materialized, no matter whether it is an animal or insect or tree or plant or part of it or just a germ. And, most important of all, all creatures curse their killers before meeting death. That curse is nothing but a strong desire to cause hurt to their killer.

Do curses come true?

A curse is also a desire. Every desire demands certain amount of spiritual power to get materialized. Since we always suffer with insufficient spiritual power as we

always have more desires than taking pain – we just can't have reserve of spiritual power. A curse, to come true, demands reserve spiritual power. In the ancient times, Vedic monks used to maintain huge reservoir of spiritual power as they take unbearable pain in the form of penance (intense meditation) by living in forests and eating raw food with no worldly desires. Their only desire would be to get liberation. The moment you desire something, your troubles start and so you start generating the equivalent amount of spiritual power only to trigger the incidents in favor of materializing the tasks relating to your desire. Whereas in the case of liberation, there will not be several incidents to be unfolded. So, if your only desire is getting liberation, all your spiritual power is kept aside in reserve. The moment you accumulate the required amount to get liberated, only then that entire accumulated spiritual power is spent at once. That was the only reason why even powerful kings also used to bow the monks. There are several instances to show that monks used their reserve spiritual power to curse people who offended them. In my childhood, people used to ask me to utter some good things about their respective desires like they get promotion in their job, they will build a home etc. Because, Hindus believe that whatever that comes out of a child's mouth is the wish of the God. Although none of these elders knew the reason, the actual logic here is that unlike elders, children would not have desires and so their spiritual power gets accumulated. However, you can't expect the same with this generation kids, who are suffering from gigantic desires.

Coming to the point, yes, even in this generation curses do come true. As we all know, pain generates spiritual power and it is used to trigger incidents that are relevant in materializing your desire. When you are killing a creature, be it is an ant or plant or human being or a microscopic germ – it experiences the mother of all pains before dying. Imagine how much spiritual power it generates before dying? The one and only desire of such dying creature will be to harm its killer.

That enormous amount of spiritual power released at the time of its brutal killing will be spent to materialize the strongest desire (curse) of that dying creature. Got it?

Whenever you eat non-vegetarian food, you should remember this Vedic theory of karma. To get ONE kilogram of meat, you are feeding HUNDRED or more kilograms of vegetation to the meat animals you eat. The ratio is 1 : 100 or more. Whenever you take bath with hot water, you should remember this Vedic theory of karma. To get one bucketful of hot water for bathing, you are killing billions of harmless germs in the water. Whenever you use tissue paper for hands and anal cleansing, you should remember this Vedic theory of karma. Every year, Americans are killing millions of trees just for anal cleansing with toilet paper. All the above things are very much avoidable. Remember, whether you kill yourself or you are the reason for their killing – both are same.

How you are worried about your credit score or rating, the same way, you should worry about your karmic score. Beware, your every single act is being watched so closely by the universe's most powerful and highly credible rating agent, i.e. The Cosmic Power, popularly known as The God.

Types of self punishments

Anybody's life is mixed with good and bad periods. Now, as this book is in your hand, it is up to you how long you want to let your bad period run. It might continue for say 5 years at the current level pains in your life. If you want to end it within one year, go on a fast track mode of experiencing pain. Do you know why some of our ancestors used to leave everything behind and spend few years in the Himalayan forests doing penance by just wearing a loin cloth when the temperature was minus degrees? King Ravana of Epic Ramayana used to do such things to fulfill his biggest desires like conquering powerful kingdoms. Even though his life was happy, he left everything behind and did penance only to get more happiness by conquering the most powerful kingdoms of his time.

In the same Epic Ramayana, Rama was asked to go for 14 years of exile on the day of his supposed coronation. His step mother Kaikeyi, who would ask her husband and the then king Dasharatha to grant her the long time promised boons on that day. One is to make her own son Bharatha as the king instead of Rama and another is to send Rama exile into the forest for 14 years. She never put any conditions on how Rama has to lead his life in the forest. Still, Rama chose to lead the next 14 years of his life like a hermit. You know why? The moment he was told by his father that he is going to be crowned in the next day, both Rama and his wife Sita started fasting as a means of self punishment only to avoid any obstacles to his coronation. The very next day, instead of being crowned, he was sent into exile for 14 years. This made Rama realize how gigantic the amount of his karma is. Being aware that the sins of his past can't be offloaded with just a one day fasting, he decided to lead the next 14 years life

like a hermit, which only can bring back happy life at least after completion of the 14 years of exile.

In the Epic Mahabharatha, Pandavas leave their royal life and goes to the forest to do penance after ruling their kingdom for years, only to make sure that the life after their death is secured. Anybody's life after death is secured by the following two possibilities:

- 1- By bringing all your karma to zero, one can get liberation from the chain of births and deaths.
- 2- If your self-punishment before death fails to offload all your karma, but succeeds in offloading a considerable amount of karma, you will be born again as a human being only to offload the leftover karma. People who don't bother about self punishment to get liberation even during their old age would suffer with diseases, meet early death and will be reborn in any form but human being.

There are some people who are not interested in this ancient knowledge. They want to start the life on earth again from the scratch level by introducing stupid terms like NEW WORLD only to safeguard their vested interests. By distorting the history during the colonial time, the British made it sure that the educated new generation Hindus believe only the British version but not the ancient Hindu scriptures. Some so called developed nations of the west spending billions of dollars only to brainwash and reprogram the minds of all Hindus. By doing so, they want to make every Hindu believe that all the Vedic knowledge is nothing but a bunch of superstitions, myths etc. If at all any government in India tries to amend the British version textbooks, so as to bring back the truth, the so called

not-for-profit NGOs, who receive illegal funds from the west, protest against any such move in the name of safeguarding secularism, plurality, democracy etc nonsense. It is now high time even for the westerners to realize that Vedic knowledge is not just meant to Hindus but for every human being on earth, as Vedic knowledge is not a religious content but a science of lifestyle.

Now, let us again come back to the main topic. Please note that something that is a punishment to someone could be an enjoyable thing for another. So, select that kind of punishment, which really hurts you. Whatever punishment you choose, it should neither aggravate your illness nor result in a health problem. Best punishments are those normally hurt you mentally to a great extent and less physically. Also note that you can change the punishments time to time according to your wish. Make some punishments as lifelong punishments, so that such things become part of your daily routine and so they don't disturb your regularity. As such, some punishments could be limited to certain duration, which will be called up on the requirement of huge amount of spiritual power.

Foregoing happiness also comes under self-punishment. You know how? Nobody can get happiness without spending his spiritual power. We all are aware of the saying: "money saved is money earned". On the same count, "spiritual power saved is spiritual power earned". That is why you are not supposed to seek any kind of enjoyment when you are on a mission, got it?

Keeping in mind of your priorities and capabilities, select a couple of punishments from the following list:

1- One-day weekly fasting: Even today, most Hindus observe fasting on a particular week day, every week, although no single Hindu know

that it is primarily meant to self-punish. However, Hindus started cheating themselves from the time the British made them slaves to drinking tea. Once they become slaves to tea, even the gurus of Hindus started allowing tea on fasting days. Thus started the destruction of this great method of self punishment. Human tendency is that when you break one rule, you tend to break more rules. Consequently, now Hindus started interpreting fasting as a day without the regular food. In other words, if rice is your regular food, you can eat anything except rice on the day of fasting! Whatever it is, if you want to gain the full benefit of one-day weekly fasting, observe COMPLETE fasting on your choice of a day, every week. You can drink water. The next compromise you can make is that you can drink only those juices that are directly absorbed by your blood, so that your digestive system enjoys complete rest on that day. Please note that rest to the digestive system is a mere positive side effect or bonus of fasting, but not the primary objective. Tender coconut water and honey water are directly absorbed by the blood, without undergoing any digestion process.

2- Writing japa: Write the name of a God for one hour or so by just chanting it silently. The one and only rule to be followed is don't think about anything while writing. In India, people sell ruled notebooks with hundreds of boxes meant for writing the mantra or the name of your favourite God. My observation was that people tend to think and fail to control the wandering mind while filling these boxes. By writing the God's name in small sized letters and by maintaining all the margins and equal space between all the words etc on a white paper, one can get rid of the thoughts to a great extent.

3- Eating salt-free food: Anybody's biggest source of daily enjoyment is relishing the food. Eating salt-free food is considered as the healthiest self-punishment.

Author's personal experience with salt-free food: I have personally encountered a big problem while living on salt-free food. I experienced an unbearable burning sensation while urinating. In my research, I found that sodium in salt is used inside your body only for a single good thing. When it comes to bad things, salt shatters your total body in hundreds of ways. But, the profits of processed food industry are directly proportional to your daily salt consumption. The more you consume, the greater will be their profits. That is why processed food industry bribes medical researchers to publish false research reports in support of more salt consumption. Now, you should know why you require sodium (salt) in your food. When you eat protein food and other strong acid generating foods, strong acids are released out of those foods during the process of digestion. All weak acids get exhaled through lungs. Whereas, all the strong acids should be buffered before their elimination, else they burn the tissue of your urinary tract while passing out of your body. This is the reason bicarbonate and sodium are required to accompany (buffer) these strong acids before they get eliminated through the urinary tract in the form of urine. Since we mostly don't suffer with the deficiency of bicarbonate, we should only bother about sodium. If sufficient sodium is not sent out along with strong acids in your urine, your urinary tract gets burned. When the body fails to use sodium from salt as a buffering agent, it uses calcium for this job by sending calcium out of your body along with strong acids. To replace sodium with calcium, your body, which always suffers from calcium deficiency, robs calcium from your bones. But, I never

faced any problem with salt-free food when I replaced my one session of regular meals with sprouted grains or soaked grains. Because, sprouted or soaked grains are the best source of organic sodium. Therefore, if you don't want to encounter any side effects out of no salt diet, your first meal of the day should be soaked or sprouted grains, either raw or steam-cooked under the lowest possible temperature. My greatest discovery with salt-free food is that, it can be labelled as a punishment diet only for a span of 10 to 15 days. After that anybody tend to start relishing the salt-free food. This is because, in the absence of inorganic salt, you will be able to sense the ORIGINAL TASTE of the food. So far, none of you know the original taste of any cooked food. Only after practicing salt-free food for 15 days, you will be able to discover the real taste of your food first time in your life.

4- Observing mouna vratham: In mouna vratham (resolve to be silent), we can do anything but talking. Observe complete silence during the whole 3 hour period of your Sandhya. People fail to resort to meditation because of the bundle of rules and regulations that comes along with it. Instead of not doing meditation, you can do it in a less painful way. Just observe silence. The beauty that all the mornings and evenings bring along with is calmness. You also maintain that calmness without talking to anybody strictly for a fixed time every day. Some Hindus observe mouna vratham for a full day on their weekly fasting day.

5- Shaving your head: Sacrificing the beauty by shaving their head is very popular among Hindus. Every day, thousands of people shave their heads in Tirumala Tirupathi Sri Venkateswara temple, although none of them know the actual reason behind this practice. The pilgrims believe

that the God likes to have their hair! What a pity? And their cut hair is sold by the temple authorities to the wig making companies. The present generation Hindus, women in particular, started cheating the God (themselves) by offering a few hair strands to the God, instead of shaving their heads. Some of them postpone this punishment of head shaving till they cross 70 years of age or so. Remember, the less is the pain you get out of any punishment, the lesser will be the generation of spiritual power. Also, please note that head shaving is meant for some other more important purpose, which is discussed in my other book, ORIGINAL VEDA.

6- Performing Yogasanas and Pranayama: Although self-punishment is not the primary goal of performing yogasanas and pranayama, yet these activities rightly come under the title of self-punishment as we never like doing such things.

7- Imposing ban on certain favourite things: Ban all those food items that you eat and drink for more enjoyment like Biryani, Pizza, cola drinks etc. Impose ban on smoking, alcohol consumption etc. Impose ban on watching or reading or engaging in some activity while eating. Impose ban on engaging with electronic gadgets, particularly on bed before sleeping. It is my personal experience that compared to banning something forever, limiting the quantity and or frequency is relatively more painful. When you don't have self-control of certain things, better ban it forever.

8- Undertaking vratham or deeksha: Vratham or Deeksha is nothing but leading a very painful life by strictly following several rules and

regulations for a fixed period. The vratham period varies anywhere from 9 days to 4 months. The toughest is your desire, the longer duration vratham you need to choose. Following is the menu of punishments, of which you can choose all or a combination thereof during the period of vratham or deeksha.

- a) Fasting: If you choose your vratham period to be more than 9 days, complete fasting can't be possible. In such case, observe fasting only for one session per day. You can also observe uncooked fasting in which you have to live on only uncooked food like sprouted grains, raw vegetables, fruits, dry fruits, nuts etc. But make sure that you eat only those items that belong to your friendly planets.
- b) Sleeping on a mat, by sacrificing the cot, mattress and pillow.
- c) Meditation or worshipping the God etc for a quite longer period.
- d) Only walking, not supposed to use any vehicle.
- e) No sex or sexual thoughts.
- f) Speak only the truth.
- g) Talking only with hand gestures.
- h) Bathing only in the river or pond etc water bodies.
- i) Wear only those clothes that attract the leader of your friendly planets. Plain blue colour clothes for Saturn group people and plain yellow colour clothes for the Jupiter group people.
- j) Reading the holy scriptures for a fixed period every day.
- k) Keeping away from any kind of entertainment activities like imposing a ban on TV watching etc. This is nothing but sacrificing your happiness.
- l) Distribution of free food etc to the needy. When you don't know the Janma Lagna of those people whom you are donating the food,

never serve them those foods that primarily attract the planets. Serve neutral food items that don't attract the planets to a great extent.

Finally, I can say that you are the best judge about deciding what is good and what is bad for you. So, think about different more options and try punishing yourself in a healthy way. My great finding in this regard is that doing good things also affect your health badly if you don't follow a routine or regular time. Likewise, your body accommodates bad things also if you do it regularly. Therefore, after experimenting with a couple of self punishments, settle with a few and be regular and follow a routine. Anybody who does not take up punishment for all his atrocities towards his fellow living beings, although they are microscopic in size, has no right to live on planet earth.

Point of contention

Modern medical science suggests that you should ALWAYS try to be happy and then only your cells can maintain alkalinity (pleasantness). Unhappiness results in acidity. But The Vedic Science claims that both happiness and pain should be part of anybody's life. Pain follows happiness. So, instead of trying to be happy AT ALL TIMES, you choose your happy moments and sacrifice unwanted or lesser important happiness. Thus, you can guarantee happiness in certain important times of YOUR CHOICE. As we have discussed in some other chapter of this book, it is just impossible to create a world with no diseases. Recently, Indian government stated that we all can see malaria-free India by year 2030. What a foolish statement from a nation that has gifted the world with The Vedic Science? Once you conquer malaria, then Nalaria or Olaria or some other Palaria will attack the people. Therefore, your focus should not be creating a disease-free world, but a world full of people with Vedic knowledge, who try to live by causing the lowest harm to their fellow creatures, who try to live with

essential desires and willing to take up required amount of self-punishment to match their desires.

Warning: It is highly dangerous to change your routine all of a sudden. I strongly suggest you to bring any change only over a considerably long period of time gradually. I repeat the terms LONG PERIOD and GRADUALLY. This is very important, else, in the pursuit of solving your present troubles, you are asking for a relatively bigger trouble.

My humble request: Kindly share your choice of self-punishments through your social media accounts. I also beg you to make it a point to maintain a separate column in your profile to show this information under the heading SELF-PUNISHMENTS. You be the front-line change bringer!

