

THE BOOK OF LIBERATION

FEAR
&
WORRY

SIRSHREE TEJPARKHIJI

The Book of Liberation

Fear and Worry

by

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Preface

Reading the first and last paragraph is recommended

Everyone in the world were living happily. There were no problems at all. Then one fine day, everyone in the world accepted an invitation to attend a marriage. The marriage was to happen between Fear and Worry. Illusion, the father of the bride and Depression, the mother of the bridegroom invited the solemn presence of everyone. Everyone accepted the invitation to the unholy alliance without thinking twice. Since then everyone have been visiting the couple everyday and seem to see no way of living without them.

Looking at the devastating effects of fear and worry in the present day world, the fable mentioned above could very much be true. There have been many things said about fear and worry. But yet the terrible twosomes continue to plague mankind. They continue to trouble because many things about fear and worry remain unsaid. This book is an attempt to bring about the missing link in understanding fear and worry and banishing them from our lives forever. Let us first look at a sample of various things said so far about fear and worry before attempting to understand the importance of this book.

There is nothing that wastes the body like fear worry, and one who has any faith in God should be ashamed to worry about anything whatsoever....Mahatma Gandhi

We fear not only in our minds but in our hearts, brains and viscera, so that whatever the cause of the fear and worry, the effect can always be noted in the cells, tissues, and organs of the bodyDr. George W. Crile

Let our advance worrying and fearing become advance thinking and planning..... Winston Churchill

"Fear and Worry affects the circulation, the heart, the glands, the whole nervous system. Charles Horace Mayo

Fear and Worry

The greatest mistake you can make in life is to continually fearing you will make one.... Elbert Hubbard

Worry is a useless mulling over of things we cannot change.... Peace Pilgrim

Happy is the man who has broken the chains which hurt the mind, and has given up fearing and worrying once and for all.....Ovid

Worry is a cycle of inefficient thoughts whirling around a center of fear.....Corrie Boom

My life has been full of terrible misfortunes, most of which never happened."..... - Michel de Montaigne

There is great beauty in going through life without worries or fear. Half our fears are baseless, and the other half unimportant..... Christian Bovee

The only thing we have to fear is fear itself - nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance..... Martin Luther.

The worst sorrows in life are not in its losses and misfortunes, but its worries and fears..... Arthur Christopher Benson

As a rule, men fear and worry more about what they can't see than about what they can..... Julius Caesar

Indeed many things have been said so far about fear and worry; many things that only make us more afraid of fear and make us more anxious about worrying. In our research in India and abroad, before translating this book, we came across various books and programs on fear and worry. All of them were problem statements. None of them offered practical solutions. The importance of this book is that it is a solution set. It contains multiple solutions against fear and worry. While we were translating this book, we realized that this is the most comprehensive set of techniques or solutions on fear and worry we have ever come across. We thank Sirshree for penning the Hindi original. It is a privilege to translate this wonderful book for English Lovers.

Krishna Iyer and Jugal Gupta

8th July 2003

How to read this book :

1. Read the book end to end so that *you feel free from fear forever and can wage war with worry and win* .
2. Whenever fear or worry strikes, then open any page of this book. Read whatever solution comes up. Contemplate on the solution. Implement the solution.
3. If you are distraught with fear, then start with book one. If you are troubled by worry, then book two is from where you can start.
4. There are two mantras given in the book, one to combat worry and the other to use against fear. Use these mantras in your day-to-day life. Reread those chapters (Chapter 6, book one and Chapter 12, book two) whenever it is important to remind yourself about these powerful mantras.
5. While reading this book, remind yourself that liberation in its truest sense is what one should attain. Liberation from fear and worry is just a stepping stone.

Is this book dedicated to you ?

Book Two is dedicated to men who have feared the future and have worried about the current state of affairs then have gone on to take massive action. It is owing to them that man has discovered many a thing in both the external and internal world. This book is dedicated to the men who worry the most. These are the men that are the *Siddharthas* of the present and the *Buddhas* of the future. That is why it has been said, *“Congratulate the man who worries, since worry is a pathway to liberation. And liberation will eradicate fear, anger, ego, hatred and greed from its roots.”*

Tejguru Sirshree Tejparkhiji ...

The Book of Liberation

Book One : Fear

The Book of Liberation :

1

What is Fear

Understanding Fear and Phobia

What is Fear

Fear is a response to an external threat, and usually produces changes in the sufferer's action and body. Generally humans react to fear in three ways: fight, flight or freeze. We may muster up courage and fight the source of danger (fight); we may feel terrified and flee frantically to escape (flee); or become immobilized, motionless and mute (freeze). This book will give you the fourth way to win over fear.

Fear is misuse of man's imagination. Fear is a psychological disease. Fear emanates from man's ignorance. Fear is just a thought. Fear is an invention of human mind.

Once an epidemic (personified) was entering a village. The guard of the village asked the epidemic as to how many people it intended to kill. The epidemic replied that it had intentions of killing five hundred people. When the epidemic was returning back, the guard stopped it and accused it of lying. "You said five hundred, but you killed 1000 people". The epidemic replied, "I killed only five hundred. The other five hundred died fearing that they had the disease."

Such is the menace of fear. Anger, hatred, greed, guilt and hopelessness are some of the harmful thoughts people carry. Fear tops the list. It can even be fatal.

Fear is a disease that, like a termite, destroys a person's life. Fear makes a person feel inferior. Fear itself is the root cause of most failures. The fear of failure sometimes leads a person to commit suicide.

We unknowingly carry such a dangerous thing within us. We see people around us leading fearful lives. We learn of many tragic events through TV, newspapers etc., which take place only due to fear.

Phobia

Aggravated fear is termed as phobia. A phobia is an excessive, enduring fear of objects or situations that interferes with a person's normal life. Although they know their fear is irrational, people with phobias always try to avoid the source of their fear. Common phobias include fear of heights (acrophobia), fear of enclosed places (claustrophobia), fear of insects, snakes, or other animals, and fear of air travel.

Panic

Panic attacks are intense, overpowering surges of fear. Some people experience panic attacks - periods of quickly escalating, intense fear and discomfort accompanied by such physical symptoms as rapid heartbeat, trembling, shortness of breath, dizziness, and nausea. Because people with this extreme form of fear cannot predict when these attacks will strike, they worry about having more panic attacks and may limit their activities outside home.

Fear and Worry

A : Do you fear anyone ?

B : No one except God

A : Then you fear everyone

2 **Types of Fear**

Knowing natural and unnatural fears

Identification and honest acceptance of one's fears is the first step towards winning over them. Following is a list of commonly found fears. Mark the fears that you have.

Fear of Unknown (death, darkness etc)

Fear of nature (flood, earthquake etc)

Fear of insecurity (old age, height, space)

Fear of people (teachers, doctors, boss etc)

Fear of Unknown

- a) Fear of darkness :** Darkness means lack of light. People who fear darkness cannot go into the kitchen to drink water in the night. They fear that there is someone unknown in the dark. Things get worse if they happened to watch a horror show on television.
- b) Fear of Future :** Future is unknown and uncertain and thus people worry about it. Too much anxiety and worry about the future makes us fearful of the future.
- c) Fear of Death :** The thought of the death of someone near and dear or the thought of one's own death always causes fear in the minds of people. If a funeral procession is passing by, children are prevented from seeing it or are told to put their hand on their head etc. Deaths, Ghosts, Spirits, Black Magic etc. are unknown things. We fear these things due to ignorance. Life after death too is unknown and thus the thought of death makes people uneasy and insecure.

d) Fear of God : Fear of God prevails in many forms. Many believe that cutting hair on a certain day or eating sour food on a specific day, not accepting offerings, or not bowing before a temple deity with due respectall such things makes God angry. These beliefs prevail because we do not know God and therefore end up believing the hearsay.

People ask, “Is God really there?”

Well, the answer is, “God alone is. Ascertain if you are there”.

Fear of nature

This fear includes fear of wild animals, fire, storms, water, lightening earthquake, etc.

a) Fear of animals : Some women, if they come to know that there is a cockroach, lizard etc. in their kitchen...will not enter the kitchen. Some will even go the extent of declaring, “Take the lizard out of the house at once. Either the lizard will stay in this house or I”. Fear of animals includes the fear of even pet animals like dogs, cats etc.

b) Fear of diseases/illness : People hear the names of various new diseases everyday and get frightened. These frightened people then search for symptoms of such diseases in themselves. If they find any, which they are sure to, they exaggerate it and start fearing that they have acquired the disease.

c) Fear of water : Many people fear water. Due to this fear, they do not enter swimming pools or ponds. They fear even going near water.

d) Fear of open roads and open sky: Some people fear open space. They have difficulty even when crossing highways.

- e) **Fear of accident/blood:** Some people feel giddy when they see an accident or if they see blood.

Fear of insecurity

People feel insecure for various reasons:

- a) **Fear of Old Age:** People fear of being without work, of being away from family and children and the perils that come with old age.
- b) **Fear of Heights:** Some people feel giddy when they look down from heights. They cannot even enjoy the roller coaster rides in amusement parks.
- c) **Fear of closed places:** Some people fear closed places. They would rather use the stairs than take the elevator. They even hate to go in a car or enter a telephone booth.
- d) **Fear of No.13 :** In western countries, some people have fear of No. 13 - 13th date, 13th floor etc.

Fear of People

Many inventions have not progressed further just because of the fear of people. Because the inventor thinks, "What will people say?" The fear of people can instead be called 'the fear of criticism'. Many people do not speak English as they fear people's criticism if they happen to speak wrong English. A person cannot bear criticism of himself from others. If we observe our daily lives, we will find that we do many things only because of the fear of 'others'.

- a) **Fear of stage:** Many people suffer from 'stage fear' or the fear public speaking. Their thinking is that that if 400 hundred people are sitting in the audience, there are 800 eyes staring at me. What will they say if the speaker makes a mistake?

- b) Fear of Teachers :** In schools, some children fear teachers and ridicule from their classmates. Due to this fear they do not attempt to ask questions. They have difficulty in even answering the questions they know well.
- c) Fear of Doctors:** Many people fear doctors. Primarily some fear injections. They will take the bitterest of medicines and even tolerate health problems, but will avoid taking injections– not to speak of operations.
- d) Fear of Pundits:** Pundits or Priests are adept at extracting money from people by creating fear. They make statements such as, “The Gods are angry with you because you have not performed some specific ritual. It is very important for the well being of you and your family”. Ignorant people believe in them and also fear them.
- e) Fear of Boss:** People fear their boss since they fear being dismissed from their job. Owing to this fear, they are unable to work properly and constantly make mistakes.

Uncommon Fears

Comparatively fewer people have these fears:

Fear of lying: People fear that they may be caught if they tell a lie.

Fear of one’s own anger: Some people fear what they may do in a fit of rage.....breaking things, hitting someone etc.

Fear of dying unmarried: Some people fear that they may die before their marriage.

Fear of keeping a big amount: Some people fear having too much money since they believe that it may invite theft or murder.

Fear of Stars: Some people do everything after consulting on the position of stars. Their routine life also is at the mercy of stars.

Useful Fears

Not all fears are harmful. Some fears are necessary for our safety, e.g. fear of falling, fear of loud noise, fear of life threatening animals, etc. While climbing down a flight of stairs, if we start falling, we immediately catch hold of the railings. This is necessary for our body's safety. Thus, it is a useful fear.

If the fear of exam makes a student concentrate better then it is useful.

Likewise if the fear of audience makes the speaker prepare his subject matter better or if the fear of boss makes a person focused on his work, then these fears are useful.

However, if these fears increase so much that instead of helping they start hampering one's performance, then they need to be addressed.

Some Common Phobias

- Agoraphobia : an abnormal fear of being in open or public places
- Acrophobia : an abnormal fear of being in high places
- Aerophobia : an abnormal fear of air
- Algophobia : an abnormal fear of pain
- Claustrophobia : an abnormal fear of being in an enclosed or confined place
- Gynephobia : an abnormal fear of women
- Hydrophobia : an abnormal fear of water
- Monophobia : an abnormal fear of being alone
- Necrophobia : an abnormal fear of death or of dead bodies
- Zoophobia : an abnormal fear of animals

3

The six causes of Fear

Know the cause and the eradicate the effect

There are many causes as to why fear originates. Understanding these reasons gives us an insight into eradicating fear forever.

First cause: Thoughts

Fear originates primarily from our thoughts. Our thoughts create happiness and unhappiness in our life. We can understand this through an example:

A man was lying beneath the wish fulfilling tree in paradise. Hindu mythology calls the tree as “Kalpvriksha”. He wished that he could have something to eat and immediately food appeared from thin air. Next he thought he should have something to drink and a drink appeared for him. Next he wished he could have lots of wealth and he was bestowed with that. The next thought frightened him. He thought that thieves would kill him and would take away all his belongings. And the next moment he was dead.

Positive thoughts lead to positive events and negative thoughts invite negative events. Thus the first important reason for fear is our own thoughts. Our mind is our wish fulfilling tree.

Second cause: Parents

The second cause for fear to originate is the way some parents bring up their children. Parents sometimes take the support of some imaginary fears to make children do certain things such as eating a meal or going to bed. For example, a mother may tell her child that, “Eat your meal quickly, otherwise ghosts will seize you and take you away”. Parents don’t realize that such seemingly innocent techniques do enormous damage to child’s development. Fears so created may trouble him throughout his life. Such

children when they grow up suffer from various ailments and personality disorders owing to fears. At minimum, they suffer from a tremendous lack of self-confidence.

Third cause: Lack of faith in God

Lack of faith in God is also an important cause of fear. Call it the lack of faith on the universe or call it lack of knowledge of universal principles. People who do not know the principles and rules that govern the events of this world tend to be fearful of the dangerous possibilities that surround their lives. Those who know the seven principles and seven rules of nature live beyond all fears.

Fourth cause : Collective belief

Recently there was a rumor in one of the bordering areas of Delhi that a monkey- faced man attacks people at night. It featured in TV news and that further fueled the rumor. It created quite a fear in the surrounding areas and people stopped moving alone at night. Eventually it turned out to be few unconnected mugging instances in the area, which had led to the rumor.

We tend to accept collective beliefs and fears as fact without questioning.

Many people in India still believe that ... one should not keep the broom upside down.....one should not sweep the house after dark ... breaking of mirror is a bad omen, etc. Some of these practices were created before the advent of electricity in our lives. Many people still observe these practices fastidiously – living a life full of ignorance, superstitions and consequent fear.

Fifth cause : Past tragic events

Some events or accidents in a person's life create fear. Some people give undue importance to a childhood event and the memory of that event becomes the basis for the related fear in their life.

For example:

Seeing someone falling in water, one starts fearing water.

A childhood brush with dogs or seeing someone bitten by a dog, the fear of dogs remains for life. Fear of some animals like snakes, lizards, earthworms or other crawling animals is caused after seeing or hearing about them.

Fear of lizards or cockroaches because one has seen one's mother fear the same

Fear owing to ghost stories told by grandparents.

Fears created by such events stay with us for lifetime

Sixth cause : ordinary events of daily life

Sometimes even ordinary events of our daily routine life create fear. For example, if a child drops and breaks a glass article and the parents scold or beat the child, this could create fear in the child for such events.

A child sees his father getting upset over someone not lifting the phone promptly. He tends to behave similarly when he grows up. When we see people getting tense, worried, fearful over certain things, unless we are alert, we assume this to be normal behavior and start behaving accordingly.

Food for Thought : Thoughts are Food

What we eat the food for the body. What we see is food for eyes. Similarly thoughts are food for the mind. Whatever you are today, it is only owing to your thoughts. Whatever you think, that is the food your mind will get to chew on. Your mind will grow according to the food it gets. Man does not eat what he ought to and ends up eating what he ought not to eat. Man does not think what he ought to and ends up thinking what he ought not to.

4 **Freedom from Fear : Part One**

Three steps that will weaken the roots of fear

First step : Face the fear and there is no fear

Do the thing you fear and the fear will disappear.

If you fear going to the kitchen at night, make it a point to go there at night. The fear of going to the kitchen in the dark will disappear. Common sense says that if there is really someone in the kitchen, he can as well come to the bedroom.

If you fear your boss, find some pretext to go and speak to your boss. Gradually you will become comfortable with him.

If you fear going to stage, create situations where you have to compulsorily speak on a stage or in a group.

It takes determined efforts and courage to overcome your fears using this technique. There was a student of Tej Gyan Foundation who feared snakes. When he understood the importance of facing his fear, he took the first step of facing that fear and went to a snake park. He persuaded the officials there to allow him to have his pictures taken while holding snakes. This helped him get over his fear of snakes and increase his self-confidence.

Second step : Desensitize yourself towards the fear

The soles of our feet become tough and less sensitive compared to the rest of the skin, because of repeated contact with the earth. Same principle can be applied to overcome fears.

Do the thing you fear so often that you become insensitive to the associated fear. If you fear going to kitchen at night, make it a point to go to kitchen every night till you completely overcome

your fear of going into dark rooms. If you fear your boss, make it a point to at least say good morning or good night to him every day.

If you fear going on stage, then grab every opportunity to go to the stage. With each stage appearance, your fear of stage will diminish and your self-confidence will increase. Thousands of students of Tej Gyan Foundation have used this technique successfully to overcome their stage fright. Some of them eventually start enjoying the stage so much that it becomes a problem to get them off the stage.

Whatever you fear, be it open-space, water, stage, darkness or your boss – face the fear repeatedly until the associated fear becomes a thing of the past.

Third step : Laugh at your fears

If you are afraid of a cockroach, think that :

“ I am afraid of such a small creature. Ha! Ha!

That it will grab me. Ha! Ha! Ha!”

Laughing at your fear tends to diffuse the associated feeling of fear and makes you feel comfortable with the object of your fear.

Two friends, all dressed up, were going for an interview. A bird spilled its droppings on one of them. The other friend quipped, “Oh no! What will you do now?” The first friend removed the stuff with a piece of paper, “ It is nothing. Thank God, cows don't fly”. They both had a hearty laugh and walked on.

Anyone can laugh in comfortable conditions. It takes courage and wisdom to laugh in adverse conditions. We all laugh at other people's fears and mistakes. What is more important is to laugh at our own fears and mistakes.

The above three steps are equal to declaring war against fear. The next three steps are proclamation of victory.

Question in a management class

Q : Walking in a jungle, suddenly you come face to face with a Tiger. What will you do?

A : I don't think I have anything to do in this scene. The tiger will do what needs to be done.

Friends of animals

"A" had gone to see a friend who had just acquired a dog. The gate had a plate, "Beware of Dog".

"A" shouted from the gate "Does your dog bite?"

The friend shouted back " Come on in. We are also waiting to find out. You are the first visitor."

5 **Freedom from Fear : Part Two**

Three steps will make the tree of fear to fall

First step : Apply the Law of Averages

Applying the Law of Average means taking an overview of factual data related to your fear. Let us see some examples.

1. A person used to fear traveling by train because of the possibility of accident.

What does the Law of Average say ?

How many times do trains run between Pune and Mumbai in a year ?

- Say about 10,000 trains

How many accidents take place in a year?

- Two, three or five.

What are the chances of an accident occurring in a train one is traveling in?

- 5 out of 10,000. That is 0.05%

In contrast, when a farmer ploughs his field, there is about 50% possibility of no rain, less rain or too much rain. Yet he ploughs his field. Should one then spoil his journey fearing something that has only a 0.05% possibility of occurring?

2. A student used to fear failing in exams.

What does the Law of Average say?

How many exams has that student taken till now?

-Say about 100.

Though he has felt this fear of failure before each of those exams, how many times has he actually failed?

-Never. But let us suppose that he has failed once.

What is the probability of his failing this time?

-0% or just 1%.

If there is just a one percent possibility of failing, then why fear? As mentioned earlier, fear of exam to the extent that it helps the student concentrate better, is good. Only when it becomes too much, it needs to be tackled.

3. A Mother used to fear her son might get into an accident every time he went out.

What does the Law of Average say?

-How many times has her son been out before?

-How many times has he returned injured?

-What is the probability of his returning injured this time?

The percentage works out to something like 0.00001% and thus there is no need for her to fear at all.

4. A woman used to fear lightening.

What does the Law of Average say?

How many people are there in your city?

How many people get hit by lightening in your city every year?

What is the percentage chance of your getting hit by lightening this year?

It works out to be something like .0000001%. Why should she then live in constant fear of lightening?

In the above examples, 99% of incidents feared, usually do not occur at all. Those who use the law of averages to free themselves of their fears gain courage, confidence and consequent happiness

Second step : Rational/Logical thinking

We all have intellect, but we don't always use it. Fear in many situations can be overcome by simple use of Common Sense and Rational Thinking.

A man was going for an interview. He was mortally afraid. In this situation, let us see how he can get over his fears by using his Rationale (RT).

Rationale (RT) : Are you going there to beg them of something?

Interviewee (IW) : No, I am going there in response to their advertisement for a job in the newspapers.

RT : If you don't perform well, are they going to beat you up?

IW : No. They will not touch me.

RT : So, the worst that can happen is that you will not get the job you never had and you will still gain the useful experience of having attended this interview. What are you afraid of?

Thus, we must deploy intellect and wisdom in everyday situations to keep the fear at bay.

You can use rational thinking to overcome most fear. Say, you are afraid of cockroaches. These are the common sense questions you need to ask yourself:

What harm can this small creature do to me?

Can it bite me or hurt me in anyway?

Can I kill it easily if I so decide?

Who should fear whom? Do I fear the cockroach or should the cockroach fear me?

To apply rational thinking to overcome job insecurity, tell yourself that if you are doing your job whole-heartedly, nothing can happen to you. Besides getting salary, you are acquiring knowledge, experience and skills (technical, communication and others). Your boss can dismiss you from your job, but he cannot take away all of these from you.

Third step : Internal guidance - Intuition

We sometimes get a hunch that a particular person will meet me today. Our mind tells us that he is too far away to meet. Our intuition proves right and he does meet or calls us.

We sometimes choose one out of many options based not on factual data but on our inner gut feeling and that choice proves right. This is intuition power. We all have it.

How do birds fly away even before an impending mishap is to occur? It is intuition that guides him. In the Himalayan region, just one month before the start of snowfall, birds start flying towards the warmer regions. The most advanced of instruments fail to predict the advent of snowfall correctly. But these birds are never wrong. Who is guiding them? It is intuition. The question is do we humans have the same guidance within us?

Intuition means tuition from within. Our Intuition is perpetually guiding us. It keeps telling us....

What is benign for us, what is not.

Who is a friend, who is not.

Where is danger and where it is not.

....and so on.

Most of us do not cultivate this power properly. If we do so and also develop faith in it, it has the ability to give us correct guidance at every step. This tuition never goes wrong. Learn to listen and trust this soft voice from within.

What is important is to have faith on your intuition.

Some people watch horror shows on television and get frightened. They then fear entering a dark room thinking that there may be some one. In such cases it is necessary to tell ourselves that if there is really any danger in the room, our intuition will tell us so... provided we are listening and have learnt to trust it.

Man is so engrossed with his external (outer world) activities that he has lost touch with his intuition (inner world). This chapter is a wake up call. It is a reminder of an already existing wonderful power within us. We have to know it by experience – through listening and observation. If we do that, we realize that the source of power is within us.

Our every step is being guided from within. We have to develop faith that timely guidance comes from within when needed. Once we get tuned to our inner guidance, we will not have any fear. If at all a danger approaches us, our intuition will forewarn us.

Once in awhile, do ask yourself “What is my aim in Life?” Your intuition will give you the answer. There are very few who are working towards their aim in life with full understanding and awareness. In today’s fast paced life, one tends to live mechanically. One must therefore repeatedly ask oneself the above question. The answer will definitely come and this answer is of ultimate importance.

'Law of Average' managed

Soon after the World Trade Center incident, a businessman was to fly his family to USA to attend his son's wedding. He was mortally afraid. He approached his scientist friend and asked him

"What are the chances that some one in my plane will be carrying a bomb?" His scientist friend told, "About one in hundred"

"Oh! That's too high a chance. I can't travel.

I will ask my son to postpone his wedding."

The businessman consulted his scientist friend in successive months and every time decided to postpone his son's wedding.

Finally, on receiving an ultimatum from his son, exasperated and desperate, he consulted his friend yet again. " Have the chances improved?"

" Yes, it is now one in two hundred"

"Oh! it is still too risky. Look, what is the use of your being a scientist. You have to tell me a way to improve the chances"

Challenged, the scientist thought hard.

"There is a way", he said. The businessman looked up with hope. " You carry a bomb yourself. Chance of two persons carrying bombs in the same flight is only one in 40,000"

6 **The Fear liberating Mantra**

I am God's property, no evil can touch me.

The gift of courage

The fear liberating mantra is a gift of courage. It is the ace up one's sleeve to use against fear. Having applied the six steps described in the previous chapter, if one is still fearful, the sure way to be liberated from fear is by opening the gift of courage...by using the fear liberation mantra. The mantra is

“I AM GOD’S PROPERTY. NO EVIL CAN TOUCH ME”

This mantra is not just mere words. It is power of faith based on understanding of the truth. These words have immense power and hence form a mantra. While saying this mantra, put extra emphasis on the word “touch”.

By repeating these words you will feel confidence and power within you. The power of these words builds a protective wall around you. The intensity with which you pronounce these words determines the power it will generate within you. The more you repeat this mantra, the stronger your mind will become and hence negative vibrations will not get attracted towards you.

Why does this mantra have power ?

Every word carries a certain vibration. These vibrations can give you health or push you towards disease.

In ancient times people followed the path of truth. If anyone cursed or blessed someone, his or her words would come true. This was because words had the power of truth. In recent times, words are used more to mislead than to convey truth and hence the power of words is depleting. As a result we see a life full of hatred, jealousy, fears, tensions, lack of integrity and weak willpower.

Understand the power of words and use them for the benefit of yourself and others. Do the following to enhance the power of your words...

Use positive words: Instead of saying, “Don’t shout!”, say, “Speak softly.” Instead of saying, “ I have failed”, say, “I have not yet succeeded.”

Use inspirational words: Use words with hope in them. Words such as “I can”, “I must” or “I will.” “I am fearless”, “I am God’s property”, etc.

Do not be deceitful: Try to lie as little as possible. Deceit snatches the power from our words, while truth enhances the power of our words

Don’t swear: Stop using bad, abusive words on others.

Use words for the benefit of others: Words of prayers, blessings, hope and growth fill the world with a new power

Everyday leave your house with some positive thoughts: Know the power of “Happy Thoughts”. Keep repeating them throughout the day.

The Power of Happy Thoughts

Negative forces get attracted only to those people who are receptive to them. These people usually have a negative approach to things and are afraid within. Fearful and unhappy people tend to shrink and have space within for negative forces to occupy. Fearless and happy people tend to expand keeping all the space filled with positive forces.

A fearful person is porous like a sponge. In a sponge, the water gets absorbed due to holes present in the sponge. Don’t make yourself porous. Every time you feel scared, just repeat the mantra and all the pores in your body will get filled, leaving no space for fear.

Excerpt from a Seekers conversation with Sirshree

A : Sirshree, I fear doctors.

Sirshree : Is it the fear of injection?

A : No.

Sirshree : Then, why do you fear?

A : I fear his bill. Do you have a cure for that?

Sirshree : Avoid falling sick.

A : How?

Sirshree : Stop eating for doctors.

A : Please explain.

Sirshree : Every time you over eat or eat when not hungry, you are eating for doctors. Use your fear of giving away your wealth to doctors by reminding yourself of this fear whenever you overeat.

A : Oh. This is wonderful. I thought I should get rid of fears. Now I see something new...using the fear. Anything else I should do?

Sirshree : Drink plenty of water, exercise regularly, and most importantly – keep HAPPY THOUGHTS.

7 **Liberation from the fear of death**

How to kill death ?

Everyone seems to fear death. In fact, fear of death is the root of all the different fears that people have - be it the fear of darkness, the fear of dogs, the fear of future or the fear of old age.

Nature has given us the fear of death for a specific reason. Understand this through an analogy. Suppose a school gate has a beautiful picture on its outer side and a frightening picture on its inner side. While entering the school gate, the child will see the beautiful picture. Once he has entered, if he ever tries to run away from school before he has learnt his lessons, he will see the frightening picture and this will make him run towards the school instead of towards the gate. Thus he will spend his entire lifetime in the school and will never approach the gate (contemplate suicide). This is why the fear of death has been instilled in our minds.

Without this fear, the number of suicides would have increased manifold. Many would have left the earth without fulfilling the purpose of their birth. However, those who have acquired the necessary maturity must outgrow this fear too.

The main reason behind the fear of death is incomplete knowledge. At some point or the other, you must have heard the following:

Once you die, what was dust goes back to dust.

Death is the only truth

Death is the biggest illusion.

The soul never dies.

Death is a forecast that never proves wrong.

Owing to such beliefs, the concept of death has remained a mystery. The lack of knowledge about death makes death appear frightening. If we truly understand what death is, then the death itself can teach us the art of living. To live life well, one must understand death.

When we fall asleep, we lose all awareness of the body. We actually go through a mini-death. However, we are not afraid of falling asleep because we understand sleep. Once we understand death, we will stop fearing death too.

Sleep is a short death that happens everyday. Death is a long sleep that happens once.

What we call death is actually a stage in life. Just as childhood, adolescence, adulthood, middle age and old age are various stages of life... death is also a phase.

Our body has five layers. When we die, only the outer two layers are shed. The inner three layers (astral body and other bodies) remain. The astral body is not visible to the naked eye and hence we declare the person dead. But in reality, the death of our body is not our death but the beginning of life after life.

The astral body continues its onward journey and after a long period the astral body dies too. This should be considered as true death. Since these facts are beyond the comprehension of our mind and senses, we fear death.

Life after death

Now, let us see some interesting facts about life after death.

After our so-called death we meet all our relatives who are no longer in this world. (Read the warning overleaf).

The diseases and pains pertaining to outer layers no longer exist and we feel light.

For the first time we understand the principles of life by

experience. We know we are not dead and hence all our fears and false beliefs about death disappear.

Our beliefs about heaven and hell vanish. We learn that there is neither any hell full of evil nor any heaven laden with fairies.

We learn by experience the tremendous power of our thoughts.

Negative outlook, hatred etc. prove to be most harmful to the astral body.

The understanding of truth acquired while in the physical body proves most helpful in the onward journey of the astral body.

A warning

By reading the above facts that have been explained just briefly in this book, one should not contemplate suicide so that the astral body can be experienced. Incomplete understanding is very harmful. As essential as understanding death is, more essential is to understand the purpose of human birth. Till we have learnt all that we are to learn in this physical form, trying to go prematurely to the astral form is wrong. We must understand that the wisdom acquired here continues with us in the life after death. The bliss achieved here is multiplied manifold in our onward life after death.

The purpose of telling the above is to drive away the fear of death. Death is a natural, necessary event in the evolution of each individual. It should neither be feared nor embraced prematurely. Some normal fear of physical injury is natural and is necessary for our safety.

What has been said above is only an indication. Do not conclude this as the whole truth about life. Only on understanding the Bright Truth (Tejgyan), can you be liberated in the true sense.

Question in a management class

Boss : Do you believe in life after death?

Employee : Why sir?

Boss : While you were away yesterday afternoon to attend your grandmother's funeral, she dropped in to see you.

8

The power of imagination

The instant way to be rid of fear

What you have read so far can be used to combat any kind of fear. You will have to face some fears to be rid of them. You will have to use logic to combat some. You will use the mantra against some fears. However, there may be certain extraordinary fears deep rooted in your unconscious. Use the technique outlined below for such fears. Even if your fear deep rooted to the extent, that a cockroach seems to appear like a dinosaur to you, this technique will instantly get rid of your fear.

The Third Camera Technique

Take a deep breath. Slowly exhale. Close your eyes. And imagine that...

1. You are standing atop the balcony of the third floor of a house. Or that you are poised at one corner of the ceiling (roof) in an empty room. (This is called looking tall)
2. From the top, see a second image of yourself. See the second image of yourself with a stick in your hand.
3. See yourself fearing the object of your fear. It could be an insect, an animal, etc.
4. From the top, see the object of your fear on the ground in front of your second image. E.g. : If you fear an insect, see the insect in front of you.
5. See yourself (the second image) pushing away the insect with the stick.
6. See the insect approaching you once more. Once more push it away with the stick.

7. See this repeatedly. Remember you are only seeing this from quite far...from atop the ceiling or from top of the balcony.
8. You are enjoying pushing away the insect that you are doing it repeatedly.
9. Now see yourself pushing away the insect and simultaneously hear the band of a circus playing in the background. You are now pushing away the insect on the beats of the music. This might seem quite funny.
10. See yourself from top and afar standing down, pushing away the insect repeatedly as you listen to the band playing in the background.
11. Once you are able to see the complete picture with music clearly, now see the same picture in quick motion in the reverse order repeatedly, as if you have pushed the rewind button in your mind.
12. Now see the same picture rapidly in the forward order as if you have pushed the 'fast forward' button in your mind. The speed of things occurring should go up significantly and so will the pace of music.
13. Having seen it in the reverse and forward direction, see it happening in slow motion.
14. Ask yourself how do you feel now. Is the fear still unpleasant?
15. Repeat the visualization technique two more times
16. Slowly open your eyes.

You may repeat this visualization technique after a few days.

You can use this technique for any type of fear. You may even use it for stage fear. Instead of the insect, see an audience. Instead of pushing the insect away with a stick, see yourself speaking to

the audience comfortably. The whole idea behind this technique is to get a second image of yourself facing the fear. Since it is a second image and you are anyway standing afar, the fear is not as frightening.

In this technique, you also end up dislodging the pattern of that fear stored in your nervous system. You now record a different picture in your subconscious mind. As you use the technique, the fear that seemed so dangerous once becomes something quite funny. The emotion underlying the fear vanishes.

Use this technique for curing yourself of any unnecessary fears.

World's Greatest Psychiatrist

There is one very good psychiatrist who can rid you of all your fears. Take down his name and address.

Name :

(write your name here)

Address :

(write your address here)

Yes, you are the psychiatrist who will drive away your fears. The others can guide you, give you a book, cassette etc but finally you have to ACT and win over your fears.

9 **The ultimate way to be rid of fear**

Take an oath that you will not die before your death.

One of the main causes of fear is ignorance. Call it 'lack of wisdom' or 'incomplete knowledge'. In the absence of proper knowledge, people fear things and die many times - some of them a thousand deaths everyday - before the actual death of their body.

If you have to visit the doctor in the evening for taking an injection, then do you dread that from morning itself. The pain of injection will occur only in the evening. But you feel the pain many times from morning onwards, even before the incident has occurred. This is due to ignorance.

Ignorance or Half knowledge is dangerous. Half knowledge is usually inculcated in the early days of childhood. Parents think that they should inform their children of all the untoward events that come with life. To educate their children about reality, parents tell children about planes being hijacked, trains falling off rails, epidemics spreading, etc. It is true that children need to be educated about reality. But not half knowledge. Give them the whole picture.

Half Knowledge

Parents tell the truths of life to their children. But what truths? Usually those truths they have experienced, those problems they have suffered. They tell their children with the fear that their children should not undergo the same bitter or fearful experiences they went through. But parents don't know that they are only painting a part of the picture. They are breeding ignorance by imparting half knowledge.

Complete Knowledge

Tell your children that planes may be hijacked, trains may fall off rails, epidemics may spread, but.....“ Die only once in life. The courageous die only once”. Once they know this fact, they do not die again and again. If you do not tell your children of this very important step, then you are giving them partial knowledge.

So let us make a promise today...

I will not die again and again.

I will not die before my death.

I will die only once whenever it happens on its own.

A Tall Summary of Book One.

Walk Tall:

Face the fear and there is no fear. (Chapter 4)

Talk Tall:

I am God's property, no evil can touch me. (Chapter 6)

Laugh Tall:

Laugh at your fears. (Chapter 4)

Think Tall:

Use rational thinking and the law of averages. (Chapter 5)

Look Tall:

See great to be great. Look tall from top of the roof and witness yourself. (Chapter 8)

Oath Tall:

Die once. Never die before your death. (Chapter 7, 9)

The Book of Liberation

Book Two : Worry

The Book of Liberation :

1

What is Worry?

Understanding worry, anxiety, stress and panic

What is worry?

Worry is a general sense of uneasiness or distress. It is the vague feeling that causes one to be insecure and unsure. It is also described as an emotional state of expecting possible unpleasant events. Also known as apprehension, alarm and anxiety, it describes an emotional state of expecting possible unpleasant events.

Humans worry because they lack knowledge of the future and fear their limited capacity. Mothers worry whether their children will be safe, responsible, well adjusted. Children worry whether they are living up to their parents' expectations. Students and lawyers worry whether they will pass exams and have made persuasive arguments. Doctors worry whether they gave the correct diagnosis and if their patients will be cured. Patients worry whether the treatment will be effective and they will regain their health. The list of people worrying about themselves and others is endless.

The effects of worry

There are many negative consequences of worry. Some of them are mentioned below:

Failing health

Disturbed sleep

Not liking food

Not liking humor or small talk

Irritation over minor things

Stressful behavior

Diminishing ability to discriminate

Feeling of being lost

Stress

Stress is described as a state of worry which results from pressure caused by problems of living, too much work, etc. Stress is a common scenario at work. Although it may be hard to define what exactly stress is, it is perhaps true to say all of us have experienced and are still experiencing it. The word stress was borrowed from physics in which it refers to the application of a physical force upon an object. When deformity occurs as a result, it is called strain. Thus when we refer to the stresses and strains of living, we mean anything and everything that challenges our comfort in life.

Knowing the difference

Worry and Fear: Worry differs from fear in that there is no specific object or situation that is feared. Rather, it is the vague feeling of uneasiness and of being uncomfortable. Magnified worry takes the form of fear. Magnified fear takes the form of phobia. The relationship between fear and worry is that fear leads to worry and worry leads to fear. It is a vicious cycle.

Worry and Stress: Unlike stress, which has to do with our reaction to outside stimulus, worry has to do with trying to keep the lid on what is stirred up inside us. Many of us live all the time expecting disapproval. We do not understand Why. We question our place in the world in which we live. We are sure we are not quite good enough to be on the target.

Worry and Panic: Worry should also not be confused with panic. Panic shuts us down. It is debilitating. It renders us ineffective and unresponsive. Worry does not do so.

Worry and anxiety: Anxiety is a state of being uneasy, apprehensive, or worried about what may happen; concern about a possible future event. Simply stated, there is no difference between 'Worry' and 'Anxiety'. It is a matter of choice of words.

Which answer do you like?

Answer One : Learn to fight (and conquer) worry.

Answer Two : First stop worrying about worry

Answer Three : Make worry a ladder for your success

Answer Four : Increase your worry so greatly that now you have to now worry about the whole world.

From the answers above – which answer did you like? What you liked tells about the state of your mind. If you did not like any of the answers, then this book is not for you.

If you liked the first answer...then you will obtain courage from this book

If you liked the second answer.... then you will explore the depths of worry and then become liberated from it.

If you liked the third answer... then you are ready to be liberated from worry.

If you liked the fourth answer.....then you will be inspired to attain the “Bright Truth” (Tej Gyan) from this book.

2 **The Invisible Way to be rid of Worry**

"Prayer" The greatest power"

A powerful way to be liberated from worry is through prayer. Prayer is a state of being where man experiences the grace of the almighty. Prayer is a way of conversing with God.

The universe contains various kinds of people and also contains various objects. The moment a need is created in one man, then the object to fulfill the need automatically begins to be drawn towards him. Prayer creates the platform by which what we want begins to manifest in our life. Prayer is the answer to the question, "How to get what you want?" Birth of man is in itself a prayer. The desire of a seeker to know the truth is prayer. Man begins to pray when he seeks the truth. Man begins to pray when he wants a cure for his miseries. When man is unhappy or he sees someone else unhappy, he seeks a way out of his unhappiness. He yearns for some power that will get rid of all unhappiness.

Such a thought, such state of seeking is a form of prayer. One day he cries out to be rid of his misery. And he experiences that events occur in his life such that his problems are solved and he is alleviated from his misery. That heartfelt cry is prayer too.

We need to understand how prayer works. Prayer works because of a law of the universe. The law of the universe is that every problem is pregnant with its own solution. Before a problem arises in life, the solution to that problem is already given to you. Remember this whenever worry torments you. Remember that every moment a problem arises, you have already been bestowed with its solution. The universe provides for a child's milk even before the child is born. Thus every problem contains its own

solution. The only thing to be done is to find the pre- provided solution, which is within you. Prayer helps you find that solution.

Prayer is the greatest power of the universe. It is a power given to man even before his problems arise. It is but foolish not to use this great power and remain in an ego trap. As you continue to use the power of prayer, you will experience how it becomes a medium of conversing with God.

The power of prayer is immense. Prayer can move mountains, can extinguish raging fires, can control furious storms, can save sinking boats and can produce miracles. Prayer fulfills desires. Prayer can even lead to liberation. Prayer is equal to handing over your worries to a higher source. Pray and handover your fears to God and think that He will handle it appropriately. This technique will attract every possible solution to your problem.

Pray to the one who is ahead of you, even if slightly. Pray to the one who is higher than you. Pray to the ultimate. By praying, the possibility of reaching those heights increases. Pray only the one whom you consider to be great. You could pray to God, Guru, Universe, God at Rest, Self, etc. Pray to someone or something you have faith on and know the greatness of whom you are praying to; faith that this prayer shall work.

The World's greatest prayer

A village simpleton used to pray to God everyday. He used to pray using a book of prayers. Never came a day that he did not pray. Once he had to visit the city. When it was time for him to pray, he realized that he did not have his book of prayers. He prayed thus, "God, I don't have words to pray. I will chant A, B, C...Z. Please make up the words using these alphabets." On hearing this, God said to his angels, "This is the greatest prayer I have heard so far".

The moral of this story is that in prayer words do not matter. It is the intensity with which you say the prayer that matters.

3 **The in-depth way to be rid of worry**

Stop worrying about worry

Worrying about worry is real worry. Otherwise worry is no worry at all. Man is troubled because of what is called as double worry. Say you are troubled over something. And you are also troubled over being troubled. This is what is termed as double worry. Another example could be when the body is in pain. When the body is in pain, the mind is pained over the pain and raises questions such as, “Why do I have pain?” “Why me?” “When will I be relieved of this pain?” etc. Such pain over pain is multifold pain. The body was in pain. The body was being treated. The body is capable of handling and curing the pain. Nature has endowed the body with curative powers. But the mind made the pain as “my” pain and multiplied the pain manifold.

Look at a child in anger. It is angry one moment and the next moment, it is playful. But when you are in anger, you tend to create ‘anger’ over anger. “Oh, why do I anger so much”. “I shouldn’t anger”. “I should have controlled it.” “I am frustrated at my lack of self-control.” Even after the bout of anger is over, you tend to think about it for hours together. This is precisely the problem. Thus anger over anger or worry about worry makes the mind troubled. The more you understand this, you will easily be able to be rid of double worry.

Understand that worry has been given to you to get some work done from you. You worry about your forthcoming exams. You study. Thus worry is a guidepost for your future. Learn to grab at the opportunity of being worried. Take appropriate action. Then worrying about worry, fearing fear, tension on tension ceases.

Going forward whenever you are tensed or worried over something, remember these 5 steps:

1. Accept your tension or worry first.
2. There is no need to be more tensed about being tensed. "Tension on tension" is the result of ignorance.
3. When there is no tension on tension, getting off tension is fairly simple.
4. Repeat to yourself that now that this tension or worry has arisen, there is something I need to act upon. This action ultimately leads to my growth.
5. Whenever there is tension, it would have left you with a lesson.... a lesson of understanding. A lesson that would have taught you the art of being peaceful even while in tension.

Not only can you use the five steps mentioned above for worry or tension, but also for anger and fear.

You eat yesterday's food today

When you go to a restaurant, you do not eat the food actually of the day you have visited the restaurant. It is not that the food is stale. It is actually that when you visit a restaurant, you think about how good the food was the last time you visited some other restaurant. Thus in your mind, you are eating the food of that other restaurant from your past. Tomorrow when you go to another, you will actually eat the food that you are consuming today.

When you eat, just eat. When you worry, just worry. There is no need to worry about worry, to worry about how you did not worry in the past or to worry about how you will worry in the future.

4 **The first way to be rid of worry**

The one hour worry cure technique

Man fasts a lot. He goes without food for the sake of his health or out of the fear of God. Man thinks a lot about the food he feeds himself.... whether he should eat something or not... the impact of what he is eating.. whether he will enjoy it or not. Obviously it is important to think so, because certain foods have a negative impact on the body. But such thinking is secondary. What then is primary?

What is primary is what you are feeding your mind with. Have you ever pondered on what thoughts you feed your mind in twenty-four hours? Are you feeding positive thoughts or negative thoughts? These are thoughts that impact your whole life. You have always used only two ways to combat worry... fight or flight. A better way is to face it.

Face the worry by acknowledging it and by just being with it without worrying over worry. Face the worry by deciding a fixed amount of time where you will not worry at all, come what may. This is what is called as WORRY FAST. To start with, decide an hour of the day where you will be on a worry fast. During that hour you will not entertain any thoughts of worry at all. You are welcome to worry later as much as you want. During that one-hour, whatever incident happens, however terrible it may seem, carry through your resolve of not being worried. During that hour, someone might inform you that belongings have been stolen. Retort back saying that you will not worry since it is none of your business. That person will emphasize that it is YOUR belongings that have been stolen. Retort back saying that then he need not worry since it is none of his business. This example emphasizes that during your hour of worry fast, no incident should affect you however adverse it is.

Choose an hour out of your schedule as per what suits you. There already might be a time of the day where you are most stressed. Some are stressed in the morning since they hurry a lot. That is the perfect time then to go on a worry fast. Some may be most anxious at work. Then choose an hour at work accordingly. There are many who are disturbed when they are back home from work. They try to quite their disturbed mind by diverting the mind elsewhere. By watching television, consuming alcohol, gambling, gossiping, etc. The result is that they invite more worry unnecessarily. Instead of a 'flight' from worry, face it. Face it by going on a worry fast. One hour of worry fast strengthens your ability to face worry. This hour is a great investment.

The procedure of worry fast is very simple. Staunchly determine about distaining from worry in that hour. Tell yourself that you will remain cool, calm and poised for the next one hour. Then during that hour, when an event that triggers worry occurs, remind yourself that you are on a worry fast. Begin doing so for one hour. Once you have tasted being worry free, even for an hour, then the process for being liberated from worry is set in motion.

Things to do everyday

Worry fast is something that you should attempt everyday. Being on a worry fast requires will power. You can take up more tasks everyday consciously similar to a worry fast to increase your will power:

1. Consciously do or one or two things against your will everyday... things that you don't like to do... things that you usually postpone.
2. Every night before you go to sleep, ask yourself, "Is there any other task that I can complete?" Go ahead and complete that task.
3. Cultivate the habit of learning something new everyday. The learning habit awakens you out of mental inertia and physical laziness.
4. Cultivate the habit of writing a diary or journal. Write your things to do, write about your will power exercises, your worry fast, results of techniques for worry and fear cure that you have learnt from this book, etc. Write about all the self-development work you are doing. Writing a diary is a powerful self-growth tool. If required, involve a friend who will review your diary and guide or alert you from time to time.

5 **The second way to be rid of worry**

Desensitize yourself from worry

What you have learned so far is that instead of “fight or flight”, face worry. When you practice facing worry continuously, you desensitize yourself from worry. You can start facing worry by being on a worry fast for one hour in a day as explained in the previous chapter. Gradually increase being on a worry fast twice a day for an hour each.

Remember you are on a war against worry. Every hour is a battle. Win every battle and you win the war. Proceed to be on a worry fast for one and a half hours twice a day every day. Gradually continue to increase the time limit. Increase it from one to two... to three... to four... until you are firmly convinced that whatever may be the incident, you will not be worried. Until you can confidently face worry. Until you can whole day be worriless. Until you are completely desensitized from worry.

To be desensitized from anything, you need to carry out that activity several times... not just once. To site an example, the sole of your feet or the palms of your hand are desensitized. Once upon a time, they were very sensitive. But through repeated use over stones, on the floor, on rocks... they have become very strong. This is the same principle you need to apply against worry. Then facing worry becomes a game.

Desensitize your way to Self-confidence

The easiest way to self-confidence is by desensitizing yourself against whatever you are not confident about. If you are not a confident public speaker, find many opportunities to speak on stage. The more you speak, the more you are desensitized from stage fear and the more your confidence improves. Train yourself to accept challenges. If you are not confident about meeting people, then challenge your fear and go and talk to someone who is unknown. The key is to do this everyday. Initially, the mind will find this uncomfortable. But that is the whole point. Challenging yourself and desensitizing yourself from what you are not confident about will magnify your confidence by leaps and bounds.

6 **The third way to be rid of worry**

Three questions, three steps, three formulae.

Three Questions to annihilate worry

Whenever you are worried, do ask yourself the following three questions. Through these questions, the truth about worry will be revealed to you.

First Question : Whatever things I have worried would occur... have they really occurred?

Answer : No. Only few events might have occurred as I had thought.

Second Question : Whatever did occur... was it as dreadful as I had imagined it to be?

Answer : No out of the few that did occur, only a handful were really dreadful.

Third Question : However dreadful those countable few events turned out to be? Were you able to face them?

Answer : Definitely, I could face them.

Conclusion : If you have faced such events in the past, wont you be able to face such events even in the future? Then why is there a need to sit and brood over the future and generate worry? First of all, whatever you think will occur... won't occur. Even if it did, it will not be as dreadful as you think it would be. Even if it were dreadful, then you do have a history of facing such events successfully. Thus you will be able to face them even in the future. All you need is to do some honest inquiry with yourself. Such inquiry will reveal the futility of playing the tape of worry in your mind over and over. You will realize that you have the

habit to rewind the tape and play it all over again. Through self-inquiry, an awareness will arise that will keep you out of worrying even in the most dreadful of situations.

Three Steps – One Formula

First Step: Whenever you worry, ask yourself what worst might happen? What at the most?

Explanation: Thinking so prepares you for the worst, whether your worst fears come true or not. Whatever you think might be the worst, usually, does not happen at all. The probability is barely 5 to 10%

Second Step: Accept what worst can happen.

Explanation: First conjure up what worst can happen. Then accept the worst. If you accept something, then it cannot torment you. Inability to accept leads to unhappiness.

Third Step : Take action in whatever time is left

Explanation: Without the third step, this formula is incomplete. Complete the formula by taking the third step. You know what worst could happen. So, in whatever time is left, take corrective action. Do what you can to prevent further loss. This is similar to darning your clothes. You know your shirt is torn and you cannot bring back your original shirt. So you go to a darner and mend how much you can.

This formula of imagining what worst could happen, then accepting it and then taking action is a powerful one. By applying this three-step formula, you will find that ninety nine out of hundred times, whatever you feared as the worst... does not occur at all.

Fear of Failure

The three-step technique explained in the above topic to combat worry is especially useful to tackle the fear of failure. A student might fear failing in his examination. There are many students who have barely any time left and who while away the remaining time pondering over their fate. If a student knows of this formula, he would first imagine what worst could happen. At worst he might fail. He then accepts that he might fail. He accepts the consequence of it. This brings immediate relief to him. Finally in whatever little time is left, he makes amends. Now the fear of failure no longer paralyses him and keeps him from studying. This gives him confidence and he gets down to work. And in the end, he finds that whatever he had feared... that never even occurred. This technique could be used for any performance related fear or anxiety.

7

The practical way to be rid of worry

The law of averages wrecks worry and destroys delusion

Parents frequently worry about their children. They are in an illusion that unless they worry about their children, they are not being responsible parents. They think that if they don't worry, they are not doing their duty. What they don't know is that such negative thoughts may even harm their child. What parents should be doing is to be practical and apply the law of averages. The law of averages is not just applicable to parents when they worry about their children.... it is applicable to most worries.

The law of averages operates on a simple premise... "Worry is very much unreal since it is just in a thought form. What is real is the truth. The truth is very much real." To apply the law of averages, ask yourself... "What does reality say? ... What do facts say?" The application of this law may seem difficult. In reality, it is the simplest and most practical. Let us understand the law of averages through this example

Understanding The Law of Averages

A mother is constantly worried about her child that he would be injured in an accident. She is plagued by these thoughts without any reason.

All she has to do is to ask herself the facts applying the law of averages:

- Q. On an average, how many times has my son stepped out of the house?
- A. Around 4000 times. (Assuming that the son is fifteen years old and he has been going out since the age of five. Assuming further that in ten years he might have gone out at least once a day.)

Q. In the past fifteen years, how many times has he been hurt?

A. Around 4 times.

Q. So what is the probability of he getting hurt today?

A. It works out to $4/4000$, which is a 0.001% probability of getting hurt

Q. Is there any reason that I should then worry if the odds are 1:1000?

A. Definitely no.

That is how you can apply the law of averages. If you are worried about going bankrupt, find the average number of people going bankrupt. It is usually a negligible amount. Never more than a 1% possibility. In that case, why worry about something that might not even occur?

Some calculations about life

- Q. What is the biggest thing in the world?
A. The sky.
- Q. What is the fastest thing in the world?
A. Thought.
- Q. What is given out in the most quantity?
A. Advice.
- Q. What is the most difficult thing in the world?
A. To know yourself.
- Q. What is the easiest thing in the world?
A. To know yourself.
- Q. What is the way to liberation from worry?
A. To know yourself. Any other question?
- Q. (Seeker): No. I now know what the answer will be. Know yourself... know yourself... know yourself.

8

The illogical way to be rid of worry

Learn To Laugh At Your Worries

When things are going fine, everyone can laugh. It is no big deal. But it takes courage to laugh at the face of adversity. If you can laugh at your pain, then it soothes your pain. Very few people can laugh at their worries.

You can laugh at you worries by looking at its futility, probability or your own stupidity to blow up things. Laughing at yourself, especially when there is tension among relationships lightens up the situation immediately. It is a habit you need to develop to see the funny side of things.

Q. What will you do if someone who is drinking water mistakenly spills some drops on your written work.

A. You can quip back saying that it is good that you don't drink ink.

All you need to do is it see the lighter side of things and comment upon it.

Determine staunchly that whenever you are worried, you will laugh at your worries. Laughing at your mistakes and follies is the best medicine for you.

The Power of Truth

Once a widow's only son drowned in the village pond. The widow was crestfallen. The entire village gathered around the son's drowned body. A saint happened to be camping near the village. Someone suggested that they should go to the saint. All the villagers walked with the drowned boy's body to the saint's hut.

The widow fell on saint's feet. " Sir, I will not be able to live without my son. Please help me. Get me my son back". The saint closed his eyes and sat in silence for a while. Then he opened his eyes and spoke softly. "Dearest, I just prayed for guidance. I am told that if each one of us gathered here speaks words of truth, casting away some prevailing false in one's life, the collective power of our words of truth can give life to your son."

Suddenly every one became still. The rays of the setting sun illuminated their faces. Each one was feeling the sanctity of the developing situation. The saint was first to speak, "Though I am fortunate enough to be pure in my outward deeds so far, I have committed many wrongs in my thoughts. May God help me to be as pure in thoughts too." The confectioner spoke next, "I have been cheating you all ever since by using lesser weights." The Pandit said "I am no messenger of God. I have been routinely telling people lies that make them donate more to me." The moneylender admitted to have fudged records of some deceased persons to cheat their survivors. Some confessed of theft, others of having told lies in specific important situations and so on.

By the time they had all finished, it was midnight. The moon was shining bright over them. They were all totally silent – eyes closed, experiencing thoughtless purity of heart. No one even noticed when the 'drowned' boy rolled over into his mother's lap. They quietly dispersed after greeting the rising sun.

The life in that village had become perpetually joyous ever since. The people there had learnt to live by the truth.

9 **The intelligent way to be rid of fear**

The power of rational thinking

Man has been bestowed with intellect. But there are very few who use their intellect for maximum benefit. The question is not how much you use your intellect.... the question is whether you use it at the right time, right place and the right way [rationally]. That is why it is said that common sense is uncommon. Use of common sense or rational thinking is one of the easiest ways to be rid of worry. Just by pondering rationally on the outcome and the impact about a troublesome event, you can kill worry.

Once a businessman heard that negative publicity about him has been printed in the “Times of India”, a national daily. He got worried about whether he will be able to face society. He even contemplated suicide. All he needs to do is to use rational thinking.

What Does Rational Thinking Have To Say?

Rational Thinking (RT) : How many people read the “Times of India” in your city?

Individual (IN) : About a hundred thousand (one lakh) read the Times of India.

RT : How many actually would read the whole newspaper?

IN : Around 50,000.

RT : Out of those 50,000, how many would have registered what they read?

IN : Around 25,000.

RT : Out of 25,000, how many would know you by name?

IN : May be around 5,000.

RT : Out of them, how many can associate you by name and face i.e. how many know you personally?

IN : Probably 500.

RT : Out of these 500 how many would have read it and continue to remember it after a week?

IN : Probably 250.

RT : Out of those 250, how many would have believed the news about you?

IN : Maybe 50.

RT : Out of the 50, how many people knowing it will impact you personally or professionally?

IN : Around 10.

RT : Out of these 10, how many will clarify with you as to whether it is correct news.

IN : Almost all will clarify. Now I understand how foolish I was to worry

RT : Yes. And by the way, we did not consider the advantages that negative publicity has too. It is a great marketing tool.

Thus if you rationally think about what are your worries, most of your worries will vanish.

Rationally examine your 'musts'.

Most worries related to performance and people is because of a predominant belief... "I **must** perform well and get approval from others or else I am useless". If you worry about your performance, rationally examine this belief. Ask yourself : "Is it really a must?" "How is it true?" "Is it written somewhere?". Once you are convinced that it is a mere belief without any foundation, you will see that your 'must' is entirely false. Change your belief to, "I like to perform well" or "I prefer to perform well" instead of clinging to "must". Rationally check your other worries. Is there a 'must' underlying that worry? Rationally examine that belief and let it go. Your worries will also go.

10 **The knowledgeable way to be rid of worry**

Know the irrefutable law of life.

One of the irrefutable laws of life is that, “Everything is constantly changing.” Everything other than this law is changing. Knowing this law gives you courage when sorrow follows happiness and saves you from being excited when happiness follows sorrow (and thus does not fuel the ego).

The moment there is change in life we become worried. Instead of finding the reason behind the change, we tend to blame others. There are four areas of change in life due to which one worries. Know how these areas of change can become cause of worries and unhappiness:

Changes in profession (work)

The moment one is out of college, one finds something to do. Either you work for someone or work for yourself (Business or Self Employed Profession). A day comes when everything is going smooth .You are very much settled. Suddenly there is change. You are either transferred to another department, posted to another city or may be given additional responsibilities or may even be sacked from your job. There is change in what you were doing comfortably so far. If you are running a business, cyclical changes affect you and what follows is worry. The same business or profession that once used to bring immense joy is now a cause of immense worry.

Another example could be that of recession in the economy. Factories closing down, businesses being shut down, workers being laid off are some of the consequences of recession. In such a scenario, every employee constantly worries about whether he will be sacked from his job. Every employer is worried about keeping his business profitable. Not only do employees and

businessman worry, they pass on their worries to their wives and children. They pass their worries on to their friends who in turn now start worrying about their jobs. Their wives start worrying... to the extent that the whole society, whole nation becomes a bundle of worry.

Changes in the individual

The second area is change in individuals. This encompasses changes in relatives, changes in friends, etc. Your friends or relatives may change. They may leave you. They may be transferred to another city or they may even die. Some people cannot bear such changes. Some are completely unable to cope up with such changes to the extent that they become mental wrecks.

There are others who see someone near and dear change their behavior. They hate the change. Lifelong they bear a grudge because of the change in behavior. Thus, refusal to accept change leads to resentment. Just because the law of change has not been understood, resentful individuals suffer a lot. The consequence is that a self-created aura of unhappiness, fear, hatred, melancholy and anger constantly surrounds such individuals. All these are second cousins of worry and invite worry to join the party.

Changes in the environment

Changes to the environment may lead to health changes, may lead to lifestyle changes. Some cannot adapt to these changes. They lament about their sickness. They convince themselves with a lie that someone else is responsible for the change. They feel secure temporarily because of this lie. What they don't realize is that this self-deception ultimately leads to worry.

Changes to things

Things change. Some individuals are very much attached to things. They always fear that the object of attachment may break, may get spoilt, may get lost, may get stolen, etc. But things change.

That is the law of change. Such individuals worry about this inevitable change.

Change your understanding and keep the change

To tackle all the above four areas of change, all you have to do is to understand the law of change... “Everything other than change, changes.” Understand that when something changes, you get something new.... new friends... new relations... new jobs... new businesses... new things, etc. If you truly understand this, then change becomes something to celebrate than to worry about. You will thank change since something new has been created in your life.

The main cause of worry during change is because people pass a judgment about the change. They conjure up images about the consequences of change. It is best to avoid judgment or imagination before the change transpires. When you look at change with patience and courage, all that you had conjured up proves to be wrong. Collect all the information you can before conjuring up something or deciding to do something about the change. Once all the information has been gathered and you see the complete picture, then every change will be acceptable and the change will turn out to be right.

If you have understood the law of change, then you will always be prepared for change. You will constantly strive to seek newer avenues in life. You will see change as something very beautiful and something you are already prepared for.

When A Glass Breaks

When a glass of milk falls down and breaks and there are glass pieces on the floor, there are ways to react...

Some ask, "Who kept the glass on the table?"

Some ask, "What was the cost of the milk that was wasted?"

Some ask, "Why are you always so careless?"

What is more important is to ask, "What is to be done next?"
What is needed is to only remove the glass pieces from the floor. That is all. Crying over spilt milk is merely another form of worry. Remove the glass and remove your worry.

11

The positive way to be rid of worry

Your attitude determines your altitude

If you worry about something, you think negatively. Instead if you contemplate about something, you think positively. Change your viewpoint about worry. Adopt the viewpoint of contemplation. Your attitude determines how you face failure. A positive thinker takes every failure as a stepping-stone. He converts his failures into successes. Such people are welcomed wherever they go. It is such positive thinkers who inspire people, who cultivate a feeling of brotherhood wherever they go and help in creating a stress free society. The difference between negative thinking and positive thinking is highlighted in the following examples:

Worry (negative thinking) says: What if I don't get anything inspite of doing hardwork?

Contemplation (Positive Thinking) says: Even if my hardwork doesn't pay off, at least I will grow stronger physically and mentally. And there is no harm in trying.

Worry : Will I be as happy tomorrow as I am today?

Contemplation: There must be ways and mean to attain permanent happiness, which I need to seek.

Worry : There are many cracks (worries) in the mirror of life.

Contemplation : So what if there are cracks in the mirror of life? The mirror still reflects my face.

Worry : Things can get worse.

Contemplation : Things can only get better. The possibility of happiness is immense. Happiness is my second nature.

Worry : Everything nowadays is unhealthy... the environment, water, the food, the air.

Contemplation : Actually bad conditions increase the resistance of my body. And even if I do fall sick, I will only come out stronger.

Worry : Trains can get derailed, cars may collide, planes may be hijacked.

Contemplation : What is the probability of these things occurring. What does the law of averages say?

Worry : In everything I undertake, there is risk. One should avoid risks.

Contemplation : One should take calculated risks. That is the only way to progress.

Worry : What is the bad news today? Where is trouble brewing? Any riots? Any wars? Any murders?

Contemplation : What are new developments today? Any new discoveries? What challenges do the events of the world pose to me?

Worry : How will my decision turn out to be? I do not have any experience at all. It is best I do not take any decisions at all.

Contemplation : Instead of not deciding at all, it is better to make wrong decisions and learn from wrong decisions. Good decisions come from experience and experience comes from bad (wrong) decisions.

Worry : Why do bad things happen to good people?

Contemplation : Whatever happens, I am equipped with the solution before the problem itself.

Worry: I am worried about death.

Contemplation: My worry is dying.

Worrying about sun signs

There are many who read what their sun signs say everyday in the newspapers and get worried about the same. The reality is it that when you read horoscopes and then actually believe what your stars foretell, then you start attracting such events through the power of your thoughts. Here is an experiment you can try. Read what is written for all the 12 sun signs. Choose that sun sign which you like the most, which is the most positive for that day. Believe it will happen. And you will see that it actually happens. Thus you will realize that sun signs and horoscopes are nothing, but a game of positive and negative thoughts.

12 **The worry liberation mantra**

The problem that is not grave enough to slay me can only strengthen me.

The world is divided into two

Everything is created dually. Everything comes in pairs. Problems do occur in life. But they come with something else. If you do not learn the lesson that the problem brings along with itself, then the problem will repeat. Understand this rule of life through the following examples:

1. Along with examinations comes the fear of performance. Even if you somehow tackle the examination, if you have not learnt to tackle your fear, then the fear lingers on. Next time, it comes back with greater intensity. Have you learnt to tackle your examinations and your fears?
2. When someone insults you, along with the insult, your ego is hurt. Even if you manage to make the person who insulted you to respect you, but do not learn to manage your ego, then your ego problem continues. Next time, your ego is hurt even more. Have you learned to manage both your insults and your ego?
3. Along with free time, comes boredom. Even if you manage to master your free time by doing something, if you have not learnt to master your boredom, then you become a slave to boredom always. Next time, you are even bored more. Have you learnt to master both your free time and your boredom?
4. Whenever a problem occurs, stress (tension) follows. Even if you do solve the problem, if you have not learnt to absolve your stress, then you continue to be stressed. Even without problems, you will lead a stressful life. Have you learnt to both solve your problems and absolve your stress?

Every problem is an examination

Take every problem that life throws at you as if it were an examination. The only question in the examination is, “In whatever you have learnt so far, are you progressing”? Once you ask this question, then problems do not appear as problems. That is why the worry liberation mantra reads as follows:

“THE PROBLEM THAT IS NOT GRAVE ENOUGH TO SLAY ME CAN ONLY STRENGTHEN ME.”

Thus if a problem does not kill you, it only makes you grow and learn more. Whenever a problem occurs, if you remember and repeat this mantra, you will find a great change in your attitude of looking at the problem. You will not be irritated at them and will actually start learning the lesson that the problem has bought along with itself.

Everyone says that you should learn from problems. But no one tells you how to learn. When problems occur, they appear so big, that you forget to learn. The importance of the worry liberation mantra is that it automatically makes you learn from the problem once you repeat it. Whenever a problem occurs, all you need to do is to ask yourself, “Will this problem kill me?” If the answer is no, then it can only make you more stronger. The moment you answer this question and know the mantra, then you will start learning in order to grow stronger.

Application of the mantra

When your boss leaves you a message to see him urgently in his cabin, ask yourself, “Is this a problem grave enough to kill me?” If the answer is no, you will see that instead of worrying, you will go boldly into his cabin and face whatever situation has arisen.

When guests drop in unexpectedly and you are totally unprepared, ask yourself, “Is this a problem grave enough to kill me?” If the answer is no, then instead of becoming anxious, you will

spontaneously manage the situation and learn from it and in the bargain have a great time with your guests too.

When you are stuck in a traffic jam and need to reach someplace urgently, ask yourself, “Is this a problem grave enough to kill me?” If the answer is no, then instead of getting tensed, you will find that you will learn to manage your stress in such situations.

Sometimes you may be running short of money. Sometimes you may be sick. Sometimes you may get into a fight. Whatever be the situation, however small it may be, by constant application of the mantra, you will find yourself growing stronger. Soon, you will be able to face whatever be the situation. Instead of wasting time worrying, you will spend the same time in learning and growing.

Every problem brings a gift

Gold has to undergo extreme heating to turn into pure gold. A diamond needs to be hammered with a chisel and needs polishing before it becomes a diamond of value. Only by facing your fears can you become courageous. If you do not learn the lesson of facing your fears, the incidents that trigger fear will be repeated in your life until you learn the lesson. Every problem brings the gift of a lesson along with it and if you do not unpack the gift and learn the lesson, the problem will present itself again and again. If this is clear to you, then you will actually welcome problems, than resisting current problems or worrying about future problems.

Repeat the mantra, learn the lesson, unpack the gifts and say hello to a beautiful life.

Increase your knowledge

The more you increase your awareness about life, the more you increase your level of consciousness, the more you increase your knowledge, you will find worry automatically becomes meaningless for you. In the previous chapter, you saw that by increasing your knowledge about the meaning of problems, they do not seem as problems any longer. But that is only knowing a part of the whole. Increase your knowledge about the principles of life, about the ways of the cosmic, about the laws of nature. The more you become spiritually knowledgeable about how everything is being operated, worry automatically ceases.

Become more aware about God and His creation:

Has God intended trouble for man? Why are things the way they are? How everything has been created in abundance? Why are some poor and some rich inspite of everything being unlimited?

Become more aware about happiness and unhappiness:

Why is it that we feel more unhappy than actual unhappiness?
Why is that we feel less happy than actual happiness?

Become more aware about concepts and false notions :

What are beliefs? What are my beliefs? Do I believe I am the body? Who am I? Why am I here?

13

The easiest way to be rid of worry

Know your instinctive mind

The mind can be divided into the intuitive mind and the judgmental mind. Also called the instinctive mind and the contrast mind respectively. When you are working and there are no thoughts interrupting your work, then you are working with the instinctive mind. Suddenly the contrast mind (the mind that contrasts constantly between good and bad) arises and comments on how great the work is going on. You become conscious immediately and work suffers. When you are working with your instinctive mind, you do not even come to know of time. You have become one with your work. Scientists call it 'being in the zone' or 'being in the flow'. The contrast mind makes the impersonal instinctive work as personal work and corrupts the flow and gets you out of the zone.

Worry is a product of the contrast mind (judgmental mind). When you are with the instinctive mind, you are in the present, in the moment. The moment you bring in your past or the future, then you are operating from the realm of the contrast mind. The whole secret is to be with the instinctive mind as much as you can so that you are always in the zone. To do that you need to understand on what premises do both these minds work. Following are the premises (foundations) out of which the instinctive mind (IM) and the contrast mind (CM) operate from:

IM : Work is impersonal. I have become one with my work.

CM : It is my work. It is very personal.

IM : I am neither interested in success nor in failure. Work is more important.

CM : I have to succeed. Success is good. I shouldn't fail. Failure is bad.

IM : I can only be in the zone. I cannot and need not experience spiritual truth or any feeling of enlightenment.

CM : I need to see it to believe it. I have to experience it and then only will I be convinced about the Truth.

IM : When you work, do the best you can.

CM : What if I do bad work? What If I fail?

IM : I will naturally avoid the mistakes that I have committed previously.

CM: Why do I commit such stupid mistakes?

IM : I need not see God or the Truth. I need not imagine how He looks, how It feels.

CM: How will God look like? How will It be like. Can I take it?

IM : Being in the present is happiness.

CM : What happiness I have attained in the past? What happiness will I attain in the future? Will I be happy at all?

IM : Whenever there is no work, there is no need to think.

CM : Nothing can happen without thinking. What will happen to all the work I have done so far? What work should I take up so that I can keep myself occupied.

IM : At one time, there is only one thing to do. Thus I am never burdened.

CM : There is so much to do. I have to complete so many unfinished things now. The entire burden is on me.

IM: Everything is happening spontaneously and automatically.

CM: I have to do things. Things are not happening properly. There is so much to do. I am great that I do all these things. I am stupid

that I made some mistakes. Till I am not sure of things, I wont even begin.

IM : Life is bliss, a dance, a demonstration.

CM : Life is happiness only after my problems have been solved.

IM : All are one.

CM : I am separate from others.

IM : There is enough. Everything is abundant – love, money, happiness.

CM : Everything is scarce. There are lesser resources and more people.

So learn more about your contrast mind and instinctive mind. Learn to operate from your instinctive mind by being in the zone.

Work when you worry

When you are in danger, the body produces chemicals that fill the body with immense strength. When you see a lion in the forest ready to pounce on you, you run for your life. You are amazed as to how you could run so fast. The answer is simple...your body's flight mechanism produced chemicals and enzymes that gave it this ability. Your body is programmed to do that.

The problem is that your body does not understand the difference between reality and imagination. Thus, even if you are mentally worrying that a lion will pounce on you, the same chemicals are released. Thus, whenever you worry, you are creating mental images of danger. Your body reacts as programmed. It releases the chemicals required to spring the body into action. But you are sitting in your couch and making mental images. You do not actually run, as you would have if there was a lion preying on you. So the chemicals are unused in the body. These chemicals then turn into toxins. These toxins then cause diseases. Thus, be it worry or fear, you are creating toxins in the body and growing more sick.

So the best thing to do whenever you worry is to get your body into action. Do some physical work whenever you worry or are in fear. Clean your house. Paint a picture. Do exercise. Drink lots of water. The moment you do physical work, the chemicals released get used up. They do not convert into toxins. Doing physical work when you worry or fear is the most scientific advice one can ever give you.

14

The final way to be rid of worry

Increase your worries

You will learn a very unique way to vanquish worry in this chapter. This chapter will ask you to worry about the world. You might wonder how this will cure you of worrying. Let us explore how this is possible.

The Greatest Way to be Liberated from Worry

The greatest way to be liberated from worry is by increasing your worries. Increase your worries to such an extent that you now worry about the whole world. In the face of the worries of the whole world, your personal worries will seem miniscule. While bothering about your kin and their problems, you will cease to worry about your small problems. Start creating miracles in other peoples lives and your life will be full of miracles. In doing good for others lies your good. By doing good for others, the law of creation starts manifesting in your life.

The Law of Creation

The world is divided into 2 kinds of people. There are those who are the masters of life. And then there are others whom life is a master of. The first kind are those who are successful, who create and shape the events in their lives. The second kind are those who are unsuccessful and whose destinies are shaped by others. Ask yourself where do you fit in? Or do you belong to the third category. These are those who are indifferent. They are not complete failures, but neither are they wholly successful. They are not extremely unhappy, but something or the other troubles them. They are constantly worried over something. You decide which category you belong to. Once you understand the power of the Law of Creation, you can't help not being in the first category.

The law of creation is as old as humanity itself. The law of creation has been operating tirelessly from time immemorial. The law is constantly creating something, whether man understands it or not. The law operates on every facet of life. Once you understand the law, you can control it. Otherwise it is controlling you. There are three steps to master this law.

First Step : Understand the Law

The law simply states that every thought turns into reality. The moment you let powerful universal thoughts through your mind, the law starts working for you. All that has been divinely created starts to overflow in your life... love, riches, right goals, knowledge, wisdom. Through this law man can find happiness and thereby he starts sharing his happiness with others. He wants to help people. Only one who is content can help others. He starts worrying about the world and his minor worries vanish.

The moment you hear that all you need is to pass positive thoughts and you will start attracting those things as per the law of creation, you begin to doubt it. You think it can't be that easy. That is why you need to work on understanding this law. The best part of this law is that it works whether you believe it or not. Hence there is no harm in experimenting.

The law operates because the mind is interconnected to the river of consciousness. Your thoughts keep pouring into this river. Whatever you think, the river turns it into reality. The power of the river is limitless. All that is needed is for your thoughts to be continuous. The law works because you are complete and perfect and are connected to consciousness (God). You do not have all the results in your life you seek, because you do not continuously think on those lines. Whatever you think and believe, you will create and behave accordingly.

Second Step : Happy Thought

Having understood the law, you need to maintain a stream of happy thoughts. Repeat happy thoughts whenever you can. Repeat the thought that, "God obeys man only when man obeys God. Man needs God for his energy and God needs man for his expression".

Whenever you are sick, instead of thinking negatively, repeat to yourself, "I am sick today because my thoughts are disjoint from the thoughts of the divine. Otherwise I am very healthy. Going forward, I will only let divine thoughts pass through my body and mind".

Third Step : Surrendering

In the third step, surrender all your thoughts and aspirations to the law of creation. "The divine thinks rightly through me. These thoughts will manifest as per the law". Thus you can get on with your day to day work and leave the rest to the law. Whenever you doubt the law, remind yourself that, "I am happy because everything is in the hands of the divine. I am content that the divine will take care of it".

Further you can even declare that, "I am releasing my thoughts into the universe. The universe does not have problems (state your problem). I no longer am affected by the problem. I salute to the universal power which now guides me in every way. I surrender completely to its force".

The three steps mentioned above are proven. The more you elevate yourself through this, the more you start to worry about the world. This is the greatest way to be rid of worry.

You only consider your near and dear ones to be your family. Understand that the whole world is your family. Whatever you do to help the world will benefit you and give you immense happiness. To make yourself happy, elevate yourself through this law and make others happy.

How can you benefit from the three steps of Understanding, Happy Thoughts and Surrendering ?

The three steps mentioned in the previous chapter is not just for curing worry. It is the same for all the miseries of life. The steps are the same for attaining the final truth too. Read the appendix pages (following pages) which tells you about Tej Gyan Foundation, about Sirshree Tejparkhiji and how Tej Gyan Foundation can through these three steps in the Maha Aasmani Retreat help you in your spiritual growth.

Sirshree Tejparkhiji

An Introduction of Our Guru

Sirshree's spiritual quest began 25 years ago. Immersed in his spiritual quest, he practiced many meditations. His quest led him to various schools of thought and teachings. He wanted to understand the source of all religions and hence he tried all paths that lead to truth. But, every time he came to the conclusion that there is something incomplete, something missing.

After he finished his studies, he joined a reputed college in Pune as a lecturer. His quest in spirituality had brought upon him many opportunities to learn about the mind and unravel its mysteries and hence he started sharing these with his students. To help his students even better, he started researching psychology, mind and brain sciences, etc. He was very clear to his students that that mind powers have nothing to do with spiritual quest and that they only help in our daily life. What started off as an attempt to help his students soon grew into a self-development institute by the name of M.T.C. wherein in the evenings, he started imparting training to people in memory, mind science, human relations, confidence, creative thinking etc. Soon, he had trained more than seven thousand people; students, businessmen, employees, etc. His institute was growing - but so was his thirst to attain the truth.

His thirst to spend more and more time in the search for truth led him to relinquish his college teaching job. His quest gained rapid momentum. He undertook a long period of contemplation on the mystery of life till his quest ended. On enlightenment, He came to the understanding that the missing link in all paths that lead to truth is 'understanding itself'. Sirshree says: "All paths that lead to truth begin differently - but end in the same

way - with understanding. Understanding is the whole thing. And, this understanding is complete in itself. Listening to this understanding is enough.”

Handing over the self-development institute to others, Sirshree dedicated his whole life to wholeness. As a college professor, His greatest skill was his ability to simplify the most complex of topics. Now He simplifies the most complicated topic in the world - spirituality and enlightenment - which he maintains are the most simple. Thousands of seekers attend his discourses and retreats at Tej Gyan Foundation.

Since Sirshree speaks directly on the end understanding, he does not devote time to explain the very basics of spirituality, the paths that lead to truth, about what happens on these paths, etc. These, he clarifies through books. His books give seekers an opportunity to understand the paths that they are walking on and to clear misconceptions that they are carrying. Having read these books or listening to few basic discourses of Sirshree, a seeker becomes eligible to get the understanding of the ‘first truth’ through the Maha Aasmani Retreat. Then begins the journey of understanding: from first truth to the final truth.

Sirshree says that his teachings can be summarized into five simple points:

- The question is not whether you exist. The question is do you exist?
- Everything is just a game of beliefs... Understanding is the Whole Thing
- Grace is the only way.
- Grace of the Guru is the last grace.
- Getting a true Guru is God’s Grace.

Attending the Maha Aasmani Retreat

What do truth seekers seek?

Truth seekers seek the truth, of course. However there is always an apprehension attached to it — whether one is on the right path or not? All said and done, there is a feeling of vacuum inside; something that says, “This path that I have adopted isn’t complete, there must be something more to it.....”. Sometimes one thinks “Is it really necessary to take so much effort, put the body in so much pain”. “Isn’t there someone somewhere who can answer all my questions?”. “Something is wrong in all this. Somewhere there is a missing link.”

The Answer - Understanding.

There exists an answer — Tejgyan — meaning Bright Truth, truth that is beyond knowledge and ignorance, truth that can only be experienced. And the missing link is that of “Understanding”. Understanding leads you to the final truth. In Antim Satsang (Final Truth sessions) at Tej Gyan Foundation, it is this understanding that is imparted; understanding that leads to the experience of truth; then call it self realization or enlightenment or God realization or by whatever name.

How does one get this understanding?

By merely listening. Understanding by listening. Without putting the body in needless pain. And this understanding is imparted free. After all how can one fix a price to something that is priceless. And with this understanding all your problems dissolve - all together- all at once. To get this understanding, you need to attend a one-day retreat called the “Maha Aasmani Shivir”. As already mentioned, you are not supposed to pay anything. The only thing that you have to offer is desire — desire to know

the truth. You express your desire by attending some preliminary discourses prior to the Maha Aasmani Retreat.

What is understanding?

There are many paths to truth - Japa (chanting), Tapa (penance), Tantra, Mantra, Karma, Dharma, Bhakti (devotion), etc. And the destination (aim) of all these paths is the same - to experience final truth. At the end of all these paths, the knowledge that is realized is the same. It is this realization; this knowledge that is called understanding.

Requirements for Understanding?

If you have the desire to attain truth, you are welcome in the Maha Aasmani Retreat, the one day retreat where this understanding is imparted. The retreat is totally free of cost, but you have to fulfil certain requirements viz.:

You have to come with a deceit free mind. A mind that is ready to listen without any ego. A honest mind is one which if asked something replies honestly as it is - without highlighting or hiding something.

Attending some of Sir's discourses to prove your desire is also a requirement.

Tejgyan : The Road Ahead

To summarize, a seeker can take the following steps to experience 'truth' in his life :

1. Attend some of Sir's discourses, for which you can contact Tej Gyan Foundation for details.
2. Subsequently attend the Maha Aasmani Retreat. In this retreat, you will receive the understanding of "The First Truth". The retreat will dissolve all your questions and problems once and for all.

Sirshree's discourses and retreats are held free of cost. But the truth imparted in the retreats is carefully guarded. Only

the really thirsty and ready are eligible for the retreats. And those who are not ready are made ready by requesting them to attend some more discourses.

3. Some of Sirshree's lectures on daily life, on misconceptions in spirituality etc. are available in the form of audio cassettes which one may listen to.
4. Similarly there are various books that have published which you may read.

What Tej Gyan Foundation Does For You ?

What is Tej Gyan Foundation?

Tej Gyan Foundation is a charitable trust registered under the Bombay Public Trust Act. The objective of Tej Gyan Foundation is to spread the message of truth and self-realization among one and all. Tej Gyan Foundation emphasizes on holistic development of the self in all levels of life - Physical, Mental, Social, Financial and especially Spiritual. Tej Gyan Foundation conducts free programmes and distributes cassettes & books at nominal charges to fulfil these objectives.

Tej Gyan does the following eight things for you :

1. Liberates you from worry and tension :

Eliminates the root cause of this tension and the diseases caused due to tension.

Liberates you from getting tensed about tension, from worrying about worrying.

Destroys the anger that arises due to this tension.

2. Liberates you from fear. Fears like:

Fear of the unknown

Fear of people

Fear of nature

Fear of security

3. Gets rid of all the burdens of the future :

What is my aim? Will I get it?

Why do I exist on this earth?

I have yet to do a lot. Will I be able to do all that?

4. **Gets rid of all the burdens of the past and the effect that our past life has on us:**

Guilt, Regrets of past life, Mistakes, etc.

Hatred, jealousy and revengeful thoughts.

Past failures.

5. **Shifts you from negative thoughts to self realization:**

Shifts you from negative thoughts to positive thoughts.

Shifts you from positive thoughts to bright thoughts. (A bright thought is a thought to be rid of all other thoughts)

Shifts you from bright thoughts to no thoughts.

Shifts you from no thoughts to self-realization.

6. **Tej Gyan liberates you from unhappiness and also liberates you from the one who is unhappy:**

You get the understanding of “What is unhappiness?”

The realization occurs that the one who is unhappy is not me.

You get this understanding that ‘it is only non acceptance that is suffering’.

You get the understanding that comparison and judgement is suffering.

That suffering is the mind’s habit to keep wandering between the past and the future.

7. **Tej Gyan makes you creative:**

You begin to start using your inner mind (intuition).

You shift from the head and get stabilized in the heart.

All work starts to happen from within - from inner consciousness. You become a child like. You become a child, not literally, but similar to the state and experience within a child’s heart.

8. **Tej Gyan gives you bright happiness**

Bright Happiness is the happiness beyond happiness and unhappiness. Everyone wants happiness, joy, bliss, etc. Everyone wants the same thing. But because many don't know the path to real happiness, they find it in wrong things. Gamblers find happiness in gambling, drunkards in alcohol, while some find happiness in pulling people's legs. And such happiness is always temporary. The only way to permanent happiness is attaining the final truth. If you want, you can get the happiness which only increases the more you get it. And for this, what is required is understanding.

How does Tej Gyan do all this?

Tej Gyan does all this by dissolving all your beliefs (concepts, notions) – big or small. When light is thrown on beliefs - they dissolve. Understanding is that light.

Meaning of belief : Beliefs mean those things that we have faith on, but actually aren't true. A false notion. It appears to be true because everyone around also believes it. When we see everyone else believing it, we too come to accept it. Examples of some wrong beliefs are as follows :

Some minor beliefs :

- Brooms should not be kept upside down.
- Wearing black colour puts you in trouble.
- Broken mirrors bring bad luck.
- A cat crossing your path is inauspicious.

Some major beliefs :

- I am the body.
- I am a Hindu, a Muslim, a Sikh or a Christian.
- Self-realization is for a select few.

- For self-realization, renouncing this world is must.
- When a desire is fulfilled - we get happiness.
- One should fear God. (Instead - respect God, don't fear Him)

Someone says that a cat crossing your path or the number thirteen is inauspicious - then we hold on to that thought and start believing it. But these beliefs, all the ones written above and many others they have no cause at all.

How to dissolve these beliefs?

When the light of reality is thrown on a belief and it is seen with the eyes of understanding - then beliefs disappear never to return again.

To dissolve beliefs, there is no need to fight them, no need of penance or tantra or mantra. Understanding of the truth is enough. That is why ask yourself, "What are my beliefs?" The moment you get the knack of identifying and recognizing beliefs, then you will be able to find the cause of any belief in the world. To throw light on all these beliefs, you need to listen to bright truth. Truth as told in Antim Satsang (Final Truth Discourses) for which you have not to pay anything.

Is self-realization possible merely by listening?

By listening, one gets understanding. The moment one gets understanding, actions automatically begin to happen. In fact - listening, understanding and action are not three different things - they are one and the same.

There are many that are very close to the truth. They are sitting on the gunpowder of truth. Just one spark, just a small indication - and truth will explode in their lives and the seeker will attain realization. For such people - listening will suffice.

Listening was the first path to truth. There was a time when Rishis and Mystics used to make use of listening as a path to

impart knowledge to their disciples depending upon the nature of the disciple. When a disciple did not understand by mere listening, only then was he prescribed some technique, some meditation.

Hence listening is the path, understanding is the path, Understanding through listening is the path.

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THE BOOK OF LIBERATION

BOOK ONE : FEAR

BOOK TWO : WORRY

The greatest blessing in the world is to be fearless. The greatest boon that can be bestowed on man is to be worryless. This book contains the greatest of gifts.

Freedom from Fear is the gift of courage.

Freedom from Worry is the gift of happiness.

Be sure to open these gifts and enjoy them.

... TEJGURU SIRSHREE TEJPARAKHIJI

