

Message from Yogiraj Amarjyoti Babaji - World Peace

The way the sun produces light, the sensation leads to compassion, and the flower creates fragrance- in the same way, every next moment should bring forth together fearlessness, unity and bliss.

If you have the courage to speak from your heart and the art of understanding the heart of others, then every relationship will only blossom.

If one gets a thorn out of the foot, walking becomes a pleasure, and if the 'ego' comes out of the mind, then life's fullness is easy to experience. Do legs have ego? They should. After all, one is always ahead of the other. However, they are deeply aware that life is all about change and even a microsecond is enough. They just focus on their common target and keep walking.

As long as the tree remains connected to its root, the tree grows. If cut from the root, it dries within two to four days. However, we are forgetting our origins and busy chasing praise from others' for no good. This consciousness of our vital life origin is crucial for our healthy future and it is time we should come to terms with it.

Spiritual advancement and traditions are related to each other. Our traditions have kept alive people's belief in renunciation, penance and generosity. Just as a mighty structure cannot be erected on a weak foundation, so if there is apathy, despair or weakness in thoughts, the pace of life can never be towards higher self.

Disappointment means accepting defeat without resisting. Remember one thing - Joy can never enter into a depressed life. And, just think, how can growth be possible in a life without 'Anand'?

In life, sadness and despair are two such human frailties that are sufficient to collapse or destroy it.

Therefore, the stronger the brick of willpower, the loftier the grandeur of life.

Man is prone to incoherency. When the fly falls in the tea, one throws the tea. And when the fly falls in the desi ghee, one throws the fly away. When one likes someone, one forgets its evils and when one hates someone, one forgets its goodness. Ha ha!

One person asked Mahatma ji - which is the best day to celebrate? Mahatma ji said affectionately - one day before death.

Person said, "But, there's no time for death!" Mahatma Ji said with a smile, "consider every day of life to be the last day and enjoy living".

People change houses, clothes, relationships and many others, yet they remain unhappy because they don't look inside- they don't change their own behaviour.

For a long period of time, it doesn't occur to us that life is short. The lack of awareness keeps us in this illusion for long. And, when the illusion breaks away, the end of life is just around the corner.

Our behavior should be like the "zero" of mathematics which itself does not have any value but when it connects with others, it brings impact in multiples.

We may roam around the world searching for beauty and simplicity, but if it is not within us, then even the eyes cannot find them outside.

Inhale your future within you with full power, hold your present to the best of your ability, and exhale your past with full consciousness, this is the best pranayam (breathing exercise) of life.

God says, "Don't seek me in the gems of the land-or-sky. If I am not in your heart, I am nowhere."

ॐ Anand ॐ

Yogiraj Amarjyoti Babaji