

***TANTRIC ASTROLOGY:-**

'As the rivers flow to the ocean and cannot be stopped, so it is with our karmas, that one due to the stamped envelope of our birth. The planets tell us about our stamp and therefore give us the opportunity to work with and understand the energy we created from our previous karmas. Once our karmas are fulfilled we will merge with the ocean.'

"Aum gang Ganapataye namaha, Aum"

Siddha Yogi Rupnathji;

Most of us are familiar with the astrology of the west, which offers great help in understanding the major psychological factors which affect us throughout our lives. Less well known, is the Vedic system of Jyotish, as handed down by the ancient rishis (Seers) as the science of light, closeto 8000 years ago. Vedic Astrology, also referred to as the 'eye' of the Vedas, is one branch of the fundamental philosophy and sacred text of India. Siddha Yogi Rupnathji refer to it as Tantric since it is a life altering tool and deeply transformative, if the recipient is ready, and if the karma of illumination, that can come through such a reading, is ripe.

Tantric Astrology incorporates Ayurveda, the study of mantra, yantra and tantra applications. For some students prescribing of specific Gem Pishti powders, fasting and other remedial measures are suggested to offset malefic effects or enhance weak planetary positions which are afflicted in the natal chart and are aggravated by certain time transits.

Primarily a spiritual approach, this system of tantra is offered for guidance and self knowledge. Jyotish investigates the influence of the planets as they shed light on the meaning of our lives, the predictable ups and downs we experience, and the nature of our karma as it unfolds in each incarnation. A Tantric Astrology reading provides a detailed overview of your major samskaras, purpose and evolutionary possibilities. It is a precise and remarkably accurate language for predicting and planning events, and for advising on health and relationship matters. Muhurtas, which are available through careful analysis of the chart and may take the form of certain pujas, gemstone council, chanting certain mantras, are often used to help clients through the more difficult planetary influences they may experience.

Siddha Yogi Rupnathji's training, personal exposure and practice as a student and practitioner of this ancient yogic system, for the past 3 decades, has proven to be a dynamic arena . Many years as a Healthcare Educator, and ongoing, passionate, in depth study of Tantra are combined to offer clients a mandala of assistance in their search for serenity, sound action and genuine spiritual growth.

The YogaVidya Math, in Silchar is a small hermitage, dedicated to the worship of the nine planets and a Mother Temple with daily puja. Clients in need are welcome to join and live here to learn about and observe traditional pujas for personal and planetary purification. We will pray, chant sacred mantras,

paint specific yantras and commune with nature, as well as observe a vegetarian diet with herbal remedies, as indicated by your personal profile and constitutional dosha.

*CHAKRA HEALING:-

CHAKRAS, THE MOVEMENT DYNAMICS OF OUR ENERGY IN MOTION.

The psychic centers of our energy attunement capacity are ever evolving as we are.

Although ancient in their concept, of yogic origin, and much promoted since their rediscovery, recent scientific exploration and integration into the western path of psychoneuroimmunology, they are driver wheels we experience with every breath, while at the same time subtle in their manifestation in our etheric body. Our aura, our overall vibrational field. If they all harmonize and energy flows freely thru the central, spinal, pathway we experience purity of heart, health of body and liberation of spirit. We are connected to the cosmos heaven and earth via the celestial plane of the nine luminaries and their corresponding Chakras.

Our BodyMindSpirit dynamics are a constant energy dance and engagements with atoms in the eternal dance of creation/destruction, Shiva/Shakti, the light and dark mirrors of our natal, karmic soul essence and body chemistry.

Learning about Chakra healing is beneficial in as far that it will help to illustrate and guide a person in their process of balancing their well being and manage their vitality and pranic life force in alignment with evolutionary principles.

Through a variety of breathing and meditation exercises as well as creative visualization on the shape, color and beeja sound of each Chakra wheel, we can explore which of our Chakras are attuned and which are dead/congested and not moving/activated. Understanding ones existence from the inside out also provides a more respectful relationship with the precise governing system that regulate our neurons effecting our immune responses and allowing a free and spontaneously ongoing co creative expression with the universe. That is the basis of Chakra healing.

We may well live the life of any standard but the troubles are for all time there. Now it is feasible for you to get remedies for any problem in your love life, business, own relations, property, career or any major and minor part of your life through easy solutions. Determine all these issues and more right from the limits of your home through India's number one Dream forecaster and Astrologer! Siddha Yogi Rupnathji presents a diversity of solutions that are devised through earliest remedies and offered by Jagatguru Siddha Yogi Rupnathji. He specializes in offering varied solutions that help you in gaining a coming into every aspect of your life and solve any existing problem to make it better. Siddha Yogi Rupnathji provides Astrology Services, Lal Kitab Remedies, Numerology Services and Astrological Treatment for Addiction through varied ancient practices of India. Our astrology is based on Shastra's, the origin of astrology. We are not trying to make money by selling you different remedies or altering our predictions to put you in a corner to make a quick buck. We warn you of any miscomings and apprise you of the upcoming time in your life. You can ask us to validate other acharya's predictions and do the same with ours.

Siddha Yogi Rupnathji meet weekly and improve upon their skill-set and prediction knowledge base. We spend time in analyzing your horoscope so we can look at all aspects and predict accurately.

Siddha Yogi Rupnathji is also equipped with ample resource material to improve upon their already expansive knowledge and are put through constant discussions and training for their improvement and your benefit.

Siddha Yogi Rupnathji presents a wide variety of prediction services for you. You can consult him and gain extremely accurate and significant insights into different quarters of your life.

The destiny of a person is governed by the planets that dominate the zodiac belt during the time of his or her birth. More often, the placement of these

Planets during the birth depends on the cycle of karma emanates from his or her last life. Though it is hard to change the destiny, but since forewarned is forearmed, knowledge of the future enables a person to tackle the time skilfully and certain measures advised by the astrologer lessen the brunt of days ahead. Besides, some measures hasten the process of progress while a few others are meant to remove the obstacles.

Siddha Yogi Rupnathji use a combination of shastra's and veda's knowledge with the the modern day computer tools to predict accurately and efficiently.

Technology is used to make horoscopes, the predictions, however are done by Siddha Yogi Rupnathji based on their vast academic knowledge and experience. In cases, where absolutely required, our acharya's will suggest remedies to alter/avoid/reduce the harmful events that they foresee, however in no circumstance, will our institution force our clients to get the remedies done by our institution only.

Siddha Yogi Rupnathji's technique to solve people's Problems is very simple but unique and very powerful. Which is based on LAW OF KARMA'S (Every action has Reaction) .

So, first I advice to remove or balance your past time and past life karma in a very simple way as mentioned above because our Past life karma play most important role in your Future and Destiny.

Siddha Yogi Rupnathji examines your business and career which venture and investment decisions to consider, all these concerns and sound recommendation by an expert. Your marriage and love horoscope shall be evaluated astrologically. People who are suffering from property loss, health, debts, misunderstandings, family tension and frustration get perfect suggestions. People who suffer from negative attitude and nuisance...the final and vital answer is Vastu. People who go after Vastu get their required aims and desired joy.

*VAASTU:-

- *This science is complete in itself.
- *Happiness to the whole world it can bring
- *All the four benefits it bestows on you
- *Rightful living, money, fulfillment of desires and bliss
- *Are all available in this world itself
- ~ Viswakarma in Vaastushastra

*Vaastu Shastra is the ancient Indian science of architecture, which governs town planning and designing of man-made structures. A part of the Vedas, the word 'Vaastu' in Sanskrit means 'dwelling', and in the modern context it covers all buildings. Vaastu pertains to the physical, psychological and spiritual order of the built environment, in consonance with the cosmic energies. It is a study of planetary influences on buildings and the people who live in them, and aims at providing guidelines for proper construction.

Hindus believe that for peace, happiness, health and wealth one should abide by the guidelines of Vaastu while building a dwelling. It tells us how to avoid diseases, depression and disasters by living in structures, which allow the presence of a positive cosmic field. Since Vedic wisdom is considered to be synonymous with divine knowledge of the cosmic mind obtained by sages in deep states of meditation, Vaastu Shastra or the science of Vaastu is thought to contain the guidelines given by the Supreme Being. Delving into history, we find that Vaastu developed during the period of 6000 BC and 3000 BC (Ferguson, Havell and Cunningham) and was handed over by ancient architects through word of mouth or hand-written monographs.

The principles of Vaastu had been explained in ancient Hindu scriptures like Skanda Purana, Agni Purana, Garuda Purana, Vishnu Purana, Bruhatsamhita, Kasyapa Shilpa, Agama Sastra and Viswakarma Vaastushastra.

The fundamental premise of Vaastu rests on the assumption that the earth is a living organism, out of which other living creatures and organic forms emerge, and so every particle on earth and space possesses 'live energy'. According to Vaastushastra five elements - Earth, Fire, Water, Air or atmosphere and Sky or space - govern the principles of creation. These forces act for or against each other to create harmony and disharmony. It also says that everything on earth - in some form or other - is influenced by the nine planets, and each of these planets guards a direction. So our dwellings are under the influence of the five elements and the nine planets.

*MESSAGE FROM SIDDHA YOGI RUPNATHJI:-

1. QUIT WORRYING:

Life has dealt you a blow and all you do is sit and worry.

Have you forgotten that I am here to take all your burdens and carry them for you?

Or do you just enjoy fretting over every little thing that comes your way?

2. PUT IT ON THE LIST:

Something needs done or taken care of. Put it on the list. No, not YOUR list. Put it on MY

to-do-list. Let ME be the one to take care of the problem.

I can't help you until you turn it over to Me.

And although My to-do-list is long, I am after all...God. I can take care of anything you put into My hands.

In fact, if the truth were ever really known, I take care of a lot of things for you that you never even realize.

3. TRUST ME:

Once you've given your burdens to Me, quit trying to take them back. Trust in Me.

Have the faith that I will take care of all your needs, your problems and your trials.

Problems with the kids? Put them on My list.

Problem with finances? Put it on My list.

Problems with your emotional roller coaster? For My sake, put it on My list.

I want to help you. All you have to do is ask.

4. LEAVE IT ALONE:

Don't wake up one morning and say, "Well, I'm feeling much stronger now, I think I can handle it from here."

Why do you think you are feeling stronger now?

It's simple. You gave Me your burdens and I'm taking care of them.

I also renew your strength and cover you in my peace.

Don't you know that if I give you these problems back, you will be right back where you started?

Leave them with Me and forget about them. Just let Me do my job.

5. TALK TO ME:

I want you to forget a lot of things. Forget what was making you crazy.

Forget the worry and the fretting because you know I'm in control.

But there's one thing I pray you never forget. Please, don't forget to talk to Me

- OFTEN!

I love YOU! I want to hear your voice. I want you to include Me in on the things going on

in your life. I want to hear you talk about your friends and family.

Prayer is simply you having a conversation with Me. I want to be your dearest friend.

6. HAVE FAITH:

I see a lot of things from up here that you can't see from where you are.

Have faith in Me that I know what I'm doing.

Trust Me; you wouldn't want the view from My eyes.

I will continue to care for you, watch over you, and meet your needs.

You only have to trust Me. Although I have a much bigger task than you, it seems as if

you have so much trouble just doing your simple part. How hard can trust be?

7. SHARE:

You were taught to share when you were only two years old. When did you forget?

That rule still applies.

Share with those who are less fortunate than you.

Share your joy with those who need encouragement.

Share your laughter with those who haven't heard any in such a long time.

Share your tears with those who have forgotten how to cry.

Share your faith with those who have none.

8. BE PATIENT:

I managed to fix it so in just one lifetime you could have so many diverse experiences.

You grow from a child to an adult, have children, change jobs many times, learn many trades, travel to so many places, meet thousands of people, and experience so much.

How can you be so impatient then when it takes Me a little longer than you expect to

handle something on My to-do-list?

Trust in My timing, for My timing is perfect. Just because I created the entire universe in only six days, everyone thinks I should always rush, rush, rush.

9. BE KIND:

Be kind to others, for I love them just as much as I love you.

They may not dress like you, or talk like you, or live the same way you do, but I still love you all. Please try to get along, for My sake.

I created each of you different in some way. It would be too boring if you were all identical.

Please, know I love each of your differences.

10. LOVE YOURSELF:

As much as I love you, how can you not love yourself ?

You were created by me for one reason only -- to be loved, and to love in return.

I am a God of Love.

Love Me. Love your neighbors. But also love yourself.

It makes My heart ache when I see you so angry with yourself when things go wrong.

You are very precious to me. Don't ever forget.....

"Gurur Brahma Gurur Vishnu

Gurur Devoh Maheshwar;

Gurur Shakshat Parambrahma;

Tashmai Shri Gurur Veh Namah"

*May the Merciful Sri Rupnathji always shower His grace on us and our families and remove our problems and anxieties by giving us all - strength, goodluck, success and happiness with peace of mind.

***THE MORE ELEVATED THE SOUL, THE BROADER THE OUTLOOK:-**

Attitude is the principle thing in life. It is not the conditions in life which change life for us, but mostly it is our attitude toward life and its conditions upon which depends our happiness or unhappiness. ... The attitude becomes high and broad when one looks at life from a higher point of view. When the point of view is not high, the range of man's sight becomes limited; man becomes narrow in his outlook on life, and in his feelings, thought, speech and action the same is expressed. Why is God pointed out on high, toward the sky? Why not toward the earth, for God is everywhere? The reason is that within the range of God's sight the whole universe stands as a little grain of corn, as to one that flies in the balloon and looks down from high the whole city comes within the range of his sight, when he stands on earth he sees no further than the four walls which keep the whole world covered from his sight.

*What does it mean to become spiritual, or godly? It means to have a higher view of life, to look at life from a higher point of view. It is the high point of view in life which ennobles the soul.

***WHEN A MAN DIVES WITHIN, HE FINDS THAT HIS REAL SELF IS ABOVE THE PERPETUAL MOTION OF THE UNIVERSE:-**

There is in man a false self and a real self. The real self contains the eternal; the false self contains the mortal. The real self has wisdom; the false self ignorance. The real self can rise to perfection; the false self ends in limitation. The

real self has all good, the false self is productive of all evil. One can see both in oneself: God and the other one. By conquering the other one, one realizes God. This other power has been called Satan; but is it a power? In reality it is not. It is and it is not. It is a shadow. We see shadow and yet it is nothing. We should realize that this false self has no existence of its own. As soon as the soul has risen above the false self, it begins to realize its nobility.

In order to see this question more clearly one must picture oneself as two beings, one the king and the other the servant. When one of them expresses a wish, it is the king who wishes. And the part that says, 'I cannot,' is the servant. If the servant has his way, then the king is in the place of the servant. And the more the servant has his way, the more the servant rules and the king obeys. In this way naturally conflict arises and that reflects upon the outer life; one's whole life becomes unlucky. One may be pious or good or religious, it makes no difference. If man does not realize the kingdom of God within himself nor realize his spirit to be a king, he does not accomplish the purpose of life.

The soul of man is a dweller in heaven. It is able to see more than the eyes can see. It is able to hear more than the ears can hear. The soul is able to expand further than man can journey. The soul is able to dive deeper than any depths that man can ever touch. The soul is able to reach higher than man can reach by any means. Its life is freedom, it knows nothing but joy and sees nothing but beauty. Its own nature is peace, and its being is life itself. It is not intelligent. It is intelligence itself. It is spirit. Its nature is not human but divine. ... Man is a process, manifestation is a process through which the spirit goes from one condition to another condition, from one pole to another pole. And through this whole process the attempt of the spirit is to find itself. ... The highest perception of freedom comes when a person has freed himself from the false ego, when he is no longer what he was. All the different kinds of freedom will give a momentary sensation of being free, but true freedom is in ourselves. When one's soul is free, then there is nothing in this world that binds one; everywhere one will breathe freedom, in heaven and on earth.

It is therefore that the Spiritual Seeker seeks God as his love, lover and beloved, his treasure, his possession, his honor, his joy, his peace; and his attainment in its perfection alone fulfills all demands of life both here and hereafter.

***OUR LIMITED SELF IS A WALL SEPARATING US FROM THE SELF OF GOD:-**

In order to reach spiritual perfection the first thing is to destroy this false self. First this delusion must be destroyed. And this is done by the ways taught by the great teachers, ways of concentration and meditation, by the power of which one forgets oneself and removes one's consciousness from oneself, in other words rises from one's limited being. In this way a person effaces himself from his own consciousness, and places God in his consciousness instead of his limited self. And it is in this way that he arrives at that perfection which every soul is seeking.

***THE SECRET OF HAPPINESS IS HIDDEN UNDER THE COVER OF SPIRITUAL KNOWLEDGE:-**

The soul in Sanskrit, in the terms of the Vedanta, is called Atman which means happiness or bliss itself. It is not that happiness belongs to the soul; it is that the soul itself is happiness. Today we often confuse happiness with pleasure; but pleasure is only an illusion, a shadow of happiness; and in this delusion man may pass his whole life, seeking after pleasure and never finding satisfaction. ... Do you think that if these people gained their desires they would be happy? If they possessed all, would that suffice? No, they would still find some excuse for unhappiness; all these excuses are only like covers over a man's eyes, for deep within is the yearning for the true happiness which none of these things can give. He who is really happy is happy everywhere, in a palace or in a cottage, in riches or in poverty, for he has discovered the fountain of happiness which is situated in his own heart. As long as a person has not found that fountain, nothing will give him real happiness.

***BRAIN POWER: -**

The brain speaks through words; the heart in the glance of the eyes; and the soul through a radiance that charges the atmosphere, magnetizing all.

The phenomena of the radiance of the soul are apparent to the student of the human body. The body with its perfect mechanism loses power, magnetism, beauty, and brightness, when the soul departs from the body. This shows that the power, magnetism, beauty, and brightness belong to the soul.

***DEATH & REBIRTH:-**

The masters tell us that there is an aspect of our minds that is its fundamental basis, a state called "the ground of the ordinary mind." It functions like a storehouse, in which the imprints of past actions caused by our negative emotions are all stored like seeds. When the right conditions arise, they germinate and manifest as circumstances and situations in our lives.

If we have a habit of thinking in a particular pattern, positive or negative, then these tendencies will be triggered and provoked very easily, and recur and go on recurring. With constant repetition our inclinations and habits become steadily more entrenched, and continue increasing and gathering power, even when we sleep. This is how they come to determine our life, our death, and our rebirth.

***SOUL TALK:-**

The brain speaks through words; the heart in the glance of the eyes; and the soul through a radiance that charges the atmosphere. The phenomena of the radiance of the soul are apparent to the student of the human body. The body with its perfect mechanism loses power, magnetism, beauty, and brightness, when the soul departs from the body. This shows that the power, magnetism, beauty, and brightness belong to the soul. As the brain is the instrument of the mind, which is invisible, and the heart of flesh is the vehicle of the heart within, which is above substance, so it is the illumination of the soul, our invisible being, whose light is reflected within this physical body. When active it beams through the eyes, through the radiance of the countenance, charging the whole environment with a magnetic atmosphere.

***'I WANDERED IN THE PURSUIT OF MY OWN SELF; I WAS THE TRAVELER, AND I AM THE DESTINATION.'**

*The individual soul is a shoot that springs from the all-pervading Spirit, its goal being its origin; and every attachment it has on its way is, no doubt, a detouring on the journey. The soul is never fully satisfied so long as it has not reached its destination. The love of the external world is a rehearsal before the performance, which is the love of God, the Inner Being.

***GOD COMMUNICATION:-**

Thus the ultimate purpose, for which the soul is seeking every moment of our life, is our spiritual purpose. And you may ask how to attain to that purpose. The answer is that what you are seeking for is within yourself. Instead of looking outside, you must look within. The way to proceed to accomplish this is for some moments to suspend all your senses such as sight, hearing, smell, touch, in order to put a screen before the outside life. And by concentration and by developing that meditative quality you will sooner or later get in touch with the inner Self which is more communicative, which speaks more loudly than all the noises of this world. And this gives joy, creates peace, and produces in you a self-sufficient spirit, a spirit of independence, of true liberty. The moment you get in touch with your

Self you are in communion with God. It is in this way, if God-communication is sought rightly, that spirituality is attained. The sages, absorbed in meditation through one-pointedness of mind, discovered the creative power, belonging to the Lord Himself and hidden in its own gunas. Know, then, that prakriti is maya and that Great God is the Lord of maya. The whole universe is filled with objects which are parts of His being.

Yajur Veda, Svetasvatara Upanishad, Part I, Chapter IV, 10

*By truly realising Him who, though non-dual, dwells in prakriti, both in its primary and in its secondary aspect and in Whom this whole world comes together and dissolves-by truly realising Him Who is the Lord, the bestower of blessings, the Adorable God, one attains the supreme peace.

*Yajur Veda, Svetasvatara Upanishad, Part I, Chapter IV, 11

*He, the creator of the gods and the bestower of their powers, the Support of the universe, Rudra the omniscient, who at the beginning gave birth to Hiranyagarbha-may He endow us with clear intellect!

Yajur Veda, Svetasvatara Upanishad, Part I, Chapter IV, 12

*He who is the sovereign of the gods, in whom the worlds find their support, who rules over all two-footed and four-footed beings-let us serve that God, radiant and blissful, with an oblation.

Yajur Veda, Svetasvatara Upanishad, Part I, Chapter IV, 13

*By realising Him who is subtler than the subtlest who dwells in the midst of the chaos, who is the Creator of all things and is endowed with many forms, who is the non-dual Pervader of the universe and all good-by realising Him one attains the supreme peace.

Yajur Veda, Svetasvatara Upanishad, Part I, Chapter IV, 14

*The teachings tell us what it is we need to realize, but we also have to go on our own journey, in order to come to a personal realization. That journey may take us through suffering, difficulties, and doubts of all kinds, but they will become our greatest teachers. Through them we will learn the humility to recognize our limitations, and through them we will discover the inner strength and fearlessness we need to emerge from our old habits and set patterns, and surrender into the vaster vision of real freedom offered by the spiritual teachings.

* That non-dual Lord rules over all those causes-time, the self and the rest.

Yajur Veda, Svetasvatara Upanishad, Part I, Chapter 1, 3

*The sages saw the wheel of Brahman, which has one felly, a triple tire, sixteen end-parts, fifty spokes with twenty counter-spokes and six sets of eight; whose one rope is manifold; which moves on three different roads; and whose illusion arises from two causes.

Yajur Veda, Svetasvatara Upanishad, Part I, Chapter 1, 4

*We meditate on the River whose five currents are the five organs of perception, which is made impetuous and winding by the five elements, whose waves are the five organs of actions and whose fountain-head is the mind, the source of the five forms of perception. This River has five whirlpools and its rapids are the fivefold misery; and lastly, it has fifty branches and five pain-bearing obstructions.

Yajur Veda, Svetasvatara Upanishad, Part I, Chapter 1, 5

*In this great Brahma-Wheel, in which all things abide and finally rest, the swan wanders about so long as it thinks the self is different from the Controller. When blessed by Him the self attains Immortality.

Yajur Veda, Svetasvatara Upanishad, Part I, Chapter 1, 6

*It is the Supreme Brahman alone untouched by phenomena that is proclaimed in the Upanishads. In It is established the triad of the enjoyer, the object and the Lord who is the Controller. This Brahman is the immutable foundation; It is imperishable. The sages, having realized Brahman to be the essence of phenomena, become devoted to Him. Completely merged in Brahman, they attain freedom from rebirth.

Yajur Veda, Svetasvatara Upanishad, Part I, Chapter 1, 7

*GOD IS LOVE:-

God is love'; when love is awakened in the heart, God is awakened there. Life's light is love; and when the heart is empty of love, a man is living and yet not living; from a spiritual point of view he is dead. When the heart is asleep, he is as though dead in this life, for one can only love through the heart. But love does not mean give and take. That is only a trade; it's selfishness. To give sixpence and receive a shilling is not love. Love is when one loves for the sake of love, when one cannot help but love, cannot do anything but love. Then one is not forced to love; there is no virtue in that. One does not love because another does. It is simply there. It cannot be helped. It is the only thing that makes a person alive. If a person loves one and hates another, what can he know of love? Can you love one person fully if at the same time you cannot bestow a kind glance on some other person? Can you say you love one person fully when you cannot bear him to be loved by someone else as well? Can you hate a person when love is sprinkled like water in your heart? Love is like the water of the Ganges. It is itself a purification. As the Bible says, 'God is love'. When love is awakened in the heart, God is awakened there. When a man has journeyed, he reaches the goal as soon as his heart has reached love.

*LOVE IS SERVICE:-

Love lies in service. Only that which is done, not for fame or name, nor for the appreciation or thanks of those for whom it is done, is love's service.

The lover shows kindness and beneficence to the beloved. He does whatever he can for the beloved in the way of help, service, sacrifice, kindness, or rescue, and hides it from the world and even from the beloved. If the beloved does anything for him he exaggerates it, idealizes it, makes it into a mountain from a molehill. He takes poison from the hands of the beloved as sugar, and love's pain in the wound of his heart is his only joy. By magnifying and idealizing whatever the beloved does for him and by diminishing and forgetting whatever he himself does for the beloved, he first develops his own gratitude, which creates all goodness in his life.

The moral is this: Love another and do not depend upon his love; and: Do good to another and do not depend upon receiving good from him; serve another and do not look for service from him. All you do for another out of your love and kindness, you should think that you do, not to that person, but to God. And if the person returns love for love,

goodness for goodness, service for service, so much the better. If he does not return it, then pity him for what he loses; for his gain is much less than his loss.

Do not look for thanks or appreciation for all the good you do to others, nor use it as a means to stimulate your vanity. Do all that you consider good for the sake of goodness, not even for a return of that from God.

*PEACE:-

To attain peace, what one has to do is to seek that rhythm which is in the depth of our being. It is just like the sea: the surface of the sea is ever moving; the depth of the sea is still. And so it is with our life. If our life is thrown into the sea of activity, it is on the surface. We still live in the profound depths, in that peace. But the thing is to become conscious of that peace which can be found within ourselves. It is this which can bring us the answer to all our problems. If not, when we want to solve one problem, there is another difficult problem coming. There is no end to our problems. There is no end to the difficulties of the outer life. And if we get excited over them, we shall never be able to solve them. Some think, 'We might wait. Perhaps the conditions will become better. We shall see then what to do.' But when will the conditions become better? They will become still worse! Whether the conditions become better or worse, the first thing is to seek the kingdom of God within ourselves, in which there is our peace. As soon as we have found that, we have found our support, we have found our self. And in spite of all the activity and movement on the surface, we shall be able to keep that peace undisturbed if only we hold it fast by becoming conscious of it.

DR. RUPNATHJI (DR. RUPAK NATH)