

Universal Law – Universal Operating System – Applicable to all equally

- ❖ I receive what I gave. What I wish for others shall come back to me.
- ❖ I am the soul. This body is a role that I have been given. Generally, we get the role we had hankered after.
- ❖ Whatever is happening to me is a mirror of my past. It is a reflection of my past deeds. What I have not done or not caused to be done through acts of mind, speech and body shall never happen to me.
- ❖ Therefore, there is no injustice being done to me either at present, or in the past or in future. By realising this, I shall remain firmly in the 'No Complaint Zone'. Whatever has caused me pain is the result of my own past actions. It has nothing to do with others. So there is no question of blaming others. The 'Why Me!' question does not arise.
- ❖ I create good luck by doing *punya* (merits).
- ❖ I create bad luck by committing *pāpa* (demerits) like indulging in the seven vices (gambling, consuming alcohol, consuming non-vegetarian food, having relations with prostitutes, stealing, hunting and adultery/infidelity), eating root vegetables, eating after sunset, eating pickles, honey, figs, butter, etc.
- ❖ Bear in mind: *Pāpa* = Pain; *Punya* = Gain.
- ❖ Reflect on this: I shall gain from pain
- ❖ I am here to give unconditionally, without any expectation. By giving, I am either repaying my old debts or creating a new deposit. I benefit in both cases.
- ❖ I have to perform my duty to the best of my ability, without expecting others to do their best. All of us have to perform our duty towards family, friends, colleagues, society and country to the best of our ability.
- ❖ We have to be strict with ourselves and lenient with others.
- ❖ Whatever happens, happens for good. This is the way of super positivity.
- ❖ Deal with people in four ways:
 1. मैत्री **Maitri** — *Universal Friendship: It will protect my happiness by not having enemies. Thinking good for others shall bring good for me.*
 2. प्रमोद **Pramoda** — *Admiration: By admiring others' virtues I shall imbibe them.*
 3. करुणा **Karuna** — *Compassion: Compassion for sinners as they are unaware of the Universal Law. It protects my happiness.*
 4. माध्यस्थ्य **Madhyasthya** — *Indifference or no response: When anyone hurts me, I have to stay calm and keep quiet. I shall contemplate upon 'Thank you! Welcome!' inside my heart.*

It is a 3-step process:

Step 1 – *I shall apologise for my past mistakes (Sorry! Sorry!).*

Step 2 – *I shall not repeat my mistakes (Never Again!).*

Step 3 – *I shall believe that my opponent has obliged me by cleaning me. So I shall say 'Thank you!' in my heart. This will ensure that annoyance/irritation does not get triggered and that I do not get trapped in the vicious circle of anger and resentment, which result in more and more anger and resentment.*

These three steps are a shield for my happiness and good spirit. Hence, it is a 'Welcome!' move. In this way I can save myself from negative emotions and make space for positive thoughts.

- ❖ Attitude changes through conviction and not by force. Hence this is the path of '*Sahaja Yoga*' and not '*Hatha Yoga*'.
- ❖ My goal is to use this body and mind to liberate myself by gaining *samyak darśana*.
- ❖ The truth lies within me. I don't have to go anywhere seeking it. I just need to look inwards.
- ❖ Only one who has experienced the journey can guide others. Such a person never thrusts himself in the limelight. He never seeks fame and money. He remains in the background helping true seekers on a one-on-one basis.
- ❖ To attain *samyak darśana* (self-realisation), I am always 'Ready to Accept' the truth and 'Ready to Change' accordingly. For that I have to give up my worldly wishes first and not my worldly home, family or money. As a thermometer I shall check my Wish List / Bucket List / Dislikes every two hours and work on it with 12 & 4 contemplations (*Bhavanas*) to eradicate it from roots.
- ❖ I have to change myself (which is easy) and not others which is not only difficult but is a source of anguish, disappointment and frustration.
- ❖ I shall remember this: Every soul has only two options — *Siddha* (liberation, the highest form of existence, a state of supreme and unending bliss) or *Nigoda* (the lowest form of existence, a state of absolute gloom, intense sorrow and unrelenting pain). I have to ask myself which option I would prefer and has to work for it otherwise I will be in *Nigoda* by default.

I shall not compare myself with others. But have to compare my today with my yesterday and ensure daily improvement. That is the way to achieve daily progress.

I have to apply this for the whole day and check deviations at night before going to sleep.

For a detailed explanation, please refer to:

Key To Happiness

Samyak Darśana Ki Vidhi

Samyak Darśana Ni Rit

Compiled by CA Jayesh Sheth
www.jayeshsheth.com