

## **GUIDELINES BY THAKUR**

These guidelines are like divine lighthouses for spiritual travelers and this compilation of guidelines would enrich the spiritual aspirants in track with THAKUR's thoughts. THAKUR's discourses are invaluable and priceless assets for mankind. The richness embedded in HIS divine spiritual renditions is unmatched as well as unique both in terms of knowledge and logic in comparison to conventional or contemporary religions and philosophies.

### **Punctuality**

- As the sunflower follows the direction of the sun, so should you always follow the direction of time. Sticking to your word and being punctual at work is always an appreciated skill.
- As the boat is sailed on high tide, you should complete your work within proper time.

### **Nurturing Good Health**

- Cultivating your mind with sincerity and determination yields knowledge and strength just as churning milk yields butter.
- Wake up early, refresh yourself by completing your morning routines and responsibilities. Perform your tasks with precision, consistency, and sincerity.
- Take bath regularly and have your meals at the proper time.
- Always take proper care of your health to avoid illness.
- Openly expressing feelings of illness or discomfort is always a wise practice to follow.
- It is important to sneeze and cough carefully in public places to prevent unnecessary disruption. Being cautious while sneezing, coughing, or spitting is essential, as failing to do so could lead to the spread of infection.
- Beware of addictions, especially the ones that may cause failure to perform your duties.
- A health-conscious person seldom faces health issues.
- Do not wake up anyone from sleep, either abruptly or by making noise
- Always keep your body clean to keep your mind happy and others near you.
- Do not suppress urination and defecation.

- Change your clothes and wash your hands, feet, and face as soon as you return home from work. It is also beneficial to use potash for sanitizing to improve cleanliness.
- Engage in regular physical exercise to maintain body fitness. Just as thinking of sour tamarind makes your mouth water, positive thoughts are sure to lead to good outcomes.
- Regularly exercising or taking care of your health is a beneficial habit. If done early in the morning, it will help you maintain consistency even with the pressures of daily work.
- Many people assume that foods like ghee (butter), milk, meat, and similar items are always beneficial for our health. However, this is not entirely true. Even simple foods, such as rice and lentils, contain enough nutrients to maintain our health. If your body struggles to convert these basic foods into energy, it indicates poor digestion, which needs improvement. Engaging in physical activity or exercise can help enhance digestion. You can choose between free-hand exercises or using equipment. Just as ants gradually and patiently gather their food, free-hand exercises can slowly build energy in the body. Consistently practicing exercise, whether with or without equipment, leads to positive results. Therefore, following this advice and adopting this approach is recommended.
- The primary and most important responsibility is to adhere to principles that enhance health and prioritize maintaining hygiene and cleanliness. Addressing issues like untouchability and dealing with the deceased is a secondary concern.
- Remember, simply disposing of garbage outside your home does not eliminate all health risks or the threat of contagious diseases. The best approach is to keep your neighbor's house and nearby roads as clean as your own. Maintaining hygiene and cleanliness everywhere will significantly reduce health hazards.
- The term 'Brahmacharya' is pleasing to hear and even more fulfilling to practice, as it allows the individual to become their own master. Achieving harmony between natural instincts and the laws of nature helps nurture inner qualities and beauty. By preserving semen, much like bees gathering honey, you cultivate a sweetness within. When you gain full control over your senses, your mind becomes the master, governing your inner world and leading you toward the noble accomplishments of a true master.

### **Diet Conscious**

- Develop the habit of consuming healthy foods while avoiding unhealthy junk food. At the first sign of minor illness, begin fasting and take appropriate measures to address it.
- Following a monotonous diet for an extended period or experiencing a loss of appetite causes health to fluctuate, much like the ebb and flow of tides. To maintain balance, vary your meals according to the season and meal times.

- Traditionally, food should always be served with the intention of fully satisfying the guest.
- It is wiser to avoid displaying generosity by offering food prepared for guests after it has spoiled. If you know the food is no longer safe to eat, do not attempt to serve it while claiming it is still good.
- Avoid forcing or pressuring anyone to eat.
- Refrain from talking or exhaling in a way that might cause even a small amount of spitting while cooking or serving food. This is to prevent contamination during food preparation and serving.
- Do not accept food repeatedly from someone when you have no appetite, nor should you remain on an empty stomach when you are hungry.
- Those who finish their dinner before sunset are less likely to suffer from various diseases. Germs and bacteria become active after dark when the sun is absent. Therefore, it is advisable to finish your dinner before sunset.

### **Duty of Householder**

- Everyone in the household should look after each other's needs and well-being.
- After taking care of your parents, siblings, and family, if possible, offer your help to relatives, friends, and neighbors as well.
- Do not support or encourage those who are hostile toward your parents.
- Immediately remove anyone who threatens your parents, siblings, or children in any way, especially if they say things like, "Let the consequences be severe."
- Avoid staying out late at night unless it's an emergency.

### **Socializing**

- At the celebration, the melodious tune of harmonium sa, re, ga, ma, pa, should practice those harmonious tunes which are present inside all of you as an inner voice.
- At the celebration, the music plays with the melodious notes of the harmonium—Sa, Re, Ga, Ma, Pa. These harmonious tunes exist within each of you as an inner voice, so you should always practice these melodious notes in your mind.

- An idol represents a symbol of the highest virtues. To serve the motherland, you must cultivate the qualities inspired by Goddess Durga. Only then will you be able to dedicate yourself truly to the service of your country.
- Always greet guests with warm hospitality. During any event, the primary responsibility is to focus on the guest's happiness, without any form of discrimination.
- Do not become upset by expecting formality or a proper reception from others.
- Social duties, love and kindness, appreciation and hospitality, formality and generosity, as well as neglect and indifference, hatred and forgiveness, should all go beyond your expectations. You must take responsibility, fulfill your duties, and meet others' needs through selfless effort. Find satisfaction in these acts of service and assist others with generous cooperation.
- The word "relation" sounds pleasant, but remember it can also bring great danger. Be cautious of its misuse and act wisely when faced with unusual situations.
- The word "appreciation" is pleasant to hear, and showing appreciation is a wonderful quality. However, be cautious that it is not misused or spread like a contagious disease, creating a negative impact.

### **Criticism**

- Do not participate in the criticism.
- You should not harm yourself in the pursuit of fame or fall into the trap of trying to appear overly clever.
- Avoid sharing others' secrets unnecessarily, as it can lead to unnecessary conflict.
- Never praise someone who could be harmful to others.
- Never commend a person who could cause harm to others.
- When someone praises you, avoid becoming overwhelmed or losing control.
- When someone praises you, avoid seeking excessive praise, as it may have negative effects.
- Avoid mocking or making fun of others unnecessarily, as it will only make you appear talkative and loquacious.

- Always listen, watch, observe and try to understand the entire things of this world. Hastily, do neither any comment nor hurt to anyone beyond knowing and observing anything else. Keep trying to understand and to know properly everything that will bloom the essence of your education.
- Always listen, watch, observe, and strive to understand the entire situation in the world. Never rush to comment or hurt anyone without fully understanding and observing the matter. Take the time to study and comprehend the situation thoroughly, as this will deepen the value of your education.
- Pride, arrogance, pointless arguments, and negative criticism have no place in education. Always inquire politely and with patience to gain knowledge.

### **Suspiciousness**

- Avoid doubting anyone without a valid reason, whether at home or elsewhere, as it can disturb your mental peace. This will not only make you restless but also prevent you from finding relief through others.
- While keeping a simple and innocent demeanor, avoid places that seem suspicious, and refrain from doubting others without cause.
- When a question arises in your mind, make an effort to find a solution. Doubt itself is not the problem; using your intuition to seek an answer is key. If you don't, it may lead to deep frustration.
- Do not make harsh comments based on gossip. Be patient and take the time to uncover the real truth first.
- Do not doubt or make jokes when you see a man and a woman together, as you may not be aware of their actual relationship.
- Do not stare at anyone in a way that might make them suspicious of you. Be cautious with your gestures while speaking to others, even if you are innocent and have no ill intentions, as it could sometimes lead to an unpleasant situation.
- Avoid whispering to someone just to make them stare at another person.
- Many people are often dominated by feelings of sadness, lack of focus, depression, and resignation to fate, which unnecessarily disturb the mind. These emotions will not affect your ethics or beliefs because the power of wisdom lies within you. All your senses should

align with the guidance of wisdom. This will lead you down the right path, so move forward without fear, as you are all bound by the rule of justice.

### **Anger and Temperament**

- Just as idols are shaped by chiseling mud, you should refine yourself by honing your sixth sense.
- Do not get angry over trivial matters. When both parties are angry, one should choose to remain silent first.
- Treat everyone with kindness and never cause harm to anyone.
- Achieve a calm environment, then work to resolve the mistakes of all parties through mutual discussion.
- Do not focus too much on what others say, nor get upset without understanding the situation; try to be adaptive and accommodative a bit.
- Do not feel discouraged if you are not invited by others; it may be due to specific circumstances.
- Treating others as your own is a wonderful quality.
- You should foster peace for everyone.
- When you are deeply passionate and devoted to yourself, you will uncover your inner strength and attain spiritual enlightenment. Understanding the difference between lies and truth, recognizing what exists and what doesn't, discerning what we deserve and what we don't – your primary goal is to find answers to all these questions. This is the true search of life, which reveals the state of your authentic self.

### **Responsibility**

- Those who have been entrusted with a specific responsibility should not be swayed by negative influences or make mistakes. You should follow your "inner voice" and allow it to guide your mind.
- People who are careless and absent-minded can make mistakes at any moment. It's best to stay away from them, as their actions can create risky situations and potential threats. Stay alert and evaluate the situation to determine whether it's high-risk or low-risk. For instance, if someone is "moving carelessly" with a large tumbler of hot water or milk, and an

absent-minded person is "rushing" with a baby in their arms, a sudden collision could occur—an ultimate example of carelessness. Be proactive, anticipate the situation, and stay aware of others to avoid such incidents.

- You must finish your important tasks on time and never postpone them for the future.
- If you have made multiple attempts to complete a task and realize it's beyond your ability, seek a better solution to finish the work, setting aside your pride and ego. This is where noble qualities flourish.
- Do not relieve yourself of responsibility by passing it on to others.
- If you take on a task given to you by someone, make sure to complete it on time. If they forget, kindly remind them.
- If you are able to do something and help others, do not hesitate to do so.
- You should begin the task yourself before involving others and having them complete it.
- One should avoid doing work that could create problems for others.
- One should not do a task just to seek unnecessary praise or boast about it.
- If you believe that even a small effort on your part can help others, then go ahead and make it.
- Helping others is your commitment, and it will strengthen and elevate your character.
- Put aside your own interests and prepare yourself for success in life.
- Do not involve someone in a task without considering their mental state and current situation.
- Carry out the task as if the other person's grief is your own, and this will lead to exceptional results.
- Before starting any task, carefully evaluate the pros and cons of each aspect, and organize them properly using your intellect and due diligence.
- Do not involve anyone in unsafe work or cause harm to others for your own benefit.
- Do not pursue a task where a promise related to it could cause harm to someone.

## Dignity and Disgrace

- A person of honor and dignity should always be treated with the respect they deserve.
- Some may not appreciate it when you're teaching something new for the first time. Be patient—your calm and respectful approach will be the key to educating others.
- Never ask anything that could embarrass or humiliate someone.
- Avoid harming yourself by adhering to unnecessary customs. Remember, your politeness and modesty will bring you honor and respect.
- When you observe someone's mistake, avoid criticizing them directly. Preserve their dignity by discussing the issue thoughtfully and helping them understand your perspective. People often lose trust when they become suspicious of others, and this can cause great distress within a family. To maintain peace and harmony, it's important not to lose your dignity, even when something is lost.
- Avoid reading books with misguided ideas that unnecessarily stir up excitement in your mind. While they may offer some useful knowledge, they often create more excitement and pleasure than proper education. This type of stimulation can sometimes lead to mental disturbance or imbalance. By studying the book of nature, you'll be guided along the right path. You'll no longer need external advice on what to do or avoid, as you'll easily recognize the signs of caution. Focus on lessons that provide true wisdom and teach you everything you need to know.
- The three main causes of unrest in our lives are greed, fame, and sexuality. By being highly aware of these, you can carefully eliminate them without causing harm to yourself.
- Always assist intelligent people, and you will benefit in return.
- Guide the wandering individuals and help them return to family life. Your compassionate efforts will bring harmony to society.
- Awareness is lacking everywhere, so it's important to be cautious with every step you take in life.
- If you keep in mind the basic principle that "everyone is dependent on each other" and remain cautious of it at all times, all problems will vanish.
- Human life in the household is like a chessboard; carefully assess the situation before making any move to avoid falling into a trap.



- Always prioritize simplicity above all else, acknowledge your own mistakes honestly, and be generous when pointing out faults in others. These are the great qualities of a true human being.
- If you don't understand, keep asking until you do.
- Always be cautious, ensuring that no one is harmed by your actions.
- Live within your means and adjust your actions according to what you can afford.
- If you exceed your limits, forgiveness will be out of reach.
- Always remain humble and committed to learning.

### **Devotion to Spiritualism**

- Just as a diamond can be found deep within a coal mine, immense power lies within each of you as a tiny, radiant molecule. If you nurture it, your inner power will flourish, so continue seeking it.
- Do not disrespect the beliefs of others, nor should you tolerate any form of prejudice or superstition.
- Always remember – you are born to succeed and must succeed. Do not lose hope, nor follow those who are hopeless.
- The traditional notions of prejudice or asceticism are not inherently tied to your faith. There is no need to renounce anything or practice asceticism because you are naturally born with the spirit of a hermit. From the moment you are born, you embark on a journey of sacrifice. As travelers in life, everyone's final destination is the cemetery, symbolizing the ultimate act of sacrifice—thus, you are a hermit by nature.
- Just as the constant rubbing of a magnet generates magnetism, your honesty should inspire others to embrace honesty. Similarly, just as the fragrance of a sandalwood tree spreads to nearby trees, your wisdom should illuminate and uplift those around you.
- You are all admirers of beauty, seekers of excellence, and devoted followers of wisdom.
- Illness and grief, sorrow and suffering, are the melodies and markers signaling the end of our life's journey. You, too, are part of this cycle, so embrace them with acceptance and strive to understand the true essence of life.
- Always strive through practice and prayer to progress, awakening your knowledge to understand everything. Share the wisdom you gain and spread it to enlighten others.

- Some people initially rely on traditional scriptures to distinguish between justice and injustice in society, but over time, they compromise and grow accustomed to the status quo. Similarly, when someone visits a crematorium for the first time, they may feel a fleeting sense of detachment from the world. However, those who live there for a while gradually lose their stoicism, eventually feeling no hesitation to cook and eat in the same place. Therefore, avoid drawing conclusions about the truth or making judgments based solely on superficial observations or emotional theories and concepts.
- Always remain dedicated to seeking the truth. Once the truth is uncovered, no prejudice can stand in its way. The individual will be enriched with boundless wisdom and untainted purity. The flames of prejudice and bigotry will dissipate like smoke fading into the air.

### **Practice Self-discipline**

- Arguments or debates are valuable only when they offer solutions, as solutions align with your principles.
- It's good to be straightforward when making a statement, but it's important to consider the context—the place, the audience, and the timing.
- Avoid unnecessary words. Wastefulness, whether in spending money or speaking excessively, is unwise. It is often observed that excessive speech causes more harm than good.
- Think thoroughly and thoughtfully before speaking. Carelessness in your words can lead to uncomfortable situations.
- Never keep any word secret if it could harm others.
- Never lie, even in jest, and avoid crossing boundaries when making jokes.
- Adopting a simple attitude is a commendable practice, but be cautious when embracing it, as many people have been taken advantage of because of their straightforward nature.
- There is no doubt that kind words are enjoyable to hear and leave a positive impression. However, people are often deceived by sweetened words and later experience disappointment. Therefore, always have the ability to discern the true meaning behind sugar coated words.
- Listening to humorous conversations brings us much enjoyment. However, when the humor becomes excessive or unreasonable, it can be harmful. Therefore, you should remain cautious and protect those around you with the shield of vigilance.

- When someone is speaking, no one should interrupt. This practice helps cultivate the important quality of patience.
- You should be firm when delivering justice, and polite and humble while learning and teaching others. These are the core qualities that define a good person.
- There are many famous writers, authors, and novelists whose descriptions, writing skills, and moral stories are undoubtedly impressive, but they are often based on imagination and lack real-world accuracy. At times, some of them use tricks and clever tactics to achieve their goals. Therefore, always be cautious not to be misled by anyone.
- In our society, you may encounter monks or saints who pretend to have a direct connection with God or claim to be His messenger in order to fulfill their selfish motives. If you come across such individuals, always use your wisdom to verify their authenticity and assess their true nobility.
- Good advice is always valuable, regardless of the source. Letting go of pride and prejudice in this regard is a wise and prudent approach, as it brings more benefit than harm.
- Be a good listener and pay close attention, whether the speaker is a child or an older person.
- Impartiality is your virtue. Whether God exists or not is a matter for judgment. You are a devotee of that divine principle. Never give up easily; instead, observe, wait, use your intellect, and then make your decision.
- Share only what you truly know. Never comment or make statements about things you haven't seen or don't fully understand; doing so will greatly enhance your dignity.

### **Self-Realization/ Self-Criticism**

- First, prepare yourself by practicing devotional music. The harmonious melody will enlighten your inner mind. Your devotion will become everlasting, and all the inner forces will join you in worship.
- Don't waste your time on unrealistic or impractical thoughts. Be practical and focus on understanding the true reality of the situation.
- Always keep learning and reflecting. As a result, you will come to understand the distinctions between knowledge and ignorance, justice and injustice, as well as purity and impurity in the state of your mind.
- To understand yourself is to understand everything. Continuously explore the depths of your mind, for that should be your ultimate discovery.

- The mind is constantly occupied with various thoughts, but only the right thoughts are worthwhile. Before focusing on anything, grasp its inner meaning, as this will lead to greater concentration.
- People often blame each other due to misunderstandings and a lack of wisdom. If you understood the true cause, there would be no issue at all.
- Your thinking ability will improve when you break a problem down into all its components and uncover the meaning of each one.
- Examine each issue thoroughly, following the approach of an intellectual. This will help uncover the deeper meaning and provide a clear, precise understanding.
- A free mind represents true freedom, where you hold the steering wheel to navigate any situation. Therefore, begin by freeing yourself from all harmful habits. People from both near and far will be drawn to you, and the distinctions of community and race will fade away.
- Establish your guiding principles before engaging in politics. You will be held accountable to moral ethics, which will enhance your leadership.
- Improve your verbal communication skills (speak fluently and confidently) before delivering any speech. This will make your words so impactful that they will influence everyone who listens.
- The outcome of a judgment is often unpleasant; it is not determined by whether there is desire or not. Always reflect on what you are doing, what you have done, how much you have understood, and how much truth there is. Consider if any pretense has been adopted for personal gain. Those who deeply contemplate these questions will easily understand the state of their mind and recognize the true power of their mind.
- True freedom for a country is achieved when the entire population can enjoy its benefits, rather than just a select few. Therefore, broaden your vision to expand these boundaries.
- Where have you been? Where are you coming from? And where are you headed? What do you truly need? What is the purpose of your arrival and departure? You will find the answers to these questions by continually seeking within yourself. Prayer, meditation, chanting mantras, and ritual practices will awaken your spirit and guide you in your quest for understanding.
- Just as beauty is reflected in a mirror, you can understand the entire universe through the reflection of your inner beauty. The image of the universe is nothing more than a reflection

of your own inner nature. Who is worshipping whom? Everyone worships their own existence; thus, you are a devotee of that eternal knowledge.

### **Ardent Desire for Attaining Knowledge**

- All of you are born from the same mother, Earth, and therefore share the same ethnicity and nationality, and should follow common ideological principles. To free ourselves from conflicts of nationality and ideology, we must sharpen the weapon of knowledge, which will enrich and strengthen the essence of religion and the principles of ideology. This will allow you to experience the prosperity of all castes and creatures in your true existence. Always remember that "knowledge free from prejudice" is the key to shaping your attitude, devotion, and efforts.
- Just as you can see the entire world from your classroom by looking at a world map, by standing on this ever-glowing Earth, you will be able to understand its principles and uncover the mysteries of the entire universe. This will lead to a complete understanding of knowledge.
- Just as one can reach the river by following the channel near their home, and then the ocean by following that river, you must put in sincere effort, studying each individual element, understanding the matter. After comprehending the knowledge of all things, you will gain insight into the 'whole ecosystem' or the 'principle of the universe.'
- Always remember that knowledge and hard work are the key drivers of your life. When you combine these two qualities to engage in any creative endeavor, success is sure to follow.
- If you observe the universe very carefully, you will find that its evolutionary journey is astonishingly melodious, maintaining excellent balance and harmony. If you align your practical life with this same melody, you will face no problems on your journey.

### **Unity**

- If the profits or rewards from any endeavor are equally shared among all workers, the greater goal of the initiative will never fail. When passengers on a boat do not maintain balance and shift their weight to one side, the boat is at risk of capsizing. Similarly, if you prioritize one specific group of people and exclude others from the benefits, it will inevitably lead to unrest. Therefore, you must adhere to the principles of fairness and equality, which will enhance your character and spread the fragrance of integrity.
- Every individual in this vast universe, with its immense population, has the potential to comprehend the highest knowledge, much like a diver exploring the depths of the sea. Therefore, everyone should work together and support one another in cultivating the natural ability to seek knowledge.

- Always remember that education is not confined to school, and learning does not take place only within the classroom. The entire universe can be seen as a vast library or classroom offering us lessons.

### **Shaping the Form of Elegance**

- There are many barren, infertile lands that exist. Some of these lands are transformed into fertile ones through great effort by reforming the mountains. Similarly, there are many talented but helpless children, and if they are given the right opportunities, their inner talents can blossom. It is your responsibility to create these opportunities for them.
- When everyone in society follows the same principle — that they are equally sympathetic to others' distress and share in others' happiness — then we can unite to create an ideal, prosperous society.
- When people in society attempt to dominate each other, a discordant tune will emerge instead of a harmonious one. However, when individuals help and cooperate in each other's growth, the foundation of society becomes stronger, and the harmony of daily life grows more solid and melodious.
- If everyone in society works towards its collective prosperity, all of our problems will be solved. Each person has an inner attraction, and nature has equally bestowed the same power upon all. Some use this power solely for their own benefit, while others use it for the greater good. Those who use it for the benefit of all are recognized as great workers of nature. Spread your love and positive influence among everyone, and all kinds of problems will be resolved more easily. You should follow this path.
- When nationalism arises in one's mind, the sense of individuality fades, and nothing is seen as belonging to anyone; the entire world becomes one's home. Therefore, all of you should train and practice yourselves with this mindset.

### **Association**

- Each of you has a talent that flows naturally, like water; the stream of talent follows wherever you direct it. Your inner thoughts shape the direction of your actions. If your thoughts reflect negative or devilish qualities, being in the company of such influences will automatically draw those wicked, restless traits into your nature and behavior. Therefore, always be mindful of your companions. Good company leads to positive outcomes. Just as children born into renowned musical families often practice music from a young age, following their family legacy, you will see that everyone in such families is absorbed in the same harmonious tune.

## **Skills**

- On the first day of the creation of the universe, nature's most powerful and fundamental organisms began to reveal their true essence. Being great is an inherent quality of all creatures. Look at the ants, for example—such small creatures, yet they display incredible qualities. They dig tunnels to protect their young and carry sugar cubes to feed them. How much creativity and energy conservation they demonstrate! Similarly, birds, animals, and other creatures possess sharp intelligence and remarkable abilities. Remember, even insects and animals have energy and qualities of their own. All creatures in this universe are endowed with intelligence and talent.
  
- At home, various vegetables like bottle gourd, pumpkin, eggplant, potato, drumstick, etc., are available. When you chop them all and prepare a curry, it becomes a delicious dish. Similarly, within each of you lies a variety of talents and qualities. When these diverse abilities are applied to a specific task, the outcome will be outstanding. The inherent qualities of a creature can be enhanced through practice, not created anew; they are always present within you as the seed of a tree, ready to flourish into branches, leaves, flowers, and fruit, just like the full features of a tree. With regular practice, one can lift 10 kg instead of 1 kg. Likewise, through consistent effort, your inner strength, like iron, will be transformed into gold.
  
- A person's failure in one area doesn't mean they lack talent in other areas. The same individual may find success in a different field. Some people excel in painting, others in singing, and some in sports. These are simply different forms of talent and skill. If someone excels in English while you don't, don't feel discouraged or think you lack talent or merit; you may excel in mathematics instead. Always remember, talent and skill develop in specific directions depending on the situation and circumstances.
  
- Do not believe in imaginary spirits, such as ghosts, demons, or unseen deities, that cannot be explained through logic, science, mathematics, or reason. Always trust in your own abilities. Those who follow the natural laws of the universe are truly great. Remember, whatever achievements the great individuals have attained by following principles, you also have the same potential. Talent and skill develop through practice. Just as water is found by digging, sometimes at 10 feet, other times at 100 feet, consistent practice will allow your talent to flourish.
  
- Never be startled by unreal or imaginary things that might divert you from the truth. The fear of ghosts and demons, often rooted in childhood stories of evil spirits, has weakened many of us, causing a loss of confidence. You should not follow fear-driven, vague imaginations. The rising sun, the shining moon, and the spinning earth are universal truths. What you can see with your own eyes is undoubtedly real. Always rely on these truths and follow them.

- You should be an appreciative reader of the story that presents significant ideas about the universe, much like a map, a story grounded in reality.

### **Assurance of security**

- You are the embodiment of creation, endowed with all kinds of qualities, and bound by the laws of the universe. You are being guided by universal law. What is right or wrong? You are that very law, which directs you and reveals the absence of it, distinguishing between purity and impurity, truth and falsehood, the known and the unknown. These are all recorded under various names in the ledger of life. The hands of the clock are in your control, and they will guide you at the right time and place.

### **Blessing of BABA Thakur**



“Just as a seed sprouts and many branches emerge, you will come to understand the true essence or theory behind it. You will realize that your own nature and the theory itself are reflected in the branches of that unified existence and understanding.”



When the language of self-realization will make you understand – these words are not needed. You will have already attained through self-realization.

Today, all of your thoughts are confined and narrow, like being trapped in a prison. It is my responsibility to free you from these mental chains. The prayers and thoughts that exist within you can help you break free and fully flourish, removing the walls that imprison you—these are my teachings. Wisdom knows no pride or disgrace, but only has the desire to become devoted to true knowledge. I am fully immersed in that wisdom, and my blessing is for you to also become wise in that knowledge.

**Shri Shri Thakur**