

INTUITIVE INSIGHTS

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| 1 | A big fruit is to be eaten in small slices. |
| 2 | A <i>bhogi</i> will think of death only during death. A <i>rogi</i> will think of death when his condition is hopeless. A <i>yogi</i> should think of death always. |
| 3 | A real yogi says - I was in everything. An unreal yogi says - I am in everything. |
| 4 | A realized person will never say that he/she has realized, because, realization is egolessness. |
| 5 | An experience can be called as spiritual, only if it makes you change into a better being, afterwards. If you remain the same person after that experience, then it is only a temporary illusion. |
| 6 | Any course, discourse, discussion, workshop, technique, method, book, or whatever of that sort, which does not take you towards self-realization, is NOT spiritual. Hence, beware of such things! Self-realization is possible only if God-realization is made possible, which requires time, effort and education. Those who talk about spirituality, without talking about God with devotion, are simply being fools, creating more fools. |
| 7 | As individual minds, we are the creators of our destiny. As natural minds, we are the creators of our environment. As universal mind, we are the creator of nature. The first one is Dwaitha, the second one being Vishishtadwaitha, and the third one is Adwaitha. |
| 8 | As individuals, we create our own reality, by means of our own imaginations. But the absolute reality is beyond any of our imaginations. That is the very self of us. |
| 9 | As long as you do not assume responsibility for your problems, your problems will remain. |
| 10 | As long as you keep comparing yourself with the others, you will never attain true happiness. To be truly happy, you should realize that you are beyond any comparison. |
| 11 | Before the practice of meditation, you remain the slave of your thoughts. After the practice of meditation, your thoughts will become your slaves. |
| 12 | Believe everyone because they all can be divine. Don't believe anyone because they are all human. |
| 13 | Body younger, brain younger: kids. Body older, brain older: adults. Body younger, brain older: athletes. Body older, brain younger: thinkers. Body younger, brain younger: yogis. |
| 14 | Character, Health, Money - this must be the order of priorities, for peaceful and meaningful living. Fools are those who have their priorities in the reverse order. |
| 15 | Children are angels; adults are devils. Children play with smaller toys; adults play with bigger toys. |
| 16 | Children make mistakes unknowingly. Adults make mistakes knowingly. |
| 17 | Dancing is slightly difficult; it requires training of the body. Singing is more difficult; it requires training of the voice. Playing a musical instrument is much more difficult; it requires the training of the hands, fingers and breath, at times. Speaking for an hour is still more difficult; it requires training of the thoughts, and converting them into speech. The most difficult is – the stopping of the very thoughts. Stoppage of thoughts leads to self-realization. |
| 18 | <i>Dharana</i> is concentration on something. <i>Dhyana</i> is concentration on nothing. <i>Samadhi</i> is concentration on everything; in other words, <i>Samadhi</i> is the realization of the void. |
| 19 | Different opinions should be welcomed; opposite opinions should be shunned. |
| 20 | Do thoughts get generated in you? Or is it you who generates thoughts? If your answer is the first one, then you are materialistic. If your answer is the second one, then you are spiritual. If you do not understand these questions, then you are foolish. |
| 21 | Don't give respect and take respect; let me keep mine for myself and you keep yours for yourself. |

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| 22 | Don't talk/think/worry about the things which you cannot change. |
| 23 | Don't waste your time in brooding over those issues which you alone cannot solve in any which way. |
| 24 | Enjoyment is through the body, whereas happiness is through the mind. Enjoyment is related to the sensory experiences, whereas happiness is related to the state of mind. But very often, the difference between the two is not properly understood, and each is confused for the other. |
| 25 | Enjoyment itself, when in excess, becomes suffering. |
| 26 | Every day, when you wake up in the morning, you have the choice to be happy or not to be happy. Most of the people choose the second one, as they think of the painful situations than of the peaceful ones. |
| 27 | Everyone is engaged in learning; but very few are engaged in knowing. |
| 28 | Everything is nothing; Nothing is everything. |
| 29 | First become a good student; then become a good teacher. |
| 30 | For losing weight, you have to do the reverse of what you did for gaining weight; that's all. |
| 31 | For obtaining all the answers, it becomes necessary to understand God's mind. For understanding the God's mind, it becomes necessary to still your mind. |
| 32 | For realizing your self, you will have to lose yourself. |
| 33 | For some people, work is for livelihood. For some people, work is for satisfaction. For some people, work is worship. For a yogi, it is all the three, as they are the three types of yoga (karma, jnana, bhakthi). |
| 34 | For the justification of the ultimate truth, there is a need for criticizing the hypocritical deliverances, as well as the wrong faith systems. But as the general mass is foolish, such constructive criticism is normally opposed, and the people who tell the truth are dealt with vengeance. History is the proof for this fact. Hence, the critic has to be careful about his/her own physical existence. |
| 35 | God, as consciousness, has purposes and no goals. Humans, as individuals, have goals and no purposes. Purpose is for upliftment and evolution; goal is for achievement and appreciation. Purpose may not lead to another purpose; but goal always leads to another goal. |
| 36 | God created food for humans is predominantly fruits, which are pleasant in taste. The other tastes are harmful to the body, and hence in small quantities, they act as medicines. |
| 37 | God created <i>Maya</i> with a divine purpose. Man started <i>Maya</i> with a mundane purpose. God's <i>Maya</i> is the love towards people (emotions: children, parents, relatives). Man's <i>Maya</i> is the love towards things (thoughts: wealth, status, power). |
| 38 | God created the food in nature directly in the edible form. Man changed the food for his conveniences, and hence he suffers. |
| 39 | God is neither kind, nor cruel; God is beyond both, as God is not a person. |
| 40 | God is not a person and hence God is genderless. But we use gender when we refer to God, as we express Him/Her/It in the languages. |
| 41 | God will not give you anything, as God has already given you many things, and God need not give you anything; whatever resources are required for living, they have already been given to you; how you use those resources is based upon your choices. |
| 42 | God's purpose is physical evolution. Our purpose is mental evolution. There are no other purposes. |
| 43 | Happiness gets generated from the mind, whereas bliss is the property of the self. Hence, happiness can increase or reduce, whereas bliss has no such attributes. |
| 44 | He/she who passes the time, gets failed by the time. He/she who transcends the time, becomes the time. |
| 45 | If dead sea would have been there in India, it would be turned into a great place of |

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| | pilgrimage. |
| 46 | If the patient is unhappy, then the doctor is happy. If the patient is happy, then the doctor is unhappy. Both of them cannot be happy! Both of them can be happy only when the doctor converts himself into a healer. |
| 47 | If you are not part of the solution, then you are part of the problem. |
| 48 | If you attend any crash course in spirituality, then you will end up with a true crash in spirituality. |
| 49 | If you cannot do something good, then at least, do not do something bad. |
| 50 | If you don't have physical and mental fitness, then you are unfit to talk about spiritual fitness. |
| 51 | If you don't learn from your mistakes, then you will learn only the mistakes. |
| 52 | If you don't want to get failed by the time, then you should not pass the time. |
| 53 | If you keep doing whatever others are doing, you will keep getting whatever others are getting. |
| 54 | Ignorance is the not the excuse for the problems. Ignorance is the root cause for the problems. |
| 55 | In order to dissolve yourself, you have to evolve yourself. |
| 56 | In the individual mind, the ego is chemically constructed and dissolved on a timely basis, and hence it is chemical as well as physical. In the natural mind, the ego is physically constructed and dissolved on a lively basis, and hence it is non-chemical and physical. In the universal mind, the ego is divinely constructed and dissolved on a creative basis, and hence it is non-chemical and non-physical. |
| 57 | In the material domain, effortlessness is fate and effortfulness is destiny. In the spiritual domain, visible help is fate and invisible help is destiny. |
| 58 | In the material domain, idle mind is devil's workshop. In the spiritual domain, idle mind is divine workshop. |
| 59 | In the material domain, the faster the work, the faster are the achievements. In the spiritual domain, the faster the work, the slower are the achievements. |
| 60 | In the name of formal education, people spend decades in acquiring the material knowledge, and later they expect to obtain spiritual knowledge urgently. How is it possible! |
| 61 | In the path of self-realization, the hastier your efforts are, the more delayed will the result be. |
| 62 | In the process of admiring the singer and the singing, the music is lost. In the process of admiring the dancer and the dancing, the skill is lost. In the process of admiring the painter and the painting, the art is lost. In the process of admiring the writer and the writing, the lyric is lost. In the process of admiring the speaker and the speaking, the word is lost. In the process of admiring the teacher and the teaching, the lesson is lost. All in all, in the process of admiring the body and the mind, the soul is lost. There is an immediate need to reverse this process of satiation of the ego. Instead of admiring the person and the talent, let us admire the resource. Let us have reverence for those who conquered the ego and realized the self. |
| 63 | In the spiritual domain, people are keen about occult experiences, and not about the learning that is to be obtained. If an experience does not provide any learning, then what is the use of that experience? People mistake hallucinations for visions, and forget the fact that the continuous learning is also a part of spiritual experience. |
| 64 | In those days, teachers were a few, and hence teachers used to recognize the right students. In these days, teachers are many, and hence students have to recognize the right teachers. |
| 65 | Intellect is effortful. Intuition is effortless. |
| 66 | Intellectually, each one is different from the other. Intuitionally, all are the same. |

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| 67 | Intuition is a sudden flash of comprehension that spontaneously emerges through the refined mind. Later, it gets transformed into thoughts by means of words and sentences, and gets expressed by means of speech, which is an immediate measure taken, to remember the comprehension. Otherwise, intuition may be lost due to the emerging of other irrelevant thoughts. Hence, expression becomes necessary for the adept, to preserve the contemplation. |
| 68 | Intuitions are the same with every adept, as all of them are connected to the same consciousness, but the differences occur because of the limitations of the different usages of the different languages with different individuals. Hence, the only solution to resolve the differences is to have discussions in the same language, and to arrive at consensus, provided the language that is utilized for discussion is enriched enough for the correct expressions. |
| 69 | Islamists have great respect towards the Qur'an; Christians have great devotion towards the Bible; Do Hindus have regards for the <i>Veda & Shaasthra</i> ? |
| 70 | Islamists perform <i>Namaz</i> everyday; Christians attend mass on Sunday; What do Hindus do at the temples? |
| 71 | It is difficult to understand a simple person, and it is easy to understand a complex person. |
| 72 | It is only possible to realize God and it is not possible to experience God. Experience is the result of an action, and the action happens due to intention and decision. How is it possible to experience yourself? |
| 73 | Jnana is intellectual; Bhakthi is intuitive. Without each other, both are waste. |
| 74 | Just like an ant cannot understand the world the way we understand, we cannot understand the universe the way it is. We are limited by our senses to understand the hidden dimensions of the universe. There are infinite dimensions for this universe, and the finite faculties of the human beings cannot comprehend the true universe, that is God. |
| 75 | Just like you are going to digest your own food, just like you are going to breathe your own air, just like you are going to control your own thoughts and emotions, in the same way, you are going to raise your own Kundalini. Nobody else can; don't fall into such traps. |
| 76 | Keeping the eyes closed, and not seeing anything, is Samkhyayoga. Keeping the eyes open, and not seeing anything, is Karmayoga. |
| 77 | Knowledge can never be individual; it has to be collective and testable. But the assimilation of knowledge is always individual. |
| 78 | Learning should be fun; but studying should be serious. |
| 79 | Love is not the one which exists - between a male and a female, between parents and children, between devotees and angels. Love is the unconditional feeling of belongingness. |
| 80 | Maintenance of health first, Knowledge of consciousness next, Earning of livelihood later on, Attainment of salvation at death - this was the method of ancient education. Learning for livelihood first, Earning of money next, Losing of health later on, Knowledge of consciousness never - this is the method of present education. |
| 81 | Material resources are usually quantified first, and then are qualified next. Spiritual resources have to be qualified first, and then have to be quantified next. |
| 82 | Matter is in energy; energy is in matter; both are in the consciousness. |
| 83 | Meditation begins with effortfulness and ends with effortlessness, and results in contemplation and realization, and the result cannot be communicated by means of speech, because speech is an effort. |
| 84 | Meditation is mindlessness. Salvation is selflessness. |
| 85 | Meditation is not concentration; it is the absence of it. |
| 86 | Meditation is the process of dissolving your ego and evolving your self. |
| 87 | More the options, more the dilemma. Yoga is one; names are many. |

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| 88 | Most of the humans of this world are fools, in one way or the other, as they don't utilize the faculty of self-education, and therefore remain the slaves of their inner natures. |
| 89 | No one can predict your future except yourself. |
| 90 | One problem: Hunger. Many solutions - Milk, fruits, vegetables, cereals, pulses. One problem: Disease. Many solutions - Rest, diet, medicines, physical exercises, external healing. One problem: Ignorance. Many solutions - Experiences, discourses, scriptures, introspection, meditation. One problem: Viyoga. Many solutions - Bhathi yoga, Karma yoga, Jnana yoga, Raja yoga, Thantra yoga. |
| 91 | People are more afraid of death than life; but life is painful and death is painless. |
| 92 | Philosophy without theology does not lead anymore further. Meditation without divinity does not yield anything more. |
| 93 | Physical exercises keep the body younger. Mental exercises keep the brain younger. Both of them keep both of them younger. |
| 94 | Religion is very much necessary for imparting the spiritual discipline; without religion, people on this world would have lived like barbarians, worse than animals. But the ultimate goal of any religion should be to impart the spiritual realization; if this is not achieved, then the religion is not helping in the spiritual evolution of the humans. |
| 95 | Results are originated from actions; actions from words; words from thoughts; thoughts from memory recall; memory recall from intention; intention from ego; ego from state; state from existence; existence from self. Self has no origination. Truly, karma is wonderful as well as wonderless. |
| 96 | Scholars get degrees from the man-made universities. Saints get degrees from the God-made universe. |
| 97 | Science is the process of studying and understanding about the universe. Technical science asks five questions: 4W-1H (What, Where, When, Why, How), and keeps finding answers, probing further with these questions. But it fails in understanding the universe in its completeness, just because, university is supposed to be the place where seekers and aspirants interact, discuss and understand about the universe, but it has not remained so, in the modern days. Hence, to understand the universe, one more W is necessary - Who? Spiritual science asks this question and obtains the answer, thus with 5W-1H. Hence, wherever technical science ends, spiritual science starts. If modern scientists really want to understand the universe, then they have no other choice than to turn into philosophy and then into spirituality, because spirituality is the ultimate science. |
| 98 | Self is realized when ego is falsified. |
| 99 | Self realization is possible only by means of ego's dissolution, and ego's dissolution is possible only by means of careful contemplation, planned penance and systematic study. |
| 100 | Sleep is temporary death; death is permanent sleep. |
| 101 | Spirituality is not about communicating with the external spirits. Spirituality is all about connecting with the internal spirit. |
| 102 | The best practice of meditation is the chanting of Gayathree mantra; Because, it does the culturing of the mind and the intellect. The best practice of spirituality is the performing of Sandhyavandana; Because, it contains Jnanayoga, Bhakthiyoga and Karmayoga. There is absolutely no need of learning any new methods or techniques; If people follow the sacred vedic tradition, that is more than enough. |
| 103 | The definition of health is not the consuming of the medicines; it is the non-consuming of the medicines. |
| 104 | The foolish ones feel pleased by staying in the man-made non-living structure. Wise ones feel gratified by being in the God-made living structure. |
| 105 | The goal of all human beings is one; that is, self-realization. Any guru who does not help in attaining this goal is not a guru. Any worship that does not lead to this particular goal is only a ritual. Any meditation that does not help in achieving this goal is incomplete. |

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| 106 | The human beings have three egos within: the ego within each and every living cell - which is active as long as the cell is alive, the ego of the person - which gets manifested in the dreaming and awakened states, and the ego of the consciousness - which is active always. The first ego is associated with the body, the second one with the mind, and the third one with the soul. A bhogi is aware of only the second one, that too partially. A thyaagi is aware of the last one. A yogi is aware of all the three. |
| 107 | The human character has five influencing factors: hereditary imprints, planetary influences, environmental influences, previous life's imprints, and lastly self-education. |
| 108 | The intention of the question decides the outcome. |
| 109 | The more you learn, the more will remain to learn. Since you cannot learn everything, it is enough if you learn only about your thing. That way, you will end up knowing the essence of everything. |
| 110 | The more you try to forget something, the more you will remember the same thing. |
| 111 | The more we know, the more we will come to know, how much less we know. |
| 112 | The only purpose of life is to evolve into a better being; that's all. |
| 113 | The people who do not follow any tradition in particular, who do not love their own family members, who do not work for their own livelihood, are under a state of utter confusion, and hence, they cannot call themselves as being in the spiritual path. |
| 114 | The purpose of life is to understand death. |
| 115 | The three basic requirements for a spiritual aspirant are - i) To be in continuous contact with a genuine teacher, for personal interaction and verification. ii) To have concern towards the family members first, and then towards the society in general. iii) To earn one's livelihood by means of hard work, and not to live on others' money or wealth. The one who does not follow the first requirement is a socialite. The one who does not follow the second requirement is a hypocrite. The one who does not follow the third requirement is a parasite. |
| 116 | The true guru teaches in such a way, as for you to become independent. The false guru talks in such a way, as for you to remain dependent. |
| 117 | The universe has infinite dimensions and the human constitution has seven dimensions. Being in the first three dimensions, one cannot know about the fourth dimension, unless the questioning mind is stopped. In the three dimensional world, the limits are from 0 till ∞ , and hence any search for limits is incomplete. In fact, there are no limits, and hence, it is futile to describe the higher dimensions. |
| 118 | The universe is randomly systematic as well as systematically random; in addition, the universe is finitely infinite and infinitely finite. It has systems within systems, and each system is complete in its own way. |
| 119 | There are only two methods for achieving success - the straight method and the crooked method; humans choose the first one and demons choose the second one. |
| 120 | There is a quantitative difference between the self and God; qualitatively, both are same. |
| 121 | There is a subtle difference between confidence and arrogance; you will never know when the former will turn into the latter, unless you maintain the clear awareness of your behavior. For those people who don't maintain such introspection, ego increases with age, thus resulting in highly selfish behavior. |
| 122 | There is a very thin line between confidence and arrogance, and it is very difficult to distinguish the difference between them. Wise ones remain confident and the foolish ones become arrogant. |
| 123 | There is no my God and your God; there is no our God and their God. God does not belong to us; we belong to God. God is pure consciousness and bliss. |
| 124 | Think more about improving the inner world rather than about improving the outer world. |
| 125 | Those who are materially richer, are spiritually poor. Those who are spiritually richer, are materially poor. Karmayoga means: be balanced and be rich in both. |

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| 126 | Those who are physically dissatisfied, and mentally dissatisfied, are - Ignorant. Those who are physically satisfied, and mentally dissatisfied, are - Indulgent. Those who are physically dissatisfied, and mentally satisfied, are - Ascetics. Those who are physically satisfied, and mentally satisfied, are - Attainers. |
| 127 | Those who waste the time, get wasted by the time. |
| 128 | Those who worship the human graves are better than those who worship the evil spirits. Those who worship the special trees are better than those who worship the human graves. Those who worship the divine images are better than those who worship the special trees. Those who worship the holy books are better than those who worship the divine images. Those who worship the yogic body are better than those who worship the holy books. Those who worship the inner soul are better than those who worship the yogic body. Those who worship the almighty self are better than those who worship the inner soul. |
| 129 | Thoughts are made up of sentences; sentences are made up of words; words are made up of letters. Hence, if you want to stop your thoughts, then stop those letters which originate in the mind. That is true meditation. |
| 130 | Time does not belong to us; we belong to the time. World does not belong to us; we belong to the world. |
| 131 | Two types of people don't require any advices – the ones who know everything and the ones who don't want to know anything. The first ones are most useful during their living, and the second ones are not worthy of living. |
| 132 | Understanding others requires lesser effort as it is performed using the external organs, and is natural. Understanding oneself requires larger effort as it is performed using the internal organs, and is personal. In the process of growth, gradually the first one should turn into the second one; only then, it is the mental growth. For all the others, it is only the physical growth. |
| 133 | Unless an effort is made to upgrade the intellectual abilities of the people, the mass keeps following the mass, and hence the people in common, are going to degrade themselves. They remain the slaves of their sensual pleasures, and their psychology in general, is to impress others in terms of materialistic achievements. This will gradually lead to the corruption of the mind, and the person gradually will become sick, mentally first and physically next. There will be very few among the mass who have long term vision, and who possess the skills for the upgradation of the mind. Hence, it becomes the responsibility of such elevated people to guide the mass in general, and to uplift the society towards spiritual goals. Unless otherwise such an effort is made, the world is going to remain filled with fools, whose activity in general, is in hurting others and in making themselves sick. |
| 134 | Unplanned theoretical study will lead to confusions. Unplanned practical pursuit will lead to hallucinations. |
| 135 | Vyasa is the greatest philosopher. Pathanjali is the greatest scientist. Adi Shankara is the greatest teacher. Vyasa explained the secrets of macrocosm. Pathanjali explained the secret of microcosm. Adi Shankara explained the spirit in both of them. |
| 136 | Whatever God gives is immeasurable. Whatever man earns is measurable. |
| 137 | When ego stops talking, the self starts telling. |
| 138 | When pain becomes inevitable and is being experienced, it decreases when accepted, and it increases otherwise. |
| 139 | When you are a child, your great grandparents will perish. When your child is a child, your grandparents will perish. When your child has a child, your parents will perish. When your grandchild has a child, you will perish. This is the cruel as well as merciful law of life. |
| 140 | When you ask somebody - "What do you think about a tree?" - What can be the variety of answers? |

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| | <p><u>Fool:</u> What is there to tell about it? A tree is a tree, that's all.</p> <p><u>Kid:</u> Can I climb over that tree and play? It must have many branches.</p> <p><u>Traveller:</u> How much shade does it produce? We have to relax in the shade.</p> <p><u>Farmer:</u> How many fruits does it bear? And how big is it? And how thick are the leaves? We can consume its fruits, and we can use its branches for firewood. We can use its leaves as well, as a bed for our cows, after which the leaves can be used as manure.</p> <p><u>Carpenter:</u> What is the quality of the wood? And how thick and long is the tree? Is it teakwood, rosewood, or sandalwood? I have to see it, and then I can suggest the type of furniture that can be made.</p> <p><u>Artist:</u> What are its looks and color? I can use its parts for producing paints for my art-forms. If the wood is good, I can carve statues out of it. Or at least, I can look at it for some time, and paint a picture of it, and sell it to you.</p> <p><u>Botanist:</u> Which type of forest is it in? And what type of geographical area is it? I have to study the tree's phylum and class, and later I can give you my opinion about it.</p> <p><u>Herbalist:</u> I have to see the tree, and then I can tell you about its usage. The leaves, roots, fruits, bark etc. can be used as medicines for treating many health ailments.</p> <p><u>Industrialist:</u> Depending upon the material which it is made up of, we can use the tree for producing paper, rubber, resin, plywood, packing boxes, panels, sports equipments, furniture, gift boxes and so on. Or at least, we can cut it into logs and use it for fuel. It can be a good profitable business.</p> <p><u>Spiritualist:</u> Oh a tree! It is one of the God's most wonderful creations. A small seed comes in contact with water and sprouts, absorbs the essences from the earth, grows and yields flowers and fruits, flowers contain nectar for the insects, fruits are consumed as food by the birds and animals, leaves yield oxygen for us to breathe, and the tree grows tall withstanding all the atmospheric disturbances, the water which it absorbs through the roots is tasteless - but the same water becomes sweet and delicious inside the fruits, with varieties of taste in the varieties of trees! And how bud blooms into a beautiful flower, along with fragrance and colors! And what plan in attracting the insects for their food, and through them pollinations happens, and the flower becomes a fruit! And one seed results in so many seeds over a period of time, and one tree yields hundreds and thousands of fruits in its lifetime. Wow, God's creation is amazing!</p> |
| 141 | Winners blame themselves for their failures, and they praise others for their successes. Losers blame others for their failures, and they praise themselves for their successes. |
| 142 | Wisdom is individual. Intelligence is collective. |
| 143 | Yoga is the effort of losing the individual ego; jnana is the effort of gaining the universal ego. Jnana commences where yoga concludes. Therefore, jnana is not possible without yoga, and also, it is not jnana in which there is no yoga. |
| 144 | You are not here to judge me and I am not here to judge you. You are here to judge yourself and I am here to judge myself. |
| 145 | You should be in personal contact with a competent teacher, for getting your practices verified, and for getting the results substantiated. Otherwise, you should be intuitive enough to judge yourself. |
| 146 | You should know something of everything, and everything of something. You cannot know everything of everything, and you should not know something of something. |
| 147 | You should not talk something of something, and then, everything of everything. Don't talk 100% when your knowledge is 10%; try to know 100% and then talk 10%. As an |

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| | addition, don't listen 10%, and then, talk 100%; listen 100%, and then, talk 10%. |
| 148 | You will not be able to understand others until you understand yourself, because, you will be trying to judge others before judging yourself. For judging others, you should be above others in all respects; otherwise, all your efforts in trying to understand others becomes futile. Hence, instead of wasting time in trying to understand others all over the time, it is better that you understand yourself. |
| 149 | Your body indicates its discomforts in many different ways – coughing, sneezing, yawning, vomiting, evacuating, trembling, warming, paining, etching, and so on. When you continue to ignore these signals, the body suffers from the respective diseases. |
| 150 | Your future depends on what you have stored in your memory. |

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