

## **How to change the entire world and to live in harmony with the Universe.**

Be in harmony with life. Feel the connection every day, every morning and night, be a part of it. Today is a special day- Deepawali - the festival of light. I salute you from my soul and ask each of you to light the light within you and thus help the entire world. If we change our thought patterns when we look at the world, everything will be bright and shining. Let us bring about this change.

Be with yourself in Silence, not getting carried away by the feelings of others, finding strength and developing devotion in your feelings is the best. Experiencing Silence is the junction in the journey towards Supreme Life.

Now I will tell you a beautiful story.

Once the King of an empire was suffering from a strange kind of illness. Nobody had a cure for this illness. After a long search, the king finally found a physician who claimed that he could cure his disease. The remedy that he prescribed to the king seemed weird, but everyone decided to try it it- after all, it was their only hope.

The physician said, 'The more the king sees the color red around him, the faster he will recover from his ailment,' Upon hearing this, the king ordered for all the places that he visited or passed by to be set up in such a way that he would see only the color red, whatever he set his eyes

upon. People got down to work. All the walls were painted red- the roads by which the king used to pass were decked with red curtains and carpets. The soldiers and guards changed into red uniforms. The king's throne and the entire throneroom were turned into red.

Huge amounts of money were spent in this process. The results were positive and so they hired people from other villages to complete the work. Seeing all the flurry, a small boy in the neighborhood was baffled. He went straight to the courtroom and asked the king, 'What are you doing! Why are you spending so much money?' People were taken aback and feared for the child. The chief of the king's ministers rose to his feet and shouted at the child, telling him to get out, and that if he was older they would have arrested him for misconduct.

The child calmly replied, 'I too wish that the king should recover quickly, but I do not approve of these methods. If you give me a chance to speak, I have a solution that is not as expensive.'

'Get out of here!' the minister shouted and continued with anger 'What solution can you have that wise pundits and physicians have not thought of? Go away or else you will be jailed.' The child started to leave when the king stopped him and said, 'Everyone in this courtroom is equal and should be given a full chance. Though the probability of you having a solution is small, I shall still give you one chance, Say what you have to say.'

'Thank you, your Highness!' the child responded politely. 'I had only heard of you before, but today I have got the opportunity to see you. It is probably due to this way of dealing with matters that people respect you so! No wonder everybody is working hard for your recovery. But I have a solution that will cure your illness at a negligible cost.' Having said this, the child handed over a pair of spectacles with red-colored glasses to the king. With the red glasses on, the king could see everything as red. The whole courtroom stood up and applauded.

'I bought them at a fair.' said the child. ' With these on, everything you see will appear to be red in color. You will recover in no time and also save a lot of money.' People were amazed at the child's wit.

We also look through colored glasses. It is only natural that whatever color glasses we wear, the world appears to be of the same color to us. Likewise, the kind of self-talk that goes on within us determines the way we feel about the world. Let us look through transparent glass, not judging anyone and treating everyone equally.

By changing our thoughts and understanding ourselves, we will feel better and it will help us improve our relationship with the outer world. Staying away from bad friends is good, staying with good friends is better but becoming a good and a bright friend is the best.

Every moment, every day, there are many incidents that take place on different levels around us, making us feel good, bad or terrible but who is responsible for the

feeling? It is we who are responsible, not our neighbors or society or the government. If we understand this, we can be truly happy.

Everybody has a structure or pattern in his/her mind about life and the world, and lives and acts according to his/her pattern. Others might feel that he/she is wrong in what he/she is saying and doing, but when they understand the meaning behind his/her words and actions, the misunderstanding clears up, and everybody is right according to their thought pattern, every person has his own existence and his own world. There is a distinct frame of each person's world through which he/she sees, but we cannot see another person's frame. We ask, why is this person speaking this way? Why does this person work this way? Why is this person always this angry? But from today onwards, we do not have to look at how others are at fault; we have to look at how they are right.

Everybody is right, whoever it may be. Even a robber acts according to his thinking structure and pattern.

For example, when you stroll on the terrace of your building in the evening, you see a lot of birds, the clouds, the setting sun, etc.

This is what YOU can see. Have you every wondered how the birds look at the world?

How do the birds, flying in the sky, look below?

From their point of view, how does the world appear to them?

If they had the ability to think, what would they think?

When we look at the birds, what are the things that we think of?

We can think that we look at the sky, and are able to see the stars and the moon, if birds were to fly with their faces facing the sky, they too would be able to see the sky as we do, but at present they do not see the way we see. How would we appear to them? If they could think, what would they be thinking? If you look through the eyes of the birds, you might be able to understand their viewpoint, if birds could speak to us, their perspective would say, "People walk on the ground upside-down, they have built tall buildings for what? They should walk on the terrace, in spite of development and progress; they still walk on the ground. People should not sit down in confined boxes (Building, houses), only some children come out and look at the sky."

This is what the birds see and they are right, but what man thinks of birds is also right according to his perspective. Everybody is right according to his or her thinking pattern.

How have we looked at life till today? We looked at it following our thinking pattern. As long as we keep looking through frames or patterns, we will not achieve supreme life.

Today, if you look at the way two people perceive the world, they would be different from each other. Everybody has his/her own world, his/her own dreams.

Let me give you the example of a burning incense stick. There is a thin wooden stick inside it- that stick can be considered to symbolize 'a living being' Jeev. If there is no incense applied to the stick, you would say that it is of no use. The burning part of the incense stick is JEEVATMA. JEEVATMA means the consciousness, the live entity which is within all of us, without which life has no significance. It is due to this Consciousness that life functions. It is the burning part of the wood that makes the incense stick give out fragrance. Similarly it is due to Consciousness that the body performs deeds, known as Karma. Consciousness slowly erodes the body like the incense stick and reveals itself in the process. Consciousness enlivens the body and slowly expresses itself asserting the existence or spreading fragrance, the ash and smoke are the thoughts in our mind. The Consciousness inside is the burning part of an incense stick that has been covered by ash. The ash symbolizes the conscious mind. To uncover Consciousness we need to blow aside the ash through self-talk. We have to re-awaken the Consciousness. When ash falls off an incense stick, smoke also emanates. That smoke smells unpleasant due to thoughts of lust, anger, fear, greed, attachment, hatred and Ego. So let us change.

There is only one state of self-realization. When the thinking patterns of certain people become the same, all old patterns and molds start to fall apart, and these

people break out of their limitations and become unlimited and stabilized in the present instead of living in the past or the future. Now it is time for you to break your thinking patterns and realize that what is happening in the present is the truth and what has happened is in our memory, and what is going to happen is a figment of our Imagination. The truth is NOW and if you start your journey from this truth, you can reach the supreme state and be honest with yourself. You have to talk honestly with yourself, without hiding your reality and the Answer is within you. If we all would do this, we would bring a huge change within us and the Planet would be a better place. All the miracles that have happened on Earth are based on faith as our conviction, so are the proofs we get every day.

**Now, in this moment, let us forget all superstitions, fears and belief systems and be one with the Universe. There could be one spirituality and one light.**

My heart now dances to the tune of unconditional love, along with all of you.

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