White Lies
Dark Truth

QUESTION YOUR BELIEFS. WHO ARE YOU, REALLY?

Mony Singh
White Lies
Dark Truth

by
Mony Singh

Copyright © 2017 by Mony Singh

This eBook is licensed for your personal enjoyment only. This eBook may not be re-sold or given away to other people. If you would like to share this book with another person, please purchase an additional copy for each recipient. If you’re reading this book and did not purchase it, or it was not purchased for your use only, then please return to Smashwords.com and purchase your own copy. Thank you for respecting the hard work of this author.

All rights reserved. No part of this book may be reproduced without written permission from the publisher or copyright holders, except for a reviewer who may quote brief passages in a review; nor may any part of this book be reproduced, stored in a retrieval system, or transmitted in any form or by any means electronic, mechanical, photocopying, recording or other, without written permission from the publisher or copyright holders.

Editor: Ruth Schenkel
Typesetter: Barbara Kruger
Cover Designer: Julia Gaskill
Pictures: iandistudio — www.iandistudio.com
Dedicated to the supreme Father and divine Mother- for giving me another chance to explore this human life. My infinite thanks to my parents, for becoming a gate to this physical world. To my Guru, Shri Anil Jain, who awakened my Kundalini Shakti and with whose blessings I have come to understand the Science of Body Features. Also, my loving gratitude to Dr. E.E Lindwal and his wife Ruth for their love and support and for helping me to break the fetters of my past lives and allowing my energies to explore their full potential in this body. My hearty thanks to all my friends, who have proved to be wild cards in this game of life. Whenever I got stuck in this capitalist world they helped me move on with my passion to bring a change in mass consciousness; without them this project would have taken a few decades. Finally, my love and gratitude to my family- who have given me their love and care no matter how rough the times were.
# Table of Contents

Introduction  
Chapter 1: Our Life! A White Lie  
Chapter 2: Know Thyself, The Science of Body Features  
Chapter 3: Thoughts  
Chapter 4: The Mind  
Chapter 5: The Power of Spoken Words  
Chapter 6: Love and Relationship  
Chapter 7: Man, Woman and Marriage  
Chapter 8: Sex  
Chapter 9: Children  
Chapter 10: Food  
Chapter 11: Health and Healing of Your Body  
Chapter 12: Money and Politics: Our Future  
Chapter 13: The Game of Misery  
Chapter 14: Happiness to Bliss  
Chapter 15: Religion  
Chapter 16: From Religion to Spirituality  
Chapter 17: Guru or Master  
Chapter 18: Death and Beyond  
Beginning—A Note from the Author
Introduction

A child is born; we nurture the child to the point where he can walk and talk, then we send the innocent kid to school. At school he learns all the basic tools of survival, i.e., language, science, mathematics, politics, capitalism, etc., but do we ever teach him how to live this life? ‘What this life is all about? What his role is in society? Why he has taken birth and why he will die one day?

When you go to the Grand Canyon or any state park, at the entrance you are handed a map, a list of do’s and don’ts. The map tells you where to go, where to camp, what areas you should stay away from and what areas are the most interesting. But do we ever give a map to our kids as to what areas are interesting in life and what areas they should stay away from?

If we are traveling from one city to another, we plan our trips in advance and we have road maps, highways and signs to help us reach our destination, but do we ever plan our life path or have any maps to take us from one birthday to another?

When our children become ready to walk on this road called life, we never teach them to map their lives where they can enjoy the cities of peace, harmony, love, compassion, caring, awareness, meditation and faith, but we make sure that they do not miss the cities of capitalism, competition, egoism and jealousy, which lead them to the dark and unknown lands of pain and misery.

All our lives we are focused on one issue—how to make more and more. People grow up to become good earning machines, and although the majority do not like their profession, they continue their everyday struggle in bumper-to-bumper traffic trying to reach their destination of financial security, thinking that one day they will relax and enjoy this life.

If parents and teachers are aware, they can figure out a life plan for a child based on his habits and interests at a very early age. All they have to do is keep track of the child’s interests and the areas in which he excels, and a map can be drawn about his growing years. But parents are selfish and ignorant. In order to satisfy their own wishes and desires, they make their children as their scapegoats. A kid may be good at art and love to paint all day, but his parents want him to be a doctor; although the kid might become a successful doctor, his life is wasted. He took birth to satisfy his inner self—to be a painter, to express himself through painting, but his parents kill the painter within him when they force him to become a doctor. You will be surprised to know that Hitler wanted to be an artist, and if his parents had helped him express himself through art, perhaps the world could have been saved from so many killings.

To live in harmony one must love one’s profession; otherwise, one may make money and live in a mansion, but one will never be at ease with one’s self. Just recently, psychologists have started saying, “Do what you love and the money will follow.” Yet the majority is following the same old principle of working in a field where they can capitalize.

We teach kids vocabulary but never teach them the deeper meanings and associations of the words or the emotions behind them. But kids are smart when it comes to associating words with emotions. A kid may be riding with his mom and dad in the car when someone cuts them off; the dad says, “You SOB,” and the kid sitting in the back enjoying his milk stores “You SOB” in his databank along with emotional sound waves.
of hate and anger. Some day he will be out in the world and will repeat the same episode with others. It is no wonder we have so much hate on our planet.

Do we have any guides in the society who can teach us how we should live our lives? No! Because it is taken for granted, just as when you own a car there is no need to know the mechanics behind it because in the case of a breakdown, there are hundreds of auto shops around. To compensate for our lack of knowledge about ourselves, we employ psychologists, doctors, counselors, and priests, and if they fail to help, we can make use of our mental institutions and jails.

God knows how many innocent people are rotting in our mental institutions and jails. This all happens because of one simple reason—we never teach our young ones how to live this life. We have not explored our own lives, so how can we expect to teach?

Governments are willing to spend billions on drug education, but will not spend a penny on going to the root of all miseries—the lack of understanding to live this life beautifully. We have the resources, the information, and the technology to make this world a place to enjoy, experience, and understand, but the statistics show that the majority have to live a life of scarcity, insecurity and poor health. Every human life is wasted just trying to survive or amass.

All humans are born with equal potential to laugh and enjoy their lives, but very few chosen ones fall in the category of the successful ones: the majority lives in misery and dies in misery; as they are always in survival mode, trying to make ends meet.

The tragedy is that one who was born to be a Buddha is working as a bartender, and one who was born to be a Jesus has ended up being a janitor. We all come for one reason: to grow and go beyond this misery called life. But 99% end up in the same crusher of unawareness because they are never taught to center themselves so that one day they find their real selves to go beyond this “Maya,” or illusion, which is another word for misery.

We have had abundant spiritual masters and teachers and the majority talked about the body, mind, and soul connection, and many talked about God. Most of them were and are mere businessmen, just here to capitalize on man’s ignorance in the capitalistic west. Have we reached anywhere by knowing about the connections between body, mind and soul? Many have claimed to reach enlightenment but their experience cannot become ours, as all understanding must come from one’s own experience or vice versa. Have we gotten anywhere or reached enlightenment ourselves by merely listening to them or reading their words. There is a strong need to know the basics of human existence as to who we are and why we are here.

I have devoted one chapter to this 5000-year-old science from the Vedic era; it is known as “Sharir Lakshan Vigyan,” or the Science of Body Features.

Every child is born with unique physical features as a result of the DNA contributed by both parents. Genetic coding shapes one’s physical features and these physical features are the indicators of one’s thinking ability. Both these factors play a very important role in our lives because we are judged by the way we look and the way we walk, talk or act. All our actions depend on how we think and what we think as our minds respond to the millions and billions of thought waves hovering in the universal consciousness. The thoughts one receives from the universal consciousness are in perfect resonance with the quality of one’s physical features, just like the components in a radio or TV. Our physical features are the indicators of the quality of the components found within our body and the power of our biocomputer. If the quality of the parents who
contributed their genetic coding is high—with respect to awareness, sharpness of the mind, their past karma, their knowledge database, the quality of the blood, etc. — and if they are in deep love with each other, their own selves, and with the world around them, a child who will take birth from the union of these two individuals will supersede the quality of his parents in all areas. This science has enough potential to revolutionize the way we think about others and ourselves.

Just look around and you will find that the majority of people are products of disharmony and the eyes of these people will never be the same size and shape since the left side of the body is an indicator of the mother, and the right side an indicator of the father. The imbalance in the shape, size and appearance of one’s eyes are clear indicators of disharmony among parents at the time of conception.

If ever you wanted to know how close your parents were at the time of your conception, just stand in front of the mirror and have a good look at yourself. If your father was in harmony with your mother from the time they started knowing to the time you were conceived, and they have both loved each other and have showered that unified love on you in your growing years, you will grow up to be a very balanced and attractive person, and the shape, size and appearance of both your eyes will be in exact proportion even if you are not born with good features.

On the other hand, if your father was not joyous about your coming to this world, you will carry that ugliness on your face even if you are born with the best quality features. The same is true of the tops of your feet, which are related to your mother’s state of being. If you have ugly feet where veins are showing on the top, then you can be assured that your mother’s circumstances were not harmonious at the time of your conception or in the period preceding it. As a result, you were deprived of your mother’s love.

Imagine the quality of the components used in a common radio compared to the components used in the probes that are sent into space to explore the universe. The quality of the components used in these probes are of the highest quality science can produce, since these probes are designed to perform specific functions and the results have to travel millions of miles in order to reach the base unit; no chance can be taken with the quality of the components used—once the probe leaves earth it cannot be brought back.

Just as some humans have the ability to be good teachers, some have the ability to be good singers, good artists, doctors, healers, mathematicians, engineers, carpenters, and so on, based on their genetic coding and the science of their body features. The creative and destructive forces lie dormant within us until we dive deep into these mysterious forces and use them according to our limited awareness.

It is such a powerful science that if someone involves himself in an inhuman act, such as killing another human out of grudge, hate, or anger, and not in self-defense, or if a woman aborts her fetus at a very late stage, or even if a person is instrumental in killing someone due to negligence, within a few days of such an act certain signs will show up on the person’s physical features. It is the way of existence to let us know that we have gone against the laws of nature. I have disclosed this secret in this book for the benefit of mankind. This little secret can help the justice system to be fair and honest, as not all homicides are preplanned crimes of hate. Some happen to protect the self.
This science can help healers and therapists as they look into the inner state of people and know where their life is being held at bay. Using this sacred science one can see how much happiness a person has, whether a person enjoys his food or not—since what we eat and how we eat today will determine the state of our being in the future—and the quality of a person’s energy system, how much sexual energy the person has, as well as the state of the immune system. There are tons of secrets one can know just by knowing the science of analyzing one’s body features.

Since this is not a book on “the science of body features,” I have only disclosed what is of importance to a common man in order to know himself and start living this life in harmony.

I have also dedicated one chapter to healing because healthy individuals are a rare find: most people suffer from chronic health problems. I have also disclosed some ancient therapies that can pull the masses out of some chronic diseases like cancer, depression and AIDS, provided their immune system has not been completely torn down and their five elements have not started to disintegrate, something which can be determined by looking at a person’s temple area (the indicator of the state of a person’s immune system).

Humanity is at a crossroads as we enter the 21st century; people are poorer than they were a few hundred years ago. The lack of revolutionaries who have the awareness and the guts to bring a change in the system are making the lives of people unfulfilling. People are confused and their lives are a mess.

The concept of marriage, our family system, the justice system, our ability to forgive, our religions, our peace of mind, our patience—all are collapsing.

Money, religion and politics have caused more damage to humans than has any other dogma. Interestingly, all three are based on creating illusions at different levels.

**Money creates illusion on the material level.**
**Politics creates illusion on the mind level.**
**Religion creates illusion on the emotional level.**

Mankind is losing itself in the jungle of intellect. The intellect is as vast as this cosmos. The energy of the heart is like a leash for our consciousness, and if the leash is not strong enough we will lose touch with our being.

Considering the direction in which humanity is heading, there is little time left. Man is turning into woman and woman is turning into man. Women are losing softness and men are losing strength. We must change our course or the result will be disastrous. Masses of women will choose to be lesbians and masses of men will take to homosexuality, transvestitism, or transsexualism. This emotional shift and the forced physical shift will distort the subtle balance of the mind and will result in homicides, civil wars, mass suicides and genocides. If we look at the current state of humanity; most people are unhappy, angry, impatient, selfish, rude, and judgmental. The number of people losing their balance of mind is on the rise.

Two essential elements to live this life as a normal human being are evaporating fast. These elements are love and hope. People are feeling helpless, clicking frantically on the mouse in search of something potent, something which will give peace, love and clarity; But that something is not out there—it is within you. You need to pull your eyes away from the picture tube and start looking inwards on the dark screen of your forehead; you need to click on your consciousness and tap on the keyboard of your heart, because that is
where the divine music will be orchestrated. These ears will not hear what you desire to hear. The universal sound of “AUM” is within you.

What you can see with these eyes are just **WHITE LIES**, a mere illusion that falls apart at the moment of death. Just as you came into existence out of nowhere, you will dissolve into nowhere—it’s only a matter of time. ‘Whatever you can see, touch, feel, taste, or hear is going to dissolve one day. The clock is ticking and the day is not far when this beautiful pulsating gift of life will have to be abandoned.

The **TRUTH** is hidden in the darkness of your unconscious mind. Look within and you will find all. Do not be confused by the lies outside of you.

I have covered those areas of life where the maximum confusion lies. Mankind has been chained to those issues for millennia. After you have gone through the book, you will be able to break those chains that have kept you imprisoned for a long time. Once you start walking on the road of awareness things will start clearing up, and no longer will you find yourself in confusion.

Many times I have used the comparison between the east and the west, without which this book would have been incomplete. As the east has half the knowledge and the west has the other half, the east and west are like male and female. They are very opposite and complementary to one another. The east is emotional while the west is logical.

If your upbringings has been very emotional, this book will help you open your logical mind, and if your upbringings has been very logical, this book will help open up your emotional center.

This book is an honest attempt to help mankind start a new millennium, one in which we can be happy with our existence and make this planet into the heaven that was the original intention of the creators. It is an attempt to turn this planet into a school of life, a research center for the cosmos, a vast library or database of knowledge as described by Barbara Mercenick in her book, *The Earth*.

I have tried to make society aware of where we have been lacking, and attempted to open some hidden secrets science does not know, that the poor doctors and psychologists have not ventured into because the trend has instead been “the blind leading the blind.” No one has had the guts to look around, experiment, learn and give back experience to the world. Yes! People have passed on information, but they have not passed on knowledge or wisdom, which is lacking on the planet despite the fact that we hanker for it all our lives.

My aim in this book is to help humanity reach a stage where it becomes easier for people to know who they are and what their purpose is. After reading this book, you will have all the tools to move on in the search for truth and no longer will you have to give up your families, your property or your hard-earned money to these so-called “gurus” in the search for the knowledge that you have been seeking for ages and lifetimes. After knowing these secrets, you can start your own journey inside of you and if, along the way, you stumble across a real master or guru, it will be your good luck and you should feel blessed. I have also given secrets from the science of body features as to what you can see in a guru so that you will know if he is a real guru or just another con man who has read a few books on philosophy and is merely a good talker.

I would like to end the introduction with this wish for the future: In the coming times, society becomes so aware that money is more of a tool to play with than a power,
although it presently rules the world. No longer need one pay for any sort of guidance, whether it be spiritual, physical or material. Guides and doctors are created for the benefit of society and they are supported in their needs by a group of people. They do not need to worry about their daily necessities, allowing them to spend their time gaining new insights into human life and sharing these insights with society.

My sincere wish is that after reading this book you should apply these secrets to your life to make it wholesome so that one day you may stumble upon your holiness.
1

Our Life! A White Lie

Welcome to Earth! The only planet that we know of in our solar system that has life. The land of the rising Sun and the shining Moon. Day and Night, Life and Death, Richness and Poverty, Laughter and Tears, Happiness and Sadness, Anger and Compassion, Love and Hate—welcome to the land of duality. Buddhas were born here as well as Hitlers.

You are born with power to be both. Accept it or be mad, live happy or die sad; the choice is yours.

“Please, someone, help me. All I want is something small. Nothing big. I just want to be happy.”
(Kristin Kinkel)

These are the words of 17-year-old Kip Kinkel, an Oregon native who gunned down his parents and then opened fire in his high school cafeteria, killing two students. He was sentenced to nearly 112 years in prison in November of 1999. Shocking, isn’t it? This poor soul could have been the next Martin Luther King or Gandhi; sadly, he will spend the rest of his life behind iron bars living his life no better than an animal: caged, helpless, and hopeless, just waiting for the day when his being will leave his body in search of a better one. All he wanted was a little bit of happiness!

We are all seeking happiness in some way or other. Are we not? Our search for a better car, a better house, and a better spouse, all boils down to a search for something within us, something better than that which we know at the moment. Believe it or not, we are all searching for our inner self, our true self, not the one we know—our name, the brand name society has given us, the software we have created within our biocomputers, or the software that has been installed by the society or religion in which we were raised.

Most people are living a stereotyped life created for them by others, and all the programming one has is based on lies, half-truths, false notions, religious dogmas, and racist and judgmental emotions. Take a good look at yourself and see what belongs to you.

The truth is that you are brought up on lies and you live your life based on notions and dogmas that have been stuffed into you. Nothing is genuinely yours within your mindset. Pro-religion or anti-religion, it does not matter. Christian, Hindu, Jew, Sikh, Muslim—all carry a mindset which does not allow the other.

All our belief systems are mere thoughts borrowed and garnished with religious, political, and racist emotions. We are beggars of information, thinking that one day we will be kings. Yes! Some do end up being kings of information, but they become the kings of beggars. When death knocks on the door they have a bigger load to let go of. All the so-called religious, political, material, racial beliefs, notions, and thoughts are trashed at the time of death.

Our belief systems have created nothing but bewilderment on this planet. Our religions have created nothing but racism, and our political systems have merely created more prejudice, making people poorer on many levels. Every few years a new person pops up who condemns his predecessor, promises a new future, enjoys his perks while being the head of the country; and leaves behind a badly scarred and disillusioned
society; Crime and corruption continue; some win, some lose, and the majority are left to experience anarchy, violence, and hate. The list goes on.

The other day when I got off the BART (Bay Area Rapid Transit) at the Berkeley Station, I saw a sign that read: “There was just one hate website on the Internet at the time of the Oklahoma City bombing; today there are more than 2100.”

We all want to be the rulers because it hurts to be ruled over. If you look deeply you will start laughing. We all live our lives based on primary and secondary thought patterns. These thought patterns have been contributed by our parents and the people who have lived around us all our lives. If someone was brought up thinking that he wants to be a painter, then he or she will be living off the collective consciousness of the best painters who have existed in the past; he might or might not have heard of Picasso, but his goal is to be the best painter. Others will have the goal of being the best singer, the best actor, or the best politician. My personal feeling is that politicians are the best actors and the best actors are those who fail the most often at real life; if you look at the lives of these so-called “stars” among us, their personal lives are a total mess. This personal mess is beautifully portrayed in movies, shows, and songs, and further contributes towards a messy and destructive society. Very few of these artists contribute towards the growth of our society using their talents.

The first goal is to be known by the masses. These are the primary thoughts that run our moment-to-moment life, and when we forget about our primary thoughts the gaps are filled with secondary thoughts. Let’s call them goblins. I just love goblin movies. Don’t you? Funny-looking illusionary characters. They have so much in common with the thoughts we get, each thought having its own personality; coming from nowhere and going into nowhere but leaving a huge imprint of its feet on the surface of our unconscious mind.

So let’s come back to the stage; the gaps which appear when we are not thinking of our primary goals are filled by these goblins of fear, insecurity, lust, anger, resentment, greed, and so on. Day-to-day simple problems, such as how you will make the next car payment, next month’s rent, your job, or thoughts of a rich spouse, winning the jackpot, your parents leaving a large estate for you, and so on—they all make it seems as though life is playing a word game with you.

Maybe you have risen above all that insecurity about money and you have reached a stage where your predicament has changed, and instead of worrying about the rent you worry about losing money in the stocks, or about someone trying to rip off your recently accumulated wealth, or about someone denting your brand new Lexus, or about your sexy partner cheating on you. Whether you are rich or poor, it does not matter—the goblins of fear, jealousy, greed and insecurity play their own games within your thoughts. For a poor man these goblins are meager and shabby looking, and for the wealthy they are rich and well dressed.

The end result: you struggle, survive, or are successful based on how you handle these goblins, and whether you fill the gaps with the goblins from the Angel group (willpower, positive thoughts, love, etc.), or goblins from the Devil group (anger, hate and resentment, etc.). But again the end result is the same: you are acting based on the primary and secondary thought patterns which are controlling your each and every moment, from the time you wake up in the morning to the time you doze off in bed at night.
For the majority of people, life is missed out on and messed up by these primary and secondary thought patterns. Even before you realize what life is all about, you have joined the list of people who have departed.

Has the following ever crossed your mind? How old are you now? Where were you before taking this birth? Do you remember when you were a six-month-old baby or a one-year-old toddler feeding on your mother’s breasts? Where have all these years gone? Do you realize that time is flying by and every single day you are getting a bit closer to the day when life will end for you? Every breath you take brings you a step closer to death.

But don’t feel pessimistic, as that is not my purpose here. You will die when the time comes for you to die. The clock is ticking and the truth of the matter is that you were nonexistent at one time and you will be nonexistent again. Even before you realize it, seventy-plus years will have flown by and death will be knocking at your door; the way you have missed life in a hurry you are bound to miss death too. All your power, control, ego and possessions will drop like a dead leaf along with this body.

Have the following ever crossed your mind? Who are you? Why are you here?

If you are bored with what this material and physical life has to offer, I will still give you seven out of ten marks because you have realized that life is nothing more than a ho-hum repetition. I suggest that you watch the movie “Groundhog Day.” But if you are not bored and instead find that you do not have enough time to meet your goals, then you are in a hurry and chances are you will end up being a loser no matter how much material worth you may have accumulated. No matter how successful you become, you will realize in the end that you have gained what has no value and lost what was of value.

Have you ever noticed that by age five or six years kids are already in a hurry to grow? Why? Their egos have developed and they have realized that bigger is better and that power is the key and control is the fuel that nourishes the ego.

Sadly, one day they will realize that childhood was more precious, worry free, and fun; life is no longer the bed of roses they had thought it to be, and they must struggle in order to survive. Very soon they realize that the struggle they have endured and the torture they have imposed on their minds and bodies have been futile. This is the story of every human whether they be rich and famous or poor and unknown. I would say only 1% of humanity realizes at an early age what this life is all about and from there on has a purpose and lives by this purpose; these 1% leave a mark on the society. The other 99% live in constant struggle to find their way in this maze called life, always looking for happiness and never realizing that as soon as they touch happiness, they have chosen unhappiness, which is nothing but the other side of the coin. Excitement ends in boredom. Attachment turns into hate. One ends up being a yo-yo.

The majority live by primary and secondary thought patterns that have already been set by society or by the TV channels they watch. Your whole life is planned by society; your mind is controlled by the mass media, and if you rebel against society; you will be terminated or dumped into an iron cage where you will no more be a threat to the politicians. You will end up being no better than an animal in the zoo.

Are you free? You might say yes! I have a house, a secure job, a good family; I have the resources to go anywhere I wish. But stop and look deeply: Where is your freedom? What if you lost all of the above—could you be in the same state of mind as you were with all the perks this material life had to offer? Your whole life would become an
endless misery without the physical comforts. You are not just a slave to this outer materialism—each and every moment of your existence is dependent, a slave, to the five elements: air, fire, water, earth, and ether, and their combinations. You are not even free in your thoughts because they are caged in your bio-computer and that computer is caged in your body. Your body and your mind are both slaves to many elements, both subtle and obvious.

As we start a new millennium, life seems so unclear and foggy: health, relationships, emotional and mental stability, even divine grace. STOP; close your eyes and think for a moment: What is your life all about? You will find nothing but darkness; the only light we have at the moment seems to be coming from the picture tube of our television. TV has become our guru, our role model. We follow what this techno guru tells us. “Drink more milk, it’s good for you,” one research says; we run to the refrigerator and gulp a glass of milk. The next day the same TV tells us milk is the number one cause of allergies and heart attacks. We stop drinking milk. It seems we have created an inner highway of thoughts and are living a life of stop-and-go, moving towards our destinations in a hurry, changing lanes in frustration.

Every day we wake up unwillingly and drag ourselves to work. The majority of people do not like to do this, but they have no option and must force themselves each morning to work in order to survive. For most, the pattern continues until: they are 65. By this time their life energies have started packing up and they end up in elderly communities at the mercy of their families or government, just waiting in fear for death to come and pull the plug of life.

We do not seem to have any definite purpose—from birth to death, the same drama has been repeated over and over again for millennia, and it is still being repeated. Our life is no more than a juggle between opposites. One moment we are happy and the next moment we are full of anger and rage. One day we feel good about ourselves and the next day we hate our own existence. Your happiness, love, affection, compassion are no more than passing clouds in the sky of your limited awareness, as are your sadness, hate and anger. The tragedy is that none of these passing clouds get a chance to soak you with the rain, and your being, or consciousness, stays barren and desert-like. Your laughter and crying are just thunders—if these clouds of happiness or sadness could rain, you would get a chance to taste the divine nectar. Your love, hate, anger, compassion are experienced by others but never by you because the “you” has never existed within you and the “you” that you have always experienced is nothing but a video made by others but watched by you. If you could ever experience love within yourself, you would never hanker for love again; if you could ever experience anger and hate within you, there would never again be space left for anger and hate within you; if people could experience hate and anger within themselves, then there would be no need left for jails because the killer and the killed are both victims. The killer is a victim of anger and rage and the killed is a victim of the killer, and when society gives the death penalty to the killer, he becomes the victim of society’s vengeful nature. "What a beautiful cycle we have created, where we create victims every day. If the trend continues, very soon we will be jailing nice people because we will run out of space for the criminals.

Just open your eyes and look around you. Look at the way the whole life functions. One is born, one suffers, and finally one dies. Your contribution to the system is negligible
unless you are born with a strong destiny, in which case you will make a change in the system for bad or for good.

Precious lives are wasted amassing wealth or struggling to survive, and the little bit of time left is wasted in watching TV or in idle gossiping. All we do is talk and talk. We talk about love but practice hate, we teach compassion in our schools but serve them meat at lunchtime, which is nothing but practicing cruelty. We are not only cruel to others but to ourselves. With the advancement of technology, humans have started living the lives of machines; in today’s “technologically advanced” world, machines are better cared for than humans. If our car is running sluggishly, we run to the mechanic; on the other hand, if we have a headache, we do not leave work and relax so that the inner mechanic can fix the problem; rather, we throw in a couple of pain-reducing tablets that intoxicate our inner mechanic and continue with our work.

We have lost our basic instincts: we cannot laugh unless we hear a good joke, we cannot cry unless we are in deep pain. We cannot love unless we have a vested interest in the person.

Humans are accumulating the social garbage within their bodies and minds, which is coming out in the form of dangerous diseases like cancer, leukemia, AIDS. There is no limit to the number of diseases on this planet.

We have tons of resources available to us on the planet, yet mankind has been unsuccessful in providing food and shelter to all living beings on this planet—every day millions go hungry, while leftover food, rots in the garbage dumps of the affluent. Rich or poor, each one of us is wanting in some way or another. The poor beg for food and the rich beg for power, and people who have gone beyond poverty and riches beg for mercy from the Lord.

Despite all the spiritual masters who have existed on this planet and despite all the religions we have and the holy books available to us, humanity is still in chaos. Society has crippled humanity to its core. We talk about compassion, love and sharing, but when it comes to our interests the vulture of greed within us takes over and influences our decisions.

If you have never thought beyond the phrase “survival of the fittest” in the jungle of capitalism, in my opinion there is no difference between you and a fox in the animal kingdom who is looking to feed itself from the “lion’s share,” because one day you are going to end up being someone’s dinner.

Dishonesty has become a way of life. The problem is, there is no instrument for measuring one’s honesty. We have instincts but sadly we have become immune to our inner voice and we are constantly falling prey to con artists, until we pay for the lies to find the truth. Our legal system is in a mess. The legal system was created to save the innocent but then we lost the legal system to dictators and criminals; attorneys came into existence to save the innocent from the clutches of the justice system, and after a while they turned dishonest too; when it comes to helping a murderer, profits overlap ethics. The present-day court system is nothing but a mockery of the judicial system—judges are paid by the government to serve the interests of the wealthy who run these governments behind the curtains of capitalism. The social structure has decayed to the point where it is hard to draw a line between ethics and survival. This whole mumbo jumbo is robbing mankind of a very powerful asset called “faith.” We are not just losing faith in others but in ourselves, too.
What is AIDS? Weakening of the immune system! What is the immune system? Collective Faith of the body! That it is protected from negativities and the failure of the immune system clearly signifies in one direction that man is losing faith in his own existence. 'When we are physically weak we fall prey to the medical system, which is at its height of corruption as the insurance companies, the pharmaceutical companies and the medical profession have become friends in this fleshly business. Hopeless and helpless from all directions, we end up at the hands of false gurus, incompetent astrologers, con psychics, and fake healers who are ripping off innocent people of millions of dollars. How these crooks trap people is very simple. Ads run like this: 'All your problems solved!' or "One question answered for free or talk to a psychic for free on this toll-free number." This one question is nothing but the bait. The battered end up becoming the bait.

From womb to tomb our life remains illusionary and futile, yet every year we celebrate our birthday by blowing out the candles; in reality; we have blown another year off our lives. We can blame it on society, our past karma or our parents, but the end result is that most have no plan to live this life successfully. We do not teach people how to live on this planet. Most suffer until the last breath leaves their bodies and they die, and all they leave behind are memories that rot in the minds of their kith and kin or gather dust in the attic in the form of writings and pictures.

Continuing on this course, humanity will not survive for more than another 50 years. If within the next few decades we do not straighten out our acts, and instead we continue the way we have been living our lives, we will have nothing but disaster on all levels—emotional, physical, spiritual, and ecological—because the planet Earth is as alive as we are. The earth eats, breathes, discards, cries, and celebrates just as we do. If we have no respect for the ecological system, our bodies, or our minds, in a few years people will lose ground and so will the weather system, as we are all linked together. We will have a series of natural and manmade disasters that will eliminate our life form from this planet, as our survival

Most people are lost in the fantasies of their minds and have become disconnected and removed from the outside world. We have lost touch with our inner selves and have thrown ourselves at the mercy of logic. We are living in a world of comparison where logic has become our master.

You go to one friend’s house; his wife is nasty, unsociable and a bad cook. You immediately start admiring your wife because the comparison has come in. Next week you go to another friend’s house; his wife resembles the current Miss Universe, is very sociable and cooks like a chef. In an instant you become miserable and start thinking about that unlucky day when you married your wife. It seems you have disconnected your wires with divine cable and have bought a dish where the channels have increased and so has your confusion as to what channel is good for you.

We have created our self-worth based upon what others feel about us and those others are following the same course. We have been blessed with the power of thought, action, and words, but we have forgotten the art of thinking, and based on our erroneous thinking, our actions are random acts born out of our impulsiveness and talk about words; all we speak are White Lies because we do not want to end up being another Jesus or Socrates speaking the truth and the truth is dark: our life starts with suffering and ends at suffering, we fear the darkness and the death. Pain and fear is the first lesson a child
learns when he slips out of the womb and his umbilical cord is chopped off in an instant. This pain continues until the ax of death falls on the flow of breath and relieves the individual from misery;

From Krishna to Buddha to Jesus to Socrates to the sages of the 1900s, all said that life is nothing but “Dukkha,” or misery. Our liberation from this suffering lies in our awareness, which is fogged by our desires and wishes.

Even though we are blessed with the power of intellect, we are never taught to use this intellect; on the contrary; we are always taught to fight back. Our history of thousands of years is clear evidence of our rebellion; we have fought hundreds of wars—how can we not rebel? For ages mankind has thought that the problem lies somewhere outside of us—man against the world. We never use our intellect to look within to see where this rebellion is coming from because we cannot rebel against ourselves. To do so would be to run the risk of losing ourselves, and so we must rebel against the outside world.

There is a very interesting story. Once upon a time a donkey challenged a lion. Now why would a donkey challenge a lion? The simple reason is that donkeys are always frustrated with lions, and they have every reason to be angry as everyone treats them with disrespect. So this donkey blasted at the lion: What do you think of yourself, do you think you are the king of the animal kingdom? Let’s prove who the real king is! Let’s have a fight to prove- who’s the best. The lion thought for a moment and then quietly disappeared in the jungle. A fox was watching the scenario; she became speechless. Without losing a single moment she ran towards the lion and exclaimed in sheer amazement: “What’s the matter, my king?” The lion replied calmly: “The donkey has nothing to lose!”

All our lives, from the time our mother taught us to speak we are gathering information; very few transform that information into knowledge. Information is nothing but filling the bio-computer with data so that one day one is able to contest on the Jeopardy show. Information can only create parrots, and parrots are always interested in associations. Just split the word “ass-ociations.” The word speaks for itself. They want to be in the front, where people can admire them. The majority of politicians as well as actors are full of information. If ever actors could have intellect, they would refuse movies and shows that have a negative impact on society. If politicians had intellect they would disguise themselves and move among the masses to know what is happening in the life of a common man, but they do not have any time left from enjoying the perks that come with their position.

There is a vast difference between information and knowledge. From information we get knowledge and from knowledge we experience and get wisdom and from wisdom we move on towards awareness, which is our key to the beyond.

When they are young, we force feed our kids with information to make them productive just like machines. We always teach our kids to struggle to be number one but never teach them to relax and enjoy this gift of life.

Our obsession with being number one has transformed this planet into a living hell. If you take statistics you will be shocked that the number of people who have to appear in a court of law every day or wait for the doctor to check them have exceeded the number of people going to the churches or temples to meditate. The majority of people are mentally, morally, emotionally, and physically sick.
A family takes a wrong exit in Los Angeles and loses their child to gunshots; a man is beaten mercilessly on the streets of Los Angeles, not by gangsters, but by two dozen cops who are supposed to protect the public. While someone loses his life trying to steal a pack of beer in Arizona, the other is beaten to death for being a gay in Wyoming. Bomb blasts have become very common now as there is no fun left in killing a few, so criminals have progressed, too. Genocides, homicides and mass suicides are what humanity is left to. Kids and teenagers have also joined the adults in the game of death. Schools are transforming into assassination camps. Seven-year-old children have started killing six-year-old children. The day is not far when we will be teaching four- and five-year-old children about using guns. It all begins at a very young age.

Is this our purpose? Have we taken birth to defend ourselves in this cruel world? What has brought us here? What is this duality all about? Have you ever tried to explore the mysteries of this duality? Man and woman, male and female, positive and negative, life and death. Are we done with this jumping from one pole to another or we are waiting for the day when we cripple ourselves to the point where we succumb to the darkness without being able to reach the inner light?

Compared to woman, man is more foolish by nature, very childish and ignorant. Man is born out of a woman he calls mother and one day he rapes that very mother. Sounds like a very strong statement but truth is always dark—only lies are white. Were you not born out of your mother’s womb? Didn’t she nurture you every day until you were able to stand on your feet? Did she not teach you how to talk and walk? Did you not feed on her breasts? This is the small picture, but let’s take the big picture. From where comes the food, water and air that we must have every moment of every day in order to survive? From the earth! So what is earth to us? She is the mother, too; are we not raping our mother every day by destroying the rainforests, dumping all those toxic wastes, and creating destructive weapons? The gloomy picture is that our biological mothers have started losing touch with Mother Earth, too. Woman is the only connection for man to ground himself with the earth, so that he can grow and grow, so that one day he is able to touch the sky and remove the veil of illusion in order to reach the supreme father.

Who is this supreme father? We know our biological mother and we know the supreme mother, which is earth, and we know our biological fathers. But where is this supreme father that all the sages, saints, and gurus have always talked about?

It seems God has gone on a long vacation, leaving fate in our own hands. Our future seems to be doomed unless we take charge, as no longer are holy prayers being answered.

There is an interesting story. When God created humanity He wanted feedback from people. Every day people would come to Him with their suggestions and complaints and ask Him to make changes. Finally He got sick of their complaints. He wanted to run away from humanity. He wanted to hide where man would not look for Him easily. So He asked for an emergency meeting with His advisors. The big question was, where should He hide? Some said go to the forest, go live on the moon, hide in the ocean, but God said man would find Him some day. Finally, one very old advisor suggested to God that He hide in the man himself, as man would never look there. He was right—we never look within.

For ages the spiritual masters have been repeating over and over again about the self, inner being, our oneness, but how many have the guts to leave their families and run to the jungle as did Buddha and many others in search of the ultimate truth?
For a common man the truth is not the search for God but the search for his hunger and his survival. Once these are taken care of he enters the realm of the desires hovering around him. Only when there is food in the stomach and a satisfaction in the heart does he get a chance to think what this life is all about.

It seems we are determined to uproot ourselves, not realizing that the vultures of anger, greed, attachment, lust and egotism are feasting on our bodies and mind at every moment and the day is not far when this body will lose its battle and the life form will leave this body in search of another body, in the hope that it will be able to find the supreme father.

Humanity is not lacking in any way; the only drawback is that most people think like sheep in a herd. My point can be proven very easily. Just gather 50 people in a hall and close all doors. Have a door with a sign that says “Not an Exit”; all you have to do is yell “the building is on fire” and run towards the door that clearly displays the “Not an Exit” sign and I can bet that the majority of the people will run towards that door following you, overlooking that sign; very few will have the awareness to think for a moment and look for the exit door.

A person who has not mastered his mind will always look for masters outside of him; as a result, most people are always ready to be followers. It all starts within us and then we practice it in the outside world. We are slaves of our imagination, taste buds, thoughts, desires, and emotions. As our focus changes from the screen of our imagination, it focuses on the world outside of us.

Again, I will give better rating to women compared to men because men are childish by nature; the reason being that men are seldom concerned with their bodies and are happy with their toy called “mind.” They live in their minds and the mind never gets old; on the contrary, women are connected with their bodies and live in totality most of the time and their minds age with their bodies. Even though the trend among women has changed for the worse, still most women carry more sense than men, although where we stand today the majority of men are lost in their toys of technology and women are lost in the fascination of fashion.

Men and women do not know about their basic purpose anymore; as a result the gay population is on the rise. Man has started following the woman and women have started following the men. Women are no longer interested in sitting at home, taking care of the kids. They want to go out and make money, have power, and be free from the bondage of taking care of the home front. Giving birth to a new life form no longer amazes a woman. The day is not far when movies like “Junior” will become a reality of life. A woman will no longer be interested in carrying a baby in her stomach for nine months. Man is no longer interested in his male strength. Since World War II, his mind has been fueled by so much of the beauty created around women that all his focus has shifted and he has started imitating women. Man is still fighting because that is his nature, but he has now started fighting his masculinity.

While more and more women have taken seats in front of computers, more and more men have made themselves comfortable in front of mirrors. Do you realize which way we are heading?

Humans are not only losing touch with the outside world but also losing touch with themselves, where the potential to unmask this illusion lies. We have created all the escape routes to run away from ourselves so that we should not run into ourselves as
Jesus, Buddha, and many others did. All we do is talk about our faiths, trying to market our beliefs because we do not even believe in our beliefs and we are constantly looking for others to support our belief system. If you are a Christian, have you ever found yourself looking for that Son of God in another human not belonging to your faith, or if you are a follower of Islam have you tried looking for Mohammed in a Christian, Jew, or a Hindu? No! Because within your heart, you have not allowed Jesus, Mohammed, or Krishna to be a guest and all your search is focused on looking for someone who can support your belief; what you are doing is no more than hero-worshipping.

We have not only lost the ability to relate to ourselves but to others, too. Religions are nothing but empty bottles of liquor with labels saying: “Drinking the contents will make you enjoy bliss.” The people who found the divine nectar and drank it left behind the empty bottles of religion but the poor humans have made new labels saying: Drinking the contents of our brand is the only way to enjoy bliss. “Caution: Watch for imitations.”

They have made their own recipes and filled these empty bottles with their own creations. No wonder each religion has been divided into so many groups; each has its own interpretation of the ancient recipes to enjoy the divine nectar.

In order to live a meaningful life, we must divert our focus inwards, towards our bodies, our thoughts, our feelings, our being, and our inner selves.

We can only achieve this if we know our relationship with ourselves because what we feel about us, we also feel about the world. Our reaction to the outside world is based upon our thinking patterns. If we have hate within us, then for us this world is full of criminals. If we have hate within us we turn to racism. If we have guilt, we take shelter under the flag of religion. Unless we know how to relate to ourselves, we will never learn how to relate to others. We need to know our type, what we are — our potentials and our drawbacks.

Let’s look into who you are and what potentials you have and then it will be easy for you to move on in this life in a fulfilling way, as you will have a better understanding of who you are and with whom you are dealing, since the trouble starts when we do not know ourselves. When we miss ourselves we miss the world.
2

Know Thyself
The Science of Body Features

You are constantly making or breaking your future: Your thoughts, your words, your actions, the food you eat, and the people you move around are constantly contributing to your growth or destruction. Every breath you take is influencing a change in your physical features on a gross level and your consciousness on a subtle level. Your body is the blueprint of your inner state. How much glow you have on your skin, the aroma of your sweat, the sweetness of your breath, the shine, clarity and the liquidity in your eyes, the flow and pitch of your voice, the shape of your features, the lines on your palms, all these are the indicators of the inner state of your being. If you are kind, loving and down to earth, you will carry the vibes of a person who is a giver. On the other hand, if you hate yourself, are egotistical and cruel, your physical features will indicate that very clearly. No matter how much you hide your true self from others, people who have the ability to look through you have already read you even before you had a chance to open your mouth.

In India, we call this science “Sharir Laksham Vigyan,” which was blessed to mankind thousands of years ago by a Rishi (Saint) known as Samudrik; this science is also known as “Samudrik Shastr.” We will call it “The Science of Body Features” so that it is easier for the western mind to understand.

By getting acquainted with our physicality we can know why we think, feel and act in a particular way. Even though we are all made of the me combination of five elements consisting of air, fire, water, earth, and her, and we all have the same organs and the same composition of blood flows through our bodies, we are still very different and very unique. We are so unique that if four people are sitting together, all four could have a different blood type.

Every part of the body is connected with a particular area of the brain. The thought waves we get from the universal databank and the thoughts that manifest in our conscious mind along with our actions influence the shape, size, color, and appearance of our physical features. Any major variation in our thinking patterns or any action that overwhelms our psyche—e.g., depression, rage of anger or hate, killing someone or watching someone being killed, or death of a close one, extreme guilt and resentment, or even winning a big amount in the lottery—can trigger a change in the shape and appearance of a particular body feature over a period of time. We are not aware of ourselves and most people hate their own existence, and thus we do not care much about the changes that take place on our outer surface; moreover, these changes can take several days to several weeks. The only way we can keep ourselves updated is by using the science of palmistry, as the lines on the palms can appear or disappear in as little as 24 hours to a few days. These changes appear in an instant on the iris of the eye. The day is not far when palmistry, iridology, physiognomy and phrenology will become necessary tools to solve human problems.

The way an individual thinks, acts, and talks, his voice pitch, his actions, and even his destiny—none of these would match with another individual. Even if two children are born at the same time, in the same hospital, to different parents, they will both live different lives even though their horoscopes will be the same—the reason being their
physical features are based upon their past karma, which is in precise alignment with the parents one is born to, as the DNA of both parents determines one’s physical features as well as one’s mental makeup.

The father carries the seed (sperm) that is planted into earth (mother) and a child is born after nine months. Your gross (physical body) has been contributed by your mother and the subtle (soul power) has been contributed by your father. If you look deeply you carry the whole existence within you from a stone to the supreme soul. You carry the elements found within a stone and you also carry the light of the supreme soul. If you look at a drop of semen under a microscope you will find many sperm and each sperm would carry a speck of light. That speck of light is the soul power within the sperm.

The left side of your body indicates the state of your female energies and your biological mother and the right side of your body indicate the male energies and the state of your biological father. If you divide your face right in the middle, as in the figure below, the left side of your face will reflect your mother’s side and the right side of your face will reflect your father’s side.

Since eyes are the windows to your soul you can also notice the difference in the shape and size of your eyes. It all depends upon your parents. If they were in harmony at the time of your conception, then your eyes will look similar in shape, size and appearance; otherwise, one cc will be different than the other in shape, size and appearance. If you are a product of harmony and perfection, your face will be like a 3D picture. Your face will reflect each parent from different angles.

One’s physical features are the blueprint to the functioning of the mind and body, and the life force or the bio-energy energizes us. As we grow old our physical features change in appearance and these changes are based upon the kind of life we have lived and are living.

It is very sad to know that most people know how to operate their fax machines, computers and cars, but have no idea as to how their body functions. Has science ever looked into why men have nine openings in the body and there are only nine numbers? Or why females have nine openings a well, until they reach puberty when their tenth hole
partly opens up? When women have sex for the first time, the door to recreate new life opens up. When the child is delivered after nine months, their nurturing doors open up to feed the newborn. We have created places like “Disneyland” where we pay to get thrilled for a few hours but we never pay any attention to this wonder of nature we carry all our lives, which is the source of all excitement. This whole drama called life is a game of one and zero with one being God and zero being his creativity If you look at the erect human penis it looks like a number one, and if you look at the open vagina it looks like a zero. All computer science is based upon 0 and 1. One is light and zero is darkness; everything comes into existence out of darkness, and merges into darkness.

If you have a “touch lamp” at home, were you ever thrilled to know that you could only make the lamp function if your flesh touched the lamp, and it would not work if you touched it with your nails or hair, even though both are part of your body? If the same hair is combed in a very dry place, you can see sparks flashing out of your hair. The fact of the matter is that you are so busy with the toys technology has created that you have never even tried to venture into the mysteries of the body. It is very obvious that our unawareness towards our self is inversely proportionate to the advancement in technology. As the technology is developing we are getting more and more hooked on it, forgetting and moving away from our own existence.

We know how many moons Jupiter has and how hot it is on Mars but do we know why we have five fingers and nails on each finger and what the moons on the fingernails signify? Each finger represents each element we are made of, and nails are the barometers of the energies connected with these elements. Nails carry the log files pertaining to the functions of the body and the working of the conscious and unconscious mind.

This might shock you, but if a human kills another human out of hate, anger or jealousy, the nails on the hands of the killer will turn black in color and become deformed and crooked. Similar effects can be seen on the hands of a woman who has aborted her fetus at a very late stage. People who practice black magic or voodoo to harm others have black or rotten nails as well. During my research I was amazed to see that alcoholics who have been involved in automobile accidents, and who became instrumental in taking someone’s life because of negligence, had their nails turn black as well—the reason being that the nails are the indicators of the life force within us, which runs this cosmos, this galaxy, this solar system, our planet Earth, and all life forms on this planet including our bodies. Since, as humans, we are in a higher state of consciousness, we have not been given the permission to kill others unless we are forced into a state where it becomes necessary to defend ourselves. If the same bio-energy is used to kill another human out of grudge, hate or anger, we have used our will to perform an action that belongs to the dark energies, or the right way to put this would be: we have allowed the dark forces or negative frequencies to use our body, mind, and life force to destroy another life form, and as a result our energies are disrupted within. Nails, the indicators of this life force, will display the negative effects in black and white. We can save ourselves from future negative events just by keeping track of all these changes that take place in our physical bodies.

If you go a little deeper, the awareness within us has been blessed with this vehicle called a body to explore and venture into this material life. Now when we run over another being not by an accident but with rage, anger and hate and destroy the other, we
are branded as criminals by the laws of nature. We might evade the human laws with the power of money but the laws of karma do not provide us with an attorney to defend us and save us from divine justice. The laws of karma do not care whether the cap fits or not, the karmic laws are that one size fits all.

If the law can use this secret, it would help detectives focus on the right person and murder cases like the Jon Benet Ramsey case could be solved in no time. Whether the parents were involved or not could be determined just by looking at the nails of her father and mother, and the same goes for the drama of this century’s O.J. Simpson murder case. The Joseph Amrine case could be decided in two minutes using the science of body features.

The murder trial of Raffi Kodikian, who says he killed his friend to end his suffering, could be solved with 100% fairness because justice is blind and this blind justice has molded our social structure to be ugly and unfair. Just by looking at the nails of Raffi Kodikian, one could determine whether his act was out of compassion or cruelty. If the nails on his hands are of perfect color, shape and texture, he is 100% innocent; but if the nails on the thumb, index finger, middle finger and the ring finger show any sign of discoloration and carry a blackish tint, the killing took place out of hate, grudge or anger, and not out of compassion as he stated.

We all carry the devil and the divine within us, and we all carry the ability to create and destroy based upon the state of consciousness we are in.

If someone hurts you emotionally, the color of your lips will change to shades of black. If you have powerful vibes, you can cause equal or greater damage to the person who caused you that hurt because we all live in a vast web of energies and are able to tap certain negative or positive frequencies to hurt or heal others based on our understanding of these frequencies. We come into this life with immense power to create or destroy. Devil and Divine are both within us and we have been given the choice to use either.

Here is another eye-opener. If you are suppressing your emotions and resisting tears, the big toe on your left foot will start bending towards the left as shown in the figure below.
If you are not resisting negative thoughts, negative circumstances or negative people, in other words, if you are not being aggressive in saying no to the negatives in your life, your big toe on the right foot will start ending towards the right as in the figure below.

If both toes have bent in opposite directions from each other as in the figure below, you do not know when to cry or when to resist or when to be active and when to be passive, and what you have been doing is actively resisting the tears and passively taking the abuse within you, allowing yourself to getting burnt on mental and emotional levels.
In order to dive deep into the ocean of your life, you will need some extra gear that has never been available to you before. In order to assimilate this new knowledge you must become childlike, and it is important that you do not judge and form an opinion about yourself or others using the secrets of this science, since by knowing some of the secrets you will know the type of person you are and the people you deal with. Another thing: since this book is not meant to be a book on the science of body features, I have given only those basic secrets that you will need to live this life happily and walk in harmony, and help others walk in harmony on this road called life.

My humble request to you is to become childlike: innocent, pure and creative.

When was the last time you had a chance to look at a flower plant every single day? To look at the buds appearing and then the buds opening slowly day by day and finally the bud blossoming into a flower? Isn’t it amazing to see the flow of the nature? Now find pictures of when you were a toddler, a teenager, and notice the difference. Now go stand in front of the mirror and give a good look at your face. Your face is no less than a bud waiting to bloom. Our face is like an incipient flower; when we come a step closer to the bloom time, clear signs show up on our face, hands and feet. Just like a bud blooms into a flower, the same way the flowering happens on the face as we grow in our consciousness. Enlightenment is nothing but the flowering of this human life; unfortunately, the majority never reach a stage where the flowering happens. The human attachment to flowers is not a mere coincidence.

This science is so fascinating that just by looking at someone’s face, bands and feet, an abundance of secrets about the past, present and the future are revealed; secrets about relationships, love life, root cause of chronic illnesses, emotional blocks, sex power, love power—the list is endless. Spiritual Path, whether it is meditation or devotion, spiritual masters have always emphasized choosing the right path. Using this science, we can easily figure out between a con man and a holy man. All you need is to look at an individual’s face, one feature at a time, and then at the whole face in its totality.
It might amaze you but there are only three types of people found on our planet. The first kind of people, belong to the “Deva Ghan”; the only translation I can have for this Sanskrit word would be the Angel Group. Look at your lips and see if they turn upwards at the ends, just like in the next figure.

These kinds of people are born with positive attitudes towards life and are good at controlling others. They always feel that they are right and it is hard for them to be wrong or take any blame. They love the material and their lives revolve around fun and enjoyment. The most fascinating thing is that a great majority of these people are found among the lighter skin colors; they have their lips going upwards. They belong to the “might is right” and the “my cup is always full” type. They are at ease with being positive at all times, but if something negative happens to them they get baffled and lose their balance of mind. They love to live their lives in illusion and they hate to fail in life as it hurts their egos, making them feel useless, since they are achievers; life should always be on the go for them, and any kind of stagnancy will be taken as suffering. On the spiritual side, they cannot believe in the philosophy of Buddha as “Duka”; suffering is not their piece of cake. Even if you find them attracted towards religion, it would be to win the game of life using the religious market. Overall, these kinds of people are here to compete, enjoy and win the game of this material life, as their sole purpose is to win at any cost. These people will find themselves more connected with Krishna’s Philosophy, if at all they are interested in spirituality. I have yet to see a honest spiritual guru who has his lips going upwards. Yes! You will find heads of religious institutions, Preachers, Vedic Pundits, New Age Gurus marketing their spiritual candies using their odd (numbered) laws.

The second type is where the lips are horizontal, just a straight line which joins the upper lip and the lower lip. These belong to the Manushya Ghan,” or the Human Group. See the figure below.
These kinds of people carry a balance within their minds. On a deeper level they are adventurous and give an illusion of being swayed by the circumstances and people around them, but in reality they are experimenting and weighing life. They try to experience what others tell them, but in the end they find their own balance and move accordingly. These people are the smartest kind because they have taken this birth after finding their balance in past lives, having lived and experienced lives as angels and devils. These people are the real explorers. On the spiritual side, these people will want to know both Buddha and Krishna, and then find their own paths. They have experienced the valleys as well as the peaks, and in this life they have been given the ability to find the tunnel to their being. One can only grow in consciousness if one has started practicing being humanlike; the other two kinds must rise or fall to the level of humans in order to start a journey back home.

The final kind is where the lips go downwards as you see on the face of a child when the child is unhappy, angry and in a bad mood, as shown in the figure below.
These kinds of people belong to the “Rakshasha Ghan” or the **Devil’s Group**.

The Devil’s Group is either Buddhist by nature or masochist. These are the kind of people who are always in a state of hopelessness and helplessness and these negative traits become their driving force to survive in this world; they use these oars of hopelessness and helplessness to row in the sea of life towards the holy realms of Christ (purity), or towards the lands of sinners.

They are very self-judgmental and their cup is always empty. They are angry with themselves and others and are either extremely cruel or extremely kind by nature, depending upon other contributing physical features. They are very good disciplinarians because discipline needs certain cruelty. Most are cruel with their own selves unless other factors support their cruelty towards others. They always look for the negative and are very comfortable with it, and it is not always easy for them to take positivity or happiness. Hate for the self is very common among this group of people as they think that they do not deserve to be happy. The more drooping the lips are at the ends, the more hopeless and helpless they are, but since their driving force in life is negativity, you will always find them struggling as struggle is their mascot.

These people are revolutionaries because they dwell in a negative state of mind; they rebel against themselves, against parents, and against society; and in the process they not only bring a change into their own lives but also become instrumental in changing the lives of masses, whether it is a positive change or a negative one. You will find Hitler and Mother Teresa among this kind.

Yogis and saints are also found in this group because the hopelessness and helplessness helps the individual steer one’s consciousness towards something that is more potent than this illusory and miserable human existence. To dive deep into the world of God, one must become disillusioned and discontented by this repetitive and boring human existence, and hopelessness and helplessness are the two essential keys to opening the doors to one’s inner self.
Here is a simple test you can do in the privacy of your home. This test will tell you how much you love or hate yourself. Make yourself comfortable in front of a large mirror. Look straight into your eyes and do not blink, let your eyes water—keep looking for a few seconds, a few minutes; try to be as loving as possible and start whispering: I love you, I love you, while looking straight into your eyes. Now, if you really love yourself you will laugh with joy or become emotional and tears will start rolling down your cheeks. These are the tears of inner bliss.

If you are full of ego and are obsessed by your body and mind, you will think that this is crazy and you will want to move away; in that case, you are so lost playing with this toy called a mind, that you have not been able to explore the worlds of love or hate. The last thing that will happen to you is that within a few minutes you will start hating your own face and will stop looking at yourself in the mirror.

Once you know your type and the state of consciousness in which you are, it will be easier to reach that goal of being in the middle state of the human group of people.

At this point, you must be thinking: what is the function of the hair, eyebrows, eyes and nose, etc., besides their biological functions? Here are your answers:

The *Hair* s on our heads are our antennas to communicate with the universal mind, and the hairs on the other parts of the body represent the quality and quantity of energy within us.

The *Forehead* represents the quality of the bio—computer we are born with.

From the *Eyebrows* we can see the quality of the human electronics (the quality of bio-energy or the circuit board), as well as the amount of sex energy available to the man, and the state of the energy within the breasts of a woman. This might shock women, but if you pluck too many hairs from your eyebrows and make them pencil thin, you are risking the health of your breasts.

The *Eyes* are the windows to the soul. From the eyes one can look at the state of one’s consciousness. Calm, clear and peaceful eyes are the best. The best way to do an eye comparison is to look at the eyes of the cow or deer. These two animals have the best eyes. Then look at the eyes of the vulture, wolf, shark or a snake. Now it will be easier for you to look at humans and know the state of consciousness in which they are.

The *Nose* is the potential meter.

The *Ears* are the indicators of the amount of cruelty and compassion a person has. Fleshy ears indicate compassion while very thin ears indicate a lack of compassion.

The *Cheeks* become the joy meter or the sorrow meter. Rounded cheeks indicate inner joy, while flat or sunken cheeks indicate unhappiness.

The *Teeth* are the indicators of sexual enjoyment as well as the state of one’s stomach. Clear, white, well-aligned teeth indicate good stomach and good sex life, while rotten, discolored, unshapely teeth indicate stomach problems and a lack of sexual power. Since mankind is obsessed with sex and half of the marriages fall apart just because one partner is not enjoying sex, here is the secret related to one’s ability to enjoy sex as well as to help the other to enjoy sex: The lower teeth are the indicator of female power or receptivity and the upper teeth are the indicator of male power or the potential to give. Now if the lower teeth are not aligned properly and are crooked, the person will have a hard time enjoying sex, and if the upper teeth are crooked, the person will have a hard time giving enjoyment to the other person. There are tons of hidden mysteries just in the shape of the teeth but we will not discuss them here.
The Gums are the indicator of the quality of the blood within the body: Pink gums indicate healthy blood, while dark red, blue or blackish gums indicate blood that is full of toxins.

The quality of male energies and female energies one has brought into this life can be seen by analyzing the Lips, as the upper lip is the indicator of male power and the lower lip of female power. Lips are a very strong indicator of your emotional state. If your upper lip is discolored and does not show shades of pink to dark red but instead carries blueness or blackish tint, you are not in harmony with the male energy or issues relating to your spiritual side. If the lower lip shows discoloration, then the female energy within you is disturbed causing emotional imbalance, and you are also not comfortable with your body or with your existence on the planet earth. Smokers, alcoholics, and drug users have both lips discolored because they are not only abusing their bodies and the environment but also abusing the sensitive unity between body, mind and the energy (soul), as our existence is dependent upon the oxygen that fuels the fire within us. The color of the lips is also related with the functioning of your organs: the upper lip is the indicator of the liver and right kidney and the lower lip is the indicator of the spleen, heart, and left kidney. The area under the eyes also indicates the state of the kidney functions.

The shape of your hands determines your relationship with the outside world. Issues relating to the exchanging of your energies can be seen clearly by the shape of your hands, and the length and shape of the fingers. All your fingers should be perfectly straight, especially the middle finger and the little finger. If your middle finger is bent as shown in the figure below, you are rigid and stubborn and you have a strong need to work on your “I am right, you are wrong” attitude. The angle of bend on the middle and little fingers in the picture below is an extreme example and on a scale of 1-10 with 10 being the worst I would rate the picture below a perfect 10.
If your little finger is bent as shown in the figure above, you always think about others and in the process forget yourself. It might amaze you but the majority of people from the Angel group have their little and/or middle fingers slightly bent. The obsession for the “I” is so strong that it makes them lose their connection with their inner self.

When you travel by air and the plane taxis to the runway, the flight attendant always explains to you that in case of an emergency, oxygen masks will drop, and you must put the oxygen mask on yourself first and then help someone who is in need. People who have bent little fingers neglect themselves and go out of their way to do things for others and please them, and then they expect others to treat them the same way. Sadly, it never happens and this is one of the major causes of disharmony among humans. People with bent little fingers must stop thinking about others, and must stop going out of their way to do things for others and then expecting others to act the same way as they do.

The smoothness of your body, the shine of your skin, the straightness of your body features, the calmness within your eyes, the fleshiness of your body, the brightness and fleshiness of your lips, all point in one direction—that your quality is very superior.

On the other hand, if any part of your body shows a lack of shine, clarity or luster, you can rest assured that you are lacking in that area and need to work on yourself.

Do you want to have a high quality body and a high quality life?

Here are some tips:
1. Know and love your body, listen to your body, respect it, and take good care of it.
2. Eat healthy and eat compassionately; if your food comes from a cruel source it will contribute to cruelty within you.
3. Spend a few minutes every day looking at your body parts and rubbing them with your palm with love and compassion within your heart.
4. Take care of the hairs on your head as they are the antennas to communicate with the universal mind; if your hair is lusterless, dry, or lacks direction, your life will be no different. On the other hand, if your hair is clean, shiny and well directed, your life will also carry that shine and direction.
5. Ears: Check if your ears are fleshy (compassionate) or paper-thin (cruelty). The percentage of your ear that is fleshy will equal the compassion within you. If your ears are thin, try being compassionate towards your own self and towards others, and your ears will start becoming fleshy with time.
6. Eyes should be calm and peaceful and if you are unable to look at your own self in the mirror with love, then you are full of guilt, anger and self-hate.
7. Lips should be pinkish to bright red; pinkish means you are still in the learning stage and bright red means you have already acquired knowledge and are ready to use it for your own self or for others. If you have dark lips, then you need to relax and let go of your negative past.
8. Teeth should be clean and sparkling white. If they are yellow, rotten, dirty, or broken, you will be instantly rejected by others, either subtly or visibly depending upon the guts of the other person. If your teeth are in really bad shape, you are bound to be socially rejected.
9. Finally, eat right and eat slowly, enjoying your food. The amount of calmness and anger one has is directly related to the way one eats.
3

Thoughts

Thoughts are entities, both good and bad, and their life depends upon your “Prana” (breath) or the life force to play on the merry-go-round of your mind where thoughts are riding all the time. They are harmless until you start nurturing them with your emotions. Once they have access to your emotions, they have the power to kill or create. If you want to live happy and fulfilled you must know how to play with thoughts.

The moment we drop out of our mother’s womb, we have stepped into the world of thoughts. Our present life is an outcome of the thoughts from past lives and our future existence will be an outcome of our present state of thoughts. We are born around thoughts, live around thoughts, and will die around thoughts, and the kinds of thoughts that manifest in our conscious mind are based upon our past lives and our present circumstances. The energy of thought is so powerful that we can create or kill with thoughts. Were you ever taught about the thought process in the school, what thought is? The power of thoughts and how to use them? How thoughts have a negative polarity and a positive polarity?

No! You were taught just enough to become a machine that would know how it has to survive and become usable to society.

Thoughts are electrical signals which are picked up by our unconscious mind from the universal consciousness and then filtered and sent to the conscious mind where the “I” within us either processes the thought for action or discards it; the whole process is very scientific. The kinds of thought waves we get are based purely upon the state of our conscious and unconscious mind and the state of our soul.

Our birth in a particular country, religion, family, and into a male or female body, is the outcome of the collective thought patterns that are stored in the karmic databank that we have carried on from past lives into our present life and will carry on to the next one.

All thoughts that come onto the screen of our conscious minds are stored in our unconscious memory whether we accept them or reject them; all actions and all emotions are stored in our unconscious memory as well. ‘Whether we have thoughts of fear, anger, love or hate, all is stored. That is one reason people suffer from phobias; some are scared of heights, some from water and some from animals, as they are all experiences that took place in the past or in past lives.

The way one dresses, talks, and acts shows the state of one’s thought patterns. It is not just Hollywood or Bollywood where movies are made; we are constantly making movies in our minds and projecting them on our lives.

Without thoughts one will either be in the state of a Buddha, or Buddhu (idiot in Hindi).

A poor man could think like a king or a king could think that he is no more than a beggar in his life. It’s all because of thoughts; we continue taking births based upon our thoughts and desires. This world is a mere hollow-deck as they show in the new “Star Trek” show.

We have existed in the past and we will exist in the future and we will always exist; even enlightenment cannot destroy our being—all it does is to dissolve the “I” within us. What we are today, at this very moment, we have stored within our bodies; the experiences of all the lives we have ever lived, but the memory of the past is not
accessible to us as we have become so weak that we cannot handle the drama of our day-to-day life. If by chance or by accident that storehouse of the past, that hidden hard disk, is made available to us, our bio-computer will crash and could become unusable, unless and until we prepare ourselves to have access to the past lives.

Let’s go back into your life; just think of any episode which has impacted your life for better or for worse, good or bad experiences—they are stored equally within us—but we have a tendency to retrieve bad experiences exactly the way they happened more than good ones as 99% of humanity live in misery 99% of the time. Only 1% of the world population is happy and for, them life is a bed of roses, such is their thinking process.

So this experience happened to you some 20 years ago and even today the memory is as alive as it was 20 years ago. Do you think it will fade away after another 20 years? No! It will stay as fresh as you want it to be. Unless and until you make a conscious effort to discard that episode, it will stay as alive as if it happened yesterday or only a few hours before. Even if you tried to erase it with meditation, affirmation and other techniques available to us, all you would be doing is separating it from the emotional energy and then the episode will lose power as the link between the memory and the emotions is broken forever, since you have made a decision to unplug the emotional current that was feeding a particular thought or episode.

Hypnotists and healers use the same principle. They backtrack your mind into the experience and you are made to relive that experience, and at that sensitive moment they add a few lines in the data that this software or experience is no longer needed by you and in the process the emotions connected with the episode are separated. You will not be able to cry or laugh anymore, but it will still be there in your memory with no feelings connected to it, no emotions. In your sleeping state you could dream of being a king but once the dream is broken you do not cry for the rest of your life that you have lost your kingdom. If you want to explore deeper into your mental and emotional problems, search for “Concept Therapy” on the Internet.

Our mind is a movie studio and a theater of our own, and actually a step ahead because we also use our senses of touch, taste, and smell in our real-life movies. The day is not far when the TV will transmit an aroma along with the picture, or when science will able to know the base aromas just as science has known the base colors. Your TV will come with an aroma cartridge just as your printer has a color cartridge.

Whether we survived a horrible experience in the past or past lives, or a good one, all is stored within us just like a movie stored on a DVD, and based on the power of our being, we are able to assimilate or become addicted with the experiences. If the “I” within us stays sharp and aware, we learn from those experiences and move on. Otherwise we keep on playing it over and over again, adding to our collection of miseries or fantasies.

People become addicted to drugs for the same reason as do people who are born in male bodies but are always trying to make them look female in the mirror. These are all examples of how we get addicted to our experiences. Imagine a boy who is still in the development stage left in the company of teenage girls, whom he has never experienced, and the females dress or undress, and he has never seen his mother putting on all that makeup; he gets a kick out of it. Just for fun’s sake, these teenage girls ask this young lad if he would like to put on these female clothes, and if he says yes, he is in for trouble for the rest of his life because society has separated even clothes into male and female, and
Once that little boy sees himself as a female in the mirror he has plugged into the consciousness of females; if he likes and loves his new image, he will spend the rest of his life reliving that state over and over again.

Since our present life is a continuation of our past lives, I would strongly say that the outcome of being a drag queen or a transvestite is not always a psychological disorder—half of the time it is karmic, and is due to a unfulfilling female past life or to having too many lives in the male body, and one has taken this life in a male body in a state of confusion; he has taken birth in a male body but his unconscious mind is accessing the thoughts belonging to the female body.

Do you realize that in ancient times, clothes were never male or female and men could wear jewelry as women did? Now the social structure has changed, dividing men and women to the point of lunacy that now we even have pens, notebooks and cars exclusively made for females or males. Now a male cannot use something that is pink, or he will be labeled “gay.” The west started the concept with the sexual revolution and the east is catching up now. Back in the 1950s and 1960s, pink Cadillac used to be the fashion among men, and now one could lose one’s life, as one would be taken as gay.

Day by day humans are becoming slaves to the collective consciousness of the mass media and individual uniqueness is evaporating. Humans are growing up to be Madonnas, Michael Jacksons, Harrison Fords or Elvis Presleys. No longer are we “US,” or “OURSSELVES.”

We live in the world of thoughts and our actions are based on the thoughts we receive, which are entirely dependent on the state of our awareness. As long as this chain of thought exists, we will always exist, exactly the same way our memories will always exist until the “I” dissolves, at which point we have unplugged the memory from the emotional energy and have gone beyond this duality.

Let’s presume that despite all the people Hitler killed on this planet, he had some good karma left from past lives and he is reborn to parents who are very spiritual-minded but have negative karma from past lives; as a result they became instrumental in bringing such a burdened soul to this world. So Hitler gets another chance to go beyond his negative past. Now the bio-computer he got in this life is very spiritual but his past is very dark. ‘What is going to happen? He will dream of terror, live in terror and guilt, and eat in terror unless and until he has made a good rapport with his existence. Just as the planet earth has an ozone layer which protects the planet from harmful radiation, we have a psychic web protecting our astral body, which filters negative thoughts. So our Hitler has been reincarnated with a weak protective web due to his negative past; as a result his unconscious mind will not be able to resist and filter his negative thoughts and those polluted thoughts will seep into his conscious mind and will haunt him day in and day out.

Here is a real-life experience, which I went through about 12 years ago. I was living in Mill Valley, California, at the time. One of my best friends, Andrea, called me one day and said that she would like me to go with her to an introductory class being offered by a chiropractic doctor known as Doc, and so I went with her just out of curiosity. About 15 people were present in the hall, and I was sitting there watching Doc as he demonstrated his extraordinary abilities to go into the past lives of people and erase their karmic blocks. When he was done with the person he was working on, he said, “Let’s see who’s next.” I started concentrating within my thoughts to pick me, and he did, such is the power of...
thought. So I relaxed myself on the table and he made me say the following affirmation: “I release my addiction with coffee and sugar.” I interrupted him and said that I am not addicted to sugar and coffee; on the contrary I do not even like coffee. He said that four lives ago, I was in Rome as a merchant and I was addicted to sugar and coffee, and since my mother’s family came through me, there is a family history of diabetes in my mother’s family, which was 100% accurate. Just to let you know, I never had diabetes then or now, but most of my uncles and their children from my mother’s side have this problem. How could he know about my family history?

I became more curious and as a result I signed up for his workshop, which was going to take place the following weekend. Next weekend came, and Andrea and I went to his weekend workshop. There were about 12 people in the workshop including Doc and his wife, a few Germans, and some Americans. I was the only person from India in the group. It was a kind of international mix destined to be there. The workshop started with general discussions about Doc’s background and about his wife, who was there to help Doc with his workshop. Off and on Doc would ask people to repeat sentences after him.

We were all sitting in a circle around Doc; that’s what we called him. All of a sudden he turned to this American lady in her late 40s and asked her to release the guilt she had connected with the massacre of males she ordered on the planet Venus. In an instant, she started crying from the deepest core of her heart and started saying that all her life she has always felt guilty, even as a child, and she never knew what the reason was. Doc said that millions of years ago, there was life on the planet Venus, and the planet was dominated by females. The woman was a figure of power on Venus, where she had ordered that the testicles of many males be chopped off in order to punish them.

I felt really sorry for this woman, but also skeptical; at the same time I was chuckling from within, as the scenario was very amusing for me because of the sexual repression that is very common in India. Doc gave her a box of tissues and immediately moved on to a German man and he said, “You were the one whose balls were chopped off, so you repeat after me: I release my anger...” All of a sudden we could see the fireworks of anger on his face and he screamed and cried loudly. Doc gave him a pillow into which he could release all his anger, and made him say some more affirmations to release his anger. Suddenly he moved towards me and said, “Yours too” ; that was all he said, “Yours too,” and my body started trembling vigorously, each part shaking on its own as if I were having a fit. In a trembling voice, I asked Doc what was happening and he said that energy was being released that had been blocked all this time; the shaking and trembling continued for almost 45 minutes as the workshop continued. During the break he told me that Andrea was my friend on the planet Venus but could not do anything for me at the time. It became very obvious to me that past lives are as true and alive as our existence at this very moment, and there can be no future if there was no past. After this episode my sexual repression evaporated and something opened within me and I started growing in consciousness at a much faster pace than before. I had been obese since my childhood and after this episode I started exercising, eating right, losing weight, and came down from a size 40 to a size 32.

As we read this very sentence, we have left the last word we read in the past but we always have the choice to go back and reread the whole book or the paragraph unless and until the book is lost and goes out of print and not a single copy can be found.
Going back to Hitler; the reason poor Hitler is feeling guilty and negative and is living in misery is because of his past records; the credit rating system of existence is very strict and you do not get a new file when you get a new body. The old records continue until the day you make a conscious effort to erase the data and ask for forgiveness from the higher source and from the souls you have hurt in past lives.

Now you can go back into your life and see if, in your life, you have experienced violence and torture from your father, your mother, your family, friends or strangers. It is you who is supposed to go through the suffering and your poor parents become instruments because of their own negative past. If money is what is giving you problems, then you must have cheated someone in the past and are now re-living your own past. If it is hard to find love, then you must have deceived someone in the past. If you are sick, then you must have become the cause of someone’s sickness in the past. If you are unhappy in this life, then rest assured that you were the cause of someone’s misery in a past life.

We all come into this body for just one purpose and that one purpose is to erase our past and grow so that we can come out of this cycle of birth and death. But 99.9% of people get stuck in the same old rut of survival and very few reach a state where they come to realize the futility of life and start their journey inward.

There is a very interesting story about Buddha. One day Buddha and his disciple Ananda were sitting under a tree in a small village. Buddha was meditating while Ananda was watching. A man came and spit on Buddha. Being Buddha’s staunch follower, Ananda’s face turned red with anger; he was about to stand and hit the man, Buddha opened his eyes and asked him to relax. Ananda, still furious, commented, “Why? This man does not even know you yet he spit on you and now you ask me to relax and let it go?” To Ananda’s astonishment Buddha replied, “I had been waiting for years for this man to come and clear his karma with me, as this was the only balance left from the past lives and he has discharged me and I am a free man today,” and Buddha thanked the old man. Listening to all this, something happened in the old man and he fell on the feet of Buddha and asked for forgiveness.

Are you still skeptical about past lives? Here is an experiment you can do in your real life. Next time you are thrown into a situation where the decision pertaining to your life lies in the hands of a stranger (e.g., your job is at stake and your boss is trying his best to get you fired), relax yourself in a comfortable position and take some deep breaths; breathe in deeply and hold and exhale deeply; follow this pattern about 15 times and then hyperventilate your mind by breathing in and out very fast and deep without holding; do this about 15 times. Go back to the relaxed breathing and visualize your boss. Smile at your boss in your imagination and tell him, “(Your boss’s name), I release all negative experience connected with you from your past lives, on all levels of existence where we exist and have existed. I forgive you for the past and I ask for forgiveness from your higher self; I transmute and transform all negative energy into love and from now on we will be neutral as far as our past and present is concerned.”

Breathe in deeply and exhale with a long humming sound. Repeat this a few times.

Take a deep breath and try to live what you said a few minutes ago; really feel for your boss and do not give him any nasty looks or send him negative thought vibrations. Also, do not involve yourself in topics at work during breaks where your coworkers are having volcanic eruptions about your boss. You are in for a surprise; in a few days the
same boss who was contemplating getting you fired has become a different person, and do not be amazed if he recommends you for a promotion. Even if none of the above happens and you do get laid off, still you will find that a lot of positivity came out of this negative episode. Such is the power of our thoughts relating to our past and present lives.

Man is facing a new kind of problem called depression. One is unable to sleep at night, concentration is lost, and mood stays negative all the time. One becomes hopeless and helpless, even suicidal. If one is physically weak, the body starts showing signs of fatigue, fever, running nose, indigestion, allergies, and we can go on and on. The whole system goes into a mayday situation. What exactly is depression? Too many thoughts, too much thinking, overloading the mind, and one starts having stress, as one has stretched his mind to the extreme in the thought world and now one has a bunch of negative thoughts that take hold of the mind and one is unable to diffuse them and depression starts setting in.

It always starts with stress and then escalates to depression. Tightness around the shoulder area, on the forehead, right above the eyes, in the temple area, in the upper and lower jaws, and at the roots of the thumb area on both hands are all indicators of a stressed body. Stress gets accumulated in the upper part of the body first and then starts moving downwards, affecting the organs. When the body gets loaded with stress it goes into a depressive mode. In depressive mode the nails on the big toes on both feet lose their natural color and become black, hard, or deformed.

What transpires in depression is that one is unable to come out of the depressive state of mind, as one gets lost in the quicksand of slushy thoughts. The source of fresh and positive thoughts dries out and there is a stagnation of thoughts within the conscious mind, and as they rot, the fumes put a pressure on the mind and the mind is unable to extract oxygen from the bloodstream causing the mind to go into a depressive state, and the body goes into a mayday situation, as it depends upon the mind for its functions to operate smoothly. Modern science is very poor and outdated and it has no idea as to what causes depression.

Here is another eye-opener: earth is negative polarity and sky is positive polarity, and we exist in between earth and sky. Our head is in direct contact with the sky, just like a satellite dish, and our feet are always connected with the earth; our existence is right in the middle. When we lose the connection with the earth, which the New Age community calls “grounding,” our ability to send negative and corrupted energy to the earth is lost and the communication is broken, thus causing stagnation in the bio-computer. As in a state of depression, we lose the ability to drain old thoughts or recycle them. Depression is primarily a male disease. Very few women suffer from depression; the ones who are mind-oriented and lack a strong connection with their feminine side suffer from this horrendous disease; otherwise, it is purely a male disease.

Please look in the Healing section for a simple remedy to eradicate depression.

If you can stay happy most of the time, there is no way you will ever suffer from stress.

Here is a simple method to check your inner happiness or unhappiness: if you have lived a life that has been full of thoughts of joy and happiness, you will have high cheekbones or very fleshy cheekbones. Whether you are a man or a woman, it does not matter. Your skin quality will be smooth and your face will look like a blooming flower, as shown in the picture below.
In the above picture you can see that the person has high and fleshy cheeks; people with similar cheeks and cheekbones are full of positive thoughts and are happy from within; you can feel this in their company.

Now let’s look at the opposite of happiness, which is unhappiness and sadness. As you see in the picture below, the person has no fat on the cheeks—the cheek area is depressed, and his skin lacks shine and clarity. Sadness and a disinterest in life is quite visible on his face. If we compare the two pictures we can see that the woman’s face blooms with joy and the man’s face shrinks with sorrow. Unhappiness is the end result of stretching oneself between the past and the future rather than living one’s life in the present moment. Contentment and control of the mind are key elements towards keeping one’s self away from becoming miserable.
The cheek area represents the positive and negative attitudes within a person. If you look at the bigger picture, you will find that only 10% of men are happy, compared to 90% of women who are happy. It is very interesting to see that the majority of women in western countries are unhappy and have depressed cheeks. It is also interesting to see that a great majority of blacks are happy and have high cheekbones despite all the racism they must contend with. It all depends on the state of your inner mind. Your awareness has the ability to control the flow of negative and positive thoughts, but if you are not focused in life, your mind will lack the ability to concentrate on one thought or one area. In most people’s minds thoughts are not concentrated but are scattered. These people jump from one thought to another and end up at the original thought they started with, and then start jumping again. They lack the concentration in life and are flops in their personal lives relating to all matters. Since they are so disoriented, and since most have no understanding, they fall for vices on the inner level as well as on the outer level. As they become addicted to negative thoughts, i.e., hate, anger, resentment, guilt, etc., they become addicted to vices like drugs, alcohol, and cigarettes on the outer level; these addictions give them some concentration because smoking is a sort of mantra, as is alcohol. The king of all vices is drugs, where the mantra becomes the master as soon as you give your power to it. The majority of drug users will get hooked and form habits because they will gain a kick in life by chemically slowing the mind and steering it towards their fantasies and illusions. By using the drugs, the “I” within the person loses its grip. But since the “I” is very strong, it fights back, and every time the person will need a higher dosage. When the “I” loses its grip the boundaries drop, so that one who is on drugs who starts laughing will go on laughing, and one who starts crying will go on crying. In the long run, the nerves start becoming numb and the neurotransmitters slow down to the point where the individual becomes dumb and blacks out quite often. One day the individual never returns to his conscious state, as the “I” has lost its war to a chemical and the body loses its connections with the mind, making it unbearable for the life energy to stay as a guest. The host dies and the guest leaves in search of a new host.
Instead of taking drugs, if one is really interested in intoxicating one’s mind, the best way to achieve that is by chanting a mantra over and over again. This mantra can be anything from “AUM” and “AMEN” to “ALLAH HO.” After you have chanted it a few million times, you will have mastery over the mantra and you will remain drunk in the divine nectar at all times. Not just this—you will be able to perform miracles unknown to common man, heal people, know what others are thinking—it all depends on your dedication and on how receptive your individual chakras are.

We need to use the power of thought to live happily, blissfully, and at the same time, we have to use thought to go beyond thought; it is very tricky because even the thought of going beyond thought is also a thought. But it is the vehicle of thought which will transport the “I” within us to the point where we will have to take the jump into a thoughtless state. It is very much possible, only if we practice and practice.

Remember that thought + action + grace = mission accomplished. Never forget grace, as our existence is much smaller than a microbe in this vast and infinite cosmos; we do not even exist although, interestingly, each one of us thinks that we are more powerful than the collective power of this cosmos.

Thought is our link to the outside world. From thoughts we move on to words and actions. If you are nurturing negative thoughts of hopelessness and helplessness, your future will be hopeless and helpless; if you are giving power to thoughts of hate, you will hate yourself and the world around you; as a result you will be hated by the people around you in the future.

If you are giving power to positive thoughts of love, happiness and creativity, your future will be happy and blissful. Watch your mind; be aware because the thieves of greed, anger, hate, and guilt are always looking for an opportunity to rob your bio-energies, as their survival depends upon you. If you want a good harvest of positive thoughts, you must become a scarecrow for the negative thoughts. Thought is energy, thought is power, and mankind needs to use this power for its liberation, as our only hope lies in the thought.

Use this power of thought to erase your past and try to live in the present because we always live in the past or in the future but never in the present. Use the power of thought to create a loyal friend within yourself who can remind you that you are not the “I” and the “I” within you will start shrinking, and one day, just this friend will exist and not the “I” and then you can say good-bye to this friend as you jump on the bandwagon of thoughtlessness, a state of deep meditation, where you will be greeted by your being, your inner self, the real you.

Your relationship with yourself starts with your thoughts. If you are in harmony with yourself, if you are in love with your own being, yourself, there is no way you will hate the world; then everything outside of you is in harmony including your relationships with other beings around you. Then you will smell of love, breathe love, drink love, talk love, and love is the only vibration you will spread; then you will not find the need to say to others “I love you.” The radiance of your love, the power of your love will attract people towards you and any person white, black, brown, whose heart or emotional center is ready to open, will open in an instant.

Some tips to think about:
1. Just as you are aware that you do not breathe in pollutants, just as you are aware that nothing unusual gets into your mouth, just as you are aware that dangerous bacteria
does not enter your body and harm your health, just as you are aware that an unknown person does not enter your house and rob you or harm you, follow the same rule with your thoughts. Be very aware that negative, corrupted and inharmonious thoughts do not enter the screen of your consciousness and start multiplying and start destroying the fate of your future.

2. Treat all your thoughts with your love because if you hate a thought you are still giving power to the thought. Love and understanding are the only power we have to deal with the negative thoughts.

3. Think and then rethink before you say or act because your words and actions could cause immense damage to you or to the other person at whom your thoughts, actions, and words are directed.
4

The Mind

Our existence can be compared with a computer: Our body is the motherboard and the mind is the CPU. Where the hard disk is our memory, RAM is our active memory. We are always connected to the universal web or the unconscious mind accessing the universal websites of love, hate, greed, sex, religion, etc. We take this birth with preinstalled software from past lives genetics) and then our parents install their chosen software, i.e., language, religion, culture, economics, etc., and the society we live in also contributes/updates their versions of these softwares. Overall we live a robotic lift where the mass consciousness controls our minds. The majority remains a slave to their minds and very few understand the functioning of the mind and use it as a tool to go beyond the mindless state.

Our consciousness is the “I” in control of this computer, but unfortunately there are many hackers who are trying to take control of our computer. Even though the purpose of our parents, relatives, and friends is to be programmers, unfortunately, many take the role of hackers due to their limited understanding of human life. If we go deeper, the game called life is a mere exchange of data and frequencies where we are creating new games of construction and destruction in a dazed mode.

Very few among us are trying to live this life in a waking state. If that were not the case, then people like Buddha, Jesus, Socrates, Krishna to Krishnamurhti, and many other enlightened masters would not have been heard of, and if the majority were not living this life in a dazed mode, then we would not have been killing and spreading terrorism in the name of Allah and waging “Jihad” holy wars or crusades against other humans.

Mindsets are mindsets, whether Mohammed Atta’s mindset (who was involved in the World Trade Center attacks) or Frank Silva who shot and killed an innocent Sikh in Arizona mistaking him for someone connected to Islam. One was protecting Allah and the other Jesus. Think deeply and you will laugh because neither of these idiots had a chance to taste the consciousness of Jesus or Allah.

Poor Frank, living in the world’s number one country where one is born in an ocean of information—he had no understanding of who he was, not to talk of Sikhism, not knowing that between the 16th and 17th centuries, Sikh Gurus sacrificed their lives to fight the ancestors of Bin Laden, the very same Islamic militants who invaded India from the middle east and were spreading terrorism and would rape Hindu girls and kill Hindu men who would not take Islam as their religion.

For one mistake of the mind, Frank will spend the rest of his life in society’s dumpster or society might discard him just like a pest and unlucky Frank thought that he was being a patriot. It seems obvious that he was brought up on White Lies and even before he realized the Dark Truth, his life was darkened by one act of foolishness conceived by his erroneous mindset powered by corrupted emotional energy.

Was it an act of patriotism or cowardice? Just imagine if someone would have stopped him from killing an innocent human and had asked him to go kill Bin Laden instead, if he was so passionate about avenging the suicide attacks on WTC. Do you think he would have agreed to sacrifice his life for the country?

My answer is a complete no!

Why?
Because patriots are created just like animals are bred. Father is in the Army, Navy or Air Force; the sons follow the same pattern because they have taken that genetic coding from the father. Patriotism is inborn and as they grow on it, it’s being fed to them every day. But the nature of the mind is impulsive. Mind is a sucker of rush whether it is adrenaline or drugs, alcohol, marijuana or cocaine. Whether they are joy rides in a theme park or running to win the gold medal in the Olympics, or trying to reach a sexual orgasm, the bottom line is rush. A controlled rush becomes a pre-calculated act of creativity, compassion or violence, but an uncontrolled rush generally ends in an act of anger and/or hate for the self or for others, i.e., rape, killing, suicide, etc.

The mind is just like a monkey, and if you do not put this monkey on the leash of your consciousness or awareness, then I would say, “God bless you first” before it blesses America. If we believe in the theory of evolution: our mind comes from the animal kingdom and we still carry the animal mind or those primitive cavemen’s software within our collective consciousness.

The nature of the mind is to race to extremes, to be a master or to be a slave. It is no wonder we have people who have become kings and people who choose to be their slaves. It all depends on how a person tames his mind or on how his mind tames him. Do you know how the wild elephants are tamed and their power controlled? When a wild elephant is caught and brought to the trainer, his front leg is tied with a very strong chain; the elephant tries to break it over and over again and one day he gives up. At that point, the chain is replaced with a strong rope. Now if you look at the rope you will laugh and think that this is like a thread for the elephant—why can’t the elephant break it? But if you look at his past you will be amazed to know that he was tied with a strong metal chain at one time. Our story is no less than the poor elephant. We have created our chains of limitations in the past and past lives. The dilemma is that our intellect is more powerful than an elephant’s, but within our unconscious we carry the thoughts of being chained for lives, and unless someone who knows the laws of nature helps us erase those thoughts, we will be carrying those thoughts of being chained to our negative past karma for lives to come.

Our consciousness has expanded, and here consciousness has two prongs: the consciousness we have brought into this life and the consciousness of the world around us. Yet the basic functioning of our mind has almost remained the same as it was thousands of years ago. The basic rule of fight or flight is as good as it was millions of years ago.

Our reactions are instant towards the actions of others. Someone hits us; we hit back, whether they are words or actions. The majority has no control over their minds and the primitive monkey is in charge of our bio-computer. The more we lose ourselves, the more control this monkey mind gets; whether it’s jumping from one branch to another or from one thought to another, the undercurrent is the same.

The mind is an obsessive perfectionist. Have you ever played chess on the computer? The purpose of the chess program is to beat you and so is the purpose of your mind to beat itself in its own game. Otherwise, why is man so obsessed? You have the world’s most beautiful partner but your eyes are always looking for a better one; you have an oceanfront property with a BMW in your driveway and a few million dollars in the bank but you want to have more, maybe an estate or a personal jet. The game goes on and you want to be the richest man on the planet and still do not stop because someone else is
trying to compete with you in your mind game. We all play these mind games with ourselves and with others based on our level of thinking.

The nature of the mind is to possess and be in control; it’s a cannibalistic slave rider who loves racism. Do this simple exercise and you will know whether you control your mind or your mind controls you: Relax yourself on the bed or on the chair and take a few deep breaths. Now select a word which appeals to you or your mind will start resisting and you have already started losing: if you belong to Islam and I ask you to repeat Jesus, your mind will rebel and start thinking that all those who do not believe in Allah are infidels.

If you are a religious Hindu and I ask you to repeat the name of Jesus, your mind will instantly associate it with a beef-eating, cow-killer white male and give you creeps, and of course if you are a Christian and I ask you to repeat “AUM,” your mind will start thinking of a poor monkey-looking man holding a sitar begging for food in the slums of Calcutta. The basic nature of the mind is to be a racist; you love tea but hate coffee, and you hate Chinese people but crave for Chinese food. Even though your skin color is white but your favorite color is black, you dress in black, your furniture is black and the color of your car is black as well, but when it comes to human preferences, your favorite skin color is white and when you see a black person on the road you would like to run over him. It is absolutely not your fault because the environment in which you are born has programmed your mind into having preferences.

Even parents get trapped in the multiple choices of the mind; the son who is rich is the favorite of the parents even though he scolds them every day for not doing a good job of raising their children, and the son who would take care of the parents but is not wealthy is stupid compared to the one who is rich.

The reason the tree of love blooms before marriage and dies after marriage is because of their minds. Before marriage the tree of relationship is nurtured by both, and after marriage each one of them is responsible for their share of nurturing the tree. In the process it dies, as before marriage the choices must be blended but now they have multiple choices; one contributes more than the other or both pull away from the responsibility, or they water it so much that the tree does not die but becomes weak and sags because of too much water. By the way, water is another form of emotion.

So coming back to our test, take a word of your choice and start repeating it slowly over and over again in a repetitive mode. In a few minutes you will start yawning because you are going against the mind and it does not like orders as it is the boss and you are the slave. In few minutes you will stop repeating and become distracted because of boredom caused by repetition or will fall asleep. In both cases you have lost and the mind has won.

People who cannot sleep, people who are on drugs, alcohol, smoking, and other vices are slaves to their minds and do not know how to tame their minds. Since the nature of the mind is obsession, they are obsessed with their minds and cannot create gaps in order to take over their minds. The mind takes them on a merry-go-round where they keep on coming back to the same spot or thought over and over again, and to sleep soundly or to stop smoking one needs gaps in the mind so that sleep can take over or the obsessive pattern can be broken.

If you are very familiar with computers you will know that if you have programmed your computer to doze off after four hours of inactivity and your computer gets locked because of a corrupted screen saver, it will not be able to doze off. The human body is no
different. People who are suffering from insomnia have certain thoughts creating a gridlock situation and the flow of the thought traffic is impeded. If you are one of those people who cannot sleep, the only remedy that can help you is repetition of any sound for hundreds of times every day, as it will hammer the stuck thoughts and break the gridlock. As a child you must have played these games with your friends, i.e., how would you kill a Pink Elephant? And the answer was with a Pink Elephant Gun. How would you kill a thought? The answer is with another thought.

To Read more, Please purchase a full copy of the book.