

AWAKENING TO A NEW YOU - McCaw Hall, Seattle

All of us have experienced moments of bliss, peace, love and happiness which are our original qualities or sanskars. Knowing how empowering they are, we want them to be lasting emotions and look for ways to feel them. Spirituality teaches that we don't have to seek peace, ask for love, achieve happiness. We the souls are an embodiment of these qualities. The soul is like a battery which is discharged because of the wounds and pain created in many births. Our journey now is to re-charge the soul to experience, emerge and expresses our innate divinity.

Our thoughts decide how we feel – happiness or pain, peace or anger, compassion or criticism. The thoughts we create in response to an object, person or situation are not dependent on them. Yet when things go wrong, we blame situations or people. Instead of changing our thoughts about them, today we are choosing to change them, to live with them feeling suffocated, or to move away.

In Garbha or Dandiya dance forms, we look at the direction in which the other person's decorated stick is held and we tap it gently in a harmonic manner with the sticks we hold. Only then it becomes an enjoyable dance. But if we wield the sticks without observing at each other's movements, it turns chaotic. Likewise, being with people we only need to notice their sanskars and then emerge our sanskars that create harmony. If we just start using our sanskars without looking at theirs, it creates conflicts.

We repeatedly tell family - "I love you", like a mantra. Let's start saying "I accept you". The purpose of we the souls, is to give what we want - whether it is love, acceptance or appreciation, we will experience it before we give it. This makes us a master who gives, not a slave who is dependent on others to always feel good.

Meditation is the simplest way to increase soul power. It helps us to see our own original sanskars and of others. Our self esteem will be strong once we know our true worth. When we are no longer dependent on others for peace and happiness, we awaken to a New Self who is IN-DEPENDENT (Dependent on the one within).

AWAKENING LOVE AND FORGIVENESS - Anubhuti Retreat Centre, San Francisco

Many of us have heard, read and believed it's very difficult to forgive and forget. Friends and families also endorse that view. Every time we say - I cannot forgive, I cannot forget, the mind agrees and never will. Spirituality teaches that we are divine beings, full of love. It means forgiveness is also our nature. So there cannot be a question of whether we can or cannot forgive.

Everything happening in our life today is a consequence of our past karmic connection with people. We have a choice how we want the energy exchange to be. We can choose love, forgiveness and blessings to change the energy of any unpleasant karmic account.

Understanding that every soul has come with infinite past experiences and sanskars helps us shift from expectation to acceptance. It doesn't mean we will let people do wrong. It means we will not criticize them for their existing sanskar. Our authentic love and respect for who they are empowers

them to create a new sanskar. We can help people to change their sanskars if we feel it's not right for them, not if it's not right for us.

We mostly fail to forgive when hurt or when people do something that we don't expect. We create pain and say they hurt us, so they should heal us. Let us shift from saying "You hurt me" to saying - "I created this hurt." Next question to ask ourselves is how long to remain in pain. We can heal ourselves by having an inner conversation - "I don't hold them responsible. It was their perspective, their opinion, based on their sanskars, and on our karmic account. Let them send me what they want to, but I radiate love and blessings."

The truth is - there is no concept of forgiving somebody else. We can only forgive ourselves from the pain that we were creating by repeated negative thoughts. Love and forgiveness are the way to empower ourselves, to create harmony, to create a beautiful world.

THRIVING IN UNCERTAIN TIMES - Palace of Fine Arts, San Francisco

We live in uncertain times today where situations are unpredictable. But by making our state of mind dependent on situations, most of our reactions have also become unpredictable. Blaming uncertainties for our stress, anger and pain, we have switched over to a victim mode. Whether it is a small inconvenience like traffic pile-up or a tragedy as big as loss of a loved one, situations are not in our control.

Owing to weak soul power most of us are attached to people and possessions, in the name of love. Where there is attachment, there is fear of losing. We know that eventually we will lose all that we have, yet we spend our life stressfully holding on to everything. Many of us fear losing a family member. Our energy exchange with people continues even when we are separated or when even one of us takes a new costume (rebirth) to play a new role. Death means the soul leaves one costume and takes another. Our thoughts and feelings still radiate to the soul.

The soul who has left the body is now a baby in the womb of his new mother. Creating thoughts - "I am in grief, why did you leave me, how to live without you, please come back..." are messages to that soul who catches our vibrations and feels more helpless.

Our love and care continue even after people change their costume. We love them always, let us remember them always ... with love, not pain. Let us radiate power to disconnect from their past and move on. Let us send thoughts, "We are fine and taking care of ourselves. You settle down happily in your new family." Change in thoughts heals our grief and makes way for their transition.

Let us remember that even in the toughest situation, our Emotional Stability is The Solution, not a disturbed mind.

AWAKENING TO INNER POTENTIAL, POWER AND JOY -University of California, Irvine

Every scene of our life is recorded on the soul, never to get deleted. The imprints become beautiful memories if we create pleasant energy. Otherwise they remain as past hurt. Scenes are not always favourable, yet how we think, feel and behave is our choice. But we spent years believing we had no

choice. INNER POTENTIAL means we create (record) the right thought – purest thought – even in the toughest situation.

On our journey of several lifetimes, we have recorded several sanskars and behave under the influence of those sanskars. So it is unfair to expect anyone to be our way. Important is to ask – “Am I my way?” Our ability to think, feel and behave the way we want, irrespective of people and situations, is a measure of our INNER POWER.

JOY is our nature. We experience joy every time we (our mind) create a pure, peaceful, powerful and comfortable thought. So we started looking for ways to create nice thoughts. We said we will create them upon achieving milestones or acquiring something... we made joy which is our original nature, dependent on things outside. Conscious practice just for a few days makes it easy to create the right recording on the soul, thereby increasing Inner Potential. This increases our Inner Power to be our way, regardless of external stimulus. Creating pure, elevated thoughts results in a natural state of Joy.

Initially, we may need an hour to create right thoughts. With attention we will start doing it in 10 mins.. then 2 in minutes.. thereafter we will create the right thought the first time. This empowers the soul and it means we have awakened to our highest potential, power and joy.

INNER PEACE INNER POWER - Vancouver, Canada

Most people seem to say, “I want peace” and ask how long it takes to experience inner peace. Shifting our energy, emotions and inner experience takes a few seconds, not years. Because whenever we are not angry, upset, hurt or jealous - We Are Peace.

Sanskars of both peace and irritation are present in us, like two songs on a CD. In every scene, we only need to choose which song to play. If we keep playing irritation often, it becomes a background music for life. But if we consciously create peaceful thoughts for a few days, peace becomes our background music (sanskar). It is easy because it is dependent only on ourselves.

Power doesn't mean we control situations. It doesn't mean that people should be our way. It means we choose a perfect response amidst imperfections. Let us select a typical scene where we often get disturbed. The first stage is to not outwardly express anger or pain. Second stage is to re-program the mind as - "They are not ready to change right now but I choose not to deplete my inner power." Sustaining inner power is easy but we slip into lower frequencies by thinking, "Why be nice to someone who isn't nice to me?"

When we respond with peace, we increase inner power. With increased inner strength, responding peacefully next time becomes natural. Meditation is the art of giving right instructions to our mind, so that it responds with peace even in a crisis.

AWAKENING TO THE CALL OF TIME - Dolby Theatre, Los Angeles

Our intentions, thoughts, feelings, words and behaviours radiate as emotional vibrational frequencies and influence the world. Today the vibrational frequency of the world is dropping due to poverty,

civil unrest, health-care challenges and human rights issues. It proves that our individual vibrational frequencies have lowered the universal vibrational frequency.

Every personal or global issue is an offshoot of the 5 lowest frequencies - Kaam, Krodh, Lobh, Moh, Ahankaar. The Call Of Time is to check vibrational frequency of our thoughts and feelings -

- Kaam (Lust) – Do I refrain from messages, visuals, books and conversations that have shades of lust? Does physical beauty appeal more to me than inner beauty?

By maintaining Purity and Love as natural ways of thinking, we contribute to eradicate rape and abuse from the world.

- Krodh (Anger) – Do I expect people and situations to be my way and get angry otherwise?

By choosing Patience and Empathy when people are not our way, we contribute to finish violence in the world.

- Lobh (Greed) – Is greed urging me to compare and compete? Do I feel jealous? Do I compromise on principles?

By shifting to Co-operation and being Ethical we contribute to eradicate corruption from the world.

- Moh (Attachment) – Do people's emotions affect me? Do I get hurt when they are rude or upset when they are disappointed?

By forgiving and remaining emotionally stable, we contribute to heal suffering in the world.

- Ahankaar (Ego) – Do I identify myself based on caste, position, possessions, and achievements? Do I feel superior or inferior?

By connecting to people for the pure beings they are, we contribute to heal social and religious intolerance in the world.

Awakening happens every time we choose love over lust, peace over anger, compassion over hatred and happiness over fear. A shift in us will shift the world. Are we ready to awaken to the call of time?