

MANAVTA

THE TRUE RELIGION



By: -

PARAM DAYAL FAQIR

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MANAVTA

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PREFACE

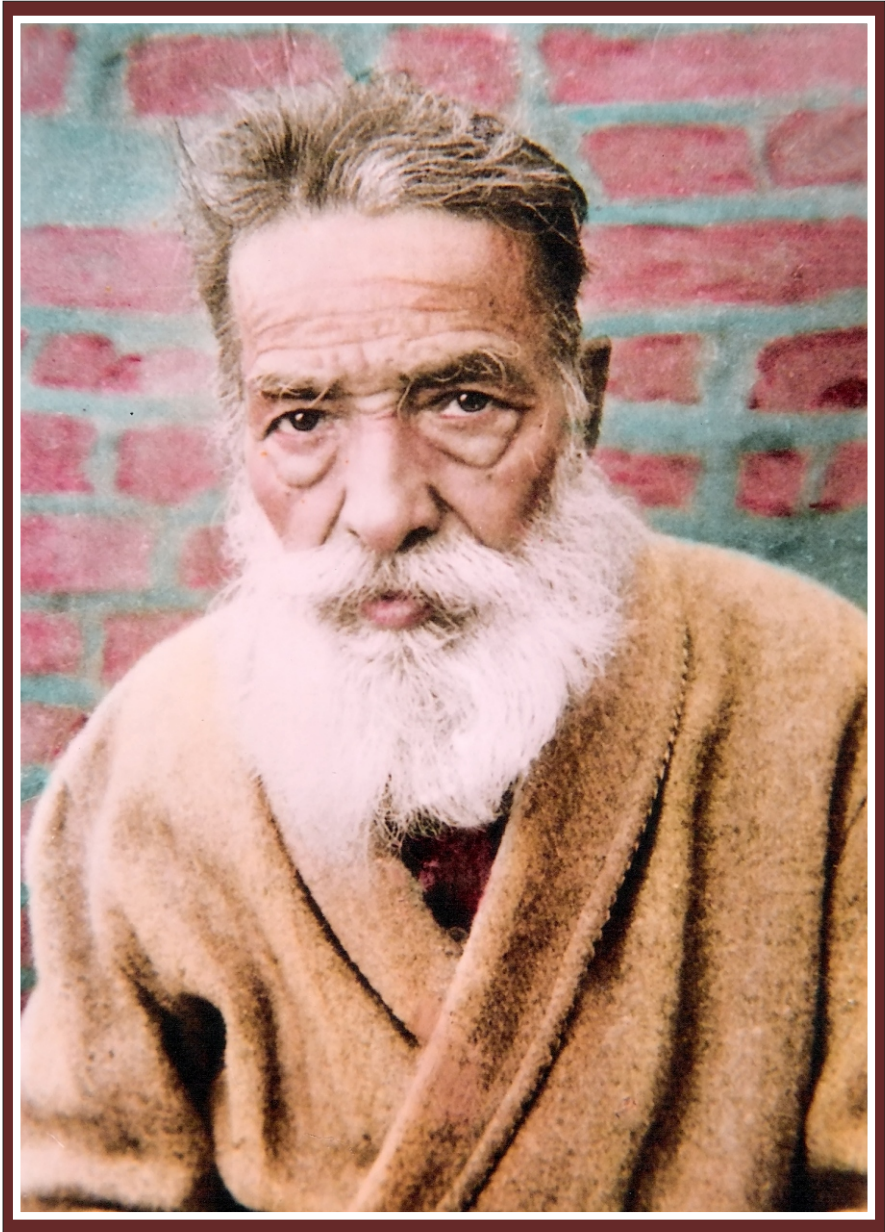
It is by HIS will that I have been awarded the opportunity of having a seat at the Holy feet of His Holiness *Param Sant, Param Dayal, Pandit Faqir Chand Ji Maharaj* my spiritual Guru. By his grace, I have understood a bit of that Truth and Knowledge, which is always emanating from His Holiness. My humble submission to translate this booklet in English for the benefit of English knowing public was conceded by His Holiness with a great mercy upon me. There is a possibility that due to the change of language, the real sense of the truth as given in the original book might have been affected. I humbly pray that the Truth and Reality which is embodied in the original book may be revealed to the reader and help in making their lives practical and peaceful.

B.R. KAMAL

Professor in History
Govt. College
Bilaspur (H.P.)

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**PARAM SANT PARAM DAYAL
PANDIT FAQIR CHAND JI MAHARAJ**

A way to Communal & Religious Harmony and Human Progress

National religion is a must for the development of any society and nation. But, what should religion? The true meaning of religion is that one should know what he is? From where he has come and where he is to go after completing the journey of life? After a thorough study and deep thinking over these questions, it is concluded that until one realises the truth, one cannot develop oneself, the society and the Nation in the real sense. A close study of the hard facts of life may help the readers to understand the reality and bring them close to one another at a common platform, without any consideration of caste, creed, colour and religion.

Every individual on this planet is obliged to consider himself, either a Hindu or a Muslim, Sikh or Christian, etc. The differences among individuals are based on religions. In addition to this there are other innumerable groups and parties based on economic status, social customs, cultural ties and difference ideologies. As a result of these there are many divisions in one society and country such as the rich, poor, low, high, congress, communists and Muslim League, etc. the attachment or affiliation to a particular sect, party and ideology makes an individual narrow minded and prejudiced towards others and thus keeps him far away from the Truth. Because of his attachment to some particular custom, tradition and ideology, he would not allow himself to be liberal and open minded person.

For instance, a child is forced or rather bound to adopt the same customs, traditions, habits and acts of the society in which he is born and brought up. The ideas and impressions that influence his mind in childhood take the form of a firm faith with the passage of time. As a result, he thinks himself as an important member of that particular society sect, party and religion in which he is born and nourished. Had that child been born and brought up in a different society and atmosphere his sect or party would have been different. So it is proved that no individual is born with a particular sect, caste, community and religion, but his contacts with a particular religion, his attachment with a particular section of society influences him so much that he becomes its followers and adherent.

If a religion is situated minutely it is found that it is nothing beyond a particular set of ideology, customs, traditions and ceremonies. At the time of birth every child is free from any such religious rituals and social tradition, etc. and it is difficult to say with certainty which religion and sect that child shall belong to. He can be moulded to any form by the people who nurse him. His environments and its incidents play an important role in framing his future life.

Man in Physical Frame

However, before discussing the real religion of humanity it is necessary to study some important facts of life at first. What is a man? Of what is he the product? Scientifically speaking an individual is an outcome of spermatozoa from the semen. Semen is the product of blood and blood is further the product of food that a man eats. That ovum after fertilization in the womb by spermatozoa is nourished by the blood of the mother which is again the product of food. After birth the child is nourished either by mother's milk or foreign food/milk which is nothing but the product of food stuffs eaten by the mother or mulch cow or buffalo. Thus considering man purely from physical point of view is nothing but a changed form of the products of earth. Had there been nothing to eat, life's conception would have been impossible. But has that food in the form of blood, milk and then food stuffs ever nourished him as a Hindu, Sikh, Muslim or Christian? The reply would be in the negative. He is born simply as a child of man. His physical frame is a priceless gift of the mother-land and the mother. This is a work of no religion or sect. We are all born equal human-beings and are the product of the mother land, then why these prejudices', jealousies and enmities' among brothers and sisters of the same motherland. All this proves that basic and primary religion of man is 'MANAVTA' 'INSANIYAT', all other religions of today are the later products of man's thinking and his intellect, but none of them is greater than 'MANAVTA' or "BE MANISM'.

Man and Life

In the preceding paragraphs it has been discussed and proved that man cannot be proud of, rather he should not be proud of any particular religion, sect, creed and caste except that of his parents and motherland as none among the former contribute anything for the constitution of his physical frame. Now the second question arises. What force keeps the physical frame or human body moving and alive? In other words, what is life? An individual is the product of semen which contains innumerable germs called spermatozoa. If we say that spermatozoa or germ had life then another question arises from where life came in it? And how did it come in it? Advocates of different religious philosophies may put forward their different theories and views which may be true. But this fact is scientific proof that spermatozoa is born out of semen is the main product of blood and blood is the product of foods that one eats.

Now all these food stuffs and edibles are the products of land. Land cannot produce anything till it gets light and heat from the sun and other planets. Vegetation on earth is not only difficult but impossible without this heat and light. This proves that this heat and light is the very life of that gamete which is passed on womb of the mother in a natural way for further developments. In the womb the fertilised ova develop with the help of mother's blood which is again the product of earth's vegetation. After birth the baby develops in the form of man or woman sucking the mother's milk or food of the land. So to whom should he or she be indebted more if not to mother or the motherland and that light and heat.

I again start from heat and light that when it is stationed in the physical frame, it keeps it moving and alive and in its absence it is death. This shows that life of the whole world and vegetation is heat and light, which has come down to this earth from the uppermost sky. Ancient Indian sages and rishis have named the creator of this world as 'LIGHT'---'JYOTI-SWAROOP' or 'ISHWAR' in their holy books. What, that Jyoti Swaroop is? It is this store of light and heat of which we are simple rays on this earth in different forms. Why these differences? We are all human beings and are all brothers and sisters.

Modern scientists have proved that there is a bigger source of light far beyond this sun that we see and there is a possibility that future scientists may give more revelations of it. but the facts of life are sufficient to prove that light and the heat are the very life. When they end life comes to an end. To make it more clear it may be experienced within the frame of the body. Concentrate and meditate at one point in your forehead, just between the eyes at the root of nose. More elaboration on this subject is not necessary here but it is an established fact that whosoever meditates on that point and follows the path inward, must see the wonderful light. Very important fact is that this can be possible only when one forgets the physical and mental existence. Till one feels that one is such and is related to such and such one cannot experience this bliss. There is no consideration of caste, creed, colour and sex at this stage. All great saints of the world have referred to this 'JYOTI OR LIGHT', but unfortunately the ignorant have started to worship fire outwardly and lost the truth. Differences of caste, creed and religion are only confirmed to the mental world, which is not the truth. Mental world is called 'MAYA' in the language of the saints

and where this 'MAYA' ends the reality begins. Thus this consideration of Hinduism, Sikhism, Islam, Christianity, Buddhism, Jainism and all other isms are confined to the mental world only which is not a fact. All these isms are based on certain rituals and dogmas to attain certain ends of life. These rituals are not the end or the truth. Man is not the creation of these rituals, but rituals are created by man. The truth is that we are all human beings. All saints who realised the truth have said that human body is the constituent of five elements, kept alive by heat and light. Thus why different paths be adopted, why different ideologies be pursued and divide the humanity ignoring the reality? Why the jealousies, enmities and fighting for Mandirs, Masjids, Gurudwaras and relics of the saints who have never preached for it? Our source is one and our destination is one. Let the men of intellect ponder over it preachers of different religions and sects think over it and realise that no religion is greater than "MANAVTA", 'INSANIAT' and 'BEMANISM' and only in that lies the betterment of the whole humanity. All else based on dogmas, rituals, ceremonies and isms is selfishness of a few, a farce, far beyond the truth. True religion and real secularism is the realisation that we all are the product of light and heat and we are all human beings. Therein lies the way for religious and communal harmony and true progress of humanity.

Man and Thought Force

Man in the physical form and the power that keeps it alive and moving has been discussed above. Now there is a third important feature of life which is thought. It is very essential to know what this thought is? How is it born and why is it born? Whatever an individual thinks, is it under his own control or is it controlled by some other supreme power? These are the most significant questions to be pondered over to reach the conclusion. It has been earlier discussed and proved that union of light and heat is life. Physical frame is different from life and life is different from physical frame. Feeling and thought is different from both physical frame and life. A game played by all the three united may be termed as life indeed. In the absence of either of the three, life cannot be completed.

To understand thought more minute study is needed. Thought is impression or expression of man's feelings. These feelings are the product of the external atmosphere and its events that influence the man. To be clearer, every atom on this planet has positive and negative force in it. it has its existence, action and nature. Likewise every physical frame or its part thereof has its existence, action and nature. Every such part of physical frame has its own place in this universe with its negative and positive force. Physical frame smaller or bigger radiates all the time, negative and positive forces of its existence, action and nature around itself. The scientists prove that a circle of radiation of a halo surrounds every physical frame. This halo of spiritualist can see it. now, when one physical frame, with its unseen radiations comes in contact with the

other radiations of other physical frame or frames, an unseen struggle for influence sets in. In this struggle or competition or the union of two, a change takes place and there develops a noble current in the existence, action and nature or force of the body. This current may be named as feeling. These feelings are expressed in thought, with bodily actions. The topic and the subject are very subtle and extraordinary but it can be easily understood by closely observing the day to day life by any intellectual.

Human brain is made of a very delicate material and is connected with every part of the body by very thin nerves and their fibres. When one body with its existences, action, nature and force comes in contact with another body through sight, hearing and touch, then, it is brain that receives the effects. These effects bring change in the nature, action force of the body from time to time and from place to place. That changes or the creation of these effects is wonderful and unique in the material world. This current is named by the saints as Surat or attention. It is neither body nor life nor thought but different from them all. Thought is the creation of Surat and attention. Now, it might be clear that what thought is. It may be further explained that existence, nature and action or the negative and positive forces of human bodies influence each other which simultaneously bring changes in thought. It is due to this reason that man's feelings and thinking is never static but always changing.

It is hoped that the reader must have understood upon this point. Every physical frame is influenced by other physical frames but the results are always different on either side according to nature. External influence of a particular event is always the same for one to all but its results are different from individual to individual. For example, large number of people dies in an accident or in

floods. Some people would rush to that place and decamp with the belongings of the dead and wounded, some people make efforts to rush first aid for the victims, still some other think over the causes of the accident and try to find out solutions to avoid such accidents in future. Why is it so? Because nature of each individual is different and that is why the influence of the same accident has different results for different men of different natures. Variety in feeling and thought conditions is the law of nature. Even identical twins do not have the same feelings and same thoughts. It is due to this fact that this world in the language of religious people is known as 'DUALITY', 'DAWAND JAGAT'. Saints call it 'TRIGUNATMAK JAGAT' or 'TRINITY'. So different in opinion and thought is a natural phenomenon. It is hoped that the reader must have now understood the origin of thought and its effects and results.

True saints have the solutions to evade the sorrows, miseries and misfortunes of humanity that are caused by ignorance of thought force and influences. The first and foremost solution is 'SATSANG'--- company of true saints, who impart true knowledge based on their personal experience of life. If the sayings of the true saint or guide line propounded by him are adopted in practical life all the destructive results of outward influences can be neutralised or totally avoided. This is not a miracle, but the truth. Saints say, "Know Thy thought and Know Thyself". But this is not a child's play. This knowledge can be gained from the company of a living true man "SATPURSH", then it should be adopted in practical life as regular practice/Abhias or Sadhna, which helps in controlling mind. if once the thought current of mind is centred within under the guidance of a saint, all effects of external influences disappear. But be careful if the saint is so called saint and is ignorant of his ownself and the truth then it is useless to expect that he would give peace and solace to others.

The present differences, enmities, lawfulness and hatred, that is the product of thought force shall continue till, supreme truth and its true influences are not spread all around. This is possible by two methods given as under: -

- (i) The influence of supreme truth on the masses can only be possible by true saints, pure men and noble souls who are above religion, sect, hatred, enmity and selfishness.
- (ii) Discipline should be the law of the day. It should be imbibed in the children from the very first lesson in the school. Law of the Government should be discipline, enforced without exception on undisciplined, uncivilised and on those who are led by their wavering and restive thought force, causing disturbance and destruction all around out of ignorance of thought force.

True Religion of Humanity

Preachers, advocates, priests, maulvies and believers of God, Allah, Ishwar and Waheguru all have differences amongst themselves. These differences sometimes cause so much hatred that they lead to brutal fights. The basic cause of these differences, hatred and conflict is ignorance of the truth. None of them have realised the true religion of man. If we study the present different prevalent religions, we find that religion aims to achieve two main objects for its followers.

- (i) Physical health, happiness, peace and prosperity.
- (ii) Freedom from ignorance, doubts, whims and realisation of the truth.

Both these objects are inter-dependents. Till the whims, doubts and ignorance of man are not removed he cannot follow those principles which give physical health, happiness and mental peace. Outwardly the present followers of different sects and religions pose to be the adherents of these principles but in practical life they have no fraternal love and impartial outlook is foreign to them. It is due to this fact, that the present communal and religious conflicts are gaining ground day by day.

All these principles advocated by different religions that aim to attain physical health happiness and mental peace are known as deeds, karmas or rituals. The saints who innovated these principles had kept in view there important aspects of human life viz. Country, Climate and the People. They never entertained any sectarian

thought but always aimed and wished the well-being of the whole community. With the change of time, place and people, other saints made necessary reforms in the old rituals, which unfortunately gave birth to different sects and groups in due course, though these saints or reformers too never had any aim of setting up different sects or religions. If I narrate, the process of developments of these different religions, volumes may be written but that is not our aim or object here. My object is simply to explain the main objects and principles of a true religion of mankind.

- (i) Under the Philosophy of Karma every religion has laid much stress on physical health and happiness. To achieve this aim such rituals are proclaimed which force the followers to keep their surroundings clean and healthy.
- (ii) Mind is most restive. It gets disturbed by the external incidents and influences very easily. If mind is not stable, no power on earth can give inner peace. In order to stabilise it, different methods such as Simran, Dhyan, Bhajan and prayers are propounded.
- (iii) In order to create oneness, brotherhood and to develop different aspects of human life, different ceremonies at birth, marriage and death were set up keeping in view the country and climate. But today unfortunately these ceremonies are either followed fanatically or flouted without understanding their spirit and aims. The result is that changes in these rituals and ceremonies have led to the creation of many religions, sects and groups thus dividing humanity.
- (iv) In addition the abyss created by these rituals and ceremonies the religious books have created unbridgeable gulf among human beings. The followers of every religion

claim that their book is a dictation of the divine power. The most unfortunate thing is that they themselves even do not know what the divine dictation is. Divine dictation or vice of God is nothing but the voice of inner soul. This voice is an outcome of the external influences and impressions on the human mind. It is admitted that inner sound/service is 99% correct but only of those who are pure at heart and are above the questions of mine and thine. It may be further stressed that true and pure heart can attain a specific and particular condition of mind within. When a particular thought is nourished in than mind it reaches its climax in due course and takes the form of inner voice after a thorough churning within. In this very process the vibrations and radiations of the same nature from the external atmosphere get attracted towards that mind. To make it more clear, example of radio set may be cited. In order to listen to a particular station it is essential to tune the radio at that very frequency. If one the frequency is set it automatically receives the sound of that frequency to which it is tuned. Same is the relation of mental vibrations and cosmic vibrations. Mental vibrations always attract the cosmic vibrations of its nature towards itself. Now, the idea must be clear. The inner voice of that particular man may be correct and useful for himself but it cannot be so for others. It may be beneficial to him and to the great men of the world who came from time to time, did express their inner voice influenced by the incidents of their times. Their sayings were useful for themselves and for those of their nature for that very time. All those sayings cannot be useful for all the people and for all the times except those that are natural truths.

It is beyond that if a man has the practice of going up far beyond the feelings of body, mind and thought, his inner voice shall be correct. It is also a fact that his saying would not be for a particular sect, society or group but for the whole humanity and he would wish peace for all. Such a person comes to this planet after centuries to impart knowledge of truth to the suffering humanity. But unfortunately he is rarely recognised by the people who are partial and fanatics, ignorant of the truth.

As a result it can be said that all the religious preachers and followers who fight for their religious principles are badly mistaken. Ordinarily and primarily these people worship God; the Creator of this world. The fact is that the Creator of this world is light, heat and sound. The ray of light and their heat give birth to this world, nourish it and destroy it after a complete cycle. So life, birth and death is the game of this light and heat. The worship of this Creator knowingly and unknowingly shall never give liberation from birth and death, because its function is creation and destruction. To achieve freedom from this world of duality, saints have a different religion.

The religion of Saints can save the humanity from the miseries, misfortunes, worldly troubles and state of unhappiness that are caused by the external influences and ultimately give liberation. What is this religion of the saints?

Saints have propounded a very noble and simple way that, "Man should detract his attention (Surat) and his self from body, mind and thought. It is the body, mind and thought that are influenced by the outside incidents and vibrations. If once, the method of detraction from the body, mind and thought is achieved success is very much within reach. To achieve this stage the only method advocated by the saints is "Surat, Shabad Yog", i.e.,

Communion of Surat with eternal sound or inner Shabad. When a man regularly and attentively listens to this eternal sound, his Surat not only crosses the bonds of materialistic influences but even the light within and merges in the reality and truth to enjoy bliss. But mind, this is not a child's play. Only a few and blessed men can adopt this way after purifying their minds with Simran, Dhyan and Bhajan, under the guidance of a realised soul. It does not need the performance of any rituals and ceremonies of the so called religions. Its primary necessity is pure heart, yearning to know the truth, company of a true saint and to follow his guidelines in practical life. All the modern religious conflicts are the outcome of ignorance of the masses and the preachers. Truth is far beyond the rituals and ceremonies. They may give temporary happiness and joy of the material world and their importance at the primary stages is not denounced. True religion is that which liberates its followers from birth and death and that is only Sant Mat.

Man and Spirituality

What is spirituality? This question can be answered only by a man who himself has lived a spiritual life. This topic is very subtle and complicated and thus concerns only those who have spiritual nature. The details of spirituality need not be explained here but in nut shell it may be noted that the “object” that feels the body existence, life existence and mental existence is known as soul or spirit. It can be experienced and realised by any man who can detract his attention from body, mind and thought within.

Every individual has soul or spirit, but he cannot be called self-realised, till he realises his self. This realisation comes after a constant Abhyas or Sadhna (Practice) of yoga within. A friend of mine asked me about spirituality and I humorously replied that spirituality begins where intellect ends.

Another friend asked whether Political and Social leaders can be spiritual? My answer was that spirituality is an essential feature of human being, but it cannot be attained and realised as long as one is involved and lost in hypocrisy, diplomacy and power politics. If social or political career is adopted after realisation of 'spirit or self', the success is a must. But the realised man does not attach any importance to the worldly gains and fame.

Man is not spiritual even though he has spirit or soul due to his ignorance of self Sadhana or Abhyas (Practice of Yoga). As a result he is miserably involved in the swing of material and

mental world and its external influence. To attain spirituality a regular yoga practice within is a must under the guidance of an adept.

Man, his relations with Leaders and Saints

Hatred and jealousy prevails among human beings in general. The basic cause of this hatred or jealousy is that every individual wants that others should follow his leader or Guru. This is a natural craving in every person. Every individual is guided and ruled by this natural phenomenon. If you have studied my articles carefully you must have understood that feelings and thoughts of an individual expressed through speech or action are the outcome of external influences of the world around. Every outward incident, influences the individual is attracted towards other persons who have feelings and nature like his own. The vibrations of feelings rush to that point or side where they get congenial atmosphere for flourishing.

A constant cycle of thought wave originates in every individual all the times. The most important thoughts that dominate every individual are as: -

- (i) A desire to attain knowledge of the world around.
- (ii) A desire to live a happy and peaceful life.
- (iii) A desire to progress in life.
- (iv) A desire to overcome all the difficulties and hindrances in the way of progress.

When an individual feels tired from this web of thoughts, he is obliged to make a search for such a state of mind, where such

thought do not prevail. The exact name of this state of mind is peace, happiness, repose, true bhakti and prayer.

If you try to detract a man from a particular state of mind or prohibit him from a particular habit without letting him to have proper experience of that state of mind or habit, he will resist you. You will fail to persuade him. A Saint or Sat Purush follows a different method. He leads the followers through experience. He can be named as a real guide. He does not instruct his followers uniformly. His directions are not similar to all. He allows his followers to have experience (Anubhav) himself. He does not believe in theory but in practical life. So, a real guide or leader can be that man who had gained all the experiences of life himself and does not quote experiences of other men and books.

The present leaders of political parties and preachers of different religions who are working under certain influences and feelings must follow a True Saint. If these leaders and preachers are not influenced by any true saint or if they are themselves not practical then their followers are bound to create lawlessness, disturbances and conflicts.

Man Truth and Reality

What is the truth and reality? It is that state where self of an individual is not influenced by the results of action of soul, mind and body. This state in the language of saints is known as 'Sehaj Samadhi', 'Sehaj Briti' or 'Trance'.

This state can be attained by an individual only after gaining all experiences of life. Prior to it, this is not only difficult but impossible. Such men who have attained this state may work for human wellbeing and reformation out of mercy. In fact these true, selfless and worshipable men are the real messengers of God.

Had there been a large number of such true men, their vibrations and radiations would have brought calmness and peace in the world. When injustice, strife and anti-humanity activities gain force in the world, nature brings forth such true men and saints. Their presence influences the moralists through feelings and thought waves. The principle of thought and spiritual vibrations is similar to that of radio as referred to earlier. The scientists treat human body as radio station and prove that constant emissions of vibrations take place from each body. An article on this topic was published in The Hindustan Times dated 12-11-1950. The contention of that article is the same as I have discussed above. However, a part of that article is reproduced hereunder for more clarity.

“Experiments in America, Russia and Austria have led research workers to the belief that the human body operates and is affected by short wave electrical transmission. The various

organs of the body have their wave lengths which alter frequently in sickness and health, youth and old age and are themselves responsive to certain short wave frequencies from outside. The similarity between the body and a radio transmission is not so surprising as might at first seem for the body is made up of atoms, molecules and protons while the generation of waves from a radio transmission is merely a matter of juggling with similar materials.”

Dr. Circle (New York) was able to demonstrate that human body is constantly emitting energy in the form of rays which range from the ultra violet wave lengths through the visible spectrum and the infrared.

After self-experience and self-realisation, what I have gained after a long struggle in search of truth, I have come to the conclusion that the entire human race is one. Whatever differences and wherever they exist, are based on human feelings and thoughts. The thoughts and feelings are based on the nature of human body and the outward influences upon it.

Variety and difference is the law of nature. It exists in the universe and in human beings. To have control over the differences in the natural phenomena is difficult, but to have control over differences among human beings and to check their destructive influences, the use of force, fear, discipline and control is a must, so that an individual may not be allowed to misuse his right of free expression and speech which are the outcome of his mental state. To achieve this object three objects are suggested: -

- (i) Wide publicity should be given to true gyan and truth should be preached freely so that man may learn what he

is and what the world is. This knowledge will establish cordiality between body and soul and brotherhood among human beings.

- (ii) Administrative set up should be above religion, sectarian feelings and party politics. Its object should be to develop human being into a true man.
- (lii) Self-control, morality, truth and regard towards others are a must for an individual.

Thought Force and its Effects

The greatest difficulty experienced in general today is that man is not aware of this fact, that it is his own thought force that makes or mars his career. He is ignorant of his thought power. He does not have the ability to differentiate his own destructive and constructive thoughts and thus suffers and enjoys according to the nature of the thoughts. To make it more clear to the reader the subject is explained as hereunder briefly: -

Science has proved that this universe is formed by three building blocks i.e. Electrons, Protons and Neutrons or five elements. All these elements work in their natural process. Matter is the product of energy changes into matter. Both are inter-convertible. Our body is also constituted by these five elements or the three building blocks.

The imprint of this matter that makes the universe is present in our mind in the form of energy. In other words it may be said that man is a miniature of universe. Microcosm matches and represents macrocosm. "Jo Brahmande Sohi Pinde" or "Jo Pinde Sohi Brahmande." It may be said that the five elements or the three building blocks that form the universe form the body and also form the mind as well. The difference between the two is that the elements that form the human body and universe are solid, whereas those of mind are subtle.

The imprint of the energy that is present in our mind contains solidity and liquidity in it as any other solid matter contains it. For a

proof, I may write that, had there been no solid energy in your mind you would not have been able to form an image in your mind. Had there been no liquidity in that energy you would not have been able to change or remove that image from your mind. The solid elements of body and subtle elements of mind have been explained and differentiated so that the readers may be able to understand my views expressed in the forthcoming paragraphs.

Our feelings, thoughts and desires that arise in our mind, reflect the inner self. The constant flow of these feelings and thoughts is natural and voluntary. The more a thing is subtle, the more powerful it is. For example, we compare ice, water and steam. Water contains more power than ice and steam contains more power than water. Now you can imagine how powerful mind can be which is very subtle.

Modern scientists have generated electricity by storing water behind dams and the electricity is doing enormous service to humanity in all walks of life. On the same lines if the mental attention/force is fixed on one thought or desire constantly in the forehead, the success is a must. Nobody on earth is an exception to this law of nature. The more the subtle force is centred and controlled within the more powerful it is.

With a view to confirm faith in the thought force an example is narrated. A man sleeps alone at night. His mind enters dream region with thought of sub-consciousness. His thought force creates a lady and he enjoys intercourse with her. The discharge of semen follows as if an awaking condition. What is this all? It is the game of thought that creates the lady gives pleasure of intercourse to the sleeping man and causes actual discharge of semen, while there is nothing present in the physical form of a lady. This is a conclusive proof of the thought force.

In the material world as we bring the necessary changes in the matter to make it more useful and beneficial to us. In the same way change of destructive thoughts into constructive thoughts, negative to positive, weak to powerful thought to make our life more peaceful and happy is a must. If you always nourish thoughts of hatred, jealousy, enmity and destruction, hope not for any happiness or peace but be ready to face miseries and sorrows, because, your own thoughts are bound to react upon you sooner or later. As you sow (think), so shall you reap (face). Action follows feelings and thought. So, always virtuous thoughts be nourished for happy life. Have such feelings and thoughts always which may prove advantageous to your ownself and to others. In the well-being of others lies your own well-being.

Effects of Collective Thoughts

It has been discussed earlier that mind is subtle energy. This energy too has its own world known as universal mind or universal energy. The universal mind has its regions and centres. Each centre or region has its own creation or world. This world of gross matter is the creation of universal mind and individual world is the creation of individual mind. Saints call this universal mind as “Brahma”.

This universal mind is energy of its own type and is formed in its different regions and centres or the same principles as different kinds of gross matter of the material world are formed in their different centres as earth, water, air and light, etc. this universal mind or the energy which creates matters and governs it is present in every particle of his universe. In the form of man, individual mind (or subtle energy) governs the gross body and its existence can be experienced in the form of thoughts and desires.

The universal mind has five regions or centres in the universe. Similar centres or regions are in every human being above the eyes. These centres of human being are given as under from the middle of eye brows upward for more clarity: -

1. Centre of all desires to attain material gains.
2. Centre of all desires to attain knowledge.
3. Centre of attaining and stabilising mental happiness and peace.
4. Centre of desires to attain eternal peace.
5. Centre of desires to attain that state where self-remain

free from the influence of influences of material and mental worlds.

When the human desires leave the gross body or detract from body and mind they enter the regions of nature and merge into their own centre source. According to the principle of evolution, these desires that are in the form of energy do come back accompanied with their influences. If the desires are constructive their influences will be constructive or vice versa. So much man who always meditate on feelings, desires and thoughts of selfishness, hatred and enmity and express them to others, do not affect themselves adversely alone but others too who have similar habits, nature and character. It is this law in working when we find men of similar nature and habit developing friendship and relations. Collective feelings and desires work wonders, that is why collective prayers are always preferred at the times of calamities. If desires and thoughts are virtuous and constructive they can give peace and prosperity to the humanity. But if they are destructive, full of jealousy, enmity and hatred they will not cause war only but can bring earthquakes, droughts, epidemics and famines. To make it more clear some historical examples may be narrated. First world war followed by second world war within a period of twenty years, because feelings of enmity and hatred continuously prevailed among the countries of the world. India and Pakistan have fought three wars since 1947 and there is every probability of another bloody conflict if the feeling of hatred and enmity continue to gain power on both sides. The same law is applicable to internal lawfulness of any country. This law of nature is irrefutable and universal. As you sow (think) so shall you reap (face).

A selfish man, who always cares for his own self, his own family, his own sect. religion and party, can never be impartial and

well-wisher of others. It is but natural that when a man has some personal motive behind any objective, he is bound to be narrow-minded. As a result the effects of the feelings, thoughts and desires of such a man cannot be useful and advantageous to the humanity in general. Only the well-wishing for all and selfless thinking can do good to one and the humanity.

Procreation should be with the Express Intention of Procreation

To bring reforms, in the physical, mental, social, economic, political and religious fields of life, it is very essential that individual should work and act under the law of nature. A famous proverb reads, "As you sow, so shall you reap." This is the very law of nature. If you sow wheat seed you will harvest wheat, plant mangoes and get mangoes. But the most essential feature of this process of production is the quality of seed. If you want to have a product of super quality, you must have superior seed, fertile land, supported by useful fertilizers and irrigation. Agricultural scientists, by using these methods, have not only succeeded in increasing the quantity of production but have improved the quality as well. Veterinarians are successfully improving the cattle breed by following the same principle. But unfortunately the modern man has ignored this principle of procreation of reproduction.

Human progeny, his feelings and thoughts can be greatly improved by adopting the above method. The future generation cannot be constructive and useful for the mankind, society and the world till the modern couples do not procreate with the intense feelings of procreation and definite aim. It was due to this reason that our ancient sages had prescribed certain customs and rules for begetting children with particular thoughts and samaskaras. Similarity in virtue, thought, karma and habit of the couple was given the highest priority for marriage. They had prescribed a particular food and sacred thought Samaskar for the occasion of conception

(Garbhadhan). After the child birth many more samaskaras (rituals) were performed as 'Namsanskar', 'Mundansaskar', etc. for the development of the child into a better human being.

It seems very correct to say that at present neither we are aware of this great knowledge (Jnana) to adopt it in our practical life, nor do we care about the birth of a child. The present generation is just the product of a chance, passion and pleasure causing increase in population and creating enormous problems for the society and the government. A child born out of feelings given to addiction and extreme luxuries would reflect the same characteristics. At present it is most essential that procreation should be with the intense necessity and aim. The ancient samaskaras with their true spirit should be followed and practised. If this philosophy of life is not adopted in day to day life, the social disorder, the state of lawlessness in the society and the country cannot be removed.

Samaskaras

It is generally seen that a gardener grafts his plants at a proper time and season in order to get better and sweet quality of fruit. This very practice of grafting can be and should be adopted for a child at a proper age. His mind, feelings and thoughts should be grafted or baptised with such samaskaras or thoughts that he is expected to adopt in his later life. But the grafter or baptiser must be a practical man, true saint or puran purush. This practice of grafting or baptism is known as initiation in Guru Matt.

Initiation of baptism, here I do not mean any religious or sectarian ritual which is generally adopted at present. True initiation is that which develops this feeling in human heart that the source of whole humanity is one and we are all one. We all are brothers and sisters and should live with peace and love on this planet.

Since we have forgotten the teachings of our saints and bypassed the path shown by them, life is dominated by jealousy, hatred and enmity and avarice. Our saints had a practice of initiating every child with Gayatri Mantra. It was followed and practiced as an important part of life and thus there was all peace and prosperity in our ancient times. Keeping in view the present, social, religious and political set of life it is concluded that till true principle of child birth and Samaskaras are not adopted, reformation in the human society seems impossible.

Celebacy Mental and Physical

The greatest misfortune of today's youth is that he has no control over his mind. The basic reason of this restlessness is absence of celebacy both mental and physical. A man who has mental celebacy can have easy control over his mind. On these issues, huge volumes have been written by various writers. But unfortunately the modern systems of education has not only ignored them, but have discarded them totally. Public in general do not attach any importance to the rules of celebacy in the practical life.

Youth of the day turns a deaf ear to the word "Celebacy". They are so much involved and indulged in the life of passions and sexuality that they even do not like to listen anything regarding celebacy. I have expressed my views on this issue in my another book in detail. However, here I put the whole philosophy in nut shell.

I have already referred above that the scientists prove that, this universe is made of three building blocks, which they say are the product of energy. Scientists so far have not said anything beyond this stage. Explorations are going on far beyond this stage. Explorations are going on far beyond the Moon and other Stars to gain more knowledge about the Cosmos. Hindu shastras have referred to the creator of the universe as 'Jyotiswarup'. This Jyotiswarup is the store house of light and heat which has been discussed in detail in the first chapter. Every particle of this universe gross, subtle and casual has its source of origin in the cosmos.

Likewise it has its store and source in the human body. This source of energy in the human body may be called Breath, Life or Energy. Without this energy existence of life is impossible. A man who protects and preserves this energy and does not use it unnecessarily is most powerful and courageous. His thought force is extremely powerful.

An excess use of a machine brings deterioration in its parts and body or excess supply of things exhausts the big store house, likewise unnecessary use or excess use of this energy causes weakness and sickness to the human body. Vital organs and intestines of body become victim of one or other disease. A man who pays more attention to sexual conversation or literature or enjoys sex mentally becomes weak and whimsical. He loses courage and his thought force gets feeble. Mental forces of such a man always remain restless. Due to this restiveness, thought force cannot be calm and attentive. Anger, fear, jealousy and habit of quarrelsome become a part of life of such a man.

From the term celebacy what I want to convey is that one should not enjoy sex in mind and thought. No such habit of enjoying sex mentally be developed. I am not against marriage life and necessary conjugal relations as that is an essential part of natural life. However, if somebody has lost his vigour and this vital energy due to ignorance or some other reason, he need not feel discouraged and helpless. The saints out of mercy have an advice for such a man, that he should follow and listen (Anhad Shabad) to eternal sound within. In other words such a man should divert his thought and attention to his source of energy. This source of thought and attention lies in the centre of eye-brows. Just above the root of nose as referred in the last chapter. By a regular practice of thought control at that centre the deficiency of that energy can be recouped.

But even after getting this natural cure of this great disease, if man does not mend himself, no power or medicine on earth can save him from sorrows and miseries.

It has been very clearly explained earlier that controlling of mind is not an easy game. Unfathomable power of the mind has also been discussed earlier. However, the most easiest method to control it is a company of the saints or of those persons who live in the state of fearlessness, selflessness and eternal peace. Regular practice (Practice of Surat, Shabad, and Yoga) of diverting thought in word is very essential, so that mental forces be attentive at one point. Without this practice control over mind is not only difficult but impossible as well.

In addition to this supreme necessity of the company of noble souls and practice of thought (Yoga of the Saint) simple living, simple dress, simple food and indifference towards theatre, cinema and cheap literature also help in controlling the mind and maintain celebrity. For the benefit of the reader they are explained as under: -

Simple Food

What I mean by simple food is that it should not be too spicy and greasy. Because on the contents and nature of the food depends the mental state and mood. Excess consumption of spiced and greasy food upsets the digestive system thus leading to sickness and weakness of body. In a sick and weak body, mind too becomes weak and much restive.

Scientific experiments prove that more the natural form of an edible is changed, the more its food is lost and thus it proves much less useful. Our sages have laid great stress on the human food and its nature. But the most important difficulty faced today is that the principles of the diet are not properly observed. We are over-ruled and guided by our senses and tastes. We are addicted to different tastes and kinds. We do not relish any food till it is not spiced, fried and cooked to our taste. A very little care is taken of its food value and food contents for our body. Ultimately the deficiency of food contents leads to many diseases and sufferings. Not a single home can be traced out, where vegetables are cooked in their natural form or un-peeled or flour consumed un-sieved. Experiments prove that maximum food content is lost in sieving the flour and peeling of the vegetables.

This very principle should be understood according to law of nature. I have explained it earlier that more a particular thing is consumed or changed, sooner it will exhaust or become weak. In other words, it may be explained that more the natural form of an

edible is changed or more it is passed through different processes, the more its food contents are lost. Sometimes such an edible proves harmful rather than useful. For more clarity, example of milk can be given, particular quantity of milk be boiled and rendered to condensed form. The natural and liquid form of milk is gone and so its real food contents. The important factor under study is not taste, but food value. The taste of condensed milk (Khoa) may be much relishing and tasty but its food contents are boiled out. This condensed milk in its gross form contains more fats than proteins and other contents. It cannot be easily digested by a man of weak digestive system. From this example what I want to convey to my dear reader is that if any edible is changed from its natural form unnecessarily or is passed through different processes only for the sake of taste, the simplicity of food is sacrificed. Such a food cannot be useful both to body and mind.

Simple Dress

Dress is used to protect the body from heat, chill and to cover the vital parts of body. From simple dress I mean that it should not be very attractive and dazzling. Much attractive dress makes the wearer an object of attraction and thus makes the wearer an object of attraction and thus makes him conscious of his or her appearance. This consciousness of appearance creates restlessness in mind. The root cause of all this is the attractive, most dazzling and fashionable dress. Race for fashion is gaining rocket like speed, causing high rise in the prices of essential commodities. Simple, coarse and home spun cloth is not only cheap but it helps the mind to be strong and calm.

Today cinema has become so popular and a part of daily life and a city without cinema house is considered most backward. The cinema is proving to be a most effective media for mental inspiration of the youth. Without going into more details of this issue, I simply express my fears that the modern youth is very much misled by the theatre and cinema. Its influence on their developing mind is not constructive. However, if a little care is taken by the society and government in approving numerous films for screening, wonderful reforms in the society and youth can be achieved.

When a man increases his unnecessary desires, tastes and requirements, he is forced to adopt fair or foul means to achieve them. He adopts legal or illegal methods to gain worldly materials as his lust for more worldly gains ensnares the man. It causes a great

turmoil in his mental region and the state of mind remains disturbed. Minimum necessities of life and possessions also help to achieve mental peace.

Under the present circumstances, it is most essential that government should enact such a law, which could prove effective for the well-being of the general public. If no such step is taken, then I am afraid, the day is not far away when humanity will suffer untold miseries.

My aim in writing this booklet is not to denounce or criticise any religion, sect or tradition, but to wish that humanity may live in peace and cordiality and attain eternal peace. I may in the end, express that whatever is written in this booklet is based on my personal experiences of physical, mental and spiritual life.

PEACE TO THE WHOLE HUMANITY.

THIS BOOK

This book is not written to denounce any religion or to advocate any particular religious philosophy. Only the truth in its real existence is explained with only one motive that man may realise his-self, forget the question of mine and thine, become free from the bonds of selfishness, hatred, jealousy and fear and live as a true man.

Different religions of the world have not brought peace to the humanity but unfortunately have divided the humanity into sects with hatred against each other. This can be removed only by the realisation of the truth and not by advocating any new religion.

This whole world is the creation of thought force (Maya). It cannot be peaceful till thought force is made noble and virtuous.

Thought force can never be virtuous and noble till the diet and the dress of man are not simple, till his company is not with noble and realised souls, and till he does not go beyond the bounds of body, mind and thought feelings.

This book is an essence of the realisation of His Holiness *Param Sant, Param Dayal, Pandit Faqir Chand Ji Maharaj* and anyone who reads it simply as a man forgetting his affiliations to any particular religion, sect or party, I am sure will get mental peace and his life shall become more practical.