Detachment

from

Attachment

- Let Bliss Succeed, Let Sorrow Fail

Tejguru Sirshree Tejparkhiji

Detachment *from* Attachment

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Title : Detachment from Attachment
- Let Bliss Succeed, Let Sorrow Fail

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FOREWORD

Which is the *Weak Link*?

Although there are several defilements (corruptions or evils) of mind, at least five distinct defilements have been generally recognized. Just as the demon Ravana had ten heads, the mind also has ten horrifying faces. Among those, the five major ones of mind are - lust, anger, greed, attachment and ego. These form the main chain of bondage. The mind exists because of these defilements. It can also be said that because these defilements exist, the mind exists or because the contrast mind[1] exists, these five defilements exist.

[1] Contrast mind signifies the mind that compares and judges everything. It is distinct from the simple or instinctive mind.

Mind is unsteady and constantly fluctuating in which continuous changes are taking place. If in the morning, the mind is filled with jealousy, it is anger in the afternoon, greed in the evening and confusion in the night. Every moment it is changing. Sometimes it is sad and sometimes happy. One moment it is filled with trust and the next moment it is full of distrust and suspicion. For a moment it is very sincere and the next moment it is filled with deceit. What is showing compassion one moment changes to anger the next moment. The one that was ready to die for someone, jumps up at the next moment to kill the same person. The mind, which is wavering in this manner every minute, does not deserve to be trusted. Unfortunately, we have become one with this ever changing mind, we have become attached to it. We have identified ourselves with our mind. We have developed faith and reverence towards this erratic and fickle mind.

In reality, mind is an illusion. This means it does not exist, but only appears to exist. It is necessary to understand how this mind gets created. There is no existence of mind, but it seems to exist. It is just like a straight wooden stick which when put in water looks bent, while it is actually not bent. It is also like a rope which looks like a snake in the dark, while actually it is not. It is only because of darkness that a rope looks like a snake. Similarly, it is only because of ignorance that the mind seems to exist, but it actually does not. To know the mind, it is necessary to see it under the light of wisdom.

Mind gets created due to identification with it. The

moment we say, I am the body or I am the mind, the mind gets formed. As soon as we get associated with the mind, we become the mind and say – I am the mind. When we get associated to wealth, we say - I am wealthy. When associated to position, we say – I am the Prime Minister. When associated to religion, we say – I am Hindu, Muslim, Christian, etc. You become that to which you add an 'I'.

For example, let us take the case when during a marriage ceremony a bride garlands the bridegroom. Just a moment prior to garlanding, no one from the other side was a relative nor was there any attachment to anyone. But the moment the garlanding is done, at once many relations get established like mother-in-law, father-in-law, brother-in-law, sister-in-law, etc. Then with this long line of relatives starts the game of attachment. In the same way, when you say, 'I am the mind', i.e. when you garland the mind, all the relatives of mind become your relatives. This also is a long list - anger, lust, hatred, envy, competition, irritation, confusion, sadness, happiness, sorrow, friendliness, enmity, restlessness, success or failure - and you become correlated to all these relatives.

Desires, longings, wants or lust - these are the biggest weapons of the mind. Mind derives its life from them. It is these that sustain the mind. The main job of mind is to keep the desires and wants alive. The mind keeps arousing desires constantly and the desires keep arising all the time. When the desires do not get fulfilled, you get angry. When the desires get fulfilled, it leads to

greed. With greed, you begin to acquire objects, and then you start getting attached or obsessed with those objects. When you have accumulated a sizeable amount, you start getting egoistic. In this manner, the chain of bondage is connected together by different links. But remember, any chain is as strong as the weakest link. If the link of attachment (*Moh*) is made weak, the shackle can be broken here. The opposite of attachment is detachment, indifference, unconcern or apathy. The moment you become indifferent, how can the chain of bondage remain intact? This book intends to work precisely on this weak link. You have to remain detached in this world just like the spider which lives in a web, but doesn't get caught in it. Break this weak link by getting rid of attachment and attain freedom.

CHAPTER 1

LIFE OF ATTACHMENT VERSUS DESIRE-FREE BRIGHT LIFE

Mine and Mine

Mind is a good friend, if there is no attachment.
But a bad enemy, if it is your master,
Use the mind, do not become the slave of mind.

Tejguru Sirshree Tejparkhiji

There are only two kinds of people in the world. The first kind are those who have a crown on the head and the second kind are those who have Tej, effulgence or radiance on their heads. Mostly, people belong to the first category; very few belong to the second category.

When someone wins the Miss Universe contest, a crown is placed on her head. This crown is placed on her for a year. But if she starts getting attached to the crown or to the title that she has won, she will remain unhappy throughout her life. This means that the major cause for misery of man is 'attachment'.

Attachment means longing, fondness, craving or obsession. If you are liberated from attachment, you are liberated from unhappiness. Liberation from unhappiness means merging with bliss. If unhappiness is with us, bliss is away from us. Let bliss be by us and unhappiness be far away from us.

Are we, for our bliss, the slave of someone else? Or is bliss with us? If the wife is fully dependent on the husband or the husband on his wife, each one ends up in servitude with the other. Man becomes a slave of comforts and other people all his life, thinking that if he does not serve someone else, the latter will not provide all those comforts.

Once Emperor Akbar, while having his meals, praised the dish made of brinjal. Birbal also sang praises of several qualities of brinjal. Next day, when another item of brinjal was served, Emperor Akbar became very happy and praised brinjal again. And Birbal also gave an account of several more good qualities of the vegetable. When on the third day, yet another dish of brinjal was served, Akbar was furious and said, "Why is brinjal being served every day? It is not a good vegetable at all." Saying that he asked Birbal for his views. Birbal said, "Yes, my lord. There is no vegetable worse than brinjal. It has so many bad qualities." Having said that, he went on to explain all the problems caused by that vegetable. On hearing this, King Akbar was taken aback and angrily told him, "Till yesterday, you were singing praises of

brinjal and today you are speaking ill of it. It means you have been untruthful. Why are you doing so?" Birbal then humbly replied, "My Lord! I am your slave and not that of brinjal."

When a person becomes a slave of another, throughout his life he puts up with him, keeps agreeing with everything he says, and spends his entire life infatuated and blinded by attachment. He is unable to forgo any of the comforts that he receives from others due to greed and hence lives a life of slavery. Living happily with minimum comforts is real progress. Due to attachment towards all material comforts, he becomes a slave of other people. A person who can exercise discipline over his body, will not become a slave, but will live a desire-free bright (Tej) life.

Tej or bright refers to beyond two, beyond duality, beyond the two polarities. For instance, bright bliss means beyond joy and sorrow. Bright life means beyond life and death. Similarly, bright desire-free life means beyond attachment and aversion. When attachment is conquered, the bright desire-free life begins. If one gets attached to status, power, wealth, gains, comforts and the like, it gives rise to arrogance. That my position, my name, my work, my song, my crown is more important becomes the delusion. Such delusion gets converted into attachment. Attachment makes the person a slave. Let us therefore not become a slave of attachment, but become free of attachment.

Often people believe anger to be bad and attachment to be good. But there is a close inter-relationship between anger and attachment. The two may look different from each other, but are actually two sides of the same coin. People want to be free from anger, but are not ready to leave attachment. It is not possible to stick to one side of the coin while leaving out the other. The reason why people want to be rid of anger, but not of attachment, is because attachment is covered with a blanket of love, while anger is covered with a blanket of hatred. Anger may rankle or bite while attachment may feel good, but it is necessary to be free from both, as both have the same age.

An old lady went to a doctor and complained, "There is pain in my right knee." The doctor gave her some medicine. The old lady asked, "What is the reason for this pain?" The doctor replied, "It is due to old age." Then the lady asked, "Why is the pain only in the right knee, when both the knees are of the same age?"

Likewise, anger and attachment are of the same age. But both do not trouble or bother you equally. Only anger troubles you and bothers you. This kind of feeling is not felt about attachment since attachment is liked by people.

A mother loves her child, but she does not even realize when love turns into attachment. Let us understand this through an incident. When a child becomes unwell, his mother begins to weep. When the child does not eat, she

also stops eating. If the child does not sleep, she also keeps awake. This kind of obsession is attachment. She fails to realize that by remaining hungry or sleepless, she is not helping her child. If she is healthy, she can take good care of the child. But due to attachment, she thinks that it would be wrong if she eats while the child does not eat. This is how love becomes attachment.

Due to attachment, you have wants, wishes and desires. Just as liberation from anger and attachment is necessary, liberation from desires is also necessary. If there is attachment, there are desires. If there is no attachment, there are no desires. If there are no desires, chances of anger get reduced. For instance, if someone wishes that there should not be a power failure, and if it happens, it is but natural that he gets angry. This is an example of a subtle desire becoming an attachment.

CHAPTER 2

HOW TO GIVE UP ATTACHMENT

Is Attachment a Gem or Grime

In attachment, every scene is a snake,
In Silence[2], every scene is a ladder;
Let us not be blinded by attachment,
illusion or ignorance,
Let us be bonded to God.

Tejguru Sirshree Tejparkhiji

How will you give up attachment? You will give it up when you learn that attachment is not a gem, but it is grime. If you believe attachment to be a gem, you will take extreme care, keep polishing and holding on to it. In the glare of attachment, a person becomes blind. A blind man guides the other blind man into the muddle of obsession.

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[2] Silence or *Moun* is the state beyond sound and silence, beyond speech and thought. Words appear from this inner silence and also disappear in it. There is silence between every word. There is silence between every thought. On the paper of silence, the words of thought are written. To attain that silence is to attain Self.

In the light of 'Tejgyan'[3] or Bright Wisdom' attachment will look like muck and then it would be very easy to give it up. For example, when dirt sticks to your hands, you rush to the tap to clean it up as soon as possible. When there is filth on your body, you immediately rush to take a shower for safety of your health. Why do these things happen? It is because you love to be healthy and you want to be free of infection. The sludge of attachment is an obstacle in this process. Hence, it is necessary not to be blinded by the glare and dazzle of attachment, but to see it with clarity. As soon as the attachment is brought to light, one realizes its reality and becomes free from the life of servitude and dependency.

When we sweep the floor in the house, all the rubbish collected is thrown into the dustbin. We do not call this activity as 'giving charity'. We do not keep count of it either. Why don't we do that? It is because when we are throwing away trash, there is no question of calling it a sacrifice. Sacrifice or giving up comes in when something precious is given away. Throwing away garbage is not sacrifice, but only common sense. If you can treat attachment and obsession as trash, it will not be difficult to give it up and get liberated from it. When you become a preceptor of the divine or Tej, you take a divorce from the slavery of attachment.

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[3] Tej signifies that which is beyond duality or polarities. Gyan means knowledge. Tejgyan is the wisdom beyond knowledge and ignorance – the knowledge of the final truth.

CHAPTER 3

PANACEA FOR LIBERATION FROM ATTACHMENT

The Complete Goal

The person who is able to exercise discipline
on his body, keep control over his mind and
keep his intellect sharp all the time,
He lives not a life of servitude
but an attachment-free Bright Life.

Tejguru Sirshree Tejparkhiji

A person who is tied down by attachments, lives an unconscious mechanical life. He forgets his purpose in life. In Ramayana, when Laxman [Aim] gets tied down under the 'spell or charm of attachment' by Indrajit and becomes unconscious, he gets far away from his Rama [Truth or bliss]. In the same way, a person despite being close to bliss, remains unconscious because of the effect of attachment. To eliminate this unconsciousness, medication in the form of Sanjivani herb or panacea becomes necessary. This Sanjivani breaks the spell of unconsciousness and makes him aware or `bright'.

Sanjivani or panacea is Laxman's aim, i.e. our ultimate aim. When Hanuman on the command of Rama brings the Sanjivani herb along with the mountain and the same is given to Laxman, Laxman breaks free from the bondage created by the 'spell of attachment'. Similarly, if by the command of our Guru, we attain the complete goal through complete wisdom, we can also be liberated from attachment.

The complete goal means the 'whole sole purpose' of life. Why have we come to earth and where have we come from? What are we going to learn, understand and attain before we return? Till we get the Sanjivani of the ultimate goal, the bondage of attachment is not going to break. If we get stuck with small things and leave this world lost in illusion and attachment, it would be too late by then. Let us understand this through an example.

Suppose you are living with a mischievous boy in a 'Bright' or 'Tej' Palace. That boy keeps throwing things around and breaking everything. You are very worried about it. You then take the boy to a school for appropriate training. This school has a special way of training children. You then decide to go around to inspect the school before taking admission for the boy. The boy also gets introduced to the other students in the school. You tell the boy that such and such people will become his brother, sister, mother, father, uncle, etc. The boy starts enjoying the atmosphere and starts playing with his new relatives. Meanwhile, instead of getting the boy admitted, you lie down on the bench in the school, fall asleep, and start

dreaming under the tree. The boy in the meantime due to his old habit starts fighting with those people. And then blinded by attachment to his home, the boy insists on returning home before the training could begin. When you get up from your sleep and your dream, you repent that you wasted too much time believing the dream to be a reality. If during that period, you had admitted the boy in the school and met the principal there, this situation would not have arisen. As you take back the boy along, you start thinking what will he be doing in the Bright Palace? He would be breaking things as usual.

In this analogy, the boy stands for your mind, for the training of which you have come to this earth. The habits of mind are hatred, loathing and ill-will. Due to ego, the boy gets angry. Due to anger, the Bright Palace gets destroyed. The school is this earth in which the training of the whole sole purpose of life is imparted for making the boy fit to live in the Bright Palace. Under this training, you are taught how to get rid of attachments with objects, thoughts, people and the body. To learn this art, a few false relatives are given. Through this game, the dirt from the mind gets removed. This makes you eligible to live in the Bright Palace or attain eternal bliss. But you have fallen asleep in the school's garden, i.e. in the illusion of the world. In your dreams and thoughts, you have forgotten the Sanjivani medicine or the ultimate goal. When it was time for you to leave the world, you woke up and realized the blunder you had committed - the blunder that neither you took the admission nor did you meet the principal or Guru.

If for taking admission, you had met the Guru, you would have come to know about all the rules of the school. You might have received a few advices. The secret of how not to fall asleep in the garden of illusion might have been taught to you and the boy might have got well trained and much improved. The boy could have even become the Prince of the Bright Palace.

From the above example, you would understand that you are not to get stuck with attachment to your kith and kin, and you are to keep the ultimate goal, the basic purpose of life, always in view. By this panacea of understanding, you would never fall unconscious and the weapon of attachment will be unable to cause any damage to you. Rama or bliss will always remain with you and unhappiness will always be defeated.

CHAPTER 4

LIVE LIKE A GUEST

The World Is A Guest House

In the world, there are only two types of people.
The first ones are those on whose head
there is a crown,
The second ones are those on whose head
there is 'brightness' or effulgence.

Tejguru Sirshree Tejparkhiji

Fondness or attachment arises when we go through life asserting our ownership rights. We keep proving our ownership over objects, houses, children, etc. But when we break this mindset and live the life of a guest, we would not get attached to any of these things. Each day remind yourself that you are a guest in this world. A guest does not claim that he owns the things in the house. He does use everything in the house, but does not get attached to these. A little story will make this clear.

A monk stood in front of a mansion at midnight, and started shouting, "Is anybody there?" The security guards

rushed out and asked him as to why he was shouting. The monk told them that he wanted to spend the night in the guesthouse. The guards told him that it was not a guesthouse, but the palace of the King. But he refused to accept. While all this commotion was going on, the King came down. When he heard what the monk had to say, he asked him the reason as to why he felt that his palace is a guesthouse. The monk asked the King, "Who was staying here before you?" The King said it was his father. The monk then asked him, "Who was staying here before him?" the King replied that it was his grandfather. The monk further asked him, "Was it your great grandfather before your grandfather?" When the King nodded in the affirmative, the monk explained, "Whoever was residing here lived his life believing himself to be the owner, when in fact he had been only a guest here. The palace in which you are living today is going to be occupied by somebody else after your death. If that be the case, if this is not a guest house, then what is it?"

When you too live this life believing yourself to be a guest, the words of the monk would prove very beneficial and you will be free from attachment with worldly things. Do make use of everything, but never let any of the things use you. Do use your mind, but let not the mind use you. Without attachment, mind can be your best friend, with attachment it can be your worst enemy. Hence, live like a guest in this world and be thankful for the hospitality provided to you.

CHAPTER 5

EVERYTHING THAT IS HAPPENING IS PERFECT

How To Break Attachment To Wealth

A greedy person is attached to all the comforts he gets from others, wealth and status, and lives a life of servitude. To remain happy with minimum comforts is true progress.

Tejguru Sirshree Tejparkhiji

Some people are masters of wealth, and for some, wealth is their master. When your wealth becomes your master, then it becomes as dangerous as an unrestrained mind. When the mind is restless and unsteady, the attachment to wealth increases. This functions as a block in man's life. Through contemplation and self-enquiry, you need to break this attachment to wealth. By self-analysis and in-depth thinking, get rid of wrong habits like carelessness towards wealth, laziness, not saving enough, squandering, and excessive attachment to wealth.

Attachment or obsession towards wealth gives birth to a miser. Living life only for wealth makes the person a mere guard of wealth. That is why the God of Truth (Narayana) should accompany the Goddess of Wealth (Laxmi) so as to break free of attachment. When Laxmi comes with Narayana, she comes on the Eagle, which is a good sign. When she comes alone, she comes on the Owl, which is a bad sign. When you live only in the world of wealth and imagination, you will, like the Owl, become blind to the light of Truth. The following short story will help us understand this better.

There was a bank clerk who had a nice family consisting of his wife and two children. While working in the bank, he always used to dream about being a rich man. Due to shortage of money, he was always unhappy. One night, before going to sleep, he prayed with all his heart - "O God! Why didn't you make everyone rich? When will I find a treasure trove?" When he woke up next morning and opened the door, he was shocked to find a bagful of currency notes of Rs. 500. He was delighted that God had finally answered his prayers. He called his wife and told her the whole story. To celebrate his good fortune, he ordered food from the finest restuarant. He resigned from his bank job. He gave the resignation to his son to hand it over to the bank manager. After some time, his wife came and told him that the restuarant was closed. After some enquiry, he came to know that all the restaurants in the town were closed. His son came back from the bank and said that even the bank manager had put in his resignation letter. He had told him that the letter be given

to the Assistant Manager, who had also gone on leave. The wife then came and reported that their daughter was unwell. But all the medical stores were also found to be closed. After all this chaos, when enquiries were made, it came to light that every person in the town had found a bagful of money outside his house, and hence shops, banks, firms, and all working places were closed. Nobody was there to do any work.

His prayers had been answered, but the solution of his choice for eradicating problems had given birth to another set of problems. Looking at this, his dream got shattered and he prayed to God and said, “God, please forgive me. Whatever is happening is perfect. Don’t listen to my ideas, do what you feel is right for us all.”

CHAPTER 6

DO THE RIGHT PRAYER FOR FREEDOM FROM ATTACHMENT

Box of Detachment

Attachment means fondness,
craving or attraction.
Freedom from attachment means
liberation from sorrow.
Liberation from sorrow means merging into bliss.

Tejguru Sirshree Tejparkhiji

Immersed in attachment, man makes wrong perceptions. To solve his problems, he searches for shortcuts, i.e. illegitimate and easy ways. But when he learns that he had made his prayers with his small and lowly mind, he realizes his mistake. After making the prayers, one should definitely think whether the fulfillment of his prayers will prove to be harmful to anyone or to nature. A person prays, "Alas! If only money grew on trees. I would have done so many things. I could have made a mansion for my wife." But, he does not think that if money grew on trees, from where would he have found

the laborers to construct his house? Who would have been ready to work? Who would have come to clean his mansion?

It is necessary to break attachment from all the four. First, from thoughts, second from objects, third from dependency on people and fourth from the body. These four have been discussed in detail in the next chapter. But for now just understand two points: One is attachment for these four should break. And two is that freedom from attachment does not mean that you should not get any of these things. All these things - wealth, position, power – may they come in your life by all means, but they should come in the 'box of detachment'. Whatever may come, we should be indifferent and unattached towards it. Do the right prayer to the Almighty:

"O God! Grant me everything
in the box of detachment.
O Lord ! Give me
what you have made for me,
And may I express myself fully
with what I get.
Thank you."

In this prayer, the gift pack or the box of detachment means that whatever you may get, you should not get attached to it because it is this attachment which attracts unhappiness and repels happiness. By saying the wrong prayers, people do acquire quite a few things, but not the bliss. Let bliss be near us and unhappiness be away from us always.

CHAPTER 7

HOW TO BE FREE FROM ATTACHMENT WITH THE FOUR

Thoughts, Objects, Relations And Body

When there is attachment with position,
status, power, wealth, gains or comforts,
it gives rise to ego;
And it is ego that separates man from God.

Tejguru Sirshree Tejparkhiji

1. HOW TO BREAK ATTACHMENT WITH THOUGHTS :

Man gets attached to his own thoughts. Due to this attachment, he becomes attached to every thought that comes in his mind and becomes identified with it. Due to this tendency, the same unhappy thoughts keep recurring time and again. If these thoughts happen to be of depression, then attachment to such thoughts can even prove to be the cause of his death.

We should not fall prey to our thoughts. All around, we find people falling prey to thoughts. If through meditation*, you just start witnessing them, then the glue

that attaches you to the thoughts starts giving away. Learn this type of meditation to know the method of witnessing and dissolve the fixation for thoughts. Two types of meditations are given below, the practice of which will prove extremely beneficial for you. Just do it and know it for yourself.

Thought Meditation

1. Close your eyes and sit in the meditation posture. (Sit down with legs folded and spine erect with the Gyan Mudra or Wisdom Posture - the hands should be on the knees with the palms facing upwards. The index finger and thumb should be touching each other with rest of the fingers kept straight).

2. Start watching your thoughts. See which thoughts are going on within you.

3. Keeping the body steady, continue watching the types of thoughts that are passing through your mind from a distance (without getting identified; remaining separate). In this meditation, while being separate, you will know what kind of thoughts go on in your mind, what thoughts are going on about various subjects...

4. Keep watching and knowing your thoughts like a witness. Don't label any thought as good or bad.

* For learning more about meditation in detail, you can read the book 'Meditation – 222 Questions' published by Tej Gyan Foundation)

Avoid any such desire that I want more thoughts or I don't want any thoughts.

5. Initially practice this meditation for 5 minutes and gradually go on increasing its time. When you become an expert in this meditation, then start giving numbers to your thoughts.

Thought Numbering Meditation

1. In this meditation, for becoming thoughtless, thoughts are eliminated by giving sequential numbers. Sit in the meditation posture. Begin the meditation by watching every thought.

2. Now start numbering every thought. As soon as one thought arises, number it in your mind as 'one.' As the second thought arises, number it as 'two.' In this way, continue counting the thoughts.

3. Sit quietly even when there are no thoughts. If the thought arises, "At this time I don't have any thoughts," then number this thought also because "I don't have any thoughts" is also a thought.

4. Don't pursue any thought. Just number it and leave it.

5. With this meditation, the number of thoughts will reduce drastically. Sometimes even a thoughtless state will result. Practice this meditation regularly without expecting a given result.

What are the other ways to attain freedom from attachment to thoughts?

You must look at thoughts as though you are looking at your children. When children start troubling you, you teach them to keep quiet. In the same way, when thoughts come and bother you, you must train them to sit quiet. The attachment towards children often becomes the cause of misery for their parents. Likewise, your attachment to thoughts can become a cause for your downfall.

If your children insist on your taking them out at odd times, you merely tell them, "Go and play now, we will go out later." The same way if thoughts appear at any time and insist to take you into the world of illusion (Maya), you should tell them, "Go and play now, we will go out later" and they will leave.

You should not allow any thought to appear and snatch away your happiness. You should not allow sorrow and misery to enter in your life. This can happen only when you learn to watch your thoughts the right way. For instance, if a person happens to see a few gray strands in his head, a thought arises in his mind that I am growing old. When there is no control on thoughts and there is no detachment from thoughts, then what happens? As soon as he got the thought, "I am growing old," he begins to feel weak. He is not able to think that what happened in a day? Until yesterday he was strong, and then he saw the gray hair, and one thought arose in his mind and instantly he felt weak. This is the power of thoughts. Instead in that event, you should just tell the thought, "O.K. son, go and

play now" and get detached from it. If you start getting attached to that thought, such a thought itself can really make you old. The day a person gets a thought that he is becoming old, he actually starts feeling weak. Therefore, know the power of thoughts, turn them into positive thoughts, and utilize them to your advantage. If the power of thoughts, due to attachment with them, begins to work against us, we may die (be defeated) before our time.

Whenever the child pleads to be picked up, it is not every time that you pick it up. Similarly, do not pay attention to thoughts or entertain thoughts at all times. Just as children who have got spoilt do not come under anyone's control or even become criminals, even the thoughts, if they become bad, can make you do all kinds of sins. As you study 'child training' books, you may also need to study 'Thoughts Training' books. 'Tej' or 'Bright School' is nothing but Thoughts Training School and you need to take admission there.

'Thought of Anger' may be a devilish child, but it is *your* child. Do not pick it up in your lap. Do not get attached to it. Try to teach it a lesson by saying "Great, my child. Let us discuss later. You can go and play now." Or you may say, "I will listen to you also. But now sit in silence for 10 minutes." By doing so, you will start becoming aware and alert towards your thoughts.

Quite soon you may even realize as to how many children or thoughts you have. (You need not tell this to anyone else, as people may not easily understand this).

Meditation and silence will pretty soon liberate you from attachment and will also protect you from the ill-effects of negative thoughts.

When you get attached to thoughts, you also get attached to your imaginations and perceptions. People get attached to some perceptions of God and even become opposed to other religions. Clashes and violence due to caste or religion are basically due to such attachment. This apart, man gets attached even to his own ideas and suggestions. Due to such attachment, he tries to prove that only his ideas or suggestions are right. If someone does not accept his suggestion, he becomes very angry. If someone steals his idea and calls it his own, he even gets ready for getting into blows. Hence, you need to be very careful while uttering words such as ‘my thought’, ‘my opinion’, ‘my idea’, etc.

2. HOW TO BREAK ATTACHMENT WITH OBJECTS :

After getting liberated from attachment with thoughts, you have to break the shackle of attachment with objects. For instance, if my watch breaks or my cell phone gets lost, I feel pretty unhappy, but if it happens with someone else, I am not that unhappy. Similarly, one can see a lot of attachment for ‘my ornaments’, ‘my dresses’, ‘my wealth’, and so on. Whenever the word `my’ is added to the `object’, it gives birth to attachment. To be free from such attachment, first bring it to light. One may read further on this point in the chapter, 'Everything that is happening is perfect.'

3. HOW TO BREAK ATTACHMENT WITH DEPENDENCY ON PEOPLE OR RELATIONS:

When any close relative passes away, a person due to ignorance and attachment remains sad throughout his life. If he had been in true love with the relative, not merely attached, and if he had the knowledge of life after death, he would not have been in sorrow. At the root of every sorrow - ignorance and attachment can be found to be hidden.

When we are dependent on the people around us, gradually we begin to become their slaves. If for every work, we need the support of somebody else, we start becoming lazy and also start avoiding work. Other people start exploiting this. They start making us do things according to their whims and we become slaves. Therefore don't be attached and dependent, let us get rid of attachment towards people. This does not mean that we should not take help from others. It only means that we should make efforts for becoming self-reliant or independent. Depending on the need, you may lend support and may also take support. If you want to live independent and free, or you want to remain happy by making others happy, or by making sorrow fail you want to keep bliss with you all the time, you will have to attain liberation from attachment as soon as possible.

4. HOW TO BREAK ATTACHMENT WITH BODY :

Just as we have attachment with bodies of others, we also have attachment with our own body. Our body is

made of four coverings or walls. Within the four walls, what is in the centre is our self, the real 'I'. We are not the body, but we are in the body. If due to ignorance, we start believing that `I' means `my body', we then have very powerful and deep attachment with the body.

You are using your body, but you are not the body - this must always be borne in mind. Whenever pain arises in the body, or attachment arises towards the body, you may utter the mantra: **"I am in the body, but I am not the body."** By this mantra, your tolerance power goes up. Apart from that, your identification to the body starts breaking, the level of bliss goes up and attachment goes down. If you forget this, attachment once again raises its head. But then you have to utter the mantra again. Whenever you remember, keep on repeating it. In this manner, by constant efforts, you will get freed from this attachment also. Try to meditate on how a child in its journey begins to get attached to objects (nonliving) and bodies (living).

On being a small child : When the child is very small, his relationship with everything is "I and objects – I and objects." In other words, he believes everything to be inanimate or nonliving. He picks a thing and hits it on another thing. Whether glass breaks or the heart, it does not make any difference to him. Due to ignorance, breaking up things is normal for him.

On becoming a little bigger : When the child becomes slightly bigger, his relationship with everything is "I and objects – I and you." That means he thinks his

parents, brothers and sisters are objects, while he believes inanimate objects to be living things. He starts loving objects like his pen, watch, computer, motorcycle, dress, perfume, etc. But by being stubborn, he makes use of people just like objects. He never bothers about their feelings.

On getting a little understanding : When the child becomes a little mature, he acquires better understanding, and his relationship with everything becomes: "I and you – I and object." That means he starts giving more importance to relations and people as compared to objects. He begins to understand the feelings of people. Love begins to develop in him.

On getting even more understanding : When he grows up and becomes quite mature, then his relationship with everything becomes: "I and you – I and you." That means he starts giving respect even to inanimate objects. He believes that even in inanimate objects, there is the same vibration, which is present in man. He then stops throwing things around. He starts keeping things with great care. Within him, the 'bright' or 'Tej' love, which is beyond love and hatred, begins to develop.

On becoming quite knowledgeable : After getting the wisdom, when he acquires substantial understanding, his relationship with everything is: "Object and object – object and object". In other words, he realizes that until now, he used to think of his body as 'I' and the body of the opposite person as 'You'. In reality, 'I and You' are both not bodies. Only because we believed these to be

bodies, we were behaving like I am a body and you are also a body. That means, objects were interacting with objects. After getting to this stage, he reaches the last stage.

On becoming fully knowledgeable : After attaining final knowledge or wisdom, when he acquires complete understanding, his relationship with everything is: "You and You – You and You". That is, he sees God in everything and everybody. In this state, attachment gets completely destroyed.

From the above, it will be clear that for complete liberation from attachment, one has to attain freedom from attachments towards all four - thoughts, objects, people and body.

CHAPTER 8

HOW TO BE FREE FROM ATTACHMENT DURING EVENTS

New Television

If there is attachment, there are desires;
If there is no attachment, there are no desires.
If there are no desires,
there is very less possibility for
anger, hatred, aversion, envy or sorrow.

Tejguru Sirshree Tejparkhiji

If there is something in life due to which sorrow is near and bliss is far away from us, let us use the new Television. Television brings close to us the things that are far off. But this new television takes the things far away from us that are close by. The example given below will help us understand this better.

Somebody abuses you or you have failed or you have lost something or something has got stolen - you are very disturbed. In that situation, just think what will be your reaction to this incident a year from now, and try to look at it the same way now itself. Do you think you will

be as unhappy, as you are today, a year from now? If after a year, this incident looks too insignificant to disturb you, then why not look at it the same way right now? In this manner, through this new Television, you will be able to easily accept most of your problems.

Whenever an incident occurs, just ask yourself: "How will I be looking at this incident after one year? How much will this incident be affecting me a year from now? Can I now look at this incident the same way as I would be looking at it a year later?"

When you use this new television with success, you will often say that it is good that such a thing happened. And because it happened, something new got created and some new possibilities opened up. To understand this, look at things that happened with you a year ago. One year is a good time to break attachment to an incident. For example, a year ago, a person was very unhappy when he lost his job. Today, he is very happy in his new business. Now he is thinking that it was very good that he was fired from his job. If that had not happened, he may not have been doing business today. There must be innumerable examples of this kind that may have occurred with you or others, which will reveal this truth before you.

CHAPTER 9

USE OF HEART AND DISCRIMINATIVE POWER

God's Ways Of Doing Things

Often we think of hate and anger as bad,
but attachment as good
But hate-anger and attachment are closely related.
They look different; when in fact they are
the two sides of the same coin.

Tejguru Sirshree Tejparkhiji

If the heart and discriminative power (Viveka) are used in a balanced and appropriate manner, attachment can be annihilated. Discriminative power is a symbol of understanding, intelligence and thinking power. Heart is a symbol of love, experience and feeling. When living in this world, if you use only your head, you will get more and more entangled in the web of attachment. But by connecting the head with the heart, one can come out of the web of attachment.

Due to a particular reason, one person was in a very tense situation. He was walking to and fro over some

big rocks on the seashore, far away from home. He then saw an old man sitting quietly and fishing there. As he was returning home in the evening, he still found the old man sitting there. He then asked him, “Got anything?” The old man nodded his head and said, “Yes.” He asked him further, “What did you get?” The old man put one hand on his head and the other on his heart. Not understanding the meaning of this gesture, he asked the old man what he was trying to convey. The old man replied, “I was sitting here looking at the ocean, sky, waves, fish, sun and the whole universe. Then a thought occurred to me that if God is taking care of all these things, he must certainly be taking care of me as well. If he is looking after me also, then what should I be doing? God is running all these things by giving them feelings. To make them all function, he gives feelings to everyone (not attachment). It is due to these feelings, which are felt within the heart, that things are moving. Then how am I moving? For walking, sitting or doing activities, what feelings is He giving me? This is what I was able to catch today. That’s why I was telling you holding my hands on the head and the heart. What if I haven’t caught any fish, I have got hold of my head and heart. God has given us intellect so that we can think about all this and He has given us the heart so that we can experience these secrets.”

When that person heard this, all his troubles vanished. He returned home liberated and detached from attachment. You also may go home liberated from attachment. After going home - while walking, sitting or doing things - just try to see how God is running you! What

kind of experience is he making you feel within your heart!

If you can realize all these things, bliss will always be with you. Fishing was only an excuse or pretext for the old man. Your life too is only a pretext for learning the truth. Knowing the truth is the basic aim of human life. Use your discriminative power and the heart on an even keel and in a balanced and ideal manner, and get freedom from attachment forever.

CHAPTER 10

ATTACHMENT, GOD AND GURU

Wisdom And Conviction

Attachment and illusion are as sweet as sugar
Without the Master's grace,
these are source of turmoil and disaster.

- Saint Kabir

Getting a Guru or spiritual master is the most important event in life. You cannot even imagine at this time how the Guru can pave the way to take you from attachment to salvation. If you are seeking a Guru who can give you some relief from your worldly problems, in that case you will not get freed from attachment; on the contrary you will get more glued to attachment. People go to such gurus for relief of their problems and not for purifying and cleansing themselves. Then these gurus give them some ritual, some talisman, some words, some auspicious time, some ashes, some neckband or some

prasad (an offering made to God which is then distributed among devotees). Only if you are in search of a true Guru, will you get liberation from attachment.

If this has touched your heart, you may immediately contemplate on it and take some action on it. Pray to God, in whatever form you believe, that you may get the true Master or Guru. If there is thirst in your prayer, the Guru Himself will find you. Only God can annihilate attachment. To annihilate this attachment, God communicates with you through the Guru. Once you get your Guru in your life, let Him work for you. Just as you have let your parents, brothers, sisters, spouse, or friends work for you, now is the turn of the Guru to work for you. Make this relationship and gain from it. Once you have got your Guru, always abide by his command.

Guru introduces you to the unlimited power of faith. He fills you with self-confidence. Through wisdom, Guru establishes conviction within you that **'The one who takes care of his creations living even under the sea and sustains them, will definitely take care of you too; keep faith in that Almighty.'** In ignorance, do not be servile to attachment for things and people. Have attachment only with God. Attachment with God cuts off the worldly attachment just as poison is the antidote for poison and only iron can cut iron. When you have God with you, why do you have to get entangled in attachment and illusion? Will a person sitting on the banks of the river Ganges dig a well there? Try to recognize the opportunity you have got in your life. With love and devotion, you can get

everything including wealth, fame, status, etc. - but not so with attachment.

CHAPTER 11

EVERYTHING YOU SEE IN ATTACHMENT IS A SNAKE

Everything You See In Silence Is A Ladder

When a person has complete understanding,
his relationship with everything is that of
"You and You".
This means he sees God in everything.
In this state, attachment is completely annihilated.

Tejguru Sirshree Tejparkhiji

Before entering the world of attachment, what do you do? Attachment makes you forget everything. Hence, before getting into attachment, if you can learn to go into the realm of silence, you will then not take any wrong steps due to attachment. For example, suppose due to a feeling of hatred or for protecting something you are attached to, you get a thought of harming someone, then before carrying out such action, if you can go into silence and meditate in silence for a while, there is every possibility that you would give up that idea very easily.

Before taking any decision, you should learn to go

into silence. Ask questions within yourself, answers will definitely come. Silence is an extremely effective remedy for bringing about detachment from attachment. Any decision that you take in a detached manner will be in the interest of all. In the illusory world of Maya, life is like a game of snakes and ladders. Everything you see in attachment is a snake and everything you see in silence is a ladder. All decisions that you take with attachment will bring you down (cause downfall) and all decisions that you take from inner silence will take you up (lead to progress).

There is only one decision that you should not take in silence – the decision whether to wake up early in the morning or not. If while taking such a decision, you go into silence, there is a possibility that you will feel sleepy and then fall asleep. Therefore, take such decision quickly, it can only be beneficial for all.

CHAPTER 12

MANTRA FOR LIBERATION FROM ATTACHMENT

Be Happy No Matter What

Due to attachment, man gets attached
to the thoughts arising in the mind.
Due to this attachment, the same sad thoughts
keep popping up again and again.
If these thoughts happen to be of depression,
then this attachment can even become
the cause of death of that man.

Tejguru Sirshree Tejparkhiji

If you have sorrow in your life, who is the cause? Is it your neighbour, money, stars, destiny, your previous birth's actions, your relatives or is it yourself? Once you know the true cause of sorrow, bliss will always be with you just as your name is always with you. Let us meditate on the following two analogies.

You are studying in the fifth grade in school. In your class, you also have a very mischievous boy. You are very good in studies while that boy is very weak. He keeps troubling you all the time. And because he does not leave

any evidence of his mischief, you are not even in a position to complain to anyone. But you are sure that whatever is happening with you, it is only that boy who is doing it. You then calm down thinking that you have to bear with him for only a year, as anyway he will fail and not pass the examinations that year. But you find him with you the next year too. How did this happen? Similarly, you do want sorrow to fail, but how does it pass? You do not want the company of sorrow, but you find it with you all the time. On trying to find the reason, the secret got revealed. When the examination was going on, he was sitting just behind you. Without realizing, in unconsciousness, you yourself had allowed him to copy from your answer paper. Bliss was sitting next to you, but you hid your paper from him. The result was that bliss failed, while sorrow passed. If you keep repeating that mistake in every examination and you never find the reason of your sorrow, then sorrow will always follow you, just as the cart always follows the bullock.

In the above analogy, the mischievous boy is sorrow, which keeps troubling you all the time. He stays with you in every class. You keep praying for freedom from him, but in unconsciousness your behaviour is exactly the opposite. You yourself invite sorrow, although you keep praying that it should not come.

You must break away from this unconsciousness and you must not show your paper to the person sitting behind you. In other words, you must become alert towards sorrow. Without your permission, sorrow cannot copy

from you or follow you in your life. Unless you want it, no one can make you sad. You may not be in a position to stop the happening of an incident. However, you can definitely choose regarding what you want to feel about an incident. Nobody can stop you from making that choice. The choice is yours – whether you want to be happy or sad. You may not be able to prevent the theft of your shoes from outside the temple, but no thief can stop you from having positive thoughts despite the theft. No one can stop you from being happy in any situation, no matter what. If you want to, you can always be happy. Therefore, be happy, no matter what.

In every incident in life, you may recite the following mantra :

"Let bliss succeed and let sorrow fail"

Whenever sorrow overpowers you, you must tell yourself: "Sorrow is succeeding; I will not allow it to succeed in any condition; let me see how it succeeds!" When we are in a state of attachment, we are actually chanting the opposite mantra: "Sorrow is succeeding and bliss is failing."

It is necessary to make the right use of mantras. If 'Ram' is reversed, it becomes 'Mar', which denotes just the opposite meaning. We must, therefore, make the right choice and the ideal choice. The next time you feel anger or stress, just recite the mantra: "**Let bliss succeed and let sorrow fail."** By reciting this mantra, make every effort to see that sorrow does not succeed. Change your

feeling and remind yourself that while I cannot change the incident that has occurred, I can definitely choose how I want to feel about it.

Every day, every moment, there are many incidents happening around you. During or after such incidents, you may either feel good or feel bad. You may feel happy or sad. Bliss either succeeds or fails. All of us would like to feel good within. Now the question arises as to how we can feel good every day and in every incident? So come let us work on this and throw some light on this issue, due to which your world will become beautiful and your perception will change.

After an incident has occurred you either feel good or you feel bad, in either case ask yourself where do you feel that feeling? Is it within your body or the body of your neighbour? If it is happening within the body of your neighbour, you can do nothing about it. However, if the bad feeling is occurring within your body, who is responsible for it? If that feeling has to be changed, who can do it? Is it the Prime Minister? Or you and only you?

When you ask yourself these questions, the following things become clear:

1. Every feeling is experienced within your body.
2. You alone are responsible for what you are feeling inside and not anybody else in the world.
3. If the bad feelings have to be changed, nobody else is going to do it for you.

4. If you have understood all these things, how are you feeling at this moment? Are you feeling what you want to feel or something else?

5. If you are feeling bad, are you prepared to change it?

6. If yes, when are you going to change it? Here and now. Bliss is always with you – here and now.

To change the feeling or experience, it does not take time. If you decide, you can immediately change your bad feelings, by which your complete outlook towards the world will get changed. If you are under the impression that someone else is responsible for your sorrow, then you can be sure that you will never be happy. This is because the point of view, approach and attitude of every person towards the world is different.

Hereafter, every moment and in every incident, ask yourself the question: "At this moment, how am I feeling? If I am feeling bad, who is responsible for it? Who will change it and when?" Then you will see that you have started feeling happy and you yourself are responsible for that too. This one question and one mantra can always keep you happy.

"Bliss will succeed and sorrow will fail.

Bliss is a sacred place, sorrow is a jail.

Bliss is because of wisdom,

and sorrow is because of wrong beliefs and misconceptions."

CHAPTER 13

LET US NOT BE BLINDED WITH ATTACHMENT LET US BE BONDED TO GOD

Now You Are Liberated

Use the head and heart
in a balanced and appropriate way.
Think from the head and feel from the heart.
Be passionate and alert,
strong and intelligent all the time.
In this way, you will always be
free from attachment and illusion.

Tejguru Sirshree Tejparkhiji

Those who cannot see with their eyes, we call them blind. We are sympathetic towards them, but our sympathy does not arise for those who are blinded by attachment. When we come to know the ill-effects of attachment, we will feel like doing something for those who are blinded by attachment, illusion and ignorance. **Let us not be blinded by attachment, illusion and ignorance. Let us be bonded to God.** A small story will make this point clear.

One mother, blinded by attachment, never allowed her daughter to step out of the house. Fear and attachment

had made the girl quite weak. One day, in order to get out of this suffocating atmosphere in the house, she ran away to a relative. But this relative was a bad man. This relative blinded by illusion sold her off to another person. She then tried to run away from there too, but she was unsuccessful. This person also tried to sell her off. Traders of flesh, blinded by ignorance, started putting price on her. At that point of time, a devotee of God purchased her, paid the price, and sent her a small chit of paper, which read, "Now you are free. You can go wherever you want." The girl asked the address of the kind-hearted man from the person who had brought the letter. On being asked the reason for asking the address, she said she would like to spend the rest of her life in the servic! of that man of God. The girl who wanted to run away from every place had become ready to spend her whole life in service! This was possible not because of attachment, illusion or ignorance, but because of love.

You can win over people but not by attachment, illusion, ignorance, wealth or force, but only by unconditional love and compassion. Devotees of God see only God in others and therefore are able to give unconditional love easily. You can also ask yourself whether you want to remain attached by keeping people attached to you or you would like to be free by making others free.

Give up attachment with understanding. Don't live life full of attachments. It is not difficult to give up and get rid of attachment, in fact it is quite easy because

attachment is not a gem, it is grime. Through attainment of complete goal and complete wisdom, it will be very easy to get freedom from attachment. Just as easily as you breathe out, you can leave all your attachments. No person has any hesitation whatsoever in releasing the breath. He knows that after releasing his breath, the next breath will automatically come in. Likewise, you should let things come and go in your life, do not get attached to anything. You may pray that whatever you get, may you get it in the box of detachment. Before going into the world of attachment, take a dip in silence. Do not spend your life wearing the crown of attachment. Live a bright detached life and keep bliss always with you. Start using the new 'Television'.

CHAPTER 14

A SMALL SECRET OF SUCCESS

Final Suggestion

The one who takes care of His creations
living even under the sea and sustains them,
He will take care of you too.
Have faith in that Almighty.

Tejguru Sirshree Tejparkhiji

In this book, directions have been given as to how you can be liberated from attachment. By following this path, you will not become servile or slave to anyone. The art of breaking attachment through attachment to God has been explained in this book. In addition, many methods, questions and mantras have also been given. You are required to make use of these things. The mind, on seeing so many points at a time, may try to make excuses. Therefore, in order to succeed, a little secret that you should tell your mind is: **"Small beginning but today"** which implies "Make a beginning *today*, even if it be a

small beginning." This means that you will apply the techniques given in this book today itself, however little it may be. Start observing some of your thoughts right from today. You may start telling your negative thoughts right now to go out and play just as you tell your children. Or you may start today with the prayer given in this book. You may do a little, take just a small step, but do it today.

In this manner, you may make small efforts every day to have bliss within you and to keep sorrow far away from you. If you start using this secret with perseverance and patience, a day will come when in the school of this world; you will attain the Whole Sole Purpose of life.

If you have understood and liked what is stated in this book, you may contemplate on it and implement the same. If you don't like some points, or some things don't appear to be very logical to you; don't reject them, but keep them parked separately for some time. Just like if you are not using your vehicle, you will keep it parked for some time, the same way keep those points in parking (keep them aside) for the time being. A time will come when you will be able to appreciate these points as well and you may start using them too.

Thank you for giving me an opportunity to be of service to you...Congratulations on your liberation...Happy Thoughts.

Welcome to TEJGYAN

Tejgyan is that wisdom that is beyond knowledge and ignorance; the source of all knowledge. Knowing and understanding Tejgyan results in living a perfectly integrated life. Tejgyan is the answer to the human quest. The human quest, the purpose for which every human is born, is a combination of three quests, viz.

The Personal Quest (Who am I?)

The Organization Quest (Why am I here?)

The Family Quest (What is love? How do I feel loved?)

Far from being a belief system or philosophy, Tejgyan facilitates each person's natural process of growth across these three quests

Tej Gyan means Bright Truth. There have been many spiritual truths expounded so far. With time, the true meaning of these truths have been lost. When a Contemporary Guru, stabilized in the experience of the Self, expounds the missing link of these age old spiritual truths… then it is Bright Truth…Tejgyan.

The Truth (What has been said so far) :

The purpose of spiritual quest is Self Realization… to experience the Self / God.

The Bright Truth (Tejgyan… the missing link) :

Self Realization is just the beginning. A true master will not just give you a glimpse. Self Stabilization…being permanently on yourself is what a true master will give you. Again Self Stabilization is not the end. It is then that the true purpose for which your body came to this earth is justified. Self Expression begins and then there is no end.

The Truth (What has been said so far) :

Purify the body. Then only can the Self shine.

The Bright Truth (Tejgyan… the missing link) :

First things First. First attain Self Stabilization. Body-mind purification automatically follows. An enlightened master describes that he is anger less, worry free, fearless, timeless and space less. He describes how he is in constant meditation. People listen to this and prescribe what he is describing. They focus on getting rid of anger, guilt, worry, etc. First, attain stabilization… these things automatically occur

The Truth (What has been said so far) :

Meditation is important to attain God.

The Bright Truth (Tejgyan… the missing link) :

You don't have to meditate…You are meditation. There is no need to meditate. You have to merely listen to the truth. Listen by dropping all your false notions and concepts, without any comparison. Then you will come to understand that the meditation of Self is continuously happening. The moment the mind falls - there is meditation of self - meditation of bright awareness - where there is awareness of consciousness

and awareness of unconsciousness - both. That is bright awareness. Bright awareness is meditation. You don't have to meditate - but just understand that "You are meditation".

The Truth (What has been said so far) :

To attain God/Self/Final Truth, you have to take efforts. You have to either meditate or perform rigorous self enquiry or chant or do penance or devour scriptures or practice religion every day…

The Bright Truth (Tejgyan… the missing link) :

The Final Truth can be experienced by merely listening. Listening is the only effortless effort a seeker has to offer. There are many paths to truth… but at the end of all paths, the understanding that arises is the same. Attaining this 'understanding' is the key. This understanding can be attained just by listening. LISTENING is the preferred path of the masters to transfer knowledge.

The understanding that leads you beyond positive and negative, beyond bright thoughts, beyond self realization to self stabilization… is Tejgyan (Bright Truth).

> Self Development STARTS with knowing yourself and ENDS with knowing your 'SELF'

The Organization...

TEJ GYAN FOUNDATION

Tej Gyan Foundation is a non-profit organization registered with the objective of creating a highly evolved society by spreading 'Happy Thoughts'. Tej Gyan Foundation has multiple centers across India and has administered several programs across several cities including Singapore and Chicago as well. TGF is a 100% volunteer organization and has over 5000 volunteers including trainers with extensive corporate and international experience. TGF creates a highly evolved society through:

Tejgyan Programs (Courses, Seminars, Retreats)

Tejgyan Products (Books, Tapes, Audio/Video CDs, etc.)

Tejgyan Promotions (TV and Radio Broadcasting, Press articles, Rallies, etc.)

Tejgyan Projects (Town Improvement Projects, Value Education Projects, etc.)

Happy Thoughts - The Motto of Tej Gyan Foundation

"A poor man can be happy,
but a happy man cannot be poor."

- 'Happy Thoughts' is the power of two words. Members of T.G.F greet each other by saying "Happy Thoughts" and wear a 'Happy Thoughts' badge as a reminder to all.

- TGF's motto is to spread 'Happy Thoughts' to the whole of mankind. The power of the two words 'Happy Thoughts' denotes the following:
- 'Happy Thoughts' is not only expecting a dream to come true, but having a deep conviction that it's within your reach.
- 'Happy Thoughts' is knowing that you can achieve your goals and purpose by accessing the source within.
- 'Happy Thoughts' is the awareness that life is wonderful and that miracles happen every day.
- Happy thoughts are spiritual thoughts; thoughts that will help us to get liberated from all thoughts.

Creating a highly evolved society

What is needed to create a highly evolved society?	*How is TGF contributing to the same?*
Leadership Breed of leaders who can execute projects	• Leadership training to Corporates and NGO's focusing on executing projects that shape the organization/ humanity • Fear eradication programmes among school children
Love Communities who spread happiness and love	• Campaigns and rallies to spread "Happy Thoughts" (positive thoughts) across India • Family workshop with all members of the family
Learning Teachers and Students who enjoy the process of learning	• "Study Smarter Not Harder" Workshops for students (attended by 13,000) conducted on no profit no loss basis • "Teaching without tears" workshops for teachers and "Train the Trainer" workshops for trainers.
Liberation Citizens who are free from their own self limiting beliefs	• Various low price books in multiple languages on superstition, success, spirituality • Creation of Free Listening Rooms with tapes on hundreds of topics on beliefs, growth, survival, self realization, etc. • Free awareness programmes, demonstrations, introductory lectures all over India having covered more than a lakh participants.

The Work...

TEJ GYAN FOUNDATION PROGRAMS

Shifting to the profound questions in life

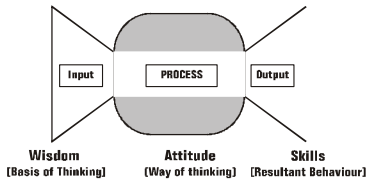
The main avenue through which Tej Gyan Foundation contributes to creating a highly evolved society is through programs. Every human consciously or unconsciously is in a quest for happiness, in a quest for happy thoughts. This is the human quest. Tejgyan (Bright Wisdom) answers this quest teaching individuals and organizations to live a fulfilled life having clear insights to the three most powerful questions of all time :

Personal Quest (Who am I?)

Organization Quest

(Why do I exist?)

Family Quest (What is Love?)



Everyone understands that to change output, you need to transform the process or input. In real life, we forget this and keep working only on 'skills'. Skills are the resultant behaviour. To transform behaviour, you first need to transform attitudes (the process or way of thinking) or still better transform the basis of thinking itself. Tejgyan is this wisdom. Though Tej Gyan Foundation offers Level 1 Skills Training too, its primary focus is on Level 2 Attitude Training and more importantly on Level 3 Wisdom (Tejgyan) Training.

TGF Level 3 Wisdom (Tejgyan) Training

SPIRITUAL WING

Level 3 Wisdom (Tejgyan) Training is offered with the following objectives:

- Transform the struggle for success into effortless living
- Transcend your fears to live the life you are meant to live
- Discover the missing link in self-enquiry and knowing yourself.

There are seven levels of consciousness on which a seeker progresses. The purpose of Tejgyan training is to take you to higher levels of consciousness. Understand each of these seven levels and the corresponding Level 3 Retreat through this table :

7 Levels of consciousness	Responsibility	TGF Training Offering
1. Self Survival	No concept of responsibility	--
2. Self Understanding	Others are responsible	
3. Self Development	Others are responsible, I am also responsible	Various books and tapes
4. Self Encounter	I am responsible	1 Day Spiritual Seminar Sampoorna Lakshya
5. Self Liberation	No one is responsible	Foundation Truth Retreat
6. Self Realization	The source is responsible	Maha Aasmani Retreat
7. Self Transcendence	I am responsibility	Sadhana Retreat
Read more about Maha Aasmani Retreat on Page 67		

EDUCATION WING

Happy Thoughts Foundation Course

Training on

- Memory Techniques and super learning methods
- Public Speaking and Communication Power
- Mind Science and the Subconscious Mind
- Human Relations and Interaction

Harnessing

- Mind Power
- Brain Power
- Communication Power
- People Power

And various other programmes such as one day Study Smarter Not Harder seminar, Spoken English course, Interview Seminar, etc.

Encounter the Leader Within Workshop

Objective

- To understand a model of leadership to deliver consistent results
- To practice servant and everyday leadership
- To understand the extent and potential of possible change in any organization

Outcomes

- Every participant is aware of his leadership fatal flaw
- Every participant understands when to start and when to stop
- Every participant is equipped and is enabled to inspire others

And other corporate training programmes such as 'Express the Leader Within' dealing with performances and communication dynamics.

> "Resistance is unhappiness, Acceptance is happiness."

The Retreat...

MAHA AASMANI RETREAT

What do truth seekers seek?

Truth seekers seek the truth, of course. However there is always an apprehension attached to it — whether one is on the right path or not? All said and done, there is a feeling of vacuum inside; something that says, “This path that I have adopted isn’t complete, there must be something more to it…” Sometimes one thinks “Is it really necessary to take so much effort, put the body in so much pain?” “Isn’t there someone somewhere who can answer all my questions?” “Something is wrong in all this. Somewhere there is a missing link.”

The Answer - Understanding.

There exists an answer — Tejgyan —meaning Bright Truth, truth that is beyond knowledge and ignorance, truth that can only be experienced. And the missing link is that of 'Understanding'. Understanding leads you to the final truth. In the Maha Aasmani Retreat (A Level 3 wisdom training retreat) it is this understanding that is imparted; understanding that leads to the experience of Truth; then call it self-realization or enlightenment or God realization or by whatever name.

How does one get this understanding?

By merely listening. Understanding by listening. Without putting the body in needless pain. And this understanding is imparted free. After all how can one fix a price to something that is priceless. And with this understanding all your problems dissolve - all together - all at once. To get this understanding, you need to attend a two - day retreat called the 'Maha Aasmani Shivir'. As already mentioned, you are not supposed to pay anything. The only thing that you have to offer is desire — desire to know the truth. You express your desire by attending some preliminary discourses prior to the Maha Aasmani Retreat.

What is understanding?

There are many paths to truth - Japa (chanting), Tapa (penance), Tantra, Mantra, Karma, Dharma, Bhakti (devotion), etc. And the destination (aim) of all these paths is the same - to experience final truth. At the end of all these paths, the knowledge that is realized is the same. It is this realization, this knowledge, that is called understanding.

Requirements for Understanding

If you have the desire to attain truth, you are welcome in the Maha Aasmani Retreat, the two-day retreat where this understanding is imparted. The retreat is totally free of cost, but you have to fulfil certain requirements, viz.:

1. Attend the Foundation Truth Retreat where you will learn how to live in the present every moment and

how to begin to access a thoughtless state.

2. Attend a few preparatory discourses where you soak in the understanding you gained in the Foundation Truth and then you are ready for the Maha Aasmani Retreat.

Tejgyan : The Road Ahead

To summarize, a seeker can take the following steps to experience 'Truth' in his life :

1. Attend some of Sirshree's discourses and then attend the Foundation Truth Retreat. Contact Tej Gyan Foundation for further details.

2. Subsequently attend the Maha Aasmani Retreat. In this retreat, you will receive the understanding of 'The First Truth'. The retreat will dissolve all your questions and problems once and for all.

   Sirshree's discourses and retreats are held free of cost. But the truth imparted in the retreats is carefully guarded. Only the really thirsty and ready are eligible for the retreats. And those who are not ready are made ready by requesting them to attend some more discourses.

3. Some of Sirshree's discourses on daily life, on misconceptions in spirituality, etc. are available in the form of audio/video cassettes and CD's which one may listen to.

4. Similarly there are various books that have been published which you may read.

An Introduction

TEJGURU SIRSHREE TEJPARKHIJI

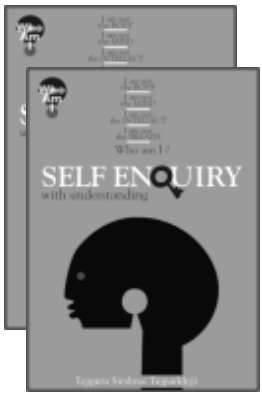
Sirshree's spiritual quest began as a child. Immersed in his spiritual quest, he practiced many meditations. His quest lead him to various schools of thought and teachings.

His thirst to spend more and more time in the search for truth lead him to relinquish his college teaching job. He undertook a long period of contemplation on the mystery of life till his quest ended on enlightenment. He came to the understanding that the missing link in all paths that lead to truth is 'Understanding' itself.

Sirshree says, "All paths that lead to truth begin differently - but end in the same way - with understanding. Understanding is the whole thing. And, this understanding is complete in itself. Listening to this understanding is enough."

The Products...

SELF ENQUIRY



Investigate Yourself

"Become a detective. There is the detective who follows all the crooks in the world; he investigates them. But a seeker is a detective who investigates himself; who follows his own mind. The one who finds out as to wherefrom the mind (thought) arises. One has to find that place, the bright place (Tejasthan) within himself. Become a detective. Investigate yourself. This is my good wish for you."

... Tejguru Sirshree Tejparkhiji

PRAISE FOR THE BOOK

"Understanding is the missing link in Self Enquiry. Instead of just knowing about God, the unique technique of experiencing God devised by Sirshree is described with utmost simplicity in this book."

- Suresh Mathur, Director, Sumeet Mixers, Mumbai.

Many have spoken and written 'about' the truth. Rarely has anyone spoken and written 'The Truth'. This is possible only by someone who has realized 'The Truth' and is firmly stabilized therein. This book is Sirshree's love which takes us There so easily and surely. All I can say is that this is 'Grace'.

- Anand Talwalkar, Vice President,
Finance and Accounts, K. Raheja Corp, Mumbai.

The Products...

Books in English

Meditation

"Meditation is being natural and simple like a child. The child who sees things as a whole without labeling them. Whose eyes are innocent and whose words are coming from Self Experience. That Experience which we all have experienced but have forgotten." This book systematically explains the methods and techniques towards 'Meditation'. It is not only meant for beginners, but also for those who practice these techniques.

Self Transformation

No sooner do you decide an aim and commit to it will the direction of your thoughts, words and deeds all unite. You will soon begin to realize your potential and express it. A total *Transformation* will take place. This book will help those who wish for such a tranformation. For those who already have an aim this book will help them to achieve it. Seek 'Self development to Self realization' through this book. This is true Self Transformation.

Books in English

The Book of Myths - II

When the relevance of rituals and customs are lost with the passage of time, they become beliefs that are blindly followed. At first, this book demystifies these beliefs by expounding their relevance at the time they originated. Later on, the book tears aparts myths that are untruths but have been ingrained in our minds much more deeply just because one has not seen them otherwise. These myths are the ones which people have about Self Realization. Knowing these to be myths will clear the greatest hurdles to Self Realization.

Self Liberation from Fear, Worry and Anger

The greatest blessing in the world is to be fearless. The greatest boon that can be bestowed on man is to be worryless. The greatest bond to be broken in life is the bond of anger.

This book contains the greatest of gifts-

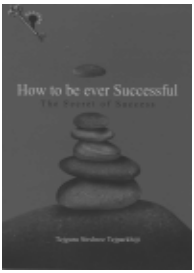
Freedom from Fear is the gift of courage.

Freedom from Worry is the gift of happiness.

Freedom from Anger is the gift of peace.

Be sure to open these gifts and enjoy them.

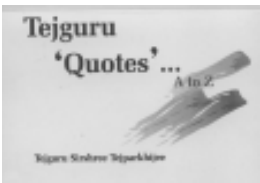
Books in English



How to be Ever Successful

In any given situation what will a successful person do and what will an unsuccessful person do? This question has been addressed in numerous instances as you journey through the book. What better way to analyse where you stand and what you need to do next in your pursuit for success! This book puts forward, with amazing simplicity and clarity, the qualities that you need to imbibe in order to be ever successful in all aspects of life. Once you know, which among the three definitions of success given in this book are yours, the road to your goal is straight and clear.

Tejguru Quotes



"When a person is ready for a particular thing, that thing naturally comes to him."

One such quote could change your entire perspective of looking at things. This book is loaded with such priceless wisdom in the form of quotes from Tejguru Sirshree. Read one such quote a day, contemplate on it and see the magic it works in your life.

The Liberator

We have heard many fascinating stories related to Jesus Christ and some equally inspiring teachings expounded by Him. But do we know the true meaning of His teachings and stories, or do we take them literally? This path-breaking book reveals the secrets of His teachings and the stories related to Him. This book further explains what is the actual meaning of Christ and what is Christ Consciousness. Because only when we experience Christ Consciousness, can we celebrate Christmas in the true sense!

Books in English

Complete Parenting

Let every child grow into a great tree, not a bonsai.

Bonsai is a tree that looks like a big tree and also yields fruit, but cannot provide any shade. Its growth has been tied down and its progress arrested. In our homes too, there are many such seeds that have the potential to open up. Are we, by any chance, turning them into a bonsai? This book opens our eyes to the possibilities that a child can actually attain with proper guidance. If you believe that your child comes to you through Divine providence and the responsibility of the child attaining its maximum potential has been entrusted to you, then you will not look at the child as your property. Towards this end the book serves as a guideline in this direction providing all the perspectives and guidelines for the complete training of your child.

The Secret of Happiness

In the eternal quest for happiness, we go through seven levels of happiness until we attain what we have always wanted - ultimate bliss. This book shall teach you to move to higher levels of happiness. It shall open a pathway to true and everlasting happiness that eludes us. It shows us how it is possible to attain true instant happiness - Here and Now! This book is the beginning to shift to higher levels of consciousness. It reveals the secret of happiness.

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