



SRI OM

SRI OM PEARLS OF WISDOM



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FOREWORD

We could get these pearls of wisdom (Amudha Mozhigal) from our sriom devima. This is as sacred as the Baghavad Geetha rendered by Baghwan Sri Krishna. Pearls of wisdom explains the basic qualities to be adopted for a happy life and all that we have to respect and adopt in this world. It raises itself to the excellence of Upanishad while explaining that food is the basis for all. While describing about Guru it shows the way like the gurugeeta. While describing Bhakthi (devotion) it deals in details about the greatness of Bhakthi, the methods to adopt Bhakthi, and the value of true bhakthi and also explains what we have to do to have a true bhakthi. Amruth (elixir) is obtained by churning the sea of milk (parkadal). Similarly these pearls of wisdom is obtained by churning the science of living. God says that drinking the elixir (amruth) will give us the deathless life. So also the pearls of wisdom explains to us beautifully that the way to eternal life is in our own hands. The pearls of wisdom is presented nicely in two sentences. We have tried to give a simple explanation for each item. We aspire and wish that all should read these pearls of wisdom and put in practice to achieve happy eternal life.

Sri Om
SRIOM GNANASHAKTHYENDRA SWAMIGAL

SRIOM

We are born. We die. But what do we achieve? What do we follow? What we do is right or wrong? Are we on the right path? Is this the law of human life? We get all such doubts. What is the truth? Yes! Lord Krishna gave us Bhagavath Geetha. Do we follow what is said in that? Ever so many saints had come and gave so many advices according to their periods. Do we follow that? Summing up we are left with the question "do we live the life correctly?" We need to answer this. We get many more such questions in our mind. We are afraid to express our doubts to anyone. Sometimes we feel shy to ask for fear that others may laugh at us.

What is the way to set ourselves in the right path? What are the answers for the many questions hidden in our mind? For addressing these questions only, my mother advised me to write these pearls of wisdom. What all I followed in my 18 incarnations flashed in my mind. How do we reach the feet of God as a good soul living as a good human being? The reasons for our birth, the life we have to live has to be in a righteous path. I have tried to present the solutions for such a living.

Lord Krishna gave Sri Bhagavath Geetha, many saints have given so many advices. In particular the five gurus Sri Adhishankara, Sri Ramakrishna, Sri Ramanuja, Sri Shirdi Baba, Sri Raghavendra Swamiji have given a lot of great messages according to the periods of their life.

In the same way I offer this pearls of wisdom to suit the modern times.

This is dedicated to

My Mother

Sriom Jagadhadri Devi.

GENERAL

We are born in this world and living. We have to follow certain principles in our lives. That is the way to lead a life of a good human being. If we do not have a good character and conduct, purity of thought, and discipline then our life will not be a noble life. For that we have to follow some principles.

1. Be loving. We are not aware how long we will live. Therefore it is good to be loving always....

We have to love all the living beings. We are capable of having the wise thoughts of how we are born and what is our destination etc. we have the intelligence to know whatever we do is correct or wrong. But we cannot know when our life is going to end. Our life is not constant. So it is good to be loving all the living beings as our life can end anytime.

2. IF we donot love we will fall to the lowest levels of a human being.

As human beings we are capable of controlling many things. Either mentally or physically we are capable. The pet animals we have, show lots of love for us. When the pet animals we look after can show so much love, we have to be more loving than them. Isn't it the right thing to do? Otherwise we become worse than the animals. Therefore such a life without love will not be a good life.

3. The birth without love is not worth. There is no use of being born.

Love is a great quality in all living beings. It is animal nature to show love on itself and its pets for sometime. But it is the human nature to love not only himself but all others. Such a human being who has a loving heart is truly born. It is no use being born if you cannot love.

4. You show love. But do not anticipate love.

We have to love all. But we should not anticipate love

from that as return. If we anticipate love than our love is not pure. It is only a trade. Not only that. Anticipating love and not getting it leaves us sad. Therefore do not anticipate love from others.

5. He will be a cruel person if he does not love the one who loves him. He is sure to get punished.

It is not necessary that we have to offer all the things to the one who loves us. It is enough to reciprocate the love. Only that human being will be respected who has love in his heart. Others are equal to animals. In fact we cannot compare them with animals even. They will be much lower beings than even animals. The one who fails to reciprocate love will sure to get punished in his life.

6. Love nature also. The trees give us shade and fruits. It is essential to love them also.

Without nature we do not exist. The trees give us all we need. We live using all that the tree offers. Therefore we have to protect them from getting destroyed. We have to love nature and be with them.

7. Love birds and animals also. Donot kill the loved ones. for food. That is a sin.

Love animals and birds also God is omnipresent. God is present in those living creatures too. So how can we kill those creatures? It is a sin to kill them for our food.

8. Love is impartial. Everything is same and equal in the eyes of one who loves.

There is no partiality in love. It is not love if it is partial. Love arises from the depths of our soul. Then how can it be partial? Therefore those noble human beings who have love will see everything as equal. They donot show partiality among any living being.

9. Love is God. You can realise God in love.

Love is God. if you show that love to all the living beings you can realise God. Because God is omnipresent. Only love gives us happiness. Those who love do not have sorrow. Because they are capable of taking sorrow as happiness. When such a high level of love is achieved, then there love becomes God.

10. No one comes near where there is no love. Everyong comes close only where there is love.

No one will seek the one who has no love. Not even animals come close. In some way where there is love, all will seek them. Where there is love there will be character. It is natural that all will seek the one with good character.

11. Even God obeys love.

What does God expect from us?. Not materials surely. Because all are created by God only. Therefore God doesnt expect any of those thing's from us. God expects from us only a loving heart. God even obeys the one who has such love in his heart. Like how a child is happy with the ones who shows love, so also God is happy with the loving beings.

12. A loving human being can be worshipped as God. There is nothing wrong in doing so.

The human being who has love will have great qualities. He will have impartial mind. He will have joy without sorrow. All these qualities are qualities of God. Therefore there is nothing wrong in worshipping such a human being who has a loving heart as God.

13. Donot expect anything in return for love.

We should not expect anything in return for love. Otherwise it is not a true love. Expecting anything in return for love is lilke getting paid for the job we have done.

14. The nature bows to the one who has love.

All good qualities can be found with the one who has a loving heart. Only such a person is having constant joy. The one who is in a constant joy is equal to God. Therefore nature also bows with respect to such a person.

15. Love should not become bondage and attachment.

Every living being has to be loved. That is the law and that is the truthful life. But even if the living being is our own child, it should not become bondage. If it becomes bondage, then happens attachment. It leads to sorrow and pain. Therefore to have a life without sorrow is to live without bondage and attachment.

16. The person without love is equal to a demon.

Love is the basic quality every living being should have. A person without love cannot be considered as a human being. He is lower than an animal. Because even animals show love to its own pets and species. Therefore a person who has no love in his heart will be considered as a person with wild demonic qualities.

17. Anything can be achieved by love.

Everything obeys the person who has love. A true loving person has the quality of God. It is natural for the person who has love to have the ability to understand the God and nature. For such a person the nature also obeys. Therefore for such a person even God will be ready to assist. For such a person there is nothing that they cannot achieve in this world.

18. Be subservient to love. But do not enslave anyone.

We should bow with respect love. It is not wrong to obey love as God also obeys love. All will obey the one who is loving. That is law of nature. The person whom we love may look like he is slave to us. But we should not treat him as a slave. It is natural to be attracted to love but it is the quality of a demon to enslave others. This should be avoided.

19. One should have character.. A person without character is a demon.

Character is accumulation of good qualities and culture. It's quality is to lead a righteous life. The person who has no good character cannot be a gentleman. He can only be a person of bad qualities. Therefore he is nothing better than a demon.

20. Every person has to do something good and worthwhile in his life. He should not lead the life casually as born and so living.

Every person having born has to do some good deed in his life. Leading a life without doing any good deed is a selfish life. It is akin to living somehow having born. It will be a good and worthy life if we can think and do something good to our home, our town and our country otherwise the life we are living will not be considered as a worthy life at all.

21. Our birth has to be a useful one. It should not go useless.

Our life has to be useful to our home and our country in some way or other. Otherwise such a life is a useless life. A worthy life is one when it is useful for the self as well for others.

22. Donot be lazy. You should always be active and it should be useful.

A lazy life is not a life at all. You should shun laziness and be active always. We should be active till our body cooperates and whatever we do should be useful for us and others related to us.

23. Is it enough to be born? One should know how to live. It is no use being born if one doesnot know the art of living.

It is not enough to be born. One should know that art of living. One who doesnot know how to live is not worth his life. Here art of living means a useful life for ourselves and the humanity.

If one does not know the art of living then he will be considered as an animal and such a person is as good as not born at all.

24. One should have humanity. Without humanity it is not useful to be human being.

Every human being should live with humanity. Humanity is even better than devotion. The one who has humanity is only a human being and others not having humanity is not worth being humans.

25. Follow good people. Do good and be with good people.

Everyone in life should follow a good person. They should follow and do good deeds. They should do good to all living beings. Such good qualities can come only when we follow good people and be with good people. Otherwise it is not possible.

26. One should know what is good and what is bad. If not one should learn and act on a good path.

In life we should know what is good and what is not good in whatever we see whatever we hear and whatever we do. At least we should seek the advice of elders and learn if we do not know. Then we should always walk in the righteous path.

27. We should ensure that no one is hurt because of us.

We should ensure that none is hurt by us. One who practices meditation to realise oneself has to follow the rule that no one is hurt by him. We cannot come up in life if we do not possess this good quality.

28. Do not deceive others and do not get deceived by others.

The main reason for deceiving others is the desire to possess other's materials and feeling jealous about others' achievements and the desire to somehow come up in life. If we drop such thoughts we will not deceive anybody. In the same way

we should take care to see that one does not get deceived by others. If someone deceives us means we are not intelligent enough. So take care.

29. You do not deceive yourself.

Self confidence is an essential quality but trying to shift the Himalayan mountain across is not confidence. It is foolishness. It is better to have confidence in what we can really do and having confidence on which we cannot do is foolishness. This should be avoided.

30. Do what you like to do. But think and study well before doing anything.

It is always good to do what one likes to do. But before doing anything it is essential to study and find out if it is good for all, if it does not harm others and ourselves etc. you should undertake to do only those things that are good for all.

31. Do not talk much. It will create unnecessary problems and it will ruin your health.

We lose a lot of calories of energy when we talk. At the same time our brain becomes more active. We lose our energies. Therefore those who talk much not only lose good health but get into all sorts of problems. So to have a peaceful life without problem and to have a meditative mind. It is always better to observe silence. Then only we can conserve energy and control our mind.

32. It is not good to spend much. At the same time it is not good to avoid spending.

It is good to keep our expenditure within our income. Spending beyond our capacity will land us in debts. It is legendary saying that King Ravana worried like an indebted man during crisis. Therefore debt will land us into serious problems. At the same time we should not live like a miser not spending for essential and good causes.

33. Give charity. Give to needy one. Donot aspire for praise by giving charity to the wealthy people.

In our life, charity is one quality we should cultivate without fail. But our charity should be for the needy people and for a good cause. Giving charity to affluent people to gain fame is no charity at all.

34. Do not feel proud. That will strengthen your ego.

We should not feel proud about the things we have achieved, or the way our life is made, or the wealth we are possessing in our life. it only strengthens our ego further. Once ego is strengthened that will pave way for aquiring all bad qualities and ultimately ruin our life.

35. Be patient. At the sometime enquire whatever you want to without getting angry.

Patience is a good quality to possess. Where patience is there will be character. With patience we can plan works well, work with great attention and succeed in whatever we under take to do. When listening to others advice we should be with patience and without anger.

36. Young or old who ever gives good advice it is good to listen.

There may be different opinions about each work. It cannot be said this is good or this is bad. Therefore we have to analyze carefully. First we should develop the quality of listening to others. Whether the one advising is young or elders we should listen. That is the way to progress in life.

37. Do not hesitate to tell that which you think is right. Do not bother about whether the person is young or old for this.

It will create mental stress to hold the thoughts we want to express. If our idea is right and is for good we should not hesitate to express. We should express without borthering about

to whome we are telling whether young or old. The one who points out the mistakes honestly is a good friend is the accepted belief.

38. Do not be authoritative over others. It is not good.

Everyone feels that his ideas are the right ones, his actions only are good and everybody should follow him. Forcing our opinion on others is being authoritative over others. This will boost our ego and spoil our relationships.

39. Our mind will always feel that what we do is right. Therefore analyse properly and act without giving importance to the mind.

Everyone's mind will say that whatever he does is right. It will never accept the wrong. It is human nature. Therefore we should not give much importance to our mind. We should think and analyse what is right. Then only our actions will be correct.

40. Do not hurt others by your words or deeds.

A human being should love the other human beings. Atleast one should not hurt others by words or deeds. Even the wound caused by fire will heal but not the wound caused by sharp words is the saying of great tamil poet Valluvar. Therefore if we hurt some one by words the wound will last till his last day. Therefore we should take care to avoid both hurting by words as well as deeds.

41. Even if others harm us we should have the maturity to forgive.

We should have the maturity to forgive others for the harm they have done to us. Not forgiving them will create enmity in our mind and the mind gets spoiled. Because of this our works get spoiled and we will be full of sorrow. Therefore atleast thinking of our own good we should learn to forgive others. Relation ships will not last if we remember all wrong doings.

42. Speak where you have to. It is wrong to keep quiet.

We have to speak our opinions where needed. We should not keep quiet because others will not like. Later on we may be blamed for not doing the right thing. Young or old, not pointing out their wrong's at the correct time is not good. Such a mistake was the reason for the mahabharatha war. We should remember that.

43. Do not encourage beggars and lazy fellows. If possible give them job.

Everyone is of the opinion that poverty and joblessness is the reason for beggary. It is true to some extent but also laziness in the minds of men make them beggars. We offer a small alm as per our capacity. That leads to beggary becoming a permanent feature. If we stop giving small alms, they may start doing something for their livelihood. Then they will decide to do some work with dignity. Let us help the differently abled and less fortunate people to rehabilitate themselves.

44. Donot cheat those who trust you.

Cheating is an undesirable quality of a person. Cheating prevails between man and woman, husband and wife, father and son, owner and worker and even between guru and sishyas. Cheating the one who is believing in us is the worst thing to do. This should never be done. That will come along with us as karma even after death.

45. Donot speak lie. If you have to speak a lie then do it without affecting anyone.

Speaking lie is a bad habit and it is better to avoid it. But at some circumstances it becomes essential to speak lie. Even tamil poet thiruvalluvar has lauded this. The lie neednot be considered as a lie if it is useful to save others and if it can do good to all.

46. Behave in the sameway with all. Do not show the difference.

It is good to move with others without showing the difference. We should not identify people as rich, poor, high and low etc. All are equal before God. We should always bear this in mind as this will help us to progress in our spiritual practise.

47. Boasting is not necessary. It does not do any good.

We cannot progress in life if we keep boasting. Self boasting is the way to lower ourselves in life. It gives rise to our ego. Therefore we have to live in such a way that others will praise us and avoid boasting.

48. Do not controll anyone. You be submissive to love.

We should not controll or make others submissive and we ourselves should not be slaves. Human beings should be free to live. Slavery is animal tendency. By love we can seek God to be with us. and we can serve God with great submission, slave is one who does whatever the leader orders without questioning. In the same way we should be prepared to serve God. Instead we should not treat other human being as slave and we also should not behave like a slave to others.

49. Do not despair for not having anything. Be happy with what is available.

Do you want to be happy and do not want to be sad? It is in your hands only. Instead of feeling bad that we donot have something think of those who have much less than what you have in this world. You should thank God for keeping you better than many others and learn to live happily.

50. Do not feel proud for having a lot. It doesnt take a minute for them to vanish.

We should always remember that we got everything only by the grace of God. Then only we will be free from ego. At the same time we should always remember that everything is transitory with such deep conviction only we can avoid ego.

51. Donot desire much or donot be avaricious that will destroy you.

All religious are of the same opinion that desire is the main cause for all destructions. Today one may desire for a reasonable thing and tomorrow the desire will extend for all things. If we do not get what we desire then it will push us to adopt wrong methods to aquire what we desire. Such a mind cannot be pure. Therefore it will destroy us.

52. Think before you desire whether what you desire is justified or not.

Whenever we get desire we should think if what we desire is justified or not. If we think sincerely we are sure to get answer our mind is the most powerful one. Therefore we have the ability to think well before desiring the right thing.

53. Donot speak something keeping someother thing in your mind. That is very bad. It can destroy you.

We should be able to tell others without hurting them whatever we think in our mind. We should not find fault with others and speak at their back. That will become a habit of speaking bad about others and we will be subjected to others dislike and hatred. Which will result in our downfall.

54. It is not wrong to fight for justice.

We have to live thinking that everything happens as per God's will. This is what every religion preaches. But we can fight for justice. It is not wrong.

55. Behave with generosity. It will be good for you.

If we want to come up in life we should have generosity. Where there is generosity, there will be the qualities of forgiving and forgetting. These qualities create peace in our minds. Only a peaceful mind will be able to seek God.

56. Do not hesitate to do physical help for the needy.

Help is the service we render to others by offering

materials or by physical help. Physical help is always better than financial help. When we do physical help to the needy we develop humanity. With humanity we will have the mind to seek God.

57. Do not have bondage and attachment to anyone.

The bondage and attachment we have for others will give us mental stress and sorrow. It is good for our mind to be without attachment. A controlled mind is essential for seeking divine vision.

58. Do not have attachment to any object. But do not forget that it is your responsibility to take care of the object.

Donot have attachment to objects, it will bind us. Therefore whether it is an object or a family member we should deal without attachment. God has given us the responsibility to only to take care and protect the objects or people around us. We should bear this in mind always and act without attachment.

59. Donot go in search of happiness. It is in your hands.

The happiness we desire is not anywhere outside. It is within ourselves. The way we look at each incident creates happiness or sorrow to us. When we think everything is happening as per God's will, we are sure to have happiness.

60. Donot feel jealous about others. That will destroy you.

Thinking about how others are living, how everything is happening to others, and why others are happy etc. creates jealousy in us. That spoils our mind, and our works suffer due to this. Therefore we cannot progress well, and we will destroy ourselves.

61. Before finding fault with others you have to set yourself right. Than only you will have the right to point out other's defects.

It is easy for everyone to find fault with others. It is better to pointout their faults directly to them but before finding fault

we have to ascertain if we are free from such faults and if we have the right to point out others faults. If we do not have any fault only then we have the right to point out faults in others.

62. First think about how you are then afterwards think about others.

Normally we spend time in thinking about others as to why they are like this and why cannot they change etc. It is better to think instead, how we are and what are our qualities etc. If everyone starts thinking about themselves everything will be good in life.

63. Knowingly well it is a mistake, do not commit the same mistake. That will destroy you.

It is natural for human to commit mistakes. There is no person who has not committed any mistake in this world. Mistakes cannot be avoided. But it is important to know that we are aware of the mistakes we do. Once we are aware, we should not commit the same mistake again. Otherwise our life will be destroyed without happiness.

64. It is not good to have inferiority or superiority complex. We should be neutral.

Thinking that I am useless, and I cannot do anything is inferiority complex. Thinking that there is nothing that I cannot do, I am better than all others is superiority complex. Therefore one should be in the middle. I have certain things I can do and certain others I cannot do. I am not superior. All are good in one way or the other. All such thoughts are the healthy thoughts for living.

65. Avoid anger. Analyse why you get angry and correct yourself. Anger will automatically come done.

Our success and failure depends on the amount of our anger. Everyone gets angry. Only their place and volume differ. We do a lot of mistakes due to anger. Therefore anger has to be controlled by carefully and peacefully analysing why we get angry. with calm study we can minimise anger.

66. no one is our enemy. Do not consider anyone as an enemy.

We are going to live for a short period only. No one knows how long one is going to live. Therefore it is good to be friendly with all till we live none is our enemy. All are united by soul. If we realise this, there is no difference. Where there is no difference, there will be no ego. without ego, naturally there will be no enemies.

67. Plan and do everything. Do not do anything in haste.

Every work has to be executed after careful study and planning. Nothing will work out without proper planning. Whether it is family life or ascetic life planning is essential. Doing things in haste will stop halfway and will not materialise. Therefore learn to plan.

68. Complete the task you have undertaken and donot leave it halfway.

Whatever task we are undertaking has to be completed well. It should not be stopped halfway. Proper planning and prior study is needed to complete any task successfully. Determination to complete the work is essential quality for successful completion of any work.

69. Donot criticise others you may be criticised by others. You should have the maturity to take the criticism.

It is alright if we criticise without hurting anyone. Some are habitual criticsers. That is their nature. But we have to ensure that we do not hurt anybody by criticising. At the same time we should not feel sorry if we are criticised by others.

70. Do not preach others. Before preaching ensure if you are following what you are preaching.

It is easy to preach for everyone. But it is difficult to act as per what we preach. Before preaching someone it is better to know how we are acting. It is not fair to advise others not to eat

sweets while we eat a lot of sweets, therefore let us ensure if we are acting as per what we preach before preaching others.

71. The mistake you do has to prick you. Then only you are born as human.

If we do an act with consciousness, our heart will know what we are doing is right or wrong. When we do wrong, it should prick us. Then only we will not repeat the mistake. Only such people can be appreciated as good human beings. Only when we start realising our faults, we are born as human beings. Till then it is as good as not born at all.

72. You can advise others. At the same time be receptive to the advise of others.

Some of us have the habit of always advising others. It is not wrong. It is good to advise what we know. At the same time we should be receptive to the advise others are giving us. We should have the maturity to respect others advise and get the benefit from them.

73. You can make others laugh. But do not behave in such a way that others will laugh at you.

It is a good habit to make others laugh. Our mind becomes relaxed and our life period may increase because of good humour. At the same time we should not do foolish things to make others laugh at us. A good humour is not doing foolish things.

74. Donot speak loud. It is not good for health.

We lose our energy by speaking a lot. By speaking loud, our body and mind become weak. Because of that our ability to think correctly gets affected. That is why spiritual practitioners advise that keeping silent is the best way to conserve energy.

75. Do not be ungrateful. Then only it protects you.

Our sages have said that it is not good to be ungrateful. People who have no gratitude cannot escape. That sin will affect

hem, having gratitude to everything will surely protect us in our life.

76. Pomp and show is not necessary. It should be avoided.

Money and some facilities are essential for living. But they should not become a pomp. A comfortable life without pomp and show is sufficient. Therefore it is good to avoid a life of pomp and show.

77. Do not sleep much. More sleep will leave you without sleep later on.

It is a long time dictum that it is sufficient to have seven hours sleep per day for us. Today science says, that 5 hours of sound sleep without dream and thoughts are good enough per day. If we sleep more our energies are lost. If we have the habit of sleeping more we will be without proper sleep in later parts of our life. Science has not come out with any answers for this effect.

78. Do not be selfish. That is a serious poison.

Selfishness is a quality found in almost all the people. It is a small mind that thinks everything is required for me only and for my need only. This quality will not only destroy us but it will destroy others also. A drop of poison can kill one person. But if that drop is mixed in common water all will die. Selfishness is like this drop of poison. This should be eradicated.

79. The charity you do will surely come back to you.

The charities we do accumulate as virtues. Like how the savings in a bank help us later on similarly our charities will come back to us. Our savings in the bank can be taken by others but the benefits of your charities will be for you only.

80. Live with determination in your principles.

One principle of living is that we can live some how. The other principle is we have to live only in a particular way. The

second principle is the correct way to live. To live with firm principle never to do anything unrighteous whatever happens in our life is the best way to live.

81. Always look bright and pleasant.

Even ordinary clothes have to be worn clean Beauty of our body depends on the cleanliness. Colourful and showy dresses do give beautiful appearance simple and neat clothes only are beautiful. Therefore always be neat and clean.

82. Do everything with whatever is available.

We cannot be peaceful by saying this is not available or that is not available. We have to learn to live satisfactorily with whatever is available. For example a lady, instead of saying to the guest that she has no sugar or gas for making coffee, can do better by offering buttermilk. Therefore we should learn to make the best use of whatever is available.

83. Be active always.

Laziness is the starting point for all bad qualities in life. If one is lazy all other bad qualities join together. To get rid of bad qualities, being active is the only way.

84. Be aware of Whatever is happening around.

A sage or gnani need not know what is happening around. But a family man has to be aware of what is happening around. This will help him to protect himself and his dependents from any evil effects and bad things. He will be able to help others also to safeguard themselves. Without getting involved in outside events, we can be helpful to the extent possible to all.

85. Respect elders. Elders also should understand the youngsters.

Elders have experience of life. It is good to respect them without neglecting them. At the same time elders also should learn to accept the youngsters as they also have enough knowledge

due to modern science and education. Elders should be content to help where needed only.

86. When elders are working do not keep quite watching them. You can give your hand to help.

It is wrong for the youngsters to watch and keep quiet while the elders are doing work. They should offer to help the elders voluntarily. By such acts relationships strengthen and love increases making us happy.

87. Do not be arrogant. That will destroy you.

Arrogance is one bad quality that gets into a man's head easily. I am responsible for all good things, everything is happening because of me only etc. are examples of arrogance. If we think that we could do something by only God's grace and others cooperation, then arrogance will not rise. If we do not eliminate arrogance, then we will be eliminated by arrogance.

88. Do not become slave to senses. They will start enslaving you.

We have to keep our body in our control otherwise our body will start controlling us. To keep the body under control we have to keep our physical and mental senses under control. Physical and mental sensations are interrelated. Our life will be under control only when our senses are under control.

89. Do not cry for anything. That will not achieve anything.

Crying is the expression of inability. We cry when we are unable to get our things done, when we do not get what we desired etc. This will only make us weak not strong. Keep doing what is right without affecting others. This is the correct way to avoid crying and to devote our mind on God.

90. Do not achieve anything by crying. It is wrong.

It is not correct to achieve our goal by crying. Others may let go because we are crying and may not help us whole

heartedly. Moreover others will think we have achieved by crying even though we do not deserve it. Even if are genuinely eligible for what we achieved others will not believe it. Therefore it is better to explain our point of view and get things done than by crying.

91. Do not live in dreams come to reality.

Imaginations and dreams are needed for our progress in life to some extent. But it is not good to live in dreams, we have to act in real life to make our dreams come true. Then only we can progress in life.

92. Do not assume. Find out clearly.

Instead of assuming how an incident would have happened, it is better to enquire and ascertain the facts.

93. Without seeing with your eyes do not speak. It is wrong.

It is easily to speak wrongly about others. Just because someone has told something, without seeing it ourselves, we should not accept. It will affect us and others.

94. Sometimes seeing with our eyes also may not be correct. We have to analyse and find out.

Whatever we see with our eyes may not be true. We should analyze and findout suppose a man and woman are frequently talking to each other. How can we say that their relationship is wrong without enquiring the truth?

95. We should enquire both the sides.

When a person accuses the other we have to enquire both the sides even though the one accuses may be known to us.

96. Control lust, otherwise it will control you.

Lust is a dangerous disease. If we cannot control it, it will control our life.

97. Stop desire for women, smoking and liquor. They are not good for your body.

Our body is a boon given by God to us. To lead a good life and for pursuing spiritual life our body is very important. Therefore our body has to be fit. Like a good wall is needed for painting a good picture, so a good body is needed for a good life. For a good and strong body, we have to stop all bad habits. Then only we will be able to take up long practise for spiritual progress.

98. Desire for land will result in attachments.

Desire for land is like similar to other bad habits. Desire for land has destroyed so many kingdoms. Desire for land will result in attachments. Every man desires for the land he is born in.

99. Daily you analyse yourself and correct your bad habits.

To live with good habits we have to always analyse ourselves. We are our best masters. We have to accept our mistakes. We will not accept if others point out our mistakes. So daily we have to analyse and findout our bad habits and learn to correct them.

100. Learn to return all those things you have taken temporarily.

We take from others money and materials for our urgent needs and how many of us promptly return them? Once our needs are fulfilled we tend to forget. Relationship will be affected because of this and we lose the respect of others also. Therefore it is always good to return things promptly.

101. Always be calm with a smile.

What is in the mind is reflected in the face is old saying. If our mind is calm our face will be with smile and be cheerful. For this we have to eliminate bad qualities and habits by being constantly, aware that everything happens by God's grace.

102. Do not expect everything to happen as you wish be matured to accept whatever happens.

We want things to happen as per our wish. This only gives happiness to us. Happiness is in our mind. If we start thinking that whatever happens is for our good only, then unnecessary expectations will not come. Only such a mind is free from sorrow.

103. Do not touch knowingly well it is hot and it will hurt.

We know that fire will burn us if we touch. We will not touch it isn't it? In the same way when we know doing a certain thing is bad and will cause bad effects, we should not do that. Avoding things which will not do good is the wise thing to do.

104. Gambling is wrong. You will be affected by it.

Mahabarath is a very good example for how we can lose all by gambling. Because of gambling the king has bet his kingdom, lost all his relationships and was subjected to great humiliation, we will be losing everything by gambling. Therefore avoid gambling.

105. Learn to wear clothes properly. Clothes should not reveal your body. There is no need for such glamour.

We wear clothes to cover our body properly. Therefore it is meaningless to wear clothes revealing body parts. Such glamour is not needed. Because of this so many problems may have to be faced. Therefore wear clothes correctly and properly.

106. Courage is essential. But too much bravery is not good.

It is always good to face anything with courage. Without courage or boldness we cannot achieve manythings. But false bravery is foolish. If you can swim you can boldly attempt to swim in sea or river water. But trying to cross a whirlpool is not bravery.

107. Be clean. Teach others also to be clean. If your body and place of living is not clean then health will be affected.

It is said cleanliness is next to godliness. We have to be clean and teach others also to be clean. It is not enough to keep our body clean, our surroundings also have to be clean for a healthy life.

108. You can avail your rights. But be within limits.

Everyone has rights. In speech in living and in all things everyone has their rights. Our rights are fine as long as it does not affect others life. Otherwise it amounts to interfering in others rights.

109. Be aware of your body. But always do not think about it.

Our body is essential for living. We have to be aware to keep our body fit and healthy. At the same time too much of attention to our body causes attachment therefore, be moderate.

110. Exercise is necessary for keeping your body fit.

Exercise is essential for a healthy body. Without proper exercise our health will be deteriorating resulting in deceases occur. We will not be able to undertake spiritual practise with unhealthy body. So we have to take proper care.

111. Do not feel sad after death. Do what you can while the person is alive.

Some people will not look after their parents. But after their expiry they will feel sad saying the parents liked this and that and how good theywere etc. There is no use of such a behaviour. It is always good to look after them well when they were alive and speak nicely to them.

112. Donot cry seeing a dead person. Understand that tomorrow you will also die.

The saints have said that crying over a dead person is foolish. The tamil poet Pattinathar exclaimed that future dead bodies are crying over the already dead ones. Understand we also will die one day and therefore stop crying.

113. Do whatever last rituals are needed for a dead person, whoever it may be.

Anyone can do the last rituals for a dead person. It is not wrong. The dead person need not be related to us. Like how the charities of offering food and education are considered as great, similarly performing the last rituals for a dead person is also great. This is hailed in vedas.

114. Reciprocate the help.

It is not good to forget gratitude. We should remember whatever help others have done and readily go out to help them in their time of need.

115. Do not keep telling everything to everybody. That is not good.

We should not tell all others whatever is in our mind and whatever is happening in our family. It will create problems for us. We should share with people only what has to be shared amidst friends, between husband and wife, between parents and children etc. Instead sharing everything with all others will only create confusion and unnecessary problems to us.

116. Do not waste time. Later on you will regret.

Time is valuable. Every minute we lose will not come back to us. We should make the best use of the available time. Otherwise we may have to regret later on.

117. A good deed should be done early. Do not postpone it.

A good deed should be done immediately without delaying is the sayings of wise men. Once postponed the good deed may never happen at all.

118. Husband and wife should not hurt each other.

It is essential for a family that the husband and wife have mutual respect and love. Hurting each other will not create

happiness in the family. They should remember that life is for happy living and live together with mutual respect and cooperation.

119. Do not hurt your parents. That is a great sin.

Parents are the visible divine representatives. Our life is a gift given by them. Hurting parents is the worst type of sin.

120. Parents also have to adjust with children.

It is wrong for parents to think that children have to always obey them and live as per their ideas. They should at times adjust and cooperate with their children. That is the best way to live without misunderstandings.

121. Do not interfere in others affairs. That is cruel.

Many people are inquisitive to know about what other people do and speak etc. This is a bad habit. We should learn to mind our business and can offer help only when needed.

122. Do not handle or use other's objects. It is not good.

We should not handle other's objects without their consent. Some, people will not like others handling their objects. Handling others objects is like interfering in their personal life. It is wrong.

123. Do not gossip about others.

Gossiping is observed among many people today. This is an unwanted bad habit. The remedy lies in concentrating on our works. If we realise that we have no right to comment or speak about others this habit of gossiping can be avoided.

124. Make others happy. At the same time keep yourself also happy.

Happiness is essential in everyone's life. We should always try to make others happy. At the same time we should not trouble ourselves in an effort to make others happy.

125. You cannot satisfy anybody. Do what best you can.

It is not wrong to think and attempt to satisfy others. But it is not possible to satisfy others in all matters. Therefore it is enough to do what best we can do.

126. Be contented with everything.

Contentment is required for our happiness. Discontentment will bring sorrow. If we accept that whatever happens is for our good only, then we can be contented in life.

127. Do not use harsh words.

If we do some harm to others it can be forgotten over a period of time. But if we hurt others by harsh words the hurt can never be erased from their mind. Tamil poet Valluvar says that the wound caused by fire can be cured but not the wound caused by harsh words.

128. Do not curse anyone. It will return to you.

Because of others acts, if we are hurt and if we curse them with bad times, it is not correct. Tomorrow it will hurt us only. Cursing others is like throwing a rubber ball at the wall. It will rebound.

129. We should not be adamant. We can be adamant for a just cause.

What I do only is correct. I must have these things etc. are examples of adamant attitude. This is not essential as it only gives raise to our pride but at the same time we can be adamant for just and good causes. For example, even if others object, we can be adamant to pray God, to go to temple and to listen to good speeches etc.

130. Arguments are not good. That will create enmity.

Arguments can happen when others are advising us. But when others point out our mistakes, instead of arguing, we should accept what is said, then analyse and find out the fact. If what they said is not correct, we can try to explain the things smoothly.

131. Avoid afternoon naps. Ove sleeping depletes our energy.

Sleep should be to correct extent. Afternoon nap is not good for health. It can become the cause for some deceases. Oversleep makes us weak.

132. Do not speak lie for silly things.

Speaking lie is a bad quality and it is worse if lie is spoken for all silly things. Therefore we have to avoid speaking lie for all silly and simple things. Lie can be used only where it is necessary for the common good.

133. Praising much and abusing much are not good.

We should not praise some one too much and also should not abuse someone too much. Much praise can create arrogance in others and excessive abuse can result in inferiority complex and enmity in others. Both are bad. It is always better to correctly appreciate where required and correct the mistakes where needed.

134. Learn to appreciate whenever a good work is done.

We should appreciate the good works done then only we will be encouraging people to do much more good, with better abilities.

135. Do public service. It is essential.

Living for ourselves is not a good life. We should do service for others. That will be a good life.

136. Do not cut trees. That will spoil our health.

Trees are essential for our life. Destroying forests is equal to destroying ourselves. Trees give oxygen for our life and take the carbondioxide from us. Let us protect trees and in turn they will protect us.

I 37. Learn from good things. Be away from bad things.

In this world we have to learn from seeing good things. It is always better to keep ourselves away from bad things.

I 38. Think that there is nothing that I cannot do, even then you have to make efforts.

Think that everything can be done by you but, at the same time if you are not proud or egoistic about it, your confidence will help you to progress higher. But only thoughts cannot elevate you. You have to put your efforts for that, keeping calm and thinking I can do only will not lead you anywhere.

I 39. You can do anything with proper efforts.

It is good to have confidence that we can do anything. But only by thinking we will not be able to achieve anything. But proper efforts are needed to achieve our plans.

I 40. Do not blame others for your mistakes. That is a sin.

It is natural for every one to commit mistakes. It is a good character to accept our mistakes honestly. Blaming others for our mistakes is bad. We will be hurting others by doing this and we will only be earning sin.

I 41. Do not hesitate to exhibit your talent you will regret lateron.

We all have latent talents in us. It is important how we make use of them. We should exhibit our talent when we get the right opportunity. We can create suitable opportunity to express our talent. Otherwise lateron we may regret.

I 42. Support those who come seeking your help.

We should not go back on helping and supporting whoever approaches us for help.

I 43. Always remember that there is nothing you can claim as yours.

We cannot say whatever we are using in this world is our own. From the earth to gold all are created by God. The earth you are enjoying to day was owned by so many others before you and some others will own after your period. We have to remember this.

I 44. Do not see caste and religion among people. It is a bad habit.

All human beings are of same human community. God is same for all religions Lord Krishna for Hindus, Lord Jesus for Christians and Allah for Muslims are all one and the same. Only their names are different.

I 45. Treat human beings with humanity. Do not differentitate as high or low.

We differentiate people as high or low based on their communities and wealth. That is not correct. Some people donot treat others even as human because they are of a particular caste or they do not have enough wealth. Treating all equally is the way to humanity.

I 46. Speak realistically. Do not exaggerate.

It is good to say as it is whatever we see or hear. We should not exaggerate. Exaggeration leads to misunderstanding and can create various problems.

I 47. Have faith in whatever you do. That is good for you. In the same way have faith on others.

Whatever we do, we should have faith in our work. Nothing will succeed without faith. We will surely succeed in life if we strongly believe in success. In the same way believe others also. Because of such belief they will also succeed.

I 48. Never doubt or suspect anybody. It is a severe poison.

Suspicion is a worst disease. If one is affected by suspicion he will surely be the loser. Suspicion destroys our mind as well as others.

149. Do your works yourself. Do not depend on others. No works will be done if you expect others to do.

It is a good habit to do all the works needed by ourselves. When we expect or depend on others to do our work we have to adjust our mind to their way of working which affects our mental peace. By depending on others we will be the losers.

150. Do not seek company of others for everything. No work can be completed well.

Some people never go alone to carry out their tasks. They need company wherever they want to go. We should avoid this habit. We should learn to go alone and learn to complete our tasks all by ourselves alone. Otherwise we will lose the confidence on our ability and will always be depended on others. Many works may remain incomplete because of this. Therefore it is good to avoid seeking company.

151. Be courageous and bold. You should have the ability to face the situations.

Courage is very essential for every one of us. Man without courage cannot achieve anything. Whether it is family life or life as a mendicant or monk one needs to be courageous. At the same time we should develop the ability to face the oncoming situations. Otherwise we cannot live happily and peacefully.

152. Do not find reasons for everything. Only you will be wasting time.

Finding reasons for everything indicates our inability, failure attitude and laziness. We should avoid finding reasons for everything otherwise we will lose our valuable time and our life will be purposeless.

153. Either you do or act yourself or take the advice of others and act. Do not become a useless person.

When we do or act we should use our intelligence and do what is good or take the advice of others and act. Otherwise we will not be useful for anything.

154. Do not listen to everyone. Think yourself and find out.

It is good to take advice. At the same time it is not correct to accept the advices of everyone. It will create confusion. Instead listen to the advices of others and think about that and use your discretion before acting. This is the good way.

155. Do not live for others only live for yourself also.

Just because living for others is a good way of life, it does not mean not to live for ourselves. Otherwise we will lose the value of life meant for us. For example we can change ourselves for the sake of others in everything except our way of life for realising the truth and soul. We have to live the life ourselves to realise the soul and truth.

156. Do not feel sorry or regret for what has happened. Think of what is going to happen.

The saying of the elders is "What has happened has happened. Lookout for what is going to happen". By regretting about what has happened we will be spoiling what is to happen also. We should accept what has happened is for our good only and look ahead to face what is going to happen.

157. You can be efficient in speech. In the same way you should be efficient in action.

Efficient speaking is essential in life. That is why the proverb one who can speak well will learn how to live well. At the same time we should be efficient in practical living.

158. Never say nothing is available. It may become true in your life.

Never say nothing is available in our life. Say by God's grace we have enough things available. In the same way a trader will never say salt is not available but will say sugar is available. Our elders have always advised not to say "nothing is available" at anytime. It is not a good habit.

159. Brinking up children is our duty. We have to bring them up with good character and noble outlook.

It is parent's duty to bringups children. They have to bring up children with good character and kindness and not just care for their physical health.

160. It is bad for the elders to fight among themselves using bad words in the presence of children.

If elders fight in the presence of children, it may be adopted by the children lateron. In the same way children will learn bad words if used by the elders. Children learn from the elders and imitate them. Therefore we have to be very careful in our behaviour and speech in the presence of children.

161. Children should not be allowed to sleep in the bed room where husband and wife sleep.

It is wrong for the parents to allow the children to sleep with them. In the age when they cannot understand anything, and with the questioning mind children will get confused and may end up doing wrong things if they happen to be with the parents in the bed room.

162. It is essential to have attention on children always.

Bringing up children is not an easy task. As the children cannot understand what is good and bad, it is necessary for the parents to always keep an eye on the children.

163. Children will get spoiled if you give to much lenience to them.

It is not wrong to be forebearing or lenient to children. But whenever they do wrong and are adamant we should not be lenient. It will be like spoiling their future life ourselves.

164. We have to understand the children well.

Parents should understand well the mind and quality of the children. It we donot understand who else can understand our children. It will be easy to bring them up in the right path if we understand them well.

165. After attaining proper age the children can be advised of ups and downs of life. They will get responsibility.

It is the noble quality of parents to think that children should not undergo similar suffering as they went through. At the same time they should be advised of the travails of life when they attain proper age so that children can gain enough knowledge and act responsibly.

166. If children point out our faults we should accept that.

It is not correct to think children are small and are under our controll, and they know little and whatever we think and say are only correct. We should realise that it is human nature to err and we can also err. And we should accept and correct ourselves if children point out our faults and mistakes. This will show the way for children to correct themselves.

167. Never make children to speak lies.

For no reason we should make the children speak lies. Otherwise they will start telling lies to us and this may make them adopt wrong path of life.

168. We should not speak or ask about others to children.

We should not ask children what others did or what others spoke etc. On the same way we should not talk to children about others. We should not talk ill of others before children. We will be spoiling the character of children ourselves.

169. It is our duty to ensure that children have good health.

Bringing up children with good character and descipline is not the only duty. We should ensure that children grow up healthy. Therefore always keep in mind the health of children.

170. When the child is born we can show our affection and love. As they grow we should have only love for them.

We should not be very much attached to children. If we have to lead a life without desire, we should have affection and love for the baby when born and as the baby grows we should learn to have only love for the child without attachment. It is possible only when we realise that God has given us the responsibility to bring up the children only.

171. We should not be too strict with children.

It is good to have strict discipline while bringing up children. But being too strict will lead the children to the wrong path.

172. Daily before retiring to bed we should introspect our day to realise the mistakes we did and learn to correct the mistakes we did.

Before going to bed we should think how we spent the day and know the mistakes we did and decide ourselves to correct such mistakes so that they will not be repeated. To live as a good human being we have to learn to accept and correct our mistakes daily.

173. When we wake up in the morning we have to decide in our mind not to do the same mistakes we did the previous day.

As we wake up in the morning we have to make a decision in the mind not to repeat the mistakes we did the previous day. We should take care to avoid repetition.

174. Never find fault with a child in the presence of another child. That will affect the children's mind.

All children are not having same type of quality. They have different characters and skills. Therefore it is always better to correct a child separately. That will not affect the child's mind.

175. Never tell the faults of a child to others. In particular never tell in the presence of the child. You can tell to Guru or to others on whom you have faith and respect.

We should not tell the faults of our children to anyone we will become the cause for others to think bad about our children. Telling their faults in the presence of the children will create much more damage to their mind. If at all you have to tell the children's faults, you can do so to Guru or to your well wishers.

176. Make children understand the love for the country, love for the guru and love for the God.

Everyone should have love for their country, Guru and God. Therefore teaching children to have love for these three things will be beneficial.

177. Do not easily believe anyone. Having believed once do not suspect or have doubt.

We should not believe anyone easily. Before believing it is better to find out all the facts about the person and study him well. Having believed once we should never have any suspicion.

178. Take clear and strong decision. Do not confuse yourselves and others also.

Confusion cannot lead to correct decision. Some people confuse themselves and others also. Therefore before taking decision, confusion should be cleared, once you take a decision that should be a strong and stern decision.

179. If any decision is to be taken, take it quickly. Do not delay.

We should take correct decision after studying and thinking properly. It should be a stern decision. At the same time unnecessary delay should be avoided.

180. Do not be anxious.

Confusion is the cause of anxiety. Do not be confused.

There is a solution for everything. Proper thinking and ability to analyse are only essential

181. Never be floating in day dreams. That is not correct.

Do not be involved in day dreams. We can dream to become a better person. But we should not have day dreams. It is not correct to be lazy and day dreaming.

182. Never get emotional.

When we get emotional our intelligence does not function. Therefore avoid becoming emotional and allow your intelligence to function. All your efforts and results will be good.

183. Do not make anyone angry.

Our actions (deeds) and words should please others. It should not make them angry. We should cultivate our mind like that. That is the way to be a human.

184. Do not think everything is yours. We are here only to protect and safeguard them.

We should not think that money, materials, children ect are ours. God has given them to us to protect them. I am only a custodian and not the owner and I have the responsibility to take care and protect them and return them back to God. This thought should be always in us. This makes our life easy to live unattached.

185. Do not think I am everything keep in mind if you are not there some one else will be available.

It is not good to think that I am everything and nothing will be done without me. Things will be done in our absence also is to be borne in mind. If we realise we are only a tool in the hands of God we can have a sane mind. Otherwise we will become egoistic.

186. Do not allow your mind to unnecessarily wander. Otherwise you will be wandering.

Wandering and wavery mind is not good for life and good character. At any situation we should be able to take correct decision without allowing our mind to wander. Otherwise we will be also wandering and nothing can be achieved.

187. Safeguard the clothes you wear. It is important that you donot allow others to see or touch your under garments.

Keep your clothes carefully and safely. We should not keep our undergarments for others to see and touch. It will lead to wrong ideas, we should not allow that to happen.

188. Keep your house or any place you live very clean.

The place we live or our house should be maintained very clean. Cleanliness only gives us disease free life. Clean place keeps our mind also peaceful.

189. Do not find the faults in others. See what are the good things in them.

We are the mixture of good and bad things. There are no one with only good things or bad things it is always good to see the good things in people leaving the bad and undesirable things.

190. It is essential to have education. We can teach others of what we know charity of education is the best charity.

Everyone needs education and knowledge. It is required for us for not cheating others or to not get cheated. Therefore educated people can teach those who are not educated. Teaching others is the best form of charity.

191. Donate clothes and books to poor people who have very little.

Clothes and education is very essential in people's life. Therefore purchase clothes and books and donate to poor people. This is the best form of service.

192. You can question if a mistake is committed in your presence.

We should question when a mistake or crime is committed in our presence. Because we are also a part of that we are somehow related to all the happenings good or bad in this world. They will affect us. Therefore when bad things are committed we should try to correct or prevent it from happening. But at the same time we should not interfere in unwanted things.

193. Always be truthful.

We should always be truthful to others as well as ourselves. Life without truthful living is not a life worth living.

194. Do not change your speech from person to person. Be always as yourself.

You have to be truthful and strong in your speech, your speech has to be truthful. It is not good to speak according to persons. Good or bad we should stick to the words we have spoken. Avoid deceptive talk.

195. Do not tell you have not slept well after having had a good sleep. Avoid sleeping in the afternoon.

It is a lie to say I have not slept after having slept well, why should you lie and for whom. Avoid napping in the afternoon.

196. Do not use soap or body shampoo while bathing in rivers.

River water is holy. Thousands of organisms use the river water for drinking. and the water is used for worshipping God. Therefore we should not use soap or washing gel while bathing in rivers.

197. Do not bath in rivers without any clothes on. It is a sin.

While we are considering rivers as holy we also consider river as a mother. At the same time it is a public place. Therefore we should not bath in the river without clothes.

198. Before taking bath in a river, you should pay respects and obeisance to the river.

River is holy. River water is useful for cleaning our body and as drinking water we cannot imagine a life without water. Therefore as a mark of gratitude we should pay respect before bathing.

199. While bathing in river dip seven times or atleast one time.

While bathing in river we have to dip seven times indicating seven lives or one dip indicating the all mighty God.

200. Keep the things in their respective places after the work is over.

Whether it is our house or any place it is a good habit to keep the things in their stipulated places after using them. It will be easy for others also to use them. This habit will avoid unnecessary confusion and mental stress.

201. Feed the organisms living in the river.

It will be beneficial to feed the organisms living in the river with simple feed.

202. People who committ suicide in the river are the biggest sinners.

As the river is holy and the river water is used for various purposes in our life, committing suicide pollutes the water and those who do such acts are the biggest sinners.

203. Committing suicide is a great sin.

Human life is the best life of all forms of life. Human life is such a life which can use its intelligence to understand itself. Not properly utilising such a great life and ending it is a great sin. Moreover our body and life are created by God. We have no right to destroy that which is not created by us. Thus it becomes a great sin.

204. We should take great care of the materials. We should utilize them properly and safe guard them.

We should take care of any material. We should not view it as just ordinary materials but think how much labour has gone into in their production. If we think like that we will have respect for the material then we will handle them carefully and properly and preserve them well.

205. Do not forget good things. Forget immediately the bad things.

Keeping in mind the bad things happened to us we will feel sorry and painful and as a result will develop hatred for the person we think is responsible. Our mind will be spoiled by this. We will not be happy. Therefore to keep ourselves happy, we should remember only good things and forget immediately all the bad things.

206. Fight for saving yourself from danger. If not possible it is not a sin to even kill a cow if needed.

We have to fight to protect ourselves from the dangers. In this world from a worm to a human everyone will fight for self preservation. As the best form of life a human being which has the capability to understand itself has to protect itself from danger and in this process it is not a sin to even kill a cow if the cow comes to attack the person.

207. Wakeup early in the morning. At the same time go to bed before 10pm. (People who have to go for work can suit the timing as per their need).

It is very good habit to wake up early in the morning known as Brahma Muhurtham. It is good for practice of meditation at the same time our body need proper sleep. Therefore it is beneficial to go to bed early and wake up early. But for the people who have to go for work can suit the timings according to their need.

208. Keep the toilets clean always. It is the breeding point of all diseases.

Toilets are places where we defecate we get lot of diseases if we are constipated. And place of defecation will naturally breed infections and diseases. Therefore toilets are to be maintained very clean. It is said our health can be ascertained by how clean we keep our kitchen and toilet.

209. In your life consider each day as lesson to you.

We have to correct our mistakes daily and live a better life by carefully watching and analysing every day's activities. Then only we can live as a righteous person. The only way for this is to consider our daily life as a lesson.

210. Donot tell I donot like all these. I have to do this for others. This is not correct.

Once we decide to do certain things for others, then it is ignorance to think that we like or dislike those things. Then we are not doing that whole heartedly. Any work should be done with total devotion or leave that without doing. But doing it for others without liking it yourself is of no use.

211. Pay obeisance to those who do service. It is not wrong.

It is Vaishnavait philosophy to be a servant to those who serve God. Therefore it is a very good practice to pay respects to those who do service.

212. It is a sin to kill animals and birds.

For food or pleasure of hunting killing animals and birds is a sin. God resides in each life form. Every one has a right to live. We have no right to kill them. Keep this in mind and do not commit such sins.

213. Do not use artificial products more.

Life is better if lived with nature. Artificial products are

not as good and useful as natural products. We will be doing a great service to nature by avoiding artificial products.

214. Do not go out when you are not well your infection may spread to other. Therefore keep your surroundings clean.

When we are not well, we should not associate closely with our relatives or friends or go out. It will cause spreading of our infection to others. Also going out when we are not well can attract further infections to our body as our body resistance will be low. We have to keep our body clean to keep healthy. Our surroundings also have to be clean then only we can avoid the diseases and keep healthy.

215. One has to work well and properly for the amount he is paid. Otherwise it is a sin.

When we go for work, the company gives us work trusting us to do a good job. The company also pays the amount for doing the job. Having accepted the amount we should complete the job properly. We should work a little more than what we are paid for. Otherwise we will earn the sin of having cheated someone.

216. Help the elders and aged people in every way. That is good for you.

Elderly people have more experience than us at the same time are physically weak. We should approach them to gain wisdom and we should do service to them. Then the elders will become happy and will bless us. That is good for our life.

217. Do not laugh when others are suffering. Remember the suffering will come to you soon.

You need not feel sorry for others suffering but you should not laugh at other's suffering. The same pain can occur to us also. Think how we will feel if others laugh at our suffering. It will not take much time for the suffering and pain to come to us from others.

218. We should understand the sorrow of others.

If someone is sorrow do not think what is there to feel sorrow. What may not be sorrowful to you may be sorrowful to others. Therefore put yourself in their place and try to understand their sorrow.

219. Always talk straight forward. Never talk differently before and after a person.

It is always good to talk straight to the person in his presence. Talking differently in his presence and at his back is not good.

220. Do not trouble or hurt others for ordinary things.

For ordinary and trivial things we should not hurt others by our words or deeds. It is a good habit to analyse everything and take it lightly.

221. Do not kill people in the name of religion and cast.

Cast is based on individual trades. To day it is not with particular people. For example all people do trade and business. It is not a particular cast that does business therefore there are no cast systems today. In the sameway people started praying according to their likings and inclinations which created religions. Therefore we should not kill anyone in the name of religion or cast as they are created by us only.

222. Do not create social unrest in the country.

Our house and country where we live has to be peaceful. Peace creates happiness. Therefore we do not do anything to disturb the peace and happiness in the country. By being the cause of social unrest and sorrow of people you are inviting a great sin.

223. Do not look down upon any job. To live we can do any job.

In this world we should not cheat others, rob others and beg. We have to work to live. Whatever job we do is good. The job or trade you do is Divine.

224. Do not forget our traditions always.

The way of living developed in our born country is called traditions. We should never forget or neglect our traditions. We should teach our traditional values to the next generation also.

225. It is wrong to convert to another religion. Do not try to compel others to convert to your religion.

We don't change our parents responsible for our birth. In the same way everyone has to follow their religion. All religions teach the same salvation to our life. We should understand this before deciding to convert to another religion. All religions are good. It is sinful to convert others to another religion.

226. Do not waste water. It is sinful.

Water is essential for all the living beings on this earth. Requirement of water increases with population increase, we should not waste anything the nature has given. So also water. It is a sin to waste water. It is like destroying the basic needs of future generation.

227. Respect the five elements of nature (Pancha Boothas).

Respect the five elements of nature agni (Fire), Earth, water, air and space. We cannot exist without them, learning about the five elements is the first step to learn about ourselves. Therefore we have to respect the five elements of nature.

228. If you cut one tree, plant two trees.

Trees protect us in various ways. We cannot exist without trees. We have to realise that this earth also cannot exist without trees. Therefore to protect this earth and ourselves we should always safeguard trees. Plant two in place of one if cut.

229. Instead of longing for the multi storeyed house as I have only a small house, learn to satisfy yourself by seeing so many people sleeping on the roads even without a hut to live.

Whether we live in a hut or small house, we long for a bigger house. This creates sadness in our hearts. We should learn to satisfy seeing those sleeping on roads even without a hut. It is not wrong to aspire to grow or become better in life. But longing only creates jealousy and sorrow. This is a wrong way to live.

230. Whether milk is required for (abhishek) bathing of God's idols or for a hungry person, it is always better to offer the milk to a hungry person.

When we are taking milk for bathing God's idol if we see a person about to die of hunger, we have to offer the milk to him to save his life. We should realise that God only is asking for the milk in the form of that person God will be pleased by the act of offering milk to that person and saving his life. We can always take some more milk and complete the bathing of God's idols.

231. Remember that your birth is alone and death is alone. Then we can become a matured human being.

We came to this world alone we will leave alone after death. We have not brought anything or going to take along with us anything. We did not come with anyone or we will not go with anyone. If we remember this we can live a matured life with humanity.

FOOD

Food is the most important one for all those born in this earth. We cannot exist without food. Everything happens for food only. We work for getting food. Food occupies the most important factor in our life. Some people go without eating food even though food is available. Some people are suffering as they are not able to eat the food. For many food is not available enough. As per upanishad everything is a food for every other thing. During the final end of the world everyone and everything reach God as food for him.

1. Consider food as a boon from God.

God or the nature that created us has also provided necessary food for us to be alive. Therefore food is the boon given by God.

2. Do not leave food without using and throw it away.

We should not waste food. If food is leftover after eating give it to somebody. But do not throw it away. It is a sin.

3. Daily give food to someone who has no food to eat.

Sharing things is the way to live. All do not get food easily. Some people may not get enough food as we get. Therefore share the food with such people.

4. Give food as much as possible to animal and birds.

As we give food to people who do not have food, similarly we have to give food to animals and birds.

5. Respect the food.

We cannot survive without food. Food is essential for our life. Therefore respect the food.

6. Consider food as image of God. Do not ridicule food.

Food is divine. When nature is considered divine, the food offered by nature has to be divine. Therefore look at food as divine and do not ridicule food.

7. Learn to eat whatever you get.

We should not think we want only these foods and we like only certain foods, etc. It is good to eat whatever food is available.

8. Daily pay gratitude to the God who has made the food available.

If we are getting food today it is because of the grace of God. There are so many people suffering without the food in this country. Therefore be grateful to God for the food you get.

9. Whatever you eat, offer it to God mentally before eating.

Whenever we eat food, whatever be the time, offer it to God with gratitude for the blessings and then only commence eating.

10. Water is the food for plants. Therefore do not allow plants to wither. Pour water to them always.

Most important need of plants is water. Therefore pour water to plants and prevent them from withering. Always remember healthy plants help us to get enough rains. So do not fail to water the plants.

11. It is wrong to eat food too much or too less. Eating food should be to the correct quantity.

It is bad for our health if we eat more or less than the needed quantity. To have a good health we should eat the correct quantity.

12. Do not show your anger on persons on your food.

Some people when they get angry will not eat food. In the same way during childhood, if we get angry we push our food

plates away. It is wrong, we should not show our anger on food which is equal to God.

13. Do not talk or think anything while eating food.

As our wind pipe is close to food passage, if we talk or keep thinking of something while eating there is a danger of food entering the windpipe creating problem.

14. Munch the food well and eat. At the sametime eat quickly.

We have to munch the food well to mix with saliva to have a proper digestion. We can reduce the strain on our stomach. At the sametime we have to eat quickly.

15. Starving without eating is betraying your stomach. This is a big sin.

Wov and ritual is different, starving is different. Starving spoils the health. This is betraying our stomach, because even when the food is available we are not feeding the stomach. Betraying anything is a big sin.

16. Take food in the right time.

Half the health problems in our body is the result of not taking food in the right time. Therefore make it a habit to have your food in the correct time.

17. Do not make food wait for you. That is a big sin.

We can wait for the food. But food should not wait for us. It is not proper to make God wait for us. Isn't it?

18. Your food is vegetarian. Eat only that. Do not eat birds, animals and eggs. It will spoil your body and mind.

Eat only vegetarian. Eating animals, birds and eggs not only spoils our health, it affects the mind of a spiritual seekar. It gives animal quality in us instead of a peaceful character.

19. Always have satvic food. It will help to have a good health and will be useful for meditation and bakthi.

Stavic food means not only vegetarian. It denotes the food cooked with less tamarind, salt and chillies. Only such food helps our health and mind for meditation. It is the best for practising bakthi.

20. Any taste should not be more in the food. It is not good for our body and mind.

Taste may be important at the same time taste should not be more in the food. Each taste is capable of harming our body and mind in a particular way. Therefore we have to take care to see all tastes are moderate in the food.

21. Take food in time. It is good for the health.

Food should be taken in time. Otherwise it affects our body and mind. Our emotions are also affected. Therefore take food in time to avoid physical and mental disturbances.

22. Take healthy food. It is good for health.

We should avoid eating any food we get, we should eat only those foods that are good for our physical and mental health.

23. Do not eat food of tamasic quality.

Avoid eating leftover, old foods and the foods that create drowsiness.

24. Eat food for hunger not for taste.

Food is meant for our healthy living only and not for taste. Therefore eat only when you are hungry and do not eat for taste.

25. While eating food ensure enough food is available for others.

Whenever we eat when many people are available, we should take care to ensure that enough food is available for others.

26. Cooking too much quantity of food and then wasting food is a great sin.

It is a good practice to cook food enough for us to eat. Wasting food is a sin. Therefore take care to prepare food to the required quantity.

27. Your body is the food for nature. Therefore take care of your body and give a clean food to nature.

After death our body becomes food for the nature. Therefore giving the nature a healthy body without diseases is the only way we can show our gratitude to nature.

28. Treating guests is essential. Do it without fail.

It is necessary to treat the guests with warmth and love. We should practice this in life without fail.

29. Annadhanam is the best charity in the world. Do it without fail.

The best form of charity is annadhanam (feeding others). It is the only place even a greedy person will say enough. This annadhanam has to be practised by everyone without fail.

30. Do not use harsh words while eating.

When we are about to commence eating we should not scold others with harsh words even if they have done wrong. Because feeling sad while eating will affect their health and mind. It will harm us also.

31. Having provided food do not claim that you have provided food.

Whoever you give food do not claim that you have given the food etc. we should consider this opportunity as a blessing from God and feel happy to offer food.

32. Do not feel proud to have done annadhanam.

The best of all charities is annadhanam, providing food. It is not done for some praise or glory. It is said that what our right

hand offers even our lefthand should not know. Annadhanam is providing food for those who do not have food and you should consider that you are providing food for God.

33. Do not enslave anyone by providing food.

You should not enslave anyone by offering food. It is a big sin. Having provided the food we should feel happy and become virtuous. We should not commit the sin of enslaving others.

34. Offer the food with love.

Whoever you feed you should not think that it is your duty to feed or it is your fate to feed. We should offer food lovingly with happy mind.

35. Serve the food without discrimination.

While serving food we should not distinguish one from the other. We should not discriminate in a group of people. Everyone should be served well.

36. Accept any food happily.

Whatever food we got we should accept happily and with gratitude as prasad given by God.

37. While preparing food keep chanting God's name.

While preparing food if we chant God's name and prepare with prayers our mind as well the mind of the people eating that food will attain peace.

38. The place of cooking and the vessels are to be often washed and kept clean.

The place of cooking and vessels are to be cleaned before and after preparing food. This is essential for good health.

39. Do not expect benefits for offering food.

Do not expect any benefit for offering food. Expecting benefit and offering is not charity.

40. Offer sufficient quantity of food to others.

While feeding others offer sufficient quantity of food till they are satisfied. It is not good to feed insufficient quantity of food.

41. Do not say there is no food. Offer something to eat.

When someone comes with hunger we should not say there is no food available. Offer something for them to quench their hunger. That is the act of humanity.

42. Do not feel lazy to prepare food.

We should not feel lazy to prepare food. We should prepare food in a happy state of mind. If you cook with laziness your mind will offer laziness to you.

43. There is no difference between man and woman. Anybody can cook food.

It is not necessary that woman only should prepare food. Both man and woman can prepare food. Only proper mind set is needed.

44. Pay obeissance to the place of cooking and the stove before commencing cooking.

Fire is divine. When we use fire for cooking food, we should pay respects to the fire as well as the stove and place of cooking and then only commence cooking.

45. You have to be clean for preparation of food. It is good for your body and mind.

We are using the divine fire for cooking and even otherwise food has to be clean. therefore if we prepare food being clean ourselves, it will be good for body and mind of all.

46. Do not eat unclean food.

Unclean food will spoil our health. Therefore avoid eating unclean food.

47. Take your food early in the night. It is good for physical health and meditation.

In the night we should have enough time gap between eating food and going to bed. Otherwise it will affect our digestive system. It will affect our health and will affect our mind and meditation. Therefore it is good to eat early in the night.

48. Once in a month avoid eating food oneday. your stomach and intestine have to become clean.

We will become tired if we work always. Similarly an engine also will stop if used continuously. In the same way our stomach and intestine also will get tired isn't it? Therefore we have to give some rest to the stomach, and intestine and to clean the system we have to avoid eating food oneday in a month.

49. Be grateful and loyal to the person who offers food.

We have to be loayl and grateful to the person who offers food. There is no salvation for ungratefulness. The person offering food is equal to mother.

50. Bless those who offer some food when we are hungry.

When we are severly hungry, bless those who come forward to offer food for us. Having provided food they are equal to God because they have quenched our hunger and restored our energy to move around.

51. The food offered as prasad with love has to be accepted. Refusing to accept is a sin.

Whenever anyone offers with love some food as prasad, we should accept it with thanks. Whether we eat that or we may offer that to some one is a different matter. We should not refuse the food while offering. Our refusal will be like disrespecting the food. That is a sin.

52. Do not comment about food. That is not good.

Commenting on the food we eat is not good. Without finding fault with the food offered and eating the food giving respects to the food is the good way of living.

53. Your life time is determined by the food. Therefore eat food carefully.

Our life time is determined by the food we consume. By eating healthy satvic food we can live long and healthy life. Unhealthy and wrong food habits will spoil our health and reduces our life time. Therefore select food carefully.

54. It is essential to limit the food. it is harmful if we eat unlimited quantity of food.

There is a limit for the food according to our physical body and the amount of work we do. We have to eat accordingly. Eating more than the quantity needed is harmful to our health.

55. Add healthy herbs in your food.

Herbs are essential for your healthy body. Varieties of herbs are being used in food. Get the benefit by including herbs in your food.

56. Half boiled is good for your health than over boiled food.

Food should not be over boiled. For example cooking vegetables half boiled enables the energy of the vegetables to reach your body. Only a few items may have to be boiled more.

57. Do not go to bed immediately after eating food. It is not good for health.

We should not go to bed immediately after taking food. Because digestion will be affected. Food may remain undigested in our stomach. This will affect our health. therefore we should avoid going to bed immediately after having food.

58. Do not have attachment to food.

Looking for taste in the food and eating food only for its

tastes creates attachment to food. This is bad for our health. Not having attachment to food is always beneficial.

59. Do not be fond of food.

We should not be fond of certain foods. Do not think they are only essential. It may affect your body and mind.

60. Feel happy to see others eat. Do not feel jealous.

We should not say that they are eating so much by seeing them eating food. We should not feel jealous also. Instead feel happy that they are able to eat well.

61. Having eaten food do not speak lie that you have not eaten. That is a sin.

Some people after eating food will say they never had food. Some people will say they had very little. This is wrong. We should not speak lie about food. On hearing our version others may feel sorry. This is the sin we will be earning.

62. Do not speak lie that there is no food. That is a big sin.

Keeping food do not speak lie that there is no food when some one asks for food. That is a sin. To share food with hungry people is humanity.

63. When you are hungry do not lie that you are not hungry. That is a sin.

When we are hungry it is a sin to say we are not hungry. That means we are betraying our stomach for our pride. This is a big sin. Avoid this. If hungry say you are hungry.

64. Do not feel ashamed or your pride affected to say you are hungry.

If we are hungry we need food. Feeling ashamed or your pride getting affected for asking for food is the injustice we will be doing to our stomach.

65. Do not lie that you are hungry when actually you are not hungry.

When you are not hungry just to trouble others do not say you are hungry. It will hurt others. You will be gaining only sin.

66. Teach children to eat or train them.

We can feed children for some time. We should train children to eat the food themselves. Even animals train their younger ones. We should not fail to do so.

67. Do not criticise those that eat well.

Some people's body may need more food or because of some defect in the body they may consume more food. It is not fair to criticise them.

68. Do not ask to get up while eating food.

Some people will ask others to get up even while they are eating. That is not correct. They should be allowed to get up after satisfying themselves with food.

69. While serving food do not ask repeatedly is it enough.

While serving food we should not repeatedly ask is it enough as this creates discomfort to the eater. They may reduce the quantity thinking there is no enough food. Here, their satisfaction is affected.

70. After eating stomach full do not desire to eat more.

There is a limitation for the quantity of food a stomach can take. Desiring to have more food after the stomach is full is harmful to health.

71. Do charity for annadhanam. It is a great virtue.

Doing annadhanam (feeding food) is great. In the same way if someone is doing annadanam it is a virtuous act to give charity of grains and other food materials.

72. Provide food that is suitable and to the correct time for those who are sick.

We cannot give any food and untimely to sick people selecting suitable food for them and providing them in time is good.

73. On the date of demise of a person celebrate by providing food to animals birds and poor people.

We do ceremony on the date of demise of people. In the same way if we provide food for animals, birds and people that will be great.

74. Celebrate your birthday by feeding the poor.

We celebrate our birthday with our family members and friends. In the same way finding out people who have no food and feeding them will be a noble act. That is the best way to celebrate birthday.

75. Do not eat food standing. In the same way eating food keeping on your lap is a sin.

Food should be eaten with respect sitting down. Keeping the food on the lap or eating the food standing is not a healthy habit.

76. Food materials have to be safeguarded and kept well protected.

We should not waste food materials. They should be properly kept well protected. Wasting food is a social evil and sin.

77. Stealing or setting fire to food material is a great sin.

Do not steal food material. At the same time we should not, with the intension of depriving others of food material, set fire and destroy it. This is great sin, which should be avoided.

78. Anything ask for and eat. Do not steal and eat. That is a sin.

We should ask for food and eat. That is the good thing. It is a sin to steal food and eat. The food we steal might have been kept for some other reasons.

79. While serving food do it with pure mind.

Whoever we are serving food we should do with a pure and happy mind. It is a big sin to serve food with bad thoughts and jealous feelings.

80. Never borrow food materials return them.

Borrowing food materials for urgent need is wrong. If it is unavoidable without forgetting return it immediately.

81. Do not cook as you like taking some others name.

Some people will cook as they like saying some body likes it this way or that way. That is wrong.

GURU

There is no life without Guru. Guru is needed to know anything. There are two types of gurus. One for the practical living and the other is for the development of wisdom. What we will do with the guru for the development of our wisdom is the most important thing in life. It is very difficult to select a good guru. A guru coming for us is also difficult. We have to select a good guru. We will get a good guru for us surely by the virtues of our previous life. We have to follow the Gyana Guru and walk in the path of wisdom. These are the ways to do so.

1. We should always have contact between us and our guru.

Having selected a good guru we should be always in his contact. There is no use being without any contact with guru. Our doubts will not be cleared and we will not have spiritual progress.

2. We got a good guru because of God's grace. For that we have to show our gratitude to God.

We got a satguru because of our virtues and God's grace. Having got a guru we should show our gratitude to God.

3. We should act as per guru's words. This is very essential.

We have to do without fail whatever guru says. We should have this habit always. It is in vain to ask questions like why? What for?

4. You can discuss with guru. But you should not argue.

If we understand what guru says or if we know about that subject we can discuss with guru to clear our doubts. But arguing with guru thinking what we say is only correct is not good and should be avoided.

5. Never find fault with guru for any reason.

We should not find fault with our guru. In his acts and speech there may be thousands of meanings. We have no wisdom to find fault with the guru.

6. Understand the guru well.

We have to know and understand our guru well. That is good for us.

7. We should not speak or act against our guru.

We should not speak against what guru says. We should do what he asks us to do, We should not act against to guru's words.

8. Do not find fault with guru correct yourself.

If guru finds fault with us we have to correct ourselves. Without correcting ourselves we should not find fault with guru.

9. Be ready to do anything for guru.

We should be ready to do anything for our guru. If required we should sacrifice our life also. Guru is the most important person in this world.

10. Having surrendered to guru there is nothing as yours.

We have nothing for ourselves if we surrender ourselves to guru. Remember we have no likes and dislikes for us.

11. Do not criticise any guru and laugh.

Having followed a guru we should not criticize other gurus. What we know to criticize them?

12. Guru is the guide. Learn to follow his way.

Guru has reached the ultimate limit of spirituality. He shows us the way as a guide. Therefore we have to learn to follow his guidance.

13. Do not think that guru says one thing today and something else the next day. Understand that everything has a deep meaning.

Guru may say something today and some other thing the next day. Both may have difference, but just obey without trying to find reasons. There may be deep meaning in what he says. Remember guru knows and is aware of everything.

14. Do all services to guru.

Service to guru is the best service. Finding out what satguru needs and to do that service is the first step. Realise the value of service and do all works whole heartedly.

15. Accept whatever guru desires to give you. Return it immediately if he asks for it.

Accept whatever guru gives you. At the sametime return it back if guru asks for it. Do not try to reason it. May be it may not do good to you. Who knows.

16. Believe that there will be nothing lacking for the one who has surrendered to his guru.

One who totally surrenders to guru where is anything lacking for him? Having surrendered the total responsibility of looking after us will be with the guru. Surely he will take care of us like a mother taking care of her baby.

17. Continue to do the deeds of your guru. Do not stop that.

We have to continue to do the deeds our guru did after his time. At anytime that should not stop. That is a divine act. We will surely have the grace of guru and God.

18. Always await the call of guru.

Be ready to go to guru whenever he calls for you. If our mind is always thinking of guru, we will leave everything and go to him when he calls.

19. Understand that in guru's view all of equal.

Do not mistake that guru differentiates among us. Surely it will not be like that, In guru's view and God's view all are same. No one is higher or a lower being.

20. Do not fail to read guru geetha.

The guru geetha advised by Dhakshinamurthy to Parvathidevi is exemplary, It deals with how a guru and sishya have to act. One should not fail to read it.

21. Do not wander in search of several gurus. Having got a guru just follow only him.

There is no use if we go in search of many gurus like a honeybee. Once we get a guru, we should stop going after other gurus and start following the path of our guru.

22. It is a big sin to think that my guru is not teaching the way the other guru does.

Never compare your guru with other guru. Do not think that our guru does not teach the way other guru does. It is a big sin. It is like disrespecting our guru. We donot know how our guru is going to lead us in life.

23. There will be differences from one guru to another guru. Let us follow our guru.

Do not listen to many gurus. There will be differences from one guru to another guru. Methods will differ. Act as per the teachings of your guru. If you listen to all other gurus you will end up in confusion.

24. Do not compare gurus.

We should not speak comparing gurus. It is not correct to say that this guru knows better than that guru etc. As per Hindu dharma there are many ways to teach. Whichever method you like, select the guru accordingly and follow his advice. But do not compare guru.

25. Do not evaluate guru you are not eligible to do so.

Never evaluate guru as to what his capacity is etc. you cannot do that and you have no eligibility to do that. Only when you raise to guru's level you will be able to understand him completely. When you are amidst the smell of fish how can you know the flavour of jasmine flowers??

26. Accept guru as mother, father, relative and God.

Always remember that guru is going to take care of you as your mother, father, relative and God. Only such capable person can be guru.

27. Guru is God in human form.

Guru is the God in human form. The one who realised God is the one who has realised himself and the nature. Such a sathguru is not different from God. He is God in human form for us.

28. Life without a guru is a life without a purpose.

Our life is not fulfilled without guru. Without guru we will lead the life without any purpose like animals.

29. Whatever you want to do take the advice of guru and do.

Having got a guru, it is better to take the advice of guru before doing anything. Only guru knows if it will be beneficial to us.

30. Do not hide anything from guru.

Nothing should be hidden from guru. We have to share everything with guru. Only guru can analyse and say where we may be going wrong. If we hide things from guru we wil spoil our own life.

31. Do not lie to guru.

Whatever be the reason speak only the truth to guru.

He is aware if we speak lie. He will leave us to learn lesson from our attitude. That is harmful to us.

32. Take orders or advice from guru before undertaking any work. That will be successful.

Do all your works with the orders or advice from guru. It will surely lead to success.

33. Have faith on guru.

Have complete faith on guru. One who has absolute faith will never be let down is the message of our scriptures.

34. Learn the way of wisdom (gyana) from your guru. Otherwise there is no use of your being with guru.

Selecting guru and living with him is not enough. We have to learn the wisdom from him. Otherwise our living with him is of no use.

35. Whenever you are with guru do not waste time. Ask questions to learn about wisdom.

Every minute you spend with guru is the most valuable time. We should clear our doubts on wisdom during that time from guru.

36. Do not trouble guru for your needs.

We should not trouble our guru for our ordinary needs. Before undertaking a job we should analyse if the job is beneficial and what will be the hurdles we may come across, whether we will be able to do the job etc. and then seek the advice of guru. We should avoid troubling guru.

37. Model foot wear of guru (padaraksha) is necessary. Daily we have to worship that. Otherwise it is a sin.

Worshipping the modal foot wear of guru is equal to worshipping guru's feet. Worshipping the guru's feet only will lead us to mukthi. If we have model foot wear of guru at home it is like having guru himself at home. Let us be free from sins.

38. As and when time permits doing service to guru (seva) leads to mukthi.

We surrender to guru and with love when we do service to guru without expectation we will improve in this habit. Because of such a dedicated service we will attain wisdom. Once we attain wisdom we can attain mukthi (Salvation).

39. Do not expect guru to act as per your intentions, you have to act as per guru's intention and desire.

It is wrong to expect guru to act as per our intentions. I like this, I want to be like this and bless me is the wrong way of thinking. We have to act as per guru's desires because guru knows what is right and wrong.

40. Guru mantra is very important. You have to definitely get it.

We can chant any Gods name or mantra. Even then the mantra advised by guru is the best one. Only guru knows which mantra is suitable for our mind.

41. It is important to make offerings to guru. Then only you will become a good desciple.

Having accepted a guru, the offerings are very important. Without offering to guru whatever we learn will be of no use. In the same way for the spiritual practise offerings to guru is very important. It is our duty to fulfill the needs of our guru who is one among us.

42. Offer at least 10 percent of your income to guru.

If we give 10 percent of our income to guru, that amount will be utilized by guru for charitable purpose and all the benefits of the good deed will reach us only. Here guru teaches us that it is wrong to live a selfish life.

43. Avoid unnecessary expenditures and do offerings without fail.

Do not say you do not have money to offer to guru. If we

avoid unnecessary expenditures we can give very good offerings to guru, we have to set right only our mind.

44. For every mistake you commit you yourself decide the amount of offering and offer it to guru.

Once you have a guru you should not do wrong. To control your mistakes, you decide the penalty for each mistake you may be committing and offer the penalty amount to guru. It will help us to correct ourselves. Thus We will be correcting ourselves.

45. Do not speak ill of guru. It is a sin.

Whatever be the reason talking ill of guru and finding fault with guru is wrong. Gurus action will be always for our good. We should always hold this truth in our mind. Then we will not speak ill of guru.

46. Betraying guru is a great sin.

Do not betray guru. Betraying guru is the most vicious of sins. Guru can protect you if you commit some mistakes before God. But God cannot save you from the acts of betrayal you do to guru.

47. Do not kill guru. The sin will follow you through any number of births.

Speaking ill of guru is sin. It is unimaginable crime to kill an ascetic or monk. If we do such a crime the sin will haunt us during all our future lives.

48. Always talk in praise of your guru. Avoid talking about you.

Instead of unnecessarily talking about us, we should talk about our guru praising him to others. By this we will be always remembering his advices which will prevent us from doing anything wrong.

49. Write poems and couplets in praise of guru.

Like how we praise god by singing poems on him and

chanting slokas on him, in the same way writing and singing in praise of guru is a good practise.

50. Understand that guru is in your mind if it is not possible to be near guru.

The desciple who lives far away from guru should always be chanting about him instead of feeling guru's absence nearby. Guru is always with us. Guru's vision will be always on us because he is residing in your mind.

51. Always meditate on guru.

Without wasting time whenever possible keep meditating on guru. All good things will surely happen.

52. Have faith that once you hold on to guru, he will take you to God.

Guru has realised God. If we hold on to guru, we can also realise God. If you hold on to guru with faith surely he will guide us to realise God.

53. We need not worry or fear about anything when you have guru's support.

If we have the support of guru we need not worry or fear about anything. With guru's grace we can achieve anything, and we can come out of any tangle.

54. You can oppose or fight anybody for the sake of your guru if you have that much devotion (guru bakthi) for your guru.

If you have great love for your guru, you can fight against anyone talking ill of your guru. Gurunanak says if you have courage cut the tongue of that person who insults your guru or leave and go away from that place.

55. Do not step into the house of those who do not respect guru.

In which house there is no respect for our guru, in that

house we should not step in. If you go there, it amounts to agreeing with them. Therefore sin of insulting the guru will reach us too.

56. Those who ask about your guru tell elaborately about your guru.

If anyone enquires about our guru, we should tell them elaborately about guru without minding the time and date. By this we will become matured. At the same time we will derive the satisfaction of showing the right path to others.

57. Do not talk much with those who do not enquire about your guru.

We should not speak much with those who do not enquire about our guru. We should not speak about our guru because they may insult our guru. It is like disrespecting our guru ourselves. At the same time we will be the cause for their sin. Therefore it is better to be silent.

58. Give to guru only that are the best ones.

Whatever we give guru we have to ensure they are the best ones. You should give the things of highest value to the person of highest value. If we are not rich enough to offer the things of highest value, we should offer with love whatever we are able to offer. Even that is great.

59. Serve food to guru in a proper manner according to his likes.

It is a great virtue to serve food to guru. At the same time we should serve in a proper manner according to gurus likes and tastes and serve the required quantity without compelling him.

60. On guru's day (thursday) and on the day of guru's star we can do special prayers and undertake fasting.

Those who pursue spiritual path can undertake fasting and do special prayers on thursdays and on the days when guru's star falls. This will be beneficial. On the day of fasting we should

meditate on God, and when we do fasting on guru's day we will be meditating on guru. By this we will get the blessings of guru as well as God.

61. Seek only wisdom and mukthi (Salvation) from guru.

Without asking for worldly materials, we should seek only wisdom and mukthi from God. Because guru himself will bless us to have all the worldly needs.

62. Guru poornima is essential so celebrate that. That day you drop one your bad habits. By this you will become a gyani (wise one).

We celebrate as guru poornima the day of genesis of veda vyasa. If we drop one of our bad habits on that day we will be blessed by vyasa in the form of our guru and thus we will become a wise person having overcome all our bad habits.

63. Teach children about devotion to guru (guru bakthi).

Devotion to guru is the most essential thing. By teaching this to children they will also follow our guru's advices and will walk on the path of devotion. Therefore you should certainly teach guru bakthi to children.

64. One can leave his wife for guru. But should not leave guru for his wife. Similarly ladies can leave the husband for guru and should not leave guru for husband.

The wife who opposes your association with the guru, can be left. In the same way a wife can leave the husband for similar reason. But we should never leave the guru. If we leave guru we are forsaking mukthi and moksha (the ultimate salvation).

65. Eat after guru completes eating. Do not throw away the left overs after guru finishes eating. You can consume it as prasadam.

Eat after guru completes eating. Whatever is left over by

guru should be accepted as prasadam and they should not be thrown away. The left overs of guru is equal to the elixir from heaven.

66. Go to bed after guru retires and get up before guru gets up.

We should go to bed after guru retires and should get up before guru gets up and wait at his doorstep for his dharshan. Because we may lose the words of wisdom of guru even if we are separated for a minute from our guru.

67. Keep clean the place where guru resides.

We have to keep the place clean where guru resides. Guru's health is important for this world and for us too. Guru is God so his place has to be kept clean.

68. It is not wrong to test the food by tasting before offering to guru. But you should not eat before guru eats.

It is not wrong to taste the food with the intention to offer a good food to guru. But you should have the devotion as high as sabari. At the same time you should not have food before guru has.

69. Ensure no one is around when guru is having his food.

We should ensure no one is around when guru is having his food. Guru may be having the food to quench the hunger of some one or some diety. It may be mistaken by others. To avoid this guru should be served food in isolation.

70. It is your duty to take care of your guru's health.

It is our duty to see that guru's health is not harmed. Because only when our guru is healthy he will be able to guide us and this world.

71. Serve food to guru in the right time. This will enable him to complete his daily rituals in time.

We should serve food to guru in the right time otherwise it may disturb his daily routine rituals. For example if guru's meditation time in the night is 8pm he should be served food at 7pm. So that his meditation is not disturbed.

72. Do not trouble guru. Do not waste his time by asking unnecessary questions.

Guru may need sometime to be alone. He may need silence therefore we should not trouble him unnecessarily. Ask guru only questions pertaining to wisdom and knowledge. Do not waste his valuable time by asking unnecessary questions.

73. Learn to understand the meaning of guru's actions. Do not misunderstand it.

There is a deep meaning for guru's words and deeds. If we have close association with guru and if we have understood guru well, then we will be able to grasp the true meaning of his actions. Do not hastily come to the conclusions and make guru's actions as meaningless.

74. Do not take back what you have offered to guru. It is a sin.

Whatever we have offered to guru or submitted to guru we should not take it back. It is a sinful act. Guru never keeps anything for himself. Getting it back from him is an act of sin.

75. Consider guru's words as gospel truth.

There is a deep meaning for every word guru utters. He does not speak unnecessary words. Therefore guru's every word is the word of gospel.

76. Do not feel anxious when you are with guru.

Being with guru will give us peace of mind. When we are with such a guru we should not have anxiety. If we surrender to guru and be with him we will never have anxious mind.

77. Guru is the benidiction you have received from the nature, you have to make use of it properly.

Because of our virtuous deeds of past lives and becuae of the grace of God we get a guru. Guru is God's blessings to us. God's blessings means nature's blessing. Such a blessing of nature has to be used well by us.

78. Learn everything clearly from Guru.

Do not imagine you have understood whatever Guru has said. Think about it in your mind. If required get it clarified by Guru.

79. Do not forget what guru says. Write it down.

We should not forget what guru says. It will be useful for us and for this world in the future. Therefore preserve them by writing it down.

80. Do not meditate without the permission of guru.

We have to meditate only with guru's permission and approval. Doing meditation without guru's permission is like hearing without ears. We cannot achieve anything.

81. Do not cause disrepute to guru. That is a big sin.

We should not be the cause of disrepute to our guru by our careless words or deeds. It is a big sin to bring disrepute to guru.

82. Do not speak differently in the presence of guru and at the back of guru. That is a sin .

Whatever we want to say we should say in the presence of guru. It is a big sin to say one thing to guru and speak differently at his back. Avoid speaking at the back of people.

83. Do not act in the presence of guru. He is aware of our actions.

Do not act in the presence of guru as if you are a truthful person and you obey his words. He is aware of your acting. it is a shame and bad habit.

84. Attend guru puja. wherever it is performed otherwise it is a sin.

There is no deed and worship better than guru puja. Therefore attend without fail wherever guru puja is being performed and get the blessings. Otherwise we will be earning the sin because not attending the gurupuja is equal to disrespecting guru.

85. Getting a good guru is the most valuable blessing in this world. What more can you seek or pray for?.

Having got a good guru, and having surrendered at his feet we will be needing nothing in this world. Once surrendered our guru takes care of all our needs.

86. Do not sit turning your back to guru. That is a sin.

We should not sit turning our back to guru. If we sit facing him his kind vision will elevate our soul. By turning our back to him we lose this oppurtunity. Such an act is like betraying our soul. That is also a sin.

87. Do not stretch your legs in front of guru. That is a sin (disabled people are allowed to sit like that).

Stretching legs and sitting in front of guru is a disrespecting act. People who cannot sit folding their legs can sit on approval of guru. That is not sin.

88. Do not sit in a chair higher than guru's seat (disabled people are exempted).

We should not sit on a seat higher than guru's seat. Always guru should be seated in a higher level. Even if we sit on a chair it should be in a lower level than the guru's seat.

89. Do not speak while guru is preaching. That is also is a sin.

While guru is preaching we should not interrupt in the middle by our speech. If we have any doubt we have to note it down and get clarified after completion of guru's preaching. This

is the proper way. If we interrupt in the middle we may be interrupting the flow of message from God. That surely is a sin for us.

90. We can wait for guru. We should not make guru wait for us.

We should not make God, guru and food wait for us. We have to wait for them. All the three are invaluable in life.

91. While guru is preaching concentrate your mind. Do not allow your mind to wander.

While guru is preaching we should listen with total attention concentrating your mind on what is being told. Then only the meaning of his words will enter our soul and intellect deeply.

92. Always hold in mind the guru's portrait.

The best thing to meditate is guru's feet and guru's portrait. Therefore always hold guru's portrait in mind.

93. Guru has not come to eliminate your karmas for happiness and sorrow. He has come to save you from the chain of births.

Just to save us from the chain of births sadh guru has come to us. Therefore do not waste his time thinking he has come to eliminate your deeds of virtues and sin.

94. Do not feel shy to sing about your guru, your voice is not important to your guru, only your bakthi (devotion).

While singing on guru do not hesitate to sing saying you don't have a good voice. Like God, your guru does not observe the quality of your voice. He only looks for the devotion in you.

95. Do not think only you have to do service to guru. Give chance to others also.

Do not keep doing service to guru all by yourself saying it is important to do guru seva. To get the benefits of service to

guru, give chance to others also to do guru seva,. Let other also take part in the service of guru.

96. Giving chance to others do not keep yourself aloof. Observe if the service is properly done.

Do not keep yourself aloof as you have given chance to others to do the service. Observe if the service is properly done. That is the good thing to do.

97. Hold on to guru's feet steadfastly. Mukthi can be surely achieved.

Having got a guru we have to surrender to him and hold on to his holy feet. We should never let go our hold at anytime. That means in our mind we have to constantly hold guru and his feet. When we do like this, guru's advices will constantly remain in our mind, therefore we will not do wrong things. We will walk in his path and we will surely achieve mukthi.

98. Wisdom will come by drinking the water used for washing guru's feet.

The water used for washing guru's feet is equal to ganga water. Therefore drinking that water will eliminate our sins and we will achieve wisdom.

99. Bathing with the water used for washing guru's feet is virtuous.

The water used for washing guru's feet is like ganga water. We will get virtues if we bathe in this water, in the same way bathing in ganga gives.

100. The soil touched by the guru's feet is essential. It should be worshipped.

The soil touched by the guru's feet is very essential. It should be preserved and worshipped daily at home. This is as good as the worship of God's idol. Guru will be available in such a house.

101. The earth of the tomb in which Guru has rested his live body is good for our mind and body.

If guru has rested his body live wilfully in the tomb, that earth is very good for your body and mind therefore that should be preserved.

102. Whatever objects the guru has used has to be kept safe. It is useful for worshipping. It is a protective shield around us.

Whatever objects guru used attains divine qualities. Therefore they should be kept safely and worshipped. Surely these divine objects will form a protective shield around us.

103. Do not disrespect guru's offering.

Whatever guru offers or the offerings made to guru is given we should accept with gratitude and we should not disrespect it.

104. Do not prostrate before some other guru. If such a situation should arises you can do so thinking your guru is in his form.

Once you have accepted a guru it is not proper to prostrate before some other guru. If a need arises you can imagine him to be your guru and pay respects.

105. It is a sin to listen to or read someother guru's teaching and appreciate it. Try to understand in what method your guru has taught.

It is wrong to read or listen to someother guru's teaching leaving our guru. Even if you read you should not say that it is very good. It is disrespecting our guru. It is a sin. How and in which situation our guru has taught is to be understood.

106. Publicise your guru's teachings for many to know and realise.

Guru's teaching for us is useful to all. Therefor we should do good for others by publicising the teachings of your guru.

107. There should be constant contact between guru and the desciple.

At any period of time the contact between guru and desciple should not stop. We have to safeguard the contact always.

108. When guru is available there need not be any imagination about him.

When guru is available with us we need not entertain any imaginary thoughts about him. We can actually be in his presence.

109. We have to worship the diety which our guru worships.

The manthra our guru adviced to us and the diety pertaining to that manthra may be different from the diety our guru is worshipping. However we have to worship the diety which our guru worships.

110. We have to be helpful and do service to guru in his worship of diety.

We have to help and do service to avoid any hinderance during the worshipping by our guru to his diety.

111. Guru will fulfill our desires in the same way we should fulfill what our guru desires.

Guru will fulfill our genuine desires. In the same way we should also fulfill what guru desires.

112. Just because of some magics and tricks do not believe a person to be a good guru. It is not good. It is a sin.

Person who performs magical tricks is not a sadhguru. Do not believe such a person as a good guru. That is a sin. As he is cheating others by magics and tricks, accepting him as guru means we are agreeing for such tricks. Therefore it is wrong and a sin.

113. Do not disturb guru's meditation and japa.

We should not disturb guru's meditation and japa because his soul will be in communion with God. If we disturb him at that moment it will affect his body and mind.

114. Understand in what state of being guru is in.

Sadhguru has transcended all state of being. So we have to understand in what state of being our sadhguru is in.

115. Guru can be worshipped with fragrant flowers, basil and vilva leaves. Milk and ganges water is the best for padapuja (worship of feet).

All the flowers with fragrance, vilva leaves and basil leaves are the best one for worshipping sadhguru. Milk and ganges water are holy and are the best for guru's padapuja.

116. Follow guru's methods and rules.

The methods and rules prescribed by guru has to be strictly followed. A good desciple is the one who obeys guru's rules.

117. Follow the guru's path like a horse fixed with guides and blinkers.

The horse fixed with blinkers will have the vision only on its path as it cannot see sideways. In the same way you have to be. Do not observe what is happening around. It will disturb your mind.

118. It is a sin to sit on guru's seat.

We should not use what our guru is using. Therefore occupying guru's seat is a sin.

119. If you do service to someother guru who comes to see you, it will be a honour for your guru.

If someother guru approaches you, you can do all services to him. It is not wrong. it will be a matter of honour for your guru. But in the name of service following his advice is wrong.

120. It is important to worship guru otherwise it is a sin. Whatever worships we may be doing, it is wrong to be without seeing our guru.

We have to worship our guru when we are alive. Avoiding to wroship is sinful. We will not progress and whatever worship we may be doing, personally not seeing our guru is wrong.

121. The holy tomb of the guru who attained nirvana (mahasamadhi) has to be visited at least once a year. Otherwise it is a great sin.

When guru attains nirvana the place of his attaining nirvana becomes holy. It believed that guru is always there. Therefore you have to visit that place at least once a year to have darshan otherwise it is a sin.

122. Instead of desiring to become a guru, it is easier to attain salvation by serving a guru.

We should avoid thinking to raise ourselves as a guru and instead understand guru's advices and serve the guru, and sing in praise of guru. This way we are sure to achieve mukthi, the salvation easily.

123. You can do service to those proceeding for worshipping guru.

We have to do service and arrange the needs of those who are proceeding for worshipping guru. That is a noble service.

124. Understand that there is nothing equivalent to guru bakthi (devotion).

The best form of bakthi is guru bakthi. Without guru we will never be able to realise what is bakthi. We cannot perceive God. Guru makes us perceive the real bakthi and God. So to have bakthi for such a guru has no parallel. Even if we donot have bakthi for God, and if we have bakthi for guru, that will be enough to God to grant us mukthi.

125. The ash from the holyfire of guru (called Dhuni) is good for our health and it will grant us wisdom.

The ash of the constant holy fire lit by our guru is a holy ash. This will give us good health and will enable us to achieve wisdom.

126. A good guru is one who seeks love and preaches love.

Without aspiring for material benefit, seeking only love, preaching only love is the act of good guru. He preaches that if everyone adopts and follows the way of love, they will be able to perceive God who expects only pure love from us. Such a guru is the best guru. We all have to realise this.

127. One cannot become a great guru by using flowery words only. A great guru is one who has realised the truth. Bear this in mind.

One who lectures with flowery words quoting examples from scriptures may not be a great guru. The great guru is the one who has realised the truth and himself. Everyone should bear this in mind.

128. You are the most powerful person engulfed in maya (illusion). Approach guru to come out of maya.

We may think we are weaklings. We have come from the great energy centre called God isn't it? our source is God. Only we have not realised that, because of maya (illusion). We have to approach a sadhguru to come out of maya. Then we can realise the unlimited power we have.

BAKTHI - GOD

1. Faith on God is essential.

There is a power above us that is divine. It is essential to have faith on God.

2. Do not forget that God resides in all beings.

Our vedas say that God is omnipresent, therefore do not forget that God resides in all beings.

3. God has to be realised, we can realise that in every act of ours.

Knowing God is different and realising God is different. We have to realise. By carefully analysing how the parts of our body works and how nature functions etc. we will be able to realise God.

4. One who says there is no God is a fool. He is a sinner if he says so even after seeing the nature.

He who says there is no God is a fool. How do the planets move, how does the nature produce, how do the living beings are created? some supreme power is responsible for these things isn't it? How can there be a movement without energy. Having realised that this natural energy is the cause, if one says there is no God, he is surely a fool.

5. Before realising God, we have to become humane. Don not forget that.

It is good to think we have to realise God. But before that we have to eradicate our bad qualities. Till we have those bad qualities we are not human. Therefore do not forget that first you have to become humane eliminating beastly qualities. There can be nothing without a proper character as basis.

6. We are worshipping God in many forms. Do not get confused. Understand all is one.

Though there are many forms for God, basically God is

one only. Just to be able to concentrate, different forms were created to suit different minds. Also we can consider like this, that God resides in all beings of different forms and looks.

7. you can take time to realise God. That is not wrong.

We spend time for so many other things. Therefore there is nothing wrong if we spend some time for our soul to realise God. Time must be spent for that purpose.

8. Faith in God is very important.

It is important to have faith in a supreme power called God. If we think about how the planets move, how the nature grows and how our body functions etc. we will develop faith in god automatically.

9. Offer the best of things to God.

God is a supreme power. Like how we would like to give the best of things to our guests, in the sameway we should offer the best of things to God.

10. Having offered to God, do not feel proud that you have offered so much. It is a sin.

We should not feel proud that we have offered so much to God. What are you giving to whom? we can feel proud if we offer something created by us. But whatever you touch in this world, everything is created by God. Where is the reason to feel proud that we have offered?

11. Do not calculate or measure while offering to God. Anyway it will come back to you.

We should not calculate while offereing to God. Whatever we offer to God and for worship of God will come back to us in much larger quantity.

12. Do not seek anything from God. Later on it will give you only sorrow.

Do not seek from God this or that. God knows what is to be given to us. Understand that God has not given us anything that is not good to us. Having asked God donot feel sad for what God has not given, as what you asked may give you sorrow only.

13. Understand whatever God does is for good. Do not get confused unnecessarily.

Understand that whatever is happening to us is God's work and that is only good for us. Donot get confused thinking why such things happen to me and why God does such things. Believe that there is a deep meaning behind every act of God.

14. You worship the idol of God of your liking.

God is in all forms. But you can worship the idol that is liked by you. It will be easier for your mind to concentrate.

15. Do not think God has to offer whatever we ask. That is wrong. We have to accept what God gives.

It is wrong to think that whatever we ask has to be given by God's grace. God is superior. he knows what is good for us or not. Therefore we have to accept whole heartedly whatever is given by God.

16. God is always conversing with us, we have no maturity to realise that.

Everyone desires to hear God's voice God is always conversing with everyone. We need maturity to listen to that, we have to keep our mind calm to receive the wave length of God.

17. Love God with devotion. God also will be like that to you.

Bakthi and faith are essential things to worship God. God expects from us only a loving heart. We have to approach God with love. If you are loving God. God also will be in the same way with you.

18. Do not worship God because of your hard times. That is wrong.

We should not worship God to come out of our hard times. We should worship God always. We have to worship for a joyful life and not for coming out of our sorrow.

19. Be grateful to God daily for giving this life.

It is a great blessing to get a human life. Therefore be grateful to God for giving us such a life.

20. God should not be made to wait for us > That is a big sin.

At anytime we can wait for God. But God should not wait for us. Some people will go late for the occasion of abhishek they have organised. They will make God wait for them. This is a big sin.

21. God will never punish anyone. But God will correct you and reprimand you.

In God's view all are equal, God is love. Therefore God does not punish you.

22. The devotion to God should be pure.

Devotion to God should not be a false act. Infact it is the best way to have devotion to God with deep faith.

23. Do not worship God with a disinterested mind.

God should be worshipped with a calm and concentrated mind, we should not worship with disinterest. That will not do good. Worship with total concentration and devotion.

24. Do not say you have no time to worship God. Think what will be your fate if God says he has no time for you.

People say they are not able to spare time for worship daily. That is wrong, when you have time for all other activities won't you have time for worship? In the sameway what will happen if God says he has no time to see you. It is good to spend time for daily worship.

25. Daily spare time to worship God.

Worship of God is done by us for our soul. Infact it is a noble act we do for our own benefit. We have to spare time for that. We run about and earn money thinking our body is permanent. But we do not worship for the sake of peace and joy of our atma which is permanent. Therefore attain a joyful life by sparing time for worshipping God daily.

26. Whatever you purchase first feel grateful to God. That is important.

Whatever we purchase first we have to feel grateful to God. We have to always remember that it is because of God's grace we were able to achieve the status to be able to buy things.

27. Do not feign to be a devotee. Devotion has to be in your heart.

Devotion is not wearing all sorts of ornaments or painting your forehead and look differently. Devotion has to shine in your heart.

28. It is not enough to be a devotee our heart must be pure.

One who has devotion to God is a devotee. it is not enough to have devotion to God and believing in God. His heart has to be pure enough for the God to reside there, only such a person is a pure devotee.

29. God does not ask us to observe austerity (Vratha) we observe for ourselves to take care of our health.

God never asked anywhere to observe vratha (Austerity) it is observed for the better health of body and mind. If our health is not good we need not observe vratha. Instead of telling that vratha spoiled my health, it is better to devote your time on maintaining your health.

30. It is important to have pure devotion for worshipping God. It is no use to do with pomp and splendid display.

Worship of God is linked to pure heart. Here there is no need for pomp God is pleased if we pray with pure heart God is not pleased with pomp and splendid display without pure heart.

31. It is essential to mark your forehead with some divine symbol.

When we are engaged in the worship of God it is essential to mark our forehead with some divine symbol. Plain forehead is not good for devotion. Whatever the mark you wear on the forehead is good for our physical health also.

32. Do not gossip at the place of worship.

In the place of worship one has to concentrate the mind. We should think of only God there. By gossiping our mind gets distracted from God and we will spoil the worship as well as others concentration. Therefore it is better to avoid gossip.

33. Keep the place of worship clean. Keep the materials of worship clean.

Place of worship is considered to be the place of God. We have to keep that place clean. It is important for devotion to have a clean mind, clean body and clean place. In the same way the materials used for worship are to be kept clean.

34. Do not forget that God is always with us.

Being omnipresent God will be always be with us God is beyond time and he is the time itself. He cannot be said as he was, he is and he will be. He is always available. Do not forget.

35. While going to temples we should only think of God and not anything else.

We are going to temple to see God and get the joy and to merge with God with devotion and not for anything else. Therefore we should forget all other things and hold the thought of God only in our minds while we are in temples.

36. Enjoy seeing the decoration done for the deity in the temple.

When we see deity in the temple we should enjoy seeing the decorations done for the deity. Then the image of the deity will sink into our mind. This will be very useful for meditations.

37. We can pour out our grievances to God. But do not expect any benefits.

It is good to pour out your grievances to God. Because if we unload the burden our minds becomes light. If you tell others it will lead to problems. But you should not ask God for any benefit or result. We should not pray for solving our problem.

38. You should surrender totally to God.

If we want to realise God, if we want to realise ourselves, we have to totally surrender to God without any likes and dislikes.

39. You have the right to scold God. But check up if you have achieved that right.

If you have a pure bakthi you can scold even God. God is like mother father and a friend for a true baktha (devotee). For that our devotion should be true. That is the only principle.

40. you are experiencing your karma, why should you blame the God.

All the sorrow we are experiencing are the results of our karma. That is not done by God. Therefore we should not blame God for our sorrows.

41. Karma is different and bakthi is different. Do not mix up the two.

The karmas we have aquired and are aquiring is different we will have to experience the effects of these karmas. In the same way bakthi is different. Because you have bakthi it doesnot mean you have no karmas. Whoever it is he will have karmic effects.

42. Whatever the amount of difficulties come, face them as good for you. Your karmic effects are getting

eliminated. Understand you will be blessed with the boon of no further births.

In our life if we face a lot of difficulties it means we are cleaning our karmic effects fast. Where there is sorrow God clears the karmic effects of those and tries to absorb them with him. Therefore by God's grace the boon of no further births is sure to happen.

43. Always pray to become the ornament or flower garland on the God's divine body, do not ask for anything else.

Good souls end up as the ornaments or flowers on God says veda. We also have to pray to become the ornament or flowers on God without further births. We should not seek anything else.

44. Weep only for the vision of God.

Tears come when we need something or for our inability. This is worldly. Instead we should shed tears for the need of our soul, for our inability for seeing God. Only otherwise it is a waste.

45. Do not disrespect the offering made to God by refusing it.

Whatever be the offering made to God we have to accept. We should respect that. As it is coming from God, refusing it will mean disrespect to God. Do not do that.

46. Do service to those who are engaged in the worship of God.

We have to serve those who are engaged in the worship of God. This is what saint Ramanuja said Serve those who serve God.

47. Take part in the place of God's worship.

Wherever God is worshipped we should go there and take part. This will help us to keep our mind from wandering. This will help a spiritual aspirant.

48. Do not exhibit bakthi to attract others. It is a sin.

We should not exhibit bakthi so that others will be attracted to us and praise us. It is a sin.

49. If any one says he is hungry during the worshipping of God do not say no. Keep the offerings to God aside and then give him.

It is our practise to take food after offering to God. But if anyone says he is hungry, keep separately the offering to God and then feed him because maybe God has come in his form seeking food.

50. When you are cooking food for God it is not wrong to taste it for testing.

With true devotion and noble intention of offering God a tasty food we can test the taste of food before offering. This is acceptable.

51. After offering to God, rectifying the food as it is not tasty is a sin.

We have to eat the food as it is without rectifying the taste for lack of salt or something else, after offering to God. After offering, correcting it for us is not good. It is a sin.

52. Do not remove the deity if the idol of the deity is damaged a little. You can keep it rectifying it. It is not wrong.

If the idol of the deity we are worshipping is damaged, do not dispose it we can rectify it and still worship. It is not wrong. In the same way if we are affected shall we agree if we are thrown out of our house? consider this in the same spirit.

53. Pay obeissance to true devotees. It is not wrong.

We can pay obeissance to true devotees. God resides in the soul of one who has true devotion. Therefore paying obeissance to devotee amounts to worshipping God.

54. Offer God whatever you have with happiness God is satisfied with that.

It is not necessary that only certain things are to be offered to God. If a poor person offers his simple food to God with love, God will accept it with happiness.

55. It is essential to do suhasini worship and sumangali worship.

Suhasini worship and sumangali worship are done venerating ladies as divine beings. Therefore these are essential.

56. Divine worship is most beneficial during Brahma muhurtha (early in the morning @ 4am).

During brahma muhurtham the grace of God and the movement of divine beings will be fully available. If we worship then we will get the blessings of divine beings. We will achieve the benefit of our worship. Therefore it is the best time for worship.

57. God is not servant. Do not make God do your works.

We should not keep asking God to do this or that for us. God is not servant. God is supreme. We can ask from God only for God's grace.

58. Without putting any effort do not expect from God to make everything happen.

Whatever we have to do we have to put our efforts. We should not think that everything God will make them happen. We have to put our efforts and pray to God for God's blessings to make our efforts successful.

59. If we do not succeed even after putting our efforts, take it as God's will.

Even after putting a lot of efforts if we did not get the fruit of the efforts, it means God's will is otherwise. May be if we succeed in our efforts, it may be harmful to us. Therefore God did not will that to happen. This is the way we have to understand.

60. Always participate in small divine works.

Whatever be the small works done for the divine we should participate. That will help us to progress in our spiritual path. Our mind becomes serene.

61. After taking care of everybody we can concentrate on God. It is not wrong. We can worship peacefully.

When we want to worship in our house we can complete our daily duties, and look after the needs of those who are in our home and then commence worship. Then we can peacefully worship otherwise our mind will be wandering to fulfil the needs of others and we will not be able to concentrate on the worship.

62. Do not feel shy at God's abode in the temple.

We should not feel shy thinking others may laugh at us or heckle for our devotion etc. in the place of worship. There only God and us exist.

63. We have to analyse ourselves if we are keeping in mind every minute God without forgetting.

Always and in every deed we should keep in mind God. The seeker should not forget this, we have to check ourselves and ascertain if we are always holding the thought of God in our mind.

64. Do not hesitate to tell about divine incarnations and stories pertaining to it. That is virtuous deed.

Tell others about the glory of divine incarnations, the values and the lessons we learnt from such incarnations and the stories connected with such incarnations. We should not hesitate. This will be a virtuous deed. By repeatedly telling these, we will be able to correct ourselves and this will purify our mind.

65. Do good deeds like writing poems, prayers and books on God.

When we have devotion to God we should write poems,

prayers on God. We will strengthen our bond with God. We can write books also. For doing this we will have to learn more about God which is good for us.

66. During your birthday, marriage day or the elders memory day gift some Gods prayer books to atleast 10 people.

We celebrate in different ways our special days. In the same way we do many rituals during such days. In such days gifting atleast 10 people divine prayer books will be very beneficial.

67. Whenever you attend holy functions give as gift God's pictures or idols or holy books etc.

By giving as gifts God's pictures, idols or holy books, while attending holy functions we will be able to increase the awareness for divine worship. We will be doing a small service to propagate essentials of divine worship among people.

68. Strive to cultivate true devotion.

As we are devoted we can strive to inculcate true devotion to others by preaching and by our way of life.

69. You learn and also make others learn about the great saints like nayanmars, Alwars etc. who have dedicated their lives in the service of God.

Saints excel in the service of God. Nayanmars and Alwars showed the world the value of true devotion by their way of life in true devotion. When we learn about their lives our mind also will follow the way of pure devotion. Our soul will be purified. In the same way when we tell about such saints to others we will be doing the virtuous act of showing them the true devotional way of life.

70. Devotion starts at home. Teach everyone at home about true devotion.

Devotion should first start at home. All in the home should be taught about true devotion. When they learn about true

devotion they will be supportive to our devotion also. First devotion should start at home then only it can grow in the nation.

71. Do not offer the same item to God always. Offer different varieties to God like what you would like to have.

Do not offer the same item to God daily. For example for Ganapathi we offer rice cakes. This does not mean we have to offer only this. We can offer different varieties to God before we eat. That is the correct thing to do.

72. Sacrifice is cruel. Stop it immediately. God does not accept that.

It is wrong to do sacrifice to God. Will mother demand sacrifice of her own child? All are children of God. Therefore God does not accept sacrifice. This should be stopped immediately.

73. During special worships of God feeding everyone (annadhanam) is very good.

Whenever special worship of God is performed, feeding everyone is essential. By feeding everyone, we will be able to realise God in everyone and we will not have differentiation from person to person. Our mind will become pure.

74. Do not exhibit your name in divine functions and worships. That is not good.

During divine functions we should not exhibit our name by offering money or materials for the functions. Propaganda for us is not required for divine functions. We are only returning to God with gratitude what God has given.

75. Decorate God beautifully thinking God is one amongst you.

One aspect of the true devotion is to consider God as one amongst us. We offer him the same item in the same way we would like to eat. We decorate him in the same way we would like to be decorated. By this our devotion to God will increase.

76. Disabled people need not suffer to have dharshan of God. They can visualise him from wherever they are.

Those that are not keeping good health need not go to the temple to see God. God knows about us. We can pray from wherever we are.

77. In God's temple all are same. There should not be any difference.

All are same before God. From worm, insect to human all are same for God. Therefore finding difference in God's temple among devotees is wrong. That should be avoided.

78. During worship of God we should not cause disturbance. It will affect other's concentration also.

During God's worship we should not disturb anyone. By disturbing someone we will be affecting our mental concentration as well as of others there.

79. Atleast 20 minutes everyday it is essential to meditate on God.

People who practice meditation should do so atleast 20 minutes everyday because settling the mind itself will take sometime and we will get very few minutes for deep meditation. There is no use meditating for less than 20 minutes.

80. Visiting temples will increase our devotion.

Like we pray at home we should visit temples also, because of the grace of energy there and the importance of that location our devotion will increase much more.

81. Vision of temple tower (gopuram) and the vision of sanctification of temple tower kalasas by holy water will purify us.

Seeing temple tower and the sanctification ceremony of temple tower kalasas will purify us. We will be able to realise the glory of God and this can purify our mind.

82. Do not enter the temple or the place of worship carrying anything made of animal leather.

Leather products are made by killing animals. Leather product should not be carried into the holy place like temples where there is peace and non violence. The sanctity of such place should not be spoiled.

83. Be clean while going for God's worship.

People who go for God's worship should be pure and clean in body and mind. Then only we will be able to be nearer to God.

84. Unhealthy people should not visit the place of worship of God. Pray at home only.

Unhealthy people should not visit the place of worship of God. They should pray at home. Otherwise the disease can spread to others and can affect the mind of others. When others enquire about the health of unhealthy people, their mind will be affected and they may become sad.

85. Do not get deceived by fake devotees.

Only when we have true devotion we will be able to protect us from getting deceived by fake devotees, we will be able to avoid serving them in the name of devotion and fool ourselves. Otherwise we will be getting the sin of helping fake devotees.

86. Do not worship straining your body that is the demon's way of worship.

Our body should not be strained by worshipping God. Straining body is demonic devotion. Without straining our body, worshipping with a pure mind, having control of our mind with total devotion is the true devotional way of worship.

87. Angaprakshanam (rolling on the floor around the sanctum sanctorium) is essential. Those who cannot do, need not do.

Total body touching the floor and rolling around the God's sanctum sanctorum is angapradhakshanam. This is essential, but people who are not able to do this, need not do. They will spoil their health further. Otherwise we may blame God that we spoiled our health by doing angapradakshanam.

88. You can put forth your demands before God. But do not expect it to be fulfilled.

We can keep whatever is our demands before God. But we should not expect them to be fulfilled. We have to leave it thinking that it is God's will to fulfill or not.

89. Stealing and having a lustful vision in the temple of God is a very big sin, such acts are unpardonable crime.

Good character and discipline is important in God's temple. We have to follow the discipline of not aspiring for other's materials and not desiring other's wife. Such acts of indiscipline is a very big crime. There is no punishment to eradicate such sins.

90. Do not speak lie in the name of God. That is a sin.

Do not speak lie in the name of God. It is God's quality to evaluate what is just and unjust. Therefore speaking lie in the name of God is a very big sin.

91. Do not think that materials used for yagam (holy fire) and abishekam (holy bath) are waste. They are offered out of gratitude we are showing to God.

Doing abhishekam of God with valuable items is for showing our gratitude to God. In the same way the materials we use for the holy yagam where we offer to the divine fire, reaches the God through the fire. Nothing is a waste.

92. Devotion to God gives us in our life faith, mental stability and peace of mind.

Because of faith on God we can have a good life. We will get mental stability and courage to achieve. At the same time because of faith on God, we will achieve peace of mind as we will be convinced that nothing can happen without God.

93. Stead fast determination is essential for devotion to God.

We should have determination with devotion that we will surely reach God. God is the reason for everything. Therefore we should try with determination and devotion. That only will give success.

94. Realise that God is aware of every act of yours. Then you will not do wrong.

God is omnipresent. Therefore all our actions cannot take place without God being aware of it. This thought has to be deeply recorded in our mind. Then we will not do wrong things.

95. Do not associate with those who have lack of devotion to God.

If we are associated with people who have lack of devotion to God, we will not be able to take part in divine activities. Our mind will be inclined to involve in all other activities. Therefore we should not associate with people with lack of devotion to God.

96. Do not entertain enmity in the temple of God.

In the temple of God all are friends. We should not have enmity there. At the same time there is no conflict on which temple we like and which temple we do not like etc. we should have a broad mind that God rests in everyone and in every temple.

97. Do not get angry in God's temple.

Anger destroys man. This anger is not helpful for spiritual practise. Therefore it is not correct to get angry in the God's temple. There we should pray with peaceful mind without any anger.

98. Do not show authority in God's temple.

In God's temple God is supreme. Then how can we show our authority there? When elders are there, youngsters taking a lead is wrong. Therefore we should not show authority over others. It is wrong.

99. We should walk in the path of divine guidance.

When we are having true devotion we are following as per divine guidance. We should strictly follow that.

100. We can sing and read divine songs and prayers anywhere. It should not be a disturbance to others.

We can sing divine songs anywhere and read divine prayers anywhere. It is not necessary that we should do that in a particular place God is everywhere. But we should ensure that we are not disturbing others.

101. God responds to true devotion and sincere prayers.

God responds to true devotion because a true devotee will not seek from God that which is not righteous.

102. God tests and we have to bear it with a smile.

Devotees are always tested by God. We buy an item after testing it for its quality. In the same way God tests a devotee before accepting him. If we bear the tests with smile we will reach God's abode.

103. Always keep chanting divine names.

We should not forget God in our life. If we have to reach God we have to keep chanting his name always. Then our mind will become pure and we will be able to realise God.

104. Keep your heart clean for God to reside there.

We will be healthy in a clean place. Everyone likes a clean place. Therefore the place where God resides has to be clean. Therefore we have to keep our heart very clean for God to reside there.

105. Consider all Gods as one.

If God is omnipresent then in whatever forms we worship, it is only one God. We have to bear this in mind.

106. Converting people to other religion in the name of God is a big sin.

Converting people to other religion saying this God is better than the other God etc. is wrong, all Gods are same.

107. Do not think that this God is more powerful and that God has no power etc. All have the same power. We experience according to our karma (deeds).

Do not think power of God varies from one God to another. Do not estimate God's power by our experiences. Our experience is on account of our own karmas.

108. Be calm and silent in the place of worship of God. Tell this to all others.

Peaceful mind is essential for the worship of God. Therefore we should observe silence in the place of worship of God. If we are calm our mind becomes peaceful. It is good to advise others also to keep calm if they are disturbing others.

109. Worshipping everyday should be an important activity. We should not postpone the worship after doing it for one day.

Worship is for achieving mind control and discipline. Therefore we cannot discontinue it in the halfway. You cannot swim across the river upto halfway. In the same way worship has to be continuously done.

110. There should not be laziness in God's worship.

God's worship is a constant effort. We cannot progress ahead if we are lazy.

111. We should not mind the heat, rain or cold weather for worshipping God.

Do not stop worshipping God due to the weather conditions. Heat or rain or cold we should worship God unmindful of the weather.

112. Without minding about your body, involve yourself in the worship of God.

While we are worshipping God we should not think about our body. During God's worship if we have discipline and calm mind, God will take care of our body. If we think of our body we cannot concentrate in the worship of God.

113. Surrender yourself to God. That is the supreme act.

We have to surrender to God. It improves our devotion. Because we surrender totally to God we will not have any worry about ourselves and we can think of God only always.

114. God does not have languages. Languages are created by God. God knows all languages.

It is foolish to say God knows only this language. All are created by God and he resides in all. God created the sound. Therefore sound is the best language. Do not think God cannot understand.

115. While meditating on God do not think of comforts.

While meditating on God do not think that place has to be comfortable and well furnished. It is enough if the place is not hurting our body.

116. The one who has realised God is better than the one who has read much about God. Keep this in mind.

By reading a lot about God we may be having intellectual knowledge. But we would not have realised God. We will not become great. If we adopt what we have read in our life and live a life of discipline and practice we may realise God and become better. We have to keep this in mind.

117. If you think as sinner you will become a sinner. If you think of God you will become divine.

You will become that which you think always. This is what

our religion highlights. So instead of thinking as sinner, if we think of God always remembering God is residing in us, we can achieve the state of divinity.

118. Realise the nature and then realise God.

We have to realise nature well. Then only we can realise God. God is closely associated with nature. To realise God, God gives us many lessons through nature. If we have to learn these lessons we have to learn about nature and realise nature. Therefore if we realise nature we will be able to realise God.

SRI OM