

ये अव्यक्त इशारे

खुशी के खजाने से सम्पन्न, खुशानसीब, खुशानुमा बनो

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तन और मन दोनों को सदा खुश रखने के लिए सोचो कम। अगर सोचना ही है तो ज्ञान रत्नों को सोचो। अगर यह भी सोचते हो कि मेरा पार्ट तो इतना दिखाई नहीं देता, योग लगता नहीं, अशरीरी होते नहीं, यह भी व्यर्थ संकल्प है। उसकी भेंट में समर्थ संकल्प करो, याद तो मेरा स्वधर्म है, मैं ही कल्प-कल्प का सहजयोगी हूँ... इस प्रकार के संकल्प करो तो खुशी में उड़ते रहेंगे।

Become full of the treasure of happiness, have the fortune of happiness and be happy and cheerful.

In order to keep both the body and mind constantly happy, think less. If you have to think about something, then think about the jewels of knowledge. If you think that you don't see anything in your part, that you are unable to have yoga, that you are not able to become bodiless, those are also waste thoughts. In contrast to those have powerful thoughts. "Remembrance is my original religion". "I am an easy yogi of every cycle" – have these type of thoughts and you will continue to fly in happiness.