

# **SOME THOUGHTS ABOUT SPIRITUALITY**

**By Bahram R. Shahmardaan  
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#1 THE SOURCE IS INVISIBLE**

Thursday, April 24, 2025

This is the first of a series of emails which will point out certain realities which you may or may not be aware of or familiar with.

So, here we go:

It is important to note that the source is always invisible. Only the manifestations are visible. You can verify that with your own experience. For instance, the source of the words and actions you perform throughout the day are your thoughts which are invisible. The immediate source of your thoughts is your mind which is also invisible and it is only when the invisible mind is energized by the invisible consciousness that your mind can function and receive/generate the thoughts which you manifest in words and deeds.

MOREOVER, at the end of the day, after you have said all that you want to say and do all that you want to do, where do you record these experiences? You record them with your invisible thoughts, in your invisible mind and invisible consciousness.

S,oooooooooooooooooooo, from the above, you can see that the invisible aspects of your human personality which are rooted in the invisible dimension both facilitate and record and provide the repository of all your experiences in the visible dimension.

Further, the source of your invisible consciousness is also invisible and the source of that is also invisible.

All the principles that control the movements of the universe are also invisible.

Therefore, in order to grow to understand and establish contact with the invisible source of all of creation commonly called God, it is imperative that we utilize the invisible aspects of our human personality to well increasingly upon the movements in the invisible dimension.

Who or what God is and why He did not do what you think would have been better are issues that will automatically be answered when we construct the universe starting from the center which is our respective human personalities and its limitations. The above is enough for a start.

## **#2 PRINCIPLES CONTROL THE UNIVERSE**

Tuesday, April 29, 2025

All of creation is controlled by principles.

By their very nature principles are formless. Being formless, they are invisible and also universal.

Thus for instance, we can see that the principle of gravity is present on earth, the moon, mars and the rest of the celestial bodies not only in the relatively small solar system within which earth exists but throughout the galaxy known as the Milky Way and the billions of galaxies in space.

Likewise the principles of aerodynamics sustain flight everywhere in the physical universe. If that were not so, then Neil Armstrong and Buzz Aldrin would not be able to land the lunar module on the moon's surface and return to the Command and Service Module.

What is it that sustains the weight of an aircraft as it flies? Apparently, it is the air. Frequently, what is apparent is not real. What is supporting the weight of the aircraft as it is flying are the principles of aerodynamics which are functioning through the atmosphere. What is the proof of that? If a plane violates the principles of aerodynamics, the atmosphere will be unable to support it and it will crash and planes crash everyday somewhere in the world.

Thus the largest aircraft in the world like the Airbus A380 and the Russian Antonov An-225 Mirya as well as the smallest flying insects such as the drosophila (fruit flies) all have to follow the same principles of flight.

Likewise it is the principle of flotation which sustains the weight of large ships through the medium of water. When ships violate the principles of flotation, they sink. It is principles and principles alone that are controlling the movements of earth as it is rotating on its axis and revolving around the Sun. Principles are also controlling the movements of all celestial bodies and every manifestation through the laws that emanate from them.

Principles are inexorable. They never fail. People fail when they do not follow the right principles.

In the next email, we will discuss the difference between principles and laws.

### **#3 THE DIFFERENCE BETWEEN PRINCIPLES, LAWS, RULES AND SYSTEMS**

Tuesday, April 29, 2025

Whereas principles are universal, laws are not. Literally millions of laws can emanate from the same principle depending upon the environment in which the principle is manifesting.

For instance, the principle of safety is applicable when crossing the street, driving a car, flying a plane, firing a gun, cooking or when landing on the moon in a lunar module and then returning to the Command module. The same principle of safety is sustaining all of the above activities, but the laws of safety are different in each case.

Even within the same activity, the laws change. For instance, when it comes to firing a gun, the laws of safety change depending upon the type of weapon being used. So, although the principle of safety is the same, the laws of safety are different when you are firing a revolver, pistol, machine gun, rifle etc. When it comes to the simple task of cooking food, the laws of safety will change depending upon the source of heat. There are one set of laws if the source of heat is wood, a different set of laws if the source of heat is natural gas or electricity etc. Thus, whereas the principle of safety does not change, the laws of safety change depending upon the activity and environment.

Moreover, rules emanate from the laws in order to ensure that everything operates smoothly.

So, the take away from the above discussion is that principles are the foundation of all manifestations but are not involved in controlling the manifestations. It is the laws which emanate from the principle that control the manifestation. The principle, laws and rules together form the system that control any manifestation.

## #4 THE POWER OF PRINCIPLES

Friday, May 2, 2025

Principles not only sustain and control the movements of creation in general but they have the power to change whomever and whatever comes under their influence.

For instance, let us examine the principle of truth. If you decide that you will live truth and speak the truth and not lie under any circumstances, this one principle alone will force you to change. It will make you a more responsible and wise person. You will be more careful about what you say and do because you will have to face the consequences of your words and actions..

If you ask most people, "Do you prefer truth or untruth?" Everyone will say that they prefer the truth.

Likewise, if you ask them, "Do you have more faith in truth or lies?" They will say that they have more faith in truth.

Yet when they get into trouble, what do most people do? They lie. Why is that? It is because they do not want to face the consequences of their actions. They do not realize that by lying, they are just adding to their burden of karma bhog. I sometimes jokingly tell people that if you must lie, lie in bed and that is precisely what many people do. They lie in bed and lie to each other in bed.



To get some idea about the power of principles, take the case of Mahatma Gandhi when he decided to challenge the might of the British Empire when it was at its zenith. Mahatma Gandhi used just two principles. The principles of satyagraha and Ahimsa i.e. nonviolent non-cooperation.

In our arsenal, we have several more yamas and niyamas, sheelas and commandments that will enable us to overcome the limitations of the five senses through which we perceive the natural world.

Principles will guide you, they will guard you and the spiritual Master will grace you.

Principles will guide you along the spiritual path, they will guard you against the natural tendencies of your own human mind and the Master will grace you as you deserve.

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Just what Grace is will be discussed in a separate email.

## **#5 GOD IS LIMITED BY HIS OWN PRINCIPLES**

Saturday, May 3, 2025

When God willed to Be, various principles emanated from that thought which started the process of creation. So, what is generally called the will of God is the process that began when God willed to Be.

Thus it came to pass that all of creation is controlled by principles and the laws that emanate from them. Principles have certain immutable characteristics. They are inexorable, formless, invisible, universal and have no emotion. They cannot be perceived. Only their effects can be seen.

One of the principles of creation is that the source must endow its creation with all of its own characteristics.

Another is that creation happens within the source. This is reflected throughout nature.

Thus we see that from within itself, a tree will produce a flower which then becomes a fruit and within the fruit is a seed and within the seed are encased all the properties of the parent tree. Thus we see that an orange tree will produce another orange tree and a coconut tree will produce another coconut tree.

From within themselves all microscopic creatures as well as macroscopic creatures reproduce themselves.

Through this process, a part of the source itself becomes the creation.

However, the offspring are not identical to the parents. The Source replicates itself but does not duplicate itself. This creates diversity which is very necessary to stimulate creativity. Diversity stimulates creativity and functionality whereas sameness stifles it. If all the fingers of the hand were the same size, the hand would be functionally deficient. Likewise, the reason we can learn from one another is because we are different.

Thus, because free will is an inherent Divine trait, God had no choice but to endow all of creation with a free will to a greater or lesser extent depending upon their position within the ladder of evolution. Thus He is limited by His own principles and has to sustain us even if we go against His will. More on that later

## **#6 WHATEVER EXISTS LIVES WITHIN ITS SOURCE**

Monday, May 5, 2025

The following principle is manifesting in all aspects of the physical universe. The principle can be stated as: "Whatever exists, lives within its source and is sustained and fostered by the source."

This can be easily verified empirically.

Our bodies are made up of the Five Elementals which in the Sanskrit language are referred to as the Panch Mahabhootas (Five Great Spirits). They are Space, Heat/Light, Air, Water and Earth earthy. We are living within these five Elementals.

Likewise, we can say that the source of plants is soil and plants have to remain rooted in soil. Water can be classified as the source of fish and fish live in water.

Not only do creations live within the source, but aspects of the source flow through the life forms and sustains them. In a very real sense, our bodies are nothing but a set of hollow tubes through which the Five Elementals flow in varying proportions and keep us alive. Thus we see that space, heat/light, air, water and earth in the form of food flow through our bodies. It is this mutual exchange between the source of our bodies and our bodies that keeps our bodies alive. Space is present in every atom and every cell of our bodies.

Likewise, water and nutrients from the soil flow through plants and water and other aspects of the Five elementals flow through creatures that live in the lakes, rivers and oceans.

Thus in a very real sense, we are just channels through which the source of both the positive as well as negative forces are expressing themselves. Our bodies are channels of the Five Great Elementals. Our minds are channels of thoughts which flow through our mindst and our hearts are channels of emotions such as love, joy, compassion, pride, anger, joy, jealousy, hate, covetousness etc.

In order to survive, we have no choice but to allow aspects of the source to flow through us. But as channels we do have a limited amount of control. . We can choose what will flow through us. We can decide what we will eat, drink, think about and express. Thus we can be and become channels of the positive forces or negative forces. But channels we are and channels and we will continue to live as long as our bodies remain channels of the source. In fact the mutual exchange between our bodies and all the Five Elementals is so vital that if we are denied any one of them, our bodies will be unable to survive.

Thus from the above, we can see that the Source also becomes the food upon which creation lives and thrives.

This is reflected in the fact that amongst mammals, motherd nurse new born babies till their bodies are able to consume more complex foods provided by the larger environment in which they live. It is also reflected in the phenomenon known as matrophagy in which the mother is consumed by her offspring. This behaviour generally takes place within the first few weeks of life and has been documented in some species of insects, nematode worms, pseudoscorpions and other arachnids as well as caecilian amphibians.

**In a much real and deeper sense,** this is reflected in the statement made by Jesus Christ which is often misunderstood but is reproduced below:

**John 6:35**

**Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.**

in the above statement, Jesus is not talking about his physical body but his divine spirit

More on that later.

## **#7 -Some thoughts about spirituality**

### **THE JOURNEY OF LIFE ETERNAL**

Thursday, May 8, 2025

In the year, 1967, for the very first time, I heard Dr. Dinshah K. Mehta articulate the purpose of life as follows:

**"From the Source unto the Source, in keeping with the principles emanating from the Source is the Journey of Life Eternal. All else is lifeless existence in Life Eternal."**

Perhaps the explanation below may help shed some light on the above statement.

The above cycle from the source unto the source applies to all manifestations with or without biological life, no matter what the immediate source of the manifestation is. This is reflected in the Biblical quotation mentioned in Genesis 3{19, "Dust thou art and to dust thou shalt return."

The journey from the source to the source can be witnessed in the following phenomena:

- The source of all water on earth is the ocean. All forms of water begin their journey from the ocean and then meander back to the ocean. Some of the water may remain trapped in lakes for centuries but eventually will merge with the ocean.
- All vegetation emerges from the earth (or water) and then seeks to root itself in the earth or water and finally, at the end of its life cycle, gets reabsorbed in the earth or water as the case may be.
- The source of the air we breathe is the atmosphere. And our breath returns to the atmosphere.
- The source of business may be identified as finance or capital. The goal of business is more finance/capital.

All experiences begin with a thought and all experiences eventually get converted to thoughts which are stored in the mind and consciousness within which they originated.

Any creation that violates the principles emanating from the Source that sustains it will not be able to complete its intended cycle and return to its source.

For instance, let us say that a seed germinated in the soil and then grew into a plant but after a certain stage of development for whatever reason was unable to continue to remain rooted in the soil so that nutrients from the soil cannot flow through it in keeping with the principles of the environment that sustains its life.

What would happen to such a plant? It would die and be unable to complete its life cycle. In order to realize its full potential, at every stage of its life, the plant must remain rooted in the soil and follow the principles that emanate from its source, the soil and



stay connected to the environment that created it. Likewise, if you take a fish out of water, it will die.

Similarly, astronauts must take with them matter from earth in order to live. When they venture into space, they have to take air, water and food with them. Since sunlight and space permeate everywhere in our solar system, astronauts do not have to take these two of the Five Elementals or Panch Mahabhootas which make up our bodies.

From the above principle or cycle of Life Eternal, a sub-principle emerges which can be stated as:

"In order to complete its life cycle, a creation must remain in continuous contact with its source and be a channel of the source."

This essential need to conduct one's life in keeping with the principles emanating from the source is universal, and permeates all activity and is applicable even in business. When growing a business proper principles for sustaining and growing a business must be followed. If a business violates the principles of good governance and financial management, it will fail. In order to complete its business cycle successfully, a business must at all times follow the laws of finance and capital appreciation. By following the principles emanating from their respective Source, all life forms, economic and social enterprises will grow and fulfill their intended life cycles and thereby contribute to the enrichment of their respective Sources.

We can observe this movement from the source unto the source in the fact that we leave home during the day but return home for the night. Ditto with birds and animals.

For every manifestation there is an immediate source, a remote source and an ultimate source. We could say that the immediate source of a plant is the seed of the parent plant. The remote source is the soil or more correctly the Five Elementals and the ultimate source is always God or what is more correctly termed the Creator Principle. Likewise, the parent fish can be labeled as the immediate source of fish and the ocean or rivers/streams/lakes can be labelled as the remote source of the fish that live in them and the ultimate source is the Creator Principle.

Thus the Journey of Life Eternal will end when all of creation ultimately returns to and merges with the Creator Principle commonly called God. Till that happens, they will remain trapped in cycles within Life Eternal. Who or what creates these cycles within Life Eternal and how to free oneself from these cycles will be explained in subsequent emails.

## #8 ESSENTIAL ATTITUDE

Saturday, May 10, 2025

"Know Thyself" was carved into stone at the entrance to Apollo's temple at Delphi in Greece. According to legend, scholars, philosophers and civilizations have debated this question for a long time.

Whenever you embark on a journey of discovery, it is necessary to have an open mind without any preconceived notions. The classic historical example of the erroneous conclusions caused by preconceived notions is Christopher Columbus' conclusion that he had reached India.

Christopher Columbus had assumed that if he sailed westward, he would reach India. Because he was attached to this notion, when he landfall, he did not realize that he had reached a part of the world hitherto unknown to Europeans. As a result, he called the natives of the islands Indians, and the misnomer stuck and native people of the Americas were referred to as Indians.

Christopher Columbus proved that one can be famous even if one does not know what one is doing. When he sailed from Spain, Captain Columbus **did not know where he was headed**. When he reached land, **he did not know where he arrived** and when he returned to Spain, **he did not know where he had been**.



The process by which one can know oneself is an inward journey within one's own mind and consciousness. It is a journey of self-discovery. So, one has to be very careful to avoid all preconceived notions. In this process one's own mind is the biggest obstacle to realizing one's true nature. Thus, one has to learn how to use the limited human mind to grow beyond it. Just how to achieve that state of being will be revealed step by step through this series of emails.

The journey of self-discovery has been described as the longest, fiercest and loneliest battle in the entire universe. More on that later.

## #9 - THE NEED FOR CLEAR THINKING

Saturday, May 10, 2025

Many sayings of Gautam Buddha have been recorded. One of the more intriguing ones is reproduced below;

**Clear Thinking leads to Nirvan**  
**A confused mind is a place of death**  
**Clear Thinkers do not die**  
**The confused ones have never lived.**

The above statement made by the Buddha may seem absurd to one who does not know its basis. But it is not at all absurd. It is indeed factual. In a very real sense, most people do not know themselves and are not even aware that they do not know themselves. This fact becomes evident by the references people give when they introduce themselves.

When people introduce themselves, they generally will provide some or all of the following information to give some idea about themselves.

- Their name. But they are not their name. Their parents could have given them a different name.
- If they are married, they will give the name of their spouse. But they are not their spouse.
- If they have children, they will mention them but they are also not their children.
- If they have degrees from a University, they may mention them but they are neither the degrees they have earned nor the university they may have graduated from.
- If they have a business or profession, they may mention that but they are not their business or profession.
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We can add to the above list of relationships we identify with but the glaring fact is that our entire identity about who we are is based upon who we are not. We are not the people, institutions and other phenomena with whom we have relationships and which we used to build our personal identity. In addition, throughout our lives, we fill our minds with thoughts about things, people and situations that are outside ourselves. AND everything that is outside ourselves is not us.

So, if your mind is full of everything that you are not, it should be obvious that you cannot possibly know yourself. So, the question arises:

If you do not know yourself, then who is living and making decisions about you and your life?

If you will examine yourself, you will soon realize that the aspect of your human personality with which you identify is your human mind. For instance, when you say, "I

am happy." or "I am upset" or "I am afraid" etc., who or what is the 'I' you are referring to? It is your mind.

So, this begs the question: **Are you your mind?** If the answer is "yes", then we don't need to discuss this issue any further. But, if the answer is "No, I am not my mind." This answer then gives rise to two questions which are:

1. If you are not your mind, why are you wasting your entire life trying to satisfy your mind?
2. If you are not your mind, then who or what are you and where are you within the human personality?
- 3.

The answer to question 1 above is that the reason we identify with the human mind and our physical body is that the Source is always invisible. This has been explained In the very first email of this series, So, because our human mind is unaware of the invisible source of our human personality, it naturally identifies with the human body and the five senses through which it perceives the universe. But as we have mentioned in an earlier email what is perceived through the senses is unreal. The physical universe that we perceive through our senses is temporary and illusory. This is why the ancient saints and sages of India developed the ancient prayer which is;

- Asato ma sad gamaya
- Tamaso ma jyotir gamaya
- Mrutu mum amrutum gamya

In English the above prayer means

- From untruth lead me unto Truth
- From darkness lead me unto Light
- From death lead me unto Immortality.

In the above translation, Asato can also be translated as unreal and sad or sat as real because untruth is unreal and only Truth is real.

The answer to the question who or what are you and where are you within the human personality can be summed up as follows:

- You are a spark of the Divine Creator Principle called by different names such as soul, atman, rooh etc.
- You are buried deep behind layers and layers of thoughts t.which are in the human mind about things that you are not.

So, in order to know yourself, you need to empty your mind of everything that you are not. When you empty your mind of everything that you are not, then who you are will come to the surface of your wakeful conscious mind, and you will become Khoda which

is the term for God in the Persian Language. Khoda is pronounced Khod-aa. In the word Khoda, Khod means self and 'a' means to come. So, when you empty your mind of everything that you are not, then the invisible aspect of you will rise to the conscious plane of the human mind through the unconscious and subconscious planes and take charge of the human personality and you will become Khoda and will realize who you are and your place in the universe.

How to empty one's mind of all the thoughts it is filled with will be shared in future emails.

**#10 - THE IMPORTANCE Of A Center  
AND  
THE RELATIONSHIP BETWEEN  
THE CENTER AND THE CIRCLES AROUND IT.**

Sunday, May 11, 2025

A center can exist without a circle, but a circle cannot even become, let alone manifest without a center. It is interesting to note that from a single center there can be an infinite number of circles ranging from the tiniest to the largest circle. In addition to that, from the same center we can have an infinite number of circles along the axis of each of the 360 degrees around the center.

Furthermore, even if you destroy all the circles around the center, nothing happens to the center BUT if you move the center even slightly, all the circles have to move with the center. And where is the center of a circle? Obviously, it is within the circle. So, even if you spend eternity looking for the center of a circle outside the circle, you are not going to find it.

What you need to be conscious of is that you are the center of the various circles in your life. You have a circle of relatives, friends, co-workers, co-religionists etc. And what you do and what happens to you affects all the people who are part of these circles. Therefore it is important to know where you are in order to manage all these circles.

You are within the human personality you identify with. What is the proof of that?

When you breathe, where does the breath go? Within you.

When you eat, where does the food go? Within you.

When you drink, where do the liquids go? Within you.

When you think, where does the thought arise? Within you.

When you listen, where do you experience the sound? within you.

From the above, you can see that all phenomena are experienced within you. So, in order to know your true nature and manage the center that you are, you need to go within. You will not know your true self if you go on a pilgrimage to Mount Kailash or Varanasi, Rome, Jerusalem, Mecca and Medina or to the various places of worship such as temples, churches, mosques, gurudwaras etc. Why? Because all of them are outside you. You are not there. To expect to realize yourself by going on a pilgrimage to holy places or to the places of worship built by followers of different religious traditions is like looking for the center of a circle outside the circle.

As pointed out in the previous email #9, unless you go within yourself, you will never be able to know the Divine spark within you which is your true nature. When you attempt to go within your own mind and consciousness, you will find that the thoughts in your mind will prevent you from going within. In order to be able to go within, you need to

empty your mind of all these thoughts which you have accumulated throughout your life. How to do that will be shown later on in this series of emails.

## **#11: THE UNIVERSAL PRINCIPLE OF SURRENDER AND THE DIFFERENCE BETWEEN SURRENDER AND SUBMISSION**

Monday, May 12, 2025

Even though in various dictionaries of the English language the words surrender and submission both mean capitulating against one's will to someone else's demands, from a spiritual perspective the basis of the two actions are poles apart.

From a spiritual point of view, surrender is willful, joyful and voluntary whereas submission is resentful, sorrowful and compulsory. The following explanation may clarify the difference.

We willingly and joyfully surrender to our desires. We are so attached to fulfilling our desires that if someone tries to stop us from yielding to our desires, we will fight for our right to indulge in them. Likewise, we joyfully and willingly surrender to the legitimate demands of those whom we love and sometimes we even strive to fulfill those demands that we feel are not in their best interest.

By contrast, we resentfully submit to the will of someone who is more powerful than us. Whereas surrender is motivated by love, submission is forced upon us and if we can do so, will try to free ourselves from the circumstances in which we have been forced to submit.

Life itself would not be possible without the principle of surrender and those who are aware of the universal principle of surrender, can see it operating in almost all aspects of life.

For instance, when a fetus exits the mother's womb and pops out into a completely different environment, it gasps for air and immediately, the atmosphere, which is the source of air, yields to the demands of the child and provides it with its first breath. The child then exhales the breath and thus returns it to the atmosphere. Thus begins a cycle of mutual surrender of air between the child and the source which sustains the life of the child till, at the end of its life cycle, the child surrenders its last breath to the source. A mother also surrenders to the demands of the child and nurtures it.

Since our bodies are made up of the five Elementals, the Panch Mahabhoots, throughout our lives there is a mutual exchange between our bodies and all the five Elementals which is facilitated by the principle of surrender.

Likewise, a seed, though alive, is dormant. It is not living. In order to begin to live, a seed must surrender to its source, the soil. When a seed surrenders to the soil under the right conditions, mere contact with its source stimulates the life principle which is



dormant within the seed. So, even though matter containing the life principle is encased within a shell and the soil cannot provide it with fresh nutrients, when the dormant life principle within the seed is stimulated or awakened when it surrenders to its source, matter within the seed begins to grow and the shell splits open and a shoot begins to grow upwards through the soil while at the same time a root grows deeper within the soil to maintain contact with the source. Thus, the principle of surrender, enables a seed to begin to live and realize its full potential.

Many such examples can be found in the natural world as well as in man made economic, educational, legal and political institutions in which the principle of mutual surrender can be seen facilitating activities that sustain life and make civilizations possible.

## #12 - THE ILLUSION OF TIME

Tuesday, May 13, 2025

Time is an illusion created by the human mind as a result of its perception of the physical universe through the five senses. We certainly experience day and night and can predict the exact second when the sun will rise and set a hundred years from now and accurately predict when the various phases of the moon will occur and the resulting high and low ocean tides etc. But upon reflection, it can easily be verified that time as a phenomenon exists only because of the human mind.

We remember the past and anticipate the future and time is the phenomenon that links the two. But in reality, the past is dead. It exists only in the mind as memory and the future never arrives. We anticipate it in the mind. Only the present is and that too the present moment.

As a consequence, although actuarial tables estimate human life span in terms of years, the fact is that life is lived one breath at a time, one heartbeat at a time, one thought at a time and one moment in time. Life begins with the first breath and ends with the last breath. Even though the time of birth and death are recorded, the fact is that life does not begin with the first moment and end with the last moment of time.

Even though we do not feel it, the earth is constantly moving as is our solar system. It is estimated that our earth is rotating on its axis at a speed of 1038 miles per hour and traveling around the sun at a speed of 67,000 miles per hour. Moreover, scientists have calculated that the solar system itself is moving at an average speed of 450,000 miles per hour around the center of our galaxy known as the Milky Way and that it takes roughly 230 million years on earth to complete one cycle. Yet the illusion is that the earth is steady, and the sun is moving around the earth.

This illusory nature of the physical universe as perceived through our senses should make us pause and appreciate the wisdom of the ancient saints and sages of India who were evidently aware of these illusory nature of the physical dimension and appealed to the Creative Principles with the prayer:

From untruth, lead me unto Truth (**Asato ma Sad gamaya**)  
From darkness, lead me unto Light (**Tamaso ma Jyotir gamaya**)  
From death, lead me unto Immortality. (**Mrutyu mum Amrutum gamaya**)

The paradox is that as a phenomenon, time exists in Eternity but in reality, there is only the Eternal Now. So, the best moment to do anything is now.

## #13 - IN WHAT LANGUAGE DOES GOD SPEAK?

Thursday, May 15, 2025

It has been reported that in his diary, Mahatma Gandhi wrote the following verse:

When men listen, God speaks  
When men obey, God works  
When God works, men change  
When men change, nations change.

This begs the question: In what language does God or the Source speak?

Because they do not know how Scriptures are received, quite a significant number of people think that God speaks in the language in which the Scriptures have been recorded. Thus, a significant number of religious people even think that the language in which the Scriptures have been recorded is also sacred. Thus, some people think that Sanskrit is a sacred language whereas others think the same about the Avesta language in which Scriptures of the Zoroastrian religion have been preserved. Likewise, the ancient Hebrew and Aramaic languages are also considered sacred. Others deem Arabic a sacred language because the Koran is written in it.

The fact is that God or if you prefer, the Source, is continually broadcasting Its will throughout creation but we are incapable of receiving it because our human mind is full of thoughts which block the subtle radiations of the Source as certainly as a thick layer of clouds blocks sunlight. The fact that the sun shines 24/7 even while we sleep is a reflection of this.

The reality is that God does not speak in any human language. God communicates in the Language of Silence with the Voice of Silence in the domain of Living Silence. **All creative processes move silently.** The entire universe lives and moves within the invisible domain of Living Silence. The sound and fury we witness are a result of the forces that are released by the creative source which moves and acts silently.

Life itself is silent even though the medium through which it manifests, such as insects, birds and mammals may make many sounds. Likewise, death approaches silently. All physical sounds also emerge from within physical silence which is different from Living Silence. All physical sounds arise in silence and while they are vibrating, they are surrounded and sustained by silence and at the end of the vibratory sequence once again sink into the ocean of silence. The dead are also silent. But there is a big difference between Living Silence and the silence of the dead or what may be termed dead silence.

To experience and “hear” the Voice of Silence, a person has to silence his/her mind and remain fully awake. When that happens, they will experience a void. Then in that void, they will become aware of the voice of their soul and through the soul of their Oversoul.

Not everyone hears the Voice of God. One must be at an exalted level to even bear the intense vibrations of God. When a high spiritual Master silences his or her mind, and raises the level of his or her consciousness and establishes contact with the Divine Mind then the Master becomes aware of various Divine experiences within the realm of Living Silence. These experiences are then converted to human thought and then into human words. Revered Dr. Dinshah K. Mehta explained that not all spiritual experiences can be converted into human thoughts. Further, not all spiritual experiences which can be converted into human thought can be converted into human words.

When a spiritual Master is in touch with the Divine Mind, the questions the Master puts to the Divine Mind are answered by the Divine as awareness. These experiences which the Master becomes aware of are then converted by the Master's mind into human thoughts. The human thoughts are then expressed by the Master in the human language that he or she is most familiar with.

So, the Hindu Rishis recorded the Divine revelations in Sanskrit. Since Sanskrit was the language of the Aryans, some historians believe that Prophet Zarathustra also taught in Sanskrit and the holy hymns of Zarathustra, known as the Gathas were originally in Sanskrit and later on, as the language changed, have been preserved in the Avestan language. Prophet Moses chiseled the Ten Commandments in Hebrew which is language he was familiar with. Buddha chose to reveal what he experienced in Pali which was the language of the masses and Rasul Mohammed did so in Arabic.

So, whereas the revelations are from a Divine source, the expression is shaped by the human mind of the Master in the language the Master is most familiar with. We go through the same process in our human minds when we express what we experience in words.

There are two types of phenomena through which divine revelations are received and/or perceived. In Scriptures of the Sanatan Dharma (incorrectly called Hinduism, the first is called "Shruti" which is inner hearing and the other is "Smriti" in which one becomes aware of what is invisible to the physical senses.

Our ability to perceive the physical dimension through our sense of hearing and sight is a reflection of these spiritual phenomena of Shruti and Smriti.

The ability to experience inner hearing and inner vision/awareness is linked with two chakras of the seven chakras which are part of Kundalini yoga which is a very deep and complex topic.

Since I have not had a direct exchange with the creator we call God, I cannot assert that what I have written above is 100% correct but I am pretty sure that it is.

## **#14 - THE IMPORTANCE OF ZERO**

Friday, May 16, 2025

Zero is greater than infinity. It is the source of both positive and negative infinities.

Both positive and negative infinity emerge from zero, are sustained by zero, manifest within zero. They balance each other in manifestation and eventually dissolve into Zero.

This is in keeping with the fundamental movement of Life Eternal which is:

"From the Source unto the Source is the Journey of Life Eternal. All else is lifeless existence within Life Eternal."

It is also in keeping with the sub-principle which is:

"Whatever exists emerges within its source, is sustained by its source and lives out its life cycle within its source."

There are many reflections in the physical dimension of the fact that that which seems to be Nothing is the source of all manifestations. For instance:

- Light is colorless, yet it is the source of all the colors of the rainbow.
- Silence, which is no sound, is the source of all sounds. All sounds emanate from silence, are surrounded by silence and at the end of their vibratory cycle descend into silence.
- Space which appears to be an empty void is the source of everything that emerges and lives within it.
- The invisible mind is the source of invisible thoughts which then manifest in words and actions.
- All Principles are formless and invisible. Yet they are the foundations of all that is manifest.

If one has a discerning mind, one will be able to see many examples in the natural world about the fact that what appears to be nothing is the source of everything.

Without Zero, there can be no manifestation. Both the positive and negative aspects of Zero are necessary to achieve balance in manifestation. This is evident from the following opposite phenomena:

Hot/Cold; Up/Down; Front/back, Pleasure/Pain, Sunrise/Sunset. High Tide/Low Tide, the balance of military, political, monetary and social power within and between nations etc. etc.

Descending spiritual Masters have revealed that the Source of all sources, which is the source of even God is

No-Thing. This Source of all sources has been given various names in different religions.

1. Buddha called it **Antim Shunya or Shunyata** which in English means "**Ultimate or Absolute Zero**"
2. In the Sanatan Dharma (incorrectly called Hinduism) it is called "**Sarvanam Akarnam**" which means "The Causeless Cause of all causes"
3. In the teachings of Zarathusthra it is called "**Zarvane Akarne.**" Zarvane Akarne was most likely originally pronounced Sarvanam Akarnam but over time and local influences the pronunciation changed into Zarvane Akarne.
4. In Judaism and Christianity this phenomenon is called **Ein-Sof** which means "**That which never ends.**"
5. In the teachings of Rasul Mohammed, it is referred to as "**Kun Faya Kun.**"
6. Dr. Dinshah K. Mehta described it as the "**All-Pervading Nothing**" which is the source of everything including God.

It is impossible for the most intelligent of human minds to conceive of this phenomenon. It can only be experienced and too only by very exalted High Beings who have been described in the Sanatan Dharma as the Sapt Rishis or the Seven Seers. In the Holy Bible, they have been described as the Seven Archangels, one of whom, called Lucifer, fell away. Therefore besides mentioning the fact that it exists, no attempt will be made to explain this phenomenon.

## **#15 PART 1 OF BUDDHA'S GREAT DISCOVERY - SUFFERING IS --**

Saturday, May 17, 2025

SAT, CHIT, ANAND, which means Truth, Consciousness, Bliss are Sanskrit words generally used to describe the state of Brahman who is also known as Ahura Mazda, Yahweh, God, Allah etc. Generally speaking, the prevailing concept among many people is that Heaven is a state where everything is pleasant and God is in charge.

However, when I met Dr. Dinshah K. Mehta, for the first time I heard that God is suffering. Dr. Mehta explained that besides being in bliss, peace and other positive states, God also suffers. In fact, Dr. Mehta stated that human beings cannot imagine the extent to which God is suffering.

We can arrive at this conclusion even logically if we accept the premise that God is omnipresent, meaning that He is everywhere and in everything. If that is true, then we can logically conclude that God's joy will be the sum total of the joy of all of creation and conversely, His suffering will be the sum total suffering of all of creation.

This begs the question: If God is all powerful, why is He allowing suffering to even exist?

Many logical explanations have been given as to why suffering exists. Sri Aurobindo Ghosh explained why we suffer by stating that we suffer because we become attached to temporary things, people and situations and when they cease to exist, our attachment lingers and so we suffer.

Basically, suffering is a result of the clash of wills which are a consequence of the misuse of the twin principles of "Freewill" and "Attachment." As explained in an earlier email, the Creator is limited by Its own principles and so as part of the process of creation had to endow all of creations with its own attributes one of which is the principle of "Free Will."

So, when the Creator willed to 'Be', It started to become in keeping with a plan of its own which is still unfolding based upon radiations from the Divine Thought To Be.. However, instead of fitting into the Divine plan, we human beings choose to use the gift of free will to fulfill our desires for material objects and sensual satisfaction. So, instead of surrendering our will to the Divine, we choose to surrender to our desires for the objects of senses in an illusory world or our own creation. This choice of ours creates movements that are out of sync with the Divine will.

Thus, suffering is a consequence of the clash between inertia of the unfolding Divine will and these different movements that are created by the multitudinous human wills which are being sustained by the Divine will.

Even though we do not fit into the Divine plan an aspect of the Creator sustains our plans as long as the balance between Truth and un-Truth in manifestation is maintained. But when actions of the collective human will reach a level when the balance between Truth and un-Truth in manifestation will get upset, then the Divine Mind asserts Its omnipotent will and a tremendous amount of destruction occurs. In the Sanatan Dharma, this phenomenon is known as Shiva's Tandav or Cosmic Dance of Recreation to perform which Shiva manifests as the Nataraja which literally means "King of the Dance." In Biblical terms, this same phenomenon is termed the "Wrath of God."

Dr. Dinshah K. Mehta explained that the primary reason Divine Avatars incarnate is to restore the balance between Truth and un-Truth in manifestation thereby preventing further catastrophes from happening and relieving some of the suffering of God. This is reflected in the legend of Zarathustra, the Prophet of Iran.

The legend of Zarathustra states that in her anguish, mother Earth cried to Ahura Mazda and complained of the tremendous suffering on her bosom. She requested that some champion be sent to relieve her of the suffering. Upon receiving the appeal of mother Earth, a council of Archangels was convened, and it was decided to send Zarathustra to tend to Mother Earth's needs. At that time, Zarathustra was having a gala time in one of the Heavens and when he was informed about his assignment, he stated that he was not up to the task. However, the powers that be comforted Zarathustra and assured him that they would provide him the support necessary to successfully complete his assignment. Thus, Zarathustra incarnated in ancient Persia, in the family of spitaman and the rest is history.

Dr. Dinshah K. Mehta explained that while they are working to restore the balance between Truth and un-Truth in manifestation, incidentally the Avatars teach human beings how they can fit into the Divine Plan specific for them but that is not the primary purpose for which they incarnate.

More on the importance of suffering in the next email..



## #16 PART 2 OF BUDDHA'S GREAT DISCOVERY - SUFFERING IS --

Thursday, May 22, 2025

After a great battle within himself, Buddha discovered the cause of human suffering and how to end it. He presented his discovery as

Four Noble Truths and revealed the Noble Eightfold Path as the way to end suffering.

The Four Noble Truths succinctly stated are:

**Suffering Is. Happiness is not. That is the Law!**  
**Desire is the only cause of suffering.**  
**Suffering can be ended. To end suffering, end desire.**  
**To end desire, follow the Noble Eightfold Path.**

Suffering Is! Two simple words which are uncomplicated and very easy to understand. Right? However, if you observe the behaviour of people in general, you will conclude that they have either not heard about this great discovery of Buddha or they have not understood the depth of the expression Suffering Is.

Even though one can never escape suffering, many people try to escape it in various ways but mostly by striving to fulfill their desires. This is because they have not understood what is meant by Suffering Is. A simple analogy will help clarify why it is futile to try to try to escape suffering.

**Can you escape death?** The answer is a resounding **No**. Why can't you escape death? Because **Death is!** No one can escape the phenomenon of death. Everyone has to pass through it. So, in order to prepare oneself for this certainty, it is best to learn to understand what death is.

Likewise, it is impossible to escape suffering. The best alternative is to learn how to deal with it.

Suffering is like a dog. It can be a vicious dog or a guide dog. It all depends upon your attitude towards suffering.

If you try to escape suffering, it will chase you like a dog. Why? Because when you try to escape suffering, your decisions and movements are focused upon avoiding suffering rather than finding a solution to the cause of your suffering. So, when you try to avoid suffering, it takes center stage in your mind. And just as you cannot outrun a dog, you will be unable to get rid of suffering. It will hound you and affect all your decisions.

However, if a dog chases you and you turn around to face it, it will stop and then you will have to deal with it.

Likewise, if you face suffering, your focus will shift from avoiding suffering to finding a solution.

If you run away from suffering, you will be hounded and bound by it. But when you decide to face suffering, it becomes like a guide dog. When you experience suffering with the right attitude you become stronger and gain self-confidence. You will then be able to observe the tendencies within you that cause you to err and you will gain insights about your strengths and weaknesses which will enable you to take corrective action.

To grow through suffering, you should not be attached to it either negatively or positively. Why? This is because if you are immersed in suffering, you will be unable to watch it. If you remain unattached to suffering and merely observe it, you will be able to think clearly and discern the tendencies within you that create the unpleasant situations that cause pain.

As mentioned in an earlier email, the human mind perceives the world through the five senses and gets attached to temporary phenomena which are illusory and constantly changing. To deal with the natural tendencies of the human mind, one has to temper one's impulses and what one perceives by living a life based upon spiritual principles that will help you deal with the vagaries of your human mind and the desires that arise within it.

Different spiritual Masters have provided similar principles to help humanity grow towards the goal of Life Eternal.

- **Prophet Zarathustra** taught that we should live a life in which we express Good Thoughts, Good Words and Good Deeds. But they are not meant to be relative thoughts, words and deeds based upon desires of the human mind. One should live a life based upon relative thoughts, words and deeds that reflect the Divine will which alone is the source of all that is good and holy.
- **The Sanatan Dharma** has many yamas and niyamas. The five yamas are Asteya (non-stealing), Ahimsa, (non-violence), Aparigraha (non-accumulation), Satya (Truthfulness), Brahmacharya (abstinence), There are 10 Niyamas etc.
- **Prophet Moses** revealed the 10 Commandments which were endorsed by Jesus the Christ.
- **Buddha** recommended the Noble Eight Fold Path and gave the Tipitaka which describes the code Buddhists have to live by.
- **Prophet Mohammed** gave his own set of rules as did later masters like Guru Nanak.

The basic purpose of all these different rules and regulations is to help human beings control the human mind and grow to know the invisible permanent source of this impermanent, temporary and ever changing unstable physical dimension.

## **#17: GOD MADE MAN IN HIS IMAGE - WHAT DOES THAT MEAN?**

Sunday, May 25, 2025

In Genesis 1:27 which is one of the five books of Moses, the Torah, it states: "So God created mankind in his own image, in the image of God he created them; male and female he created them."

Some people have interpreted this statement to mean that God looks like a man or woman. Thus, frequently God is thought of in human terms and judged according to prevailing human values.

Dr. Dinshah K. Mehta explained that the biblical statement "God made man in His image" does not mean that God looks like a human being but it implies that every principle in the entire universe functions within the human personality.

So, in view of Dr. Dinshah K. Mehta's statement, let us examine some aspects of the human personality to understand the relationship of creation to the creator.

It is popularly believed that God is Omnipresent, Omniscient and Omnipotent which means that He is present everywhere and is in everything and that He is also all-knowing and all powerful.

However, Dr. Dinshah K. Mehta pointed out that whereas God is indeed Omnipresent and Omnipotent, He is not Omniscient. God does not know everything that is going on in creation. He only knows what is going on in keeping with His will which He is cognizant of. This is reflected in the human personality and indeed all of creation including man-made organizations that have been established in the field of politics, economics, religions etc.

For instance, the administrative head of a country such as the Monarch, President or Prime Minister does not know everything that is going on in his or her country. Likewise, the President of a company also does not know everything that is going on within his or her company. They only know what is reported to them.

Just as God is omnipresent and omnipotent in creation but not omniscient, as far as the human personality is concerned, human beings are present everywhere in their respective bodies.

It should be obvious that you are in every atom of every cell in your body. So, you are omnipresent in your body. You are also all powerful in the sense that you can destroy the body. But you do not know everything that is going on in your body. Your mind only knows what is reported to the brain by the nervous system. If the nerves are cut, the brain will be unable to send signals to and receive them from the part of the body that was being monitored by the severed nerves.

Moreover, you are incapable of knowing everything that is going on in your body.

For instance, you know that there are billions of cells in your blood but you do not know where they are at any given moment in time and you are incapable of knowing where they are even if you want to. Nor is it necessary for you to know. Why not? Because your entire body is controlled by systems. There is a system within every organ of the body and in every cell of the body and the body itself is made up of various systems such as the musculoskeletal system, the nervous system, the gastrointestinal system, the olfactory system, the auditory system, the optical system etc. There are systems within systems which all work in conjunction with one another and everything that goes on in the body is reported to the brain through the nervous system. It is interesting to note that only cells of the nervous system are linked with the brain. The rest of the cells of the body send and receive signals to and from the brain through the nervous system. The significance of this phenomenon is a topic by itself.

The systems of the body are self-regulating. It is because these systems tend to the needs of the body that you are free to use the body to do what you want with it. If you had to personally take care of the needs of every cell of the body, you would be unable to use it.

Further, all the cells of the body are living within the body and the body is living through them. They are inseparably intertwined and interdependent.

So, from the above, you can get some idea about how God functions. He is not at all involved in running the day to day affairs of creation. Systems, based upon the principles emanating from His Thought "To Be" have evolved that manage how creation is unfolding. Also, aspects of Him are within us and we are within Him. Just as the cells of the body and the body are inseparable intertwined and interdependent, God and creation are mutually intertwined and interdependent.

But because of the principles of free will and attachment, a significant portion of creation is not in sync with the Divine Plan that was set in motion when It willed "To Be". These creations use the gift of free will to develop and pursue their own plans and do not fit into the Divine Plan. Even so, the Divine sustains them which is why we are experiencing chaos and suffering.

This is reflected in the human body as well.

It is well known that cancerous cells are healthy cells that through some unknown mechanism manage to grow in an uncontrolled manner within the body and are not in sync with the rest of the body. As they grow and develop in an uncontrolled manner, they cause intense pain and suffering. Even so, the body sustains them. However, when the life of the body is threatened, then in order to save the body we use our

omnipotency within the body to destroy the cancerous and other disease producing organisms.

The only time we experience pain in the body is when, for whatever reason, a certain group of cells do not follow the laws of the body. In other words when you experience pain in the body, the equilibrium of the body is disturbed. When that happens, you get focus on the problem and restore the balance and harmony within the body.

This is a reflection of the fact that even though human beings do not fit into the Divine Plan and use the principle of free-will to satisfy their own desires, still the Divine Mind sustains them till such time when the balance between truth and untruth in manifestation is going to be upset. Then, in order to prevent greater destruction from happening in the rest of creation the Divine Mind intervenes and destroys those creations that are upsetting the balance.

This phenomenon of God intervening to restore the balance between Truth and un-Truth in manifestation to prevent unimaginable catastrophic destruction in the cosmos is called the Tandav Dance of Shiva when He becomes the Nataraja. In the Holy Bible, it is referred to as the 'Wrath of God.'

So, although, as human beings, we have a natural tendency to analyse creation and the source of creation from a human perspective, the reality is beyond human perception and comprehension and like all phenomena has to be experienced and cannot be described.

## # 18 - SOME SPIRITUAL THOUGHTS - BE SO ERE YE DO

Tuesday, June 3, 2025

You have to '**BE**' before you can '**BECOME**'. Becoming is the coming of the Being. Therefore it is important to be aware of who or what you are being.

My brother Bohman pointed out that as a convention, we do not refer to other life forms such as birds, animals, fish etc. as beings. Thus we do not refer to a horse as a 'horse being' or an eagle as an 'eagle being.' Only homo sapiens are referred to as beings.

However, because of the pressures of modern life and the inertia of the habit mind, many/most of us are not focused on who or what we are being when we go about our daily activities.

Efficiency experts suggest that to better manage our time, energy and re-sources we should create a list of tasks we need to complete during the day and classify the list as A, B, C with A as the most important category and C the least important. Thus, from the time we get out of bed we are focused on doing all the tasks we have listed. In our rush to accomplish the tasks, many/most do not take the time to consider who or what they are being as they complete the listed tasks.

For instance: We are all aware that corruption has become systemic in our society. The government bureaucracy, the judiciary, the police are all corrupt. In order to get anything accomplished, we resign ourselves to giving a bribe to resolve the situation we are dealing with. Sometimes even that does not work because sometimes crooks will take the money but not deliver. But do we stop to consider what we are being when we give a bribe?

Whether we like to admit it or not, the fact is that the one who gives a bribe is a crook and the one who demands/accepts a bribe is also a crook **AND OF THE TWO**, the one who gives the bribe is the greater crook because if he/she did not give the bribe the lesser crook would be unable to commit the crime.

We may be in business or be professionals such as accountants, advocates, architects, engineers etc. and can reasonably argue that paying a bribe is part of the cost of keeping the economy moving and a necessary evil. Besides, it is not our responsibility to clean up the corrupt system. Moreover, what can one person do? This is a fair question and to answer it, we need to put it in the proper context.

To do so, we have to answer another question which is: What is the goal of your life? Do you wish to experience Truth or live a life of illusion and try to amass wealth none of which belongs to you and which you cannot take with you when you leave the physical dimension?

When we give a bribe, we become part of the problem and perpetuate the corrupt system. If you are interested in experiencing Truth, then it should be obvious that you will be unable to experience Truth if you live a life of untruth. We claim to worship High Beings like Zarathustra, Ram, Krishna, the Prophets of Israel which includes Jesus Christ, Buddha, Mohammad, Guru Nanak who gave up everything and challenged the status quo in order to live a life of Truth.

### **All changes begin with oneself.**

Even though he may not have used those exact words, it is recorded that Mahatma Gandhi said, "Be the change that you wish to see in the world." And when he was thrown out of a first class compartment of a train in South Africa, he decided that he wanted to change that discriminatory policy which was in vogue. The fact that the British Empire was at its zenith did not deter him or weaken his resolve.

Zarathustra taught that we should live a life based upon Good Thoughts, Good Words and Good Deeds. Buddha stated, "You are what you think and have become what you thought."

### **Many/most people do not realize the depth of the three principles taught by Zarathustra and/or Buddha's statement.**

It may not be popularly known, but thoughts can change the genes in chromosomes of cells and are the very tools through which evolutionary changes occur. This is very well documented in the different characteristics developed by Darwin's Finches which are a group of about 18 species of passerine birds that developed different beaks that enabled them to feed on the type of seeds that are available on the different Galapagos islands they inhabit.

When a particular species dwells on specific thoughts over several generations, their physical characteristics change in keeping with the thoughts they were attached to. Thus prey species as well as predators have developed remarkable characteristics that enable them to blend into the environment. Many species of insects are so well camouflaged that they are hard to see in their natural habitat unless they move. The stick insect and the orchid mantis also known as the walking flower mantis are good examples of camouflaged insects. It is not by coincidence that tigers have stripes and leopards have spots whereas lions that live in the open grasslands of the African savannah have tawny coats that enable them to blend into their environment and creep closer to their prey while hunting.

Evolutionary and behavioural changes resulting from thoughts occur more quickly in simpler life forms. They do occur in more complex life forms as well, but it takes several generations for such physical changes to occur. This fact is supported by the experiments done in Russia with wild grey foxes. Wild grey foxes were selectively bred for tameness.

This is part of a long term experiment led by geneticist Dmitry Belyaev where foxes were selectively bred for reduced fear of humans. By generation 15, the level of stress hormones of the foxes bred for domestication were half that of their wild cousins. The wild foxes that were selectively bred for tameness and passive characteristics have not only changed their behaviour but as a result of their altered thought and emotional patterns even the color of their coats and other physical traits have changed.

You can only become who you are and your thoughts reflect who you are. Therefore, in your own interest, you need to focus on who you are being. Hence the injunction

**"BE SO ERE YE DO."**

This is very much in keeping with the fact that creation itself began with the Divine Thought: "To Be." And creation is still in the process of becoming.



## # 19 - SOME SPIRITUAL THOUGHTS: THE GIFT OF LIFE

Tuesday, June 10, 2025

### **THE GIFT OF LIFE**

You are probably aware that gifts are generally enclosed in a package and when they are removed from the package, the package is discarded. It is the gift that is important and not the package, no matter how beautiful it may be.

Moreover, if we observe further, almost everything of value is stored inside some container which could be a safe, cupboard or some other protective casing and is also generally insured. Further everything of value is also within some containers. Thus, for instance, knowledge in a book is inside the pages of a book and unless the information is transferred from inside the book to within your mind, that knowledge will remain unavailable to you. Likewise, food is inside a vessel which itself may be kept in a refrigerator and you will be nourished by it only when it is transferred from the vessel in which it is into your body. Cash in a bank is stored in a vault and personal valuables in a safe deposit box and precious minerals are also within the earth. So, we can frame the above observation in terms of the following principle:

**“Everything of value is stored within a medium through which it is delivered.”**

Life itself is a gift and like all gifts it is within the package in which it has been delivered and like all gifts, when it has been received, the package is eventually discarded.

If you think deeply, you will soon realize that the physical human personality with which you identify is merely the package through which the gift of life, the spiritual life principle commonly called ‘soul’ ‘atman’ or rooh is functioning. Once the gift of life leaves the package, then like all packages it is discarded and recycled. Thus, to experience life, you need to go open the package that is the human personality and go within it.

### **Why?**

Because all events in life are experienced within the human personality, the package, with which you identify and more specifically your mind. For instance:

- **When you breathe, the breath goes within you.**
- **When you eat, the food goes within you.**
- **When you think, the thought arises within you.**
- **When you listen, the sound is experienced within you.**
- **When you speak, the sound arises within you etc.**

So to receive the gift of life and experience yourself, you need to go within. However, that is not as easy as entering a room through a door. This is because to go within yourself, you need to get past all the thoughts that your human mind is full of.

Nevertheless, if you will diligently follow the right spiritual principles, slowly but surely, one step at a time and one step in time, your mind will become unified, purified and ultimately emptied of all the superficial thoughts and you will begin to get some insights into your true nature and eventually you with the help of a spiritual Master will realize yourself.

Till such time as you realize the gift of life, It will be repackaged in different human personalities until you eventually learn that the human mind and personality with which you identify are merely the package within which the gift of life is presented and that your true nature is divine.

## **# 20 - SOME SPIRITUAL THOUGHTS - THE IMPORTANCE OF RADIATIONS**

### **Monday, June 16, 2025**

#### **THE IMPORTANCE OF RADIATIONS**

There are many radiations that we are exposed to which we are totally oblivious of because they are beyond the range of the five physical senses through which we perceive the physical universe. For instance, we cannot perceive x-rays, gamma rays or the radiation emitted by mobile phones even though they go right through us. Yet, we know that they exist and can be useful but also adversely affect our health. We are also exposed to the electro-magnetic field of the earth and radiation from naturally occurring radioactive minerals such as uranium and thorium when the rocks they are embedded in are close to the surface of the earth.

Although all of the above radiation affects us, none affect us as much as our own thoughts. Why?

Because they are within us and anything that is within us affects us much more than anything that is outside us. You may have noticed that nothing troubles you more than your own thoughts. What others say and do does not affect you. How you respond to them is what affects you.

Therefore, it will be useful to understand the nature of your thoughts, their origins and why they rise and fall as well as circulate within your mind?

Thoughts are radiations that emanate from our minds. They arise in our mind and they are the tools with which we can create. It is interesting to note that generally we receive thoughts about subjects/objects/individuals to which we are attached. Very rarely do we receive thoughts about topics that do not interest us. Besides arising in our minds, we also receive thoughts from outside.

Like all phenomena, thoughts have certain characteristics some of which are:

- **They hover around the mind that creates them as opposed to a fleeting thought that one may receive.**
- **When you repeatedly think the same thought, it gets more powerful and also replicated.**
- **Thoughts have different vibrations and exist at different levels of consciousness. Thus; gross thoughts exist at lower levels of consciousness and do not enter a refined mind that is functioning at a higher level of consciousness. For example, the thought of stealing will neither arise in the mind of a pious person nor enter into it from outside but such a**

**thought will arise in the mind of a thief and be readily accepted when suggested.**

- **Thoughts of the same vibration will enter a receptive mind when there is an opening in the mind.**
- **Just as there are currents of air and water at various levels, likewise there are currents of thoughts at various levels within what can be termed the Ocean of Consciousness.**
- **Because they are radiations, thoughts can be destructive as well as constructive. They can hurt or heal us physically, mentally as well as emotionally.**
- **Within the same mind, thoughts sink from the wakeful conscious mind unto the subconscious and unconscious planes of the mind and thoughts from the unconscious and subconscious minds rise towards the conscious mind.**
- **Thoughts will control us, if we do not control them.**

You can appreciate the importance of radiations when you consider that all life on earth depends upon invisible radiations from the Sun. The relationship between the Sun and Earth is a reflection of the relationship between the invisible Soul and the human personality through which the Soul manifests in the physical dimension.

For instance, rays of the Sun heat the surface of the earth and the oceans. Along with the hot air, water vapor rises, and cool air comes down. A layer of cloud is formed where the hot air laden with water vapor condenses around particles of dust, sea salt etc. This often happens at fronts where cold and warm masses of moisture laden air meet

There are times when the layer of clouds is so thick that they block the rays of the sun and prevent them from reaching the ground. However, when the rays of the Sun focus on the clouds for a sufficient amount of time, perforations develop in the cloud layer and the rays of the Sun can shine through the perforations. One can say through the perforations, the Sun's rays enlighten and warm the surface of the earth. If for whatever reason, radiations of the Sun stop reaching earth, all life on earth will cease to exist.

This is precisely the relationship between the Soul and the human personality. Radiations from the Soul keeps the human personality alive and cause thoughts to circulate between the conscious/wakeful, subconscious and unconscious planes of the human mind. Where thoughts from the wakeful/conscious mind descending into the subconscious and unconscious minds meet thoughts rising from the subconscious and unconscious planes

of the human mind, a wall of thoughts gets created. This wall of thoughts is called the "conscience."

Just like a thick layer of clouds blocks the purifying, health giving rays of the Sun from nourishing the land, likewise the conscience, which is a wall of our own thoughts, drowns out and prevents the fine subtle vibrations of the Soul from reaching the human mind and enlightening it. However, just like a layer of clouds gets perforated when the rays of the Sun are focused on it, likewise with the help of certain principles, the conscience can be perforated. When that happens, one begins to receive inspirations which are nothing but thoughts emanating from the soul. This generally happens when one reaches the 5<sup>th</sup> of the 7 levels in the wakeful plane of the human mind. As one progresses from the 5<sup>th</sup> to the 6<sup>th</sup> level of the wakeful plane of the human mind, the frequency of inspired thoughts increases to such an extent that one intuitively knows what is right from the spiritual point of view. This is why we call the 5<sup>th</sup> level the level of inspiration and the 6<sup>th</sup> level the level of intuition.

It is the radiations from the Soul that keeps the human personality alive and when the link between the two is severed, the human personality cannot survive or be revived even if it is subjected to the very best medical care.

It is worth noting that all the vital forces that create, sustain and foster life such as principles, consciousness and mind are all imperceptible, invisible phenomena. Likewise radiations which sustain life are all imperceptible and invisible. Only their effects are visible.

## **Email #21 - SOME SPIRITUAL THOUGHTS - RELATIONSHIP BETWEEN THE SOURCE AND RE-SOURCE**

**Wednesday, July 9, 2025**

All aspects of creation has a source. From within Itself the particular Source begins the process of creation. This can be witnessed throughout nature as well as institutions created by human beings. From within themselves, plants produce flowers and fruits. From within themselves, all creatures produce their offspring.

All biological life forms on earth are made up of the Five Elementals, the Panch Mahabhoots in various permutations and combinations and are nourished by them.

Once the Source starts the process of creation it also continues to sustain the process till it is completed and then it proceeds to not only sustain but also foster its creations. A Source has to provide for the needs of its creation. Similarly, a creation has to align itself with the Source. When a creation aligns itself with its Source, it becomes a re-source and when that happens, the two will have a mutually beneficial relationship. If a Source fails to provide for the needs of its creations, the creations will die and conversely, if a creation does not align itself with and further the interests of the Source then it does not become a re-source but in fact becomes anti-Source.

All creations have the potential of becoming a re-source of the Source. But all creations do not become re-sources. In fact some creations become anti-Source.

For instance, an employer creates a job for an employee. The employer is the source of the job. He must provide his employees with a suitable workplace and a livelihood as well. If the employer fails to do that and does not pay the employee, then he is not an employer (source) but a thief. Similarly, if an employee accepts wages but does not perform the work needed, then the employee is not a re-source but a parasite that drains the employer. Parasites abound in nature amongst plants, animals, humans, fish, insects and other lifeforms.

From the above we can see that it is in the interest of the Source to support its re-source, and it is in the interest of the re-source to align itself with the Source and contribute to the well-being of the Source. Such a relationship will create an upward spiral of growth and be mutually beneficial. The reverse would create a downward spiral of destruction.

The fundamental principle that sustains and fosters creation is the principle of circulation. For instance:

- The circulation of bodily fluids is vital to the survival of the body.
- Breathing is a circulation of air between the lungs and the atmosphere. Stop the circulation of air and life ends.
- Communication is a circulation of ideas. If one of the parties involved stops the circulation of ideas by refusing to speak or listen, then the communication stops.

- The circulation of goods and services sourced by capital creates an economy. Stop the circulation of capital and/or goods and services and the economy will die. Consumer spending and capital spending are vital to keep the economy moving.

By its very nature, life is cyclical. The relationship between various sources and their respective creations are cycles within the Journey of Life Eternal which has been summed up by Rev. Dadaji, Dr. Dinshah K. Mehta as follows:

*From the Source unto the Source in keeping with the principles emanating from the Source is the journey of Life Eternal. All else is lifeless existence in Life Eternal.*

The journey of life is a cycle which begins and ends with the Source. The Source of any creation is also the goal of the creation. The basic Principle that enables creation and sustains creation is the Principle of Circulation which facilitates the mutual support between the Source and the re-sources.

• Those creations that follow the Principles emanating from the Source realize their full potential and, in the process, become re-sources and strengthen the Source in a mutually beneficial upward spiral. Those creations that do not follow the Principles emanating from the Source are detrimental to the Source and ultimately to themselves because the Source will become weak and/or die as such creations weaken the Source by draining its vitality.

We can also make the following observation: "Whatever exists lives within its Source." Examples abound.

Fish live in water, the source of fish. Plants are rooted within their source the soil. The source of all things on earth is the earth itself and all things live within the environment provided by the earth which includes the Panch Mahabhootas. The source of all matter is the void we call space and all matter lives within this seeming nothingness that is called Space. Space is all around us and within us. In fact, space is so vital to the existence of matter that we need space even after we are dead.

Based on the above, we can conclude:  
"That which appears to be nothing is the source of everything."

Examples abound.

Space is invisible and is the source and end of all visible and invisible matter. All matter exists, lives within and is supported by Space.

Silence, which can be called no sound, is the source of all sound. Sound emerges from silence, is sustained by silence, then merges back into silence, and is totally surrounded by silence. In fact, were it not for silence, we would be unable to hear sound. To hear sound, we have to become silent, *i.e.*, no sound.

Likewise, light is supposed to be colorless. Yet when we refract colorless light through a prism, we see the seven colors of the rainbow out of which all the colors of the world have emerged. When we merge the seven colors of the rainbow, we once again get colorless light. So that which appears colourless is the source of all color.

Think on that. Is it any wonder then that the mystics call this world of matter, this world of forms, a world of illusion?

Along the same line of thinking one can reason that zero is greater than infinity. Infinity emerges from zero, is supported by zero and merges back into zero. Nothing is the Source of everything. Everything emerges from nothing, is sustained by nothing and merges back into nothing. This cycle repeats itself endlessly throughout creation. Civilizations rise from chaos, grow, decay, die and disappear into oblivion.

So, the Source creates, fosters, and re-creates its creations. It is in the interest of the creations to become a re-source for and of the Source.

But what happens to those creations that choose to not become re-sources and in fact become anti-Sources? Does the Source destroy them?

If those creations which have turned against the Source refuse to realign themselves with the Source, then, in the interest of protecting itself and the rest of creation, the Source will strive to eliminate them. The Source does not actively destroy its creations. The Source continues to sustain and foster all its creations because that is the nature of Source.

Perhaps the following may clarify this concept further.

For every manifestation there is an immediate source, a remote source and an ultimate source. For instance, we could say that the immediate source of a tree could be the seed from which it sprouted, or the tree which produced the seed. The remote cause may be the soil or earth or even space, depending upon how deeply we wish to think.

But what are the source of space and the Source of the source of space? That is what would be the ultimate Source of all manifestations. Dr. Mehta called this the "Source of all sources."

One can get some idea of how the "Source of all sources" nurtures its creations by observing how nature supports her creations. Nature does not destroy. Nature always plays a supporting role and surrenders her bounty to her creations. Even though we pollute our own bodies through smoking or poor dietary habits, Nature does not punish us. Through the various systems within our bodies, the body strives to eliminate the toxins we may ingest or which may arise from the metabolic processes through natural processes. If we pollute the soil, water and air with toxic chemicals, again we are not struck down. Nature will strive to clean up after us. No matter how destructive our behaviour is, Nature will adjust and continue to maintain a balance.



But when we continue to pollute the environment at a rate, which is faster than what the natural processes can recycle and absorb, then we begin to suffer because our bodies can no longer live in the pollution we have created. This happens not because Nature has decided to punish us but because our bodies cannot adapt to the unbalanced state caused by our own activities.

Paraphrasing the words of Chief Joseph Seattle, if we continue to contaminate our bed, one night we will suffocate in our own waste.

Now let us examine the second part of the quotation:

*All else is lifeless existence in Life Eternal.*

The following analogy may clarify this statement.

A seed or a spore is *alive*, but it does not *live*. It merely *exists* and lies dormant until it lands in the proper environment. A plant is alive *and* lives: it grows and reproduces itself as long as it remains connected to its source, the soil.

In order for a seed to begin to live, it must establish contact with its Source the soil and, given the right conditions, as a natural consequence of the contact, the life principle within the seed becomes actualized and the kernel within the seed begins to grow. As a result of internal growth and not external force, the shell breaks open and out come the root and the shoot.

No external force is necessary for the growth to occur. Only continuous contact with and mutual exchange of matter with the Source are needed for the seed to begin its life and the soil to sustain and foster it so that it fulfills its purpose as a plant.

If the seed did not come in contact with (and surrender to) its source what would happen to it? A seed that does not get established in its source would continue to remain dormant for years, decades and perhaps centuries—but not forever. Ultimately with the passage of time, the seed will lose its vitality and die. The matter that formed the seed would decompose and be reabsorbed by its Source, the soil.

And what would happen to the Source? Nothing happens to the Source. It continues to remain as a Source and creates other potential re-sources.

The Source of all sources is limitless. This is reflected in all.

For instance, *something* has a limit, but *nothing* is limitless. Silence, which is no-sound, is limitless. Sound has a limit. Sound is limited by silence, resonates within silence and is totally surrounded by silence.

Space as we think of it is limitless as far as we are concerned. The galaxies, however large, are not. The point here is that all re-sources have a limit, are contained by, and exist within their respective Source.

Therefore, it is in the interest of a re-source to surrender to the larger interest of the Source and align itself with the Source.

For a time, one may *exist* in one's Source. But in order to *live* and grow to realize one's full potential, one has to *surrender* to one's Source and remain in continuous contact with it through the Principle of mutual surrender which is facilitated by the principle of circulation.

And as has already been pointed out several times, if we ponder on the subject, we will realize that in reality all creations are only channels of their respective Sources and are sustained by the Source that continuously pours itself into them and absorbs their excretions. Just as an embryo within the womb of the mother is continuously carried and nourished by the mother, all creations are continuously carried and nourished by their respective Sources, within which they are created and live out their existence. Fish live within the waters of the earth and are nourished by them. The earth continuously feeds plants, and mammals are continuously supported by the air, water, food, sunlight and space that flow through them. By themselves, creations have no power to sustain themselves. Creations derive their sustenance *only* by remaining in contact with and being channels of the Source. If this contact is broken, they will die unless they can find an alternative Source.

This same relationship also exists in the world of business: for example, between an employee and employer. Employees are after all only channels through which the employer conducts business, and so long as the relationship between the employee and employer endures, the employer will continue to sustain the employee. If the relationship ends, the employee has to find another source of livelihood.

The question arises: Where is one's Source? The Source of our physical body is the earth. But the Source of our Life, the Spirit that lives through this body, is beyond the physical realm. And unless the body is in touch with that Source, it cannot remain alive. Once the spirit leaves the body, then matter cannot keep the body alive. Where is the Spirit that keeps our body alive, and where is the Source of the Spirit?

The answer: It is within oneself and all around as well. But because we experience everything within our consciousness, the only place we can hope to experience our Source is also within ourselves. What is the proof of that?

- When you speak; the sound arises *within you*.
- • When you think, the thoughts arise *within you*.
- • When you hear, you experience the sound *within you*.
- • When you breathe, the breath *goes within you*.
- When you eat the food goes within you etc.

In fact, everything we perceive and experience moves *within* our consciousness. This is one reason why the sage Vashistha, counseled the young prince Rama as follows:

"Be at peace within, with a steady mind. Let there be no sorrow in your mind. Rest in the inner silence. Remain alone, without self-willed thoughts. Be brave, having conquered the mind and the senses. Be desireless, content with what comes unsought. Live effortlessly, without grabbing or giving up anything. Be free from all mental perversions and from the blinding taint of illusion. Rest content in your own self. Thus, be free from all distress. Remain in an expansive state in the self, like the full ocean. Rejoice in the self by the self, like the blissful rays of the full moon.

O Rama, he who knows that all the activities merely happen because of the mere existence of consciousness--even as a crystal reflects the objects around it without intending to do so -- is liberated."

**Below is Yogi Vashstha's advice expressed in language used by The Society of Servants of God:**

In order to clarify the advice, given by Yogi Vashishtha to Prince Rama, in terms of the teachings revealed through Dr. Dinshah K. Mehta, the language used in Master Vashistha's advice has been rephrased below in (**parenthesis**):

"Be at peace within, with a steady mind. (**Be calm and remain focused**). Let there be no sorrow in your mind. (**Do not regret the past**) Rest in the inner silence. (**Calm your turbulent mind**) Remain alone, without self-willed thoughts. (**Shun the company of fools and 'Do not plan but fit into the Divine Plan that already is.'**) Be brave, having conquered the mind and the senses. (**When you conquer your mind and senses, you will become fearless**). Be desireless, content with what comes unsought. (**Deserve. don't desire. You will get only what you deserve. So do not waste your time striving to fulfill your desires**). Live effortlessly, without grabbing or giving up anything. (**Appreciate what you receive and don't seek what is not meant for you.**) Be free from all mental perversions and from the blinding taint of illusion. (**Control your senses and do not be blinded by the illusory world created by them.**) Rest content in your own self. Thus, be free from all distress. Remain in an expansive state in the self, like the full ocean. Rejoice in the self by the self, like the blissful rays of the full moon. (**Empty your mind of everything that you are not, so that you can experience your true self and then you can rejoice in the radiations emanated by the self.**)

O Rama, he who knows that all the activities merely happen because of the mere existence of consciousness--even as a crystal reflects the objects around it without intending to do so-- is liberated." (**Without Consciousness, we are not aware of anything. It is only when the mind is energized by consciousness that we become aware of all that is happening within and around us. This knowledge will liberate you.**)

Much Love, Light and Peace unto you.  
Bahram Rashid Shahmardaan

**Email #22 and last in this series of SOME SPIRITUAL THOUGHTS –  
THE PARADOX OF THE HUMAN EGO**

**Saturday, July 26, 2025**

In order to propagate itself, a tree produces a fruit from within itself. Within the fruit a seed develops that contains the genetic code of the tree. The fruit and the seed are part of the creative process through which the tree reproduces itself.

What is important to note is that seeds in immature fruits are also immature and thus unable to grow to be trees. This is due to the fact that in immature seeds, neither the shell nor the kernel which is the life bearing material within the shell have developed fully and stabilized.

However, seeds in a mature fruit are fully developed and under the right circumstances can grow to become replicas of the parent plant. What is important to note is that:

- The shell of fully developed seeds is generally hard. This is necessary to protect the kernel that is encased within it.
- Although the hardshell of a seed protects the kernel from being damaged, it is also imprisoning the kernel within it and preventing it from growing. In a sense the shell of a seed is both protecting the kernel and also imprisoning it.
- So, although the shell plays an essential role in the development of the kernel and the creative process of the plant, the paradox is that it ends up being a barrier that needs to be overcome.
- This is because although the shell and the kernel are two necessary units of a seed, the shell is lifeless and while it is protecting the integrity of the kernel, it cannot contribute to the growth of the kernel and must be discarded.
- In order for the kernel to grow to fulfill the purpose of its being, it has to break free from the protective prison which the shell becomes.
- On its own, the kernel can never break through the shell because the life principle within it is dormant.
- As long as the kernel is trapped within the shell, it will remain alive but dormant. It will be incapable of living and growing. The life principle within the kernel of seeds have been known to remain vital in a dormant state for several thousand years.
- In order for the kernel to begin to live and grow, the life principle within it has to become actualized.
- For the Life Principle within the kernel to be stimulated and become actualized in order to realize its full potential and fulfill the purpose for which it was created, the seed has to establish contact with its source and become and remain a channel of its source throughout its lifecycle.
- This is only possible when the seed enters into a relationship of mutual surrender with its remote source, the Panch Mahabhootas, the Five Elementals.
- Through its seeds a plant can replicate itself but not duplicate itself. This is true of all lifeforms. So although the offspring of a particular species of microcellular

- organisms, plants, insects, animals, birds, fish etc. are similar, they are not identical to the parents who are the immediate source of the particular lifeform,
- The shell of a seed generally has two halves which are fused together to create a protective seal.

Within tilled soil all the Five Elementals, the Panch Mahabhootas are present. Space, heat/light, air, water and earth earthy are all available to nurture the seed. What is interesting though is that when a seed lands in the tilled soil, to begin with, the source cannot nourish the kernel. Why? Because the shell is shut tight and is impregnable.

However, mere contact with the source "awakens" the life principle within the seed and the stimulated life principle becomes actualized and begins to circulate within the kernel which then starts to grow. As a result of the internal growth of the kernel and not external force, the shell splits open and up goes the shoot and down grows the root. The seed is no longer just alive. It has begun to live and has been transformed into a sapling. What is important to note here is that all stimuli can be external, all growth and experiences are registered internally within the lifeform.

Now at this point the relationship between the sapling and its remote source become interesting.

- The source immediately yields to the demands of the sapling.
- The sapling in turn becomes a channel through which flow the nutrients provided by the Panch Mahabhootas.
- Because it becomes a channel of the source within which it is routed, the sapling gets nourished, the two aspects of the sapling, the root and the shoot grow in opposite directions.
- The root grows deeper within its source the soil and anchors the sapling in its source. This continuous contact with the source is vital for its survival.
- The shoot of the sapling grows towards the Sun which is the source of earth itself and disperses the nutrients it receives from the earth, to its surroundings through the principle of circulation, thus enriching the source.
- In order to begin to live and grow, the sapling must become a channel of the source. If for some reason the sapling stops being a channel of the source, it will die.

Thus, once the seed grows to become a sapling it is most essential to remain rooted in its source in order to continue to live, thrive and fulfill the purpose for which it was created.

The relationship between the seed and its source, the Panch Mahabhootas is a reflection of the relationship between human beings and the Divine Creator Principle which is the source of all creation.

When a child is born, its human mind is in the process of developing. At birth, the child has no self-identity. It does not know who it is nor where it is. So to begin with, the child identifies with its mother and/or whoever is/are nursing and nurturing it.

Over a period of time the human mind of the child creates a self-identity by the associations it makes with its surrounding and the people who interact with it.

The human mind of the child needs to create this self-identity in order to differentiate itself from others and relate to them as a separate and unique individual. Because it does not know who or what it is, as explained in earlier emails, through this process of identifying with everything and everyone it is not, the self-identity called "ego" is created.

Thus, the human identity which is based upon everything that a person is not, is unreal. It is a not-self. Yet in order for the personality of a child to develop and grow into a functioning adult, it is vital for the human mind to create this not-self ego identity. Because the ego is a creation of the human mind, the two are inseparably linked. They are like the two halves of the shell of a seed within which the life bearing material of the seed, the kernel is both protected and entrapped.

In addition to identifying with the unreal not-self, throughout our lives, we fill our human mind with everything from outside. Thus, our human minds are full of everything that we are not. The human mind and ego which are filled with everything that we are not, are superimposed on the real Self, which is generally called the atman or soul or rooh. Thus, the divine spark within us, the soul, atman, rooh is trapped behind the strong combination of the human mind/ego which, just like the shell of a seed, were although necessary for the growth and development of a child, have now become an obstacle for the child to realize its divine nature as an adult.

Thus, human beings are like seeds of the Divine Creator Principle. They are alive but not living. This is because most of us do not know who we are since our minds are full of everything we are not. So, in order for us to begin to live and fulfill the purpose of our being, we need to break free from the self-created prison of the human mind and ego. To accomplish this, we need to empty our minds of everything that we are not.

So, just as a seed needs to establish contact with its source in order for it to begin to live and grow and become a channel of its source, similarly, as seeds of the Divine, we need to establish contact with our source and become channels of the source to begin to live and grow as intended by the Divine. Then, as certainly as a seed which surrenders to its source grows into a sapling and becomes a channel of its source, we too shall become channels of the Divine and grow to realize our full potential and fulfill our purpose of being.

**But the source of our invisible atman is also invisible.**

This then begs the questions:

- How can we establish contact with an invisible source?
- Where and how do we begin?

To establish contact with our invisible source, we have to use the invisible aspects of our human personality. The invisible aspects of our human personality are our mind, thoughts and consciousness. As discussed in an earlier email, it is only when our invisible mind is energized by invisible consciousness that we become aware of the environment we are in and can receive invisible thoughts which we can express in words and deeds.

Where is our source? It is all around us and within us. But just like a person who is physically blind cannot experience the phenomenon of colour even if he/she is surrounded by it, likewise we are unable to experience our source because we have been rendered spiritually blind by the superimposition of the human mind/ego phenomena.

To experience the phenomenon of color, we need to be able to experience it within our consciousness. When we do so, we will see that we are surrounded by colour. Blind people cannot do that. Likewise, we need to first experience our soul, which is the aspect of the source within us and when we will grow to do so, we will be able to witness the presence of the source outside us everywhere.

To establish contact with and experience our invisible atman, we need to surrender to the source of our Atman. To surrender to the invisible Creative Source, we need to use the invisible aspects of our human personality to live a life based upon invisible principles which are universal, and which have emanated and are emanating eternally from the Creator principle commonly called God.

To enable human beings to surrender to and establish contact with the Divine, three sets of spiritual principles have been revealed by God through Rev. Dadaji, Dr. Dinshaw K. Mehta and are offered as a gift to humanity through "The Society of Servants of God." The three sets of spiritual principles are:

- The Seven Principles of Right Surrender
- The Seven Principles of Karma Yoga
- The Seven Principles of receiving God Guidance through Force of Circumstances.

It is impractical to explain through emails how to practice these principles. Those who wish to learn how to live a life based upon these principles should, to begin with, attend a three day retreat at the Dr. Dinshaw K. Mehta Spiritual Center which is located in the state of Maharashtra and can be found on Google Maps.

Those who come will be provided a comfortable bed, free food and free instructions. All serious seekers are welcome.

Much Love, Light and Peace to all of you

Bahram R. Shahmardaan