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THE PSYCHOLOGY OF THE MIND

SHYAM MEHTA

How does your mind work?
Where are you headed?

The Psychology of the Mind

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The Psychology of the Mind

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PREFACE

This is not a book about increasing your skills at passing tests. I leave that to Virginia Polytechnic Institute and State University:

- Time Management Strategies for Improving Academic Performance
- Seven Strategies for Improving Test Performance

The best place in the world if you are an American and want to pass tests is Ukraine. Clue: it does not depend on whether you speak Russian or not. Nor whether you are good at football.

What are the different factors leading to the problems we see in the world today? They are as follows:

- Children are not brought up . they are left to their own devices
- Everyone is pressured, busy
- You think about the same thing over and over again
- Not being brought up properly, bad habits set in (going to parties, lying, drinking,..)
- Under pressure, your emotions are frayed
- Your thought process is disturbed, you lose clarity
- You have no clear objectives in life (90 percent of the population)
- The brain is under constant bombardment with noise (music, telephone,..)
- You cannot sleep properly (90 percent of the population)
- You get more distressed
- The brain with disturbed sleep gets mental disease
- Mental disease leads ultimately to physical disability

- You have earned some money but have not achieved anything that you, the self, are truly happy with by the time you die.

What is the single fundamental factor leading to all of this?

- Lack of desire to help your fellow man.

What are the problems in the world that most of us cannot see?

- Mental disease
- Selfishness, pride

Today, we are fortunate. We have plenty of oil for cars, water, food and so forth. In this

Environment, mental disease does not show up. People are focused on earning money and mind their own business.

But, in the next years, when the oil runs out, when the weather changes as the polar caps melt, the impact of widespread mental disease throughout the population of the whole world will become readily apparent.

A hungry man with a gun and a deranged mind is not one to cross.

This time is happening, in my view, sooner than you think.

To start thinking about these issues, you first need to understand your self.

Shyam Mehta

The Loving Heart Centre

www.lovingheartcentre.net

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CONTENTS

INTRODUCTION	07
CHAPTER 1: MODERN PSYCHIATRY AND PSYCHOLOGY	10
CHAPTER 2: PSYCHOLOGY	11
CHAPTER 3: YOU	14
CHAPTER 4: MATTER (PRAKRITI)	20
CHAPTER 5: YOUR BOSS, THE SOUL	23
CHAPTER 6: PHILOSOPHY	27
CHAPTER 7: THE SCIENCE OF INDIVIDUAL BEHAVIOUR	30
CHAPTER 8: EVOLUTION	36
CHAPTER 9: HUMAN CHARACTERISTICS	40
CHAPTER 10: SEXUAL ACTIVITY	43
CHAPTER 11: HUMAN INTERACTION	46
CHAPTER 12: EMOTIONS	50
CHAPTER 13: LOVE	55
CHAPTER 14: YOUR SPOUSE	60
CHAPTER 15: YOUR MIND	61
CHAPTER 16: WHAT THOUGHTS ENTER THE MIND?	77
CHAPTER 17: WHY MODERN TECHNOLOGY IS BETTER THAN YOU	79
CHAPTER 18: NATURAL LIVING	83
CHAPTER 19: MEMORY	87
CHAPTER 20: DREAM STATE	88
CHAPTER 21: DREAMLESS SLEEP	95
CHAPTER 22: IMAGINATION	98
CHAPTER 23: MENTAL DISORDER	100
CHAPTER 24: KINDNESS AND EVIL	104
CHAPTER 25: TENSION	105

CHAPTER 26: INFLUENCES ON YOUR MIND	107
CHAPTER 27: MOTIVATION	109
CHAPTER 28: SOCIETY	112
CHAPTER 29: FEAR	114
CHAPTER 30: YOUR HEART	117
CHAPTER 31: PATIENCE	120
CHAPTER 32: PEACEFULNESS	121
CHAPTER 33: THE LAW OF KARMA	122
CHAPTER 34: FRIENDSHIP	128
CHAPTER 35: HUMAN DISCORD	132
CHAPTER 36: BUSINESS PLANNING	134
CHAPTER 37: DEATH	136
CHAPTER 38: OPTIMISM	139
APPENDIX: HUMANOLOGY	145
AUTHOR WORKS	166

INTRODUCTION

You may think that it is only the environment, schooling, marriage and whole world that are going wrong. You are wrong. The mind itself, the self itself, is going wrong.

Ask your bank (two different well known English banks) to do something complicated. As I have done. Ask them to send some money by bank transfer to another bank. Here are my experiences on two recent transfers:

- They misfile your request
- They find your request
- They forget to tell you that they found your request
- They forget about your request
- You send your request again
- They send the money twice, to the wrong bank
- You phone them up and they say you gave them the wrong information
- You say please could you send me the instructions you sent
- After some effort, some telephone calls, you finally manage to get their name and email
- You send them the fax number for them to send you their wrong instructions
- They send the fax to your mobile telephone number
- It is no use asking for apologies, you may need the same staff to do the same thing for you all over again. You cannot risk annoying them
- When they say they will do something, it means that they might say you ask them again, a week later. You cannot ask them straightaway in case you annoy them

- you ask for the fax to be sent again, one or two days later and you keep your fingers crossed.

Dealing with anyone these days is going to involve you in a great deal of effort. A simple thing will take you for example two weeks, when all that it needs is one minute of work on their part.

Of course, you need to remember that just getting the money out of one bank is only half the story. Will the receiving bank deposit it into your account? In order not to bore the reader I will explain why this can take 2 weeks, and much expense, another day.

97 percent of e-mails are never answered. You telephone someone and they are not there.

You leave a message and they do not return your call. You have to send 30 times the number of emails just so that one email is answered.

What I am saying is that the modern world is slowly grinding to a halt. Even twenty years ago, a business received a letter and typically answered it. Now, 97 percent of letters are not answered.

In another 10 or twenty years, 99.99 percent of emails and letters will not be answered.

Instead of a simple bank transfer taking two weeks, it will take two years. Most people will have torn their hair out during the process of extracting their money and putting it where they want it. This is because, for most people, money is important. But even more than that nobody wants to be dealing with the same person two years later about something as trivial as this.

In this book, I talk about what is the self, what is the mind, what are their various functions, and what is going wrong in the world.

I dedicate this book to the One I love.

CHAPTER 1: MODERN PSYCHIATRY AND PSYCHOLOGY

You should form your own view. The best way of doing that is, before you go for external help, to search the internet under the subject you wish to be treated for. One psychiatrist will say this and another will say that. His experience, and the books he has read will be based on answers give by human beings. The problem with this is that truth is in short supply. Answers given in 75% of cases are not true. According to Indian traditional wisdom, we live in Kali Yug and 75% of all truth and goodness has disappeared in the world. Even if someone does not consciously lie he or she typically does not know the real answers to complicated questions like .are you in love. and all the other questions that you may be asked by a psychologist. Hence 50% of answers will be false, on average. But, the closer and more important a thing is to you the more jealously will you guard it.

For this reason, the true answer is that about 75% of answers are not true. You need to have some understanding of statistics to verify this, but you can ask any statistician for confirmation.

Consequently, no statistical testing can be relied upon in this area. Any .science. which relies on asking people personal questions is a fiction.

People are being fooled into thinking that because the words psychiatry psychology and psychiatrists and so forth exist there must be some science behind them.

CHAPTER 2: PSYCHOLOGY

Lack of contact with God leads to avidya. Avidya means lack of knowledge of divinity.

The primary affliction impacting the self is avidya. It is the job of the parents to give the self knowledge of right and wrong so that the subsequent four of the five afflictions referred to in yoga philosophy do not arise. But, supposing that this does not happen, the second affliction arises. Following this, the third affliction arises, and so forth.

In its early years, the self lacks religious knowledge: the difference between right and wrong. This is the primary job of parents, to teach, mainly by example. It knows that it exists and hence develops a sense of 'I'ness: the second affliction. Really, this sense is a sense of separateness, of being alone.

Being alone, it is sad. The self has a will to know and a will to experience. Not knowing what else to do, it sets about satisfying these two objectives. In this way it hopes to get happiness.

Not having been given knowledge by its parents, it gets caught up in the day-to-day activities of the mind.

Its will to know prompts it to ask questions which appear in the mind as silent sound. God answers these questions also with silent sound: thoughts.

God replies firstly with what is good and secondly with what is consistent with the likes and dislikes of the self. One of these two replies is heard by

the mind. Its sense of I ness, a form of pride, prevent it from hearing the first.

Its will to experience is expressed through the five energies, sexual, physical, emotional, love and spiritual.

It experiences some happiness. It gets some knowledge from this and believes it to be true when it is not.

It is then prompted to seek out more happiness. Worldly happiness creates desire and attachment, the third of the five afflictions of the mind. Since the desire and attachment are not founded in divinity, things go wrong.

For example, the body may be in pain. This means that your body is not well and is in the process of healing. It indicates to you that you need to be careful. This indication is given to the mind in the form of a sensation of pain. The self becomes unhappy.

A chain of actions to remedy the feeling of sadness takes place. Your self asks a question, what should I do? Lacking contact with divinity, the self develops aversion for the circumstances which gave rise to its sadness. Aversion is the fourth affliction impacting man according to yoga science.

Desires and attachments and aversions are filed in its memory banks, and surface as second silent thoughts as input to the mind in the course of life.

The fifth affliction is attachment to life and fear of death. Attachment to life arises from the third affliction, desire and attachment. Fear of death arises from the fourth affliction, aversion. The self likes happiness and dislikes sadness. It knows that if it does not have happiness it will be sad. It wants happiness to continue. The self knows that death is painful. It

dislikes pain. Hence all of us have a powerful attachment to life and a powerful aversion to death.

All afflictions disappear in the presence of God.

CHAPTER 3: YOU

Mankind is made up of

- a self, that is you (you are that important)
- a mind, a calculating device that takes in data, analyzes it and gives you recommendations of what you should do
- five sense organs (ears, skin, eyes, tongue and nose)
- five organs of expulsion (tongue for talking, nose for breathing, eyes for crying, and the two excretory organs)
- four limbs (arms, legs, trunk and head)

God

In this world, God is in charge. When you want to do something or have something happen that you are directly in charge of, he mostly says OK. If your mind is capable of thinking and you the self want it to think, God mostly says OK mind, please think.. If He does not want your mind to think then it will not think. Similarly with your other organs.

In terms of your unconscious activities, (breathing, digesting, growing up, walking, etc.) these are done perfectly according to your needs.

This is because you are not involved. Other things you are free to say ‘I want to wave my hand’.

God takes over and once He has said ok, calculates the enormously complicated trajectory, force, etc needed for this to happen perfectly. The process is performed perfectly, it is just the result that is an issue. Some

things you only do consciously, like eating, and God says ‘ok go ahead do it yourself then’ and then things go wrong.

What do you do?

- listen
- experience
- decide

Whom do you listen to?

- God (maybe)
- other people (maybe)
- your spouse (maybe)
- the world about you (maybe)
- the output from your mind (maybe)

What do you experience?

Input from the five sense organs - the ears, skin, eyes, tongue and nose:

- in the course of listening, you also experience the sound. Your ears are not just the small flaps by the side of your head. They provide sensory input direct to your self.
- the skin is the next most important sensory organ. It provides you for example with the capability to enjoy sexual stimulation. The energy created from the heat generated gives you creative energy to think new things. It feeds directly to your self.
- your eyes give your self sight of what is happening in the world about you, to help you decide right from wrong or whatever it is that you wish to achieve in your life.

- your tongue enables you to taste things and helps you to realize what is good food for you and what is not. Tasty food is essential for your body, for your mind, for your organs.
- breathing through your nose provides your self with the energy it needs to function (pranic energy, known as the life force, as well as oxygen).

Decisions

You, the self, has the various inputs set out above - what people and your mind tell you, and your various sensory ongoing experiences. Then God decides.

Possessions

The self also has possessions:

- memories
- preferences
- desires, and
- tendencies.

Over time, it places different weights on each of the people it listens to, on the various types of experiences and its various possessions.

It listens and learns. It experiences and learns. It gains various possessions over time.

Properties

The self has and develops, or can have and can develop:

- consciousness
- goodness
- knowledge
- Love.

What is the self?

It is the conscious living entity inside you that listens, experiences and decides. And then does what its boss tells it.

Happiness

Here is the best way of looking at your key choice in life:

Your Boss:	God	Self	Spouse	Others	Mind
God will be:	Happy	Unhappy	Unhappy	Unhappy	Unhappy
Self will be:	Unhappy	Unhappy	Unhappy	Unhappy	Unhappy
Spouse will be:	Unhappy	Unhappy	Happy	Unhappy	Unhappy
Friends will be:	Unhappy	Unhappy	Unhappy	Unhappy	Unhappy

Although I say that your spouse will be happy if you allow him or her to be your boss, this of course is only in relation to you. In practice any spouse who aims at being boss is going to be deeply unhappy, because it will be his or her mind that is in charge. He or she is a calculating machine. Which calculator have you ever seen that is happy?

There may be a pretense. You may get an email from him/her (does it matter which?) saying ‘I am happy’. Mostly, nowadays, it will have a smile on it, to prove that the smile is not artificial.

So, anyway, if you want to make one person in the world happy, there is only one choice.

Between your spouse and God.

What God does for you

All experiences that you have are given to you by God to help you decide whether you want to come closer to Him or not. In this area He gives you free choice. And then He decides.

Being busy

Most people these days keep themselves very busy. If you are each day progressing in your life this is good. But, one gets into a rut. Once a week you need to sit down and go through in your mind all the things that you should be doing so that you do not forget to do important things.

Then, forget about these, put them out of your mind for a while. Instead think of what different things you could be doing and would like to do. Preferably, something very different. Painting if you are working in an office all day. Or dance classes. Preferably something creative. Something that you have not done before or at least not done for a long time. Put this on your 'to do' list and action it.

In life, you need a mix of creative things, routine things, something for the mind (analytical, thinking work), something for your body (walking, some exercise), something for your sex life, something for soothing your emotions, good company (male and female), a family life and also you need to be doing something for your religious progress.

In this way you will be productively busy. Productive for your self.

Progressing in your life

You just need to sit down one day and say to yourself "I want to help society or to help people in some way. I am not sure how, but I hope it will happen".

If you really mean it, then it will. If he wishes.

CHAPTER 4: MATTER (PRAKRITI)

Prakriti (matter) is:

- The manifest power of God, with intelligence (buddhi). It includes e.g. ego and mind
- Prakriti exists for and evolves to serve the self, by being animated or directed by God
- Every aspect of matter (thoughts, the stars, pop music,...) is to help selves gain wisdom
- and experience

The whole world, including your body and mind, is made up of 3 fundamental principles, gunas:

- Satva: vibration, light; born of purity, conducive of happiness
- Rajas: motion; born of desire, binds by attachment to works
- Tamas: inertia, darkness; born of ignorance and conducive of obscurity, negligence and sleep

For example:

- Atoms consist of vibration, motion and inertial energy (satva, rajas and tamas), in different proportions
- Thoughts may be peaceful, energetic or dull
- Actions, karma, may be good, mixed or bad

There are 16 perceptible forms of matter:

- The 5 gross elements

- The 11 organs: the 5 organs of perception and the 5 organs of action, and the 11th sense organ, the mind

Satva, rajas and tamas are ever evolving, with one predominant at any time in every substance, and in man depending on one's food intake and previous karma, knowledge and experiences.

These five "gross" elements of Indian science combine to form the 108 "gross" elements of Western science that you learnt at school, in chemistry lessons. Physicists talk about energy and will no doubt ultimately learn about the three fundamentals of sattva, rajas and tamas.

Satva illuminates, on account of its purity

- Satva is the cause of health and absence of disease
- It binds the self by causing attachment to happiness, knowledge and pleasure
- Liberation (salvation), moksha, arises from cultivating satva: by eating satvic food, following ethical principles and performing works only for God
- However, ultimately, one transcends the 3 gunas

The nature of rajas is passion: it causes sexual desire: yearning between man and woman

- It also causes sensuality and attachment
- Passion is born from longing for all sense objects and from longing for union with one's spouse
- It binds the soul through attachment to and constant engagement in actions: where rajas prevails, there is greed, activity, doing work, unrest and longing

Tamas stems from false knowledge

- It deludes all selves - gives them erroneous knowledge, and veils true knowledge
- It is the cause of negligence (inattentiveness, and doing what should not be done) and indolence (tendency to avoid work and duty)
- It causes sleep (where the mind and organs of action and perception stop working due to tiredness).

CHAPTER 5: YOUR BOSS, THE SOUL

According to Indian philosophy, you have a self or soul (atman or purusha).

According to Western science, you are a random collection of molecules. This is wrong.

Whether you call yourself "self" or "soul "does not matter.

Anyway, the good news is that your soul does not boss you around.

Many yogis claim to look into their heart and see wonderful things there. In the West the word that one uses for this practice is called 'imagination' or not telling the truth. If you close your eyes and want to see a bright light, and you try hard enough for say 5 minutes, the chances are that you will succeed. It does not matter whether you look into your heart or at your big toe. Try it. If you spend 30 years doing the same thing you will go crazy.

Try it.

The world was created for your development, a journey towards love or away from it.

You exist whether or not there is a world about you, and in the absence of a world, the only sense organ you have is hearing: to do with thoughts.

The main sense organ in relation to the outside world is sight. A man is attracted by the organ of sight to a beautiful woman.

The self is, at any point in time, in one of three states. These are known in India as satvic, rajasic and tamasic. In terms of the self, these three states have the following characteristics:

- satvic - light, cheerful, peaceful
- rajasic - energetic, proud
- tamasic - dull

These are the basic features of the self: it has these three, two or one characteristics predominant at any time.

Different natural experiences (as opposed to, for example, traumatic events) cause you to change from one self state to another. These natural experiences are:

- sleep - appropriate and not excessive sleep causes your self to become satvic. An excess of sleep causes your self to become tamasic
- activity - causes your self to become energetic and proud, rajasic.

If you are feeling dull, tamasic, you need activity. After a full, active, day, you need sleep to refresh you and again make your self satvic.

Your self is impacted by the state of your seven energy spheres: sexual, physical, emotional, love, mental, spiritual and divine.

Negative energy in any of these causes your self to move down, from satvic to rajasic or from rajasic to tamasic.

Thus, if you are sexually frustrated, you will never have a satvic self. When you wake up from a good sleep, your self will be in a rajasic state.

If you become a celibate priest, for example, you will always be frustrated and hence become proud and energetic in yourself. If you marry the wrong woman, then you will also be frustrated.

If other negative images also impact you, you will become tamasic: dull. It is frustration on account of this main factor that has been responsible for Western men leaving their homes and creating havoc in the rest of the world: the Persian empire, the Dutch empire, the French empire, the British empire, the Portuguese empire, and the Spanish empire.

If, in addition, one of your other energy spheres also has negative energy, you will wake up in a tamasic state.

If you have positive sexual energy, then you need to consider the energetic condition of your physical energy sphere. If this is negative (you are dissatisfied with the state of your body), and all other energy spheres have positive energy, you will wake up in a satvic frame. If one of your other energy spheres has negative energy you wake up in a rajasic frame and if two or more other energy spheres have negative energy you wake up in a tamasic state.

If your sexual and physical energy spheres are satisfactory, positive energy, then you always wake up in a satvic state of your self.

The self prefers to be in a satvic state. Everybody therefore needs to ensure that, as a minimum, they are sexually satisfied. My other books in the series "Perfecting Your Energy Spheres" examine in turn each of the first five of your energy spheres. They consider what you can do to create positive energy.

Your spiritual energy sphere has positive or negative energy according to whether you keep to or break the five ethical principles of yoga known as "yama". Minor breaches make only a small difference, major breaches during the day make a large difference.

Breach of the first principle (non injury to living beings) makes a big difference, breach of the successive other four principles makes successively less difference.

Your divine energy sphere has positive or negative energy according to whether you do or do not follow the five religious principles of "niyama".

It is the sun and the colours yellow and gold that can enable you to move from a tamasic to a rajasic or from a rajasic to a satvic state after waking up. This can happen even if there is no change in your underlying seven energy sphere conditions.

When you are in a lower state and have sufficient contact with the sun or with the colours yellow and gold, you will move to the next higher state. In the case of a blind person, it is contact with the sun rather than with colours that triggers this. Meditating on or thinking of the colours or the sun does not change your state.

At the moment in the world today, about 10 percent of people are in a satvic state, about 60 percent are in a rajasic state and about 30 percent are in a tamasic state. If nothing were to change, these proportions would remain, even after death. If you are typically in a rajasic state, then on average you will remain in a rajasic state in old age and after death you also have energy and pride.

CHAPTER 6: PHILOSOPHY

Interference

Western society is built around the concept, the practice, of interference. In my philosophy, this is one of the three main assumptions needed to explain the behaviour of Western man.

- A woman I know brought up her son badly and so he started a life of crime. She found some drugs in his room and threatened him: I take you to the police or I take you to a clinic. He opted for the less traumatic experience. Unfortunately, he lives in Ukraine. Ukraine is a socialist state. You cannot go to the cinema without a computer record being generated. No good employer will ever employ him. His life of crime is now pretty much set in stone.
- Interference in nature. People prefer round tomatoes to misshapen ones.
- Interference in other societies. The record is one of famine, AIDS, massive wealth transfer, war, slavery etc.
- Interference with natural healing in your own body. You break your leg and you put it in plaster. You have a cold and you take a pill.
- Interference in your own society. The record is one of the breakdown of the marital institution, of children being brought up only by themselves watching computer games, massive sexual, emotional and mental disease combined with non-existence of love.

The resulting destruction of the immune systems of your body, of your society, of the society of other people, of nature is truly immense. In the next few years people will begin to realize this.

All of this interference is the result of losing contact with natural living, with mental rather than heart training. The mind sees an issue and thinks, how can I solve it and then proceeds to implement a solution. If you believed in God, you would believe that His abilities at solving issues were greater than yours. The tomato that is available to you is the best that can be available in the circumstances. Lack of missionaries in Africa would be the optimal solution, if still not wonderful solution, to the influence of missionaries in the past.

Dissatisfaction

The second of my three main assumptions in my philosophy is that people are driven by

Dissatisfaction. Mr. Bush, junior or senior, is dissatisfied with a reduction in his chances of reelection and hence decides to interfere in Kuwait or Afghanistan or Iraq. Consumers, being dissatisfied with the horrible shape of tomatoes, manufacturers, being dissatisfied with the level of their profits, decide to create better shaped tomatoes. Persian men, being dissatisfied with their wives at home, decide to rape abroad: the foundation of the Persian Empire. The same with Christian men and the destruction of societies and peoples in North America, South America, Africa, Australia, India as well as their own.

It is not fundamentally greed that caused Christian men to enslave Africans. They were unhappy about the level of profitability of their business ventures and came up with a solution. Not a wonderful solution, but it made them less dissatisfied than they were before.

God

The third assumption in my philosophy is that an all-powerful, all knowing, fair, being, God, exists.

With these three assumptions, one can explain all observed human behaviour. In other words, one has a science. We have assumptions, we can use our minds to draw conclusions of what will happen (that is, analyze), we therefore have conclusions. All that is left is to see whether the conclusions fit the many facts that we know of. I contend that they do. Further, it is a useful philosophy. You can set about predicting what people will do. And then test your predictions as to whether people do them. This is the classic agreed definition of not just a science, but a useful science. So my philosophy, in my view, classifies itself as a science.

CHAPTER 7: THE SCIENCE OF INDIVIDUAL BEHAVIOUR

By individual behaviour, I mean things that "you" do that do not relate to other people.

By the term "you", I mean you your self, not your body and not your mind. The actions of your self are different from those of your body and mind. For example, your mind may do analytical work. Your self does not. The actions of your self are as follows:

- remembering things □ witnessing events, such as things that your body and mind do or experience
- initiating actions by your body and mind
- listening
- resolving to do one or more of the above

When I say actions that do not relate to other people, what I mean is that this new science does not predict how you will behave towards other people. I cover this topic in the science of human interaction, separately.

In the physical world, distance is measured by kilometres. In the world of human interaction, distance is measured by affection and love.

In the individual world, distance is measured by reality.

Reality is God. Your distance from reality governs your individual behaviour. Just as there are four forces that govern the whole of the physical world and there are four forces that govern human interaction, there are four forces that govern your individual behaviour.

Let us first of all define some critical junctures in this measure of distance (I also call one minus this distance .guna measure. in some of my other works, since it is one for one connected with the guna characteristics of your self).

Distance is 0 when you are united with God. If, during your life, you have performed Ishvara Pranidhana, that is surrendered your body, mind and self to Him, upon your death you will be united with Him.

In this world, there is contact with God, there is you, there are other people and the world about you, and there is contact with things other than these three. Individual behaviour is about contact.

Some people live in their minds. They have had, for example, a Western school upbringing and are always thinking theoretically. They do not notice other people. They are always thinking.

There is no real contact with God, themselves or the world about them. Let us call this distance from reality 100.

So our reality scale runs between zero and 100. Another point on this scale is 50. For a person who is a distance of 50 from reality, he or she is in touch with natural living. He or she knows from moment to moment what is in his or her heart. If somebody is nearby, he or she knows it.

They are able to think, but they do so at appropriate points of time: when necessary.

With any science, you need to be able to measure distance. Let us come back to this question of measuring distance from reality and now consider the four forces that motivate you in your actions.

When you are at a distance of 0 from God, the only thing that you do is to listen. You do not resolve to do good things or bad things; you have left such matters behind when you performed Ishvara Pranidhana. When you are at a distance of 0 from God, you do not remember past events, you do not initiate actions, you do not witness other things. You are with Him. You listen attentively.

But, when you are listening to God from a distance of zero, you are not listening about the weather. God is fundamental. He is sound. You listen attentively to God, because this is His nature.

The first motive in all human individual action is the desire to listen. This desire does not become more and more intense as one gets close to God. It reaches a peak of intensity.

And this peak is not very intense. In fact, the closer you get to God, the less intense is your desire to listen. You do it naturally. And, the closer you reach to God, all other desires for individual action also reduce, towards zero. Force and desire dwindle to nothing as you approach God. Of these four zeros, the largest one is the desire to listen.

In mathematical terms, mathematicians would say that these four forces decline to zero at different rates. The desire to listen declines to zero at the slowest rate.

The desire to listen reaches a peak when you are at the reality scale of 50. That is, when you are most in touch with natural living. As you lose touch with natural living and dwell in your mind, this propensity to listen also declines to zero.

The second force driving mankind in his individual behaviour is the desire to do right. No one wants to do wrong, but the desire to do right may be strong or it may be less strong. If it is strong, then you will do right and if it is not strong then you may or may not. When you are close to God, you have little desire to do right or wrong. You want to do whatever He wants you to do. So, this second force driving individual behaviour also dwindles to zero as you approach God. It also reaches a peak when you are at the reality scale of 50. When you have lost touch with natural living, you are interested in intellectual activity, you are not interested in right and wrong.

The third force, the third motive, behind all individual behaviour is desire for knowledge.

This desire increases the further the distance from reality. A person with mental focus will always be searching for knowledge. When you are at the scale of 50, rather than 100, knowledge is at your fingertips. You already know many things. Hence, your desire for more knowledge is low. As you approach God, you are approaching the source of all knowledge. If you need to know something, you will know it. Your desire for more knowledge dwindles to zero.

The fourth force behind individual behaviour is the desire for happiness. As you approach God, your desire for happiness dwindles. You are approaching Him and that is all that matters. When you are at the reality scale of 50, your desire for happiness is at the maximum. You want to be in love, to be in the mountains or by the sea with natural things. Deprived of this, you will be very sad. As your distance from God increases, towards 100, you are not focused on happiness. You want knowledge. You are searching for knowledge, this is the dominant factor in your life. Love, happiness and so forth are not a priority. If, for example, you are

deprived of your liberty, you will not be searching for happiness. You will still be searching for knowledge: this time of why it is that you are deprived of your liberty. If you are in pain, then you will act to stop the pain. This action will be driven by your desire to continue your search for knowledge: when in pain you will not be able to think properly.

The only thing left to do is to measure distance. The scale with which you measure distance is acceptance.

Do you accept things the way they are or do you not? Do you accept things that happen to you or do you not?

The easiest way to measure this is with a questionnaire. One puts to the person various life circumstances and asks them what they would do. Would they accept what has happened or try and change it? Acceptance is easy to measure.

Sometimes, as with western psychiatry, questionnaires are based on probing intimate details about the life of a man or a woman. Little credence can be given to such questionnaires. Which person is fully in touch with their feelings or willing to honestly share such matters with a stranger? But here, there are no intimate details to disclose.

Hence there is no inherent bias in the questionnaire. Acceptance is to do with saying yes to reasonable sensible things and saying yes most of the time. Non-acceptance is to do with saying no, I do not like this, I prefer something else.

India is famous all over the world for people who accept their fate. Hence, their distance is relatively small. In traditional cultures all over the world,

if things happened, people accepted that things happened and continued in their lives. They were not overly disturbed by troubles.

Troubles happened and they accepted these. But, not always.

At the other end of the scale is modern man. Slightly misshapen tomatoes are not accepted.

This cake is preferred to that cake. He wants to go to the moon, does not accept that this is silly.

CHAPTER 8: EVOLUTION

In my book “The History of the World”, I set out my view that all of history, evolution has a single purpose: God deciding that He wanted to find love. He therefore created the universe and ultimately living souls, you and I, so that one or more of us could progress along a path of love towards Him. This hypothesis, assumption of mine, I then use to explain the major happenings in the world to date.

It does not strain credibility as do Western theories of evolution which rely on incredibly unlikely statistical flukes of unintelligent molecules coming together and evolving into complex life forms that can love and laugh.

In any science, the most plausible theories are the ones that are accepted in the first instance and then refined as time goes by.

Western speculations on evolution are readily shown by any mathematician to be unlikely candidates to explain evolution. This is because Western scientists believe that everything is a coincidence. How many coincidences of a completely unlikely nature need to happen before you realize that nothing is a coincidence? As Einstein said, "I do not believe that God plays dice".

But, these coincidences that Western scientists believe in are completely far-fetched.

What is the likelihood of a universe evolving such that the sun has just the right temperature for life on earth?

What is the likelihood of the earth evolving such that it has the precise size for the needed amounts of gravitational force for the different life forms that exist on earth?

What is the likelihood of the following events:

- the atmosphere on earth having exactly the right mixture of oxygen and so forth for all different life forms
- the atmosphere on earth being of exactly the right density
- the temperatures on earth being exactly what is needed for all different life forms
- the temperatures on earth being exactly what is needed for the oceans to exist
- the combinations of the 108 elements to be exactly what is needed for all the thousands and thousands of different life forms
- elements combining in exactly the right combinations to ultimately form DNA: with the best modern computers and huge effort, only now are scientists able to start unraveling the enormous complexities of DNA. What is the chance of these complexes happening by chance?
- the 108 elements combining in such a way that you experience the feeling of anger or love
- an ant evolving into a human being

Any reasonable person knows that all of these chances are so negligible, microscopic, that Western "scientific" theories of evolution are a complete fiction. Scientists do not want to accept the possibility that God exists and hence they come up with ever more far-fetched "explanations" of what is going on. The above list of "coincidences" is by no means complete. To produce a list of coincidences that Western sciences rely on would be a mammoth undertaking.

Evolution is the journey of your spiritual energy towards its source, your divine entity: the soul.

And, evolution is then the journey of your spiritual energy from the soul to God.

Your spiritual energy, known in India as kundalini, is located in the muladhara chakra (energy centre) at the root of your spine. It is stagnant. It deteriorates with time as you breach ethical principles. For it to rise, not only do you need to keep to the five ethical principles (yama), but also you need orgasm. During orgasm, the influence of your mind is temporarily shut down.

Absent a mind, your soul becomes free. If it has decided previously to engage in spiritual evolution, then kundalini, its energy, will rise. Kundalini energy rises in stages, to the first chakra (energy centre), then the next and so forth. When kundalini meets the energy in one of your chakras, tremendous healing takes place. The disturbances and harm that has been done to your energy centres during the course of your life and childhood are remedied.

If you persist in your spiritual evolution a problem arises. You become egotistical. Pride leads you to break ethical principles. Your knowledge of right and wrong gets distorted.

Your spiritual energy retreats back to the muladhara chakra. Your ability to break out of this stagnancy is lower than it was before.

For some people, their spiritual journey, and subsequent religious journey, is driven by God.

Some inner prompting tells them that they should search for Him. The journey is the same, initially towards the soul. But, pride does not arise. Pride flees in the presence of God. When kundalini has reached the soul, you will get a prompting to surrender to God.

In India this is known as Ishvara Pranidhana. You surrender your body, your mind and your soul to Him.

After you have eliminated your pride, at some point, He will ask you to meet Him in your anahata chakra, located in your physical heart. Love happens. This was the first part of your religious journey of evolution towards Him. The second part happens at the time of death. At the time of death, for everyone, your kundalini energy retreats back towards its source: the soul. If the energy of God has mingled with the energy of kundalini prior to death then He accompanies your spiritual energy as it rejoins the soul on death.

This is the final divine union between man and God. Evolution is about this, not about monkeys and whether they grew up to be men and women. Evolution is also not about how many days it took God to create the earth.

Current sciences need to be divided into one of three categories: harmful, useless or wrong. Into the last category fall existing theories of evolution.

CHAPTER 9: HUMAN CHARACTERISTICS

Different people have different characteristics. If you wish to find love, most of these characteristics can be ignored.

However, there is one main characteristic that you should not ignore. This characteristic is called "guna" in India. Your self has one of three characteristics at any point in time:

- satvic - light, cheerful, peaceful
- rajasic - energetic, proud
- tamasic – dull

These characteristics do change from time to time, and I set out the way in which you can change this characteristic in the first chapter of this book. However, change is not very frequent.

A typical person with a satvic character will on average remain with this character for ten years.

Naturally, because this is the characteristic that is most desired by the self, if you are already there, you can only stay in this state or descend to a lower state. The chance of moving to a rajasic character in the next 10 years is about 50 percent.

A typical person with a rajasic character will on average remain with this character for ten years, but the chances of moving to a tamasic character in the next 10 years is about 50 percent. The chances of moving to a satvic character is small, about two percent.

A person with a tamasic character will on average remain with this character for the rest of his or her life. The chance of moving to a rajasic character in the next 10 years is about five percent.

Men and women are different. If you are a man looking for a woman who can love you, the following table tells you what sort of woman to look for:

Man	Woman	Can the woman love the man?
Satvic	Satvic	Yes
Satvic	Rajasic	No
Satvic	Tamasic	Yes
Rajasic	Satvic	Yes
Rajasic	Rajasic	No
Rajasic	Tamasic	Yes
Tamasic	Satvic	Yes
Tamasic	Rajasic	No
Tamasic	Tamasic	Yes

If you are a woman looking for a man who can love you, the following table tells you what sort of a man to look for:

Woman	Man	Can the man love the woman?
Satvic	Satvic	Yes
Satvic	Rajasic	No
Satvic	Tamasic	No
Rajasic	Satvic	Yes
Rajasic	Rajasic	No
Rajasic	Tamasic	No
Tamasic	Satvic	No
Tamasic	Rajasic	No
Tamasic	Tamasic	No

The following points will help you to understand these tables:

- although, as explained elsewhere in this book, love is different from affection, the table applies for both love and affection. For example, if you are a "satvic" man, a "rajasic" woman will not truly love you and will not have true affection for you.
- when the table says "yes", this does not mean that love or affection will definitely happen. It just means that you should narrow the search down to these men or these women, so that your chances of a happy marriage are reasonable.
- it is clear from the table that a woman is less likely to find love and affection than is a man.

CHAPTER 10: SEXUAL ACTIVITY

Your sexual energy centre has positive or negative sexual energy. If the energy is positive you are satisfied and not focussed on sex.

When a man and a woman have sex and a foetus is born, sexual energy is transmitted to the foetus. Since the energy is positive, the child is unaware of sex. The child's sexual energy is used up in its growth process and when it turns negative the child becomes aware of sex.

The friction during sexual activity generates enjoyment and is converted to sexual energy.

The sexual energy sphere has its origin in the svadhisthana chakra (energy centre), just above the generative organs. This is where sexual energy is stored.

Sexual activity does not just create sexual energy. The friction and pleasure feeds five of the other six energy spheres that control man. Sexual activity creates:

- Waves in all of your energy centers, thereby removing stagnation.

The degree of fulfillment of your energy field for any given level of kinetic energy (in Indian philosophy, this energy is known as rajas) depends on how much you absorb energy into this chakra, energy centre.

Energy absorption depends on how strong this chakra is.

If you are always thinking of sexual activity or sex, this chakra will be vibrant and strong. It will not absorb much kinetic energy, this energy will bounce away and impact more the other energy spheres. You have negative sexual energy and need satisfaction.

If you are focused on other activities, work or exercise etc., this chakra will be relaxed and will absorb a lot of sexual energy. You will be satisfied easily.

Correspondingly, if the chakra is vibrant and strong, the sexual activity you have has a big impact on your other energy centres. You can gain a lot from sexual activity. But, mostly, because you are focussed on sexual activity, you do not gain much: the energy you gain for your other energy spheres: the ability to have new ideas and so forth is wasted.

If the chakra is dull and relaxed, sexual activity does not have much impact on regenerating freshness in your physical, emotional, love, mental and spiritual energy spheres. The core problem you have is lack of sexual focus. Hence even though you need sexual activity you are not focussed on it: you are more interested in making money etc.

Hence your sexual energy wanes and your manhood and womanhood declines rapidly.

By the time you are 30 you have lost a huge amount of vitality and your other energy spheres stagnate.

A word about kundalini is in order. Kundalini is your spiritual energy. On the creation of a fetus, it is given a stock of kundalini energy. This remains at a more or less constant level in almost everybody. In India, kundalini is said to "rest". The heat from sexual activity has the potential

to allow kundalini to rise and impact the various chakras in your body. In a religious journey, it rises to meet God and unites with Him. This is the ultimate end of all true religious endeavour.

Kundalini is "awakened" by the heat generated from religious practice. This practice is known in India as "tapas".

The conclusions of this science are that:

- Those people whose minds are focused on sexual activity need sexual activity to help them develop their physical, emotional, love, mental and spiritual well-being.
- Those people, that is everyone else, whose minds are not focused on sexual activity, need sexual activity to generate health in the sexual energy sphere. This energy sphere is the most basic, the most fundamental, the primary energy in all living beings. Without it, nothing in mankind works well.
- Specifically, for the person who is searching for God, this search will not be fruitful without sexual activity.

However, you need to practice the discipline of non-injury to living beings before this energy field can be perfected. It would be an unfair world if you could break the five principles of ethics set out in yoga philosophy - non-violence, truthfulness, non-stealing, chastity, and non acquisitiveness - and still be sexually satisfied. This does not happen.

To state the obvious, for sexual energy sphere satisfaction, you need sexual activity. Otherwise, your energy stagnates, and creates disease in your body and mind.

CHAPTER 11: HUMAN INTERACTION

Physicists classify the main four forces that drive the world into weak, semi strong, strong and super strong. These forces are not always ordered in this way. It depends on distance.

Something may be super strong when very close but weak when distant. The force has maximum strength, in relative terms, at a specific physical distance.

In the case of a man and woman, there are also four forces that drive them together.

These four are also weak, semi strong, strong or super strong, depending on distance.

Distance here is not centimeters or kilometers, but is measured in terms of love and affection. Affection can be negative, which means that you dislike somebody, it can be zero which means that you are indifferent to him or her (for example, you might not know him or her), it can be modest and it can be large. When your affection for your spouse exceeds your affection for yourself, it turns into love. So, this is the measure of distance between a man and a woman.

The force that drives two people together when the distance is negative is called greed. It is in yoga philosophy known as breaking the fifth of the principles of ethics, aparigraha (non acceptance of gifts). You should not believe that just because a man and a woman live together as man and wife they have positive affection for each other. In a typical marriage after about four years, affection has turned negative. Because the mind is

involved, neither the man nor the woman knows the true status of their heart. Hence, they will not know whether they have positive or negative affection for their partner. This is all to do with Western education: focusing on mental activity. Obviously, the greater is their dislike of each other, the greater is their greed, if they are together.

Just as an appropriately designed test can measure the dislike that you have of another person, one can also determine greediness. You will find that there is a 1 to 1 correspondence. As dislike turns to like and the distance between the two people becomes small, greediness (between them) becomes small also. It disappears completely only when your love for your partner becomes infinitely more than your love for yourself.

This then is the first law of human interaction.

Now let us turn to the second law of human interaction. Again, classification into weak or strong etc. cannot be made, just as it cannot be made for the four physical forces. The classification is best made based on distance. So, since we have started with a classification of forces which are strong when the distance is large, let us move to the next force which is strongest, which is dominant, when the distance is about zero. At this distance, you are indifferent to your partner or acquaintance. There is a business relationship. The relationship is about trade. In other words, it is about self-interest.

The second law of human interaction is to do with self-interest. Every human being when they meet someone to whom they are indifferent operates on the basis of self-interest.

There may be other forces as well, but this is the second force underlying human interactions. Self-interest drives the deal, drives what happens

whenever the two people interact more than any other of the four forces. As the distance becomes further (dislike) or closer (affection and love) self-interest becomes less of a driving motive.

The third law of human interaction takes over when the distance is getting small. In other words, it reaches a maximum when affection for your partner is at the point of becoming love. You are close to each other. At least, you are close to him or her. At this distance, the driving motive behind your interaction with him or her is sex. Nowadays, very few people have large affection for their partners. Hence, they are preoccupied with their business and work affairs, with quarreling and so forth. Sex is low down on their priorities. When you reach the point, or rather if you ever reached the point where you love your spouse as much as you love yourself, then your desire for him or her is enormous. You can reach just thinking or looking at him or her. You need him or her amazingly.

One should not think that sex desire is small at other distances. Sex is the most basic human and animal driving force. An animal does not have greed. It has self-interest and sex. Sexual desire in an animal happens even though it does not love, cannot love.

Similarly, with a human, sexual desire becomes enormously strong as the distance to orgasm approaches. These are the two factors that govern the strength of sexual desire for human beings. However, nowadays sexual desire is becoming weaker and weaker even when these two measures of distance are fixed. If these two measures of distance are large then sexual desire is small.

Let us now turn to the final driving force behind all human interaction. This is the wish to help other people. As your affection or your love increases for a person, your desire to help him or her increases. In the case

of God, there are those who wish to come close to Him. His love for such a person is infinite. His desire to help that person is correspondingly infinite. It cannot be measured. In the case of a human, it can be measured. It never reaches infinity. A man may say or a woman may say I love you with all of my heart. But this does not mean that they have infinitely more love for you than they have for themselves.

I have a scale in the work that I do that measures, approximately, the love or affection or dislike that you have for another person. At the point where affection turns into love, my "love percentage" is 40 percent. Infinite love is on this scale 100 percent. It cannot exceed 100 percent. So, when my love percentage is less than zero percent, greed increasingly is the force that keeps a couple together. When the love percentage is about zero percent, they are together because of self-interest. In the zone of the love percentage being between zero percent and 40 percent, the three main factors that operate are self-interest, sex and a wish to help the partner.

When the percentage reaches 40 percent, self-interest is only a small factor. The dominant factor is either sex or the desire to help your partner.

When the percentage reaches about 95 percent, you surrender your, body mind and soul to your partner. In India, this is called Ishvara Pranidhana: surrender to God. At this stage, sex is nice.

But by far and away the dominant factor is desire to help your partner. It is not possible for a human being to exceed this 95 percent love percentage.

This is the complete science of human interaction.

CHAPTER 12: EMOTIONS

Emotions stem from your surya chakra. Surya is a Sanskrit word for sun. It is not possible to directly control the sun. It is too hot to touch. It is not meant to be touched.

Emotions are powerful. Only the moon chakra, the soma chakra in the centre of your brain can control the sun.

And, the moon chakra is directly under the control of your self. You are not in contact with your self let alone able to control it. Only God can control, does control, you.

First of all, when you are under the influence of an emotion, you have lost control. Your mind has been taken over. Consequently, only harm comes to you if you even attempt, which you mostly cannot, influencing the state of your abdomen when under the influence of emotion. The difficulty we have is that it is difficult to relax and pacify your abdominal region. Usually what happens is that an attempt to do this makes the abdomen hard and therefore aggravates the problem. But, trying to relax the abdomen involves effort elsewhere. The medicine is more harmful than the disease.

Emotions, too, are natural. If someone does something bad to you, it is natural to get angry. The sign of progress is that you stay angry for a shorter time than you used to. Just as sex and love are a part of your basic life force, so too is emotion. It should not disappear.

Often emotional difficulties have deep seated origins in childhood. They have been there for many years and are therefore difficult to cure, for this reason also.

There are 45 emotions that may trouble you. I discuss these and set out what each of them mean in my book "Perfecting Your Emotional Energy Sphere". These emotions mean that your emotional energy sphere is disturbed. However, the type of emotion that you may suffer from depends on your character. The following table sets out the correspondence and also the emotion number that I have specified in my detailed book:

Your Character	Emotional Difficulty	Emotion Number
Satvic	Tranquil	1
Satvic	Love	29
Satvic	Calmness	37
Satvic	Wrath	14
Satvic	Ethereal	22
Satvic	Peaceful emotions	28
Rajasic	Sensuous	2
Rajasic	Furious	5
Rajasic	Terrible	6
Rajasic	Serenity	10
Rajasic	Valour	16
Rajasic	Disgust	17
Rajasic	Ridicule	26
Rajasic	Pathetic thoughts	27
Rajasic	Anger	32
Rajasic	Courage	34
Rajasic	Unbearable attitude	45
Rajasic	Grotesques	7

Rajasic	Ferocity	9
Rajasic	Erotic	11
Rajasic	Compassion	13
Rajasic	Amorous	23
Rajasic	Creative	25
Rajasic	Mirth	30
Rajasic	Aversion	35
Rajasic	Heroism	44
Tamasic	Pathetic behaviour	4
Tamasic	Contempt	21
Tamasic	Sorrow	31
Tamasic	Wonder	36
Tamasic	Smile	38
Tamasic	Glad	39
Tamasic	Quivering	42
Tamasic	Humorous	3
Tamasic	Pathetic emotion	8
Tamasic	Comic	12
Tamasic	Fear (of oneself)	15
Tamasic	Marvellous	18
Tamasic	Devotional	19
Tamasic	Fascinating	20
Tamasic	Peaceful thinking	24
Tamasic	Fear (of God)	33
Tamasic	Indifference	40
Tamasic	Grief	41
Tamasic	Fright	43

The table is useful because with Western education, people are not in touch with their bodies and energies. Hence, you may not know what

emotion is troubling you. The table helps you to narrow down what your problem is.

With the table, everyone should be able to easily identify their emotional difficulty. The remaining part of my "Perfecting Your Emotional Energy Sphere" book then sets out the methodology to solve any emotional difficulty.

To summarise, there is one fundamental cure that works for everyone. This is, to develop love and friendship with your colleagues and friends and to look after your children and parents.

Satisfaction with your emotional energy field increases only as a result of love transfer (really affection) from other people.

There are six other temporary rather than fundamental approaches to healing your emotional energy sphere. These six are:

Solution Number	Description of remedy	Chapter reference in my book on emotions
1	Color	Chapter 4
2	Counteracting emotion	Chapter 5
3	Music	Chapter 6
4	Physical contact	Chapter 7
5	Water	Chapter 8
6	Indian dance	Chapter 9

The first five of these secondary approaches operate depending on the characteristics of your body and mind (rather than your self: see the chapter of this book, Humanology, relating to the science of the body).

Hence, we have a complete science. We have the assumptions (the range of possible emotions), the theory (that people with different characters have different emotions and the correspondence between these characters and these emotions, and the remedies). The issue of whether the science is accurate and true is a second question. I believe it is.

Academic debate is fruitless.

Either a scientist should set about conducting a research project to test the predictions of this science or he should keep quiet. The test of the prediction is very simple. Are you cured of your emotional difficulty or are you not? I believe you will be. At the end of the day, a science is useful according to whether people use it or not, and not whether there has been a research project. I do use this science in my work of helping people. Hence, in my view, it is a useful science.

CHAPTER 13: LOVE

Because Western psychiatrists and psychologists can never experience love they cannot sensibly write about it.

Love does not happen when you harm people. This is the first principle of my science.

In chapter 11 called "Human Interaction" I set out the measure of distance between people.

There is a single scale, ranging from nearly complete dislike (-95%) to indifference (0%) to affection, leading to love (40% to 95%).

Before you meet someone you have indifference (0%). Meeting is not necessarily face-to-face. Meeting, affection and love are to do with the heart or the self. It is nothing to do with the mind, although the mind if diseased will impact adversely your heart to heart interaction. Hence, you may hear of someone or write to someone and develop dislike, affection or love.

In practice, today, minds are diseased. Minds function well, but have been trained to operate within particular constraints. You do not like coloured people and therefore your mind interferes even before a face-to-face meeting and decides that you will not love the person you are about to meet. There are, let us say, one million diseases that affect the mind. One person only likes women who wear gloves on their left hand; a woman only likes men who have hair that is combed from left to right. The list is endless. But, these are all symptoms. There is a science of the mind, but I deal with this separately.

So, you meet someone and let us say that your distance from him or her is initially -10 percent. In principle, it could be any number between -95 percent and plus 95 percent. This number of -10 percent can be readily measured. I measure it in the course of advising some people who approach me for help. I also explain in my book on love how one can design a test to measure approximately the amounts of dislike or affection you have for someone.

This initial distance between the two of you and then increases or decreases depending on the number of arguments you have between you and the number of positive events that arise. It also decays. For example, if you have -10 percent distance with someone now, then if you do not interact with them for one year, your distance will have reduced to a number closer to 0 percent.

Affection also reduces over time, in the absence of contact. The speed of decay depends on your mental health, the subject of another science.

Interestingly, a wonderful single event has no more of a positive impact on your affection for your partner than does an ordinary nice single event. Affection builds up according to the number of events, not their intensity.

The scientists amongst you will now know that we have a complete science. But, in one way we do not. Love may happen when you hit the 40 percent affection level. You may think that you meet someone you avoid all arguments and only do nice things together.

And then your distance will keep increasing until you hit perfect love. This may or may not happen. It depends on God.

We have a complete science in the sense that the mathematics works out.

It is true that if you only do nice things together and you avoid all arguments then you will eventually have perfect love for each other. But, your experiences in life are given to you by God.

If He wants you to have perfect love for each other then He will avoid giving you situations where arguments happen. If He does not want you to have perfect love then even though you try your hardest to avoid arguments, they will happen.

The science of love as I set out above is a science in the traditional sense. But, it does not predict what will happen between the two of you. It is a science in that you can use it to increase or decrease your love for your partner. What you do is more or less under your control. But what he or she does is not under your control. There are two people involved and therefore there is no possibility of being able to definitively set out to achieve for example 95 percent love and then achieve it with certainty. It depends on both of you and on God. In this world, God is in control and even if you are absolutely determined to avoid arguments, if He wishes you to have an argument with your partner then you will have an argument with your partner and love will deteriorate.

Only God can love you infinitely, leading to a distance between you and Him of 0 percent.

There is a traditional Indian wisdom that you are what you eat. Rather, you become what you eat. If you eat rajasic food, your self will ultimately become rajasic. The time taken for this transformation of the self is about nine months. If you have satvic food, your self will ultimately become satvic.

A satvic person does not initiate arguments. From all this, you will deduce that changing your diet to satvic is very beneficial to your love life.

There is another aspect to the science of diet. This is that eating sweet things causes your self to have sweet thoughts. Just the type of thoughts needed for love to happen. The mathematics of this is explained next.

You can increase your love for someone by changing your diet. Similarly, a husband or wife can make the other love them more deeply by changing the diet of the spouse.

The way to do this is to increase the milk component of your diet, if you can. Ideally, all that you have should be milk. Sometimes, you will need to top this up with something sweet.

If you lead an inactive life and your metabolic rate (see the appendix on Humanology) is low you should have yoghurt instead of milk. A low metabolic rate means that you put on weight easily. Cheese is not good for you.

The milk diet is good for you in many ways (if you are able to tolerate it, as discussed later). Modern food is artificial. You think that a banana is 'natural'. It is not. The soil in which the tree grows is sodden with modern chemical and artificial pollutants. Food nowadays is not good for you.

Even milk is artificially processed by modern companies (pasteurized and homogenized etc.). Still, it has been processed by a living being, a cow, and hence is nearly one step removed from direct pollution by man. A cow leads a satvic peaceful lifestyle.

Having an ordinary cooked meal has no impact, it is not bad for your love energy sphere (as distinct from your body). But that day, you will have

less milk, and hence your progress will be slower. What counts is the amount of milk and yoghurt that you have.

CHAPTER 14: YOUR SPOUSE

Well, some men have a boss, the wife, and some do not.

If love develops between you, the spiritual energies of your selves merge. You still have your self plus the wife's, but they have a common goal. They are not in conflict. There is no argument.

You love her and she loves you and that is about all that one can say except that it is wonderful. Until this happens, if it ever does, you have an emotional or economic or convenience or legal tie.

Of course, many men have many ties, but this is all the fault of his boss. There are two states for a self: doing what it wants to do and not doing what it wants to do. In other words, when it comes to important matters, the chips are down, and you want to go left and the wife wants to go right, what do you do? Do you turn right or do you follow your instinct and turn right? Decisions for men are very difficult. Wives are instinctive beings and you need to follow them. Unless you want to be a man. Here is what you cannot do:

- love two people.

You love at most one person, other than yourself. These days, when someone says to you 'I love you' it means if you are lucky that they are fond of you, and have an emotional (and possibly sexual) tie. The days are long gone when you could find someone other than God who actually loves you. You stop giving the person who says he/she loves you the things that he/she wants and he/she will be gone. Children, wives, husbands, God are all the same in this regard.

CHAPTER 15: YOUR MIND

Much nonsense is talk about the mind. A book with 1000 or so pages is just one that I have seen called "The Mind".

The science of the mind is really computer science. For those of you are interested in computer science, you can read any one of perhaps 10,000 books on this subject. My deep suspicion is that having read one of these books you will be no wiser, but this is a criticism of the authors, not of you.

Well, I could talk about zeros and ones and how these are the true language of minds and computers but I propose not to do so. I leave this to computer geeks. It was a useful subject fifty years ago but has no relevance in the world today.

The following are the essentials of what you need to know and understand about the mind.

What is the mind? It is a calculating machine for you, the self:

- you press a button and say "mind, calculate". Suppose God says ok.
- He then allows data in the form of sense impressions (from the ears, skin, eyes, tongue and nose) to be observed
- in addition, He feeds it data, about your self's preferences
- in addition, He gives it selected memories of past data

- it then calculates (that is, analyzes) this data set according to the decision input that you, the self, wants. This process of analysis is called "thinking"
- it then feeds one single recommended decision to you, the self.

Later, you the self, decide whether or not you want to act on this recommendation. There may or may not be subsequent analytical work to be effected, but these are handled in exactly the same way.

This is simply the normal wakeful state that all of us are familiar with.

Obviously, there are many conditions. Your mind will be influenced by the following factors:

- your sexual energy sphere: if this is not satisfied
- your physical energy sphere: for example if you have had an accident and are in pain or if you have a disease and your vitality is low
- your emotional energy sphere: there are 45 emotions and each of these prevents your mind from functioning perfectly.

Every mind in the world is built in exactly the same way.

These are therefore the three factors that impinge on the functioning of the mind. There are no others. Let us look at each of these in turn.

Sexual energy sphere satisfaction

Many people these days have a low sex drive and therefore do not need much satisfaction. This energy sphere does not then have much impact on your mental condition. Your sex drive declines if you do not think about sex, or if you are busy. It will start off low if your mother did not breast

feed you with natural milk for a long time. Sex drives too have declined dramatically over the last 50 years as a result of modern pollution. In the old days, if you had an unsatisfied drive, it meant that you did not get enough sexual activity compared with your drive. Nowadays, it just means that instead of noticing the information you need to do your duties in life, you dream about people of the opposite sex. This is of course a useless activity, as discussed in the section about imagination. Also, you get distracted whilst thinking.

There are no specific ill effects on your mind as a result of being sexually unsatisfied, except for the effects noted in Chapter 22, about imagination.

Sexual energy creates creativity. Most people today are happy with their lives. They go to work, have parties, watch movies, listen to music and talk to friends. The need for creativity is low, and the need for sexual activity is also low. As the creative instinct in man declined, his sex drive has declined also. The wife is too busy at work or has a headache. The man is thinking about his work also and has physical limitations caused by sitting at an office all day. Only (male) movie stars are like Tarzan.

Physical energy sphere condition

If you are in pain or your vitality is low, you cannot concentrate properly. You do not use your brain enough. Brain cells die through lack of activity. But, this depends on whether you try and work or not. If you do, your brain cells may become more active than usual, in order to overcome the lack of concentration ability.

Assuming that you use your brain reasonably, there is no adverse impact on your mind. If pain or low vitality persists for too long, it takes great discipline to keep using your brain reasonably.

Your body is a potential source of great knowledge and experience for you. This is the purpose of yoga practice, it is also the purpose of sleep and sexual activity.

These days, however, this source of knowledge is largely ignored. Mankind is more focused on front brain activity, going to work, studying and so forth. Hence, the experiences that the self could get from this source are largely unavailable for modern man. For example, one 'does' sex or 'does' yoga and then 5 minutes later the mind is re-engaged with its more important life issues (work or marriage problems, for example).

Only a very limited data set (the same as can be found readily on the internet) is used as input to your decisions. Rapidly, everybody in the world is starting to use the same type of data: words, formulae and pictures.

Emotional energy sphere issues

The emotional energy sphere also has a direct impact on your mind.

If you are angry, you cannot think straight. You cannot absorb information properly, you cannot make correct decisions. In my book "Perfecting Your Emotional Energy Sphere", I described all of the 45 emotions that impact man as set out in the ancient Indian texts on dance. If you remember from your days at school, Indian dancers have thousands of different specific graceful movements all depicting different circumstances and emotions.

It is the most beautiful and graceful and at the same time meaningful dance in the world.

At the same time, holding actual specific dance positions can also solve the core 45 emotional energy sphere difficulties.

In this day, emotions are frowned upon. They give the onlooker information about what might be happening inside of you. You wish to adopt a traditional Chinese/Japanese attitude of inscrutability. No one is in love and therefore no one is confident in sharing private information with another person.

You are trained from early birth not to show anger, not to cry, to control yourself. Even otherwise, emotion is not necessary if your focus is on front brain activity - studying, talking, listening etc.

Your emotions were given to you by God for a reason. They are part of making you human: not just a thinking machine, but one that feels. The less you use them, the more you hide them, the more you focus on other activities, the more like a thinking machine you become.

Mental capabilities

It is possible to improve your mental capability:

- By using your brain, not sitting idle, not meditating, not imagining things, and not thinking things over and over again.

Just using your brain makes it better.

It is also possible to damage your capabilities. For example, by going to a doctor and taking drugs or having surgery, injuring or banging your head, telling lies and so forth.

Of course, you can also damage your abilities by sitting idle and meditating. I discuss how this happens in my book 'Yoga'.

One should not think that, just because we have atom bombs and computers and mobile phones, that modern man has a greater degree of intelligence than mankind in ancient days.

You any need to read any history book to see how modern scholars view the state of society, for example, in England before the Romans came. You need to read my book 'People with No Clothes' to understand why specific circumstances led to a low level of intellect in Europe in the years before 0 A.D. In stark contrast there was huge creativity and intelligence in most of the rest of the world.

But just because one group of peoples had specific life circumstances that damaged their

Intelligence, does not mean that you should believe that, for example, people in England in those days without a different environment could not have been as intelligent as or more intelligent than people today. Rather, one should learn what it was about European circumstances of the time that were so damaging.

The decline in the belief in God has accelerated in the last 50 years. Consequently, intelligence levels are on the decline. This trend is not yet noticed. It takes time for the intelligence of a young person to decay. For a person born in about 1990, the typical decay rate is 10 IQ points every 15 years. For a person born in around 1950, the decay rate was typically about 3 IQ points every 15 years. Thus, whereas your parents if they had an IQ of about 100 (say) kept most of this until old age, an average young person today does not. If he today has an IQ of 90, in 15 years' time it will

be about 75. Obviously this rate of decline varies from person to person and is not inevitable.

A small seeming digression on the subject of intelligence tests may be in order.

You should know that IQ tests are typically designed by psychologists and psychiatrists and are therefore not very reliable. Any considered study of the conclusions of modern psychology or psychiatry will show that on any topic, the range of views is enormous.

Any robust statistical testing will therefore confirm that the output of modern psychology and psychiatry is not reliable.

Intelligence is about your analytical ability. It does not relate to memory which is another subject.

Because a certain pop group cannot spell 'Dreaming' and other simple words, it would show up badly if they were able to take a poorly designed IQ test. One might find for example that they were morons. But one needs to look at their core skill: the songs they write. It is the message and result that is important not whether they can remember how to spell. Did they know what they were talking about? Was the analysis correct? The answer is yes. Hence the song 'California Deamin'. One needs to be sensible and realize that intelligent people would not have bought their song if it was a nonsense.

Contrast this with those in academia who obviously do not have the slightest idea what dreaming is about. Thus, contrast the sharp intelligence of the Beach Boys (note boys, their intelligence had not yet faded with age) with that of the Professors at California University I discuss later.

The latter have not even understood that you are asleep when you are dreaming. No intelligent person will buy anything from them because as their web site shows for every question they are asked they say 'we do not know'. These Professors are therefore not intelligent.

The current range of IQ tests are cultural specific and do not test intelligence. Designed by scholars, they show up scholars in a good light. Every scholar will have an IQ of 140 if scholars are to be believed. All it means is that scholars have a good memory. They remember that the battle of Hastings was in 1600 or whatever. Or at least they remember that this is what their history teacher told them. Hence they are able to write many papers with many words without looking things up in an examination hall. They have no concept of common sense and for most 'disciplines' their analytical abilities are poor.

They design exams with the caveat that only those with a good memory can pass them. It is all a self selective process. You will not find a scholar who forgets how to spell .dreaming. unless you test them when they are over age 54. That is, when they have passed all the exams they need to take and have written all the nonsense they need to write and start communicating nonsense to the younger generation of scholars. These people have to memorize the books written by the older generation, even if they are not competent to teach.

In this day and age one needs to rely on the common man and his perfect voting abilities for common sense and intelligence.

Ask a computer expert to do some shopping. He will take 2 hours not 5 minutes. He is good at his job, because he spends many hours doing the same thing over and over again.

He has skill increasing over time and intelligence declining over time. Because he wants to do things properly, (he loves computers) he will also try and do shopping properly.

Other professionals are not so enamored of their job and are not used to doing things properly. A computer programmed works or it does not and the programmer knows it.

Hence his mind set is to do things properly.

With other professionals, there is usually no such thing as right or wrong. Their two clients disagree with each other but their lawyers think that both are right. One nutritionist says cucumbers are good for you and another says they are not. One astrophysicist says the world 10000000 years ago was caused by a big bang and the other says it was not. At least in these most important areas, what is right what is wrong no modern highly educated academic has any clue about.

Hence when you ask a real professional to go shopping he will do a bad job poorly. This is his core skill. He will take 5 minutes because his main preoccupation in his job is to do things in a hurry. The computer expert will also do a bad job, but that is not through want of trying. He has the skills needed for his job and not for other things. I refer in this paragraph of course only to men other than myself. It would need a separate paragraph to explain about shopping and women. Maybe a book. However, I do not think that any objective reader (women) will disagree about what I have said about men.

The most important lesson you need to learn from this is, if you want your next house purchase or sale to go through smoothly, you need to learn to do it yourself. You need to be looking over the shoulder of the

professional in charge and try and get him to do a not completely bad job. When deciding on whom to rely, somebody who produces results that are tangible and understandable (a plumber, a book publisher, and so forth) are your best bet. I should also add author to the list.

Circumstances

To operate perfectly, your brain needs a quiet peaceful atmosphere with good air. It needs to be occupied during your waking hours, not kept dull. Sitting or standing doing nothing is not good for it.

Just like a computer, it needs absence of electric shocks. It needs certain stimulate and not others. But a computer is a genuine machine. There is free market competition so it does not have built in obsolescence. Your brain was made by God with no competition.

Hence it has planned rapid deterioration if you do not use it, whereas a computer does not. If you do not use it you do not need it so the brain cells get in a huff and say 'OK I am not wanted, I will not reproduce and so forth, bye'. For example, keeping your brain dull for just one year has the effects readily noticed if you visit any ashram in India. Try it. But if you turn your computer off for one year, it will be almost as good as new in a years. time. Only the new software you need to buy will stop it working properly.

If you become sensitive by doing work for God, you will notice that even the change in temperature from having a bath is a shock to the brain. It needs to recover from this. Or, you will notice if you become ill that having a bath or shower is a physical strain. In the same way, if you become sensitive, you

will find that it is also a mental strain. It is not that it is not strain to everyone, it is just that most people do not notice the strain.

Nowadays, there is constant bombardment of the brain with unnecessary electric shocks:

- telephoning people and waiting for the telephone to ring
- the telephone ringing
- watching a movie
- walkmans
- sitting at a computer.

As with any computer, with enough shock, it starts to malfunction:

- You do not notice your surroundings: the cells that pick up information have died, never to be replaced.

A computer, if it functions, cannot analyze incorrectly. It is a contradiction in terms. It produces nonsense if it has insufficient or incorrect inputs, as is always the case. The same is true with the brain. It analyzes correctly, but gradually the amount of input data used reduces. You rely more and more on memory.

In the case of a computer, it sometimes "freezes", gets confused. Press "esc" twice with too little gap in between, and the computer may hang. This is not an inherent feature of a computer, it is just an inherent feature of 'xx' products.

The brain is a rather sophisticated computer, so it is difficult to make it give up completely other than by using for example sleeping pills. But, constant bombardment with noise (modern music) means its chain of

thinking gets disturbed. The cells blow out as they try and work overtime to overcome the interruptions from noise every second.

They die. You lose ability to analyze, even though the analysis that you do is still correct, albeit based on flawed or insufficient assumptions (data). You rely more on memory: in other words the amount of access to past experiences that God gives you from time to time. Memory is not always perfect as you all know. There are good modern ways to encourage God not to give you memory when you need it.

Prejudice

Here is my honest response to a man from Morocco who was looking for love in the West and wondering whether I could help him find it:

“Dear xx,

I have to be truthful to you. Men and women are prejudiced. I too, being from India, suffer from this. I am sorry to mention it to you but I do not wish to mislead you.

If you come here and have some money I can find you some women who will be prepared to meet you for as long as you buy them expensive things or give them money.

Everyone here wants to meet Americans and British people.

I do not know of a single woman who would be prepared to go to Morocco except for an expensive paid holiday. Whether Morocco is a modern prosperous country or not, they do not care. All they want is money and prestige.

Please forgive me if I have hurt your feelings, but this is the way it is. You will be hurt badly if you come here and expect otherwise.

If you find someone, for example in your own country, I would be happy to give you advice as to how to make your marriage a happy one.

Best wishes

Shyam”

The world today is not about sex or love or emotion, it is not about war or fighting against war, it is about money and prestige. The mind is crucial for these two tasks. One should ask oneself, why is it that God wants so many to have these two objectives? I look at this issue in some of my other books.

Complexity

Some of you will have noticed that a computer programmed with 1000 lines of code 25 years ago, with the same functionality, now has 1 million lines of code (for example, Lotus 123 versus Excel).

Corresponding to the decline in ability of programmers in Washington USA, they needed to build more and more superfluous lines so that they could continue to draw income.

Otherwise they would have said to Mr. Gates, “*why not buy Lotus for USD 30, cut and paste the code and you are done. You do not need 8500 programmers all working on Excel for 25 years. Copyright is not an issue in this day and age as we all know*”.

And the more lines of code you put in the more it goes wrong (as any user will have noticed) and the more programmers you need to fix it. Can you imagine how long it takes to read 1000000 lines of code? And then imagine how long it takes 8500 programmers to do this. It all depends on how many trees you cut.

So it is with your life. You can make it complicated and the more you do the more wrong things go and the less you will get done. And the less useful things you will get done.

And the more you injure people and breach the ethical code. Console yourself that you are not alone in making things complicated but recognize that you are significantly worse at it than any University department in the world.

Intelligence

You should not assume, for example, that Einstein had a greater intellect than you or I. Using a standard IQ scale centred at 100 for the average person aged 20, Einstein's IQ was in my view about 142.

In 1986 researchers asked 25 experts for their definition of intelligence. The researchers received 25 different definitions, for example:

“general adaptability to new problems in life; ability to engage in abstract thinking; adjustment to the environment; capacity for knowledge and knowledge possessed; general capacity for independence, originality, and productiveness in thinking; capacity to acquire capacity; apprehension of relevant relationships; ability to judge, to understand, and to reason; deduction of relationships; and innate, general cognitive ability”.

By all of these definitions, if anyone of you have read about Einstein's life, he was not very intelligent. The only reason that a standard IQ test shows him as being in the top 0.4% of the population in terms of intelligence is because he had a good mathematical memory. Had he taken, for example my own IQ test, designed to assess intelligence rather than combined memory and analytical ability, he would have come out with an IQ of about 110 . in the top 27% of the population. His great ideas as he says came to him in a flash, from God. I discuss more about intelligence and genius in the next chapter.

The mind in summary

The mind does some calculations according to the inputs given to its computer program.

These inputs include emotional, physical and the other disturbances mentioned above.

You have a mental disease only if you have a spiritual disease: you are happy or not unhappy to harm people.

For almost everyone, the computer program is very satisfactory. It defines your intelligence level.

Your analytical abilities: When I say that your computer program is satisfactory does not mean that you cannot improve your intelligence. Just because modern scientists do not know how you can do this does not mean that it cannot be done. It also does not mean that you cannot harm your intelligence. Both are easily done. Also, the program is satisfactory in the sense that most people are comfortable with their level of

intelligence. They are not looking for more, because they do not need more, in general.

Every computer has access to data. In the case of a man or woman, this access is called memory. You have a database of prior knowledge and experiences. In fact you have two databases: one in your conscious brain and one in your subconscious brain. Memories in your conscious brain are accessed as and when God wishes you to have access to them.

Memories in your subconscious brain can be accessed (intuitive knowledge) if you decide to pursue a life following love. Occasionally, someone has access to these subconscious memory banks and such a person is known as a genius.

I discuss at length the issues of memory and intelligence, mental health and ill health and disease in some of my other books.

CHAPTER 16: WHAT THOUGHTS ENTER THE MIND?

1. Helping your son tie his shoelaces
2. Going to work
3. Doing what X says
4. Wanting to keep oneself amused
5. Going home
6. Eating and drinking.

It is fairly limited is it not? No doubt you can think of another thought that entered your mind today. The fewer types of thought you have, the less work your brain does and the less intelligent it becomes.

You need to consider yourself lucky. Suppose you were a great Yogi and had to sit all day and only say "hurry hare", what would happen to your mind then?

If you believe in God, you ask Him what the answer is, and coming up with your own decisions is unnecessary. You do not need to do a lot of analytical work. He will ensure that you have the amount of intelligence that you need for your life's work. Otherwise you need intelligence in order to ever further move away from God.

So really you have an excess of thoughts in your mind. If the yogi can make do with two, hurry and hare, you should be able to do even better, with one. Think of Him. I do not recommend this.

Learning does not necessarily come from mental activity. The self can gain knowledge directly if that is what God decides. A genius at the piano or at mathematics, for example, often jumps steps that the beginner needs

to know. Any logical thinking will show that it is not possible to jump these steps. It is only possible with God's help. Often, great scientists say that their greatest inventions or thoughts came to them in a flash; there was no thought process involved.

It is because God decided that he wanted them to invent something great rather than yet another indifferent thought that usually occurs as a result of a thinking process.

There are two types of geniuses. One is a person who has one great idea simply because God gives them to him. Because of this great idea, universities around the world misclassify him as being a genius. Another is the type discussed in depth in my book called "Yoga". This is where about one in 100 people have access to their subconscious memory bank and have near perfect memory. They can then easily analyze, because they do not need to take time to remember their previous thoughts steps. Sometimes, unusual thoughts come into one's mind. A few people can remember the details of some of their past lives. In these and other ways, God gives the intelligent person clues that Indian philosophy is correct.

CHAPTER 17: WHY MODERN TECHNOLOGY IS BETTER THAN YOU

As is well known, modern computers and modern cameras have superior abilities to those of man.

Any software program, for example, but just one typical example, would be much better at chess.

Of perhaps 100 million people who play chess, a computer program will be much faster than any of them and if well built will beat all of them.

A good camera can resolve down to hugely finer details than can the human eye.

A modern computer and a modern camera have much better memory than a human.

Yet it is that when you see someone walking down the street, in front of you, and only see the back of his skull, there is a good chance that you will recognize him. There is no chance that a modern camera will do the same. You comb your hair one way today and another tomorrow.

The actual skull cannot be seen. A typical person might know personally 1000 people. In addition, he or she will have seen movie stars etc. and know another 1000 people. If you feed data of 2000 people into a databank of the computer behind a modern camera and then ask it to recognize a picture of a person's back skull and put a name to this person, it will come up with perhaps 40 choices.

There is a good reason for this, when you see the back of a person's skull, you also feed into the recognition process some probabilities. You know that you will not see your favorite movie star in front of you. No one has such luck. You factor in the fact that you will not be lucky today.

In principle, you can feed into the computer program probabilities. It will still not be better than you.

Try a different experiment. Take 10 similar brown envelopes and crumple them up slightly. Each envelope will be slightly different. Come up with 10 names, for example, Fred, Joe, Ann, Anne and so forth. You can choose whatever names you like. Have a look at Fred for a few seconds, and then look at Joe, and each of the 10 envelopes in turn.

Wait a few seconds and then pick an envelope at random and see whether you can remember its name. If you are one of the 100 people who have access to your subconscious memory bank, you will be able to do this. For 99 percent of the population, you will not. A modern camera will have no difficulty whatsoever in performing this important task.

So why is it that when it comes to recognizing humans you are better than a modern camera and when it comes to recognizing anything else you are worse? Your experiment does not need to be restricted to envelopes. You could try poodles or butterflies, my conclusion is the same.

The fact of the matter is that God helps you to identify people whom he wants you to meet.

Basically, you have no idea whether the person in front of you is Joe or Fred or whether you have seen him or her before or not. God feeds some

information to you that this person you have met before and his name is Joe. Or, often, He just tells you that you have met the person before.

When you meet a poodle, it is not really necessary to know whether the poodle has name

"Darling" or "Dearest". Equally it is not really necessary to know whether you have met the poodle before or not. Even someone who is a genius, who has access to their subconscious mind, will not know whether they have met the poodle before or not.

The conclusion of all this is that it will not be possible to construct a computer that is able to recognize something that it is not possible to recognize in the way that you can.

You comb your hair one way this time and another way the next time. You colour it red today and blue tomorrow.

Only a human being can recognize that he saw definitely this hair yesterday or 10 years ago even though it does not have the same shape or colour. He can also recognize it even if he didn't see the back of the head of the person before. Which man looks carefully at the back of a person's head during the first meeting? It is not the sort of thing that they do is it?

It is sometimes believed, that computers and cameras, for example, can get better and better indefinitely. In physics, in the early part of the 20th century, a physicist called Heisenberg noticed that you cannot know two things at once. The Heisenberg uncertainty principle, a well-established law of physics, says that you cannot know the speed and the position of an object perfectly both at the same time.

This latter is the actual law that Heisenberg proposed.

The Shyam Mehta law is that you cannot know two things precisely at once. You either focus on chewing gum and how nice it tastes or you notice her. Walkman versus the man in front. You either notice her or you notice her dress.

There is a limit to the speed and the accuracy of any modern technological device. You are not a modern technological device. Consequently, you are able to recognize the impossible (your favorite actress being in front of you, for example) with speed and accuracy. The more impossible it is the more difficult it will be for a camera to recognize her. You will have no difficulty at all. God tells you and you are done. Recognition all happens in a flash. You do not need your eyes to be open for this. But, if you keep your eyes closed, He knows you are not really interested in meeting famous actresses and hence does not bother telling you.

God will help you. He does not help cameras.

This is why cameras will never be as good as humans, in terms of what matters: recognizing somebody that you need to meet. Or, you have never ever met her before and you know that she is your future wife.

God knows for example that the actress was wearing a wig in the film. That she decided not to do that today is a random statistical molecular event that no computer can predict.

I am not here saying that modern computers and cameras cannot be good at doing unimportant things. This is what they are built for.

Love versus money. Today unimportance wins. Really, love wins always.

CHAPTER 18: NATURAL LIVING

When a child shouts and screams, you should know that the louder it shouts the less natural is its living. It shouts that it wants money or a candy or to go to the zoo. The louder it shouts, the more it knows that what it is asking for is not good for it. It shouts to drown away this knowledge.

Natural living is not about shouting.

The main way in which man and woman lead unnatural lives is through the food supply. Western farmers and pharmaceutical companies, amongst many other agents, have interfered with the food chain. The more unnatural the food that you give a child, the louder will it scream and shout: in protest.

I am not saying that you should not go for walks in the countryside and so forth. You can. But, 90 percent of unnatural living relates to eating and drinking polluted substances. The water that you drink is recycled refuse. The apple that you eat has chemical additives for several purposes:

- the land on which the apple tree exists is inherently unproductive because of overuse. Hence, the farmer adds pollutants to stimulate production of apples
- the land on which the apple tree exists is polluted by all of the surrounding factories and their chemical output. The result is that apples no longer look and taste nice. Hence, the farmer adds pollutants to make it seem as if apples look and taste nice

- insects are becoming ever more resistant to modern pesticides. Therefore, the food manufacturer adds pollutants to make the apple repellent to insects
- people demand apples out of season. Therefore, the food manufacturer adds pollutants to artificially stimulate growth of apples out of season or to make it appear that they are not bad even though they are months old.

Of course, there are other reasons why manufacturers poison the food that you eat. The only reason of course is profit. And the reason that it is profitable is that consumers prefer polluted food than not eating polluted food.

If you wish to break free of unnatural living then you need to try an experiment. For five months, you need to go on to a milk and yogurt diet. You will also need some added sugar because milk itself is not as natural as it used to be. Have nothing to do with Western food product, water included. At the end of the five months, you will find that you become much more sensitive to what is good for you and what is not good for you.

You taste some ice cream, and you immediately know whether or not it is good for you.

For some food products, you will not know immediately, you will know a few hours later.

For example, you will become ill just having some cake. Previously, because you were out of touch with what your sense organs were telling you, you may have actually liked the cake. Now, it will have an indifferent taste: you can take it or leave it. But, a few hours later when you feel ill, you will hopefully resolve to leave it or throw it away. The

illness does not last long: this depends mainly on how much cake you have. For example, one slice of a typical cake will cause you to feel not well for about 6 hours. You are stronger than you were before, but more sensitive. If you had three slices of cake, you would not feel well for 18 hours: there is a specific rate at which the body expels poison.

When ill, you should not have sweet things. In any case you do not then need sweet things because these are needed for activity not for rest. But, you will know all of this if you try my experiment.

Feeling ill is not necessarily a bad thing: you have done bad things and the body is giving you a chance to have a holiday to recuperate.

Some people have had such an artificial living that it is not possible to go onto a milk or yogurt diet. Such is life, but you can still reduce the artificiality of what you eat or drink.

This is up to you.

Almost everybody has good sense organs. Their accuracy in delivering to you the information that you need is damaged only by habit, in the main. Even after eating polluted food for 50 years, your sense organs will typically still be good. Your taste buds know immediately whether something is good for you or not. You may not be sure, as I mentioned previously, this may take a few hours, but your taste buds know for sure. They know with certainty that modern water does not taste good. Try it out and see for yourself.

You have lived naturally for 1000 or so previous lives. You could say that you are the world expert on what is good for you and what is not good for you. You do not need any cooked food, any vegetables, any fruit: just try

it and see for yourself. You also, being an expert, do not need, after this five months is up, any advice from me, from nutritionists and so forth. All that you need is to be free from Western food product.

When I say all that you need, you also need to be free from Western medical interventions. In the case of a child, the primary reason for unnatural behaviour is unnatural food. In the case of an adult, this is also the primary reason, but Western medical intervention creates enormous harm to your body and hence ultimately leads to unnatural behaviour. The harm caused by Western medicines are explored in some more detail later in some of my other books.

Switching to natural living does have also major benefits to your sex life. You know when you need sexual activity. You become more sensitive. You know with whom you need sexual activity. And so forth.

Likewise, emotions become less disturbed and all three of these energy spheres cease to disturb mental activity to the extent that they did before. Marrying the right as distinct from wrong man or woman will have as substantial an impact on your mind; this is another potential benefit from natural living: knowing what to do and when to do it.

All of these conclusions are readily testable by any competent scientist.

CHAPTER 19: MEMORY

It is strange, is it not, that you have all these experiences in life and then a few seconds later you forget them. Our experiences are available to the self and, for example, when a hypnotist accesses your subconscious brain, although he can only do this imperfectly, he can get you to recall many things. Incidentally, he can never get you to remember things that you did in a past life, because these experiences are lost when you die. Only two sets of people can remember what happened in their past lives:

- “great” religious leaders
- people who God wants to go on television and talk about their past lives.

The former of course merely say they can do it as opposed to the genuine cases which must be true because they appear on television.

So, why is it that you cannot remember John's name when you meet John? It is simply that God wants to embarrass you.

Some would have you believe that if you practice memorizing useless things (lists of 10 objects etc.) your memory will improve. It is true that you may then be able to remember lists of 10 useless things. God is happy to help you waste your time if this is what you wish to do. He has infinite patience with this idea of yours. However, when you meet John, nothing will have changed. Your memory will not have improved. It all depends on whether or not God wants to embarrass you.

CHAPTER 20: DREAM STATE

To understand about whether you are dreaming you really need large US Government funding.

This is of course available.

Here is the near beginning and end of what students of indifferent grades 7 and 8 will be taught about and get to know about scientific knowledge of the anatomy of dream by The (US) National Library of Medicine (www.nlm.nih.gov/exhibition/dreamanatomy/index.html):

3. Introduce the following two anatomical illustrations (one at a time or together):

- *Human body and a house*
- *Industrial body*

11. On one wall of the classroom or in the hallway, put together all 5 parts of the body for display..

California State

However, for adults (intelligent people) the best place not to find answers to your questions is the web site called The Quantitative Study of Dreams, from Professors at the University of California, Santa Cruz (<http://psych.ucsc.edu/dreams/>):

Q: I had a really interesting dream; can you interpret it? I'm having problems with nightmares; can you help?

A: No and no; that's not what we do. Sorry.

Q: Why do we dream? Do dreams have a purpose?

A: No one knows for sure, but right now it looks like dreaming has no adaptive function.

Q: Do you have a theory about dreaming?

A: We are developing a neurocognitive theory of dreams

It is so complicated is it not? No ordinary mortal is ever going to understand the quantitative aspect of dreams are they? The simple reason for this is that as most intelligent people will realize dreams are nothing to do with quantity and nothing to do with brain activity. Because you are sleeping. There is no neurocognitive activity, to state the obvious. It is all a dream (Beach Boys, Santa Cruz?, 'California Dreamin'. This is not a typographical error). Why would God give you dreams if they had no purpose?

California has a purpose. I am sure that it must be something to do with dreams.

Certainly we can say with confidence that nothing useful will come from the University of California. Amusing maybe but not useful. Let us see what really happens and find out useful things, like the answers to these four (yes) questions.

Purpose of Dreaming

In actual fact, your mind is asleep, not working, but God is still giving you (the self) experiences.

Therefore for the avoidance of doubt, you are sleeping but you (the self) is not asleep.

For 2500 or more years, Indian philosophers have recognized that the self never sleeps.

It does not much matter to your self whether the data is fed when you are asleep or when you are not. It just gets data.

Hence it is that the data the self gets during dream is just as valuable as data it gets during waking hours. It is just data for you, the self, to process or not as you wish.

Now, during the day, you have a wide range of experiences which your mind processes and then feeds information about to you, the self. The same happens in dream.

Experiences that you get, whether in dream or whether you are awake, are given you by God.

The ultimate purpose of all these experiences are to bring you closer to Him, or if you are so inclined, to move you further away from Him.

In the waking state, your mind processes the information it receives. In the dream state, it does not. It is therefore easier, and possibly less painful to you, for God to give you a terrible experience in dream and for it to have a powerful effect on you, the self.

Nightmares therefore serve a purpose. A nightmare for one person may make him pray to God.

For another, it may make him not believe in God. God decides what you need.

Thus, you may be given a nightmare, and because you are dreaming, you believe it to be a tangible forthcoming painful event (see Chapter 29, on Fear). In this way God creates in you fear, in turn because of your previous activities. You may have harmed somebody in this or a previous life and need to know what it is like to be afraid.

Many great yogis and saints say that they received important information about what to do in life in their dreams. Who are we to disagree with them? Why would God communicate a direction for your waking life when you are asleep? It is because they are not receptive to His communications during the day: they may be dreaming or chanting for example.

The amount of dreaming you do depends on how much you need for your direction in life.

Suppose you have already decided to faithfully progress in life towards God. You do not need any dreams. You then do not dream. The people who dream the most are those who are most undecided about their life direction, whether to pursue God or not.

There is no such thing as valid "dream analysis".

Dream analysis also is not useful. It is not possible to know what type of dream God will give you next, nor what to do about it once the purpose of a dream is known. Dream analysis can provide theoretical not useful knowledge, as with other Western sciences.

The kind of theoretical information it can provide is: "your dream might be because you dislike cats or it might be because you like cats, I do not know".

In case there are some scientists trying to test out whether your body (for example the five parts on the wall that I referred to earlier) sleeps, they should know that your body does not sleep except after death. Conscious activities cease because your mind is asleep. The body starts to work efficiently when you are asleep because you are not involved in what it does. Hence, for example, its metabolism falls compared with the state where you lie down and rest.

Karma and dreaming

In your life, you do good and bad things. God, being just, gives you pleasurable and painful experiences corresponding to your good and bad choices (karma).

For a person who is on the path of light, his or her choices are those desired by God. They are in harmony with nature and there is no reaction, there is no accumulating, and no resulting pleasurable or painful experiences. Such a person will have no dreams, as discussed above.

There is no reason to dream. Further, he or she needs the maximum amount of dreamless sleep possible to recover from the activities of the day.

For others, a part of the pleasurable or painful experiences, required for the world to be fair, arises in dream. The first thing to note is that, for the self, there is from a primary point of view, no difference between the dream and waking states. In the first it gets experience directly from God and in the second state it gets experiences as directed by God: via the mind and sense organs. The fundamental difference for the self from this perspective is the dreamless state compared with the other two. In the

dreamless state, it has no experiences. It remembers with happiness or sadness, for example, prior events.

There is, from another point of view, a fundamental difference between the dream and waking states. In the dream state, the self reacts but does not act. During the waking state, it chooses between right and wrong: it acts. Hence, dream does not trigger a chain of further action and reaction under the law of cause and effect (known in India as the law of karma).

Dream therefore has no purpose other than to enable the world to be fair: it does not trigger future consequences. It does not help you to progress or regress in life. Only human wakeful existence does this.

So, the content and amount of your dreams has a reason (for the world to be fair), but no purpose (other than fairness).

There are some actions that necessitate either future lives or future dreams. For example, actions which you do towards the end of your life may be too late for you to be able to experience the consequences. Or, a not nice example, if you have killed or maimed many people. You will then need to experience what it is like to be killed or maimed in the same way a corresponding number of times. The same is true with breaches of all the five principles of ethics, not just ahimsa (noninjury). You will in your future dreams or in your current life, experience the unhappiness you have caused others by not telling the truth, theft, breach of the principle of chastity, and acquisitiveness.

From the point of view of the self, pain experienced in dream is just the same experience as in the wakeful state, it hurts just as much. Happiness is as nice. A soldier who kills 1000 people does not necessarily have 1000 dreams of a similar death and length in this life. It is not possible. Even

one lengthy death experience is not possible during dream in this life, because the dream state only lasts for a few hours each night. He experiences the 1000 deaths or injuries he has caused in the main after his death.

It is not so often that a person creates real joy for another person 1000 times. A prostitute might be an exception. For a married person, he or she will, let us suppose, create joy for his or her spouse 1000 times. But, this will likely have a corresponding happiness in this life. Mostly, also, this joy created is short - lasting (one hour or so) compared with the long lasting effects of injury, lies, theft and so forth. For most people, therefore, the living experience is nicer than the likely experience after death.

For the self, it is only the pain, uncertainty and so forth associated with death that marks the time of death as being significant. In other respects, you live before, during and after death. This life of yours is an opportunity to create fundamental change for the better in your future infinite existence. There is no further life experience after your forthcoming death: you will not be reborn.

This science of dream is neither testable nor useful. Only God decides whether or not you will remember something. Paying a company 100 US\$ to give you a list of things to remember serves no useful purpose other than giving them 100 US\$. You do not train your memory.

Therefore, it will never be possible to train a group of people to memorize what was in their dreams and later to tell you what was in their dreams.

CHAPTER 21: DREAMLESS SLEEP

Sleep has an important role for both a spiritual and a religious journey. When you sleep you are in contact with your soul. This is a spiritual happening. Your mind is at rest.

Sleep has two other purposes:

- to allow your body to relax and heal
- to allow your mind to relax and heal.

However, the most important thing to note about sleep is whether your sleep is disturbed or not.

Some 90% of people have one or more of a large variety of different sleep disorders.

Something is going very wrong in your waking life if this is happening to you. The two wrong things are either that you are not distinguishing between right and wrong, or that you are not exercising will power to effect right decisions.

The second most important thing to note about sleep is that you should not have too much of it.

You should do your duty and not avoid duty by sleeping too much. You should also not have too little sleep, as your body and mind do not then heal and relax sufficiently.

However, persistent lack of sleep is a sleep disorder, as discussed above.

The amount of total sleep you need depends on:

- how much physical work you do (+),
- how much information you need to absorb (+),
- how much you eat (-)
- your pace of thought (slow means you need more)
- your metabolism (high means more)
- the number of arguments you have (more means you need more sleep)

If you have more sleep than you need, it has a huge negative impact on an intelligent person's ability to think and absorb information. The same is true if you are lying down before or after sleep doing nothing much.

This science of sleep is partly testable and partly not. It is not testable in the sense that you are asleep and hence you do not know what experiences God is giving you. This is an assumption of the science, but consistent with traditional thinking in India.

The remaining parts of the science are testable. You can deprive a person of sleep and observe the rate of healing of an injured part of the body or the mind.

One can question a group of people about whether they have sleep or disorders or not and then test them for ability to distinguish between right and wrong and on will power.

If psychiatrists revised their intelligence tests to be measures of intelligence, then they could also test whether people who have excess sleep lose intelligence.

For each of the factors listed above as impacting sleep requirement, one can measure these factors and create an environment where there is more or less of one of these factors.

CHAPTER 22: IMAGINATION

Sometimes one day dreams, sometimes one imagines things.

What can one say about this, other than they are useless activities? If you are tired, you should go to bed earlier.

Day dreaming

In terms of day dreams, mostly this means you are not doing your duty. You have things to do but you do not do them. You lack focus because you do not really mind whether you do your duty to your employer or to your family or not. What can you, the person's friend, do about this? Nothing. A person wants to do his duty or he does not.

With day dreaming, God puts thoughts to you directly without use of your mind. Instead of using your brain cells, they are unused. Being unused, they slowly die. Your intelligence remains the same. Since you are not doing what you are supposed to do, this does not really matter.

You are drifting through life, not getting anywhere. You become forgetful. Your mind is preoccupied with the day dream God is giving you and you lose focus on what happened before.

Some of the cells that drive "short" term memory do not exist.

Imagining

You have a vivid imagination. Or, an artist imagines things before drawing. Is this a useful function? No! In life, one needs one's feet firmly placed on the ground and to do useful things.

To create works of art, rather than paper with lead on it. A work of art is drawn from the heart, not the head. In my view the best artists and scientists do not have a vivid imagination.

Imagination is different from conceptualizing. You may need to have a "picture" in your mind of what the building you are about to create will look like if it existed. Of course, building concrete blocks is not a useful activity either.

In life, one tends to get into habits. If you develop your imagination by imagining things then this is what you do. You get accustomed to thinking things which are not true. When you say something to somebody they do not know whether what you are saying is true or not. You yourself end up not being able to distinguish between what is true and what is not true.

What can one do about these conditions? Possibly, if the person sees this article, they will change. But, it is unlikely. Most people are set in the ways. Even a substantial, tangible, shock will not change behavior patterns. Again, someone who is used to imagining things is doing an activity that is different from his duty. The fundamental issue is this, not whether you are day dreaming or imagining. You could say, for example, I will give you USD 100 if you do your duty.

The person may then say yes I will do my duty. But then, the person would not be doing his duty.

You either want to do something or you do not, nothing much will change that.

CHAPTER 23: MENTAL DISORDER

Here is one false:

- *When people understand that mental disorders are not the result of moral failings or limited will power, but are legitimate illnesses that are responsive to specific treatments (Mental Health: A Report from the Surgeon General).*

and one true statement:

- *“8 of the 10 Leading Causes of Disability Are Mental Illnesses (World Health Organization, the World Bank, and Harvard University)”.*

In terms of the first: mental disorder is the result of moral failing and limited will power.

These are the two causes. There is no specific treatment whatsoever for mental disorders.

In terms of the second: disability is caused by mental illness. In one in five cases God decides to give you disability directly rather than by influencing your mind.

Here are the main problems caused by moral failing and lack of will power:

- Abuse
- ADHD
- Adoption
- Aging & Geriatrics
- Alcohol & Substance Abuse
- Alzheimers And Other Dementias
- Anger
- Anxiety Disorders
- Autism
- Bipolar Disorder
- Cancer
- Chronic Obstructive Pulmonary Disease
- Conversion Disorders
- Crohns Disease / Irritable Bowel
- Depression (Unipolar)
- Depression Primer
- Diabetes
- Disorders of Childhood
- Dissociative Disorders
- Domestic Violence and Rape
- Eating Disorders
- Emotional Resilience
- Epilepsy
- Heart Disease
- High Blood Pressure
- Homosexuality & Bisexuality
- Impulse Control Disorders
- Infertility
- Internet Addiction
- Learning Disorders
- Medications

- Memory Problems
- Mental Health Professions
- Mental Retardation
- Multiple Sclerosis
- Obsessive Compulsive Disorder
- Oppositional Defiant Disorder
- Personality Disorders
- Post-Traumatic Stress Disorder
- Psychotherapy
- Relationship Problems
- Schizophrenia
- Self Esteem
- Sexual Disorders
- Sexuality & Sexual Problems
- Sexually Transmitted Diseases
- Sleep Disorders
- Smoking
- Speech Problems
- Stress Reduction
- Stroke
- Suicide & Self-Harm
- Tourettes and other Tic Disorders
- Treatments & Interventions
- Weight Loss
- Wellness

To tell you the truth, it is not my list, I found it on the internet. Some modern researchers (I will not embarrass them) said this is the list and so I said well it must be true. I read it.

Scientists say that

'dreaming has no adaptive function' so it must be true.

The point is that it does not matter what exactly bad thing happens as a result of moral failing and lack of exercise of will power. Something bad may happen, or it may not.

But, you might as well fix the problem might you not? One does not need 50000000 dollars of tax payers. money spent on seeing whether there is water on the moon or what causes 'wellness'. It does not matter.

We can do endless research into this or that. It creates ever more lack of knowledge and more and more confusion. Focus on the important things in life. It is not nice to have a long complicated debate to yourself about whether you go to jail if you kill someone, you should not do it in the first place.

“ROCK STAR DEATHS

As the Sixties drew to a close and the hippy dream turned sour, the decadence of the rock and roll lifestyle started to catch up with some of its most enthusiastic exponents. So when Brian Jones, founding member of The Rolling Stones, was found dead in his swimming pool in July 1969, he was but the first in a series of high-profile rock star deaths.

Within the space of two years, Jones would be joined in what Kurt Cobain's mother called "the stupid club" by three more of the era's most celebrated musicians; Janis Joplin, Jimi Hendrix, and Jim Morrison of The Doors. Spookily enough, they were all just 27 years old”.

Source: MSN Entertainment, 10 Nov 2005

Modern music has a powerful effect on the brain. 1960s music was relatively mild, by comparison. Dying young is not necessarily bad. It all depends on what you do with your life.

CHAPTER 24: KINDNESS AND EVIL

I mentioned elsewhere that kindness and intelligence are opposites. A calculator is not kind. I define kindness as

When, if you encounter someone you do not know and are not likely to encounter again, no one is with you and he needs some help, if you can you give it to him.

Strangely, there is a one-to-one correspondence between what your mind says you should not do and what kindness implies that you should do. It is through cultivation of goodness in yourself that you break this negative correspondence.

There is no evil in the world. A man hurts somebody, maybe badly. He has a reason. He may have a mental disorder. Or, the person has harmed him or someone else. There are numerous different forms of mental disorder. He may be a soldier and believes that doing what he is told to do is a good thing. There is justice in the world, too. A person is hurt for a reason. That, however, is no excuse for walking on by.

CHAPTER 25: TENSION

Everybody gets tense. It is natural. Whether you are busy or whether you are not, tension is a given.

If you are busy, you will automatically get tense as you concentrate.

If you are not busy, you will get tense very quickly when someone or something bothers you.

Once a day, you should spend not more than five minutes quietly, by yourself. Have the television switched off, the telephone switched off. Sit, rather than lie down, forget about your activities of the day, the problems, the questions and so forth. Be aware of the back of your skull, and relax it. This is where your self resides.

You should do this once a day, not more than once. Sitting still, doing nothing, is not good for you. But, these days, tension is so great that you need to become conscious of this area, and over time you will become calmer.

As much as possible, you need to avoid the many unnecessary situations which make you tense.

When something tension building happens, you need to ask yourself, is this really important to you? Does it really matter so much that you need to get upset and stressed about what is happening? Let go and relax. There are some situations where you need adrenaline and need to be annoyed. Mostly though, you get stressed unnecessarily.

Once a day also, you need sexual activity. Sexual activity releases your tension and brings creative energy to your mind.

Soon, people will realize that the degree of tension has changed. Nowadays it is a killer disease.

Sometimes it is inevitable that you will be stressed. Most importantly you need to arrange your home life such that there is no tension. The only tension that you need to tolerate from home life is that from the kids. You brought them into the world and therefore have trained them in the art of making you tense. You therefore have to put up with them until they are 15 or so, however terrible they are.

The amount of tension you have is inversely proportional to your distance from God (the bigger the distance the bigger the tension). However, the lesser the distance, the more sensitive you are and so the amount of tension and stress that you feel is greater than your actual stress. The amount of stress can also be reduced by becoming close to someone. These two distances (guna measure and love percentage) are fundamental in your life and in some of my other books I set out how they can be measured.

CHAPTER 26: INFLUENCES ON YOUR MIND

Your mind needs good things to think about. It does not need horror stories or violent films or to keep in touch with all the tragedies that go on around the world.

It needs variety. Just thinking always about your work or about your family is not enough.

It also needs reality. Friends who are friends rather than people whom you know. Movies are not reality. Your work is not reality. Reality is meeting nice people, helping them, being in touch with nature.

You need to meet people both of the same (i.e. your) sex and of the opposite sex.

Your mind does not need constant noise to keep it entertained. As you walk down the street, look around you. Notice people, notice your surroundings, see what is going on. A constant background of your favorite music is traumatic for the mind.

Your mind needs direction. Every now and again, you need to sit down and think about what it is that you wish to achieve in your life. Is this money and status, or is there something else? The only purpose that ultimately is good for you is to resolve to see whether you can make the good deserving people whom you encounter who ask you for help, happy.

The most important thing that it (the mind, your thinking tool) does not need is to be thinking about the same thing over and over again. You lose

some money and you do not know where it is. Look for it once, thoroughly, with focus, and then forget about it. Move onto the next thing.

Say to yourself okay, it is gone. So be it. The bigger the amount you lose, the bigger the effect of this discipline on you.

The even more most important thing that it does not need is argument. If you and your spouse quarrel, you need to figure out a way in which this argumentation can stop. No argument whatsoever. She goes her way, you go yours, if really necessary. Arguments lead to tension, lack of sleep, lack of sex, mental disease and ultimately physical disability.

CHAPTER 27: MOTIVATION

To achieve something useful in life one needs motivation. This is the determination to achieve something that you believe to be important.

Suppose, you spend days or weeks or even years struggling to do something and you finally achieve what you set out to do. Is this enough? No. As soon as you achieve what you set out to do, you will want to achieve something more.

Having spent so much time on this one thing, your main thinking will be on how to do something more in the same direction. You will want to publicize what you have done.

So, you put in some effort at talking to friends, finding newspapers that might be interested or whatever. You will find that in this age, nobody at all, no one has the slightest real interest in what you have done.

If there is a financial interest in it for them, they will be interested. But this is not real interest in what you have done, it is interest in making money.

People are interested in what they do, and not in what other people do. People are not even interested in gossip. They may gossip, they may ask you personal questions, but this is habit, not interest. But, you may say, I know a man who is always focused on gossip.

He either wants to impress you or he wants to impress others by his knowledge. Or he believes that by finding out some information it will be useful to him.

So, you have put in a lot of effort and then no one is interested. You lose motivation for your next project.

The reason that someone spends significant effort trying to achieve something is not to do with self-knowledge. It is to do with wanting to be useful in society. Even someone who spends all his time developing a business, really believes that he is doing something worthwhile for society.

Most people do not try (even once) with this struggle to do something useful for society.

They then do not lose motivation. But, they do not try hard in the first place. They know that if they are trying to achieve something, it is not important. Therefore, using my definition, they do not have motivation to start with.

So, the second time around, when you have finished your first project, have found that no one is interested, and then think of a new project, it is difficult for you. You want to do something useful, you have the ideas, but you know that even though it is useful for society, your ideas will not be implemented in practice.

What happens to you then? You do the second project, half heartedly. Deterioration sets in.

You lose focus, you lose interest in life. You start sleeping more than you need to and your intellectual capabilities decline.

One can say that there are three "types" of people:

- those who have nothing major that they wish to achieve in life
- those who have something major to achieve, but fail to achieve it and become disheartened
- those who achieve something useful, and then become disheartened.

There is a fourth category of person, someone who wants to achieve something useful for

society, and turns to God for help. He does not get disheartened and his efforts do not go to waste.

CHAPTER 28: SOCIETY

It is commonly believed that everyone is selfish, for example driven by a "profit" motive, and that at the end of the day decisions are taken on the basis of self-interest.

This is not the case. Everyday acts at least partially with the interests of others at heart.

There is a spectrum. Some people act with a weight of 10 percent in the interests of society, others 30 percent, 50 percent, 90 percent. We have an even spread of people.

Nobody is at the 0 percent level, nor at the 100 percent level. This inclination does not change in one's life: it is an innate characteristic of yours.

It is useful also to comment on the question of God. Some people say they believe in God or that they are doing God's work. There is no correspondence between the percentages I refer to above and people's assertions. No one believes in God 100 percent; nor does it matter. Of what benefit is it to anyone (including yourself) if you believe in God? God does not need your help.

Nor your belief. The important question is whether you try to help society.

Percentages fall away in the face of love. Whether you were 10 percent or 90 percent, this is not relevant if God gives you love for Himself.

But, even if you are a "90" percent person, it does not mean that you achieve anything positive for society. You need to positively strive for this. The same is for all other people. The only difference is that the "10" percent person when he decides to do something always places the greatest weight on his own interests. The result is that in most cases when he does something it is not for the benefit of society, even if he says it is. He will therefore fail, in most cases, to help society. The opposite is true for the "90" percent person. To the extent that he tries, he will mostly succeed in helping society. This success is guaranteed only if you love God.

The main problem is that most people nowadays do not try. In the old days, when you were young, you wanted to help society, but gradually over the years you tried less and less.

Nowadays, even young people do not try. Instead, almost everyone drifts through life in a routine of going to work and so forth. You have the potential to help people but you do not do it for want of trying.

CHAPTER 29: FEAR

As you grow older, you, the self, forms attachments. You get attached to your body, to its surroundings, its existence, the things that the body "has".

If these are at risk you experience fear.

Living in fear is not good for you. Your mind gets disturbed and the information that your self gets is distorted. Everyone lives in fear. It drives one to do silly things, to work harder than one needs to and so forth.

To deal with fear, mostly, one pretends that it does not exist or that the danger itself does not exist. One takes no notice and buries one's head "in the sand". One lives in a dream world (California for example) and gets used to living in this dream world in other regards also. Living in a dream is a waste of time and like so many things that are a waste of time it is also harmful.

Your intelligence declines (see Chapter 20 and the The Quantitative Study of Dreams, from professors at Santa Cruz). Your chances of having a satisfied self also declines.

There is only one thing that reduces this natural fear and that is love for God.

There are two types of fear: of the unknown and of a forthcoming tangible painful event.

Pain is not good for you and it is natural to be afraid of such a forthcoming event. It helps you to try and avoid it. There are many things a baby does not know and it is afraid of none of these.

Fear of the unknown arises from bad experiences in this life. Something bad happens to you and then you think it may happen to you again. You realize that the world is a dangerous place, not somewhere where you would like to be. You seek to hide in surroundings that you 'know' to be safe. The more you do this the more you become afraid of going outside. Also, the more bad things that happen to you the more you have fear of the unknown also.

In one's religious development, one needs to eventually realize that God is in charge.

You can experience fear unnecessarily if you wish. Thus a number of nations are famous for having truck drivers that are happy to go to dangerous places like Iraq so long as they are paid USD 200 per day or more for every day they live.

With reality TV Japanese and even other people voluntarily experience fear, pain and so forth for fun. Yoga has not yet taken over the world and some people still behave consistently with Buddhist philosophy (I do not exist and I am going to get there soon).

Or, you can be sensible and realize then that if God wants you to experience fear then it will happen, even if you are locked up in Fort Knox and no one knows where you are. You are safe but still you will experience fear!

If you notice, an animal, bird or insect also has fear.

This is nothing to do with thinking activity. It has a self, just as you or I. Its self, again as with you or I, mistakenly believes that it can be destroyed, and also is attached to life and to its body. It does not want to die and does not want to lose its body. During its life, it learns that danger exists. The route to this, however, is not through mental activity.

Noting that it is attached to its body and that it does not want to die, God gives its self knowledge of forthcoming imminent danger. For example, if a man approaches, the animal experiences fear and God directs it to take evasive action. It remembers from previous occasions that the approach of a man is associated with forthcoming danger.

Hence it learns.

CHAPTER 30: YOUR HEART

In your heart, there is love energy. At least you love your self to some extent or another.

During childhood you develop self love as a result of the small amount of care and tenderness and physical contact given you by your parents. As the decades pass, the amount of such love in the world is declining rapidly.

Lacking love for yourself is not a disaster for society I suppose and I predict that Reality TV will soon become very popular.

There are two love energies that you can gain, one or the other: love for a spouse or love for God.

Love energy is to be distinguished from emotional attachment, where two people, for example father and son or modern-day husband and wife, like each other and care for each other. With emotional attachment, if things go wrong, the son is very naughty, the wife quarrels and so forth, attachment fades and soon dies.

Children

There are those of my readers who are innocent and those who are realistic. This section is for the latter. In life one may as well recognize reality and the importance of commerce rather than love.

As all of you know children are expensive, inherently dirty and so forth. The precise details vary from child to child. In saying this I am not

criticizing children who are over the age of 4. They behave as their parents and are in my view inherently nice but with weak characters. If the parent behaves selfishly then the child being slightly observant and able to learn new things at this age copies the parents. If the parent behaves selflessly the child not knowing better does the same.

In the old days people had to have say 10 children in the hope that one of them would survive and look after them in their old age. They were not rich enough to find a nursing home. Hence parents spent a lot of time with their children and did not send them to school, but got them to do useful things (climbing chimneys, a typical English example).

An emotional bond of sorts developed and the remaining child being eternally grateful and not realizing better (never having been to school) looked after the parents in middle age (i.e. up to death).

Nowadays, parents quite rightly prefer contraceptives to children. If an accident happens (let us not discuss the ethical issues about abortion) then it is sent away to school ('kindergarten', 'play school') as soon as possible and the parents work doubly hard to avoid being at home during the remaining hours. Recognizing dislike and indifference (what a person says and what he knows in his heart are two different things) children develop a manner of mannerisms and then try and leave home as soon as possible. If at home they stay away from their parents, preferring instead to watch movies of adults being killed. Even more enjoyable for them of course is playing games where they shoot at adults. In later life they visit to gloat and take some money, and to show the world how much they care for their parents. It is kind of difficult to admit to yourself that you have no real feeling for them at all. You learnt about love in a movie (Terminator III, California), and what you have experienced does not correspond so you feel embarrassed.

You know in your heart that you will not make a better parent so you aim to make enough money to be able to buy a burial plot for yourself and a nursing home place.

Dreaming

So, what should Hollywood do about this? Well of course one good solution is to go home and look after the kids.

This is what you should do too. Love the wife and look after the kids. Your self searches for happiness and sometimes God gives it love. You need to earn this.

CHAPTER 31: PATIENCE

Is it not strange that some people are patient in some things and others in others? Some people are happy to wait for hours lying in bed, waiting to get up.

Others are completely impatient with regard to waiting to get up and also for example impatient if someone wants to talk to them about the weather or war in Afghanistan or whether the best matching shoe colour is green or red.

But these people are patient in other things: working slowly and diligently in their life mission.

Patience is both a virtue and a vice. It can be used to help you come closer to God or it can be used to move you further from God.

Patience is inbuilt. You either have it or you have it. Everyone has patience about their particular important things in life. They spend a lot of time engaged in the things they are patient about.

CHAPTER 32: PEACEFULNESS

Although doing nothing is not good for you, your mind should be peaceful.

In other words, it should be receptive most of the time, whilst you are not thinking and whilst you are not engaged in specific conscious tasks.

When you are walking in the street, you need to notice people and your surroundings.

This experience was given to you by God and hence you should take note of it.

When you are writing, for example, the mind should not interfere, it should just allow the self to express whatever it wishes. The mind should again be peaceful.

Sometimes, you need to think. The best is for this to be in a peaceful place where you will not be disturbed. But, in any case, you should give yourself time, gather the facts you need, and then come to your conclusion. Act upon it. Then, move on.

If your mind is peaceful, doing its job of mainly noticing what is going on around it, you, the self, come to the fore. You are no longer "brain" oriented. Your artistic and creative qualities, your good nature, your commonsense, come out.

When things are going well for you, you are cheerful rather than irritable. When things are going not so well, you have your intelligence left to do something about it.

CHAPTER 33: THE LAW OF KARMA

You have a body and you have a self. Your self makes choices of good or bad things for your body to do. Karma is the actions of your self: the good or bad choices it makes.

The priests of India, noting the enormity of the random barbarity of the Persian rulers invented a sophisticated and plausible law of karma. Any harm you did resulted in suffering in the future, any good things you did created pleasure for you. The Persian rulers thought nothing of cutting off a person's foot or arbitrarily deciding to poke a dagger in his eyes. This was their nature, just as a few hundred years later the Romans thought nothing of putting Christians in a pit with lions, or, a few hundred years later Christians thought nothing of burning women in a fire. Or indeed, a few hundred years later Germans and Cambodians thought nothing of mass murder. When you are deranged and brought up in an artificial environment, in a city, at a school rather than properly with your parents, all these things happen. No amount of argumentation will stop you harming another, other than force. You will find one victim or another.

The law of karma, therefore, whether it is correct or not, was a waste of time relative to the Persian rulers. They took no notice. But, when you are in the position that the priests of India were, anything that you can do to help your fellow countrymen, even if at the end of the day it proves ineffective, is better than nothing.

The priests enhanced the likelihood of success of the law of karma in several ways. They created four Vedas (the bible of the Hindus that no Hindu reads). One Veda was about magic and how the priests had magical powers. Another Veda gave the priests authority to undertake animal sacrifice. They

believed, vainly, that the sight of animal blood would satiate the Persians and would thereby save human life. A third Veda related to the wonderful relationship between the priests and the various Gods that the Persians believed in. A fourth Veda included a philosophical component so as to emphasize to the Persians how clever the priests were. The Vedas were described as having the authority of God: being sacred, being the word of God, for obvious reasons.

Being brought up in cities today, scholars believe that the ancient peoples of India were like them.

Able to create nonsensical books with no purpose. When you are brought up in a natural environment, with motherly love, with parental care and so forth, this is not what you do.

You are sensible. You are in touch with nature. You are not a savage. It is in the nature of scholars to look down on others. They look down on the ancient peoples of India and say to themselves, if not in writing, my intelligence is better and I can comment and criticize these other works because I know more than they did. The opposite is true. Natural living gives you a wisdom that modern education can never do. Being in touch with God does the same.

In my case, I use logic with no preconceived notion that the theory of karma is right or is not right.

Broadly, I come to the same conclusion with slight variations. Here are my thoughts.

You cut off someone's hand (Persian) or someone's thumb (British) and are supposed to suffer a corresponding amount. Obviously, the law of karma as put forward in India was extremely well thought out. It is not just a statement like "an eye for an eye" as in the Bible. The priests did a fine job.

Let us first note that it is not necessary for God to introduce a law of karma. Everything is in God's hands. His will and knowledge is infinite. He does not need a law of karma to decide which experience you will have next.

The word "next", too, is a difficult concept. God is not constrained by time. He created time. You are British and you decide to cut off the thumbs of some Indians. Or you are an Indian and you admire the actions of the British in India. After you die, you do not have a body, but your self continues to exist. It seems reasonable to me that you could be reborn an Indian at the time of the British occupation, or born as a Cambodian victim 200 years later.

All is up to God and one can only speculate on how much punishment he metes out for any given wrongdoing. When this will be, and whether you will know the reason for your suffering is also up to Him.

God is fair, and so my view is that the following can be argued.

Initiating an active barbarity is it truly terrible thing. I do not believe that people in this world believe that "an eye for an eye" is fair. For example, if someone hits you without any reason, my experience is that people prefer significantly more than one hit back. You need to visit a children's playground and give children a free hand if you want to test my view out. Only because of Christianity "show him the other cheek" or "an eye for an

eye" does an adult feel that it is not nice to mention true feelings of fairness.

When you are a deranged Persian or Britain in India, after 1000 acts of brutality, you cannot lose more than 1000 eyes. Hence any law of fairness, karma, cannot involve suffering happening automatically all in this life. If life is fair, then you may need many lives to experience any pain that you have caused. From the perspective of God, there is no reason whatsoever for you to know why you are experiencing pain. If you are experiencing pain, the only thing that is significant to you is the pain, not when you gave it to someone else.

You are approaching Him or you are not, and that is all that matters. Whether you are reborn tomorrow or as an Indian in India in 500 B.C. or as Jesus in 15 B.C. or as a Jew before the Second World War does not matter.

When you are in significant pain or distress, you cannot serve God. Your mind is otherwise occupied. You cannot help others. You do not think "I am in pain, therefore I am going to change my life and help others". It is not an experience that helps you move closer to God. The only explanation for the existence of pain and suffering in the world is that God is fair.

In Kiev today, my experience is that 80 percent of people do not close taps in the kitchen after using water. In the case of most people in the world, wastage of water, of food, of energy etc. is commonplace. My analysis of the future of the world is that all these resources will be in short supply within not so many years. Eating meat is commonplace.

My analyses imply that crime and violence will be commonplace within a few years time. To my mind these are not coincidences. Wastage of food today may lead a person to have hunger in a few years time.

There is no necessity for one to invent a theory of mercy as in Christianity. If you do something wrong, you, the self, will suffer for it.

The existence of pleasure and happiness has also been attributed to the law of karma. I believe that the priests of India were simply encouraging the barbarians to do well.

Pleasure and happiness are natural.

The religious aspirant, as everyone else, is looking for happiness. But, first and foremost, he wants God to bring him closer to God. God is fair. Hence, there is no reason for God to deny the person who genuinely wants to approach God the ability to approach Him.

The rules of ethics (yama) and religious observance (niyama) as set out in the Yoga Sutra and in the Indian scriptures are a good guide for everyone if they wish to go down this path.

Does this matter to anyone? Yes and no. There are two types of people. Those who are moving towards God and those who are not. My view is that those who are moving towards God will look at the logic dispassionately and try and avoid waste and violence.

Many people both in the West and in the East have consciously or subconsciously learnt from India and its culture and do avoid eating meat and so forth. Other people do not.

They are happy with what they are doing and it does not much matter what argument is put forward, they will do what they want to do.

For the religious aspirant, if he suffers, he suffers. If he does not, he does not. His only concern should be: how can I serve humanity better?

CHAPTER 34: FRIENDSHIP

Let us look at how a typical letter of friendship does not deliver results.

“-----Original Message-----

From: xx@yandex.ru [mailto:xx@yandex.ru]

Sent: 25 èëñòïüääà 2005 ð. 18:30

To: shyam@

Subject: Hello

Hello my new friend Shyam! I got mail from you. Thank you very much for writing to me. It was nice to receive your e-mail. It makes me feel very good and pleasant. I'm sorry for a rather long delay with reply.”

She wrote to me. My reply to her was one day earlier. Her delay was not months but one day.

“I would like to correspond with you to know more about you. Now I understand, that people in your country really responsible! I'm very glad to get your message and more than glad that you the real man who writes me. In our country men doesn't appreciate all our qualities as well.”

OK let us correspond, but there is not much concrete here other than an implication that all men are irresponsible. Only in England I suppose is there an exception. I have not told her what my country is. I said I lived in Kiev and London.

“Let's tell about me. My name is xx. I'm 27 years old, single, never married, haven't children. I live in Russia, in city YY. I was born on 19 December 1977 here. I live with the younger sister in an apartment of my parents. I use Internet for search my other half. I'm kind, sincere, devoted,

cheerful person. I'm a romantic woman and will be happy to follow my lover man far away. I like sports, camping, cooking, to go picnics, see box & movies, nature, laughing, music, reading, dancing, learning anything new."

Who does not like to go to picnics? Which woman does not say that they are romantic?

Most of this information was in her previous email, except she is now younger, 27 not 28.

"I'm looking for my other half. I search for man who will love me, respect, understand, care, who will share with me life, pleasure, happiness and love."

But she was looking for her other half in the previous paragraph too. Maybe the other half this time?

"If you think to have a fun with me and only to get my photos that don't reply this message. I don't playing games, I looking for serious relationship. Please don't play with me and my feelings."

Do you know how many photos of women there are on earth that I can get hold of? Why should I want hers? Anyway, nice to start off a relationship with an atmosphere of trust and to know that the person who is wanting to marry you is serious not cheerful etc.

"I'd like to know about you more. When is your birthday? I would like to know the way you live, I really interested in the things that you like. I would be very glad if you have send me your photos. If you have any images of you please send them to me. I really want to see you."

OK cool. As it happens I sent her my photo and bio yesterday by referring her to my web site. So does she want to see me, my photo or some imaginary person who is not going to play with her feelings?

“Thanks for devoting me your free time. I'll try to tell about myself more in my next mails. I'm looking forward to get know more about you. I'm waiting for your reply.

Regards, your far friend from Russia, xx.”

People today live in a dream world. What more is she going to tell me in her next email other than what she has already told me? What can I tell her in my next email other than if she wants to find another half then she needs to meet him and they need to decide whether some form of amicable marital contract can be sorted.

When you want a friend or a spouse, you need to be very down-to-earth about it. You need to get down to business, like meeting up. You need to discuss practical issues. Like what are you aiming to do for him/her and what you want from him/her.

If you look carefully at your existing relationships you will find that very few are based on honest discussion of what you both need. Because of this most relationships are not delivering optimal results to either you or your friend.

In case you think that only Russian women are living in a dream, take a look at this letter I got from a man from the US of A:

“Hello,

I've been to Europe on three different occasions searching for my love and have not yet found the special chemistry that I am so hungry for. My life

here in Kansas City is very rewarding and I want to find the lady who can make the choice to reflect what I have to offer her.

If you can bring me together with a beautiful young lady with a heart set on marriage than I would be willing to make another trip to the Ukraine.....

Please send me some information...

XX”

Sort of goal focused is it not? Not “Dear Shyam. or .I will pay you USD 1,000,000 if you find me a beautiful young lady” or “thanks for possibly helping me”. A busy guy who has spent three whole weeks looking for special chemistry. Really he does not need anything except some chemicals because as he says he has a very rewarding life already.

He is prepared to make some concessions though, to travel yet again and actually meet the woman (if she is beautiful, young etc.). He does not realize that with modern dating you do not need to actually meet chemicals; you can put them in the post and save travel expense and time. One wonders what sort of info he needs. A sort of cat-algae maybe?

In your life you need friends, and love and sex and affection. The best is to dream when you are sleeping and to take stock of reality when you are awake. You will not be happy unless you do.

And until you get at least some of these.

You need a business plan of what you want, how to get it and what you need to do to change so that you get what you need, not what you think you need.

CHAPTER 35: HUMAN DISCORD

It is usually asserted that it takes two people to argue. This is not the case. One person initiates an argument. If you do not believe me, try an experiment. One day, resolve to be quiet. To definitely definitely not respond to any argument. If you are not married, ask any married man friend of yours to do this experiment.

My definition of argument is where you suggest something nice and reasonable and your partner says no. It also includes contradicting you, and saying such things as "you should have done this" or "why did you not do this" and so forth. In other words, any verbal negativity that hinders the progress of a marriage towards happiness and tranquility. So, in your or his marriage, make one or two nice suggestions if you wish, but do not respond. If the woman says "no you are really really silly", just keep quiet. Let her be.

You will find that you or your friend are in a marriage where the woman initiates arguments.

Obviously, you can try the experiment and see for yourself, or you can pretend that what I have said is not true. This is up to you. Argumentation is enormously damaging to the health of both a man and woman and should not be put up with. It also leads nowhere. It does have also direct negative consequences for a marriage. The length of a marriage depends primarily on the number of arguments. In a typical marriage, today, a woman initiates arguments on average about ten times per day. A typical marriage today lasts four years. After four years of on average 10 arguments per day, there is no affection left between the man and the

woman. The amount of affection between a man and a woman is also directly related to the number of arguments that they have. It reaches a high after about two weeks of marriage (living together) and then declines at the rate of 2.5% per year times the number of arguments per day.

If the number of arguments was cut to five per day, the average marriage would last about eight years. The only reason why marriages last as long as they do is that the man and woman are busy at work and do not have time with each other. A typical man and woman in a marriage today are with each other for about four hours per day. During these four hours, they are busy, not really focused on each other. For example, they may be eating or cooking or washing up, looking after the children, shopping and so forth.

Real time together is only one hour per day if you include the time spent at weekends and

holidays. For this reason only are there only 10 arguments per day. On average in a typical marriage today, a woman wants to argue with her husband once every six minutes. If you, the man or woman, cut down time spent with your spouse to 30 minutes per day instead of one hour per day, you would only have five arguments per day and your marriage would last twice as long.

It is not a wonderful marriage is it? The problem with having a marital agreement under which both parties agree not to argue is that if one person wants to argue, he or she usually ends up doing it. Even if you have previously said that you will not. Will power is declining in this age.

As with all the sciences that I propose, this science of human discord is readily testable. One can easily measure the number of arguments that people have. One can easily measure the duration for which they stay together.

Incidentally, it should be noted that your propensity to quarrel is proportional to the amount of mental disease in your mind, and inversely to your distance from God (your “Guna measure”).

CHAPTER 36: BUSINESS PLANNING

In your life, you need seven things. These are contentment with your:

- sex life
- body
- emotions
- love life
- mind
- self
- boss, God

If you have got enough money, then your sex life or your body will probably not be good. The same is true in terms of your health. Hence, it is the above list of seven that you need to focus your attention on.

I look at all of these seven aspects in my various books and on my website.

What you need to do, is to take a look at these seven things, one thing at a time. Pretend that they are completely separate issues. Solve the first, then solve the second, then the third, and so forth.

Do not think that any one of them is satisfactory until you have spent a little time thinking carefully about all seven.

So, for seven weeks, look at each of these issues one a time. At the end of the seven weeks, start again. Look at your sex life, and see whether it is contented. If it is not, figure out for yourself how to solve it. Or, look at my book. The list I have given you is in order. It is not randomly

constructed. You will not solve mental issues before you solve love issues. And so forth.

So, start from the beginning and work your way up. The first issue is easy to solve. The second, mostly, a little more difficult. The further up you climb, the more difficult it is.

You will find that when you reach the small matter of "love life", you get stuck. In this day it is impossible to solve.

So, my advice to you, is to skip that one, and focus on six things: all but love.

So you sort out sex, your body and your emotions, forget about love, and then do some training of your mind. Next see whether you can gain spiritual satisfaction.

Contentment in all of these areas will not happen unless you practice ethical discipline: nonviolence, truthfulness, non stealing, faithfulness to your spouse and non acquisitiveness.

Spiritual satisfaction is a dangerous thing. One gets self-satisfied. One gets proud. To avoid this, you need to focus on what is called in India "karma yoga": helping nice people who need your help, who want your help, to be happy.

Your seventh need, is to keep your boss happy. You will not be happy unless you serve Him well. In other words, your happiness is up to Him. From this perspective, business planning is a waste of time. But, do your best and it may be that He helps you. He helps those who perform karma yoga and who do not harm others.

CHAPTER 37: DEATH

What is it like for the self after death, or in the womb of a mother, or in the early years as a baby?

You know what it is like from age about 5.

The first thing to note is that after death and in the womb, the mind does not operate. It does not exist. The mind starts to operate a short while after delivery. Typically, it starts to operate about two months after delivery.

According to your preferences, God is far away or near you. Contrary to popular belief, you cannot communicate with another person other than via your mind and sense organs.

If you are a person who has no interest in God and are on a path away from him, he will not be communicating to you. This is not because he is singling you out. It is because there is no point.

You do not listen to him and so there is no point in talking to someone who does not listen. So, during these periods, you have no external sound. Absent a mind, there are also no visual and other inputs to you. You are on your own.

So during these periods, you are in a void. You are conscious. You know you exist. That is all.

You have feelings, you know what these are like. You may be sad, you may be happy.

You may be bored. You never die. When your present life finishes, your body dies and then the above state is what it is like forever afterwards.

Everything in this world is animated by God.

So let us now consider a different person. A person who is on the path of light. Light is a misnomer. The self operates through sound. If you do not have a mind, as after death, you cannot see things, you cannot smell and so forth. You can hear. You cannot hear through physical ears and so you cannot hear what is going on in the world around you.

The only sound you will have is of God. As a conscious being, you have had many experiences, have developed many preferences. All these are known to God. If you are someone who is used to listening to God all of the time, I suggest that He will communicate with you, just as He does now, all of the time. From this point of view, the difference between before and after death is that there are no distractions. You are with God all of the time. He gives you love. You are in a state of permanent wonderful love.

In this state, you have no desire for talking, for eating, for memories and so forth.

Another word for this is ecstasy.

For long-term planning, you need to decide which of these two categories of existence you wish to have. There is no third way.

This first person, the one who no interest in God, does have experiences after death. Just as in life when your mind is not operating, that is when you are asleep, you may dream, this happens also after death. After death though, you have no need of dreamless sleep.

The purpose of dreamless sleep is to recuperate from mental and physical activity. After death, with no mind and with no body, there is no need for dreamless sleep. God gives you dream after death, and during sleep. A foetus and a baby also have plentiful dreams.

A person who is on the path of light has no dreams, even during childhood.

CHAPTER 38: OPTIMISM

Modern man likes to be optimistic. He believes that times have changed. That bad things will not happen to him.

You were given a brain by God not to build up a false picture of the world around you but to be realistic.

Times have changed. They are getting worse. You need to build up a network of good friends that will help you and you will help in times of need. You need to build up your mental faculties. You need to build your health.

Money is not the answer to every problem.

Here is what people in Ukraine do not like to remember and what people in Russia have forgotten. You never hear Ukrainians talking about this. They remember it in their bones.

“Ukraine Marks Soviet-Era Forced Famine

By ANNA MELNICHUK, Associated Press Writer Sat Nov 26, 7:43 PM ET

KIEV, Ukraine - Olena Tuz was 6 years old when she saw a neighbor throw the body of a naked woman into a pit on the edge of a remote forest in 1932. Flesh had been cut from the body.

"People ate people, mothers ate their own children. They didn't realize what they were doing, they just were hungry," said Tuz, standing at a thousand-strong rally in the capital Kiev to commemorate victims of the Soviet-era forced famine that killed up to 10 million Ukrainians.

On Saturday, relatives and survivors lit 33,000 candles in Kiev . representing the number of people who were dying daily at the famine's height.

The Soviet dictator Josef Stalin provoked what the Ukrainians called the Great Famine in 1932- 1933 as part of his campaign to force Ukrainian peasants to give up their land and join collective farms. During the height of the famine, which was enforced by methodical confiscation of all food by the Soviet secret police, cannibalism was widespread.

Those who resisted the confiscation were sent to Siberia; a person taking a wheat ear from a field was to shot on the spot.

"The state system that made possible such crimes should be punished by the court of history" Ukraine's President Viktor Yushchenko told the crowd.

Hanna Kucherenko, from the village of Kryvonosivka in the northern Chernihiv region, said her grandfather was among those who died in the famine.

"Many years later, I was hiding bread in my pockets, and I still cannot throw out a piece of bread," she said..

In yoga philosophy, it is stated that the will to survive and fear of death is the most difficult affliction to get rid of. The peoples of your country are no different from those in Ukraine in this regard.

A sick education system for your child is guaranteed, whichever country you send your child to school in. Russia is no different from your country in this regard.

In my book, .Yoga., I explain why it is the nature of some .gurus. and leaders to behave like a Stalin. These people are born not just in Russia. India, for example, is famous for them. They are just called with different names and have a different set of circumstances.

Circumstances in one country may differ from those in another. You do not know what circumstances will prevail next in your country.

People all over the world follow the pack. Every woman in Ukraine wants to wear high heels.

Every American woman wants a second car. Every Russian secret police man wanted to impress his boss.

In a materialistic world, it is impressing other people that counts. The cost to others does not matter.

You are fooling yourself if you think that times have changed. They are getting worse. Any student of Indian philosophy will tell you the same. In the old days, you needed to kill people one at a time. Today you can maim 100 million people for life at the press of a button. All you need to do is annoy the person who controls the button. And, children enjoy computer war games. Ask your kid. Look at the list of most popular films for adults and these will be (I guess) “Terminator 17”. Look who governs California. No, I am not saying that he is bad, not at all. People worship heroes and enjoy violence.

With modern education people never grow up.

You need to focus on your own self development towards true adulthood, mind your own business and develop nice friendships.

Each person in this world has one and only one real enemy. And that is him or her self.

Having been bold enough to tell you what you should do, I also am timid enough to tell you what you should not do. That is sit still and do nothing for more than a few minutes a day. You should not meditate. You should not day dream. You should not stay in bed awake trying to sleep or trying to get up. All these things destroy your sex drive, your manliness, your womanhood. Try it and see.

Think of sex, get all geared up and then sit and do nothing about it for a few minutes. Your drive and zest to do things, sexual or other dries up. Your mind becomes dull.

Your intelligence declines. Doing nothing has a very powerful long lasting adverse effect on you.

You set into permanent decline. Unfortunately, you should know that it is not just doing nothing that has this effect on you. Listening to modern music has the same effect. Try it and see. Wake up one morning and see how you feel. Let us suppose this is a good day. Then listen to 30 minutes of your favourite music (not Indian classical). Then turn the music off and see how you feel.

Listening to your wife arguing with you has the same effect. Try it and see. Wake up one good day. See how you feel. Then some hours later, when she wakes up, 10 seconds later, see what happens to you. It is not

just the dread and the cringing that you should watch out for. What happens to your ability to think? Try thinking after you have had an argument. It cannot be done.

Every argument you have damages your brain cells and puts you into permanent decay mode.

Take a look at the freshness and joy of life of different men: those who are married and those who are not.

Men and women are the same, in most regards. Argument is just as bad for a woman as it is for a man. If you are in a relationship where you have more than one argument per day, you should end the arguments or you should end the relationship. In any case you should not be in any relationship where you are not respected, or where things you say are unnecessarily challenged or disagreed with. These latter are really arguments in disguise.

Most importantly, for your long term health, you should not initiate arguments. They are even more damaging than receiving arguments.

Eating or drinking anything that you find in a shop these days has the same effect. An apple is not really a natural thing but is polluted with pesticides and other Western influences. In England, the intelligentsia have ceased buying ordinary food. They now buy “organic” food. They do not drink tap water but drink another artificial substitute “bottled water”. Just because something is “organic” does not mean that it is much better.

The influence of man on the environment has been far reaching. The whole earth, all the seas, the atmosphere, space itself is polluted. Only

milk and milk product (cream and yoghurt, not cheese) is nearly one distance removed, because it is processed by a cow.

But food takes time to be digested. And you had similar food yesterday.

Hence you will not notice the difference. You need to go onto my milk diet before you can notice the difference, and that too you need to remember what you were like 5 months before. It takes that long for the food you eat to change the state of your mind fundamentally. Your mental energy field is the fifth of your energy fields and modern food impacts adversely the first energy field first: one's sexual energy field. Then one's body, then emotions and only later the mind.

If you are looking for love and happiness you need to look for love and happiness. Concretely. Every day. Do not read a novel about it. A movie will not help. Be real. Find someone. Yourself and friends, men and women.

APPENDIX: HUMANOLOGY

The physical energy plane consists of your awareness of your physical body. The energy is positive to the extent that you have a lack of awareness of your body.

You are experiencing a physical energy sphere difficulty if you are not perfectly happy with your physical being. You are not happy with your physical being if you think that your body is not perfect for you.

There are five elements that make up the physical world and mental world:

- earth (the essence that can be smelt),
- water (the essence that can be tasted),
- fire (the essence that can be seen),
- air (the essence that can be felt) and
- ether (the essence that can be heard).

Corresponding to these five elements the body has five inputs or foods: food, liquid, heat and light, air and sound.

The health of your physical body is controlled from your muladhara chakra (energy centre) near the generative organs. If you want health through exercise, you need to manipulate and keep active this region of your body.

Also in this chakra rests kundalini, your spiritual energy. The essence of religious practice is to purify the body and mind, and to then awaken this energy for it to excite and revitalize the other chakras, before finally

uniting with the energy of God located initially in the sahasrara chakra at the crown of the head.

Just as the self has one of three characteristics (gunas), sattva, rajas or tamas, the body and mind also have one of three characteristics. In the Indian science of medicine Ayurveda, these three characteristics are called vata, pita and kapha (doshas).

At any one point in time, you have a certain percentage of vata, a certain percentage of pita and a certain percentage of kapha impacting you. The total of these percentages adds up to 100 percent. There are no other fundamental influences on your body or mind.

Indian medicine, although wonderful, does not provide the complete science of humanology.

Further, one practitioner says this and another says that. The main focus of the medicine is herbal remedy. Of course, it is intended to be complete, and so it also discusses the influence of the time of day, the season, diet, exercise and many other factors on the state of your body and mind. Over the years, Indian medicine transported to China but unfortunately in the process the underlying philosophy was distorted and the concept of absolute no injury lost. With the passage of years, the science of Indian medicine also has been corrupted and destroyed.

There are no other holistic theories of the physical being.

There are several reasons why Indian medicine was never complete. First of all, it was devised by Indians for their Persian rulers. Underlying any situation of violence and brutality, naturally the mind is not clear. Hence, Indian medicine although extraordinarily powerful and although not

harmful still does not qualify as a science. Specifically, it misses out the important issue of the self: sattva, rajas and tamas. Lacking this theoretical underpinning, it only deals with the body and mind.

As I discuss in the previous chapter, you are what you eat. After nine months of eating satvic food, your self has a satvic nature. The same is true of eating rajasic or tamasic food.

I will turn to the issues of what is satvic, rajasic and tamasic food, and also what is vata, pita and kapha shortly. It is useful to understand the principles first of all and then to look into the details.

Your self exists and is located at the back of your skull. Your self is covered by seven energies.

These energies are what I have called your sexual, physical, emotional, love, mental, spiritual and divine energy spheres. It is these seven energies that your self is in touch with. I discuss these energies, and what they are and how to remove disturbances to these energies in my other books. I do not therefore wish to go into all the details in this book.

Your physical energy sphere has positive or negative energy according to how your self views the state of your body. The other energy spheres also have positive or negative energy for basically similar reasons.

Five of these seven energies: the sexual, the physical, the emotional, the love and the mental energies are influenced by what you eat.

For example, you may have an accident and have a disturbed physical energy sphere. For some time the accident is the main factor influencing the state of your physical energy sphere. But the influence of the accident

decays over time. The decay rate depends on your character: a person with a static character will have a fast decay rate, a person with a raja sic character will have a slower decay rate and a person with a tamasic character will have a slow decay rate. This incidentally is another way in which it is possible to measure the characteristics of a person.

As time passes, the influence of the accident is less and less and the physical energy sphere reverts back to a characteristic that depends on what the person eats. For example, if there are no accidents, then after five months, your physical energy sphere will be characterized by your diet approximately five months previously. You will have either a vata, pita or kapha predominant physical energy sphere. In fact, it will be, for example 40 percent kapha, 30 percent vata and 30 percent pita, or another set of percentages. We will come back to what these terms mean and how to influence these percentages shortly.

In the Indian science of medicine, it is believed that if you have some disturbance in these three characteristics then you will be prone to certain types of ailments. I do not believe this to be true.

Traditional Indian wisdom does not accord with Ayurveda on this point. And neither do I.

Everything that happens to you has a reason and has a purpose. Accidents happen, illnesses happen on account of either of these two causes. In terms of reason, if you have harmed others in one or more of your previous lives, then you are set to suffer. In terms of purpose, events happen to help you reevaluate your life, to help you move towards God if you so wish.

The reason you have an illness is not fundamentally because of any disturbance in your body or mind. I look more at the issue of illness later in this book. The reason you may have an accident, I have set out above.

Your body has a level of health. In my work, I measure a "health index" dependent on how quickly a person feels cold. If you do not look after yourself then your health deteriorates and the health index declines. In this event, you seem to be prone to disease.

But, this is not really how things work. As I have said above, it is breach of ethical principles that leads to disease.

I explore all of these issues in my book "Perfecting Your Physical Energy Sphere".

First of all, there is an easy way of determining these proportions. The following table shows you how to do this and in my books I set out how in practice you can measure, for example, your metabolic rate.

Your imbalance	Characteristic
Vata deficiency	Low agility
Kapha excess	Slow pace of thought
Pita deficiency	Low metabolism
Pita excess	High metabolism
Vata excess	High agility

In your life, vata and pita can change, but kapha is fixed up to the day prior to your death.

The purpose of your life is to move towards God if you so wish. Different life circumstances require different mental and physical makeups. Hence, one characteristic is not inherently bad or good.

If you are in touch with your self, you would know at every point in time what food you need for your current life circumstances. This is because you have had approximately 1000 prior lives during the 50,000 years since human life commenced on earth. In almost all of these lives you have had a natural lifestyle. You are therefore an expert on natural living. You know what is good for you. Only because you have gone to school, gone to university and have departed from the path of love, have you lost touch with natural living. As soon as you make a life decision to revert to the path of moving towards God, you then have the potential to access your intuitive faculty and to know what is good for you.

Still, you have a mind and on average, balance in the three doshas is better than imbalance.

Therefore, on average, if you do not have access to your intuition, you can still take steps to create harmony in your body.

Here is the correspondence between what you eat and the vata and pita imbalances for the different foods and drinks that I have advised people about:

Pita: 27% 40%

Vata: 40% 27%

Aduki beans 120 147

Almonds 147 120

Apple sauce 100 100

Apples cooked 100 100

Apples sour 100 100

Apples sweet 87 113

Apricot 113 87
Apricots sour 113 87
Artichoke 120 147
Artichoke, Jerusalem 120 147
Asparagus 200 200
Aubergine/eggplant 67 67
Avocado 100 100
Banana 113 87
Barley flour 87 113
Barley malt 100 100
Basil 113 87
Basmati rice 100 100
Bean sprouts 133 133
Beans, white 120 147
Bee pollen 87 113
Beef 113 87
Beer 200 200
Beet greens 67 67
Beetroot/beets 200 200
Beets 147 120
Berries sour 113 87
Berries sweet 100 100
Bitter gourd (as an alternative to lentils) 120 147
Bitter melon 120 147
Black eyed beans 120 147
Black coffee (fresh beans) 120 147
Black sesame seeds 200 200
Black tea 133 133
Blancmange 87 113
Broad beans 200 200
Broccoli 120 147

Brown (puy/masoor) lentils 120 147
Brussel sprouts 120 147
Buffalo 100 100
Burdock root 67 67
Butter beans 200 200
Butter salted 80 53
Butter unsalted 120 147
Buttermilk 80 53
Cabbage 120 147
Cabbage, green 200 200
Cakes 87 113
Camomile 147 120
Cardamom 100 100
Carrot 147 120
Carrot, white 200 200
Cauliflower 120 147
Celery 120 147
Chapatti 100 100
Cheese soft 80 53
Cheese soft, not aged, unsalted 133 133
Cherries sour 113 87
Cherries sweet 100 100
Chestnuts 80 53
Chick peas Garbanzos 120 147
Chicken dark 113 87
Chicken white 87 113
Chilli green 147 120
China tea 67 67
Chinese almond 200 200
Chinese broccoli 200 200
Chinese fungus 100 100

Chinese green 133 133
Chinese pear 113 87
Chocolate 100 100
Choy sum 67 67
Chrysanthemum tea 80 53
Cilantro 200 200
Cocoa 200 200
Coconut 133 133
Coconut milk 200 200
Cod 100 100
Corn fresh 67 67
Corn meal 100 100
Corn oil 100 100
Corn on cob 67 67
Cornflakes 87 113
Coriander 100 100
Cottage cheese 133 133
Cottage cheese, from skimmed goat's milk 200 200
Courgette 200 200
Cow's milk 133 133
Cow's milk, semi skimmed 200 200
Cranberries 100 100
Cream cheese 133 133
Cream sour 80 53
Cucumber 133 133
Currants 100 100
Curry leaf 113 87
Dandelion greens 120 147
Dates 100 100
Dates, fresh 100 100
Deep fried 100 100

Dried mushroom 120 147
Duck 113 87
Dulse 113 87
Egg White 80 53
Egg Yolk 147 120
Ensure 147 120
Fennel/ Anise 200 200
Figs 87 113
Fresh bread 113 87
fresh mushroom 120 147
Fresh vegetable juice 200 200
Fructose 100 100
Fruit juice 120 147
Fruit juice concentrate 100 100
Garlic 147 120
Ghee 200 200
Ginger 100 100
Glutamate 67 67
Goat's cheese unsalted, not aged 147 120
Goat's cheese, soft, unsalted 133 133
Goat's milk 133 133
Goat's milk powdered 53 80
Goat's milk, skimmed only 200 200
Gomasso 113 87
Gooseberries 100 100
Grapefruit 113 87
Grapes green/white 113 87
Grapes red& purple 100 100
Green beans 200 200
Green leafy vegetables 120 147
Green tea 133 133

Guava 113 87
Halibut 87 113
Halva 113 87
Hazelnuts 133 133
Herring 113 87
Hijiki 100 100
Honey raw, not processed 113 87
Honey raw, other 113 87
Horlicks 133 133
Horse radish 147 120
Humus 100 100
Ice-cream 100 100
Indian sweets 113 87
Indian tea 133 133
Jaggery 113 87
Kale 120 147
Kelp 113 87
Kiwi 113 87
Kohlrabi 67 67
Kombu 100 100
Lactose 200 200
Lamb 100 100
Leeks 147 120
Lemon 113 87
Lemon grass 113 87
Lettuce 120 147
Lettuce gem 53 80
Lima beans 120 147
Lime 100 100
Lime pickle 113 87
Lobster 100 100

Lotus root 120 147
Lotus seeds 133 133
Lychee 100 100
Macadamia 200 200
Mango chutney sweet 100 100
Mango pickle 113 87
Mangoes green 113 87
Mangoes ripe 100 100
Maple syrup 100 100
Marmite 100 100
Marrow 133 133
Mayonnaise 113 87
Melon 100 100
Millet 87 113
Mint 87 113
Mint tea 200 200
Miso 147 120
Mixed nuts excluding walnuts 80 53
Molasses 113 87
Moong dhal, yellow 133 133
Mung beans/split mung with husk 133 133
Mung whole 120 147
Mussels 100 100
Mustard 100 100
Mustard greens 147 120
Mustard no vinegar 113 87
Navy beans 120 147
Nettle tea 200 200
Nutmeg 113 87
Oatmeal 87 113
Oats 100 100

Olive oil 100 100
Olives black 133 133
Ong choy 67 67
Onions 67 67
Oranges sour 113 87
Oranges sweet 100 100
Oysters 100 100
Pak choy 120 147
Palm oil 100 100
Papaya 113 87
Parsley 120 147
Parsnip 133 133
Passion fruit 100 100
Pasta 100 100
Peach 113 87
Peanuts 200 200
Pears 87 113
Peas 120 147
Peas dried 120 147
Pecan 80 53
Pepper, black 100 100
Peppers, hot 67 67
Peppers, sweet 120 147
Persimmon 100 100
Pickles 113 87
Pine nuts 133 133
Pineapple sour 113 87
Pineapple sweet 100 100
Pinto beans 120 147
Pistachio 147 120
Pitta bread 87 113

Plaice 113 87
Plums sour 113 87
Plums sweet 100 100
Pomegranate 87 113
Pork 100 100
Potato, sweet 147 120
Potatoes white 120 147
Prickly pear, fruit 67 67
Prickly pear, leaves 120 147
Prunes 87 113
Prunes soaked 100 100
Pumpkin 133 133
Pumpkin seeds 133 133
Puri 113 87
Rabbit 87 113
Radish 67 67
Radish daikon 147 120
Raisins 87 113
Raisins soaked 100 100
Red split lentils/beans 200 200
Red wine 67 67
Rhubarb 113 87
Rice 87 113
Rice cakes 100 100
Rice syrup 100 100
Runner beans 120 147
Rutabaga 200 200
Rye 87 113
Ryvita 87 113
Safflower oil 113 87
Sago 100 100

Salmon 113 87
Salt 100 100
Sardine 113 87
Scallions 113 87
Seaweed 113 87
Semolina 87 113
Sesame oil (ext) 100 100
Shrimp 100 100
Silfa flower 113 87
Sole 87 113
Soy beans 53 80
Soy cheese 133 133
Soy flour 53 80
Soy milk 200 200
Soy powder 53 80
Soy sauce 80 53
Soy sausages 147 120
Soya 53 80
Soya milk (hot) 200 200
Soya sauce 100 100
Spaghetti squash 53 80
Spinach 67 67
Split peas 120 147
Sponges 100 100
Spring onion 200 200
Sprouts not spicy 120 147
Sprouts spicy 67 67
Squash summer 200 200
Squash winter 133 133
Strawberries 113 87
Sucanat 100 100

Suede 53 80
Sugar puffs 87 113
Sugar white 87 113
Sultana 100 100
Sunflower oil 100 100
Sunflower seeds 200 200
Sweet biscuits 100 100
Tahini 100 100
Tamari 113 87
Tamarind 113 87
Tangerine 87 113
Tapioca 100 100
Taro root 133 133
Tempeh 120 147
Tofu 120 147
Tofu cold 53 80
Tomato 147 120
Tomato ketchup 113 87
Toor/thur dhal 67 67
Trout 100 100
Turmeric 100 100
Tuna 113 87
Turbinado 100 100
Turkey dark 113 87
Turkey white 87 113
Turnip greens 67 67
Turnips 67 67
Veal 100 100
Venison 87 113
Vinegar 113 87
Walnuts 133 133

Water lolly 87 113
Water melon 87 113
Watercress 200 200
Watermelon seeds 200 200
Wheat bran 87 113
Wheat flour 87 113
Wheat grass sprouts 120 147
White coffee 120 147
White sesame seeds 200 200
White wine 133 133
Yam 147 120
Yeast 120 147
Yoghurt diluted 200 200
Yoghurt diluted & spiced 80 53
Yoghurt, freshly made & diluted 53 80

In the table I have assumed that your kapha percentage is 33%. The second column is for those of you who have low pita and or high vata. The third column is for those of you who have at any time high pita and low kapha.

The foods with the largest number are the best for you, the ones with the smallest are worst.

If you are not on a satvic diet (of milk and yoghurt) you need a balanced diet: some of each of the following categories at least each day:

Beverages - non alcoholic

Cereals

Dairy

Dry fruit

Fruit

Nuts

Oils

Pulses, beans, legumes, lentils

Seeds

Spices, herbs, condiments

Sweets

Vegetables - leafy

Vegetables - non leafy

Vegetables - salads, raw

Even those of you who are not vegetarian need all of the above. This range is needed for you as a person not you as a body. My science of diet does not just focus on your body but also allows for what you need for your sexual and emotional health.

I say that you need the above everyday. The problem is that with modern pollution, the land itself, people also are impacted. You cannot absorb the minerals and vitamins that you need, even if these still exist in the food supply. So even with the above "balanced" diet you may still need artificial supplements of minerals or vitamins. As the impact of Western culture increases, the difficulty in obtaining good food increases. No doctor or nutritionist knows which minerals or vitamins you need. One person will tell you need this and another will tell you the opposite. You have to end up consuming numerous pills each day just to cover the possibility that you are short.

And even then, it is not really shortage that is the issue, it is absorption. With modern pollution, you are fundamentally ill. You cannot absorb what you need to absorb.

Only a substantial once and for all shift in your diet to satvic food: milk and yoghurt supplemented with some sugar reduces the impact of pollution on your body significantly. Unfortunately, because mothers themselves eat or drink polluted food their babies also have polluted milk. So the deterioration in your health commences from a very early age: in the womb of the mother.

This deterioration accelerates quickly if the mother takes you off a milk diet. By the time a child reaches around seven years old, the impact of eating Western food has accumulated and some children will never be able to switch to a satvic food diet. Such people particularly need to use the above tables.

The numbers in the table give you a relative scale. They are still valid if you have more than average kapha or less than average kapha. They are also valid in a relative sense if you have a difference from the vata and pita proportions stated. In other words, if one food has a number of 100 and another has a number of 200, in the same food category of fruit or vegetable, for example, you should choose the 200. But this does not mean that the food with the number of 200 is twice as good for you as the food with the number of 100.

This is only true for the particular proportions of vata pita and kapha specified. Further, the term good means good in principle.

In reality, you also need to know how much to eat and drink. For example, if you drink a lot of water, you will disturb your emotions. With disturbed emotions, you will make wrong decisions.

With these wrong decisions, your health will sooner or later start to suffer. Good or bad in the table refers a person who is not in breach of the fifth principle of ethics, aparigraha (lack of greed).

In general, before the impact of modern civilization, satvic food was characterized as being fresh, light and not associated with any violence. Rajasic food was characterized as having a strong taste, for example salty or sweet (for example, crisps or chocolates).

Tamasic food was stale or old (for example, cheese). In my view, these categorizations are no longer very useful. All modern food is impacted by modern technology. Even the ground in the most distant farm in some completely isolated country will be polluted.

Most food that you can buy in a shop is tamasic. It is old. It may look fresh but this is an appearance not reality. "Natural" food also cannot now have a rajasic character. An apple will no longer be sweet. Sooner or later food manufacturers will, if that have not already done this, determine a way to make modern apples sweet. But, as Western civilization progresses, your taste buds themselves change. You prefer tamasic or rajasic food to satvic food. You cannot deal with satvic food. Gradually, people will also not be able to digest rajasic food.

This is already happening. Your father probably was appreciative of a rich pudding for dinner.

The chances are that you will not be able to cope with this. In a country which is a little behind, digestive systems are better. Hence, a person in Ukraine will be able to digest pudding even in this day, whereas this will be too rich for an American. In a few years time, a person in Ukraine will suffer from the same level of poor digestion as does a typical American today. But by then, the typical digestive systems of Americans will have deteriorated further. At present, most Ukrainians like milk and yoghurt. This is not the case in the USA.

You may think that it is only the environment, schooling, marriage and whole world that are going wrong. You are wrong. The mind itself, the self itself, is going wrong.

It ought to be simple. The mind is just a calculating device with some memory.

The way it should work is that you, the self, tell the mind what you want and then the mind calculates how to do it and instructs the body to do it.

Well, first, nowadays the self itself is going wrong. It has past hang-ups (likes and dislikes resulting from past actions and experiences) and when choosing between right and wrong sometimes chooses wrongly.

Second, you are to a greater or lesser (hopefully lesser) mentally ill. Your mind does not do what you the self tells it to do. Yourself says 'I should not smoke', but your mind says 'I like smoking and I am going to do it'.

In this book, amongst other things, I set out two completely new sciences:

- The science of individual behaviour, and
- The science of human interaction.

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Much of what Author has written comes directly from God.

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