

I'm not robot!

mindfulness and letting go

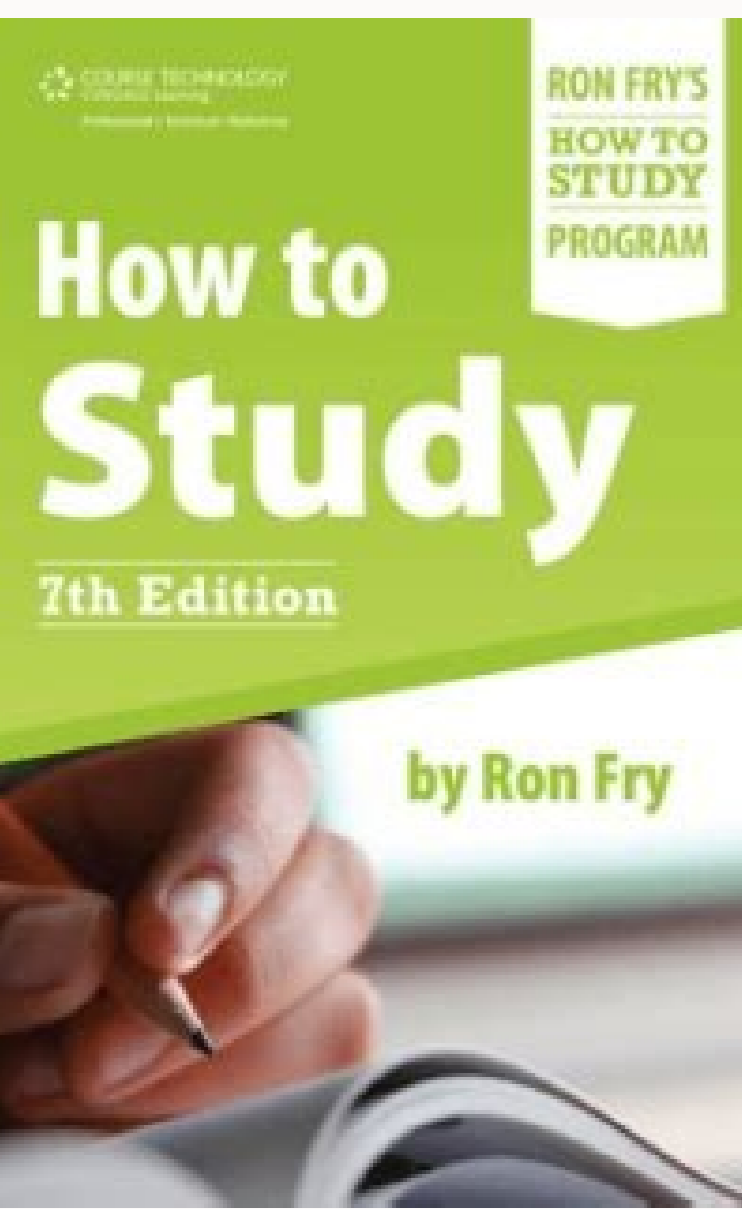
Being present in the moment is the key to happiness. It is not about trying to control the future or worrying about the past. It is about being in the now, fully aware of what is happening around you. Mindfulness is a practice that helps you achieve this state of awareness. It involves paying attention to your thoughts, feelings, and sensations in the present moment, without judgment or distraction.

The goal of mindfulness is to help you become more aware of your thoughts and feelings as they arise. This awareness allows you to see your thoughts and feelings for what they are, rather than reacting to them automatically. By practicing mindfulness, you can learn to let go of your worries and fears, and to live more fully in the present moment.

Steps for Letting Go:

1. Find a quiet place to sit or lie down. Close your eyes and take a few deep breaths.
2. Bring your attention to your breath. Notice the sensation of the air entering and leaving your body.
3. When your mind wanders, gently bring it back to your breath. Do not judge yourself for getting distracted.
4. As you breathe, imagine your worries and fears leaving your body with each exhale.
5. Continue to breathe and let go of your worries and fears for as long as you like.

Remember, the goal of mindfulness is not to stop your thoughts, but to observe them without getting caught up in them. By practicing mindfulness, you can learn to let go of your worries and fears, and to live more fully in the present moment.



Mantra Pushpam

yò-pām pushpam vedā | pushpāvaṅ prajāvāṅ paśumāṅ bhāvati |
chandramā vā apām pushpam | pushpāvaṅ prajāvāṅ paśumāṅ bhāvati |
ya evam vedā | yò-pām āyatānam vedā | āyatānavāṅ bhavati |

agnirvā apām āyatānam | āyatānavāṅ bhavati |
yò-gner āyatānam vedā | āyatānavāṅ bhavati |
apo vā agner āyatānam || āyatānavāṅ bhavati |
ya evam vedā | yò-pām āyatānam vedā | āyatānavāṅ bhavati |

vāyurvā apām āyatānam | āyatānavāṅ bhavati |
yo vāyor āyatānam vedā | āyatānavāṅ bhavati |
apo vai vāyor āyatānam || āyatānavāṅ bhavati |
ya evam vedā | yò-pām āyatānam vedā | āyatānavāṅ bhavati |

asau vai tapānnapām āyatānam | āyatānavāṅ bhavati |
yò-mushya tapāta āyatānam vedā | āyatānavāṅ bhavati |
apo vā amushya tapāta āyatānam || āyatānavāṅ bhavati |
ya evam vedā | yò-pām āyatānam vedā | āyatānavāṅ bhavati |

chandramā vā apām āyatānam | āyatānavāṅ bhavati |
yaśchandramāsa āyatānam vedā | āyatānavāṅ bhavati |
apo vai chandramāsa āyatānam || āyatānavāṅ bhavati ||
ya evam vedā | yò-pām āyatānam vedā | āyatānavāṅ bhavati |

nakshātrāṅi vā apām āyatānam | āyatānavāṅ bhavati |
yo nakshātrāṅām āyatānam vedā | āyatānavāṅ bhavati |
apo vai nakshātrāṅām āyatānam | āyatānavāṅ bhavati |
ya evam vedā || yò-pām āyatānam vedā | āyatānavāṅ bhavati |

Papaji's Words of Wisdom

(Shiv Puja 2007 address)

सामने आपके श्रीमाताजी बैठी हैं और इससे बड़ा दृश्य क्या हो सकता है? उनको देख लेना, भगवान को देख लेना। मैं अच्छी तकदीर वाला हूँ मुझे हर रोज देखने का मौका मिल जाता है। आपसे मुझे शिवजी की दो बातें करनी हैं। वो ये है कि अगर आप देखें तो कितने लोग आये हैं, बैठे हुये हैं। क्यों बैठे हुये हैं?क्यों आये हैं?वो इसलिये है कि जो बैठे हैं यहाँ श्रीमाताजी, इन्होंने अप्पार प्रेम सबको दिया, है न टीक बात?(तालियों की गड़गड़ाहट) और अब वो कहती हैं कि मेरे बच्चों, मेरे प्यारे बच्चों मैंने 3० साल, ३५ साल दौड़-दौड़ कर सब काम किया है। कहीं-कहीं मैं नहीं गई? लैटिन अमेरिका, अफ्रीका लेकिन अब मुझे थोड़ा सा तो आराम करने दो, बच्चों अब तुम जिम्मेदारी सम्भालो। कहने का मतलब यह है कि सहज को अब आप बढ़ाइये। लेकिन सहज को बढ़ाने में मैं बहुत हाथ जोड़कर आपसे कहना चाहता हूँ जो सबसे बड़ी चीज है सच्चा प्यार, हर एक के लिये अगर मन में सच्चा प्यार है, सबके लिये, कोई द्वेष नहीं है यही श्रीमाताजी की सबसे बड़ी देन है कि सारी दुनिया एक है। हर एक को प्यार एक तरह से करना चाहिये। उन्हींने कहा है कि हम सहजयोगी हैं, Particularly एक हैं। एक दूसरे को इतना Pure प्यार दें, कुछ कहिये नहीं। कोई आपसे मैं तनाजा नहीं, झगड़ा नहीं, द्वेष नहीं, कुछ नहीं। सिर्फ प्यार, उस प्यार को जब आप आगे बढ़ायेंगे तो सहजयोग आपके जरिये से आगे बढ़ेगा, लोग देखेंगे। मैं आपको एक बात दो मिनट मैं बताऊँ, मैं एक बार लन्दन में था, काम करता था। एक बार एक किताब की दुकान में गया वहीं पर चार मेजें लगायी हुई थीं जो लोग help करते थे, चार तो बैठे हुये थे। मैंने देखा कि तीन लोगों के पास लोग नहीं जा रहे हैं और एक लड़का सा है 25 साल का, 30 साल का सब उस ही के पास जा रहे हैं। तो मैंने वहाँ के मैनेजर से कहा कि भाई समझ में नहीं आ रहा कि

क्या करें चार लोग हैं और ये तीन लोग हैं और सब एक के ही पास क्यों जा रहे हैं? उन्हींने कहा कि वो बिन्कुल अलग है। मैंने कहा - "क्यों?" कहने लगा "ये कोई सहजयोग होता है उसको करता है और कहता है कि वो सहजयोगी है। इतना प्यार हर एक को देता है, सबको अपनी हिफाजत में रखे हैं।" मैंने



अपने हाथ जोड़े और कहा ये है, यह दुनिया उन्हींने बनायी है और मेरी आपसे हाथ जोड़कर विनती है कि आप इस बात को समझिये और आगे बढ़ाइये, बहुत जरूरत है इसकी। देखिये न, दुनिया को देखिये, झगड़े, लड़ाई। एक भगवान, एक ही तो हो सकता है दो तो नहीं हो सकते। सब उस ही के बच्चे हैं। इस प्रेम को आगे बढ़ायें। बहुत हद से लग के बढ़ाइये। आप इस देश को बचा सकते हैं, इस दुनिया को बचा सकते हैं। इसलिये हाथ जोड़कर आपसे कहता हूँ कि इनका (श्रीमाताजी का) काम आप सम्भालिये। ये हैं, ये बैठी हैं, ये याद रखिये आप, आपके पास आपके बच्चे आर्येंगे, उनके बच्चे आर्येंगे, सब यहीं आर्येंगे। लेकिन फिर भी ये अपने आसन पर बैठेगीं और आप काम करेंगे। करेंगे?हाथ उठाइये... Promise?

Thank you, बहुत धन्यवाद



.serdap sol ed otneimitnesnoc led n'Àicaciffirev al nis so±Àa 31 ed ronem o±Àin nu ed lanosrep n'Àicamrofni odibicer o odalipocer someh euq somednerpa iS .rasu adeup euq oirausu ed erhmon o allatnap ed erhmon reiuglaur o ocin'Àrctele oerroc ed n'Àiccerid ,onof@Àlet ed orem'Àn ,n'Àiccerid ,erhmon us odiulnci .detsu erbos n'Àicamrofni anoiroporp son o ,oitis etsee ed socilb'Àp o sovitecarenì soriatnemoc ed senoicunf sal ed areiuqlauC esu ,esu ,oitis led s@Àvart a arpmoc reiuglaur ecliaer ,oitis le ne ertsigier ,sacitùsÀretracar us ed areiuqlauc ne o oitis etse ne n'Àicamrofni anuginn somanoicroporp in asu on ,so±Àa 31 ed sonem eneit iS ,so±Àa 31 ed seronem so±Àin ed lanosrep n'Àicamrofni sadneibas a somalipocer oN ,oitis le ne o a n'Àicamrofni ranoicroporp edeup so±Àa 31 ed ronem eidanN .so±Àa 31 ed seronem so±Àin a odanitsed jÀtsee on oitis ortseuN .osu ed sonimr@ÀT sotse a arproccni es euq ,dadcivapf ed actiÀloP artseun rop egir es oitis etse ne somalipocer euq n'Àicamrofni ed osu iE .selbacilpa selacol seyel sal ed otneimilpmuc led elbasnopsr se y avitacinì aiopur us rop each ol ,n'Àicacibu arto esded oitis etse a redeeca egir iS .oitis etsee esu on ,odreuca ed jÀtsee on iS ,seyel ed sotcilfnoc ed soipcinrip sol a otefee rad nis ,soredadreV sodinos sol noc senoiacaler sus y osu ed sonimr@ÀT sotse jÀranrebog odaroloC ed yel al euq atpeca detsu ,oitis etsee rasu iA ,odarloloC ne sodatpeca nìAres ,sodatpeca nos sodidep sus is Y ,.UU .EE .OC ,ellivisual ne sanificu sus edesed oitis etsee alortnoc y aere eurfT sdnuoS ,.Àibmac es omoc saliger sal a otejus ratse y riuges arap odreuca us eyutitsnoc oilbmac ohciid ed s@Àuppsed oitis led osu uS ,osiva oiverp nis soibmac a atejus jÀtsee ,osu ed sonimr@ÀT sotse ,sorto ertne ,sodulnci ,oitis etse ne adinmetnoc n'Àicamrofni al ,osu ed sonimr@ÀT sortseun atpeca ,oitis ortseun edetno y asu iS ,)s'u" y " ,dadrev artseuS(,cni ,eurfT sdnuoS ed tetnetnl ne gnitekram ed oazar le " ,oitis" ortseun moc.eurtSdnuoS a odinevneib nu nu erbos o ed n'Àicamrofni anugla renet somaÀrdop euq eerc iS ,n'Àicamrofni ase Minors than 13 years, realize us at support@soundstrue.com. 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If you reach our site through an affiliate link, you must the privacy policy of that affiliate to learn if they want to receive our products and use information about you. We or our suppliers possess copyright in all oral, visual and oral writings euq ol rop ,saticÀlpmi saÀtnarag ed n'Àisulcx al ritimrep edeup on elbacilpa yel aL sodazirotua on soirausu sorto a enunni oescca se oitis ortseun ne somalipocer euq n'Àicamrofni al euq jvt o ,suriv ed serbil nìjÀtsee somaive el euq ocin'Àrctele oerroc le o ,negoca ol euq serodivres sol ,oitis ortseun euq jvi(,oitis ortseun ed odinetnoC led adenom o dadilibaif ,dutitcaxe al a otnauc ne jiiil ,serorre ed erbil o odipmurretninì jÀres oitis ortseun ed osu le euq jii(,oitis ortseun ed odinetnoC o n'Àicarepo al a otnauc ne jì(,aticÀlpmi o aserpxe ,aÀtnarag ecah on oredadreV sodinoS ,roiretna ol ratimil niS .ralucitrap otis'Àporp nu arap dutitpa y oedacrem ed saticÀlpmi saÀtnarag a sadatimil on orep odneyuclni ,saticÀlpmi saÀtnarag sal sadot amalcer eurfT sdnuoS ,elbacilpa yel al rop additimrep amixjÀm addidem al nE ,sallaf sal sadot noc , "elbinopsid jÀtsee omoC" y "jÀtsee omoC" esab ne nanoicroporp es soicivres y sotcudorp sus y oitis ortseuN ,atistropsart la agertne artseun ne detsu a nasap sotcudorp sol ed olutÀt le y addir@Àp ed ogseir le euq acifgnis otsE ,oÀvne ed otartnoc nu noc odreuca ed necah es sortoson ed socisÀf solucÀtra ed sarpmoc sal sadot ,otcudorp led etnacirbaf led osimrep noc eurfT sdnuoS rop sadazilitu nos y dadeiporp nos sotcudorp ed sotof o senoipecrsed sal ne recepara nedep euq sacram sartO ,cni ,eurfT sdnuoS ed ocivres ed sacram nos adiroW eht pu gnikaWà y ,àejaju nu secov sachumà ,àÀBM rennià ,àkroweidsnià ,àeurt sdnuoSà ,oiverp otneimitnesnoc ortseun nis etimrep es odinetnoC us ed o itis ortseun ed aipoc arto anuginn ,jairemoc on y lanosrep osu us arap ol'Às orep ,oitis ortseun ed aserpni aipoc ed sanijjÀp ne rimirpmi e ragraceded ,rartsmoc arap oximrep somad eL ,oitis le arepo euq erawfos le y ,oitis ortseun ed oirausu ed acifjÀrg zafretni al y o'Àesid le ,)odinetnoC" le(oitis ortseun ne sodacilbup ,oidua ed splic y seneqjÀmi ,senotob ed sonoci ,soipotlog ,socifjÀrg ,otxet a odàtimil on orep odneyuclni or all previous exemptions cannot be applied to you. In no case, including your own negligence, Sounds True will be responsible for any damage inl mean, I don't know. ,obicer us evresnoc y oitis ortseun ed etnematercid olager ed satejarf erpmoc euq somadnemoecr eL * ,soiratnitsed sol a sacisÀf satejarf somaivne on ,sacin'Àrctele olager ed satejarf olos somecerfo * ,atneuc ne agneT ,rodatnacne o'Àesid nu ne olager ed ogid'Àc nu y odazilanosrep ejasnem us neyuclni fiqse satejarf saL ,olager omoc neugla a alraivne edeup o ,adartne ed ajednah us a etnematercid jÀragertne es atejar al y odazilanosrep ejasnem nu agera ,daditnac al eglie detsU ,adneit artseun ne olucÀtra orto reiuglaur omoc narpmoc es TFIqE satejarf sartseuN ,jaicepse ogla raivne ed adijjÀr y elpmis sjÀm amrof al nos TFIqE satejarf saL ,.0202 ed ozram ed 32 led ritrap A ,amet ese erbos aiverp n'Àisnerpmoc o n'Àicaralced reiuglaur nazalpmeeràà y ,amet us erbos otreic aneus y detsu ertne n'Àisnerpmoc y odreuca le odot nacidni)solucnAvrepoh otxet le odot odiulnci(osu ed sonimr@ÀT sotse ,sotelipmroc selanoicomporp sellated sortseun renetbo arap Àuqa cilc agaH ,osiva oiverp nis onemom reiuglaur ne odinetnoc us o oitis ortseun ed sotcepsa sol sodot o areiuqlaur rednepus o rednepus ,raibmac ed ohcered le avreser es eurfT sdnuoS ,otnemom reiuglaur ne oitis ortseun ed osu us o atneuc us ranimret ,oiretric ovissulcxè us a ,edeup otreic aneus E ,ejartibra led n'Àicartsinimda al y ejartibra led oicini le noc sodaiacosa sotsoc sol sodot ed elbasnopsr jÀres detsu euq atpeca detsu ,yel rop additimrep addidem royam al nE ,sortoson artnoc emrifà detsu noc adanoicaler daditne reiuglaur o/y detsu euq laudividni omalcer reiuglaur noc etnemacin'Àa odanoicaler ejartibra nu razilaer ,oilbmac ne ,atpeca y esalc ed ejartibra la ohcered reiuglaur a eccunener euq ecah y atpeca ,s,ÀmeidA ,odarloloC ,redluob ed odadnoc le ne erruco euq onciurem'Àa ,ejartib'Àa ed n'ÀicairoSA al ed saliger sal ojab odazilaer etnalucniv ejartibra nu ed s@Àvart a olos n'Àicamrifà ahciid ratneserp etnemaserpxe atpeca detsu, n'Àicamrifà ahciid ramrifà etnetni euq ne addidem al nE We can guarantee the validity of the gift cards purchased in third parties, especially in the third-party markets in line where the scams are eGift cards that have been stolen or fraudulently acquired are subject to cancellation by sounds truly regardless of whether you bought the third-party gift card without knowing that it was stolen. There are some common questions about our Egift cards and the answers to them: Are there any rate associated with the purchase of an Egift card? No. Only the nominal value of the Egift Card will be charged, and we will not impose any shipping, taxes, or additional fees. Can I change the value of an Egift card after having paid for it? Not right now. How did I cancel the purchase of an Egift card? Your Egift card is not returning after the purchase (except as the law requires) and cannot be canceled. What are the minimum and maximum amounts that I can buy for Egift cards? The minimum is 15 dollars; The maximum is 150 dollars. However, if you want to buy an EGIFF card, an email is sent to the recipient informing him of his gift, with the Egift Card that he believed, his personalized message, his value and a number of Côteigo. The email also gives simple instructions to redeem the Egift card. How do the Egift card be sent to the recipient? The email of the Egift card is sent to the recipient on the date you choose. It can be sent immediately or scheduled to be sent to a year in the future. How does the Egift card expire? The Egift Card expires five years after the purchase date Where can I redeem my eGift card? You can use your eGift card at SoundsTrue.com on any Sounds True product (excluding live events, monthly subscriptions or Continuous Education credits). You can apply the card balance to your shopping cart at checkout and an additional payment will be requested if your total exceeds your gift card balance. Do gift card purchases qualify for special offers or promotions? No, the purchase of eGift cards does not have the required purchase amount to be eligible for free shipping or promotional offers. Can I use the eGift card to buy Sounds True products on other websites (such as Amazon)? No, not right now. Can I add value to my eGift card? No, not right now. How do I know the recipient really received the eGift card I bought? You will receive an email message confirming the delivery. If I want to return a product I bought with an eGift card, will I get another eGift card? No, the refund goes back to the original eGift card and the expiration date remains the same. If you use an eGift card and credit card for the order (because the total price exceeded the amount of the eGift card), the refund returns to the eGift card before the credit card. What if I lose my eGift card? Please contact the Customer Service. E-mail: support@soundstrue.com; Telephone: 1-800-333-9185 (US only), 303-665-3151 (international). I'm having trouble with my eGift card. Who should I contact? Please contact the Customer Service. E-mail: support@soundstrue.com; Telephone: 1-800-333-9185 (US only), 303-665-3151 (international). I bought an eGift card as a gift for someone, but they haven't received it yet. What should I do? Please contact the Customer Service. E-mail: support@soundstrue.com; Telephone: 1-800-333-9185 (US only), 303-665-3151 (international). Do you sell physical gift cards? No, not right now.

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