

FRIENDSHIP

1. Mind always chatters and thoughts flows in it continuously. In these we have good, bad and neutral thoughts.

2. When bad thoughts arrives, first we need to stop energy movement. Stopping energy movement is like FLIGHT- MODE option in your mobile phones. Means choose that, energy should neither flow out nor enter into me. Even though you act nicely outwardly with others but when you hate or scold inside, hatred feeling reaches them and their thoughts also get polluted. With that you become enemy to that person and you will receive the same hatred feeling from him. Then this enmity continues between both of you. So if you really want to come out of this vicious circle follow these steps.

3. When you have negative thought or emotion against a person, first stop the energy flow by turning on flight mode option in you. Then fix some time according to your comfort to clear negative emotion by scolding or crying within you. Then consciously say STOP to this process.

4. Then within yourself say like this: "I strongly believe in law of karma". It means if I do good I will receive good, if I do bad I will receive bad. That means, for every action there is an equal reaction. Here notice that, even thinking bad about others within you also creates karma. So, whatever problem I am encountering in my life is the result of my past actions. I hurted you in the past, so I am receiving the same now. From now onwards I will change my attitude. Now I shall begin my inner journey by changing the directions of my thoughts from outside to inside to attain my Soul state. So forgive me for whatever I had done to you. I am also forgiving you. I am breaking this bond of karma, iron-shackles between us.

5. "From now onwards we will start our new life as friends. I will always wish for your well-being and you wish the same about me. We help each other for our mutual growth." Then create blissful feeling inside you and disable "flight mode". Let this blissful feeling generated within you spread everyone and everything in this universe. And you would notice the same blissful feeling goes out and come back to you.

6. Even when you get positive thoughts, then also consciously say STOP to those thoughts and talk to the person within you who is the cause for those thoughts. "My dear character, you made me happy. This happened because I

made you happy in the past or I wished your happiness in my inner. I am thankful to you for this. But this is making me dependent on others and worldly things for my happiness. So, I am breaking these “golden shackles” and I will create bliss inside, which doesn’t depend on any outer things, because my real nature is BLISS, and you also create bliss inside. That means without affected by outer situations, you live blissfully and enjoy good and bad experiences equally.

7. In this way when you create the thought of well-being of others and yourself, what happens is, first that good feeling generates inside you and then it will spread inside you completely. It means whatever you wish for others, it first generates within you and would affect you immediately. If you practice this you naturally stop expecting from others. Why because, when you create blissful thought, then and there only you experience that blissful feeling within you.

8. To treat your enemy as your friend and to treat your friend as divine soul, and to forgive your enemy for his bad deeds and not to expect anything from your friend, means to become free from both the bonds, you have to practice patiently. How long it will take to attain this state, completely depends on your practice. So, if you tried and failed to reach above said state, then forgive YOURSELF.

9. If you Practice this concept for every situation, even though others remains the same but within you compassion for others increases. After that all your problems easily disappears. Treat your mind as your baby and as a mother explain to your mind about every situation, so that mind can understand clearly and satisfies with your explanation, and guide it to move from dependency to independency. Then your mind definitely grows to higher levels and stays peacefully forever.