

FRIENDSHIP

1.The mind constantly has thoughts and words flowing through it, consisting of good, bad, and neutral thoughts.

2.When bad thoughts arise, first stop the flow of energy. Understand that stopping the flow of energy is like using the flight mode option on your mobile phone. This means that your inner energies should not go out, and external energies should not enter you. Because even if you speak nicely outside, when you hate or scold others inside, that energy reaches them and increases their negative feelings towards you, polluting their thoughts. This makes you an enemy to them. Then, you will also receive hatred from them. This causes enmity to continue. Therefore, if you want to escape this toxic cycle, do it this way.

3.When you have bad thoughts or feelings towards others, first stop the flow of energy, meaning turn on flight mode, and then scold or cry out your frustrations within yourself. Decide how much time you need for this. Then, with awareness stop this process.

4.Then, think to yourself: I strongly believe in the law of karma - Do good, and good will happen; do bad, and bad will happen. Every action has an equal reaction. Even thinking negatively inside creates karma. I troubled you in the past, and now I'm facing the consequences of my past actions. So, I'll change my ways now. From now on, I'll turn my thoughts inward, embark on an inner journey, and reach a state of self-realization. Therefore, please forgive me for what I've done to you so far, and I forgive you too. I'm breaking the karma bond and iron chains between us.

5.From now on, let's start a new life as friends. I will always wish for your well-being, and you also wish for mine. Let's help each other grow. 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.Similarly, when good thoughts arise within you, stop them as well. Then, talk to the person who caused those thoughts, like this: 'You made me happy, and this is because I made you happy in the past or wished for your well-being. Thank you for that. However, this approach makes me dependent on others and external objects for happiness. So, I'll

break these golden chains and create a Bliss within myself that doesn't rely on anything. Because my true nature is Bliss. Likewise, you also create Bliss within yourself.'

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 see the enemy as a friend and the friend as a divine soul; to forgive the enemy for the harm they caused and forget it, and also not to expect anything from the friend; meaning, to attain liberation from both. You need to practice this technique patiently. The time it takes depends on your practice. So, if you try to do as mentioned above and fail, then forgive yourself.

9. If you act this way in every situation, even if others don't change, your compassion towards everyone will grow. Then, all your problems will be easily solved. Treat your mind as your baby and as a mother explain to your mind about every situation, so that mind can understand clearly and satisfy with your explanation, and guide it to move from dependency to independency. Then your mind definitely grows to higher levels and stays peacefully forever.

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MELT

If you want to reach soul by going beyond body, mind and heart, first recognize that you are affected by your thoughts and living in them imprisoned. After that turn your focus from thoughts to "yourself", and then practice melting. Whatever happens within, without participating in the process, you say that only I am melting, and melt like an ice cube and become pure. After that spread inside. Means without talking, without thinking, not doing anything, only stay in a feeling that I am present in the whole body. Then you will enter into sleep like state, or coming out from your parts you stay in empty space. In this state if you can stay for some time, then thoughts dissolve on its own and silence happens within, and after that soul appears. Then you will experience pleasantness, lightness, freshness and blissfulness. Without opening your eyes immediately, spread this bliss to all your parts. Then you will get solution to all your problems. Also coordination happens among all your parts. This meditation can be practiced by anyone, anytime, anywhere, and no time limit. Daily practice this meditation for at least 10 minutes.