

CHILDREN

Hi friends,

I want to tell you how to study joyfully and how to deal with small problems that come your way. Usually, you study until the day of the exam, but when you're writing the exam, you forget what you studied, right? You often feel bad about forgetting, don't you? So, should we have memory loss or not? Everyone says No. But think about it once - is this opinion really correct?

But I say, it's good for a person to have some memory loss. Let's say you're writing an exam and you suddenly remember something your teacher scolded you for, or something else, or some other subject. For example, let's say you're taking an English exam and you remember something from Hindi. Can you write the exam properly? No, you can't.

From childhood to now, all the good and bad things related to you are stored in your mind. If everything comes to your remembrance while writing exam, you can't write the exam. So, you should remember only what's necessary and forget what's unnecessary. Right? Actually, memory loss is not bad. Humans need memory loss every day. Let's talk about it practically now.

For example, you are listening to my class. To listen to my class, do you need memory loss or memory power? Many people say they want memory power. But I say that if you don't have memory loss, you can't listen to my class. When I'm teaching, one part of you should listen neutrally, another part should store what you've heard, and another part should temporarily forget what's already stored so that it doesn't come to mind. In this way within you 3 parts must work co-operatively. Then only you can listen my class.

So, you need to have memory loss for 24 hours, memory power for 24 hours, and neutral for 24 hours. Because you're always doing something or the other. So, related things should come to mind, and unrelated things shouldn't. That's why these three should always work equally within you. So, you should accept them equally without partiality. That means listening (neutral - 33.33%), forgetting (negative - 33.33%), and remembering (positive - 33.33%). These three energies should work within you 24/7. That means you should have the support of these three for 24 hours.

But if there's only memory loss, you'll forget everything, even your own name. And if there's only memory power, it will also trouble you. Because if everything comes to mind all the time, you'll be troubled. This will also affect your sleep. So, if unnecessary information comes to your remembrance along with necessary information, then it gets remixed, you'll be confused. But when memory loss, memory power, and neutral work together in harmony within you, you can

achieve whatever you want superbly. So, from now on, is memory loss your enemy or friend? Memory power, memory loss, and neutral - all should be your friends.

So, if you're getting low marks in any subject, it's because the three opposite energies within you aren't working together. Then, you need to create a friendship between positive, negative, and neutral energies. Similarly, if you're unable to focus on what the teacher is saying in class, it could be because your mind is wandering to games or movies, or maybe you just don't like that subject or teacher. So, you need to create a friendship between studies, games, and music. Tell your mind, 'I'm studying now, support me, and I'll play later.' Create a friendship between them and take support from all of them in whatever you do.

1. There was a boy who didn't like the math subject because his math teacher always scolded him. He always got low marks in that subject. After listening to my class, he thought - 'My teacher scolds me, appreciates me, and is neutral'. He apologized to his teacher within and said, 'I hated you until now, but I understand you scolded me for my good, so I will create friendship with you and your scolding from now on, and he made that anger his friend within.'

Similarly, he thought, 'I also hated the math subject, sorry, I will be friends with you from now on. Show me how to study so that I can understand math.' He meditated for 10 minutes every day, imagining himself melting away, and practiced math every day. He created friendship with his teacher's scolding, his own anger, and the math subject, and started practicing math regularly.

Then, he started understanding various techniques related to the math subject. After becoming friends with the math subject, he could understand formulas well. He could also listen to the teacher's class well. Later, in the math exam, he became the class topper. Even his teacher was surprised to see him and asked how he brought about such a change. The teacher praised him in front of the whole class. From then on, everyone considered him as a role model. He called me and shared this matter with me, and thanked me for the New Energy Concept, which made him feel happy and proud.

2. A 10th class student wanted to learn two - wheeler. She chose three options - I can drive, I cannot drive, and neutral - and created a friendship between them through meditation. While learning to ride, fear was overwhelming and couldn't balance. Then she sat in meditation and assumed in this way - 'My inner fear energy, you are currently dominant, reduce to 33%. My inner courage energy, increase to 33%. Similarly, my neutral energy, also come to 33% and only if all of you help me, can I learn to ride.

The next day, while practicing, surprisingly, she remembered how to use the brakes and accelerator at the right times and places, and rode the vehicle well. Within 2-3 days, she learned

to ride a vehicle. Her parents were very happy seeing this. Now, she goes to the market and brings back whatever is needed for the house.

Earlier, there used to be some problem or the other with her classmates. But when she created friendship with her own character with friends character within, everyone outside became her friends. When asked how inner friendship can bring about change outside, I explained that it's like changing the channel with a remote press - similarly, inner friendship changes other persons thoughts and behavior, making others want to be friendly too.

3. A girl who studies very well and has been following the New Energy Concept for 3-4 years, tops her class in all subjects. However, she suffered from an inferiority complex, feeling that she is too dark-skinned. Due to this, she wouldn't interact with anyone in her class. Recently, when I met her, she shared her problem with me." This girl excels academically but struggles with self-acceptance due to her dark skin tone, leading to social withdrawal.

Then I advised her - Create friendship with your body and black energy, all energies are your friends. Since then, she meditates, supporting them. She received a message from within - 'Your body needs all colors, each with its own importance, like hair needs black color and teeth need white color. It's not good if one is here and the other is there! So, all are necessary, but you're hating black and wanting only white, that's why you're suffering. See all colors as equal from now on. The girl receives a message from her inner self, emphasizing the importance of accepting and valuing all aspects of herself, including her dark skin tone, and recognizing the unique role of each color in her body.

Since then, she befriends Black energy and inferiority complex, seeing all color energies as equal. Whenever hate arises, immediately she is choosing all 3 - friendship, hate and neutral. Regular practice balances her inferiority complex, and she's become friendly with classmates. Friends admire her friendly nature, asking her to share the New Energy Concept. They've become her fans, printing out New Energy materials and following them. She's become a master in her class, teaching that all energies are friends. Even her skin tone has slightly changed recently.

4. A girl studying degree in Bangalore feared English. She asked me how to overcome her fear and score good marks. I advised her to talk friendly with English energy within her. She apologized to the English energy, saying, 'I've hated you till now, sorry. From now on, I'll make friendship with you.' The English energy responded, 'Language is essential for communication. You feared and hated me, so I troubled you everywhere. Now, support me and see my talent.' She apologized and asked for help. Then, the English energy shared easy techniques to study and understand the language.

After studying, the girl wrote her exam. When the lecturer announced the marks, he said, 'In my experience, I've never seen such a well-framed answer sheet. The way you've used punctuation, full stops, and commas is perfect.' She thought he was praising someone else, but then he revealed her name. Overjoyed, she called me and said, 'Sir, I got a beautiful result! The girl's newfound friendship with the English energy leads to a remarkable improvement in her exam performance, earning her lecturer's praise for her well-structured and perfectly punctuated answer sheet.'

The girl was worried about her sister's marriage as she couldn't study well due to tension. I told her, 'Don't worry its 1st year only, so even if you fail nothing will happen, your sister's marriage won't come again. You fully involve yourself and take care of all the work. I'll come to the wedding, make sure I don't see any small mistakes, work energetically, and don't study more than an hour, dedicate all your time to marriage.' She did exactly as I said.

During the wedding, she creatively worked on decorations, dances, and songs, involving herself in everything, and studied for an hour every day. When asked if she felt weak, she said, 'Sir, weakness comes, but I befriend it, and it gives me new energy, so I can involve myself in everything.' She even danced well on stage during the wedding, overcoming her stage fear." The girl managed her time effectively, balancing wedding preparations and studying, and even overcame her stage fear by performing well on stage.

The exams were just two days after the wedding. She wrote the exams and surprisingly, she came first in her college, studying only for an hour a day. Here, she befriended three things - Memory loss, memory power and neutral. In exam when she asked memory loss please remind me, then that energy gave necessary information. Her friends were shocked, asking how she managed to come first in college despite not attending college due to her sister's wedding. From then on, everyone became her fan. She not only solved her problem but also became a role model for others. She was active in both studies and outside activities. Usually, people who study well can't manage work, and those who work well can't study, because they lack the combination of three energies within them.

5. There's another girl, what she does is, while in class, she talks to her inner soul like this: ' hey soul, I do not understand, so you hear lessons,' and the soul listens. Even in the exam hall, she says, 'I didn't listen, you listened, right? Remind me,' and the soul reminds her, so she writes down the answers.

6. There was a boy who was very intelligent. He would wear earphones and listen to songs, watch TV, and study at the same time. His mother would scold him, saying, 'How can you study like this?' I asked her how many marks he was getting, and she said 95%. Then I told her, 'How many more marks do you want him to get? He's not an ordinary talent, he can do three things at once. If he gets less marks, then scold him, otherwise, let him be.'

I never discouraged him. Recently, he completed his B.Tech. He didn't get selected in two companies during campus interviews. He was passing the written tests but failing the interviews. Since he was practicing New Energy, he was taking failure lightly, but his lecturers were worried. When he asked me why he wasn't getting a job, I told him that till you die you won't get a job. Then he became depressed. After clearing his emotions, he asked me what he should do. I told him that he studies well but can't communicate with others. I advised him to make friendship with all characters as I said in topics – “friendship” and “director”.

When he went for the interview, the interviewer asked him what he wanted to change about himself. The boy replied that he wanted to change his character. The interviewer asked if his character was that poor. The boy replied my character is good, but in future I have to mingle and work together with others. Each one will have different characters, I will mix those and always develop my character. Hearing this, the interviewer said to stand up. He too stood up and hugged him and said you are selected. See how miraculous result he got!

7. Similarly, another child was playing in school when something got stuck in her eye, causing an eye problem. Despite taking medicines and wearing glasses as per the doctor's advice, the problem couldn't be cured. The doctors said that she would have to wear glasses for life and if not taken care of, the eye could even become dead. Many doctors said the same thing. The eye sight is still worsening. The child came to my class, and I told her to try something new, and practice melting and meditating for at least ten minutes every day.

I said to talk like this - My dear body! my dear medicines! my dear sight! I hated you earlier, I am very sorry. I'll be friends with you from now on, please help me. My dear body, what should I do to see clearly? she asked her body. Then her body said, 'You don't give me all kinds of foods, you only eat some and don't even touch others, especially oily foods, you are not giving me peanuts, that's why your eyesight is getting worse due to lack of oil in your eyes.' From now on, eat all foods, don't think this is good or bad, just eat divinely,' it said.

She practiced meditation for a month, eating everything and befriending her body, medicines, and eye energy. She'd say, 'I'm friends with all three energies.' Sometimes, her eyes would burn and water came from eyes. She'd talk to the pain energy like a friend, 'You're also my friend, help me, don't come when I'm in school, come when I'm home.' Strangely, the pain would come when she was home. When the pain became unbearable, she'd cry and sleep. She felt like her eyes were repairing themselves. After a month, she noticed her eyesight improving. Two months later, when she went for a check-up, the doctor was amazed. He asked her parents how it happened and learned about the new energy concept. He's also following it now. See how amazing it is!

So, from now on, be kind to your body and mind, and trust them. The body and mind are amazing creations of God. Try the practices I mentioned for 40 days without fail, like a duty, and you'll see the difference. Your body and mind have the talent to achieve anything.

Nothing in this creation is unnecessary, everything has a purpose. If you consider something a friend, it will help you, if you consider it an enemy, it won't. So, take help from everything. By doing so, children are achieving amazing results. They're playing, watching TV, increasing their creativity, helping their mother with household tasks, helping their father with outdoor work, learning cooking, being friendly with their parents, and also succeeding in their studies. Therefore, I advise parents not to differentiate between boys and girls and teach girls outdoor work and boys household work as well.

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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.