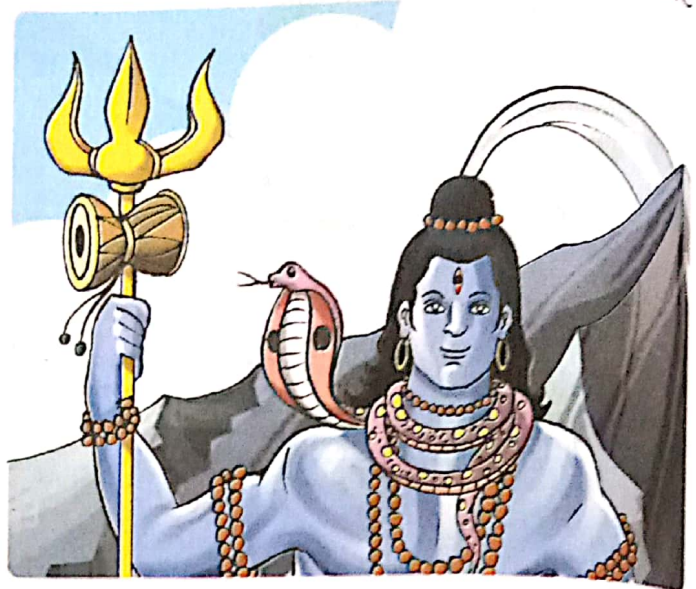


“May Brahman show himself unto me. Never may I deny Brahman, nor Brahman me, I with him and he with me, may we abide always together”, “Om Shanti, Shanti, Shanti.”

These lines are taken from the Upanishads. Upanishads are the most ancient holy scriptures of the Hindus. The Upanishads contain the wisdom of the mystics and sages of ancient India. The lines quoted above are only one of the examples of the ardent desire of the mystic to know God.

If you close your eyes, remain silent and listen to your breathing, you will experience a certain calmness and peace. In order to experience a little deeper feeling of calmness, you may breathe slowly and say to yourself, "I am breathing in life and breathing out of all that makes me sad." If you do this for five minutes everyday, you will certainly experience a wonderful feeling. It is foolishness to say that there is no God. You are one of the millions of proofs of the existence of God. Without God, you could not come into existence.



No human power can make a body like the one you have. No human power can make a brain like the one you have. No human power can make a heart like the one you have. Your heart works non-stop till you die. No human power can put all your powers and abilities, mind, heart and soul together. The vast universe is another example of the power which we call god. God created the sun, the moon and the stars. We know that each star is another sun. Some of them are millions and millions of miles away. As science progresses, man discovers more stars and more galaxies of stars. Man is trying to reach at least some of the planets which are not far away. If he finds it difficult to reach them, it is certainly true that it is not he who created them.

What we need most is an unconditional belief in God who is supreme. Do cultivate love for God and do worship God in humility. The result will be remarkable. We will grow into perfect human beings.

Remember

Do cultivate love for God.



EXERCISE

A.

Fill in the blanks :

God, star, worship

1. Without _____, you could not come into existence.
2. We know that each _____ is another sun.
3. Do _____ God in humility.

B.

Collect a couple of passages from different sources about God and write them down.

C.

Write prayers :

1. for yourself
2. for your parents and teachers
3. for your school



A prayer session :

Use a bhajan to create an atmosphere of silence and prayer-Vocal prayers, if any, must be praises of God. Reading from koran, Bhagavat Gita, Guru Granth Sahib and Bible may be taken. In all aim at a personal experience of God.