



Vishwa Jagriti Mission  
Hong Kong

Power of Prayer    Guru Vandana    Guru Chalisa    Performing Aarti    Gems of Wisdom    Pravachans-Talks    Divine Bliss

# Illuminate Your Inner Self

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## PRAVACHANS - TALKS

### ILLUMINATE YOUR INNER SELF

Indomitable strength and an unwavering will can accomplish the seemingly impossible. Your goal is right there before you. March ahead and embrace it. Even if death confronts you, trample upon it. Across the tumultuous ocean of life lies a vast ocean of bliss; take the intractable plunge, here and now.

The human mind perpetually weaves the web of imagination. It vacillates from one thought to another. When it mingles with the mammoth human 'ego' it becomes destructive, and when it blends with righteousness, it becomes a source of service and cooperation. If the 'ego' is un-distilled and unrighteous, it gives rise to envy. If the mind is preoccupied with towering thoughts, then the monster of doubt can never find its rightful place. If the cosmic will rules over the mind, then the thoughts arising in the mind will always be positive and sublime.

The world exists within our mind. Whatever is there in our mind appears to be present in the external world also. If there is a dire need for money in one corner of the mind, then the entire world seems to be a market-place. When the mind is deeply absorbed in God, then there is presence of God everywhere. A man who is engrossed with Divine thoughts is filled with ought imagination about the Supreme. On the contrary, a man immersed in worldly consideration finds the seeds of passion germinating within. The intellect revolves around the world of thoughts and ideas. So one must keep the mind firmly fastened. Lord Krishna has said "Surrender your mind to me: direct all your thoughts and actions to me and you shall, no doubt, attain me." A mind which is coloured in the hue of God can never lose its shine in the grossness of the world.

The fundamental attribute of the mind is to wonder aimlessly. The mind has to be stilled. Retire to a solitary place. Take deep and long breaths. Allow the mind to rest. The mind has to be taken out from the jungle of thoughts. So the pattern of thoughts break to get over stress, it is absolutely necessary to make the body comfortable vacating the mind of all thoughts. Think that a fresh breeze of tranquility is entering into your body pray to God for peace. Implore him by saying: O Lord, the bestower of compassion, you are the force behind the universe, you are the power behind me, I have left everything to you my lord. I have left all vices; I have renounced the feeling of envy, conflict and animosity". Remember my words, do

## Pravachans - Talks

- Om
- God's Grace
- Thought Power
- Company We Keep
- Stress Management
- Spirituality
- Spirituality Made Simple
- The Power of Words
- Illuminate Your Inner Self

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## Satsang Videos



Videos

### Activities

#### Satsang

1st Monday of Month  
6:45 to 8:45 pm

#### Monthly Seva

2nd Monday of Month

#### Maha Mrityun Jayn Mantra Jaap

3rd Monday of Month  
11:30 to 12:30 pm

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not engage your thoughts in the petty bickering of the world. Let not the reins of your mind, be controlled by mortals. Let them be in the hands of God.

Work upon the mind like a sculptor works on his images. Inner transformation and illumination is not an overnight process. It takes perpetual efforts to reach the abode of God. Devote yourself to worship, meditation and yoga. Strive incessantly. To accomplish a difficult task, it takes years and years of Herculean effort. The Lord in his celestial song says: 'if you cannot devote your mind and thoughts to me, submerge it in practice. It will not come easily. You will have to work extremely hard to attain it. At times you will feel slightly dejected but do not lose heart'.

Place your heart and mind at the holy feet of the Lord. A man who is caught in the vortex of worldly jargon finds it extremely difficult to disentangle him from it, so the only path left for him is to seek the refuge of the Lord. When the inert consciousness finds manifestation and associates with the will to work, it gives rise to immense power and penance and leads to inner illumination.

One who completely dedicates his mind to the Lord is elevated amongst all. One who constantly engages his mind to the unstinted devotion is tainted with reasoning deliberations, and apprehensions it can never remain firm. The love which Mira harbored for Krishna never diminished. She faced every odd, every pain, and every adversity but remained as adamant as a rock for her love towards Krishna. Where intellect fails, there the heart expresses its true luster. If both, the mind as well as the heart work in coherence, life becomes absolutely perfect. The intellect is the father and the heart is the mother. Both are required for the blossoming of an individual. But what ever one does in life, the attitude should be of "Never say die"

Hence, I would like to repeat: indomitable strength and the unwavering will can accomplish the seemingly impossible. Your goal is right there before you. March ahead and embrace it. Even if death confronts you, trample upon it. Across the tumultuous ocean of life lies a vast ocean of bliss; so take the intractable plunge, here and now".

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