

REIKI VIDYA NIKETAN

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Multiplicity of Teaching...

EDITORIAL

It is said that Corona Virus and the unprecedented situation it has created has already started turning the human life upside down and possibly the life will never be the same again. I fully agree that the situation that we are in today is potential to break through all patterns created by civilization right from its inception. It is practically as if we have arrived on a new planet.

Education and teaching is one area where I have seen the revolution already happening. The number of invitations that I am receiving to attend the online seminars/ workshops/ training sessions etc. in the past two months are testimony to that. Everybody seems to be interested in teaching everybody everything. And there is a strong urge about this. What was happening on "Whatsapp" has started spilling over into the digital workshops now and with what velocity! Suddenly those who were looking for recognition in the form of "likes" from incognitos have started seeing an opportunity to get their recognition from "live" (but online) audience. The funniest part is that all these entities believe and call themselves the teachers.

I think they are deceiving themselves by calling this term as most of them I know of are just sharing the information that they have gathered over the past few months or days or even hours before. They are the informants and as good as those segments on social media who many a times pass the information to others without even bothering to read it in totality, forget the verification aspect.

One needs to understand that there is already an explosion of information thanks to digital media. What we need is that someone translates that information into a knowledge and offer that as the experience to the recipient so that the wisdom dawns. This is a pathway to wisdom. Information is like an event. Unless one relates or connects to that, it does not become knowledge the way the event does not become a situation. We are all surrounded by events but most of the events do not make any impact on our cognitive or emotional existence as we do not connect to them, simply because we are not even aware about them. They are happening much beyond our span of existence. That connection to one's life is very essential. It is like there may be a lot of vegetables grown all around you but that may not help unless someone cooks these vegetables and make wonderful mouth watering propositions. When you are surrounded with a lot of leafy vegetables and do not know how to cook them or no one to do that for you, we are practically diving into the zone of animus.

Once the information is translated by a knowledgeable into the knowledge form, the recipient needs to translate that knowledge to experience. By looking at a plateful of food does not lead to anything if you do not consume it. A true teacher will create situations for you to connect your knowledge. The real learning begins now. And when a teacher stays just beside the student observing the blossoming of wisdom in him/her the teaching is complete. By sharing information one can only increase the level of noise which can't be termed as music, forget the melody. We were overexposed to information on social media and now the same thing is coming in front of us in the form of online training. The teaching will multiply and the learning will decimate. That may be the large problem in front of the student community. The essence of learning and teaching should not be lost.

Ajit Siv

Above the Law

by Vivek Pandey

Everybody follows some of the other kinds of rules since the early days of their childhood. The school teaches them in specific ways; the family and neighborhood do it with some different means. Whatever be the mode, one is always made aware of some rules, norms, customs, traditions, and laws about society. As one grows, one is also made to realize the penalty to be paid for evading any law. It's a gradual process that most people go through in their lives. Once they grow up, they realize the importance of having laws which act as regulation on people's action. Law, whether of any nature, becomes essential to maintain order in society.

Through education or any other means, a person starts obtaining more and more knowledge about the way things happen in the world. The mind accumulates, reasons, and applies logic behind everything. The questions of equality and justice come to the fore. The fighting spirit within an individual pops out more often than not. Some take law in their hands, and some evade the same. Some, in the name of spiritual prowess, evade the law. Ever wondered what exactly happens to an individual when they completely forget that none is above the law. Inevitably, some people do elevate to explore the higher realms of human existence. But does that give them the license to overlook things meant for the protection of ordinary tax-paying citizens?

Equality and justice are not the same things. The law makes things equal for all its citizens. However, the implementation of the law may not be fair. People seldom complain about not being treated equally. They assume that life and its systems they are born with will be appropriate to them. They only complain when the law is implemented in an unfair and biased basis. People everywhere can tolerate

inequality but not injustice. With inequality, they have the choice to be on their own and walk out of the system. With injustice, they feel plundered in both mental and physical ways. Anyone who has worked in a non-native environment knows that the laws, rules, and regulations cannot be equal for them. However, in terms of executing the law, when the authorities exhibit a clear bias is the time they lose hope and faith and feel cheated by society. The complaint is always of injustice and never of inequality.

People are born free, that doesn't mean they have the freedom to exhibit animal behavior. Under the influence of authority, accomplishment, power, and money, a person may feel superior to others and claim entitlement. The incorrect understanding of existence leads to false action and later in trying to prove false to be your right. The fact that some are successful at some point in time may not be accurate in terms of eternal principles. The fact that one carries some air in the head does not entitle him to treat other living creatures the way they want. The means of power are always mistaken as power itself. The same power money, position, and popularity can be used for doing good to others. Any rise in one's life should always make humble and not arrogant. The fact that there is injustice in society is because some people still carry much air in the head. A leader within any organization may become the lawmaker but even then may choose to obey the law. Only such people can rule for a long time. In such cases, the leader will treat all his subjects equally and make sure that injustice is not meted out to any individual. When life gives one a top position, it becomes seriously essential to use it to everyone's advantage and not for the emancipation of one's ego. The more the success, the more grounded should one be.

A white beard " YOGI " today spoke about
black Said it is the time to pack your back...

He strengthened our thought about going
back to own.. We must appreciate him who
kept our divine from within grown...

He even warned about our annual audit
result.. But he is always kind enough to take
us ahead through any desert..

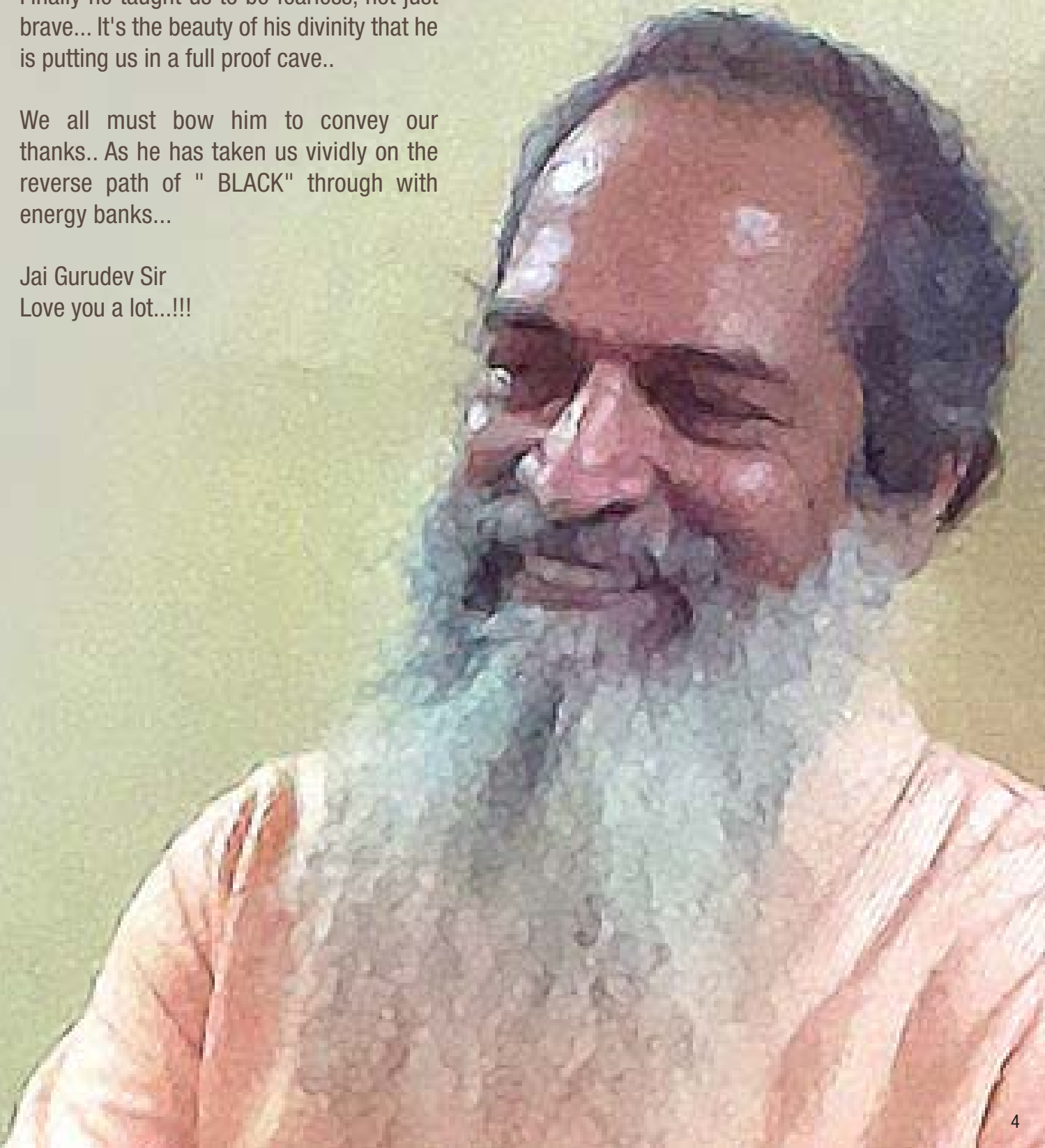
Finally he taught us to be fearless, not just
brave... It's the beauty of his divinity that he
is putting us in a full proof cave..

We all must bow him to convey our
thanks.. As he has taken us vividly on the
reverse path of " BLACK" through with
energy banks...

Jai Gurudev Sir
Love you a lot....!!!

Guru

by Amrut Kirpekar



Life is what... An Empty beach, good friends, jokes, fun, laughs... Life is what... Nice winter evening at Mahabaleshwar and clouds touching you... Life is what... First rain at Matheran, with loving partner and a promise of being together for life... Life is what... Sleeping under the sky and watching the fireflies at a dark night... eating grandmothers 'Modak' is life... watching your child's first step is life... And now you are stuck at home for five months and you feel Life is what... at one-point entire past looks like nothing but only a dream...

A friend said we must keep all our investments and loan records in place. One of our family friends passed away all of a sudden and now his family is struggling cluelessly about his assets. Now I do not have too many assets that my family will have to struggle to find but surely my drawers were full of unwanted stuff, so I thought let me once clear it.

I was reading through all my papers and could manage to throw very few, just did upside down for three hours. Many papers had emotional attachments. My LIC policy was done by a friend who is no more now. All my older investments had 'Sucheta's' (my late wife's) name over them, most of them were already matured and been paid also but somehow couldn't throw them. At the end I forgot what I was doing... Life is what...

I was busy and a call came twice from an unknown number. Finally, I picked up and instantly recognized the voice of Laxman. A friend who

was not in touch for last thirty years. He found my number from someone. I was in twenties when I met Laxman for the first time. After college, I had just started working in an ad agency and he was a media guy. He was twenty years older to me however we instantly became friends. He was from a very orthodox south Indian family but picked up eating chicken like a Goan fellow. We shared a room whenever we went on trips. Laxman lost his wife by brain hemorrhage at very early age. We both caught up with life because he had a young son to look after and then I was just married. He was in Hyderabad later and out of touch for last thirty years. His son is a big shot in IT company today. Now looking at the life like a third person was easier. We kept talking for two hours. Tears were rolling down when my daughter came calling me for dinner. We hung up reluctantly. Then I was telling all the stories to my daughter whom she had never seen before, maybe I was talking to myself. At the end I forgot where it started... Life is what...

It's all happening like those thick gray clouds covering the entire sky. It's becoming dark during the day as if it is going to rain for next whole week and suddenly wind clears the sky. Life is what just the memories... They come and make you softer than the butter... They make you cry, laugh and give you strength and hopes for better tomorrow...

Down the Memory Lane

by Telangan

My GuruDeva...

My Guruji...

by Amol Pukale



There is so much that is said about Guru by so many wise and noble souls, yet it is such a personal experience so close to the Sadhak's heart that something new, something natural so easily oozes out of the heart.

Guru is such an entity such a vibration that transforms the most dry, rigid heart into a fine poet... a beam of joy... not only self immersed into a pool of divine nectar but also quenching the thirst of the travelers desperate & dry seeking a ray of love..

Guru is such a vibration that makes you feel so complete, satisfied and fulfilled even in the midst of an outward chaos.

They say that Krishna's presence could be felt kilometers away... I feel the mere thought of my Guru is sufficient to take me next to him...

That is the power of his love and compassion...

We have enjoyed so many retreats, some for two days, some for a week or maybe more.

In these retreats in the presence of Guruji we have been benefited in different ways and levels. One amongst these is Chakra cleansing or Aura cleansing.

As I am writing today I'm realizing that the exercise we participated in was just a reason.. a Nimitta... he created...

Haven't we all experienced this each and every time we met Guruji and he has looked at us with his eyes filled with unfathomable love and compassion?

We have felt energized like never before.. Felt that this is it... There is nothing more.. felt gratified.. Trupta...

That is the most complete cleansing at all levels so naturally done just by his Drishti...

That is my Guru... My Guruji.. Whose Drishti is a service... whose presence is a service... whose thoughts are service... whose words are service and whose actions are service ofcourse ...

This what we know is the mere tip of the iceberg.. the rest is that work he does which is massive but unknown and unseen to the limited human being...

That is my Guruji..

In my limited mind I see my Guruji as a Prem-Avatar.. somewhere I know that he is a Dnyan-Avatar....In moments of silence I see

that He is a Ishwar-Avatar..

In these moments I realize that I have proven my limitedness... my shallowness by taking a cup to an ocean and even felt achievement by taking back the filled cup, not realizing that I'm taking a cup of water from a vast ocean..

Such is the love of my Guruji that he laughs and forgives and waits until I become ready to dive in and merge with Him...

He keeps on planting children like us to his garden.. toiling to prepare the soil of our minds.. carefully sowing the seeds of humanity and truth... nourishing and nurturing with the waters of his wisdom... protecting from the weeds of desires.. and patiently waiting for the flowers to bloom and spread the fragrance of his work...

And sure enough we blossom.. knowing deep down why we are what we are...

And then with an urge to offer something to your mother we make child-like efforts.. and graciously fail only to realize that any offering you try to make only becomes a gift for your own self.. you only end up receiving in the effort of offering something to him..That is my Guruji..

Every shishya can resonate very well with the vibrations of Shri Guru Charitra..

This holy Granth is so near to my heart and one major reason is simply the fact that it has the ability to help surface those feelings of a Shishya Bhakta which are underlying deep down..

Once they find expression through the Divine words in this Holy Bible, not only massive emotions are released but I also get overwhelmed by the showers of energy and such beautiful moments that one can only experience..

This Grant Sahib so aptly describes my Guruji as KalpaVriksha not only offering cool shade to desperate soul scorched in the heats of a delusive world and Maya but also fulfills the needs of the beings..

Shri Guru Charitra so rightly describes my Guruji as a Kamadhenu offering the Amrit bestowing immortality to his shishya..

This Holy Quran so correctly describes my Guruji as Parasmani whose mere touch makes you gold... forever..

That is my Guruji..

He is an embodiment of the Infinite..

May I never get deluded and look at his body alone... May I be blessed with the vision of truth that will allow me to see him as who He actually is..

He is already standing here in the full glory and kindly showing us His VishwasRupaDarshana... just working and waiting for us to become his Arjuna..

If anyone desires to witness Satyug.. just be with Him..

That is my Guruji..

Shravan is at the corner...

Dry barren earth will soon be clad with soft velvets of greens..
There will be rains in abundance..

Guruji we are ready to soak in the showers of your blessings...

The memories of this petrichor shall be forever...

We are ready to spread this essence wherever you plant us.. We are ready to become your messengers spreading your light..

In vain we have been doing childlike efforts by trying to become able... by trying to become pure.. For now we know that when you come we inevitably become able... we become pure..

Guruji what can a candle offer to a million Suns ?

On this day we only say that we are ready with our hearts open... for you...

Please come...



Gurutatva

by Sushma Jiteshkumar

I believe we all have come into this world to live our karmas and attain moksha which is the ultimate destination. Till the time we take birth we are aware of it, but as we grow the awareness of reaching our destination starts to fade and we get lost in the labyrinth of this world. Only few get connected to saintly people who help them to find their right path, and that is a GURU. The guru changes its form to suit the disciple's needs, and that is TATVA.

The guru tatva is always there for all of us but few are cognizant about it. I for one had several blissful experiences. I have experienced the Gurutatva listening to me & even guiding me. To mention, when I captured Sir's image in Agnihotra patraas I was thanking him in prayers for giving me the opportunity to be a part Girnar yatra (on 14/01/2020) Another incidence was on Aashadi Ekadashi (1/7/2020) when my eyes welled up thinking of Lord Vitthal and there was he captured in the Agnihotra fire image. Such incidences shows that the tatva is always connected with you but you have to be in awareness to acknowledge it.

Today, on this occasion of Gurupoornima I thank my Guru (Sir Ajit Telang) and the tatvas' that he disguise to protect us. Moreover, I want to thank him for those times when he averted the unpleasant situations and we didn't even realize it.

Thank you Sir, The Pillar, The Aspiration,
The Master TATWAMASI...

GURU POORNIMA

A DAY TO OFFER OUR GRATITUDE

Like the brightest moon of the twelve poornimas
Which strengthens the waves to uplift themselves
From the base, lowly level of bondages
And shine in their true spirit
So is the guru who enlightens your path,
Guides you towards your true self
Removing the clutter of sanskaars
And the waves of memories
Taking us towards our core, our true spirit;
Making us confident and truthful
Filling us with love and gratitude
The guru transforms you and makes you pure
In your reactions and responses
Let us offer our deeds, to our Guru's lotus feet
Let us offer our gratitude in our Guru's lotus feet
Let us offer our respect in our Guru's lotus feet
And be blessed in this journey of life.





Gratitude

I'm thankful to god for all
Those wonderful people,
Who walked in my life and
Taught me so much,
Made me a human,
Brought smile on my face,
But I'm more thankful to god,
For all those miserable people,
Who walked in my life with
Sharp razor like tongue,
Who made me disgraced,
Who snatched my happiness,
Who killed my passion, only
Because they have shown me
Exactly who I don't want to be...

I bow to you Guruji

by Aruna Margam

Obeisance to you Guruji
For teaching us the Essence of Spirituality
To have a fine balance in material and spiritual life
In this maya filled world to find the difference
Between Mirages and Oasis

Obeisance to you Guruji
For helping us to remove darkness by
Teaching us to Lamp unto Ourselves
So that in our journey of life we can
Find colourful Rainbow in our Hearts

Obeisance to you Guruji
For making us understand that
Simple things are nearer to God
For explaining how life is fulfilled
If you have wishes and not desires

Obeisance to you Guruji
For teaching us the difference between
Power Vs Force in day to day life
Helped us to understand the effect of
Molecules of emotions in our life

Obeisance to you Guruji
For emphasizing the importance of our
Healing hands through Hands of Light
Encouraging us always that in this world
you are born to blossom and spread fragrance

Obeisance to you Guruji
For explaining about Life of Tree, where
Our roots are above the ground and not under
How to nourish ourselves with Holistic Parenting
Live in Harmony with reiki, Universal Life Force Energy

Obeisance to you Guruji
For inspiring us always to be free
To surge in the sky with Wings of Fire
Motivated to have Ignited Minds to rise
Even in adversity to see opportunity





A True Teacher...

(Translated from an article by Sarika Pande)

A boy came and stood in front of a senior Master, full of confidence. The Master glanced at him with all his experience behind him. The boy may be very young, hardly 9 or 10 years old. He had no left hand. He possibly had lost in an accident.

The teacher asked him, "What do you want from me, young boy?"

"Sir, I want to learn a Self defense technique like Judo or Karate" The boy said.

Oh, he does not have one hand and wants to learn self defense.. Something amusing.. The Master mused.

"Why?" The Master asked.

"My colleagues bother me in my school. They tease me for my amputated hand. Elders have a mercy on me. I don't like that. I want to live on my abilities. I do not want anybody to be merciful to me. I want to defend myself even though I do not have a hand." Said the boy.

"Okay. I understand. But young man, I am too old to teach anybody the martial art. I am now retired and like to be in isolation. Who asked you to come to me, boy?"

"Sir, I approached many teachers. All of them refused to teach me as I have this handicap. One of them suggested your name. He said only you can teach me as you are free most of the time and he said that you do not have any student currently" The boy said.

The Master realized who that "teacher" must be. He felt sad that only because of such kind of teachers this wonderful art has fallen into the wrong hands. He always felt that way when he thought of how things have deteriorated. He thought for a moment and said, "Okay Boy. I am prepared to be your Master from today. But there are certain rules you may have to follow to become my disciple. I am telling you for the first and for the last time. You have to have a 100% faith on me as your Master. I will teach you the way I want, you have to learn the same any way. The martial arts are very forceful and hence fatal. You can take someone's life away. Hence you have to use it only for self defense. Always be modest. Understood?"

"Yes, Master. I will obey all your instructions" saying this, the boy bowed to the Master and touched his feet. The Master started with his teachings.

The Master taught him only one move and kept on repeating the same, day in and day out. It lasted for the six months. Seeing that

the Master is in good mood, the boy asked the Master, "Sir, six months have passed. You have been teaching me the same move. There must be some other techniques too, No?"

Yes. There are infinite moves. This life of yours may not be enough for you to master all those moves and techniques. But you will need only what I am teaching you. That is enough for you to achieve what you are looking for." The Master said.

He kept on practicing what his Master taught him with full surrender. After many days thereafter, the Karate tournament was announced. The Master entered his only disciple in that. First two rounds were won by that boy. Everyone started wondering how this boy fights and wins with a single hand. Who is his Master?

The third round was little tough. But with his agility and proficiency, he won that too and entered the final round. The boy was now very confident. In the finals his rival was the disciple of the arrogant Master who had sent him to this Master. The competitor looked much stronger than this boy. He looked stouter, stronger and more experienced. The fight looked lopsided. Referees came together and decided that it is not fair to go ahead with this fight. They said, "We do not think this is fair to allow this fight to go ahead. One is strong while the other is disabled. We want to stop the competition here as it is not fair from humanity point of view. We will split the first award if both of them agree" The main Referee announced this.

The stronger one said that it is not fair as I am better than this boy and everyone can see that clearly. So declare me as the winner and let him be a runner up.

"I may be small. But still I won't like to have such an award without fighting. My Master has taught me to fight with honesty." Said the young boy. The audience applauded and appreciated his spirit.

The experts however started frowning at his decision. Why is he inviting trouble for him? Does he know what risk he is taking? He has already lost his hand. He may lose some other part of the body. Is he a fool? But the fight went on and everyone was surprised with his skills. At one moment, the boy played such a move that a strong man His kick threw the opponent out of the ring before he could realize. A perfect throw, a perfect kick! Excellent. What else could one say?

Once the boy reached the Master's house, he kept the champion

ship trophy on the feet of his Master and bowed to him touching his feet,
“Sir, I have one doubt. Shall I ask?” he said to Master

“Go ahead” said the Master.

“I knew only one move. How did I win?” The boy asked.

“You won because of two things. One, the practice that you did relentlessly and mastered the move! You can make no mistake. You are so perfect.”

“And the second?” The Boy asked.

“The second reason is more important. Every move has a counter move to that. Even this move had one.” The Master said coolly.

“Did my opponent not know that?” asked the boy.

“No. He knew that. But he was helpless as to counter this move, he had to catch your left hand.” The Master said.

Now you know how the boy one with only one hand? What we consider as our weakness, the Master trains you to live by converting that as your strength, he makes you a winner. That is a true Master.

We think we are disabled. You need a Master who can teach an art to conquer your weaknesses.

**Most of the
problems in life
come because of
two reasons.**

**First, we act
without thinking
second, we
keep thinking
without acting.**

Devrukh ashram glowing with higher consciousness



Normally in this column we discuss various programs conducted by our ashram or our RVN organization. But during such times like Corona one can't take face-to-face programs of any kind. But Devrukh ashram is working on its own energy levels and preparing for something unknown to all of us. The environment there is totally different and wonderful. The best news from ashram is that it has seen a birth of Shambhu- a calf to our dear Kalindi. This is historical in the sense that this is the first time ashram and probably Devrukh itself has seen a birth of calf from the Gir clan. Loving and compassionate Kalindi is now displaying her divine motherhood.

Another thing that needs to be recorded with pride here is that as no one from outside Devrukh can visit the ashram due to strict regulations in the COVID 19 environment, Devrukh's few loyal sadhaks and Swamibhaktas had taken the challenge and attending personally to all tasks related to the ashram. We have been receiving the photos of the ashram everyday from the spirited Nilesh Joshi consistently so that we get a glimpse of how the energy at the ashram getting adjusted to the changing conditions. With every picture we see a new ashram emerging in the sense of consciousness. The pleasant expressions on the face of Swami and the mysterious smile on Lord Dattatreya's face are indication of a change happening. Possibly Corona is only a screen behind which the ashram is creating something phenomenal for the universe. When the curtain is raised and sewekaris start going to ashram for sewa, they may be surprised to face some more divine experiences in times to come.

Online Gurupournima Celebrations



On 5th July, 2020, Guru poornima was celebrated online as in current situation it was difficult to celebrate in person. Many sadhaks attend the same and paid tribute to Gururji. All the Reiki masters of Reiki Vidya Niketan spoke about Guru which was followed by some songs on Guru and a meditation. Finally, everyone received blessings from Gururji with his divine words. The function was well appreciated by all the sadhaks.



Online Bhagwad Geeta classes for Children/Youth

DSPPL has organized online Bhagwad Geeta chanting classes from 27th July, to 11th August, 2020 for all the students of DSPPL. This program will be free of cost. The proficient teachers on Geeta chanting will teach Chapter 12 of Geeta. The timings will be from 9.30 pm to 10.00 pm.

Online STRONG program for youth in USA

DSPPL in association with NGDI (USA), the organizations formed by sadhaks for RVN had organized STRONG (Spiritual Transition for Realistic Outlook of New Generation) for youth in USA from 9th to 20th July, 2020. Some of the participants also informed that they had joined this program as the subjects are unique and never taught in anyone classes. The program was well received and very much appreciated by the participants. Subjects like Power of Positivity, Chakras – the wheels of life, Swami Vivekananda and Meditation, Emotional Management, Emotional Freedom Technique, Human Values, Molecule of Emotions, Communication, Leadership, Agnihotra, etc. were taught. Three inspirational speakers were also called in the program who narrated their life stories and inspired the students. All the faculties did wonderful job by teaching them subjects of spirituality by relating them with their life. The feedback received from all the participants is encouraging as they look forward to attending more such program in future.

Upcoming Events

Online SOFT program for Children in US

After getting overwhelming response from online programs in India, DSPPL in association with NGDI (USA) has planned SOFT (Spiritual Outlook for Future Times) for Children from 2nd August to 11th August, 2020. Children in the age group of 9 to 11 years can participate in this program. Subjects like Ancient Science, Karmik theory, Drop it, Value Education, Power of Words, Yoga, Personal Hygiene, Self Exploration, Social Hygiene, Astronomy, Self Love, etc. will be taught.

Online Art Classes for Children

Art resides in every heart. With this theme, DSPPL has organized Online Art classes for children from 1st to 7th August, 2020. The classes will be conducted in two batches (a) Age group – 8 to 10 years – timings 5.00 to 6.30 pm and (b) Age group – 11 to 14 years – timings 7.00 to 8.30 pm. This program will be conducted by our sadhaks, Mrs. Shushrusha Lokare from Mumbai. In this 7 days program, she will teach Landscape, seascape, Cityscape, Skyscape, Cubism, Expressionism and Impressionism.



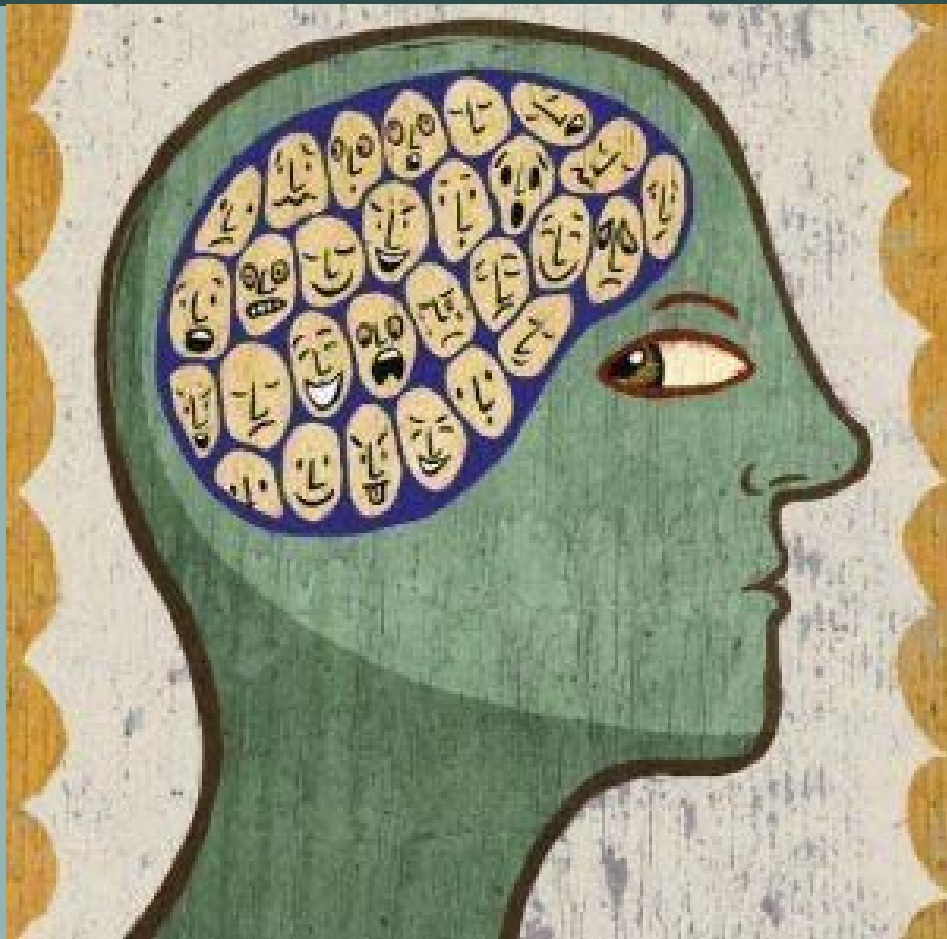
Online Janmashtami Celebration on 12th August, 2020

Reiki Vidya Niketan has decided to celebrate Lord Krishna's birthday by conducting online Janmashtami program on 12th August, 2020 at 6.30 to 8.30 pm. All the sadhaks are invited to attend the same. The program will consist of Gururji's speech on Lord Krishna, Bhajans, drama, etc. We will also have Bhagwad Geeta chanting for children on the same day.

- Close your eyes and be comfortable.
- Ask yourself what is the idea of a Guru in your life.
- Ask yourself whether you really feel a need to have a Guru? If you have, then have you found out one? How do you relate to your Guru? What do you expect from your Guru?
- Remember Guru does not create anything. He may not create any change in you. All that he can do is to provide you the real, pure mirror for you to see your own personality/life as it is. He will make you face realities. Are you willing to see yourself in this mirror?
- Meditate on this for about five minutes and then come out slowly.



Meditation Guru is the Mirror



We always have a Choice

Recently in one of the online session, a sadhaks asked Gururji that why we become unhappy? On this Gururji gave a wonderful answer. He said in life we always have a choice. Either to be happy or to be unhappy. When we are alone, we are Nirguna (Neutral), but when we meet someone, we become happy or sad. Negativity is our choice but positivity is inbuilt. Our real nature is peace and happiness. In life, we become unhappy because we want things to happen our way. And God does it his ways. When we accept everything in life with a faith that whatever happens, happens for good, we will be always happy. When we are with our soul, we are always happy as soul accepts everything. But when we relate with ego, we want things our way and that creates unhappiness and sorrow in life. So choose to be with soul.