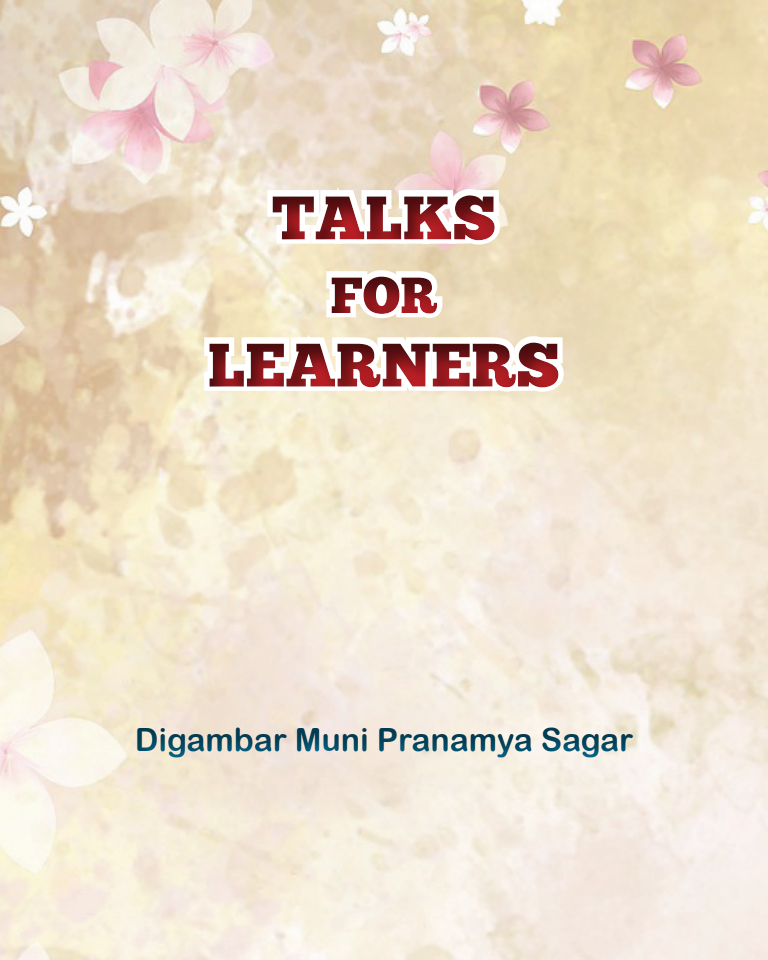




TALKS FOR LEARNERS

Digambar Muni Pranamy Sagar



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About the Book

This book describes the steps to cop up with the stress and the pressure of teachers, parents, families, relatives and peers. In today's world students are not able to deal with the pressures and due to this they take extreme steps and try to commit suicide, which is the biggest loss of the family, society and the nation at the large. Our children are our biggest assets.

As the Digambar Muni Pranamya Sagar is very much concerned about the youth and their problems, he is doing social service by visiting different institutes and motivating the students. To make students mentally strong and balanced he gave inspiring speeches which has been compiled in this book. This book will explain in detail how to combat different kind of pressure, tips for improving learning efficiency through different postures and some changes that the children need to do in their lifestyle for better performance in examination and life. With the help of this book learners will be able to face all the challenges of life boldly and confidently.

About the Author

Digambar Muni Pranamya Sagar is one of the beloved pupil of Acharya Shri Vidya Sagar Ji Maharaj, who is considered equivalent to God and one of the greatest saint of this time. This young Digambar monk is a prolific author, poet, motivational speaker, spiritual Guru and the ambassador of Arham Yoga.

Pranamya Sagar Ji has a good command on Sanskrit, Hindi, English and Prakrit language. He has written a wide range of topics in these languages including spiritual granths of great spiritual heights to short motivational articles for young students. Some of his granths are Jain Samrat Chandra Gupt Maurya, A Talk (English Translation of Samvaad), Fact of Fate, Asht Pahud, Barsanivekkha, Samantabhadrastakam, Katha Kosh etc.

His poetry is remarkable and his passionate rendition of the poetry is really soulful and mesmerizing. It has the real healing touch to the soul. One can feel the union of soul to the God during these sessions. Muni Shri has been doing a commendable job for the revival of our cultural heritage by

teaching Prakrit language to students and teachers during his Chaturmas at different places. Thousands of enthusiasts have been benefitted so far.

Muni Shri is very much concerned about the increasing life style related diseases. To teach how to combat these diseases, he has started Arham Yoga camps at different places. Arham Yoga can help people control these diseases.

He is very much concerned about the Gen-X also. He knows that the society can have a better future, if its new generation has a balanced and stress free mindset. Keeping in view the increasing stress among students Muni Shri has tried to reach up to them. He has addressed the students at various schools and educational institutes and taught them how to control stress and boost up the energy level.

In this book 'Talks For Learners' Muni Shri has coined some beautiful thoughts in very simple language for common people. They are thought provoking and have the solutions of our worldly problems.

From The Translator
Rambai Yadav
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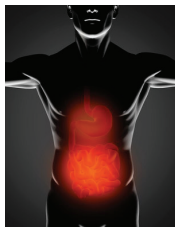
Digambar Muni Pranamy Sagar visited Vatsalya School in Mand-saur (M.P) on 16-11-2015. There he gave a very inspirational dis-course in which he had inspired the future citizes with his motiva-tional words. He highlighted three types of energies and the ways to boost them up for physical, mental and spiritual well being. These three energies are very well explained in this book.



Boost Up Your Energy Level

How does the body look is called bodily energy? I told you that we should take food in sitting position. There is a science involved in it. When we sit, the energy due to blood circulation is equally distributed in the whole body. There is an **‘Agni’** or fire in our stomach, which helps in the digestion of the food. It is called **“Jatharagni”** i.e. **‘Ravenous’**. Do you know where is ‘Jathar’?

You would have noticed that whenever we have stomach ache we don’t keep our hand near navel rather we keep on the left side of the navel, that place is called **‘Jathar’**. All sciences accept **‘Jatharagni’** and this **‘Jatharagni’** ignites properly in sitting position and the flame remains up in this position and its capacity to work also enhances. When we eat food while standing or sitting on a chair and our legs keep on hanging the Jatharagni gets slow. Means the food, we have eaten, will give energy to our body only after digestion. If the flame gets low, what will happen? The food will not be digested, it will create stomach related problems and soon the effect will



reach up to head and cause headache, our eyesight will be affected and it will weaken our Immune system.

The root cause of all these ailments is the incorrect way of taking food. So, it is very necessary to know how should we take our food. In our old traditional education system i.e. Gurukul system in which students and teachers used to sit on the ground and this way of sitting was very beneficial for health. Because this position boosts up the Jathangiri which digests the food completely and give us energy. And if the food is not digested completely, it can cause different diseases in the stomach.



There is a science which deals with what type of food should we eat. When we eat heavy food, it causes laziness, heaviness in body and we feel like sleeping. After taking food, whole energy is used for the digestion of the food. So we should

keep a few tips in our mind about taking food. This will help us maintain the energy level and avoid laziness and keep us active, energetic from inside for the whole day.

This all depends on the timing and the style of taking food. The emotions & feelings which are there in mind at the time we take food have a great effect on our digestion. So always keep in mind that the time you are taking your food, you should be in a happy and cheerful mood. There should be no worry, anxiety, tension or anger when you have your meal.

Do you know what will happen if you take food in an angry mood? If there is best food that your mother has served but you are taking in an angry mood, or you are having a feeling of jealousy or you are tensed about your next class or the revision of previous class is going on in your mind. Such food will never give you activeness and energy? Energy produced by such food is directly affected by the mood of taking food. If you are nervous then food will not be digested completely, it will generate negative energy. This negative energy will again create ner-

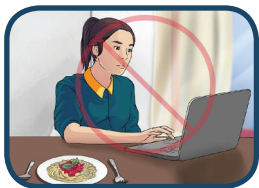


vousness, fear & tension, which will disturb your physical & mental system. So it is advised that we should take our food calmly. We should not have any anxiety.

Our main focus should be on our food only. If we divert our mind while having food then our mind will be diverted while doing work also. While doing work if we focus at one thing, then everything will be in our control, our body & thoughts will be in our control & it is possible only if we are in a position of awareness.



We must be aware of performing activities. Meditation does not mean closing the eyes and doing some breathing exercises. It means focus on what we are doing, other thoughts should remain away. Never read anything while eating and don't read till your food reaches the stomach in resting position. We should not do anything up to 20-30 min. after taking food. Because as we have already discussed that after taking food the whole energy is used in digestion and other



organs don't get full energy, so we will feel tired and lethargic very soon and would like to lay down which will lead to sleep & it will last up to 30-60 min. Your energy level will go so down & you will feel weak throughout the day. So when you take food, be alert, active, tension free and away from books & t.v.

We should enjoy the taste of the eatables we are eating, this enjoyment will give us some type of energy & this will enhance the energy level of body & the mind. These are very simple things but the results will be far reaching. In this world, nothing is grand or big rather smaller things join together to make grand or big things. Those who do not focus on small issues, they fail in grand issues.

We read Newton's Law of Gravitation which states that all the things are attracted downwards by the force of gravity. When we eat food while hanging our legs, the gravitational force will attract the blood towards the legs & the circulation of blood will not be smooth in the whole body. Because it is not easy for blood to move up when it is downwards. So most of the blood remains in the legs at



that time, when we are taking food. But where is most of the blood required? It is required for digestion of food. We need the energy to digest this food. When we do not get sufficient energy, do you know, what happens? Slowly and slowly our Jatharagni gets slow, which decreases our hunger and it results in a weaker body, and weakness will be reflected at every level, physical as well as mental. And If we fall ill, even after having good IQ level and wisdom, our mind will always remain worried and will not be able to perform well. So this is the method of boosting energy level. Always keep it in mind.

Now I'll tell you how to improve the **mental energy**. Our mind is full of tensions, big or small. We get frightened at very small issues. For example, your teacher has asked you to learn a few questions, you get nervous, what will happen, if the teacher will make you stand in class? You have fear in mind. This fear doesn't allow you to learn with concentration. So you can get control over these feelings by getting aware-



ness. We should keep our mind free from fear. We will react naturally according to the situation. This will keep our mind free from tension and we can concentrate on our work and improve our performance.

The next problem is exam fear, to overcome it, you need to gain confidence first. Try to grasp what you are learning. If you don't get the result as per your or your parents' expectations, don't worry rather give your best according to your level and don't get afraid. Don't compare yourself with others. If someone has got good marks it does not guarantee a good life in future. Have a positive thought that I shall also excel in some field in my life. You need to have the confidence to have the courage of facing the challenges of life.



I would like to share an incident from the life of Swami Vivekanand. Once he was going to Banaras. A dog started running after him. Thinking that the dog was about to bite, he started running faster. The faster he ran, the dog was running with the same speed. Imagine such situation in your life. What will you do in such a time? This dog is the fear in your mind which keeps on running after you. But as soon as you see a dog running after you, sit down and turn back immediately and while turning pretend as if you are picking

stone though there may or may not be any stone. You have to do only the action. Seeing this action the dog will run away. Vivekananda did the same and the dog got terrified seeing him in this action. The same action is required in real life when same fear chases us.



Don't run in fear, because if you run, the fear will try to run faster after you but if you face them with confidence they will get frightened and run back. More you think about these fears, more you will be entrusted to them. So don't have exam fear, work hard. Always remember to learn accordingly to your memory and attempt the paper accordingly. No matter if you don't stand first, you should have the confidence. You should work hard. Always rise above your worries and tensions. In life also you will have fear, face it boldly. Think if something goes wrong, no problem, you have to face it. If you keep courage to face it, you will become a winner. If you

are in the hold of fear, you won't progress in life, you won't become a successful man, you won't be able to achieve grand in life.

If you want grand success in life or do something big, never give any space to fear in your mind. Whatever resources you have use them to the fullest. Never be dishonest. If your mental level remains like this, you will get energy from inside & it will enhance your mental energy. This energy will never go down and you will always succeed in life.

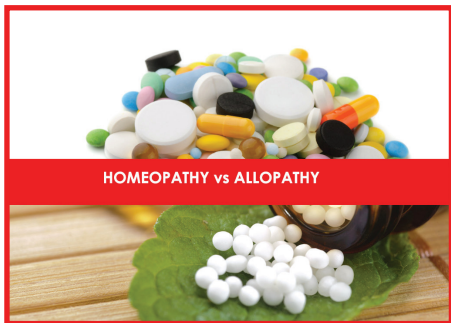
Now let's discuss the third type of energy i.e. **Spiritual energy**. What we have to improve for this energy? We should not think ill of anybody, we should not have a feeling of jealousy on seeing our friend's progress, we should not get angry if somebody says us something.

The one who cannot control anger will not be able to control feelings of jealousy. When one doesn't control the feeling of jealousy, he/she keeps on burning from inside, just like the fire we have in our stomach, the 'will' in our mind. This fire of mind will lead us to the path of destruction. This energy is called spiritual energy. If our spiritual energy level gets down, we will have all the negative feelings. And if it gets up, we will become tolerant, we will be able to tolerate all the situations of life.

We shall never be unhappy. Yoga and meditation help us find out the solution to an adverse situation of life. If we daily take a small dose of it, it will show good results within a month.

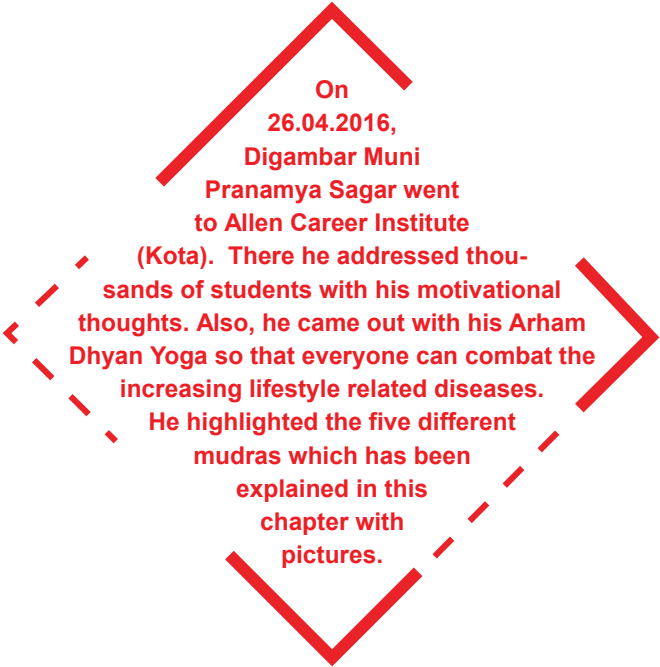
There are two types of medicines -

1. Allopathic
 2. Homeopathic.
- Allopathic medicines show results very soon but these results are very harmful to the body. They show side effects.
 - Homeopathy works slowly and it controls the root cause of the disease.



Yoga and meditation will boost up the level of spiritual energy. It won't give you quick result, but slowly, it will enhance your energy level very high. With this, you will feel active from inside. If yoga and meditation are done regularly for 30 days, it will help you to get rid of many diseases. It will help you to control your anger, sharpen your memory, improve your physical fitness. After 30-35 days you will become so habitual of this that you will not feel happy if you won't do this yoga & meditation session. You will know that what you should do for the peace of your mind. Peace means having these energies which help in mental & physical development.



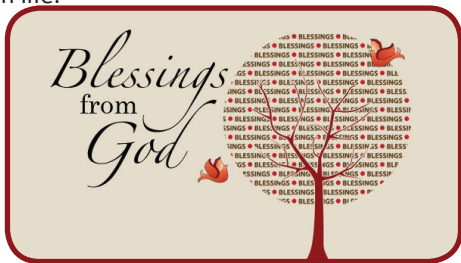


On
26.04.2016,
Digambar Muni
Pranamy Sagar went
to Allen Career Institute
(Kota). There he addressed thou-
sands of students with his motivational
thoughts. Also, he came out with his Arham
Dhyan Yoga so that everyone can combat the
increasing lifestyle related diseases.
He highlighted the five different
mudras which has been
explained in this
chapter with
pictures.



Power of Acceptance

There are many things which are very important in life. Mostly it happens that we ignore the things which are very common. Try to see what is the important thing on which life depends. It's the breath Air, the most important factor for our survival but we never give any importance to air. The air which is our lifeline and which is very common but we ignore it the most. There is one more thing which plays an important role in our life that is **BLESSINGS**. If we get blessings of Parents, Gurus or the God then it is easy to get success in life.



We feel that we get success because of our hard work and it is true also. But sometimes you would have noticed that

we are not able to achieve the thing which we could have easily achieved. We did something wrong even though we could have done it correctly. In questions, there are three or four options. They all have some relation to the question. But sometimes we choose the wrong option. To improve these errors we need a Guru, a Teacher or the God. I want you to know the importance of a Guru, so that you may feel connected to your culture and learn a lot.

There is no need to tell who is Krishna. Lord Krishna taught us that we should love each other. We take Shri Krishna as the synonym of love. If we talk about Lord Hanuman then we know he is the synonym of self-less devotion. When we talk about Lord Mahavira, we remember his teachings that we should not hurt



anyone, we should not give pain to any living being. Such feelings which are associated with these particular Gods come to our minds. When we first talk about their names, we feel good. The same thing happens when we think about blessings of our parents, teachers, guru or God.

Sometimes I visit jails to bless the prisoners. I want to share a short incident with you. I went to Chittor to preach the

prisoners. There was a prisoner who was imprisoned for 35 years. He had already completed 6 years in jail. After the discourse, I blessed him, prayed for him. You will be surprised to know that the man was out of the jail within two months and he came to Kota from Chittor to see me. With this incident, I would like to say that Blessings are one of the strong factor.

I visit many schools to bless the students. I am very pleased to see that students are not only taught here, they are connected to the culture as well. Not only the students but the Director of the institute also has faith in culture and he is associated with '**Guru Bhakti**' and '**Prabhu Bhakti**'. I was very much impressed when Mr. Amit came to invite me for this visit, his phone rang and the ringtone was '**Harisharnam-Harisharnam- Harisharnam**'. It was good to know that he is associated with our culture and spreading the same among the students. First of all, we should feel proud that we are Indian. Caste and religion come after it. When we feel proud to be an Indian, we feel connected to one feeling, one spirit and this spirit inspires us to do efforts for keeping alive and nurturing our culture.

The life is an ongoing process and so many things are interconnected. And due to this inter-connection and coordination, we feel that more people we meet, better we

become. When we become friendly with others, you would have noticed more pressure. When a child lives with his parents, he gets only their love but when he starts meeting relatives he gets their affection as well as pressure. The quantity of pressure is directly proportional to the no. of acquaintances. You will feel they all keep an eye on the child.



When you are studying, you are gaining skills and intelligence. Your capacity to struggle is increasing day by day. There is one more thing that is Emotion. Along with IQ, your EQ (Emotional Quotient) should also get strong. Let me tell you how you can find out your EQ. When your relatives visit you and inquire about your marks, ranks, merit etc. and if you feel sad/weak because you have not got the position according to your expectations, means you have got emotionally weak at that time. You should have the same emotions whenever you meet your relatives and friends.

The amount of pressure and tensions, we have, depends on no. of relatives or friends. This pressure will increase with age. You would have noticed that great people are quite smart, exceptional and successful. The reason for this is that they have an energy which is **‘Spiritual Energy’**. This spiritual energy motivates us for doing good things in life. It gives us the strength to keep our focus on our aim. Do you know from where does it come? This we get from inside, not from outside. We should keep in mind that if we have more pressure, we have to maintain better conscious level. This pressure is common and everyone has it. Some children are not able to bear the pressure of 10-20 relatives and they get emotionally weak. They get fed up with themselves and feel there is darkness and nothing else in life. So need to make your emotional factor very strong. It should be so strong that other factors may not affect you.

When I was a student like you, I went to listen to the speech of our former Vice President. I heard him saying

“
Make yourself so excellent
that even the God
will ask you about
your happiness.”

Dear students, the education you are getting here is a step in life. It is not the life itself. This is the first step. We should have the courage to put our first step with great excitement and enthusiasm and we need to have the same excitement and courage throughout the life. Keep in mind that we will never get worried in our life in any situation. This feeling should be from within. This education will be helpful to us in our life. When we will have this feeling then outer things will not make any difference.

I also took coaching from IIT Lucknow. I belong to UP and Lucknow is the capital city. So I went there. In 1990, Kota was not known for coaching. I went there after 10+2 for IIT coaching but due to some health reasons, I had to come back home. Because of this, I had to drop for one year. After that, I joined B.Sc. Since then I have never felt that I wasted one year of my life. The thought of being unsuccessful remains in mind but we should have the thought that **‘I haven’t done anything wrong’**. I also accepted easily whatever happened to me. Dear children don’t get a hold on to one situation and get depressed rather keep on accepting happily whatever comes on the way.

There can be some unexpected incidents like the death of a mother, an accident of brother or cancer to the father. These are undesirable events. When undesirable situations come

in life, there can be two reactions. First is to get worried and disturbed and second is to remain calm and composed. When you are face to face with undesirable situations, you may get angry. But if you have spiritual power, you may show your capabilities. Tolerance is not the product of boxing or Gym. The power of tolerance is the product of adverse situations which comes from the energy of the soul. It is called indefinite power. This indefinite power helps us to keep our balance in all situations and teaches us to tolerate. There are two types of situations. If you worry yourself, you will be frustrated and get angry, but if you have only watched the situation, you will gain tolerance. Indefinite power is in everybody. We need to observe which emotions dominate in a particular state, which situation frustrates us.



Dear Children,

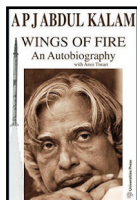
When you take your exam, you may be uncertain whether you will pass or fail. Uncertainty is always there in your mind. If you get more involved in uncertainty, there can

be two situations. One can drag you towards fear and the other towards the adventure which will make you brave. The situation is one and you will have to learn how your mind watches it and handles it and which situation dominates your mind. When you learn to make a balance of these positive and negative situations, your life will be a success. Success is not any destination, it is a journey of life. We need to learn how to get success in each step of life.

Sometimes a turning point comes in the life and we feel that we are not capable of doing anything. We get tired of ourselves, we don't have anybody to help us, and there is no ray of hope from any side. Such a situation can come in anybody's life. There are some types of stars in anybody's horoscope.

There are different factors at the different age. Because of these variations, everyone has a different fate. Some people get success in the first attempt. But the success at one stage of life doesn't mean the success of the whole life. There can be confusing situations again in life. We have seen that after selection it was found that there were two candidates of the same name, and by fraud the other students (not deserving one) gets admission. In such a situation our spiritual energy helps us to observe and handle that critical situation.

You all know Dr. APJ Abdul Kalam. In his autobiography '**Wings of Fire**', he has written about the first test launch of the satellite. It happened in 1979. The whole world was looking up to him. The satellite landed in the sea within a second of its launch. You can understand his mental situation because he failed when the world was watching him. You can imagine how much spiritual energy and self-confidence he would be having to handle that situation.



And you get baffled when 15-20 people who know you and they ask you about your position, marks, rank etc. You get conscious about what your uncle, aunt, neighborhood, etc. will think about you. Don't bother about them. Think about yourself. This extra pressure of family and friends don't let your emotions go up, which in turn directs your spiritual energy downwards.

You don't have the pressure of studies, it is the pressure of emotions. You are intelligent, that's why you are fighting for this tough examination. The emotional factor keeps on disturbing you. You will be always uncertain whether you will pass or fail. Along with this, you may be thinking about your family which may be bearing all your expenses with difficulty. What will happen in next year? How will you answer to others? Dear students, give up all these worries. You have to

organize yourself and collect your spiritual energy and think that



Let this thought of success not over power the mind. Think-that



It may be there that you may not be able to do well in one field, you may be doing under the pressure of others, then think, some other fields may be waiting for you.

I am telling you this because I have undergone this experience in my life. If I had not been preparing for IIT, I would not have got spectacles, I would not have got physically unfit and parents wouldn't have called me back. If I had gone to IIT, I would have been sitting in a cabin of 2x2 on a chair, in front of a computer screen. If it had happened I would not have come here to motivate and bless thousands of students.

Dear students, I want to bless you. When you will be taking your exams, you may feel that some questions are taking a lot of time, and you may also feel that for some questions you are getting answers one after the other. This will be because of blessings. I'm very happy that I'm praying for thousands of students. I pray for thousands of people who are sad. I pray for the happiness of all the living beings. This is only possible because I was not able to clear IIT exam. I dropped for one year or you can say I got failed. There were a lot of struggles in life but I did not give up the struggle. I never felt weak. How many people are watching me now? How many people know me now? Would I have become more popular if I had become an IITian? Or Am I able to reach to more people now? When you fail, do not think how many people are watching me? Think I am watching myself. Whatever I am doing is right and I will give good results soon. In adverse situation don't focus on outer voice, focus on your inner world i.e. **Divine World**. If you make connectivity with Divine Power, you will get a good solution.



What is Education? Education is the solution of/key to problems. It means if you have the wealth of education, you should not have problems. On the contrary, if you have problems, you are not educated. Education does mean getting a rank at Allen. The real meaning of education is to develop those values which will help you keep yourself away from frustrations and worries. While facing the struggles of long life, we should have a high energy level. Can you imagine what would have happened to Dr. APJ Abdul Kalam when the satellite launch had failed within a second at the distance of 450 kms and the whole world was watching towards him? You would be feeling dizzy or would have fallen down at that moment.



That fellow looked inside for his spiritual power. Weaknesses are there in everybody. We get failures, but failures become the reason for greater opportunities. I think unsuccess is equal to opportunity. If you are failing at one place means

you will progress at another place in some other direction. Observe yourself you will find the solution that your opportunities are in some other field. Abdul Kalam observed the system and said to his colleague it was his mistake. All other scientists and staff members said that it was their mistake. Do you know why was it spoken? Great is the leader, more responsible he would be. The leader who takes responsibilities on his shoulders always succeeds.

Most people blame others for mistakes. Students blame their parents, teachers, coaching methods, illness, the environment of family, lack of resources and so on. Take care that there is no correlation between excuse and success. Be responsible and take the blame of your failure. **‘I am, only I am responsible for my failure.’** You should have this much of courage to accept it. The more you become responsible for accepting your mistake, stronger you become from inside. You will be growing spiritually. Outer growth does not matter much. When the cosmic energy level goes up other factors will not worry you. Remember again, Abdul Kalam after accepting his mistake did the same experiment successfully within a year. He became a world-famous personality. What happened? Though he got



success one year later but he had experience of one year. So we should get worried from inside. This is only possible if we strengthen the power of acceptance, which enhances you when you consider yourself responsible. This sense of responsibility will come from your power of observation. Take care of the internal power, which is the biggest power in life. You never pay attention to this power. You remain extrovert and don't try to turn introvert. The power which is there inside us is responsible for our breath/our life.

Do we do exercise to make our lungs work? Are we doing anything to run our life? Why is it running? Because we are born with some energy from inside this can run our life for 60 or 80 years. As long as we have this power, nobody can harm us. We need to keep calm and happy to live a life of higher values. Always try to say to yourself **"Be Happy"**. There can't



be any situation when you can't keep yourself happy. If you want a smile on your face, no one can stop you from that. You can always laugh or remain sad, provided that you want to do so. Remaining sad means taking your energy level down, getting emotionally weak.

When we are happy and charming our energy level goes up which is very helpful.

And the second reason is that we do not work according to time. It is in all the students, I too had the same because I got spectacles. Students you must have heard that for passing IIT exam, you have to study 16 hours and for passing PMT 15 hours. We count the hours but we don't know how much we will do in those 16-15 hours. We get impressed by seeing other's interview and decide to study for 15 hours. For this, we start studying late night and throughout the day. We feel happy that we have fulfilled the first requirement for selection. This is the biggest ignorance. Actually, there is a natural cycle for healthy life. If we follow the cycle of nature, we stay healthy. According to this cycle, the day is for working and the night is for sleeping. If we go against this cycle, we get its effects on our health and performance. There is an enzyme named Melatonin which starts releasing into our body after 9 or 10'o clock at night.

This enzyme instigates sleep. You would have seen that when we study late night we start dozing soon. Then we stand up, wash face, drink tea, coffee to wake up. We have this feeling again and again at night whenever we sit in resting position. Most of our time is wasted



in keeping ourselves awake. It is not the proper utilization of the time. So, instead of studying till late night, we should sleep early and wake up early. This has been proved by medical science that we can memorize the things for longer if we learn in the morning. Two hours learning in the morning is more effective than 3 or 4 hours of learning at night.

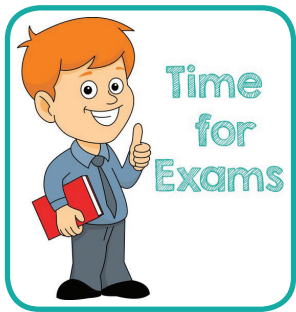
This is the biggest problem of youngsters. They keep waking till late night and wake up late in the morning. During my stay in Mahavir Society, I have noticed students waking up to 2 o' clock, making a lot of disturbance. It's better you sleep early and wake up at 3 or 3.30 in the morning. This time is also called '**Bhrahma Muhurat**'. When we work at that time Lord Brahma gets pleased with us and bless us. But when we live in the illusion '**Bhrahma**' of learning late at night, we get the illness. This statement "**Early to bed and early to rise makes a man healthy, wealthy and wise**" is time-tested. If you want these three things '**Health**', '**Wealth**' and '**Wisdom**', follow my advice sincerely. But if you want to manage without any of these three then you can work according to your wish.

At night when you try to learn forcefully, it does not go to our memory, it gets wasted. So learn to manage your time and don't waste it. If you don't feel bad I would like to say that girls have one more habit i.e. the habit of criticizing others. When you want to make friendship with other students, mostly you

start criticizing other friends. In this way, you waste your time because in gossips and criticisms, we don't get to know about the lapse of time. Learn to manage your time. Do today's work today only, don't leave it for tomorrow. If we learn this, we shall not get nervous at the time of examination.

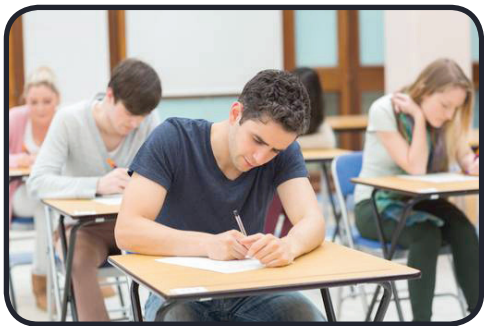
One more tip, plan your preparation in such a way that even if you close your books two days before the examination, you will feel relax. Have such a confidence in yourself. Don't involve too much in fun or any other activity. If you get involved in some other activity it can disturb the memory which is fed in your brain. In the last, just revise important things like the formula of Physics or Maths. Don't get into theory section. We need to have a cursory view of the things. It will keep us away from tension. Give up the habit of reading the books an hour or half an hour before the examination. This habit spoils our result. We need to be in the simple and happy mood before the examination.

Think that nothing is going to happen. You will be able to attempt your answer better if you are in the happy mode. If you have fear in your



mind, you will forget what is already in your memory. You will beat the bush that you have forgotten the answer which you had learned properly. When you think this you will get more nervous. Always remember this tip that you will keep yourself relaxed two days before the examination. Don't get nervous and don't show your nervousness to others. This can be possible only when you have a confidence level. The good confidence level will be there only when you have done preparations properly.

Take care of your sleeping process which will directly correct your dieting process. Dieting and sleeping process are inter-

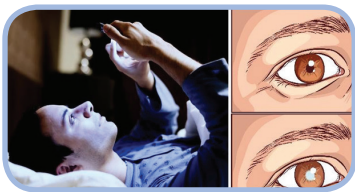


connected. We feel sleepy if we start studying after taking meals. Actually, when we take meals, our energy is directed towards the stomach to digest the food and the brain does

not get sufficient energy and we feel sleepy. If we study after taking food, we do not memorize the things. Keep in mind that we should not use mobile, laptop or any other gadget at least half an hour before we go to sleep. It has been proved by a research that more we are exposed to white light more we shall have the problem of insomnia i.e. sleeplessness.

So, if we are lying in the bed and using the mobile or laptop, it will distract us and we won't be able to sleep for hours. So keep white lights off. Darkness instigates us to sleep. If you keep the lights of your room on you won't have sound sleep. If you don't have sound sleep, the mind won't get proper rest and it will not work properly. It will directly affect our performance. These are very small things but we need to learn them. Along with it, we need to learn one more thing. If we feel sleepy even after doing all this, what should we do? For this, I am describing you the **'Mudras' (Postures)**

which will help you generate peace.



'Peace' is an acronym which means



Now, let's talk about the five postures which are to be done by sitting on the ground. Sitting on the ground is our traditional way of learning, it has scientific importance also. When we sit in the squatting position our blood flows without any hindrance in the whole body. But when we sit on chair or bench keeping our legs hanging down, the gravitational force will pull down the blood. So the heart will have to work harder to pull it up. In this position, more blood will go to our legs and the brain will not get any energy or blood. If the brain does not get sufficient blood, we will feel tired, lethargic or sleepy. When the mind is tired we will find everything in the classroom difficult. So if possible try to sit in '**Sukhasana**' i.e squatting position. If you feel lethargic even after this, I am telling you about five '**Mudras**' (Postures). These postures work as an antenna which captures the wavelengths of positive energy. With these Yog mudras, you will collect the positive energy lying in the universe.





1. ARIHANT MUDRA

Lord Arihant wanders in the sky. Many lotuses spread on the way. This mudra is done with the faith of accumulating the powers of Bhagwan Arihant.

METHOD

You can do it while sitting or standing. The body gets stretched like **‘Taad’** Palm Tree, that’s why it is also called **‘Tadasana’**. If you want to do this while sitting, sit in Sukhasana or Ardh Padmasana or Padmasana. Join your hands and stretch them up, parallel to the ears. If you want to do it in standing position then stand up, join the heels and toes, stretch your hands up parallel to the ears. After ten minutes relax and join your hands in Prarthna Mudra.

DURATION

Stay in this position up to 10 minutes. You can extend the time according to your strength. Do it cheerfully.

METHOD OF BREATHING

- (i) It can be done with normal breathing.
- (ii) For extra benefits raise your hands while inhaling. Keep your hands stretched while holding the breath, slowly bring down the hands while exhaling. Join your hand in Prayer posture '**Prarthna Mudra**'. Repeat it 3 to 9 times.

CHANTING OF MANTRA

- (i) Make the posture while chanting '**Namo Arihantanam**'. Pronounce this mantra without opening your lips for better effects.
- (ii) Or you can chant '**Om Arham Namah**'. Try to chant the Mantra without opening your mouth.

BENEFITS

- Corrects bend in the backbone.
- Helps in increasing the height of children.
- If we do it while standing, it strengthens our thigh, legs and toes.
- Controls obesity especially near the back.
- Helps to control diabetes.

- Keeps laziness away.
- For working people and students, gives new energy and keeps fresh.
- Controls tiredness due to physical or professional work.
- Helps to control backache, neck ache and backbone related problems.
- Motivates for progress.



2. SIDDH MUDRA

The holy souls which are without body and full of wisdom and happiness are called Siddh Bhagwan. We try to gain the pure energy of Bhagwan Siddh through this mudra.

METHOD

It can be done while sitting or standing. For this stretch your hands, join your palms to form Anjali Mudra. Raise your fingers inwards. Keep your elbow straight. It can be done while sitting on a chair.

DURATION

Can be done from 30 seconds to 5 minutes. Increase the time period gradually.

METHOD OF BREATHING

- (i) Breathe normally.
- (ii) For more benefits hold breath for some time. While breathing out come to prayer position. Repeat it 3 to 9 times.

CHANTING OF MANTRA

- (i) Chant **‘Namō Siddhanam’** without opening the mouth and feel that Bhagwan Siddh’s pure energy is entering in the body through palm.
- (ii) Or observe/visualize inhaling and exhaling while chanting **‘Namō Siddhanam’**.
- (iii) Or chant **‘Om Arham Namah’** without opening the lips.

BENEFITS

- Affects respiratory system.
- Strengthens the lungs.
- Carbon-dioxide comes out from the body.
- Circulation of pure air increases in the heart.
- Strengthens the arms.
- Controls shaking of the hands.
- With regular practice you can measure your energy.
- Controls/Benefits in respiratory problems.



3. ACHARYA MUDRA

The pure holy soul which guide others on the path of peace and happiness, which are complete in themselves and which take their pupils on right path by teachings and ordinating them.

METHOD

It can be done while sitting or standing. In this mudra take your hands near your shoulders, stretch your chest out, keep the palm upward. Pull the hands backward as much as you can. Keep the neck upright.

DURATION

It can be done from 30 second to 10 minute. Do happily as per your strength.

METHOD OF BREATHING

- (i) Keep normal breathing.
- (ii) Or stay in this posture while retaining the air in the lungs.

Breathe out slowly. Come to prayer position. Repeat 3-9 times.

CHANTING OF MANTRA

- (i) Do it with **‘Namō Aairiyanam’** echoing inside the heart. Feel that the Acharya’s blessings are showering onto us. We are filled with blessings.
- (ii) Or echo **‘Om Arham Namah’** inside your heart.

BENEFITS

- Strengthens the shoulders.
- Cures thyroid related problems.
- Purifies the mind.
- Purifies the thoughts.
- Improves memory.
- Concentration increases.



4. UPADHYAY MUDRA

The souls which teach about the purification of the soul and mind, which are the Himalaya of Knowledge, which have pledged to give knowledge to insane and are always trying for this.

METHOD

It can be done while sitting or standing. Stretch your both hands. Turn your palm backward and try to take up to 90 degree angle. Push your hands in such a way as if you are pushing a wall.

DURATION

It can be done from 30 second to as per your strength. Do this mudra happily and increase the duration gradually.

METHOD OF BREATHING

(i) Observe normal breathing.

- (ii) Or breathe in while doing this ‘mudra’ and come to prayer mudra while breathing out.

CHANTING OF MANTRA

- (i) Do it with ‘**Namo Uvjhayanam**’ from heart.
- (ii) Or chant ‘Om Arham Namah’.
- (iii) Or feel that we are dedicated to gain knowledge or wisdom from ‘**Upadhayay Parmeshthi**’.

BENEFITS

- Keeps blood circulation in good condition.
- Improves cervical pain.
- Improves concentration.
- Improves eye sight.
- Strengthens determination power.
- Gives strength to face difficulties.
- Relaxation in wrist pain.
- Gives comfort in frozen shoulder.



5. SAADHU MUDRA

The souls which are dedicated for self-pursuits and for the purification of souls and enriching themselves with all the best qualities. They are dedicated to purify the soul. After controlling their senses they are detached from the world even after being the part of the world. Self-control is their biggest asset. Celibacy (sheel) is their bed and forgiveness is their property/treasure. They are more precious than the feeling of oneness of all beings. Acharya Upadhyay are full of noble qualities.

METHOD

Do it while sitting in Sukhasana or Ardh Padmasana or Padmasana or vajrasana. After sitting in any asana join your both hands, touch them to ground slowly. Bend your head and touch your hands. Do it while breathing out.

DURATION

Do it as per your strength. Do this mudra happily and increase the duration gradually.

METHOD OF BREATHING

- (i) Maintain the position of hands and retention of air in lungs as long as you can do.
- (ii) Breathe out slowly. Repeat it 3-9 times.

CHANTING OF MANTRA

- (i) Chant '**Namo Loy Savyasahunam**' by heart. Feel that you are getting blessings of Acharyas. We are filled with their blessings.
- (ii) Or chant '**Om Arham Namah**' by heart.
- iii) Or feel that we are bowing to all the sages of the world.

BENEFITS

- Activates the mind
- Cures ailments of stomach.
- Keep the mind calm and controls the anger.
- Develops humbleness/politeness. Helps to get over ego.
- Enhances positive thoughts.
- Helps keep backbone straight and flexible.
- Reduces extra fat of stomach.



These are five mudras which will help you feel energetic and active and improve your concentration. Do them regularly. Now join your hands and close your eyes. Lets do prayer.

*Mere mann mein tere mann mein sabke mann mein ho,
Vair naa hove paap naa hove bhaav kshama ka ho !! 1*

*Mere mann mein tere mann mein sabke mann mein ho,
Mera mangal tera mangal sabka mangal ho !! 2*

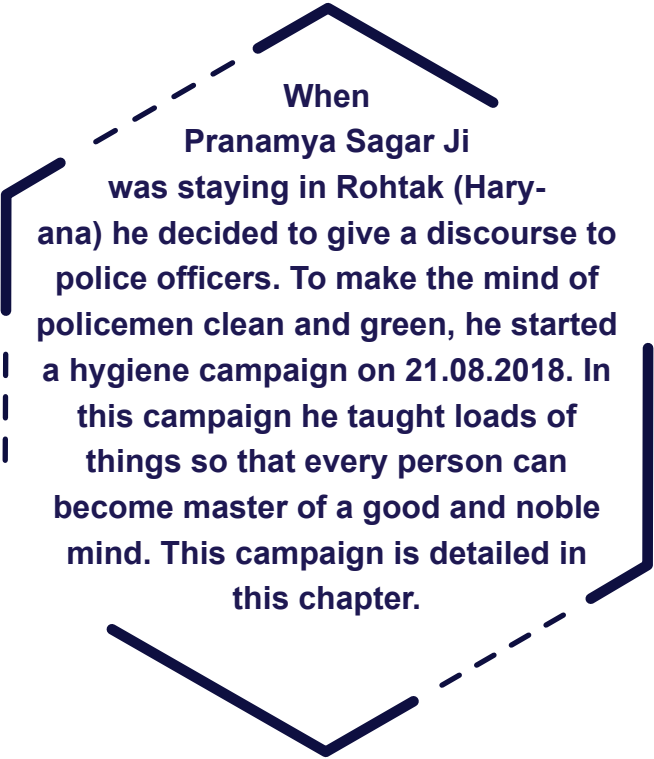
*Mere mann mein tere mann mein sabke mann mein ho,
Mera jivan tera jivan sabka uttam ho !! 3*

*Mere mann mein tere mann mein sabke mann mein ho,
Prabhu ke charna guru ke charna sabko sharna ho !! 4*

*Mere mann mein tere mann mein sabke mann mein ho,
Tan nirogi mann ho nirbhay bodhi smadhi ho !! 5*

*Mere mann mein tere mann mein sabke mann mein ho,
Dukhiyara naa koi hove mann jyotirmay ho !! 6*

Do this prayer to seek blessings of the God and
the calmness of the mind.



When
Pranamy Sagar Ji
was staying in Rohtak (Hary-
ana) he decided to give a discourse to
police officers. To make the mind of
policemen clean and green, he started
a hygiene campaign on 21.08.2018. In
this campaign he taught loads of
things so that every person can
become master of a good and noble
mind. This campaign is detailed in
this chapter.



Sweep Out Negative Thoughts

Digambar saints, soldiers, policemen etc. are the protector of our country. Soldiers and Policemen protect the country while saints work as a protection shield for the sake of religion. We all are trying hard to safeguard our country as well as religion. Both these things are interconnected to each other. Our PM Narendra Modi has been running a large number of cleanliness campaigns to make India clean. These campaigns are running successfully.



It is very important to understand about the cleanliness and hygiene of our neighbour areas and streets. If we ourselves are not aware of the personal or environmental hygiene, mediums of sanitation then we can't think about

our country's cleanliness as well as the clean condition of our religion. One more thing you should understand is that by just making your surrounding clean, your mind and soul can't be cleaned off.

There are plenty of cleanliness drives and sanitation initiatives are going on into the society to make India clean and green. But if we talk about the manhood nature, then there are no initiatives which are going to clean or purify a human soul. I have seen and realized one thing that the human soul cleanliness initiatives are always been taken care by the saints, gurus only. The development and progress of a country and religion is not possible without the purification of our mind and soul. To heal the human soul and for the advancement of our country kindly get connected to the **“Arham Dhyan Yoga.”**

I am going to tell you something about **“Arham Dhyan Yoga.”**



This is a campaign for the cleanliness of everyone's mind. Without the cleanliness of one's mind, we can never look forward to the advancement of our country's happiness and religion. Let me tell you an example to

explain this. We used to see different transports running on the roads announcing the signs of a different kind of garbage to be thrown off. The vehicle contains two colored containers i.e green and blue which clearly shows that we are required to put which kind of garbage in green colored container and which kind of garbage in the blue colored container. In spite of this, we also see that the garbage is scattered only on the roads. The biggest problem here is just and just of Awareness.

There is a lack of cleanliness of mind within these people. As long as there is no goodness in the mind of human, or if a person is not responsible for its surroundings, he/she cannot make its full contribution in any of the work. It is necessary to promote the country and further the religion. But before that, it is necessary to bring honesty within you. Religion is related to our soul and the country is related to the entire souls within the people of the nation. If the soul is purified then the country will also become clean. For making this campaign successful, the most popular saints and noble people have given so many great healing treatments. Through these initiatives, their aim is to make you aware that we can put the same energy or efforts in good work which we spend in our little small tasks.

I am saying this to you because we need to clean our mind. And this is only possible when we have a slight sincerity

and a little discipline in our house. The more honesty and discipline we create, the greater control comes within us. The more control we adapt, our mind will work in a better way. It results in spirituality within us, without which we find ourselves incomplete.

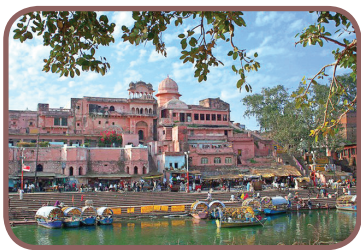
We should always remember two things in our life. First one is Sincerity and second is Discipline. The more these two things will grow with us, the more faith we can have on our mind. It will automatically result with the increment in self-control, increment in discipline and the cleanliness of our mind. Also it will gradually engage us with Spirituality.

It is very important to have little spiritualism in the life of a man. If integrity is incomplete, then humans can never feel fullness in their lives. I am not doing anything special to make your life worthwhile, but I have just started a hygiene campaign to help you make your mind beautiful.

In this endeavor to make our mind a temple, we first have to know that if we are the master of a good and noble mind, then there is no disorder at all in our lives. If our mind is clean then we will always be calm and happy, and we will always be in discipline and live honestly. You try hard to defend the country. But there is a great lack of honesty in our country's defense. I want to share some sentences with you. Prior as

per my life thoughts, I was not having very good thoughts or you can say that any better experience about the police forces.

I would like to share one of my experiences with you. As I told that my thoughts about the policemen were very negative. I was in terms of thinking like they are extremely loose characters and are always very dishonest. But once I was entering the state Madhya Pradesh from Allahabad (UP) there was a city comes in between called as **“Rajnagar”** from where I had to decide the path of Chitrakoot. Chitrakoot is considered as a pilgrimage site because of its religious, historical and archaeological importance. In between the way, there comes a place of about 22-23 kms where there is nothing other than the forest. Neither there was any temple nor any school, nor a place where we can stop in the evening or at night. After searching for a lot, I came to know that there is a police post. But some people came to know that there were some looters in that police post, because of which the police check post was empty



since the very long time. But after some time, some police personnel came again in that post, and they revived that police post. We were only four saints over there.

The people who lived around that place asked us to stop there. What we said was, **‘Actually we are afraid of Police**



but as now there is nothing else in the path to stop, so we are ready to stop here with the police.’ As there was no other choice, so we just said that we do not have any problem in staying but we are very scared of the police. Then all

those people around us made us feel comfortable that we will not have any problem here. We got ready to stop there.

It was an extremely small place, there was a veranda, a wall which was also broken and it was a very ruins place all around. I was surprised how the police stay here. We four saints and the police were staying at the same place. At around 6:30 PM we started our **“Dharma Prayer”**. At the same time, one of the policemen came there and sat down on that patio and started loudly chanting **“Ramcharitmanas”**. He asked us if we

have no objection then he'll continue. All of us have admitted that we were liking it. On that day, I have realized one thing that every time we cannot be right. Our view can't be correct every time. All these people too have so much faith in religion. All of them read Ramayana in their free time here. Since after this experience, my thinking got totally changed.

When "Brahma Muhurat" came in the morning, along with our morning prayer, the police personnel began to recite the Ramayana again. After seeing this, I was again surprised that he continued to recite Ramayana for one and a half hour. At the same time, I have also realized that the religion still remains in each and every place. And the people of the country also have faith in their souls. We should think that people are not bad every time and even the world is not that bad. And the good people are identified from the bad. So when now I use to come in front of the police personnel, my thinking has become that all the humans are good. It is up to us that how we treat them. My previous thoughts have been changed now. I have learned many things on my own and this is my wish that all of you become good and I'll also become good for all of you. When everything becomes good, then it automatically takes the form of cleanliness.

Currently, I am in Haryana. If we talk about Haryana's big districts, then "Rohtak" is a big city here and this time I am

in Rohtak (26-02-2018) itself. I had heard that the name of Haryana is coming on the hit list of most of the misdeeds. Apart from this, there are many such misconduct and accidents, such as murder, theft, etc. It is a common matter that we keep on listening about the common man throughout the country. But Haryana holds the top spot in all this list if talk about the cases of misdeeds.

Today the man has become so much wild and defensive that he has started raping his sisters, mother, and friends within their own houses. The misconducts and rape have become a cycle kind of. This is all about how and why these happenings are going on. I wanted to understand all this for you. It is very necessary that you should be very conscious for the country. Today it is necessary that we make a slight difference in our mentality. If we want to love and respect our own daughters, then we should keep a sense of keeping other's daughters as our daughters.



Improvement in our mentality will result in the country's upwardness. It will be possible only by the unity of each other, not only by the cleanliness of the roads or by the ban of notes.

Let's understand that a Mohalla is built from the mixture of different homes, a community is formed with these mohallas and the city is formed from these communities and the state is formed with these cities. The moral is that the effect of a human's mentality is the return to the whole country. There is a reflection which is been created on the advancement or decadence of the country.

It is written in the **“Dharama Shastra”** that we should follow celibacy in our life. Celibacy does not mean that we do not get married forever. A celibate person is one who remains confined to his wife only. If today's man follows the rule of celibacy, then many RamKrishna Paramhansa, Lord Ram, Lord Mahavir and Lord Krishna can be born. But the truth is that the man's mentality has fallen so much that he cannot even feel as a human being. He is going towards Animalism.



You should remember that Swami Vivekananda, who taught a lot of great unity to the country, was an unbroken celibate who followed celibacy. Please note that even today any Prime Minister who is appointed to take over the responsibility of the country also follows celibacy.

According to theology, look at any woman as your mother, if she is older than you. If she's of your age, then look at her as your sister and if she is younger than you then she should be considered as your daughter like. Protecting the country, state, society, religion, and humanity is possible only when a person's sense of purity comes in. Regardless of how large a big operation can be started or any other campaign starts, nothing can be changed only from all this unless the man changes his mindset himself. If you do not have these habits in your conduct or your lifestyle rules then you will not be able to protect yourself. If you can't protect yourself, it is a very distant thing to protect others. Secure Yourself, Help Yourself, Remember this Mantra, and then only you can help others.

If your intellect or conscience gets corrupted, then you cannot do anything for others. I have seen and heard that in our Haryana, people do not sleep at night without drinking. Unless if the man is drinking alcohol, his intellect remains corrupted. He neither understands the true definition of man nor is able to protect anyone. The direct meaning of this thing is that you must first protect yourself, bring your self-defense spirit. Protecting others is only possible when you learn to protect yourself and your conduct is good.



If you have bad habits inside you then your moral level will get worse, your negativity will continue to grow. According to the religion, the person who drinks alcohol can destroy the country as well as his own home. To maintain good life drinks and food should be purified. Where people consume egg, meat and liquor there the man's intelligence cannot become alive. In this situation, the man is not able to protect his own country. I'm going to tell a basic mantra if you pay attention to my thoughts. **“Respect others, You will be respected by others”**

Remember the same emotion if you rely on me, and by **“Just remembering this, start your every day with this thought that- we have to do something good in our life”**. If life is lived with this feeling, then we will never make any mistake by ourselves, and if we make any mistakes, then that mistake makes us learn something about life.

I want to help you both physically and mentally. If you want to steal wine, then I will tell you a new saucer. If you ever want to drink alcohol, you drink apple juice or eat boiled apple. Follow this recipe for two months, I guarantee that your alcohol



addiction will be released. I came to know that Haryana is a land of “Lord hari” If you really want to travel to the yacht of “Lord Hari”, you will have to leave alcohol addiction. You can meet the lord by eating milk, ghee, butter, but you can never get him by drinking alcohol. The identity of Haryana has always been such that milk, yogurt and ghee is the food of Haryana which gives nutrition and the brain moves well. If you consume nutritious food in this way, then your life will change and your physical standard will change as well.

