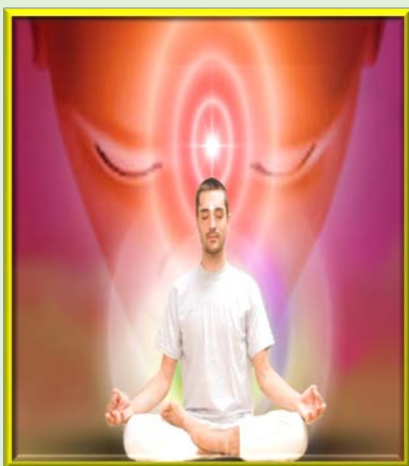


Conquering and Ruling over all Senses

Introduction:

As a human being our total existence is tri level existence.

1. **Inner most:** The inner most is "I", the soul, the spiritual being, the point of light, tinier than tiniest.
2. **Inter Mediate:** The intermediate is my subtle body comprising of subtle white light, having same feature as of physical body. The three subtle senses namely mind, intellect and personality of the soul are manifested through this subtle body.
3. **Outer most:** The outer most is my physical body comprising of five inert elements of nature. This body has five senses of perception & five senses of action.



The manifestation of I, the soul, in this world is through my body, especially through ten senses of the body. This

three-level existence can also be viewed as *NIRAKAR- AKAR-SAKAR*.

At present, at the end of Iron Age, we, the souls, have become so much body conscious that our consciousness about our own self is almost lost. Because of this deep rooted body consciousness, we have been highly influenced by vices like sex-lust, anger, greed, attachment, ego, jealousy, hatred, selfishness etc. Hence our control over our senses have been lost and now we have become the slave of our senses. Now, Baba says you have to conquer these senses and once again you have to be the ruler of all these senses.

Totally we have thirteen senses- five senses of perceptions, five senses of actions and three subtle senses. Baba says these senses are your ministers. Sometimes baba also says these senses are your workers. You must check whether these senses are under your control or not, because our ultimate aim, in this confluence age, is to be *INDRAJEET* or *JITENDRA* i.e. conqueror of all the senses.

The 3 subtle senses are mind, intellect, and personality. The 5 senses of perception are sight, hearing, taste, smell, and touch. Out of the 5 senses of action, only 3 senses are of important for us Brahmins. They are mouth (speech), hands and legs.

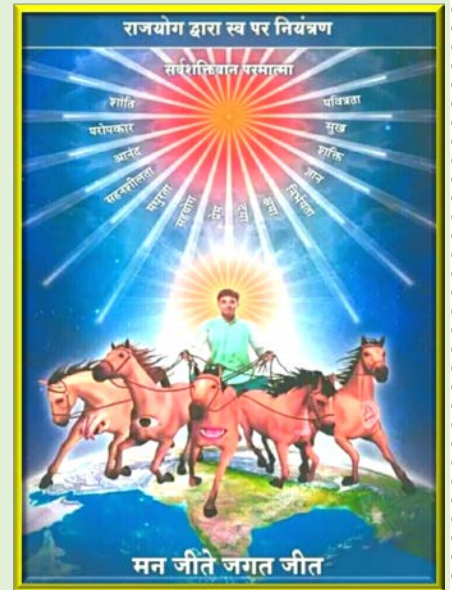
To establish the control and rule over all these senses, we will take the sense one by one:

Meditation Practice:

Along with visualization affirm: “I am sitting in comfortable posture and I allow my body to relax, gently releasing any area of stress & anxiety.... Now I am focusing my attention at the centre of my forehead and at this place I am able to visualize my own self, the soul, in a form of a luminous point of light.... My mind & intellect are the basic functional powers of my soul..... Here I take a moment to look at the screen of my mind.... Gradually the speed of my thought is decreasing and my mind is now quiet and still..... Now my mind & body are relaxed.... I am now clearly realizing that I am a soul, the point of divine light & might, different from my physical and subtle bodies... I am peaceful and pure shining star... This body is my mere costume which I adopt to play my role in this world drama... I express and act myself through this physical body which is temporary... But I, the soul, am an eternal, immortal, indestructible, indivisible, and invisible....”

Emerge your 3 levels of existence. Clearly visualize your physical body along with the organs related with 5 senses of perception namely eyes, related with sense of sight; ears, related with sense of

hearing; nose, related with sense of smell; tongue related to sense of taste and the skin, related to sense of touch. Along with these also emerge your 3 senses of action namely mouth, related to speech, hands and legs, mainly used to carry out physical action.



Continue to affirm: “I began my role in this world drama, with the beginning of golden age, where I was fully soul conscious.... There was no influence of any of the vices on my soul.... I was completely pure, peaceful and powerful soul.... All my senses were fully under my control and were obeying my all the orders.... But on the onset of copper age, I lose my soul consciousness and become body conscious.... Due to this, I get highly influenced by vices and start committing sinful acts.... This causes degeneration and degradation of my soul and I lose my control over my all senses... At the end of iron-age, which is current time, I just become the slave of my senses.... At this time, the almighty god, my beloved SHIVBABA awakens me by imparting the

spiritual knowledge about man, matter and god.... Practicing RAJYOGA meditation, based on this knowledge, now I am gaining control over my all senses.... Now my mind is full of positive, creative, and powerful thoughts... This powerful mind enables me to gain full control over all my senses...

The **eyes**, my **sense of sight**, are now under my controls and sees only that which I, the soul, wish to.... Due to the spiritual wisdom gained, now my perceptions about what to see & what not to see is very clear.... My sight is purified.... As I am soul conscious now, I see every one as a soul, especially when I see or deal with anybody..... This soul conscious sight has enabled me to see every one with sense of equality, sense of brotherhood, sense of goodness & sense of respect.... Now I have full control over my eye sight...

The **ears**, my **sense of hearing**, are also under my full control.... Now I like to listen only those matters or aspects which enlighten me, enrich me, empower me... Due to the spiritual perception, which I gained from SHIVBABA, the almighty, I am now able to recognize what is good to hear and what is not good to hear.... Listening the supreme teacher beloved SHIVBABA is most pleasing and enlightening for me... Now I never like to

listen any negative or wasteful talks.... My ears are not going against my will and they obey my all the directions.... Now my ears are in my full control...

The **tongue**, my **sense of taste**, which was out of my control, is now fully under my rule.... So far I liked to eat only those things which was pleasing to my sense of taste, even if it is harmful to my health..... But since I am practicing RAJYOGA meditation and living RAJYOGI life style, my tongue has come under my full control.... Now I eat or like to eat only those food items which are pure, sacred and good for my health, even it may have any taste.... Now I am able to enjoy any taste... Now for me there is no like or dislike regarding taste.....



The **nose**, my **sense of smell**, which was not that tolerant to any smell is now tolerant enough to any smell..... So far I was getting disturbed by foul or pungent smell..... But now due to the empowerment of I, the soul, I can bear any smell, if compelled to, maintaining the state of my mind.... Of course I feel more comfortable with fragrance....

My **skin**, my **sense of touch**, is now under my full control.... Due to body consciousness, so far I was slave of sensual pleasure, which I was enjoying, touching the body especially of opposite sex.... I also did not like the rough and hard touches... But due to my enlightenment by the spiritual knowledge, now I am fully soul conscious and see every one as a soul.... Now I dislike and generally avoid such touches.... I am now comfortable even with rough and hard touches.... I can sleep comfortably even on hard surfaces.... My mind does not get disturb or shake with any sort of touches....

The **mouth**, my **sense of speech**, being in soul conscious state and being with almighty sweet BABA, is also under my rule.... The teachings of BABA “speak less, speak slowly and softly, speak truth and speak sweet” has impressed me so much that now I like to speak accordingly.... I have understood the importance of the words, while dealing with others.... Now I would never like to utter any bitter words or lie, which may hurt anyone.... Now my perceptions are so clear that I am the master of my unspoken words, not of the spoken one.... Hence, now I think twice before the words come out of my mouth....

Now my thoughts are so positive and pure, my decisions are so right and perfect so that all my **actions**, especially carried out by my **hands and legs**, are positive and creative.... Now I am using my limbs for carrying out my necessary routine work and for helping others..... I never perform any actions which can give pain and sorrow to any one..... My all the body limbs are under my control.....

Now I am *INDRAJEET*... Conqueror of all senses of perceptions... Ruler of all senses action.... Controller of my three subtle senses.... Thank you BABA for enabling me to establish complete conquer, control and rule over my all the senses.....

____Om Shanti____

BK Prafulchandra, San Diego, USA

(M) +91 98258 92710