

Thus spoke Sri Sri - Parts 1 to 10 combined

Approx. 1 hour reading material

<http://youtu.be/57N5l1bonZU>

Just Breath - Art of Living

Countdown with Keith Olbermann

2:51 minutes long

01-----

Q: How does one release a deep seeded fear of death?

Sri Sri Ravi Shankar: First of all, don't think that fear is deep seeded. What is deep seeded is love and fear cannot be as deep as love, fear is only the circumference. There is an intense sensation and if you go deep into that sensation then on the other end you will come to a space where there is total relaxation and love.

Meditation is very useful to turn around all these negative emotions of fear, hatred, jealousy, etc., and you will see the other side where there is serenity, peace, confidence and compassion.

02-----

Dealing with Misunderstandings

When people have misunderstandings, they say, "Let us talk it out". This 'talking it out' makes it worse. People should just live in the present moment and keep moving to the future. Don't stop, and talk to them as if nothing has ever happened before; totally be in the moment. This is the best way to behave and to get over the past. Digging into the past and then complaining or giving an explanation are stupidity. Also, if someone comes to explain, you

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should not listen. If someone comes to explain, tell them, "Come on, forget about it. Move forward, I never turn back and see what happened. I am very fast. I have so many things to do".

Who is going to sit and listen to why you said something, or what you did in the past? Your mind is not in your control, and you blabber something, who cares? Why should I be pulled into your mind's rut?

Sometimes people say, "Gurudev, you are not listening to me". I say, "I won't listen. I have no time".

You made a mistake and then you try to explain why you made all those mistakes. You become so innovative! You don't even know that you have committed a mistake. Then you become innovative and try to give some explanation for it! Who is bothered to listen to such things? What is the use of post-mortem? Waste of time! Young girls, you all listen to this very carefully: Never ask for explanation or even listen to an explanation. We should just move on. We don't have time for such things.

Educate and ignore. There are two ways to ignore. One is just ignoring the past, but better is to educate and ignore. If someone thinks or says something about you, just tell them, "Look, I did not mean to do this thing to you. What you are thinking is wrong". One word, that's it. Finished. Move on!

03-----

Q: Today you are at the pinnacle of spirituality. What message would you like to convey to our spiritual seekers who are not here with you today?

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Sri Sri Ravi Shankar: I would say, try and gain knowledge about something and at the same time have faith as well. See, you cannot possibly know everything. And you also need to have deep faith in something. Embrace everyone you meet with love. That is my message.

See, if someone gives you something and says, “It is very sweet”, then you should first taste it yourself instead of simply believing them. If someone tells you, “It is poison, do not touch it”, then you should not say, “No, first I will taste it and then believe you” (laughter).

Three things are needed for life:

Purity of heart

Clarity of mind and

Sincerity in action or spontaneity in action.

Do not get stuck in just thinking, “What will happen to me?” See, there are problems in everyone’s life, but remember that they do not stay forever. They come and go. Do not let them overwhelm you. And spirituality will give you that much needed strength and stability to withstand and overcome all problems with a smile. Spirituality can give a new direction to your thoughts and to your life.

04-----

Every human being, every bird, and most of the animals sing because singing is part of the expression of life. Spending a few minutes with music every day is essential. That will stimulate the right brain activity.

- Sri Sri Ravi Shankar

05-----

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Dealing with manipulations

If you are manipulating, stop it right away because it is not going to give you any good results. When you manipulate, you will realize, "Oh my God, I didn't get anything in my hand? All I got is mud!"

After manipulating, you will see that you didn't get gold in your hand, you got mud! It is not worth it. Okay, if you get gold by manipulating, then I would say, "Yes, manipulate". But that will not happen!

So, if you think that you are manipulating, then take a sankalpa (determination) not to do it anymore. If others are manipulating, have compassion for them.

Manipulation happens because of insecurity or over-ambitiousness, and both are not in a healthy state of mind. If you are over-ambitious, you won't reach anywhere! It is like riding the horse on the merry-go-round. Where does it reach? Nowhere! Where you got in, from the same place you have to get out. This is over-ambitiousness. Just know that over-ambitiousness is sitting on that horse which runs very fast on the merry-go-round. It's not going to help you.

If someone else is doing that, know that they are immature. Let them realize that and bless them. But you come out of your illusion. When you think others are manipulating, your anger towards them and your wanting to cut off from them makes things even worse. You get into the negative cloud. Do you see what I am saying?

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You think, "Oh, that person is manipulating", and you start being nasty to them, and that is equally as bad as manipulation, not any better; it all smells foul. It doesn't matter whether it is a rotten banana peel or a rotten tomato, both are rotten. So anger is equally wrong as manipulation; nastiness is equally as bad as someone's manipulation.

See, usually anger comes because of your self-righteousness - 'I am right'. This 'I am right' brings such anger and makes you behave nastily. It is as bad as someone telling lies. Got it? You getting nasty or angry, don't think it is right, that is equally bad.

So, if between two people, one is angry and the other is nasty, or one is telling lies and the other is nasty or angry, you leave them both and walk away because they are settling scores among themselves, you don't have to interfere. This is good advice.

- Sri Sri Ravi Shankar

06-----

Wherever there are people, politics is bound to be there. Don't shy away from it and don't worry about it, you be rock solid. What appears to be politics will find its own way out. Have faith that only the best will happen to you and you will be able to do only the best! Keep these aphorisms with you like a treasure.

When you resist politics then you get deeply into politics. Your perception becomes political and you will get paranoid about it. All those who are paranoid about politics get deep into it. You should not mind it and then it will never bother you.

What is politics? Different people have different mindsets, and they air their opinions. For a while these opinions remain and then it all changes. Some people praise you and the same people will

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make nasty remarks about you, all this is very common. You should take this for granted or you will become uptight. When you are uptight you are not aware of how you behave.

It is better to keep oneself on a higher pedestal, smiling, laughing, accommodating and accepting that there is politics. Let politics be there, so what? You have to create this confidence that you will move through it.

Our trouble is that we expect everyone to be Mr. Perfect or Ms. Perfect! We expect everyone's behavior and dealings to be perfect. We expect everyone to be saints but they are not, this is the trouble . And when anybody does anything different, we say, "Oh there is politics!" People's actions is nothing but politics , it doesn't have to be dirty all the time, though most of the time it is. So let it be!

It takes quite a bit to rise above all this and keep your mind on the infinite, and that is enlightenment! You rise above it.

Water is never scared of mud. So if something is muddy, you are water, you can wash it all off! Just remember this, politics is mud and I am water, I will run over it.

There is a beautiful poem in Kannada 'If someone builds a home in the forest and is afraid of animals, what can I tell them? If someone has built a home on the sea shore and is scared of the waves, what can I tell them? And if someone has built a home in the middle of a market place and is complaining about the noise, what can I tell them?'

Similarly, when you live on this planet, people will give you compliments and people will give you derogatory remarks. They will create politics. How can you be afraid of politics when you are

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on this planet? Never complain about people playing politics, that is what they will do and will continue to do.

Lord Krishna never complained to anyone about the politics played by the families. He didn't say, "Don't play politics, I will not come to you", no! He was right there! Even during the time of Jesus and Buddha, there was politics.

07-----

How to forgive:

Forgiving is not only difficult, it is almost impossible as long as you think that someone is a culprit. But if you see that person, whomsoever you want to forgive, not as a culprit but as a victim of situations, a victim of ignorance, or just a postman to deliver what was due to you, you don't need to forgive them. They just simply disappear from your domain.

When a postman has delivered you a parcel, that's it, you don't think about the postman. You are with the parcel, whether you like it or not. You do whatever you want to do with the parcel. This is exactly the attitude you should have.

As I said the other day, when you get a nasty email, you don't bang or throw your computer or laptop because you've got a nasty email. Whatever email came, the laptop just reflects that. That's all! Similarly, people are just like laptops. You don't need to forgive them. You simply need to have a better understanding.

If you ask them, sometimes, they also may not know why they behaved that way, why they did acts that hurt you.

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Sudarshan Kriya

Q: Today the Sudarshan Kriya is such a technique that has changed the lives of millions around the world. How did you come to know or acquire it?

Sri Sri Ravi Shankar: I used to teach meditation in my early years. But I often used to feel there is something still missing, and something more is needed to make the experience complete. I always used to feel as if something more is going to come up. So I took a vow of silence for 10 days in Shimoga, in Karnataka, near the Tungabhadra river. After that, a few people collected there to meet me and asked me to speak. So I spoke to them and taught them the Sudarshan Kriya, and I also learnt along with them as I taught them.

The Sudarshan Kriya came to me like an inspiration, just like how poetry happens so spontaneously. I never had to put in too much of my mind for this. It all came through deep intuition, like how we download things from the Internet these days. Our brain is a supercomputer. We can download so many things into our brain.

09-----

If someone has cheated, that man is not a happy man. If that man or woman is happy inside, content inside, why would they cheat somebody?

- Sri Sri Ravi Shankar

10-----

Just see, on a football ground, you will find people falling and fighting over one little ball. If you see it all as a struggle, you

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wonder why they are struggling so much. Just give one ball to each one of the players, let them kick it in the goal, and sit in the goal if they want to! However, if you see all this as a play, then it is fun! In the same way, you see life as leela, as a game, not as a struggle.

- Sri Sri Ravi Shankar

11-----

The mission in your life is to leave a better world behind than what you inherited. Don't you want to leave a better world for the coming generations than what you inherited? Look back and see, how the world was ten years ago, or fifty years ago - wasn't it better? If it was better, then we should leave a better world in the future. If you feel today is better than before, then you should strive to give an even better world for the coming generation.

This is a broad outline. From this broad vision, you can choose what you want to do – you want to bring peace in society, you want to see a stress-free and violence-free society, you want to see a happy society around you. These are the things we should strive for.

According to your tendency or your taste, you should choose the field. Some of you may want to be a doctor, some of you may want to be a social activist, some of you may want to work in the social field, some of you may want to go into politics, some of you want to do business and bring prosperity to society – these are all your own calling.

You choose what you want to do, but the one common goal is that we want to make the society a better society – free from violence, stress, mistrust, and misery. Isn't it so? Anybody has a second

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opinion on this? I don't think so! Everyone wants to see a happy society, not a miserable one.

12-----

The world cannot be a safe place even if you leave one small country thinking that only they have the truth, everybody else is going to hell and only they are going to heaven. They are going to create hell for everybody! They will become terrorists.

- Sri Sri Ravi Shankar

13-----

Q: How can I be a strong leader and also not hurt others' feelings?

Sri Sri Ravi Shankar: You know, strength does not mean aggressiveness. Today, aggression is being misunderstood as a sign of strength, but it is not so. You can see that school children and college boys and girls feel that if they are aggressive, then they are leaders, and they are strong. No! I consider aggression as a sign of weakness. Anger is a sign of weakness.

You know, whatever is in your capacity, you do not get angry about it. What you cannot do, or when you find something difficult to do, only then you get angry, right? So, anger and aggression are not signs of heroism, they are signs of weakness.

This is what they mostly show in the movies — anger and aggression, and children get bombarded with these impressions and they think this is the way of life. We must change this, don't you think so? Instead, friendliness and happiness should be signs of strength.

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I would say, every child and every youth should make one new friend every day. Life is so short. There is not enough time to spread happiness, love and harmony. Why do we waste this time with aggression, anger and fight? Misunderstandings crop up, it is a normal and natural phenomena, whoever it is, maybe your best friends, there will be some misunderstanding. Between husband and wife, there will be some misunderstanding. Between parents and children, there are misunderstandings happening. Wisdom is to rise above it. We get so upset and angry because we don't leave room for imperfections. We should leave a little room for imperfection.

You know, you keep a garbage can at the house so that you can put any garbage in the can. Suppose you think there should be no corner for the garbage can at home, do you know what will happen? There will be garbage everywhere, in the whole house! So, this is why we must leave some space for imperfections. If someone is imperfect, just accommodate them. In due course of time, they'll change. This will increase your tolerance level. You know, today, this is what we lack very seriously. People are becoming less and less tolerant. Look at the older generation, how calm and tolerant they are. And look at the other generation - how intolerant they are becoming! This is the case all over the world: in the East, West, North, and South, everywhere.

See how Montreal was 30 years ago when I came, and how it is now? There is a big difference, isn't it? Crime is increasing and the reason for crime is lack of tolerance.

I heard about an incident in Mexico. There were two taxi drivers and they got into an argument at the traffic light. They got out of their cars, took their guns and shot each other, while the passengers were sitting in the taxi! I thought, my God, this is too much. So, we started a program in Mexico and I tell you, it has

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transformed so many thousands of lives. Now, the Government of Mexico has asked us to teach 150,000 students. I happened to meet several of the Senators, the Congressmen of Mexico, and they all want the Happiness Program in their county. Now we need more teachers.

14-----

Q: At what age did you start having this inclination towards spirituality?

Sri Sri Ravi Shankar: See, I always had some interest in spirituality since the beginning. We all carry certain samskaras (impressions) through lifetimes; some we imbibe from the environment and some we carry with us through lifetimes. So the seed is always there.

This is not the first time that we have come on this Earth. We have been here many times before as well. If you pay close attention to children, you will see that any child up to the age of three years is able to remember the things about his or her past life. Children also try to express about it in their own way, but many people around them do not take it very seriously. If we actually try to listen and understand them then we will be able to know what their past was like. The past for each and every one of us is very deep and vast, but we never really pay much attention to this. When we go deep in meditation, when we go deeper in our sadhana then all these levels open up. All our past impressions from previous lives also emerge. The good impressions get carried forward with us while the meaningless ones get left behind.

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The best thing is you choose and know that you will choose only the best. Whomsoever you choose will be the best for you. The other one which you have not chosen is never going to be best for you. This much I assure you.

- Sri Sri Ravi Shankar

16-----

Going Global with Wisdom and Love

There is strength in peace, in calmness, in love, but it goes unnoticed. What you cannot win with a stick, you can win with love. What you cannot win with guns, you can win through love. The most powerful thing in the world is love! We can win the hearts of people through love. The victory that comes out of ego is worth nothing. Even if you win in ego, it is a loss. Even if you lose in love, it's a victory! Making people realise this innermost strength that we all have is the challenge!

You cannot talk about love when a terrorist is at your door, but is there some way in which we can transform the world? Is there any alternative that can bring sense to people who do not listen to anything other than force? We can start thinking along these lines only when we realise that there is enormous power in love and inner peace. When we are peaceful, we radiate that peace to the people around us and they also become calm.

In these times of war and disease in the world, it's so important that we all meditate a little every day. When we meditate, we nullify negative vibrations, creating a more harmonious environment around us. Being peaceful in a meditative, prayerful state will help. Don't think that you are insignificant when the world is in a problem. You too have a role to play. Every individual — everyone who is breathing, talking, walking, thinking — has an

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influence on this cosmos, on this planet. So we can all radiate peace, good thoughts, good vibrations and good wishes — and that will make a positive impact on the planet.

When there is a conflict and you interact with both the groups involved, they soften up. When communication breaks down, it causes turbulence, which in turn causes stiffness and rigidity. But it helps when you reestablish communication through love, peaceful means and patience.

To avoid fanaticism or religious terrorism in the world, it is absolutely essential to inculcate a multi-cultural, multi-religious education for children. It is because a child grows up thinking that other religions or cultures are bad, that he or she is ready to give up his or her life for that cause; but when a child grows up knowing a little bit about all other religions, cultures and customs then there is a sense of belonging with everybody.

When every child in the world learns a little bit about every other religion, he will not have inhibitions or hatred towards other religions or cultures.

We accept food and music from every part of the world. You don't need to be Chinese in order to eat Chinese food! You don't need to be an Italian to eat pizzas, nor a Dane to eat Danish cookies! One doesn't have to be an Indian to listen to bhajans or sitar music!

We need to learn to accept knowledge from every part and this is what has been lacking in the world.

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Q: Government has conferred the Padma Vibhushan Award to you. How do you feel?

Sri Sri Ravi Shankar: I welcome it and respect the Government's decision.

(The Padma Vibhushan is the second-highest civilian award of the Republic of India. Instituted on January 2, 1954, the award is given for the "exceptional and distinguished service", without distinction of race, occupation, position, or sex.)

18-----

Q: How can I connect more and more to the divine in myself? Do I need many lifetimes?

Sri Sri Ravi Shankar: Just relax, you are already connected. You just have to wake up and see this, that's all! Just relax. In the Bible also there is a saying, "Be still and know that I am God".

You are in space, right? Do you have to look for space? What do you need to understand? I am in space. You don't have to keep repeating, "I am in space, I am in space".

So you are in Germany, you know it and that's it. You don't have to wake up every morning and say, "I am in Germany, I am in Germany" (laughter). You may land up in mental hospital maybe within Germany or across the border in Strasbourg! Some things you should simply accept and assume. How can that happen? When you have total relaxation, when you don't do anything. When you do nothing, that is when you tap into the source of energy. And later on, when you do any action, just be spontaneous.

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If you don't get this now, never mind, because as long as there is a lot of rajas (tendency to act) in the system, you won't understand this. That's why I would say, just meditate, relax and keep alive this passion to be connected and that will take you forward step by step.

You have to have patience. Don't be in a hurry. If someone says, "I am going to connect you today", never do that. Say, "Okay, thank you. It's not an emergency sort of thing".

When you sit still and meditate, know that you are in that space. You can't be there forever and so you come out and act. Be dynamic in your activity. Of course, these two are conflicting, but a time comes when that state of consciousness continues for you, even in your activity. Anything you do, you won't lose that state, anything you do, it will be there all the time. But this takes its own time.

19-----

There is strength in peace, there is strength in calmness, there is strength in love. What you cannot win with guns, you can win with love.

- Sri Sri Ravi Shankar

20-----

Helping Children to Come out of Stress

We have special programs for schools, and it has worked magic. I want to quote one incident in Chicago, USA. One district school had 260 incidents of violence in a year, after the program, it came down to 62. And in the second year, it came down further to 20. So it is very important for children to learn the value of non-

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violence, non-aggression, friendliness and co-operation. And we have programs designed just for this. We are very happy to share this with you. Such programs are held for thousands of children everywhere because it is important for them to learn how to handle negativity.

Neither at school nor at home does anyone teach us how to handle our negative emotion. Getting angry, jealous, frustrated is natural. When these negative feelings come up, who teaches us how to handle our mind? When we don't know how to handle these emotions, the pressure builds up and builds up and then shows itself as violence. Sometimes people become so disruptive that they turn schizophrenic. Children who are brilliant, by the age of 17-18 years, they get bipolar and schizophrenic diseases. So we need to educate them on how to handle their negative emotions, how to handle their own mind and be friendly with everybody.

In a classroom if you ask a child, how many friends do you have, they say three, or four, or five. I ask them a question. In a school of 5000 children, if you are not being friendly with 50 kids, then how are you going to be friendly with 7 billion people in the world? So we have not taught children the value of friendliness; how to be friendly with everyone around.

We have some programs where we tell them to make one new friend every day.

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Remind yourself again and again that 'I am simply a witness, unaffected by all that is happening. I am not participating in the scene, I am just watching it all happen before me'.

- Sri Sri Ravi Shankar

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Q: Can you explain what is the mind, and what's the difference between the mind and the soul?

Sri Sri Ravi Shankar: Mind is just a projection of soul. Soul is your whole consciousness, the life force in you. The part of it which is listening to me right now, which is asking the question, which is perceiving - we call it the mind. So if your mind is elsewhere, though I'm speaking and the words are falling into your ear drums, still you don't get it because the mind is elsewhere. So it's through the mind that we see, smell, taste, hear, and experience the sense of touch. That is what the mind is.

The mind has another function which we call intellect. As I'm speaking, something in you is saying, "Yes, I agree", or, "No, I don't agree with this". There is something in you which is accepting and rejecting, judging and accommodating - that is the intellect.

There are seven layers to our existence: Body, breath, mind, intellect, memory, ego and the soul. See, we keep breathing but many of us don't even know that we are breathing unless we have an asthma attack or some problem. We don't realize how important it is for us to breathe deeply. Body, breath, mind, intellect, memory, ego and the soul or self. The self is that total consciousness. There is something in you that doesn't change, which is the reference point for all changes. Your thoughts are changing, your emotions are changing, your body has undergone so much change. If you look at a 25 years old picture of you, you can't say it's the same body. It's much different than what you are now, but still you are the same person. So there's something in you that is not changing in spite of all the changes. That non-

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changing aspect in you, or the reference by which you recognize the changes so to say 'this is changing', there should be something that doesn't change, and that is what is the soul.

When we go deep into this, it's amazing, amazing, and amazing! An arena opens in front of you. And the way to go deeper into this is meditation.

23-----

How to manage anger

This world cannot be so perfect, so broaden your vision. You cannot make everyone the way you want them to be. Unpleasant things are bound to happen. When it happens, you should have the strength and courage to move on. Meditation will definitely provide you that much needed strength to overcome anger.

- Sri Sri Ravi Shankar

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Managing Worry

Wake up now, and resolve that 'I am not going to worry'. Invoke the valour inside you. If you find it difficult to do so, I would suggest that you practice Bhastrika and do the Sudarshan Kriya.

Do you feel worried after Bhastrika and the Sudarshan Kriya? Do you feel the difference after doing these practices? Go for a walk in the morning, and then make the “Ha” and “Ho” sound. You will feel an increase in your energy levels, you will start bubbling with enthusiasm.

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Being a witness

You would have often seen people wrestling. There is happiness and excitement on the faces of those who are watching the wrestling match. But the wrestlers are sweating it out in the ring; they are angry and their clothes get torn in the tussle.

In the same way, in a game of cricket, you do not see a smile on the faces of the players, but the people who are watching the match are excited and happy, and all their attention is on the game. They clap and applaud the players. Seeing this, I thought that, if every person were to take a step back and observe his own mind as a witness then such a great comfort can dawn from within. Whatever events are happening in our lives, we should just observe them like a witness. We are actually the eternal witness.

There is some or the other event happening around you – some pleasant, some unpleasant. Like for example, in the cricket game, you may find that your favourite team is losing the game and the team you don't like is actually moving towards winning the game. Whatever happens, just remind yourself that you are simply witnessing it all. Can you all do it? Once in a while, try doing this. In the same way, something or the other is happening in your body. There is some pain somewhere, there is some sensation elsewhere. You may be feeling elated, or you might be feeling low, become a witness to this as well. Remind yourself again and again that 'I am simply a witness, unaffected by all that is happening. I am not participating in the scene, I am just watching it all happen before me'.

When you bring your attention to this, then all the restlessness and discomfort in your body disappears and you become still. See, why would there be some stress or discomfort in the body? It

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is because of desires. Desires cause some stress or imbalance in the body. When there is stress, then naturally you feel tired. But when you detach, when you become a witness to all that is happening, then all the stress disappears. The entropy of the body gets reduced (a scientific term referring to the degree or measure of randomness or disorder in a system).

Observe all the events in life as a witness. Observe everything happening inside the body as a witness. Reaching this state (of being a witness) takes time. It takes time for the heat of desires, for the restlessness arising from various distortions to settle down within. The greater is the steadiness in being a witness, greater is the joy and bliss that springs from within.

In the same way, become a witness to your thoughts and feelings also. Now this does not mean that you struggle to get rid of certain thoughts or feelings when they arise. For example, if some desire arises, if lust, or anger, or greed, or jealousy, etc., arises then just observe it. If you resist or try to get rid of it, you will actually end up becoming a puppet in its hands rather than becoming free of it. Then you will become the active and engaged participant in the scene. You will become the protagonist, the player, instead of just watching the play.

Just remember that you neither have to remove it nor get entangled and engaged in it. Be a witness and observe whatever is happening. You experience a great sense peace and relief.

There is great depth in knowledge. We need to listen to knowledge again and again so that we are able to remember and use it at the right time in the right way. You feel so light from within, and then no work feels like a struggle or an effort. Nothing can tire you then.

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The end goal of all joy and comfort is to relieve you of your fatigue and distress. It does not only mean physical tiredness, it also means mental tiredness as well. When the mind is entangled in negativity such as anger, greed, jealousy, etc., then what is the use of having great wealth? Distortions arise when there is feverishness for wealth and fame, then you need to work towards being free from these distortions. See, the same medicine which helps cure diseases when taken in excess amounts can also cause harm and side-effects. Then a medicine also becomes a reason for disorders. So, again and again, bring yourself into the state of being a witness. It does not happen in one go. You need to make an effort again and again to reach this state

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You should love your friends and relatives but do not demand anything from them, or get attached to them. You should serve them in whatever way possible. When you set out with a sincere intention to serve then you will never face any misery or sorrow.

- Sri Sri Ravi Shankar

27-----

When you have total faith in yourself and firmly believe that 'everything good shall happen to me', then the same starts happening in life.

- Sri Sri Ravi Shankar

28-----

Q: My children have gone abroad for higher studies and I am now alone at home. I often do not know what to do, and feel a sense of emptiness.

Thus spoke Sri Sri - Parts 1 to 10 combined

Sri Sri Ravi Shankar: See, until now, your whole world was limited to your children and their wellbeing, isn't it? Your world was restricted to a small boundary. You only thought about 'My children; me, mine', etc. Now that you have more time on your hands, I would suggest you to involve your neighbours and dear ones and conduct satsang regularly. Get engaged in some social service projects, and work for the society. There is so much you can do.

If you know children who are in need of a loving parent or grandparent – then make yourself available for them and take care of them. Engage yourself in some service project. Or, you can sit and read the scriptures and other books. You can take up writing as well. Today you need not even go anywhere, just by being at home and writing, you can reach out to so many people. You should always share knowledge with others. This kind of social arrangement or framework has been in existence in India since many ages. This stage of life is called the Vanaprastha Ashrama (the third phase of the Vedic Ashrama system which starts when a person hands over household responsibilities to the next generation, takes an advisory role, and gradually withdraws from the world).

Once your children have grown and become independent, hand over the keys and responsibilities of the household to them. This is the way to be happy. If you cling onto the keys of the house till your last breath, then you will become miserable and also make others miserable around you. You should not do this. As time progresses, you should hand over the responsibilities to the next generation and let them lead their lives independently.

The essence of the Vanaprastha Ashrama is that after reaching a certain ripe age, one must share all that one has received in life with others. Whatever wisdom you have learnt in life till that age,

Thus spoke Sri Sri - Parts 1 to 10 combined

you must share it with others. So after reaching the age of 50 or 60 years, one should act in accordance with the Vanaprastha Ashrama. By this age, you have had enough running after “Me; mine; my life”, etc. Now you must dedicate your life to helping and uplifting others. You must now expand your boundaries of care and concern for others, rather than limiting it further. This entire framework of the Ashrama System has been so intelligently conceived and put in place in our society.

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If you act towards others with an intention to gain something from them, then you will have to face sorrow and pain.

- Sri Sri Ravi Shankar

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Accepting the unknown and loving it is what is called Shraddha (faith).

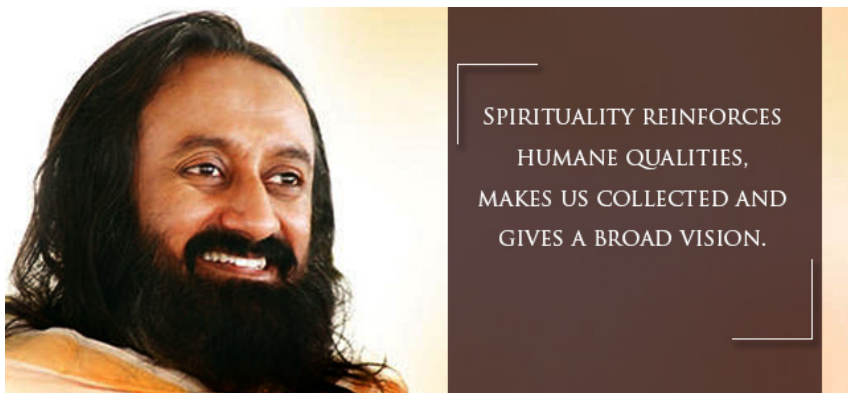
- Sri Sri Ravi Shankar

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Without having faith in oneself you cannot move a step forward in life. Second, without having faith in society, you will not be able to live and co-exist in society. And thirdly, without having faith in the Divine, life can never be complete. It is important to have all these three kinds of faith in life.

- Sri Sri Ravi Shankar

Thus spoke Sri Sri - Parts 1 to 10 combined



Item no..	Subject	Web links	Language	Duration
1	Everyday tips	http://youtu.be/N3VSChReSqk	English	15:00 Minutes
2	How to overcome Problems and Worries?	http://youtu.be/3BbgzqgTK5Y	English	05:29 Minutes
3	How to deal with Insult and criticism?	http://youtu.be/kIRXzZ28Y7w	English	03:12 Minutes
4	How do you know if relationship is good or not?	http://youtu.be/pZ3xtGmwp4Q	English	09:16 Minutes
5	Ego	http://youtu.be/GgowDar2SPA	Hindi	15:16 Minutes