

Spiritual Science

as is given in

Bhagavad Gita

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DRAFT Foreword

Why KAFB setup this talk

- The speaker informed that while the Gov't spends a lot of money to promote Diversity and Inclusion, some religions do not
- But there is a religion that is most ancient, and it is universal for mankind. It is the Hindu (Vedic) Dharma
- Dharma means universal religion
- So, knowing Dharma as it is, and living per it, can promotion Diversity and Inclusion easily and with almost no cost
- No teacher will come to talk about it unless invited respectfully; the speaker volunteered, was welcomed

DRAFT Foreword

Why Dharma is Universal

- Provides complete spiritual science
- Provides maximum freedom of thought, speech and action
- Provides maximum freedom for pursuit of happiness
- Provides full freedom to question anything to seek the truth, living per which one can attain lasting happiness and peace
- Dharma is pro-life

Overview

- Mutual Introduction
 - Name, type or work you do, what made you interested in this subject, your questions (write down)
- Set understanding
 - Telling **the truth** as I know from Vedic authorities
 - Feel free to ask questions; don't worry, no question could offend me
 - This class is just an introduction of the subject
 - I speak as one who accepts the authority of the Vedas, and lives per dharma

Overview

1. What is spiritual science (S#6)
2. Why know spiritual science (S#7-12)
3. Who gave it and when (S#13)
4. Source Book(s) (S#14-15)
5. Bhagavad Gita Introduction (S#16-22)
6. Analysis of entities (S#23,24)
7. Analysis of a Human (S#25)
8. Characteristics of a Aatmaa and param-aatmaa (S#26-30)

Overview

9. God's creation (S#36)
10. *Prakriti* (material nature) (S#38)
11. Analysis of Human (another view, S#39)
12. Limitation of Human (S#40-42)
13. Strength of Human (S#43)
14. Human in general (S#51)
15. Spiritual scale (S#52)
16. Human goal (S#55)
17. Krishna-provided social structure (S#56)

Overview

- 18. Human in Vedic society (S#57)
- 19. Vedic symbols (S#58-60)
- 21. God and Man (S#62,63)
- 22. Processes (Yogas) for Advancement (S#67)
- 25. Sample Gita Verses (68-71)
- 26. A Universal Anthem (S#74,75)
- 27. Way Ahead

What is spiritual science

- Knowledge about *Aatmaa* (~ soul) and the *Param-aatmaa* (~ Supersoul)
- Relation between soul and Supersoul
- Knowledge about creation
 - Material world
 - Spiritual world
 - Purpose of human life
 - Processes (yogas) or realizing God,
living god-conscious life, living sin-free life

Why know spiritual science

- Knowledge of the truth
- Living per the truth
- Experience lasting peace and bliss
- Living in harmony with nature
- Helps solve
 - environmental problems
 - health problems
 - political problems
 - interpersonal problems

Why know spiritual science

“It is already becoming clear that a chapter that has a Western beginning will have to have an Indian ending if it is not to end in the self-destruction of the human race...At this supremely dangerous moment in human history, the only way of salvation is the ancient Hindu way. Here we have the attitude and spirit that can make it possible for the human race to grow together into a single family.”



*-Arnold Joseph Toynbee
(1889-1975) British historian*

A German lady living in India says

“India and Indians have a lot going for them, more than any other civilization. Parts of the Indian tradition have been hijacked by Westerners without acknowledging the source, be it yoga, transpersonal psychology or several scientific discoveries..”

– Maria Wirth

Source: <http://prakriti-pune.blogspot.in/2012/02/you-are-proud-of-what-drinking-and.html>

A German lady living in India says

“India is the cradle of civilization; it has Sanskrit, the language which, according to NASA, helps develop the brain apart from being a perfect language. It has the deepest philosophy still expressed in a vibrant religion, a huge body of literature, ..” –Maria Wirth

Source: <http://prakriti-pune.blogspot.in/2012/02/you-are-proud-of-what-drinking-and.html>

A German lady living in India says

“There is a demand for Indian thought and culture not only in Asian countries; it is there in Western countries too, though may be still unconscious. It would bring fresh air in the fixed thought structures that make Westerners believe that there is either a god or no god, that one has the choice only between believing what has been written in a ‘holy book’ and being an atheist.” - Maria Wirth

Source: <http://prakriti-pune.blogspot.in/2012/02/you-are-proud-of-what-drinking-and.html>

US military Includes Yoga for Combat Perfection and Healing

Carnes, together with a Harvard-trained professor, Richard Miller, conducted one of the first formal studies that measured the effects of yoga nidra on soldiers who had been scarred mentally and emotionally by their wartime service, and military planners came away impressed with the results. Read full article at

<http://www.hinduhumanrights.info/us-military-includes-yoga-for-combat-perfection-and-healing/>

What Problems Dharma Can Solve

- Racism
- Nepotism
- Communism
- Ecological pollution/ Global warming
- Anti-democracy mindset
- Anti-human mindset
- Un-ethical or illegal use of violence
- Immorality

Who gave Dharma and when

- Krishna gave it in the beginning of creation
- Then Krishna or His representatives gave it again and again whenever mankind forgot it, or the demoniacs became intolerable to the righteous God-loving people
- *Guru-shisya* successions carried the knowledge forward and shared among the humans

Source Books

- Original source: The Vedas (20K verses)
 - Summary chapters (2057) are called Upanishads
- Bhagavad Gita
 - 700-verses summary of the Vedas
- Most of the Vedic literature is in Sanskrit
 - Sanskrit has 36 consonants and 12 vowels
 - Tirukuraal is in Tamil language

Devnaagari Script

Devanagari Script: ITRANS Transliteration. (Compiler: Suresh Vyas, Vedic Teacher, Skanda987@gmail.com)												
#	1	2	3	4	5	6	7	8	9	10	11	12
1	क	च	ट	त	प	य	श	ज्ञ			Link to download Itranslator 2003 Freeware: http://www.omkarananda-ashram.org/Sanskrit/itranslator2003.htm	
2	ka	c or cha	Ta	ta	pa	ya	sha	GYa				
3												
4	ख	छ	ठ	थ	फ	र	ष	ॐ				
5	kha	chha	Tha	tha	pha	ra	shha	OM				
6												
7	ग	ज	ड	द	ब	ल	ह					
8	ga	ja	Da	da	ba	la	ha					
9												
10	घ	झ	ढ	ध	भ	व	ळ					
11	gha	jha	Dha	dha	bha	va	La					
12												
13	ङ	ञ	ण	न	म	स	क्ष					
14	~Na	~na	Na	na	ma	sa	xa					
15												
16	0	1	2	3	4	5	6	7	8	9		
17	०	१	२	३	४	५	६	७	८	९		
18												
19	अ	आ	इ	ई	उ	ऊ	ए	ऐ	ओ	औ	अं	अः
20	a	aa or A	i	ii or I	u	uu or U	e	ai	o	au	a.m or A.n	aH
21												

Bhagavad Gita Introduction

- It is a chapter in the greatest epic (90K double verses) Mahaabhaarat
- Mahaabhaarat describes a great war that happened 5122 years ago in Bhaarat
- Lord Krishna, the Supreme God incarnate, is the speaker of Gita
 - Principles of religion (dharma) can only be given by God

KrishNa



Bhagavad Gita Introduction

- Gita (Vedic Dharma) is non sectarian
- It is for mankind of any race or country of any time (It is universal)
- It gives the complete science of spirituality
- It gives a structure of the Vedic society in which any person can advance spiritually and realize god, experience bliss (w/o drugs,) or get free from the cycles of birth and death

Bhagavad Gita Introduction

(Play CD: [Tr1](#): [Tr2](#))

Why Krishna spoke Gita to Arjun



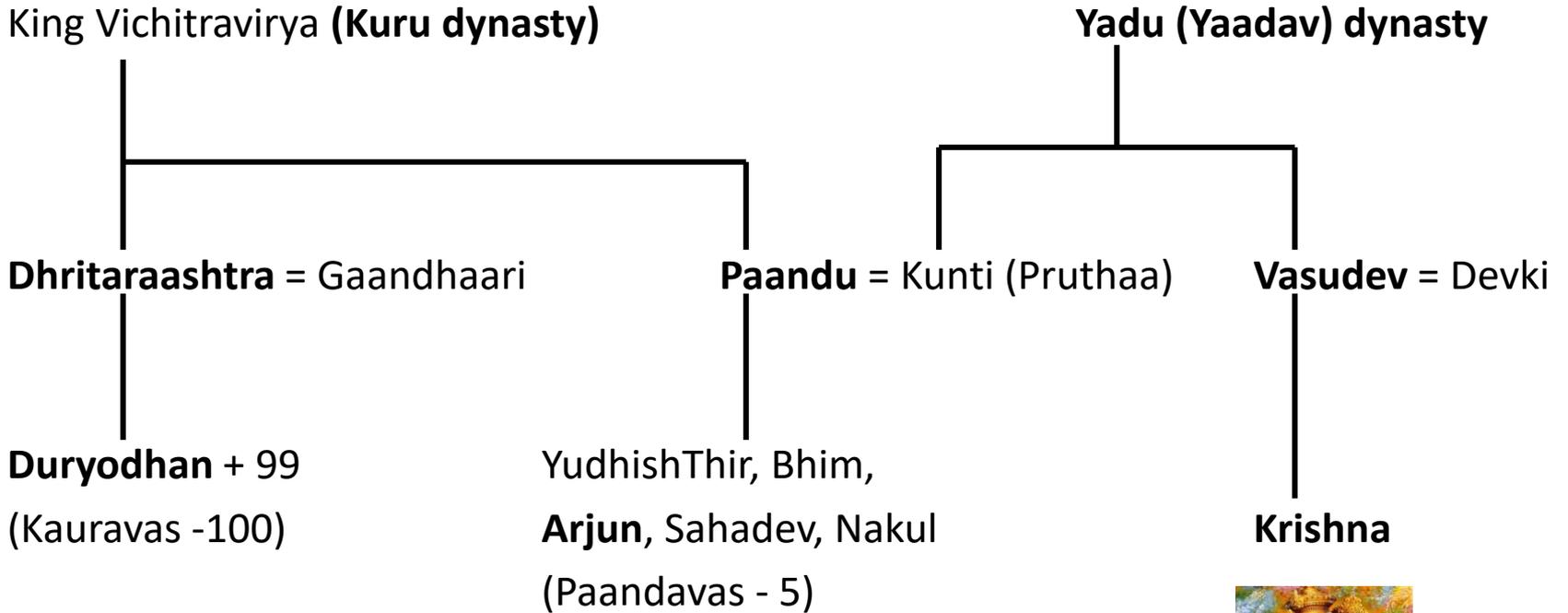
Bhagavad Gita Introduction

- What is Bhagavad Gita? Bhagavad Gita is the word of God in person.
- It is the divine conversation between a man called Arjun and God Himself in the human form Lord Krishna.
- The conversation took place on 23 December 5114 years ago in Kurukshetra battlefield in India.
- The Bhagavad Gita answers all important questions of who are we, who is God, why do we suffer, is there life after death, is there life on other planets, how do we become and remain happy in this and the next life, how can we attain the kingdom of God.

Bhagavad Gita Introduction

- [Gita Chapters audio in English](#)
- [Gita audio in Sanskrit](#)
- [Gita English translation](#)
- Albert Einstein has said this:
“When I read the Bhagavad-Gita
and reflect about how God created this universe
everything else seems so superfluous.”

Family relations



Code: **Husband** = Wife



Analysis of entities

- Non-living (material)
 - All the basic elements on periodic table
 - Compounds
 - Cannot re-produce
 - Cannot be destroyed
 - Can be transformed
 - Transformation consumes energy, could emit energy
 - Static, potential energy
 - Dynamic, kinetic energy
 - Atomic, nuclear, chemical energy
 - Heat, light, sound energy

Analysis of entities

- Living (includes evidence of spiritual element)
 - In water
 - In earth
 - On earth
 - Birds
 - Animals
 - Humans
 - Trees, plants, etc
 - On other planets

Analysis of a Human

- Vedic view
 - Earth
 - Water
 - Gas
 - Fire
 - Space
 - Mind
 - Intelligence
 - Ego (I am ...)

Characteristics of Aatmaa and Param-aatmaa

- Aatmaa
 - Eternal
 - Non-material, spirit, not male or female
 - Very subtle
 - Cannot be captured as a subject of scientific study or experimentation
 - Causes consciousness in body
 - Its original nature is truth, consciousness, bliss
 - It is called *jiva* when bundled with material desires
 - Is the root cause of ego
 - Karma binds *jiva*; Karma causes *jiva* to take birth again
 - There are countless souls

Soul word in Book of Mormon

- [Ezekiel 18:4](#)
- 4. Behold, all **souls** are mine; as the **soul** of the father, so also the **soul** of the son is mine: the **soul** that sinneth, it shall die.
- [Doctrine and Covenants 101:37](#)
- 37. Therefore, care not for the body, neither the life of the body; **but care for the soul, and for the life of the soul.**

Source: <http://www.lds.org/scriptures/search?lang=eng&query=soul&x=0&y=0>

Characteristics Aatmaa and Param-aatmaa

- Param-aatmaa (the Supreme God)
 - Eternal
 - Non-material, spirit, not male or female
 - Exists everywhere, also within everything or being
 - Cannot be made a subject of the material scientific study or experimentation
 - Knows everything, is all powerful, owns everything
 - Is always in bliss
 - All the energy is His
 - Loves Its creation, loves all equally and eternally
 - No one can understand or figure It fully
 - Supersoul is just one

Characteristics of Aatma and Param-aatmaa

- Supersoul (the Supreme God)
 - Resides along with each soul in each living body just as silent witness
 - Could be worshipped as male or female, or with a specified form, or as formless
 - Could take any form
 - Creates anything instantly as He desires
 - Has three main forms (functions):
 - Brahmaa to create
 - VishNu to sustain
 - Shiva to destroy

Vedic greeting

- *Namaste!*



Namaste

- *It means: “I bow down (or salute) the Supersoul (The Supreme God) that resides within your heart as well as in my heart.”*
 - *A Vedic is blind to skin color, race, or body form*

Islam's message

- Ziyauddin Barani wrote: For Mahmud was a Shafiite, and according to Imam Shafi the decree for Hindus is Islam or death - that is to say, they should be either put to death or accept Islam.

Source: http://www.higheryet.com/KORAN%20and%20the%20KAFIR%20-%20A_%20Ghosh.htm

An LDS message

- **Brigham Young** second President and Prophet: Shall I tell you the **law of God** in regard to the *African race*? If the *white man who belongs to the chosen seed* mixes his blood with the **seed of Cain**, the penalty, under the law of God, is *death on the spot*. This will always be (ibid., 10:110; emphasis added)

Source: http://christiandefense.org/mor_black.htm

Characteristics Aatma and Param-aatmaa

- Param-aatmaa (the Supreme God - Krishna)
 - Has two illusory energies
 - Yog maayaa
 - Mahaa maayaa
 - Is very compassionate
 - Has no competitor (Satan does not exist)
 - No one can equal or exceed Him
 - Is most famous, most powerful, all knowing, fully detached, most attractive, and owns all the wealth

Characteristics of Aatma and Param-aatmaa

- Param-aatmaa (the Supreme God)
 - Has no propensity to cheat
 - Could not be illusion-ed
 - Has Perfect senses
 - Never makes mistake
 - Is never unfair to anyone
 - Has perfect justice system for *jivas*
 - Karma does not bind Him
 - He appears (has appeared many times) by His own will
 - Also called *Purush* (enjoyer); what is enjoyed is called *prakriti* (nature)
 - *Prakriti* is subordinate to *Purush*

God's Creation

- 75 % spiritual
 - Spiritual planets with population of souls
- 25 % material
 - Countless material planets with variety of life like that on earth, and more variety
 - Planets of super-humans (*devas/devis*) who serve the Supreme God

An LDS View

- “This one (view) is very unique to the LDS faith. Basically, everyone on earth now was a spirit in the pre-existence. When we die, our spirits are separated from our bodies and if we were good they go to ‘spirit paradise.’ If we were bad they go to ‘spirit prison.’ The spirit world exists as a place for spirits to go while awaiting the second coming.”

Source: <http://listverse.com/2008/02/04/top-10-bizarre-mormon-beliefs/>

Prakriti (material energy)

- Influences *jiva*
- Puts *jiva* under three modes
 - *Satva* (goodness)
 - *Rajas* (passion)
 - *Tamas* (ignorance)
- These modes constantly compete with each other for supremacy to have influence over the *jiva*

Analysis of a Human

- Another view

- Has five senses for knowing external world (EW)

Organ	Eyes	Ears	Nose	Tongue	Skin
For	Seeing	Hearing	Smelling	Tasting	Feeling

- Has five senses (organs) of reacting with EW

Organ	Hands	Feet	Tongue	Excretory	Reproductive
For	Grabbing	Moving	Speaking	Evacuating	Reproducing

- Nature

<i>Prakriti</i>	Mind	Intelligence	Ego
Function	Makes desires	Discriminates	Provides direction for actions; Restricts choices for action

Limitation of Human

- Four defect
 1. Propensity to cheat (for selfish or selfless purpose)
 2. Could make mistakes
 3. Could be illusion-ed
 4. Senses are not perfect
- These limitations decrease as one advances spiritually

Limitation of Human

- Language / communication
- Communication model
 - Sender's thought(s)
 - Sender's filters and modifiers
 - Sender's choice of words (written or spoken)
 - Multiple meanings of words
 - Gestures / body language (reading between lines)
 - Sound's medium (air), noise, distractions (quality of paper, ink, etc.)

Limitation of Human

- Physical distance from receiver
- Environment around receiver
- Limits of receiver's ears and eyes, or cell phone
- Modifiers and filters (receiver's perceived intent of the sender, prejudices, biases, ignorance, desires, etc.)
- Receiver's feelings or mood of the moment
- Receivers physical condition (pain, pleasure)
- Receiver's intelligence (interpretation of message)
- Communication fails w/o mutual cooperation, active listening, or open and attentive mind

Strength of Human

- Intelligence
 - Animals have very limited intelligence
- Could learn (good or bad) from others' experiences
 - History, culture
- Could exercise the freedom of choice
 - Live like an animal (karma binds)
 - Live like a god-conscious human (karma frees)
- Only the human has the ability to realize God and get out from birth-death cycles

A Defect in Some Nation's Democratic Constitutions

- They incorrectly assume that all religions are equally good. E.g.
 - Islam is against democratic form of gov't
 - Islam is intolerant of all other faiths
 - Islam does not give freedom of thought, speech and action
 - Islam does not treat women equally
- They need to be amended if terrorism is to be kept out

A Spiritual Act

Operation Baby-lift: Vietnamese orphans transported by airplanes to America in 1975 •



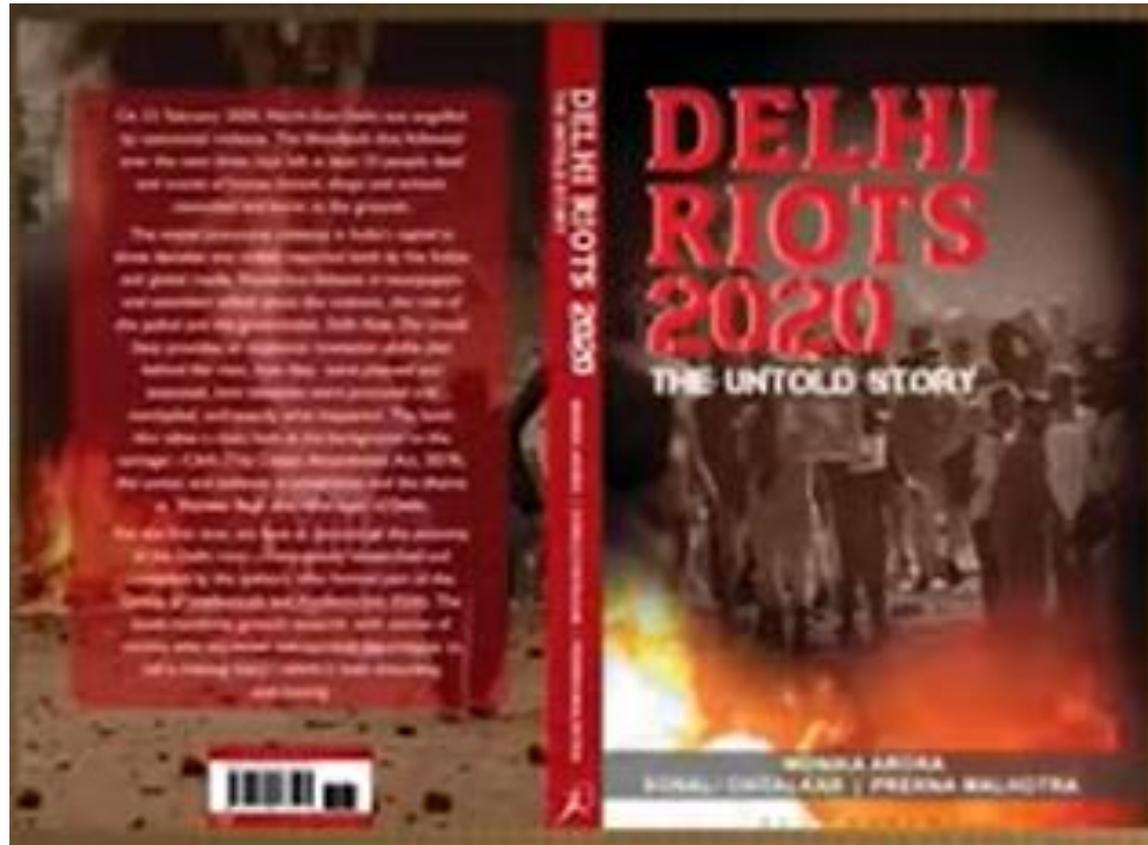
Polish children examined by German officers to see if they qualify as Aryan, and would be allowed to live.



A hotel owner pouring acid in the water when black people are in his pool, ca. 1964



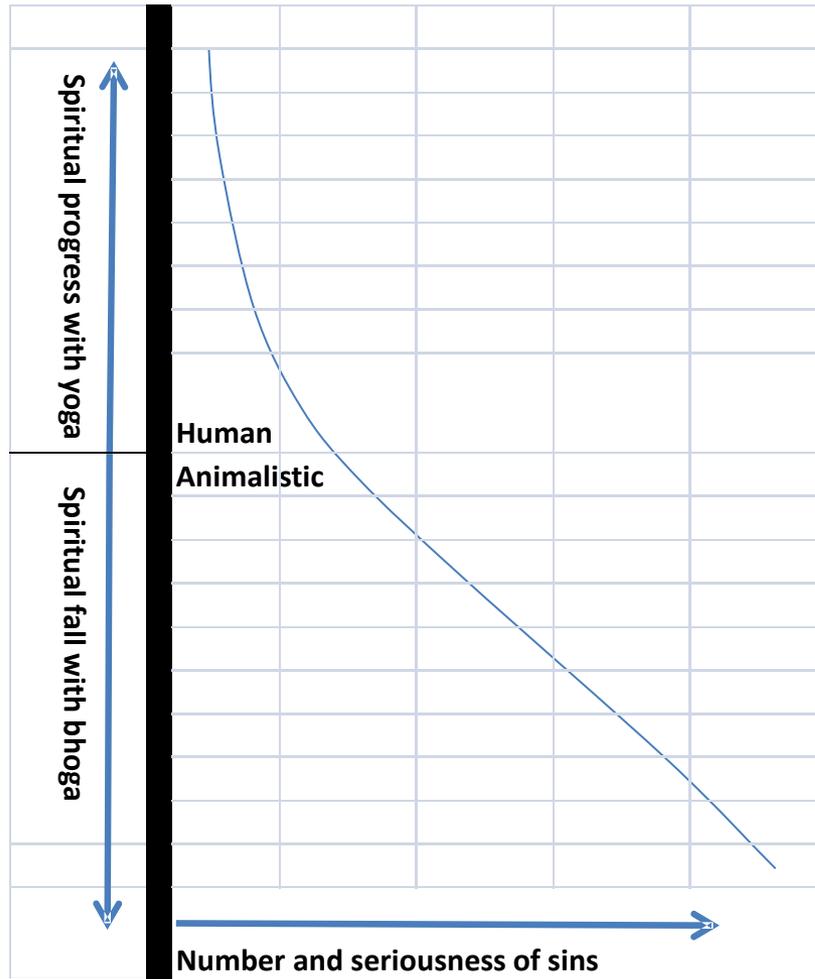
Bloomsbury suddenly declined to publish this book.



Human in general

- A product of environment
 - Physical (parents, DNA, foods)
 - Surrounding earth /nature
 - Surrounding society, culture, education
 - Inheritance
 - Karma of past human life
 - Karma of present life
- Makes, holds, and acts to fulfill a bundle of desires (good or bad)
 - Sometimes succeeds, sometimes fails

Spiritual Scale - notional



Human in general

- All have some commonality, but all are not equal
 - Even the seemingly equals cannot stay equal over time
- Per the Vedas
 - Unity in variety is the law of universe
 - All have equal right to go to haven or God
 - No one holds monopoly over haven or hell
 - Vice or virtue is no one's monopoly
 - In the drama of creation, we are just the temporary visitors for a very short time when we take a birth
 - Getting a human body is a very special opportunity
 - Committing suicide is sin, and act of ignorance

The 'Soul Train' host killed himself



'Soul Train' host Don Cornelius, the pioneering media mogul, 75, was found dead in his California home Wednesday morning. He was pronounced dead of a self-inflicted gunshot wound at 4:56 a.m. -USA Today, 2/1/2012

Human goal

- Live God-conscious life
 - Strive to live sin-free life
- Constantly strive to move from the mode of ignorance to passion, and from passion to goodness
- Then ultimately free from all three modes of nature (*parkriti*)

Krishna-provided social structure

- One's Vedic (Hindu) social class defined by one's qualities and actions, not by one's birth
 - *Braahmanas*: They learn dharma from guru, *saadhus*, or scriptures, live per dharma, and guide the society to advance spiritually
 - *Kshatriyas*: They maintain law and order in society. They make sure no one takes away others' freedom to practice dharma
 - *Vaishyas*: They do farming, cow protection, and trades
 - *Shudras*: They provide labor to society

Human in Vedic society

- At birth one is just an animal without a tail
- Four phases of life
 - At 5: *Yagnopavit* ceremony makes one a human
 - 6 to 25: Remains celibate while studying
 - 26 to 50: married life, lives per dharma, enjoys with senses within constraints of dharma
 - 51 to 75: withdraws gradually from worldly life
 - 76 - _: Totally lives for spiritual advancement of self and or others

Vedic Symbol Swastik

- Very ancient, symbolizing
 - Four phases of life
 - Four classes in Vedic society
 - Four endeavors of human life
 - *Dharma* (know dharma)
 - *Artha* (earn your living per dharma)
 - *Kaama* (enjoy with senses within the bounds of dharma)
 - *Moksha* (attain salvation consequently)



Vedic Symbol Swastik

- Hitler misused it; misguided his followers (blinds following blind)
 - Aryan is not a race
 - Anyone who lives (or strives to live) per Vedic dharma is an Aryan
- Hindus use Swastik since millenniums at beginning of any auspicious activity
 - American Indians also use it.

Vedic symbol OM



- Transcendental sound – *aum*
 - Also called *praNava* sound
 - Repeated chanting during meditation helps one advance spiritually
- Represents God
- Most Vedic mantras and prayers begin with OM sound

Human in Vedic society

- Knows he/she is just a temporary visitor on this earth
- May visit again and again helplessly under the force of karma
- Peruses long lasting or permanent happiness
- Seeks the truths, especially the spiritual truths, from all and any source
 - Truth is one, lies are many
 - God is the ultimate or absolute truth, cause of all the causes
- Desires to get out from the birth-death cycles, and go back in the spiritual world

God and Man

- If one moves one step towards God, God move ten steps toward then one
- God gives freedom to all, some misuse it
 - Giving others freedom to practice dharma is divine nature
 - Taking away others' freedom or resources required to practice dharma is demoniac act
- Some just do not use the freedom they have
- Forcible or enticed conversion is sin
 - Aryans (Vedics) have never forced conversion on others
 - Since 1000 years non-Vedics are converting Vedics by force or enticement

God and Man

- Hindu holocaust over last 1000 years
 - 100 million

Source: The Biggest Holocaust in the World by Jayaram V,
<http://www.hinduwebsite.com/history/holocaust.asp>

Next

- Viewing some political pursuits from spiritual perspective

England's past political pursuit to dominate and destroy spiritual culture

Speaking in British Parliament, Lord Macaulay said on February 2, 1835 the following:

"Such wealth I have seen in this country [India], such high moral values, people of such caliber, that I do not think we would ever conquer this country unless we **break the very backbone of this nation, which [backbone] is her spiritual and cultural heritage.** And therefore, I propose that we replace her old and ancient education system, her culture, for if the Indians think that all that is foreign and English is good and greater than their own, they will lose their self-esteem, their native self-culture and they will become what we want them, **a truly dominated nation**".

Iran's political pursuit

- “From now on, in any place, if any nation or any group confronts the Zionist regime, we will endorse and we will help. We have no fear expressing this,” said Khamenei.
- He said Israel was a "cancerous tumour that should be cut and will be cut".

Source: <http://www.guardian.co.uk/world/2012/feb/03/khamenei-iran-help-confront-israel>

– Note -There is no separation of church and state in Islam. Also, Islam is against a democratic Gov.

Processes (Yogas) for Advancement

- Four main yogas with same destination/goal
 - *Gyan yog* (path of knowledge)
 - *Karma yog* (path of action)
 - *Bhakti yog* (path of devotion/love)
 - *Dhyaan yog* (path of mind control)
- One needs to choose only one yoga for practice, and stick with it; and respect all other Vedic paths (yogas)

Sample Gita Verses

- Arjun says to Krishna: Now I am confused about my duty and have lost all composure because of weakness. In this condition I am asking You to tell me clearly what is best for me. Now I am Your disciple, and a soul surrendered unto You. Please instruct me. – Gita 2.7

Sample Gita Verses

- Krishna says to Arjun: Never was there a time when I did not exist, nor you, nor all these kings; nor in the future shall any of us cease to be. –Gita 2.12

Sample Gita Verses

- The Blessed Lord said: It is lust only, Arjuna, which is born of contact with the material modes of passion (*rajas*) and later transformed into wrath, and which is the all-devouring, sinful enemy of this world. –Gita 3.37
- There are three gates leading to this hell--lust, anger and greed. Every sane man should give these up, for they lead to the degradation of the soul. –Gita 16.21

Sample Gita Verses

- Krishna says to Arjun: Thus I have explained to you the most confidential of all knowledge. Deliberate on this fully, **and then do what you wish to do.** –Gita 18.63
 - Note – God gives freedom
- Arjuna said, My dear Krishna, O infallible one, my illusion is now gone. I have regained my memory by Your mercy, and I am now firm and free from doubt and am prepared to act according to Your instructions. –Gita 18.73

Islam's message

- The corporal punishment that should be implemented on an apostate is death as the Prophet (Sallallahu alaihi Wasallam) said: "Whoever changes his religion (*quits Islam,*) kill him." - Moulana Qamruz Zaman, London, UK.

Source: <http://www.muftisays.com/qa/question/1643/what-if-a-muslim-quit-islam.html>

Islam's message

- The (Pakistani) Taliban says democracy and secularism are against Islam, and that they will kill anyone who promotes such “anti-Islamic values.”

Source: <http://www.cbc.ca/news/world/story/2013/05/09/f-pakistan-election-mustafa.html>

A Universal Anthem

- O Supreme Lord! May there be born in this *raashtra* (the State), the learned intellectuals, illustrious for their sacred knowledge
- May there be born the
 - *raajanya* (the men of defense,) heroic, skilled archers, with piercing shafts, mighty warriors
 - the cows giving abundant milk; the ox good at carrying
 - the swift courser; the industrious ladies

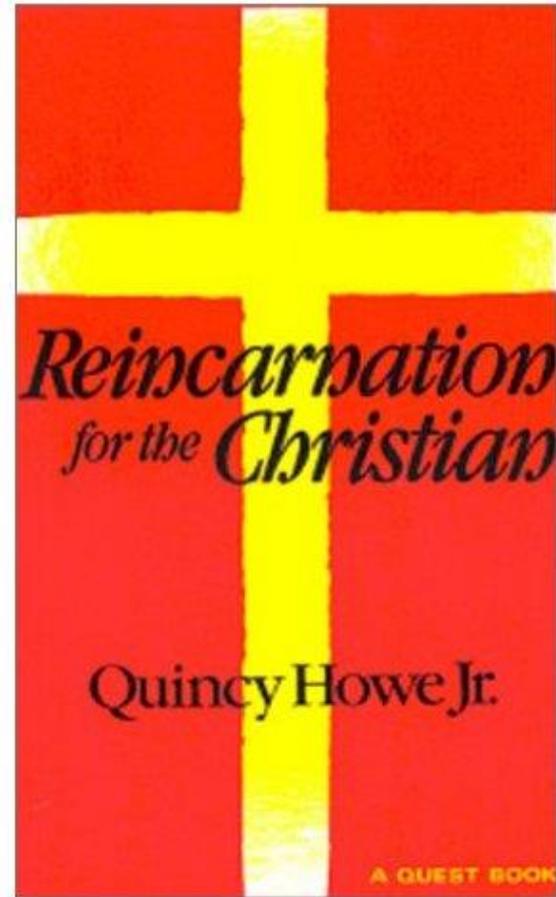
A Universal Anthem

- May this (the) householder(s) be blessed with a son, ever victorious, driving in the forefront, impressive in assemblies, and youthful
- May we have timely rains according to our needs and desires
- May our fruit bearing plants ripen
- May (*yoga*) acquisition and (*kshema*) preservation of property be secured to us

Some Books

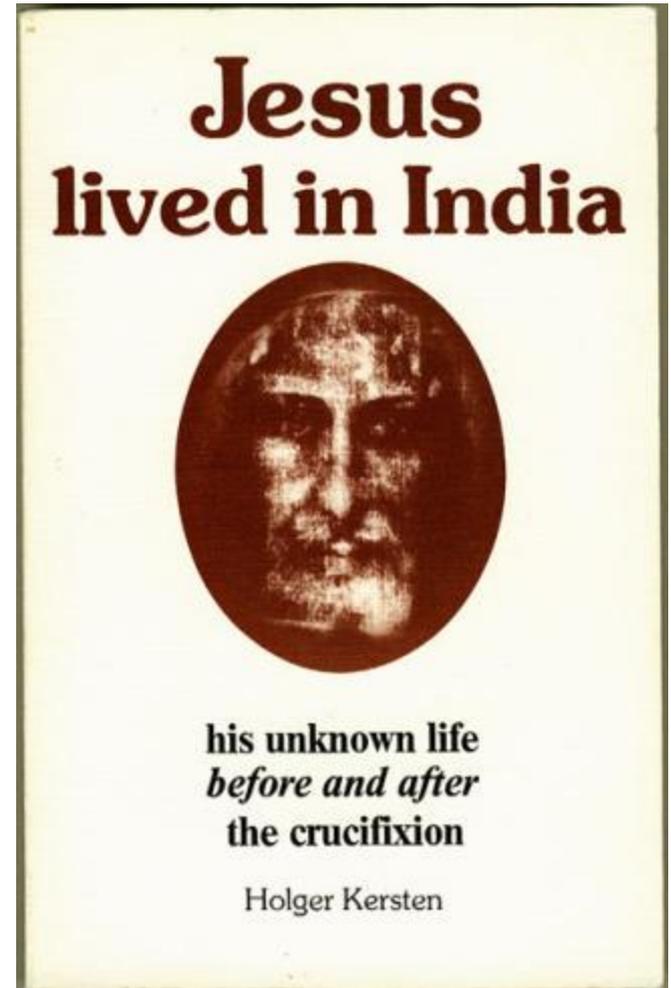
ISBN: 0-8356-0626-0

112 pages



Some Books

- ISBN 0-906540-90-9
- 245 pages



Some books / Links

- The Myth of The Aryan Invasion of India
by David Frawley (Vamdev Shastri)
ISBN: 81-85990-20-4, 58 pages
- [Myth of Aryan Invasion in India](#)

Some books

DHARMA

The way of
transcendence

ISBN:

0-89213-326-0

145 pages

The Way of Transcendence...



Amidst all the anticipation, anxiety, and hype swirling around the year 2000, we may find ourselves searching for some

sure guidance as we enter the new millennium.

Dharma: The Way of Transcendence provides it. Written by His Divine Grace A. C. Bhaktivedanta Swami Prabhupada, whom scholars and spiritual leaders worldwide recognize as the most distinguished teacher of Indian culture and philosophy of the modern age,

Dharma answers essential questions thoughtful people ask in every millennium: Who am I? What are my deepest needs? How can I fulfill them? Śrīla Prabhupāda writes, "The body and the mind are but superfluous outer coverings of the spirit soul. The spirit soul's needs must be fulfilled. The need of the spirit soul is that he wants to get out of the limited sphere of material bondage and fulfill his desire for complete freedom. He wants to get out of the covered walls of the greater universe. He wants to see the free light and the spirit." To learn what that free light and spirit are, and how you can see them, read *Dharma*.

ISBN 0-89213-326-0

Some quotes

- “Human society exists because it is impossible for us to live in isolation. Since we must live together we should do so with a positive attitude of concern for one another.”

-Dalai Lama

- “Everything animate or inanimate that is within the universe is controlled and owned by the Lord. One should therefore accept only those things necessary for himself, which are set aside as his quota, and one should not accept other things, knowing well to whom they belong.”

Way Ahead

- What questions remained unanswered?
- Would you like to learn more?
 - Regular classes could be scheduled depending upon interest. If you liked something, share with friends who are receptive
- If you did not understand something, ask question(s)
- My prayer
 - May you live sin-free and advance spiritually