

THE SOURCE- SIRSHREE

BRIEF ABSTRACT

This book abstract is intended to provide just a glimpse of this wonderful book with the hope that you may like to read the original book at leisure and enjoy its real beauty.

SUTRA 1: Before anything is created in the physical plane, it is first created in the mental plane.

Our subconscious mind can't detect the difference between what is real and what is imaginary. Hence, it is very important to program your mind with good, happy thoughts, to make that actually happen in your life, although at present things may not necessarily be good.

SUTRA 2: What you think consciously and think passionately about will manifest.

Clarity and awareness are crucial components of a conscious thought. Remove any negative beliefs about the thought. The feelings add intensity. If thoughts with feelings are repeated frequently, the subconscious gets programmed. It then proceeds to take action. This hastens the process.

Whatever negative you resist will persist. Focus on the +ve aspects that you want rather than the negative.

In the beginning, it is enough to just consciously think about the progress in the field that you want, and feel good about this thinking, every day.

SUTRA 3: Focus on what you want, and not on what you don't want.

For good health, focus on thoughts of good health, not of bad health. Make repeated assertions to saturate your mind with the +ve thought.

The mind does not understand 'No'. Hence, use +ve language everywhere: in office, at home, with friends, with strangers. Then see the magic.

Don't harbor negativity about any small or big things that you do. Instead do everything with love.

For the nature, nothing is small or big, easy or difficult. It does it effortlessly.

Techniques to improve +ve thinking:

Use +ve words. If sometimes some negative thought comes, quickly negate it by using 'but'. The most powerful technique is to develop 'Catch Phrases' which suit you and the objective.

Examples:

Everything happens as per divine plan.

God has created me, and He will take care of me.

I am programmed for success, being organized, and punctual.

The God who has given this dream to me, will also fulfil it.

Before affirmations, meditate and connect to the source. Relax and then affirm “ I have released all my blockages and limiting beliefs. I am now free. I am freedom. I am now healed. I am health. I am now happy, I am happiness”.

Select one or two affirmations daily. A couple of times during the day, write them down 10-20 times. Read them aloud, softly, with rhythm, love and joy. Let it ring in your mind throughout the day.

Write down all toxic negative feelings on paper. Tear it into pieces or burn it.

Write a positive essay on yourself. Whenever you feel depressed, read it. Have an inspirational conversation with yourself. “God has created me and He is taking care of me. I will succeed in what I want to do. I feel enthusiastic and energetic”.

SUTRA 4: The World is Not As It Appears To You-The World Is How You Are

The world is a system that reflects your thoughts, and mirrors your attributes. Your world is a screen upon which you project your mental traits, unresolved emotions, and deficiencies. There is no absolute world ‘out there’; rather it is your own personalized world that you are constantly shaping as you go through life. People, situations, weather-everything that you experience- are shaded by your perception and are projections of what is held deep within your mind.

You shape personalities for the people around you, by using building blocks present within your own mind.

Though it may sound unbelievable, you are actually attracting situations and people into your daily life according to the emotions, traits, and deficiencies that you harbor within your mind. External situations are not the cause, but rather a reflection of what we hold within. That is why different persons react to the same situation in different ways.

Once you detect negative thoughts about yourself, always tell yourself that “I am ready to change”.

When you have positive attitude, you become magnet for the best solution. This connects you to the Source. Then you can take required steps.

SUTRA V : There is enough

Every individual gets situations as per the ‘law of karma’. Going through this with love and harmony is the divine plan. If you are happy and in sync with this plan, you evolve towards your higher potential. If you put blocks in the divine plan by any negative thoughts, you are going down in your potential. So be extremely careful.

The Source is abundant in every respect. If you are in sync with this, you also get connected to this abundance.

How to know that you are in sync with the divine plan? Your feelings guide you in this. If you have a consistent good, happy, peaceful feeling about what you are doing, then you are on the right track. Don’t confuse this with the transient happiness that one gets by material success.

How to avoid negative thought effects? The moment you become aware of a negative thought, repeat in your mind three times, 'Cancel, cancel, cancel'. Then say ' Now, that thought won't affect me'.

Observing 'Negativity fast' and 'Worry fast' for a given period of time, also helps developing positive attitude. Begin by doing this just one hour every day. Then slowly increase the period.

SUTRA VI : People's thoughts do not affect you until you allow them to

If we do not allow others to control our thoughts, they can't influence our lives.

You can attain whatever you want, provided it does not go against someone else's divine plan. Two divine plans can't clash.

Persons need not always like people of their type. They like all those who are in sync with them.

When you pray for someone, your thoughts impact the other person to the extent that they are receptive to it.

Make a habit of avoiding using negative words in conversation. E.g. Instead of saying, "don't be stressed", say, "Relax". Instead of saying "don't shout", say, "speak softly".

Always use optimistic and inspirational words. E.g. Instead of "I can't do this work", say "let me see how I can do this work". In the 1st case the doors are closed. In the 2nd, you are open to higher possibilities.

Ban backbiting, blaming, criticism, abuses, and bad words from your life. Always utter words of blessings, well being, progress, and prayer. Be a happy thought reporter.

We get so many opportunities to sow the seeds of positivity and hope in other's lives. Be alert and grab those opportunities at home, neighborhood, office, street, market, Don't participate in a negative group talk. Instead, after even mildly agreeing with negative situation, you may say "It may be true, but let us see what we can do to improve it". We habitually get involved in negative talk about politics, govt, corruption, office, society. Always add "this may be so, but let us all try to make it better".

SOURCE TOOLS : The Mantras

Allowing the Self to be revealed to itself, by annihilating thought, is the purpose of source tools.

The existential experience of The Source will bring forth calmness, peace, bliss, and tranquility.

MANTRA III : Can I Accept This?

We face unwanted situations many a times, causing misery, unhappiness. If we ask this question, the answer will be 100 % Yes, in small incidents. The normal reaction in such situations is withdrawing in a shell. This acceptance shall free you from closure.

After practicing this in smaller incidents, even in average unwanted situations also the answer shall be yes, in many situations.

If your answer is “No, I can’t accept this” ., then ask, “ Can I accept this non-acceptance”. If you are worried, ask, “Can I accept that I am worried”. The answer would be Yes.

In some situations, you may not accept the situation/thought. Then don’t push yourself further. After some time, ask “Can I accept it now?” After some repetitions, the answer will be yes.

Try the following for not acceptable things.

1. Accept after some time
2. Accept only part of the situation, bit by bit.
3. Accept only the negative feeling that the situation has created.
4. Accept the non- acceptance. This is very critical step.

With this acceptance, you release –ve feelings associated with the situation. It appears to be a small step, but it actually is a giant shift in consciousness. With this you open yourself to the Source and its abundant nature.

MANTRA IV : Good Morning Peace

Focusing on peace, and being peaceful, is another powerful way to connect to the source. When we are unhappy, peace is lost. So when you detect unhappiness, you must place peace on first priority.

The simplest way to access peace is by saying, “Good Morning Peace”. Utter these words with your mind and heart, every time you think of war, enmity, violence, corruption, or negativity of any kind. The moment you utter these words, unhappy thoughts get diluted. Continue doing this until happy thoughts reappear. The words inspire you to feel peace, and help peace to take effect. These words pass an order for peace. This guarantees inner peace, and allows you to create a future you want.

When you feel love, there is harmony, peace and bliss. In this state you gravitate to the positive qualities effortlessly. Wrong habits disappear.

The effect of collective prayer is truly profound.

MANTRA VII : Thank You

This is the way to see people, incidents, and life, from a perspective beyond +ve/-ve. With this, in any situation, one connects to the source, by expressing gratitude to the qualities of the source relevant in a given situation. Instead of allowing the negative thoughts to overpower you, we invoke qualities of the source like, love, joy, peace etc.

When thoughts of a ‘traffic jam’ distress you, utter the words, “Thank you for the order”. If someone is rude to you, say, “ Thank you for love”.

We don’t thank people properly, when they do something good, or some good things happen to us. In such situations say, “ Thank you for goodness”, “Thank you for timely help”, “ Thank you for abundance”.

The negative exists in the world to accentuate the positive.

The Thank You mantra helps you create from the source.

