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DAAJI'S TRAVEL DIARIES

Dubai, May 10 to 13, 2024

Dear ones,

Beloved Daaji's much-awaited two-month tour from Dubai to the USA has begun. He was received with much love and reverence on May 10 at the Dubai Heartfulness Center by the local practitioners and children, followed by group meditation.

Daaji Dubai Travel

In the evening, some esteemed guests gathered to meet Daaji and also experience a demonstration of Brighter Minds, the Heartfulness program for children that offers a whole-brain wellness program. Brighter Minds is a finely tuned system of tools and techniques informed by the latest advances in neuroscience that enable children to develop their cognitive abilities within a framework of love and support. The guests included dignitaries of UAE; Mr. Ahmad Ibrahim Busherin, Head of Community Events at Dubai Sports Council; Mr. Mahir Julfar, Executive Vice President, Dubai World Trade Center; Dr. Eesa Mohammed Al Bastaki, President of the University of Dubai; Mr. George from Zayed Foundation; Mr. Shekhar Kapur, award-winning filmmaker and actor; Ms. Sohaila Kapur, actress, journalist, television personality, theater director, and playwright.

Daaji Dubai Travel

They had a detailed chat on how meditation helps in becoming a better human being, and Daaji conveyed the importance of beginning the practice at a young age. He spoke about the benefits of the Brighter Minds program offered by Heartfulness, and requested Anuj to do a live demonstration of Brighter Minds and explain the science behind it. The guests were completely amazed by his skills and talents, and the Emirati dignitaries expressed their willingness to take the program forward in their part of the world.

On the morning of May 11, Daaji once more conducted group meditation at 9 a.m., and following this he engaged in an insightful dialogue with the filmmaker Shekhar Kapur.

Consciousness and related topics

Their discussion delved into profound philosophical and spiritual concepts, including the nature of consciousness, nothingness as the mother of consciousness, creativity, humility, where we go after death, and so on.

Daaji said, "Once we get used to a certain level of consciousness in our day-to-day life, we can swing back and forth on the spectrum of consciousness. And in order to play with this spectrum of consciousness, we have to start practicing, holding on to one level of consciousness, playing with it, intensely, then lose it and try to regain it, then go to the next level of consciousness, then the next. So we go up and down, at will, and see what happens. We can really make it a game, a playful act of consciousness."

This left the audience contemplating how spirituality ultimately leads to higher states of consciousness, something that Daaji has spoken about on many occasions over the years.

## Daaji Dubai Travel

On humility, Daaji said, “When you see the grand expanse of this Universe, even the Earth is hardly a piece of dust, so what then are we? And I remember the principles of people like my Master who would say, ‘Shekhar Saheb, there is nothing wrong with thinking yourself to be great, go ahead; but please develop the attitude where you say, “The other person is greater.”’ That puts us back to where we are, honoring the other person. Today, however, in the corporate world and also in spiritual organizations, when we share work, unfortunately the meditative minds are so sharp that they try to out-win each other. Sometimes the arguments are so terse and ego-driven because the minds are so sharp. The organizers of spiritual organizations can hurt each other very well. You wish they were just ordinary people at that time.”

On where we go after death, Daaji said, “Nature identifies very well the whole scheme. If you think the whole thing is consciousness, and there’s a spectrum of consciousness, then we all carry a certain level of the spectrum, which is dynamic, as it keeps changing all the time. So, at the moment of death, just as iron filings are attracted toward a magnet, the soul with its certain frequency will reach that dimension where it fits like lock and key. It will go only there. Depending on the lightness or heaviness of the soul, it will reach a certain dimension. No one comes to take us, it just goes and settles there.”

## GSM

### Spiritual wealth

In the evening, five hundred chartered accountants from the Institute of Chartered Accountants of India’s Dubai chapter visited, and experienced a group meditation led by Daaji after he had given a talk on “Spiritual Wealth.” Some of the topics he covered were:

The use of meditation and its practical application in day-to-day life.

Investing in “spiritual wealth” and how to benefit from it.

The concept of wealth management, health, and well-being.

Managing the ultimate Master, God.

The role of calmness and tranquility while making significant business decisions, and how inner peace can help us navigate through critical professional choices.

In this session, the audience appreciated Daaji saying, “In the material world, the bhautik world, you invest capital and earn interest. In spirituality, we say, ‘Take interest and earn capital, the spiritual wealth.’ There is nothing wrong with making tons of money. If you can make a million, make a million, but don’t ignore the spiritual life. And don’t go into spirituality so much that your material life and your family suffer. We have to integrate both. Then only you can have a complete life.”

While talking about life, Daaji said, “What is wrong with this life? It is up to us what we make of our lives. Destiny is not regulated or controlled by the outside. It is controlled by that entity within us. If you make that entity happier and worry-free, you will remain worry-free, and everything will fall into place. Never worship God because you want to go to heaven. There is no heaven. And never worship because you are afraid of hell. There is also no hell. These are all psychological states of a human being. When you do something good, imagine the joy you get in your heart. That is heaven. When you do something wrong the consequences are always there.”

A second live demonstration of Brighter Minds that evening left the audience amazed.

May 12

On May 12, Daaji arrived at the Heartfulness Center just before 9:00 a.m. where he was greeted by the children at the reception. Daaji gave them chocolates and proceeded to the Meditation Hall to conduct group meditation.

Daaji Dubai Travel

Following the meditation, Daaji met with the family of the Japanese Ambassador to UAE, and the principals and the heads of departments of a few schools in Dubai where Heartfulness sessions are conducted on a regular basis. Daaji urged them all to start Brighter Minds and was very happy to hear the updates of the Heartfulness sessions held in their schools.

Beloved Daaji did not forget that his visit coincided with Mother's Day, and in his video message he acknowledged and spoke highly of a mother's love and how we should reciprocate.

Food for Thought

In the evening, Daaji returned to the meditation hall to conduct group meditation at 6:25 p.m. Following this, he gave a short talk on consciousness in which he challenged everyone present: "Often one wonders, 'What is the use of evolving my consciousness? What do I do with it? What are its practical applications in my day-to-day life? What is the use of meditation, a peaceful mind, and samadhi-like states?' It is like our welfare in the material world, prosperity in the material world. What do we do with our prosperity? We spend. We spend our worldly collections in the form of finance for multiple things. But what about spiritual wealth? How do we recognize spiritual wealth? Where can we invest it? And how can we benefit from this spiritual wealth?"

Daaji offered these questions to ponder and discuss with him during his next visit: "What will you do with a Samadhi-like state? What next? Why are the hierarchies so generous in bestowing these spiritual states on us? What do they want out of these gifts they are showering upon us? Please ponder over it, and when I come back we'll have some good discussion on it."

Daaji's calm demeanor and deep wisdom created a ripple in the hearts of all present. Daaji left Dubai early on the morning of May 13, headed for Paris. We will bring you more updates on the next leg of his tour shortly.

## DAAJI'S TRAVEL DIARIES

Paris, May 13 to 14, 2024, part 1

Dear ones,

After leaving Dubai, beloved Daaji landed in Paris. On the evening of May 13, at the Paris Heartfulness Center, Rue du Cardinal Lemoine, Daaji conducted group meditation and then spoke with the group of Heartfulness practitioners in the same vein as his parting talk in Dubai.

Picture

What should we do with spiritual fragrance?

He reiterated, "Money is important. How we spend that money and how we earn that money is very important. When we reflect on our spiritual life, we have been gifted so many riches—so many levels of consciousness day after day." He also remarked, "The Masters teach us about the evolution of consciousness. What is the role of that evolved consciousness? How to make use of that evolved consciousness in our day- to-day life? Babuji Maharaj says it is good to play around with consciousness. Yogis do that, just like children play with toys, and youngsters with romance. So, Babuji was making fun of it, actually, and then he posed a question: What is supporting this consciousness? I would like you to think about that."

Video

Daaji also asked, as he had done in Dubai, "What is the role of Samadhi? What is the role of these various spiritual conditions we receive during every satsangh, during every moment we meditate, and whenever we think of the Master in constant remembrance? Somehow we are able to attract that spiritual fragrance toward us. What is the role of that? We have invited and we have earned, now, how are we going to spend it?"

Learn to center yourself

Early the next morning, at 7:30 a.m., Daaji conducted group meditation at the Institut du Monde Arabe, followed by a Q&A session. In response to the question, "Will there be a project for a Kanha in Europe one day?", he answered, "Yes."

In response to a question on whether a musician can transmit love, peace, compassion, joy, blissfulness, etc. through a performance of music to the audience, Daaji answered, "Yes, it is possible not only for music, but for all kinds of activities that we perform in our daily lives. If you're a mother, a teacher, a professor, a researcher, a farmer, a sportsperson, just connect with your heart, connect with the center of your being, before you start any activity. Then it will become very creative and very effective.

Picture

"For every action we perform, not only in the material world but also in the spiritual world, we can evaluate how much faster we can do it, how much better we can do it, and how much more efficiently we can perform it. All this can happen when we are watchful of ourselves through inner centering. Centering is possible only through our meditative practices.

“Even though we practice day in and day out, sometimes we lose interest. I also felt it during my practice days. I still practice, but in the very early days I would meditate for one, two or three days morning and evening, but after two or three weeks I would lose interest. Then, the intensity, the inner passion to practice would slow down. I found it very effective to visit a preceptor and take a sitting. That always worked for me.

“So one fundamental thing is to center ourselves, and we can center ourselves more effectively when we are regular in our practice. Even when we are regular, we can accelerate it, make it more intense, by taking sittings from preceptors.

“I have received many letters from Heartfulness practitioners saying that personal face-to-face sittings are a lot better than remote sittings. This is because there is cooperation from both sides. The preceptor is able to read the condition of the practitioner better. The practitioner is able to converse and express their issues better, and openly receive the sitting. It is not just a matter of belief. For remote sittings, you need a great level of faith and belief. Until that level of faith arrives, I think we have to make use of face-to-face individual sittings, plus the group meditations.

Picture

“We have to really intensify the practice every day. I have observed something: If I practice with some intensity today, and tomorrow the same intensity, the third day the same intensity, the fourth day the same intensity of passion, it will not do. It has to become incremental. The problem is, as we rise higher and higher and we get used to the practice, the passion to practice reduces. And we are not able to maintain what we call the joy in the practice. We have to again and again find ways and means to feed that joy. That’s the trick. And no one can give us the key for that. We all need to develop it in our own way.”

Have confidence, enthusiasm, and the passion to serve

In response to a question about the extremes of arrogance and lack of self- confidence, Daaji said, “It is in the minds and hearts of most abhyasis that they are here to serve the Master. And Babuji Maharaj said, ‘I can serve you all and make you all masters.’ And why not our sister thinks that she can become the next master? If you don’t think like that then something is wrong with you. That passion to serve should be there, not to become, but to serve as a master.

Video

“And what is a master? Master is one who has attained some level of perfection. There is never complete perfection, but some level of perfection. So, with that little light they possess they can guide others. That is what Babuji meant when he said, ‘I make masters not disciples.’ So welcome, and you will fulfill Babuji’s dream soon. There is no arrogance when you have the confidence that, ‘I can serve.’ Arrogance is only one manifestation of ego. Another is confidence, and the confidence should be there that ‘I want to become.’ Some level of enthusiasm, some level of craziness is required. ”

## DAAJI'S TRAVEL DIARIES

Paris, May 14, 2024, part 2

Dear ones,

Making the inexpressible expressible

On May 14, at 12 noon at the Maison de l'Amérique Latine, Daaji conducted a meditation, after which he was interviewed by Guila Clara Kessous, the UNESCO Artist for Peace, and Ambassador for Peace of the Universal Circle of Ambassadors of Peace (Geneva). This interview was organized by Dr. Kessous as part of the forum, "Art & Human Dignity: Human Rights and Healing Arts for a Culture of Peace," under the patronage of UNESCO, in partnership with the Jameel Arts & Health Lab in collaboration with the World Health Organization (WHO), and the Global Peace Education Network (GPEN).

Picture

Dr. Kessous started by asking Daaji, "What would be your definition of art?"

Daaji replied, "It's very difficult to define, but I would say to make the inexpressible expressible through visual graphics. For example, when we talk philosophically that animal man becomes human, and human man becomes humane, and this humane quality is now advancing to become divine or angelic, in the words of Babuji, how can you express this visually in art form? Someone is in love and is dancing away with songs that expresses their inner state, which otherwise would be difficult to put on paper. So art, to me, is a way to express your deepest feelings, which cannot otherwise be expressed in words." Taking the example of Ganesh, Daaji explained how we may succeed in representing certain things visually, like Ganesh's joy, and his animal and human aspects; but others cannot be expressed, for example, the state beyond bliss. When words fail, art can help us to a certain extent. But after some level, it's difficult.

Picture

Ms. Kessous responded, "So it's a way to connect the intangible with the tangible," to which Daaji concurred.

Art expresses outward, meditation takes us inward

She then asked, "Can art help to connect with the power of oneself and the power of others, just as in meditation?"

Daaji's reply was, "For the artist, art can become a creative thing for centering oneself, just like sportspeople who get absorbed in playing tennis or badminton or football. They are so happy, because they are in the flow. A similar thing happens to a flautist or a violinist or an artist. And meditation is also a kind of a flow, but it is going inward. Artistic expression is always to present things outward. They are two different directions.

Picture

"I can go inward to express something outward, to a certain extent. Art, through representation on a canvas, on a wall, in the form of painting, for example, can also be a powerful tool, but it cannot match the state of meditation because the directions are different. In meditation, we are connected at the deepest level.

“If we join hands and make a big circle, we are connected through our hands, not through our hearts. Meditation takes us in, purifies the heart, and connects the hearts of individuals. This is my understanding so far.”

### Unconditioning the heart

Dr. Kessous’ next question was, “If art is a way to translate something intangible, something sacred, something divine, can you say that the art of the heart could go through meditation?”

Daaji responded, “Well, the heart can help us express, to a certain extent, the beauty of Divinity. How can you express the moment of creation, for example? You know, in physics, they talk about the Big Bang theory—there was a singularity, and from this singularity there was a burst of energy. And that energy was so powerful it ended up creating physical objects throughout the universe. How can one represent that moment on paper? Because creation is a continuous process, a dynamic process. Once you have created an artwork, it becomes static. So, we have limitations when it comes to art. In that case we would have to create multiple paintings, like a movie, the continuous depiction of the unfolding of creation.

“To me, the heart can be utilized for many things. Heart should be unconditioned. For example, how would I describe beauty on paper? Maybe in a certain way. How would a mother describe beauty on paper? It will be different from mine. How will you describe beauty on paper? And someone else? We will all attribute beauty based on our backgrounds, our conditioning.

### Picture

“There are 700 to 800 people here. We look at each other, screening and filtering everyone. The first thing that strikes our mind: this is a woman, this is a man. I may forget the name, but I’ll remember the gender. Next, if I’m sharp enough, I can describe the dress. People who have a great interest in watches will not miss out the type of watch you are wearing. Lovers of jewelry will not miss the kind of jewelry you are wearing. And a cobbler will look at your shoes, and judge the kind of person you are based on your shoes.

“We are in the business of reading hearts, so with closed eyes we look at the hearts. The heart can be felt only when we close our eyes. The heart can perceive things when we close our eyes. Art we do with open eyes. But whatever we do, the heart always gives the right signal, and this signaling from the heart must be protected. If we don’t have an unbiased heart-mind, it will always be tainted. My feelings, my perception will always be wrong. The purer the heart, the better the signals it will give to represent something as it is.

### What makes an artist?

Dr. Kessous then asked him, “You are such a creative person. We are all amazed at the way you help us to go deeper in the understanding of ourselves and our modern world. Would you consider yourself an artist?”

Daaji responded, “Human beings are multifaceted personalities, and when we include the heart, the aspect of creativity is infinite. You can write a lovely book, you can paint, you can play music, you can sit quietly and listen to music like nobody else, and you can sit quietly for days without being disturbed, without asking for anything else. You can sit under a tree and gaze at the stars at night. These are all aspects of your individuality.

“But I’d like to go beyond this individuality, which is also an aspect of ego. It limits us. Artists, flautists, violinists are limited professions in the arts. When we become individuals without personas, without any masks, and go deeper in our hearts, many things come out in the form of creativity.

## Picture

“If I say, ‘I’m an artist,’ it will not be the honest truth using the traditional definition. An artist is one who expresses something on paper or on a canvas, or through music, and I can do none of that. Yet I do feel that I am an artist from inside, but not only an artist. This multifaceted thing that God has given to us means that we are all infinite; there is no limit to our creativity. Being an artist is a beautiful thing, it represents creativity; but just to create one thing limits us. Van Gogh and all the great composers were also limited. Opening the heart creates infinity in front of us. That is the role of meditation.”

How to become multifaceted and infinitely creative?

Dr. Kessous concluded by asking, “What could be an advice to the younger generations to release this creativity and to allow ourselves to be multifaceted and go beyond art?”

Daaji responded with, “Going beyond this, the question would be: Where will you go? What is beyond myself? What is beyond my heart? What is beyond my mind? The Creator. I’m just a drop of water. Imagine you are at the seaside, on the beach. Water sprays on you, though you are twenty feet from the ocean, and some falls on your palm. You are so happy with it. What must be going through that water drop, if it has consciousness? That I’m separated from my mother, the ocean. Unfortunately, this water droplet does not cry. We are also droplets, separated from the ocean of consciousness. We are not aware that we are separate, but we do feel the pain of separation, and this pain is such that no one can fulfill it unless and until the drop falls back once again in the ocean; until this lifeforce once again merges with the Ultimate. And this possibility exists for one and all.

“Solve this problem in such a way that all other problems in life disappear, otherwise you will keep struggling, trying to solve one problem after another. If we can solve the main problem, then no problems will ever bother us. First, identify what is the major problem.

“Second, all individuals without an exception, be it human, bird, animal or plant, all seek happiness. No one seeks unhappiness, no one seeks misery; we all want to become happy. Can you remain happy under restless conditions, where there is violence, where you don't know what's going to happen next? You can't be. Though you have everything, because of this unpredictability, you will not have happiness. That means absence of restlessness, which means harmony within and outside. Can you be harmonious within without peace in your heart? Is peace possible without a contemplative mind? Is a contemplative mind possible without having a focused mind? And is a focused mind possible without exercising your mind? And the only exercise to arrive at a focused mind is meditation. Now you can connect the dots. Those who really want to become happy, in the true sense, have no other choice but to meditate. Meditate on things you love; it need not just be God. Express yourself through art, make art your meditation and refer to the heart all the time, center your focus in the heart, and let the creativity flow outward.”

## Video



DAAJI'S TRAVEL DIARIES  
Paris, May 14 to 15, 2024, part 3

Dear friends,

On the evening of May 14, after two back-to-back sessions in the morning and afternoon, Daaji honored the partnership between Heartfulness and 4per1000 by participating as guest of honor for the event on the Holistic Vision of the Importance of Living Soils for the Restoration of Ecosystems at the Maison de l'Amérique Latine.

Picture

Saving Nature to Save Ourselves

Present were a number of experts in the field of soil regeneration, including former Minister of Agriculture of the French Government, Stéphane Le Foll, and Dr. Paul Luu. Daaji started by sharing an anecdote from his life: "After living in New York for some years, doing business as a pharmacist, I returned to my village in India to visit my parents, and what I saw in my native farms was quite shocking. Almost one foot of topsoil had eroded from most of the farms around the village. Imagine, one foot had eroded just in my absence of five years or so, so what must have been going on over the last century? And where does this eroded soil with a lot of nutrients end up? In the oceans.

"How can we make use of these lost nutrients? First, let's use the water in diluted form and sprinkle it over our crops. It has all the minerals. Second, we can grow a lot of different types of seaweeds. There are medicinal seaweeds, ones with cosmetic uses, nutritional uses, etc. They seem to sequester more carbon than trees. I am sure Dr. Paul Luu will be able to verify this.

Picture

"We are also solving a problem we have in India, especially in the northern part, where once a crop is harvested the farmers burn the straw that is left, creating a toxic environment. We have taken up the challenge of converting the straw into charcoal, as bio-char. This charcoal can then be saturated with bio-waste, be it human waste or animal waste, or with certain minerals, or by sprinkling seawater onto it so that it absorbs a lot of minerals, and then it can be used positively. That is one technique.

"I have often wondered about our role as human beings: what can we do, and how can we enhance this partnership with nature? Nature is tremendously benevolent. We have a complementary partnership. Trees give oxygen and we give carbon dioxide. It is mutually benefiting. Not only that, some of you would have studied energy, and how energy vibrates; we can measure how plants emit energy, and we also emit energy.

"There is a cycle in everything in nature. Sometimes we emit and sometimes we absorb energy. The same thing is done by plants. The kind of energy plants absorb is not good for us. The kind of energy they emit is good for us. So there is a partnership. You can try this also. There are so many beautiful trees around here. I have been watching and enjoying the trees in this garden.

Video

“If you ever have a headache, sit with your back supported by a tree trunk and see what happens to you. Your headache will be dissolved. You don't have to take my word for it. Try it and see if it helps you or not.

“What does a tree actually take from us? All these apple and orange and apricot trees, do we give them apple or orange or apricot juice for them to grow? We don't. They take manure and water and sunlight and give us lovely fruits. The same thing is true of animals—for example, cows and buffaloes. Until they die, they keep giving us milk and sometimes they are killed for their meat. They sacrifice so that our life can go on. They take very little—some grass, some water—and that's all. That's the animal kingdom. What about us? We take the best, and what do we give in return? Something to think about. What is our return to Mother Nature? There is not much difference in the spelling of the words 'plant' and 'planet'. You just have to add 'e'. Without plants, there is no planet Mother Earth.

“We need to preserve water, also; every little drop. You may not have a water problem, but even in France, in the South, where there is less rain, there is a problem. Tremendous scarcities are there. Most cities, like Bangalore in India, people are leaving so they can migrate to another city that has water. Water crises are growing in most countries.

“Our main topic is how to enrich the soil. As well as reforestation, certain techniques have to be applied for farming especially. Every country offers various methods. We have adopted some techniques from the ancient Vedas like jivamritam, which thoroughly enriches the soil. In addition, microbes can be taken from virgin forests, grown in the lab and mixed into cultures. One liter of culture can be added to 200 liters of water and 20 kilograms of brown sugar, and the mixture left for a week. Add three quarters to your crops, and add another 200 liters of water and 20 kilos of brown sugar to the remaining quarter to keep providing healthy microbes to your soil. This process continues on, like maintaining a sourdough or kefir culture.

“There are so many ways of enriching the soil. Another is the way we use charcoal when we do forest plantations. In their rush to plant millions of trees, people don't always prepare the ground sufficiently. In India, I have seen people plant a million trees but hardly one thousand would survive. They want to prove the numbers. It is better to plant smaller numbers but plant effectively.”

Daaji ended his speech by describing how the Kanha Shanti Vanam rainforests were created: “For each tree, we dig a hole 3 or 4 feet wide and deep, and fill it up with charcoal and absorbing soil, like black clay, or a mixture of compost and bentonite, so that it can retain water, and then we plant the tree. And when you do plant a tree, hug the tree, love the tree, and see the impact. You will see, when you measure it with HeartMath's device, that the energy emitted by a tree that was hugged and one that was not hugged are different. Trees are like children: children who are loved grow differently from children who are abandoned.” invited all to experience the serenity and calm beauty of the place themselves.” He then invited everyone to visit Kanha to see for themselves how “arid land can become lush, a kind of Disneyworld of peace and harmony and joy; how the human-nature partnership can thrive.”

## The Journey of Inner Peace to World Peace

In the next session, on the morning of May 15, Daaji was interviewed on Peace and Education by Mark Milton, founder of Education 4 Peace. Mark started by saying what an honor and inspiration it was to attend the Global Spirituality Mahotsav in March 2024 at Kanha Shanti Vanam, where people from so many traditions came together with the same message of inner peace leading to world peace.

## Picture

Daaji responded, “Thank you. I also felt it was a miracle and an extraordinary step that happened for the first time, where leaders of almost 500 spiritual organizations, religious organizations, and agnostics, were present. We exchanged ideas on establishing peace, starting with self and expanding it globally. The main thing was how we can only attain global peace with individual peace. And how to attain it? Not just by lecturing people about what peace is; instead, helping them to experience peace. Hence, magical things can happen.

“Once they experience peace, they will want more and more. The same thing happens with children in the field of education, where before school starts and at the end of the school day, they go through relaxation just for three to four minutes. That settles them in class. They become more centered and focused so they can pay attention better. There is a higher level of receptivity during class. So, we have to start with children first and show them the ways of developing intuition, which I'm sure you must have seen at Kanha.”

They also talked about the possibilities of organizing future spiritual events in Europe, creating islands of peace, and Mark asked, “How can we bring Mahotsav to Europe?” He also asked Daaji to speak about youth and sports as a vehicle for peace. Daaji spoke about the importance of sports as a way of creating overall success in life.

While talking about raising children, Daaji said, “When it comes to mentoring youth, there is no better way than to encourage them to look within, seek the answers from inside, from their own heart, from the beginning. When we are young, up to the age of 13 or 14, our senses, our neural pathways, and the right-brain and left-brain coordination is very much intact. Once we cross this age, the disconnection starts. So if you can inspire children to know how to retain this coordination between the right and left brain. I can demonstrate something to all of us here—most of us are 30, 40, 50 plus—and I can prove to you that all of us have lost that right brain-left brain coordination.” Daaji then went on to explain the Brighter Minds program in detail and also how it enhances sporting ability.

## Picture

Mark asked Daaji, “How to bring more peace in leadership, especially given the diverse cultural, spiritual, and political environment of Europe?” Daaji responded, “I think we have to start early, from school time. Culturally speaking, spiritually speaking, there are some differences, but all human beings, whether from Africa, Europe, North America, or any part of the world, have the potential to grow spiritually. You have an example here. There are people who have been meditating for more than fifty years in this group. Their families continue. The tradition continues. That child who has experienced some peace at school is always going to remember, ‘So and so taught me how to meditate, how to go inside.’ Sooner or later they will try, and when they also have children, they will say, look, my child, ‘You learn this also, I benefited from it.’ They may meditate or they may not meditate because of circumstances, but they will ensure, ‘Tell the children, please do this.’

“So, I am very optimistic about the world. Whether we involve spirituality or not, that’s a side thing. Whether we say God gives us life or not, we have life. Life is going on. Something exists within me; I don't know what it is, but it gives me life. The same thing is with you. That entity that gives you life is with you from birth and it will be part of you until it leaves the body. Whether you call it God or spirit or soul or life force, the name does not matter. Likewise, whether you call it spirituality, godliness, or divinity, it really does not matter. Call it, I am being centered into myself. I am being drowned in love or cosmic love or cosmic consciousness. The name really does not matter. I want to experience that peace. That should be our goal.

## Video

“Only when I am at peace within myself, only then can I enjoy the possessions or the wealth that I have. Even when you have wealth, if you are not at peace, you cannot enjoy it, you will never be happy. So peace is the fundamental requirement to become happy. It is the background. Peace is the background with which you can be more creative. A person who is restless and disturbed all the time cannot be creative. If at all, it will be accidental. So peace is fundamental to human existence. For the prosperity of all and moving toward the higher level of evolution, peace is mandatory.”

## DAAJI'S TRAVEL DIARIES

Paris, May 15, 2024, part 4

Dear friends,

On his last day in Paris, Daaji was invited by India's Permanent Representative and Ambassador to UNESCO, Shri Vishal Sharma at his residency. He was introduced to eight additional permanent representatives from their respective nations to UNESCO. After lunch, Daaji started by presenting a Brighter Minds demonstration. He spoke at length about meditation and Brighter Minds' brain development programs, and their effects. He presented the Ambassador with an exclusive edition of his most recent book, *Spiritual Anatomy*.

## Picture

In the evening, Daaji attended the pre-launch event of the Master Yoga Exhibition at UNESCO and met its various partners. They were treated by some profound insights on yoga, unity, and spirituality. Daaji started by saying that, “Under the leadership of the Prime Minister of India, Sri Narendra Modi, many things are happening in the field of yoga. People used to feel shy talking about it, but with his intervention things are flowing easily. Yoga is something non-religious, and non-spiritual also I would say, as what is so spiritual about Asana and Pranayama? Even donkeys and monkeys have their Asanas. They also have their breathing patterns, but yoga is not only for that. Monkeys and donkeys would do better yoga than us if Asanas were everything. Asanas are just one of the elements to maintain physical health, especially the flexibility of our muscles and bones.

“There's much more to yoga. Patanjali described eight elements, the limbs. These are not sequential steps. If you take them sequentially and say, 'I'm going to first master step 1, Yama, then step 2, Niyama, then Asanas, then Pranayama, etc.,' you'll be lost. You will never attain Samadhi. Your life will be finished just doing Yama and Niyama. So, my Master advocated that we should begin with meditation, and with the increased ability to discern that results from meditation. Then, one is able to follow Yama and Niyama masterfully.”

Daaji also said, “If you ponder over the role of the heart, it is very simple. It is always there to warn you. Suppose you want to go to a party, and your wife says, 'No, don't go,' or your husband says, 'Don't go,' ask your heart what it is suggesting. When you're about to do something not so kosher, as they say in the Jewish tradition, not so nice, listen to your heart. If your name is Mr. Brown and you say, 'I am Mr. Patel,' what will happen to your heart? It will pound heavily and faster. Recollect your days as a teenager when your mother asked you, 'Where were you, my baby?' You say, 'I was doing my homework with friends,' when you were not, and see what your heart was telling you at that time. Your heart would have been pumping fast and heavy.

## Picture

“So the role of the heart is mainly to warn us. Many people ask, ‘How to know whether it’s my heart speaking or my mind speaking?’ Everyone knows when the heart speaks, but we put a stone on our heart and say, ‘I will not listen to my heart.’ The more we don’t listen to the heart, the quieter it becomes. Eventually, it stops giving us signals. The more we listen, the more our conscience will improve, and our freedom to enjoy life will also improve. We become lighter and lighter, as if our consciousness is rising. The more guilt, the more stones on the heart, the heavier we become. We can no longer rise higher with our consciousness because it’s too heavy.

“Heaven and hell are only this. The joyful expanded state, which matches the brahmagati state, is heavenly. I doubt there is a physical place. It’s an emotional psychological state of being happy.

“So yama means to kill all the negative things and niyama is exactly the opposite—to embrace what is good for our evolution. They are very simple principles, and both can be followed in a very natural way through meditation.

“When you are meditating with your eyes closed for half an hour, inviting God’s grace without any conditions, see what happens to your heart. The heart speaks clearer and clearer. It will guide you every moment what to do, and especially what not to do. We then have to muscle up the courage. Consciousness is all about that. One of the aspects is to become more and more aware of things. Consciousness is simply defined as the degree of awareness; to that extent, it also means the degree of unawareness.

“Suppose I become aware that my friend is sick or in trouble, is it enough? It’s not enough. My responses must resonate with the other person’s needs. How must I respond in the correct measure? Not too much and not too little.”

In the concluding part of his speech, Daaji said, “It’s a good beginning under the leadership of Modi ji. But the task is not yet finished. People are only busy with asanas. Through UNESCO, Heartfulness (Shri Ram Chandra Mission) and many allied partners will be showcasing this Master Yoga Exhibition from June 14 to June 23, with the climax on June 21. Emphasis is on all the elements of yoga, the complete package. Otherwise there cannot be success. One has to first understand the purpose of yoga, the definition of yoga—what is yoga? In his Yoga Sutras, Patanjali defines yoga as chitta vritti nirodha.

## Video

“How to curb the tendencies of our hearts? How to pacify our tendencies? Are these tendencies in our control? We know that none of them are in our control. So how to curb them? How to pacify them and stay quiet? The time comes when we don’t have to struggle with tendencies; the way we think, the way we behave, the way we conduct our lifestyle are all in tune with the plan of the soul. If that doesn’t happen, then our practice is counterproductive. Through correct thinking and right understanding, we can curb these tendencies.

“How can correct thinking happen? Only through meditation. How can understanding develop? Again through meditation. So this time we will have a great emphasis on meditation internationally. And the ultimate purpose is unity. But unity is not just vertical—my atman with para-atman, my little soul with the cosmic soul, the raindrop with the ocean. They have to merge. The raindrop falling in the ocean is the climax of yoga, becoming the ocean, but that’s not enough. I have to work horizontally too. We may evolve, but Buddha says, ‘I will hang around in this dimension until all the jivas [embodied souls] are freed from dukkha [suffering].’

“Individual freedom sounds very exhilarating, but when you see your loved ones in a state of misery, what is the use of individual freedom? Well, let’s begin with ourselves, and see if we can unshackle ourselves through these practices. At least bring the individual level of peace so that families can be at peace, communities can be at peace, and there can be unity at a global level. So there is a far-ranging application of yoga. ”

Picture

After this, Mr. K.G. Praveen Kumar, the Indian Consul, spoke about the universality of yoga, and offered his salutations and appreciation to Daaji and Heartfulness for all the work being done to promote yoga around the world.

After this event, Daaji went back to his hotel. The next morning, he had breakfast with some abhyasis at the 15th-floor restaurant of his hotel. The breakfast venue offered a spectacular view of the River Seine, the Eiffel Tower, the Notre Dame Cathedral reconstruction, and several other landmarks that make Paris such an enchanting city. After this, Daaji prepared to leave for London.