

AVOID CLASHES





Avoid clashes

- Dada Bhagwan

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Trimantra

(The Three Mantras)

Namo Arihantanam

I bow to the Lord who has annihilated all the inner enemies of anger, pride, attachment and greed.

Namo Siddhanam

I bow to all the Lord who have attained final liberation.

Namo Aayariyanam

I bow to all the Self-realized masters who unfold the path of liberation.

Namo Uvazzayanam

I bow to the Self-realized teachers of the path of liberation.

Namo Loye Savva Saahunam

I bow to all who have attained the Self and are progressing in this path in the universe.

Eso Pancha Namukkaro

These five salutations.

Saava Paavappanasano

Destroy all the sins.

Mangalanam cha Saavesim

Of all that is auspicious mantras.

Padhamam Havai Mangalam

This is the highest.

ॐ Namu Bhagavate Vasudevaya

I bow to the One who has become the Supreme Lord from a human being.

ॐ Namah Shivaaya

I bow to all auspicious beings of this universe who are the instruments of salvation of the world.

Jai Sat Chit Anand

The Awareness Of The Eternal Is Bliss



Books of Akram Vignan of Dada Bhagwan

1. Who Am I ?
2. Generation Gap
3. The Essence Of All Religion
4. Science of Karma
5. Anger
6. Worries
7. Adjust Everywhere
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9. Whatever Happened is Justice
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12. Non-Violence : Ahimsa
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17. Brahmacharya : Celibacy Attained With Understanding
18. Autobiography of Gnani Purush A.M.Patel
19. Death : Before, during & After...
20. Money
21. The Current Living Tirthankara : Shree Simandhar Swami
22. Noble Use of Money
23. Life Without Conflict
24. Spirituality in Speech
25. Tri Mantra

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Introduction to The 'Gnani Purush'

On a June evening in 1958 at around six o'clock, Ambalal Muljibhai Patel, a family man, a contractor by profession, was sitting on a bench on the busy platform number 3 of Surat's train station. Surat is a city in south Gujarat, a western state in India. What happened within the next forty-eight minutes was phenomenal. Spontaneous Self-realization occurred within Ambalal M. Patel. During this event his ego completely melted and from that moment onwards he became completely detached from all Ambalal's thoughts, speech and acts. He became the Lord's living instrument for the salvation of mankind, through the path of knowledge. He called this Lord, Dada Bhagwan. To everyone he met, he would say, "This Lord, Dada Bhagwan is fully manifest within me. He also resides within all living beings. The difference is that within me He is completely expressed and in you, he is yet to manifest."

Who are we? What is God? Who runs this world? What is karma? What is liberation? Etc. All the world's spiritual questions were answered during this event. Thus nature offered absolute vision to the world through the medium of Shree Ambalal Muljibhai Patel.

Ambalal was born in Tarsali, a suburb of the city of Baroda and raised in Bhadran, Gujarat. His wife's name was Hiraba. Although he was a contractor by profession, his life at home and his interaction with everyone around him was exemplary even prior to his Self-realization. After becoming Self-realized and attaining the state of a Gnani, (The Awakened One), his body became a 'public charitable trust.'

Throughout his whole life he lived by the principle that there should not be any commerce in religion, and in all commerce there must be religion. He also never took money

from anyone for his own use. He used the profits from his business to take his devotees for pilgrimages to various parts of India.

His words became the foundation for the new, direct and step-less path to Self-realization called Akram Vignan. Through his divine original scientific experiment (The Gnan Vidhi), he imparted this knowledge to others within two hours. Thousands have received his grace through this process and thousands continue to do so even now. 'Akram' means without steps; an elevator path or a short cut, whereas 'Kram' means an orderly step-by-step spiritual path. Akram is now recognized as a direct shortcut to the bliss of the Self.

Who is Dada Bhagwan ?

When he explained to others who 'Dada Bhagwan' is, he would say:

“What you see here is not 'Dada Bhagwan.' What you see is 'A.M.Patel.' I am a Gnani Purush and He that is manifest within me, is 'Dada Bhagwan'. He is the Lord within. He is within you and everyone else. He has not yet manifest within you, whereas within me he is fully manifest. I myself am not a Bhagwan. I too bow down to Dada Bhagwan within me.”

Current link for attaining the knowledge of Self-Realization (Atmagnan)

“I am personally going to impart siddhis (special spiritual powers) to a few people. After I leave, will there not be a need for them? People of future generations will need this path, won't they?”

~ Dadashri

Param Pujya Dadashri used to go from town to town and country-to-country to give satsang and impart the knowledge of

the Self as well as knowledge of harmonious worldly interaction to all who came to see him. In his final days in late 1987, he graced Dr. Niruben Amin with the siddhis to continue his Work.

After Param Pujya Dadashri left his mortal body on January 2, 1988, Dr. Niruben continued his Work, traveling within India to cities and villages; and going abroad visiting all continents of the world. She was Dadashri's representative of Akram Vignan, until March 19, 2006, when she left her mortal body entrusting all further care of the Work to Shri Deepakbhai Desai. She was instrumental in expanding the key role of Akram Vignan as the simple and direct path to Self-realization for modern times. Hundreds of thousands of spiritual seekers had taken advantage of this opportunity and are established in the experience of pure Soul while carrying out their worldly duties. They experience freedom, here and now while living their daily life.

Shri Deepakbhai Desai had been given the siddhi to conduct satsang of Akram Vignan by Gnani Purush Dadashri in presence of Pujya Niruben Amin. Between 1988 and 2006, he has given satsang nationally and internationally as directed by Dadashri under the guidance of Dr. Niruben Amin. Now these satsangs and Gnan Vidhis of Akram Vignan continue in full force through the medium of Atmagnani Shri Deepakbhai Desai.

Powerful words in scriptures help the seeker in increasing their desire for liberation and thus they represent the path. The knowledge of the Self is the final goal of all seekers. Without the knowledge of the Self there is no liberation. This knowledge does not exist in books. It exists in the heart of a Gnani. Hence, the knowledge of the Self can only be acquired by meeting a Gnani. Through the scientific approach of the Akram Vignan, even today one can attain Atmagnan, by meeting a living Atmagnani. Only a lit candle can light another candle!



Note About This Translation

Gnani Purush Ambalal M. Patel, popularly known as Dadashri or Dada or Dadaji, used to say that it is not possible to exactly translate his satsang on the Science of Self-Realization and the art of worldly interaction, into English. Some of the depth and intent of meaning to be conveyed to the seeker, would be lost. He stressed the importance of learning Gujarati to precisely understand all his teachings.

Dadashri did however grant his blessings to convey his original words to the world through translations in English and other languages. It was his deepest desire and fervor that the suffering human beings of the world attain the living freedom of the wonderful Akram Vignan that expressed within him. He further stated that a day would come when the world would be in awe of the phenomenal powers of this science.

This is an humble attempt to present to the world the essence of the teachings of Dadashri, the Gnani Purush. A lot of care has been taken to preserve the tone and message of his words. This is not a literal translation of his words. Many individuals have worked diligently for this product and we remain deeply thankful to them all.

This is an elementary introduction to the vast new treasure of his teachings. Please note that any errors committed in the translation are entirely those of the translators and for those we request your pardon.



PREFACE

Avoid clash. If just this principle alone were to be absorbed in one's life, then his daily life will be filled with peace and harmony. In addition, such a person will attain liberation without any obstacles. There is no dispute about this.

Thousands have experienced enlightenment by following this cardinal sentence of the Akram Vignani Pujya Dadashri. Their lives have become filled with peace and joy and they have become pilgrims on the path of liberation. To attain such a state, all one has to do is to make a firm resolve to avoid clash at all costs. 'No matter how persistent the opponent, I will not clash with him or her.' This is the resolve. Simply this much resolve within a person, will result in a spontaneous, inner, intuitive approach, which will guarantee his liberation.

What happens when you walk around your house in the dark and you run into a wall? Are you going to kick the wall and shout, "Why did you come in my way? Get out of my way! This is my home!" No instead, you wisely move about groping to find your way to the door because if you keep clashing with the wall, you will hurt yourself.

A king walking along a narrow street will have to give way to a charging bull. Can he say to the bull, "Get out of the way, I am the king"? In such instances of inevitable injury, even a king of kings would move out of the way of a charging bull because his aim is to avoid bashing into the bull and being injured.

These simple examples are given to make you understand that all people who come to clash with you are like the wall or the bull. Therefore, if you want to avoid clashes, wisely move out of the way.

Avoid clash in all situations of life. A clash-free life is a life of liberation.

- Dr. Niruben Amin

AVOID CLASHES

DO NOT COME INTO CONFLICT

“Do not come into conflict with anyone – try to avoid it.”

You will attain liberation if you absorb these words of mine. Your devotion and the power of my words will do all the work. All that is needed is your willingness. Exact absorption of just this one sentence of mine will lead you to liberation. Even if you are to soak up a single word of mine as it is, your work will be done. It is vital that these words be absorbed just as they are.

Spiritual dedication to a single word of mine, even for a day, will bring forth tremendous, inner energies. Within you there are infinite energies to resolve all kinds of conflicts, no matter how severe they may be.

Why clash with someone who willingly chooses a self-destructive path? Such a person will never attain liberation and will impede your own. Avoid engaging your intellect with such people. Be very cautious in such instances. Make a smooth exit without creating friction. When the train for your liberation is about to leave the platform, and your trousers are caught in barbed wire, do not wait to disentangle your trousers. Let them be ripped, just run and make sure that you do not miss that

train. It is not worth being stuck in any worldly situation even for a moment. In any situations where you are caught up in the interactions, you forget the Self.

Whenever you get into a conflict with anyone unintentionally or otherwise, you must solve the situation with poise and walk away from it without creating any hostility.

TRAFFIC LAWS PREVENT ACCIDENTS

When you cross a busy road, you are very cautious in order to avoid accidents. Exercise similar caution in your daily life interactions with others. Your resolve should be not to hurt anyone regardless of how hateful or wicked the person may be. Despite your caution and resolve, the other person may still clash with you and you will be hurt. In all clashes, both parties suffer. If you hurt anyone, you will inevitably suffer pain at that moment. I am using traffic as an example. If you cause an accident, because collisions can be fatal, you might end up being killed. The same applies during a clash. Therefore, you should not clash with anyone. Do not create conflict in any interactions in worldly life, because there are always risks involved. Besides, conflict only occurs occasionally, it is not as if it happens two hundred times a month, is it ? How often does it happen in a month for you ?

Questioner : Perhaps two to four times!

Dadashri : These clashes need to be resolved. Why do we want to spoil everything through conflicts? This simply does not suit us. People abide by traffic laws, which are strict regulations and they don't drive according to their own interpretations do they? Because they abide by traffic regulations, they are spared from accidents. Likewise, in your daily life you must follow the laws that prevent clashes. Clashes occur because you follow your own laws and interpretations. When people obey the traffic laws there are no difficulties with the way traffic

runs. If you apply the same rule with this understanding to your daily interactions, you will never run into difficulties again. The problems arise because of your own limited interpretations of the laws of life. There is a fundamental error in understanding the laws of life. The one who explains these laws must have a thorough experience of these laws.

Look at how well you observe the traffic rules. It is because you have made a firm decision to abide by them. Why is your ego not telling you to disregard these laws? It is because you understand with your intellect that you might injure yourself, or even be killed if you violate the traffic laws. You can directly experience the outcome with your senses. The intellect however, fails to make you realize the fatal consequences from engaging in conflict with people because it is beyond your sense perception. This is very subtle matter and the damage it causes is subtle.

THIS IS THE FIRST TIME THIS CARDINAL RULE IS DISCLOSED TO THE WORLD

In 1951 a man who worked for me at the time came asking me to show him a way to attain liberation from recurrent cycles of birth and death. I gave him this one principle, I told him, 'Avoid clashes.'

I was reading a spiritual book one day, when he came to me. He asked me to give him some spiritual knowledge. I told him, "What can I give you? You get into brawls with everyone. You even get into physical fights!" He would squander our firm's money foolishly. He would travel without paying train fares and in addition, he would quarrel with the authorities. I knew all about him. Nevertheless, he was very persistent and pleaded with me saying, "Dadaji, please count me in too. Give me some of this spiritual knowledge that you have been giving to others around you." I hesitated, telling him, "What good

would it do to you anyway? You will not change! You will just carry on fighting with people regardless of it!”

He would avoid a train fare of ten rupees, while wasting twenty rupees on tea and snacks for others. Our company would incur a net loss of ten rupees. Such was his ‘nobility’! Whenever he came, he would beam with happiness when I welcomed him cordially. “Teach me something Dada,” he would plead. I told him, “You come to me after quarrelling with people everyday and I have to listen to their complaints.” He persisted, “Even so, please give me something.” Finally, I told him, “I will give you just one sentence. This is on the condition that you follow its principle.” He promised me that he would, so I told him, “Do not get into conflicts with anyone.” When he asked me to explain what I meant by conflict, I made him understand.

I began, “Suppose you are walking along and you come across a light pole in your path, do you walk around it or do you collide with it?” He answered, “If I walk into it, I might end up with a head injury.” I continued, “If a bull is coming towards you, would you move out of its way, or would you purposely walk into it?” He replied, “If I were to walk into it, I’d get hurt, so instinctively I would walk around it.” “And what if you came across a snake or a huge rock on the way?” I questioned him further, he replied, “I would have to walk around them too.” “Why?” I inquired. “For my wellbeing; if I clash, I will get hurt!” he responded.

There are some people in this world who are like the rock, like the bull, some are like the snake, some are like the pole, and others are just plain human beings. Do not get into conflicts with any one of them. Find a way out. I gave him this advice in 1951, and since that time, he has taken it seriously and has never entered into any conflict with anyone. His boss, who also happens to be his uncle, found out about his

transformation and tried to provoke him on purpose. The uncle tried to provoke him in every way he could but it was useless because he would not let anything affect him. He has not come into conflict with anyone since 1951!

RESOLVE CONFLICTS OF LIFE IN THIS MANNER

You step off a train and look for someone to help you with your bags. A few porters come running towards you and you tell one of them to pick up your luggage. He hauls the luggage outside but at the time of payment, you find yourself quarrelling with him, you threaten him “I’m going to call the stationmaster, how dare you ask me for so much money?” You fool! You should not get into a dispute over such matters. If he asks for two and a half rupees, you should persuade him gently. “Listen brother, really this is only worth one rupee but go ahead and take two anyway!” You should understand that he would not let you off that easily so you should just give in with a few rupees here and there and settle the matter. This is no place to create a conflict. There is no telling what he may do to you if you upset him further. He might have left his home in a bad mood and if you aggravate him further, he may even pull a knife on you. He can be stubborn like a bull and hurt you.

When someone comes to you and starts using harsh and abusive words, then you need to be alert and avoid clashing with that person. Initially, even though the altercation may not have a mental effect on you, you will sense displeasure within and you will be bothered by it. Therefore, you must realize that this person is affecting your mind and you must move out of his way. As your understanding grows, you will be able to avoid conflicts. Liberation is attainable only through avoidance of conflicts.

This world is one big conflict itself. This conflict is in the form of vibrations. Therefore, avoid conflicts. The world has

been created through conflicts and perpetuated through revenge. Every human being, in fact every living creature, is capable of harbouring revenge. Where there is excessive conflict, they will not leave you without harbouring vengeance against you. Whether it is with a snake or a scorpion, a bullock or an ox, whatever it is, it will hold a grudge. It is because there is Soul present in every living being, and the strength of the Soul is the same for all. A living being in conflict with you, may let go and suffer because of his or her weaknesses but they will harbour inner grudge against you. This grudge will plant a seed of revenge, which will be expressed in your next life.

Regardless whether a person talks too much, his utterances should not ignite conflict within us. To follow this principle is your religion. Yes indeed, words can be of all sorts. It is not as if the words are laying a precondition that they will cause conflict. People have a habit of clashing with one another all the time. Annoying someone through our words to satisfy our own ego is the biggest offence of all. If others utter such words, it is better to push them aside and forget about them. He that can do so deserves to be called a man.

FIND A SOLUTION, DO NOT ENDURE

Questioner : Dada, when you say we must avoid conflict, does that mean that we have to practice tolerance?

Dadashri : No, to avoid conflict does not mean to tolerate. Your ability to tolerate is limited. How much can you tolerate? To tolerate is the same as compressing a spring. How long can a spring remain compressed? Rather than learn how to tolerate, learn how to reach a solution. Without this knowledge of the laws, one has no choice but to tolerate everything and eventually the compressed spring will recoil, causing a lot of damage. Nevertheless, alas such are the rules of nature.

There are no laws in this world dictating that you must

endure because of someone else. If you *are* forced to tolerate the acts of others, realize that it is because of your own karmic account. It is because of your past karmas. You do not know where this account came from, so you assume it is something new being directed to you. No one creates new accounts. It is merely the old ones (karmas from your previous life) coming back to you. In our Gnan (Knowledge of Self Realization), we do not have to tolerate anything. We just observe through Gnan, that the other person is a pure Soul and that he is merely instrumental in settling our past account. This awareness solves the puzzle.

Questioner : Does this mean we have to accept in our mind that all these are pending accounts, and that is why they arise?

Dadashri : The person himself is a pure Soul and his relative self is his prakruti (inherent characteristics one is born with). It is his prakruti, which is bringing the results (of your past karma) through his thoughts, speech, and acts. You are a pure Soul and so is he. Your prakruti and his are simply settling accounts with one another. The other person seemingly hurts you because his prakruti is unfolding through his thoughts, his actions, and his speech. I am teaching you to be aware of this process as is. Consider the other person as a pure Soul and his prakruti is unfolding to settle the account with you. He is merely an instrument in settling the account of your unfolding karma. With the knowledge of this solution, endurance is not necessary.

If you continue to endure, what will happen? One day that spring will recoil. Have you seen a spring rebound? My spring used to rebound many times. I would be tolerant for days, then it would bounce back, then I would get angry and upset everyone. This used to occur in my state of ignorance. I remember it well. I am aware of it, which is why I am telling you

not to learn to tolerate. It is in the state of ignorance that one has to tolerate. However, with this knowledge, we just have to analyze and understand the cause behind all this. The results will be apparent in the way our ‘accounts’ unfold. Nothing exists outside of our accounts.

YOU CLASHED...THROUGH YOUR OWN MISTAKE!

In this world, all conflicts you encounter are due entirely to your own mistakes. No one else is to blame. People are going to clash anyway. If asked, “Why did you get into conflict?” The response would be, “Because they did!” Therefore, he is blind and by clashing with him, you too become blind.

Questioner : What happens if we create conflict within a conflict?

Dadashri : You’ll break your head! If a conflict arises, what must you understand?

Questioner : That it is my own fault!

Dadashri : Yes, you must accept this mistake immediately. If there is a conflict, you should understand that you must have done something to cause it. Once you become aware that it is your own mistake, you will have the solution, and the puzzle will be solved. If you keep searching for fault in the other person, your puzzle will persist. If we believe and accept that we are at fault, we will be free from this world. There is no other solution. To attempt to resolve clashes in any other manner will further entangle you because your subtle ego is working behind those attempts. Why are you looking for remedies? If someone says that you are at fault, you should accept it and say, “I have always known this.”

Intellect causes conflicts in the worldly life. It will even wake you up at 2.00 a.m. and show you all kinds of negative

things. It may even lead you towards a self-destructive path.

If you desire absolute liberation, you must ignore intellect at all times. Indeed, your intellect is needed for your daily interactions, but on the path of liberation, it is dangerous and destructive. It may even point out the faults of a Gnani Purush, the one who is going to liberate you. How can you possibly doubt the one who liberates you? If you do, your liberation will be postponed for infinite lives to come.

Conflict arises because of your own ignorance. If you clash with anyone, it is a sign of your own ignorance. God does not look at wrong or right. He only looks to see whether the situation has ended in conflict or not. There is no right or wrong as far as God is concerned. Only people preoccupy themselves with this concept. Where God is concerned, there is no state of duality (i.e. good and bad).

THOSE WHO CLASH ARE ALL WALLS !

If you walk into a wall, who is at fault, you or the wall? If you plead with the wall and tell it to get out of your way or give you justice, will it do so? If you insist on your prearranged ways and thinking then whose head will be broken?

Questioner : Mine!

Dadashri : Therefore who has to be careful? Whose fault is it? The fault is of the one who gets hurt. This world is just like a wall. Suppose you end up colliding with a door or a wall, will you experience a conflict with the door or the wall?

Questioner : The door is not a living thing.

Dadashri : So do you mean to say that just because there is life in something, it is responsible for clashing with you? Everything in the world that you encounter conflict with is non-living. Things that clash with you are non-living. The living can

never clash. Therefore, you must immediately remember the example of the wall and not interfere further. So in such events, take a break and then ask for some tea and snacks.

Suppose a child throws a rock at you and you bleed, how would you react towards that child? You would be furious with him even though he regrets his actions. And how would you react if you were hurt by a falling rock? You would not be angry because it was not thrown at you by anyone. Who is responsible for the rock that fell on you from a hilltop?

You must learn to understand this world. If you come to me I will make you worry-free. You can live happily with your wife and enjoy the worldly life. You will even enjoy getting your children married. Your wife also will be delighted. She will come to me saying, "I must admit, you have made my husband so wise."

Supposing your wife has a quarrel with a neighbour and she is so enraged that she begins to yell at you as you enter your home. What should you do? Should you get angry also? When such events occur, you should adjust and carry on. You do not know who or what made her so furious. You are a man, so you should not allow a dispute to ensue. If she begins to argue with you, just calm her down. Conflict means differences of opinion.

SCIENCE WORTH UNDERSTANDING

Questioner : I want to avoid conflicts, but what am I to do when someone deliberately comes to quarrel with me?

Dadashri : If you fight with this wall, how long can you keep fighting? If you hurt your head from walking into the wall, do you start yelling and punching at it? In the same token, consider your antagonist, a wall. Is there a need to blame him? We ourselves have to understand that the other person is like

a wall. By doing this, you will avoid all problems.

Questioner : If we remain silent they become more irritated and annoyed with us and they even assume that the fault is ours.

Dadashri : Do you think your silence has anything to do with it? If you wake up in the middle of the night to use the bathroom and bump into the wall in the dark, does it happen because you remain silent?

Whether you speak up or remain silent has no bearing on the situation. There is no such thing as affecting a person by your silence or even by your speech. No one has the independent authority to change any situation. Everything is run by only scientific circumstantial evidences. If no one has the power, how can anything be spoiled in this world? If the wall had any power, you would too. Is it capable of confronting you? The same applies to everyone else too. Whatever account your wife has come with, she will not leave you without settling it. She is simply an instrument in settling your account. You cannot escape this. What is the point of shouting and complaining when she has no control over her speech? Therefore, become a like a wall yourself. If you continue to be verbally abusive to your wife, the God within her will take note of it. On the other hand, if you become like a wall when she abuses you, the God within you will help you.

The fact that the wall collides with you is due to your own mistake. It is not the wall's fault. People ask, "Is everyone a wall then?" Yes, they are all walls. I see this in my enlightened view of the universe and tell you the way it is. This is not a lie.

There is no difference between colliding with a wall and getting into an argument over differences in opinion with someone. It is essentially the same thing. Both are blind. A

person bumps into a wall because he cannot see and a person gets into conflicts because he cannot see. The first situation the person cannot see what lies ahead of him and in the latter, he cannot find a solution ahead of him, and so he gets into disagreements. All these anger, pride, attachment, and greed arise because of inability to see what lies ahead. This is how we should understand this. It is not the fault of the wall but of the person who is hurt by it. All these are walls only. All situations are like the wall. When you clash with a wall, you do not go to find who was at fault. There is no need to prove who is right and who is wrong.

You must think of those who are clashing with you, as walls. Look for the door, so even in the darkness you will be able to find your way out of it. You need to make it a rule not to clash with anyone. You do not want conflicts with anyone.

THIS IS HOW TO LIVE LIFE

No one knows how to live. People do not know the first thing about marriage and yet they rush into it. They do not know how to be parents, but they become parents anyway. You should live your life in such a way, that it makes your children happy. Each morning you should all make a vow not to come into conflict with anyone throughout the day. What benefit do you get from conflict?

Questioner : We only get hurt.

Dadashri : Not only that, but your entire day will be ruined. Moreover, you will forgo human birth in your next life. Human life form can only come as long as there is goodness and decency in you. What if you maintain a beastly nature, battling and ramming your horns into others, are you worthy of human birth again? Who uses horns, a bull or a man?

Questioner : Man seems to use it more.

Dadashri : If a man causes harm, he will have to take birth in the animal kingdom, where he will have four legs and a tail. Life is not easy there. It is full of pain and suffering. You must understand this well.

CONFLICT IS A SIGN OF IGNORANCE

Questioner : Do we clash in our lives because we cannot find compatibility?

Dadashri : Conflict is worldly life and worldly life is full of conflict

Questioner : What causes conflicts?

Dadashri : Ignorance. If you have conflict with anyone, it is a sign of your own weakness. People are not at fault. They never cause differences of opinions. The differences in opinion are your own fault. If someone clashes with you on purpose, you should ask for his or her forgiveness. Whenever you are in conflict, the fault is yours.

Questioner : We want to avoid clashes, but a pole stands in our way. Suppose we walk around it and it still falls on top of us. What should we do then?

Dadashri : When it falls, you move out of the way.

Questioner : No matter how much we try to avoid it, it still hurts us. Take my wife for example.

Dadashri : At the time of conflict, you should find a solution.

Questioner : If someone insults us and we feel insulted, is it because of our ego?

Dadashri : In reality when someone insults you, he is really melting away your ego, but it is affecting the excessive

ego anyway. What is wrong in that? Otherwise, these karmas will never free you.

KEEP EVERYTHING CONTAINED WITHIN YOU LIKE THE OCEAN

Questioner : Dada generally the older person finds fault with the younger and the younger person finds fault with the youngest. Why is it so?

Dadashri : That is the way it is. The older one tries to control the younger by finding faults with him. He should just take the blame on himself and admit that the fault is his if the problem is to be solved quickly. What I do if the other person does not have the capacity for tolerance is take it upon myself. I do not blame others. Why should I, when I am able to contain it all within me like an ocean? Just look at how the ocean accommodates all the sewage of Bombay. In the same way we should be able to take it all in. We become noble and graceful to all around us if we can do this. Children will also feel our love. They will notice our openness. Deposit everything that comes to you. It is the law of this world that if a person insults you, he leaves all his energy for you. Therefore, accept it with joy.

MISUSE OF VYAVASTHIT

Questioner : Although we want to avoid conflict by all means and settle a matter with equanimity what if the other person still provokes us and insults us? What do we do?

Dadashri : Nothing. It is our own 'account' therefore we must resolve it with equanimity. We should stay within our laws and solve our puzzles ourselves.

Questioner : Do conflicts occur because of Vyavasthit (scientific circumstantial evidences) ?

Dadashri : Yes. Conflicts are because of Vyavasthit. However, when can we say that? We can say so only after the conflict has occurred. Your resolve should be, 'I do not want to come into conflict with anyone.' If we see a pole in front of us, we should understand that we have to go around it and not walk into it, despite doing this if we still bump into it, only then can we say that it is vyavasthit. If we use Vyavasthit as an excuse from the beginning, we are essentially misusing the knowledge of Vyavasthit.

CLASHES DIMINISH SPIRITUAL POWER

If there is anything that totally depletes spiritual energy, it is conflict. If you become involved in a fight, you are done for! If someone tries to provoke you, you should restrain yourself. There should not be any conflict. Avoid conflict at all costs; even if it costs you your life! One can attain liberation only if there are no conflicts. If you learn to avoid getting into conflict with anyone, you don't even need a guru or any other intermediary. In one or two life times, you will attain liberation. When one decides and maintains a strong resolve that he does not want to involve himself in any friction with others, it is the beginning of right belief (samkit). I guarantee that he will get it (liberation). One can cure the effects of conflicts on the physical body with medicines, but who will be able to remove the wounds of conflicts on the mind and on the intellect? These will not dissolve even in a thousand lifetimes.

Questioner : Do conflicts cause damage to the mind and the intellect?

Dadashri : Not only the mind and the intellect but the entire internal mechanism will be affected and its effects will be seen on the body too. Many difficulties arise through conflicts.

Questioner : You are saying that all our energies will

deplete with friction and conflicts. Will these energies return if we maintain awareness?

Dadashri : You do not need to drag your energies back. They are still there. They are now arising. All energies you had lost because of conflicts in your past life are now coming back to you. Beware not to create any new conflicts else your energies, including those you have just acquired, will be lost again. In the absence of conflicts, they will increase continuously.

It is because of revenge in this world, there are conflicts. The root cause of this world is vengeance. He who has stopped his vengeance and conflicts is liberated. Love has no obstacle. When hostility and enmity go away, love prevails.

COMMON SENSE - “EVERYWHERE APPLICABLE”

What is required to make worldly interaction pure? One needs to have complete common sense. One needs to be stable, cool-headed, considerate, and above all, one needs common sense. The definition of common sense is that it is ‘Applicable Everywhere.’ If one has common sense along with self-realization, he will be radiant.

Questioner : How can common sense come about?

Dadashri : If someone tries to clash with you but you do not clash with them, then common sense will arise. You will lose your common sense if you clash with anyone. There should be no friction from your end.

Common sense arises from another person’s friction with you. The strength of the Soul is such that it will show you how to conduct yourself during times of friction. Once you have it, this knowledge will never leave you. Moreover, you will acquire more common sense. I have tremendous common sense because I do not come into any friction. I immediately understand the

meaning behind what you say. Other people may think what is being said is harmful to Dada, but I realize instantly there is no harm in it. It is not harmful from the worldly point, nor is it harmful from a religious viewpoint and it is definitely not harmful to the Soul. People may think it is harmful for the Soul, but I understand the benefits of it. That is the impact of common sense. Thus, I have given you the definition of common sense; it is 'applicable everywhere.' It does not exist in today's generation; common sense has progressively decreased with each generation.

After acquiring this Vignan (Science), a person can live without conflicts. A few very fortunate individuals can stay this way even without this science, but not in all situations.

Situations of conflicts dealt with this knowledge will lead towards your spiritual progress. The higher the intensity of the conflict, the higher you climb. Without friction you stay where you are.

ON THE PATH OF PROGRESS THROUGH CONFLICTS

Questioner : If we regard conflicts as being helpful in our spiritual progress then we will make progress.

Dadashri : Yes but people do not look at it with this understanding. God does not take you higher, conflicts do. Conflicts can take you up to a certain level but beyond that, only a Gnani (Self realized person) can help you. Conflicts occur naturally. Just like rocks in the riverbed that become smooth and rounded from the erosive forces of the water, conflicts and frictions in life will smooth your ragged edges.

Questioner : Do conflict deplete spiritual energy?

Dadashri : Yes.

PRAKRUTI (ONE'S NATURE) CAUSES FRICTION

Questioner : Who causes friction, the inanimate, or the animate?

Dadashri : Frictions of your past life creates further friction. It is not a question of animate or inanimate. The Soul does not have anything to do with this. The pudgal (complex of thoughts, speech, and action) causes all the friction. However, it is friction from the past that is causing friction all over again. Those who do not have friction from the past do not experience it again. Friction begets friction, which in turn leads to more friction; this is how they keep accumulating.

The pudgal (body, the prakruti) is not completely inanimate. It is a mixture of the consciousness of the Pure Self (chetan, animate) and the non-Self (judh, inanimate). This results in a third entity with its own entirely different name and form. This is what causes friction. It is this that gets into conflicts. The pudgal that is pure will not have any conflict.

Questioner : Where there is no friction, does that mean a true intent of non-violence has developed there?

Dadashri : No, it is nothing like that. Now that you have realized the danger of clashing with a wall, you become much more aware of the grave danger of clashing with all the living beings in whom the Lord resides. With this realization, fundamental changes will come about.

Ahinsa (non-violence or transgression through words, speech and action) cannot be completely understood because it is too profound to be understood in its entirety. Instead, if you just grasp this much, 'never ever get into conflicts', you will conserve your energies, which will grow day by day. Thus you will not incur any loss with friction. If at times you do get into friction, then you can erase the consequences by doing

pratikramans (ask for forgiveness sincerely). Otherwise, there are grave consequences. With this Gnan you will attain liberation, but by associating with friction you will encounter a lot of obstacles, which will delay your enlightenment.

To think negatively about a wall would not bring harm upon you, because the loss will only be one-sided, whereas even a single negative thought towards a living being is detrimental. Losses will be encountered on both sides. However, if you do pratikraman afterwards, your faults will be erased. Therefore, wherever there is friction, do pratikraman so it ends.

RIGHT KNOWLEDGE PROVIDES SOLUTION

Questioner : Dada, what you say about conflicts arising from the ego, applies at home, at work, and even while doing Dada's work. All these situations will need to be solved.

Dadashri : Yes a solution is needed. People with this Gnan reach amicable solutions but what about those who do not have this Gnan? What solutions do they have? They fall apart from each other. People with Gnan do not fall apart from one another.

Questioner : But Dada, one should not clash.

Dadashri : To clash is natural. Clashes happen because people have brought such accounts with them. If they had not come with such an account then it would not occur. You should simply understand that such is the habit of the other person and then you will remain unaffected. Our real nature transcends all habits. All situations will be solved with this knowledge. If, however, you get stuck in a situation, conflict will continue. It has always been this way. The only thing you must make sure of is that the friction does not drive you apart. Friction definitely occurs, even between a husband and wife. However, don't they still manage to stay together ?

Questioner : But Dada, should we not have a constant intent to avoid conflicts?

Dadashri : Yes, that should always be there. That is what you have to do. You have to do pratikraman and also maintain a friendly spirit towards that person. If conflict occurs again, do pratikraman again. These conflicts recur because of the density of layers of a particular karma, and with each pratikraman, one layer is shed. In my case, whenever clash occurred, I made a mental note that I had gained something valuable because it helped me in my awareness. Conflicts keep you from slipping and keep you alert to your Self. Thus, conflicts are a vitamin for the Soul. Clash per se is not a problem. The key thing is to be aware not to get alienated from the other individual in a conflict. This is the essence of spiritual effort. If you start to see the other person as being at fault, or if you have serious differences of opinion with the other person, you should do pratikraman and put an end to it.

How do I make adjustments with everyone? I get along with you, don't I? It is a fact that conflicts arise because of spoken words. I talk a lot, but do I get into clashes?

Friction occurs. Kitchen utensils make noise when they bang into each other. It is the inherent quality of the pudgal to cause friction, but only if it has such an account. I too experienced many conflicts in the past, before Gnan. After this Gnan I have no conflicts. This Gnan is the experience. With this Gnan, I have settled all my past accounts. You still have to settle yours.

CLEANSE YOUR FAULTS WITH PRATIKRAMAN

When you begin to see up to five hundred or more of your faults each day, know that you are getting closer to moksha (final liberation).

Therefore, wherever you are, avoid clashes. In causing

conflicts, you are spoiling this life and you are ruining your next life too. The one, who ruins this life, is definitely ruining the life to come! If this life improves, so will the next life! If we do not encounter problems in this life, then we should know that the next life would be problem free also! If you create problems here, they will follow you into the next life.

THE GUARANTEE OF THREE MORE LIVES

For those who do not clash with anybody, I guarantee they will attain moksha in three lifetimes. If you clash, you must do pratikraman. To clash is the nature of the pudgal. Pratikraman ends all clashes between pudgals.

If the other person multiplies, then you should divide, so that no balance remains. To think negative about another person is the biggest mistake. If we get hurt by a wall, why don't we get annoyed? Or if a cow steps on your toes do you say anything to it? That is how it is with people. How does the Gnani Purush forgive everyone? He perceives their innocence and understands that those who clash do not understand. They are like the walls. For those who do understand, there is no need to tell them anything for they immediately do pratikramans from within.

ATTRACTION = REACTION

Questioner : Many times, even if I have no desire to harbour any hate towards anyone, it happens. What is the reason behind this?

Dadashri : With who does this happen?

Questioner : Sometimes this occurs with my spouse.

Dadashri : That is not hatred. The love, which arises from attraction, is reactionary and subject to repulsion. If a husband gets irritated, his wife turns away from him. She

maintains her distance for a little while, which in turn endears him to her again, and she begins to grow fonder of him and he of her. With further conflict there is more hurt and more interference with each other resulting in further alienation. But once again, they get together. Where there is excessive love of this kind, there is interference. So wherever there is interference, inside they still feel love. Such excessive love from our past life is the cause of interference. It is excessive love that you are speaking of, otherwise would there be any interference? This is the characteristic of interference.

People say conflict makes their love grow. That is true, but that which you call love is really attraction that has arisen from conflict itself. Such attraction is always subject to repulsion. Where there are only a few clashes, there is less attraction. If in a household a husband and wife have limited quarrels, we should understand that there is limited attraction between the two. Do you understand this?

Questioner : In our daily lives, sometimes when the ego arises, we have intense arguments and lots of sparks!

Dadashri : Those sparks are not due to the ego. They may seem to arise from ego but in fact, they are related to your sexual interactions. Where there is no sexual interaction, there is no conflict. Friction ceases where sex ceases, so when a couple take the vows of celibacy for a year, I will ask them what their life is like. They will reply, “No sparks, no fights, no friction, no clashes, whatsoever. Everything is at a standstill.” It is all because of sexual interactions.

Questioner : At first we thought that these conflicts were related to our household work. The conflicts have continued despite our helping each other in the housework.

Dadashri : All those clashes will continue, as long as

sexual relations continue. Sex is the root cause of conflicts. He who conquers his sexual instincts, conquers all. Such a man impresses all who see him.

GROSS AND SUBTLE CONFLICTS

Questioner : You have a saying ‘Avoid conflicts.’ If this statement is followed with devotion, it will take one all the way to moksha. Please explain the progression of avoiding conflicts from the gross level to the subtle most level.

Dadashri : As one progresses in following his decision to avoid clash, his intuition grows. No one needs to show him anything. The learning process is spontaneous. These words are such that they will take you to moksha.

The other cardinal sentence is, “The fault is of the sufferer,” which will also take one to moksha. Each and every word of mine will liberate you. This is my guarantee.

Questioner : You have given us examples of incidences of gross conflict like the wall, but what about conflicts that take place at a subtle, subtler level and the subtlest level? Please explain with examples. What is subtle conflict?

Dadashri : The conflict you may have with your father is all subtle conflict.

Questioner : Are subtle conflicts, mental conflicts? Do verbal conflicts also belong to conflicts at the subtle level?

Dadashri : They belong to the gross level because other can know about them. Conflicts, which cannot be seen and felt by others, are subtle conflicts.

Questioner : How do we destroy subtle conflicts?

Dadashri : First solve the gross, then the subtle, then the subtler and finally the subtlest.

Questioner : What do we call as the subtler conflicts?

Dadashri : If you are being beaten by someone, and at that time you have the awareness that: the man is not hurting you; and that Vyavasthit is the doer, and that the you are the Pure Soul, but despite having this awareness, you see even a slight fault in the person beating you, that is an example of subtler conflict.

Questioner : Please explain this to me again. I did not understand.

Dadashri : All the faults you see in others are forms of subtler conflict.

Questioner : So to see faults in others is subtler conflict?

Dadashri : No, once you have established through Gnan, that others are not at fault, and yet you continue blaming others, it is called subtler conflict. This is because he is a pure Soul and is separate from all his faults.

Questioner : Is that not mental conflict?

Dadashri : All mental conflicts fall into the subtle level of conflicts.

Questioner : So what is the difference between the subtle and the subtler conflict?

Dadashri : All subtler conflicts are above the level of the mind.

Questioner : Therefore, along with conflicts at the subtle level, do subtler conflicts coexist?

Dadashri : That is not important. Just recognize that subtle is different from the subtler, which in turn is different from the subtlest, which is the ultimate level.

Questioner : One time in satsang you had said that if we became deeply involved and entangled with ‘Chandubhai’ (relative name given to the body), then it is the subtlest conflict.

Dadashri : Yes, subtlest conflicts! Those need to be abolished. You inadvertently become involved with Chandubhai, and then later you realize that you made a mistake, don’t you?

Questioner : So to avoid those conflicts is pratikraman the only remedy, or is there anything else?

Dadashri : There is no other weapon. These nine kalamas (Dada’s nine priceless gems), which I have given you, is the greatest pratikraman. There is no other weapon. In this world, there is no other tool but pratikraman. It is the ultimate tool. This world has come about because of atikraman (aggression), therefore, pratikraman is the antidote.

Questioner : It is amazing. All your sayings : “Whatever Happens is Justice,” “The Fault is of the Sufferer”...etc. are extraordinary and out of this world. And when we do pratikraman with Dada as our witness, the vibrations truly do reach the other person.

Dadashri : Yes that is right. The vibrations immediately reach him and they are effective. They bring forth amazing results. We become convinced that it has made an effect on the other person.

Questioner : But Dada, pratikraman occurs immediately, at the very moment. It is truly amazing Dada! Dada’s grace is amazing !

Dadashri : Yes, it is amazing. After all it is a scientific thing !

Jai Sat Chit Anand

PRAAYER TO PURESELF

Oh Pure Soul within me! You reside within all living beings, just as you reside in me. Your divine form is my real form . My Real form is “Shuddhatma.” (Pure Atma).

Oh Shuddhatma Bhagwan ! With infinite devotion and oneness, I offer my salutations to you. I confess unto you, all mistakes * that I have committed in my ignorant state. I sincerely repent for these mistakes and ask for your pardon. Oh Lord ! Please forgive me, forgive me, forgive me and give me the strength not to repeat these mistakes again.

Oh Shuddhatma Bhagwan ! Please bless us all with such grace that this separation from you disappears and we attain oneness with you. May we remain One with you at all times.

(* Recall the past mistakes that you have committed)

Pratikraman : Process of Divine Apology

With Dada Bhagwan as my witness, I offer my salutations to the Pure Soul who is totally separate from the mind, speech and body of * _____

I recall my mistakes (aalochana) **

I apologize for these mistakes (pratikraman)

I affirm not to repeat these mistakes again (Pratyakhyaan)

Dearest Dada Bhagwan ! Grant me the strength to act in accordance with this firm resolution.

* name of the person hurt by you.

** recall the mistakes you committed with this person.

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AVOID CLASHES !

When you cross a busy road, you become very cautious in order to prevent an accident. Exercise similar caution in your daily life interactions with others. Your resolve should be not to hurt anyone regardless of how hateful or wicked the person may be. Despite your caution the other person may still clash with you and you will be hurt. In all clashes both parties suffer. If you hurt any one you will inevitably suffer pain at that moment.

I am giving you the example of the reason behind traffic regulations. If you cause an accident, you might end up being killed. Therefore, do not clash with anyone.

- Dadashri