

SUMMARY

FREE WILL AND FATE

After struggling for a particular goal and continuously failing, man realizes that there is a power exist that determines their success or failure. We know this power by names of fate, luck and destiny.

There is a big contradiction between two the concepts of **freewill and fate**. If man has the will to choose his path in life then why this force of fate influences him. ***If there is nothing like freewill it means we are distinct to a certain end.*** Then why we work and do great toil to yield results and if everything is pre-determined then we should not work and care about the end results.

Apart from freewill and fate there is justice

Actually between these two extremes freewill and determinism, there is a middle path which is somehow the justices. Human life works on the **law of causation**.

It means the life of human is derived by the cause and effect. The things we do in life no matter how big or small, directly or in directly determine our success or failure.

Man is determined to some pre determine ends not because of fate but due to the actions he has taken before. It seems that the actions are conducted by character, is something one is born with. Therefore, there is no need of teaching moral laws. But it's not true because personality and character are two different things, as character is not something which is readymade but something that evolves over time. Our character is shaped by the actions we take and decisions we make. Therefore we built our own actions by our deeds and what we are now is due to the deeds of our past.

Sometimes it seems like people who are good and honest don't achieve much in life while the shrewd, bad peoples succeeds well in life, where is the justice in it. We should first understand this, that human beings are evolving creatures and who are continuously changing. The person who is good now was bad at some incidence of his life while the one who is unjust and cruel was just and honest. If a good person is suffering badly it may be due to his past deeds and as he is doing good now, he will bear fruit of his good actions in the future. Therefore whatever we do come with some consequence in our life.

What is divine scientist?

As most of us know the people who study nature are scientist but the people who study the internal forces within him or her are known as divine scientists. These divine scientists are different from the natural scientist as natural scientists study the external forces and phenomena while the divine scientist observe and learn the inner forces and natural laws.

The divine scientists are the people who touch the pinnacle of self-control because they have understood the world inside them in great detail.

There are five steps to be a divine scientist

1. Observation

Observation is about noticing the natural phenomena's and patterns within oneself.

2. Experimentation

In this second step the observation one has, he tests it through experiments.

3. Classification

After testing the observation, he comes up with some new facts. He rejects the former and hold up to the later. The facts he has gathered he know classify them.

4. Deduction

After classifying numerous facts the one try to deduce an underline natural law from it.

5. Knowledge

After reducing the natural laws, now one has become a divine scientist. Now it is his duty to serve others with the knowledge he has discovered.

It is necessary to know that one can't become the divine scientist within days, months or even few years because it requires great practice for many years. The practice is difficult not because it's a great struggle to practice these steps but it requires an unrecognized and unappreciated toil for many years to become a master.

(Influence of mind)

The one who thinks he already knew, can't learn more and this is same with the case of self inspection to have complete control over your life you need to have complete control over your mind. And to have the control over your mind you need to understand your mind, it's thought,

its impulses and your nature itself. ***Following are some steps that will lead you towards complete understanding and control of your mind.***

1. Interception

You need to learn the basic urges and the nature of yourself. It is only possible by knowing the every selfish gratification, impulses and passion for the worldly pleasures.

2. Self-analysis

After learning all the urges and tendencies of your mind you need to separate them. The good tendencies that bring pleasurable results should be separate from the bad tendencies that bring bad conclusions. Now he has understood the urges and so he can control his life because these are the urges that drive our actions and ultimately our life.

3. Adjustment

Know the one who has been observing one's mind has reach the point of ultimate discovery. He has got aware from all his weaknesses, strengths and now he doesn't do the underestimation or overestimation of himself. It is the height of knowledge to see yourself as other sees you, while it is wisdom and the step further from knowledge to see yourself who you are in reality.

4. Righteousness

In the forth step he has control the minor acts drive by the thoughts which yield pain or pleasure, grief or happiness. Now he is the master of his nature and circumstances. Instead of control by his nature or circumstances he is in charge of his nature and circumstances.

5. Pure knowledge

By having the right thought and acting right he has reach the final and highest level of self-control.

After gaining self-control and driving himself from the darkness of ignorance to the enlightenment, now it is his duty to serve the humanity with his knowledge and wisdom. He has knew that one should abide by laws of nature and of moral law and that's what he should teach to the others

He who practices all the five steps starts seeing things as the way they are but not personally. He does what is right not see the actions he should take as pleasant or unpleasant.

A human life is conducted by the cause and effects of his deeds. A man has full control over the actions he takes but after committing the actions loses his ability to influence the affect. As man has no control over the affects which are the consequences of the deeds he has committed. A man is responsible for his actions and custodian of his deeds. But has no control and responsible for the actions of other peoples. The effects of one action always be faced by the one who had taken those actions therefore no one is responsible for the actions he takes for the causes and the consequences are directed towards those who takes the actions.

TRAINING OF WILL POWER

Strong will is one of the most crucial thing to achieve the purpose of life yet it is something least understood. strong will power is not a secret that can suddenly makes you a man of great focus, but a gradual process of several steps by a practicing which you gain strength of will in a specific course of time. And those who claim to give you the strong will power in exchange of large sum of money, are just bluffing using the fantasies of people. By getting into such direction will ultimately dilute the will power one already have. To master will power you need to observe several steps for long period of time to gain the ultimate control of yourself.

STEPS TO INCREASE WILLPOWER

1. Overcoming bad habits

A man can't be a slave of his temporary desires and a master of his mind at the same time therefore to gain full control of yourself you need to first get rid of the bad urges that are weakening you.

2. Making good habits

After getting rid of the bad habits it can easier to make new good habits. As by making good habits you are going through the process of practicing your will power.

3. Give scrupulous attention to the present movement

Presences of mind and singleness of purpose is very necessary to achieve the desired results in time. Being present minded will create efficiency and effectiveness in your work.

4. Do vigorously what need to be done

Idleness and being committed are two opposite things that can't work together. To do what is necessary one should not procrastinate and should not put it off even for a minute.

5. Live by the rules

We all have an untamed beast in us and living by the rules can discipline that beast. We should have rules of what to eat what not to eat, what to wear and what not to wear, when to sleep and when to wake up.

6. Controlling the tongue

Controlling the tongue is the one of the most difficult and second highest phases of will power as most of the consequences and situations we face in life are not caused by our actions but the words we spoke. One should have the full control of words coming out of his mouth and nothing more should be said than the necessary.

7. Controlling the mind

It is the ultimate and highest level of will power, for it is the most difficult thing to control one's will power. It is the last step in the struggle of gaining full control of one's self and comes after several other levels. Because to control your mind you need to control your flow of thoughts, as thoughts are the root of every action and each word we say.

THOROUGHNESS

Thoroughness is the great trait avowed by one while doing the even smallest of task. The one who gives proper attention and presence of mind create extraordinary work. As your work may not be the best of the other's best but you should at least try to get not worst from the other's best.

Like according to the law of physics two things can't occupy the same space, in the same way the mind can't be occupied by two opposite streams of thought. One can't have the mind set of thoroughness and idealness at the same time. The mind filled with the care of the gratification for temporary pleasures will create incompetent and substandard work. To be the man of excellence one should put all his focus to the singleness of mind and do the task in hand with his utter attention.

The people who are poor in performing the worldly task with appropriate competency are also bad in performing the spiritual one. One shouldn't put his one eye to the one specific task while the other one on the other task. In this manner they are unable to do both the work in proper way it's better to do the lower task with full attention than doing the higher level task with half of the mind.

MIND BUILDING LIFE BUILDING

Everything in the universe is built with some basic building unit; such as rock is built of atoms, book is built of letters and nations are built of deeds. In the same way a man characters is built of the thoughts he bears in his mind. **Like the saying, a man is what he think of himself.**

The negative thoughts of self-pity, weakens thoughts of failure and selfish thoughts of the fulfillment of unnecessary urges are the thoughts that build a weak character. While the thoughts of self-confidence and inspiration builds a strong one. The thoughts are the building blocks of the character; therefore it is necessary to choose them with great care. The character build by the wrong thoughts will be so weak that at the first critical movement it fall and may be even before its finish.

The one who are great observers ultimately learns the true laws of nature and how rise and fall of life occurs. The four characteristics required to live a successful life are ***justices, rectitude, sincerity and kindness***. The one who is being unjust and dishonest but succeed in gaining money will think that deceiving others and being dishonest is well. But his life is standing on the hollow and weak foundations that will tremble down when the life situations will put his character to test.

CULTIVATION OF CONCENTRATION

Concentration is the mother of excellence; it's not a purpose in itself but serves all purposes. It is about keeping your mind at a point and bringing it back if it wanders. There are people who suggest exercises such as concentrating your sight on the tip of your nose or at some imaginary point in the space. But such exercises are like moving jaws empty mouth in the act of eating to nourish the body. As concentration is not a task in itself but doing any task with extreme presence of mind. One should avoid such useless exercises for this weakens the mind further.

Whoever no matter, which field you belong to, do his work with great thoroughness. To get better in anything you should practice it until you really get good in it. Therefore enhancing the

power of concentration one should use it on the task in hand, rather than seeing it as a task in itself.

Following are four levels of concentration.

- 1. Attention**
- 2. Abstraction**
- 3. Contemplation**
- 4. Activity in repose**

Attention is the first level of concentration in which one focuses on the task in hand.

Abstraction is the second phase in which one deals with the wandering of mind. Contemplation is about doing the task with the ability to get disconnects with all five senses sending stimulus irrelevant to the task in hand. Activity in repose is doing the work with intense concentration and least friction.

The people who can't achieve the first level which is most easy are the lazy one and can't achieve anything in life. The first level of attention is the level of concentration which most of us practices to do a task, as nothing can't be done without it. Abstraction is achieved when a task is attended for a much longer time with persistence, even with the time to time interruption of loose of focus.

The first two levels are easy to obtain comparatively to next two. Most of the people that get to the second level of abstraction include the people who are craft mans and skilled person. While when a person reaches to the third level of contemplation he has entered in the sphere of genius, the next two levels contemplation and activity in repose are mostly the levels of poets, philosophers and scientists. In contemplation you have concentrated for so long that you do it with great ease and least friction. While in the activity of repose one do the intense activity for long time with steadiness. The activity of repose is like a top who get still and seems at rest when rotates at the maximum speed. This top is in intense activity but seems still. The person who practices concentration at the level of activity in repose has calm and radiant look on his face.

The attention is the level of being useful. The abstraction is the level of skilled and talented. The contemplation is being elevated to the level of original and genius. While the activity in repose is the level of mastery.

PRACTICE OF MEDITATION

Aspiration of concentration is meditation. one can achieve worldly skill and knowledge with concentration but to gain divine knowledge and enlightenment meditation must be practice. Concentration bears the power to do worldly things and to be genius but meditation is necessary to achieve the height of truth. The spiritual nourishment is possible only by meditation.

The person's personality determines the quality of meditation one practices. The intensity of nature helps in doing effective meditation. A fiery nature person can perform meditation to a much higher level than that of others.

Meditation is about bringing the mind to a center point in the search of truth. Meditation involves all the four steps of concentration, but performing meditation is the far more difficult task. As concentration requires no purity of heart. While meditation demands it. Meditation unlike concentration has to be performed at a specific time and place. It's better to perform half hour of meditation in the early morning which will be enough and influence all your day. The person practices meditation not only becomes better in it but also in the worldly tasks. He becomes stronger, calmer and wiser.

Meditation should not be confused with revelry. Revelry is just loose dreaming while meditation is purposeful thinking. Revelry is pleasing, while meditation is first platter peaceful. Revelry is derived from the luxuries surroundings and lifestyle while meditation can be done only by discipline. Meditation provides divine wisdom and helps enhancing self-control. Revelry is dangerous as it can make a man control by his mind. Therefore as both are two entirely opposite things that seems similar. One should know the signs of revelry to better avoid it and the signs of meditation to practice it better.

Signs of revelry

- 1. Desire to avoid exertion.***
- 2. A desire to experience pleasure of dreaming.***
- 3. An increasing distaste for one's worldly duties.***
- 4. A desire to shirk one's worldly responsibilities.***
- 5. Fear of consequences.***
- 6. A wish to get money with as little effort as possible.***

INDICATIONS OF MEDITATION

- 1. *Increasable physical and mental energy.***
- 2. *A strenuous striving after wisdom.***
- 3. *A decrease of irksomeness in the performance of duty.***
- 4. *A fix determination to fulfill all worldly responsibilities.***
- 5. *Freedom from fear.***
- 6. *Indifference to riches.***
- 7. *Possession of self-control.***

There are places where meditation is difficult and there are places where meditation is impossible, while at some places one can practice meditation with great ease.

A. *Time, places and situations where meditation is possible*

- 1. *At or immediately after meals.***
- 2. *In places of pleasure.***
- 3. *In crowded places.***
- 4. *While walking rapidly.***
- 5. *While lying in bed in morning.***
- 6. *While smoking.***
- 7. *While sitting or lying on a couch for physical or mental relaxation.***

B. *Time, places and situations where meditation is difficult*

- 1. *At night.***
- 2. *In a luxuriously furnished room.***
- 3. *While sitting on a soft seat.***
- 4. *While wearing gay clothing.***
- 5. *When in company.***
- 6. *When a body is weary.***
- 7. *If a body is given too much food.***

C. Time, places and conditions which is best to meditate

- 1. Very early in the morning.**
- 2. Immediately before meals.**
- 3. In solitude.**
- 4. In open air or a plainly furnished room.**
- 5. While sitting on a hard seat.**
- 6. When the body is strong and vigorous.**
- 7. When the body is modestly and plainly clothed.**

It should be noted that person practice meditation should be in a balance of all aspects in time, space and situation. He should not be dressed in rags nor in expensive cloth, one should be fill the body with too much food nor should he be starving. Therefore meditation is best possible in the conditions and the situations of equilibrium.

POWER OF PURPOSE

If man gains the power of purpose his useless imaginations and vague fantasies are swallowed by it. It also direct ones all energy in a specific direction. All great man has one thing in common and that is the purpose. No matter how intensely difficult circumstances are such person never surrenders. But instead their determination towards a purpose gets more firms when they encounter more difficulties.

The purpose in life has a direct relationship with the intelligence of the ones purpose. People with high level of intelligence have bigger purpose in life. While the people with little intelligence usually has no purpose in life.

JOY OF ACCOMPLISHMENT

No matter how insignificant a task is, if done with faith and soul attention, its completion will bring great joy to your heart. ***A joy which is not temporary, but becomes the part of one's soul.*** While the person who tries to escape from his obligations, duties and exertion will perish. He will perish first in his character and later in his body. On the other hand energetic people

continuously strive for greater things every time they achieve one and in this way they continuously get to the level of the big winners.