

EMOTIONS

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- Of love
- Of relations
- Of existence
- Of career

Inspired by
Swami Anand Sidhartha ji
Who has given me
spiritual enlightenment and life full of bliss
Without which
my soul would have always remained thirsty.

Pranam and Samarpan to Guruji.

Dedicated
To
Thousands of sons, daughters & lovers
who have
inflicted millions of wounds
to
parents, guardians, well wishers
to
make them wise, spiritual & enlightened.

One little bird whispered in my ears

The secret of love is performing some little acts daily to give happiness to your beloved, may be a smile, affection, appreciation, a hug, care, touch, gift of love.

Yet

How many of us, how many times even express or say “ I love you”

2

How surprising is it not

Parents bring up their children

Cultivate them, harbour them,

love them, guide them

to a level in society for about twenty years

& then suddenly

somebody emerges from blue,

overrides confidence, love, assures something

& children instantly mature to say I know better my life.

3

Thirty years of love

 between husband & wife

 parent & child

diminishes in one second

 when third lady enters may be in dreams

when third person enters child life

what a shame of love of thirty years

better not claim that we loved.

7

How much painful and

Humiliating it is

when your beloved or child

 one whom you have

 loved beyond boundaries

one whom you have

 brought to present level

SAYS

 I know better

 my life

 my career

 than you

Just think by changing sides.

4

We love & relish to be cheated & deceived
Inciting love, passion & sentiments.

I love you most in the world
Is it true?

I depend on you for my life
What is the need ?

I cannot live without you.

How many deaths by now?

You are most beautiful

What about *Menaka & Madhuri* ?

God has made you for me.

Why not for parents, brothers ?

Or is it that we live in a tranquil state

not knowing what we are doing.

11

I have lived without you

I can live without you

Don't nurture any misbelief Mr Papa

Can there be a bullet stronger than this
& is it not true ?

And if this happens

better to leave it to themselves free

After all they are grown up.

How long can you handhold ?

6

Emotions, mental response we have
is not in linear proportion
Sorrow & grief on death of thousands is not
thousand times than one death

On one death of closer person
is not same as that of unrelated.

Love wounds inflicted by one close to heart are
thousand times than inflicted by millions around.

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What a hippocracy
we rush to attend funeral of near ones
whom we neglect for years.

Is it not
one more ugly show of ourselves to world
or is it our hidden fear to face death.

Yet
Our near ones & we would have been
happy to meet before death,

because,

A rose given during life is better than orchids on the grave

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When you give chocolate to grown up daughter
she feels unhappy.

She believes she is happy to get lollipop.

Think ? Question is

Who is competent to decide her happiness ?

Extend logic to anything

House, marriage, love & what not.

5

By nature we enjoy and relish gambling

making love with opposite sex

not knowing what result may be - satisfying or frustrating.

Marriage

Uncertain behaviour of the other partner

Uncertainty if alliance would continue or not ?

Producing children not knowing

baby's nature, sex, character, life, behavior, if *Kaput* or *Sapoot*?

Or is it journey from known to unknown ?

12

Decide yourself

Safe secure way of life

Tread, run on middle path

Exciting, growing, jumping

Tight walk on the corner and jump.

16

We all are dynamic, moving, growing,

Aging constantly.

Then why resist change, nothing is static.

15

We are

Always crowded with relatives, friends, colleagues,
lovers, materialist goods, money, cars, houses and what not

Reality you realize, when forced to stay
Alone at home for two days.

All alone, nobody around. How to pass time ?

8

There is only one most & most valuable thing in the world &

That lies within the body

- Soul

22

Only the light footed goat climbs the
highest peak, while the heavy cow sits at the bottom of the hill.
So remain light & playful rather than heavy & serious.

17

20

Only one thing keeps you busy through out the day.

How to pass time so that night may descend.

How miserable we have made ourselves ?

9

Whatever is important in the life,

Nature has kept to itself,

you are not trustworthy for it

like breathing, digestion, life and death

So why to worry ?

23

It is not amusing to see this lovely world
full of bright colours, trees, flowers
cute kids growing into smart boys, singing birds
What else proof you want of God ?
Then why afraid to smile and love?

24

“Paras Pathar” converts all into gold
yet it remains itself a stone.
Behave and act like Paras Pathar
to convert sorrows and grief of all living ones
into happiness and enjoyment.

25

We are a spiritual being having human experience

rather than a human being having a spiritual experience.

21

One has to wait until evening to realize and see how splendid the day was.

Like wise

Only when death dawns, we realize how glorious life was and is.

And we suddenly realize importance and meaning of life.

Thousands of us discover at death that we never lived. So why wait till death's arrival.

Enjoy life and pray to God now itself.

10

It is not God's function to create or un create circumstances and conditions of one's life.

God created us as his best creation with his image and likeness.

We are responsible for the rest we have created around us.

World is not happening to us, we are happening to it.

20

Suddenly you realize time to drop, when you find all ahead of you have fallen one by one due to push from behind.

19

There is no space at the peak to rest, sleep or relax
downward journey is eminent.

Peak refers not only to Himalyas but also to career.

So plan exit immediately when on top

Surprising materialism, spiritualism, happiness has
no peak – there is always something more to reach
hence no exit until you reach death.

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You cannot write history
if you repeat past
one has to create new paths.

Negativity in us allows bad incidents
in our life
in history

to be remembered beyond lifetime
as compared to good behaviour

That does not necessarily
mean you become bad person

even Ravana is remembered with Rama.

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You know

Certain questions have no answers

but only more and more questions.

Yet you reach one day when all questions drop

& you attain Moksha, Samadhi & Enlightenment.

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FOREWORD

As a Pradhanacharya of Organisation of Excellence in Yoga & Reiki I find pleasure in introducing Shri N K Goyal. He is devout, an in-depth practitioner of Yoga and known for psychic therapy, spiritual healing, acupressure teaching. He has worked as Yoga teacher in Himachal Pradesh for more than 20 years. When I came in contact with him, I could see a Karmyogi in him, working in business environment without attachment. I was attracted by his magnetic personality.

Shri Goyal has a soft warm smile, which pleases all of us. His talks on psychic therapy works like a magic and instantly transforms the mind of the person. He has been declared an Ambassador of God by Swami Anand Sidhartha. When he is around, one gets feeling of bliss, charm and happiness generating wave of love and affection.

In the Emotions, Shri Goyal has touched the sub-conscious mind of many of us facing in day-to-day life situation in our house hold and daily life. I am sure it will be the interesting journey of emotions for the readers.

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EMOTIONS

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