

## **ANSWERS TO QUESTIONS (10<sup>th</sup> April 2008)**

**QUESTION:** (Atma Swaroop) : what is Atma Gyan ?

**ANSWER:** ATMA GYAN or knowledge of self is realization of the highest consciousness and living in that state which is the state of absolute peace, bliss, knowledge and love beyond desires.

**QUESTION:** (Gauri) Life is a dream or truth?

**ANSWER:** Life on physical plane is transitory and may be said to be like a dream, but eternal life is true and everlasting.

**QUESTION:** (Gauri) What is NAAN DAAN?

**ANSWER:** NAAM DAAN implies giving a vibrant name for internal awakening and enabling one to experience subtle inner sound. The given name or prescribed name is expression of the spontaneous inner sound which is the real vibrant name leading to highest state of consciousness.

**QUESTION:** (Sagarika) what is spirituality?

**ANSWER:** Philosophy and practice directed towards self realization is spirituality.

**QUESTION:** (Sagarika) Can meditation save earth from any menace or threat?

**ANSWER:** Meditation can help one to overcome menace of one's own mind. If a large number of people meditate and overcome menace of mind, then this will have global effect and such an era in which higher spiritual state prevails may be called spiritual era or SATA YUGA.

**QUESTION:** (Sagarika) Can five elemental bodies be transformed into light body?

**ANSWER:** Physical body is perishable but light body comprising mind, Intellect and spiritual consciousness does exist within the physical body which can be refined and elevated to highest state of spiritual consciousness. The refinement of light body leads physical body to service of mankind through right actions. (SATA KARMA)

**QUESTION:** Who is driving this world?

**ANSWER:** Laws of nature are driving this world .however maker of the laws of nature is supreme.

**QUESTION:** How our soul has emerged from brahm?

**ANSWER:** Primarily soul is in eternal contact with brahm just as sun's rays are in contact with sun. However when soul starts following dictates of mind and establishes its identity with the mind, it virtually separates from Brahm

**QUESTION:** How can we save the world through meditation?

**ANSWER:** By resorting to meditation we can save ourselves from destruction resulting from evil thoughts and consequent actions misguided by impure mind. Again, if a large number of people meditate and purify mind the destruction of world can be averted.

**QUESTION:** Where are 33 crore Devi –Devatas have gone?

**ANSWER:** Crores of Devi-Devatas are forces of nature which are operating various functions and activities of nature. Some of these natural forces have been identified in science as different forms of energy such solar energy (SURYA DEV), thermal power/heat energy or fire energy (AGNI DEV), wind energy (PAWAN DEV).reverence of these forces only implies cooperation with the nature in utilizing its resources in a judicious manner by way of conservation of natural resources and avoiding negative selfish activities e.g. contributing to pollution , emissions and deforestation etc. For short terms gain and luxuries. Whereas natural forces and balance of nature are important for this life, god (SATA-CHANANDA) is the only ultimate goal of the life

Answered by **Poojya Gurudev Shri Basant ji Maharaj** on 10<sup>th</sup> April 2008.