

Dr. O.G. Torsunov

The Laws of Happy Life

The first book

Moscow

"Vedabook"

2004

.....
.....
The first book

THE POWER OF TIME
.....
.....

Foreword

What is the purpose of this edition?

The name of the book speaks for itself. It invokes you to become happy.

How can a person become happy? Happiness inevitably comes to the person who has acknowledged the necessity of immediate study of the consistent patterns of life.

Often the events that happen to us seem to happen by chance. And these events can repeat each year for tens of years. For example, many people suffer because of loneliness and incomprehension from other people. Not knowing how to help themselves, they feel miserable for many years and continue to hope for a miracle. But this shouldn't be put up with.

The life of people will become happier and more interesting even if they only understand that nothing happens simply by chance and decides, for his sake, to change for the better. If he really studies the knowledge, tested by many people, and uses it in practice, then it won't be long before he reaches success. On the other hand, it is unlikely that he can make things better by thinking that everything that happens is just temporary fortunes.

Let's look at our life. Maybe, we'll be able to see some mistakes in our attitude toward our loved ones and toward our fate. Self-observation will allow us to see the consistent patterns that we need to consider while seeking happiness. However, if you live without considering the invisible consistent patterns, it will be a lot harder to help yourself, won't it, dear reader?

Happiness is hiding inside every one of us

Happiness sometimes appears, sometimes disappears; it is hard to keep hold of it, not knowing the laws of happy life. The opportunity of being happy is established in our unsound mind.

Happiness is hiding inside all of us and this book will help you closely study many characteristics of people, and also the rules of creation that directly influence our life.

I think that you will not be surprised by the fact that to present these laws it was necessary to write a whole series of books. To study the laws of happy life, hard work awaits us. First we will digest the theory that allows us to understand the basic laws of happy life, and after, concentrate on more detailed and practical consideration of this matter.

Clearly, it is important for most of us to know the laws of happy family life. We shouldn't forget that our happiness depends considerably upon the success of our family relations. Therefore, in one of the next books of the series "The Laws of a Happy Family Life" we will surely study how we can make our family life happy. Further, we will closely study the matters of proper diet and the cultivation of good characteristics. We will also explore matters connected to medicine and scientific astrology.

Subtle powers which affect our consciousness. Are they real or mythical?

Presently it is becoming obvious for many people that other than material (coarse) reality, there are things in our life that are connected to the invisible influence of subtle laws and powers on our consciousness. For example, love at first sight. The eyes of two people met and both of them started feeling happier. It is unlikely that this phenomenon can be explained differently, other than from the position of invisible influence between a man and a woman. How else can someone fall in love with a stranger at first sight?

The practical value of this book

The practical value of this book is in the fact that it increases the chances of finding physical, emotional, mental, and spiritual happiness. The material of these books is based on my lectures about medicine and psychology, which were read to a broad audience and were intended to help people in a practical way that are trying to find happiness. In this book, dear reader, you will not find dry psychology and theories that cannot be used in life. All the material, gathered by me, is used every day for rendering assistance to those who are in need of help. However, theoretical reasoning does take place, and this is necessary. It is obvious that we cannot live without knowledge.

Theory is needed to form "knowledge eyes" in our consciousness and develop the correct understanding of things. Through the prism of this understanding we can see subtle – invisible for most people – consistent patterns of operation of the human organism and society. If there is no theory, we won't have eyes to see all these consistent patterns.

The events in life point to consistent patterns. What can we change in our life without knowing the laws? Nothing.

How else can this be done? If we do not accept that these laws, which influence our life, exist, then there is no point in trying to change something. If everything happens by chance, why do we think about the future?

Searching for ways to make the life of my patients happier, I came to the following conclusion: the destiny of a person is closely connected to how a person follows the highest laws of life. Thus, I personally concluded for myself that the existences of laws, which influence a person's life, are evidently real. Therefore, I would like to emphasize that, for the most part; this book describes the rules that influence our life and destiny.

The laws of life are not something dry, theoretical and distant, as one may think at first glance. It is enough to try to use them one time in reality to see that they are closely connected to our daily life.

These laws are always there, and it doesn't matter whether the person believes in them or not. That's why I am calling you to try to evaluate how practical and useful it is to know the laws of happy life.

An honest acknowledgement of his imperfection by the author

Studying and practicing the above-named matters, I came to the conclusion that everyone needs to know the laws of happy life. Afterwards, I got a desire to help everyone who is interested in my experience, to become happy. Thus, I decided to write this book. Working on it, I wanted to understandably describe everything I saw, studied, and understood. However, this was not easy. I do not possess any special literary abilities, but, understanding that no one else will do this for me, I still present this material to all interested readers.

What is this book based on and whom is it intended for?

The information that you will draw from this book is not in any way my imagination. In proof of this, there are many quotations from ancient sources of wisdom in the book. Wild guesses are not acceptable when it comes to serious, vital knowledge. My reasoning also does not have anything in common with mystics or mythology.

All of the material, presented to your attention, is based upon an ancient science known as "Veda". In practical matters connected to sanitation and diet, in addition to classical opinions common in Ayurveda (Vedic medicine), I also use my own methods. This approach allows us to make the material practical and useful. All of the authorized methods are based on Vedic postulates and were closely tested practically.

The materials, which are published in this book, are dedicated to only one goal – to help you, dear reader, become happier. Vedas claim that there is happiness and to become happier, first of all, you need to change *yourself*.

Certainly, we need proof of the reality of all statements. Nobody can argue with proved reality. Let's imagine a doctor told his patient that red pepper will cause

exacerbation of the gastric ulcer. In which event will the patient believe his doctor? Of course, in the event that he will feel the negative influence of red pepper on his organism – then there will be no doubts. In reply to such reasoning there arises a question: “Can it be true that the only way to believe the doctor is to repeatedly eat red pepper and then be treated from gastric ulcer?” Unfortunately, most patients act exactly in this way. Are there any other ways of proving reality? Certainly, there are.

Wise people accept not only the truth that was tested in their own bad experience. Common sense makes them also pay attention to reliable facts from the lives of other people, the studying of which allows them to deeper understand the consistent patterns which are the base of different events.

Happiness is based on acceptance of the laws of happy life. These laws are printed in ancient writings. If writing sustained the test of time, then it has a practical value. Therefore, I am resting on Vedas, which described the laws of happy life over five thousand years ago. Only after understanding the consistent patterns that lead to happiness and health can we convince ourselves to begin moving in the right direction.

An opinion prevails that only the most modern, scientific point of view can claim reliability and, therefore, the older the knowledge, the less accomplished it is.

I always wanted to find the knowledge that could answer my questions. For a long time, I, too, thought that only modern science could help me. Yet, one day I got a chance to deeply, and in detail, explore an ancient knowledge that turned out to be very practical. This knowledge is called “Veda”. The word “veda” means “knowledge”.

Vedic knowledge did not grow old; it is alive and can be used practically in our time. I saw (and see) how it works in the life of my patients and in my own life. It was precisely this that motivated me to write this book.

Thus this book is based on the following matters:

- 1) the ancient wisdom of Vedas, and, particularly, Ayurveda - the Vedic philosophy and Vedic astrology;
- 2) my outside experience of perennial medical practice;
- 3) my inside experience of following this knowledge.

This book is meant for all people who are interested. Complicated medical and philosophical knowledge is presented simply and in such a way that it can be used in everyday life. It can also be used as a reference book on the matters of eastern medicine, psychology and social relations. Some information, presented here, is unique. For some this edition can open a completely new world, and it is likely for someone that this book will become the textbook of life.

Introduction

The goal of this book is to make our life happy. Settling down to study it, get ready for the most unsuspected changes. Perhaps, it will motivate you to change your attitude towards life, and also toward your family and friends. Furthermore, as a practicing doctor, I tried to fulfill the wish of my patients – to give them help in settling problems with physical and mental health. To help yourself, first of all you need to analyze the deep reasons for your illnesses.

This book is based on the knowledge, contained in Vedic writings, and also authorized methods of sanitation that were not widely published before.

This book contains the material from lectures about a healthy and active life, which were read in Russia and other countries. It is also an answer to the many questions of listeners.

In reading this book, you will find a live conversation, and sometimes, the answers to questions. For me, the questions of my listeners are very valuable. Even if in some of them there is misunderstanding, the desire to get outside of the matter will melt the ice in the heart of the inquiring person. All the important questions of my listeners I've included in the pages of this book and I hope they liven up the presented material here.

In this book we will study the law of time, which was described in Vedas over five thousand years ago. It is much deeper than the laws of government order or, for example, physics. I am talking about the consistent patterns of our existence. Most of them we don't even know or we faintly understand. There are quite a lot of laws of happy life but the subject of time is one of the key elements.

To wholly understand this serious subject I advise you, dear reader, to reread the complicated parts of this book several times and then, later in the day, try to remember what you have read. All of the things that we don't understand are a secret to us not only in theory but also in life. Thus, the secret of success is hiding precisely in the careful study of those laws of happy life, which at first seems strange.

Vedas – the ancient books of knowledge

So, what are Vedas? As I mentioned earlier, the word “veda” means “knowledge”.

Veda is ancient wisdom. The key tractates were recorded by the great sage Srila Vyasadeva about five thousand years ago. Before that they were handed down verbally from teacher to pupil for many thousands of years. This is proved by historic facts, which Vedas rely on. Many modern scientists and explorers also consider Vedas the most ancient knowledge on the planet and study it carefully; in the process they make many interesting discoveries.

Many talented people got (and get) inspiration from the deep wisdom of Vedas for their scientific or literary activity. Famous people of the past, like J.F. Gete, A. Einstein, R.U. Emerson, L.N. Tolstoy, and many others marveled at the greatness of Vedic messages. It's not accidental that Vedas say that the perception of this eternal knowledge is joyous.

Despite its antiquity, this knowledge is deeply scientific and multiform. For example, you will not see such an accomplished description of the human organism (unsound mind and physiology), structure of the universe, moral laws, and medicine anywhere else. But the most valuable is that Vedas give a detailed answer to the most important question: “What is the meaning of life?” This is their most important message for people. They also talk deeply and practically about how to build relations with the world we live in.

The thematic range of the knowledge, which is presented in Vedas

Sometimes we think that old knowledge is something primitive, and new theories and developments are much more serious and scientific. However, I have come to the opposite conclusion. After starting the study of Vedic literature, I discovered that most aspects of modern science were known more than five thousand years ago – the structure of the atom; the solar system; the universe; the exact lifespan of the universe and description of the processes happening during its creation, development, and destruction. Also, the development of the fetus inside the mother's maw – a new (for us) view of the structure of the human organism that modern science only started to talk about in recent years.

Besides that, the following subjects are deeply examined in Vedic literature: medicine, psychology, sociology, and jurisprudence. Also exact and applied sciences are reviewed: math, geometry, astronomy, astrology, architecture, military and war affairs, the construction of vehicles, and other types of arts, and so on.

In other words, Vedas are, in a way, the instructions of correct use of the material world, and also offering a chance to go beyond it. Modern research in some ways confirms the ideas of this book. However, the stratum of knowledge which Vedas talk about is much deeper than the level on which the discussion of matters in this book takes place – and also deeper than the level on which modern science stands. Often Vedas describe that which is beyond our perception. After I investigated Vedas, I discovered a knowledge that has more information and is more practical than everything known in our time. Additionally, the fact that difficult things are explained in a simple way appealed to me.

According to Vedas, practical knowledge that can guide everyone who turns to it toward success is true. We live with what we constantly meet. By that, strange as it is, a lot of what we studied in school and college was never used in our daily life. Yet, Vedas offer a practical knowledge that helps really change our life for the better. Remembering his existence before he found this knowledge, a person thinks: "How could I live without this!"

A short word about the structure of the first book series

Every scientific subject has different steps of complexity, the first of which introduces the pupil with basic ideas. Understanding the basic steps is necessary to understand more involved material. It's like in painting: the knowledge of elementary aspects of forming the picture is a necessary condition for crossing over to the next step – working on the composition of the painting.

Studying the science that explores the laws of happy life is quite similar: first the basics, then more difficult aspects of the knowledge.

Like painting, the first series of books introduces the reader to the basics of communication between people and their surroundings, and also the laws of functions of the subtle body (soul). In the future (in the second series of books), we will talk about the consistent patterns of family relations and about forming

good characteristics.

The first series of books puts the basics of correct perception of hidden elements and the ability to distinguish them into our consciousness. First we will stop at the more apparent, however, also very mysterious and subtle phenomenon of time. Later, we will examine particularly the laws of the functions of the subtle powers of material nature, which are called “gunami” in Sanskrit. After, we will analyze the popular subject, which came to us from Vedas - the law of karma. And only after that we will move on to consideration and thorough description of the structure of the subtle body of humans. This is the key subject in understanding the matter of health because the subtle body controls the regulation of the organism.

The subjects of the first book series:

1. The power of time
2. The mighty powers of the universe
3. The diet which brings happiness
4. The law of karma

- Chapter One –

The Power of Time

Our attitude towards time brings us either happiness or misery

Admit it; we usually don't ask ourselves “What is time?” Every day we mention time in conversations, but most of us don't even understand what it is. We tell each other: “I don't have time”, “your time is up”, “what time is it?”, “you didn't come in time”, “time is money”, “it's time to throw rocks and it's time to collect rocks”.

All of these phrases say that time often interests us. “Your time is up” is, probably, the most unpleasant. We don't want to believe that the time that was given to us for some act ended entirely; even the thought of this arouses an unpleasant feeling. Yet, Vedas claim that for every type of act in life we have a definite time. If we didn't start doing something in time or we aren't able to finish by the due date, then we will suffer.

Reader: Isn't it possible to start something a little later, and if I couldn't do something in time, can't I do it some other time?

Author: The ability to reserve an affair for another time means that the given time has not ended yet. However, when the given time for something ends, we will inevitably suffer. Therefore, to deeper understand how to escape misery we need to study the law of time. In order for us to be happy, it is necessary for us to learn how to do everything on time and to settle our acts in the given space. For example, when the period of active hormone production ends, the woman can no longer conceive a child.

Reader: If this is all I need to know about the law of time, then I think that almost everyone knows it quite well. Why discuss this subject so much? Can it be true that

there is a woman who doesn't understand that she can not get pregnant if she is elderly and that children should be conceived when a woman is young?

Author: Indeed, you are right; most women understand that only young women can bear healthy children. Yet, tell me how many women understand which hours should be chosen for conceiving a child?

Reader: I think that there are no strict rules for this and therefore everyone conceives their children when they want to. Can't people conceive children when they want to? What is so wrong with this?

Author: Such understanding will not lead us to a happy life. If, to achieve happiness, people needed to do everything when they wanted to, everyone would be happy. Vedas claim that only a person who is able to understand that everything needs to be done on time finds happiness. However, we cannot state that everyone around us is happy.

Reader: Are you saying that misery comes because people don't understand whether they did something in time or not?

Author: Yes, that is exactly right.

Reader: Therefore, you think that a woman who conceived a child on time will surely be happy. But, in real life, this doesn't happen.

Author: Why do you think so? On the contrary, this always happens. If a woman wanted to conceive a child and did it in time, then she will be happy, at least, because she finally got pregnant. Moreover, if she, indeed, conceived a child in the appropriate time, then the pregnancy will go well and she will give birth to a healthy infant and he will have a good life. Will a mother be unhappy if her child is healthy and happy?

Reader: Is it really true that the whole life of a child depends on the time of conception?

Author: If this were not so, then why is there a whole section of Vedic knowledge called Vedic astrology? This knowledge is based on the understanding of the law of time. For a qualified astrologist it is enough to know the person's time and place of birth. With this information, he can tell many things about the life and destiny of the person.

Reader: Then why is it that most people don't pay attention to the time of conception?

Author: Because we don't understand the power of time. We pick apples when they are green because they are keep well in the winter, and then we complain that they aren't tasty. We don't go to bed on time and then complain that we are mentally stressed. We don't want to eat on time and complain about bad digestion.

We don't want to study something on time and complain about memory loss. We don't want to conceive children on time and complain that they are born with mental and physical disorders.

Reader: It's just that no one knows anything about what you are saying. There is no information about this at all. For example, who will tell me when to conceive a child?

Author: See, you want to know about how to do this on time. This time can be determined with the help of astrology calculation. Now, tell me honestly, do you really believe that these calculations will give you the knowledge about how to conceive a healthy and happy child?

Reader: Frankly speaking, I, personally, don't believe in this. But why do you ask?

Author: Because it will help me explain why nobody knows when and what to do. Faith gives a person ambition to study and ask questions. There is no area of knowledge that is shallow.

Assume that you believe you can find a good book in the library and then you will get a desire to go to the library. However, if there is not enough faith, you will postpone visiting the library.

Thus, faith motivates you to act. If you don't believe that the time of the child's conception determines his faith, then you won't be able to use this knowledge and conceive a child on time. In this case you will inevitably conceive him under the pressure of circumstances – when you think you should. Precisely the lack of faith in the power of time is the reason that we don't study this matter seriously.

Reader: How can I believe in the power of time?

Author: To do this you need to seriously study the law of time.

Reader: What do you mean by “seriously study”?

Author: What I mean by this is that you need to check everything you learned in life to see how much it works in your life, and only then make your conclusions. Of course, you shouldn't experiment with conceiving children, but I think that everyone can try to wake up on time and go to bed on time

Reader: Only, I don't know when it is time for me to go to bed and wake up. How can I find out?

Author: All right, let's learn all about this. However, we need to be very patient. Before we can go on to the practical side of the matter, we first need to learn the theory. We already know that without faith there is no enthusiasm. Without enthusiasm we cannot use this knowledge practically.

CONCLUSION: *We will not have the right attitude towards time without acknowledging its power. True knowledge is the knowledge that was checked in practice. However, to use knowledge in life, we need enthusiasm, which comes from faith in knowledge. Therefore it is necessary to study everything as thoroughly as possible. Otherwise, if we don't understand some matters, we will have doubts; doubts will destroy faith and enthusiasm. The result will be that we won't be able to put everything in order and, therefore, reading this book will be a waste of time.*

The Fairness of Time

To deeper understand yourself you need to know the powers that affect your consciousness. According to Vedas, the most important of them is the fair power, time. Knowing the meaning of time is necessary to understand how it affects our destiny. Only when we know its influence can we make serious conclusions about how to live.

Reader: What do you mean by “time influences us”? I think that the word “time” was created for convenience, so people wouldn't be late. Why put so much meaning into everything?

Author: Time, or as Vedas say, “kala”, is considered a mighty and irresistible power which effects everything that exists in this world. No one can escape the influence of fair time.

Reader: Then I don't understand what you mean by the word “time”.

Author: By the word “time”, I mean the power that makes us grow old. That is exactly how time influences us. We feel its effect on ourselves. However, because this power is invisible to us, we think that aging happens by itself. Still, we are afraid to be late and understand that we need to consider time. Since time is so important to us, we invented clocks and watches.

Reader: You think that there is a power that makes people grow old? Maybe it also makes us die?

Author: You’re absolutely right; it not only makes us grow old but also makes us die in a certain time.

Reader: What are you saying – “die in a certain time”? Who needs to die?

Author: Everyone needs to die; no one can live in an old and useless body and everyone needs to get a new body at the right time. You think that death happens by accident?

Reader: I understand it this way: if a person wasn’t able to cure a serious illness, then he dies. We also know cases where qualified help can save a patient. So when doctors are unsuccessful, the power of time causes them to make a mistake?

Author: You are right, although you are joking. If it is time for a person to die, nobody can save him. Doctors also can’t fight the powerful time. However, if it isn’t time for a person to die, then his life will certainly be saved.

Reader: From your words, I can conclude that we are all puppets in the hands of this invisible power called time. Yet, admit it; then there is no use in living because everything will still happen according to the will of time.

Author: On one hand, you are right; everything will always happen according to the fair will of time. Nevertheless, justice exists and always prevails. Thus, we are free to choose how to use the time that faith gave us. We won’t be able to delay our date of death, but no one will forbid us to live our life better.

The will of time confirms the law of justice in our life. According to Vedas, we live eternally and all the wishes that we had in past lives will come true by the law of nature, at a certain time. Also, for all the acts that we did in past lives, we must get either a reward or a punishment. The punishment or reward will also come at the right time.

This is the fairness of this world – the power of time will punish or reward us for everything we did and accomplish everything that we wished. This is a reason to live.

Reader: Who is “us” that lives eternally? Where have you seen anyone that lives eternally?

Author: We are souls that live in bodies; we are spiritual and live eternally. A body to a soul is like a mechanism for accomplishing dreams and wishes. There is nothing eternal in this world except spiritual souls. Everything material, being under the influence of time, is doomed for destruction. Only the soul doesn’t crumble; it is eternal.

Reader: “A spiritual, eternal soul”, “our body is like a mechanism” – all this is obscure, so at least explain what you mean by “die at the right time”. If this power of time is fair, then why can’t I live longer?

Author: Everything in this world – atoms, planets, galaxies, and even our body – has its own circle of orbit, or, in other words, its circle of life. Therefore, the life of every object in this world is strictly assigned. Everything material must be destroyed when its time comes.

Usually, the length of our life depends on how devotional our past life was. What is your opinion? Does time affect us fairly?

Reader: I don't see any justice in the actions of the power of time, which you are describing. I don't like to take the consequences for past wishes that I don't even remember and face punishments for my past deeds. I have wishes of current interest that I want to have in life. Where is the justice if this power makes me suffer for my past mistakes and doesn't allow me to get what I want now?

Author: There is justice in this power because time will also make our current wishes come true. However, I would like to emphasize that this will happen when their time comes.

Reader: Where is the justice if I want to get something now, but it will happen only some day in the future?

Author: All our past wishes were also strong and determined. That's why fair time will accomplish them first and, only then, grant us the wishes that we have now. Since we have too many wishes, their accomplishment stretches in time.

Reader: If the power of time is so mighty, why doesn't it accomplish all my wishes at the same time?

Author: It would accomplish them at the same time, but we cannot receive everything at the same time. Even if you want to eat ice cream and a cake at the same time, you will still have to eat something first and something last, one by one.

Reader: You talk very well. But I am getting kicks one by one, not ice cream and cake! What is this – also a result of my past wishes? Name a person who wants to be kicked!

Author: Of course, no one wants to suffer, but it comes as a result of our past mistakes. If in our acts we went against the happiness of other living things, then we have to get as much pain as we brought them. All of this pain and suffering will also come in its time. Therefore, we not only have “happy times”, but also we have times meant for misery and pain.

Reader: I understood your words this way. If in my life there is only misery and pain, then in my past lives I committed only wrong acts, and, with that, I have had no good wishes.

Author: Don't dramatize by making the picture darker than it actually is. Is it really true that there was nothing good in your life?

Reader: Of course there was. That's understandable. But, if we suffer so much for what we did, why do we commit these foul acts? Do we want to suffer for them?

Author: No, we just don't always understand which acts are good and which are bad. We simply don't have enough knowledge about how to live right. All our misery comes to us because of the lack of this important knowledge. In order for the power of time to not make us suffer, we need to study the laws of happy life. Then, we will be happy in the future.

Reader: But many people suffer. Is it true that all of them don't know how to live right?

Author: Yes, they are all deprived of this knowledge, or else they wouldn't be suffering.

Reader: All right, you said that all wishes will come true, so I declare: “I want to know how to be happy!” So, will my wish come true and will I be happy?

Author: It will certainly come true. However, to not be disappointed, you need to understand the difference between the wish of a child and the wish of an adult. A child wants one thing, then another, and all his wishes are like a game. Thus, these wishes

come true in a childish way. An adult doesn't play with toys; he strongly wants to make his wishes come true. And the fair time answers these strong wishes in a grownup kind of way.

Reader: So, how can I strongly want to “know how to be happy”?

Author: A strong wish appears only when you truly believe that it will come true. This faith comes to a person when there is deep and practical knowledge that the happiness and justice of this world is not made up, but it is real.

Therefore:

- First you need to study the laws of happy life;
- Then check how they function in your life;
- After this, you will be certain that they exist;
- After this understanding becomes stable, it will turn to faith in the justice of the laws of this world;
- Only when you have stable faith in the justice of the laws of the world that we live in, you will be able to grow a strong wish to find out how to be happy.

Reader: Of course I don't have any faith in what you are telling me. So, my wish is childish and, therefore, the fair time won't accomplish it?

Author: Time is fair; therefore your childish wish will come true in a childish way. Then, there will be some childish understanding that there is happiness. In other words, there will be some faith. The next wish to find out how to be happy will be more grown up, and time will accomplish it again, only in a more grownup kind of way. Thus, some more faith appears and this wish will become stronger. Do you understand?

Reader: Yes, now I understand that I don't understand anything in my life. Are you saying that I never wanted to be happy in my life?

Author: It seems so, but you've got your life ahead of you.

Reader: So, how many times do I have to repeat: “I want know how to be happy” for my wish to become serious and grownup?

Author: For now, one time is enough. In the future, you can repeat it every time before studying the laws of happy life. Before you start seriously studying something, you need to try to create a good attitude.

Reader: So, how will I know that my wish became serious and strong?

Author: The first sign is that there will be the tendency to attentively listen about the laws of life and attentively study them. The second sign is the desire to test and practice everything you have studied. In other words, when the desire to know will truly be strong, then you will get a consistent enthusiasm to study and practice everything you heard in life.

This process of growing a consistent desire to find out how to be happy inside of you generates serious systematic studying of the laws of happy life.

CONCLUSION: *Only by systematically (not jokingly, but seriously) studying the law of time, we can slowly grow a serious wish in ourselves to become happy. A serious wish is different from a childish one because it is always followed by practical acts. Without practice we cannot understand the justice of powerful time.*

Understanding the fair powers of time grants us peace of mind

Knowledge of the power of time is hidden very deeply and is unreachable for most of us. Time is the most subtle of all the powers in this world. Therefore, to understand the power of time, analytical research is not enough; we also need to be experienced in life. Only by watching yourself and your relatives, you can understand the power of relentless time and its insuperability. As soon as we start accepting the fairness of the power of time and its influence, life starts filling up with peace of mind and ease. With this understanding of things, we will stop negatively reacting to the changes in our body and the bodies of our relatives which are caused by the power of time.

Reader: I have to be calm when everyone is growing old?

Author: If you understand the justice of time, calmness comes naturally.

Reader: In other words, I will calm down if I realize that everyone will die?

Author: This sounds like a joke, but it is partly true. You're right, for now it seems strange that acknowledging the power of time gives us peace of mind, but slowly, in the course of our discussion, I think everything will become clear.

No one can escape aging and death. This is a specific way of material movement from youth to old age, which happens under total control of time. Vedas describe how the power of time controls all types of movement in the world.

This is confirmed in one of the basic Vedic tractates, "Srimad-Bhagavatam" (2.5.22, comment):

Time is higher than the gunas (powers) of material nature. The result of the combination of these gunas is that time controls all actions, which is called karma.

I understand, dear reader, that for now such quotations are very difficult to understand. Nevertheless, after some time you will sort everything out. We will talk about gunas (powers) of material nature and karma later. For now, we will try to understand how time controls everything that happens in this world.

Time is an invisible power that guides all objects of the universe from youth to old age. We never get younger; we only get older and older. Like us, everything in this world, from planets to atoms, moves only in one direction – from youth to old age. No one can move in the other direction because the mighty power of time does not allow it.

Reader: What do you mean when you say that some power leads us towards old age? Doesn't this happen by itself?

Author: Vedas state that nothing happens by itself. There are no accidents. All types of movement that happen in this world are controlled by time.

Reader: That means that when we watch our child grow, we see how the power of time affects him?

Author: Absolutely right. Time moves all atoms, molecules and cells of a person in the same direction, leading him towards old age. Therefore, all the changes in the organism happen steadily. These changes always happen consistently, and that's why we are used to them. Thus, it seems that everything happens by itself.

Reader: Please explain what you mean by “all atoms move towards old age”. I don’t understand this.

Author: Without going into too much detail, I can explain it something like this: The parts of every atom have certain periods of movement; for example, electrons, which move along its orbit. With each circle, the electron becomes one circle older. The electron has a certain number of circles to make around the nucleus. This is the continuance of its life. After going through the cycles of its life, the atom also dies.

Reader: Is it really true that every electron has a strictly assigned number of circles to make around the nucleus?

Author: Not only electrons, but also all the planets of this world have a strictly assigned number of circles and cycles of life. All the objects of the material world have their own period of life. All the planets, atoms, and electrons die at a certain moment under the effect of time, like people. Time controls all existing movement.

Reader: If I am moving my arms and legs, this also happens under the control of time?

Author: Yes, every movement, including body movement, is controlled by time.

Reader: This means that every movement of my arms and legs makes me older?

Author: And you think that doing this will make you younger?

Reader: No, I was talking about something else. For example, if I am going to the store to buy bread, you think that the power of time makes me go there?

Author: Yes, that is exactly right. Time makes the organs of digestion work in a certain rhythm, and that’s why you want to eat. This causes you to go to the store and buy food. Only whether you are going to buy bread or milk is your choice.

Reader: I am again under the impression that we are living in this world like robots. We can’t even go to the store by our own will!

Author: No, not everything is so bad. It’s our choice whether we go to the store, buy bread, eat, and be full or don’t go to the store and stay hungry. Yet, the processes that slowly lead our organism towards old age do not depend on us. We can’t choose whether to become older or become younger; we will always get older.

Reader: Why are you always talking about us growing older? What are these laws of happy life when I’m hearing only unhappy things?

Author: We are unhappy only because we often subconsciously try to resist the laws of this world. For example, we often don’t want to accept the controlling power of time. That’s exactly why we worry about the constant aging of our bodies. Will we worry about the changes happening in our bodies if we understand that they happen by the control of fair time?

A wise person that understands the fairness of all processes, happening in his body, acknowledges the justice of time. Therefore, he won’t be sad about the changes that lead his body to old age.

Reader: If I understood you correctly, I will stop suffering if I accept that the process of aging is fair?

Author: Yes, this is correct. If we understand that the aging and death of our body is the fair influence of time, we will stop suffering and achieve peace of mind. He who understands the fairness of the law of time doesn’t feel sorrow – neither for the living, nor for the dead.

Reader: Are you saying that indifference to the death of friends and family grants peace of mind? Then I don’t need this peace of mind with which I will stop paying

attention to the suffering of my friends and relatives. This happiness, which means not mourning my dead relatives, is not for me.

Author: When we don't acknowledge the fairness of time, we think that the death of our relatives is brutal to us. However, we don't know that, if they would die at least one second later, the cycle of their transformation from one body to the next would be broken. Therefore, an untimely death would cause much more suffering than a timely one. However, because time always protects all the cycles of our life, such things do not happen.

He who understands the fairness of the law of time believes that death will come in his time. Wise men know that no mournful person will disrupt a living thing from leaving a useless body and timely taking shape in a new one. Therefore, a wise man that understands the fairness of the time effect always has peace of mind.

Reader: In your reasoning, there's a hint that the mourning of deceased relatives is something reprehensive. Is it bad to mourn a family member or friend? It is a sign of sympathy.

Author: Yes, it is a sign of sympathy, only not towards the deceased relative, but towards yourself. The relative that left a useless body stays close to it for some time. He is in the subtle body (the soul) and hears the voices of all his close ones. When relatives hysterically call him to come back and not leave them, he feels great misery.

To really be sympathetic, you must first learn how to do this. When a person lets his feelings control him, it usually doesn't bring happiness to those who we are trying to sympathize with.

Reader: So, how should we act when we see a deceased relative?

Author: There is no use talking about this. When a person doesn't accept the fairness of time, he won't have a choice of how to act in these situations. Without realizing that death is fair, we always fall into despair. By this we terrorize not only ourselves and the deceased relative but also all the people that are around us. Therefore, before the time of trial has come, we need to try very hard to understand the fairness of the time effect.

Reader: So, how do those who understand the fairness of the time effect act?

Author: When a relative or close person leaves his body, these spiritual people repeat the names of God (pray to God) with inspiration. This deed brings the person who left his body a great blessing. This is what Vedas state.

Everyone who acts this way after the death of a relative feels that they have repaid the deceased person and feels deep satisfaction. All the others, those who don't know how to act right in these situations, did not pass the exam of time. The result is that they will get a punishment in the form of misery.

Reader: How will a person be punished if he doesn't act right when he sees a relative die?

Author: This person will get a feeling of unpaid debt and the pricks of conscience. He will experience sorrow, depression, and disappointment in life. After, as a result of these psychic disorders, he will get seriously ill.

Reader: So, where is the fairness if, besides the fact that he was left without his relative, he will also be miserable because of his psychic weakness?

Author: Because, by his wrongdoing, he caused his deceased relative suffering, he will have to suffer just as much. This is the point of justice.

Reader: It seems that this justice is not something to joke around with. So, what mistakes do we make when we don't understand the fair power of time?

Author: When we don't understand the fair power of time, we commit many foolish acts for which we have to suffer later on. We suffer because our body grows old. Often elderly people are always thinking about the memories of their youth. Thus, they waste their given time and this will become the reason for their misery. Women who don't acknowledge the fair effect of time feel sorrow because their children grew up and left them. With this they spoil their life and the lives of their close ones. People that are too attracted to sex feel sorrow because the time of lust games is over and these thoughts will become the reason of their suffering. The unemployed feel sorrow because they lost their job instead of calming down and trying to find another job in a good mood. The person who started working again mourns the time of his vacation, and so on. Everyone who is mad at the actions of fair time will never feel peace of mind.

The person who has wisdom and who has strived to acknowledge the fairness of time, achieves peace of mind. Constantly watching the effect of fairness, he is always calm. No event can deprive his balance. Also, his calmness implants peace of mind in the hearts of his relatives and friends. This person is dear to everyone.

CONCLUSION: *Everyone should acknowledge the law of justice, which is represented by the power of time. Otherwise, we won't be able to achieve peace of mind. And we will cause our loved ones to worry, without knowing it. The reasoning about the fairness of the world that we live in will help us acknowledge this law.*

A discussion about a rational approach to studying the laws of happy life

The idea about the power of time was developed in one of the most important Vedic creations – “Srimad-Bhagavatav” (3.11.13, comment):

“The sun is the eye of God. It rotates in a certain orbit of time. Therefore, everything is under the effect of time and the sun, which is also called kala-chakra (the wheel of time). Everything in this world moves along the orbit of eternal time. Everything that exists has a certain period of rotation which is called samvatsara”.

Reader: This ancient manuscript says that the sun is “the eye of God”. What is this? Mythology?

Author: No, this is reality.

Reader: That means that your laws of happy life don't suit me because I don't believe in God.

Author: Before you decide whether or not you believe in God, you first need to set everything straight in this matter. I think that you will agree with the ancient saying, which says: “If a person doesn't believe in something that he doesn't know about, he is a fool”. Therefore, to not look like a fool, you first need to try to set everything straight in this matter, and only then make conclusions.

Reader: I disagree. Many people believe in God blindly, without even trying to find out whether He exists or not. They just accept his existence, without even trying to find proof. Aren't they also acting like fools?

Author: I didn't notice any disagreement in your words. You only confirmed what I said.

Reader: But can you agree that there are a lot more people who believe in God blindly than people who blindly don't believe in Him?

Author: I can't agree with you. I believe that there are enough of both kinds of people. But a right and scientific approach means that you have to have an impartial wish to set everything straight.

Reader: Are you saying that to confirm the existence of God, scientific proof is required?

Author: If a person doesn't confirm this existence, no matter if he is a materialist or a person who believes in God, he has an unscientific approach, which means that he naively follows childish ideas that spontaneously appear in his head.

Reader: Are you saying that it is possible to seriously examine this matter? Do you really think that God's existence can be confirmed by scientific methods?

Author: Yes, that is exactly what science should be doing. First it should study the main points, and then the secondary ideas. This is what Vedas do. Vedas are a serious science, which states the matters very strictly. For example, Vedic knowledge states that, first of all, science should find out whether or not god exists. This will become the base of understanding whether the universe is under the control of certain laws, or whether it appeared from chaos and developed chaotically. All other sciences, including medicine and psychology, will be based on these ideas.

Reader: You think that if there is no God, everything appeared from chaos?

Author: This is simple logic: if there is no one to control a process, then it happens chaotically.

Reader: Can't the processes in the world happen automatically?

Author: What do you mean by "automatically"? Something can move automatically only for a short while. Where have you seen that something in our life happens automatically?

Reader: For example, night automatically turns to day. You won't argue with this, will you?

Author: A cockroach also thinks that our legs move around him automatically, but we know this isn't true.

Reader: What do you mean?

Author: Maybe it isn't a very good example, but you can't state that night automatically turns to day without having an opportunity to look at the situation from above. We don't know that the earth turns automatically. We can only assume this.

Reader: All right, I assume that everything happens automatically. The universe appeared automatically and there is no God. This is my opinion.

Author: Where have you seen processes that happen automatically? For example, if you let go of your car's wheel, it won't automatically drive where you want to go. It would probably automatically crash into a pole.

Reader: But can't I just assume that there is no God?

Author: Of course, we can assume anything we want, but a serious person is ready to consider all of the opinions, even opposite ones. This is common sense. You don't have a good reason to refuse studying Vedas. If your choice is based only on emotions, it isn't rational. Vedas are a science that gives a valid, scientific answer to the question "Is there a God?"

Reader: But can Vedic knowledge prove, from a scientific point of view, that God exists?

Author: Yes, it can. But can you accept the method of self-progress that Vedas offer to guide you to understanding this matter?

Reader: What do I have to do?

Author: Nothing much. You just need to get yourself ready to take in the facts that prove the existence of God. Thus, when you see spiritual energy and God, you will get proof that God exists. For you to really see God, you need to work hard and accept the process of self-knowledge that Vedas recommend.

Reader: What do I have to do to achieve this?

Author: First, you need to become godly and learn how to love all living things.

Reader: I am not ready for this. Does that mean that I can never understand whether or not there is a God?

Author: This means that you need to put emotions aside and keep studying the subject that we started talking about. When there will be a need to deeper understand the matter about God, then you will be ready to study seriously. For now it would be good to continue studying what we need to understand now. However, you need to use your common sense and impartially analyze everything. We need to understand the laws of happy life. Vedas describe them thoroughly. So, what prevents us, besides emotions, to try and understand these descriptions?

Reader: All right, although I don't believe in God, you have convinced me to continue studying the laws of happy life. Yet, I have a question. The manuscript you quoted says that everything is under the control of time and, also, the sun. I more or less understand about time, but what about the sun?

Author: First we will sum up everything in our discussion.

CONCLUSION: *When studying the laws of happy life, we need to develop a rational and correct approach. To use common sense means to try to analyze these laws without prejudice or emotions. It isn't wise to get attached to our own ideas, which cannot be proved. To study these laws, we need to use logic, common sense and, also, observation. We can check whether or not they are real in our own life and the experience of others.*

The sun is time's tool for realizing its laws

Author: The sun is like a huge lamp; it affects the Earth, helping time realize its cycle processes on Earth, and also in our organism.

The sun makes us get up in the morning when it rises and makes us fall asleep when it disappears behind the line of the horizon. The sun, by the means of its subtle fire power, activates digestion in our organism, gives us energy for mind activity, effects

our will functions and so on. The people who are able to accept the power of the sun and surrender to its will, get rid of all their illnesses and always feel joy.

Reader: There is a lot in your words that I don't understand. First of all, who can make me get up in the morning if I don't want to? Secondly, what do you mean "the sun helps us digest food"? Also, I don't understand anything about mind activity and will.

Author: So, why don't you start being awake at night and sleep in the daytime?

Reader: Are you saying that I don't sleep in the daytime because the sun influences me? In reality, I just like doing things when it is light; that's why I'm awake in the daytime.

Author: All right, if you have light at night, will you want to work nights?

Reader: No, I won't. I have been sleeping at night and being awake in the daytime since I was a child. Also, it's light in the daytime, so it is natural to want to work in the daytime.

Author: That is exactly what I'm telling you. The sun shines in the daytime and gives energy and enthusiasm to act. Only, you think this is just a personal wish. However, Vedas state that besides the personal desire there is a power that activates our wish to be awake precisely in the daytime, and not at night. This principle affects most animals, plants and humans.

In the morning, when the sun rises, everything wakes up and starts acting. With this, the appetite grows. Therefore, it is common and natural to eat most in the middle of the day, at lunch. When the sun rises high, the mind activates itself and the functions of the mind: intellect, memory and so on, improve. When the sun sets, mind activity drops; with it, the memory, intellect and analysis. Everyone knows this but explains it in his own way. We think that we wake up in the morning because we got enough sleep and want to eat at lunchtime because a lot of time passed since we have had breakfast. Also, we say that mind activity drops because the mind worked all day and got tired.

Reader: You think this isn't true? I spend my energy and that's why every five hours I want to eat. The organism needs food; therefore, I get hungry every five hours. I go to sleep at 11:00; then, after waking up at 8:00 a.m., I have breakfast; and at 1:00 p.m., I get very hungry. So, are there any flaws in my logic?

Author: Yes, there is one small flaw. If you need food every five hours, then why don't you get up at 3:00 a.m. to eat?

Reader: Are there any crazy people that eat at night instead of sleeping?

Author: I agree with you. At night, the fire of digestion is low; therefore there is no appetite. Certainly, if someone works at night, there will be a small appetite, but the higher the sun is, the hungrier we are. Thus, the ability to digest food increases. This happens because the sun's power affects our organism. Yet, we are used to thinking that we act independently; that's why it seems that the sun isn't involved in our digestion.

It turns out that the sun has a subtle fire power, which has a different effect than sunlight does. *Subtle sunlight* goes into our organism, like a sunbeam goes through glass. Coarse sunlight, however, stays mostly on the surface of our body.

Reader: Can you prove this from the position of common sense?

Author: It's quite easy to prove this. When we are outside, coarse and subtle sunlight affect us at the same time. As a result of the effect of coarse, regular sunlight, our body starts warming up on the outside. When this happens, the organism spends its energy

to escape overheat; therefore, the inside fire of digestion also dies out. We all know that when we are outside in the hot sun, there is no appetite.

When we escape direct sunlight, we get an opposite result. The sun's energy, which affects us subtly, goes through the walls of buildings and through our organism. Therefore, in the shade we will feel cool but our appetite will only grow.

Reader: All right, you convinced me that the sun affects us with its subtle energy. I can also suppose that it also affects our physical and mental activity. Still, I don't understand how this knowledge about the power of the sun is connected to the laws of happy life.

Author: It's very simple. If a person wakes up before 6:00 a.m., his physical and mental functions will slowly activate. On the other hand, if he wakes up after 6:00 a.m., the process of waking and getting up will be a stress for the organism and the unsound mind. Therefore, the person who didn't wake up in time has two variants of reacting to the stress that was aroused by the shocking effect of the sun's subtle energy on the organism.

The first variant is that people who are inclined to being active the whole day will be mentally tense. Because of this tension, they will constantly feel overworked. Slowly, they will start seeing the consequences of waking up late: the ability to rest and the immunity will drop; different types of digestion disorders will be developed; tiredness, weakness, mental instability will also develop; and will functions and memory will drop.

In the second variant, people who are inclined to be passive will get hypotonia and weakness right after waking up. The drop of mental and physical functions of the organism will lead to bad digestion, vessel spasms, migraines, pains in the joints and spine, intestinal flatulence, nausea, and chronic inflammation in the organism.

If a person subconsciously and intuitively understood this law of happy life, which is called the regime of food, work and rest, then he will always be cheerful, healthy and happy.

Reader: Can you tell me more about this?

Author: In time, I will. Right now we will sum up our discussion and continue studying the laws of powerful time.

CONCLUSION: *People who truly want to be happy should try to understand how important the sun is in our life. If we have acknowledged how the power of the sun affects our organism, we will get a strong tendency to do everything according to the sun's movement.*

Time creates cycles of movement for everything

Time is one of the aspects of God. God controls everything in this world. No one can escape his influence. Therefore, scientists, who try to create rejuvenating products in hope of extending people's lives, will not be able to achieve great results. Every living thing that exists in this universe has its own orbit of life (period of life); this also applies to planets. Nevertheless, there are ways to slightly slow down the process of

aging. Rejuvenation is slightly possible, but limited. Still, we cannot change the date of our death by our own will.

An elderly person cannot become young because there is a power which affects all the atoms of his body; it controls their movement on the orbit. This power of time not only affects the subtle body (mind and reason), but also the coarse body (the body we see). For each planet, the orbit of time is the orbit it travels on. While moving, it gets older, just like we do. However, planets age much slower than people.

Reader: I don't understand your comparison of planets and people. Planets have an accomplished cycle of movement. For example, the sun always comes to the same place it started from, it moves in a circle. But it is different for a person. He is born, lives and then dies. Where is the cycle?

Author: We don't see the whole cycle and think that it doesn't exist. This is because we don't have a perfect vision; therefore, we assume that the cycle laws of time don't include people. Then, I have a question. Can you see electric current?

Reader: No, but I can feel it. It can hurt me.

Author: Alright, that means that it exists, although we can't see it. So, where did the current in your socket come from? Do you think that it was created in the socket, or are there some other variants?

Reader: It looks like you're taking me for an idiot. Everyone knows that electricity comes from the power plant.

Author: Yes, I overdid it. You will probably answer a similar question. Where do you think children come from?

Reader: From the womb of the mother. A child comes as a result of conception, after which comes the prenatal development of the child's organism.

Author: So, you think that current is created in the socket. Why can a child unexpectedly appear in the womb of his mother but electric current can't unexpectedly appear in the socket?

Reader: You totally confused me. Where do you think children come from?

Author: Like water that gives life to electric current when it makes the turbine spin, the same way a soul gives life to a little body when it activates his development.

Reader: That means that a pregnant woman has two souls inside of her body?

Author: Yes, that's right.

Reader: But, in this case, the child's soul should affect his mother's body the same way her own soul does.

Author: You're right. This is exactly what happens. The child's soul changes his mother's character right after the conception. The woman doesn't recognize herself. She gets different habits, a different mood, a different appetite, different tastes, and a different behavior. Many pregnant women complain because they think there is something wrong with their unsound mind. They just don't understand that they have two souls inside their body.

Reader: That's interesting. So, the cycle of our life begins in the mother's womb every time?

Author: Yes, our life is a cycle, like the life of atoms and planets. Everything that exists in this world has its own orbit of time. All the objects of this world live in a cycle and go through the stages of their life, like us. The cycle changes of our body are inevitable.

CONCLUSION: *The understanding of the cycle of time and its effect on all material objects helps a person acknowledge his spiritual and eternal nature.*

The might of the heavenly power called Time

Not only planets, but also the universes, are under the control of time and will be destroyed at a certain time. This is talked about in one of the comments of “Srimad-Bhagavatam” (Chant XI):

“At the end of the universe’s existence, the same time that activates material nature will bring it into a passive and undeveloped state.”

Time moves atoms, planets, people’s lives, and everything that lives in this world. There is nothing in this world that doesn’t have its own cycle and doesn’t follow consistent patterns. Everything follows its own orbit and cycle. Everything is controlled by time. This is described in “Mahabharte”, in “Kala-vade” (12.224.50-56):

“It cannot be outrun, when it is running. When it is standing, it cannot be grasped. Some call it the seasons of the year, months, half-months, or days. Others think of it as moments. Some call it morning, evening, noon, or even a second. But whatever you call it, it is one and is called kala (time). Everything in this world is controlled by it.”

When we are born, we begin moving – moving towards old age. Time moves our life forward with its power. No one will be able to resist this power. Nobody can stop the movement of our body toward old age. Give me at least one example of a person who didn’t die, but kept on living. It’s hard to believe in this, but, according to Vedas, every person has an individual orbit of time. People who take the power of time lightly will suffer because of this – not in the next life, but already in this one.

Therefore, all doctors and scientists must know that the greatest power in the world is the power of time. Treatment, healing procedures and so on, should be conducted according to this power.

Reader: If a medicine always helps me but I don’t take it in time, it won’t affect me?

Author: It will affect you, but not in a good way. It will harm your health. For example, if you take a tonic medicine in the evening, instead of taking it in the morning, you won’t sleep well. Or, if a tranquilizer is taken in the morning, your organism can become weaker. A medicine that strengthens the digestion must be taken before a meal, not after it. If it is taken after the meal, organs of the digestive system will be harmed. Also, all procedures and exercises must be done on time.

Thus, in order for treatment to be successful, its regime is very important. To establish this regime correctly, the doctor needs to know the patient’s horoscope. In Vedic times (5,000 years ago), all doctors had the knowledge of Vedic astrology and

Ayurveda (Vedic medicine). Prescriptions were written according to the patient's horoscope. In other words, without considering time, the doctor should not work with the patient.

Reader: Are you saying that prescriptions can't be written without a horoscope?

Author: Of course. Sometimes, on a certain day, in a certain time, the patient's liver functions will be weak. It is possible that at this time the patient has to take a medicine that also weakens the liver. Thus, the liver will be harmed and the patient will think that this medicine doesn't suit him. If a doctor knows astrology, he will cancel the medicine for a while and the patient will be saved from trouble.

So, what kind of attitude should we have towards time? We have to respect it. This is the law. If a person doesn't know the laws of a country, he can commit a crime and even go to jail. If a person doesn't know that he has to respect time, he always goes to jail – "the jail of time". The jail of time means inevitable suffering. The person starts suffering, he gets a lot of problems in his life and it starts to be hard to live. "Respecting time" means surrendering to its will and doing everything on time. There is a biological clock that is controlled by the sun – the wheel of time. The wheel of time, or sun, makes the biological clock of all living things rotate. This is the sun's special power and it has nothing to do with light. The sun is under the control of time but still helps time affect our life. The sun affects us with its light; with this, it creates a regime for our life. When the sun sets, it puts us to sleep. When it rises, it makes us wake up.

Reader: Now I understand this law of happy life. It sounds something like this: "Time is a fair and humane power, which punishes everyone who doesn't obey and respect it. So, the best we can do is to obey this "humane" power and stay away from it. Otherwise we will inevitably suffer. Its "humane" attitude towards the rule breakers is that all of them get sent to jail without a word of warning and get punished. Even if you don't know about the power of time, you still have to suffer." When I understood this law of happy life, I started feeling a little unhappy.

Author: This is because you don't completely understand the power and fairness of time just yet. Your definition of the power of time isn't bad, although it sounds somewhat pessimistic. There is only one mistake in your reasoning. We shouldn't stay away from time. On the contrary, we have to go with time.

All the negativism of your attitude will go away if you understand that there is no other way to educate us. If we don't want to understand that we need to do everything on time and think that we can escape the punishment of mighty time, we will get a desire to occasionally break this rule. If we break the rule of time, we will bring our existence to total chaos. People will start doing everything wildly, without a system. The result will be that they will start hurting each other and suffer even more. Someone will want to bear children in the elderly years; someone will want to pick fruits when they are green and try to make them ripe. The idea of working nights and sleeping in the daytime is also from this series.

Reader: It looks like this is what's going on now. For example, my neighbors like to party at night and I can't get any sleep. Will time punish them for this?

Author: You said that you don't want time to punish everyone. Maybe, your neighbors should be the exception?

Reader: No, they are really annoying.

Author: You see if time educates us by punishing, that doesn't mean it isn't fair. Time is trying to regulate our life and, when it punishes us, it shows us what we have to do to be happy.

CONCLUSION: *Time is fair because if we don't live correctly and measured, we will be punished. If all the people in the world willingly accept and follow the law of organized life, then only peace of mind and prosperity will be on Earth.*

Time is the most subtle power that exists in the material world

Time is the most subtle material element in our material world; therefore, it cannot be seen or measured. However, we think that sooner or later we will be able to measure everything. The statement about the unmeasured time might seem odd to many people, yet we look at our watches every day and measure what time it is. But give me one person that measured the nature of time itself. Measuring something means contacting with it or trying to influence it.

Therefore, the person who will learn how to measure time has to learn how to affect it. However, to do this, he has to stop being affected by it. If a person is not affected by time, he becomes immortal. Yet, we don't see any examples of people who can live in their material body forever.

Still, scientists, who try to make the human life longer, spend billions of dollars every year to find the resource that would make us immortal. Yet the person who attentively studies Vedas knows quite well that this isn't possible. In "Srimad-Bhagavatam" (3.26.15), it is described that the spiritual and immortal time is meant for controlling all of the processes that go on in this world. How can we control something that is assigned to control us? When a universe is created, time appears as a binding element for all the other elements.

"The binding element (for all 24 types of materials) is time, which is considered the 25th element of creation."

Reader: I don't understand how time binds these material elements together.

Author: It is hard to explain this right now. We will talk about this in conversations that describe the first elements (the first material elements). However, we will bring to light some parts now. It is easy to understand the binding power of time if we look at our trip to the store.

Reader: You're joking again.

Author: When we go to the store to buy bread, every step of our movement is marked like a period of time. It isn't possible that, for example, we are halfway to the store and time suddenly stops.

Reader: But it seems to me that time doesn't control my movement; I move by myself. The clock also ticks by itself.

Author: So you think that time moves outside of you and by no means inside of you?

Reader: Don't confuse me. I am saying that time (the hands on the clock) moves by itself, and I am going to the store at the time.

Author: So, you think that while you were going to the store, you didn't get any older?

Reader: I got older. Time also moves inside of me.

Author: That means that because it moves inside of you, it is also the connecting link in your going to the store to buy bread. Do you agree?

Reader: That means that the same time moves inside and outside of me?

Author: It simultaneously moves everywhere and it also connects all events that happen in this world, in our life and in the life of every living thing around us. It affects everyone at the same time; this is how it connects all of us together.

Reader: All right, it connects everything. But what does this have to do with our happy or unhappy life?

Author: When something bad happens, we need to understand that it came by the will of time. Time is the connecting element between our past deeds and the situation that we are in now.

Reader: And what will this understanding give us?

Author: The absence of misery. Misery always appears when we feel that life isn't fair towards us. If a person stops feeling this unfairness, he immediately stops suffering.

Reader: So, understanding that the power of time connects something with something makes us happier?

Author: Yes, of course. Otherwise, what's the point of talking so much about this?

CONCLUSION: *The person, who understands the connecting power of time, is able to bare all difficulties because he knows that they are the result of his past deeds. This makes it possible to have a painless attitude towards the ups and downs of fate.*

A discussion about the difference between the body and the soul

From "Srimad-Bhagavatam" we know that time is the connecting element for everything that exists. We need to accept that we cannot measure time, and also accept that we cannot measure many other things. For example, many scientists are trying to measure the soul. However, the soul cannot be measured by material instruments because it has a spiritual, and not material, nature. Therefore, the soul cannot be captured by material devices.

Reader: What do you mean by spiritual, and not material?

Author: This is a very difficult question, but I'll try to give you a glimpse of understanding the spiritual knowledge, which, by the way, is the biggest riddle of all time.

The feeling of eternity, knowledge and happiness comes only from spiritual power. For example, the power of a smile cannot be measured by any device. It can only be compared to another smile. The happiest smile has the most spiritual effect on our conscience.

Reader: Don't smiles just appear as a reflex in answer to another person's smile?

Author: If you think that a smile is just a reflex, then what do you think love is?

Reader: In my opinion, love is a complicated reflex, or, in other words, an instinct.

Author: And where does this instinct come from?

Reader: We get it when we are born; it's in our chromosomes.

Author: So, you are saying that we are just two big biochemical structures that are exchanging reflexes. Now we are studying how to exchange reflexes to make the instinct happiness appear. Your unusual opinion about the nature of love should be discussed. So, tell me, what is the difference between us and computers? They also have kinds of reflexes and instincts.

Reader: The difference between us and computers is that the processes in our organism are more advanced.

Author: So, if scientists will be able to invent computers, which are advanced and human-like, these machines will be exactly like humans?

Reader: That's right; that's exactly what I think. Soon science will be able to create artificial people and they will have only good instincts.

Author: We were talking about love, which you think is an instinct. Will these robots be able to love?

Reader: Of course. Love is just an instinct.

Author: That's a very logical answer. Would you like to marry a robot-woman that is very beautiful and has very good instincts?

Reader: I personally wouldn't. What for? I wouldn't choose a robot for a wife. If I live my whole life with her, I'll become a robot myself.

Author: But she will be the most beautiful woman, with strong instincts of love for you. Your kids will also be born with strong instincts of love, they will behave perfectly, and there won't be any conflicts. She can be programmed to be perfect in every way. Aren't you intrigued?

Reader: Not really. I want a real love, not a programmed one.

Author: But it will be real love. It will be exactly like human love. Come on, accept the offer!

Reader: Ok, you don't need to go on. I understood that love is not an instinct, not an artificial thing; it's something natural and real, not mechanical.

Author: Yes, love is an expression of life. Life is expressed only spiritually, not with the help of a complicated instinct. No scientist has ever made life from something material. Life is a spiritual power that is visible through the material.

Reader: You think that our body is not us but just the material, which we live in?

Author: That's exactly right. Our body changes every second of our life. Every seven years, all cells of the body are completely renewed. Do you think that seven years ago you were a completely different person?

Reader: I got seven years older, so, of course, I changed.

Author: I am not talking about changes in the body; I'm talking about you. Do you think that seven years ago you, as you are now, did not exist and there was a completely different person instead of you?

Reader: Well, let's just assume this.

Author: All right. Now, let's assume that your wife, who has accepted this concept, comes to you and says that this concept eased her suffering. She will say: "Eight years ago I cheated on you, but now I understand that I cheated on a completely different person. So, I am calm and happy now, because our love wasn't hurt by this event".

Reader: I don't even want to assume such things; my wife is faithful to me. But you're right; the consequences of the idea that we change are really confusing.

Author: However, you cannot disagree that our body changes completely every seven years; this was proven by modern science.

Reader: Yes, it's hard to disagree with this.

Author: Yet, we are still the same as people; we just feel that our body grew and we have more life experience. Do you agree with me?

Reader: Yes, I agree.

Author: So, I think, it is clear now that we are souls and are just inside the body; however, we are not our body, even though we feel like it. *We*, as souls, are able to love. We feel deep inside that we won't die, not our body. *We, our souls*, learn, not our body. Therefore, we live as souls; our body just gives us an opportunity to live in the material world. We smile to each other with our spiritual power, although it looks like we are stretching our lips. That's why some people who think that it's just an exterior, have created a strange idea of improving relations at work. They just stretch their lips when they see someone and think that he will become happier because of this.

Reader: Interesting. But then why don't we fall in love with ugly women? We only fall in love with pretty women. Beauty is on the outside.

Author: The beauty of women is expressed through the body; however, it doesn't have to. A beautiful woman is beautiful when she is happy. She doesn't look very attractive when she's in a bad mood.

Reader: Yes, that's a fact. So, beauty is an expression of the woman's soul?

Author: No, the woman is a soul; her body is just a place that her soul lives in. If there were no soul in the body, it would just be a lifeless doll.

Reader: That's harsh, but it seems true. But you didn't answer my question. Why do we fall in love with a beautiful body and not with an ugly one?

Author: Because our body is an expression of the soul. A soul might want love in a female body. If she was devotional in her past lives, she will get a beautiful body. If she was not very godly, she will be less beautiful. The body is created similar to the wishes and deeds which we committed in past lives.

Reader: So, our body is the result of our past wishes and deeds?

Author: Yes, this is what Vedas tell us.

Reader: So, a beautiful woman wanted to be beautiful and acted right, and that's why she received a beautiful body?

Author: Yes, that's right. But keep in mind that without knowing the laws of happy life, one can be unhappy even in a beautiful body. A body can have potential, but if a person doesn't understand that happiness also depends on correct behavior and the correct understanding of things, he will not be able to be happy.

CONCLUSION: *We have to understand that eternity, knowledge, and happiness do not depend on the age of our body. If a person acknowledges himself as a soul, which is the owner of these three signs of happy life, he can easily understand how to be happy even in the elderly years.*

Time gives us either fear or bravery

Vedas tell us that the soul is not material by nature; it is spiritual. The soul isn't affected by the subtly material time because it doesn't take part in the cycle processes

that go on in the universe. In other words, we, as souls, are immortal. Vedas say that the soul (that which lies in the body and gives it an opportunity to live) can affect material nature in a certain way (with its wishes). However, material nature cannot affect the soul. This means that living and spiritual beings don't live by the material laws that we see in our daily life. Therefore, we cannot measure the soul and other spiritual elements with our material devices. To understand this matter let's try to imagine measuring a germ with an ordinary ruler.

The body, which is material and is affected by time, grows old and dies. But the soul cannot be measured. However, the soul wants to live in the material world, so it is born in a new body. First, it gets into the sperm of the father and then into the egg cell of the mother. It develops a new body, which it stays in for the time that fate decides, and then leaves the body under the control of time. This is said in "Bhagavad-gita" (2.27):

"Everyone that was born will someday surely die and, after death, will be born again. Therefore, no matter what, you will have to pay your debt and when you are doing this you should not have sorrow."

However, everyone who doesn't want to accept the head power of time, often feels sorrow for their losses. Constant thought that all our plans have to come true, no matter what, takes away our energy, which we need to accomplish our responsibility.

Reader: I don't understand that our plans, which we build to improve our life and actions, take our energy away.

Author: We think that our fate is in our hands. And, mostly, this is so – our fate depends on our wishes and deeds. However, we often don't consider that the most important role in our life is played by our past wishes and deeds, not the present ones.

Reader: What do you mean by past wishes and deeds?

Author: We have already talked about the past wishes and deeds that affect life earlier than our present ones.

Reader: Why is it so unfair?

Author: Everything is fair; it's just that we have a lot more past wishes and deeds than present ones. Because of this, we cannot be 100% sure that our plans will come true. When we plan something, the invisible power of our wishes connects us to our plans. When our plans don't come true by the will of time, we suffer.

Reader: I can't imagine how it is possible to suffer because of this invisible power of wishes.

Author: For example, you decided to get married but your fiancée left you for another man. Of course, no one can stop you from marrying another woman but you still feel miserable because you are attached to this particular woman. Sometimes the suffering is so strong that a person can't take it and commits suicide.

Reader: You are saying that this person suffers just because he is attached to the idea of marrying the woman he loves. I think that this misery appears because the person loses the opportunity to communicate with the one he loves.

Author: You can communicate with her, but you cannot communicate with her as if she is your wife. So you lose the communication you were attached to.

Reader: Now I understand. When I fell in love with a woman, I didn't notice that I not only want to make her happy but also to own her as a wife. So, even though she is happy, I continue to suffer because I am attached to this idea. It looks like we cannot plan anything; otherwise, we will suffer.

Author: No, this isn't exactly right. We can plan something, but we shouldn't think that our plans will surely come true. Moreover, we should not make plans that are very long-term; otherwise, time will destroy our ideas and we will be miserable. Time is a huge power and we have to consider it. This is the correct understanding of things. It is impossible to be happy without this understanding.

Thus, people who don't have true knowledge are in total delusion about the power of time. The result of this misunderstanding will be that their existence fills with mourning and fright, which appear because of unrealized plans and hopes. This is talked about in "Srimad-Bhagavatam" (3.26.16):

"For a mistaking soul, which has contacted the material nature, the power of the Head Identity of God comes out in the form of time, which implants fear of death in the soul, which is attached to the material body."

Those who obey the laws of time are able to understand its godly nature and, as a result, achieve complete bravery.

Reader: What do you mean, "obey the laws of time"?

Author: This means that we are given a certain time for the main goal in our life. The result of this understanding will bear a strong wish to practice self-knowledge and study the main goal of life.

Reader: What will this study give us? We won't get any more money because of this.

Author: We will get a correct understanding of happiness. After a person gives enough time and energy to the studying of his spiritual nature, he will get an understanding of what happiness depends upon. This person will understand that it doesn't depend on the amount of money; it depends on whether or not he achieved the true goal of his life.

Reader: But many people think that money will solve all their problems and, therefore, it is the true goal in life. What do the people who understood the power of time think about this?

Author: They know that all our wishes to get richer and richer and furnish our apartments and houses bear more and more fear that everything we own can be lost or destroyed. Those who have acknowledged the power of time see why the people who have spent their life earning and stockpiling money have fears. Most people worry a lot about the money and things that they have gathered during their life. However, in time, all our savings will be destroyed. This is what always happens. Time destroys everything. The things we buy become old and worn. Even savings depreciate. And only the knowledge that we are souls and that we have an eternal and immortal nature makes a person fearless. "Srimad-Bhagavatam" (11.2.37) tells us:

“One can become fearless only with the help of spiritual practice. Therefore, only the one who developed his spiritual conscience completely (the understanding that he is a soul, not a body) can get rid of fear.”

Reader: You still didn't convince me about the earning of money and saving it. Only fools don't have savings and, when bad luck comes, they seriously suffer because of this.

Author: I didn't mean that we have to be fools and not have any savings. I was talking about the people who think that the main goal in life is to save money. They will surely suffer because of this. By the laws of happy life, all the savings have to be used for the happiness of others. If this doesn't happen, the person that spent his whole life saving money will bitterly worry about how to use these savings. These worries will appear because of the powerful time effect.

Thus, with the feeling of fear, time helps us understand what we should do when we are not working – increase our savings or try to gain happiness.

CONCLUSION: *The power of time controls our life and with the help of the feeling of fear gives us understanding that we are doing something wrong. Only the person who seriously studies the goal of his life can become fearless.*

A story about how Alexander Makedonsky understood the power of time

An interesting event happened to the Russian prince, Alexander Makedonsky. From childhood, he was advised by a very qualified astrologist. This astrologist was an extraordinary individual and a wise person. He had very broad knowledge in astrology. He predicted many events in Alexander Makedonsky's life and told him when and where to battle and when and what should be done.

Alexander Makedonsky was a restive person and didn't always trust his subjects; sometimes he lost his patience and punished them severely.

Once, Alexander Makedonsky, when he was on a walk with his astrologist, climbed onto a high tower. When he was on this tower, Alexander decided to have a serious talk with his astrologist. “You told me that you know everything about your life and my life and about all the events that are connected to you and me?” The astrologist was very thoughtful that day; he looked at Alexander and nodded. Then, Makedonsky asked him harshly: “So, tell me, when you will die?” The astrologist answered: “For certain reasons, I cannot tell you the secret of my death. But, I can tell you that by the laws of destiny I will die a violent death and, also, I know exactly who will kill me”. The face of the astrologist lightened and he gave Alexander a calm and keen look. Alexander asked: “So, who will it be?” The astrologist lost interest in the conversation and started concentrating on something else. Then, looking back, he calmly said: “My son will kill me”. Alexander Makedonsky arrogantly said: “You are not a serious astrologist, because this time you are mistaken.” With these words, he angrily pushed the astrologist off the high tower. When Alexander got down, the astrologist was still alive and, in dying agony, said: “I am not mistaken, because you are my son and I am

dying”. Only after a time, Alexander Makedonsky found out from his mother that he was indeed the son of this astrologist from their secret affair.

The astrologist, who understood the power of time, didn't tell Alexander everything on purpose because he knew that there is no hope and what must happen is inevitable. Perhaps, since he was fearless, he tried to not waste his last seconds in life. Thus, trying to escape an argument with his son, he concentrated on something important.

Vedas say that the dying time is the most important exam. When we concentrate on something before dying, we achieve it in our next life.

This is confirmed in “Bhagavad-gita” (8.6):

CONCLUSION: *A deep understanding of the power and inevitability of time grants a wise look on the most dangerous situations. Moreover, the person who understands the power of time gets rid of the fear of death.*

The definition of time

According to Vedas, time is an aspect of God. It controls all creation and affects all material creation with cycles, leading it towards destruction. Time is the biggest punishing power in the material world. Time always relentlessly punishes everyone who doesn't want to surrender to its will and obey it. This individual substance which, affecting all types of material, is never affected by it itself. Time is the connecting element in all the processes of the changing of time which happen in the universe.

Time penetrates everything and is divided into three parts:

- past;
- present;
- future.

Does the past really exist, or is it just history?

The past, present and future is a special type of irresistible energy that affects the world that we live in and causes it to change.

Reader: I understand how the present time functions but I don't understand how the past and future affect us.

Author: First, let's talk about the past. It affects us through our mind and reason. Our mind has a subtle (invisible) material nature. It is affected by the past through memory. Memory is the function of the mind, which connects it to the past. When we remember past events, the past time causes the mind to interact with real facts that took place in the past. This is accomplished with the help of our memory. The more honest a person is, the more clearly he sees his past. A saint can even see his past lives.

Reader: How is the mind affected by the past through memory? I think it's the opposite – only after we remember past events, we think about them. The past time has nothing to do with it.

Author: Yes, we can try to remember the past and, if we do, the past time immediately starts affecting the mind; it interacts with it through past events. Furthermore, memories

of past events can spontaneously occur in our head. Thus, we can remember something suddenly. Do you agree?

Reader: Yes, but I still don't understand how the past time affects the mind.

Author: When you remember past events, a mental reaction always occurs. This reaction is a result of interaction between the past time and the mind. The mind's contact with these events is accomplished through the memory, which is able to enter the past.

Reader: And I thought that when we react to the past, it is like a reflex.

Author: So you think that remembering the past is just a reflex?

Reader: Yes.

Author: In other words, contact with the past time doesn't exist. All that exists is the memory and reflexes, which react to it, right?

Reader: It seems so.

Author: So, maybe, the past doesn't exist at all?

Reader: I think this means that we don't exist in the past because we are not in the past. It's just history.

Author: So, there is no one in the past because the past isn't real, right?

Reader: Right. We exist only in the present time; no one is in the past.

Author: That means that everything we did in the past exists only in the present time. And if now there is nothing left from what we did in the past, this means that our past actions don't exist anymore.

Reader: I already said that everything we did in the past doesn't exist in reality. It's just a historical fact.

Author: So, there is no point in punishing criminals for murder, since they did something that doesn't exist any more - they killed someone, so that person no longer exists. The killer doesn't exist in the past either. He exists only in the present. The person who was killed also doesn't exist, since he was killed in the past. So, then why put the criminal in jail, since there are no problems left after his deed?

Reader: But the relatives of the person who was killed remember this misfortune and this causes them extreme misery.

Author: But the memories of relatives, according to your view, are just reflexes. Their relative no longer exists in the present since he was killed. He also doesn't exist in the past since, from your words, the past doesn't exist. So, there are problems. The relatives' reflexes need to be taken away and they will stop suffering.

Reader: Your words are very interesting. It seems crazy, but this is the way many psychologists feel. But the criminal committed a crime!

Author: What crime can be committed in a place that doesn't exist and with people that don't exist? Even the person who committed this crime doesn't exist!

Reader: Yes, such crimes cannot be committed.

Author: So, there is no point in punishing the criminal.

Reader: This is the way many people feel. He was a criminal before; he wasn't punished then. So, since time passed, he is no longer a criminal. Even the laws of some countries forgive the person who committed a crime in the past and don't punish him. Again, the conclusions are not very bright.

It seems that the past time really does exist and we have real contact with it. Therefore, the criminal, who committed a crime in the past, still needs to be punished.

Author: Yes, that's right. However, it's quite hard to understand these things.

Reader: Wait, if the past time exists, does that mean we can learn to act in the past?

Author: No, we can only act in the present. Only the present time gives us an opportunity to act. The past affects us in a way that all the events and deeds, which were committed in the past, cannot be changed. However, they still continue to affect us. The past doesn't give us an opportunity to act in it. We can act only in the present.

Reader: That means that we cannot affect past events, yet they can affect us. But what can we do if we acted wrongly in the past? Will the negative effect of this act continue always?

Author: No, when we act rightly, we neutralize the negative effect of past events on our destiny.

Reader: So, we can affect past deeds in a way?

Author: No, we can only affect the consequences of past events. The events themselves cannot be changed. If we live right, slowly the negative deeds, which were committed in the past, are neutralized by our good deeds in the present.

Reader: What about remorse? If we're sorry for what we did, can the negative deeds be neutralized?

Author: Yes, but only if the remorse is sincere.

Reader: How can one tell the difference between sincere remorse and insincere remorse?

Author: If the remorse is sincere, the person will not commit similar sins. In this case, when he feels remorse, he punishes himself with strong inside worries. If a person says he's sorry in order to not be punished, his remorse is false. It's just a formality and doesn't involve any inside worries. In this case, the person usually repeats the same bad deeds that he committed in the past.

It is clear that the power of the past time supports fair payment for all our past mistakes. In the same way, time always upholds our good deeds. This is the way the future affects us. It affects us through the opportunity that fate provides.

Reader: Again, I don't understand.

Author: That's ok. This subject is hard to understand. In order for you to grasp it, you need time. We will come back to this matter. Now, let's sum up the conclusions of our discussion about the past time and then move on to discussing the future time.

CONCLUSION: *The person, who understood that the past time really affects us, will sincerely regret all the negative acts that he committed in the past. This knowledge about the reality of the past time will give him energy and enthusiasm to do good things; this will neutralize all of his past sins. In this way, he will develop a habit to do good things. He will always try to live for the good of others. If a person lives in such a way, he will surely achieve happiness.*

The future time. Is it real too?

The future time really exists. For example, at the moment we are born, the date of our death is already determined. We cannot change the time we will live in this body. However, we can do many useful things in this life. In other words, the period of time

that is assigned to us by fate, all people spend differently. Some are able to do many useful things, some do many bad things, and others spend their time without a goal. Those who value the time that fate has given them, have a lot of energy to do many useful things. This energy appears as a result of correct attitude towards time. Thus, people who understand the power of time secure a happy future for themselves.

Reader: So, we can affect the future?

Author: No, we can never affect time; it is stronger and more powerful than all mortals put together. Therefore, we can never change the length of our life. However, we can add to active longevity. We can also make our life more goal-oriented. In other words, we can live our life in such way that we will not suffer in the elderly years, thinking we wasted our lives.

Reader: A wise remark, I know it. However, I still don't understand, do we affect the future or not? If we can affect future events, that means that we can affect the future time.

Author: Imagine that time is an ocean. We can hit the surface of the water and make a wave. The wave goes farther from us. Our deeds also go farther into the future. However, we can make another wave, and that wave will neutralize the effect of the first one. Unlike an ordinary ocean, in the ocean of time, all the waves of events don't disappear, but freeze and await their moment.

Reader: We quiver the surface of the ocean. Does that mean we affect the future?

Author: No, time is the ocean. What can we do to an ocean? We affect only the events, which happen to us, i.e. the surface of the ocean.

Reader: So, how does the future affect us?

Author: We are always moving forward along the surface of the ocean of time. Thus, the future awaits us in the form of events that are in a line. We come closer to each of the events and, as a result, we meet them. We think that all these events happen by accident.

Reader: Interesting. That means that all the events that happen to us depend not only on the past but, also, on the future?

Author: Yes, that's right. We can affect the future events by neutralizing, in some ways, the powerful effect of our past deeds. However, we can not change the length of our life and its temporary structure. A certain period of time is meant for each stage of our life. In other words, the future fills our life with certain events. Thus, the future events are real; however, we need to know that they form from our past wishes and deeds. Therefore, before the event happens, we still have time to decrease its powerful effect.

Reader: What do you mean by "temporary structure of our life"?

Author: To explain this better, I named the basic stages that we have to live through. But before we start talking about this, let's sum up our discussion.

CONCLUSION: *The person, who understands the inflexibility of the future time, doesn't try to make his life longer. He knows that his life is limited. When he understands that his life is coming to an end, he won't want to waste his time on hollow chatter and useless affairs. We are the rulers of our life; we can do something good now, at least to make the future more forgiving towards us. Understanding this always brings happiness.*

We cannot cancel the main periods of our life

All the changes that happen to the living things of this world, whether they are physical or mental, are controlled by time. This is quite easy to understand if we look at the development of the human organism. The development of our body happens gradually and consistently. The changes that take place in the body are visible not only in all living things that live in our universe but also in all forms of material – atoms, molecules, planets, and so on.

These periods of consistent material changes depend on the effect of time on the universe. They consist of certain stages. For example, a person who met the future time has to go through the next stages of life. First, after conception, we develop in the mother's womb. After, we go through the period of childhood, youth, maturity and old age, after which comes death.

All these periods of are life are inevitable and happen under the control of time. This is talked about in “Maitreya-Upanishad” (6.14):

“All living things are born because of the effect of time, they grow because of the time effect and, because of this effect, they die.”

It is interesting to know that all the objects of the universe go through the same stages; however, the length of their life differs. Even molecules, atoms, and types of energy have their own period of life. So, they are also under the control of time. For example, scientists can accurately say when uranium breaks down. Uranium is a small atom, a chemical element, which is on Mendeleev law. Even this element cannot escape the power of time. “Srimad-Bhagavatam” (1.9.14) says:

“Everything that exists in this world is under the control of inevitable time. Time controls all living things on all the planets of this universe. It moves everything with its power, like the wind moves the clouds.”

The commentary of A.C. Bhaktivedanta Swami Prabhupada says:

“The inescapable time (kala) controls even the flow of air, and also the activity of all other material elements.”

Similar things are described in “Mahabharata” and “Kala-vade” (12.227.69-98):

“Time constantly moves. The person that has to die cannot be saved. Time is never mistaken. It is always the most alive. Its far future cannot be foreseen by anyone, no matter how hard he tries. It is an ancient and immortal law; it takes the lives of all living things equally. Time can not be escaped or overstepped.”

Reader: In other words, even planets go through the stages of birth, childhood, youth, maturity, old age, and death?

Author: Yes, you understood everything correctly.

Reader: So, our Earth was also young?

Author: Yes, according to Vedas, the Earth was young, like the whole universe. Now our Earth, and also the universe, is in the stage of maturity.

Reader: So, according to Vedas, the Earth was created in the period of the universe's creation?

Author: Yes, it was created on a certain stage of the universe's creation and will be destroyed on a certain stage of its destruction.

Reader: How many years has the universe existed?

Author: We will talk about this later. Now, I'll say if the length of the universe's life, for example, is considered 100 years, then now it is on its 51st year.

Reader: Amazing! According to Vedas, it has lived half of its life.

Author: Yes, that's about right.

Reader: But, I don't understand how this knowledge about consistent changes that happen to the objects of the universe is connected to the laws of happy life.

Author: It's very simple. In each period of his life, a person has to be involved in a certain type of activity. If he does this, he achieves happiness.

Reader: So, what does a child have to do?

Author: A child should not do anything independently. His reason needs to develop first. However, we need to make it look like the child is living independently. If the parents create these circumstances for him, he will learn how to live right through different types of games; then the childhood of this person will be happy and won't be wasted.

Reader: And in what case will teenagers be happy?

Author: Young men and women need to study. If their parents will accentuate studying the goal of the human life and developing good characteristics, their children will become happy people. Before we give our child a professional education, we need to find out his destination. Every child has his own destination in life from birth.

If the parents develop reason and good character in their child, his destination slowly comes out by itself. On the other hand, it isn't wise to limit the upbringing of a boy or girl to different types of math, linguistics, chemical, and physical information. If we don't spend any time developing good characteristics in our child, but make him study too many different sciences, he will soon stop understanding what his assignment and goal in life is. As a result, he will know a lot of different information but he won't understand what he needs to do in life. Therefore, the moral education of the child needs to be foremost and his professional education, second. Who needs specialists that don't know how to behave at work and don't understand their goal in life? Even though they have a good professional education, they will only make trouble and cause everyone to worry and, as a result, they will become unhappy.

There are also many kids who always sit in front of the TV and watch ducks with guns chase each other or watch mouse-like people move on the computer. Unfortunately, most kids now are involved in these activities. What happy future can they dream about?

Reader: But computer games develop skill, concentration, quickness, strategy, and intellect. What's so wrong in this?

Author: All these abilities are very good but we need to decide what is more important for a child – to become honest or to become quick? Concentration on how to fight the

surrounding world doesn't solve problems. There are different types of quickness. Sometimes it is called deception and sometimes, good judgment. Plotting to bring up good characteristics brings happiness. Plotting to win or lie brings suffering. Intellect sometimes helps quickly find flaws in someone and sometimes helps to improve a situation.

Most computer games are based on violence and overcoming difficulties with the help of violence, fighting, deception, impatience, and savagery. Can this help a child become a good person?

Reader: So, you are not against video games, you are against the harmful ideas that they spread?

Author: That's right. I'm not against computers, video games, and TV shows. I am against the fact that, nowadays, they don't foster the characteristics that make a child truly happy.

Reader: So, what can we do – not use these video games and TV shows to bring up children?

Author: Exactly! We need to use computers and TV sets to bring up children, not to bring them to degradation. If you have video games and TV shows with good morals, they can be used in the bringing up of children and in teaching them. However, it is better to communicate with children more and to explain and show them how to become a happy person.

Reader: And what does a mature, grownup person have to do?

Author: When a person reaches the age of maturity, he needs to take responsibility for his family and the community. However, the main responsibility of an adult is to study the goal of his life.

Reader: And what goal is that?

Author: This goal is to achieve happiness and study our spiritual nature. This is what Vedas say about the meaning of life.

Reader: I don't understand this phrase.

Author: I know that my answer is very brief. However, if you want to hear a more descriptive answer, first you need to get ready. All deep knowledge involves preliminary study.

Reader: And what do I have to study before studying the main subject that we all need to understand?

Author: The laws of happy life, of course. They are based on Vedas. Vedas were written with only one goal – to make people happy.

Let's continue our subject. Thus, in adulthood, the person needs to work for the benefit of his family and society. He also needs to practice spirituality. This is the main responsibility of people. Only if he understands all this correctly, he can organize a happy family life. Of course, this subject and the subject of raising children needs to be studied separately. In the future, we will study these matters in detail.

In the elderly years, a person becomes happy if he stops doing things that he no longer needs to do and he practices spiritually. This is the main responsibility of elderly people. The wise person who understands this, even in his elderly years, will not become lonely, but will be even more valuable to everyone. The elderly person who studies true happiness can give very wise advice to everyone who needs it.

Reader: So, the responsibilities of people change with age and understanding

this makes a person happy. But what if a person doesn't change what he is doing when he gets older and does the same things he did before?

Author: If a person doesn't consider the influence of time on his consciousness and, despite the change in age, continues to do the same things, he is bound to suffer.

Reader: Can you give me an example that proves this law of happy life?

Author: There are many examples of this. For example, if a young man avoids practice, despite the fact that he is no longer a student, and continues to study life only theoretically, the result of such behavior will be misery. Despite his deep theoretical knowledge, he is not practical. He won't understand anything in real life and will become the object of mockery.

A person who achieved the elderly age and continues to give all of his time to work isn't acting right. He deprives himself of the opportunity to work on his character, so he won't be able to receive everyone's gratitude. No one will understand his sacrifice, because he neglected the opportunity to clean his consciousness before he dies. Therefore, these people are very jittery; they get mad and offended. This is because they don't understand what they need to spend more time doing. At a certain time, they will have to leave their body in deep disappointment.

Before she reaches the age of puberty, a girl can play with boys, but, after that, she has to be careful around the opposite sex or else she can be mistreated.

When a woman gets pregnant, she needs to understand that she can no longer scurry around and go shopping. If she doesn't understand this, the child can be inadequate.

If a mother doesn't understand that her child is a grownup now and needs independence, she continues to treat him the same. The result will be misery.

Reader: Yes, all of this seems true.

Author: Then, let's sum up everything we talked about.

CONCLUSION: *We all need to understand that for all types of activity there is a certain life period. If we continue to do what we were doing, despite the changes in our body and conscience, we will suffer. If we understand this law of happy life, we can get ready for the changes that will take place in our life, ahead of time. If we do this, we will escape stress, despite the difficulties connected to changes and, therefore, we will be unagitated and happy.*

And now, to continue studying the laws of happy life that are connected to the subject of time, we will try to deeper understand the concept of time.

Is everyone ready to accept that the soul and spiritual time exist?

If we classify time, two main forms can be highlighted:

1. Eternal (spiritual) time. Its activity prevails in the spiritual world. It has a spiritual nature. It never disappears or stops acting.
2. Secondary (material) time. It also has a spiritual nature, but affects everything in cycles and exists only in material worlds. According to Vedas, material time is only a demonstration of the spiritual and eternal time in our material world. This

type of time starts functioning the moment a material universe appears and stops functioning after the universe is destroyed. When the material universe is in a passive state, secondary time is also inactive. Secondary time has a godly and spiritual nature, but acts in cycles, as if it is not eternal.

Reader: Now, this is too much! “Spiritual world, material world, spiritual time, material time, the creation of a universe, the destruction of a universe” – all these ideas are very argumentative. If your discussion is based on these ideas, how can I believe your conclusions if I don’t understand these concepts?

Author: It is hard to understand the meaning of the spiritual world and the inactive state of our universe right away. We will not be able to discuss all of these matters in this book. Still, we will find out more about the spiritual world in later publications. However, I can tell you some things about these subjects now.

Reader: Why can’t we talk about this now in detail? Is this information about the spiritual world a secret?

Author: Yes, that’s right. Its secret consists of the fact that most people cannot accept the existence of the spiritual world, even as a theory. If a discussion about the existence of the soul and spiritual world starts, many people don’t even want to hear about it.

Reader: And why does this happen? It seems that it is an evident fact that the soul and spiritual world don’t exist; their existence is impossible.

Author: No, it’s not that simple. Usually, it happens differently; we don’t see anything except the activity of our material world. Therefore, we think that we are a material body. When the body is young, we also consider ourselves young. When the body gets older, we believe that we are growing old. We believe in this nonsense even though deep inside we don’t agree that we have to die. We don’t see our spiritual nature and don’t understand that the soul doesn’t grow old. As a result, even a hint that the soul exists causes people to protest angrily.

As for eternal time, it acts differently in the spiritual world than in our material world. All living things in the spiritual world are also controlled by time. However, unlike material time, spiritual time makes everything move in only one direction, and not in cycles. In other words, all living things in the spiritual world constantly improve themselves and never die (this is possible because they live in spiritual, and not material, bodies). It is necessary to understand that progress, in this case, does not mean aging; it means the constant growth of happiness. Thus, according to Vedas, those lucky living beings that live in the spiritual world feel more happiness with each second of their existence. With this, the spiritual bodies don’t change and don’t grow older.

On the other hand, all planets and living things in the material world are under the control of material time. This is why everything changes in the material world. All changes happen under the control of material time. The material time affects our whole universe, and all other universes, with cycles.

Vedas say that there are many different material universes and also there is a spiritual world in which the spiritual time acts. It doesn’t make living things grow older but keeps them in their original form. It constantly guides them to endless and increasing happiness.

Reader: This is like an interesting and smart fairytale.

Author: I also felt this way before. But, after more detailed study of Vedic writings and our true spiritual nature, I understood that Vedas don't have anything in common with fairytales or myths. There are many things that confirm the reality of the soul and the spiritual world.

Reader: How can you confirm Vedic opinions?

Author: All confirmations will become available only if you can accept the existence of the soul at least as a theory.

Reader: All right, assume that I accepted this information as a theory.

Author: In that case, you won't understand anything. You need to really accept the existence of the soul as a theory, not "assumingly accept". Only then, new capabilities in studying this matter will become available.

Reader: What capabilities, in your opinion, will be new for me?

Author: After understanding that the existence of the soul is a reality, sooner or later you will be able to learn methods of its use. You will find out that nobody will ever be able to study the soul with the methods that are offered by material science with its material devices and experiments. The soul is not material by nature; that's why it is impossible to find out how it functions with the help of material devices. Also, it's no use studying its function with measurements of material laws that our science presently uses.

Reader: If we completely refuse the services of science, how can we study the soul?

Author: There is only one way to study the soul – to follow the instructions of those who have already studied it well enough with the help of Vedas and qualified instructors. To study the soul, you need to become a devotee. We have spiritual nature and, therefore, when we practice spiritually we can clean our consciousness enough that an opportunity to study the soul will appear. Every serious person can really achieve a deep spiritual experience. The experience of spiritual practice immediately removes all the material ideas of life.

Reader: What do you mean by "spiritual experience"?

Author: When a person feels a thousand times happier than all material happiness, when a person feels that he is eternal, when he is able to understand the difference between himself and his material body, which he is inside of – this is spiritual experience. In his presence, a strong feeling that we have a spiritual, and not material, nature appears.

Reader: And when does the strong understanding of this appear?

Author: This will happen only if the person really sees himself as a soul. After some practice, he will see that there is a soul not only in his body but also in the bodies of all living things. For example, this person can see the soul even in the bodies of ants and grasshoppers.

Reader: Will he really see the soul or will he just be able to imagine that it exists?

Author: He doesn't imagine anything; he sees everything for real, just like you see me right now.

Reader: So why can't I, or any of my friends, see the soul?

Author: Because, to do this, you need to develop spiritual vision. Spiritual vision is not connected to our material eyes. Only a clean and sinless mind sees spiritual objects with his spiritual vision without the help of his eyes – although it looks like this person looks at the world just like everyone else. However, to achieve this vision, you need to

become a saint. Therefore, to accept the theory of the soul's existence, you need to clean your consciousness and become sinless. In other words, all the people who have truly accepted the existence of the soul become saintly sooner or later and constantly try to live their life without sins. This is the preliminary condition to study the soul. If we act otherwise, we have no chance to see the soul. All types of science call for a special organization to conduct its research.

Reader: It seems that it is very hard to study the science you have described. To study it in detail, a person needs to become sinless. Where can we find sinless people?

Author: Where there's a will, there's a way. Sinless people exist but they are rare and it is hard to find them. However, Vedas tell us where, and how, to search for them.

Reader: So, how do we search for them?

Author: First, we need to study the types of characteristics of a saint person. This is also a deep and serious science.

Reader: Can't I see a saint without this science?

Author: You can see any person, but in order to distinguish a saint you need to be highly qualified.

Reader: I don't understand what qualification is needed here. For example, if a person is very scholarly and knows a lot, he is very prominent and I notice him a mile away. He has a very important look and posture.

Author: Don't confuse pride of achievement with sanctity. The main characteristic of a saint is modesty, so it is usually hard to notice a saint person.

Reader: Now I understand. So, let's study the science about the characteristics of a saint person.

Author: To study the characteristics of a saint person, you first need to understand that there is a need to seek sanctity. Otherwise, we will never believe that someone tried hard to achieve it and, therefore, became a saint. In other words, to try to achieve sanctity you first need to understand that it always brings happiness. Thus, we first need to study the laws of happy life in detail.

Reader: Yes, let's continue studying.

Author: First we will sum up everything we have talked about.

CONCLUSION: *The wish to understand that time – and also that all of us have a spiritual nature – sooner or later brings understanding of how to study the soul. The study of the soul is impossible without spiritual practice. Those who practice spirituality seriously get a huge enthusiasm to live a righteous life. Everyone who systematically studies their spiritual nature sooner or later completely frees himself from sins. After becoming sinless, the person achieves great happiness and becomes able to see the spiritual nature of all living things. Time has two main aspects:*

1. *the domineer aspect;*
 2. *the subordinate aspect*
-

After studying the subject of time, we have discussed these ideas in detail. Still, we should study them separately because they will help us understand many points that are involved with our life.

The domineer aspect of time

Time is the natural domineer of our life. In Vedas, the sun is called kala-chakra (the wheel of time). Its movement controls our life. When the night comes, our organism requires sleep. In the daytime, it is hard to sleep and so we need to do something.

We always adapt ourselves to the cycle of time, without even noticing it. For example, before we can eat fruit, we first need to wait for it to become ripe. In the central part of Russia, people can only eat fresh potatoes in the second half of the summer, and this is also a limit that time gives us. Also, we need to teach children different things at different time. Sometimes, children want to drive a car or do something else that grownups do. But grownups tell them that when the proper time comes they will be able to do this. Or, for example, it isn't wise for a woman to conceive children before a certain age, just like after the childbearing period is over, she will not be able to get pregnant.

All these facts tell us that time tells us what to do and we cannot jump over it. If a person tries to do something before it is time, he will look like a fool.

Reader: Does the conception of a boy or girl depend on time, or does it happen by chance?

Author: Nothing in this world happens by chance. All events that happen in our life have their own consistent patterns and laws. As for the conception of children, there is a whole division in Vedic astrology that explains how to do this correctly. If a person studies Vedas, he can plan the birth of a genius. Also, if he knows the cycle of the woman's period and the cycle of the moon's movement, a Vedic astrologist can accurately calculate when a boy will be conceived, and when a girl will be conceived. For example, Vedas say that one consistent pattern is that on the even days from the first day of the woman's menstrual cycle, usually boys are conceived. Girls are usually conceived on the odd days. To conceive a boy, the sixth, eighth, tenth, and twelfth day from the start of the menstrual cycle are favorable. To conceive a girl, the seventh and ninth days from the first day of the menstrual period are favorable.

There are also other consistent patterns. For example, if at the time of conception the man's desire is stronger, a boy will be conceived, and if the woman's desire is stronger, there will be a girl. These things don't just happen by chance; they depend on the power of the planets, which affect the sexual energy of the husband and wife. This depends on their karma and their time and date of birth.

Thus, if we know the consistent patterns that time gives us, we can plan the conception of children. However, if a person doesn't respect time and lives indecently, even the calculations of the most qualified astrologist will not help him plan the gender of his children. Moreover, he probably won't have very good kids, just like he probably won't achieve any other types of happiness.

Reader: Why are you so certain?

Author: This harsh statement is connected to the idea of always trying to consider the domineer aspect of time. But if a person didn't do this for some reason, despite the suffering that came, he should gather his energy and be obedient to the subordinate (disciplining) aspect of time. If a person thoroughly understands these matters, he won't suffer.

Reader: Again, I don't understand: "domineer aspects, subordinate aspect of time". Can you explain this in a simple way?

Author: The domineer aspect clearly shows us when and what we should be doing. However, those people who don't understand the power of time often don't attach importance to its mighty power. In other words, they don't accept the domineer function of time in their lives.

As a result, the subordinate aspect of time comes into play. It starts changing our views of the world and everything starts being more harsh and relentless. For example, as a result of the subordinate aspect's effect, the person loses his clear understanding of events or, in other words, intuition. Also, it often happens that something small can become a big problem.

The subordinate aspect of time disorients a person; he isn't able to react to the changes that happen in his life fast enough. For example, if a person doesn't deeply understand that time dictates its will to us, he will not be able to understand when it is time for him to die.

Reader: Are you saying that if the subordinate aspect of time will not affect our consciousness and will not punish us, we can guess when it is time for us to die?

Author: A wise person that knows about the power of time usually knows the date of his death ahead of time.

Reader: This probably isn't available for the rest, is it?

Author: We can guess when the time to die is near to some degree, but to do this, we need to learn to respect time.

Reader: So, how does a simple person, who respects the power of time, know when his time of death is near?

Author: It turns out that there are certain signs of this. They are:

- a strong loss of interest in life;
- a dull look on life and the world;
- the disappearance of the taste when eating;
- all the close people suddenly seem very distant;
- a feeling of the inevitability of something appears;
- a desire to repent all the sins appears;
- the feeling of eternity comes.

Also there are physical symptoms:

- the nose becomes thinner and sharper;
- the person's look becomes absent;
- facial gestures disappear;
- The body becomes unfamiliar and wooden.

Certainly, these symptoms can also appear with serious illnesses; however, their presence and certain inside feeling makes a person understand that his hour is near.

However, if a person doesn't accept the domineer aspect of time, he won't be able to understand their meaning, even if he knows all these symptoms. These people either start panicking when there is nothing to worry about or, on the contrary, don't notice apparent signs of their death. Those who respect time and have strived all their life to do everything on time will know when it is time for them to die, ahead of time. This can happen through understanding the symptoms listed above, or through dreams, or some other way.

Reader: Please, explain again, what the domineer aspect of time is.

Author: It is a power that shows us that we should start doing something or other immediately. It shows us the need to do something through our intuition, the change in our mood, a sudden loss of optimism, the appearance of worries, and so on.

Reader: In other words, if it is time for a woman to conceive a child, she will understand this through her intuition, the appearing of worries and so on, i.e. through the signs which the domineer aspect of time gives her consciousness. Do I understand how it works correctly?

Author: Yes, you described everything in detail. Now we can sum up everything we have talked about.

CONCLUSION: *The domineer aspect of time gives us limits in our existence. It tells us when it is time to carry out our responsibilities. However, we can choose whether or not to obey it. Those who did not obey the domineer aspect of time have to deal with the subordinate aspect. When the subordinate aspect of time comes into play, we no longer have freedom of choice. Only the one who obeys the domineer aspect of time and starts carrying out his responsibilities immediately will be happy. A sensible and intelligent person will not wait for the subordinate aspect of time, which always brings misery, to start affecting him.*

The subordinate aspect of time

Because of a need or our own wish, we can refuse to carry out the will of time. In this case, we will inevitably have to deal with the subordinate aspect. The influence of the subordinate aspect is more or less clear: at night we want to sleep and in the daytime we want to act. But what does “the subordinate aspect of time” mean? Who can make us get up in the morning? If I want to sleep, I sleep; if I want to get up, I get up. It turns out that it isn't always obvious when time makes us do something, so it seems we can do anything we want. For example, the sun will not drag us out of bed, but if we will stay in bed a long time our spine will begin to ache, the physical tone will decrease, and our mood will become worse.

There are many signs that tell us that if we don't obey time, we will suffer. For example, when a person gets up late, he will have high or low blood pressure (i.e., a defect in the regulation of the vascular tone), drop of the immune system, or spine and joint illnesses. If a person goes to bed late, an unsound mind flaw will develop.

All types of activity, whether it is food or rest, are under the strict control of time. So, we will particularly talk about the influence of the subordinate aspect of time in the section “The Day Regime”.

Reader: From your words, it seems that this world is full of violence, not justice. One step to the side and you are warned that you cannot go there, a second step to the side and punishment is inevitable. So, where are the fair laws of happy life?

Author: If it were otherwise, there would be a lot more suffering. We often search for happiness in the wrong place. If we go the wrong way, there would be no end to our suffering. Nature created special mechanisms that warn us if there is danger. We just need to understand how they work.

Reader: Still, many people suffer a lot and for a long time. How will you explain the fact that these mechanisms of warning don't affect them?

Author: They do, but many people don't make conclusions when they contact the domineer aspect of time. Moreover, even if they suffer when they meet the subordinate aspect, they continue to do stupid things. That's why there are so many drug addicts, profligates, alcoholics, pests of society, and suicides, which don't make the right conclusions from their experience, even though they suffer unbearably.

Reader: As for drug addicts, I understand what you mean, but what other pain can a person who committed suicide feel?

Author: The birth and death of a person is controlled by time and if we try to resist this control we get even more problems. We didn't give life to ourselves, so we aren't allowed to just leave our body when we want to.

For example, Vedas say that if a person committed suicide, then, according to fate, he has to live in the subtle body, or, as people say, as a ghost, until it is time for him to leave our planet. In this state, the person sees and hears everything, but cannot act or communicate with other people. Thus, he suffers tremendously because of this unnatural state. After, he leaves the place he was in at a certain time and goes to the place where he will soon receive a new body. Therefore, time controls our birth and death. We will talk about the matter of reincarnation in the section "The Law of Karma".

Reader: Still, please tell me briefly; what is the difference of death between those who obey the laws of time and those who do not?

Author: Vedas explain that those who devotedly serve truth and lovingly worship God, leave their body somewhat differently than those who try to resist the will of time, live a restive life, and consider themselves the rulers of their destiny.

For those who obey time, death comes like a cat that came for her kittens. The kittens feel safe and cared for, even though she takes them by the scruff.

For those who don't obey time, death comes like the same cat, but she grabs her prey by the scruff, not like her kitten but like a terrified mouse. Some people leave their useless body with a smile on their face and others, in great fear.

Thus, the most risky thing in this world is an attempt to fool around with time.

Reader: I don't understand how someone can die with a smile on his face. This only happens in movies about war heroes. But, in reality, who enjoys dying?

Author: At the moment of death, a person clearly foresees what will happen next. Therefore, people who lead a sinful life, suffer greatly at their moment of death. But, let's talk about a person who has to go to the spiritual world after death. The perception of the spiritual world brings unmeasured happiness. Therefore, if a person feels at least parts of spiritual happiness before he dies, he completely forgets that he is on his deathbed. You can imagine what people feel when they are in spiritual trance or, as Vedas say, in the condition of samadhi at their time of death. These people feel endless happiness.

Reader: So, if someone's death is painful and hard, that means that the subordinate aspect is punishing those who didn't want to obey its will?

Author: Yes, that's correct.

Reader: I understand that punishment can have an educational meaning. But why does the mighty time punish the person at the very last minute. Where is the justice?

Author: Don't forget that we live forever. The person, who was punished at the time of death, will have a strong subconscious fear of doing the same stupid things he did in his

past life. We know that when small children meet something unimportant, in our opinion, they can be very afraid of it, even more frightened of it than anything else.

Thus, time makes us follow the laws of happy life directly and by implication. Even the thought of this gives me some optimism.

Reader: My optimism hasn't improved any because of these facts yet. But let's hope that someday this will happen.

Author: That's exactly why we're studying the laws of happy life. Let's sum up the conclusion of our discussion.

CONCLUSION: *Time in its subordinate aspect moves us closer to happiness a lot faster than any other power of this world. However, it isn't likely that someone will want to deal with the time that plays this role. Rough methods of punishment are useful, but not very pleasant. Only sinless people aren't afraid of the subordinate aspect of time because it only upholds and rewards them; it doesn't punish them. Deep understanding of this subject gives inspiration in how to do everything correctly and, thus, escape suffering.*

The Universal Time

Depending on what part of the universe a living thing (a soul impersonated in some type of body) is in, the changes in his body will pass with different speed. If we are on the lowest planets, the changes in our organism happen very fast. If we live on the middle planets, the changes happen in moderate speed. If we impersonate on the highest planets, the changes in our body happen very slowly. Time on these levels of the universe affects all other processes, even the speed of the aging of planets and atoms.

Reader: In science fiction movies, people travel to different planets. Can this become real or will it stay a fantasy?

Author: There are fourteen levels of planetary systems, or, as scientists say, galaxies. We live on the seventh level, that is, in the middle. In the limits of our galaxy, some movement is probably possible but in order for us to go to another galaxy we have to change our body. On different levels of planetary systems, material has its own density, so there is no chance for us to live there.

Reader: But can't we create some special conditions?

Author: Probably not. For example, the density of a spaceship and everything inside of it will become smaller when it enters a higher galaxy. Or, the ship will become thicker when it enters the lower part of the universe; thus, the conditions that were created for people will be destroyed.

Reader: How much faster will time go if we enter higher galaxies?

Author: If you want to know something about mysterious phenomena, let's try to imagine the following situation. According to Vedas, one second on Brahmaloaka (the highest planetary system in our universe) is like one year on Earth. Only saint and wise people live on this planet.

A little lower, on Indraloaka, a day is equal to one Earth year. Demigods or living things that have the ability and power to control many processes in our universe live there. Our universe lives by the same cycles as Earth, i.e. the seasons in it also change. Demigods sleep at night just like us. Their night usually starts when it is July on Earth and ends in the middle of November. It is amazing that all the processes in the universe go on with the

same accuracy even when they are sleeping. This is the power of the spiritual organization of this world. The night of demigods (or the managers of our universe) is called chaturmasya, which means four months. In chaturmasya it is very favorable to commit ascetic deeds (to deprive yourself of comfort to achieve spiritual practice).

Reader: Do seasons like our own exist in the whole universe?

Author: The universe lives in cycles like the ones that happen on Earth. The universe has days and nights and, also, seasons of the year. After one cycle of these ages (for example, after a universe's day) it is partially destroyed. Then, a new cycle starts. Again, everything appears and progresses. Now I will briefly describe all these ages according to Vedas.

The shortest intervals of the universe's life are called "yuga"; each of them has its own name.

1. The first age is called **Satya-yuga (Golden Age)**.

It is compared to spring and lasts 1,728,000 years. The universe's population has 4 bright characteristics: asceticism, integrity, mercifulness, and honesty. There is practically no ignorance, evil, or flaws.

2. The next age, **Treta-yuga (Silver Age)**, is compared to the summer; its length is 1,296,000 years. In this age, flaws appear. The living things that live in the universe at this time have only three characteristics: integrity, mercifulness, and honesty.

3. **Dvapara-yuga (Bronze Age)** is compared to autumn. In this age there is an even greater fall of goodness and religiousness. Flaws continue to increase. This period lasts 864,000 years; people have only mercifulness and honesty.

4. And last is **Kali-yuga (Metal Age or the Age of Quarrels)**. It is compared to winter. Vedas give us the exact starting date of this age. Imagine the following scene: it is midnight on the meridian Ujjain in India, February 18th, 3102 B.C. Seven planets, including the sun and the moon, cannot be seen because they are lined up on the other side of the Earth. Exactly at this moment, a little more than 5104 years ago, started the age that we now live in. From the four main good characteristics, which represent devotional people, only the power of honesty remains. But even honesty is not often found in our time. This age is also called the age of degradation because it is full of quarrels, ignorance, infidelity, and sin. In this yuga there is practically no goodness. Kali-yuga lasts 432,000 years. In this age, there is so much evil that at the end of this season, the universe is partially destroyed and then a new Satya-yuga starts.

Reader: And these are the laws of happy life! What happiness can there be if there is only degradation ahead of us?

Author: Not everything is so hopeless. "Bhavishya-purana" (prophet Vedas) tell us that even in Kali-yuga, we can see parts of the Golden Age. It is interesting to know that one of these favorable periods began a little more than 500 years ago and will last 10,000 altogether. In this period, goodness will start to gain its power again.

Reader: I don't see that a part of the Golden Age has started.

Author: It isn't noticeable yet but progress is not developed on the outside; it is developed through those changes which slowly happen inside of people. People who are interested in spiritual practice are coming to the earth more and more. Soon their number will increase.

Reader: So, not everyone will progress in this age?

Author: Vedas say that only the people who are able to understand the secret of progress in this age of degradation can continue their way to truth, despite all of the obstacles.

Reader: Can you tell me this secret?

Author: As I said before, there are no secrets. The question is: will you be able to understand this truth. Veda's conclusion about how to progress in our time is simple. We just need to repeat the saint names of god with love and faithfulness. When we are doing this, our mind needs to be calm and we have to have a good attitude towards all living things. According to Vedas, God has many names with which he appeared in our universe and on our Earth. For example, there is a prayer in Sanskrit that consists of 1000 different saint names of God. Everyone can practice repeating the name of God that is closer to him by nature and religion. "Brihat-naradiya-purana" says the following about this matter.

"In this age of Kali, there is no other way to perfection other than glorifying God by repeating his saint name".

However, only calm, submissive, and honest people will be able to understand this.

Reader: I can accept this statement as a theory but it isn't likely that I'll start repeating the names of God right now.

Author: If you truly understood the power of the names of God, it wouldn't be likely that someone could stop you from repeating them. When a person repeats these names, he is truly happy. However, many people worry and get an ill feeling just by thinking about it.

Reader: What does a person need to do to get an enthusiasm and interest in repeating the names of God?

Author: First, he needs to understand many things. Vedas say that only the greatest and most spiritual people on Earth can repeat the saint names of God.

Let's continue talking about the cycles of the universe. This cycle from four yugas (ages) repeats again and again; their sum is called chaturvyuha. Kalpa, the day of Brahma (the universe), is when chaturvyuha (four yugas) are repeated a thousand times. The night of Brahma (our universe) lasts just as much. Each night of Brahma, all the living things go into a deep sleep or, in other words, are in a passive state. At the start of Brahma's day, the universe becomes alive again.

If we combine Brahma's days into years, our universe lives 100 years, after which it will be completely destroyed. These 100 years are 311 trillion 40 billion Earth years or 430,000,000,000 sun years. This is the length of our universe's life (cycle). After, the whole universe will be in a passive state for a certain amount of time and then, at a certain time, it starts its existence again.

We see that all the processes in material worlds happen in cycles; even the universe's life is not an exception. Our life is like a spark compared to the life of the universe. Time constantly guides everything in the universe forward, from youth to old age.

Reader: Will the next end of the Earth come soon according to Vedas?

Author: At the end of Kali-yuga, the age we live in, serious cataclysms will happen on Earth and most of its population will die. But, compared to our life, this will not be soon; it

will happen in 427,000 years. The rumors about the soon-expected end of the Earth are not confirmed by Vedas.

The universe slowly develops and then grows old, and in the end it is also destroyed. At the time of its destruction, all the living things go into a deep and long sleep. In other words, they are in a passive state for a long time. The living things that inhabit the earth are never destroyed. After they live a certain time in their body, they leave it and can be born again and again. When our universe is born again, the living things that inhabited it awaken and live. Sometimes a living thing can move to another universe.

Reader: When does a living thing change the universe it lives in?

Author: Each universe has its own type of material happiness and its own personality. Depending on the type of material happiness, which the living thing wants, it goes to the universe where it can achieve it. Thus, living things are never destroyed; they all live an endless number of lives. This is the way it will always be.

Reader: Do we have an opportunity to get into the spiritual world?

Author: According to Vedas, we are in the material world because we wanted an egoistic type of happiness, or, in other words, to live for ourselves a little. This isn't possible in the spiritual world. In the spiritual world, everyone unselfishly serves God and each other (like spiritual living things).

Most of the living things live there (about 80%). When we are able to get rid of our selfishness and go to the spiritual world, we will stop changing the bodies we live in. This painful process of changing bodies will end. In the spiritual world, we will be in the state of happiness, eternity, and knowledge.

Reader: What prevents us from going there right now?

Author: We still have egoistic inclinations. It's impossible to get into the spiritual world with them. The inhabitants of the spiritual world are different from us because they want to live for others, not for themselves. This is their natural state. All of them serve God and all living things with love and faithfulness. If we don't want to obey the laws of the spiritual world, where everyone acts like slaves, we will have to be born in the material world over and over. Only in the material world we can try to act independently.

Reader: Do we choose how and where we are born in the material world?

Author: According to Vedas, there is quite a large variety of life forms in our universe. Each life form of the material universe gives a living thing a certain type of material happiness. If we want another type of happiness, we will have to live in another life form that is able to give us the type of happiness we want.

Reader: So, in the next life, we can be anyone?

Author: Yes, but we can choose which type of happiness we want. Therefore, everything depends on the type of happiness we want.

According to Vedas, there are 8,400,000 life forms in our universe, and only 400,000 of them are intelligent. The goal of intelligent life forms is to find out what the highest form of happiness and the meaning of life are. These forms have a developed intelligence, therefore, they can choose whether to stay here or go to the spiritual world. Humans are also an intelligent life form. According to Vedic classifications, from 400,000 intelligent life forms, humans are on one of the lowest places.

Reader: But the word "human" sounds proudly, so it isn't very likely that someone will agree with this statement.

Author: You're right. Many readers won't agree with me about this statement. I also didn't want to agree with this for quite a while; we always thought that humans are the rulers of nature. But we still have to accept this fact because there is valid proof of this. Only those living things that don't yet understand the nature of this world thoroughly have this opinion.

Vedas say that demigods (highly intelligent living things, which have an enormous power) don't consider themselves the most intelligent creatures. They also don't think that they are the rulers of nature. They have a very deep understanding of their subordinate position in this world. The more calm and humble a living thing is and the more it understands what the highest meaning of life is, the more intelligent it is considered. These characteristics are the main signs of intelligence. The scientists, who have achieved perfection in understanding this world, usually say at the end of their life: "Now I know that I practically don't know anything".

Thus, a strong resignation and humility is the first sign of strong intelligence. However, for those people who consider themselves the rulers of Earth, the following proverb fits quite well. "Each gopher considers himself an agronomist on his field".

Reader: This is an insult towards most of humanity.

Author: Please forgive me for the harshness of my statement. To make accusations is not the goal of this book. But in order for me to explain the subject, I sometimes have to use such jokes. However, the subject of this chapter is not, by any means, a joke. It turns out that the power of time causes more suffering for those people who don't understand their subordinate position and believe that they are higher than the laws of the universe. The power of time punishes everyone who isn't likely to obey its laws. Therefore, this mentality is the reason that people suffer.

Reader: So, if we become more humble and understand our subordinate position, there will be more happiness in our life?

Author: That's exactly right. Let's sum up the conclusion of our discussion.

CONCLUSION: *The understanding of the fact that we don't live in the best surrounding and, furthermore, our ability of being intelligent is unsatisfactory, helps us make the right conclusions about what we should be doing. Each person should practice spirituality and self-knowledge as much as possible. All other activities cannot be as useful as this in achieving happiness. Also, if a person doesn't seriously study the matters connected to our spiritual nature, this can become the reason for foolish ideas about the meaning of life. These ideas usually appear as a result of material ideas about happiness. As a result, the person spends most of his time on worthless activities. He slowly stops understanding his main goal in life. Those who have needless ideas can get a steady taste for a small and low happiness. This worthless taste for happiness will make us be born in a life form that satisfies this taste. Therefore, only the one who understands his imperfection and learns to use his time wisely (escape useless activities) will become happy.*

The meaning of not wasting time

Reader: Please explain what not wasting time means.

Author: A soul that was born into a human body shouldn't waste time. Instead, the soul needs to set a goal: learn how to live right in order to be happy. This is the main question that exists. If a person asks it often, that means he's not wasting his life. The second question is "Who am I?" If a person seriously studies these two questions, he is guaranteed to be born a human (or another intelligent life form) in the next life to continue his search of truth. All types of life, according to Vedas, have their own purpose. An intelligent existence is necessary to answer two main questions.

Who am I?

What is the meaning of my life?

CONCLUSION: *The one who was able to answer these questions correctly and arranged his life accordingly to the gained understanding of things is likely to get into the spiritual world in the next life. The spiritual world is free of material time and, therefore, all types of suffering.*

- Chapter Two -

The Day Regime

Where owls, larks, and eagles come from

There is only one way to communicate with time correctly – to be afraid of it and try to obey it. For example, only the person who understands and obeys the power of time can be considered responsible. How do we respect time? We need to be attentive and try to understand how time acts when we contravene the laws it dictates to us and how it acts when we do everything in time. Only the knowledge of these matters automatically makes us respect time.

Reader: How can a person learn to obey time?

Author: First, he needs to have the desire to obey that automatically comes to a person, which has two characteristics:

1. The desire to not waste his life. This pursuit improves reason and makes the person understand his secondary position in this world.
2. The understanding of the power of time. This improves respect towards its far power and also the respect towards other laws of creation.

Reader: How can a person obey time in real life and what consequences await him if he doesn't obey it?

Author: I'll try to answer this question in detail. Like we said before, the sun is the wheel of time (kala-chakra). With its movement, it makes our organism work in cycles. Every living thing has its own ability to obey time. It is assigned by karma or, in other words, the influence of the deeds he committed in past lives. Thus, our relationship with time is deeply affected by the relationship we had with it in past lives.

Reader: I don't understand this part of your reasoning.

Author: We will go over all the details of this subject. Some people easily obey all the requests of the time and the sun; others do this with great difficulty or don't obey time at all. The ability of following the day regime depends on

- the understanding of why this is necessary;

- our will power;
- and, also, our physical ability to follow the day regime (the negative karma of the person affects this factor the most).

Reader: What if bad karma doesn't allow a person to follow the day regime?

Author: If we don't follow this sun schedule, life will be very miserable.

Reader: As a result of this reasoning, I have a question. Why is there so much injustice? Some people are basically doomed to suffer and others are not affected by this retributive power of time?

Author: The answer is very simple. Those who frequently and knowingly broke the laws that were given by time meet many obstacles in this life, even if they are trying to follow the rules.

Reader: Is it possible to find out beforehand whether a person will have trouble in following the regime?

Author: Yes, the knowledge of astrology helps us foresee many problems that can occur in our life. The time a person was born often indicates his relationship with the day regime in his past lives.

For example, if a person was born in the morning, this means that he is blessed by time to follow the day regime. He usually feels that it is very easy to get up early in the morning. His temperament is the most active in the morning.

If a person was born in the afternoon, he is most active in the daytime. This also isn't bad.

If a person was born in the evening, he is usually a little slow in the morning, his day activity is also not very high, and only in the evening he becomes more active. This really gets in the way of trying to follow the natural day regime, which sun dictates to us.

If a person was born in the first half of the night, he is most active at night. This is very unfavorable.

This is how people are divided into "owls", "larks", and those who don't belong to either category. This division happens as a result of our attitude towards the day regime, which comes from past lives. If we already have a stereotypical attitude towards the day regime, it always reflects on our time of birth. It turns out that those who were born in the morning, afternoon, and in the second half of the night, usually follow the day regime easily. All the rest, follow it with difficulty. Vedas say that, despite all the difficulties, it is very important for "owls", "larks", or who ever you are to start waking up and going to bed early.

Reader: But if I am an "owl" and I don't want to go to bed at 10 p.m. at all, do I have to force myself to go to bed early?

Author: Yes, exactly. In this case, you need to force yourself to go to bed. This model of "larks" and "owls" means only one thing – that a person got these characteristics from his past life. That's exactly why an "owl" can't go to bed and wake up in time without force. This is the nature of time's punishment. It was assigned to this category of people. All of this happens as a rule; it is the result of systematic violation of the day regime in past lives. Therefore, to not spoil life even more, "owls" have to force themselves to go to bed on time.

Reader: How can you prove this in reality?

Author: For example, if a person comes to me for treatment and says: “I am tired of life.” I answer: “You go to bed late”. He tells me: “I’m an owl”. This means that the person doesn’t understand that time isn’t interested in who he is, an “owl” or a “lark”. In reality, we are all “eagles” but time will still act the way it should. And the result will be what it has to be. If a person goes to bed late, he gets a chronic mental weariness. The label of an owl doesn’t change anything.

In other words, a person can learn how to do everything correctly in two ways:

1. If he receives true knowledge by willingly studying and following the laws.
2. If he doesn’t have the desire to study and follow, he will have to understand how to live correctly through suffering.

Reader: Your laws of happy life are making me unhappy again.

Author: This is how truth affects people: *first, it makes us sad, then it makes us work on our personality and, only after this, it inevitably makes us happy.*

Reader: For now, I am always on the first stage.

Author: Then, you’ve got everything ahead of you.

CONCLUSION: *If we feel that there are difficulties in following the day regime, that doesn’t mean we should make excuses for ourselves and not follow it. We can consider ourselves eagles in the relationship with time only for the time being. Therefore, everyone who wants to understand the laws of happy life has to learn how to obey the will of the sun regime, despite the desire to consider himself an “owl”.*

The Rest Regime

People contact the movement of the sun and the power of time every second of their lives. This contact influences us differently. This depends on the phase of the sun’s movement. Every second, certain processes in our organism occur. Their passing depends on the phase of the sun’s movement. This whole system works with great accuracy. We cannot change anything in the activity of the sun and time. Therefore, the day regime of a person is strictly institutionalized.

Now then, let’s start from the beginning. 12 o’clock at night is the point when the sun is in the lowest position. At this time our organism should be in the state of maximum rest. Veda’s say that people from 18 to 45 years old should have about 6 hours of sleep. Therefore, the best time to sleep is 3 hours before 12.00 a.m. and 3 hours after. Thus, people should sleep from 9.00 p.m. to 3.00 a.m. There are different variants: from 10.00 p.m. to 4 a.m. or from 8.00 p.m. to 2 a.m. No matter what, you should sleep at least from 10.00 p.m. to 2 a.m. Sleep at this time cannot be substituted with rest at any other time.

Reader: Where have you seen people who go to sleep at 9.00 p.m. and get up at 3 a.m.?

Author: There aren’t many of these people but among those who study Vedas, I know many enthusiasts who are able to follow the correct day regime.

Reader: I think that if I start following this schedule, I won’t get enough sleep.

Author: Of course, there are many obstacles on the way of the person who wants to follow the correct rest regime. However, if you are able to learn to follow this rest

regime, the result will be more than you could expect. Curiously enough, by following this schedule, you will always get enough sleep. Moreover, you will be able to do twice as much in the daytime. This is because the mind is a lot more active in the morning than in the daytime. The mind works twice as fast from 3 to 6 a.m. than from 3 to 6 p.m.

Reader: What difficulties will there be when I'll try to learn how to follow the day regime?

Author: First of all, you need to understand that changing the rest and wake schedule should happen gradually. Every day, you should go to sleep and wake up 5 or 10 minutes earlier. Two months will be enough to get used to it.

Reader: But even if I learn to go to sleep and wake up in time, still, I think that I won't get enough sleep. For many years I've been sleeping 8 hours. Is it possible that in two months, my organism will be satisfied with 6 hours of sleep?

Author: You're right. That's why the next step is to determine how much you should sleep. After many years, your organism got used to sleeping more than is necessary. Therefore, despite the correct sleep regime, 6 hours of sleep won't be enough for some time. Thus, first, you should try to sleep 7 ½ hours and then, if it isn't too difficult, change over to 7-hour sleep.

Reader: Frankly speaking, for now, I don't have any enthusiasm to go through this, so I don't want to do this. I would like to hear some persuasive reasons that prove the necessity of this.

Author: Then, we will have to go over what happens if a person doesn't sleep during the indicated hours.

Reader: It would be interesting to find out about this. I have never read about such things before.

Author: Then, let's start studying this matter.

The consequences of not going to bed on time

The deepest processes in our organism "rest" earlier and the surface processes rest later.

Reason and mind rest more from 9.00 p.m. to 11 p.m. Therefore, if you didn't fall asleep at least at 10.00, then your reason and mind functions will suffer. If a person goes to sleep later than 11.00, his mind ability and rationality will slowly decrease. The drop of mind and intellectual power happens slowly; that's why for many people it is hard to notice these problems in themselves. Yet, if we know the first signs of mind activity and reason reduction and its consequences, many people can find these mental problems in their consciousness right away.

Reader: And what are these first signs of mind and reason weariness?

Author: The first signs of this consciousness degradation are a decrease in concentration or excessive mind tension. Also, there is an increase in bad habits, a decrease in will power, and a raise in the needs of sex, food, sleep, and conflicts. All of this points to a drop in the power of reason.

Reader: Lately, I've been feeling that my concentration has decreased and a causeless irritability appeared. Does this happen because I go to bed late?

Author: Yes, usually this is the reason of such problems with mental activity.

Reader: So, what will happen in the future?

Author: Going to bed late for a long period of time usually leads to mental weariness and excessive mental tension, which people often try to get rid of by smoking or drinking coffee in large portions.

Thus, these bad habits are connected to violations of the sleep regime. Often in these cases, the vascular regulation worsens and, as a result, a tendency to rise in arterial pressure appears. A tired and dim look, mental deliberation, headaches – these are all signs of the lack of rest in the mind and reason when a person goes to bed late.

Reader: I think that I have some of these symptoms. If someone goes to bed later than 11, what awaits him in the future?

Author: If a person doesn't sleep from 11 p.m. to 1 a.m., his prana activity (life power) will suffer. Prana circulates in the organism. As a result of the decrease of prana functions, the nervous and muscular system will suffer. Therefore, if a person doesn't rest in the indicated time for a few days even, he will feel weakness, pessimism, apathy, a decrease in his appetite, heaviness in the body, and mental and physical looseness right away.

If a person doesn't sleep from 1 to 3 a.m., his emotional stability suffers. Thus, an excessive irritability, aggression, and antagonism appear.

Reader: Now I see that it isn't wise to fool around with time. Still, are there any reasons to sleep more than six hours?

Author: Yes, of course, each person has his own need of sleep. It depends on the age and on how he follows the day regime. As he gets older, his need of sleep decreases but if he violates the day regime the need of sleep will always be high. Also, the need of sleep depends on the constitution and his type of activity.

If the person's activity is busy and intense, he should sleep 7 hours and get up at 4 or 5 a.m. or, maybe, sleep 8 hours and get up at 5 or 6 a.m. However, in all cases, going to bed after 10 p.m. is harmful to mental and physical health.

Reader: And, if the person is studying the laws of happy life, will his need of sleep decrease because of this?

Author: Yes. For saints, 3 hours of sleep or less is enough. But for most people who seriously practice spirituality, 6 hours of sleep is recommended. They should go to bed at 9 p.m. and get up at 3 a.m. For the rest, it is recommended to go to bed at 9-10 p.m. and get up at about 4-5 a.m.

Author: You've calmed me down somewhat. I was thinking about fleeing from your laws of happy life.

Author: Good. It's time to sum up our conclusions.

CONCLUSION: *When a person understands that it isn't wise to joke around with time, he starts trying to go to bed on time. Only after a long practice, a habit of following this law of the day regime comes. Not following this rule decreases the organism's intellectual power. Following it brings happiness and clarity of the consciousness.*

The consequences of chaotic sleep

Let's talk about what happens to a person who violates the day regime.

If a person sleeps from 9 to 11 p.m. and postpones later rest to daytime, he will feel that his head is rather clear but his body will be tired and, also, his emotional strength will disappear.

If a person sleeps from 11 p.m. to 1 a.m., he will feel that he has energy, but he won't be able to understand and his mood will be rather bad.

If a person sleeps from 1 to 3 a.m., he will have physical energy but he won't have mental strength. Therefore, the conclusion is clear – we need to sleep from 9-10 p.m. to 3-4 a.m.

If, despite the activity decrease of mind and reason, the person still doesn't go to bed from 10 to 12, he will slowly go into depression. We don't notice how this state develops. In 1-3 years, the depression will build up and he will feel that the colors of life become tarnished. Everything becomes gray. This is a sign that the mind is resting and its mental functions are wasting away.

Reader: To secure this material, can we go over the signs of mind and reason power reduction again?

Author: Yes, of course, let's talk about this in detail.

When the power of reason is reducing, the person can no longer understand what is good and what isn't. It's hard for him to decide how he should act in different situations. This is very dangerous in natural life exams, when the person needs to decide who he should marry, how he needs to raise his kids, and which job he should pick. It becomes harder to get rid of bad habits. This happens when the power of reason drops.

When the mind power drops, anxiety appears and the memory worsens. After some time, the person constantly feels anxious, he starts conflicts, becomes mad, jittery, yells or cries. Depending on his character, his mental state changes in one way or other. In other words, a mental instability appears. This causes great concern. Also, the memory functions can also worsen. If memory begins to suffer, the person notices that he cannot memorize anything for a long time. Long-term memory suffers first, and then short-term memory.

Reader: You also said something about the defects of our life energy functions?

Author: Yes. Prana or life energy (power) wears out if a person doesn't sleep from 12 to 2 at night. Prana fills our organism in these hours. If a person doesn't sleep at this time, he will feel weak. Prana functions in our organism are connected to the nervous system, so it will also suffer. This will harm the regulation of life functions in the whole organism. The immune system will suffer and chronic illnesses will appear. If the person continues to violate the day regime, his organism can go into a critical state; this will cause serious changes in the function of the nervous system and organs.

If a person is not sleeping from 1 to 3 a.m., his emotional power (the power of his senses) will slowly run out. This causes a rising vulnerability. Because women are more sensitive than men, the signs of emotional distress appear earlier and they need to sleep more at this time. When a person doesn't follow the day regime, he becomes emotionally run down and can become hysterical. This type of violation is the base of manic-depressive psychosis, when a person is too agitated and then falls into a deep

emotional depression. Also, aural impression decreases. The hearing doesn't change; it stays the same but the person isn't able to use all the possibilities of his hearing receptors. He cannot concentrate on listening to information. Other senses can also suffer. Slowly, fineness of perception of the world decreases. The hearing, touch, sight, smell, and active functions decrease.

Reader: But you said before that a saint can sleep 3 hours or less. So when does he go to bed and wake up?

Author: Saints, for whom 3 hours of sleep is enough, usually go to bed at 9 p.m. and wake up at 1 a.m.

Reader: So where do they get emotional power?

Author: When a person seriously practices spirituality, he will get emotional power from prayers. His emotional power doesn't run down; on the contrary, it increases every day. Therefore, in time it will be enough for him to sleep 2 hours. However, people should not artificially imitate this level of consciousness before they reach success in spiritual practice. Trying to get up at 2 a.m. and earlier isn't wise for them. This will cause great emotional distress.

Reader: Are there crazy people who do this?

Author: Yes, there are quite a lot of them. When they feel power and enthusiasm from waking up early, they start being proud of their achievements and try to wake up a lot earlier than they should according to their constitution. As a result, their mental energy runs out and they begin sleeping too much. After this, even if they think about following the day regime, these people feel great disgust.

Reader: So what conclusion will we make this time?

Author: A very simple one.

CONCLUSION: *When we sleep completely at random and disorderly, time punishes us so strongly that nervous and mental illnesses can occur.*

Which practical steps can help in starting to follow the rest regime and what can prevent us from following it?

All mental functions of people suffer because they do something in bad time. Doctors should pay attention to healing the person's reason first of all.

Reader: What does reason mean?

Author: Reason is the ability to correctly understand the powers that exist around us and affect our life. The first power is the power of time. A reasonable person knows that this power exists. He hurries to do everything on time, at least as much as fate allows it.

Those, who didn't want to do this in past lives, are limited in this life. They can't go to bed on time, even if they want to.

Reader: Why can't a person go to bed on time if he wants to?

Author: There can be many reasons:

- a night job;
- the whole family isn't sleeping at this time. For example, they are watching TV;
- it is difficult to fall asleep at this time;
- there isn't enough will power to change everything.

Reader: I understand everything about a night job and sleep disturbances but what do you mean by not enough will power? What can cause the will power to decrease?

Author: This can happen because the person violates the laws of time. The first evident sign of a weakening reason is the decrease of will power. This is how a person willingly causes himself to suffer now and in the future. If there are unfavorable surroundings for following the day regime, it isn't easy to overcome them.

Reader: Still, there has to be an answer.

Author: Yes, there is a way to change everything for the better but it is difficult to understand how this way works. The person's desire is a huge power and if the person constantly wants to change his day regime he will get an opportunity to do this after some time.

Reader: A desire - and that's all?

Author: Not just one wish, but a strong, stable, and long lasting desire. If the desire will be true, there will be energy to realize it. In other words, if there is a true desire, slowly, an understanding comes of how to act in any situation, even the hardest one. Also, the notion to act appears.

On the other hand, if you don't have an understanding of how to act and the enthusiasm to act, that means that your desire to change everything is not strong enough.

Reader: How can we increase this desire enough for everything to go the way it should?

Author: There is only one way to increase this desire – to talk to those who are already on the right way. Attentive and humble listening to these spiritually rich people changes the person's reason, which gives enthusiasm to change many things in life. Inspiration is a very big power.

Reader: Are there any other ways to solve this problem? For example, I think that it would be good to start solving all the problems by changing the consciousness of relatives that often throw sand in the wheels if something is done not to their liking.

Author: Be careful with this idea of changing your relatives. It can become the reason of even greater problems. Certainly, we need to orient ourselves in each situation and use our common sense to understand how we should act. Still, we need to know what we should never do. For example, it is best to avoid:

- trying to change the consciousness of relatives against their will and cultivating an aggressive and scandalous attitude in the relationship with them;
- trying to disrupt bad karma ahead of time, quitting your job right away;
- divorce (if there is no threat of disrupting physical and mental health);
- angrily punishing children if they don't want to live correctly;
- constantly criticizing all acquaintances that don't allow you to live correctly.

All these ways of solving problems will certainly make your life even harder and, as a result, will cause disappointment. Moreover, all this will worsen the relationship with people. However, inexperienced people usually act this way, which adds to their problems even more.

Reader: So how should we act if someone doesn't allow us to live correctly?

Author: If a person really wants to change his life, he should learn to love his relatives and try to accomplish his duties and do everything he has to do for them. All this should

be done, despite their flaws. According to Vedas, all those people who surround us and act wrongly towards us embody the sins we committed in past lives.

Reader: Do tell! And I honestly thought that they embody their own sins when they act wrong.

Author: One of the duties of our relatives before God is to punish us for our past sins. Sure, our relatives usually don't understand this and sometimes live incorrectly by virtue of their own sins. Still, the person who starts to understand that all of his family problems and problems at work are connected to his past bad deeds will not accuse his relatives. Also, he will really try to bear all unpleasantness that communicating with relatives causes. Usually, our own egoism doesn't allow us to act this way. "Why do I have to bear unfairness, if they don't bear it from me? They should start acting right first, and then others will start acting right too".

If you, dear reader, have similar thoughts in your head, don't expect any changes for the better. This attitude will probably spoil your life more and more. But the person who is really the master of his destiny will not wait for someone to change for the better. Once he decides to act right and bear all unfairness from relatives, he is acting more reasonable than all his close ones. Therefore, he becomes capable of changing his own fate and the fate of his relatives for the better.

Reader: Just bear the impertinence of others and that's all, or can I do something else?

Author: Patience and bearing is the best deed; it is the first condition to improve family relations. Bearing doesn't mean keeping anger inside. The person simply understands that he doesn't deserve any better in life for now. If there is no patience, understanding the laws of karma (the fairness of the coming suffering) also cannot be. The person who got a hold of this state of consciousness should be the first one to start doing everything he needs to do for his relatives unselfishly. Doing this, the person, with his positive attitude, starts to affect the attitude of his close ones towards him. Slowly, the relatives begin to respect him more and more. After, they will start thinking about how they should act correctly. Only after going through all these stages of developing relationships, they will slowly start changing for the better.

Reader: If I understood you correctly, there is a way to change the relationship with relatives. By improving my attitude towards them, I can change their attitude towards me. With this, they will not know anything about this. So, without any confrontation, I can cause my relatives to change for the better by changing my attitude towards them?

Author: That's correct, but there is one inaccuracy – if you act this way, *fate* causes your relatives to change, not you.

Reader: This is all fine and good, but it is very hard to learn how to act this way.

Author: Yes, I agree with you, but, still, there is no other answer. It is better to face difficulties willingly than continue being under their girdle.

CONCLUSION: *A wise and reasonable person who wishes to change his life for the better doesn't accuse anyone in his fate. He slowly eases his bad karma. His chances of living a happy life increase every day, and unfavorable factors that don't allow him to progress slowly decrease by the will of fate.*

One exponential example about violating the rest regime from my medical practice

I think that you are slowly beginning to understand why it is necessary to follow the rest regime. However, experience shows that people have a great tendency to violate the day regime. This happens even though they know why it is necessary and have the opportunity to follow it.

Reader: What tendency? I think we have already discovered enough problems!

Author: This tendency is quite simple – we usually think that everything will be fine no matter what. That's why we often postpone some life changes for tomorrow, even though they need to be realized today.

Reader: Tell me in detail; how does this come out in life?

Author: To make the subject clearer, I'll tell you an example from my medical practice.

In Samara (Russia), a husband and wife that I knew came to me for help. The man was quite strong physically but often felt weakness and mental drain. He worked nights as a guard. After I examined him, I noticed some signs of debilitation of the nervous and vascular system. After 1-2 years of working nights, most people get signs of debilitation of the organism.

I warned him that he will soon get big problems with the brain and heart. But he assured me that there is no need to worry, that he is strong and tough, and so everything will be ok. He really was strong and looked like a healthy person. After a few months, he had an infarct and had to go to the hospital. He got back to normal with great difficulty and for some time the heart worked fairly well. Again, I advised him to change his job. He declined and said "I have to feed my family; paramilitary protection pays good money and I don't do anything there anyway; I just sit there." I asked "Do you sleep there?" He answered "No, I am not allowed to sleep there". After 7 months, he had a stroke. His wife brought him through with my help. Almost all the signs of the stroke went away. I asked him to quit his job again but he didn't want to hear about it. Then, he had a second stroke, after which he became blind in one eye. He also had a one-sided paralysis. His health became worse and worse and then his hour of death arrived. No one can escape death, but this case can be educational to those who continue to work nights, despite the fact that their health is worsening.

Reader: Sometimes, a person doesn't have a choice – either he works nights or his family will starve.

Author: Yes, of course; you're right. However, it is useful to know why this happens. Such situations occur because a person earned a bad fate in past lives and as punishment he has to work at night.

Reader: So what should people do in these situations?

Author: First of all, they should thoroughly study this subject. However, it isn't possible to change something right away. First, a great desire to change jobs should appear. The person can keep working on this job for some time and if he has a great desire to live correctly, organize his life the right way and try to change his life; then, believe me, everything will slowly change. Fate will surely give him a chance.

Reader: Again, you are saying that a simple desire is the most important thing. Is it true that our wishes have so much power?

Author: Wishes have a very big power. Our whole life consists of past wishes that generated certain deeds and caused certain events. In order for bad wishes from the past to not affect our life so strongly, we need to grow correct new wishes in ourselves.

Reader: How can we learn to have strong wishes, in order for us to make our life better?

Author: To do this, you need to strengthen and increase your reason.

Reader: So, what can you recommend for increasing reason?

Author: I already said that the most effective way to increase reason is to repeat the saint names of God.

Reader: And what if I don't believe in God yet?

Author: Then, until you start believing in God, you can repeat in the morning: "I wish for everyone to be happy". This is an ancient ayurvedic way to maintain a positive reason attitude.

Reader: I think I'll do that.

Author: Good luck! Now, we can sum up the conclusions.

CONCLUSION: *We often think that everything will come back to normal by itself and there is no sense in trying to change our life. Even after we experience difficulties, often we are not inclined to make serious conclusions from the situation. However, reasonable people should understand the necessity of organizing their life correctly before time shows its power. Only the person who tries to overcome intellect inertia, laziness, and passivity in himself will be happy.*

The consequences of not waking up on time

Now, we will talk about when a person should wake up. It turns out that there are consistent patterns connected to the way we feel and even to our fate. These consistent patterns directly depend on the time we get up in the morning. The vital tone of reason, mind, and our organism is connected to the time we get up. Therefore, now, we will discuss these connections in detail.

If a person gets up at 3 a.m. without causing any problems for his health and unsound mind, he is capable of considerably advancing in the way of studying his spiritual nature. At this time the activity of the sun is still very weak but the moon continues to affect our mind considerably. As a result of this, the mind is in the state of peace and ease. At these early morning hours, it is very favorable to pray and think about God. However, people who prefer to get up at this time have a sensitive unsound mind and it isn't recommended for them to stay long in places where there are a lot of people. Therefore, waking up this early is mainly recommended for priests and people who are isolated from the ordinary life.

The schedule of sages is somewhat displaced. This is talked about in "Bhagavad-gita" (2.69):

"That which is night for all living things is the time of awakening for the one who controls himself; and when all living things awake for a wise person who is busy with self control, night comes".

Reader: So, unless we wake up at 3 in the morning, there is no point in spiritual practice because there won't be big results?

Author: There is always a point in spiritual practice, but, as you noticed, its success partially depends on waking up early.

Reader: So, what chances do those people who don't get up at 3 a.m. have?

Author: Those who get up from 3 to 4 a.m. also have enough energy to figure out their spiritual nature. With this, their mental sensitivity is not high enough for an isolated life.

If a person gets up at this early morning hour, it is recommended for him to only engage himself in spiritual practice. These early hours are meant only for these goals by nature. For people who follow this schedule and say their morning prayer every day, time will surprise them by opening deep secrets of the soul. The only condition is that they should try to communicate with saint people as much as possible and less with those whose consciousness is polluted by sins.

Reader: So, we should stop working and going out of the house?

Author: No, we should always stand to our duty. However, we need to understand how we should act in the company of people who don't seek progress and live their life idly. A reasonable person will not listen to their useless talk attentively. The process of listening affects the reason quite a lot, and, therefore, the enthusiasm to change our life and be happy can disappear because of ill communication.

Reader: What if someone from this category of people doesn't talk idly but, for example, talks business. For example, there are business talks at work.

Author: Yes, in these cases the consciousness might not be polluted very much, but only if you don't accept your companion's attitude towards life.

Reader: You are probably pushing me into some partisan movement.

Author: No, I am telling you about simple behavior that is recommended by Vedas. Do you talk to strangers about internal and private subjects?

Reader: No, I'm not like that.

Author: If everything is clear on this subject, let's continue our discussion about the day regime.

If a person starts his day from 4 to 5 in the morning, he is capable of becoming an optimist. At this time the earth is in the state of optimism. All the songbirds are in the state of blessing; they feel this and sing. Those people who are active at this time are capable of being good scientists, poets, typesetters, musicians, singers, and, also, just optimistic people. Waking up early is always associated with happiness, as in this optimistic song: "The morning meets us with coolness, the river meets us with wind, curly, why aren't you glad?.. Don't sleep, wake up, curly..." This early morning time is meant for creative work. At this time, a person can read spiritual books, pray, or wish everyone happiness. Religious people feel very happy at this time; they sing to honor God and conduct their services.

Reader: So, what will happen to those who wake up later than 5 a.m.?

Author: The people who are able to get up from 5 to 6 a.m. every day will be able to be physically and mentally active all of their lives. Also, they can conquer any illness without really trying. At this time, they can engage in spiritual practice. Also, it is good to memorize prayers and other useful information to change your character. The sun is not yet active, but the moon is no longer active, so the mind becomes very sensitive to all information and it quickly and deeply goes into the memory.

Those who wake up from 6 to 7 a.m. get up after the sun. This means that they don't accept the laws of time but still try not to sleep too long. Their tone will be somewhat lower than they would like and their business won't go too bad, but with apparent misses. Their health will be more or less normal (but not at critical times in their life). Those who usually get up at this time will not have enough physical and mental strength. They shouldn't count on success and clear progress in life.

Reader: What if the sun, for example, in the winter, rises after 8 a.m.? Does that mean that your whole schedule moves to two hours later?

Author: On the far north, the sun doesn't rise at all for half a year or more but that doesn't mean that people there have to hibernate. I don't mean the apparent sunrise that we see on the horizon; I mean the position of the sun in which it starts actively affecting the part of the Earth we are on. It doesn't matter whether the sun makes a vertical circle around this place or not. The Earth is round, so the whole circle of the sun will be 360° , 0° will correspond to midnight, and 90° will correspond to 6 a.m.

Precisely at this time, the power of the sun begins to actively influence our organism. But since the angle of sun's ascent is very acclivous in the winter, the sun itself comes out a little later. Still, those who get up early know that nature is always calm until 6 a.m., but after 6, a wind appears and the Earth goes from a peaceful to active state. This always happens at the same time, no matter the season.

I would like to point your attention to the fact that often the actual time on our watch doesn't correspond to the time of the sun. There are some reasons for this.

In the time of the Soviet Union, a decree of time was passed. The mighty Lenin (Russian ruler) sent time on a "decretive leave" by an hour. Maybe he had his reasons but time is still not back from its "decretive leave" and we have to consider this. This means that, on the territory of the former SSSR, there is a displacement of the actual time – it is one hour ahead of the sun's time.

Reader: I'll consider that. What other problems in understanding the difference between our time and the real sun's time are there?

Author: Besides that, there is the transition to the summer and winter time. It increases the difference with the sun's time by another hour. So, there is 2 hours difference.

Also, it is useful to know that the time zones were made very wide for convenience. Sometimes, on the outskirts of the area you live in, the time that is considered local can also fall forward or behind for a few minutes.

Reader: You've said so many things. How do we understand when the sun crosses the line of the horizon?

Author: Despite all of the difficulties, it is quite easy to determine the sun's time. You just need to call the meteorological service and ask: "When is the time of midday sun in our city?" or, in other words: "When is it 12 noon by the sun?" After you determine this, you can quickly calculate your whole day regime.

Let's continue this subject. Each person should wake up before the Earth (before 6 a.m., by the sun's time) to mentally catch its mood for today. Only in this case, the weather will not cause discomfort, connected to magnetic storms and so on. When a person does this, he adapts to Earth's mood for today. But, if he is still sleeping at 6 in the morning, this adaptation is not possible. Therefore the person who gets up

after 6 a.m. isn't able to be a real optimist. His joy will be unnatural, not sunny; it will be artificial and forced.

Reader: Are you saying that all of the people who are sensitive to changes of the weather don't wake up early?

Author: I am saying that all the people who are sensitive to weather changes either didn't get up before and are now being punished by nature, or they are still not waking up early and, with this, are becoming more sensitive to weather changes.

If a person wakes up from 7 to 8 in the morning, he will have a longer mental and physical tone than the tone he is supposed to have. Thus, he seriously neglects his time. That's why he will either be jittery all day or won't have enough energy and concentration to succeed in life. Those, who wake up at this time have a tendency to low blood pressure, migraines, a low appetite, a drop in immunity, a passive attitude towards life, a low acidity in the stomach, and an inadequacy of ferments in the liver. And if life forces them to conquer the state of energy shortage, they become nervous, bustling, overworked, and the opposite, a tendency to eat too much, high blood pressure, high acidity, and inflammatory processes in the organism.

Reader: I think you've listed almost all the illnesses.

Author: What did you expect? All rule-breakers have to be punished. It isn't wise to fool around with time. But, that isn't the worst of it.

Those who usually wake up from 8 to 9 a.m. will not be able to overcome the defects of their character. These people usually have bad habits. Waking up at this time promises encounters with great life problems, chronic illnesses and illnesses that are very hard to cure, disappointments, and bad luck. It will be difficult for these people to judge a situation correctly and to come to the right decision. They won't be able to make the correct life choice and will be on a string; they won't have enough strength to change anything in their life.

Reader: It's frightening to think about what will happen to those who wake up even later.

Author: The people who contrive to sleep until 9 a.m. and get up from 9 to 10 a.m., meet depression, apathy, the reluctance to live, disappointment in their fate, fright, valetudinarianism, and anger. Moreover, they also meet some uncontrolled habits, accidents, serious illnesses that progress very quickly, and early disability or early ageing.

Allow me to not explain the results of waking up even later. I hope that you see the main consistent pattern here. However, if someone wants to experiment and find out what will happen to a person who regularly wakes up from 10 to 11 for example, I want to warn them that they need guts to stay in bed until this time.

Reader: Yes, that's probably perverted.

Author: By tradition, let's sum up the conclusions of this discussion.

CONCLUSION: *Each person has to choose between being happy and waking up early or being unhappy and sleeping a little more. The willpower of our optimism completely depends on whether we are capable of waking up early in the morning. To understand this law of happy life, you also need to know that the morning is meant only for spiritual practice.*

The fight for following the day regime continues

Author: We have talked about the subject of the day regime quite a lot. I would like to know, has anything connected to this changed in your life or is it the same as usual?

Reader: I have already tried to learn to get up earlier. I can even wake up early, but, for some reason, it is very hard to get out of bed. What are the reasons of this and how can I overcome them?

Author: That is a good question. Thank you for asking it. It can help me explain this subject more deeply.

Let's try to imagine the following: it is evening and the person lying in bed is trying to fight himself to make his life happy.

So, these are his thoughts before he falls asleep: "Starting tomorrow, I am going to start a new life! No more ill-treating myself. I'm no longer a child who does stupid things and makes the same mistakes every day. That's it; tomorrow I'll wake up and get out of bed. I need to learn to be happy!"

The next morning: "The alarm clock is ringing but I still want to sleep. I think I didn't sleep very well at night. I didn't get enough sleep. I don't want to get up. Consciousness, reason, optimism, happiness in the mornings... I'm not getting up! Let the alarm clock ring; maybe I'll get up today. But what for? I'll still have enough time to do everything I need, but for now... it is so good in bed. We only live once but there's so little happiness. I just want to rest, sleep, and relax. I don't want to do anything. What's the use of working without enthusiasm? I don't care. Why should I make myself? I am tired of this; I'm tired of everyone. The biggest happiness in life is to not think about problems, rest, and sleep..."

Reader: It's like you know all of my thoughts.

Author: It's just that most people have the same thoughts. We see that the opinion towards life that we usually have in the evening before we go to bed is sometimes very different from the morning opinion.

Reader: Are there any ways to get rid of this absence of will?

Author: To solve this problem, let's go over the main reasons of difficulties connected to waking up early:

1. A late dinner, especially with grain products and sweets. This causes incorrect digestion. This causes the toxins in the organism to increase and, as a result, we feel like we haven't had enough rest. We feel weak and slow; there is a heavy feeling in our body. With this, there is a very unpleasant and rotten taste in the mouth. Sometimes, there is a heavy feeling in the stomach. Usually, the food we eat in the evening will be completely digested only when the sun comes up. Therefore, if you eat grain food, beans, very spicy food, food which is too salty, bitter, rough, sour, sweet, and everything that isn't supposed to be eaten in the evening, the feeling of activeness and energy to get out of bed will come to you after 6-7 a.m. However, you will not have the necessary attitude in this case.
2. If a person didn't clearly plan his time in the evening, he will think that he still has time to lie in bed. This often becomes an excuse to lie in bed for some time. I would like to note that if you stay in bed more than 5-7 minutes, the life tone decreases and the effect of waking up early will also decrease. The will functions

also suffer because of this. Therefore, if you would like to get rid of a bad habit, you shouldn't lie in bed too long after you wake up.

Reader: Does this apply to bad habits which aren't connected to the day regime?

Author: That's right. I'm talking about the will tone for the whole day, not only for the morning hours.

3. A blanket, which is too warm and a bed which is too soft, a very stuffy and hot room, a muffled head, and dirty bed-clothes or body decrease the will functions of the person and predispose him to laziness.
4. It is often hard to get up if the person went to bed late, had a scandal with someone in the evening, was fussy in the evening, if he watched too many "defective TV shows", TV serials like "The Dead Never Sweat", or evening "horrible terrorist news". All this leads to the wrong attitude and, as a result, we don't sleep well.
5. If a person doesn't have a deep understanding of what happiness and the meaning of life is, because of this, in the morning, he thinks that the biggest happiness is to sleep in a soft bed.
6. Your bed can be in the wrong place. This becomes clear if you try sleeping in different places. This is how you can see that in some places you don't sleep well and in some you do.
7. You need to sleep so your head points to the east or, at least to the north. If there is an altar in your room, your feet should not point to it. Sometimes, if you don't follow these rules, this can also lead to disturbed sleep.
8. There should not be any cooked food in open tableware or remains of food in the room you sleep in. This pollutes the consciousness and disturbs the sleep.
9. If someone is sleeping next to you, get up quietly without waking him. If you awake the person who is sleeping, don't make him get up; otherwise his annoyance will descend upon you and will stand in the way of getting up early in the future.
10. If one of your relatives is trying to put you back to bed, don't argue with him and politely get away from this conversation as fast as possible. Otherwise, you won't like waking up early.
11. After waking up, you need to take a shower or pour water on yourself as soon as possible. Otherwise, the sleepy atmosphere will conquer the active state. This will baffle the good effect of waking up early.
12. You need to forgive everyone before going to bed and ask everyone to forgive you, otherwise bad contacts with people will disturb your sleep. If thoughts are making you worry, keep wishing everyone happiness until you fall asleep. If a person repeats the saint names of God before going to bed, he constantly cleans himself of all bad comments.

Reader: More than half of these violations are my habits! Now I understand why it's so hard to get up in the morning. All the things you said can be corrected, except the wrong location of the bed. I think that this is the main reason of all my problems. My relatives also disturb me quite often.

Author: Yes, the habit of not waking up on time is caused by all of these things. If we eliminate all of these reasons, the ability to wake up earlier will increase greatly.

However, the most important is the faith in the fact that waking up early is very necessary.

Concerning the bad location of the bed and disturbances from relatives, keep in mind that all the people who don't want to see difficulties inside themselves often think that the reason they wake up late is somewhere outside of them. For example, many people think that some unfavorable zone or bad relations with relatives is affecting them. However, I want to assure you that all of these reasons are secondary and can be overcome easily if the person mastered himself and correctly accomplishes the preparation for bed.

Reader: So, why don't most people want to get up early and it's practically impossible to talk them into it?

Author: This happens because of the inertia of thought. Often, people don't want to try to change anything in their life because of their own pride.

Reader: I think there are other reasons, like laziness, depression and so on.

Author: Yes, you're right. There are two types of states of consciousness, studying them helps us understand this subject:

1. The fancy (wish) to act.
2. The fancy (wish) to not do anything.

But this is the subject of our next discussion. Let's conclude everything we spoke about.

CONCLUSION: *When fighting for our happiness, we shouldn't think we can't get rid of this bad habit. Usually, it consists of a chain of violations of the healthy way of living. After we get rid of all the links of this chain, we'll be able to see the positive changes to self-control. However, if the person is searching for the reasons of his problems outside of himself, he doesn't have any chances of being happy.*

The fancy to act

This fancy appears a result of correctly understanding what happiness is. Happiness is in acting, not in standing still. The person who strives to serve God and people with love is always in the state of active happiness. All living things find their happiness by acting. This is because we have an eternal and spiritual nature and the soul cannot be in the state of hibernation. For the soul, not doing anything is like death. However, false opinions about our nature make us think very differently. We start to look for happiness by lying around or engaging in useless work, which doesn't lead to happiness at all.

Reader: Again, there is too much theory. Can you explain this in a more simple way? I don't understand why there isn't any happiness in not doing anything. Sometimes, we really want to take a rest and when we rest we feel very happy.

Author: Of course, our organism and unsound mind requires rest. But, in this case, you think that happiness is when there is no worries and misery. I am not talking about calming down. I am talking about the state of happiness that is the opposite of inertia and not doing anything. If a person is tired, he needs to rest. But if he thinks that not doing anything is happiness, problems await him.

Reader: Now, I'm starting to understand. What problems await the person who thinks sleep and rest is the most important happiness?

Author: The main problem is the fancy to not do anything because it stimulates the development of destructive processes in the organism. Our organism can be tuned to life if we want to act in life. On the other hand, our organism will be tuned to death if we have a fancy to not do anything. That's why all illnesses are cured with an active life attitude, not with passivity.

Reader: But doctors often prescribe the patient a sparing lifestyle, for example, a home or bed regime. What do you think about this?

Author: In certain critical cases, the organism needs to rest or decrease its activity. However, this doesn't treat the patient; it simply calms him down and gives him strength. Real treatment is always connected to doing something. Even when a person isn't allowed to move, he has to be active in his mind. A passive and depressed emotional state always causes exasperation of the illness, not recovery.

Reader: All right, I understand that not doing anything harms the health. However, it still isn't clear why most people seek rest, not activity.

Author: The reason of this behavior is the absence of knowledge about what real happiness is. Real happiness slowly guides the person to enthusiasm and a joyous and active life. In this activeness, he finds that happiness really exists.

Our faith and knowledge are in our reason. Reason is part of our nature. It is meant for the search of happiness. Everything it has inside of it is the knowledge about how to achieve happiness. If the reason is filled with the wrong understanding of happiness, the person is often disappointed in life and wastes his time constantly. However, if a person seriously studies what happiness is, he receives faith in justice and happiness. Faith bears an enthusiasm to act. The enthusiasm to act guides us to an active life attitude, which, in turn, gives us an opportunity to get rid of our bad habits and follow the day regime.

Reader: So, there is no point in making myself follow the day regime? If I systematically study how to live correctly, the faith and enthusiasm that comes from this will make me get out of bed.

Author: Yes, you have caught a very important factor that supports progress in studying the laws of happy life. You just need to add that faith, happiness, and the enthusiasm to act appear from inspiration, which comes from positive communication. Therefore, the greatest happiness of a rich person is the positive communication with people who know about true happiness.

Reader: So, if a person believes in happiness, his bad habits will go away by themselves?

Author: If he truly believes in happiness, he will forget about all his bad habits. True faith in real happiness is a very high level of consciousness. However, people who have only begun to study the laws of happy life rarely have a fast success. Therefore, we still have to understand that happiness exists and find out how to get rid of all the problems and misery. After we understand that happiness exists, we will get a great enthusiasm to change our life for the better. Our life will become much easier.

Reader: After that, we won't have to strain to change ourselves?

Author: On the contrary, the strain to change ourselves will always be there because true happiness is also connected to acting, not to standing still and not doing anything.

Reader: Then, I don't understand how life will become easier.

Author: An easier life doesn't mean slacking around. On the contrary, a person that doesn't do anything always has a hard life. An easier life means that it isn't hard for us to make ourselves live an active life. An optimistic person is on the upgrade and he isn't afraid of any obstacles. He foretastes happiness like a bee that is flying towards honey dew. He is always seeking happiness to change his life for the better.

Reader: But, you said earlier that before there is communication with a wise and spiritual person, there won't be any real changes in life, so we don't try.

Author: No, I said that before we find the opportunity for this communication, it will be hard to change ourselves for the better. However, if a person doesn't have a good faith yet, there is only one way to achieve this communication. He needs to fight the problems by himself and try to find this favorable communication as soon as possible. To achieve happiness, we need to struggle with our own efforts because no one can bring happiness to us.

Reader: I understood everything incorrectly again. I thought that I found an easy way to become happy but you are talking about some additional efforts and struggles.

Author: Efforts and struggles are not hard for those who have the correct liking for happiness. A correct liking for happiness is the joy of acting and trying to overcome our flaws.

Reader: I think you hinting that my liking for happiness is unlike the correct liking and that I like not doing anything.

Author: If this were not so, you would have been happy already and wouldn't have any problems like getting out of bed, for example.

Reader: Yes, I guess you're right; my liking for happiness is not perfect by far. So what can I do?

Author: Strengthen your reason and develop the correct understanding of happiness by studying the laws of happy life.

Reader: You constantly inspire me to continue our discussion. Frankly speaking, I'm for this.

Author: Good, let's sum up our conclusions.

CONCLUSION: *The main activity of each person happens in his reason. If we have a high goal, an active life position appears automatically. Our consciousness understands that there is no point in not doing anything and slacking around. Therefore, if a person doesn't want to believe that happiness exists and strives to achieve it, if his happiness is just rest, then illnesses, disappointments, and suffering are inevitable for him. Our organism (body) always strives to relax and not do anything. Thus, everyone should try to understand where true happiness is: to consider yourself a body and search for happiness in not doing anything or consider yourself a soul and search for happiness in acting. To be successful in this favorable activity, you need your own strength to achieve happiness and also the pursuit to communicate with a saint who already knows what happiness is.*

The pursuit of only body pleasures doesn't bring happiness nor health

The fancy to not do anything appears from not understanding happiness correctly. As a result of this taste, a perverted attitude to activity appears. Many people perceive work just as an opportunity to get money. Therefore, it is usually associated with a burden and responsibility. As a result, happiness is perceived as resting from work. Thus, the wish to not do anything is the conclusion of not understanding happiness correctly. Let's be honest and remember the happiest moments of our life. This is usually the time we did something for our loved ones; this gave us great joy and satisfaction. On the other hand, sleeping too much and other weakening factors usually leave a very heavy trace.

Reader: So, why do we want to think that happiness is in rest, despite the fact that our memories about it are not so good?

Author: In reality, the wish to not doing anything is in the nature of the human organism. This wish appears because our body is material, not spiritual. We know that if we don't make a material thing move, it becomes still and inactive in the end. Our material body is trying to tune us to this body happiness of rest and not doing anything.

Thus, if we identify happiness with our body, we will get an idea that the most pleasing thing in life is the state of a relaxed body.

Reader: But it is very hard for me to understand that I am a soul. This can't be seen in the mirror.

Author: If you judge yourself by the reflection in the mirror, you need to accept that you are a different person every day because the body changes every day.

Reader: We have already discussed this matter and I understand everything theoretically. But the body functions: it wants to eat, sleep, rest after work – all this causes unpleasant feeling. According to your words, if we assume this is happiness, there will be suffering. Therefore, we need to learn how to constantly seek spiritual happiness, which is the love for God, people, wishing happiness for everyone, and unselfish work with love for our duty, and not money. Thus, a problem appears: on one hand, the body constantly wants to satisfy itself physically and, on the other hand, there is no happiness in this and we need to seek spiritual happiness. Frankly speaking, I am lost; how can I change the pursuit of happiness in myself?

Author: This isn't a question; it's a real poem! I guess you have prepared yourself quite well for our discussion.

Reader: Yes, I've decided to start fighting for my happiness and gone over everything we have talked about before. As a result of serious brainstorming, I've got big doubts: is the happiness you constantly talk about achievable at all?

Author: Do you think there are other versions of happiness?

Reader: Maybe, we should live simply – eat, drink, party, and not think about anything?

Author: It seems all right but it turns out that in this state the organism usually begins to destroy itself. Relaxing the mind causes the regulation of inner organs to relax. It also weakens the immunity, which hurts the digestion of the organism. Therefore, there won't be much happiness from food and drinks pretty soon.

And if, no matter what, we continue to withdraw as much “happiness” from our organism as we can, this will start a mechanism that will destroy our health. Therefore, we shouldn’t trust the wishes of our body too much.

Reader: Only facts can convince me. What you are talking about is just theory.

Author: All right let’s study everything practically. Try to remember what usually happens in life. As soon as we decided to sleep more, we decrease our life tone, mood, and we get a desire to relax even more. Slowly, we begin to think that we are very tired and only sleep can get rid of it. After a few of these sleeping days, our interests can change, even if we have a will. Sometimes, a person had a loaded life before he began to rest so much but after a few nights of sleeping a lot, he stops liking his old life. The only thing that satisfies him is rest. Isn’t this like what we see in reality?

Reader: Of course, this happens. But it isn’t always like this. What you are talking is extremity.

Author: We are talking about the things a person who wants to be happy aim for. Happiness comes when there is a constant increase in the satisfaction of our senses. A person who always sleeps too much gets tired of this fast. He sleeps automatically and doesn’t feel very happy from this. Therefore, if you want to get happiness from sleeping, you need to sleep and rest more and more. Thus, extremity is inevitable for those who seek happiness in not doing anything. Sometimes these people want to eat too much and sometimes sleep very long. Sooner or later, the person who has this attitude will sleep until depression.

Reader: All right, I understand what you said about sleep. But enjoying food is not standing still. This is activity. For example, I eat very lively and with a great enthusiasm.

Author: You’re right. The desire to enjoy food bears activity and a kind of enthusiasm. But this is activity that is directed to getting satisfaction from eating tasty food. This is not a safe activity. If we search for happiness in food, we can get many problems from this.

Reader: What do you mean?

Author: We have a spiritual nature and constantly strive to achieve increasing happiness. Therefore, if we think that eating tasty food is the main happiness, we get a desire to eat even more and will want the food to be even tastier. Tasty food is usually digested very well, so gourmets are usually overweight. If we consider the fact that, to increase happiness, we want to increase the amount of food we eat, we will get different illnesses. There are quite a lot of gourmets among people and it is hard to list all of the illnesses that appear from eating too much.

Reader: And what if a person wants to be happy in the relationship with his wife? Can sexual pleasure also cause problems?

Author: If a family isn’t interested in spiritual happiness and the husband and wife are constantly thinking about sex, someday they will get tired of each other. But the desire to get happiness from sex will still remain. Therefore, sooner or later, they will start to search for their sexual happiness somewhere else. Thus, for those families who don’t pay much attention to seeking true happiness, unfaithfulness and disappointments are inevitable.

Reader: That’s why many modern psychologists advice people to change sexual partners more often.

Author: What about the family?

Reader: They advice us to do this secretly.

Author: Vedas say that our mind, which has a subtle material nature, passes the truth of our acts and thoughts to all the people which surround us. This happens subconsciously and doesn't depend on whether we want to lie to someone or not. It isn't often that a person can consciously read another person's mind but everyone can feel a lie subconsciously. Thus, people that are close to us will start suspecting regular disloyalty. Therefore, there won't be any happiness in these unfaithful families. On the contrary, an increasing coldness in the relationship will slowly destroy the family and will make all of its members unhappy.

Reader: I guess you're right. There are so many divorces now and all of them occur on a sexual base, as psychologists say.

Author: Not on a sexual base but on the basis of the idea that sexual pleasure is the most important in life. This is more accurate.

Reader: Most people feel this way.

Author: Let's not judge anyone. Our goal is not to condemn humanity but to understand how we can learn to live happily. Now then, in the discussion about our life, you found out that if we make sleep, food, comfort, and sex the meaning of our life, the result of this life opinion will be suffering and disappointment.

Reader: What are you hinting at? Maybe your goal is to talk me into not eating and sleeping and to become a monk?

Author: No, my goal is to make you an ascetic. Vedas say that sleep, food, and sexual needs are the natural functions of the body. However, people should not think that the goal of our life is only to satisfy our bodily needs. If we lived in the bodies of animals, bodily happiness would have been enough. However, we weren't born humans for nothing. Therefore, Vedas recommend satisfying our body as much as is needed for health and to not interrupt spiritual progress.

Reader: You convinced me to not seek bodily happiness but also to not bypass the body's needs. However, you still haven't said a word about how we can learn to want spiritual happiness and not happiness for the body.

Author: Only if you engage in spiritual practice and learn its highest taste, you will be able to stop wishing pleasure for the body and you will have an attitude towards the needs of the body just as a need for its health.

Reader: What if I don't have any enthusiasm to engage in spiritual practice? What can I do?

Author: If you seriously study the science of the soul, you will get an enthusiasm to engage in spiritual practice. By systematically studying spiritual literature, you will slowly get a desire to check how all of this works practically.

Reader: How long do I have to wait for this?

Author: Aren't you trying to go to bed and get up earlier?

Reader: I'm not only trying, I have some success. But sometimes there are disruptions and I start wanting to satisfy my body.

Author: See, just as you got an enthusiasm to follow the day regime, sooner or later, you will get an enthusiasm to engage in spiritual practice. It seems to me that all of your disruptions are connected to the fact that you don't have regular spiritual work. The

soul wants endless happiness. Therefore, if we decrease our spiritual happiness, we begin to want more bodily happiness.

Reader: That's interesting. I'll think about that.

Author: This is a good subject to think about. However, it is time to sum up the conclusions of our discussion.

CONCLUSION: *To become happy in the matter of the attitude towards our body, we need to learn to stay away from two extremes:*

- 1. We don't need to consider our bodily needs the goal of our life.*
- 2. When controlling the activity of our body, we need to use common sense and escape limits that cause depletion, strong discontent and illnesses.*

To gain a correct approach to satisfying the bodily needs, we need to thoroughly understand that if we won't seek spiritual happiness, bodily happiness will seek us.

The fancy to not do anything is a hidden desire to die

The desire to not do anything comes from our body and usually leads to many physical and mental illnesses. The illnesses of these people will surely increase. People live to be happy and happiness for the soul is always the state of activity. Those people who have spent their life actively and engaged in physical and intellectual work usually live long and happily.

If our bodily nature overcomes our spiritual nature, it makes us relax and, with this, our life tone, immunity, will functions, and so on, decrease. The desire to not do anything lives inside of us and is ready to come out at any moment. Besides sleepiness, the desire to not do anything also appears as:

- an increasing attachment to food;
- an increase in sexual desires;
- an increase of striving for comfort;
- an increase in conflicts.

These symptoms point to the fact that if a person lives such a life, illnesses are not far away. The inside state that is connected to activity and is dictated by our soul can be called "the desire to live". On the other hand, striving to not do anything can be called "the desire to die". It is interesting to know that if a person wasn't able to get out of bed early, his organism will strive to rest for the whole day. As a result of getting up late for a long time, all the symptoms of "not wanting to live" will appear quite clearly. This can be seen in a chain of constantly increasing problems:

1. depression
2. decreasing will functions;
3. a decrease in the defense power of the organism;
4. different fears;
5. incontinence;
6. worsening relations with relatives and friends, and then with all the other people;
7. reluctance of responsibilities;
8. increasing lies;
9. increasing bad habits;
10. mental and physical degradation.

Thus, we need to analyze on which step of not wanting to live we are on and make a conclusion about doing everything we can to start waking up early.

Reader: What other body needs besides sleep can overcome the desire to practice spirituality and increase the desire to die?

Author: All increasing body needs lead to the desire to die.

Reader: Even the craving for food and sex?

Author: Of course; this is obvious. Do you think our health improves from overeating and promiscuity? The immoderate striving for body pleasures always leads to illnesses and is a hidden desire to die.

Reader: Why did nature make all of this so uncompromising?

Author: The spiritual arrangement of this world gives us a chance to not go too far in our mistakes. The human body was given to us for self-knowledge, not for satisfying the animal needs. Therefore, if we have a human body but don't want to search for spiritual happiness, we are not using the human body correctly. We don't live so we can eat; we eat so we can live.

Nature is organized in such a way that if we start using something incorrectly, it starts falling apart. Haven't you noticed this?

Reader: Can it be true that even our body obeys this law?

Author: Yes, that's right.

Reader: In that case I would like to know the way the human body should be used.

Author: This way is simple: if we'd do something that is favorable for our spiritual development, our body will be healthy, and if we do something that causes spiritual degradation, our body will be sick.

Reader: How can you explain this law?

Author: Our body cannot function without the actions of our consciousness. Only the presence of the soul gives the body vital energy. If the consciousness is active, the body becomes more active and healthy. When we engage in spiritual practice, we strengthen the activity of the soul and, as a result, the strength of the consciousness interacts with the body and also improves. As a result, the body becomes healthier.

Reader: Do you have an example from real life?

Author: For example, the word godly originates from the word God. The consciousness of a godly (saint) person is so active that it is connected to God and radiates light. If the power of the light is big enough, a halo (circle of light) will appear above his head. Saints have a light in their soul and it circulates around him. This gives him an opportunity to bear all difficulties, like cold, starvation, infections, traumas and so on.

Reader: Aren't halos just conditional signs of the saint's holiness?

Author: Saint people are seen with glowing heads. People see their holy light and call them "Your Holiness". Do you think that saint people are painted on icons with halos just to make them different or more beautiful?

Reader: This seems true. I read that saint people can live in the cold without clothes and not eat, drink, and even sleep for a long time. Does this mean that this is because their body gets energy and health from active spiritual practice?

Author: Yes, that's for certain. Of course, spiritual practice is not meant for increasing health in the body; it is meant for achieving eternal spiritual happiness.

However, the formative power of the consciousness is so powerful that it gives life to everything it touches. That's exactly why saints usually have a healthy body, despite the fact that bodily joys don't interest them.

Reader: So, if we spend more time searching for spiritual happiness, our body will automatically be healthy?

Author: You are starting to orient yourself in the subject we are studying pretty well and accurately notice things.

Reader: I am trying to figure everything out. Otherwise, why spend time studying this?

Author: You've figured everything out by yourself. The only thing left for me to do is make the conclusions of our discussion.

Reader: I have another suggestion. Let's talk more about the day regime from a practical point of view in later discussions.

Author: What would you like to know?

Reader: I would like to know about everything in detail, from waking up to cleaning the flat. Sometimes, I have disputes about this with my wife; each of us insists on his own opinion, but we don't know how to do this correctly.

Author: All right, we will discuss all these matters in detail starting from our next talk.

CONCLUSION: *If we strive to get bodily happiness and not spend a lot of time searching for spiritual happiness, we will be left with nothing or won't have any success in our life. On the other hand, if we start searching for spiritual happiness, our body and mental health will improve. The laws of happy life act this way: if we take steps in improving ourselves, we can also automatically solve many material problems, which fate gives us.*

Behavior right after awakening

The bedding should be folded and put away right after you wake up. Wash the part of the floor that is under and close to the place where you slept. If you have time, it would be good to clean the floor in the whole bedroom. The bed should be sprayed with water a little.

Reader: What is this for?

Author: Besides harsh dirtiness, there is also a subtle type of dirt (dirt on the level of the mind activity). After sleep, the bedding is polluted with this invisible dirt and if it isn't sprayed with clean water, your mood can be ruined when you touch the bedding.

Reader: Can other things also be polluted by this dirty unsprayed bedding?

Author: Yes, that's why clean things (like clean clothes) and holy items (icons, holy books and so on) cannot be put on unsprayed bedding

Do not leave your clothes scattered everywhere. If you left a mess after yourself, clean it right away. This especially applies to the toilet and bathroom. Do not carry holy items, like holy beads, books, icons and so on, into the bathroom. Also, it isn't

good to be in your underclothes in front of the picture of God and the saints that you worship. When we are changing clothes, the altar should be closed.

Reader: Is it really so important to keep everything clean?

Author: Yes. By touching physical or mental dirt, our consciousness is immediately polluted. A polluted consciousness leads to conflicts and spoils the mood. That's why in Vedic culture, the rules of keeping everything clean are paid a lot of attention to.

Reader: In that case, please tell me what other rules of cleanness are there.

Author: Cleaning the body after sleep, for example.

Reader: It would be interesting to know the details of this.

Author: All right, let's go over them.

Recommendations for washing in the morning

First, you need to clean your teeth and tongue. The tongue needs to be cleaned because it has toxic elements on it. You can do this with a regular teaspoon. You need to take the spoon in the right hand and scrape the tongue until all the plaque comes off.

Reader: I think I can get a vomit reflex from this.

Author: To avoid this, don't clean the tongue at the very start; there is very little plaque there anyway.

After this, you can shave, then cut your nails. After this, it is recommended to deplete your intestine. If this is a problem, you need to drink one or two glasses of clean water right after waking up.

If you will deplete your intestine after waking up every morning, your health will considerably improve because the organism is getting rid of all the toxins. However, you don't need to force this too much.

After this, you need to take a shower.

Reader: What if I want to go to the bathroom after taking a shower?

Author: The person who depleted his intestine and didn't wash himself (as well as his head) is considered mentally polluted. Such people are not allowed to cook food and go into the altar room. Therefore, it is better to do everything in order.

CONCLUSION: In order for us to live happily, we need to carefully pay attention to our outer and inner cleanness. If a person cleans the floor of his flat in the very morning and also cleans his body from dirt, these simple measures will give him a strong and positive attitude. Still, without the inner cleaning with prayers, it isn't possible to clean our senses, mind, and reason from dirt. Therefore, a part of the morning should be given to repeating the saint names of God; also it would be good to wish everyone happiness.

Ablution (washing with cold water)

The next thing I would like to pay your attention to is the necessity of morning ablution with cool water. It is recommended by Ayurveda and I can give a whole list of advantages that a person gets when he accomplishes this procedure.

Morning ablution:

- cleans the consciousness because it has a power to wash away all outer and inner pollution;
- warm water only cleans the harsh body but cool water tones the subtle body and removes the effect of sleep and dreams;
- decreases the effect of subtle creatures (ghosts) on the mind of the person;
- gives power and the ability to achieve active longevity;
- increases the mental efficiency on the way to happy life;
- drives away weariness, ignorance, and other thoughts;
- helps quickly get rid of toxins;
- gives the necessary tone for the whole day.
- Thus, an ablution that was done correctly has physical, mental, and spiritual advantages.

The main recommendations for morning ablution

Let's list the main reasons why a cold can appear when we contact water when we douche:

- fear of a cool water, the wrong attitude when douching;
- irregular douching of separate parts of the body;
- disrupting douching (ablution should be stopped only when the organism gets used to the water);
- a quick and irregular contact with the cold;
- eating food right before ablution. For example, if you eat sweets, chocolate, coffee, water, berries (strawberries, raspberries, gooseberries), this will cause the weakening of the organism's immunity;
- if you eat grain food, beans, vegetables, milk products, then the fire of digestion will be dampen down and the undigested food will fill the organism with toxins;
- scurrying when contacting the cold (being in a hurry to get to work);
- a bad attitude, like: harshness, irritability, touchiness, depression;
- being under a cold shower too long being in a bad mood, a low mental or physical tone.

Reader: I am also a specialist in the matters of ablution. I have been doing this for two years, after coming home from work. However, I still haven't cured my chronic angina.

Author: Ablution with cold water can be dangerous to the health, especially if you have a tendency to get colds. It is better to conduct ablution with cold water early in the morning. As for chronic inflammatory processes in the nasopharynx, I can say that they usually appear if the technique of ablution has some violations.

Reader: I try to do this very carefully and keep my head and neck out of the cold water.

Author: This is where you are making a very big mistake. The whole body needs to be washed with cool water.

Reader: I wash the whole body, just without the neck and head.

Author: In this case, you won't be able to be healthy. The head needs to be washed also; otherwise, you can catch a cold.

Reader: My wife has very long hair. If she will douche everyday with the head, her hair will take a very long time to dry. So your advice is practically impossible for her to follow.

Author: In this case, she can use a special rubber hat. If her hair is hidden under this hat, the body will be cleaned from coarse and subtle dirt and the hair will be cleaned only from subtle dirt. Ayurveda's recommendation for women is to wash their hair once in 4-7 days.

Reader: I don't understand how subtle dirt will be cleaned with a hat on.

Author: Water also affects us in a subtle way. If you try pouring water on your head without wetting your hair, this will still refresh the mind and clean the senses.

Reader: What other recommendations can you give on this subject?

Author: I'll try to explain the technique of ablution as a whole and, also, how it should be conducted in different circumstances.

Getting ready for ablution

Before conducting ablution, you need to try to set a good mood and wish for everyone to be happy and healthy. If you are very irritated by something, you should not take a shower right away; first, you need to sit down for a minute and harmonize yourself.

The rules of ablution

- It is best to conduct morning ablution every day and about at the same time.
- While douching, enjoy the cool water. It is effective to say the following words: "Let the energy that cold water gives me make all people happy and healthy".
- Ablution should end right after your whole body gets used to the cool water and your breathing comes back to normal.
- If you are taking a cold shower, then, when you contact the cold water, it is natural to hold your breath. Don't try to block it. If you hold your breath correctly, you will stop shivering. Hold your breath when you inhale, if you have a tendency to high blood pressure, rudeness, incontinence, bustling, and not knowing how to rest. Hold your breath when you exhale if you have a low mental and physical tone, depression, apathy, high touchiness, and deliberation.
- Try to change the temperature of the water slowly (especially at the start of ablution).
- After ablution, wipe yourself with a towel until your body is completely dry.

Here are some variants of correct ablution. The first four are the easiest and are reasonable for most people.

1. The temperature of the water should be pleasant and cool. After getting ready, take off your clothes, get into the empty tub, and point the flow of water to your feet. Slowly bring the shower up from one foot to the groins and the front part of the right leg. Before you raise the shower, the part of the body it is pouring on should get used to the water. Turn off the water when the flow is a little higher than the groins. Repeat for the left leg. Now, start pouring the water on the back side of the foot to the loins, repeat for the other leg. After, draw the shower from

the lower side of the leg to the side of the waist. Pour water onto your arms. The way is the same – from the hand to the shoulder: first, from the front part of the arms, then the back, and then the side. After arms and legs, move on to the body. Start from the loins; raise the shower along the spine to the top of the head. Stop the shower for a short time at the start of the chest part of the spine (between the neck and chest), at the back of the head, and at the top of the head. After the whole back is used to the cold, continue ablution on the front side of the body. Raise the shower from the groins to the top of the head. With this, stop the shower at the part of the solar plexus, jugular pit, bridge, on the top part of the forehead, and at the top of the head. After this, shower the armpit sockets and groin area. Slowly lead the flow of water along the side areas of the head – from the temples to the back of the head.

The time of ablution is chosen individually to achieve a comfortable state. In this state, the breathing calms down and shivering, pain, and an uncomfortable feeling at the contact with cold water will stop. The time of ablution is about 5-15 minutes. If you have high blood pressure, it can be until 40 minutes. This type of ablution should be combined with physical exercises.

2. For those, who don't have a bathroom, wipe the whole body with a towel, previously moistened with cold water in the order recommended in the first variant of ablution. It is necessary to wet the hair. Gradually increase the time of wiping. End wiping when the body is used to the cold water. After the procedure, thoroughly dry your body with a towel.
3. If you don't have a bathroom, ablution should be conducted in the morning and outside. Go outside in your clothes. First, you can do a few light exercises. Take off your clothes and stand on the ground barefoot. If it is concrete, it is better to conduct ablution in slippers. First, wet your legs and arms. After that, empty a few buckets of water on the front and back sides of the body. At the end of the procedure, your body should get used to the cold water. After, you need to dry yourself quickly and relax for 20-30 seconds. Try to get used to the temperature of the air. At this time, it is best to wish for everyone to be happy or repeat the saint names of God.
4. For children under five years old, it is best to combine ablution with massage, which should be done before and after ablution. The temperature of the water should be pleasant for the child and the type of massage should be discussed with a doctor. After massage, dip the whole body (with the head) into the water. Do this softly and in a way so the child doesn't have a negative reaction. The temperature of the water can even be higher than the temperature of the body. Slowly make the temperature lower, but in a way so it wouldn't be noticeable for the child, during 1-2 months.

If there is a negative reaction, raise the temperature of the water to 1-3 degrees. If he/she doesn't like bathing with the head, pour water from a cup onto the top of the head. Water should pour from all sides. End the procedure when you think the child is used to the water. Dry the child with a towel, and give him a massage. Do this every day, in the morning and evening.

5. If there are signs of a cold or infection, ablution should be conducted somewhat differently. Before showering, don't eat for 2 hours. After getting ready, stand

under the shower with warm water and do everything in the order described in the first variant. After this, make the water cool and repeat everything again. When you are used to the water, repeat everything again, only with hot water. While taking a hot shower, it is best to think about the endless sky. This thought helps extra energy come out. If you become very hot, make the water cooler than the first time you lowered the temperature of the water. Quickly repeat the order of the first variant. This time, you should have intermittent breath with stops. As soon as you are used to the temperature of the water, make the water hot and pour it on your body, starting from your legs and arms and ending with the top of the head. After this, take a warm shower. Dry yourself with a towel. Do static exercises right after the procedure. If you have a serious cold with a high fever, you can repeat the whole series up to 3-4 times a day.

6. If you have a long experience of ablution, you can conduct this procedure in the morning, once a day. With this, it isn't required to take showers because a discharge happens very fast. After wiping yourself with a towel, empty 2-3 buckets of ice-cold water on yourself. After this procedure, you can do some dynamic exercises. It is best to conduct ablution outside and barefoot.

If you stopped ablution and the break lasted more than a week, don't hurry to do the 6th variant. Start from the first variant. Keep to it until you feel you are in the same shape as before.

It is good to know that ablution with cool water after the sunset can lower the mental tone and worsen the way you feel. Therefore, it is best to take warm showers or contrast showers in the second half of the day.

Reader: My neighbor is always cold; he even thinks that warm water is cold. Are there any morning variants of ablution that you can recommend for him?

Author: Yes, such people can take warm showers. Everyone who has sore joints or spine, or whose immunity is very low, should conduct ablution with warm water. However, if they feel weak after ablution, it is best to lower the temperature. An active state after showering is the sign of correctly conducted ablution.

Reader: What other time is good for ablution, besides the morning?

Author: Vedas recommend getting rid of all defilements with ablution.

Reader: What does this mean?

Author: Here is a list.

When it is best to conduct ablution

It is best to conduct ablution:

- Always after being affected by the harmful behavior of others.
- After work, especially if it is connected to physical or mental defilement. After coming home from work, it is best to first conduct ablution and, only then, eat. In the evening, it is best for everyone, except people with high blood pressure, to conduct ablution with cool or warm water. If you don't have pain in your joints or spine, you can take a contrast shower.
- If you were jittery or spoke to a person who has a very dirty consciousness.
- After being in the crematorium, cemetery, infection hospitals, jail or any other dirty place.

- After wiping your body with oil.
- After being in the sun for a long time.
- Before going to church.

Ablution should not be conducted:

- before two hours after eating;
- after being in the cold for a long time;
- with a high fever;
- with a bad cold;
- with very foully infected skin;
- when treating scabies;
- before a long walk in rainy and windy weather.

Reader: What if I came out of an infective hospital and got cold; what should I do?

Author: You have a good imagination. In this case, ablution should be with hot water and this way you will come out of this situation.

CONCLUSION: *Without morning ablution, happy life is practically impossible. Also, in Vedic culture, the person who didn't conduct morning ablution is considered polluted and, therefore, he isn't allowed to go to temples and church. When a person always conducts ablution in the morning or after a strong defilement, the cleanness of his consciousness will increase greatly and this will give him more happiness and optimism.*

Cleaning the mind and reason

After ablution, you should finish cleaning up. When the body and room are clean, you need to clean your mind. To clean your mind, it is best to repeat those saint names of God that are the closest to you with love and faith. Also, you can clean your mind by repeating: "I wish for everyone to be happy!" You should say your prayers or set the favorable mood every day. This should be done in the morning every day for a certain period of time. You shouldn't break this rule under any circumstances.

Reader: What are the first signs that the mind and reason are really being cleaned?

Author: The first sign of the clarification of the mind is "sobering up". The person who repeats prayers every day, or formulas like "I wish for everyone to be happy", starts to see his flaws more clearly. As a result, he gets remorse and a strong desire to work on himself.

Reader: Does this really affect the consciousness so strongly?

Author: Repeating the saint names of God has the most powerful cleansing effect on the consciousness that exists. However, to speak about this more particularly, we first need to set many things straight.

Reader: Can I just say a prayer?

Author: Yes, prayers are a very strong method of cleansing consciousness. It is best to say the prayer that is closest to you by faith. Each powerful prayer usually has one of the names of god. One thing you shouldn't do is ask God for material happiness. If a person repeats the saint names of God, he burns all his sins and, in

any case, will become happy at a certain time. However, this is possible only if the prayer will be unselfish.

Reader: How much time should we spend repeating the saint names of God?

Author: At the beginning, you can repeat them for about ten minutes and, after that, you can increase this time if you need to.

Reader: How should we prepare for this?

Author: Preparing should be like getting ready to meet God, just like a lost child calls for his mother.

Reader: What if I don't understand this?

Author: Then, repeat the saint names of God in the mood that is closer to you but a respectful attitude for God is always necessary.

CONCLUSION: *Repeating the holy names of God is the most effective method of achieving spiritual happiness, which Vedas recommend for our age.*

Physical exercises

After practicing refining the reason, you can accomplish a series of breathing and physical exercises that are the most suitable for you. These exercises should not take too much time in the morning because they are only meant to stimulate the organism. I can also recommend some exercises that, in my opinion, are more effective.

They allow you to work the whole day without becoming tired. Energy is only given by exercises that were done correctly. A good mental tone comes if you find an optimal rhythm for yourself while exercising. The rhythm of the exercises stays in the sub-consciousness and is with you until the evening. It isn't hard to choose a rhythm.

A list of rules for exercising

- Don't try to set world records and don't strain yourself; otherwise the memory of exercises will be very unpleasant.
- Do each exercise so smoothly and softly that you would like to repeat it.
- Don't count the exercises. You need to end the exercise when your organism is used to it. When your organism is used to an exercise, you will get a pleasant feeling, heaviness in your body will go away, and the mind will stop concentrating on the exercise and will start thinking about something else.
- The exercises should be done smoothly, many times, and in the same rhythm. Don't try to bend lower than you can.
- Your breath should be rhythmic and calm. Combine the rhythm of movement and breath; don't hold your breath.
- Don't be afraid of heaviness and pain when you are doing a new exercise. They will stop when you set a good mood some time after you start the exercise.
- If you are hot, take off the extra clothes. Your clothes should be free and your throat should be open.
- Don't do exercises right after eating.

If you don't follow these rules, exercising can cause you harm.

An example of exercises.

Dynamic exercises

- **Lean down.** This is one of the basic exercises; there are no contraindications. The technique: stand straight, hands down. While inhaling, raise your arms up and bend backwards as far as you can. While exhaling, bend forward, hands to your toes. Repeat this until you feel like you are used to this exercise. Bending will become easy and free; do this about 20-60 times. Those who have asthma should exhale when bending backwards and inhale when bending forward.
- **Turns to the side.** This is an easy and useful exercise. Stand up, hands to the sides, legs apart. Turn around a vertical axis. Arms turn with the body horizontally. The head turns left and right with the body and arms. The hips do not move. Inhale – turn to one side; exhale – turn to the other side. Repeat this exercise about 30-100 times.
- **Bending to the sides.** Stand up, arms down, legs apart. One hand rises up and comes down with the body as much as possible. Don't fall back or forward. When the arm goes down, the body comes back to its original position; repeat for the other side. Inhale – bend to one side; exhale – bend to the other side. You can do this up to 100 times.
- **Jumping in place.** Stand up, bend your knees a little, bend the arms or raise and lower them forward and back. Jump softly, without pressure. When jumping up, inhale; when coming down, exhale. About 20-100 times.
- **Raising your arms.** Stand up, feet together, hands down. Raise your hands in front of you and up; then, lower them to the back. Inhale when your arms come up; exhale when they come down. You can raise your arms from the back and lower them to the front. It is good to combine raising your arms and jumping in place. To do this, raise your arms up when you are jumping up and inhaling. About 20-100 times.
- **Turning your head.** Stand the same way as in the previous exercise. Turn your head to the right and left so the movement is free, quick, and rhythmical. You can drop your head to the front and back. About 20-100 times.
- **Swing your legs.** Stand up, right hand leaning on a tree or bench. Move the center of gravity to the right leg, swing your left leg. Exhale when your leg goes up to the front, inhale when it goes back. Don't strain yourself. The movement of the leg looks like a pendulum. Then, swing the other leg. About 40-100 times.

Static exercises

Static exercises are a highly effective way to treat the illnesses of all organs and systems of the organism. They remove tiredness better than any other remedy. Static exercises treat depression, defects of the hormone functions, chronic infections, allergy illnesses, and so on.

Static exercises were taken from Hatha yoga, where they are called asana. They should be done on a soft mat or a hard bed.

- **Position "head down".** This position is an easier variant of the position "candle". Lie on your back, stretch your legs, hands along the body, palms down. Inhale. When exhaling, push the palms onto the floor and raise bended legs to a vertical

position. Stretch your legs up, inhale, breath normally. Stay in this position until you are comfortable, and there is lightness in the whole body and head. Don't strain yourself when doing this exercise. After your whole body is relaxed, bend the knees and lower them to the ground.

This exercise can also be done in another way: raise the pelvis and support it with your hands. Lean on the back of the head, legs up and to the back.

If you can easily do the position "candle", continue to raise straight legs behind your head until they are parallel to the floor or touch the floor. Breathe lightly; don't strain yourself. Don't bring the legs farther if you feel strain or pain in your back. Leave them in the position where you don't feel pain. End the exercise in the position "candle". The length of this exercise depends on how you feel.

"Fish" position. Sit up, put your legs under your thighs, keep the back straight, and the toes stretched along the body. Get used to this position. When exhaling, support your body with your hands from the back; bend backwards until your head touches the floor. Stay in this position until you feel comfortable. If this exercise is easy for you, arch the back, cast the head inside as much as you can, help with your hands. Lie on your back and rest. If this isn't hard, you can end this exercise by raising the body up to the original position and helping with your hands.

- Curled position. Sit down, cross your legs, back straight. Put the right leg on the sole; bend your knee. Take it with your left hand and put it behind the thigh of the left leg, put it on the sole. Press the right knee to your chest with the forearm of your left arm. Turn your head to the right as far as possible, look to the right. Breathe freely. Stay in this position until you get used to it. Then, turn your head to the position "look forward", free your right hand and, with the help of your hands, return the right leg to its original position. Repeat the exercise for the other side.
- Stretching the back position. Original position – sit on the floor, stretch your legs out, hands are pressed to the back, palms down. Slowly bend your body forward, arms along the legs, don't bend the knees. If you feel heaviness in the back, stay in the position that doesn't cause unpleasant feelings. If you are very flexible, reach your feet with your hands, put your arms around them and put your head on your knees. When you are used to the exercise and your breath is calm, return to the original position.

It is better to do static exercises at the evening. Do them every day.

Reader: Is it mandatory to do all of these exercises?

Author: No, but it would be good to make a series of exercises for yourself that would affect all parts of the body. This series should be done regularly.

Reader: Which exercises help the most?

Author: Static exercises (asanas) are meant for treating illnesses and dynamical exercises give the tone for an active day, for physical and intellectual work.

Reader: If my illnesses are in the state of exasperation, which exercises should I choose?

Author: When your illnesses exasperate, do static exercises but try to do them in the morning on an empty stomach and carefully, without straining yourself.

Reader: I heard that breathing exercises are also important.

Author: Yes, breathing exercises are a special type of exercises called pranayama (breathing gymnastics). “Prana” means life energy and the second part of the word, “yama” means that it is an exercise. Thus, pranayama is an exercise with life energy. Let’s go over the basic exercises of breathing gymnastics, which are not hard to do.

- Shavasana. Lie on the back on the floor, stretch your legs out, hands along the body. Inhale deeply and exert all of your body muscles. Exhale. Without relaxing, breathe normally. Close your eyes and relax, let your hands lie freely, palms up, they should be some distance from the thighs, and the legs should be apart. Carefully track the state of the muscles in all the parts of the body in the following order: legs: from the toes to the thighs, arms: from the fingers to the shoulders, body: from the crotch to the neck, neck: from the base of the skull and head.

Track the state of the head in the following order: back of the head, top of the head, the side surfaces and the ears, cheeks, lips, tongue, nose, forehead, and eyes. Relax the forehead and eyes. While doing this, try to take the tension away in the parts where you feel it. Breathe deeply, slowly, and rhythmically, after that, breathe naturally, and in the end, let your breath flow the way it wants.

The end of Shavasana should be soft and careful: first, move your fingers and toes a little bit, then softly and carefully stretch your body, inhale deeply and only after that, open your eyes. Then, turn to the side and lie a little bit, only after that, you can slowly rise to a sitting position, and then stand up. This exercise should take 3-7 minutes.

- Pranayama general improving:
 1. Lie on the floor, feet together, arms along the body, palms up, hands are some distance away from the thighs – Shavasana. Inhale slowly, raise straight arms up in front of you and slowly lower them to the floor behind your head. Exhale slowly and return the arms to the original position.
 2. The original position is the same. Arms stay in the same position. Inhale, raise the right leg up, keep it straight, then exhale slowly and lower it to its original position. Repeat for the left leg. Switch legs and breathe this way for one minute.

End the exercise, rest; lie in Shavasana for half a minute or a minute.

Healing effect: This exercise strengthens and develops the lungs and heart, treats rheumatism of arms and legs of elderly people and is a prophylaxis against colds and cough.

- Mula-bandha-mudra. Sit down, cross your legs, exhale completely. Hold your breath; shrink the sphincter of the bladder. Exhale slowly, string up the lower part of the front side of the stomach, press it to your back. With this, exert the muscles of the pelvic floor. Movement should be directed to strain the area inside the pelvis and “crowd” its contents to the top. After inhaling, stretch your neck to the top, press the chin to the neck and then, hold your breath, but don’t

cover the voice gap. Exert all the muscles on the bottom even more. Start exhaling. Raise your head. Exhale slowly and relax your head.

- Vayu-nabhi-mudra. Touch the hard palate, directly above the highest gum, with the tip of your tongue.
- Cleansing pranayama. Sit in any meditation position or stand straight. Do an easy mula-bandha or vayu-nabhi-mudra. Inhale with your nose slowly and naturally until your lungs are completely filled with air, then exhale with your mouth. Repeat for 2-3 minutes. When you exhale, the air should come out in a straight flow.

Healing effect: gets rid of defects of the lungs, cleans the organism of all uncleanness and even tubercular sticks – the sticks of Koha. This exercise strengthens the stomach and liver; it also has an effect against allergies.

- Pranayama against infections. Sit down, cross your legs or just sit on a chair, straighten your back. Inhale with your nose evenly, strongly, and entirely – until you feel a light fullness. Do jalandhara-bandhu: exhale evenly with your nose, this should be a little longer than inhaling. With the next breath (inhale), raise your head. Exhale again. Inhale and exhale this way for about 2-3 minutes.

Healing effect: treats snuffles and cough, is an effective prophylaxis against the flu, pneumonia, camp-fever, and others.

- Uddiyana-bandha. Stand up, legs apart. The angle between your legs should be 45°. You can also sit down and cross your legs. Bend your head a little; put your hands on your thighs, a little higher than your knees. Inhale and quickly bend so that your chest touches your thighs, exhale sharply through your mouth so all the air in the lungs comes out; with this, make the following sound: “ha-a-a”. Then, do a hard mula-bandha. Rise up and sharply exhale the remaining air and with releasing mula-bandha, draw in your stomach from the pubis to the breast-bone by stretching the diaphragm up. There should be a socket on the place of the stomach. It is ideal if you can feel your spine through the front side of the stomach. The muscles of the front side of the stomach should be completely relaxed or else it won't work. Only the very lowest part of the groin muscles is an exception; it takes part in holding mula-bandhi. Stay in this position as long as possible; continue to hold your breath when you exhale. Then, relax and inhale. Repeat pulling in your stomach as much as you need.

Uddiyana-bandha is done only on an empty stomach. The maximum number of times is 9 for one time. Not more than two times a day.

- **Agni-sara-pranayama.** Sit down and cross your legs, exhale completely, do Uddiyana-bandha with djalandhara-bandha. Hold your breath as long as possible. See that you are not overstrained when you hold your breath. Inhale. Repeat for 2-3 minutes.

Healing effect: removes indigestion, increases the appetite, decreases the sediment of fat in the stomach, tones up the genitals, helps the semen and sexual energy redistribute.

- Pranayama for strengthening the mind. Do Shavasana and relax completely. Put the fingers into a lock and put the palms (face them upward) on the stomach near the bellybutton. Inhale deeply through the nose. Try to feel the flow of prana. After inhaling completely, exhale completely – also through the nose, and

try to feel how prana distributes itself in the whole body, fills up every cell, part, and organ with life energy, removes the uncleanness, harmful environmental agents, and all other enemy factors. Do this exercise for 3-5 minutes.

Healing effect: Practicing this pranayama strengthens the mind and develops a consciously controlled will.

- Prana-huddhi-kriya (cleansing prana). Sit down, cross your legs, inhale completely through both nostrils, put your lips into a tube like a bird's beak, and leave a little hole for air. Exhale with a series of short and strong jolts, free the lungs of all air by maximally reducing all muscles, which are in charge of breathing. Between exhaling, don't inhale, but leave breath. Repeat 8-10 times.

Healing effect: cleans the inside of the mouth, strengthens the air and water channels, helps treat illnesses of nerves and face muscles.

- Nadi shodhana-pranayama (breathing that cleans the channels of the subtle body). Sit down and cross your legs. Press the middle and forefinger of the right hand (for women – the left hand) to your palm. The pinky and ring finger should be put together so that the surface area, which was formed by their balls, is equal to the area of the ball of the thumb. This is called Vishnu-mudra. Cover the flow of air through the right nostril with the thumb (for women – through the left nostril), slightly press it to the nose on the point of the base of the nostril – where minimum strength to cover the flow of air is required. Do a very soft mula-bandha and vaya-nabhi-mudra. Slowly and completely exhale through the left (right for women) nostril. The air should flow very softly and completely soundless. Breathe as slowly as possible. Inhale slowly through the same nostril. Free the right (left) nostril and cover the flow of air through the left (right) one with the pinky or ring finger, slightly press them to the according point. Exhale. Inhale. Cover the free nostril and open the closed one. Exhale. Inhale. Inhale through the left nostril, exhale through the right one, inhale through the right nostril and exhale through the left one. These four processes are one cycle of this pranayama. For women, everything should be done oppositely. The length of the exercise should not be less than 12 cycles; it is better to do more than 20 cycles.

Healing effect: this is the basic pranayama for cleansing the subtle body.

Reader: What is prana?

Author: Our subtle body and all of its tissues work because of the functioning of the nervous system. The nervous system is supported by the life energy, which functions inside of us; it is called prana. In other words, the energy, or power, which goes into our organism and keeps up its vital functions is called prana. Because we don't have enough knowledge and experience in this matter, we often confuse prana with electrical impulses or waves because nothing more subtle than them has ever been thoroughly studied. In fact, the movement of prana in our organism looks like the movement of electricity in nerve tissues. However, prana has a much more subtle nature than electricity and electrical waves. Prana is what makes the nerve tissues act. Why does the nervous system of one person work normal and the nervous system of another works a lot weaker? The capabilities of the nervous system depend on the amount of prana that is used by the nerve tissues. Prana gets into the organism when a person inhales. Just like when oxygen gets into the lungs and then into the blood when a

person inhales, prana gets into our organism through seven psychic centers (chakras). It goes into our body with air when we inhale.

Reader: So, prana enters our organism not only through the lungs but also through other parts of the body?

Author: Yes, when we inhale it goes into the top of the head, the forehead center, the throat area, the breast-bone area, the solar plexus area, the groin area, and coccyx.

Reader: So, prana keeps life in our organism?

Author: Even after the death of the coarse body, the subtle body continues to feed on prana or, in other words, life air. All types of movement in the universe go on only with the help of prana; there cannot be any movement without it.

Reader: Prana is needed even for the work of a computer?

Author: Yes, but in the computer it functions by other laws. We need to understand that prana doesn't act by itself; if there is no consciousness, there is no prana. Even for the computer to work, we give the power of our consciousness. Therefore, there are no automatic moving processes in nature.

When a person does his morning exercises, his organism fills itself with prana, which carries activeness and health for the whole day.

CONCLUSION: *Even a car needs support, so, of course the complicated system that we live in and call our body needs it too. Therefore, the person who wants to be happy should tune his body every morning to the life rhythm he needs. To do this, you can use dynamic exercises, which give a work tone; static exercises, which carry health and activeness; and breathing exercises, which strengthen and improve our physical and mental energy.*

The later day regime

MORNING

If your work doesn't start early in the morning and you plan your day rather freely, then in the morning hours it is better for you to engage in intellectual work. The morning is the best time to study something. It is also the time for solving problems. In the morning, the mind thinks very well; you can understand everything quickly, set everything straight. At this time, the person is very oriented in his surroundings. However, for different types of intellectual work, different intervals of time are appropriate. Like we said before,

- From 3 to 6 a.m., we should engage in spiritual practice and pray, sing spiritual songs, meditate, or tune our consciousness to a favorable mood.
- From 6 to 7 a.m., the long-term memory works quite well, so this time is good for memorizing something, learning something by heart. If you think that you have a very bad memory, try to memorize something from 6 to 7 a.m. and the result will go beyond your expectations!
- From 7 to 8 a.m., you can look over information that also needs to be learned, but not as thoroughly.
- From 8 to 9 a.m., the logical intellection turns on, so at this time, it is good to study something that needs studying and musing.

- From 9 to 10 a.m., it is better to work with information and statistics.
- From 10 to 11, it is good to study literature that isn't too difficult and doesn't need very much concentration.
- From 11 to 12, the effectiveness of intellectual work is rather low, so you can read artistic literature.

Every 40-50 minutes of intellectual activity, you need to stop and do a light exercise for 2-3 minutes or just relax and close your eyes. Sometimes, breathing exercises can be a good help; sometimes, turning your head; sometimes, going out to breathe fresh air or just a short five-minute sleep. If you do this, the mind will work efficiently. The person who chooses the time for studying correctly gets a very good result. Everything supports concentration when the time for intellectual work is chosen correctly.

If you need to do a big complex of physical exercises, it is better to do it from 9 to 11 a.m. With this, breakfast should be no later than 7 a.m.

Reader: Can we do intellectual work in the evening at all?

Author: You can but you need to be careful with heavy intellectual work in the evenings because excessive overwork in the evenings leads to sleep disturbances and the development of chronic illnesses. These can be, for example, illnesses like the disturbance of brain circulation, pneumonia, drop of the physical and mental tone, fibrillation, the dysfunction of bile-excreting ducts, enteroemema, and so on.

Reader: What if I have to set something straight immediately?

Author: If you can't do this before 8:30 p.m., it is better to do this work in the morning,

Reader: What if I have to do this in the evening?

Author: Then, of course, you will have to work in the evening. However, with this, you are taking a risk of losing your work efficiency for the whole next day. And if you violate the sleep regime and go to bed later, you will lose the work efficiency for the next day for about 50% comparing to your usual efficiency, even if you have followed the day regime all of the other time. Also, the chances of stress increase. Therefore, solving the hardest problems should be delayed to the morning. "Take counsel of your pillow". However, don't make the morning the main time for solving your business matters. It is better to do this in the daytime. The morning is meant for praying, learning, and studying the laws of happy life.

Reader: So, the morning is the most productive time for intellectual work and spiritual practice?

Author: Yes, that's right, and the understanding of this matter changes a person life greatly.

CONCLUSION: *The morning is meant for spiritual practice and studying the laws of happy life. If there is a need to solve matters that need strong concentration, it is better to do this from 9 to 11 a.m., but use the early morning hours for these goals only as an exception. Accepting this lifestyle will help you achieve success in all your goals much easier.*

AFTERNOON

The daytime is meant for active work. From 12 to 6 p.m., the person consciousness is directed to active work. Therefore, it is better to work actively in this time. This can be physical or mental work. After working, it is better to take a shower of the preferred temperature; then, you can eat and, only after that, engage in other affairs.

Reader: What if I work in the morning? Am I doomed to be a heathen?

Author: No, but the ability to acknowledge something will not be as high as the ability of those who don't work in the morning.

Reader: Where are the laws of happy life? First we work like mules and then we don't have any chances to learn something.

Author: It looks like this is someone's fault. Maybe the fault of your fate or the government?

Reader: Fate has nothing to do with it; it's just that our government doesn't want to study the laws of happy life.

Author: You think that everyone who lives in our country works in morning and tries to study in the afternoon?

Reader: Not everyone, but most people.

Author: So, some people act right?

Reader: Of course, some people act right but there aren't many of them.

Author: So, do they speak against the government?

Reader: No, they are just lucky and their work starts later than all of the other people's work.

Author: Again, you have the attitude of a philosopher of chaos: "lucky", "accident", and "exception". Nothing happens by accident. If there are people who live right, then the government has nothing to do with it. It just creates those circumstances for everyone which we wanted in past lives or the circumstances we earned. Thus, your problems with following the day regime is your own fault. If you understand this and take the blame, the subordinate aspect of time will stop punishing you.

Reader: All right, I accept this. So, when will I get an opportunity to engage in spiritual practice in the mornings?

Author: This wish of yours has to be stronger than the wish to sleep in the mornings and in the evenings, watch the 134th series of the "responsible" TV series "We don't care" or the 254th series of the beautiful TV series with a European design "Santa Barbie". Only if you stop liking these things, you will be able to change your wishes and, after that, fate will be well-disposed to you. It is better to think about the fairness of this world than search for unfairness.

Reader: Nothing can be changed in my work. How will fate encourage me?

Author: Before you got married, maybe you were searching for a wife and thought: "I will probably never find a wife, since I am not married now"?

Reader: What does that have to do with it? Everyone gets married. "If you search for something, you will always find what you're looking for".

Author: That's right. You just saw examples of people who got married before you, so that's why you didn't have any doubts that your life will change in this matter.

Reader: But now I see examples of people who keep working where they used to work.

Author: Did they really search for another job and want to change their life for the better?

Reader: I understand. So, in order for me to believe that my fate will change for the better, I need examples of people who really search for happiness.

Author: Exactly. We already said that the right communication is the greatest wealth. It can turn our fate to the direction of happiness. As soon as you get faith in happiness from the right communication, you will stop doubting that happiness exists and you will change your life rather quickly. If you achieve the correct understanding of happiness and the right wishes, happiness will come.

CONCLUSION: *The afternoon is meant for accomplishing your duties and responsibilities before society. Those who strive to accomplish their duty in the daytime get the free time they need for spiritual practice and studying in the mornings. A person will surely become happy if he will follow the rhythm of life that the powerful time gives us.*

EVENING

In the evening, everything should be done in the moon's rhythm, i.e. calmly. Activity should go on with pacification and calmness. It is good to read literature that bears such feelings. You can do something about the house but your mood should be calm.

Reader: What if I don't follow this rule?

Author: Then, your brain will be overworked and this will cause the organism to wear out. The sun is setting, the moon is becoming active, and the mind has to calm down. All the information that was gathered through the day will be saved only if the mind was calm in the evening. If a person doesn't want to calm down in the evening and tries to stimulate himself for active intellectual work, his mind slowly starts to be overworked. The first sign that the person doesn't rest and is in passion is that he starts to sleep worse.

Reader: What are the symptoms of those people who are inclined to sleep badly?

Author: These people want to watch some action on TV before going to sleep. Even if this person falls asleep, he has "cosmic dreams" or "chases in hot blood".

Another symptom is the desire to drink coffee or eat well before going to bed.

Reader: So, should we not do anything in the evening?

Author: After 6 p.m., you can continue working for some time but this work should not be intense. This applies to physical and mental work. Also, it isn't recommended to do hard exercises after 6 p.m. However, the exercises that remove mental stress can cause your energy to increase (if you do them smoothly).

Reader: What specific exercises would you recommend?

Author: The breathing exercises or something from the gymnastics qigong that we talked about. Or, if that is too hard, any dynamic exercises will be suitable. However the most important thing is for them to be smooth and calm.

CONCLUSION: *Following all the rules of work and rest in the evening spares you from illnesses connected to overwork and sleep disturbances, and, also, tunes the organism and unsound mind to a good and calm rhythm.*

Recommendations for your diet

Breakfast

.....
reduced
.....

A model of how to eat during different seasons of the year

.....
reduced
.....

SUMMER

.....
reduced
.....

AUTUMN

.....
reduced
.....

WINTER

.....
reduced
.....

SPRING

.....
reduced
.....

.....
reduced
.....

Lunch

.....
reduced
.....

The consequences of eating grains and beans incorrectly

.....
reduced
.....

The order of dishes for lunch

.....
reduced
.....

Dinner

.....
reduced
.....

What is better: milk or meat?

.....
reduced
.....

Getting ready for bed

.....
reduced
.....

Suggestions for your bedroom

.....
reduced
.....

Your mood before going to bed

.....

reduced
.....

Dr. Oleg Torsunov

Dr. Torsunov is a doctor and psychologist; he has a Russian higher education. He finished the Samara Medical Institute with a specialization in dermatovenerology. He also finished the Moscow University of National Friendship and has a specialization in acupuncture. Dr. O.G. Torsunov received his second education in India; he specializes in classical Indian medicine –

“Ayurveda”. Today Dr. Torsunov is the director of the Russian branch of the department of ayurveda of the Bhaktivedanta Institute (Bombay, India) and the general director of the Russian project of the Bombay Hospital of Bhaktivedanta.

O.G. Torsunov is a specialist in “Ayurveda”, dermatovenerology, acupuncture, plant therapy, reflex therapy, and popular national medicine. He also knows unique methods of sanitation with mudras (special combinations of the fingers) that allow him to render medical aid in emergency cases, and with yantras (special graphic symbols). Dr. Torsunov has practiced these methods for many years and he has authorized methods of diagnosing illnesses that are very effective and have successfully passed the tests of the Department of Health. His own method of litho-reflex therapy (healing with precious and semi-precious stones and metals) is effective in treatment of practically all chronic illnesses and doesn't have analogues anywhere in the world. His ability to diagnose illnesses just by looking at pictures or hearing someone's voice gives him the ability to consult with people even if they are far away. That's why Dr. O.G. Torsunov has patients all over the world.

HEALING ORNAMENTS WITH PRECIOUS STONES

The authorized method of Dr. Torsunov

The readers of our book have a unique opportunity to use the advice of Dr. Torsunov by individually choosing jewelry with precious stones that are very effective healing ornaments with a broad spectrum of influence.

These stones can be worn in a necklace on the neck or bracelet on the hand or leg. The ornaments have a very strong healing effect on the organism.

A consultation about choosing precious stones is conducted by the doctor individually. To do this, you need to send your photo by email.

Individually chosen precious stones regulate the influence of the nine planets in the horoscope on the bio-system of the person.

If you order an ornament, you get a special directing guide with individual recommendations.

For our readers

To get in touch with the author of this book or the publishers, you can use the following coordinates:

- the author's personal site: www.torsunov.com
- the author's email: doctor108@mail.ru

-

Contents

Foreword

What is the purpose of this edition?.....	
Happiness is hiding inside every one of us.....	
Subtle powers which affect our consciousness. Are they real or mythical?.....	
The practical value of this book.....	
An honest acknowledgement of his imperfection by the author.....	
What is this book based on and who is it intended for?.....	

Introduction.....

Vedas – the ancient books of knowledge.....	
The thematic range of the knowledge, which is presented Vedas.....	
A short word about the structure of the first book series.....	
The subjects of the first book series:.....	

Chapter One

THE POWER OF TIME

Our attitude towards time brings us either happiness or misery.....	
The Fairness of Time.....	
Understanding the fair powers of time grants us peace of mind.....	
A discussion about a rational approach to studying the laws of happy life...	
The sun is time's tool for realizing its laws.....	
Time creates cycles of movement for everything.....	
The might of the heavenly power called Time.....	
Time is the most subtle power that exists in the material world.....	
A discussion about the difference between the body and soul.....	
Time gives us either fear or bravery.....	
A story about how Alexander Makedonsky understood the power of time...	
The definition of time.....	
Does the past really exist, or is it just history?.....	
The future time. Is it real too?.....	
We cannot cancel the main periods of our life.....	
Is everyone ready to accept that the soul and spiritual time exist?.....	
The domineer aspect of time.....	
The subordinate aspect of time.....	
The Universal Time.....	
The meaning of not wasting time.....	

Chapter Two

The Day Regime

Where owls, larks, and eagles come from.....	
The Rest Regime.....	
The consequences of not going to bed in time.....	
The consequences of chaotic sleep.....	

Which practical steps can help in starting to follow the rest regime and what can prevent us from following it?.....

One exponential example about violating the rest regime from my medical practice.....

The consequences of not waking up in time.....

The fight for following the day regime continues.....

The fancy to act.....

The pursuit of only body pleasures doesn't bring happiness nor health.....

The fancy to not do anything is a hidden desire to die.....

Behavior right after awakening.....

Recommendations for washing in the morning.....

Ablution (washing with cold water).....

The main recommendations for morning ablution.....

Getting ready for ablution.....

The rules of Ablution.....

When it is best to conduct ablution.....

Cleaning the mind and reason.....

Physical exercises.....

An example of exercises.....

Dynamic exercises.....

Static exercises.....

The later day regime.....

MORNING.....

AFTERNOON.....

EVENING.....

Recommendations for your diet.....

What is better: milk or meat?.....

Getting ready for bed.....

Suggestions for your bedroom.....

Your mood before going to bed.....

Enclosure.....