Mediation Mastery

Part XII

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This is the last session of Meditation Mastery. I want to thank you for coming so far and congratulations. We just raced through this whole thing like lightening, you have allowed yourself to have such a great experience and you can bask in the glow if your silent Sage being awake.

In the first video I made promises to you, which were:

- Who am I? (your consciousness)
-
- Why am I here? (because of your tendencies)
-
- What should I be doing here? (Allowing the tendencies to crash)
-
- Destroy pain before it comes (by bringing the mind from the outside, objective to the inside, subjective)
-
- Increase your productivity by more than ten times in just a week (if you follow the steps you will achieve this)
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- Ability to manifest

In this last video I want to speak to you about grace. Everything we have talked about, the great one says, is only possible when we get the grace of the consciousness and the wind blows in our favour.

Story

A Sage, who was very good with prayer and meditation, went to the forest and laid out all of his ingredients for his prayers. He sat there but as luck had it a tiger was passing by and pounced on him and he died. A passer by saw the tiger and went to the top of a tree to hide, he saw that the Sage had laid out all of these things which he had no idea about because he knew nothing about prayer.

He came down from the tree, sat where the Sage was in a posture (as he was curious), and within a minute he had the

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most blissful two – minute meditation and his mind went back in. He asked for a boon and he received it.

When a disciple heard this story he said, "That Sage did all of the hard work and this person did nothing! He didn't even know how to pray, he just ran away because of his tendency of fear and within minutes of sitting there, he gets what he wants?"

The teacher said, "It is all because of grace, in one of his lifetimes, he had practiced dharma."

The reason I am telling you is because at some point in his lifetimes, he had gone to his consciousness and so he was able to tap into that in a minute. The consciousness is capable of granting you anything you want. Have a lot of pride in everything that you do! When you practice dharma, you are god's most favourite child.

The question I was asked is: "Who is great; the man who gives a million dollars to charity, a man who heals people or a man who runs a billon dollar company employing thousand s of people?"

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The answer is: "All these people are good but they are not great says Adi Shankaracharya one of the greatest sages of India . The one who is great is the one who practices dharma, who every single day makes the choice to be in the consciousness and then executes his karma which has fallen one's lot."

It doesn't matter if your work impacts one person or one hundred persons, first comes dharma and then comes execution of karma. If you do both, you are god's greatest child.

I just want you to know that you are the most powerful person one earth. Don't fall into the trap that just because you haven't given money to charity that you aren't going to get good karma. In the eyes of god the one who practices dharma wins the race.

You have won the race because you have completed all steps. Congratulations and god bless you, good luck and best wishes!

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