

4. The immeasurable power of human being – Sanskar

The human soul has three powers. The power of the soul to think is known as the mind, power to make decisions is known as intellect and power to remember is called sanskar which is imprint on soul of thinking and doing. The human mind has different types of thoughts, which can be changed through regular and continuous practice of Rajyoga. Intelligence is primarily a decision-making function. Every human soul has an indelible imprint of thought, speech and behaviour on the soul in the form of sanskars, which the soul carries with it, which in the language of science includes the subconscious mind, the dormant mind and the supremely conscious mind. Thoughts, promises or deeds that we do over and over again which are known as habits or character, are called sanskars. It is on the basis of sanskar that any human soul is identified as sinful soul, great soul, religious soul, or deity soul. As shown in the picture, human soul has five types of sanskars which include the sanskars from parents, re-birth, company, supreme soul and created by motivation.

1. Parental sanskar: The human soul which is born from the womb of the mother, so the manners, behaviour, way of life, etc. of mother, father, brother, sister, and close family have a profound effect on the child during rearing. It has a profound effect on the child's psyche and such sanskar constitute about one-fifth of the total sanskar in human life i.e. about 20% of the sanskar belong to close family members in human life. The child is innocent in the mother's womb and until he learns to understand himself, that is, he is completely soul conscious, so the child is considered elevated than the great soul. At this point the child's ability to absorb is immeasurable, which is also described in the scriptures. In Hindu scripture Mahabharata, Abhimanyu learns the art of warfare from his mother's womb. At this time, the mother's mental state has a special effect on the

child's psyche. So in order for the mother's mental state to remain favourable, the birth of the first child of newly married woman was her parents' home as social arrangement. Our ancestors were practically great psychiatrists.



2. Past life sanskar: The human soul takes reincarnation as a human being, which has also been scientifically proved. Just as an apple cannot be obtained from a mango seed, so human being cannot take birth as other animal or species. The scriptures that show the birth of human beings in other species per their actions is to create such fear so that human beings do not hurt or kill or eat other human beings or animals etc., so the message that needs to be understood behind such belief. Dr. Brian Weiss, a professor at Columbia and Yale Universities in

United States, who after 1980 took over 2,000 human beings to their past births in hypnosis regression and scientifically proved that the past birth of the human soul is also human. A similar fact became known in some human past birth memories, out-of-body experiences, and near-death experiences. Each soul goes with its own subtle body i.e. reincarnation takes place as a human being based on the subtle body of the human body. So the soul carries from past birth habit or sanskar or characteristics and accordingly we get body and situation. We do not take material things with us but the subtle thing called sanskar comes with us. This sanskar is awakened when it gets stimulus or company accordingly.

3. Company Sanskar: After the child grows up, when he goes to primary school, secondary school, college, university, etc., he gets different types of company, in which company sanskar is obtained. When a person is not in the habit of smoking and his friends invite him, his mind thinks a lot about the damages and the benefits of smoking. In the end his intellect decides to gain experience by testing once. If this action is done repeatedly, it becomes a habit. Then there is no need for the role of mind and intellect. Thought comes only from sanskars and that process is transformed into action without the any role of mind and intellect. The place of origin of thought depends mainly on the situation, response or reaction to situation around it as well as memory of the past (which also includes past birth sanskars). The sanskar of the company consist of about 20% of total sanskar of the soul.

4. Sanskar gifted by supreme soul: Supreme soul gifted sanskars which are known as the basic or original sanskar, which is liked by every human soul. This sanskar brought along with soul ever since this creation of human being assumed its first birth to play its role on the world drama stage. These are the seven types of virtues of the soul that everyone likes. The first virtue is knowledge, so the human soul is always eager to know something new. Throughout life, human beings keep

learning new things and fill their life with maximum happiness, peace, joy. The second quality of human soul is immeasurable power by which it runs its body, home, office, etc. If soul is a Prime Minister or a President, he rules over the nation or the world, which is power of soul, point of light. The soul is pure, that is, clean and clear. This means soul keeps clean self and surroundings as well as clear inside and outside that is whatever soul thinks will speak and act accordingly. Every soul indicates the right path to follow in spite of any situations. The other four qualities like happiness, peace, bliss and love are also liked by every human soul in their life. These seven qualities of soul that is knowledge, power, purity, happiness, peace, bliss and divine love are the basic virtues of every human soul, which is considered as god gifted sanskar, which consist of about 20% of total sanskars.

5. Sanskars created by motivation: The human soul can change its sanskars with determined thought on the basis of its will power. For example, if a soul does not like its own bad habit and finds a favourable as well as encouraging situation, he leaves it immediately or in phased manner. A person goes to temple, mosque, church, or gurudwara and as soon as he gets such environment, he is determined to give up his habit and even he leaves. About 20% of such sanskars are created by the motivating force in every human soul.

How does the sanskars change?: All the impressions or memories of the thoughts, speech and deeds of the human mind are inscribed on the soul in the form of a sanskar, which always begins with a thought. There is also the saying "As you think so shall you become." The main food of the human soul is thought. So pay attention to your thoughts because thoughts are going to be converted in to words. Pay attention to your words as they ultimately result in actions. Be aware of thoughts because thoughts spread all over nature like a light house. The general rule of nature is "to reap what you sow" and nature returns many times over. For example, if a seed of grain or a seed of a tree is sown; many grains of seeds or many fruits of

tree are obtained. Just as money is deposited in a bank, the bank returns the money with interest on it, in the same way that nature returns a positive or negative thought by adding that kind of thought to it. Therefore, reap the action based on thoughts, get the habit based on actions, obtain the character according to habits and get the destiny based on a character. Thus what kind of destiny to create is in our hands, which starts from thought? Supreme soul does not write anyone's destiny. So let us build our destiny with the seed of elevated thoughts. All the institutions of the world teach how to talk, how to do behave, but supreme soul teaches the art of "how to think." If we want to write the destiny of our children, we will write the destiny of all the best, in the same way supreme soul also writes the destiny of His children the best. Supreme soul entrusts the pen of writing destiny writing to us, which we have to create with the best thoughts and accompany us as sanskars. Thus sanskar change can be done only through change of thought and world change can be brought only through self-change. We can make our elevated sanskars through frequent meditation. Let us recreate heaven on this earth with the help of Supreme Soul by making our thoughts positive, powerful, pure and advanced.

We meditate on the basis of the knowledge of sanskars. We are not the body but the soul. The thoughts or deeds that we do through the mind and intellect are imprinted on the soul, which in common parlance is called a habit, which becomes a character. Our destiny is based on this character, meaning we are the creators of our destiny. Supreme father does not write anyone's destiny but gives us the pen of our thoughts for writing our destiny, so that one's destiny can be made according to one's choice. From today, we will periodically examine our thoughts and deeds daily and change them so that our future becomes brighter. We should overcome any situation, questions, challenges, obstacles etc. in a calm, stable and healthy way. We will change the world with the power of Supreme father through self-transformation.