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Foreword



In front of my residence there is a tree covered in green leaves and beautiful flowers. It is a source of spiritual nourishment for me. For me, it is like a spiritual partner. When I sit under this tree, I suddenly feel that there is a silent conversation going on between the two of us. Many of the articles of the present book were compiled while I sat under this tree.

The greatest lesson I have learned from this tree is: try to live on your own. Be positive in every situation. Adopt the culture of giving rather than taking, and the whole world will serve as a catchment area for you. This book encourages the reader to live like a tree in this world. According to my experience, a tree is an illustration of spiritual life. It is a model for spiritual living.

The present book is a spiritual guide for every man and woman. I hope it will give the reader a vision, facilitate clearer thinking and establish the principles of personality development. I hope it will help him defuse his stress, de-condition his conditioning and enable him to rediscover the course he should take to lead a successful life.

Life is full of unwanted experiences. There is no one who is not destined to travel through a jungle of

problems. It is the destiny of every man and woman. The question is: what is the formula to deal with this?

The only successful formula is: Don't take things as an evil. Take them as a challenge. If you take things as evil, you will simply develop a negative attitude, and a negative attitude will only increase your problems. But if you take untoward situations as a challenge, this attitude will unfold the hidden capacity of your mind. You will be able to face all challenges bravely and intelligently, and sooner or later, reach your destination.

Wahiduddin Khan, New Delhi, May 3, 2016
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The Tree – A Silent Speaker



Learn the art of conversion and the whole world will become
a means of spiritual food for you.

Everyone likes a house surrounded by green trees. Verdant foliage beautifies our world. It is this idea that has brought farmhouses – houses in gardens – into being.

But it is difficult to find anyone who is able to listen to the silent message of the trees or who tries to adopt the culture of the tree in his own life. The culture of planting trees is widespread but adopting the culture of the tree is seldom in evidence. Trees beautify our homes but they do not beautify the person living in that house.

A tree lives in the same world as the one in which we live. But, there is a difference. People's lives are marred by tension, malice, hate and violence, whereas all these negative features are totally missing from the tree culture. Man is like a walking tree, but he fails to follow the culture of the tree in his own life. Trees share our world. But while, for man, this world has become a source of complaint, hate and stress, this same world has a different meaning for a tree. The beauty we see in the tree has come from this very world – it has not been

imported by it from outer space. How was this possible for the tree? The reason is that the tree, by nature, has adopted the art of conversion: converting things to one's own advantage.

What does the tree do? It takes minerals and water from the soil and converts them into food for itself. The tree, through the process of photosynthesis, takes light energy from the sun and converts it into chemical energy, which is then used to fuel its activities.

This is the result of the art of conversion. In doing so, every tree gives a silent message to man: Learn the art of conversion and the whole world will become a means of spiritual food for you. Make the whole world a global source of your personality development. You will be able to live in this world as a complaint-free person.

For example, if someone says something that goes against what you think, then turn it into a point for discussion. If somebody speaks ill of you, then make that a source of self-discovery. If you are discriminated against, then draw the lesson from this instance that you need to develop in yourself that missing quality on the basis of which you have been discriminated against. If someone provokes you, you should defuse the issue through unilateral avoidance. If someone makes you angry, you should calm yourself down by forgiving him. If a person differs from your point of view, then enter into a discussion with him and thus increase your own intellectual development.

There is a story which tells us that once someone hit Ram with a stone. In return Ram embraced the

person and in this way he made the throwing of a stone a means to inculcate in him a positive quality, that is, love for humanity.

This story teaches us a lesson on how to adopt the culture of the tree in one's own life. If you throw a stone at a tree, it will give you a fruit in return. This is the highest kind of positive behaviour. By adopting this positive behaviour, you can make the whole world turn in your favour, just as the tree does.

Everyone is free. This free culture has filled the world with differences. It is these differences that lead to negative thoughts about others. Then what is the art of living in such a situation? It is in some way or the other to convert every difference into something positive which will be in your favour.

Garden of Spirituality



Nature is not simply a wonderful world. It is rather an amazing garden of spirituality.

Just visit a place of natural beauty, a place where there are mountains, flowing rivers, tall, lush green trees, birds on the wing, small white clouds floating in the sky, the sun shining, and so on. In such a spot, you will feel like exclaiming: "How wonderful nature is!" But nature is not simply a wonderful world. It is rather an amazing

Applied spirituality is ostensibly a matter of giving. But, every instance of giving is paralleled by an instance of receiving. That is a law of nature. According to this law, the giver is not simply a giver. The giver is also the receiver of many things - appreciation, good-will, better relations and peace - from those who are the objects of his generosity.

It Requires a Prepared Mind



People see the signs, but pass them by without detecting them. One who has a prepared mind, however, is able to recognize them and then turn them into objects of contemplation.

C V Raman (1888-1970), the renowned Indian scientist, once had it pointed out to him that scientific discoveries were accidental. Raman's response was: "Yes, but such accidents occur only when the mind is prepared." The fact is that all the opportunities for scientific discovery are already present in nature. People pass by them, but fail to recognize them. A scientist, having a prepared mind, instantly recognizes and develops any such matter as could be of scientific interest the moment he comes across it. This is how scientific discovery is arrived at.

The same is true of spirituality. Tokens of spirituality

are scattered all over the world. In fact, every part of nature, great or small, is invested with spiritual content. People see the signs, but pass them by without detecting them. One who has a prepared mind, however, is able to recognize them and then turn them into objects of contemplation. It is 'discovery plus contemplation' that adds up to spirituality.

Two friends, Moti Ram and Ram Ratan Kapila, the former a jeweller and the latter an AC engineer, were in the habit of taking morning walks together in a quiet part of New Delhi. Once, along the way, they found a glittering object. Ram Ratan Kapila picked it up and pronounced it to be a piece of glass. Moti Ram, on the other hand, immediately recognized it as a diamond. His friend, although a degree holder in the science of Air Conditioning, totally failed to recognize the object for what it was. Moti Ram, being a jeweller, only took a second to recognize it. This was because, on the subject of gemstones, he had a prepared mind.

This story illustrates the importance of mental preparedness. Anyone who wants to live as a spiritual person must train himself to this end. One who has neglected to prepare himself will never be able to draw spiritual nourishment from life's experiences. In the midst of spiritual abundance, he will continue to remain spiritually starved.

What is preparation? Preparation cannot be achieved by means of taking some external course. It is an exercise in self-training. Only those who are ready to engage in self-training can enjoy spirituality. Those who do not do so, can never develop themselves as spiritual persons.

There are many aspects of self-preparation, for instance, the capacity to discern which are the relevant and which are the irrelevant aspects of any given event, so that an appropriate course of action may be taken. An acute sense of what is significant and what is not is essential, for without it, man can never experience spirituality.

To train oneself spiritually, the most important thing a person must do is to condition himself to refrain from taking offence. The moment he allows himself to be offended, he closes the door to self-training.

The process of learning always takes place within society. In social relations, a person speaks from his mind, not from another's mind. Hence it is necessary that, as regards social relations, one should be 100 per cent objective. Where there is a lack of objectivity, there is the likelihood of offence being taken. And one who takes offence shows himself to be incapable of objective thinking.

There are always two options before you – subjective thinking or spirituality. If you are desirous of spirituality, you shall have to give up thinking subjectively. If you are not ready to forego subjective thinking, spirituality will forever remain beyond your grasp.

Spirituality cannot be acquired through physical exercise. Physical exercise is quite unrelated to spirituality, the latter being a state of mind. Only with the right state of mind can spirituality be cultivated, for spirituality is a way of thinking – a function of the mind. One who has the urge to live with spirituality must train

his mind for this purpose, otherwise spirituality for him will remain a distant dream.

The Power of Spirituality



The power of positive behaviour can triumph over the power of negativity, while the power of negativity cannot win anything - it can only lead to destruction.

Some people have extraordinary inherent qualities, due to which they are able to become masters of all situations. Such individuals can, when they come to a gathering, win the hearts and minds of people simply by appearing there. There is a saying about such persons: They came, they saw, they conquered.

This kind of ability to conquer is not the monopoly of extraordinary people. Any ordinary person also can win the hearts and minds of people, provided he knows the law of nature and can avail of it by the power known as the power of spirituality. According to the creation plan of God, all human beings, both men and women, have two quite different qualities - the ego and the conscience. The ego symbolizes arrogance, while the conscience symbolizes modesty.

If there is a controversy between two men, Mr. A and Mr. B, and Mr. A enters into a heated exchange and refuses to give Mr. B due respect and honour. This