

**“JEEVAN VIDYA'S
GUIDANCE
TO
STUDENTS”
(And also for their Parents & Teachers)**

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ALL BRANCHES OF JEEVANVIDYA MISSION

*॥ Jai Jeevan Vidya ॥***PREFACE**

It gives us great pleasure to present this small "Jeevan Vidya's Guidance to Students" for the benefit of readers. Sadguru Wamanrao Pai has authored this book especially for children (and also useful for their parents & teachers). He has an important objective in mind in writing this book. The children of today are the citizens of tomorrow and the future of our nation depends completely on them. If we observe closely, we will realise that the students of today are highly intelligent. However, if such clever students do not get correct guidance, their life is likely to be ruined, and as a consequence, the welfare and progress of the nation will be in danger. Sadguru Shri Wamanrao Pai, who has retired as a Deputy Secretary, Government of Maharashtra, has completely devoted himself, through the medium of discourses, for the eradication of the ignorance, superstitions, fatalism and negative thinking of the people so that they can blossom their lives with happiness, peace, success and prosperity. The twin objectives of Sadguru are that, "The world should become a happy place and our nation should surpass every other nation in the world in terms of material development and psycho-spiritual progress." For achieving this purpose he has evolved Jeevan Vidya philosophy which revolves around the divine message, "You are the Architect of Your Destiny". The present book is being published with the intention that the guidance of Sadguru should become available to students so that they become excellent citizens of our nation and take it along the path of all-round progress and fulfil the two goals mentioned above.

The book has been written by Sadguru keeping in mind the various questions asked by students from time to time. Sadguru expects that students will study the book again and again, understand the teachings given therein and bring about their own wellbeing and welfare and also that of the society and the nation. Similarly, parents and teachers too should read the book and sincerely try to impress upon the minds of the students the teachings of Sadguru. This is the sole objective behind the publication of this book. Sadguru has been doing the work of guiding the common man, without a break and without any expectation for the last 48 years. He neither takes any honorarium for his discourses nor does he accept any royalty for the books authored by him nor does he take any Guru-dakshina from his disciples. In the same way, the Nandharaks (activists) of Jeevan Vidya Mission work like their Sadguru for his cause without charging any commission. We have, so far, published a number of books authored by Sadguru and they have all become very popular. It is only because of this fact that so many editions of the books have had to be published. We humbly expect that this small book will also be welcomed whole-heartedly by the people. Despite the high cost of publishing, we have kept the price of this book very low.

We place on record our sincere thanks to Shri Ajit M. Ingle who has translated this book into English. We are also grateful to all those who have extended full co-operation and assistance for the publication of this book.

Nam Sampraday Mandal,
Mumbai.

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(and also for their parents and teachers)

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Sadguru Wamanrao Pai Says,

"The welfare and well being of human society lies in living life with the sole objective of achieving peace for the entire mankind on the basis of cardinal truth that, God is one, human race is one, human mind is one, human religion is one and human culture is one."

***"God is one,
Human race is one,
Human mind is one,
Human religion is one, and
Human culture is one"***

Divine Dedication

*Think Good, Wish Good, Speak Good and Do
Good,
To Blossom Your Life With Blessings From
God.*

Divine Doctrine

*God is one, Human race is one, Human
mind is one, Human religion is one and
Human culture is one*

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VIDYA. JEEVAN VIDYA is a creative philosophy
of life and art of living. The philosophy which
has a global vision and is essentially secular,
eternal, universal and revolves around the
message "You are the Architect of your Destiny."
He has been honoured for spiritual, Social and
Cultural activities by Government, Municipal
authorities and Social organisations.*

Divine Message

"You are the architect of your own life"

Divine Teaching

*The royal road to the kingdom of peace and bliss
is 'Wistan'. The good and evil actions that you
direct towards others, positively boomerang on
you sooner or later. 'Wisdom' therefore lies in
leading your life constantly bearing in mind this
eternal truth.*

Jeevan Vidya's Guidance to Students

**Q. 1 What exactly is meant by education?
Please guide us on this subject.**

Ans. In Man's life, knowledge is supreme. There is nothing as sacred, auspicious and useful as knowledge. The effort made by Man to acquire knowledge is called education. Man's education starts in the mother's womb and continues till he reaches his tomb; in other words, Man is an eternal student and must keep studying from the cradle to the grave. Hence, Jeevan Vidya says that, "Education involves studying during every moment of one's existence". If Man does not possess knowledge or education, he is nothing better than a two-legged animal! Unfortunately, the number of two-legged animals among human beings is only increasing tremendously day by day. Many people have started considering money to be God and are madly running after it, while at the same time turning their backs on knowledge which is essential for acquiring wisdom. The main reason why there is so little happiness in the world and so much sorrow is that

people have over-emphasized the importance of money and turned their backs on knowledge. In short, there is no alternative to knowledge in the world and, therefore, Jeevan Vidya stresses that :

**'Knowledge is weapon, protector and science,
Knowledge is strength, power and force,
Knowledge is an asset, riches and wealth,
Knowledge is God, Angel and Divinity,
So, become great by acquiring knowledge and wisdom'.**

Q. 2 Do you think that our knowledge can be evaluated adequately by means of a written test that lasts for only three hours?

Ans. It is possible that students' knowledge can be evaluated adequately by means of a written test that lasts for only three hours. In this context a Marathi saying would be very apt, namely, "One can judge whether rice has been properly cooked by testing just one grain". Keeping this in mind, one can say that students' knowledge can be evaluated adequately by means of a written test that lasts for only three hours. Further, the knowledge contained in every

subject is so vast that it may not be possible to ask more questions and carry out a complete evaluation of students due to lack of time.

Q. 3 How should one study?

Ans. Most students do not know the technique of studying. Many a times, students erroneously believe that just reading a book means studying it. There are certain specific methods of studying. These techniques have been given below in brief: -

- 1) Jeevan Vidya has laid down a 3 R formula for studying, viz. **Read, Remember and Reproduce** as per which a student must :
 - i) read again and again;
 - ii) memorize whatever has been read; and
 - iii) reproduce, whatever has been memorized, on paper.

This is called studying.

- 2) A lesson consists of paragraphs. After reading the paragraph a few times, the student must make a summary of the paragraph. If the

paragraph consists of ten to twelve lines then the summary should consist of three to four lines. If the student studies in this manner, he will find the summary very useful for revision while preparing for the annual examinations.

- 3) The student must go to school only after first reading the chapter or lesson that the teacher would be teaching in school on that day. When the teacher teaches that lesson in school, the student must pay complete attention to what is being taught. After returning home, the student must read again the lesson taught by the teacher in school. By studying in this way, the student revises the lesson three times. Both teachers and students have a responsibility to ensure that this method is adopted. The teacher must always tell the students what he proposes to teach the next day while the students must also request the teacher to tell them which lesson is going to teach them the next day.
- 4) An excellent method of studying is

to “learn in the process of teaching”. If the student makes efforts to teach other students in his class who need help, he would be benefited in two ways. On the one hand he would learn well and on the other he would earn the credit of having taught other students in the class. One has to understand well before teaching others. The main reason for this is that, one cannot teach a subject to others unless one has understood it well.

- 5) The fifth method of studying is somewhat different from other types. As per this method, two or more students must first study the topic at home, then gather in the house of one of the students. The students must discuss the topic that they have learnt and test each other's knowledge by asking each other questions on it. By studying in this manner, students can obtain excellent success. In short, to study means to reread something again and again, i.e. revision. Therefore, Jeevan Vidya says,

“There is no vision without revision”

Students must keep this principle of Jeevan Vidya in mind and never ignore revision.

Q. 4 How must one keep the mind in a good mood for studying?

Ans. While studying, every student must always remember the fact that by studying he is not doing favour to his parents or his teachers. ‘Studying’ is the primary responsibility and duty of every student. The student who does not fulfill this duty becomes a criminal in the court of God. Actually, studying does not involve doing too much effort. If a student cannot study with concentration, while sitting comfortably under a fan, he will not be able to do anything at all in his future life. Further, if a student studies while he is still in the right age for studying, he will not find it troublesome. Every student must remember the fact that it is not possible for him to avoid ‘studying’. If a student does not take adequate efforts while he is still in the right age of studying, he will still have to appear for some

examination or test in the future, in the advanced age, where he will be required to study. The problems of studying are felt very much as an adult and, therefore, a student must study wholeheartedly at the right age. The second most important point is that the student must love to study. To achieve this objective, students should understand the nature of studying. Studying is not to be done for its own sake nor is it to be done for obtaining a lot of marks. The text books prescribed for students contain excellent knowledge in them. Studying is to be done to acquire this knowledge. If the student studies keeping the importance of knowledge in mind and studies with the intention of acquiring knowledge, he will definitely start liking his studies. Every student must remember that by studying he acquires knowledge which will open many doors to his material progress, in future. The student must always keep in mind the truth that he is studying only for his benefit and material progress so that he will automatically start loving studies. This is the sole method of keeping the mind always in a good mood for studying.

Q. 5. How much time should a student study? Please guide us in the matter.

Ans. How much time a student should study depends on the grasping capacity of each student. It may be sufficient for a bright and intelligent student to study even for one hour. Conversely, a dull and less intelligent student may be required to study for a much longer time. In this context I am reminded of a story. Once upon a time there was a king. He had a hobby of reading and hearing new poems. For this purpose, he hit upon a plan. He had an announcement made in the kingdom that, "Whosoever will read a new poem in my court will get a handsome prize." Accordingly, lots of poets started visiting the king's court to read out new poems to him. The king had gathered ten pundits around himself who used to sit in a row beside him. The first pundit was such that once any poem was read to him, he could remember it exactly as it was recited and recite it back. The second pundit could do the same once the poem was recited to him twice. In this way, the other pundits sitting in a row could

recite a poem provided it was recited three times, four times, etc till the last pundit who could recite the poem if read out to him ten times. As soon as the poet read out a new poem, the king used to exclaim, "This poem is not new, as all of us already know this poem!" Then he would immediately ask the first pundit to recite the poem. The pundit would do so easily, since he had the gift of remembering the poem if heard only once. Then the king would say, "Even the second pundit knows the poem" and would ask the second pundit to recite the poem. In this way, all the ten pundits would recite the poem one by one. On seeing this, the poets would go away bemused and bewildered. What we should realize from this story is that some people have the gift of memorizing something after hearing it once, some after hearing twice and so on till they hear it ten times. In other words, some can remember things on reading or hearing them once while others have to read or hear something many times to be able to memorize it. This fact is applicable to every student. Every student must,

therefore, decide how much time he should study after taking into account his own capacity. Just as one should decide how much one should eat, depending on one's capacity for digestion, so is the case with studying.

Q. 6. Can students be categorised into 'clever' and 'dull' students?

Ans. From the viewpoint of Jeevan Vidya, basically students cannot be categorised as 'clever' and 'dull'. Since the child's birth, various types of education, teachings and sanskars (impressions on the mind) are, knowingly or unknowingly imparted to children. As explained above, these education, teachings and sanskars are imparted by mother, father, brother, sister, grandmother, grandfather, uncle, aunt, other relatives, teacher, professor, neighbours, friends, etc. and they are responsible for moulding the mind and the intellect of the students either in desirable ways or undesirable ways. Nevertheless, according to Jeevan Vidya philosophy, it is possible to make a so-called 'dull' student into a 'bright' student provided correct efforts are

made under proper guidance. Therefore, Jeevan Vidya reiterates that: **“ The master key to a successful life lies in accepting the circumstances as they exist and trying to mould them in the desired way.”**

Q. 7. Whether it is necessary for students to play as well as study?

Ans: There is beautiful saying that, “Anything in excess is bad!” Though sleeping is absolutely essential, there is a limit to how much a person should sleep. Similarly, eating food is essential but again there is always be a limit as to how much one should eat. In the same way, though it is true that it is absolutely essential to study, it is definitely wrong to become a book-worm and be wholly absorbed in studies to the exclusion of everything else. In fact there is an apt saying that “All work and no play makes Jack a dull boy!” All the three things, namely, studies, play and rest are important. After studying adequately, it is necessary to play for some time and then rest for a few minutes.

Q 8. Should children attend private tuition or classes even though their parents

cannot afford them?

Ans. If the parents are illiterate or are literate but unable to devote any time to the education of their children due to some reason or teachers in school do not teach properly or in the correct way, the only option left may be to go in for private tuition or classes. Another alternative students could be to study whole-heartedly and obtain the guidance of clever students whenever necessary.

Q 9. Some parents insist that their children must always obtain first rank in class, is this insistence proper?

Ans. Almost all parents whole-heartedly desire that their children should obtain first rank in class, in fact, there is nothing wrong in thinking along these lines. But parents should realize that this may not be possible in practice. Since there is only one first rank, obviously all the students cannot obtain it. According to the view-point of Jeevan Vidya, students must study to acquire knowledge and not to get highest marks and rank first in class. In other words, students must be knowledge-oriented and not marks-oriented since this would prove to be

very useful for their future. When students study with the intention of obtaining knowledge, the students not only manage to acquire knowledge but they are also likely to get excellent marks in the examinations. The student who studies with the intention of acquiring knowledge, will never fear examinations. Instead, he is ever ready to answer any question posed to him on the strength of his knowledge. Therefore, Jeevan Vidya emphasizes,

“Knowledge is God, Ignorance is Devil”

Secondly, our parents give birth to us and look after us in every way till we learn to stand on our own feet. In return for this service, our parents do not expect any compensation from us. Nevertheless, it is the duty of every student to make them happy in return for all the benefits that parents shower on him. All parents whole-heartedly desire that their children should go to schools and colleges and study well, get good marks and gain excellent success in the examinations. It is difficult to describe the joy that parents experience when their children study well and obtain excellent success in the

examinations. Students should always remember that, those students who give such joy to their parents obtain their blessings and these blessings in turn help the students to gain happiness, peace, contentment, success and prosperity in future,

Q. 10 Should students watch Television (TV), movies, plays, etc. for entertainment?

Ans. I have already answered this in the earlier question. All three things, namely, study, play and rest are necessary for students. After having studied adequately, there is no harm if a student watches TV or perhaps even a play or a movie. However, under no circumstances should the student sit in front of the idiot box (TV) for hours like a couch potato since this is an invitation to a number of evils. Sitting constantly in front of the TV for hours gives rise to diseases like piles, sooner or later. Similarly, watching TV continuously will lead to eyesight getting damaged and resultant visits to the Doctor. In the same way, on hearing constantly the noise generated by TV, the students hearing power will also be affected.

Thus, sitting in front of the TV constantly will definitely harm the health of the student, sooner or later, and the result will be that he will completely ignore studies and he will have to face failure in the examinations; one does not need an astrologer to predict the fate of such a student.

Q 11. Should students take part in extra curricular activities? (e.g. various competitions, dramas, sports, National Cadet Corps (NCC), etc.)

Ans. Students must always remember that they go to school or college primarily to study. Students who study adequately are likely to find it very difficult to also take part in extra curricular activities, since they will not have enough stamina to do both simultaneously. Therefore, from the viewpoint of Jeevan Vidya, those students who wish to make a career through the medium of studies should not involve themselves in extra curricular activities.

Q 12. Should students participate in school or college picnics?

Ans. Whether students should participate in

school or college picnics depends entirely on the prevailing circumstances. The decision whether to participate in the school or college picnic would have to be taken after taking into account the qualities of the teacher or professor who is organising the same. A common experience is that frequently good children fall prey to various addictions and bad habits during such picnics. The nature of the mind is such that it is easily attracted by undesirable things, just as water always flows downwards easily. If it is observed that some of the students or teachers or professors are addicted to vices or have an undesirable nature, it is quite probable that these people will influence good children negatively so that they may become addicted to various vices. This is especially true of timid children who can be easily influenced by such people; there are many examples of children being spoilt in this way. In the same way, some children initially try out addictive substances just for fun, but subsequently, they get trapped by the tentacles of addiction. Similarly, if some of the teachers among those going for

picnics are smokers or are addicted to alcohol or chew tobacco, etc., it would not take much time for the children, too, to become addicted to such things. Secondly, if the teachers who are taking the children to the picnic are not good organisers and do not have proper control over the students, there is likely to be lack of control over the bad events which will occur and there would be a fear of danger to children. One hears or reads of a number of unfortunate incidents of students going to picnics and having some terrible accidents, going for a swim and getting drowned, slipping and falling into valleys, etc.

Therefore, the decision whether the children should go for picnics or not will depend on all these circumstances. The students and their parents should take the right decision taking into account the ground reality explained above. Similarly, considering the tremendous responsibility involved in taking students for picnics, the Principal should pay personal attention to the matters related to organising of picnics and should appoint able and good teachers for the same.

Q. 13. Even after becoming educated, it is difficult to get jobs. Then what is the need for becoming educated?

Ans. The very concept that 'one must become educated so that one can get jobs' itself is basically erroneous. Since the demand for jobs is very high due to the large number of candidates, while the number of jobs available are limited, how can everyone get jobs? Besides, the population is growing day by day and the unemployment problem is assuming very serious proportions. Further, as result of advances in science and technology, the need to employ unskilled people is also decreasing day by day. On the other hand these changes in technology are creating jobs for qualified and educated people. Under such circumstances, it is wrong to think that students should become educated merely for getting jobs. According to the viewpoint of Jeevan Vidya, one should become educated for widening and broadening the scope of one's mind and intellect. For this purpose, reading, listening, contemplation, studying and correct

guidance are essential. After completing one's education, it would be more appropriate to start some independent business for one's livelihood, instead of looking out for some job. I have observed that many illiterate people have been able to earn a lot of money from business, without having even the necessary capital initially. If this is so, then why should literate people be unable to earn money through an independent business? Students must always remember that work is, in fact a superior form of Yoga, which is useful to oneself as well as others. Therefore, students and their parents must take into account this reality and make plans about what business the student will be doing as soon as he completes his education. There are many fields in which business can be started. However, usually, people do not even think of these various fields but try to travel the stereotyped path of obtaining a job. Not only is this tendency harmful to the students as well as the parents, but it is also undesirable from the viewpoint of the material development and spiritual progress of the nation.

The other important point that teachers and students must always remember is that, neither should teachers teach the students because it will help them to obtain their livelihood nor should the students look at study as a means to help them fill their stomach. The principal objective behind teaching and learning is to impart or 'donate' knowledge to them, which will enable them to become 'excellent citizens of the nation'. In other words, students should go to schools and colleges and acquire knowledge in various fields since it will help them to make the nation prosperous, strong and powerful and enable the world to become happy as a result. Both science and spiritualism are forms of knowledge. Science is the knowledge of the world, while spiritualism is the knowledge of God. With the help of science and technology, Man can make material development, while with the help of spiritualism, Man can attain psycho-spiritual progress. A nation can progress in the true sense only if it can achieve both material development as well as psycho-spiritual progress. Thus,

both science and spiritualism are essential for the nation. In brief, the importance and necessity of education in life is tremendous. Education possesses the amazing power of making a beast into God! Therefore, education to be imparted should be such that it helps Man to earn his livelihood, and it also enables him to acquire wisdom.

Q. 14. Does God help students in their studies?

Ans. Students erroneously imagine that God will help them in their studies - He does not help them in this manner. In fact, there is a beautiful saying that, "God helps those who help themselves!" God or nature has granted every student the blessing of intellect. The more this intellect is used by the student, the sharper and brighter he becomes. Just as a knife get rusted and becomes useless if it is not used, the intellect becomes 'rusted' if not used and over a period of time it becomes duller and duller till it becomes totally useless. Studying is nothing other than making use of the intellect. In the same way,

making efforts again and again is also studying. Hence Jeevan Vidya emphasizes that,

“Efforts have the potential or capacity to achieve everything including ‘God-realization’ and, therefore, efforts may be considered to be even greater than God.”

Q. 15. Some students indulge in practices like Navas (taking a vow that some particular thing would be offered to God if the desired result is obtained), tying amulets around the wrist, neck, etc. in the hope that they would pass examinations. What are your views on this subject?

Ans. To offer a Navas is nothing short of trying to bribe God! We are aware that frequently, people bribe government / municipal officials for getting their work done. A Navas is a similar sort of thing; the student offering Navas is in effect saying that, “Oh God! Please pass me and in return I shall offer you five kilograms of sweetmeats’. The whole practice of offering Navas is nonsensical. God has never told anyone that, “Please offer Me a Navas and I shall fulfill all

your desires!" It is only the students or the parents or the priestly class who have drawn such imaginary conclusions and have unnecessarily involved God in it! If as imagined by the student, he somehow passes after offering a Navas, God never 'eats' any of the sweetmeats offered to Him. All the sweetmeats are eaten up only by the people who offered Navas. In this context, students must remember a very important fact. The idol or representation or image of God to whom the Navas is offered neither sits down nor stands up nor does it move nor smile nor walk nor talk; in fact it does not do anything at all. If this is so, then how can the idol bless the student and fulfil his desires of passing in the examinations? It is not a sign of wisdom on the part of the student to expect such an impossible thing to happen. In short, offering Navas, tying amulets around the wrist or neck, etc and such other things is nothing but different forms of superstitions. Instead of falling prey to such superstitions and becoming fatalists, students should have complete faith in the divine force that resides within them and tread the path

of constructive and wholehearted efforts. Our Sages and Saints have again and again reiterated that God dwells in everyone. In this context the following words of an American philosopher, Dr. Murphy are worth contemplating:

“The knowledge of a mighty power within you, which is capable of bringing to pass all your desires gives you immense confidence and sense of peace.”

In short, students should not become victims of superstitions and blind faith but instead always try to have complete faith in the God that dwells within them.

Q. 16 Can students sharpen their intelligence by taking any medicines?

Ans. It is a wrong notion that students can sharpen their intelligence by taking some medicines. It is quite possible that on taking certain medicines, an illusion of sharper intelligence is created. Let alone medicines, many people are also under the erroneous impression that smoking beedis / cigarettes, drinking alcohol, etc. helps to sharpen intelligence. However, students should not become victims of

addictions in search of such so-called 'benefits', since they would be only destroying their future with their own hands. Intelligence can be sharpened only by using it properly and not by the use of medicines.

Q. 17 Would it be realistic to consider that our mother, father and teacher are equivalent to God?

Ans. Jeevan Vidya defines God as under:

“God is someone who gives us something or some benefit”

God or nature has granted us this priceless human body. Besides this, He has given us subtle, very useful and wonderful gifts of the five organs of action, five organs of knowledge, five pranas (vital energies), internal organs like mind, intellect, memory, willpower, etc. In the same way, he has created the Universe for us to enjoy the festival of joy. In other words, God has showered us with his blessings. Man must, therefore, always be grateful to Him. Similarly, our mother and father give us so much in our lives. They give birth to us, they look after us and care for us, they undergo a

lot of trouble in bringing us up, educating us, etc. and also help us to become independent and stand on our own feet. Thus, our parents have conferred a lot of favours on us and it is necessary to consider them as God. In the same way, our teachers and professors impart knowledge to us. In this context, students must always remember an important principle of Jeevan Vidya that,

“Gratitude is Punya (merit), while ingratitude is Papa (sin)”

Similarly, Dr. Murphy says,

“A grateful heart is always close to the creative forces of the universe causing countless blessings to flow towards it, by the law of reciprocal relationship based on the cosmic law of action and reaction.”

In this context the words of an English author are worthy of contemplation:

“Think of all you have to be grateful for and thank God for all your boons and bounties.”

Q. 18 Should students be ambitious? If so, what should they do to achieve their ambition?

Ans. Every student must be ambitious. The student who is not ambitious is as good as a corpse, even though he is alive. However, it is very important to understand the exact meaning of 'being ambitious'. Many students believe that being ambitious means 'to earn lots of money'. Jeevan Vidya does not refer to this sort of ambition. The students, who harbour such sort of ambitions, are motivated to earn money by undesirable means. The ambition to earn 'lots of money' is responsible for the terrible 'cancer' of corruption that has engulfed the nation. Just as a person suffering from cancer undergoes a lot of suffering before ultimately succumbing to the disease, similarly the 'cancer of corruption' will ultimately lead to the ruin of the nation i.e. we will all be ruined; it does not require an astrologer to make this prediction. A corrupt person is also most likely to be a traitor who will betray the nation for monetary gains. In fact, corrupt people are traitors and 'enemy number one' of the nation. Therefore, students must always remember that, instead of harbouring the ambition of earning 'lots of money',

students must nurture the ambition of acquiring a lot of knowledge. Students must acquire knowledge in various fields and utilize the knowledge so gained for bringing about the material development and psycho-spiritual progress of the nation. We may conclude that Jeevan Vidya teaches students to acquire knowledge with the intention and ambition of bringing about all-round progress of the nation.

Q. 19 What is the duty of students going to schools and colleges?

Ans. Indian culture considers Kartavya Dharma i.e. 'the Dharma of performing ones duty' to be the true Dharma of every individual. What is called Dharma by Indian culture, as mentioned earlier, is referred to quite differently as religion in the English language. One must realize that Kartavya Dharma and religion are totally different things. Just as a diamond has various facets or angles, the 'diamond of Kartavya Dharma' too has various facets or aspects. The various facets of Kartavya Dharma are one's duty towards one's mother, father, son, daughter, husband, wife, neighbour,

friend, nation, etc. Religion is nothing but 'the duty towards God' which is just a single ordinary aspect of this diamond of Kartavya Dharma. Unfortunately, however, in reality the various aspects of Dharma have been neglected and instead too much emphasis has been given to religion i.e. ritualistic religion involving so-called worship of God. The primary duty or Kartavya Dharma of every student is to study wholeheartedly and acquire knowledge. Words are inadequate to describe the true importance of knowledge. While money is no doubt important in Man's life, knowledge is a thousand times more important than money. The nation, whose citizens are illiterate, ignorant and superstitious, will never be able to march along the path of progress. Instead, such a nation will definitely go down the path of ruin and disaster. Therefore, Jeevan Vidya reiterates that:

**"You must acquire knowledge and wisdom,
You must become clever,
You must all become intelligent".**

In short, the Kartavya Dharma of every student is to study wholeheartedly and

acquire knowledge. Those students who do not comply with this Kartavya Dharma will have to repent for their blunder in future. Instead, those students who study in accordance with this Kartavya Dharma will definitely become successful in their lives.

Q. 20 Are educational, social and political organisations useful to students? Should they take part in their activities?

Ans. Most organisations had been founded as a result of the founders being inspired by some specific noble ideal. However, it is debatable as to how many organisations remain faithful to these noble ideals and work accordingly. Students should definitely take part in the activities of organisations that actively work for the benefit and welfare of students. However, they and their parents should take care that under no circumstances must their studies be allowed to be adversely affected by their activities in such organisations.

Q. 21 What should a student do if he fails in the examinations?

Ans. Human life is filled with happiness as well as sorrow. Whenever events that

take place are conducive to welfare of people, they become happy while if the events affect welfare adversely, they become unhappy. In the same way, both success and failure is a part of life. Hence, Man must not get bewildered when faced with adverse circumstances but instead face them calmly. Every human being encounters both joy and sorrow in his life, be he a ordinary person or a saint or a prophet! About ninety percent of such events are within the control of human beings while the remaining ten percent events are outside their control. ***However, common people are under the erroneous impression that all the events in human life are beyond their control.*** Therefore, wisdom lies in giving up fatalism and instead adopting the path of harmonious thinking. Failing in the examinations is not a big crime due to which heavens will fall down on this earth nor is it a catastrophe as though the sky has fallen on the head. In Indian mythology, Lord Shankar is called Mahadev because he was able to withstand the poison that he digested at the time of 'Amrit Manthan'; in the same way, the man

who can withstand the poison of failure and take a leap towards the zenith of success is called a great man. So instead of becoming sorrowful, because of failure or blaming and cursing God or fate or teachers or examiners for one's failure, the student should look for the reasons for his failure. Where there is effect, these must be a cause too! True wisdom lies in finding out this cause. Parents should also provide necessary assistance to their children to help them to discover the cause. Students often do not realise that 'studying is an art', neither do their parents realise this, nor do most of the teachers realise it. Therefore, students must learn the art of studying. Guidance for learning the art of studying has already been provided in the answers to questions asked earlier on this subject.

Q. 22 Why should one always speak the truth? Please guide us on this subject.

Ans. It is generally in our own interest to 'speak the truth'. Everyone believes a person who speaks the truth. He commands credibility in society so that if he is faced with some monetary or other troubles,

people readily come forward to help him. Conversely, no one believes a person who tell lies. He does not have any credibility and people are reluctant to help such a person if he faces some problems. Secondly, once a person speaks an untruth, he has to tell a number of lies to prevent the truth from being revealed. Despite his best efforts to hide the truth, it cannot be hidden for long and is ultimately uncovered to the total embarrassment of the person. Thirdly, a person must always discriminate between when he should speak the truth or tell an untruth. It is extremely dangerous to tell the truth to a shrewd and cunning person or a person willing to go to any level to achieve his goals or to people who are traitors to the nation. In fact, it is better and in everyone's interest to tell a lie to such people and get rid of them. Fourthly, if by speaking the truth, an individual or a family or society or the nation are going to be grievously harmed, on such occasions it is better to tell a lie and save the situation. Fifthly, certain events that have occurred in one's life and which are usually supposed to be kept a secret

should never be revealed to anyone. This is especially true in instances where a man and his wife have been married and where it would be better if certain facts are kept discreetly hidden; in such circumstances it would be most counterproductive to reveal such facts out of notions like "It is a sin to tell lies" or being carried away by emotions like "I find it very disturbing to keep the truth hidden". ***To sum up, a person should generally speak the truth and avoid telling a lie, but when interacting with some specific type of people or under special circumstances, he should have the presence of mind to decide whether it is better to tell the truth or to hide the truth.***

Q. 23 If the house of a student is very small while his family is quite large and as a result he is unable to study, what should he do?

Ans. It is said that, "Where there is a will, there is a way!" If the student is fond of studying or he is convinced about its importance, he will definitely find a way to study without making specious excuses. My own family was very large and under

such circumstances I have studied while sitting on the staircase of the building, where I was living. There have been many instances of great people having studied under the streetlights provided by the municipal corporations. Many libraries exist where students can go and study. In other words, the student who has the urge to study will definitely find a way out. Therefore, Jeevan Vidya says:

“ The master key to a successful life lies in accepting the circumstances as they exist and trying to mould them in the desired and successful way.”

Q. 24 Some students are given good sanskars (impressions on the mind) at home, but the social atmosphere is very polluted due to undesirable behaviour and actions of people, corruption, atrocities, vices, etc. Under such circumstances, what should students do?

Ans. There is beautiful saying in Marathi that, “If one is dwelling in water, one should not antagonize the crocodile living in it!” As per this saying, one should not live in society and quarrel with others, particularly the crooked persons, living in it. ***However, not picking up quarrels***

with others does not mean befriending them. Those students who have received good sanskars at home will easily be able to discriminate between what is good and what is bad or who are good and who are bad in the world. Under the circumstances, one should not quarrel with others but at the same time, cleverly stay away from undesirable things or people. One should not do any undesirable thing for fun or because of fear of others or under the influence or coercion of anyone, because, once one slips while walking along the straight and narrow path of goodness, it becomes very difficult to retrieve the situation. The second important point to remember is that students should inform their parents about the prevailing circumstances in society. Thirdly, students should always make every effort to be in the company of other good and decent students. Besides this, students and their parents should always remain in touch with good organisations like Jeevan Vidya Mission so that they can obtain the company of good people, so that the student's welfare will be enhanced by it. Fourthly, students and their parents

should foster a relationship of affection and friendship among themselves; if this is not so, students will always remain in fear of their parents and will not be able to speak out their minds and reveal the problems faced by them. Under such circumstances, it will not take long for a minor problem to assume grave proportions. Hence, parents should establish a rapport with their children and try and understand their difficulties and problems so that timely action can be taken to implement the remedial measures required - this would be in everyone's interest.

Q. 25 Some students are asked by their parents to perform pooja or other such rites and rituals which they do not like; what should they do?

Ans. There exists a gap of one generation between students and their parents. Because of this generation gap, the new generation does not agree with the thoughts of the old generation. Parents feel that their children should listen to them and not disobey them. While the question of whether to perform pooja is correct or incorrect could be a matter of

debate, the intention of the parents in asking their children to perform rites and rituals is usually good. All parents wholeheartedly desire that their children should be benefited and that they should come up in life. Parents fear that if the children do not perform rituals as prescribed by tradition, they will incur God's wrath and thus be harmed. If a student performs rites and rituals to please his parents the sky will not fall on his head; at the same time the student can try and convince his parents that performing rites and rituals has really no meaning. Similarly, students can also explain to their parents the worship taught by Jeevan Vidya Mission which are an alternative to rites and rituals. Since the method is scientific, its significance can also be explained to parents. In this context students and their parents must always remember the fundamental principle of Jeevan Vidya that:

“God neither blesses or punishes anybody nor does he interfere or intervene in any way in Man's life. Instead, Man alone blesses or curses himself, by his actions performed at

the three levels of thought, speech and deed. The harmonious or harmful actions that Man directs towards others come back to him like a boomerang to bless or curse his life in accordance with the inescapable laws of nature.”

Therefore, it is better to perform good actions and bring about the welfare and wellbeing of everyone i.e. oneself, the family, the society and the nation. To perform good actions means to-

“Think blissfully, wish blessingfully, speak sweetly or pleasantly and perform actions harmoniously for all.”

Q. 26 When examinations draw near, students study very hard which causes them great strain. Is this the correct thing to do?

Ans. Studying very hard when examinations draw near and thereby straining the body is the height of foolishness! Most students fall prey to this only because they have not understood the importance of examinations. Students must first of all understand the reason for holding examinations. Students know the

syllabus in advance and the textbooks are also available. From the viewpoint of the students it is essential to study these books well and acquire the knowledge given therein. Examinations are held to find out whether students have studied properly and acquired the knowledge given in the books. However, students are usually unaware of this principal purpose behind holding examinations or they ignore it. As a result, students study only at the eleventh hour when examinations draw near. They somehow study something and in this process, they strain themselves and somehow just pass in the examinations. On the other hand, some students learn everything 'by heart' without bothering to understand the meaning and get good marks in the examinations. These methods of studying are meaningless from the viewpoint of the students' future, since neither learning 'by heart' nor getting good marks will be of much use to them in their lives. Only the knowledge acquired by students will stand them in good stead.

Q. 27 Some people are of the opinion that children should not be punished while others are of the view that students must always be punished. Please guide us in this matter.

Ans. Unfortunately, the truth is that most students do not adequately understand the intention behind going to school, need for teachers, need for education, significance of studies, education, etc. Most students believe that they attend school only because their parents send them and they have no option but to obey. From the very beginning, parents and teachers must give correct guidance to students, about the importance of acquiring knowledge and inculcate in them a love for studies. They must also use every opportunity to stress upon the students the harmful and disastrous effects of avoiding studies. If such guidance is given to students, the need for punishing them will never arise! However, despite such guidance, if the students persist in mischievous behaviour and neglect their studies, it may be necessary to punish them. However, the punishment should be beneficial to the students. Like, making

them hold the thumbs of the feet for sometime, performing pushups, learning 'by heart' certain passages from their text books, etc. However, under no circumstances must the parents and teachers beat the students.

Q. 28 Frequently, students are unable to understand what the teacher is teaching. What should students do under such circumstances?

Ans. 'Teaching' is an art and all people cannot be good teachers. Sometimes, highly qualified teachers may not be able to teach well. While some lesser-qualified teachers may be able to teach in an excellent manner. Therefore, it is essential that while appointing teachers, their ability to teach well should be examined. Secondly, teachers should be paid good remuneration. It is difficult to get good teachers for low salaries. Thirdly, the Principal or headmaster should carry out surprise inspections to ensure that teachers are teaching the students in the appropriate way. Similarly, the headmaster should also take the students into confidence and cleverly find out from the students

whether their teachers are teaching them satisfactorily. Finally, the students themselves should meet the concerned teacher and humbly explain their difficulties, so that the teacher can teach properly in future.

Q. 29 After obtaining admission to schools and colleges, it is essential that students should make friendship with good students only. Please guide how students can get good friends?

Ans. The future of students depends on the type of friends they make. Even a slight error could lead to complete disaster in their lives. In this context, students should never forget an important principle of Jeevan Vidya that:

“Acquiring company of good students is very difficult and retaining this company is even more difficult; but acquiring company of bad students is easy and it is also very long-lasting.”

Therefore, students should be extremely alert while acquiring company of other students. It is not very difficult to recognize good students and bad students. One can very easily recognize

whether a student is good or bad by merely observing his thoughts, speech and deeds. Students should always consider all these aspects before acquiring company of other students. Once the company of bad students is acquired, there is grave danger of the students getting carried away and ruining their lives in the process. In the same way, parents should also keep an eye on their children. Parents should invite the friends of their children to their house on some pretext like celebrating birthdays, etc. and judge the qualities of the friends from their speech and behaviour. After examining other children in this manner, parents should encourage their children to make friendship only with good children. Further, parents should invite other good students to their house for some reason or another and help their children to cement their friendship with other good students. Besides this, parents should visit the children's school regularly and meet the teachers and headmaster to find out about the behavior of their children in school and learn about their progress in studies; this is very essential

for ensuring the welfare of children. When children realize that their parents visit school frequently and inquire about them, they will not dare to go astray, fearing that they will get caught. In other words, students must always be very careful of the company they keep, since 'the company of other students' has the tremendous power to either bring about their improvement or to bring about their complete ruin. Hence, it is one of the main duties of parents to take care that their children get the company of other good students only.

Q. 30 If the parents of students perform undesirable actions like drinking liquor, smoking cigarettes, eating gutka (chewing tobacco), quarrelling with neighbours, getting into fights and scuffles, etc., then why should the students consider them as equivalent to God?

Ans. Howsoever the parents may be, still the children are indebted to them for many things. Parents give birth to children, bring them up, look after them, give them nutritious food, education, etc. Students should take into account this

debt that they owe to their parents and try to consider them equivalent to God. On waking up, the first thing that children should do is to prostrate themselves at the feet of their parents. In the same way, they should pray to God to grant everyone (which includes the parents of the student, too), good thoughts. The Universal Prayer of Jeevan Vidya should be recited in such a manner that everyone in the house can hear it. There exist numerous instances of parents, who were earlier indulging in undesirable habits, but were transformed simply by hearing the Universal prayer regularly.

Q. 31 Frequently the teachers in schools are themselves addicted to cigarettes, alcohol, gutka, etc. Under such circumstances, how can the students have any respect for them?

Ans. Though the teacher may be a victim of addiction, still, as long as the student goes to school and learns from him, the student should look upon him in the sacred role of a 'teacher' and consider him as equivalent to God and respect him. Students should consider the

important fact that the teacher teaches them and try to look upon him with the feeling that he is as good as 'God'. Students should do this as a matter of duty. If the students look at the teacher with this innocent and sacred viewpoint, it is probable that the teacher himself will be transformed. Once the students start looking upon the teacher with the feeling that he is 'a God who imparts knowledge', these holy emotions are radiated towards the teacher in the form of positive vibrations, and they definitely have a salutary effect on the teacher and it is possible to bring about his transformation for the better in this manner. Besides this, students should pray to God to grant their teachers the wisdom to give up their undesirable vices. If students collectively recite the Universal Prayer of Jeevan Vidya it will benefit everyone. Secondly, teachers should also behave in a responsible manner. Should teachers not realize that if they themselves do undesirable things or are addicted to vices, then what would be the terrible impact of this on the students? The children of today are the citizens of tomorrow and if they are

spoiled and ruined, what will be the terrible consequences and harm that would befall the nation? Who can understand this better than teachers? If the house in which we live collapses, then the destruction and complete ruin of all the inmates is inevitable. In the same way, if students are spoiled and ruined, the nation will be in grave danger and everyone will be totally devastated. Teachers should take this into account and behave with a sense of responsibility. For their own welfare, and for the welfare of the society and the nation, teachers should keep themselves away from bad habits and give appropriate guidance to the students.

Q. 32 What exactly should students do to remain relevant in the competitive world of today?

Ans. It is not true to say that only the world of today is very competitive and it was not so in earlier days. Today, the competition has become very severe due to the tremendous increase in population. To remain relevant in today's competitive world, students should always remember the following

principles of Jeevan Vidya:

- 1) You are the architect of your destiny;
- 2) Efforts have the potential or capacity to achieve everything including 'God-realization' and, therefore, efforts may be compared to a jewel which is even greater than God;
- 3) To be reluctant to study is to turn your back on good-luck;
- 4) Everyone wants a person who is knowledgeable and useful and he can withstand any competition. Therefore Jeevan Vidya says:

**"You must all become knowledgeable,
You must all become clever,
You must all become intelligent".**

Q. 33 While studying in school, how can students decide in advance as to what they will become in future? What efforts should they make to reach the selected goal?

Ans. Every student is born with some special talent. However, most students are not aware of this truth. The talents inherent in the student are manifested in the form of 'liking' for something. Frequently, these talents are accidentally revealed

due to circumstances. Therefore, in consultation with their parents, students should decide what they would like to become after taking into account their liking as well as their talents. Under no circumstances should the parent force the student to become something against his wishes. All occupations that are useful to society are equally good; no occupation is superior to another. Whatever the occupation selected by the student, he should do it wholeheartedly and strive to become the best in the field and reach the top. There also exist certain career counseling organisations or vocational guidance centres which guide the student to select the appropriate field after taking into account factors like his liking for some occupation, the scope for various occupations, etc. These institutions also help the student by advising him about how to plan for the courses, how to prepare for them, etc. Some organisations also conduct exhibitions on this subject and also give detailed information about various occupations. Since complete information is available at one place in these

institutions, it becomes easier for students to take into account their liking and decide on which field to select. Similarly, some business and employment magazines and books are available which give detailed information on this subject. All these things are useful to the student for deciding the field of business or occupation in future and making preparations well in advance for achieving the same.

Q. 34 We are living in the era of fashion; is fashion desirable for students or not?

Ans. Whether to adopt fashion or not is for every student to decide based on his liking. It is not as though fashion is bad by itself. If a student likes fashion, he can indulge in it to some extent. However, students should ensure that they do not get carried away by 'fashion' and in the process 'ruin' their parents. There is no harm in students indulging in fashion in a limited way, taking care at the same time that their parents can afford it and they are not troubled in any way. Students could take recourse to fashion for looking smart and be well dressed. However, under no circum-

tances should students indulge in too much fashion for the purpose of impressing others, especially girls, or for competing with other students. In doing so, it is likely that the students will harm themselves as well as their parents. Secondly, students should not neglect studies in their love of fashion. Thirdly, being fashionable is not such a great thing; it only indicates superficiality in a person. Those people who are astute and wise prefer students who indulge in 'simple living and high thinking' to those who indulge in fashion.

Q. 35 What should students do if they are discriminated by teachers and others on grounds of religion, caste, tribe, region, etc?

Ans. From the viewpoint of Jeevan Vidya, discrimination on grounds of factors like religion, clan, caste, tribe, sect, region, etc. should never be tolerated under any circumstances or for any reason or under any other excuse. To discriminate among human beings and to commit injustice and atrocities on any human being is a very grave crime in the court of God. Therefore, it would be extremely

wrong for teachers or anyone else for that matter, to discriminate against others in the name of religion, caste, etc. If teachers themselves start indulging in such undesirable behaviour, it would create wrong sanskars (impression) on the students and no one should be surprised if the grave consequences of these actions are borne by the students, the society and the nation in the years to come. It is the crystal clear viewpoint of Jeevan Vidya that in the interest of the welfare of students and the all-round progress of the nation, there should never be any discrimination in the name of religion, caste, etc. But if such discrimination does occur, the students concerned must first of all meet the teacher and complain to the teacher in all humility and, if necessary, then meet the headmaster or principal and complain to him.

Q. 36 Should students indulge in ragging? How should victims of ragging protect themselves?

Ans. Ragging is an extremely disgusting, ignoble and terrible thing. It is a blot on student world. All the people concerned

should ensure that under no circumstances should instances of ragging ever occur. Ragging is not an act, which brings glory to anyone; instead it is a horrible act and is an indicator of a perverted psyche. Many students had to face terrible hardships and harm due to ragging. Some students have dropped out of college due to ragging while others have even committed suicide because of it. The parents of students should always be very alert about ragging. Parents should regularly inquire and ensure that their children are not being ragged. Even after such alertness, if some instance of ragging does occur, the students and their parents should rush to the college principal and the police and duly make a written complaint against the students who have indulged in ragging; legal action will automatically be started against the students who indulge in ragging. However, under no circumstances should the students and their parents remain silent and allow themselves to become victims of ragging due to fear. There is a beautiful saying in Marathi that, "If I call a tiger by his

name he will eat me up, and even if I call him Lord Tiger, he will still eat me up!" In the same way, if the students complain to the police against the students who indulge in ragging they will have to face harassment and even if they don't complain they will have to face harassment in the form of ragging. Under these circumstances, it would be better to complain against the students who indulge in ragging. In case there are undesirable instances of students committing suicide or students leaving college or students getting physical injuries, etc., it would be possible for the police to take action against students who have indulged in ragging. At the same time, in the interest of welfare of students, Principals and professors of colleges should also keep in touch with the students and take them into confidence to find out whether ragging is indeed taking place in the college.

- Q. 37 As per the rules of hostels, three students have to share one room. If the other two students are bad or addicted, they may force a good student to become addicted to vices. What should the good students do**

under such circumstances?

Ans. Under such circumstances, students should immediately contact their parents and make them aware of the grave situation that exists in the hostel. Parents in turn must immediately contact the principal of the college and get the room of the student changed. Under no circumstances should the students fall prey to fear and remain silent about such circumstances. In the same way, it is essential that the principal and the rector of the hostel should contact the students who indulge in vices and take them into confidence and give them proper guidance. Further, the principal should contact the parents of students who indulge in vices and alert them to the bad behaviour and addiction to vices of the students.

Q. 38 Some students who study in colleges indulge in vices like drinking, smoking, eating gutka, etc. in the name of enjoyment. Such students, who are addicted to vices, make fun of students who do not indulge in vices; what should good students do under such circumstances?

Ans. The main reason why students become addicted to vices is that they do not receive correct guidance at the appropriate time from their parents and teachers. Jeevan Vidya emphasizes that:

“If students are given timely and proper guidance, they will never become victims of addictions or vices.”

Therefore, parents must ensure that children who are addicted to vices get proper guidance by any means available to them. An invaluable principle of Jeevan Vidya states that:

“The human body is a living idol of God or a living divine computer and the body will give desirable or undesirable results, as per the Universal Laws of Nature, depending on the good or bad inputs in the form of actions given to it.”

If this important principle is properly explained to students and the terrible consequences of vices and addictions are brought out, then no student will dare to become addicted to vices. To indulge in vices is like acquiring terrible and horrible troubles and it is an

invitation to one's own destruction and doom. If this truth is impressed upon students, they will definitely not fall a prey to vices. Whatever be the circumstances, students should not come under the evil influence of addicted children. Parents should make every effort to impart correct guidance to such children through the medium of discourses and books. In this manner, everyone will be benefited.

Q. 39 Is it proper for students of schools and colleges to fall in love?

Ans. Firstly, students should remember that their parents send them to schools and colleges so that they study and not for falling in love! Those who stray from the path of Kartavya Dharma i.e. 'the Dharma of performing ones duty' will always have to repent in years to come. The Kartavya Dharma of a student is to study and to get education. To neglect this Kartavya Dharma and instead indulge in love affairs is to invite troubles for oneself. Parents and teachers have great expectations from their children, who study in schools and colleges. Most parents cannot afford to educate their

children. They have to make great financial sacrifices for sending their children to schools and colleges, sometimes, even taking a loan for this purpose. Parents expect that their children will learn well, acquire excellent knowledge, select an appropriate occupation in future, become excellent citizens and take their nation along the path of progress. But instead of studying, if students indulge in love affairs it would mean that they are fooling themselves, their parents, their teachers, and even God. It is obvious that such cheating is a great crime and every criminal automatically faces punishment by the Universal Laws of Nature.

Secondly, 'love' is a splendid and exceptional emotion and such people who genuinely love others are themselves very wonderful and exceptional. ***Such exceptional people are rarely found.*** Such a true love involves sacrifice and not enjoyment and the exceptional people who possess this exceptional love are ever ready to sacrifice everything that they possess for the happiness of each other. If the

love of such exceptional people is not successful, their only wish is that the person whom they love should always dwell in peace and happiness, wherever he or she may be. Such exceptional people do not have attraction for the body but love the qualities of the person with whom they are in love.

However, in actual practice what one observes in the case of people who claim to be in love is just the opposite! Students become victims of infatuation as a result of sexual attraction of the body and fool themselves and others into believing that they are really in love; this so-called love becomes a sure recipe for disaster in life. Since this so-called love is merely infatuation due to sexual attraction, it is rooted in craving for 'enjoyment' and there exists not even a trace of sacrifice in it! Instead, if due to some reason, this so-called love affair is not successful, these 'lovers' do not hesitate to even go to the extent of killing each other! In the same way, before a love-marriage, the lovers serenade each other, court each other and make all sorts of vows and promises

to each other of undying love. They valiantly proclaim, "I cannot live without you", etc. during the course of the love affair or before the love-marriage. Since such couples are adept at quoting dialogues from films, it is not surprising that young boys and girls become victims of their own make-believe world. The love-talk and vows taken before marriage are so absurd and unrealistic that within six months of marriage, their marriage is on the rocks and within two years of the marriage these lovers may get divorced. In short, wise students should realise that it is not in their own interest to get involved in love affairs; such distractions are likely to mar their future prospects.

In this context, it is essential to clarify an important point. There is a world of a difference between 'love' and 'love affairs'. It requires wisdom to love but even a foolish person can indulge in 'love affairs'. Considering the age of students in schools and colleges, it may be said that they are immature in all respects. They do not even know the meaning of true love. Due to their tender

age, childish thoughts and actions, it should not surprise anyone if students indulging in such activities ruin their lives. Students generally fall in love on the basis of superficial things like beauty of the body, wealth, money, proficiency in games like cricket, tennis, etc. or false assurances and showy, stylish and fashionable appearance. The phrase '*to fall in love*' is significant in this context. Those who fall into the pit of 'love' are never able to get up again. During the period of the love affair, lovers feel that they are literally floating in the air. However, after marriage, their feet touch the ground and the thorns and pebbles lying all round start hurting them, with a result that they wake up to ground reality! The principal reason for this turn of events is that all the superficial attributes narrated above do not have the capacity to make human life happy or successful. It is said that, "Love is blind". However, in reality love is not blind but the intelligence of lovers becomes 'blind'. It is commonly observed that 99% of all love affairs and love-marriages are unsuccessful since the 'lovers' have forgotten that,

“Appearances are deceptive”. However, only 1% of the love affairs and love-marriages are successful because the lovers possess ‘wisdom’. Such ‘wisdom’ lies in taking into account qualities such as good human nature, pleasing behaviour, good education, excellent teachings and ‘sanskars’ (latent impressions on the mind), adjusting nature, freedom from vices, economic independence and vocational competence. When love is showered based on these qualities, such couples become happy and successful.

In short, students must always remember that, “Life is not a bed of roses”. At the same time, to ensure that, life does not become a ‘bed of thorns’ and they do not face bitter experiences in future, students should accept the ground reality or circumstances as they exist and stride along the path of wisdom so that they can soar like an eagle to the pinnacles of success in life.

- Q. 40 Students have to study a number of subjects. While, they enjoy some of these, they hate some other subjects. Why is this so?**

Ans. Our life revolves around the mind. Sometimes the mind is favourable to us and at other times it is adverse. The boat of our life sways from side to side depending on the favourable condition or unfavourable condition of our mind. We like some subjects because our mind takes interest in them. Similarly, those subjects which are easily grasped or understood by the mind are liked by it. The mind likes to study only those subjects from which it derives joy. Conversely, some subjects are not grasped by the intellect due to which the mind does not like these subjects and tries to avoid them. So the tendency of the student is towards neglecting the study of such subjects or not studying them adequately. As a result, students either fail or get less marks in such subjects. Students are often unable to find a way out of this problem. Jeevan Vidya provides excellent guidance to students in this topic. A vicious cycle is formed here; since the student does not study the subject, his intellect cannot understand it and since the intellect does not understand the subject the student does not like it. This vicious

cycle has to be broken by the students themselves. If students study as per the 3R formula laid down by Jeevan Vidya, they will start understanding the subjects better and better and as they start understanding the subject well, their mind will start taking interest in the subject so that they will start liking it. Secondly, it would be beneficial for students to seek proper guidance from the right people for subjects that they do not like. This guidance could be obtained from clever students in class or from teachers or parents. If proper and timely guidance is obtained, students will start understanding the subjects and gradually liking them. Thirdly, students must always remember the important fact that there is no escape from studying all subjects and getting good marks in them. Studying involves reading of the subjects again and again. They should also remember that nothing is impossible if one is only willing to study. If one studies with the intention of acquiring knowledge, one gradually starts liking even those subjects that one does not like at first. In other words, students should always remember the

important principle of Jeevan Vidya that,

“If you avoid studies, a bright future will evade you”.

Q. 41 Jeevan Vidya proclaims that, “You are the Architect of Your destiny”; what is luck then and how does it occur?

Ans. There exist tremendous misunderstandings and erroneous notions about the concepts of destiny (Niyati) and luck. Man's destiny does not shower on him from the heavens nor does it grow in the soil. While living, Man performs actions continuously on the *three levels of thought, speech and deed*. There exists an intimate relationship between the Universal Laws of Nature and Man's actions. When Man acts, he sets into motion the Universal Laws of Nature; which, in turn activate what is termed as Niyati or destiny. When this Niyati manifests in Man's life, he experiences it in the form of happiness or sorrow. For understanding this important topic in detail, I recommend that you refer my other book 'You are the architect of your destiny'.

Q. 42 Can students show progress in their studies by reciting the Universal prayer?

Ans. The Universal Prayer of Jeevan Vidya is given below:

'O God,

**Bless all with health and wealth,
Bless all with money and harmony,
Bless all with peace and happiness,
Bless all with wisdom and your devotion'**

By reciting the Universal Prayer, Man can progress in studies as well as make all-round progress in his life. Students should not neglect their studies to recite the Universal Prayer. However, the spare time which is available in between the studies, should be used to recite the Universal Prayer. Similarly, after completing their studies and just before going to bed, students should recite the Universal prayer. By doing so, it will give stability and peace to the conscious mind; while the sub-conscious mind will absorb the studies already done during the day. Once the knowledge is absorbed in the sub-conscious mind, it is easily available to the conscious mind, which can reproduce it accurately in

examinations. This helps the student to get success.

Q. 43 In society, we observe that well-educated graduates are unable to get jobs; while, people without any education get into politics and accumulate huge wealth using illegal methods. Given such circumstances, it becomes difficult for students to understand what they should do? Please guide us on this topic.

Ans. The fundamental reason for the occurrence of all troubles and undesirable things is only one and that is the tremendous increase in population which is also aptly referred to as the 'population explosion'. There are more graduate applicants for jobs than available vacancies. Obviously, it would not be possible for all the applicants to get jobs. This problem has become more acute because of technological advances like automation of jobs which were being done manually as well as the advent of computers. With the help of computers, one can do excellent work in lesser time and with lesser people than could be done previously. This has contributed to

unemployment, especially of unskilled labour but technological changes have created jobs for educated and specialised people who have undergone this training. Therefore, graduates should not hanker after jobs but instead look out for opportunities to set up some independent business. If even illiterate people can set up independent business and gain a lot of wealth, there is no reason why a graduate cannot do so.

Secondly, as a result of inability to get jobs, young men become frustrated and, in this frame of mind, they may be provoked to go to any extent and do undesirable things which they may not under normal circumstances do. The underworld takes full advantage of this situation. Under the guise of giving jobs, they encourage young men to do undesirable and illegal things. Once some crime has occurred, these young men have no other option but to do whatever the underworld dictates to them. Just as a person who enters the tiger's den cannot come out alive, similarly once these young men become victims of the underworld, they are

forever trapped in it. Under such circumstances, it is no use repenting since nothing can be done about it.

Students should always remember that though some people, whether uneducated or otherwise, do evil things and accumulate huge wealth and indulge in conspicuous consumption, they can never become happy. People who perform evil (illegal) deeds and earn black money are actually criminals. But till their crime is proved, they continue to live in society with their heads held high. These criminals can never attain peace, happiness or satisfaction. Instead, such people lead their lives under terrible tensions. Leading such a life is like dying a thousand deaths. The evil deeds of such people will definitely boomerang on them, today or tomorrow, by the Universal Laws of Nature. They have to face wretched circumstances in their lives like physical and mental diseases, dangers, problems, catastrophes, troubles, misery, sorrow, etc., and their children are also likely to become addicted to undesirable things. Money and wealth which is accumulated

by undesirable and corrupt means is cursed. Not only does it bring trouble to the person who has accumulated it, but it is also responsible for bringing terrible harm, sorrow and misery to his children and future generations in accordance with the *law of inheritance* and the Universal Laws of Nature. Students should take all these things into account and should always remain away from wicked people; this is in their own interest as well as in the interest of the nation.

Fourthly, students should not give undue importance to earning money. Anyone can accumulate wealth. Even thieves, dacoits, terrorists, prostitutes, black-marketers, etc. accumulate money through undesirable means and spend it on wasteful expenditure and conspicuous consumption. However, as mentioned earlier, such people can never become happy. Even if God were to appear on earth for this purpose, he would not be able to make them happy. Persons who accumulate wealth by cheating others, robbing others or causing misery to others, can never

become happy. People generally believe that money is Lakshmi (the Goddess of wealth). However, this is not the complete truth. Wealth earned through undesirable means is nothing but an incarnation of 'Kadak-Lakshmi' (the malevolent form of Lakshmi) while wealth earned by good means is actually Maha-Lakshmi (the benevolent form of Goddess Lakshmi). Kadak-Lakshmi is responsible for creating all sorts of troubles, problems, miseries and chaos in human life; while Maha-Lakshmi blesses Man with happiness, peace, success and prosperity in life.

Just as Man begets Man, while a tiger begets a tiger, in accordance with the Universal Laws of Nature, similarly sorrow begets sorrow and happiness begets happiness. Hence, whatsoever happiness or sorrow that Man gives to others comes back to him like a boomerang, magnified and multiplied, to bless or curse his life. Students should always remember that people who indulge in 'enjoyment' and waste their lives in it have to ultimately face a miserable and bleak future. Further, those people who accumulate wealth

and money through black (evil) means create grave dangers to the economic system of the nation. Thus, such people are traitors and criminals in the eyes of society and are enemies of the nation in which they live.

Q. 44 Some students copy in examinations and pass. Could you please guide us on this subject?

Ans. Copying itself is a crime and a criminal will automatically have to face punishment either by law or by the Universal Laws of Nature. If a criminal is somehow able to escape from the clutches of the law, he will have to face punishment in accordance with the Universal Laws of Nature.

Secondly, when a student passes the examinations by resorting to copying, he is fooling himself, his parents, his teachers and God. It is possible to pass examinations without studying, but it is not possible to acquire knowledge in this way. If a student does not acquire knowledge by studying, then in future he will not be of any use to anyone, wherever he may choose to go. It will not be surprising if such a useless

person faces a hopeless and bleak future.

Thirdly, if a student is lazy and tries to avoid studying in schools and colleges and neglects studies, he may be temporarily able to save himself from hard work. Nevertheless, in his future life, he is likely to face great difficulties and troubles since he has not acquired knowledge through education. *In other words, it is not possible for a person to avoid making efforts in life.* If efforts are not made to study in schools and colleges, he will be forced to perform all sorts of hard tasks involving great efforts in his future life.

Fourthly, studying does not really require too much effort. Instead, if the mind is kept stable and still and the student studies with the objective of acquiring knowledge, he will start liking studies. In short, instead of copying in examinations and fooling oneself as well as others, it would be in the best interests of students to study and attain success in life.

Q. 45 Some students are jealous and envious of others. Does this retard the growth

of students? Could you please guide such students in the matter?

Ans. It is foolish for students to be jealous and envious of others. By being jealous and envious of others, such students are likely to radiate negative and poisonous thought vibrations into the environment. If we touch coal, we will be defiled or blackened. In the same way, jealous and envious thoughts poison the relationship between students. No one benefits from such thoughts; instead, the students themselves are likely to be harmed as a result.

Secondly, students should remember that the human body is like a computer. If you feed the computer with wrong or correct inputs then it will give you corresponding wrong or correct results. So, when a student harbours negative emotions of jealousy, he feeds his own computer with harmful emotions. Simultaneously, he feeds these harmful emotions in the computers of others. Therefore, he and others are greatly harmed by this wrong feeding to human computer, because the output from the computer will also be

harmful. In this context the following thoughts of Dr. Murphy should always be kept in mind by students:

“Thoughts of jealousy, fear, worry and anxiety tear down your nerves and glands bringing about physical and mental diseases of all kinds.”

Instead of being jealous of others and harming themselves and others, it is, in the best interests of students to cooperate with each other and help each other so as to bring about the welfare of all people concerned.

Q. 46 The social environment is full of corrupt practices, atrocities and wrong behaviour; under such circumstances students are unable to decide as to who their role model should be. Could you kindly guide us in this context?

Ans. During cold weather, we wear warm clothes to protect ourselves from the cold. Similarly, even though there exists corruption, injustice and wrong behaviour all around us, we must protect ourselves from their influence with the help of the good sanskars (subtle impressions on the mind) that we

imbibe. It is wrong to believe that these undesirable things are occurring only in today's world. In fact, such undesirable things have been occurring since time immemorial. The main reason why these undesirable things occur is due to the evil of **'thought pollution'**. The whole of the human race is mired in the 'quicksand' of ignorance. This ignorance gives rise to undesirable things like ego, superstitions, false pride, erroneous thoughts, jealousy, envy and dissatisfaction. These in turn give rise to the terrible demon of thought pollution who creates undesirable things like corruption, bad behaviour, atrocities, rape, feuds, riots, battles, wars, etc. in Man's life. Jeevan Vidya has been created with the intention of curbing thought pollution. In my view,

"Jeevan Vidya is the only solution for this thought pollution"

Students must avail of the facilities and benefits provided by Jeevan Vidya and protect themselves from above mentioned undesirable things. To conclude, our country has given birth to many eminent, brave and great men

and women since ancient times; students should use them as role models.

Q. 47 In your opinion, is it proper for students to worship God? Please guide us on this subject.

Ans. Barring a few intelligent exceptions, the traditional method of worshiping God, is based on performing rites and rituals. Jeevan Vidya, however, does not approve of performing rites and rituals. Therefore it does not approve of ritualistic methods of worshiping God. From the viewpoint of Jeevan Vidya, the supreme worship of God for students is to attend schools and colleges and obtain 'good education'. The schools and colleges are temples of learning, the teacher is the God in these temples, the students are the worshippers there and studying wholeheartedly for acquiring knowledge is the worship of God. By studying in this way, with the intention of acquiring knowledge, students please God in the form of the teacher, give satisfaction to their parents and they themselves obtain the capability of being able to serve the society and the nation, in an excellent way, in future.

Students should always remember that :

“Knowledge is God”

Students who study well and acquire knowledge become excellent citizens of the nation in future and are responsible for taking their nation to such great heights that the nation surpasses all other nations in every way. *At the same time, Jeevan Vidya further defines worship as doing all that is necessary to keep the body in good health, making the mind stable and quiet and bringing about the development of the intellect.* In Marathi and Sanskrit language, the word for worship is 'Upasana'. 'Upa' means near or close to and 'Asana' means to be seated. Thus worship involves being very close to God.

Another method of worshipping God is to be happy and to make others happy. This is possible because our inherent nature is bliss (swanand). Similarly, the indwelling God in us is also called as 'ananda', which means bliss. He is also called 'Govinda', which means bliss flowing through us. Similarly, we experience happiness when we are

healthy by doing exercises or yoga-
asanas. In fact, no happiness is
comparable to that of being healthy. So,
by constantly thinking positive and
auspicious thoughts and remembering
God i.e. thinking blessedly, the mind
attains stability. By speaking pleasantly
and performing harmonious and good
actions, the mind attains peace and by
studying in the correct way, the intellect
is developed.

In short, studying is an indivisible part
of worship. Therefore, students should
perform the worship prescribed by
Jeevan Vidya and bring about their own
welfare as also the welfare of the society
and the nation in which they live.

**Q. 48 What should be the attitude of students
towards teachers and vice versa?
Please guide us on this subject.**

Ans. "Every action has an equal and opposite
reaction' is one of the principal Laws of
Nature. Man should lead his life taking
into account this inevitable Law of
Nature. The attitude of students
towards the teachers and vice versa
will determine the results that they
get; thus if they behave in a positive

way towards one another they will get desirable results; if they behave in negative way they will get undesirable results. Teachers should always remember the truth that the students of today are the citizens of tomorrow. The progress of the country depends on these students. In other words, we will all be benefited if students become good citizens and we will all suffer if they become bad. Keeping this fact in mind, teachers should always sincerely endeavour to give students correct education. In the same way, students should remember the truth that the knowledge they acquire from the teachers will be useful to them in future and will help them to make their life successful. Students should therefore sincerely respect and honour their teachers.

Q. 49 There exists a lot of confusion among students about the twin concepts of sin (papa) and spiritual merit or virtue (punya). Please guide us on this topic.

Ans. Some people are of the opinion that the twin concepts of papa and punya are merely superstitions. However, this point

of view of thought is totally wrong since it is based on ignorance. Nevertheless, it is true that there exists many erroneous concepts about what constitutes papa and punya among the populace. Similarly, a large number of people consider a number of things to be punya while these are in fact papa and vice versa.

The concept of papa and punya as enunciated by Jeevan Vidya philosophy is totally different from the traditional views. Man is a social animal and he is deeply indebted to society in a number of ways. It is every Man's duty to repay his debt to society. Whatever good or bad actions are performed by Man on the three levels of thoughts, words and deeds have a corresponding desirable or undesirable impact on society. Conversely, whatever bad or good incidents or events that occur in society have a corresponding desirable or undesirable effect on Man. Man must take this truth into account and always ensure that his actions will result only in the welfare of the society at large. All such actions are designated by Jeevan Vidya as Punya. Conversely, if Man's

actions harm him, as well as the society, such actions are termed as papa.

In short, bad or good actions create 'papa' or 'punya' and when these papa and punya mature, they create inauspicious or auspicious 'niyati' which becomes responsible for bestowing sorrow or happiness in Man's life.

Q. 50 Who can be called an excellent citizen from the viewpoint of Jeevan Vidya? Can you kindly guide the students in this respect.

- Ans.
- 1) He who holds the firm conviction that the nation is everything in life and is ever ready to make any sacrifice for the nation is an excellent citizen of the nation;
 - 2) He who is fully aware that in the progress of the nation lies his own progress and in the ruin of his nation lies his own ruin is an excellent citizen of the nation;
 - 3) An excellent citizen is he who abides by the Panchsheel (five cardinal principles) of national life, namely, National Discipline, Devotion to the Nation, progress of the Nation,

Defence of the Nation, and Duty to the Nation;

- 4) He who acquires knowledge in various walks of life with the intention of taking the nation along the path of progress and utilizes the knowledge so gained for bringing about the material development of the nation is an excellent citizen of the nation.
- 5) He who does whichever work that comes his way and work which is useful to society, with utmost love, sincerity and honesty, is an excellent citizen of the of the nation;
- 6) He who does not accumulate money, wealth and power through undesirable means like corruption, evil means, atrocities, etc. is an excellent citizen of the nation.
- 7) He who does not use the power available to him for 'feathering his own nest' or for furthering his own selfish interests but instead uses it only for bringing about the welfare, benefit and well-being of the people and for the progress of the nation is an excellent citizen of the nation.

- 8) He who does not give importance to man-made artificial divisions and barriers of religion, colour, caste, clan, tribe, sect, region, language, etc. but instead holds the sincere opinion that 'We are all the citizens of the Nation and are all equal in every way' is an excellent citizen of the nation.
- 9) He who leads his life with the firm conviction that his every 'thought-word-deed' should be for the welfare and benefit and well-being of the nation is an excellent citizen of the nation.

I pray to God Almighty that every student should become an excellent citizen of the nation.

F F F

 UNIVERSAL PRAYER

Oh God, kindly

Bless all with health and wealth;

Bless all with money and harmony,

Bless all with peace and bliss,

Bless all with wisdom and your devotion.

Epigrams of **Sadguru Wamanrao Pai**

- 1) 6) *Knowledge is missile, weapon and science.
Knowledge is might, energy and strength.
Knowledge is wealth, riches and splendour.
Knowledge is God, Almighty Power and Cosmic Life Force. Therefore acquire knowledge and bless yourself.*
- 2) *Men of wisdom are those who think twice about the consequences of their actions, while fools are those who act first.*
- 3) *Lack of national spirit is the only cause for all sorts of crooked and wretched problems, the nation has to face.*
- 4) *The master key to successful life is to first accept the circumstances as they are and then make relentless efforts to shape them beautifully.*
- 5) *Human body is a wonderful gift of nature and is a super computer. All actions of Man performed at three levels of thought, speech and physical action are in effect actual feeding to this super computer which gives favourable or unfavourable results to his actions in the form of peace and happiness or pain and miseries.*