



How to eliminate the vasanas?

① REPEATED PRACTICE OF LIVING IN THE CONSCIOUSNESS
 & FEELING OF THE LORD and ②
 COMPLETE WITHDRAWAL FROM ALL WORLDLY ACTIVITIES
 DISREGARDING OTHER'S OPINION (Some activities may be
 dumped on us & we will be compelled. THEN let the
 BODY DO IT – YOU JUST DISSOCIATE YOURSELF –
 SAYING LORD YOU ARE DOING IT – I DO NOT BOTHER.)
 MIND REVIVES ONLY THRU' WORLDLY VASANAS.
 WORLDLY VASANAS 2 kinds: ① ALREADY IMPRESSED
 DUE TO PAST ACTS ② DAILY FRESH INPUT DUE TO
 DAILY ACTIONS Item ① goes away by LORD'S CONTINUOUS
 REMEMBRANCE & ASCRIBING THE DOERSHIP
 TO LORD. Item ② goes away only if you refrain
 from starting or participating in worldly activities. Except
 MEDITATION & REMEMBRANCE OF LORD – all else including
 reading SPIRITUAL TEXTS (EXCEPT BIBLE, VEDAS & PRIMARY TEXTS)
 is all WORLDLY ACCORDING TO ME.

1. Repeated practice of living in the Consciousness and feeling of the Lord and
 2. Complete withdrawal from all worldly activities disregarding other's opinion (some activities maybe dumped on us and we will be compelled. Then let the body do it – you just disassociate yourself saying – Lord you are doing it – I do not bother.)
- Mind revives only through worldly vasanas. Worldly vasanas are of two kinds:
1. Already impressed due to past acts and
 2. Daily fresh input due to daily actions
- Item 1. goes away by Lord's continuous remembrance and ascribing the doership to the Lord. Item 2. goes away if you refrain from starting or participating in worldly activities. Except meditation and remembrance of Lord – all else including spiritual texts (except Bible, Vedas and primary texts) is all worldly according to me.