

How to eliminate the vasanas?

DREATED PRACTICE OF LIVING IN THE CONSCIOUSNESS
3 + FEELING OF DE THE LORD and 3
COMPLETE WITH DASNAL FROM ALL WORLDY ACTIVITIES
DISTEGRADING OTHERS OPENION (Some activities my be
durafed on us & we will be compelled - THEN Let the
BODY DO IT YOU JUST DISSOURTE YOURSELF -
SAYING LOAD YOU ARE DOING IT I DO NOT BOTHER.
MIND REWVES DNCY THA' WORLDEY VASANAS.
WORLDY VASANAS 2 binh: - O ALREADY IMPRESSED
THE TO 14TT ACTS (3) PAILY FRESH INPUT DEC TO
DAILY ACTIONS DEM O Joes away by LORD'S CONTINUES
LEMEN BLANCE & SEE SERIBING THE DOERSHIP
To LOAD & Stee D Joes away my of you regrain
for starting or participating in worldly activities, Except
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reading SPIRITUAL TEXTS (EXCEPT BIBLE, VEDAS & PRIMARY TEXTS)
is all WORLDLY bURLDING 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.