

LOSE NOT YOUR HEART



Pandit Shri Rama Sharma Acharya

OUR EARNEST REQUEST

This booklet is a bouquet of spiritual thoughts. Kindly convey these thoughts to more and more people by presenting this booklet to your friends and relatives as a handy gift, on auspicious occasions like Birthdays, Wedding Anniversaries and festivals of Diwali, Samkranti etc.

WITH BEST COMPLIMENTS FROM

READ DAILY

Instead of looking at the shortcomings of others, discover your own faults. Before criticising anyone, first ascertain whether you have any shortcoming. If so, first remove your own weakness. The time wasted in criticising others should be utilised in self-improvement. After removing criticism and malice from your heart, you experience bliss more often.

Oh Ye People who want to conquer the world; first try to conquer your own self. If you achieve this, you can realise your dream of winning the world. When people observe that you have conquered your desires, they would automatically like to follow you, because they perceive in you an "ideal" which is worth following; and no one will oppose you.

1st Day

SPIRITUALITY IS THE KEY

Those who are devoid of spiritual thinking and merely carry out social service, become mesmerized by their own success or virtues. They start believing themselves to be servants of humanity. In such a situation they expect that people should praise them and obey them. Their false sense of pride makes them enemies of many persons. Therefore, instead of becoming real servants of people they become their destroyers.

Man cannot develop humility nor can he develop the capacity for self-improvement without the basis of spiritual thinking. He goes on committing one mistake after another and thus makes his own life miserable.

2nd Day

MAN IS HERE TO LOVE

All of your problems can be solved with the help of the Indian culture and way of thinking. The government can protect your rights, but it can not develop the thought process wherefrom your happiness or misery arises. This can only be achieved by spiritual upliftment.

Only Indian culture has the real strength to turn man into a human being. This culture teaches us that man is born to love man, and certainly not for quarreling and fighting. If each and every programme of Gayatri Parivar is carried out properly, the Sun of Indian culture will see a new dawn.

3rd Day

ARROGANCE IS RUINOUS

If you wish to achieve peace of mind, develop inherent capacity as well as strength. Take the help of your conscience. One may deceive the entire world, but who can deceive one's own conscience? If you consult your conscience for every work, you will be able to maintain your moral discretion. If you are able to act according to the moral direction of your conscience, you will be able to succeed, even though the whole world may be against you. The spiritual downfall of a person starts at the very moment when he starts thinking about himself as the most virtuous and incomparable.

4th Day

PATHWAY TO REAL SUCCESS

Real success lies in making your life meaningful with intelligent thinking, and intelligent thinking lies in dedicating your life to the pursuit of the following rules - goodwill towards all, utilising available time with discipline and good behaviour, making efforts for others' welfare, using speech only for good work, earning your livelihood only by honest means, frequently remembering Almighty God every day, not neglecting your duty and not being upset when things go wrong.

It will be extremely difficult to awaken the feeling of renunciation without dissolving one's own ego.

5th Day

**BE CHEERFUL,
KEEP SMILING**

Arise! Awake!! Stop not till your goal is achieved!!! Enmity will not increase if we ignore it as trivial and refuse to be provoked to a reply when someone tries to harm us by ill-will and gossip. One must mentally accept that only silence is the most befitting reply. One who does his duty and does not try to find shortcomings in others is always at peace with himself.

Ups and downs are a part of life. Be cheerful, keep smiling. What is the use of a face that cannot laugh nor even smile?

Anyone who wants to maintain his mental strength should not be irritated by criticism from others.

6th Day

DO NOT DESPAIR

You have to learn that you will have to bear some difficulties as a part of life. This is a part of the rule-"as you sow, so shall you reap", and is a result of your earlier acts. Any work which produces doubts, tiredness and despair also has inherent strength. Finish your work and then step aside. Let the result of your work flow forth in the river of time.

Choose the work for which you are capable and then pour everything into it. Do not despair whatever the event. You have a right only on your actions and not on the actions of others. Do not criticise, do not have expectations, and do not be afraid. In the end everything will turn out well. Experiences are a part of life. Despair not, as you are leaning against a sound support.

7th Day

LOOK WITHIN

A truly learned man neither blames others, nor becomes flush with excitement because of his inherent or achieved strength. Nor does he become shaky in the face of difficult circumstances.

One must be as afraid of one's ego or false sense of pride as one is afraid of a rabid dog. Just as you do not touch poison or a poisonous snake, cultivate detachment from your achievements. Also be aloof from persons who do not believe in your achievements or success. And more important - direct the activities of your mind and heart towards God.

Too much trust and dependence on others will make you utterly helpless and miserable. Look within your self for direction and not towards others. Your honesty will strengthen your determination and this strengthened determination will take you to your desired goal.

8th Day

HAVE TOTAL SELF-INVOLVEMENT

Whatever happens, let it be. Whatever is said about you let it be said. You should consider them as inane as the mirage. If you have renounced or rejected worldly pursuits, how can these worthless matters affect your composure? Do not slacken even for a moment your effort in finding out your own weaknesses or faults for correction. Only therein lies real personal upliftment.

Take advantage of every moment, every opportunity. Time passes quickly and the lost moment never returns. Get on with your work with total self-involvement. You will reach your goal. Do not be upset over anything. Have faith, not in the capacity of a man, but in that of God. Only the Almighty will show and lead you on to the noble path.

9th Day

DEVELOP SELF-INTROSPECTION

Develop forbearance. Understand your responsibility. Instead of observing the faults of others and criticising them, observe closely your own faults. If you are unable to control your speech, use it against yourself, not against others. First of all discipline yourself, because self-realization cannot be attained without personal experience. Politeness, straightforwardness, saintliness and forbearance are the main qualities necessary for self-realisation.

Do not worry about how others behave with you. Be ready for self-upliftment by improving your own behaviour. If you grasp this truth, then be happy that you have understood the mystery of a very big principle.

10th Day

UPLIFT YOUR SOUL

Always keep your mind occupied. Let it not remain idle. Be serious towards life's purpose. The tremendous task of upliftment of the soul is before you, and time is very short. If you stray from the path by your own negligence, then you only have to suffer and the worse will be in store for you. If you maintain patience and hope, then you will develop the fitness to face every situation in life. Stand on your own feet. If necessary, challenge the whole world. You should be satisfied only after attaining lofty goals. Others are looking for worldly treasures; but you should delve for the treasure within your heart.

11th Day

BE ALONE WITH YOUR SELF

Great men have always walked alone on their path and for that reason have always gone a long way. They have carried out great deeds only through inspiration from within. They have always been happy with themselves. They have never desired removal of their unhappiness through the help of others. They have always taken the help of their own ideas and thoughts.

Loneliness is the undeniable truth of life. But to be afraid of it or to feel inferior because of it and to feel despair and lose enthusiasm for the task before you - is the biggest sin. Having recourse to being alone with one's own self is a powerful source for developing your hidden strength. By relying on your own self, you will be able to discover your own great strength.

12th Day

DON'T DEPEND ON OTHERS

The day you develop faith in your own hands, feet and heart, your soul will proclaim aloud - Go on alone....onward you go on alone.

Structures of hope dependant on others are castles in the air, unreal and worthless. To hope for results by total dependence on others is nothing but destroying one's originality and initiative. Passing life by depending on others, ultimately results in lame helplessness.

When you make someone else as your life's navigator, your life's boat is adrift in an endless stream.

13th Day

LOVE IS THE GREATEST POWER

Love is the only great power with which your life can progress in every direction. You cannot bring about a change in someone's thinking without love. Right thinking and trust are built up through prolonged association based on goodwill and good thoughts. Love radiates thoughts of goodwill and that invaluable commodity called trust.

We have to resort to love to change the thought patterns of others to our way of thinking. Mere logic and intellect are not enough. Have faith that the world will be eager to listen to all your talk which is full of love and sympathy.

14th Day

A MISTEKEN BELIEF

Most of us force others to follow our ways of thinking and life.

We obdurately try to force others to think and act according to our beliefs. In trying to reform others forcibly or to force our thoughts down their throats, we neither reform others nor do we make ourselves happy.

We should not think that, if we suppress others we may progress indirectly. Just because certain people act against us, by back-biting or finding fault with us or insulting us, we should not think that they are responsible for our failures. This is a mistaken belief.

15th Day

FORGET PAINFUL EVENTS

When old painful memories flood the mind, the best thing to do is to forget them or ignore them. It is essential to forget unpleasant memories and remember pleasant events in their place. If you wish to be physically, emotionally and behaviourally healthy, then forget those events that disturb your emotional equilibrium.

Agreed that one of your “own” persons has made you miserable. Then, will you go on continuously remembering it and be in continuous confusion? Dear friend, forget the whole experience, ignore it and involve your mind in some good work. The best way to attain freedom from worry is to forget one’s misery.

16th Day

**MASTER
HAPPINESS AND MISERY**

Instead of being under the spell of happiness and unhappiness, establish your mastery over them. This will enable you to get the best out of your experiences and make your life and living mature and more lively. It is duty of every man to uplift his mental qualities and ennoble his life. Therefore you should also fulfill this task by adopting the proper path.

If you do not desire only favourable circumstances and if you are not afraid of difficulties, then you can achieve a lot. Always learn from whatever you achieve and thus enrich your life. Thereby the circumstances which you perceive as obstacles will start appearing favourable, because you have learnt to face them; and your unhappiness will start dissolving.

17th Day

SPEAK LESS, WORK MORE

Many people lament by saying: “Nobody listens to me; I am repeatedly saying such and such a thing and am tired of it; but it has absolutely no effect.” According to me; the fault lies more with the person who gives instructions than with the one receiving them. The man who gives orders did not have the knowledge about the method of working. Such people should first discover their own faults by introspection. This exercise will reveal their terrible lack of knowledge. When you know how to carry out the work, your instruction will bear the ring of conviction, and hence will bear fruit. You may not speak, or speak a little, but involve yourself in the work. Your work will “speak” and in a few days people will be attracted towards you without your invitation. Therefore speak less, work more. Because the effect of speech lasts for a second, whereas the influence of your work is everlasting.

18th Day

ADVENTURE BECKONS YOU

Adventure beckons you. The power to carry out the work connected with the moral responsibilities of the current era beckons you. One cannot afford to ignore this clarion call. Let us welcome the thorny path towards self-development and creation of a new world, and undoubtedly we shall progress. Why worry about what others say and do? Our conscience itself is enough for guidance in this great task. Others roam in the dark. Let them do so. We shall depend on the light of moral guidance and proceed. Why worry about who will support us and who will oppose? Our conscience and moral courage is with us. We shall do only that which is to be done by alert and enlightened persons like us.

19th Day

THE POTENTIAL OF MAN

The position of the so-called reformers is really laughable. They shout from rooftops about bringing in reforms in the religious, spiritual, social and political spheres. But one can clearly see the glaring difference between their speech and action in these fields. In such a situation, the hope for a bright future becomes even dimmer.

Are we supposed to sit with folded hands, simply waiting for a bright future? Shall we just believe that we are helpless and incapable, and hope that others would change the situation? This should not be. We are already aware that the potential of man is capable of rising to great heights.

20th Day

DO NOT WANDER AWAY

The typhoon-like forces of greed, self-importance, fame, success and tension of the rat-race are so powerful that they impel a man to go to great lengths and can fling him anywhere. Generally speaking - ordinary people and those lacking in spirituality are swept away by these forces. Many such people believing in only some 'ism' have strayed in their lives and reached nowhere.

Do not wander away. When you reach at such a point in your life, remember the day when the sapling of faith burst forth in your heart. Remember your earlier enthusiasm for hard work, and try to find out whether the same is not ebbing away.

21st Day

A HIMALAYAN TASK

A burning desire to achieve something can inspire man to work a hundred times more than his normal capacity. You will be amazed at what you have achieved singlehandedly. From creating such a volume of literature to creating a national and international network; and from ushering in a character-building revolution to creating over 2400 ashrams - how were these started and successfully carried out? A burning desire to achieve and hard work to bring it about are inherent in this.

Had I tarried, then perhaps I would have become a lowly person for whom getting a daily meal would also have been a problem. My sole purpose would have been just to accumulate money for personal pleasure by hook or crook. But then I would not have been able to carry out this Himalayan task.

22nd Day

REFORM YOURSELF

Nothing comes from attributing our faults to others. We alone are responsible for our physical and mental weakness. Doubtless, there may be some influence of some people, certain circumstances and the result of past influences. But three-fourths of our life's passage in this world is influenced by actions guided by our own personal viewpoint. We can certainly solve the difficulties troubling our mind and body by first reforming ourselves.

Those who speak quite a lot to advise others but do not put it into practice cannot influence people. Those who practice what they preach will continue to progress on the spiritual path.

23rd Day

COMPLAINING IS FUTILE

"What to do; circumstances are not favourable; no one helps us; there are no opportunities" - such complaints are useless. People blame others in this way just to please themselves or to cover up personal shortcomings. People vacillate between belief in luck and belief in deities for granting their wishes. The reason for this is lack of confidence in one's own self.

When we see that others are happy, we start doubting God's justice, but fail to perceive that they have achieved this status by dint of hard work. Do we have this right mental attitude for honest, hard work? God is not partial to anyone! He has freely distributed to every one the strength of spirit for upliftment.

24th Day

**AWAKEN YOUR
SELF-CONFIDENCE**

When you see yourself surrounded by despair and lack of success, then understand that your mind is not stable and that you are unsure of yourself.

Until you discard your rotten thoughts, you cannot come out of the present misery. Until you develop the confidence that you are capable of creating favourable conditions, you cannot adopt the path of progress. Later on if you do not discipline yourself, it is quite likely that the divine spark in you starts diminishing.

If you wish to extricate yourself from the present unpleasant situation, throw out your mental weakness and replace it with awakened self-confidence.

25th Day

DON'T BLAME OTHERS

Do not rue or feel sorry for repeated failures. Life is long, and hence ignore the failures. Start all over again and stride forward. Always be busy, and success will be yours - if not today, certainly after some time.

Do not beg for help from others, because in reality, no one has so much capacity that they can help you. Do not blame others for any difficulty, because others are not capable of causing pain to you. You yourself are your own best friend and your own worst enemy. Whatever the condition, good or bad, it is your own creation. Change your attitude and the next moment the hell-like fear surrounding you will vanish.

26th Day

DEVELP SPORTSMAN SPIRIT

Do not pay too much attention to what others think about your projects and objectives. If they think of you as an over-imaginative lone-wolf and a person running after dreams, simply ignore it. Have faith in yourself. Do not let your confidence waver on the say- so of someone or with the onset of some crisis. If you maintain faith in self and stride forward, sooner or later your path will become clear.

In future also you must continue your efforts, but with the attitude of a sportsman.

27th Day

MAINTAIN YOUR BALANCE OF MIND

Understanding and logical thinking demand of you to change your attitude with changing times. Attainment of happiness, success, progress, luxury etc should not make you swollen-headed. Conversely, it is pointless to weep or get angry or despair in an unfavourable situation. Instead of weeping and wasting time, utilise the time to change your attitude, and exercise your mind to find out a solution. Actually, this will prove more beneficial to you.

Real wisdom lies in finding happiness from whatever is available and thus maintaining your balance of mind.

28th Day

**FILL YOUR MIND
WITH NOBLE THOUGHTS**

When your hands are full with too many jobs at a time, not a single job gets done, because the mind is pulled in many directions. This leads to loss of time, energy and, more important, loss of temper. Thus, by concentrating thoughts only on one project, you easily achieve mental equilibrium, prevent the loss of effort and energy, and start on the path of progress, because you will be completing every task that you undertake.

The fundamental principle of worldly success is to fill your mind with noble thoughts when doing any work. We may not be able to change the situation around us. But we can mould ourselves according to the situation and remain cheerful.

29th Day

DO YOUR WORK SILENTLY

Expecting others to be with us and to do as we say, is the main reason for increasing our mental tension and complicating our lives. The solution to this problem lies in doing our work silently and let others carry on in their own way. Do not try to dominate any one. Also, do not waste invaluable time and energy in trying to please everyone.

It is useless to desire that others should listen to us only, act only on what we say, should be interested in us only and co-operate with us only. This desire is not only wrong, but also harmful. To depend emotionally on others is not beneficial at all.

30th Day

THE ESSENCE OF RELIGION

Mental tension can be caused by disorganised way of living, needless hurry, being busy during day as well as night, and working continuously without a pause. This makes it essential to change your life-style and day-today working by intelligent planning for enough rest and relaxation. Man's mental strength is put to good use only by leading a relaxed life enriched by honesty, discipline, goodwill and by being organised and punctual. This helps us in taking proper advantage of the capacity given to us by God.

Drink deep from the fountain of joy that comes from doing your duty, and keep going without fear in the face of obstacles. This is the essence of religion.

31st Day

THE POWER OF SELF-CONFIDENCE

Most great men were men of ordinary caliber in the beginning. But they neither allowed this to lower their high aims nor did they allow despair to dampen their spirits. They went ahead step by step on the strength of confidence and constant effort. Even in the face of difficulties, they did not waver. Even in unfavourable circumstances they did not falter. Even though they had limited resources and ordinary caliber, their dedication inspired them to sacrifice everything for the country, for their religion and for service to humanity, thus setting an ideal for millions to follow.

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