

AUTOBIOGRAPHY

Ajay Kapoor

Introduction

In the hours of meditation, I am nearest my true state of Being.

I am Eternal Blissful and Free Awareness.

In those purest moments, divine truths manifest in the form of ideas for living a chaste life. These thoughts are who I am and what I want to teach to the willing and sincere aspirants.

Hence this book. This is not an autobiography in the literal sense. It is the autobiography of my Self and can be yours also, if you so will.

*Please study only one page a day and chew on it throughout the day.
Let your entire being get suffused with the thought.
Live it – eat it, drink it and sleep with it.*

May you realize that you are one with the Supreme.

*Constant remembrance is
my only
joyful obligation.*

*Now,
I look forward to
what I used to be
scared of.*

*Surrendering the fruits
to my Lord,
I work with
Awareness,
Happiness and
Love.*

*Each happening in my life is a
Thoughtful expression of
Divine Love.*

*I have given a name to my gaze:
'One Seed'.*

*I cannot change anybody.
Change always happens
from within.*

*I want nothing less than
absolute richness.*

*I am seeing
Infinite Oneness.*

*I am not related.
I don't own.*

I am acclimatized to the Truth.

*My each breath
is indebted.*

*I breathe
Eternal Life.*

*I just need
Blessings.*

*I feel one
with the stars.*

*I see
what no one sees.*

*I am the source
of all transience.*

*I have given
my responsibilities
to Him.*

*I am the servant of
the servant of
Devotees of Turth.*

*I know
my limitations.
So,
I don't compete.*

*In here,
there is
neither time
nor causation.*

*I refuse to follow
the dictates of
ignorance.*

*I am
in bliss.
Thank God,
I gave up
desires.*

*I love
the permanence
of the impermanence.
It keeps me
permanently detached.*

*I understand and accept that
people are
helplessly driven.*

*Living in 2500 AD,
I am studying
the history of the world.*

*I have packed
Blossoming Awareness,
Energetic Love and
Causeless Happiness
in the Reality
of this Moment.*

*It gives me
absolute joy,
seeing others win.*

*I wanted to see
everybody happy.
But I could not
help it.*

*I get
the greatest joy
on experiencing
my eternity.*

*Thinking
of the biggest,
my thinking
sank.*

*The work through this body
is just
a natural happening.*

*Today,
is the most auspicious day of
my life.*

*This moment,
the most favorable.*

*I am not party
to this party
anymore.*

*I have
all leisure
for the Self.
Myself.*

*I am
very careful
about
my association.
Let them get annoyed.*

*I see
the same God
in mosquitoes
also.*

*I have
this shining awareness:
I am not.*

*In the crowd,
or in solitude,
I am
alone and
blissful.*

*My two-year old nephew
effortlessly marvels at
cats and dogs.*

*I contemplate on
the beauty of
marveling.*

*Let the gods take
whatever they want.
I will ever
remain grateful.*

*I don't have
lust pangs,
anger pangs and
greed pangs.
I am eternally grateful
for this blessing.*

*Speaking
the Truth,
I guard
the Truth.*

*A gain is as dear to me
as a loss.
When I die,
I will carry with me
only this habit.*

*I have deepest reverence for
self-effacers,
whatever their field.*

*Love
at first sight!
Detachment
at the second!
This is my history.*

*I will always remain grateful
to my friends
who love me
and what I stand for.*

*I love to be proactive
in sharing happiness.
Whatever the result!*

*I don't buy
headache.*

*My wellbeing
is in my love
for the reality.*

*My job is
to encourage.
Not criticize.*

*Living blissfully
in the Self,
I follow
my Lord's commands.*

*I have consciously chosen
to be content.*

*Between attachment
and peace,
I chose peace.*

*I pray
for strength that
I may not repeat
my mistakes.*

*I prefer to be like a child
as regards
the financial responsibilities.*

*I think
becoming famous
will be a
nuisance.*

*I love
because
I love
myself.*

*If I get a rebirth,
I don't want
to go to
school
again.*

*To understand me,
get rid of
all desires.
Be me first.*

*I bless the crow crowing outside.
It has come to give me
the message.*

I don't even own my body.

*There can be
no reason whatsoever
to go back.*

*I am home.
I refuse to
leave now.*

*I am
my
sole responsibility.*

*From the crowd,
I come back
the same.*

*I am
all for It.*

*I can live
all my life
in love
with
Silence.*

*Neither Vanilla,
nor Chocolate.*

*I am helpless in
loving
and praying
for the seekers of
Truth.*

*I am not in for
any other
choice.*

*I am
the eternal sky.*

*I am free
and
fearless.*

*Sometimes I am His son.
Sometimes devotee.
Sometimes disciple.
Sometimes servant.
Sometimes friend.*

And sometimes we are one.

*The God,
my teacher and
me
are
one.*

*Holding your hand,
I can never be
lost now.*

*Seeing the same God in all,
I serve with
respect and love.*

*I teach
what
I experience.*

*I love to keep
my tank
half-filled.*

*I smile
on blossoming.*

*I smile
on withering.*

*I love my sense organs
resting in peace.*

*I love my sense organs
craving for Truth.*

*I am watchful that
they don't do
anything else.*

I love this madness.

*I love myself for
my mistakes
as well.*

*I like patriotism.
It can be helpful.*

*Everything I resisted
was tested
on me
again
and again.*

*I am ever grateful for
the invisible bounties.*

*I want to die
in harness.*

*I am thankful for
all the problems
I had to face.*

*My every breath
comes
from God.*

*Nobody is a doer.
Including me.*

*I am not
bound by any
hidden chains.*

*I am watching
the severe headache.
What Bliss!*

*I am You.
Take from me
whatever you want.*

*Very happily,
I let the wave
merge now.*

*Pure thoughts are
my vehicle.*

*The baby is crying for
the lap of the mother.
I am the baby.*

*I am the purest.
I don't chase.*

*Mountains can crumble.
My faith in you
will never.*

*I am
Here and Now.*

*Absolute surrender.
My only desire.*

*In losses,
I gain.*

*My biggest gain is
Me.*

*Alone,
I am in bliss.
With others,
I am in bliss.*

*I don't sell myself for
money or fame.*

*Righteousness
is my
non negotiable
treasure.*

*The flowers
are telling me that
I am
very beautiful.*