

## Dada Bhagwan Aptavani 10

Eventually, you will unquestionably discover a further experience and execution by spending more cash. nevertheless when? do you understand that you require to get those all needs in imitation of having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to understand even more nearly the globe, experience, some places, considering history, amusement, and a lot more?

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**HEATH LONG**

**Pratikraman: Freedom Through Apology & Repentance** Dada Bhagwan Foundation  
 Every human being is living a life, but how much humanity does he have? Birth, education, job, marriage, kids, family and at the end...death! Is this the standard cycle of life that has to be followed? What is the ultimate goal of such a life? Why do we take birth? What do we want? The human body that we have received... should do the duty of being humane. There should be humanity in life. But what is humanity? According to Param Pujya Dadashri, the Gnani Purush (the enlightened One). The definition of humanity is that when someone hurts you, troubles you, you don't like it. Hence, you should also not hurt anyone. That, according to Him, is the biggest humanity. Whoever understands this and applies it in life means he knows what is humanity. Getting a human body means one is free to go to any is one of the four forms of life (gattis). One is human form, the other three being - animal form, devgatti (heaven/celestial being) and narak gatti (hell/beast form). Whatever are the causes so are the effect. If we show humanity, we will get a human body in the next birth. If we are inhumane, we will be re-born in the animal form. If we are extremely bad and inhumane then we are re-born in narak gatti. If we spend our life in doing good for others and help them without any expectations then we get a life in devgatti. In this book, Param Pujya Dadashri has discussed the concepts of humanity with the humble intention that if people learn about humanity then their human life will be fruitful.

**Life Without Conflict** Dada Bhagwan Foundation

It is said that parenting is the most important role in life, as well as the one for which there is the least amount of preparation! It is only natural to wonder how to be a good parent, to seek parenting advice, or to inquire into how to discipline children. Parenting teenagers requires the strongest parenting skills - and an almost endless supply of parenting tips. In the book "Generation gap", Gnani Purush (embodiment of Self knowledge) Dada Bhagwan offers one of the most unique and best parenting books among the myriad of spiritual books available. Dadashri offers spiritual behavior modification techniques in support of good parenting and living for love in one's family relationships. For anyone facing child behavior problems, undertaking teen parenting, or simply seeking a positive parenting program, this book will prove an invaluable resource.

*Simple & Effective Science For Self Realization (In Malayalam)* Dada Bhagwan Foundation  
 Aptavani 10 (P) has Param Pujya Dadashri's spiritual discourses on the description and properties of antaskaran- i.e mann-buddhi-chitt-ahankar (mind-intellect-vision-ego) all four put together. What is it made of? How does it develop? What is the form of antaskaran in animals, deities, humans, children, etc. Before realization of the Self (non-gnan state), there is oneness with antaskaran and after realization of the Self (gnan state) one is free from antaskaran and its phases. In the first part of Aptavani 10, Dadashri has discussed in detail about the mind, its nature and function. What is the cause of the numerous thoughts that arise in our mind? What happens when we try to control our thoughts? We experience that at times our thoughts make us restless or there are random thoughts which crop up. Dadashri has put forth the science based on which the mind functions and how it is essential to understand this science so that the Self can remain separate from the mind, and eventually the Self can attain liberation.

*Noble Use Of Money* Dada Bhagwan Foundation

As much as we would prefer otherwise, life includes its measure of unpleasant and unfavorable circumstances. In dealing with difficult people, facing unhealthy relationships, in family relationships, or in the midst of marriage problems, clashes occur. We might even say that some of our relationships are the very definition of conflict! We ask ourselves, how can we possibly avoid conflict in these emotionally-charged situations? In the book "Avoid Clashes", Gnani Purush (embodiment of Self knowledge) Dada Bhagwan offers ultimate conflict resolution skills in the form of spiritual conflict resolution strategies. His spiritual teaching on how to resolve conflict - or to

avoid it altogether - is offered in the context of common and everyday relationship challenges. Whether seeking relationship tips, marriage advice, or to learn how to deal with negative people and difficult people, this book will prove an invaluable resource.

*Autobiograpy Of Gnani Purush A. M. Patel* Dada Bhagwan Foundation

"Aptavani 4" is the fourth in a series of spiritual books titled "Aptavani". In this series, Gnani Purush (embodiment of Self knowledge) Dada Bhagwan addresses age-old unanswered questions of spiritual seekers. Dadashri offers in-depth answers to questions such as: "What is the definition of self awareness, and what are the signs of lack of awareness?", "What is spirituality?", "What are the benefits of spirituality and practice?", "How can I experience a spiritual awakening, and what are the signs of spiritual awakening?", "How may I attain spiritual enlightenment and lead a spiritual life?" Dadashri also provides spiritual explanations regarding: "What is the meaning of ignorance?", "Who am I?", and "How can I experience the spiritual power of my pure Soul?" For those seeking to learn how to become more spiritual, Dadashri explains that the knowledge of Self is the beginning of true spirituality. Upon attaining Self knowledge, one's spiritual development begins, which eventually leads to ultimate liberation, or moksha.

*Aptavani 02* Dada Bhagwan Foundation

Those seeking to lead a spiritual life inevitably face challenges in their sincere pursuit of spirituality and practice. As spiritual development progresses, facing the many unintentional mistakes made through mind, speech, and conduct can become disconcerting. Naturally one begins to wonder, "Is it too late to apologize?", "How to forgive and forget in unhealthy relationships?" and, "How to forgive yourself - both for mistakes of the past and for ongoing mistakes in the present?" One of the most powerful tools for spiritual healing of both past and present is repentance with sincere apology. Yet, among the many spiritual books available today, it is rare to find a concise scripture on forgiveness. In the book "Pratikraman: Freedom Through Apology & Repentance", Gnani Purush (embodiment of Self knowledge) Dada Bhagwan describes the spiritual power of forgiveness prayer, and offers a precise formula for asking for forgiveness. This abridged version of Dadashri's book "Pratikraman" allows anyone seeking to practice spiritual forgiveness prayer to easily understand how to repent, how to forgive someone, and how to begin forgiving yourself. This book is an invaluable resource for spirituality and health.

**Generation Gap** Dada Bhagwan Foundation

Among the world richest people, who are the richest people in the world? Those with a spiritual code of ethics (highest ethics and values, and ethical behavior). In the book "The Science of Money", Gnani Purush (embodiment of Self knowledge) Dada Bhagwan explains the spiritual science behind Money and it's use. He describes that one's ethical values create a spiritual balance sheet, influencing one's financial balance sheet. Dadashri offers in-depth answers to questions such as: "How would a spiritual teacher define business ethics? "In financial dealings, which moral ethics are to be followed?" "Among the ways to get rich, is it true that the simplest means is by giving away money?" "Why is it helpful to donate to charity, and what are the reasons to make an anonymous donation?" "Of the many charities to donate to, what are the best charities to donate to?" Among the myriad of spiritual books available today, it is rare to find spiritual guidance related to the use of money. For learning the hidden principles that govern one's ultimate balance sheet (what one leaves behind or takes with him when he dies), this book will prove an invaluable resource.

*Avoid Clashes* Dada Bhagwan Foundation

Every human being is living a life, but how much humanity does he have? Birth, education, job, marriage, kids, family and at the end...death! Is this the standard cycle of life that has to be followed? What is the ultimate goal of such a life? Why do we take birth? What do we want? The human body that we have received... should do the duty of being humane. There should be humanity in life. But what is humanity? According to Param Pujya Dadashri, the Gnani Purush (the enlightened One). The definition of humanity is that when someone hurts you, troubles you, you

don't like it. Hence, you should also not hurt anyone. That, according to Him, is the biggest humanity. Whoever understands this and applies it in life means he knows what is humanity. Getting a human body means one is free to go to any is one of the four forms of life (gattis). One is human form, the other three being - animal form, devgatti (heaven/celestial being) and narak gatti (hell/beast form). Whatever are the causes so are the effect. If we show humanity, we will get a human body in the next birth. If we are inhumane, we will be re-born in the animal form. If we are extremely bad and inhumane then we are re-born in narak gatti. If we spend our life in doing good for others and help them without any expectations then we get a life in devgatti. In this book, Param Pujya Dadashri has discussed the concepts of humanity with the humble intention that if people learn about humanity then their human life will be fruitful.

*Pure Love* Dada Bhagwan Foundation

Those seeking to lead a spiritual life, or just wondering how to become more spiritual may become inspired towards serving others, or giving Seva (selfless service). One might be left wondering, "Is service to humanity a higher means to make a donation - or should I simply donate to charity? What are the best charities to donate to, or to serve? How does Seva support my spiritual development? Is there spiritual power and spiritual transformation to be gained through it?" In the book "Right Understanding To Help Others: Benevolence", Gnani Purush (embodiment of Self knowledge) Dada Bhagwan offers precise understanding about people helping others and the many benefits Seva has upon one's spiritual growth. Dadashri explains that happiness begins from the moment one begins serving others and in offering Seva, one's life will never lack for material comfort and happiness.

*Worries* Dada Bhagwan Foundation

"Aptavani 9" is the ninth in a series of spiritual books titled "Aptavani". In this series, Gnani Purush (embodiment of Self knowledge) Dada Bhagwan addresses age-old unanswered questions of spiritual seekers. Dadashri offers in-depth answers to questions such as: "What is the definition of ignorance, the definition of self awareness, and the definition of freedom - and are they all related?", "What are the signs of spiritual awakening?", "If I gain spiritual power from spiritual practices, is that dangerous to my spirituality in any way?", "What is liberation, or moksha?" For those wanting to know how to become more spiritual, or desirous of attaining moksha, Dadashri explains that certain pitfalls must be avoided in the process of spiritual development. He describes how, in spirituality and practice, one must be careful not to fall into a lack of awareness. From understanding "Who am I?" and attaining knowledge of Self, true spirituality unfolds within, which supports a spiritual life leading to ultimate liberation.

**Whatever Has Happened Is Justice** Dada Bhagwan Foundation

"Aptavani 8" is the eighth in a series of spiritual books titled "Aptavani". In this series, Gnani Purush (embodiment of Self knowledge) Dada Bhagwan addresses age-old unanswered questions of spiritual seekers. Dadashri offers in-depth answers to questions such as: "What does karma mean, and what is the law of karma?", "How was the world created, and what is the journey of souls?", and "Who am I, and who is the 'Doer' (ego definition)?" Dadashri also provides profound explanations on: "What is spirituality?", "How can I experience the spiritual power of my pure Soul?", "What are the signs of spiritual awakening?", "How may I attain spiritual enlightenment and lead a spiritual life?" For those wanting to learn how to become more spiritual, Dadashri describes how to attain the Self - explaining that the knowledge of Self is spiritual awakening, and the beginning of true spirituality.

*The Practice Of Humanity* Dada Bhagwan Foundation

Over the course of life, many people become puzzled by circumstances beyond their control - both their own and those of others. It is only natural to wonder, "Why do bad things happen to good people?" While investigating, if one encounters the principle of karma, one may still be left asking, "What does karma mean, and how exactly does it work?" In the book "The Science of Karma", Gnani Purush (embodiment of Self knowledge) Dada Bhagwan explains the meaning of karma

according to spiritual science. Dadashri offers in-depth answers to questions such as: “What is the law of karma, and how can I master it?”, “What is destiny, and does destiny relate to karma?”, “Is it your destiny to forever face karmic lessons?”, “Can spiritual enlightenment liberate one from karma?” Dadashri offers a precise karma definition, and then continues on to explain that the knowledge of Self is the beginning of true spiritual development. From spiritual awakening, and from understanding the law of karma, one learns how to get inner peace within the problems in everyday life. For those wondering how to live in peace in the midst of life’s challenges, this book is an invaluable resource.

**Aptavani 09** Dada Bhagwan Foundation

In the book “Brahmacharya: Celibacy With Right Understanding”, Gnani Purush (embodiment of Self knowledge) Dada Bhagwan offers unique insight into the definition of celibacy and the benefits of brahmacharya. He clarifies common misunderstandings about celibacy, answering questions such as: “How do you define celibacy?”, “What are the spiritual reasons for abstinence from sex, and what are the benefits of abstinence?”, “Does spiritual power increase from brahmacharya, and how is celibacy related to spirituality and practice?”, “Must one take a vow of celibacy to practice brahmacharya?” This book offers a clear road map to celibacy meaning and celibacy benefits, and is an invaluable resource for those wanting to learn how to become more spiritual through the practice of brahmacharya.

**Anger** Dada Bhagwan Foundation

Anger management is a popular and necessary topic in today’s world. In dealing with difficult people, in our family relationships, or in facing marriage problems, we simply do not know how to deal with anger! When dealing with anger, we may wonder, “Am I right?” or “How can I make myself understood?” Some of our relationships can be said to be the very definition of conflict! Lacking conflict resolution skills, and out of a sense of powerlessness in our circumstances, we become angry. In the book “Anger”, Gnani Purush (embodiment of Self knowledge) Dada Bhagwan offers the ultimate anger management techniques in the form of spiritual conflict resolution strategies. He gives numerous solutions for dealing both with our own anger, and the anger of others. In addition, Dadashri offers spiritual advice on how to handle difficult people, anger management tips, and relationship tips.

**Aptavani 01** Dada Bhagwan Foundation

In moments of reflection, it is only natural to wonder what is the true purpose in life and to ask, behind the constant efforts made just in “living”, what is it that we are seeking? In the book “Self Realization”, Gnani Purush (embodiment of Self knowledge) Dada Bhagwan reveals the science of Self realization, describing that attaining knowledge of Self is ultimate life purpose, and is the

beginning of lasting, permanent happiness. Dadashri explains that all beings continuously seek happiness but can only be satisfied by spiritual happiness. Becoming Self realized is a spiritual awakening which allows such happiness to begin to be experienced. Having gained Self knowledge, spiritual development and spiritual awareness begin - initiating a spiritual transformation which can result in ultimate liberation, or moksha. Whether interested to discover ultimate life purpose, or on a spiritual quest to attain spiritual enlightenment, “Self Realization” is a unique resource.

**Harmony In Marriage** Dada Bhagwan Foundation

Who hasn’t asked themselves what there is to life beyond just living? What is true purpose in life? There must be higher purpose than just living... In the book “Who am I?”, Gnani Purush (embodiment of Self knowledge) Dada Bhagwan describes that one’s ultimate life purpose is to find an answer to the age-old unanswered question of spiritual seekers: Who am I, and who is the ‘doer’ of all that happens in life? Dadashri also resolves questions such as: “What is the nature of the journey of souls?”, “How was the world created?”, “How to find God?”, “How can I experience my own pure Soul?”, and “What is liberation?” Ultimately, Dadashri describes that attaining knowledge of Self is the primary purpose of life, and the beginning of true spirituality. Having gained Self knowledge, spiritual development begins, after which one may attain ultimate liberation, or moksha. Among the many spiritual books available today, Dadashri’s “Who am I?” is an exceptional resource.

**Money** Dada Bhagwan Foundation

In the book “Noble Use of Money”, Gnani Purush (embodiment of Self knowledge) Dada Bhagwan explains that best charity means to offer happiness to others, for “when you give happiness to others, you get happiness in return”. Dadashri explains that, among the many ways to be happier, the simplest way to “buy happiness” is giving away money, especially in the form of anonymous donations. Dadashri provides answers to questions such as: “Why is it helpful to donate to charity?” “What are the reasons to make an anonymous donation?” “Of the many charities to donate to, what are the best charities to donate to?” “Is giving to charity part of leading a spiritual life?” Among the many spiritual books available today, it is rare to find spiritual guidance related to the highest use of money - charity donations. This resource offering spiritual advice on how to make a donation, and why to make an anonymous donation, is sure to prove invaluable.

**Aptavani 05** Dada Bhagwan Foundation

Aptavani 10 (U) has Param Pujya Dadashri’s spiritual discourses on the description and properties of antaskaran- i.e mann-buddhi-chitt-ahankar (mind-intellect-vision-ego) all four put together. What is it made of? How does it develop? What is the form of antaskaran in animals, deities, humans,

children, etc. Before realization of the Self (non-gnan state), there is oneness with antaskaran and after realization of the Self (gnan state) one is free from antaskaran and its phases. In the second part of Aptavani 10, Dadashri has discussed in detail about the intellect, vision and the ego, their nature and functions. Sometime, we feel that our buddhi (brains) interfere in some of our decision-making rather than supporting it. Our chitta diverts our attention or projects things that we want. Our chitta psychologically clicks photographs of people/situations. Our ahankar (ego) prevent us from experiencing the Self and it yearns for respect and fame. There could be both positive and negative ahankar at work. Dadashri has put forth the science based on which buddhi- chitta-ahankar functions and how it is essential to understand this science so that the Self can remain separate from these elements, and eventually the Self can attain liberation.

**Right Understanding To Help Others (In Malayalam)** Dada Bhagwan Foundation

There are times in life when we must endure suffering due to no fault on our part - or so it seems. Life circumstances can appear terribly unjust. Naturally we question, “Why me? Am I wrong? It’s not my fault!” Or we witness others suffering injustice, and are left wondering, “Why do bad things happen to good people?” Added to the many problems in everyday life, these situations can feel like the very definition of suffering. We may conclude that there is no God, question how to get inner peace - or even how to live through such trying circumstances. In the book “Whatever Has Happened Is Justice”, Gnani Purush (embodiment of Self knowledge) Dada Bhagwan offers spiritual guidance on how to resolve conflict of injustice inherent in life. Among the myriad of spiritual books available, Dadashri offers a unique resource - he provides profound insight into the law of karma, explaining who is “The Doer”, who is at fault, and what is the cause behind every instance of suffering. To attain an inner state of no worry, to begin to live in peace, or even to learn how to stay healthy amidst life challenges, this book will prove an invaluable resource.

**Tri Mantra** Dada Bhagwan Foundation

In today’s world, worry, stress and anxiety seem to have become part of daily life. Yet, who doesn’t wish to stop worrying, or wonder how to cure anxiety? Who doesn’t ask themselves what is peace of mind, and how can I live in peace? Some proclaim, “Do not worry!”, or “Stop worrying and start living”; others offer natural cures for anxiety, or teach how to get rid of negative thoughts. But the internal struggle continues... In the book “Worries”, Gnani Purush (embodiment of Self knowledge) Dada Bhagwan offers unique spiritual insight into how to cope with anxiety, and how to live a spiritual life of no worries. He provides spiritual awareness of “Who am I?” and who is the doer in life, from which one can attain an internal state of no worry, and begin to live in peace. For those facing problems in everyday life, and wondering how to get inner peace, this book will prove an invaluable resource.