

THE GOLDEN BOOK

The Golden book is the book where you write your own destiny. By doing sadhana with the Golden book one materializes all that one has written in the book, in brief materializes all that one wants in life.

Babaji says that Golden Book is not for those who are contended in life or do not wish to bring any changes into their lives but for those who want to experience life fully and experience spiritual growth.

Written as a guide from the lectures of
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Babaji says I am not this body, this body is mine. I am not this mind, the mind is mine. I am the self, the higher self. The 5 bodies as we know are mine I have created them to get experience through them. They work for me. Till now I was ignorant about them. Now I have to experience them, love them and reward them as they are doing a great job for me. So you should write 'I reward myself.....' wherever possible. Your desires mean what you want to give to your Physical Body, what you want to give to your Mind (mann).

First take a rough copy. Identify 'Tum chahate kya ho', what is that you want - Your Desires. Write down all your desires in simple but positive sentences. They should be in present tense. Use simple language so that you can visualize them or may even draw a sketch of it.

Once you write down all desires give ample time to visualize each desire. To decide whether you really want that desire or not because whatever you are going to write will be materialized with your belief and the power of Shri Yantra.

Then once a clear set of your real desires are sorted out, write them in your golden book. (If you don't have one buy a good book, you can decorate to make it special and keep 2 Shri yantras one on top and one down.) Invoke Sanjivani Shakti and write it every day before going to sleep and read after getting up. Sanjivani Shakti and your pure belief will take it to your subconscious mind (96% of mind) and then with the help of Shri yantra's infinite energy it will start materializing.

Babaji asks us to write about Icha not trishna (desire that involves Lobh, moh, ahankar, kaam and krodh)

Split all your desires into three groups:

- **Short-term:** Anything that you want to have soon.
- **Mid-term:** Anything that you want to have in next few years.
- **Long-term:** Your ultimate desire.

Tips to write the Golden Book

1. Write everything in pen and paper and avoid typing and printing.
2. Before writing do not just think and write, but think, feel and then write. This will ensure that it is truly what you want and you are able to feel it already manifested.
3. Write everything that you feel is need in rough and go over it again, make corrections, strike out which is not needed, prioritize all wishes in sequence. Write everything to the minutest level and when ready, finally write it into the Golden Book.
4. Write everything in the PRESENT TENSE.
Eg: I have.... I am..... I reward myself
NOT... I will... I may.. I can... I should.... I would.... I could.... etc)
5. Always write positive and write what you want, not what you DO NOT want. Eg: I don't want to be sick is WRONG, write it as " I am perfectly healthy" and so on for all the things you want.
6. Believe it or not, but once you start actually writing your desires, you will truly know what you want in life (Tum chahthe kya ho) and this will never be know if we keep thinking of it. Writing down will clarify everything you want and will also help you prioritize things accordingly. So best is to first write down on paper, then edit it, prioritize it and then make the final entry into the Golden books.
7. Write everything to the finest detail; how your life should be, how your relationship should be, how your job should be, how your world should be, etc) everything to the most finest detail.
8. Never doubt what you write or feel.
9. At the same time, if there are things you don't want to hold with you or want to release, write it elsewhere on paper and burn it off and feel the release as it is burnt down.
10. You can write it in all arenas of your life - Health, wealth, relationships, home, job, and all those things you always wanted to experience in life. You may categorize everything into the 12 houses of your horoscope and re-write your own horoscope.
11. Keep the Golden book highly confidential and only to yourself. Do not share what is written nor do share the results of manifestation.
12. Keep this Golden Book at the altar where you do pooja or sadhana. Whenever you do your sadhana at the altar, the yantras are activated and they start manifesting.
13. Write your love and gratitude for Babaji and feel it all the time for all the wonderful methods our guru has given us to become one with Shiva. **This is something that is priceless and can be never repaid.**

Examples and ideas of Golden Book

Categorize and write for all the 12 houses of your horoscope because you are now writing your own horoscope.

- Home

- I reward myself a beautiful House. (Draw a photo if you want)
- I am living in a beautiful independent house.
- I am enjoying the comfort of my house.
- Anyone coming to my house feels comfortable.
- Etc, etc.

- Relationships

- I reward myself a loving and caring Husband/Wife.
- I reward myself with very caring and loving children.
- I am very happy and contented with my family.
- I love my family unconditionally and they love me unconditionally.
- I am enjoying great rapport with every person of my family.
- Etc, etc.
- *When it comes to relationship, Babaji has also mentioned not to write a specific person's name (especially when things are not going well) or write you want to get married to only that person because that amounts to vashikaran which means "to lure" a person which is again unethical. Baba further says that even if you succeed in vashikaran, the moment the smoke of vashikaran falls off that person, he/she will get back into the mode of aversion or whatever true feelings that person actually had.*
- *In case of divorce, Babaji says it is very important to release all those negative reactions and emotions one has gone through and accumulated otherwise the next marriage also can create similar problems because of the conditioning of the mind to previous beliefs, traumas, experiences, etc. Prati Prasav is recommended so that one release all the previous negative psychic impressions and the karmic debts and then a new relationship be manifested. Write only the qualities that you seek in your life partner and feel it as you would feel when you had the dream-mate. Babaji mentioned about the lady who wanted a perfect husband and she was able to manifest a **perfect** husband. Soon she found out that he was too perfect with everything including which dress to wear when, how to keep plates on dining table... everything in perfection. Now, she was disappointed with the same desire that she had manifested. So, be simple, be clear and be sure of what you want.*

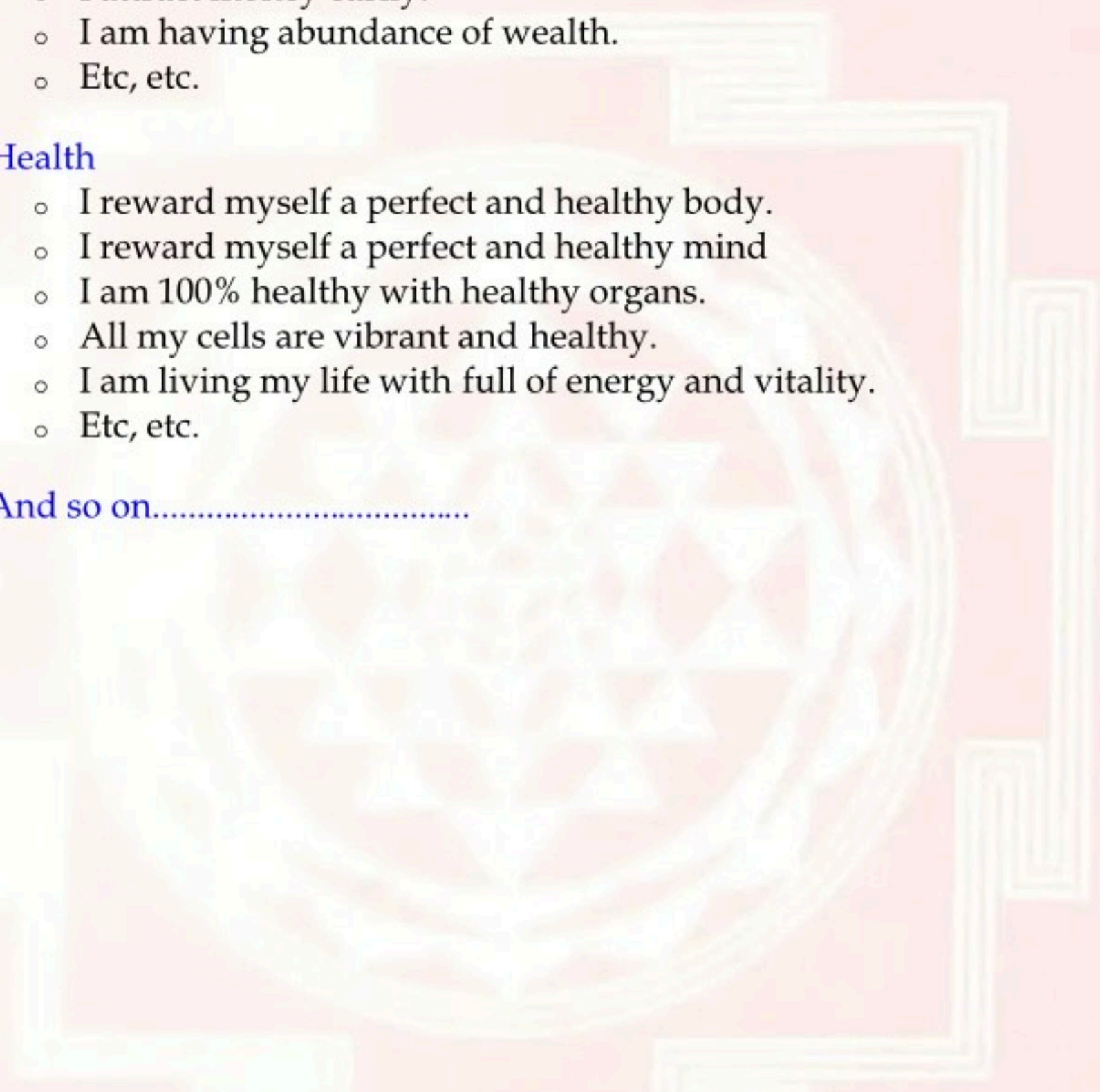
- Wealth

- I reward myself₹ of Bank balance.
- I reward myself₹ of saving.
- I am having a bank balance of Rs. _____
- I attract money easily.
- I am having abundance of wealth.
- Etc, etc.

- Health

- I reward myself a perfect and healthy body.
- I reward myself a perfect and healthy mind
- I am 100% healthy with healthy organs.
- All my cells are vibrant and healthy.
- I am living my life with full of energy and vitality.
- Etc, etc.

- And so on.....



Some strong affirmations from Babaji in the Delhi and Bangalore shivir

- I am a being of light.
- I am an immortal being.
- I am the master of my own destiny.
- I reward myself a perfect and healthy body.
- I reward myself a perfect and healthy mind
- I reward myself very powerful stamina to work.
- I reward myself₹ of Salary per month.
- I reward myself₹ saving.
- I reward myself House. (draw a photo if u want)
- I reward myself wonderful good luck! I heal easily.
- I reward myself very deep level of spirituality.
- I release all belief systems which is not good for my ultimate good.
- I release all negative thoughts, all negative psychic impressions, all negative incidents which is not good for my ultimate good.
- I am always successful.
- I always attain my goal successfully.
- I reward myself a loving and caring Husband/Wife.
- I reward myself with very caring and loving children.
- I reward myself % of marks in exam.
- I reward myself car. (you may draw or stick a pic)
- I reward myself₹ of bank balance.
- I am very happy.
- I attract prosperity, love and cooperation.
- Everybody loves me and I love everybody.
- I am growing spiritually every day.
- My golden book is my true story.
- Whatever I have written in my golden book is happening every day.
- I am successful in whatever I do!

Using the Golden Book

- The first thing that you are going to do before going to bed is write your desires in Golden book and feel them. Then immediately after waking read though the Golden Book and feeling and experiencing all those things you have written. The book should also be read after your sadhana. Babaji insists that you must write it everyday at least once and read once, even if you feel you have byhearted it. This is because these new thoughts must enter your subconscious and also your superconscious mind.
- Every time you write/read the book (or even think of it!) visualize what is written and feel it as though you are already in that state what you have desired.
- After a period of time, after constant writing, reading and feeling strongly about what is written, it will become a part of you. Then you can anytime bring it to your memories and be in that field whenever you have free time like breaks, travel, or any time you are idle. It is better to think and experience the Golden Book so that it's content can engrave it into your subconscious mind to manifest it for you rather than thinking and worrying about negative things and manifesting them into your life.
- The Golden Book is now your horoscope. You have written your own horoscope. You have written your destiny. Your belief and faith in what you have written will strengthen your manifestation. Do not ever underestimate your powers to achieve what you have written. Keep reading again and again and visualizing whenever possible.
- As you write/read the Golden Book every time, make a **mental video** of your experiences. Next time you read it, replay the video again in your mind. Eventually you will see that you have a full-fledged video of your new life! Play this video now as you read your Golden Book. Play it as often you can and more importantly enjoy and feel it. The **mental video** is a bonus to materialization.
- It is important not to think negative during the waking hours. It will not be effective if you read your Golden Book religiously many times and keep thinking the opposite of it during the day. You have to believe you have it. For example: You write and feel that you have earning a very handsome salary of ____ ₹. You read and feel it rightly, but then during the day you keep cursing your current job or keep feeling that "Employers just suck the blood of employees." or "Employers are poor payers" then know that whichever you are feeling strongly will manifest. More than reading the Golden Book, your emotions and feelings may be stronger while thinking these negative thoughts.
- Do not write or feel or read the Golden Book due to fear that if you don't read it something will go wrong or something more stupid than this.

Love what you have written, believe what you have written, follow what you have written. That is all that is important.

- Your Golden Book may need your attention to re-write. Like, over a period of time, you may find that certain things are achieved or as you continue raising your consciousness with sadhana, you may feel that certain things are now not important for you. You may then re-write it and continue re-creating!
- The language you write in is not important but the truth in feeling and emotions matters.
- Babaji says one should be a great architect of their life and not to waste your life by just living with animal instincts and spending an entire life not doing anything or by putting the excuse on destiny and fate. He says write down your destiny, plan it the way you want it to be and achieve it for the very reason you have come to planet earth is because you wanted to experience all the things you desire that you could not experience in your previous life.
- Make the Golden Book special. These are only guidelines here. You may follow what your heart says about it and treat it as special as possible.
- Babaji says you can start with very very simple and small things since they manifest faster and when they manifest, try manifesting a little more average ones and when they start manifesting you will start getting the confidence to manifest more complex things.

Babaji also says that then a time will come when you will need the Golden book no more, because by then you will have reached the "desireless state" You will have no desires by then. A time will come when one is so contented that any mundane desires will seem of no value when one experiences the divine and the peace, happiness and contentment that comes from it. The truth is that this is what Babaji wants all to experience and achieve but he knows it very well that unless one's desires are deep rooted one cannot directly achieve this supreme bliss of Anandohum. So, first he says get over with all that you want and then one will step further up to experience the state of bliss and ecstasy that our beloved Babaji experiences today.