



## The Universal Transaction of Goodness

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Accounting is a very important and essential aspect of our lives. As we understand, accounting is all about profit and loss. Money comes in – so its profit and money, more than what we earn, goes out, and its loss. Then there are terms like deficit and surplus. Less money or any commodity available that required, we call it deficit and money or any commodity, more than what we require is called surplus. Similarly, so many terms and conditions are used in a transaction that only a person trained in conducting these transactions will find pleasure in working in this market. This kind of transaction can be classified as a social transaction. The transactions we experience are caused in the dichotomy of our mental world, a world created by us for us.

So, when we look into a transaction that we have created, we see more needs, needs becoming wants and wants never satisfy us. We buy a product and pay by credit card. When the card statement comes, we are unwilling to pay up the dues. Then we start getting frustrated about the mounting credit. We don't want to pay. We feel we have been robbed and that the percentage is too high, credit period is not enough etc, etc. We find more than enough reasons not to abide by the contract we have entered into.

When we look at cash transactions, the scenario is not very different. We work in the office which employed us. In the first few months, the work load and salary seem fine. As we proceed week after week and month after month, we begin to feel that the work load is higher than what we wanted and the salaries we earn are not enough any more. We want more salary for less work. At the beginning of the next month, when the salaries reflect in our accounts, instead of expressing happiness and joy, we are becoming sad thinking about our Home, vehicle and credit card EMI's, monthly deductions to the milk vendor, domestic help, school / college fees, utility payments, petrol, groceries and the list goes on. There is nothing wrong in feeling sad about it. Just who would be happy seeing their bank accounts melting before their eyes? Even the money in our wallet seems to vaporise in no time.

### **How then are we to stop all this? Is there no way at all?**

Yes! There is a way. We need to shift from the social transaction to the Universal transaction of goodness. Transactions in the Universe are quite different compared to our method of transacting.

The transaction of the Universe is far greater than social transaction. Unlike social transaction, in Universal transaction the concept of good-bad, profit-loss, too much-too little, right-wrong and happy-sad does not exist. Universal transaction is one of perfect symmetry. To vibrate at the frequency of Universal transaction, we need to let go of living in the mind which wants to experience the world through a perception of dichotomy. We need to rise above the mind.



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Let us see an example of what it means to live in Universal transaction; suppose I earn 1000 Indian rupees and am met with an expenditure of Rs. 500, I imagine I have expended or spent 500 Indian rupees and hence my profit is only 500 Indian rupees. Suppose, I get another 1000 Indian rupees, I now calculate this way; I got 1000 Indian rupees, then I spend 500, then I get 1000, so the total earning is 1500 Indian rupees.

The Universal transaction shows itself quite differently; here when I earn 1000 Indian rupees, I express gratitude to the Universe for giving me the 1000 rupees, when I expend 500, I once again express gratitude to the 500 rupees for staying with me for so long and wish that the money serve the people into whose hands it will flow. The cycle continues. I am allowing abundance to flow in and out of my life. I am only being a channel in the Universal transaction. I am never being the recipient or borrower nor am I spending or lending.

Everything in this Universe is in continuous motion. There are no permanent stops though! Where the Universe seems to stop, it is to serve a need and then it will carry on as before. The moment we try to stop the process, the Universal energies will flow all around us, and not into us or through us.

## **So, what makes us want to stop the Universal process?**

Lack! Lack means, a feeling of 'I don't have enough'. A feeling of lack is born out of insecurity, a fear based emotion. When we have fear, we cannot perform optimally. We all have had an experience of this. Hence, we need to overcome fear. As long as we are operating in fear, we cannot express or experience freedom. Financial freedom, social freedom, freedom from stress, freedom from commitments, freedom from boss, are all the same. Freedom is to be free. It is internal. What we experience externally is simply a reflection of what is happening within.

The more stressed, insecure, frustrated we are, the more we experience the same emotions. A disturbed mind cannot experience peace. We need to be peaceful to experience peace. To be disturbed is to sacrifice peace.

## **How can we not be disturbed when the society we live in throws so many challenges?**

Life is very simple and peaceful. We bring in all the challenges and then complain about them. Similarly, society is very simple and straight. We set the rules and we cry fowl. Why are we not crying about the processes when we are happy and make a hue and cry about the same process when we are sad?

The answer is, as long as we live in the mind, we will face challenges and we will find ways to resolve them or live in troubled times. There are indeed no challenges. There's only glory. The glory we feel when we strike a deal, the glory when we are just married, the glory of being victorious, the glory of prayers being answered are all the same... that's all there is to life. And the whole of our life, we are experiencing this glory again and again until we realise that there is nothing to life but this glory.



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## How can I be in Universal consciousness while transacting?

We are already in Universal consciousness; the dilemma is that we don't know it. The phase of pain, suffering, challenges and all the rest of it comes from the lack of knowing. We just need to allow ourselves to be in it. In the current situation, probably, we are in the mind and without realising the truth. We are playing hide and seek with Universal consciousness. To think of the mind and Universal consciousness would be like being in my room and not realising that I am living in my home. Even though I am in my room, the room is a part of my home and being in the room simply means, I am in my home.

## How do I do it?

**Trust** in yourself and the Universe. Gratitude is a very sound practice to be in Universal Consciousness. We are all thankful for what good comes into our lives. For example; if our friend bought a gift for us, especially something that we like, our joy knows no bounds. We are very happy. We express gratitude, not once or twice but many times over. But when something unpleasant comes to us, we are immediately finding someone to blame it on or ask, why am I going through this? What wrong have I done and so on ...

Remember, the Universe and all of its components which include every one of us, is subject to continuous evolution. There is no devolution. Hence, how we are at the moment is best we can be and we have to thank ourselves and the Universe for that. And we can only move forward from where we are. All the obstacles and problems we experience are learning experiences.

Hence, it is important to express gratitude at all times. Is this possible? ...**Yes, it is.** It is our judgement of the situation that creates the obstacle and prevents us from expressing gratitude. Our experience is negligible in comparison to what is happening in the Universe. When we judge, we try to see reason behind every situation and when it is visible to us, we choose not to accept that reasoning. Hence, judgement is an obstacle. Instead of judging, simply accepting what the Universe had manifested for us makes matters simple. Then, we can express gratitude. Gratitude can be expressed in the form of a sentence like; *"I thank the Universe for bringing me this opportunity to learn, I ask for guidance and allow it to come to me."* Once we have accepted what has come to us and ask for learning and guidance, we will not suffer from thereon.

We can be in Universal transaction of goodness comes only when we stop identifying our experiences as good or bad, happy or sad, right or wrong but are in acceptance of what is and express gratitude for it having come at the appropriate time and that we are ready to learn from it. Like a message I received today which reads; God never said life would be easy! He just said, it would be worth it.

To me this newsletter has manifested itself at the most appropriate time. Share your experiences of reading and reflecting on this newsletter by writing to us at [mail@nadichikitsa.com](mailto:mail@nadichikitsa.com).

Om shanti shanti shanti