





## IEMIOTIONS

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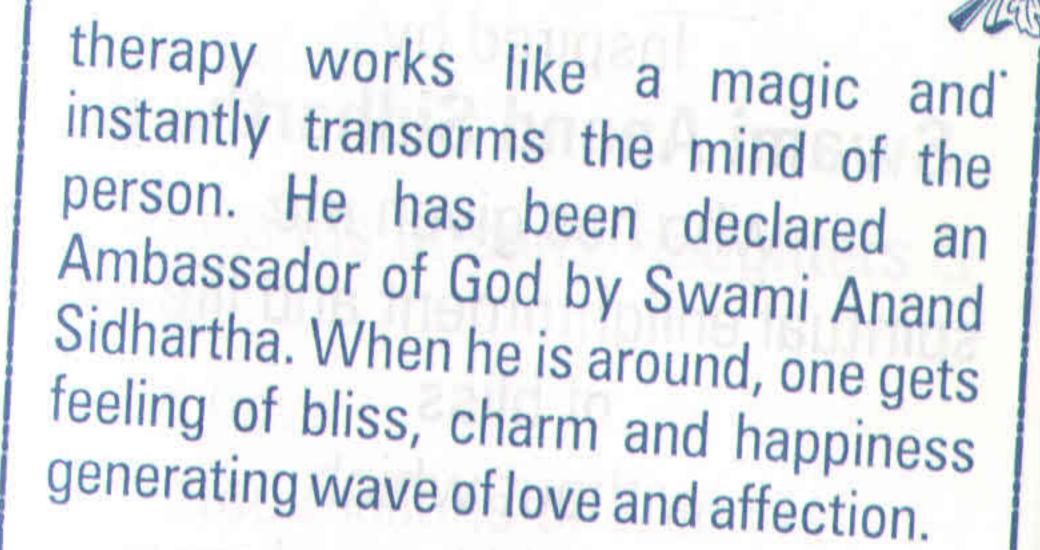
## FOREWORD

As a Pradhanacharya of Organisation of Excellence in Yoga & Reiki I find pleasure in introducing Shri N K Goyal. He is devout, an in-depth practitioner of Yoga and known for psychic therapy, spiritual healing, acupressure teaching. He has worked as Yoga teacher in Himachal Pradesh for more than 20 years. When I came in contact with him, I could see a Karmyogi in him, working in business environment without attachment. I was attracted by his magnetic personality.

Shri Goyal has a soft warm smile, which pleases all of us. His talks on psychic







In the Emotions, Shri Goyal has touched the sub-conscious mind of many of us facing in day-to-day life situation in our house hold and daily life. I am sure it will be the interesting journey of emotions for the readers.

> B Sharma Pradhanacharya **OEYR**





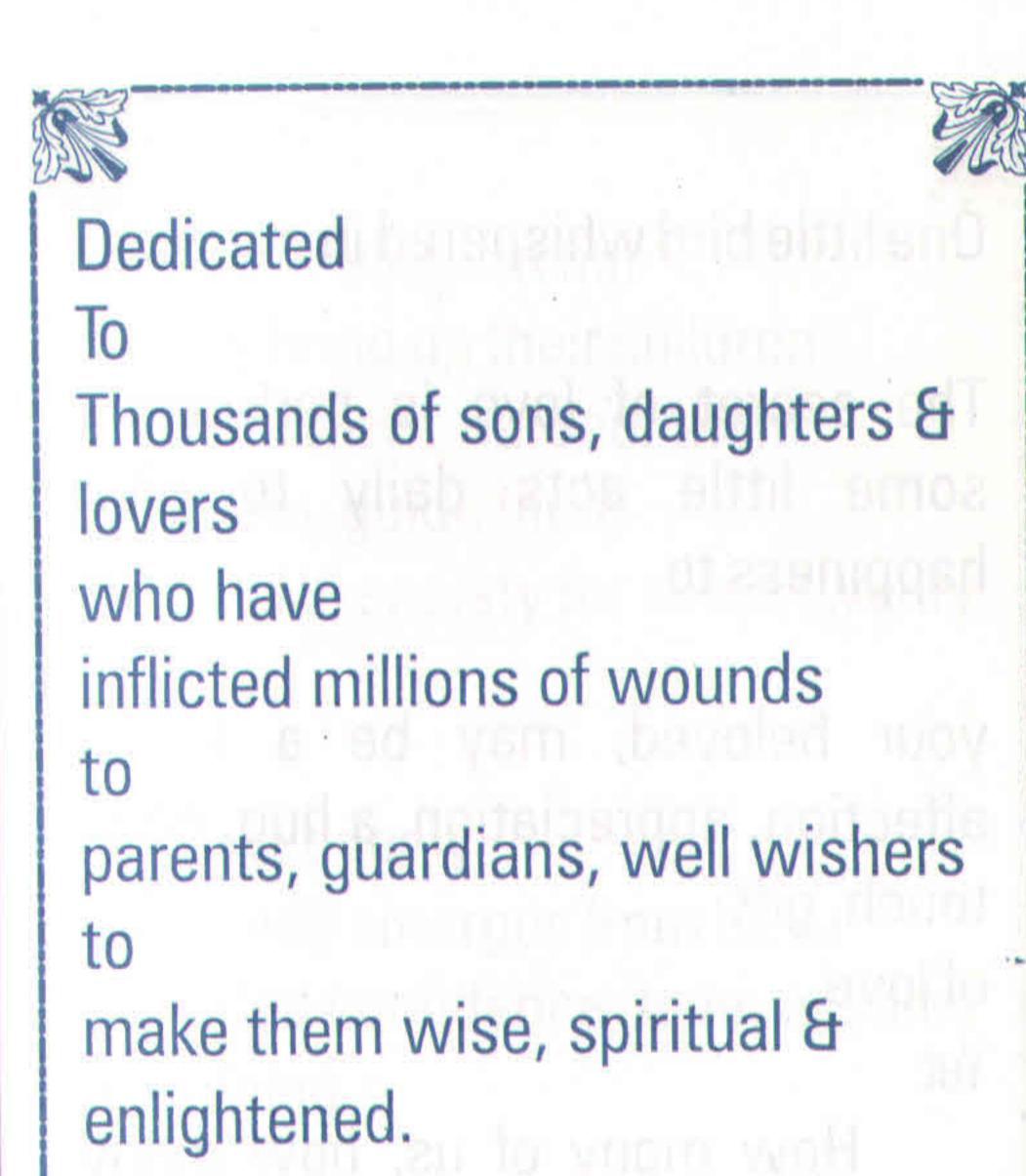




## Inspired by Swami Anand Sidhartha ji

who has given me
spiritual enlightnment and life full
of bliss
without which
my soul would have always
remained thirsty.

Pranam and Samarpan to Guruji.









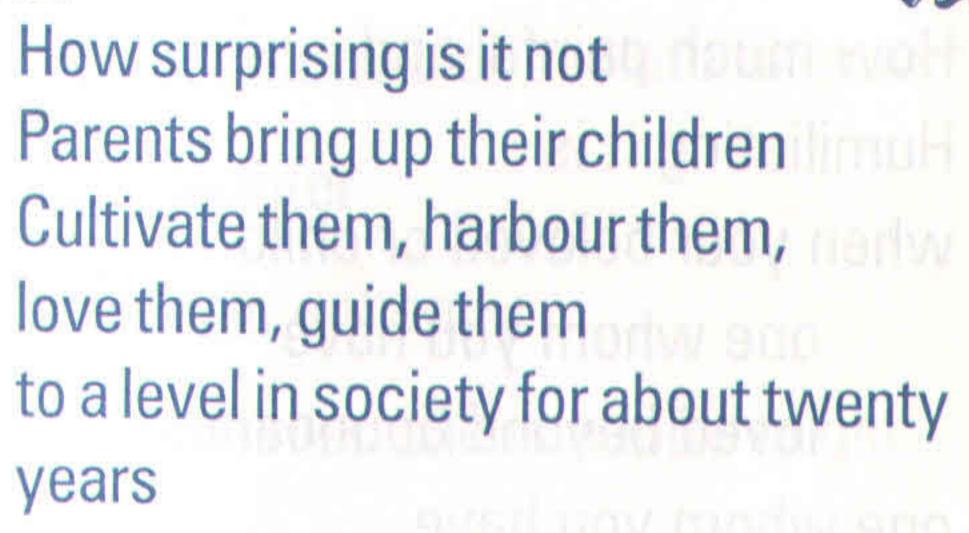


The secret of love is performing some little acts daily to give happiness to

your beloved, may be a smile, affection, appreciation, a hug, care, touch, gift of love.
Yet

How many of us, how many times even express or say "I love you"





& then suddenly somebody emerges from blue, overrides confidence, love, assures something

& children instantly mature to say I know better my life.







How much painful and
Humiliating it is
when your beloved or child
one whom you have
loved beyond boundaries
one whom you have
brought to present level
SAYS

I know better

my life

my career

than you

Just think by changing sides.



When you give chocolate to grown up daughter

she feels unhappy.

She believes she is happy to get lollipop.

Think? Question is

Who is competent to decide her happiness?

Extend logic to anything

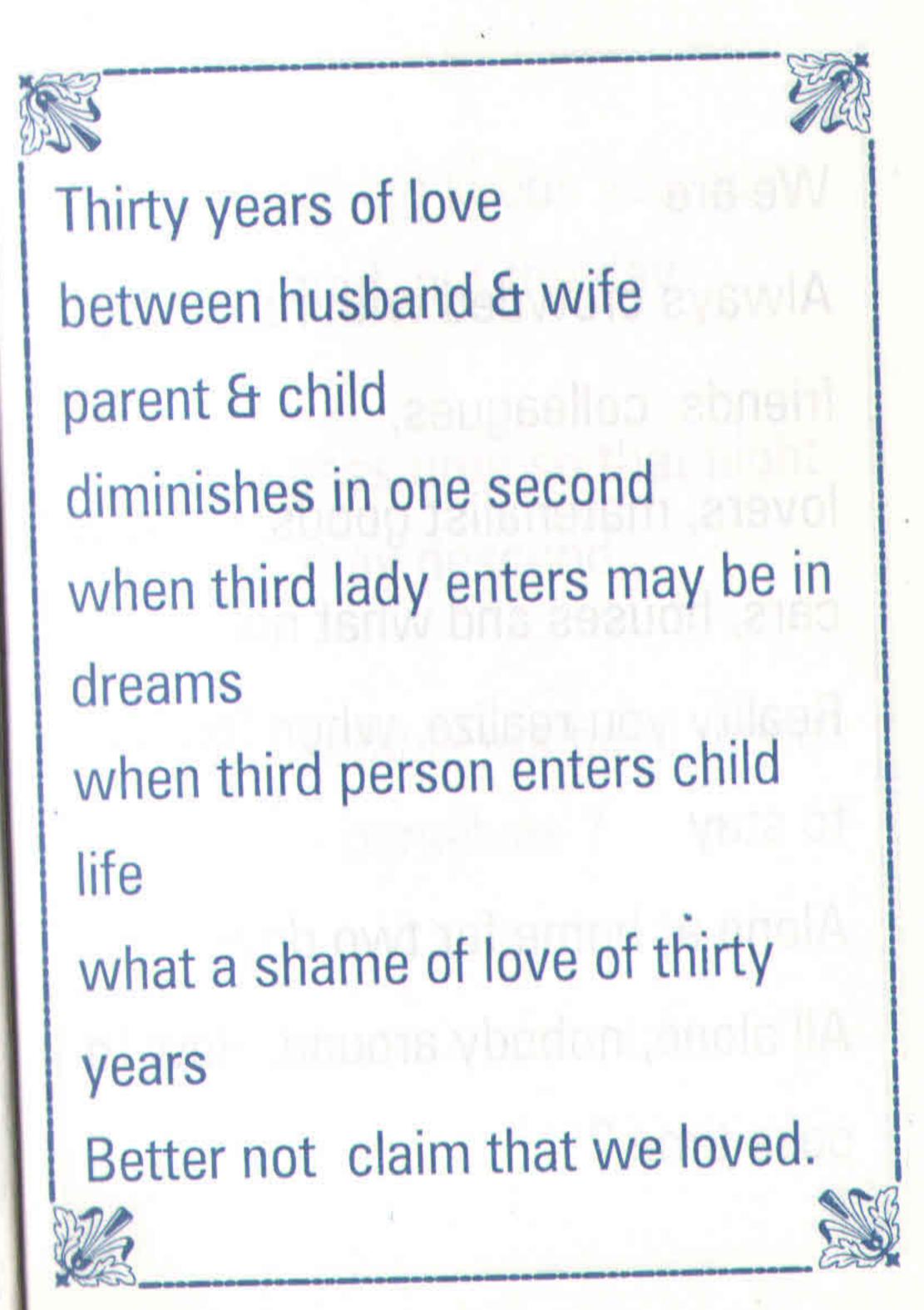
House, marriage, love & what not.







I have lived without you I can live without you Don't nurture any misbelief Mr Papa Can there be a bullet stronger than this & is it not true? And if this happens better to leave it to themselves free After all they are grown up. How long can you handhold?



We are Always crowded with relatives, friends, colleagues, lovers, materialist goods, money, cars, houses and what not Reality you realize, when forced to stay Alone at home for two days. All alone, nobody around. How to pass time?

Only one thing keeps you busy through out the day.

How to pass time so that night may descend.

How miserable we have made ourselves?



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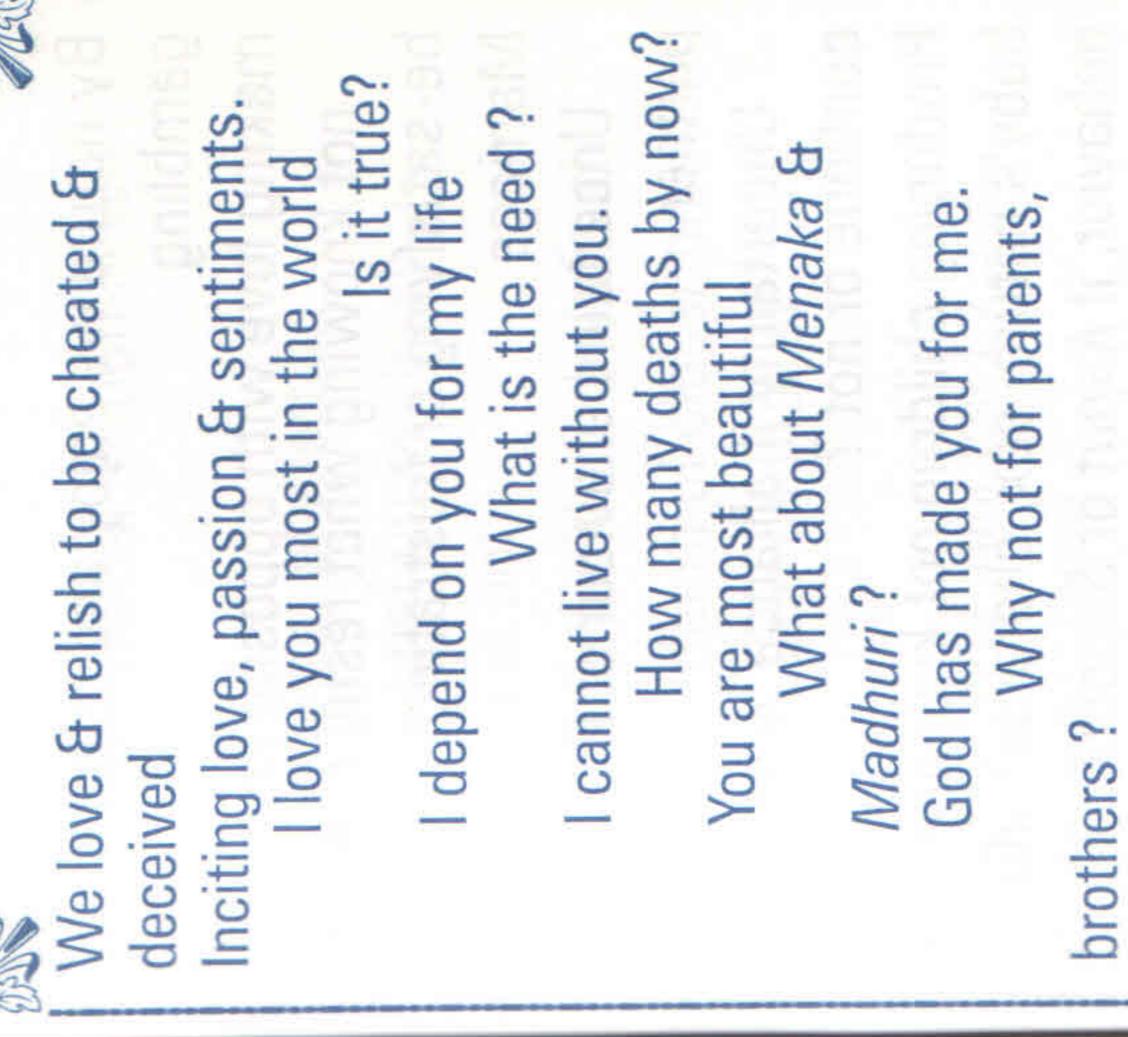
importance and meaning of life.
Thousands of us discover at death that we never lived. So why wait till death's arrival. And we suddenly realize

joy life and pray to God now self.

Or is it that we live in a tranquil state

not knowing what we are doing.







One has to wait until evening to realize and see how splendid the day was.

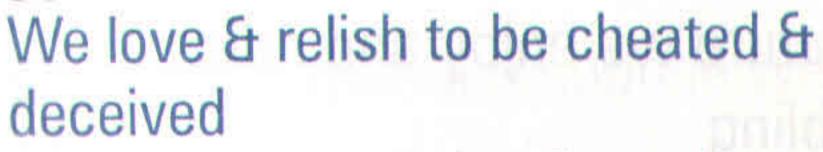
Like wise

Only when death dawns, we realize how glorious life was and is.

And we suddenly realize importance and meaning of life. Thousands of us discover at death that we never lived. So why wait till death's arrival.

Enjoy life and pray to God now itself.





Inciting love, passion & sentiments.
I love you most in the world

Is it true?

I depend on you for my life

What is the need?

I cannot live without you.

How many deaths by now?

You are most beautiful

What about Menaka &

Madhuri?

God has made you for me. Why not for parents,

brothers?

Or is it that we live in a tranquil state not knowing what we are doing.







By nature we enjoy and relish gambling making love with opposite sex not knowing what result may be-satisfying or frustrating.

Marriage

Uncertain behaviour of the other partner

Uncertainty if alliance would continue or not?
Producing children not knowing baby's nature, sex, character, life, behavior, if *Kapu*t or *Sapoot?*Or is it journey from known to unknown?



Emotions, mental response we have

is not in linear proportion Sorrow & grief on death of thousands is not

thousand times than one death
On one death of closer person
is not same as that of
unrelated.

Love wounds inflicted by one close to heart are thousand times than inflicted by millions around.







What a hippocracy we rush to attend funeral of near ones whom we neglect for years.

Is it not

one more ugly show of ourselves to world

or is it our hidden fear to face death.

Yet

Our near ones & we would have been

Happy to meet before death, because,

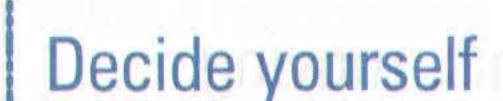
A rose given during life is better than orchids on the grave

We all are dynamic, moving, growing,

Aging constantly.

Then why resist change, nothing is static.





Safe secure way of life

Tread, run on middle path

Exciting, growing, jumping

Tight walk on the corner and jump.

Only the light footed goat climbs the

highest peak, while the heavy cow sits at the bottom of the hill.

So remain light & playful rather than heavy & serious.

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There is no space at the peak to rest, sleep or relax

downward journey is eminent.

Peak refers not only to Himalyas but also to career.

So plan exit immediately when on top

Surprising materialism, spiritualism, happiness has

no peak there is always something more to reach

Hence no exit until you reach death.

Suddenly you realize time to drop, when you find all ahead of you

have fallen one by one due to push from behind.

It is not God's function to create or un create circumstances and conditions of one's life.

God created us as his best

creation with his image and

likeness.

We are responsible for the rest we have created around us. World is not happening to us, we are happening to it.

We are a spiritual being having human experience

being having a spiritual experience.

There is only one most & most valuable thing in the world &

That lies within the body

- Soul

Whatever is important in the life,

Nature has kept to itself,

you are not trustworthy for it

like breathing, digestion, life and death

So why to worry?

It is not amusing to see this lovely world

full of bright colours, trees, flowers

cute kids growing into smart boys, singing birds

What else proof you want of God?

Then why afraid to smile and love?

"Paras Pathar" converts all into

yet it remains itself a stone.

Behave and act like Paras Pathar

to convert sorrows and grief of all living ones

enjoyment. into happiness and





You cannot write history
if you repeat past
one has to create new paths.
Negativity in us allows bad
incidents

in our life
in history
to be remembered beyond lifetime
as compared to good behaviour
That does not necessarily
mean you become bad person
even Ravana is remembered with
Rama.

You know

Certain questions have no answers

but only more and more questions.

Yet you reach one day when all questions drop

& you attain Moksha, Samadhi & Enlightenment.

