



EMOTIONS

N.K.GOYAL



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N.K.Goyal

President, OEYR

Organisation of excellence in Yoga and Reiki

Member Executive Board

Oceanic School of meditation,
USA & India

Inner peace Foundation,
USA & India

C-73, Golf View Appartments

Saket , New Delhi 110017

Cell : 98 111 29879

E Mail: nkgoyals@yahoo.co.in








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, acupuncture 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





therapy works like a magic and instantly transforms the mind of the person. He has been declared an Ambassador of God by Swami Anand Sidhartha. When he is around, one gets feeling of bliss, charm and happiness generating wave of love and affection.

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 enlightenment and life full
of bliss
without which
my soul would have always
remained thirsty.

Pranam and Samarpan to Guruji.



Dedicated
To
Thousands of sons, daughters &
lovers
who have
inflicted millions of wounds
to
parents, guardians, well wishers
to
make them wise, spiritual &
enlightened.









One little bird whispered in my ears

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"





How surprising is it not
Parents bring up their children
Cultivate them, harbour them,
love them, guide them
to a level in society for about twenty
years

& 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 ?







Thirty years of love
between husband & wife
parent & child
diminishes in one second
when third lady enters may be in
dreams
when third person enters child
life
what a shame of love of thirty
years
Better not claim that we loved.







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 ?



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.

We love & relish to be cheated &
deceived

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.





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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 *Kaput* 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 hypocrisy
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.






Decide yourself

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.








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

rather than a human
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
gold
yet it remains itself a stone.

Behave and act like Paras Pathar

to convert sorrows and grief of
all living ones

into happiness and
enjoyment.







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.

