

# THE POWER OF REMEMBRANCE

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**T**he word 'Remembrance' is deeply related to one's mind born out of some sensitive occurrence in daily life. It may be called as a deep mental attachment of someone very near and dear. The entire sensitive occurrence or attachment is stored in the mind for a long time. Very often with slightest touch on this part of mind, the mind brings to surface the entire past scenario within a fraction of a second and transforms the whole scenario as a replica. So during the process of remembrance, one observes the same feeling of the past occurrence. Hence, remembrance is filled with enormous power of perception and observation.

Utilisation of this vast source of power of mind is multi-dimensional. One can create unlimited new creation using power from this eternal reservoir of power. Creation of sweet remembrance is considered as an art rather than a

general psychological absorption. Memories can be restored with divine feeling or eternal strength. If anyone simply creates a sense of attachment in the mind or keeps deep attachment with Almighty God, considering Him as your very near and dear one, in the same manner, the divine feeling is stored in the inner-mind as a process of biological symptoms and psychological process. During the leisure hour, the mind is automatically linked with Supreme Soul and sweet divine memory is uninterruptedly reflected on the mind. As a result, mind experiences peace and is able to receive positive inspirations and intense happiness. By gaining eternal strength, mind is rejuvenated and body never feels tired for loss of mental or psychical strength, which ultimately leads to built-in confidence in soul. On practice, creation of sweet memory becomes a propensity of the life. The speed or momentum of

absorption can be accelerated and at the same time mind is protected from evil thoughts.

Today, as we are living in a state of turmoil, the world is ironically moving faster to mingle with the deadly waves of disaster. The Supreme animal man has turned materialistic to aggrandise himself as an emperor on the kingdom of passion. The result is tension, frustration, cruelty, social disorder which are reflected in various forms viz. fundamentalism, terrorism leading to war, blood-bath, and many a diabolical activities. It seems as if man has promised to go through this beautiful biosphere into the oblivion of pandemonium everywhere to finish him and other habitants of this living planet.

So, it has become indispensable to streamline the process and factors responsible for promotion of all these socio-psychological syndromes. The situation of freedom from this super-sensitive bondage of chronic suffering may be called as a search for spiritualism, or a new knowledge which can protect the mind and ultimately the entire human race and world like a spiritual

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power. Hence, as a dexterous trainee of mind, its sentiment is essential which will face and fight like a brave invisible army to finish this hydra-headed monster. Thus an ever-strengthening and determined mind can only be achieved from the 'Divine Power' of Rajyoga, the true knowledge of Supreme Soul and His remembrance.

Remembrance of God Father, while performing the *karma*, not only reduces the workload both mentally and psychically to a greater extent but also simultaneously it leads to a good finish. As you know soul observes perfection of 'Trance' only through remembrance of Supreme Soul and not through simply achieving knowledge or *gyan*; likewise, during any circumstances for a better ending, the remembrance of God acts as an improviser. Hence, this precious Yogic power, i.e. remembrance of God may be defined as the golden key to open the gates to eternal bliss. ■