

Four Principles of Indian Spirituality

One of the big factors of failure in life is to carry too much guilt and too much regret. Since we carry guilt and regret of things, we say, “Oh, we could have done that way.” Nobody can do any other way. The law of karma operates like that.

The Indian spirituality believes in four principles. It's good to know what the Indian spiritual...I'm not talking of the American Indian, I'm talking of the East Indian, ok? The Indian from where I come. They believe:

First: That whatever happens, had to happen that way. You could not change it.

Second: Whoever you meet in your life, you're supposed to meet and there's a purpose in meeting that person. There's no chance meeting with anybody. It's all based upon your past actions and they have come either to teach you something, learn something, pay off something, receive something and it's only to settle something that you meet anybody in life.

The Third is: whatever has to start in this life... where you say, “I want to plan this. I want to do this.” There's a time fixed for this and it can only happen at that time, neither before nor later.

And the Fourth Principle is the most important one. It says, what is over is over. Don't hold onto it. Don't hold onto the past... don't hold on “Oh, I made a mistake. I should not have done it.” There was no way. Hindsight can do a lot of things which the real information at the time would not have done. You would have done exactly the same thing.

Then why regret? Why carry guilt with you? Carrying guilt lowers your energy, lowers your power to concentrate. It's an interference in your meditation. So we must learn how to overcome this feeling of guilt. Say, “What is over, is over.” - the fourth principle.

Remember the four principles and you will make better success in your spiritual endeavors.

(Would you repeat those?)

1st Whatever is to happen, will happen that way.

2nd Whoever you have to meet, you are meeting for a certain reason and not by accident or chance.

3rd Whatever has to begin at a certain time, it will begin only at that time, neither before nor after.

4th What is over, is over.

Simple?

<http://www.youtube.com/watch?v=2XdUKx3E3FU>

Published by ISHA. All rights reserved. This English transcript of a YouTube talk by Ishwar C. Puri is published under a CC BY-NC-SA license, which means that you can copy, redistribute, remix, and freely distribute sections of the transcript, provided that any derivative works or new resulting creations are not used for any commercial purpose and as long as you give appropriate credit, provide a link to the license, and indicate if changes were made. If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. License details: creativecommons.org/licenses/by-nc-sa/4.0/ Copyright 2019. Attribution-NonCommercial-ShareAlike (CC BY-NC-SA).