



**PEACE**

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<http://Peace.Aaditya.org>

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An  
Awareness  
of  
Abundance  
by  
Dedicated  
Introspection  
of  
Truth  
for  
Your  
real  
Awakening

AADITYA

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*Thanks to the 'Self'*  
*reflecting through*  
Meena Mehta  
Shikkha Chopraa  
Vinay Babbar  
SatyaDev Madan  
*for 'Its' inspiration,*  
*editorial support, and*  
*co-creating this book*

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The purpose of assembling this book is to assist all who seek to find the peace within. The main AIM is :

- Creating an environment for those who choose to *know, learn and understand inner peace.*
- Sowing the *seeds of awareness* for those who will cultivate the garden of peace.
- Providing the keys to *unlock the secret of awareness* for those who will practice them sincerely.
- Allowing all to follow their chosen path without interference or judgement by providing safe-ground for those who lose their way to find their path again.

I wish to inform you that if you just read this book you will derive some benefit from it (*knowing*); if you study this book you will derive much more benefit from it (*learning*). And if you practise this book, you will attain the ultimate 'Inner Peace' (*understanding by Experience*).

The book will not preach, or force the understanding (truth) or serve the wisdom to the reader (the seeker), but it will allow the understanding to be drawn to where it is needed and facilitate the seeker to take small steps to perform the tasks required, without preconceived notions or beliefs.

Adopt the process by following these steps while reading it and re-treating yourself.

<b>RE</b> {	<b>THINK</b>	<i>out of the box</i>
	<b>LEARN</b>	<i>to unlearn</i>
	<b>SEARCH</b>	<i>beyond known</i>
	<b>FORM</b>	<i>the truth</i>
	<b>LIVE</b>	<i>the ultimate life</i>



# **Introduction**

## **Truth is ONE, It exists. So is PEACE...**

The path of peace differs and is always discovered, infact re-discovered by seekers throughout existence of mankind. That pathway is shared in numerous ways, by truth seekers who have travelled their paths and attained the final truth. Their ultimate experience and the following self-expression is always unique and is just a reflection of their joy, their gratitude for the grace they have received and the peace they have attained. That is all it IS...

All that IS needs to be discovered by every individual. Reading of different processes, explanation of pathways and remembering it is not enough and is not going to change the life or its happenings, but expressions and sharing may give a definite way and understanding of peace.

We have to travel the path ourselves to train ourselves, to attain that state of Self, where the bliss, the final truth, the understanding of ALL that IS, just happens. The journey of life itself is that transformation process, where everyday events, situations, associated people and our response to what all is happening is the training that is given to us for preparing ourselves to receive that grace, which is ever flowing, always available.

If you are ready to take the ultimate peace journey, and eager to travel the path, the "PEACE" workbook will be a ready toolkit for the ultimate journey. Before we start the journey, let's do our preparation first.

The words in the following pages are not a solved guide book or a tested formula for peace. They are simply the **'Seeds of Awareness'**.

As we all know that each seed has a potential to grow and create a tree and a garden. The simple words have pure potential and some hidden keys to unlock and unravel the knowledge within, and awaken the inner wisdom. That awakening will allow the peace to happen automatically, effortlessly.

Let us first understand the analogy of seed and its transformation into a garden.

To harvest the fruits from the garden, the seed must be properly selected, and sowed in the ground, where soil is prepared to accept the seed and allow it to germinate. The farmer first prepares the ground by nourishing it with water, fertilizers and check that adequate sunlight and other environmental conditions are conducive and available to the seed.

Besides all ingredients and selection of weather, protection from weeds, insects and careful maintenance by routine cutting, watering and changing needs of seeds helps it to grow with its full potential and bloom to a healthy tree.

In a well germinated and nourished tree flowering happens, when the time is ripe and finally the fruits arrive. The whole process creates abundance of fruits and serves the farmer manifold.

The universal laws which work in background is that “whatever we give to others, unconditionally, multiplies and comes back to us”. Therefore, a farmer gets back hundred and thousands of fruits and unlimited seeds for the next cycle.

Now, just open the accompanied PEACE Notebook and write what you understand from this analogy w.r.t.

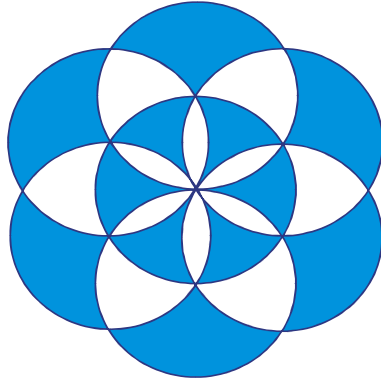
- What is the essence of the seed analogy?
- Who is reflected by it? or who is the seed?
- Who is the farmer, why do we need him?
- Where is the ground, and the garden?
- What do you understand by right weather,
  - right environment,
  - protection from weeds, insects and
- How do we relate to this analogy?

First write down your answers, your understanding, your response and then start reading the next section. Remember, you have to travel the path yourself, simply by reading analogy might not give desired results, but doing the exercise will definitely start the transformation process.

So take the first step - Now. Start writing.







"Never doubt that  
a small group of thoughtful,  
committed citizens  
can change the world.  
Indeed, it's the only thing  
that ever has."

~ *Margaret Mead*