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The knowledge of  
**32 Aagams**  
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Inspired by Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb



Points to help lessen the feeling of revenge...



विचार परिवर्तन करना- जिसके प्रति हमें वैर है उनके सद्गुणों को देखें और अपना दृष्टिकोण बदलने का प्रयत्न करना चाहिए।

*Convert your thoughts- Try to find some good qualities in the person from whom we wish to take revenge. This will help to change our opinion towards that person whom we wish to take our revenge.*



जिनसे वैर है उनसे मिलना-उस व्यक्ति के पास जाकर नम्रतापूर्वक उनके प्रति जो वैर की भावना है उसे कबूल करें। अहम् वैर को शक्ति देता है, उस व्यक्ति के पास सामने से जाने से अहम् शून्य होता है।

Meet the person towards whom you wish to take revenge and humbly accept and admit this feeling towards that person. Ego will only add to this feeling of revenge. Once you go and meet the person the feeling of ego and revenge will soon disappear.



Sorry

जिनके साथे वैर है उनके प्रति विनय भाव रखकर हाथ जोड़कर क्षमा माँगना।

Once you meet the person towards whom you have revenge, politely ask for forgiveness from that person.



लिखना- यह सब करने के बाद भी यदि वैर की भावना कम ना हो तो हमें हमारे आत्मा के अनुशासक गुरु के पास जाकर उन्हें लिखकर देना है कि हमें कृपा करके इस वैर भाव से बाहर निकालें।

*Inspite of all the efforts to overcome enmity if we do not succeed, then we should jot down the feeling and the reason behind that and admit it in front of your Guru and seek for guidance.*

## How to break the strength of Revenge?



Anger

Ego helps to increase the feeling of Revenge.

Anger, Jealousy and Greed

also increase the feeling of Revenge.



Ego



Greedy

Parmatma says that violence increases

because of revenge and this leads us

to many lifetimes of bad karma.

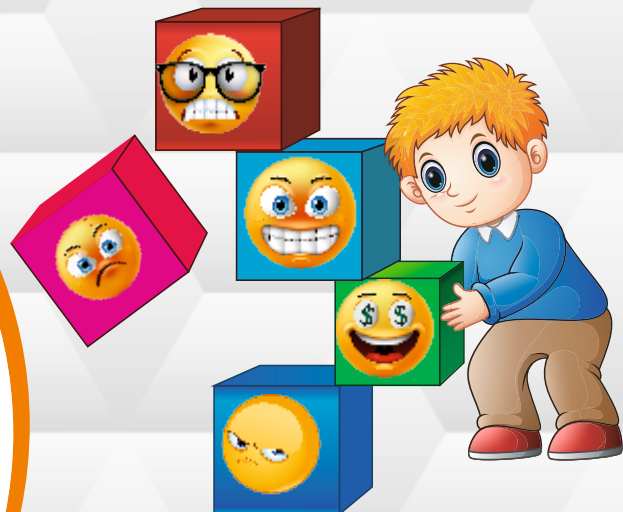


Jealousy

For example: If we make a tower of blocks and then when we remove the bottom block from the tower, the tower may fall.

Similarly,

when we remove the feeling of Revenge from our mind, all other bad qualities are also removed.





हम सब पर करूणा होने के कारण गुरुदेव जरूर हमें कोई मार्ग  
दिखाएँगे जिससे हमारा वैर दूर हो जाएगा।

*Since Gurudev is full of Compassion for all of us,  
He will surely help us to get rid of this feeling of  
revenge.*