

Written by Savitri

BRAHMASTRAM NO. 1 GIVEN BY SRI BHAGAVAN

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HOW TO BE SUCCESSFUL ALWAYS

A person who is always in the "break through triangle" will be a successful person .

Recently Sri Bhagavan & Amma went to Fiji islands to inaugurate the oneness university there. During that time Bhagavan met the world's top most people with assets value more than Rs. 9000 Crores (2 trillion, 45 million USD).

Bhagavan says one common feature which could be observed among them was they were all in the "break through triangle" all the time.

WHAT IS A "BREAK THROUGH" TRIANGLE?

A break through triangle is an upward triangle with it's base on bottom.

The base of the triangle is your "body posture."

The second side of the triangle is "your feelings" at that moment.

The third side of the triangle is "your ability to be focused" in whatever you are doing at that time.

Being "focused" consists of 3 things.

1. Mental picture
2. Inner dialogue
3. The word you speak or utter

Now, for example, a businessman is talking to a client and trying to get a deal in his favour. The foremost thing is his body posture should be correct and positive. If his body posture is not correct or say, negative, even if his product is good, the customer will not buy it. So, we have to always check if our body posture is proper & positive. We can try this from now on.

Secondly, what is your feeling when you talk to the other person?

If you have a feeling of discomfort or lack of confidence with yourself or about what you say, you are bound to fail.

So, always check what feeling is there inside your heart?

The third side of the triangle is being focused which consists of 3 things, namely, **Mental picture**: what is the mental picture or visual picture you are seeing in your mind about whatever you are doing? Supposing you are talking to a client & want to get a business deal from him, are you having a mental picture as if the deal is over and you already got the order? Or is it a mental picture such as "this order may slip from me", "he has better people to supply" or "wondering whether i will be able to meet his requirements," etc., if it is so, please re-establish a positive mental frame.

Inner dialogue is again the conversation going inside you as you are talking to the opposite person. If the inner dialogue is contrary to what you are talking outside you will not be successful in your effort.

The third side of the triangle is **the word you speak or utter**. If you use the positive and confident words, the other person will accept your offer.

NOW WHERE SHOULD ONE START?

We have to start with the body posture. Keep on correcting your body posture. Practice this for 15 days.

A positive straight body posture will lead to a positive feeling and you will be having a positive visual picture & stay automatically focussed. You will speak what you think and there will not be any mental commentary or inner dialogue.

As the "outer world is the reflection of the inner world" what ever is going on inside you will manifest outside exactly in the same way and you will be successful.

Bhagavan says there is no other formula for success except this.

The above teaching if practiced for 15 days will become permanent in our brain & we will be a success story.

Other than this, there are only reasons like karma for blocking our success which account for 5% of the possible reasons. Karma is again mind and by correcting the mental picture and inner feelings, it can be handled.

If you are not in the break through triangle, you will be in the "break down" triangle.

It is an inverted triangle and in a break down triangle, your body posture will be incorrect, which will lead to negative feelings and as a result you will not be focussed. In this case, you are bound to fail.

THE MOST IMPORTANT TOOLS BHAGAVAN SAYS ARE 2 THINGS:

1. Feel gratitude towards your parents for 3 minutes, twice daily. Make it a practice to remember them for whatever they have given you. This will help you.
2. If you are unable to practice the above, simply remember this darshan and pray to Bhagavan. Bhagavan will put you inside the "break through triangle"