

Short No. 60, VCD - 312

Topic - Reason and remedy of restlessness

In the Confluence Age, we can maintain the *stage* of the Abode of Peace in our soul for as long as we wish. If you consider yourself to be a soul, 'I, the soul am an embodiment of peace'. If you become body conscious, you become an embodiment of restlessness. The soul itself is an epitome of peace. [People] say, 'Our soul is very unhappy, very troubled'. So, when are they troubled (*pareshan*)? 'Par' means the body, the five elements. That is called *par kriti, prakriti* (nature). So, if you are in the consciousness of the *prakriti*, you are troubled.