

## 101 Types of Sorrow

1. Body consciousness
2. Neediness
3. Old age
4. Death
5. Buzzing insects
6. Vices
7. Long time
8. Don't know
9. Asking questions
10. Misunderstanding
11. Impurity
12. Not knowing the way
13. Division
14. Wrong
15. Lack of clarity
16. Corruption
17. Delay
18. Cannot come out
19. Land of sorrow
20. Lying in the dirt
21. Cannot understand
22. Throw away jewels of gyan
23. Confusion
24. Scriptures
25. Lack of realisation
26. Palaces
27. Temples
28. All will finish
29. Money
30. Bribery
31. Arrogance
32. Maya
33. Science
34. Aeroplanes, motors
35. Peacelessness
36. Conscience bites you
37. Criminal eye
38. Trapped in name and form
39. Criminalisation
40. Bowing down
41. Vicious
42. Being pulled to others
43. I want to do this
44. Mischief
45. Deception
46. Falling down
47. Fear
48. Dethroned
49. Children spread peacelessness
50. Lack of checking
51. Looking at others
52. Not telling the truth
53. Mistakes
54. Commit sin

## Limitless Happiness based on Raja Yoga

1. Soul Consciousness
2. Fullness
3. Take a new body
4. Eternal
5. Buzzing knowledge
6. Viceless, virtues
7. Quick
8. Knowledge-full
9. Explanations
10. Understanding
11. Purity
12. God is showing us the way
13. Undivided, united
14. Righteous
15. Clearly
16. Elevated
17. Immediate
18. Bring others out of sorrow
19. Land of limitless happiness
20. Golden-aged world
21. We take others into happiness
22. Use the jewels of gyan
23. Methods
24. Knowledge of Soul, Supreme Soul
25. Self-realisation
26. Heaven
27. Study
28. Old will finish, new world will begin
29. God's task
30. Cleanliness
31. Humility
32. Directions of the Father
33. Silence
34. Facilities used for salvation
35. Peaceful
36. Clear conscience
37. Civil eye
38. Yoga with the Father
39. Civilization
40. Self-respect
41. Full of virtues
42. Maharathis
43. God's will
44. Selfless action
45. Righteousness
46. Ascent
47. Security
48. Children of God
49. Worthy children
50. Self-checking
51. Looking at the self
52. Honesty
53. Accurate
54. Charitable action

55. Monkey intellect
56. No changes in the self
57. You cannot tell
58. Forgetfulness
59. Not observing precautions
60. Old sanskars emerge outside
61. Singing praise
62. Not knowing the meaning
63. Intellect not worth a penny
64. Lack of wisdom
65. Pomp of Maya
66. Bombs
67. Inventions of Iron age
68. Maids and servants
69. Disease
70. Pandits
71. Ocean of poison
72. Lack of power of yoga
73. Arrow does not strike the target
74. Sword of lust
75. No earnings
76. No wealth
77. Don't have any remembrance at all
78. Happiness like the droppings of a crow
79. Beat their heads
80. Not knowing liberation-in-life
81. Rajopradhan period
82. Now knowing Raja Yoga
83. Defamation
84. Assaults on innocent ones
85. Falling ill
86. Going blind
87. Ravan's kingdom
88. End of an era
89. Thoughts about past
90. Don't know your births
91. Don't know how you came into sorrow
92. Do not imbibe knowledge
93. Empty aprons
94. Wealth diminishes
95. No donations
96. No expansion
97. Perishable things
98. Numberwise
99. Low status
100. Falsehood
101. Force

55. Paras intellect
56. Changes by 100%
57. You know the history and geography
58. Awareness
59. Following highest directions
60. Original sanskars emerge
61. Becoming praise worthy
62. Understanding the meaning
63. Worth a pound
64. God's Wisdom
65. Simplicity
66. Benefit through science
67. Inventions of golden-age
68. King of kings
69. Healthy
70. Students
71. Ocean of milk
72. Power of yoga
73. Arrow strikes the target
74. Sword of knowledge
75. Earn wealth through gyan
76. Wealthy
77. Remembrance of One
78. Limitless happiness
79. Easy attainments
80. Liberation-in-life now
81. Satopradhan period
82. Raja Yoga taught by the Supreme Soul
83. Knowledge of drama
84. Non-violence
85. Settling karma
86. Pure bodies
87. Ram's kingdom
88. Beginning of a new era
89. Thoughts of future
90. Know your 85 births
91. Know the cycle
92. Divine dharna
93. Father is filling your aprons
94. Wealth increases
95. Donations to others
96. Growth and expansion
97. Imperishable
98. Number one
99. High status
100. Truth
101. Authority