

The Regulations for The Teachings

A Partial Teaching on Regulation 6

Avoidance of Self-Inflicted loss of benefits available is important – it is the only form of self-inflicted injury

Discourse

[PARAMATMA](#) has given my [Atma](#) huge quantities of benefits for the body, the mind and the [Soul](#).

I need to use all the given [benefits](#) for all three elements of my [being](#).

I need to draw upon the benefits earmarked for my Atma.

I have been taught to be selfish, to be arrogant, to be obstinate, to be prideful, to be egotistical, to claim [knowledge](#) and understanding that I do not have.

I (mind) am [consumed by my own ego](#).

I am my own worst enemy.

I deny GOD.

[I deny, avoid and disregard the Grants given to my Soul.](#)

I deny [The Teacher](#) and [The Teachings](#).

I harm myself daily by [committing sins](#).

I activate [The LAW of Consequences](#) for myself.

I inflict punishment on myself.

Every denial of my own benefits causes me harm in two ways:

1. My Atma will have to face more [Joonis](#)
2. My body + mind will face trouble and pain during the physical presence in

Janam.

The more I deny my Atma the benefits due to her, the more severe are my self-inflicted punishments.

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