

DESIGNING DESTINY

The Heartfulness Way

What does destiny mean
in the course of our lives?

What is fixed and
how much can change?

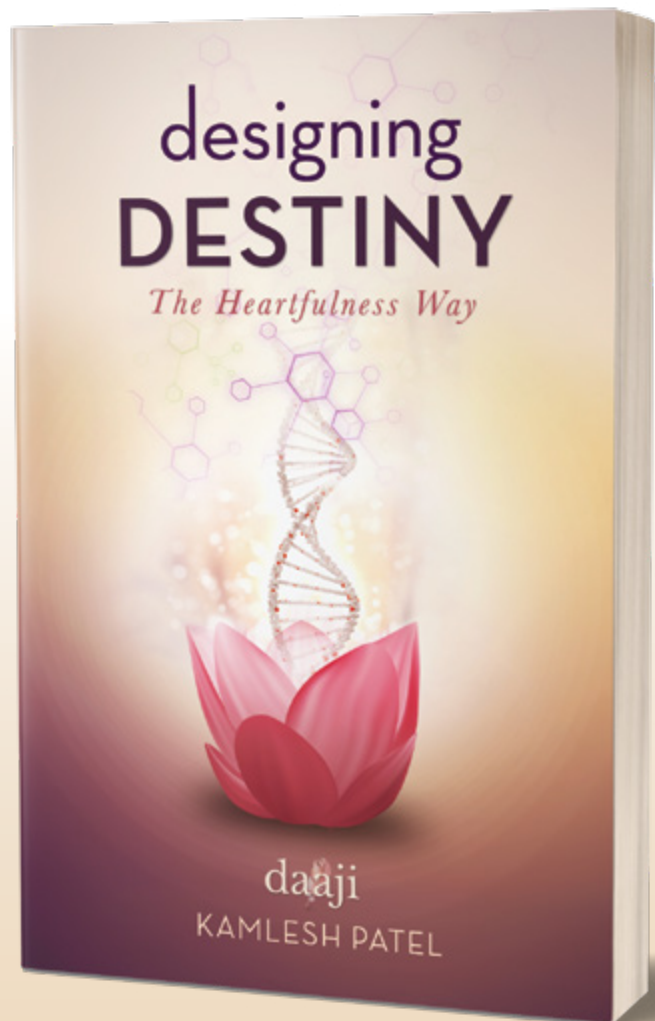
How can we design
our own destiny?

In *Designing Destiny*, the second book in The Heartfulness Way series, Daaji addresses these questions with simple solutions and practical wisdom.

Here he takes us on the next step of the journey, telling us how meditative practices transform us from inside out, affecting so many aspects of our lifestyle, relationships, and overall well-being.

Daaji also shares his fascination with evolution: Which of our various bodies evolve? What is the role of consciousness? How should we act in those pivotal moments when life takes a turn and a decision leads us down a certain path? What happens to the soul at the time of birth and death? How do we design our destiny, here and in the afterlife?

Daaji inspires us to believe in ourselves, solve our challenges, flourish in the face of difficulties, and master our emotions. We learn to uncover our true potential and design our destiny.



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AN EXCERPT FROM THE INTRODUCTION TO THE BOOK

“The fundamental question about destiny has always been: What is fixed and what can be changed? Are our lives governed by fate or do we have the free will to choose our destiny? ... Life is lived somewhere in between these two extreme views. It is like genetics. There is a fixed genetic pattern defined by the human genome, as well as a flexible epigenetic component. The basic genetic structure is fixed, but our environment, thoughts and emotions all affect the way our genes express themselves, switching them on and off. Like destiny, genetics is both fixed and flexible. Without this, there would be no evolution!

“What we do today determines our future. What we did in the past has already determined our present. This is how we weave our destiny.

“Each one of us exists in the dimensions of time and space, and we are constantly making our mark in those dimensions by forming impressions in our energy field, creating a signature, a personality, defined by a set of cognates – an individual character or blueprint of our future karma. If we could only remove those impressions, wiping the slate clean, then the karmic blueprint would be erased, removing our limitations and expanding the possibilities of our future destiny. The good news is that those impressions can easily be removed, to clear the energy field and transform our personality and karma. In this book, we will discover how this is done, transforming our lives.”



daaji

KAMLESH PATEL

Author

Known widely as Daaji, Kamlesh Patel is an original voice in an ancient tradition. His teachings arise from his personal experience on the path of Heartfulness, while reflecting his deep spirit of enquiry and respect for the world’s great spiritual traditions and scientific advancements.

Daaji practised pharmacy in New York City for over three decades before being named as the successor in a century-old lineage of spiritual masters. Fulfilling the many duties of a modern-day guru, he extends his support to spiritual seekers everywhere.

A self-professed student of spirituality, he devotes much of his time and energy to research in the field of consciousness and spirituality, approaching the subject with scientific methodology – a practical approach that stems from his own experience and mastery in the field.



The first principle of destiny is that
we can only change it in the present.

The second principle is that we create destiny for
ourselves with our everyday thoughts—our wishes, what attracts
us and repels us, our likes and dislikes.

The third principle is that we need to work upon the mind
to design our destiny. And for this we need
a meditative practice.

The final principle we explore in the book is that we
are not alone—we are all connected. To design the destiny of
humanity, we start with ourselves first and then expand our
radius to include others. A day will surely come when, together,
we are capable of changing the direction humanity is taking.

DAAJI

Quotes from Designing Destiny

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“Meditation is a journey from the complexity of the mind to the simplicity of the heart.”

“Heartfulness gives us a simple scientific approach to meditation: we are the experiment, the experimenter and the outcome. Our heart is our laboratory.”

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“Meditation ultimately brings you to your centre and makes it palpable. You then have inner guidance all the time, and it speaks to you, especially about wrong things. About truth it may not speak at all, because truth is its nature. When you have a pure heart, that inner radar is very powerful.”

“When we all meditate together we create a subtle field of loving unity. And when enough people meditate a particular tipping point will be reached. Then the course of humanity will change.”

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“What we did in the past has already determined our present. What we do today determines our future. This is how we weave our destiny.”