

THE  
LANGUAGE  
OF  
G O D ' S

SHUBH



**The  
LANGUAGE  
of  
GOD'S**





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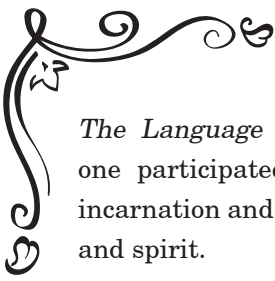
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*The total number of minds in  
the universe is one. In fact,  
consciousness is a singularity  
phasing within all beings*

*—Erwin Schrödinger*

\* \* \*



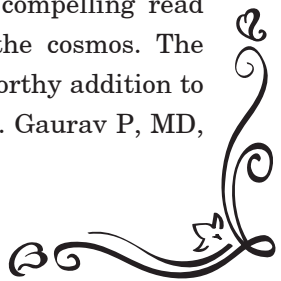


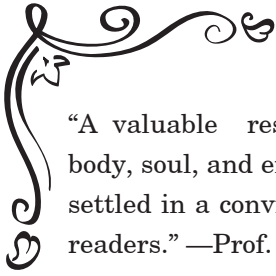
*The Language of God's*—Upon reading *The Language of God's* one participated in a continuing meditative exploration of the incarnation and evolution of humans within each other in body soul and spirit.

There are explorations of psychosomatic links, parental patterning, planetary influences, correlation of tradition and science and practical recipes for achieving harmony with the meaning in *The Language of God's* Very interesting and stimulating reading! —Anton Baraschi, Vice-president, New Dawn Foundation New Rochelle, New York.

*The Language of God's* serves as a guide on how to empower ourselves towards the path of spiritual enlightenment and inner peace. It is not only a powerful and enriching piece of work but also an enjoyable read as if one was having a conversation with a friend. The combination of wisdom and humor permits us to delve into doing the inner work with great ease—Shimontini Mitra, Physician. Clinical Instructor in Medicine, USA Harvard University

Reading *The Language of God's* offers an intriguing journey through the spiritual and physical realms of existence, starting from a soul's perspective before birth and moving through the developmental stages within the womb to life itself. The concept of *The Language of God's* was particularly fascinating, suggesting a universal mode of communication beyond words, through vibrations and frequencies. This book provokes thought on our interconnectedness with the universe and each other, making it a compelling read that encourages introspection on our place in the cosmos. The exploration of such profound themes makes it a worthy addition to the conversation on spirituality and science. —Dr. Gaurav P, MD, USA





“A valuable resource offering many interesting dimensions on body, soul, and emotions. The layers of philosophical broodings are settled in a convincing tone, with a seamless communication with readers.” —Prof. R.P. Singh, Professor of English.

“This book is well conceptualized, presented and explained with respect to the present context of life. The thoughts in this book are not new but the way the author has presented them with a new angle is commendable. The origin of life in the womb, comparison of development of a child and formation of an atom, what to say, when to speak, different forms of manifestations, good and bad vibrations, and *The Language of God's* give a deep insight into the way we live our life and prompt us to discover ourselves by adopting the language of God or better say language of life to bring peace and harmony within and outside our body. Kudos—Dr. S.P. Singh, Senior Scientist.

“A thought provoking attempt to meander through the vagaries of day to day challenges of life. The book succeeds in guiding us to find the inner being and approach life with a sense of purpose.” —Maj Gen Karan Singh (Retired)

“The book *The Language of God's* is a very engaging and informative read, especially its focus on the power to change our lives.” —Dr. Saumya Sharma, Associate Professor of Linguistics.





## Foreword

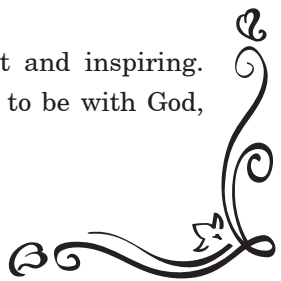
This is a rare book. Imagine a book about the divine in everyday language, with no fancy, full of air words, no tiresome case studies. The words flow nicely, all in the present tense. The author forces nothing. He simply says: “I take you on a small journey”. Who could resist such gentle, disarming words?

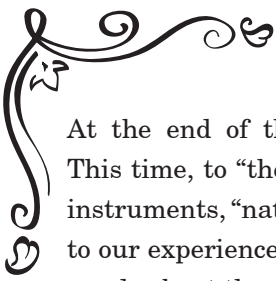
The journey-hardly small-takes us to our very source. To our mother’s womb. The landscape is familiar. We have all been there. And yet this great master, in an astounding scientific detail, creates a scenario that shatters all we thought we knew. We suddenly emerge as “a mini cosmos”, “sacred gods and goddesses”. We never imagined we had such immense powers.

We are shown how the impulse of our heart-from the very start-plays a central role in energizing the fetus. And just like an atom, it creates a lifetime frequency that will define our individuality. This deep knowledge of the heart is a result of the master’s 28 year personal experience.

We have a sense of his depth that can easily light up other journeys. Many who feel they are not enough may suddenly awaken. Many souls may start to shine. This is also a how to book. We learn, in great detail, how we can reclaim our forgotten true selves with the language of god, the ultimate “now”. The present moment. The moment of all there is.

Daily do’s and don’ts for living “now” are direct and inspiring. Simple practices are described that will allow us to be with God, live well and successfully manifest our dreams.





At the end of the book there is one more fascinating journey. This time, to “the world of frequencies through our ears”. A list of instruments, “nature’s gift to mankind”, are described as an addition to our experience of ‘now’. I cannot end this foreword without some words about the urgent timing of this book. It may have been set by God alone.

We are now in a world where two giant forces are gaining ground. The AI and an exciting awakening of mankind to its sacred nature, its godly power. Both are moving forward on the same rails, at great speeds.

The language of AI can be reduced to one word. “**Instant**”. But unlike “**now**” of the language of God, it has nothing of the sacred. There is no sign of any process or source. It has no concept of mother’s womb.

“**Instant**” and “**now**” run on opposing philosophies.

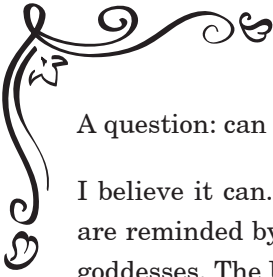
**Instant**’s philosophy is brutal. It believes that more is more, never enough. And it is immensely powerful. We are dealing with a cold seducer. It can create or destroy anything it wants with no limit or responsibility. It answers to none.

And it’s already in our lives, in our bones. In an instant, it can create mountains of artificial words that could sink our earth. Its cold, dry words that could never inspire.

Can poets live in such a world? Good luck!

By comparison, the philosophy of “**now**” is quiet, modest. It doesn’t need to scream. Its message is loud enough. It whispers: less is more. More than enough. It is all. All there is.





A question: can it survive the no heart, no soul AI?

I believe it can. Humanity is waking up to what it can do. As we are reminded by Master Shubh, we are already powerful gods and goddesses. The Ultimate Ecstasy of Being.

This topic brings *The Language of God's* to a whole new level of importance.

You are right Master Shubh. We are lucky we found your book. It will save humanity. Yes! It is here just in time. We are grateful. The Universe is grateful.

Bless you!

Oceans of love from all.

-Anna Sper

Sculptor, writer, digital artist





## Preface

In my journey of this life, after teaching Yog and meditation for over two decades, I have come across a common challenge that most students and practitioners face—dedicating thirty minutes to two hours daily for meditation on a regular basis.

I always tell my students—You cannot meditate. You can only provide yourself with a setting or atmosphere to be able to enter into the meditative state.

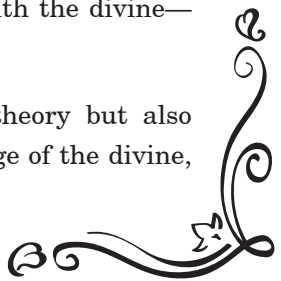
The inspiration to write *The Language of God's* was born from this very need to offer a more constant, integrated form of meditation that doesn't require individuals to step away from their daily *karma* and responsibilities.

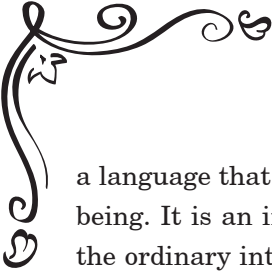
The premise of this book is simple yet profound: by altering the language we use, not just verbally but also mentally and emotionally, we can enter and maintain a meditative state throughout the day.

The essence of this book lies in its simplicity—the idea that meditation doesn't have to be confined to a designated time and space. It can be a *state of being*, a lens through which we view our existence, and a language we embody in every moment of our lives.

It is not just a guide—it's a tool through which you can redefine meditation from being a task or a scheduled activity to being an ever present state of awareness and connection with the divine—the divine that you are.

In these pages, you will discover not just the theory but also practical applications of living through the language of the divine,






a language that transcends words and permeates the very fabric of being. It is an invitation to transform the mundane into the holy, the ordinary into the extraordinary, through the simple, conscious choice of our inner dialogue.

I invite you to embark on this journey with *The Language of God's*.

May you find within its lines and in yourself the keys to unlocking a state of perpetual meditation, where every moment becomes an opportunity to connect with the divine, within and all around.

 Shubh



## Language!

**W**hy does it even exist?

Is there any need to say anything at all?

Then the question is—which language is the richest language on this planet?

What do you mean by ‘rich language’?

We as humans cannot sit quietly.

**I**f we meet somebody, we want to say something, as it feels absurd not wanting to say something.

It doesn't seem right-because we have been conditioned in such a way. So we start to talk about weather or find any other excuse to talk.

Humans want to talk. They want to express!

That's why languages exist.

At least, this is what your excuse for talking all the time.

Is the expression through language a pure expression?

Can this expression be improved for the maximum benefit out of your language?

What is it all about?

I will take you on this small journey—*The Sacred Language of God*.

**This exchange of expression through vibration starts within the womb.**

**S**omehow, when the heart is formed in the fetus in the womb, the energy starts to flow in the fetus, and the rhythm of the heart shapes the frequency of the rest of the body. This is the basic construct of the universe.

It works similar to the structure of an atom. As inside the atom, electrons, protons and neutrons behave at the micro and macro levels.

*Jo brahmande soi pinde*—what is inside you is also outside in the universe.

*You are a mini-cosmos!*

**A**s the heartbeat makes mini waves, to shape the very nature of the frequency of the fetus, or we can say to construct the frequency of the child—the pregnant woman starts to feel different changes in her, both psychological and emotional.

This very impulse of the heart makes the same energy impulse in the way the atom works. The very movement of the electrons creates **Shakti**.

Yeah, the Goddess Shakti.

The very beat of the heart creates the frequency at which we vibrate—throughout our whole life.

In my 28 years of experience, I have seen that the rate at which the heart of the mother beats is very significant. I have found that people are closer to those people or feel safe and loved with those who have a similar type of heart frequency or vibration.

A boy child with a loving mother would, 90% of the time, find peace and love in a female who has a similar frequency of the heartbeat as his mother, and vice versa.

**T**here is another vibrational tool within the body—the larynx commonly known as the ‘voice box.’

There are vocal folds (vocal cords) present inside the larynx which facilitate the production of sound. By the way, voice and speech are two abilities that only humans have. The vocal folds remain open to provide a smooth passage of air to and fro to the lungs.

But the very moment a human tries to produce a sound; the vocal folds close so that air can flow from the lungs to the mouth through these folds.

This movement of closing depends on whether the pitch is high or vice versa. This moment of closing decides whether this is a high or a low pitch.

But for speech, you have to use many other organs as well like the tongue, the palate, teeth, lips, nasal passages, et cetera. Speech gives you the ability to express your emotions. In the process of speech, the brain has to be calibrated with the meaning of words that you utter.

According to cultures, and geographical distances, language changes and so does the meaning of words.



**T**he moment you try to speak, the air from the lungs moves and vibrates the vocal folds. At this point, the vibration that is happening at the larynx is actually creating the flow of vibration in the whole body, but the nearest receptors of this frequency are the heart and the brain.

It may happen that, *the brain is consciously not focused on what is being said*. But still, *nothing* goes missing from the subconscious mind.

The vibration is telling us what is being said. The second receptor of this frequency, which is the actual turning point for vibration into emotional expression, is *the heart*.

**Your heart is the organ which actually gives shape to your emotions.**

If you have healthy emotions in your life—it is safe to say that you have a healthy heart.

And in the opposite case, it might happen that the bad emotions can lead to actual heart-related issues or maybe other health issues as well.

I have seen in my experience that many students, who were suffering from **un-diagnosable issues** for years, actually got better, after emotional release through Yogic practices.

That is one of the reasons why—“**Thou shall not hate**”

As it will bring bad vibrations within us.

Sounds, like the notes of a piano also have frequencies.

*Every note has a frequency*, even if you don't put words behind the note. A symphony can elevate your mood or bring you down with your suffering—just a play of piano in expert hands.

***The Sacred Language is not a special language.***

**I**t is just a language that you might speak day to day, in your mother tongue. Whichever language you think in, that is your mother tongue. It does not matter even if that language is acquired. The language you talk to yourself in is your language.

***The sacred language is:***

***TO STAY IN THIS PRESENT MOMENT***

***That's it.***

***That's it and nothing else.***

**H**ave you ever noticed—even if you are talking to yourself or having thoughts about the happenings of the past, it's not the past anymore!

Even if you are thinking about the past, it is still *you*, in the present moment.

As those images of the past are being processed by your brain, they become your present moment. *You are no more in the past.*

It's just the scenario where past is being relived again and feels

—the same pain,

—same agony,

—and the same torture.

*You literally cannot go in the past only with your thoughts.*

**T**he very moment you analyze the past in this present moment—**it becomes your present.** The same thing happens with the future as well. When you are thinking in terms of future you are doing nothing but creating a story which you might find interesting enough to live.

Past things are about your experience; and future is about your dreams, your desires. You think you are going into the past or in the future in your thoughts.

But actually all the thought is in the **Present only.**

The very moment you try to express yourself—anything about the past, in your head, without using the words, you will be using the present and present thoughts only—You will be recreating the past.

You cannot live that past moment in the past. You have to recreate it in the present.

So you create it in your thoughts. The very moment you use words, that's when you actually go in the past.

*These words are the tools to take you in the past or in the future.*

**T**he very moment you start to express—your goals, your desires, your passion, what you want to attain, your mind enters in the future, with only words.

But when you are thinking within yourself without using words—you are *literally creating the present moment*.

And if you think you are creating future by using words, *you are only creating a dream world*.

It's very unfortunate that all **the languages of this world have the incapability to stay in the present moment**.

**W**ords give us this awareness—to actually experience the past, and dream of the future. When this happens—we may come to realize the crux of:

*All forms of meditation,  
All the spiritual practices,  
All the manifestation techniques  
is  
to stay in the present moment.*

**T**he present moment is so calm and blissful that it has no relationship with your physical health and financial conditions.

In the present moment **you are so calm that you can deal with any situation of life.** You are no more in a state of anxiety.

But what happens when you give the words to your past and future? With words you can actually experience the past and the future. The *trauma of past* and *anxiety of the future* will take you on a roller-coaster ride.

This is all the fault of language.



**W**hile every meditation technique brings you into the present moment, you are spending more time in talks than meditation every time. These talks include both the conversations with other people outside and the inner voice in the head, your 'self talk,' because—

You need to talk!

You want to talk uselessly!

To explain uselessly!

You explain yourself more than you should to impress other people, so you say those things which you have NO experience of.

So, you talk too much!

If you speak only what you have experienced you will not need to say much. There is hardly anything to speak of. It will save your energy. **A lot of energy!**

**S**acred language—the language of God's is just about staying in the present with your words.

In meditation, you spend one, two or may be three hours struggling to stay in the present. Your mind goes here and there and again you bring yourself back to the present.

And even if you are able to sit this long, the rest of the day you spend blabbering on each and every topic. If you don't say with your tongue then you go on social media and comment uselessly because you have to say something.

It's not your experience!

It is just what you want to say.

It's the very urge to prove you have the knowledge.

And in the presence of another human you try to blabber all that to you have learned in your language without experience.

**I**f every technique is about staying in the present, then this is the best technique. Because now you are in meditation twenty-four hours, when you talk, you talk in the present, when you meditate, you stay in the present, and you think already in the present.

Slowly this system will embrace you to remain in the present; and—the present is intense. **Very intense!**

**Intensity is crucial.**

**A**ll the people, who are trying to manifest something and think, they will manifest it by doing all the techniques, will find it **all in vain!**

*Because they are not intense.*

Your intensity is scattered in the past, in the future and sometimes in the present as well.

It's very scattered! If you are intense in this present moment, you can expand in any direction and create anything.

This is the crux of life.

You live 90% in the past or the future and hardly 10% in the present.

Imagine if you live 90% in the present. Then you do not find it a shame, that "Oh! I have not lived enough," before you die. Because now you are living every moment, every moment is intense now. There will be so much intensity that makes you live fully.

**I**f you read any book or scripture which says that God also speaks about it, you will see—whatever is being said is in the present tense. **God does not share past traumas and future stories!** Humans do.

The point is to bring you there—

How to attain this present moment?

How to be intense?

How to manifest the reality?

## Speak Less

**S**peak less comes with millions of benefits, and the interesting part is that you only need to do less. You don't need to waste your energy.

### **Energy saved is energy developed.**

When we speak, the words are the final product, but before this result is made, the body and the mind go through many processes. Even *your desire* to speak is either due to provocation by someone to speak or if you are talking to yourself. In both cases, the mind has to create a thought and to express a particular thought, you have to use words.

In this process, the element of air is actually the main player.

**T**he air element ignites the thought processes in the mind as fire and the air elements collectively give birth to the mind, and the mind gets its **moving nature\***.

The mind gets its moving nature from the air element only.

Air is the base element behind your tiniest of thoughts... thinking all day kind of a scenario. More air in the body brings more thoughts, and this can happen easily with bad digestion and wrong eating habits.

That is why, for millions of years, all the Yogic or spiritual practitioners paid much attention to their gut health by:

- ◆ Eating on time when the **AGNI (digestive heat)** is active
- ◆ Drinking when **Chandra Nadi** is active
- ◆ Eating what suits the gut system and makes it easy for the body to process the food is what should be your priority if you are looking for the real deal in this life.

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\*(Moving nature is that in one moment, the mind can think of something, and in another moment, it can go anywhere: past, present, or future.)

So definitely:

- ◆ No meat
- ◆ No eggs
- ◆ Avoid processed food items.
- ◆ Chemicals on skin and food items are a big No.
- ◆ Try to avoid genetically modified food items.

Learn what your body is and what it requires to become a temple, so that *you* living inside the body and the soul don't need to find other temples outside the body.

Usually, in Ayurveda, *Trifala* powder is used with the help of an Ayurvedic doctor to keep the gut system refreshed.



Coming back to the point of air—when the air element increases in the body—useless thoughts, anxiety, and unsettling feelings are bound to engulf you.

- ◆ The air element leaves the body dry.
- ◆ It can be seen on the skin as well.
- ◆ Dry skin is due to excessive air

With increased anxiety, fear of the future and dilemmas of the past will keep the mind busy, and it will become hard to gain your **super conscious state** as energy is being wasted every second. A balance of air element is required in the body.

The chain reaction of the **past, fear of the future, and loss of the present moment *is a big loss.***

All the effort is then used to explain, either to someone or to yourself, these past, present and future problems but in the end you gain nothing.

**I**nterestingly, the same air element that is used to take a path through your larynx and tongue is used for expression. Each time air takes this route, your throat, your lungs, your tongue and your belly all have to work and burn your energy; otherwise, this same energy can be used in a constructive manner for your spiritual growth.

All of your expressions to anyone are almost **99% Useless!**

Because,

- ◆ Nobody can feel what you feel.
- ◆ Nobody can go through the experiences that you have been through.
- ◆ The thrill and excitement, no one can experience them, with your expressions and explanations.

But yes, on a number of occasions, we have to express ourselves as well.

Again, balance is required.

**H**ow to express yourself is crucial in *the language of God's*.

- ◆ For manifestation
- ◆ For a healthy relationship
- ◆ For awakening

Expressing your story is just not important.

On the other hand, initially, if someone practices- *the language of God's* - they can feel a little frustrated as well, because they are hardly expressing themselves.

It is NOT about stopping yourself from expressing yourself; it is about **how you express yourself**.

**G**enerally, people want to express themselves by saying,

—I have been through this, like that.

—The day was like this:

—You know what happened?

—Or, you know, the day was very exciting. Blah, blah, blah!

This is all an expression of your thoughts. I tell you now; it's okay to talk about the future. It's alright to talk and to discuss, but only when it is required and appreciated. 90% of the time, talking is all about proving how much you have seen, suffered or you know.

**I**f you talk about what you really know through your experience, you will realize—you don't need to talk much, and who cares if the next World Cup will be won by A, B or C country?

Who cares?

What does it matter if the neighbours are from a different country, are of different colour, or religion. If you have different ideas, investment companies, political background etc.?

It doesn't matter—they're not changing your life.

*You* have to change your life.

What is there to discuss?

It's not worth to discussing people.

**I**ndulging in useless discussions, or moreover, I would say, indulging in gossip, is what you need to stop right away.

Speaking less makes you keep your thoughts to yourself, and after a while, you will have **sorted thoughts**.

And slowly, thoughts will cease to exist.

They will simply disappear.

And all that you will be left with is NOW!

And in “**nowness**,” the vibration of your personality reaches to its pinnacle.

## Speak Good

**T**his is about **Speak Good**.

In the Indian spiritual system each and every *Guru* has emphasised on not to backbite or not to bitch about anybody. Since ages this message has been given for the masses but to my surprise, even the **closest students** fall under the spell of bitching.

In the old days, it was hard to explain it to the masses in a scientific way. Still, *gurus* tried to put the most suitable and scientific words to this subject. What the ancients said was, “Do not talk bad about others!” *There is a God inside you* who does not know who you are badmouthing, *so God creates the same bad things in your own life*. In this modern era, you need to decode this and understand this in a very simple language.

**W**e read and hopefully understood the previous topic—**Speak Less.**

We understand that we create the vibration of words as we speak. So each word holds a frequency; how this frequency affects us is no longer a mystery.

When words are said—the very frequency and meaning behind the words take this vibration to your whole body.

Initially, the same vibration travels faster into the brain and towards the heart because they are the closer organs.

They are the two major organs the vibrations moves to. The brain waves and waves from the heart are carried through our body by the blood stream.

Hence, automatically, the whole body is silently poisoned by bad vibration. This is one of the major reasons to stop bitching about others, once we start the journey towards **Speak Good.**



**F**irst—it's very important to save yourself from the poison.

Then you bring positive vibration into your system. It doesn't matter how bad the situation is. If you can, from your inside, say *it's alright*, you will realize, that suddenly—you can figure out the root cause of the problem, because now you are acting like a third person to the problem.

Now this problem is no longer yours.

It feels like now you can have a bird's-eye view of the problems, and you can find the root cause and have a solution similar to a third person who can suggest you the solution because that person can see where the problem is. Hence, the solution will be at your command.

**By just staying closer to the good vibration, you come closer to manifestation.**

**T**here is a thin line between:

-saying *it's alright* in an adverse situation and just by saying you can turn the situation in your favour, and—when the situation is really out of your hands, and you literally need help.

You need to realize the difference between:

1. Where you need help; and
2. Where you need to be just alright.

Do not let yourself become delusional like the manifestation, people do.

**Manifestation is a very simple process. People are making it complex.**

### **Example I**

**I** clearly remember a situation, when one of my loved ones was going through cancer. He literally thought—that just by saying beautiful words to himself was sufficient enough to recover.

He definitely needed medicine along with his words.

**So do not repeat this kind of mistake.**

That person lost his life.

### **Example II**

**I**n another case, there was a female student. She was regularly taking medicines and other kinds of treatments. But she was not speaking good about herself. She was always saying, “Oh! I am going down. I’m going down. It’s not good. Oh, it’s not working!”

Again, she also lost her life.

### **Example III**

**T**here is another example which is very interesting, and every share market trader would love to relate to this. Once an intraday trader buys a stock and according to his study, the stock is supposed to rise in price. So the price goes up. But then stock starts to go down. Now the trader is unable to sell the stock because of his delusional greed. The trader thought that it might hit another high. It might reach another goal.

But the price starts to fall.

The trader waits, thinking the price will rise.

But the price starts going down! down! down!

He does not put stop losses in the process. The result is this that the loss becomes bigger because he didn't limit his losses.

***So...if your study says something and the result is the opposite, do not hope for a better result.***

***Take action. Take that little loss and move on with another trade.***

This is the best approach in life too.

Just by thinking that this might work, you don't realise what actions are required to make it work. We lose the rule of action, and hence we cannot manifest the reality that we want to see—in relationships, in money, in investment and in every field.

Just by thinking positively, no better outcome can be achieved.

*Action is required.*

Without action, no thought can yield fruit. Even to have \$1 million, one has to have a vessel through which that kind of money can flow into his account.

This is one of the biggest secrets involved in manifestation.

If you really need to manifest something in physical reality—some physical manifestation—then *you need some physical action.*

.....

## **Manifestation in reality**

**I**n the following topic, we will read about the myth of manifestation and real manifestation.

Our sound has a frequency or vibration, which creates a pattern. Multiple experiments have already been performed with water and sound plates.

In the water experiment, one container of water was labelled with love, another with hate, and another with a kind word. On seeing the container each time, the word was repeated to the water container—love, hate, and kind respectively.

After a few days, samples were taken from these containers, and were placed in the freezer.

After freezing, the samples were examined under a microscope, and interestingly, the samples with the words love and kind had taken on symmetrical shapes, but the hate sample showed a disturbed freezing crystal pattern.

Similar work was done with sound plates.

**C**ompletely unorganized sand particles were scattered on the sound placed and after playing harmonious tones the sand particles would take a symmetrical shape. Upon playing disturbed notes, the particles would arrange themselves in a disturbed fashion.

What we need to understand from these experiments is that we must analyse them to see that the water and earth elements are easily affected by sound waves.

### **What is a body?**

- ◆ Inside the human body, there is more than 80% water; the earth element is the second biggest element.
- ◆ There is a little air element, fire element, and the *Aakash* element.

So, mainly, we have the water element and the earth element, and these are easily manipulated by waves. So the type of frequency we use to hear music or the type of vibration we use to create words in our day-to-day lives matters.

### **We need to take care of that.**

*So choose your words wisely.*

**And remember, whatever you say to others is actually being created inside you, vibrating inside you, and will bring fruit for you only and nobody else.**

- ◆ The fruit is only yours.
- ◆ Good or bad doesn't matter.



### **What 'speak good' doesn't mean?**

- ◆ Speak good doesn't mean you sugarcoat your words for others and for yourself.
- ◆ Remember, it is the feeling behind the word.

So if you are forcefully or forcibly saying pleasant words to a person, YOU might be jealous—or if you are saying pleasant words but you are jealous of that person, then the word and the feelings do not match.

**It is a balance of words and feelings that you need to achieve.**

- ◆ And when the balance is not there, it means it's corrupted.
- ◆ Your words are corrupted, your feelings are corrupted, and what you are gaining out of it is corruption.
- ◆ You're corrupting your system.

*So we have to be the same from inside and outside both, but in a better way.*

*It would be better if you also started thinking for the betterment of everyone.*

**G***urus* always said to wish betterment for the whole world and humanity. True *gurus* were not limited to a class country or a society. Neither are you.

- ◆ You are not limited.
- ◆ You are for everybody.

So to become like *gurus*, you have to act like *gurus*.

So what is it for you to be able to speak the language of God's? If yes, you need to get rid of your enmity, hate, and jealousy.

***You can simply leave those people from your circle who create these kinds of feelings inside you for now—until you become free from this stupidity of society.***

Bring your words and feelings to unity—and for this, you need to find your own *pace and place*

## Speak Now

**O**nce you have sorted out the understanding of speak less and speak good, all that you need to understand is the frame of your words. It is the most important aspect of God's language: **“Speak in the now frame.”**

To reduce the burden of understanding and imbibing this very new subject into your subconscious, be humble and practice meditation. These could indeed be very beneficial tools.

**“Why speak in the now”?** And later on **“how?”**

This way the vibrations of good and bad words affect you, in the same way **speaking less** can bring more power to your inner self. **Speaking in the now** has the potential to keep you out of past miseries and fear /expectations of the future.

## Miseries of the Past

This is so true and unfortunate:

- ◆ 99.9% of unsuccessful people are always discussing their past traumas or bad experiences with people or within themselves.
- ◆ These people find pleasure in discussing or telling others how bad their situation was or how they achieved or survived in their lives.

Even if we talk about the 1% of people who *might be successful wealth-wise*, they may **lack contentment in their lives**. Even in their easy days of life, they will keep on blabbering about their past and miseries.

I don't consider them successful and neither should you!

Wealth of money only is not success. The question now is—in which type of wealth are you rich in?

Wealth is of different types:

- ◆ Health
- ◆ Mental peace
- ◆ Good relationships
- ◆ Good reputation in society
- ◆ Good character
- ◆ Money, gold, and prosperity
- ◆ Liberation, freedom

And then

- ◆ Nirvana

If any of the readers are missing any of the above-mentioned forms of wealth, you are still in the process of success. At liberation, there is no success or failure.

Then there is Nirvana/enlightenment.

## **Health is the most valuable wealth.**

**I**f you want to become wealthy, the road starts with giving your body a good diet and good exercise. Through whichever way you might feel energized. It could be Yog, running, going to the gym, gymming, or something else. In a healthy body a healthy mind can exist. So to have better constructive thoughts, we need to keep our minds at peace.

Essential oils can be used. Meditation can be used. Qigong, etc., are also useful to find a balance between the body and the mind. With a healthy body and mind, one can develop healthy relationships.

Either it's with your life partner, a business partner, a friend, or family members or anyone. A person with a healthy body and mind would always be appreciated in society.

**A** good reputation in society is also a valuable asset. People want to do business with reputed people and reputed brands.

*What are reputed brands?*

*They are made of well-reputed people.*

All of the above would be stupid or futile if one does not have a good character. Without character, there is no point in living. Character defines who you really are as a being. Strong character gives stability in life.

Next come money, gold, and properties, which can be useful if you have the above-mentioned wealth. Then this wealth is truly appreciated.



**L**iberation from the past and future is the actual liberation.

Liberation from the illusion of a life, liberation from ego, is freedom.

Freedom from control-unnatural control is liberation.

Freedom from modern slavery.

Freedom from lies leads to *Nirvana*.

*Nirvana*, is what we call as YOU being no more as EGO.

***It is just God that exists.***

**T**he journey of these forms of wealth does not have any relation with the past or the future. The miseries of the past bring more miseries. The same is true for future fears.

People dwelling in the past are finding comfort in their miseries. Slowly this pattern develops, and deep in their subconscious, they seek this misery. It is very important for you to leave the miseries of the past behind. If you have such a person in your life, then I must say: you must leave them.

If you don't want to leave, then you must find them a true *guru*. A *guru* who sees their pattern and works on their system through Yog, meditation, and spiritual training as well, but you shall not indulge in their system. Their system can corrupt your system because— right now you are like a bud, which will become a flower one day.

At this stage, do not entertain other things.

Do not entertain negativity;

Do not entertain miseries or fear.

*Anybody who is following the path of wealth must have a guru, and one must surrender to their guru because the path of wealth must lead to Nirvana at the end of the day.*

**B**y putting your thoughts on future plans, gains, or results, you are just putting your energy on expectations. Expectations can bring you desired fruit—or maybe not.

If you get your desired results, you will feel excited.

If not, you will feel low. This transition of energy, too high or too low, will only break your consistency.

**“Now” is the only solution.**

**I**n *nowness*, there is no fear of the future; there is no dilemma about the past.

It is a pure present moment.

In the present, you have nothing to gain and nothing to lose, and this is the position where you are *intense*. Any action that is done with this intensity is fruitful.

*The language of God's* is the language of your own. But the frame is always in “now.” In the present.

**U**nderstand why we even use past tense or future tense.

It's a basic human desire to feel expressed and content after sharing. This contentment comes when the listener nods 'yes' in response to your experiences. This experience of sharing becomes exuberant if the listener is interested in your stories.

99% of the times, humans speak more than they actually do and more than they actually experience. It's more about what they think.

So, it means we are constantly trying to find a common ground with the listener through words. Common ideas and common thoughts make good friends, and vice versa. Past and future tenses express yourself more than they should.

***We shall avoid them.*** We, as humans, spend more time on past and future thoughts than in the present moment.

## **Why is the present moment so intense?**

**I**n the present moment, you are literally free.  
Even if you are in debt

Even if there is illness

Even if there is a tough situation!

**The suffering is there, but the sufferer is no longer there.**

*Nobody is suffering in the present moment.*

You are now able to take action and sort out the situation, rather than feeling sad and wasting days just thinking, “Oh, what’s happened?” and all that stuff.

The present is the moment of God. **It is *the Language of God's*.**

Speaking in the present makes you available and allows you to live every moment of your life. The present is intense as the mind loses its capacity to either drive you in the past or into the future. Mind can focus on one thing only at a time. The mind has its own work, and it will do its functions accordingly.

It is a wasteful effort to fight with your mind. It’s like you are trying to hold your breath. Obviously, you cannot hold on for long. It is better to let your mind indulge in

its activity, and you should indulge in your activity that is “now.”

The question is, if you have a mind, then *who are you?*

The answer itself lies in the present moment.

Once you realise this, you literally become a free being, **free from false identities.**

You are free from the control of the mind, and you can drag your mind the way you want. Only because the mind feels its existence is in danger does it try to put the past and the future in the form of thoughts in front of you— That’s the only way for the mind to feel its existence.

## **How to bring “now” into your words or language?**

**T**his should be kept in mind that God's language is its outer exposure for your inner nurturing. Speaking and reframing your words and thoughts in the present is actually *the language of God's*.

By God's language, I mean once this present mode of thought and talk brings your mind under the control of your will, you are closer to enlightenment.

Then the **Siddhi, or perfection of speech**, is attained, which makes your words so powerful that each word out of your mouth works like a blessing from heaven itself. It simply means that the intensity of the words become high, and so does the vibration of those words.

*The practitioner of God's languages shall not, even by mistake, use bad words or curse someone.*

It is possible that those words will bring bad fortune into the listener's life, but it is all your *karma*. At the end of the day, the practitioner has to suffer the fruit of the bad *karma* by saying bad words. That in turn initiates the whole misfortune in the other person's life. Since the practitioner creates the *karma*, the practitioner has to bear the fruit of it too.



## A Simple Scenario

A simple scenario of day-to-day life has to be thought of and brought into present-tense words, as if you are going for sea surfing and you see long and wide waves.

Now, as you see, the wave that was good for surfing has already passed. And now you are waiting for another wave to show up. In this scenario, you are in God's mode, and you are not thinking about the wave that you have missed and not expecting another wave to show up—good enough for surfing.

You are simply standing there in the moment, ready for the present wave. If the wave is not good enough, you are simply staying there on the shore and simply being there. Once you find a wave, you ride the wave without expecting it to be big enough in comparison to the wave you just missed.

In the same scenario, let's suppose the next wave never comes and you are standing at the shore, just waiting.

Don't wait like, "Oh, this could be the wave to ride. Oh, this could be the wave, or the next one would be the wave. Maybe this is the one!"

You have to be just there, and if the wave just doesn't come, you simply take care of the time or do the things

you are supposed to do. So, whatever happens, you are not leaving the present situation, and you're not comparing or anticipating the situation either.

This is the big issue is when it comes down to talking to other humans in the present mode—

**Remember rule one: Speak Less**

So whatever is necessary to talk about in the past tense or in the future tense shall be used in words. Let's suppose you have an important discussion that requires you to conduct an analysis of your business plans for your future enterprise.

In this case, yes! Definitely! You have to plan, and you have to discuss it in the future tense. Considering past data and considering future plans, you have to do it.

But again, you are not going into the dilemma of the past. "Oh, this happened in the past! we cannot do it. Oh, that happened..."

You are not accepting the dilemma.

You are just taking the data without attaching your emotions to it. That's it! You're not focusing on expectations for the future. Considering the goals of the future is not expectation.

*If an action is accompanying you,  
then your future expectations are not  
expectations.*

*If not, then the future plan is just a daydream  
project.*

So every future plan has to be accompanied by action—in the “Now” again.

Now **“words describe the present and present only,”**

In the “now” the mind is focused in the present moment.

In this practice, you, your actions, and your character become intense and pure.

*The only pure thing in this universe is  
NOW*

- ◆ Past is gone
- ◆ Future is uncertain
- ◆ Only true part is now

Slowly, with time, you will be able to realise that even when you are narrating the past experiences or things in the future, you will be able to analyse how wasteful it is to explain or express.

It is your journey, and trust me, **“Nobody is interested in your journey.”**

All of your effort to make others feel the same pain or excitement is simply a waste.

*It also doesn't mean you  
stop listening to people.*

**“Now” is the Language of the Divine Matrix.**

And in order to have a conversation with the Divine, we need to understand the language of “now” in its full scale. Science cannot tell us this secret. This secret has been used for ages by the great saints and sages. It doesn't matter which language you speak; *God's Language* can be used in your day-to-day practice.

## Bursting the Myth of Manifestation

**T**here are hundreds of books on *manifestation* in the market and different theories of manifestation as well. You would commonly hear on *YouTube*, etc., that you must say it with full intensity.

- ◆ I am rich.
- ◆ I am healthy.
- ◆ I am a millionaire.
- ◆ and other things

But

**This technique is hollow;** because:

1. No work has been done to minimise the ego. On the contrary, these sentences boost the ego.
2. There has been no work to kill the expectation too.

Saying the above “I am” sentences would make anybody ambitious and find themselves in an expectation mindset. These words, if not accepted by your subconscious, means there is no unity from within. Even if there is unity, the intensity behind the words is missing.

**“Now”**

**—this is one of the *secrets of manifestation*—**

**J**ust by staying in “now” you are creating intensity because there is no past or future expectation attached to it.

**“Now” brings UNITY of THOUGHT and EMOTION**

If I were to put manifestation in simple words,

**“Unity of thoughts and emotions with intense energy of words brings fruit.”**

There are many aspects to so-called popular manifestation books that will bring hope and expectation. Because of a lack of results, people feel demoralized. Hence, they have a feeling of failure.

The right way of manifestation is very simple and sure. But to reach the point where someone can even start manifesting, they should raise their vibration.

*We at our ashram teach manifestation in a very practical way.*

**C**oming back to the language of “Now”  
You might feel, “Is it really a practical approach?”

Yes! Definitely! Very practical for yourself.

For society, it might not be.

Society might not accept your way of talking because:

- ◆ You talk less.
- ◆ You talk sensible.
- ◆ You don't bitch.
- ◆ You don't say bad words.

I got to know of a tribe in Northern Arizona, USA known as the Hopi tribe. They have been using this secret of “Now” since—forever.

These people are known for their prophecies, shamanic rituals, and lifestyle as well. To become capable, you have to acquire simplicity.

Many may argue that if they are not living in a big bungalow or driving an expensive car, what is the use of this language?

Yes! Exactly!

The use of *language of God's* is to understand who we really are; and not to have a house, a luxury car, or a lifestyle. But all these things become a byproduct of your being, of you being intense and simple. Focus, then, is not on the rat race; focus shifts to love, peace, and harmony.



## **Achieving a High Vibration State**

**T**he first thing is your gut health. To begin with, I am sharing a method to clean your whole system. You must also seek the help of a professional doctor. I am writing it down with the help of an Ayurvedic doctor.

### **Procedure:**

**Day 1:** Take 25 ml of cow ghee (clarified butter) on an empty stomach first thing in the morning, followed by your regular meals.

**Day 2:** Take 50 ml of cow ghee, followed by your daily meals.

**Day 3:** Take 70 ml of cow ghee.

After 10 minutes, take 2 tablespoons of Trifala powder with warm water.

Wait for 10–15 minutes, and then take 3 tablespoons of castor oil with warm water.

By this time, you will start to have some bowel movements. This will cause loose motions.

After 2-3 movements, you take a lemon mixed with warm water and add extra salt to it.

Wait for another motion.

Then take simple, lukewarm water.

**N**ow it is your responsibility to check with a doctor if you are allergic to any one or more of these ingredients.

After a few times, you might feel lightheaded. In that case, I would suggest taking some electrolytes.

During the entire day, you should eat only very light foods like rice-porridge, fruits, etc., but

### NO CITRUS FRUITS

So what happens here is that ghee goes into the body, joins with unnecessary particles in the body, and comes out during the process, including the bad particles in the body; hence it cleanses your gut. Each time we eat packaged food we must note that because of the unwanted chemical intake that we have, we shall go through some sort of cleaning process.

You can repeat this process every 3 months or so.

In Ayurveda, *Panchkarma* is one of the fine practices. One must take a *panchkarma* session once every six months.

## The World of Frequencies

I am taking you on a journey to understand the world of frequencies through your own ears. A beautiful tool has been given to mankind to listen, absorb, and decide the best-suited symphony. Beautiful music has been created to vibrate at a natural frequency, and yes, disturbed music is also in existence.

If you're in the process of raising your vibration, you should focus on tuning yourself to the natural vibration. To achieve this, there are different instruments:

- ◆ **Drums:** Very useful to sort out your scattered vibrations.
- ◆ **Harmonium:** This instrument can be used to align and activate all of the seven major chakras in the body.
- ◆ **Kirtan:** *Kirtan* is a form of music that is less popular but very effective.

**G**enerally, *Kirtan* is performed in a spiritual gathering and spiritual songs are performed on traditional instruments. This lost art of *kirtan* is not so lost in India. People gather in temples, gurdwaras, and ashrams to perform and listen to spiritual hymns even today. Spiritual hymns with drumbeats and harmonium notes take people into the deep surrender mode of devotion.

- ◆ It is total bliss.
- ◆ No fear
- ◆ No trauma
- ◆ No stress can exist in this infinite state of being.
- ◆ You lose yourself in God.
- ◆ There is no ego.

There is no Pain, and you feel your *true self*.

**God is union.**

**To see everything is just God and nothing else as experience is the reason behind this book.**

**H**umans are different. Humans see different colours, creeds, and cultures to feel special about their own individuality. In reality, there is no difference.

- ◆ No one is special.
- ◆ No one is stupid.
- ◆ No one is superior, and
- ◆ No one is inferior.

If you feel this is not true, then you have failed this birth so far. Each birth is nothing but an opportunity to realise your true self and finish the misery of life and death.

***This is the moment.***

***This is your turn.***

***God's language is love, and love only.***

***In the present moment, all that exists is love.***

In this life, you are lucky enough to buy this book and read it.

Who knows about the next?

The techniques shared may bring fruit in your life, which is my blessing and my experience. I am sharing one simple method to feel the union of love through language.

## The Name Secret

**B**y now this question might have been triggered in your mind that the name of the book is *The Language of God's* with an apostrophe 's'

Why not *The Language of God* ?

At the end of the day you will all realise that there is only God and nothing else.

Then you without this ego that you carry can see God within this very body.

And this language becomes an acquired language of God.

- ◆ All that we see is God only.
- ◆ All the humans
- ◆ All the creation is just God

Only if we take each human as a different unit then it is God's (apostrophe s) Language too.

Intelligent people will see it both ways-Gods (without apostrophe s) Language and (God's with apostrophe s) Language.

A single unit and a multi unit in a single unit of God

Hence the book *The Language of God's*.

# Notes

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\*\*\* Words are the perfect spell. \*\*\*

—*Shubh*

# Notes

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\*\*\* Shadow of the tree is not for the tree. \*\*\*

—*Shubh*



# Notes

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\*\*\* Tamil was once spoken all around the world \*\*\*

—*Shubh*

# Notes

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\*\*\* Entering lower frequencies is the sin \*\*\*

—*Shubh*

### **The Journey Ahead**

I must congratulate you on bringing this treasure into your life. Now on having read it—there would be many questions in your mind about what is said in the book and otherwise as well.

For this, I am going to give you a gift—

Scan the QR code given below and it will take you to a page on our website.

Register your name, your best email, and your phone number as well as any questions that you may have.

We will get in touch over regular webinars and sort out your queries-

***—Shubh***





## ABOUT US

Aad Yog is the most ancient form of Yog without alteration or adulteration; the same Yog that is believed to be taught by Shiva to the seven sages.

At the Aad Yog Ashram, we seek to sort out the problems of your life holistically—through Yog, Pranayama, Ayurveda, Astrology, Marma Vigyan, Aromatherapy, and Energy Healing—as the case requires. Our aim is to help a person “Live” their life in the truest sense to be able to attain Moksha while living in this body. We guide the seekers on the path of self-realization and the so-called Enlightenment. All are welcome.



If you buy this book and read it—your journey towards self-realization starts only if you practice the techniques mentioned in the book. Otherwise it is just another piece of knowledge that serves no purpose—

पुस्तकस्था तु या विद्या ,परहस्तगतं च धनम्।  
कार्यकाले समुत्पन्ने न सा विद्या न तद् धनम्॥

Unused knowledge of a book, and money given to others are not truly yours when you need them.



# THE LANGUAGE OF GOD'S



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