

## **Warm Heart Techniques**

In a life time there will be many occasions to embrace one or another institution. We may indeed be as original as to refuse the institutions of our fathers and look at a totally opposite pole. We may at last, exhausted, embrace our fathers' institutions and yet what is that turns us against it? Why is there a sense of rebelling arising in the young souls?

Institutionalization is at the core of our disgust towards any sort of belief. The issue here is the machine behind either the transmitter and the receiver. Ideally neither of them should be contaminated by any form of institutional machine, as his or her heart will turn cold. While taking to some degree advantage of automation we ought to develop practices to keep our heart warm.

These practices cannot rely exclusively of literal forms of ascetics. Dwelling with the very rudiments of present automation is the only way to liberate one soul from all that institutions proposes. Our minds need to start afresh and avoid any literal approach towards any sort of tradition. Any literal approach will bring to fanaticism and radicalization. Playfully only we can create the necessary ritualistic apparatus to transcend the current oppression automation will inevitably bring forward.

The answer lay not in the social revolution and or politics. We should deviate from such poisoning debate and concentrate to rethink our conduct and ultimately our presence. Millions are the ways to the absolute truth, god and our way ought to be the way. Essentially our way will be like an institution, yet in its minority, it will always come to clash against mayor institutional ambitions and throws onto these realms that are off the stream. It is in these realms that the germ for new life can be settled.