

## Interview with Sri Bhagavan: About studying

**Devotee:** What should I do to study well, Bhagavan?

**Bhagavan:** You have to be yourself, then you will have tremendous energy to study. Now you may not be able to receive my grace also fully as you are full of conflicts. Conflict drains your energy and there is not energy to concentrate or do anything. The root cause for conflict is not loving yourself. You are continuously struggling with yourself. Its only when you begin to accept yourself as you are with all your so-called negative things, will your energies be focused. So just see what you are and experience it fully, do not suppress or run away from it. If you are not able to do this then you have to undergo a *Samskara Shudhi* you can do *Agenya Chakra Dhyana* everyday for 10 minutes. This will also help you. ॐ