Īśavāsya Upaniṣad

revelations from

the

supreme pontiff

of hinduism

bhagavan

nithyananda

paramashivam

Iśāvāsya Upaniṣad gives the conclusion about the Universe, and the relationship you need to have with the Universe.

Everything is part of you, be part of It.

Iśāvāsya Upaniṣad

Revelations From

THE SPH BHAGAVĀN
NITHYĀNANDA
PARAMASHIVAM

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Iśāvāsya Upaniṣad

Published by KAILĀSA's Nithyānanda University Press
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Iśāvāsya Upaniṣad

Revelations From

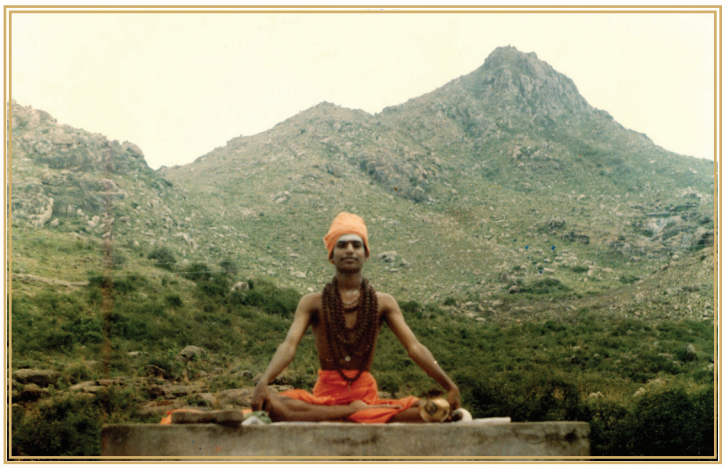
THE SPH BHAGAVĀN
NITHYĀNANDA
PARAMASHIVAM

Revival of The Vedanta Sampradaya (Upanishadic Truths)

The SPH has revived the Vedanta Sampradaya (encapsulating the Upanishadic Truths) from the age of 3, by exploring it with His Gurus, Sri Isakki Swamigal and Mata Vibhutananda Puri. THE SPH has taken the public stage from age 5 delivering these profound truths to humanity since then.

Isakki Swamigal

Mathaji Vibhutananda Puri



THE SPH, age 16, 1994

The SPH graciously recalls this memory, "Fortunately, the first ever book I was introduced to in My life, before even any schoolbook entered My life, the first ever book I was introduced is Upanishads, by Isakki Swamigal – (The Atma Upanishad), the four major Upanishads' Tamil translation. At that time I can't read. He will read and give explanation. Kuppammal will ask questions and he will give answers. Actually, only through that book I even learned alphabets. Fortunately, even the language was taught to Me only by My Gurus."

- 15 January 2015, Global Presidential Address

Isakki Swamigal gave The SPH the first Olai Chuvadi, or palm leaf scripture, and the first scriptural book - Atma Upanishad - to THE SPH, that would commence the immense revival of the sacred Vedantic Knowledge of Hinduism that The SPH has accomplished through KAILĀSA.

Atma Upanishad

Olai Chuvadi

It was Mathaji Vibhutananda Puri who taught The SPH the whole Shakta and Vedanta sampradayas. Mathaji Vibhutananda Puri or Kuppammal was a powerful yogini since birth. She had darshan of Devi as the Cosmic Sovereign ruler, Rajarajeshwari, at a very young age and was a worshiper of the divine feminine ever since. In Tiruvannamalai, she led the Apeetha Kuchambhal Sabai, a female-only organization dedicated to keeping alive the sacred sciences of Hinduism, specifically the worship of the Cosmic Mother (photographed at the right).

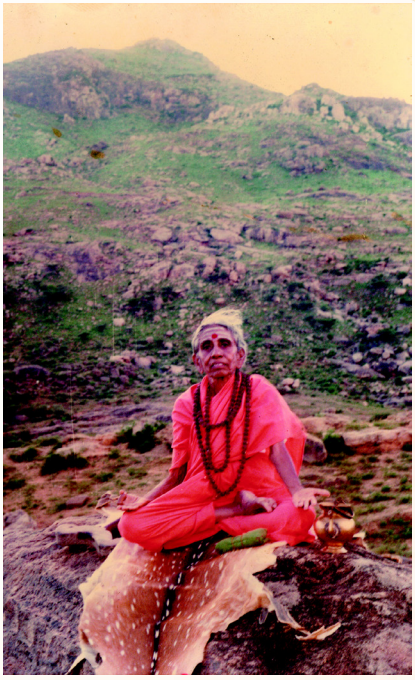


TABLE OF CONTENTS

Compilers Note 1

Key Principles Covered in the Book vi

How to Use This Book: Unlock the Wisdom of the Iśāvāsya Upaniṣad vii

Introduction To The SPH XII

Introduction To The United States of KAILĀSA (USK) XIII

Upaniṣad - Setting the Context for Life 2

What is The Source Of The Universe? 2

How this universe Manifested? 3

The Chronicle of the Universe's Manifestation Are The Upaniṣad 4

The Scope Of The Upaniṣads 6

How to Receive the Upaniṣads? The Importance of Herbal and Sattvic Diet for Subtle Intellect 8

Verse 1: Whatever Exists Is Energy 12

You Are Consciousness 14

The Universe As Conscious Energy 15

You don't have consciousness; You 'are' consciousness! 17

Īśā: Consciousness Permeating All 19

Perceiving as "Jagat" (Dual) vs. "Īśvara" (Advaita) 22

Everything is consciousness, then what am I perceiving? What is this world? Why suffering? 22

Perceive God, Consciousness "Īśvara" (Advaita) By Stopping Your Mind 22

How to Perceive You Are God, Consciousness? 25

Overcome fear of death 26

The Enlightened Person's Catalytic Presence for Transformation 29

Awakening Inner Intelligence through Self-Inquiry 32

Reality is "What Is," Free from Prejudice 35

Quantum Spirituality: Beyond Holiday Religion 38

Technique to Experience Consciousness: Live in the present moment 40

The Ancient Secret to a Healthy Life 42

Anti-Age with Acceptance 47

Healing Yourself with Time 48

Stop Worrying, Start Living 51

Be Stress-Free 53

Come to the Present and Awaken the Gift of Intuition in You 56

Self-Cleaning for Healers and Daily Life 61

Energy Can Be Shared and Channels of Healing 64

Japa: A Technique for Conscious Awareness 68

MahāMantra Meditation Technique 70

Technique to Experience You Are Consciousness: Renounce Everything & Enjoy Everything! 73

Subjective Truth vs. Incompletion: Power of Remembrance 76

Relating with Consciousness Through the Five Elements 81

Science of Hindu Temples to Relate with Consciousness 84

Temples as Energy Batteries 92

All Prominent Hindu Temples Are Installed By Enlightened Masters 96

How Prayers Become Reality in Temples 99

Idols as Arcāvatara (Incarnations of God) 101

Temples as "Cell Phones" for Divine Connection 103

Temples as Satellite Relay Centers for Healing 107

Power of Words: Positive and Straight Saṅkalpa 109

Technique from Tantra: Stop the Movement Inside You 111

Truth vs. Technique- The Flawless Declaration of Īśāvāsyam Idagṁ Sarvaṁ 115

Technique: Will & Grace 116

Perception's Evolution: From Perception to Reality 120

The Role of Debates (Vākyartha Sadhas) for Internalization 124

"Mā Gṛdhaḥ Kasyasvid-Dhanam": Don't Covet, Enrich! 126

Renunciation (Tyāga) as a Winning Strategy for Life 128

Break the Pattern of Insecurity: You Are Qualified 134

Enriching as a Secure and Showering Lifestyle 138

The Science of Becoming īśā 144

Vāstu śāstra: Science to Use Power of Consciousness 153

Verse 2: Decide For Life - Be Free from Karma 160

One Sūtra For All Of Humanity 162

Can This Wisdom Apply To You? 163

Inspiration from Truth: Be Alive, Bubbling, Joyful 165

"Kurvan Eva Karmāṇi jijīviṣet śatam samāḥ" : Live Actively for Hundreds of Years 167

Are you Rooted in Intellect, Emotion or Being? 167

Customized Path For You To Experience Everything is Energy 173

Deciding FOR LIFE- Yours and Others' Lives 177

Choose Life, Defeat Anger 177

Your Decision to 'LIVE' can Change your DNA! 180

Poverty as Voluntary Bankruptcy 183

Decide for Eternal Life 184

To Achieve The State Of Jīva Samādhi- state of not using the body, but not being dead. 186

Re-program, De-Program Your DNA 187

Battle the Call of Tiredness 188

Kāmikā Āgama: The Lifestyle Manual from MahĀdeva 190

? Frequently Asked Questions 192

Deciding for life brings you energy to have everything- money, health, enlightenment? 195

Your Decision For Life Liberates You From All Karmas 196

How To Be Free From Karma, Transcend Karmic Effects? 197

The Power of Anna Dāna (Sharing Food) and Vaidya Dāna 198
Essence of Hinduism: Life Positive and Contribution 198
Decide. Act. Be Free. 198
What mental setup makes you decide against life? 201
God as Soft Power in Vedic Tradition 202
What Is Saying "no" to life Exactly? 208
Hinduism as an Elite Tradition, Not of Poverty 210
Owning, Not Possessing: Economic Principle of KAILĀSA 210
Matured Conversations- Life for Living, Not Suffering 212
Hinduism Is All About Life Positivity 215

VERSE 3: SAYING 'NO' KILLS CONSCIOUSNESS 222

Only Ghosts Say No to Life 224

How Do You Respond When Things Don't Go As Planned? 225

"Asuryā Nām Te Lokā":Lower Grade Worlds and Blinding Darkness 225

Have patience to deal with yourself 226

Cosmic Truth About Mercy killing: Saying "NO" to Life 232

The Science Behind Vegetarianism 234

Life Gives What You Asked For 237

"TathĀstu": The Universe's Affirmation of Life 239

Reason to grumble is compassion of the Cosmos towards you 240

The Paradox of Fulfilment: Frustration as a Signpost 243

The Key to Overcoming Frustration 244

For Stress & Anxiety Management 245

Technique: The Key to Overcoming Frustration 245

Is Saying "Yes" Always Right? 247

DussaṄgha - The Biggest Warning (Wrong Company) 256

Don't Build Walls: Say "Yes" to the Next Step 262

Don't Give Up! 263

Saying "yes" Inspires You & Others 264

The Vedic Tradition and Lifestyle 266

The Cosmic Science of Anna dāna and Life Energy 270

The Healing Power of "YES" to Life 273

Verse 4: Īśā, Pure Consciousness Becomes Īśvara, Consciousness With Qualified Attributes 276

The Qualities of Iśvara - Unmoving, Oneness, Swifter than Mind 278

Iśa vs. Iśvara- Super-Consciousness vs. Attributed Consciousness 279

Importance of Context in Spirituality 281

Technique of Negation: "Na Iti, Na Iti" to Find Consciousness 283

The "Visiting Card of Consciousness" 286

Pure Consciousness 287

anejad-ekaṁ manaso javīyo nainad-devā āpnuvan pūrvamarṣat| 287

One is Dead, Oneness is Living 296

Setting the Right Context and Turning the Mind Towards the Source 296

The Essence of Ekam: Oneness as Living Expansion 298

Your Immortality is The Truth: Life Energy Moves and Expands 306

Verse 5: Experience the Inner Space & Outer Space of Cosmos, Your very Self 314

Discovering Your Consciousness: The ONLY Purpose of Life 316

Vākyārtha Sadas: Chisel Yourself and Discover Consciousness 318

Mahādeva Describing Himself: Paradoxical Qualities 319

Truth vs. Reality: Scrutiny of Consciousness 322

The Delusion of "Inner" and "Outer" 324

Verse 6: Everything Exists In Me and I Exist in Everything 327

You are Not Just Body; 329

Nothing Can Violate You 329

You are not just body, and this life is not just the one life for you 330

Everything exists in you 342

Upaniṣads as a Conscious Acid Wash: Exposing Mithyā (Lie) 353

Why Conflicts in Relationships? 354

Looking at Quality, Not Utility Value 360

Verse 7: What Delusion can there be for the Seer of Reality Living in Ekatvam, the Space of Oneness? 369

Living Advaita- Ekatvam (Oneness) as Reality and Lifestyle 371

Developing Confidence to Function from Love and Oneness 373

Loving Advaita will lead to Living Advaita 381

Mahādeva's Love Current- Unconditional Love and Sacrifice 386

Right Ideas You Carry About You Gives You The Experience Of Oneness 400

Raising to the Space Where There Can Never Be Imbalance 401

Oneness as a Spiritual Power, Not Just a Moral Teaching 405

Verse 8: Grasp The Pure Consciousness, That Which Is 'You' 412

Pure Consciousness is all-pervasive 414

The Nature Of Consciousness - All-Pervasive, Radiant, Unembodied, Pure 415

The Inner Light Is Revealed Through Contemplation 417

Experience Of Consciousness Makes You Spiritual 417

Catching the Glimpse of Consciousness Before Death 419

Contemplating on Consciousness- The Path to Spiritual Growth 420

If You Understand You Are Consciousness, Then Whatever You Do For You And For Others And To The World, Everything Is Living Enlightenment 421

Your Concept of You is the Context for Life 423

Decide: All My Thinking, Everything Is From This One Truth — I am Pure Consciousness 424

Defining Yourself as Upaniṣad Declares 'Who is a Hindu' 426

Experiencing Absolute Radiant and Self-Effulgent Nature 428

You Are Birth-less and Deathless 430

Untouched by Delusion and Incompletions 432

Say 'No' to ignorance and 'Yes' to Consciousness 433

Upaniṣad declares you as YOU. Stop settling down! 441

Re-cognize that you are Consciousness, you will have all those powers of Consciousness! 444

Thinking you need more than what you did, is needed to undo is Māyā 445

Consciousness Is 'ISNESS' 446

Knowledge vs. Wealth Purpose of Knowledge 448

Consciousness Is The All-knowing Seer Of All — Past, Present And Future 450

Consciousness as the Center of Karma 451

Your Actions Give Results Because The Lord, Consciousness Allows It 453

If You Work With Consciousness, Anything Can Be Changed Without Changing Anything Or Everything Can Be Changed 455

Verse 9: Seek and Worship the Pure Truth and not Avidyā, the Ignorance that veils the True Knowledge of Truth 464

Contemplation On Consciousness Itself Will Make You Sure You Are Consciousness! 466

Go On Thinking "What is Consciousness?" For Brain Development 467

Go On Thinking — "What Is Consciousness?" Automatically, Your Brain Will Start Catching That As You 470

Meditating On Concepts Described By The Upaniṣads Grows

The Intra-organ: Third Eye 471

Man whose buddhi is awakened will never entertain boredom in life. 472

Warning Against Stagnation and Incomplete Knowledge (Avidyā) 475

Seeking Awakens The Super Human In You 477

Seeking is Eternal: Cosmic Engine that Drives Expansion 478

Seek About Everything 480

Let Seeking Be Your First Instinct Response 484

Throwing Tantrum With The Cosmos: Embracing Seeking For Freedom 486

The Cosmic Mother's Response: From Tantrum To Seeking 486

The True Nature Of Addiction: Breaking Free From Mental Patterns 488

The Importance Of Seeking: Unlocking Rebirth And Enlightenment 489

Seek Experience Not Expertise 491

Restrategize Your Life, Reinvent Yourself 495

Which Happens Constantly Till You Become Enlightened 498

Dangers of Postponing Spiritual Truths (Ātmahana) 500

Experience Truth With Pure Seeking 503

Verse 10: Intensify Your Seeking To Grasp The Truth And Reflect Īśā, The Consciousness 507

Seeking Adds Depth and Prevents Stagnation 509

The Uncompromising Path to Enlightenment 511

Context is King: Why Purvabaksha (Pre-Preparation) Matters 512

Seeking is Eternal: The Cosmic Engine that Drives Expansion 514

The Master's Words as Anchor for Reinvention 522

Grasping vs. Grabbing the Truth 526

Setting the Context (Bhakti, Completion) for Action 530

Verse 11,12, 13: Experience the Nectar of Immortality through Pure Knowledge of Truth, Vidyā 537

Vidyā: Cognizing and Dropping Stuck Thought Currents 539

Karma Is Nothing But The Wrong Decisions You Took 542

Vidyā Means Recognizing Where You Are Stuck And Breaking From It 544

What Should Be Your Goal? Cherish and Celebrate the Eternal 549

Worshiping What You Cherish: Beyond Superficiality 550

The Magical Life: Building Mind on Imperishable 551

Expansion Of Perception 553

Verse 14, 15: Cherish and Celebrate the Eternal 556

Agitational gratification 558

or delayed gratification 558

Understanding What Is Imperishable Gives You The Experience Of Oneness 559

Transcend Death 562

What Are You Worshipping? 564

Verse 16: Even when I pray to you, I am You – So'ham Asmi 578

Even when I pray, I am YOU 580

Seeking Leads to Realization: So'ham Asmi 581

Context getting matured is seeking! 585

How to Wake Up to Ultimate Reality? 587

Prayer in Sanātana Hindu Dharma- Remembering Oneness with the Divine 589

Verse 17: Aum, I Remember the Supreme Consciousness, Īśā and Offer me and my actions onto You 601

Please remember whatever I have done to experience Oneness with You 603

Eternal Life Process- Offering Actions for Oneness 604

Building Defense Against Small Desires 604

Reminding Cosmos (Prayer) and Reminding Self (Completion) 608

Eternal Life Process 609

Verse 18: O Fire God! O Consciousness, Take us along the Righteous Path of Completion leading to Iśā 613

Agni as the Bridge to Oneness 616

Ask: Am I in, completion? 616

Integrity Awakens "Dhī" 622

(Fire of Knowing) 622

From the Life of THE SPH 623

Prayer for Enlightenment - Removing Incompletions as Obstacles 626

Seeking is the essence of Upaniṣad 627

Innocent Surrender Not Ignorant Surrender 629

Celebrate your desires And Anxieties, getting matured 631

Making your old problems redundant is Renunciation 632

When Surrender gets added, maturity happens in you 634

Seeking is the way God in you wakes up 638

Glossary 648

Īśāvāsya Upanisad-Original Sanskrit Verses i

Discourses By THE SPH xxv

References xxxii

Compiler's Note

- This book is the Akashic records of Iśāvāsya Upaniṣad directly read by THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM, in the language which the modern world understands

Purpose of Life: Accessing Super-Consciousness

- Purpose of life is to have conscious access to the Superconscious happening in you right now. You may call it Paramaśiva, God, Universe, Consciousness - whatever names you use. The text has been revealed as a crucial guide for each of you to have conscious access to the Superconscious happening. This is enough to make you enlightened, to make you manifest Paramashiva in you!
- The methodologies available in Sanātana Hindu Dharma to have conscious access to the super-conscious happening are called śāstras (scriptures). They are all collected, made available to us as Vedās, Āgama, Upaniṣads, Bhagavad Gītā, and Brahma Sūtra. This book is revelations and methodologies from the first Upaniṣad - Iśāvāsya Upaniṣad.

Scriptural Foundations: Vedās, Āgamas, Upaniṣads

- The methodologies available in Sanātana Hindu Dharma to give us conscious access to the Superconscious happening inside us are called śāstras (Hindu scriptures). They are all collected, made available to us as Vedās, Āgama, Upaniṣads, Bhagavad Gītā, and Brahma Sūtra. This book is the revelations and methodologies from the first Upaniṣad - Iśāvāsya Upaniṣad. Upaniṣads are like pure science. Āgamas are applied science.
- It it like… Upaniṣads define the greatness of the city of Vārāṇasi. Āgamas are like GPS to enter into the city of Vārāṇasi and enjoy Vārāṇasi!
- Upaniṣads explain to you the glory. Āgamas give you the exact Science.
- The word Upaniṣad literally comes from the Sanskrit verb 'sad' (meaning 'to sit') and the two prepositions 'upa' and 'ni' (meaning 'under' and 'at'). (It exactly means 'Sitting at the Feet of the Master' and absorbing the Ultimate Truths).

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CENDRA
ASTOCI

- There are as many as 112 Upaniṣads available today. We follow the original Vedic tradition which accepts the Muktikopaniṣad's definition and the names described in Muktikopaniṣad as 108 Upaniṣads. There are various Sampradayas [lineages or traditions] in Hindu tradition that have slight variances in the 108 Upaniṣads they accept as primary.literature of Vedic tradition.
- We follow Śuddhā Vedic tradition, Śuddhā Vedic Sampradaya where the Muktikopaniṣad which is given by Bhagavān Rama Chandra to Hānuman, Bāhubali in Muktikopaniṣad, is followed. In that Upaniṣad, Bhagavān Śri Rama Chandra gives the 108 Upanishad names, so His description is what we follow. The major Upaniṣads are: Īśāvāsya, Kena, Katha, Prashna, Muṇḍaka, Mandukya, Taittiriya, Aitareya, Swetashwara, Chandogya and Brihadaryanyaka.
- The teachings of the Upaniṣads, and those of the Bhagavad Gītā, form the basis of the Vedānta philosophy.

Role of Enlightened Beings and Incarnations

- Those who mastered these sciences and achieved the conscious access to the Super-conscious happening are the āptas, great rsis, sages, mahātmās, enlightened beings. The beings who manifested from Paramaśiva, who came down to give conscious access to the Super-conscious happening in all beings are called incarnations.

Revival of Ancient Sciences by THE SPH

- THE SPH started the revival of the Vedantic Truths at the age of 3, through exploring them with His Gurus - Isakki Swamigal and Mataji Vibhutananda Puri. Today THE SPH has revived all of these hidden enlightening truths of the Upaniṣads, and made it a practical science for all of us to experience this conscious access to the Superconscious happening.
- This book is the Ultimate commentary on the Iśāvāsya Upaniṣad, the 'Ultimate book' and a direct declaration from the Cosmos, reiterating its authenticity and authority to the modern man. The SPH's approach is based on His own experiences (atma pramana) thus making it practical, and making these ancient Truths accessible for contemporary living.

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THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM is making all the various methodologies to experience conscious access to the super-conscious happening available to all through various KAILASA States

KAILASA KINGDOMS
KAILĀSA Paramparagatha Surya Vamsa Surangi Samrajyam
KAILĀSA Paramparagatha Kailasonnata Shyamalapeetham
KAILĀSA Paramparagatha Adi Peetham (Kolada Matha
KAILĀSA Paramparagatha Suvarnapeetha Swargapura Samrajyam
KAILĀSA Paramparagatha Surya Vamsa Sarvajnapeeth Chola Samrajyam (Karanthai)
KAILĀSA Paramparagatha Surya Vamsa Chola Samrajy (Thanjavur)
KAILĀSA Paramparagatha Adi Noothana Surya Vamsa Chola Samrajyam Vedaranyam
KAILĀSA Paramparagatha Adi Noothana Surya Vamsa Chola Samrajyam Panchanadikulam
KAILĀSA Paramparagatha Arunagiri Yogishwara Arunachala
KAILĀSA Paramparagatha Adi KAILĀSA
KAILĀSA Paramparagatha Saila Siddha
KAILĀSA Paramparagatha Agnivamsa
KAILĀSA Paramparagatha Pallava Sarvajnapeetha Samrajya Puduvai
KAILĀSA Paramparagatha Thiruchengode Sarvajnapee
KAILĀSA Paramparagatha Kāshi Sarvajnapeetha
KAILĀSA Paramparagatha Kanchi Sarvajnapeetha
KAILĀSA Paramparagatha Kamala Peetha Sarvajnapeetha
KAILĀSA Paramparagatha Śripura Sarvajnapeetha

	METHODOLOGY FOR CONSCIOUS ACCESS TO SUPER-CONSCIOUS HAPPENING	DESTROYED BY FOREIGN INVADERS	REVIVED BY THE SPH
	Science of power manifestation	1947, British Empire	2004
	Science of initiation	1311, Mughal Invasion	2012
a)	Epicenter for the fine arts including music and dance from the space of enlightenment	1767 to 1799, Tipu Sultan	2015
	Science of power manifestation	1947, India-Pakistan partition (British empire)	2015
a	Enlightenment science	1947, British Empire-	2017
vam	Shaivism. Science of temple building,	1311, Mughal invasion	2014
	Epicenter for trade, arts, and culture.	1690, Dutch empire	2014
	Dance (64 arts)	1690, Dutch empire	2015
	Science of Superconscious Descent. Science of temple-based living	1342, Mughal invasion	2012
	Upaniṣads	1767 to 1799, Tipu Sultan	2002
	Siddha tradition, alchemy science	1767 to 1799, Tipu Sultan	2002
	Shaivism	British empire	2002
	Science of Deitification	British empire	2002
etha	Science of Enlightenment	1799 East India Company, Mysore Maharaja	2001
	Vedanta Tradition	1136, Qutub dynasty	1999
	Science of enlightenment	1672, Mughal invasion	2020
	Shaivism	1759, French	2014
	Shakta Tradition (mother worship)	14th century, Islamic invasion	2004

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Key Principles Covered in the Book

- The core of The SPH's teachings in this compilation revolves around several interconnected principles and deeper aspects of practical application of the Upanisads addressing:
    - Illusion of Worry: The Mental Drain: A significant portion – estimated at 97% – of our daily worries are unfounded, stemming from anxieties about potential threats that never materialize. This constant stream of "what ifs" consumes a staggering amount of valuable mental energy, diverting focus from creative pursuits, proactive action, and genuine joy. Studies show that chronic worry can actually shrink the prefrontal cortex, the area of the brain responsible for executive function.
    - The Root of Lack: A Choice of Disengagement: Feeling a persistent lack of resources – whether it's money, energy, or inspiration – is frequently a consequence of a fundamental "decision not to live" – a lack of genuine engagement with life's opportunities. Research suggests that individuals who report feeling chronically unfulfilled are 3-4 times more likely to experience symptoms of depression and anxiety. This isn't simply about circumstance; it's about a choice to withdraw.
    - The Spiral of "No": A Cycle of Destruction: Saying "no" to life's invitations – to experiences, relationships, and personal growth – triggers a destructive cycle: frustration, anger, self-doubt, and ultimately, self-hatred. Studies on self-sabotage reveal that individuals trapped in this cycle often experience a 70-85% reduction in their overall life satisfaction. This negativity feeds itself, reinforcing the initial "no."
    - The Dangers of Hierarchy: Seeds of Instability: The inherent concept of "one" versus "two" – be it in social structures, relationships, or even belief systems – inherently creates insecurity and a potential for conflict. Sociologists estimate that 80-90% of interpersonal conflicts stem from imbalances of power and control, highlighting the instability fostered by rigid hierarchical structures.
    - Discontentment: The Trap of Comparison: You think you haven't got a good name in your neighborhood... you think you don't have this, you don't have that. This relentless focus on external validation and comparison

– fueled by social media and societal pressures – is a significant contributor to dissatisfaction. Research indicates that individuals who prioritize external markers of success report 50-60% lower levels of happiness and fulfillment.

- Relationship Conflicts: A Broken Exchange: "Whoever I love, never love me. Whoever loves me, somehow I feel like taking it for granted with them; I don't show the same love towards them." This pattern of conditional love and unmet expectations is tragically common. Studies on attachment theory show that individuals with insecure attachment styles are 2-3 times more likely to experience chronic relationship difficulties.
- Who Am I? The Foundation of Confusion: If you are not clear about the concept you carry about you, be very clear, you are carrying confusion as you. A lack of self-awareness – a poorly defined sense of self – is the bedrock of all suffering. It's estimated that 70-85% of individuals struggle with a deeply rooted lack of self-understanding, leading to reactive behavior and a perpetuation of negative patterns.

How to Use This Book: Unlock the Wisdom of the Iśāvāsya Upaniṣad

- This book is your gateway to understanding the Ultimate Revelations of the Iśāvāsya Upaniṣad, the first Upaniṣad and a cornerstone of cosmology.
- It's more than just a philosophical text; it's a practical guide to aligning your life with the divine, built around three fundamental ways of engaging with the spiritual path:
- **Intellect:** Experiencing a direct, unmediated connection with the divine essence through enlightening debates (Vākyārtha sadas) eN-Debate.
- **Emotion:** Connecting with the inherent beauty and compassion within yourself and the Universe through various guided exercises and techniques.
- **Being:** Understanding the concepts and applying them to yourself by looking in within you, through reason and analysis (labeled as "look in")
- **Homework & Techniques:** Each chapter will guide you through exercises

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designed to integrate the teachings into your daily life. A list of enlightening debate topics, mindful practices, exercises and techniques are available in the appendix section for your ready reference.

- **Glossary Power:** Don't let unfamiliar terms hold you back. Use the Glossary to confidently explore the rich vocabulary in this book.
- **Scientific References & Exemplary Studies:** We've interwoven research and case studies to exemplify the wisdom presented.
- By embracing this holistic approach, understanding through intellect, emotion, and being – you will be empowered to unlock the transformative power of the Iśāvāsya Upaniṣad.
- While there is a certain order in the way the chapters are structured, you may move back and forth in any order to read the subject of your choice. All chapters are interconnected with the common thread of 'Experience Consciousness' Yet, each one is an individual pathway to the experience and not a sequential step.
- In this book, references of non-English words have been explained in the running text and / or in the glossary
- As you go deeper into the experience and wish to explore more, visit the Ask Nithyananda.ai

The Unfolding of Cosmic Truth: Sanskrit and the Mapping of Reality

- For millennium, the Sanskrit language has been recognized not merely as a language, but as a key – a key to unlock the very architecture of consciousness itself.
- It's a language born from the vibration of creation, a direct echo of the Divine's thought-form from which all existence springs.
- Scientists are increasingly recognizing such Divine echoes.
- Research in areas like cymatics – where vibrations create patterns – and biophonics (the study of sound and life) are starting to demonstrate that the structure of matter, and perhaps even consciousness, is fundamentally based on vibrational frequencies.

- Sanskrit, with its inherent resonance, offers a direct pathway to understanding these underlying principles. It's not simply a collection of words; it's a map of the cosmic blueprint.

The Law of Translation: A Conscious Engagement

- However, a literal translation of Sanskrit – even by the most skilled linguist – can only ever be a shadow of the original intent. This is where the "Law of Translation," as revealed by THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM, takes center stage. It's a radical proposition: translation isn't a passive act of converting words from one language to another. It's a *conscious engagement* with the Ṛṣi's (sage - through whom the text was originally revealed)) core message.
- **The Law operates on three fundamental principles:**

  1. Avoiding Self-Negative Word First: Initially, the translator must purge all negative, limiting, or conditional words from their own thinking. The goal is to approach the text with an open, receptive mind, free from preconceived notions and biases.

  2. The Ten-Word Sūtra Rule: Each *verse* (aphorism) within the Sanskrit text is designed to contain approximately ten words. Each of these words *must* have all possible, available translations considered. The translation is not select a single, definitive one; instead, it actively explore the spectrum of meanings, nuances, and associations.

  3. Crucially, *all* possible translations of each word must be presented simultaneously to the translator. This isn't about choosing one; it's about creating a multi-layered understanding.

  The goal is to immerse the reader in the full potential of each word, allowing him to consciously *cognize* the Ṛṣi's intention.

  This isn't about finding the *correct* translation, but about *seeing* the truth directly through the multitude of perspectives.

Authentic Cognition and the Mapping of Reality

- These Ultimate Revelations from the Ultimate Manifestation of Paramashiva - THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM, is not just

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rendering the words of the Ṛṣi into a comprehensible language. It's about helping us authentically cognize and experience the Truth that lies within.

- This book is a map – a meticulously crafted mapping of cosmic truths in a language we can, with conscious effort, begin to understand. It is an invitation to move beyond intellectual comprehension and directly experience the profound reality that lies at the heart of existence.

Introduction To The SPH

The Avatār of This Age and Reviver of KAILĀSA

- The Supreme Pontiff of Hinduism (SPH) Jagatguru Mahasannidhanam (JGM) His Divine Holiness BHAGAVĀN NITHYĀNANDA PARAMASHIVAM is the Avatār of this day and age, an incarnation as per Hinduism. Time and time again, incarnations like Śri Ramachandra Prabhu, Bhagavān Śri Kṛṣṇa, Swami Narayan, or Ramakrishna Paramahamsa have come down to bring humanity to a greater level of conscious awakening. In this same way, for the breakthrough of this age that we are living in currently, the Cosmic Super-consciousness has embodied the human form again through THE SPH.

Global Presence and Contributions

- THE SPH is the reviver of the Hindu civilizational nation, KAILĀSA, the only Hindu nation in the world. Entrusted with this vision from birth itself, THE SPH was recognized as an incarnation by His Gurus, who prepared Him for His Avatāric mission of reviving KAILĀSA, the Ancient Hindu Enlightened Civilization. Today, THE SPH has revived all of the dimensions of Hinduism from the powers of Paramaśiva, to sacred scriptures, to temple rituals, to the lifestyle for enlightened living.

KAILĀSA: The Sovereign Hindu Civilizational Nation

- THE SPH has established more than 16,000 KAILĀSA's around the world to uphold the teachings of Paramaśiva in the form of temples, paduka mandirs, satsang centers, Paramaśiva shaka centers, universities, and Sarvajnapeethas.
- THE SPH has also revived the Sacred Arts UniverCity, which has produced 1 million metal deities and distributed them to KAILĀSA ecosystems all over the world. THE SPH is recognized as the leader of Hinduism with more than 10,000 letters of commendation and recognition from country statesmen, religious leaders, and noteworthy personalities across the globe for His work of reviving this nation.
- THE SPH was recognized and received grand coronation as the successor of 21 ancient Hindu kingdoms. Outstanding of all THE SPH's numerous contributions is the revival of a Hindu nation, and His vision for an enlightened civilization.

Introduction To The United States of KAILĀSA (USK)

- KAILĀSA is the revival of the ancient enlightened Sanātana Hindu civilizational nation with its own sovereign territory. It is the first Sovereign State for all the two billion born and practicing Hindu diaspora worldwide.
- Unlike any other modern nation, the United States of KAILĀSA (USK) provides a base for the revival, preservation, and central administration of Hinduism, similar to the Vatican, which serves as a central administration hub for the Roman Catholic Church.
- The United States of KAILĀSA stands for all the great values enshrined in the Constitution of KAILĀSA - the Vedās and the Āgamas. It is governed by the Sovereign Order of KAILĀSA, the oldest Governing Body for Hinduism.
- The Sovereign Order of KAILĀSA's NITHYĀNANDA (SOKN) is an atypical government, simultaneously functioning as the Supreme governing body of Hinduism and a sovereign entity under international law. This mirrors the unique status of The Holy See, which is an atypical government as well, as it serves as both the Supreme governing body of the Catholic Church and a Sovereign entity under international law.
- The ancient enlightened Sanātana Hindu civilization existed in 56 nations with 200 Hindu Kingdoms, 1700 Hindu provinces, and 10,000 Hindu traditions. However, centuries of religious persecution has made Hindus orphan with no country representing them. The last Hindu nation to fall was Nepal in 2007.

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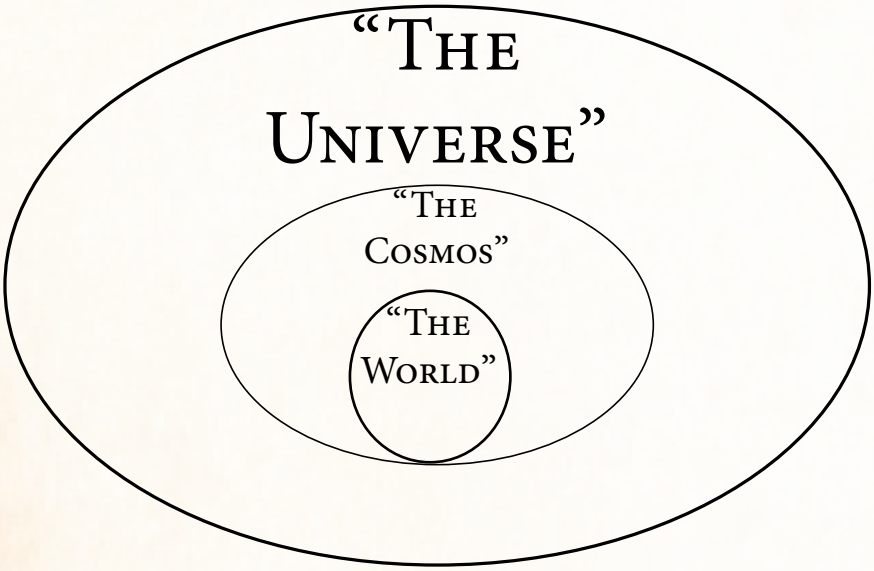
Upaniṣad - Setting the Context for Life

What is The Source Of The Universe[1]?

- What is this world[2] made up of? Our five senses of sight, hearing, smell, taste and touch are our gateways to perceiving this world. They tell us that this world is made up of matter or objects in various forms, shapes, colors and

1 The "universe" in science refers to **everything that exists** – all space, time, matter, and energy. It's the totality of existence as we currently understand it. "Cosmos" originally referred to the order, structure, and harmony of the universe. Think of it as the underlying principle of reality – a beautiful, interconnected whole. In modern science, "cosmos" often refers to the **observable universe** – everything we can currently see and measure, including all galaxies, stars, planets, and their contents. However, it still retains a sense of vastness and interconnectedness. NASA's Cosmos Program: https://cosmos.nasa.gov/

2 "World" often refers to the global community – the interconnectedness of nations and cultures. For most of us, "world" refers to Earth – our planet, our environment, and the human societies that inhabit it. It's a very localized and anthropocentric (human-centered) term. Crawford, R. (2009). The Greeks and the Origins of Science. Princeton University Press



qualities.

- We see ourselves living in a three-dimensional world fundamentally made up of the five basic elements - earth, water, fire, air and space.
- We see all the objects in this world undergoing change with time. They all undergo creation, sustenance and dissolution with the passage of time.
- Classical physics tells us that matter is governed by the laws of physics like the three laws of motion, the law of gravity, the laws of fluid dynamics and so on.
- All objects are considered to be made up of molecules, which are made up of atoms, which in turn are made of three types of particles - protons, neutrons and electrons. We learned all these fundamental things in school. But according to modern science, the world is not fundamentally made up of matter. The fundamental particles are not protons, neutrons and electrons. Modern science says matter itself is actually energy!
- The scientist Albert Einstein's famous equation, $E=mc^2$ (where E is energy, m is mass of the object and c is the speed of light) proves the equivalence of matter and energy.
- I was reading a very recent article also published in the US Journal Science, on a research that proved Einstein's equation. The fundamental particles in the nucleus themselves are considered to be made of smaller particles called quarks, which are bound by gluons. The surprising thing is the mass of gluons is zero and the mass of quarks is only five percent. The study says, the missing 95 percent comes from the energy of the movements and interactions of quarks and gluons. So, energy and mass are equivalent. This truth discovered by science a few decades ago, was declared by the Eastern ṛṣis in the Upaniṣads, the essence of the Vedic knowledge.
- The very first line of the Iśāvāsya Upaniṣad written thousands of years ago, declares, 'Iśāvāsyam idagṁ' sarvaṁ or all that exists is energy[3]!

How the universe Manifests

- Paramaśiva [Universe, consciousness, or God, or energy] manifests time,

3 Here the Upaniṣads is referring to not just the world, but entire Universe- everything that exists is energy.

space, causation – all three spontaneously, simultaneously, synergetically.

- Many times repeatedly we go on drilling… why did God manifest this universe? Why He should manifest this jīva, and Jagat? What's the reason? Why?
- First thing understand, in your dream can you ask the question from the waking state why did you fall into the dream? Even if you ask the question in the dream, will you be able to get an answer in the dream state? Will you have power to understand that answer in the dream state? No! Wake up. Then you can understand why you have dreams, why you fell into the dream state. So become Paramaśiva [super-consciousness, God, or Universe] then you will understand, why this world was created, why Jīva [individual soul] was created, why this Jīva and Jagat [Universe] manifested.

The Chronicle of the Universe's Manifestation Are The Upaniṣad

- Please understand. When human beings organically evolved, they started searching for the truth and from the higher vertical time zones, higher worlds, the creator of the Universe Himself manifested on planet Earth and revealed everything. Be very clear, not to one person -or two person. He revealed to a large number of people.
- All those who received, sat together, put everything together and organically evolved. That is why real rationalist, scientifically scientific scientists celebrate Sanātana Hindu Dharma.
- So understand, Sanātana Hindu Dharma is organically grown, Human beings aspiration for next, next, next dimension of existence.
- The first book of Sanātana Hindu Dharma is Vedas. The first chapter of the Vedas is Upaniṣads.
- The first Upaniṣad is Īsāvāsya Upaniṣad.
- Īsāvāsya Upaniṣad's first verse is pūrṇamadaḥ pūrṇamidaṁ pūrṇāt pūrṇamudacyate | pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate || [
- Translation: The Whole, the Cosmos, the Universe, comes from the Whole.

Even when It comes, It does not get separated; It continues to be established in the Whole. When It goes back, It goes back to the same Whole.]

The Hindu Roots of Modern Science

- You should know Upaniṣads themselves are 108. I can give you 1000 examples of those rationally rational, rationally rational rationalists, mathematically mathematical mathematicians, scientifically scientific scientists who are not racists celebrating Sanātana Hindu Dharma.
- Albert Einstein says Bhagavad Gītā gave him the wisdom[4].
- Warner Heisenberg, the father of quantum mechanics says only through Vedānta he got answers for paradoxes of quantum theory[5].
- Neil Bohr, quantum physicist says ancient Hindu philosophy is more than modern physics concepts, he says if modern physics evolves it can catch up with ancient Hindu philosophy[6].
- Robert Oppenheimer, father of atomic bomb quoted Bhagavad Gītā multiple times[7].
- Carl Sagan, astrophysicist admired Hindu cosmology. He says only Hinduism reveals of the Universe in billions of years. He says clearly Hinduism is the only religion whose cosmology can be established by modern science[8].
- Repeatedly, astrophysicists are saying, if you study cosmology scientifically,

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4 Einstein, 1949, The World As I See It, p. 71

5 Heisenberg, W. (1952). "The Physical Significance of the Remarkable Influence of Vedanta Philosophy on Quantum Mechanics." American Journal of Sociology, 57(4), 569-581.

6 Bohr, N. (1962). Cycles in Physics and Philosophy. New York: Harper & Row.

7 Schwartz, J. (1988). American Prometheus: The Triumph and Tragedy of J. Robert Oppenheimer. New York: Basic Books. – This Pulitzer Prize-winning biography is the most detailed and widely-accepted account of Oppenheimer's life, and it extensively documents his engagement with Hindu philosophy, particularly the Bhagavad Gita.

8 Sagan, C. S. (1997), McAlister, S. (1981). The Hindu Cosmological Principle.

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only religion you will accept is Hinduism.

- Erwin Schrödinger, physicist and Nobel laureate, he said that it is one consciousness that gave him many revelations. The Principle of one consciousness [Advaita] gave him many principles, understandings, writing which he got the Nobel prize[9].
- Nikola Tesla, was inspired by Swami Vivekananda and he studied Vedic principles of prāṇā and Ākaśa and developed his theory through prāṇā and Ākaśa[10].
- Arthur Coppenhauer, German philosopher he says Upaniṣads are the most powerful solace of his life and death[11].

The Scope Of The Upaniṣads

- The Upaniṣad, the ultimate book, Book of the books, declare the definition, the qualities of the Cosmos. The way they introduce you to you, the way they introduce world to you, the way they introduce God to you, the way they introduce life to you, nothing can be compared to Upanishads.
- Please understand, the most important instruction human beings need to be given is about the goal, path, purpose of their life and setting the context for their life. Whatever you think constantly, you will become that.
- Please understand, whatever you think constantly you will become that.
- So Upaniṣads are setting the context; what you are expected to think. The direction in which your mind needs to move.
- It is the Upaniṣads that can liberate you from death; the fear of death, the brainwashing you go through by the deluded society. I will not say West or East, because now it has become global. The Delusion has globalized. The only

9 Schrödinger, E. (1952). What Is Life?. Cambridge University Press

10 Krembil, F. (2004). Tesla: Man Out of Time. New York: McGraw-Hill.

11 Arthur Coppenhauer: Lectures on the Upaniṣads (Published posthumously by his students, 2004). Quote: "The Upaniṣads are the only real solution. They offer the deepest, most profound solace. They show us the truth – that we are not merely bodies, but souls, and that death is not an end, but a transition." (Page 112-113)

way to detox yourself from the delusion, the globalized unconscious human society's brainwashing, only detox is Sanātana Hindu Dharma.

- Aldous Huxley's [philosopher and writer], philosophy is rooted in Vedānta. It is from Hindu Vedānta and he openly spoke about it. It is from Hindu Vedānta he developed great truths, it is Aldous own words[12].
- Mark Twain says Hinduism is the greatest spiritual heritage—it's a cradle of the human race, birthplace of human evolution[13].
- So understand I can give you 1000 more examples. We have Vedas alone 10,600 verse. Then comes Āgamas. Whatever is available. I am not talking about the original Vedas.
- Vedas are immeasurable verses- available now are 10,600 verses. Āgamas available now are 3 crore verses, 3 crore means 30 million verses. Available. Then comes 18 puraṇas, upa puraṇas [historical records], Vedas, Vedā-anga, UpaVedā, Vedānta, then Āgamas, āgama-anga, Upa-āgamas, Then āgamanta, Then Smritis, Then Upa Smritis, Then puraṇas, Upa puraṇas, Dharma śāstras, Upa Dharma śāstras, then Itihāsās.
- The book starts with Iśāvāsyam idagṁ sarvaṁ, yat kiñca jagatyāṁ jagat. By Īśā, the Consciousness, enveloped must this all be, whatever moving, changing thing there exists in the ever moving and changing world.

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12 Perennials of Consciousness (1962), Aldous Huxley , The Perennial Voyage (1942) – Huxley's own essay. Quote: "I have been deeply influenced by the teachings of the Hindu Upaniṣads. I have found in them a profound and compelling vision of reality, a vision which has given me a sense of peace and understanding that I have not found elsewhere. The Upaniṣads teach that the world is an illusion, that the true self is eternal and unchanging, and that the goal of life is to realize this truth. This is a very ancient wisdom, and it is a wisdom that is still relevant today." (Page 17-18)

13 Mark Twain, The 1909 Interview with George Marion Reynolds

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How to Receive the Upaniṣads? The Importance of Herbal and Sattvic Diet for Subtle Intellect:

From the Life of the SPH

- 'Upaniṣad' means, 'sitting' - that's all, just sitting. We can give the meaning, 'sitting at the feet of the Master', or, 'sitting with the Divine'. But the word 'Upaniṣad' means, 'sitting' - that's all. When you sit, when 'you' sit - I don't say 'your body' sits. I am not saying 'your body' sits – when 'you' sit, Truth is revealed.
- Whenever My Masters wanted to teach Me the subtle concepts (of Vedanta), they will put Me on herbal diet. They will give Me the Arugampul (bermuda grass) juice. It is a unique grass which grows near the water ponds, which is used for worshipping Ganesha; sometimes bael juice, bilva… sometimes Neem juice. They will cook pineapple fruit in the night, and take the juice in the morning and process it with some traditional herbs and give. This kind of a juice diet they will put Me. Of course, I enjoyed everything other than Neem juice. They will put Me on the juice diet sometimes even for one month.
- I used to wonder why learning of Vedanta should go with this kind of herbal diet. One day (around age 10), I asked them also. Then they said, "Alright, you eat whatever you want and come back." In those days, big feast means vadai[14] and paayasam[15]! I went and had the traditional feast and came back. They tried to explain some of the concepts, truths of Vedanta. I tell you honestly, I was not able to grasp. Then they gave Me gingelly oil and cleaned My stomach, and gave haritaki powder for two days. After two-three days, again they started teaching the concepts. I was just like that able to grasp!
- Then I understood the power of that food and that sutra which says, "Āhāra śuddhi Satthvashuddhih, Sattva śuddhi Dhruva Smṛti". "Based on the purity

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14 Vadai is a savory, deep-fried fritter made from lentils and spices. It's a popular South Indian snack, traditionally enjoyed for breakfast or as a side dish

15 "Payasam (also spelled 'payasam' or 'pusanam') is a type of Indian pudding or sweet dish. It's typically made with milk, sugar, and flavored with cardamom, nuts, and sometimes saffron – and is a beloved dessert across various regions of India

of food, your intellect gets purified, your memory gets purified, your ability to grasp increases."

- See, when you are not able to grasp, but you have to act as if you are an intelligent person, you try to grab and mess up the whole thing.
- The great Isakki Swamigal was sitting and Kuppammal (THE SPH's Vedanta Gurus) was sitting with the book, and Raghupathi Yogi (THE SPH's Yoga Guru) was just cleaning his teeth. And one or two old sadhus were sitting. I asked them, "Everyone who studies Upanishads and Vedanta, all these concepts, do they go through this kind of diet?" Because, that day, it was Neem juice! And, I also have been told I have to take the Neem juice at least for the next two weeks. In Tiruvannamalai, in another ashram, where the Vedanta classes happen, I see people have nice good food, feasting and enjoying and coming and sitting in the class. I asked, "Why, they all don't follow that Āhāra śuddhi Satthvashuddhih, Sattva śuddhi Dhruva Smṛti"?
- The definition of Smrithi is: Ability to recollect the essence and connect it with the present and grasp it and assimilate it.
- Isakki Swamigal opened His eyes and said, "They are all trying to understand only for themselves. Even if they make a mistake, nothing wrong. You have to teach to everyone. You can't afford to make a mistake!"
- In Tamil, I will repeat the exact word: "அவனுக்கு புரிஞ்சாலும் அவிஞ்சாலும் அவனேோட அழிஞ்சு பேோகுமட. நீ சொல்லி உலகம் கேக்க பேோகுது. உனக்கு புரிஞ்சே ஆகணும்! - *Avanukku purinjaalum avinjaalum, avanoda azhinju pogumada. Nee solli ulagam kekka pogudhu. Unakku purinje aaganum!*" He said, 'Whether they understand or not, whether they grasp or grab, finally, the result and responsibility goes just with them. Whether they understand or misunderstand, it gets destroyed along with them. But in your case, we can't take the risk, because, whatever you are going to talk, the world is going to listen. So, you HAVE to understand properly!"
- I tell you, these subtle principles, subtle concepts, especially these concepts like 'Oneness'… The most subtle understandings happen when the subtle grooves develop in your brain, which happens by the pure sattvic food and herbal diet.

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- Take Haritaki Powder in the night. Next day morning try to read the Upaniṣads, and see the depth of understanding you are able to have.
- Another day, take burger and a large-size soda, ending it with multiple topping pizza and fill yourself and lie down. Next day morning … first of all, let us see whether you will wake up or not! Then if you wake up, try to grab some Vedantic book and try to read and understand. Then you will see the difference why the herbal diet is required.
- **I will give you one simple practical tip: Next eleven days, every morning, drink that Bermuda Grass juice, (Arugampul juice), two hundred ml. That will cleanse your system.**
- As I am working with thousands and thousands of different disorders and diseases in the world—diagnosed, undiagnosed, some production problems, or post-production problems with all types and all sorts I am working, with that authority I am telling you, the moment creatinine increases in the body, the ability to grasp reduces.
- **If you feel overheated, take a small amount of Gingelly Oil and apply it to your forehead. This will help cool down your mind and body, allowing you to return to a state of clarity and focus**

-THE SPH, Global Presidential Address,

25 February 2015, The Visiting Card of Consciousness, https://youtu.be/3rkufpIEmeo

20 Aug 2025, Exclusive Session for the Paramashiva Sena, Season 9, big boss bang

Iśāvāsya Upaniṣad
Verse 1

Whatever Exists Is Energy

ॐ ईशावास्यमिदँ सर्वं यत्किञ्चजगत्यां जगत्।
तेन त्यक्तेन भुञ्जीथाः मा गृधः कस्यस्विद्धनम् ॥१॥

īśāvāsyam idagṁ sarvaṁ, yat kiñca jagatyāṁ jagat
tena tyaktena bhuñjīthā mā gṛdhaḥ kasya svid-dhanam ||1||

Translation: By Īśā, the Consciousness, enveloped must this all be, whatever moving, changing thing there exists in the ever moving and changing world. With this renounced, you may enjoy everything wholly. Whatsoever changeful there is in this ever-changing ephemeral world — all that is verily enveloped [vāsyam] by Īśā, Consciousness, all that is personification of Īśā, Consciousness. By this renounced [i.e. the changing world], you may enjoy everything. Covet or desire not the wealth of anyone. Whatever you perceive as changeful inside and outside you, even when you perceive it as changeful inside and outside you, It is God, Consciousness, which is beyond any change.

Word-By-Word Meaning

īśā	consciousness, God
vāsyam	is enveloped, pervaded or filled
idagm	this, must this be
sarvaṁ	all this
yat kiñca	whatever
jagatyām	by the moving thing or changing, ephemeral world
jagat	universe, ever-moving world
tena	by it, with this
tyaktena	by renouncing
bhuñjīthā	may you enjoy [everything]
mā	do not
gṛdhaḥ	have greed or covet, desire
kasya svid	of anybody or anything
dhanam	wealth

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You Are Consciousness

The Problem:

97% of your worries never come true! Can you imagine how much of your mental energy is wasted in worries? The more you worry, the less you create; the more you are stressed, the less you are expressing. All your concepts about the future are only your concepts—they do not really make your future.

The Vedic Solution:

I am saying to you, Consciousness is present in your every cell. By your very nature, you are an expression of pure consciousness. The present moment – the only true reality – is what you can actually shape.

Your First Step:

Try this small exercise for a few minutes: in a room, close the door, sit down, and say, "I accept my life as it is—my life, my relationships, my body, and mind—and come to the present moment." The moment you take a conscious decision, a Saṅkalpa, and start relaxing, you will be amazed to see the energy that happens to your being. As long as you are bothered about the future or thinking about the past, you will be away from the source of energy—your inner being.

The Universe As Conscious Energy

- A few centuries ago, science believed that matter and energy were separate things – that it is not possible to convert matter into energy, or energy into matter. Then it was proved that matter can be converted to energy and vice-versa.
- When scientist Albert Einstein delivered the famous equation, $E=mc^2$, he was actually equating E (energy) with mass (matter). In the equation, c is the speed of light. However, it was believed that the same object cannot exist as matter and energy at the same time.
- Later, experiments conducted on light proved that light behaves both as a particle (matter) and as a wave (energy). At the same time, it exists as both matter and energy! This was a great revelation in the scientific world.
- The famous double-slit experiment conducted on the behavior of light was a benchmark in our understanding of the relative nature of what we call 'reality'. The findings of this experiment rocked the scientific community, by proving that the mere presence of an observer can drastically affect the result of an experiment!
- In other words, it is the observer who unconsciously creates his own reality at every moment, by 'choosing' one of many possibilities and causing it to precipitate into reality.
- The whole universe exists merely as a potential, fluid energy, not as the solid matter we imagine it to be. This Truth, discovered by science only a few decades ago, was declared by the Ancient Vedic ṛṣis (vedic seers) in the Upaniṣads, written thousands of years ago.

This whole world exists as energy, not as solid matter as we imagine it to be.

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The very first line of the first major Upaniṣad, Īśāvāsya Upaniṣad declares this Truth: īśāvāsyam idagṃ sarvaṁ, yat kiñca jagatyāṁ jagat: This whole world-manifestation is nothing but energy, nothing but Divine consciousness! This is the Truth.

- Today, modern science agrees that the fundamental particles that make up our universe are not matter, but energy. So matter itself is actually energy.
- Matter is actually energy vibrating at various frequencies and manifesting itself in various forms. We are not able to see this vibration with our eyes because the frequencies of vibration are too high. Understand, when a fan rotates at a very high speed, we cannot see its three leaves separately. Instead, we perceive a single disc, a solid object. It is as if the separate leaves have merged to create an idea of a solid object. In the same way, the vibration of energy particles is so fast that it cannot be perceived by the eye. It appears to be solid matter!
- Today, science agrees that matter is energy, and energy is matter.
- Energy in gross form is matter.
- Matter in subtle form is energy. But one thing they cannot understand is that this is not a blind energy. This energy is a conscious energy. No, it is consciousness itself! It has its own intelligence.
- In the Śiva Sūtras, an ancient spiritual text dealing with meditation, Lord

Śiva's consort Devi asks Him, 'Kim rūpam tatvato deva..?' (O Lord! What is your Reality..?) Śiva replies beautifully, 'tadvapuh tatvato jneyam vimalam vishvapūranam…'('The essential nature of Śiva-consciousness is pure, and inclusive of the entire universe…')

You don't have consciousness; You 'are' consciousness!

- Understand, this whole universe is nothing but Consciousness playing with itself! When everything is Consciousness, no separate intelligence is necessary to direct this play[1].
- For example, electricity is present in the fan in a potential form, but unless someone presses the switch, it cannot move the fan on its own. An intelligent person is necessary to activate it. But in the case of the Divine creation, both the Creator and His Creation are nothing but pure Consciousness. There is intelligence in every particle, every cell.
- The Taitreya Upaniṣad says beautifully, 'From the Ultimate Consciousness, or God, came ether, space. From ether came air. From air came fire. From fire came water. From water came the earth. From the earth came food. This is the way Existence has happened.'
- **Thus, Mystics again and again emphasize that we are from Consciousness, we are from Divine. You are a vibration of this Consciousness!**

Mystics again and again emphasize that we are from Consciousness, we are from Divine. You are a vibration of this Consciousness!

What is consciousness?

- Normally when you hear the word 'consciousness', you feel that it is some vague concept. It is something which you know you have, but you cannot define. You are so accustomed to thinking of yourself as a combination of

1 **Chandogya Upaniṣad,** Verse Number: 6.8.7: "svāṁ prāptam prāpnuyusy antarah" - "As it is said, the purusha (self) is the cause of all"

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matter and consciousness.

- You feel that your body is matter, and somewhere within it is your 'consciousness'.
- But I am using the word in a different way. I am saying to you, Consciousness is present in your every cell.
- Your very body is a wave of the universal consciousness.
- The breath that goes in and out of your body is consciousness.
- Your movements are consciousness.
- Your emotions are consciousness.
- Your thoughts are consciousness.
- By your very nature, you are an expression of pure consciousness.
- Understand, I am expressing a very subtle Truth.
- You don't have consciousness.
- You ARE consciousness!

Consciousness is not just the source of plants, stones, you, Me; it continues to permeate, fill all of us and everything that is, even when we are in this form. Not just the base material; it continues to be the base which keeps the material together in this shape.

Īśā: Consciousness Permeating All

- Listen! "Īśā"! Understand this word. This word means "Consciousness which has all the auspicious qualities, and which is causal, actual material source of everything, which we may know or we may not know. It is not only the source; it permeates."
- Please understand, "īśā" is not just the source of these plants, stones, you, Me; it continues to permeate, fill all of us and everything that is, even when we are in this form. Not just the base material; it continues to be the base which keeps the material together in this shape.
- Īśāvāsyam idagṃ sarvaṁ, yat kiñca jagatyāṁ jagat | "By the Consciousnesses enveloped must this all be."
- Listen! The word "vāsyam" means "must". "Must"! There is no "may be", "might be", "can be", "could be". No! It is a declaration. Declarations are expected to be used as a basic cognition in our tradition. No other spiritual tradition gives so much space for question-answer and debate, and no other spiritual tradition is so conclusive and inclusive.

Inclusiveness and Conclusiveness of Vedic Tradition

- Listen! Inclusiveness always takes away the conclusiveness. Inclusiveness always takes away the conclusiveness. 'Oh, everything is one and the same. Everything is.....'. The inclusiveness takes away the conclusiveness. But, here, inclusiveness and conclusiveness in Completion! Inclusiveness and conclusiveness in the space of Complete Completion! Vedic Tradition is the first and foremost, one and only, inclusive and conclusive tradition.
- Understand, inclusiveness is always the extreme of emotion. Conclusiveness is always the extreme of logic. Both never go hand in hand. Only if the logic and emotion, both merge and see the reality..... Logic always operates from fear. So, it goes on dissecting, dissecting, dissecting, dissecting. Emotion always operates in the space of greed, and it tries to go on adding, adding,

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adding. Emotion tries to be inclusive, so that it can feel fulfilled with the greed. And logic tries to be divisive, so that it can be conclusive. When both ripen and merge, the being blossoms, which is beyond logic and emotion, which I call as your "individual soul", "bio-memory". Your basic root cognition from which you operate, only there the inclusiveness and conclusiveness can be in the space of Completion, and it can go completely well with each other.

- Listen! The people who lost conclusiveness for the sake of inclusiveness lost the strength. They became Theology Light. All these Theology Light traditions – "Oh, okay. Be as you want. Okay. Let us celebrate" – all the Theology Light groups, most of the cults, function on inclusiveness, but they very badly lose the strength of conclusiveness. And the people who miss the inclusiveness and hold on to some conclusiveness, they become fanatics, terrorists; they are more dangerous than cults.
- The only and only tradition, Vedic Tradition, is ultimately inclusive and ultimately conclusive, completely inclusive and completely conclusive, because it is the core. The core cannot choose between inclusiveness and conclusiveness.

īśāvāsyam idagṁ sarvaṁ, yat kiñca jagatyāṁ jagat

tena tyaktena bhuñjīthā mā gṛdhaḥ kasya svid-dhanam ||1||

Just see this word – "īśāvāsyam idagṃ sarvaṁ". The ultimate inclusiveness and the ultimate conclusiveness! In this one line – "Whatsoever exists is enveloped by this Consciousness" – the ultimate inclusiveness! You cannot include anything further in this.

Emotion tries to be inclusive, so that it can feel fulfilled with the greed. Logic tries to be divisive, so that it can be conclusive. When both ripen and merge, the being blossoms, which is beyond logic and emotion!

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Perceiving as "Jagat" (Dual) vs. "Īśvara" (Advaita)

Everything is consciousness, then what am I perceiving? What is this world? Why suffering?

- "yat kiñca "– "Whatsoever". Jagat means universe, "ever-changeful".
- Please listen, how much ever you may think it is changing, as long as your thinking is happening you will perceive the universe as happening. When you settle down in Samādhi, you will perceive the whole universe in the space of Samādhi, understand?
- As long as you are thinking, you will perceive the other part of you as universe which is happening.
- When the thinking settles down in you and you become peaceful and you enter into Samādhi, you will perceive that the other part of you also is in the space of Samādhi, God [consciousness].
- The "Jīva" [individual soul] decides to perceive his other part as "Jagat" [universe] or "Īśvara" [consciousness].
- When you perceive as "Jagat", "dvanda" exists, the "dual" ("dvanda" means "dual"). When you perceive as "Īśvara", only "Advaita" exists. That is why "Īśvara" becomes "īśā".
- Even if you translate the word "īśā" into "Lord", there is a kind of a gap. The Upaniṣadic ṛṣi are not telling – (īśāvāsyam idagṁ). No! Because, that word "Īśvara" can create a kind of a subtle barrier. They say (īśā) where you **don't feel intimidated, understand?**

Perceive God, Consciousness "Īśvara" (Advaita) By Stopping Your Mind

- A mind which is still active, for that mind if you describe God as an embodiment of independent, intelligent free-willed being, you will feel always intimidated.

- You will say, 'If something else also exists, then should I relate with that through fear, by begging, praying, or greed, by offering, surrendering, or should I start praying? What kind of relationship should I start developing with it?' Because, the mind always tries to retain its existence by the methodology of relating. When the method to relate is disconnected, it disappears. It is by the methodology of relating it retains its existence.
- So, when mind is there, if the Masters utters a word "Īśvara", immediately – 'Oh, He is there! He is intelligent! He is independent! He has a free will! So He may judge me! He may not accept me! So, how should I relate with him? Should I start praying to him? How should I please him? Should I start talking to him? Should I start escaping from him, denying him? Or what should be the thing? Or should I start conquering him?'
- Understand, **he is not "Īśvara" as you perceive, who moves like you. He is**

When the thinking settles down in you and you become peaceful and you enter into Samādhi, you will perceive that the other part of you also is in the space of Samādhi, God [consciousness].

"īśā", who can be perceived only when there is no movement in you. Any perception you have about Him, when there is a movement, He is only "Jagat", not "Īśvara".

- Only these three, these three you need to know in life. Everything else will be clear if you know just these three:

- **"Jīva" – the individual soul which perceives;**

- "Jagat" – the universe, which is constantly changing. "Which changes" is "Jagat"; and
- "Īśvara" – God. is a movement in you in the form of thought and feeling, which tries to include and conclude – "thought" tries to conclude, "feeling" tries to include – as long as these movements are happening in you, what you perceive inside you and outside you is "Jagat", "changing".
- When this thought and emotion which try to include and conclude merge, and that "Śānti" – silence – prevails, you will understand that whatever you perceived as "Jagat" also is nothing but "īśā"!
- I can say, the whole Sanātana Hindu Dharma starts and ends in this first line.

How to Perceive You Are God, Consciousness?

īśāvāsyam idagṃ sarvaṁ; Whatever exists is energy, is indestructible.

- The logic which goes on trying to conclude, and the emotion which goes on trying to include, these both, when they are moving, when they have not completed with each other, when there is an incompletion..... Only when there is an incompletion there will be movement.
- When there is Completion, no movement; pure silence. When there is a movement, you will perceive yourself inside you, outside you. Whatever you feel as "Mamakāra", as "Ahamkāra", "Anyakāra", "Sva-Anyakāra", all these will be changing – Jagat.
- Listen! Even when something is changing, it is "īśā".
- Even when you think, when you perceive it is changing, it is "īśā".
- **When you reach the silence of you, when inside there is no movement, there is no incompletion, there is only Completion, you will perceive you, inside, outside, as "īśā", understand?**
- When there is a change in you in the form of thinking or feeling, what you perceive inside and outside is called "Jagat" – "Universe" – which is changing.
- When you are in the space of Completion, peacefulness, then what you perceive as you and everything else is "God"!
- īśāvāsyam idagṃ sarvaṁ, yat kiñca jagatyāṁ jagat | Conclusive! "Idagm Sarvam "vāsyam" No other doubts – "may be", "must be", "could be", "this is what should be", "what else can be". No! 'This is what is My experience. I don't know. It is up to you.' No! Nothing of that sort. Whatever you perceive as changeful inside and outside you, even when you perceive as changeful inside and outside you, it is God, Consciousness, which is beyond any change!
- **īśāvāsyam idagṃ sarvaṁ; Whatever exists is energy, is indestructible.**

LOOK IN

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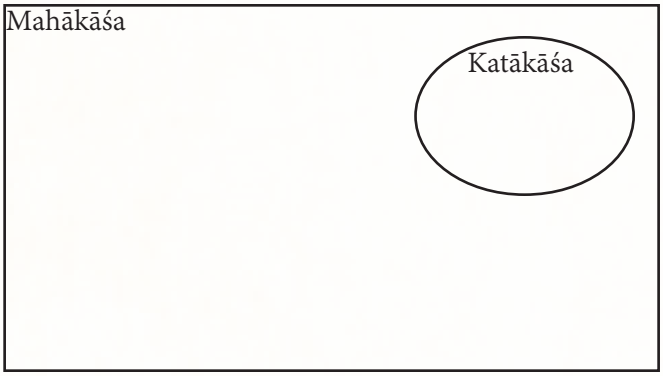
Overcome fear of death

- Understand an important truth; There is a part, inside the part, space is there. Outside the part also there is space. The space which is inside the part is called Katākāśa [depicted as circle in the diagram]. The space which is outside the part is called Mahākāśa [depicted as rectangle in the diagram].
- Now the part may be destroyed, but the space which is inside the part will not be destroyed, it will just disappear into the space which was outside the part.
- Katākāśa [circle] will disappear into Mahākāśa, that's all. Katākāśa, the space which is caught inside the part will disappear into the space, which was outside the part - over. Even the part can't be destroyed, it can only be in a different shape, it will exist in a different shape.
- You may change the shape, but you can't destroy. Katākāśa disappearing into Mahākāśa, you can't call that as a death.
- **Same way, the consciousness which is caught inside your body, when the body is destroyed, it relaxes into the consciousness, which is outside your body.**
- See, there is a space, which is outside your skin and there is a space, which is



There is a space, which is outside your skin (Mahākāśa) and there is a space, which is caught inside your skin (Katākāśa). When your boundary is destroyed, at some point the space which is caught inside the body will simply relax into the space, which is outside the body. Understanding this truth will liberate you from the fear of death

caught inside your skin. When your boundary is destroyed, at some point the space which is caught inside the body will simply relax into the space, which is outside the body.

- Understanding this truth will liberate you from the fear of death - Paramastidihi - transcendental reality.
- There is nothing, which can be destroyed in you.
- *There's a beautiful incident in Socrates' life; When the poison was taken to him, he was asked: "Don't you feel the fear of death?" Beautiful statement he says: "Why should I be afraid? After death only two things can happen, either I will not exist or I will exist in some form or somewhere, in some place, that's all.*
- Only these two can happen. Either I'll cease to exist, I will not be there or I will exist in some form, in some place. When you can manage this existence, Socrates says beautifully: "I managed to live my life, to run my life in this atmosphere. When I can manage this, can't I manage if I exist somewhere, in some form?"
- **Just look back at your life. Say if you have to look a little back and see, either you may say it is 51% suffering and 49% joy, surely you will give judgment for suffering or for joy. It can never be 50/50. No mind will say it is 50/50, maybe to argue with Me you will say 50/50, in the heart you won't believe that. If I ask, "No no just a 51/49, please judge", we'll go only for some one thing. You may say life was more joy or more pain. These are the only two possibilities.**
  1. **If you say life was more pain, then why are you afraid of death? You already had enough suffering; why don't you try something new?**
  2. **If you say life is more joy, then again you lived so joyfully, now you must be ready for the new things.**
- See, if you say that life was joyful, then now you have the fulfillment. You know life, you had the joy, now get ready for the new, new experiments. If your life was joyful at this level, naturally any further step will lead to more joy, any further steps will lead to better experience. Because you did not create joy out of your voluntary awareness or decision, your birth was not your decision, it

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has happened.

- Anyhow, you say that you experienced joy, then naturally the next change also will lead to a better state of consciousness, better state of awareness. So any level, if you argue from this side or that side, your fear has no base.
- If you stand the side of: "No more birth, only one birth, I'll cease to exist, I will disappear after this birth, after this death, again there's no need for fear." Or if you say: "I am going to exist in some way, somewhere, reincarnation theory, again the fear has no base. Because you're going to exist, you are going to be here, so there is no need to be afraid.

The Enlightened Person's Catalytic Presence for Transformation

- People come and ask Me, "Swamiji, how do you heal? Do you chant any mantra, or do you make a Saṅkalpa that we should get healed? When you heal, immediately we are getting healed!" I tell them, "I never make a Saṅkalpa or I never chant any Mantra." I tell you honestly, it's an open confession. I don't think 'let somebody get healed'. I just give them the presence, healing happens! I just touch them; let the energy flow, let go of the energy to do what it wants.
- The Master means, a person with no thoughts or with no mind. He is the representative of the Mahākāśa. So when the Mahākāśa enters the Katākāśa it is simply flooded with energy. It is like a big river entering into a small pool! What happens to the dirty pool is that it is simply washed away, cleansed and filled with pure water. The space (Katākāśa) is cleansed, rejuvenated, and recreated through the Master's energy. [This process mirrors the cosmic phenomena where energy redistribution leads to systematic renewal, not death of the healed parts, as we fear.].

Getting to know who you truly are

- We think we need to get a new car, and therefore work hard and buy a car. Barely a few days pass, and the excitement of having obtained the car fades.
- What seemed like a mountain before achieving it becomes nothing after achieving it.
- People, relationships, careers, etc., seem indispensable before we achieve them, but after achieving them, there is no excitement.
- *One man declared he was tired of his house and called his real-estate friend to*

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place an advertisement to sell it. A week later, he called the friend again after reading his ad in the paper. "Listen!" he said, "I've changed my mind. After reading your advertisement, I'm convinced this is the dream house I've always wanted!"

- When you read a magazine, you want to buy all that's in it. But after buying the things, you feel no real excitement. This is because, before achieving anything, you are a different personality; after achieving it, you are a different one—your identity changes.
- **Your mental setup keeps changing. Until you know who you are, the question "What do you want?" will never be answered. And until that question is answered, you will never feel peace, no matter what you achieve. You will achieve outer comfort but no inner satisfaction.**
- First, you need to know "I," and then only "What I want." The greatest thing about a rat race is that even if you win, you are only a rat!
- Albert Einstein discovered the theory of relativity through his formula $E=mc^2$. He gave a great truth in the last century through this. It is said he told people, "*The greatest truth has been given by me, but my whole life has become a lie.*"
- When you don't know what you want or lack the courage to pursue it, you will only achieve and feel a deep sense of depression called the "depression of success." There are two kinds of depression: "Depression of failure" and "Depression of success."
- Depression following failure is acceptable because it provides hope to rise again and achieve success.
- Depression following success, however, is not acceptable because you have attained all that you desired—name, fame, relationships—and now feel that, despite achieving these, you have not truly achieved anything. You attain the means but miss the goal—that is the Bliss in life. This shows that the entire life has been lived on a mistaken philosophy, on castles in the air.

The Enlightened person's presence is a catalyst for transformation. The space (Katākāśa) is cleansed, rejuvenated, and recreated through the Master's energy

Testimonial (Sākṣi Pramāṇa)

Arun Manoharan, USA

In 2011, I developed diabetes or sugar imbalance in the body. While attending the Inner Awakening program, during one of the darshans, I asked Swamiji to heal me. Swamiji healed me and told me that I don't have diabetes and not to worry about it. When I went back and checked my sugar levels, I found that they had returned to normal. From that day, my sugar levels are normal. Thank you very much Swamiji!

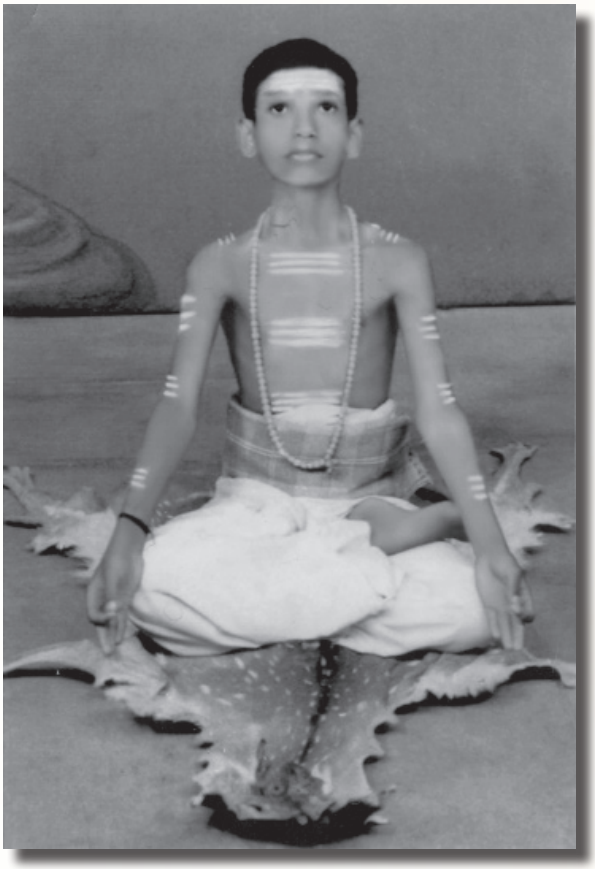
Awakening Inner Intelligence through Self-Inquiry

Meditating or asking 'Who am I' will not make your dreams a reality but will help you understand that reality is your dream!

- People ask Me, "Swamiji, if we meditate or ask the question, 'Who am I,' will our dreams come true?" I tell them, "Meditating or asking 'Who am I' will not make your dreams a reality but will help you understand that reality is your dream!" To realize the first, you need Śakti (or Energy). To realize the second, you need Buddhi (or intelligence).
- Meditation can grant you deep intelligence to guide your life. In life, we need to learn only the basics.
- The question "Who am I" will teach us these fundamental truths—what we truly need to know. This question is sufficient to begin, move through, and end your life; to create, sustain, and transform it; to show you the path.
- Swami Vivekananda says, "Until your inner intelligence is awakened, no book will help you. Once your intelligence is awakened, no book is necessary!"
- Books exist to awaken your inner intelligence (or antaryāmi), your Master within, your Energy.
- Ramaṇa Maharṣi's booklet on "Who am I" is a bookless book that can awaken your inner intelligence.
- **When you start asking "Who am I?" you will begin to feel that you are not the body.**
- **If you are able to stand away from your body and observe it, you will realize that you are not the person being observed, but the person observing or seeing.**
- **Next, if you witness your thoughts, you can experience your mind objectively. You will be able to see it in a state of depression or joy. You will realize that you are not your mind, since you are able to experience it objectively.**
- **Objective experience of emotion, body, or intellect shows that you are neither**

of them. If you search deeply, the answer to this question is nothing but the pure awareness you call Ātman, Brahmaṇ, Paramaśiva, or Vishnu.

- Paramaśiva is nothing but auspiciousness, and Vishnu is nothing but that which fills the whole world. Here, your questions end and your Being begins.
- Rāmaṇa Maharṣi says, "Until the question dies, ask it." There will be a space where there is neither the question nor the answer.



The SPH at age 12

From the Life of THE SPH

- *As a young boy, 10 years of age, THE SPH once overheard His Guru Annamalai Swamigal telling that 'we are only Ātman (Consciousness) and not the body'.*

- *THE SPH rushed back home, curious to explore what He had just heard. He grabbed a blade and slit His right thigh to see if He experienced pain. Only excruciating pain and chiding followed. He went back to His Guru asking for an explanation. His Guru told Him that His courage to experiment with the Truth itself will lead Him to it and he gave Him a technique.*
- *He told THE SPH to sit and observe from where thoughts are rising, what is the 'I' that is feeling the pain. THE SPH played with this technique as a 10-year-old boy.*
- *On a Buddha Purnima day (full moon day and anniversary of Buddha's enlightenment), when THE SPH was 12 years of age, He was playing with this technique. He sat and tried tracing the roots of His thoughts, tracing 'Who am I'.*
- *Suddenly, something ruptured in His Being, and He became aware that He is the Ultimate Consciousness that pervades all beings. He also had a 360-degree vision of everything around Him and experienced Himself in everything around Him.*
- We will feel that we are the experiencer if we go intellect-based and feel that we are the experienced if we go instinct-based. But we need to understand that we are simply the experience. Your Being is nothing but the Experience!
- "Who am I" is a basic question which can lead you to experience. It will start as a question and dissolve all other questions.
- Let you take this question sincerely and let your question become a quest and your urge become urgent. Let you reach the state of NITHYĀNANDA!

Reality is "What Is," Free from Prejudice

- Modern-day psychologists say that while a hundred things are happening around us, we register only two of them. This is like reading a 100-page book and retaining only two pages while losing the rest. If you attempt to reconstruct the book using just those two pages, will the result truly represent its content? No!
- Invariably, we record only what we want to record, never what is really happening. That's why, if you decide your wife is a fool, she always looks like a fool to you. When you decide your husband is controlling you, you always feel that way. You collect past arguments and form a judgment about a person, then gather arguments to support that judgment!
- **You record not 'what is' but 'what you want'. Because you see what you want to see, you miss reality—or 'what is'. Reality exists continuously, but we don't see it.** The first line of the Upaniṣads says – 'Īśa vāsyam idagṃ sarvaṁ…' – whatever exists is God!
- Albert Einstein acknowledges this statement. He goes on to say that what science has proved after long research, the Vedās stated over 5,000 years ago.
- Whatever exists is Divine, but our own ideas and ideologies stop us from seeing it.
- **What Is is real, not what you see.**
- **There is nothing to be done with the 'IS'ness. There is something to be done with the person who sees it.**
- When you feel at ease with 'what IS', you will see reality. When you are diseased with 'what IS', you will be diseased. That is what we call Saṁsāra Roha. If you start seeing without prejudice or judgment, you will see reality!
- *An American travels in England in a train, with a British gentleman and a lady who has a dog with her. The dog keeps pestering the American, and the lady pacifies the dog; no apologies to the foreigner. Finally the American gets fed up, picks up the dog and throws it out of the window. Says the other man: You*

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Americans, you are all crazy! You drive on the wrong side of the road, you use the wrong hand for the fork, now you have thrown the wrong bitch out of the window!

What Is is real, not what you see. There is nothing to be done with the 'IS'ness. There is something to be done with the person who sees it.

- In life, we continuously keep throwing the wrong bitch out of the window. When we choose one thing we eliminate something, which is a wrong decision, and we throw the wrong bitch out of the window.
- There is no controversy in Existence. There are no contradictions. We just cannot make the connection.
- Humans on the other hand always have a conflict.
- People ask Me 'can we come and stay in the ashram'; whatever I say they will come up with an argument against it. If I say stay they will tell Me why, how they cannot. If I say please don't, they feel hurt. We always live in a dilemma.

Look at this picture here. What do you see? You see an old woman. But you can also see a young woman!

You record not ‘what is’ but ‘what you want’. Because you see what you want to see, you miss reality—or ‘what is’. Reality exists continuously, but we don’t see it. The first line of the Upaniṣads says – ‘Īśa vāsyam idagṃ sarvaṁ…’ – whatever exists is God! Whatever exists is Divine, but our own ideas and ideologies stop us from seeing it.

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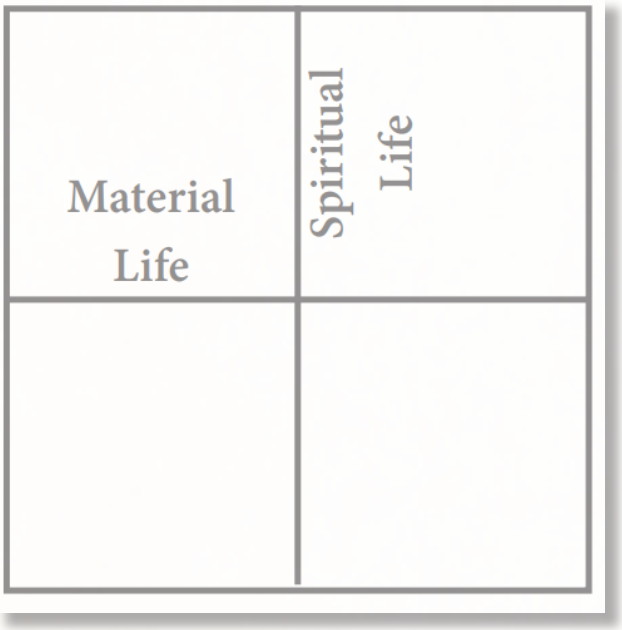
Quantum Spirituality: Beyond Holiday Religion

- In Science before the concept of quantum was accepted there was a conflict between matter and energy. One group said: both energy and matter exist, but in different space and energy. Another: there is only time gap; yet another: there is only space gap. Post quantum this conflict disappeared. Matter and energy exist together. There is now a concept of singularity where the mind cannot penetrate, which is beyond matter and energy.
- Once you reach the spiritual zone these controversies disappear. Only when you play with words intellectually you create conflicts and enter into a dangerous zone.
- As long as you feel you are living two different lives you are only playing with words.
- Think of normal material life as a horizontal line; think of leading a spiritual life, one of the 'present moment', think of it as a vertical line. When you think of choosing between a material and spiritual life, you are choosing between the horizontal and vertical.



- Only when you understand that you can travel both horizontally and vertically, and even explode in all directions do you understand that there are no contradictions. Till then you will have the conflict.
- Mind enslaves you

to make you believe that you can only travel in one way, horizontally or vertically. That is why you do not grow in many spiritual Sādhanas which force you to choose between the two, material and spiritual

When you think of choosing between a material and spiritual life, you are choosing between the horizontal and vertical. Only when you understand that you can travel both horizontally and vertically, and even explode in all directions do you understand that there are no contradictions.

- We only wish to try to transform; we really do not wish to transform; yet would like to proclaim our wish to transform. This is holiday religion. We go to a discourse, a temple on a holiday; we practice part-time spirituality. It is skin-deep. This fills us with hypocrisy and guilt. Even a meditation becomes a ritual if it is restricted to one part of your life at one time in a given space. In true spirituality your life becomes meditation.
- I say: No intelligent man can do any practice with inspiration for more than 21 days. This is based on My experience of meeting over 200,000 people in 5 countries over 2 years, and initiating personally over 40,000 people. People ask after our program that they wish to do all 7 meditations; I tell them to do one; they insist; I agree. After a few months I find that they have not even started. People doing puja or meditation are all in a hurry to finish.
- People come to Me with guilt. I give them some ideas. They insist on learning meditation. Just to console them I give them some meditation technique. After a month if I ask them, they have one more added guilt feeling, of not doing meditation. Meditation is not a quantity that is to be added to your life, it is a quality that needs to be built into your life.
- Singularity is beyond matter and energy.
- Similarly Quantum spirituality is beyond material and spiritual lives.
- You need to be both in the horizontal and vertical lines simultaneously. What I wish to give you is a technique; not an empty idea. If you go beyond mind you explode in all directions, vertically, horizontally and in all directions.
- There is no starting point to worldly life; there is no end point to spiritual life. Enlightenment is not an end; it is a new beginning. An ultimate experience is

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not the last experience.

- Some one asked, 'How can I retain the bliss of the meditation program?' The moment you wish to retain, you choose to have bliss, it escapes; like water flowing in a river stays in your open palms but escapes when you close your palms. When you are in bliss just enjoy bliss. You can never possess Nithya Ānanda (eternal bliss).
- Perfectionists like to choose.
- Life is not perfect, only death is. One who does not make mistakes, or believes he or she makes no mistakes does not respect others. Do not try to be perfect, do not choose.

Technique to Experience Consciousness: Live in the present moment

- People ask what they have to renounce to be spiritual. I say please do not renounce.
- **Do not renounce what you have; renounce what you do not have; the fantasies that you do not have. When you are with your wife do not allow your fantasies to come in between. When you have a home, do not allow a fantasy home to come in between.**
- Māya; ya ma iti Māya; what is not there, what is not real, what disturbs you, that is Māya, illusion. When you feel someone is more handsome than you, you create a space, a gap between you and your body. You lose your uniqueness.
- God is not an engineer, He is an artist, He is a painter, a sculptor; no one being is like another because we are created by God. Renounce Māya, what you do not have. What ever you live deeply, you are detached about it.
- Living in the present moment is the missing link that helps you to traverse the horizontal and vertical lines at the same time and space. Every moment is a possibility that you can explode. In quantum spirituality there is no attachment or detachment. Without awareness you detach and attach.

- We should live within our boundaries; focus on what and where we are. When we are in one place and one time, we always think about another time and another place. Our body is never where our mind is. We invite Māya into our lives.

Only the present moment is a reality which is in your hands; all else is only your perception. The moment you relax into the present moment, your body and mind will have a new energy.

- Īśa vāsyam idagṃ sarvaṁ.
  Everything is Divine, nothing is excluded.
- If you wish to be enlightened drop the idea of enlightenment.
- Idea of spirituality is like the stick that lights the funeral pyre, brought in to burn the material life; once that is accomplished you need to burn that stick as well, and move beyond into quantum spirituality.

Idea of spirituality is like the stick that lights the funeral pyre, brought in to burn the material life; once that is accomplished you need to burn that stick as well, and move beyond into quantum spirituality.

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The Ancient Secret to a Healthy Life

Understanding Stress

- Time is a thief who steals physical health, mental health and spiritual well being from us.
- At the physical level, as we grow older, we all believe that our health deteriorates. At the mental level, when we are continuously aware of it, time steals our peace of mind and creates stress in us.
- Time can be perceived in two ways – chronological time and psychological time.
- You are all aware of chronological time; it is what you see on your clock, and is measured in seconds, minutes, days, etc.
- In Hinduism, we have a psychological concept of time, which is measured by Kṣaṇa, or the gap between one thought and another.
- All our stress is the result of internalizing chronological time, which is required in the outer world, and using it in our inner world, where it doesn't apply.
- If you understand this one idea, you can liberate yourself from stress without any technique. You may feel it is too good to be true, but it is possible.
- All our stress is the result of misunderstanding and confusing the two different concepts of time. Chronological time is the time that you use for your daily activities, and you all know it very well.
- The more you think of time, more your stress level, less your efficiency, less likely you are to meet your target, resulting in more stress. Thus we travel in a vicious circle, reducing our intelligence, skills and capacity, because we remember time again and again.

Why We Fall Ill?

- **Stress not only affects your mind, it also affects your body. For instance, if you sit in your office, even if you don't do any work, and you just sit and worry, you will feel shoulder pain! How many of you have experienced it? Stress is not just a mental problem; it becomes a physical problem too.**

The more you think of time, more your stress level, less your efficiency, less likely you are to meet your target, resulting in more stress. Thus we travel in a vicious circle, reducing our intelligence, skills and capacity, because we remember time again and again.

- People often tell Me – "Swamiji, I know its wrong, but I get stressed all the time". The main reason for that is the large number of thoughts that continuously remind you of time, and create stress. If your thoughts are less, you won't notice the time moving and you will be less stressed.
- In ancient India, there was a practice called Kāyakalpa – to reverse the aging process. According to their philosophy, as you age, you become healthier because your body and mind are better trained to live in the world.
- If you are trained in driving and become a good driver, you can drive without any effort. In the same way, as the years pass, you should master the art of living in this world. They say, as you grow older you are not supposed to fall sick, or have stress, because you should know the logic of the world, and become more intelligent, healthy and spontaneous. However, that is not our experience! What has happened? Where did we miss it?
- The missing link is our idea of time, and being continuously reminded of chronological time because of the increased number of thoughts.
- If you change two things, you can make it a reality. First, perception about your body: We always think, as we age our body gets old and diseased. It is not necessary, but that's your perception. You may question it by saying when we get old, we really do feel tired and it's not our imagination. You don't know the power of your mind.
- *I once went to a place in Tibet, where the Lamas live. I was told people there*

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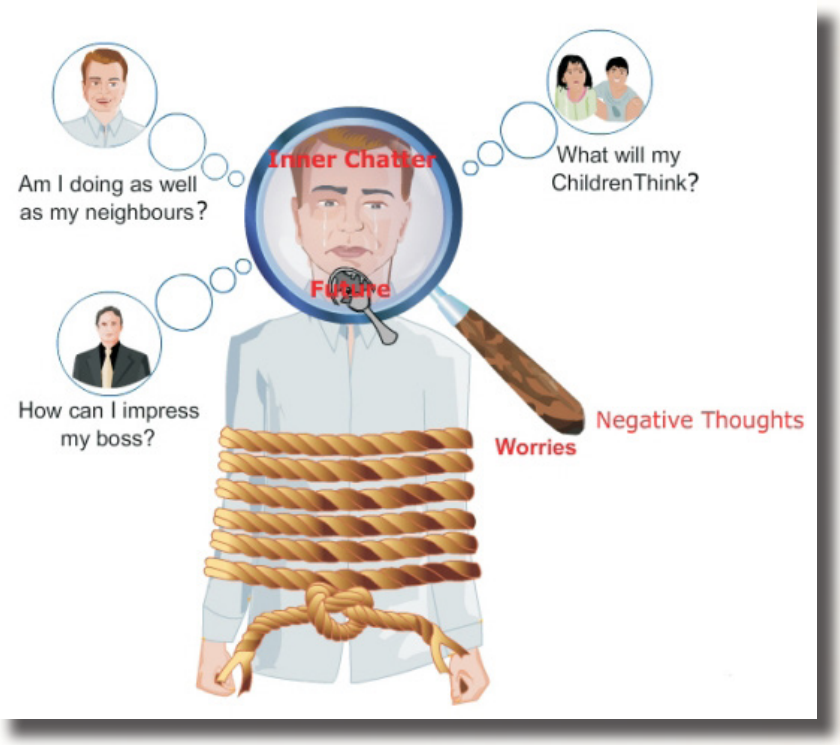
live long. I saw an elderly man working in the fields. I asked him – do people here live long? Please tell Me about it. He laughed and said "You think I am old? I am middle aged, I'm only 136. Ask others who are 200 or more". There were medical records to show he really was 136. And he was working in the farm! I couldn't believe it just like you all. Then they showed Me a report by researchers from Wisconsin University, who worked with them to study their body and understand why they live longer. According to the scientists, their body works just like ours; it's no different, even genetically. They conclude there is something beyond the body which makes them live longer. None of the Lamas could give any reason for their long life. But they all had a strong belief that human beings are supposed to live up to 300 years. If someone died at 200, it was considered an unnatural death! I later read a report by scientists that says that our body continuously rejuvenates and replaces itself, and can do so for 300 years. So our perception about our body must change.

- The concept of time by nature is negative, especially in the West, it indicates you are moving toward the negative aspect of your life. The other day, an old lady came late for our program (in the US). I asked her why she was late; she explained she had to do her hair and make-up. I asked her why she would bother with it at her age, when she knows the chemicals are harmful for her body. I was shocked to hear her say that in this society, you need to look young and compete with youngsters! The more time passes, the more you face the negative aspects of life.

Make Energy as the Foundation of Your Life

- When you remember time again and again, unconsciously you infuse dullness into your being; the very remembrance of time is enough to pull your energy level down, and your stress is hiked up. You are just pulled and pushed; you never live in the present.
- Psychological time steals your peace—that's why I call it the ultimate thief.
- When you come to the present, your number of thoughts reduces; you don't realize how time rolls, and automatically the idea of time disappears.
- When you are in the present moment, a tremendous potential will be unleashed, and you will be rejuvenated

- In Zen they say – whatever exists is energy. You are in energy; you are inhaling energy. The ṛṣi culture also says the same – īśā vāsyam idagṁ sarvaṁ – whatever exists is energy.
- On one hand, the mystics claim the more you get old, the more energetic you get. That's why in Hinduism, youth are not worshipped; elders are worshipped. We turn to them for guidance.
- When ṛṣi say everything is energy, why can't we experience it? What is the



missing link? It is because we are caught with the past and future, which is not reality – it's only imaginary.

- **What you perceive as past or future is not reality. Whatever you remember as your past is only your idea of it; it's not really your past.**
- We always feel: "My childhood days are golden, my college days are heaven." Be honest, was it great when you actually lived it? No! Your mind projects it and makes you think it was great.

The 97% Illusion: Why Your Worries Never Come True

- Whatever you remember about the past is only your perception, not reality, because we never remember the past in its entirety – we only remember bits and pieces of it as it suits us, as we choose to remember.
- Similarly, all your ideas about the future, your worries, fears, and insecurities are all your perceptions—not your real future. I have seen many people who worry continuously. Initially, you worry because of some reason; after some time, you master the art of worrying, and you don't need a special reason. After some more time, even if you don't find any reason, you start worrying because you become habituated to do that.
- I did a small study with a group of 50 people. I asked them to write whatever worries, fears, and insecurities they had about the next six months of their life. Even according to psychologists, you can't visualize more than six months of your life. That's reducing now because social, political, and economic changes are happening at a faster rate these days. I collected their list of worries.
- After six months, we all met again. I asked them to mark all their worries that had become a reality. You will be surprised to learn that a maximum of only 3% of their worries came true! The remaining 97% of their worries never came true! Can you imagine how much of your mental energy is wasted in worries? **The more you worry, the less you create; the more you are stressed, the less you are expressing. All your concepts about the future are only your concepts—they do not really make your future.**
- Only the present moment is a reality which is in your hands; all else is only your perception. The moment you relax into the present moment, your body and mind will have a new energy.
- **Try this small exercise for a few minutes: in a room, close the door, sit down, and say, "I accept my life as it is—my life, my relationships, my body, and mind—and come to the present moment."**
- The moment you take a conscious decision, a Saṅkalpa, and start relaxing, you will be amazed to see the energy that happens to your being.
- As long as you are bothered about the future or thinking about the past, you

will be away from the source of energy—your inner being.

- Physically, the concept of time makes you feel old, sick, and uneasy.
- Mentally, it causes stress and boredom.

When you remember time again and again, unconsciously you infuse dullness into your being; the very remembrance of time is enough to pull your energy level down, and your stress is hiked up. You are just pulled and pushed; you never live in the present.

For Health & Wellness

Anti-Age with Acceptance

Only the present moment is a reality which is in your hands; all else is only your perception. The moment you relax into the present moment, your body and mind will have a new energy.

Reference:	Verse 1, Iśāvāsya Upaniṣad, page 44
Instructions:	Try this small exercise for a few minutes: in a room, close the door, sit down, and say, "I accept my life as it is—my life, my relationships, my body, and mind—and come to the present moment."
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TECHNIQUE

The Trap of 'Same Old…'

- Boredom is another significant issue due to the notion of time.

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- *A Zen story: A great Zen Master had a stomach issue. His physician advised him to eat a certain food with herbs every day. He ate it for ten years. One day, his disciple, who cooked for him, asked: "Master, are you not bored? I'm bored of cooking the same food every day—aren't you bored of eating the same food every day?" The Master was surprised. He replied beautifully: "It's not the same food. Once I eat it, it's over—it's new food every day! I'm not eating the same food every day!" When you have a concept of time, you think of the same office, same house, same wife, and same life.*
- *A small story: A national football champion visited his hometown and decided to pay a visit to his college. The college honored him with a grand reception. Afterward, he asked the principal to visit the dorm room where he stayed. When he reached the dorm, he looked at it and said: "Same old building!" A student ran ahead to ensure the room was presentable. He found his roommate having an affair with a girl. Since girls were not allowed in the men's dorm, they hid her in the closet, hoping no one would open it. When the champion arrived, he said: "Same old room." He looked at the furniture and commented: "Same old bed and same old table!"*
- *Then he opened the closet, saw the girl inside, and said: "Same old girl!"*
- *Her boyfriend replied angrily: "No, she's not the same old girl—she's my girl!"*
- *The champion replied: "Same old lie!"* This is how our minds work—we tend to think, "Same old…, same old…" even when things have changed.
- With such an attitude, we fail to notice subtle changes happening in and around us. A child, on the other hand, does not have this mindset and explores every moment as new—a new beginning!
- When caught in the saṁskāras (unfulfilled desires) of the past, you feel as though the same past is repeating again and again. It's simply your conscious choice to liberate yourself from past and future, returning to the present.

Healing Yourself with Time

- **The concept of psychological time causes stress, steals your peace, reduces efficiency, and creates the idea of boredom (the attitude of "it is the same").**
- **The concept of time disturbs you physically and mentally.**

- If possible, open yourself to a new way of thinking and perceiving time.
- First, don't believe that you must fall sick when you grow old, because as you age, you can master techniques for living in this body and in this world.
- **Next, try to live in the present moment, instead of being pulled and pushed by past and future. These two practices will automatically aid your spiritual growth and well-being.**

? Frequently Asked Questions: We all have to work with deadlines and time pressure. When you say "don't think of time," please explain how we can manage our tasks?

- When you have time-consciousness, can you manage? [Questioner answers "yes"] With time-consciousness, either you can manage your deadlines, or not. If you can manage with time-consciousness and stress, then you can definitely manage your tasks and goals without the stress of time consciousness. You will be more creative without stress. A person who is stressed cannot create anything new; instead, they will work in a programmed way. If you scan your life, you will see that in your own home, you won't use many rooms. When you leave work and go home, you will go and sit on the same couch in the same room every day, eat dinner in the same place, go to the same spot on your bed, and so on! Even your vacations are clearly programmed.
- **Worrying at home is called homework, worrying at the office is called office work, worrying on the beach is called vacation! Only the place changes—the mental setup of worrying remains wherever you go.**
- There are two kinds of people: those who can manage with time pressures and deadlines, and those who cannot. If you're in the first group, and if you can manage your activities with stress, you can surely manage without stress. Next, if you belong to the other group—who are unable to manage deadlines—can you really manage better with stress? Then why have stress? Either way,

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whether you manage or not, stress will not help you. We sometimes think that stress can make us handle things better. That's not true; only creativity and unleashing your potential can help you do that.

- If you drop your stress and manage without it, you will be more creative and produce much better results.
- Stress can only make you less efficient. Becoming more efficient can happen

Understand that stress cannot help you become more efficient, it can only make you inefficient.

only by clarity, creativity, and dropping stress.

Stop Worrying, Start Living

- You may say – 'this stress management is all just theory, I have tried it a lot, I have read a lot about it. I don't think it really works. I remember all the concepts for two days, its nice; after that I'm back to the same routine and lifestyle'. If it fails again and again, it means your understanding is not deep enough.
- Someone told Me: "Swamiji in the last one year alone eleven times I stopped smoking!" It means eleven times he started again! That means his decision to stop smoking was not strong, his understanding was not deep enough. It is your own mind after all! If you can understand, penetrate your being and decide consciously to drop the stress, it will work for you.
- Make it very clear to yourself by telling yourself: I hereby decide to live the way I want.
- **Understand that stress cannot help you become more efficient, it can only make you inefficient.**
- **Again and again you are taught to remember about time pressure. See your life – the moment you think about people who put pressure, when you remember their faces or words, your energy is drained. Then how can you be successful based on stress? If you can come down to the present moment, reducing worries, minimizing number of thoughts, reducing your frequency of thinking, it can unleash your potential energy, and you will see a different dimension of your life. It needs some courage to experiment.**
- **Try this. For the next eleven days, tell your self: "I will not bother about my past or future".**
- One more thing: When you remember your past, you will remember only your failures. It is like measuring the strength of a chain by its weakest link.
- If you consider your life as a chain of incidents, you are not a weak link, but you generalize your ability and capacity based on the weakest incident or failure.
- At least be a little loving toward yourself, and take an average—but you never do that. Anyone will have valleys and peaks.
- If you have to measure yourself, take the average, not the valley. But our mental

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setup is such that we measure ourselves only with the valleys. Remembering the past again and again will make you dull and drain your energy. Neither remembering past nor worrying about future will transform you; come to present and become one with your energy.

- The Gita says – you have the authority to work, but don't bother about the results. Kṛṣṇa doesn't mean "don't take your salary" Have it but he says continuously don't visualize it all the time.
- Continuously visualizing the fruits or results, the goals, you will be paralyzed; you won't be able to walk in the path. When you choose the right road, just walk the path and you will reach the goal.

Beyond the Worry: A Simple Solution to a Complex Problem

- *A nice story: One guy sat in a ferry to cross a river. Once the boatman started rowing, he started walking up and down. The boatman said to the man – "Please be seated; I can't row if you walk around." The man replied – "I have no time to sit; I have to reach the other side urgently."*
- All your stress is like walking inside the boat. It can never help you; at most, it can disturb you and hinder the growth. Look into it and be more intelligent.
- All our perceptions about ourselves based on past and future are wrong, and I mean EVERYTHING, because we measure our self based on the valleys. You never respect yourself.
- Make a conscious decision for eleven days to live in the present moment. Surely in eleven days you won't lose your life, although your mind will say, "I have this project or that, I will do it after that."
- But for the next eleven days, make this commitment to yourself: "Whenever I remember, I will decide to drop the stress, drop the faces and words that create stress in me. I accept myself completely as I am; whatever comes out of it, I will face it." Only side effect will be efficiency increase, achieving your goals, and bliss. When I say this, I take the responsibility of these words.

Statistically significant, scientific demonstration of a transformative process

- In the last two years, I have met 250,000 people individually; we have 2,000 trained healers spreading meditation, working in 400 centers in 20 countries, touching 10,000 people every day. From My experience of directly touching people from all walks of life and backgrounds, I can say your decision to live in the present moment can transform your life.
- Of course, lot of research is being done. I do not know much about other things but one thing is sure, that according to Yoga, I can explain this phenomena. At that moment, fortunately, knowingly or unknowingly, you come to the present moment. When you come to the present moment, you will have the power, energy to see what is going to happen next; almost no confusion. You reach the state where there is no confusion. No engrams (engraved memories from past) are signing your files.

TECHNIQUE

For Health & Wellness Be Stress-Free	
Reference:	Verse 1, Iśāvāsya Upaniṣad, page 82
Instructions	For the next eleven days, make this commitment to yourself: "Whenever I remember, I will decide to drop the stress, drop the faces and words that create stress in me. I accept myself completely as I am; whatever comes out of it, I will face it." For the next eleven days, tell your self: "I will not bother about my past or future".
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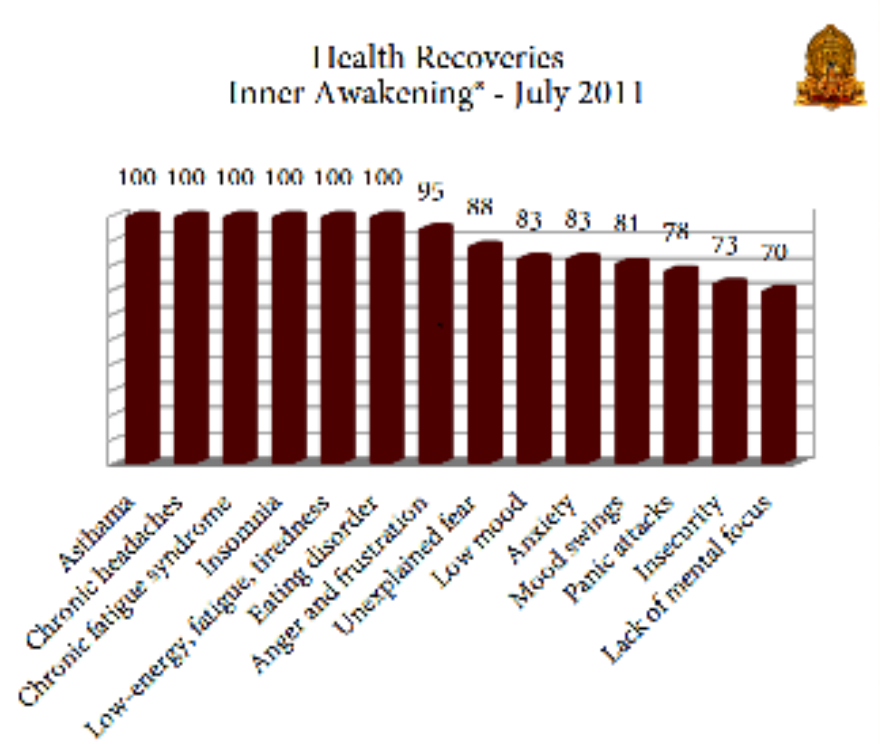
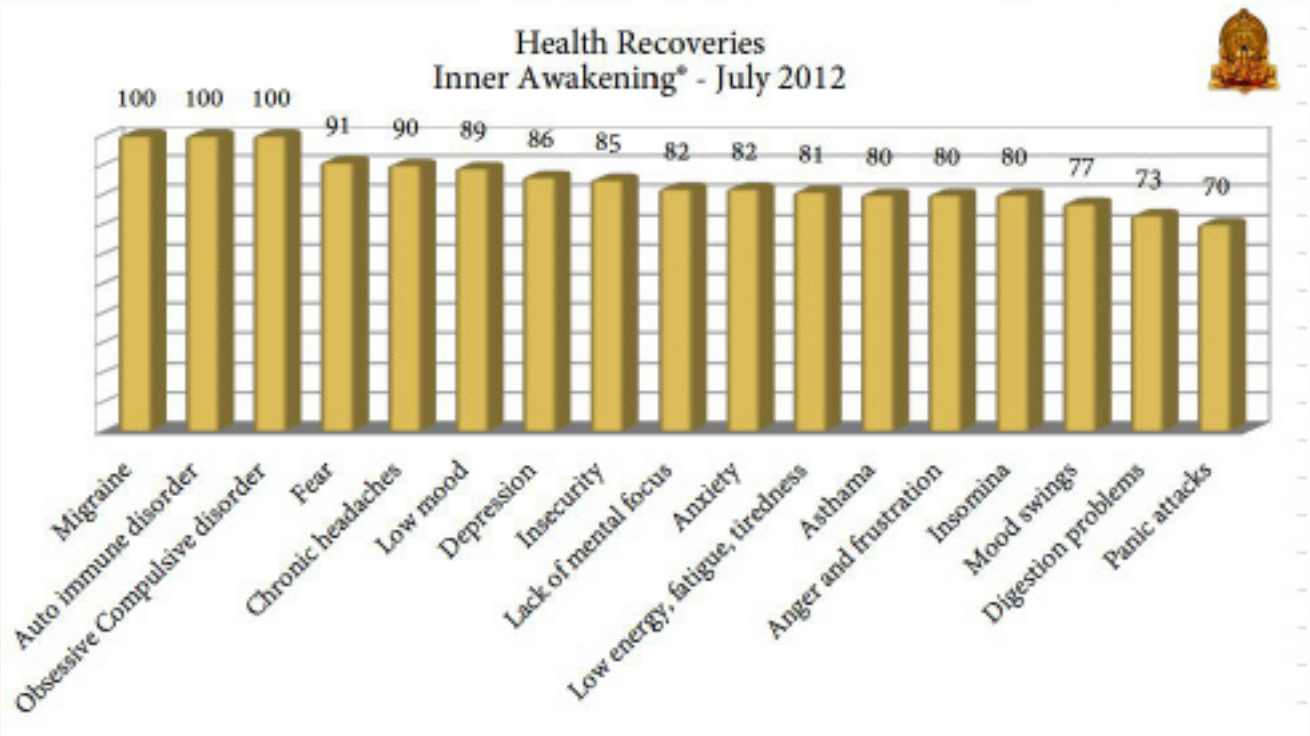


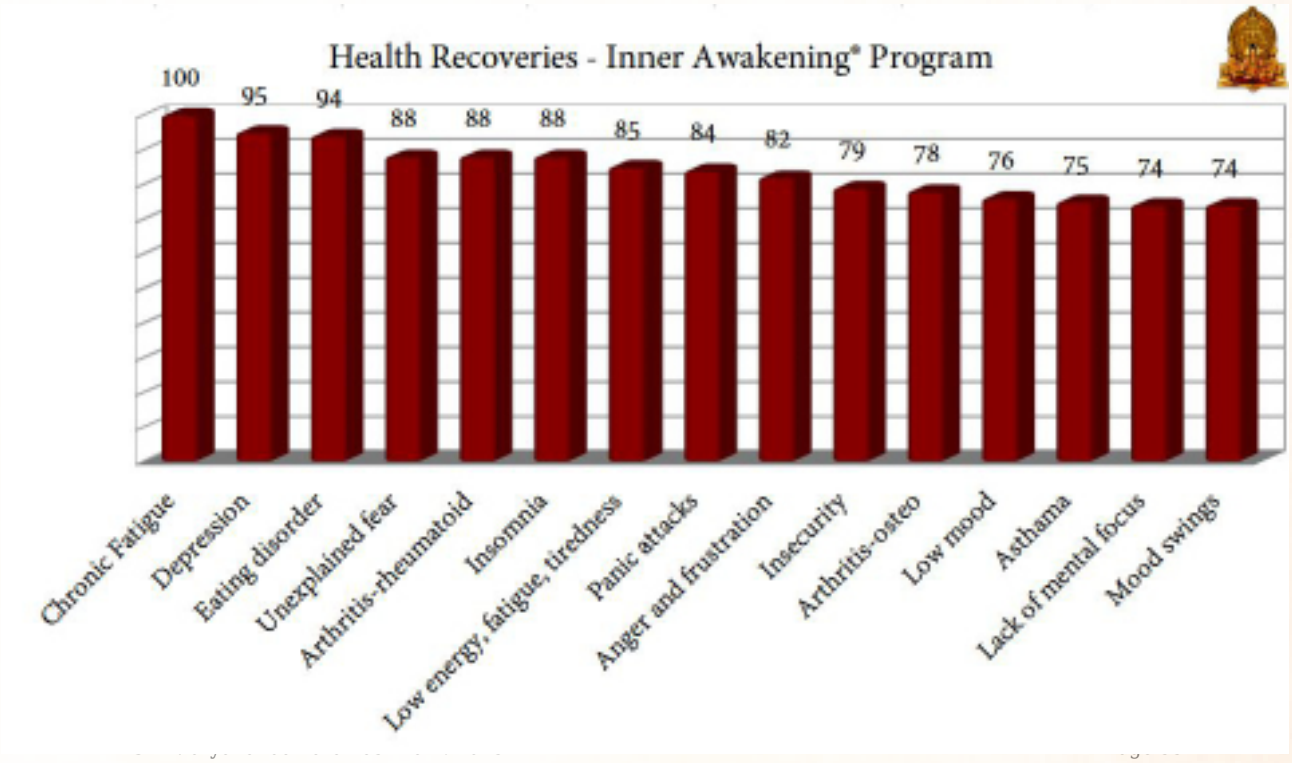
Participants have recovered from Arthritis, Insomnia, Asthma, Chronic Headaches, Chronic Fatigue Syndrome,Insomnia, Tiredness, Anger and Frustration, Unexplained fear, Low Mood, Anxiety, Mood Swings, Panic Attacks, Insecurity, Lack of Mental Focus in just 21 days after attending KAILĀSA's Inner Awakening® with THE SPH Bhagavān Nithyānanda Paramashivam.



Testimonial (Sākṣi Pramāṇa)

Participant Sharing from Houston USA

What are the key takeaways I would say is first time I felt that I'm listening. My wife used to say to me that you are not listening to me; you never listen to me. Now, I know what she meant. Just accepting. You see what really blew my mind was the health recovery that I have seen in myself -23 plus years of my diabetes. Completely gone no medicines nothing!



Come to the Present and Awaken the Gift of Intuition in You

- Let Me give a simple diagram how we perceive things, how the information is processed inside our system according to Yoga, then we will analyze these concepts with our questions.

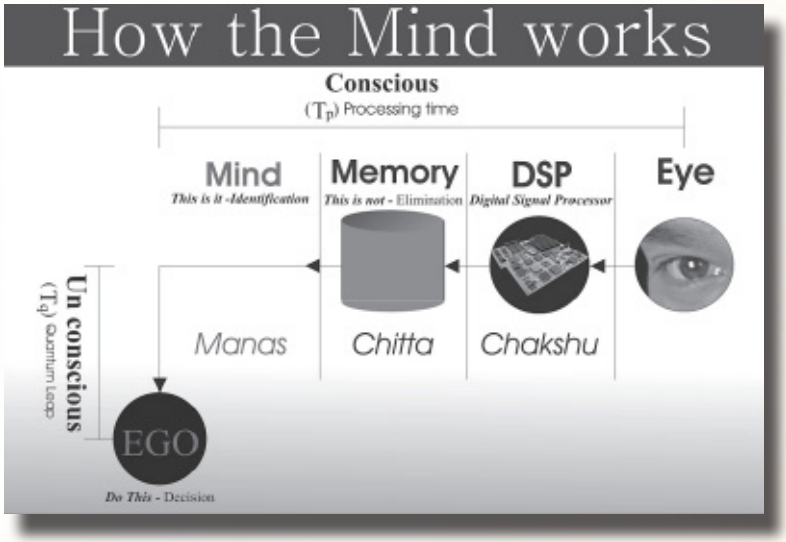
The Flow of Perception: Cakṣu, Citta, Manas, Ego

- First thing, you see something through your eyes, the information which you received through eyes goes to something called Cakṣu, in Sanskrit we call it cakṣu, it is almost like a digital signal processor, the whole file is digitized, the information that you received from eyes is digitized in the Cakṣu.
- Next the whole file goes to Citta; Citta is the memory; in Citta elimination happens, the exclusion happens.
- For example, if you are seeing Me, the image you see through the eyes goes to Cakṣu, in Cakṣu the whole file is digitized, then the file goes to Citta. In Citta discrimination happens: 'this is not animal, this is not a plant, this is not a tree, this is not a mountain', the discrimination is done by Citta. Then the whole file goes to Manas. In English it is called as Mind. The Mind does the processing of identifying.
- Manas does the work of 'This is it, This is it, This is it'. Mind does identifying. First it says, 'This is Master', Then it says, 'Meditation teacher'... whatever your Mind wants to say, that is explained through the Mind. The whole file then takes a quantum leap and goes to ego. There you decide 'what is there for me with this information'.
- For example, you are seeing Me through the eyes, the file goes to Cakṣu, the whole file is digitized, then it goes to Citta: 'this is not, this is not, this is not a tree, this is not a animal', then the whole file goes to Manas, then Manas decides 'this is Master' then you start identifying, then the file goes to ego, the ego decides 'what is there for me with this person'. Based on the past experiences with other Meditation teachers or other Masters, you decide to sit here or not.

- You decide based on the past experiences, whether you had a good experience or not with some other Master or Meditation teacher. You decide: Let me sit here, this is the place for me, it is for me.

From Perception to Intuition

- If you had a bad experience with some body wearing an orange robe then you decide 'it is not for me I don't want to sit here then what is there for me', then the command comes back to the mind then the command is executed and you start doing what you want to do.
- One thing in the whole process, if it is not completely conscious or straight as I explained, at one point you take a different path. Only from I to Mind, the process is conscious straight as explained now. It is straight, logical, it is completely logical from I to Mind, there is no problem, but Mind to ego it is unconscious it is not under control. That is why logically if you analyze 'smoking is injurious to health', according to the information you receive through the senses, according to the process of Cakṣu, Citta, Manas, you know smoking is injurious to health but suddenly you decide to smoke. Why? If it was a straight forward conscious process, you know it is not good for health, actually you will drop.



- Many times you know what is right, what is wrong, but we are not able to decide with our straight logical data. If you decide with the data based on logic, the whole life will be conscious.
- The conscious life is what I call spiritual life, Integrated Life, Holistic Life.
- Many places we do make unconscious decisions. Why do we make unconscious decisions? In this area the unconscious zone is filled with lot of Saṁskāras.
- Engraved memories... that is the right word for Saṁskāras. These engraved memories decide on their own without asking our permission.
- Logically you know smoking is injurious to health, but suddenly you decide to smoke because of the engraved memories.
- The engraved memories are so powerful, they can simply pull you inside and you will do the same act again and again.
- It has got tremendous power, force over your being.
- These Saṁskāras are the root cause of many illnesses. At least I can say for all psychosomatic illness- Saṁskāras are the root cause. These Saṁskāras or engrams are the reason for the stress.
- If you see your life the same person same incident will create a different response, different emotions in your being in different times. If you are in good and calm mood, the same incident you will handle in a better way, if you are disturbed, even a small incident can make you totally depressed. It is because of the Saṁskāras.
- Continuously you take decisions, you repeat them without even your awareness.
- Early morning when you brush your teeth, you see you will be repeating some words which is not directly related to your life, not directly your routine. Simply you will be repeating.
- When you are taking bath, your mind will be repeating some words. I always tell people if you are in the house brushing the teeth you are already in the office thinking about your routine. If you are in the office, you are already in the beach having vacation. If you are in the beach enjoying the cool breeze, you will be thinking about the office. If you are here you can be sure you are

everywhere except here. You almost live like a ghost ….

- Because of these engrams you are continuously repeating some things inside your being which are not directly connected to your being, your routine or your life.
- The whole courage or the power to move in life is completely disturbed. The unconscious process or the engrams are the root cause, for many of our problems. If we can infuse peace, silence into this unconscious zone, the whole unconscious zone becomes conscious zone. Because the moment you remove the engrams, the moment you remove the Saṁskāra, the whole process, will be under your control, will be under your awareness, will be under your consciousness. Only because of the Saṁskāra, the process goes to the unconscious zone.
- If the Saṁskāra are removed by infusing peace into unconscious zone, the whole thing will come under your awareness. Removing the Saṁskāra, by infusing peace in to the unconscious zone is what I call Meditation.
- One more thing. The time taken for the conscious process and the time taken for the unconscious process, only decides whether you are in an instinct level or intellect level or intuition level.
- If the time taken for the conscious process is more than unconscious process; for example for the unconscious process you take less time, you are at instinct level. Immediately you choose, of course, the file goes very late (to the ego), because you can't wait for the file, you just decide some thing. The file never reaches the ego, in between somebody decides. The leader is never given a chance to decide. Simply in between somebody signs the file and passes the order. You start executing it. If the time taken for the unconscious process is less, it means, you are in the instinct level, animal level.
- If the time taken for the conscious and unconscious process is equal, then we are at the level of intellect, man, human level.
- If the time taken for the unconscious is more, means we are more peaceful inside our being. We are more silent inside our being. We are more integrated inside our being. We are calm inside our being; means we are at the level of intuition, in the level of God.

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- Animal, Man, God. Instinct, Intellect, Intuition. All these three levels are decided only based on the meditation power.
- If you can infuse more and more silence in to your unconscious zone, we can move from instinct to intellect, intellect to intuition.
- At that moment, for that single moment, no engrams (engraved memories from the past) are signing your file. Your file is straight away reaching the ego without any signature from any Saṁskāra (engrams).
- The whole process is conscious. That is why, suddenly you get a glimpse of intuition. Suddenly you get what is going to happen next. You can stay continuously in that same state by practice.
- People tell Me, even Einstein says in one place – 'Logic is a servant, and intuition is a gift from higher energy.' I tell you, intuition is not just gift, you can make it as a salary. If it is a gift, we have to wait. Who will give? When they will give? What time? Whether it will come or not! We don't know. You can make this as a salary. You can work for it. You can achieve it. You can make it as your life. We can stay in the same state of intuition or the same state of ultimate consciousness continuously through meditation.

If you can infuse more and more silence in to your unconscious zone, we can move from instinct to intellect, intellect to intuition.

Self-Cleaning for Healers and Daily Life

- I want to say this because it is a very important thing for doctors: I was analyzing this subject – taking the negative energies of patients.
- Continuously, whether you believe it or not, you are meditating on patients. Continuously, you are contemplating on negativities, the problems of the patients.
- There was a beautiful research that I was reading that in medical schools, if a particular subject or if they are dealing or teaching about a particular disease, for example, head ache or knee pain or back pain, more than 40% of the students show the same symptoms, at the time of teaching. 40%[1]!
- When you continuously contemplate on some particular disease or symptom, you tend to feel it.
- Even, you can say when you listen about symptoms, you just compare, inside your mind, 'Do I have that? Do I have it?' When you contemplate, you try to express or experience the same things in your systems.
- Continuously, whether you believe it or not, accept it or not, we are meditating on patients.
- Whatever things you are receiving, the negative engrams, or the negative ideas, you are receiving from the patients, straight away go and settle down in the unconscious zone. It is in the unconscious zone, creating more trouble for us. As if we have less Karmas, as if we have less Saṁskāra [or root thought patterns]!

1 The Influence of Teaching on the Symptoms of Students by Richard B. Gray, J. Michael Hall, and Peter A. Thompson The Lancet, Volume: 313, Issue: 8637, Pages: 1333–1335 (1989), https://www.thelancet.com/article/pi/S0140-6736(89)91633-X: This is the seminal study that first documented this effect. Published in The Lancet, it found that approximately 42% of medical students, when taught about a particular disease (e.g., migraine, arthritis, back pain), began to experience symptoms mimicking that disease within 24-72 hours.

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- We acquire more and more Saṁskāra, which creates more trouble, more complications in our lives. That is why in Ayurveda and Yoga system, they emphasize, every healer has to meditate to disconnect the Etheric connection from the patients.

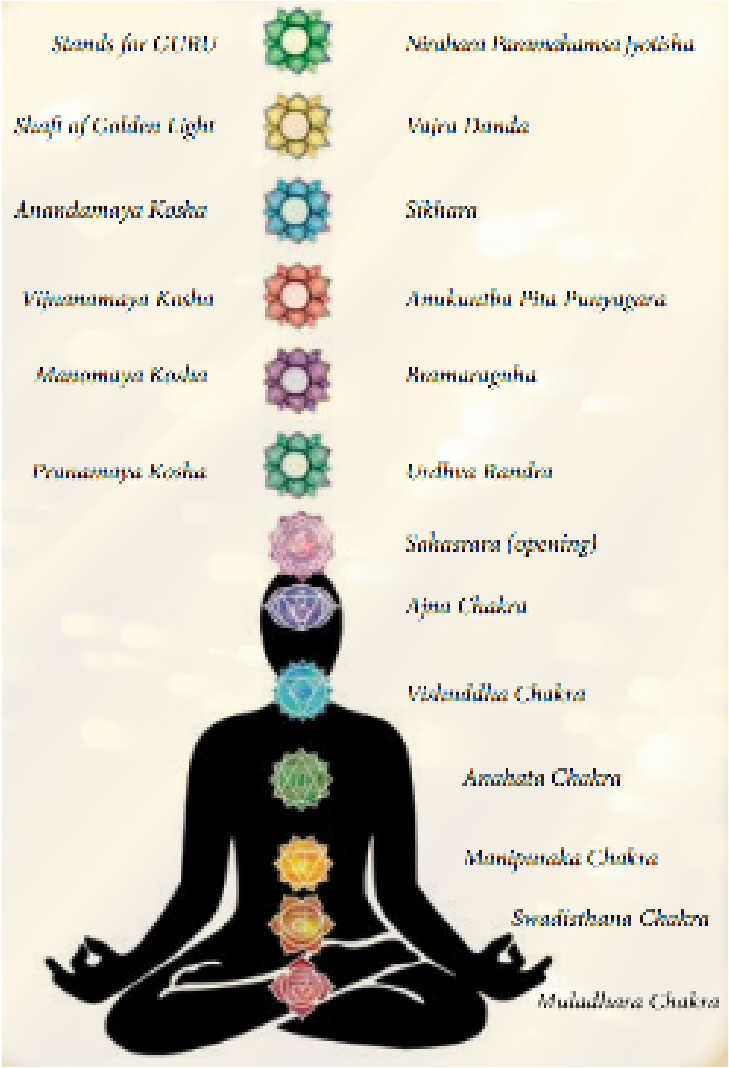
When you continuously contemplate on some particular disease or symptom, you tend to feel it. You just compare, inside your mind, 'Do I have that? When you contemplate, you try to express or experience the same things in your systems.

- Every healer has to clean himself, disconnect himself from the Etheric connection of the patients. It is not only for the healers even for doctors. When you are continuously listening to the problems of patients, naturally, you get associated, or you start swallowing all their problems, those negative ideas, negative thoughts. You can see in your life, many times, even after coming back to the house, the mind will be repeating the words, which you heard from the patients.
- **Mind is just continuously repeating the same words, which we heard from the patients. We need to clean ourselves.**
- **Please at least take 10 to 15 minutes per day to clean yourself. Just like you come out of the hospital, you clean your hands, you take bath, to keep yourself away from the bacteria, same way, you need to meditate and disconnect yourself from the Etheric connections or the negativities, which we are receiving.**

? Frequently Asked Questions: Master, how does the healing touch come from meditation?

- That is a wonderful question. We have seven energy centers inside our system. Not only Yoga, according to Hinduism, Buddhism, Tantras, everybody speaks about these seven Cakras. These Cakras are only controlling and managing our physical, mental, emotional and spiritual activities. If some of these Cakras are disturbed, we fall sick or get diseases. If we can heal those Cakras,

activate those Cakras, through meditation naturally, the diseases disappear. If you can do by your own meditation, it is called self-healing. If you take the help of a Master, who meditates, it is called healing.



Seven Energy Centers (Cakras) In Our Body

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Energy Can Be Shared and Channels of Healing

- Of course, in the modern days a lot of researches are done about Kirlian photography[2] and all these things. They prove very clearly that the energy can be shared.

- Even if you study deeply Einstein's theory, he says there is nothing called as matter, in the end. The end of his theory, what he says E=mc[23], Whatever exists is energy. He is almost like a ṛṣi. **At the end he says that there is no such thing as matter and energy separately. So when you can give a matter to somebody, why not energy (as in healing)?** All you need is a right technique to share.

- Of course till we are not able to quantify, how much of energy is shared and all those things, that is the reason, we are not able to give something like across the table. But one thing is sure that energy can be shared. That much I can be sure. How much it can be shared? How we can share? Through what techniques? All those things, we have to do little more research.

- If you do it by yourself, meditating, it is called self-healing. If you take the help of a Master, it is called healing. And it is possible from time immemorial, in Sanātana Hindu Dharma.

- Of course, it was practiced and it is in practice. You can see, even in your own villages, go to your villages, you can see, some kids fall sick, they will take the child to the village priest.

- And the village priest will take Neem (Margosa) leaf and beat the kid with some Mantra, some words, and this kid will cry like anything! Within two-three days, he will become alright.

2 The Kirlian Effect" by S. Kirlian and J. H. Shepherd (1976): Nature, 262(6223), 606-607. https://doi.org/10.1038/262623A0

3 Einstein, Albert. (1905). "Ist die Trägheit eines Körpers von seinem Energieinhalt abhängig? Eine neue Betrachtung des Problems der Bewegung." Annalen der Physik, 17(10), 639-641. (English translation: "Does the Inertia of a Body Depend on its Energy Content? A New Consideration of the Problem of Motion.")

SCIENTIFIC STUDIES ON THE SPH'S BRAIN ACTIVITY WHILST HEALING

- For over two decades, from 2004 to date, The SPH has worked closely with leading scientists, doctors and researchers world-over and recorded His Neurophysiology and Brain Activity during waking, meditation, and deep Samādhi states as well as when He is healing people or initiating people to awaken the Kuṇḍalinī energy.

- The earliest Scientific recordings of THE SPH healing was done on 14 Apr 2005 by Dr. William Collins, Leading Researcher & Neurofeedback Specialist in St. Louis, USA who requested the presence of THE SPH, to study His brain activity patterns and that of a patient during a healing session. The subject had been involved in a car accident ten years earlier, which resulted in impaired motor functions due to nerve damage.

- Prior to healing, it was noted that THE SPH's right brain hemisphere exhibited remarkably low activities, approximately 1/20th of those found in an average individual, suggesting a significant conservation of energy and essential resources such as oxygen and other chemicals within his brain metabolism.

- As He commenced the healing process for the patient, Dr. Collins recorded an escalating metabolic activity on the right hemisphere's neural imaging. It was extraordinary to witness that high-frequency oscillations typically associated with epiphanies were present throughout the entire healing session—a phenomenon uncommon in standard neurofeedback sessions.

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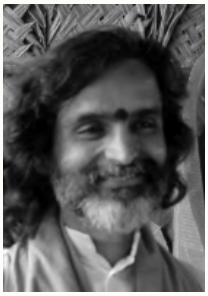
- He also observed a complete restructuring of neural connections within the patient's brain, indicating an increase in metabolic rates that could be likened to operating running one's fastest for 20 minutes. Despite this intense activity, the patient who should have been exhausted, reported feeling exceptionally rejuvenated and wanted to get up and walk! Further, both hemispheres of the patient's brain showed a remarkable synchrony to the right brain hemisphere of THE SPH[4].

Healing Testimonials (Sākṣi Pramāṇa)



Sri Nithya Sadananda, No More Cirrhosis

I was struck with Hepatitis B and suffering from cirrhosis, a chronic liver disease generally considered irreversible. All the hospitals had given up hope and I had been living on liquid diet for six years and knew death was around the corner.

On my friend's suggestion, I went to Nithyananda Swami who was then at Erode in Tamil Nadu, South India, healing the people who sought him out. He gave me a little holy ash and said to mix it into everything that I ate and drank for the next three days. I followed his instruction and on the third day itself I felt my stomach beginning to feel fine - after six long years!

Immediately, as instructed by him, I even ate a full spicy meal for the first time in six years. Since then I have been leading a healthy and blissful life, ever ready to serve my divine Master! - Sri Nithya Sadananda, (nithyaayya@yahoo.co.in)

Sam, Jagatpreeti, Sydney, Australia, **Swamiji Saved Our Child**

The doctors had scanned our baby and told us that the baby had a hypoplastic left heart. They suggested we should consider terminating the pregnancy because the probability of survival and the ensuing surgeries would be an enormous toll.

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4 SHRIKAILASA Uniting Nations Yearbook (Book), https://nithyanandapedia.org/wiki/SHRIKAILASA_Uniting_Nations_Yearbook_(Book)

Swamiji had blessed us saying – everything would be okay and He would take care. Months before, during Kālabhairava darshan, Kālabhairava blessed me and said – "You will have a Divine child. Kālabhairava (Śiva) will take birth through you".

What a blessing. Ajaya was incubated at birth and put on a drug intravenously to keep the hole between the chambers of the heart open.

Jagatpreeti (father) was with Ajaya and softly chanted the Guru Mantra to him. A surgery was performed to repair the coarctation and it worked. The doctors were quite amazed that his heart looked a lot better than previously diagnosed. In the next checkup, the doctor who had earlier suggested that the left side would never grow to be the same as right, came back to us with the amazing news: not only was he doing amazingly well on all levels, but that the left side of his heart was now the same size as the right. Through the grace of Divine and our beloved Guru we have experienced this miracle. Now we are looking at an amazingly calm, beautiful and alert baby miracle. If we did not have the trust in existence, the support from eNPregnancy and Swamiji, we may have experienced a very different outcome.

-*Share your Divine Miracles at* https://nithyananda.ai

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Japa: A Technique for Conscious Awareness

- Japa is a beautiful technique to reduce the power of thinking over your engrams; to make the whole thing conscious.
- But there is a danger, when you do Japa it should not become one more unconscious process. Please do not allow Japa to become one more unconscious process. If it is done with awareness and consciousness then it helps you to come out of engrams.
- **Put more awareness, more consciousness into your thought process, you will be liberated.**
- If it is an unconscious process there is a danger because this itself becomes one more 'do engram' and will continuously create a fear if you don't do. Please be very careful because you have to be conscious.
- **When you repeat the mantra see where the word is rising in your being, in your inner space.**
- **When you close your eyes you have inner space. In your inner space see where the word is rising, see the root of the word which you are repeating, naturally you will enter the source of Japa, consciousness itself.**
- You can see the source of vibration where the vibration starts.
- In Sanskrit mantra we don't even need to know the meaning or what to do. No need for you to know the meaning, if you know the meaning then it is alright.
- Any word repeated with awareness will silence your mind.
- I have seen a few people who will repeat even 'coca-cola'. Of course you need to be aware. You can't just repeat and do something else.
- Naturally Divine's name has got its own impact. We can't compare coca-cola and Ramakṛṣṇa; what I am emphasizing is awareness.
- Just to emphasis on the awareness, I made the statement. Truly if you repeat

the Divine's names it has got its own effect, its own thing on your being[5].

- Even if you have cleaned the inner space for fifteen minutes or 20 minutes it is enough for next 24 hours. You will have same quality of the inner space for next 24 hours. After few days you will understand it is not even the quantity, it is the quality of how intensely you sit.
- After few days you don't even need 15, 20 minutes, just 5 minutes is more than enough. After a few days you don't even need 5 minutes, just remembrance - smarana is enough.
- By remembrance you will be able to clean your inner space. You see, this is the scale: After you close your eyes your inner space should be peaceful.
- You should feel well being, healthy.
- Understand: health is not no-disease ness. No diseaseness is just a part of health; real health is something more than that. If you feel alive, bubbling, simply oozing out of the bliss, that's what I call health.
- If you feel that mood if you close your eyes, then your inner space has reached meditation.
- In the initial level you need to close your eyes; after that you don't need to[6].

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5 Global Minutes for Peace - 4.3 billion minutes and still counting. Minutes for Peace is THE SPH's humanitarian initiative to raise global consciousness using meditation, thereby healing the world and ushering world peace and reducing crime globally by conducting mass meditations around the world in parallel.https://www.minutes4peace.org/

- The Scientifically Supported Benefits of Meditation: Several institutions have conducted experiments using scientific and statistically supported techniques to verify the truth behind meditation. Notable amongst them is the work carried out by Mahṛṣi Mahesh Yogi, whose findings are published through Mahaṛṣi ved vijñāna viśva vidyāpīṭaṁ. Studies conducted using meditation techniques related to truths expressed in the verses of Bhagavad Gītā have shown that the quality of life is significantly improved through meditation. These studies have found that meditators experience a greater sense of peace resulting in a reduced tendency towards conflict.
- Meditators gain greater respect for and appreciation of others. Their

MahāMantra Meditation Technique

- Vāsanas are dead memory imprints which don't have enough imprints to pull you to walk in the same path.
- But saṁskāras are alive, they have the power to pull you down to make you walk in the same path.
- So Vāsanas are different and Saṁskāra are different. For immediate use I can

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own inner fulfillment increases resulting in improved self-respect and self-reliance, leading to Self Realization. One's ability to focus along with brain function integration is enhanced. These have resulted in greater comprehension, creativity, faster response time in decision-making and superior psychomotor coordination.

- Stress levels have been shown to decrease with enhanced sensory perception and overall health. The tendency towards depression has been clearly shown to decrease.
- There is enough evidence to show that as a result of meditation, individuals gain a better ethical lifestyle that in turn improves their interaction with others in the community, resulting in less conflict and crime. Group meditation of 7000 people (square root of 1% of world population at the time of the study) was significantly correlated to a reduction in conflict worldwide.
- Meditation leads to higher levels of consciousness. Through the research tools of Applied Kinesiology, Dr. David Hawkins (author of the book Power vs. Force) and others have shown that human consciousness has risen in the last few decades, crossing a critical milestone for the first time in human history. Dr. Hawkins' research also documents that Bhagavad Gītā is at the very highest level of Truth conveyed to humanity
- University of Washington Study (2013): Researchers at the University of Washington found that chanting mantras reduced anxiety and improved mood. They didn't specifically focus on the Mahā Mantra, but the findings support the general benefits of mantra repetition. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3761749/

offer this technique which will help. Four instructions. Tibetan Buddhism - this technique is from; four instructions.[7]

3. Sitting straight, you can sit in the sofa, chair or any where, no problem, but your head neck, backbone should be a straight line.

4. Second instruction is: closing the eyes. Please understand when I say closing the eyes means I don't mean just closing the eyes; something more has to be done. Surely when you open the eyes you see all these things. When you close your eyes you will see all these things in the inner space. That also has to be stopped. How to stop? Just for 30 seconds or 1 minute, create a pressure on the eye ball mentally; not physically but mentally, just create a pressure in the eye lids; the inner visualization will come down. You can't do and should not do for more than 1 minute. This is the second step to disconnect yourself and purify yourself. Please do not do it physically by your hands, please do it mentally.

5. Third step. Creating a loud humming sound in your inner space. Do not allow any thought coming into your inner space. Just create a loud inner sound. The sound itself will take care automatically, the sound that you create. Mmmmmmm…as loudly as possible as intensely as possible as deeply as possible. Just fill your inner space with this vibration, naturally these engrams will be put to rest. You will infuse peace in to your unconscious zone, when you do this humming. Automatically the thoughts will not be there. Do this humming for 20 minutes.

6. Then after that for 10 minutes be in silence in a relaxed way.

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7 Study by Dr. Richard David Evans: The Evans' research (documented in his book The Power of Sound) investigated the effects of mantra chanting on brainwave activity. He found that chanting mantras, including those similar to the Mahā Mantra, can induce alpha and theta brainwaves, associated with relaxation and meditation. https://www.amazon.com/Power-Force-Consciousness-Revolution-Humanity/dp/0967806950

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TECHNIQUE

For Health & Wellness MahāMantra Meditation Technique Infuse your unconscious zone with peace. Automatically thoughts will not be there.	
Reference	Verse 1, Iśāvāsya Upaniṣad, page 72
Duration	30 minutes
Step 1	Sit straight (on a sofa, or a chair or any where)with your head, neck, and backbone in a straight line.
Step 2	Close your eyes.
Step 3	Creating a loud humming sound in your inner space. Do not allow any thought coming into your inner space. Just create a loud inner sound. The sound itself will take care automatically, the sound that you create. Mmmmmmm…as loudly as possible as intensely as possible as deeply as possible. Just fill your inner space with this vibration, naturally these engrams will be put to rest. You will infuse peace in to your unconscious zone, when you do this humming. Automatically the thoughts will not be there. Do this humming for 20 minutes.
Step 4	10 minutes. Be in silence in a relaxed way.
Recommended	*For: Beginners*
Benefits	*Protect yourself from the negativities* *Heal the Saṁskāra* Bring peace and bliss
Share	Visit https://nithyananda.ai

Technique to Experience You Are Consciousness: Renounce Everything & Enjoy Everything!

- The īśāvasya Upaniṣad beautifully explains: tena tyaktena bhuñjīthā mā gṛdhaḥ kasya svid-dhanam - It means, "Renounce everything and enjoy everything!"
- As long as you have the idea "this is mine" and "this is not mine", you will never enjoy everything available, and you will go on suffering with that suffocation.
- The man who has renounced the idea of desire and fear, mine and not mine, the man who has renounced the filter system which stops information into his cognition due to fear and greed, is the Lord of the Universe, he is "Sanyāsi", he is "Jīvan mukta"!
- Drop your small filtering mechanism of desire and fear which decides what you own and what you don't own.
- When you drop that incompletion mechanism, you know everything is yours, you perceive everything, you listen to everything, you are so available, life is so available, you are available to life, and life is available to you. Then, in that powerfulness, you can have your own choice system.
- For example, ten trays of food are there. You are going to eat only one tray; but don't put dirt in all the other nine trays, don't pollute it.
- Let all the trays be there available to you. You pick up only one tray. But we are so violent, anything we don't want to enjoy, we corrupt it and block it.
- **Stop this habit of blocking your cognition by desire and fear and incompletion.**
- **If you just do Completion8 on what all you are blocking due to your**

8 The Scientifically Supported Benefits of Completion
The Global Coherence Project: A Landmark Investigation into Brain Synchronization- This is the foundational study for the Science of Completion. The GCP ran from 2007 to 2014, making it a truly longitudinal study. Approximately 1,200 participants were recruited globally, representing diverse cultures and backgrounds. Participants wore EEG (electroencephalography)

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incompletions in life, I guarantee, in a month, you will not need spectacles or hearing aid! I am telling this to all My disciples who are wearing spectacles, understand? It is a damage you did to your eyes because of your incompletions interfering in your seeing. Sit and think through every night. Do Completion as much as you can. Dig out, dig out, dig out!

Testimonial (Sākṣi Pramāṇa)

Sarah Miller – Seeing Clearly Again

"Honestly, I couldn't believe it. For as long as I can remember, I've worn glasses. It was just…normal. I'd been told since I was a little kid – 'Sarah, you need to focus!' – and I'd dutifully worn them, constantly adjusting, squinting. I'm a researcher in Melbourne, Australia, a really demanding job. I'm constantly juggling deadlines, meetings, student concerns…it's exhausting, and my eyes were *always* strained. I was starting to feel like I was constantly behind, and the blurry vision just added to the feeling of being overwhelmed.

Then, I came to Inner Awakening® and learnt about the 'Completion' process. I was skeptical, to be honest. But I was desperate for *something* to shift. I started with just a few minutes each night, just sitting and really *thinking* about the things I hadn't finished – projects, emails, even just simple tasks. It felt a little silly at first, but I focused on the feeling of unfinishedness, the frustration, the anxiety.

headsets during the completion technique. EEG measures brainwave activity. The GCP found a statistically significant increase in alpha coherence between the left and right hemispheres of the brain during the completion technique. Specifically, they observed a rise in alpha wave coherence (8-12 Hz) – a brainwave associated with relaxation and focused attention – when participants were actively trying to complete a task. Crucially, this coherence increased *even when participants were unaware* that they were being monitored.
The GCP's findings suggested that the completion technique could actually alter brainwave patterns, promoting synchronization between the hemispheres – arguing that our brains naturally seek completion, and that disruptions in this process can contribute to a wide range of psychological and emotional challenges, including ADHD, anxiety, depression, and chronic pain. Baars, B.G., & Cohen, L. (2006). The conscious brain. Oxford University Press

I started to dig out the underlying worries.

And then…it started to change. Slowly, almost imperceptibly, my vision started to feel…clearer. Not dramatically, but definitely less strained. I found myself noticing details I hadn't before, feeling more focused and less overwhelmed. I've been doing this for about three weeks now, and I'm genuinely amazed. I still wear my glasses, but they feel…lighter. I've actually stopped adjusting them as much.

I don't know how it works, exactly, but I truly believe this 'Completion' process has helped me to see things more clearly – not just visually, but in my life. It's given me a new way to approach my work and my stress. If you're feeling constantly strained, overwhelmed, and like you're not seeing things clearly, I urge you to give it a try. You might be surprised at what you uncover. Thank you Swamiji! [THE SPH]"

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Subjective Truth vs. Incompletion: Power of Remembrance

- Please understand, all the reality you experience in your life, starts in you as subjective truth.
- If you are experiencing richness now as your reality, this has started in you as a subjective truth at sometime.
- If you are experiencing poverty in you as a reality now, it has started as a subjective truth in you at some time.
- Maybe the poverty would have started as an incompletion. I don't want to use the word subjective truth for it; because, there is a difference between subjective truth and incompletion.
- Incompletion, by more and more remembrance makes you weak and expresses itself as reality; subjective truth, by remembering it, makes you more and more strong and expresses itself as reality.
- Understand, whether incompletion or subjective truth, by more remembrance it becomes reality.

Recognizing the Source Within

- **Anything which weakens you and makes itself reality is incompletion; anything which strengthens you and makes itself as reality is subjective truth.**
- **By remembrance which binds you is incompletion, by remembrance which liberates you is subjective truth.**
- Arunachala is a subjective truth; because Smaraṇāt Mukti – by remembrance, Liberation.
- Just by remembering, anything that grows in you and strengthens itself and strengthens you and becomes reality is subjective truth..

- I tell you, all our Purāṇas, are all subjective truth. When you say, when Purāṇas say, Kṛṣṇa just picked up the whole Govardhana hill with his little finger, it is a truth for the people who want to live that.
- When I say Arunagiri Yogishwara appeared and gave Me Kavi (ochre robe) and initiated Me, it is a subjective truth. It is truth for the people who want to live it. When I say, I gave the food and Ganesha ate, it is subjective truth. It is truth for the people who want to live it.
- One thing: Just because a blind man can't see, don't say world does not exist. Purāṇas (Hindu historical stories) are not myths.
- More number of Hindus were killed in Kashmir and when Pakistan was separated, than number of Jews killed by Hitler. But, no one talks about it.

Between 1989 and 1990, 300 to 800 thousand Kashmiri Hindus emptied out of Kashmir valley during the Exodus after violent attacks and threats. The Mujahideen, a terrorist group that was the predecessor of the Taliban, took over the Kubha region (Kabul) in present day Afghanistan, forcing Hindus and Sikhs to flee from their homeland by the thousands. Once a thriving Hindu civilization, today there are less than 1000 Hindus and Sikhs each in Afghanistan. This final collapse of one of the prominent Hindu regions was a grave indicator of the state of Hinduism

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Purāṇas are Subjective Truths, Not Myths

- All Purāṇas are subjective truth. Otherwise how do you think the brains which conceived the movements of the Gṛhas (planets), and even now the world's best time calculation and astronomical calculation method is our (Hindu) astrological Sūtras. Still our Jyotiṣa Sūtras, the Pañcānga method is the most accurate, precise way of calculating the Lunar Eclipse or Solar Eclipse, or any happening in the Universe.

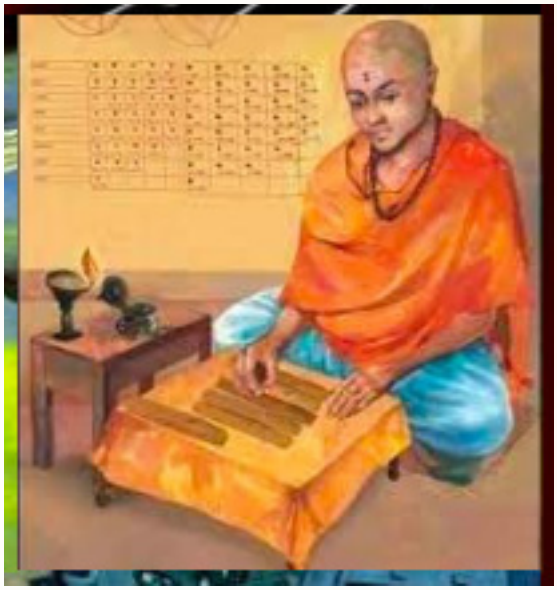
- How can the brains which conceived all those things, which are able to comprehend all those things, will believe in something which is a delusion or a myth? Come on! The brain which conceived the Tanjore Brihadeeswara's Temple architecture; still I am not able to understand the whole thing, consulting with so many Stapathis (temple architects); we are not able to decode the mystery of the Brihadeeswara Temple. The brain which can conceive that, will it believe in any myth or delusion?

- I tell you, no poetry can be so sublime as Upaniṣads. Just by sitting and reading Upaniṣad, I can be hunger-free, sleep-free for any number of days enjoying, tasting, celebrating the sublime poetry expressed – īśā vāsyamidagṃ sarvaṁ yatkiñca jagatyāṁ jagat | tena tyaktena bhuñjīthā mā gṛdhaḥ kasyasviddhanam ||

- What a subtle, sublime truth. Everything exists is energy. Stop identifying as "I" and "Mine" with something separate; renounce this "I" and "Mine" and be liberated and celebrate and enjoy everything that exists.

- Just remembering this verse without food and water and sleep, I can spend days together.

- The sublime truth – these brains can never be caught in myth; listen, listen; these brains can never be caught in myth. Nobody understood the structure of our society. I want to tell you guys, the brains which have perceived the truths like īśāVasya Upaniṣad, Katopanīśād, can never get deluded by myth. I give you guys assurance, our Purāṇas are subjective truth. They are not myth.



- Aryabhatta, what an intellectual brilliance, in Mathematics and Astronomy.
- When he wrote Aryabhatiyam, he was only twenty-three. He is the first guy to declare the world, Earth is round, it rotates on its axis and orbits the Sun.
- At least few thousand years before Copernicus published his Heliocentric theory. He is the man who declared the value of pi. See, those brains cannot get deluded by some mythological, mythical, fairy tale stories, understand. All Purāṇas are subjective truth.
- All the eighteen Purāṇas by Bhagavān Vyasa are subjective truth, not myth. Myth is the too small a word to translate the word "Purāṇa".
- That is why I am saying when our Masters declare Tattvamasi – You are the truth; Śivoham – I am Mahādeva, when I say Śivoham, I mean you also; you are Mahādeva. When our Masters declare this truth, it is not myth. It is a subjective truth.
- One of the biggest attacks done on Hindu tradition, Vedic tradition is, saying that all our Purāṇas are myths. It is one of the biggest attacks. Even 'we' started feeling, having self-doubt, SDHD – Self-doubt, denial, hatred; self-doubt, self-hatred, self-denial.

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Aryabhatta II was one of the most famous heads of the Nālanda University, Bodh Gaya, Bihar, Bhārat (above remaining ruins of the University), one of the largest ancient Vedic learning centers. It served Hinduism primarily in two ways:

1. To institutionalize the education system of the entire Hindu civilization, putting in place the Gurukul system across the expanse of the Vedic civilization.

2. To serve as a library for the extant of Hindu texts

This ancient university was home to a 9-story library which archived all of Hinduism's most valuable texts. The library also contained the oldest texts on copper plates, that predated the books that were made from parchment by thousands of years. The books and knowledge that the university would have had in its prime time is simply incomprehensible. Aryabhatta was not the first chancellor of the Nālanda University and the origin of the University is difficult to pin point as it was destroyed during the Muslim invasions. It can only be referred using historical texts. It was truly a gem of a civilization in its time that gave meaning to the commonly used description "glorious Hindu past."

Relating with Consciousness Through the Five Elements

The Universe as Energy[1]

- There are five elements in the Universe, in Existence: the Earth, Water, Fire, Air and Ether - Space.
- All the five elements are nothing but energy.
- **The Upaniṣad says, The whole universe has come from energy, from Ātman. From the Ātma, Ākāśa, From Ākāśa-Vāyuhu, Vāyur-Agnihi, Agnir-Āpaha, Āpaha-Pṛthvī, Pṛthvīyur-Annam". From the Ātman, energy, Ākāśa, ether has come. From the ether, air has come. From air, fire has come. From fire, water has come. From water, earth.**
- These five elements are nothing but energy. As we think, they are not matter.
- There is no gap, there is no line, there is no wall between matter and energy.
- Whatever exists is energy. Somebody asked Albert Einstein, "How does matter become energy and energy become matter?" He says, "This question scientists cannot answer, only the mystics can answer. Here ends science and starts mysticism".
- The last word of science is, "Energy". It's the first word of the first Veda of the first Upaniṣad! The first Veda is Rig Veda. The first Upaniṣad is īśā vāsya Upaniṣad. The first statement is, " īśā vāsyamidagṃ sarvaṁ". Whatever exists

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1 Quantum Field Theory (QFT) proposes that the universe isn't empty space, but rather a dynamic field of energy.

- Higuchi, R. (1986). Zero-point energy of the universe. Physical Review D, 33(8), 2975-2982. (This is a seminal paper outlining the concept of vacuum energy and its implications for cosmology).
- Peebles, P. J. (1993). The future of the universe. Annual Review of Astronomy and Astrophysics, 31, 393-430. (Peebles discusses the cosmological constant, which is related to vacuum energy and dark energy).

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Nature is worshiped,because nature is the first doorway towards the Divine

is Energy. Where science ends, spirituality starts.

- As you think, there is no border line, boundary between matter and energy.
- There is no water-tight compartment between matter and energy.
- The gross energy is matter, subtle matter is energy. Gross energy is matter, subtle matter is energy.
- When it is subtle, it is energy. When it is gross, it's matter. There is no border-line between these two.
- All these five elements are nothing but energy. Earth, Water, Fire, Air and Ether, all these five elements are nothing but energy.

Nature is the doorway to the Divine

- In East, we have the tradition of worshiping all these five elements. Spirituality started by worshiping these elements only.
- In the earlier Upāsanās from Śvetāśvatara Upaniṣad, if you see, there is no mention about the Gods or Goddesses. There is no form.
- In Keno Upaniṣad, no form is mentioned. But Nature is worshiped, because nature is the first doorway towards the Divine.

Unveiling Ether: Recognizing the Subtleties of Universal Energy

- In these five energies, we know a few things.
- When a stone is used, what effect it makes to somebody or if the Earth is compressed how it can become, you know. You can physically see the Earth. So, earth is energy. It is easy to understand.
- Water is energy. You know if the flood comes, what water can do. Water is energy, you can understand.
- Fire, when the forest fire happens, you know what's the result. Fire is energy, you can understand.
- Same way, when the tornado comes, you can understand Air is energy.
- **But we miss to understand that Ether is also energy. The fifth element, Space is energy. Space is also an energy. Ether is also an energy. Because it is so subtle, so sensitive, we can't feel the happenings in the space of Ether.**
- The five elements: Earth, Water, Fire, Air and Ether, are nothing but energy. Earth is energy, you can understand.
- We can feel the happenings in all these four spaces, in the Earth, in the Water, in the Fire, in the Air, you can feel, you can sense it. Because of that, we can understand. But, we forget to understand that Space, Ether, is also an energy, a power. It is more subtle and more powerful because when it becomes subtler, it becomes more powerful, more energetic.

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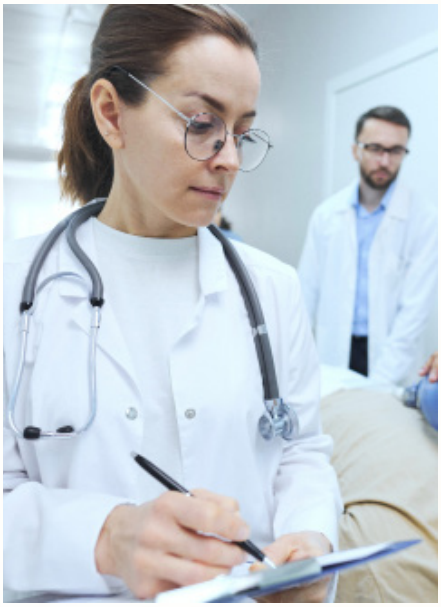
Science of Hindu Temples to Relate with Consciousness

The Universal Need for Sacred Space

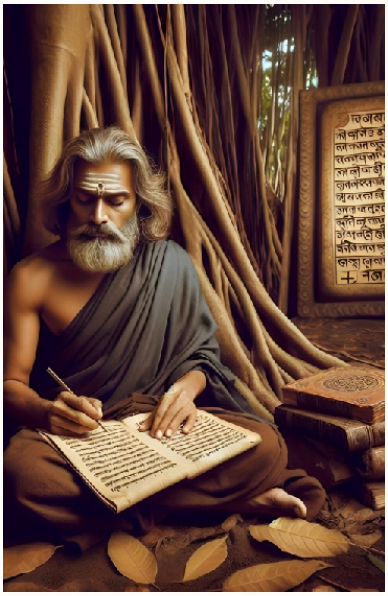
- From time immemorial, not only Hindus, not only people who belong to the ṛṣi cultures, but all over the world in all traditions creating a space for the Divine has become a part of our lives.
- Not only in Hindu tradition, any religion, any Master, any cult, any group, first thing they do is creating a space for the Divine. Not only human beings, even animals when they live together, some of the beautiful researchers video graph, some of the beautiful researches say even animals don't use a particular area for their eating or for their regular life. Particular area they allot only for rest. They don't use that space for anything else. All they do there is only resting. Of course they don't know anything called worship or prayer. That's the reason they use only for rest. If they knew they would have used for it, we don't know.
- **In every tradition, creating a space for the Divine or creating a place in which they can relate with the Divine has become a part of their culture, part of their life.**

The Formulaic Path to Experience that Consciousness is a Temple

- A person who creates a formula to reproduce the same experience which happens in the outer world is a scientist.
- For example, Newton saw an apple falling from a tree and something happened in his consciousness and he created the law of gravity. He created few rules, regulations, understanding, formula to reproduce the same experience in other beings. He is a scientist.



Scientist- a person who creates a formula to reproduce the experience which happens in the *outer world.*



Mystic- a person who creates a formula to reproduce the experience which happens in the *inner world.*

- A person who creates a formula to reproduce the experience which happens in the outer world is a scientist. A person who creates a formula to reproduce the experience which happens in the inner world is a mystic.
- Mystic or a saint is the one who creates a formula to recreate the same experience which happens in the inner world.
- These temples, our rituals, Pūjās, homas, all these things are formulae created by our ṛṣis to reproduce the same experience which happened in their inner space.
- They have created a formula to recreate the same experience in our beings, which happened in their inner space.
- When we don't understand or we don't practice we just can't say it is not true. Just because we don't have enough patience, just because we are not able to give enough time to work with these formulae, you can't say the very formula is wrong. You can't say the very root is something wrong.

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- First thing we need to understand worship through idols. It is not worshiping the idols itself.

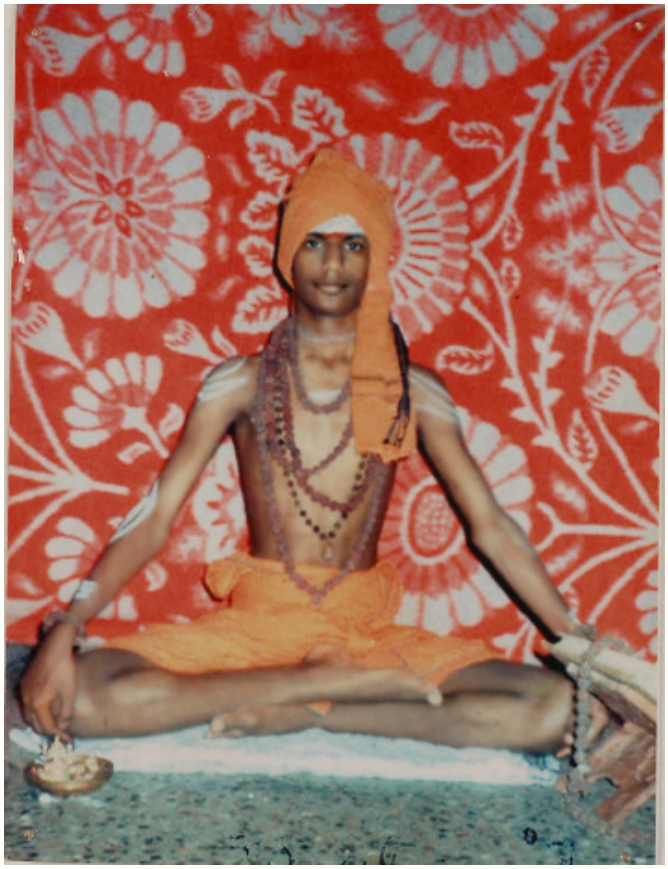
What Is Worship Through the Idol?

In Hinduism, there is no idol worship. We don't worship idols, we worship through idols'

- Again and again people ask Me, 'Swamiji why are you worshiping idols in Hinduism'. I tell them – 'No, in Hinduism, there is no idol worship. We don't worship idols, we worship 'through' idols'. It is not idol worship, it is worship through idols.

- There is a very big difference between idol worship and worship through idols. We should understand: When we go and stand in front of the idol, do you go and pray – 'Oh Stone, please give me boon', 'Oh Statue, please give me, please heal me'. Do we pray to the statue, do we pray to the idol? No! We pray 'Oh, Devi, please bless me', 'Oh Śiva, please heal me'. We worship 'through' idol, not the idol itself. There is a very big difference, worship through idol and idol worship.

The SPH offering worship to deities at KAILĀSA Paramparagatha Adi KAILĀSA NITHYĀNANDA Peetha.



THE SPH around 14 years of age, photographed with books on His left side and deities on His right. The deities have been preserved and receive THE SPH's everyday worship till date. THE SPH has declared, "Books and deities made Nithyānanda."

- **Somehow this word idol worship and this idea has been used just to condemn our way of life without understanding what is happening.** The people who look at the whole process superficially started condemning it.
- Just because they condemn, we also started believing it. Especially last fifty years, after this so-called invasion, scholars started translating Vedās, when they started disrespecting our culture.
- Max Mueller started translating Vedās just to disrespect it; just to torture it; just to prove there is nothing worth in it. He writes in his letter, to his mother

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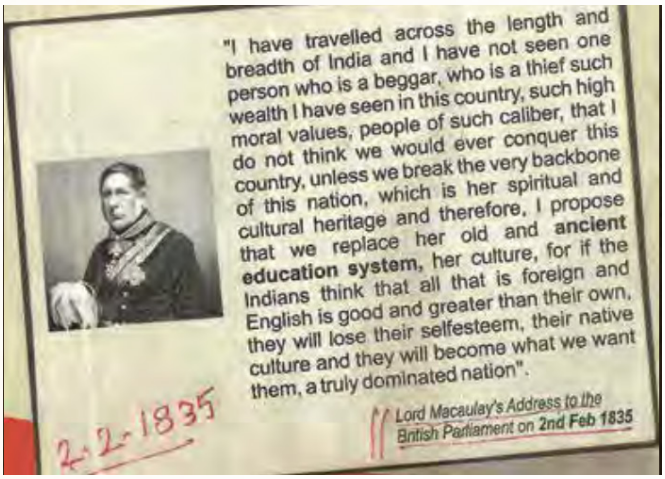
'I have translated these books, just to show them they have nothing'. With a deep disrespect he translated it. He has condemned it. The very purpose for translation is to condemn it[2].

- We have lost the connection between our Upaniṣads and our Āgamas.
- We don't have persons who can relate and explain.
- Just because we don't have persons who can relate and explain, we can't say our Āgamas are something less than Śruti. No way our culture, our practical philosophy, our day-to-day-life is less than our Advaita Siddānta, or the backbone of our Hindu tradition.
- We need to understand the day-to-day culture, the temple worship, the fire rituals everything is a clear practical Vedanta. It is the essence of our wisdom. It is the juice of our ṛṣis' research reports.



(left) Letter written by Macaulay, British historian and politician in 1835 triggering the systematic cultural genocide of Vedic

Letters of Max Müller.

TO THE DUKE OF ARGYLL. OXFORD, *December 16, 1868.*

"India has been conquered once, but India must be conquered again, and that second conquest should be a conquest by education. Much has been done for education of late, but **if the funds were tripled and quadrupled,** that would hardly be enough... **A new national literature may spring up, impregnated with western ideas,** yet retaining its native spirit and character... A new national literature will bring with it a new national life, and new moral vigour. **As to religion, that will take care of itself."**

(right) Extract from the diary of Max Muller who was appointed to wrongly translate the theme of the Vedas

2 Karma Yoga and Its Psychological Patterns by Swami Vivekananda, Publisher: Vedanta Society of America (1971)

Why Temples Are Created?

Water can hold, radiate and respond to your thoughts. When a simple water can respond to our thoughts, our vibrations, why not a structure? Why not a temple, why not a stone? It can become alive with our thoughts, our emotions.

- **Here I will try to explain the science behind the Hindu temples; the idea behind the Hindu temples, why these structures are created.**

- Before entering into the subject, I would like to mention a beautiful study done by a doctor Franc Rudolph. He went and stayed in Amazon along with a group of tribes, for 30 years. There is one important thing I want all of you to know. Those tribes believe that by creating an image of a particular person and invoking that person's energy into that image or clay idol, they can heal that person or they can transmit any disease to that person. They believe in a phenomena called transmitting diseases or healing disease through a clay image. They create a clay image and invoke his energy into that clay image, then they heal him through that image or they transmit a disease to him, even death. These tribes believe this idea. This doctor wanted to understand / study about it. He goes there with all his equipment to do research, with his video camera, etc, to analyze what is going on behind this phenomena. Not one year or two years, 30 years he stays with them, does a research and then he publishes a beautiful paper[3].

- Three things mainly he says.

  1. He says if he has observed 100 incidents, more than 98 became true. This is the first statement he makes. He observed that if he has observed 100, in more than 98, health is transmitted, or the death is transmitted. That is the first thing.

  2. Second thing he says, not only to human beings, even to trees they are able to transmit. That is the second thing. He says they make a clay model of a particular tree and just by infusing energy through some vibrations, through some sounds they make that tree wither and die or a dead tree is brought back to life.

3 Francine R. Rudolph, Healing and Medicine: Essays from JSTOR (1994) Publisher: University of Pennsylvania Press, ISBN: 978-0816998664

3. Third thing: not only with living human beings, even with dead human beings they are able to play. A person who is dead, within three days they are able to bring back, bring that person back to life. Its very mysterious and very strange. If you can, you can get this book called 'Hidden Mysteries' and read it. He gives enough of proof, evidence and all his case studies, researches in 30 years. He has published all this in a book called 'Hidden Mysteries.'

- **If you look at this phenomena. If you can relate to the ordinary persons with an image why not relate with the Divine energy which has created the whole Universe?**

If you can relate to the ordinary persons with an image why not relate with the Divine energy which has created the whole Universe?

(on the left) By the beginning of 2003, The SPH had started every possible line of work with which the revival of Hinduism would reach millions across the world and enliven the global Hindu diaspora. The first temple inaugurated in Ohio was named, Paschima Prayag, in Seattle: Paschima Chidambharam Nithyanandeshwara Hindu Temples. THE SPH has established more than 16,000 KAILASA's around the world to uphold the teachings of Paramaśiva in the form of temples, paduka mandirs, satsang centers, Paramaśiva shaka centers, universities, and Sarvajnapeethas

THE SPH performs worship of the Lord Dakshinamurthy, the deity consecretated by Him in AdiKAILASA, Bengalru.

Temples as Energy Batteries

- Next thing: Why temples.
- Now I want to explain another experiment. It is a beautiful experiment done by a Japanese doctor. He has published a book also called 'Messages from Water'[4]; a beautiful book which has became very popular in the recent times, especially after the movie – 'what the bleep do we know'. It is a beautiful movie which has become very popular.
- In that they speak about his experiment. He has done a very beautiful experiment. In that he takes 10 glasses of water, same water, same type of glasses. 10 glasses he fills with water, keeps in 10 different rooms. He goes to one room and creates a positive good vibration, like uttering words like peace, meditation, silence, good words. He utters good words and creates positive vibrations. Then he goes to the next room, starts screaming violence, terrorism.
- These are the words he shouts and creates a negative vibration. He goes to the third room and chants a few words from Dhammapada, the Buddhist scripture. Like this he chants different words in different rooms and then he freezes the water, sees the through microscope and photographs them.
- He comes out with amazing results. He says the water which he energized through positive words, they shine like diamonds. In photographs they shine like diamonds. The water on which he used negative words like war, terrorism, all these negative words, he says he does not know from where the color darkness landed on them. They look dark like a devil and almost like a devil's pictures or ideas are represented in those photographs. Not once or twice, more than 300 experiments he has done and he says water can just radiate, respond to your thoughts.
- Water can hold, radiate and respond to your thoughts. When a simple water can respond to our thoughts, our vibrations, why not a structure? Why not a temple, why not a stone? It can become alive with our thoughts, our emotions

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4 Messages from Water, Masaru Emoto, Publisher: HCI Books (1999), ISBN: 978-0898709480

Temples: Vessels for Cosmic Energy

- Our Masters have created so many methods, techniques to hold the positive energy, so that humanity can be helped by that positive energy. The mechanism or techniques which they created to hold that positive energy and radiate is what we call Temples. They have created so many methods.
    - They have tried to install the energy in the earth elements, in the stone. That is what is the idols, mūrtis.
    - They have tried to install the same energy in water. That is what is tirthas. That is why every temple will have a tank or a river as a tirtha.
    - Third they tried to install the same energy in fire. Every Indian temple will have a lamp which is never switched off, is never put off. It will have a lamp or an agni which will be continuously burning.
    - And ultimately the air. The very air is filled with the vibrations of mantras. The mantras continuously when they are repeated, chanted, the very air vibrates with that pure vibrations.
- Above all, the space, the ether. You can see the temple architecture, it is always created in the dome structure. Whether it is South Indian or North Indian, the dome structure.
- The dome structure is created to hold ether. It is almost like a battery. They say if you can hold one lightning, if you can store one lightning in a battery, if you have some battery or method to store one lightning, you can supply electricity for any city for more than one year. More than one year you can supply electricity for any city, for any big city. Only thing we don't have such a system or method, we don't have that type of batteries. These temples are created just to hold enormous energies, so that when enlightened Masters come they will install their energy.

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You can see the temple architecture, it is always created in the dome structure. The dome structure is created to hold ether. It is almost like a battery.

(above) 2005, Adi KAILASA, India - THE SPH is seen with the deity of Sri Ananda Venkateshwara personally sculpted and energized by THE SPH which He later consecrated in KAILASA Los Angeles, USA.

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All Prominent Hindu Temples Are Installed By Enlightened Masters

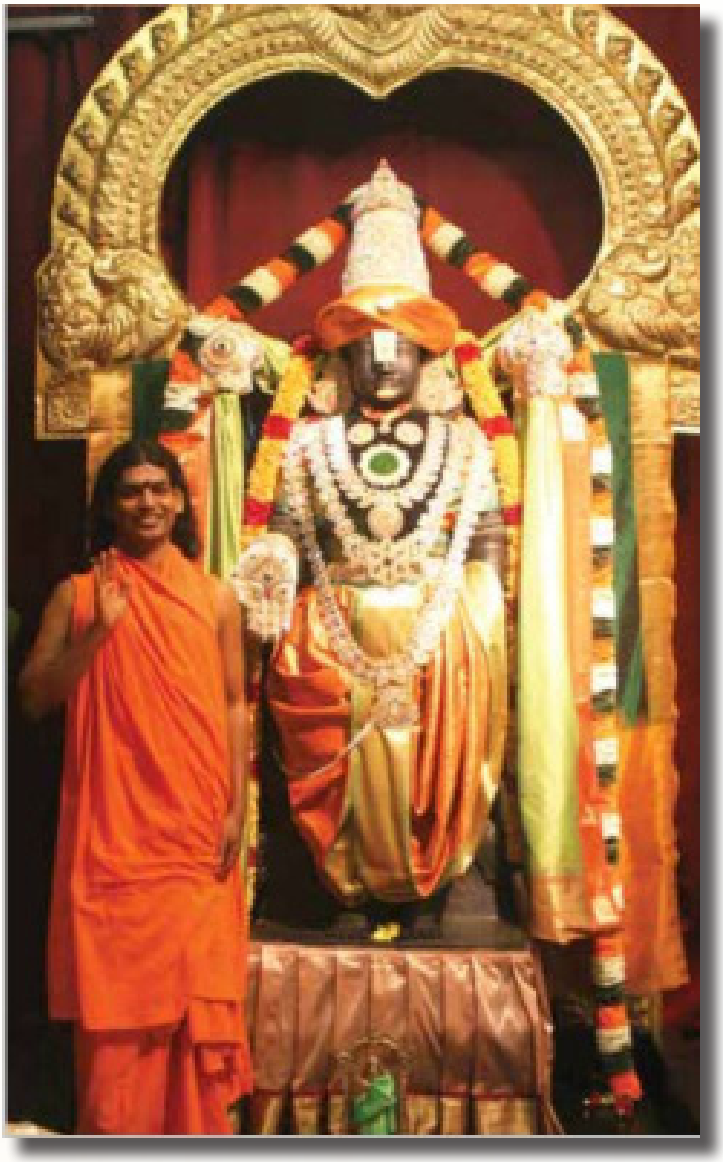
- All the prominent temples are installed by enlightened Masters. It is like when a rich person dies, he leaves all his property through his 'Will' to somebody, some of his sons, daughters or some relatives. He leaves all the properties.
- Same way when an enlightened person leaves his body, he leaves all his tapas, all his Puṇya, all his merits.
- Our Masters have designed beautiful batteries which can hold this energy and radiate it for thousands of years.
- Temples are the batteries in which they have stored their energy.
- Pazhani (temple) is installed by a great Saint called Bogar. Thanjavur (temple) is installed by The great Saint called Karuvurar.
- Tiruvannamalai (temple) is installed by a great Saint called Edaikadar.
- Of course Madurai (temple), Śiva Himself came down in the name of a Siddha. Name itself is Siddha. Śiva Himself came down -----and installed His own energy.
- Every temple is installed by an enlightened Master.
- They have created a beautiful battery in which they can store their energy, in which their energy can stay and radiate and help millions of people for thousands of years.
- It is because of the concentrated energy in the garbha mandir, your prayers become reality.

Pazhani temple

Tiruvannamalai temple

Temples are created to replace an enlightened Master's presence. The cosmic energy radiates itself, makes itself available to us through these idols, through these vigṛhas, through these statues

Madurai temple



(above) 2007 - THE SPH with the deity of Lord Venkateshwara in KAILASA, Los Angeles, USA. The SPH personally hand-finished and energized this magnificent deity of Lord Venkateshwara. After prana pratishtha (breathing cosmic life-energy into the deity) was performed by the SPH, the deity graces as Sri Nithyananda Venkateshwara in Southern California as its largest and most blissful manifestation of Sri Vishnu in North America.

How Prayers Become Reality in Temples

- We should understand one thing, how our prayers become reality, how our prayers come to real life, how they become reality.

When you go and stand in front of an energized mūrti, when you offer your thoughts, simply the whole thing becomes reality.

- If you keep a slide in front of a projector light, you will see that slide in screen as reality. If you keep a temple slide, you will see the temple. If you keep the actor's slide, you will see that actor. If you keep an actress's slide, you will see that actress. Whatever you keep in front of the projector light, you will see that in reality. Same way whatever thought we keep in front of a concentrated energy, you will see that thought will become reality.

- The garbha mandirs or temples are high intense energy, potential energy which is created by an enlightened Master and maintained by regular Pūjās and mantras. Continuous repetition of mantras charges the whole energy, the whole space is kept alive. When you go and stand in front of this energy field, when you offer your thoughts, simply the whole thing becomes reality. For example, if you are continuously repeating a particular thought, again and again, you will see your body and mind, everything will be directed towards that thought.

- Same way if you go and stand in front of an energized Mūrti, in front of the energized space in the temple and create a wish, your whole body and mind will be tuned to that thought. Naturally it will become reality in your lives.

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THE SPH offering worship to Bhagavan Venkateswara, KAILĀSA Paramparagatha Adi KAILĀSA NITHYĀNANDA Peetha, Eastern Headquarters of KAILĀSA

Idols as Arcāvatara (Incarnations of God)

- In the temples, two things will happen.
- **First thing you will have the śakti to make your dreams into reality.**
- **Next thing you will have the buddhi to realize what you think as reality itself is a dream. Śakti to make your dreams into reality, buddhi to realize that the reality itself is a dream.**
- Both happen when you are in the 'energy space'.
- Temples are created to replace an enlightened Master's Presence.
- Enlightened Masters when they leave planet earth, when they leave their body, they wanted to ensure there should be some space which can continuously inspire people, which can continuously heal, which can inspire, which can give them the experience of spirituality, which can give them a sacred feeling. That is why they have created these structures. And you should understand the energizing process.

The Divine descends in the form of the idol

- There is a beautiful Śloka in Taitreya Upaniṣad. They say: from Ākāśa came the Vāyu, from Vāyu came the agni. **Ākāśa-Vāyuhu, Vāyur-Agnihi, Agnir-āpaha, āpaha-Pṛthvī, Pṛthvī-Annam**. From agni came water, from water came earth. From earth other things, it continues. Same way energy is also brought.
- First thing the energy exists beyond the ether, beyond the space as Ātman, Ātma śakti. Through the visualization or through meditation, the energy is brought to the Ākāśa śakti or the space. From there through verbalizations or through mantras, it is brought to the air, through the chanting of mantras it is brought to the air. From there through the fire rituals, through the homas it is brought to the fire. From there it is brought to the kumbha, the water.
- From there it is brought to the bimba (deity) and installed in the idol. That is

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the way the energy is brought and installed inside the statue or the idol, inside the Mūrti, inside the vigṛha. When the energy is installed inside the vigṛha, you can't call that as a statue, it becomes a deity.

- There is a big difference between idol and deity. In Vaiśnavism, we call it Arcāvatara; different incarnations of God. God has taken different incarnations. He took incarnations of Rama, Kṛṣṇa, Buddha, Paruśurama, Kalki, so many incarnations. Same way he takes the incarnation of a vigṛha, Arcāvatara to receive the worship and prayers of devotees.

- Once the energy is installed, once the Prāṇa Pratiṣṭha is done, once the energizing is done, it can't be called as idol anymore. It is Arcāvatara. We call it incarnation of God.

- **The Divine descends in the form of idol, vigṛha. They say it in a beautiful way - the Brahmāṇḍa expresses itself in the Piṇḍāṇḍa through the idols.**

- The cosmic energy radiates itself, makes itself available to us through these idols, through these vigṛhas, through these statues. We need to understand how it is possible and how we can derive benefit from it.

- Even Einstein says there is no such thing as matter and energy separately existing. We don't have a clear cut boundary between matter and energy. After Einstein, the very idea of matter and energy has disappeared, because he says whatever is, is energy. That is what the Upaniṣads say. When whatever exists is energy, why will we not be able to relate to this energy through these idols.

- **Idols are the windows through which we can see the vast empty sky; through which you can see the whole sky.**

- Sky is the Brahmāṇḍa. Idols are the windows through which you can see the Brahmāṇḍa, through which you can relate with the Brahmāṇḍa.

- For example, suddenly if some tsunami or some natural calamity happens, if all of us have lost our cell phones, except one person; only one person has got one cell person... If he says – 'I can speak through this small thing to the other part of the world', will we believe? No, we will not believe if he says he can speak to the other part of the world just with this small instrument. First thing we will not be able to believe. Second thing if he proves he can talk to

the other part of the world, he will become a great Saint. We start worshiping him, respecting him. That is the same thing that happened in our Eastern cultures also.

Temples as "Cell Phones" for Divine Connection

- Temples are cell phones. In those days, everyone was able to relate like this.
- Today the tsunami of Western civilization has entered and destroyed the whole thing. Now only a few are able to operate the cell phone. First thing, the modern younger generation are not ready to believe that the cell phone works. Next thing, if at all we see some proof we make him as Saint and you say 'Oh it is such a big job, very difficult job. He is able to do, he is a great Saint, an enlightened person'. But I tell you, cell phone works and it is very easy. Not only it works, it is very easy. It is for common man, it is for common public. It is for all of us. Just because we lost few keys we can't say this lock can't be opened.
- Just because we lost a few techniques we can't say our ancestors are fools for building these huge structures. They are not as we think. Surely they are much more intelligent than us.
- Understand, the society with TV is surely much sophisticated, much more cultured than the society without TV, because now they have more comforts. Of course more choice among the miseries. Anyhow they have at least more choice, more options. How a society which has got the TV is more sophisticated than the society which does not have the TV, same way, actually the TV, cell phone, refrigerator all these things are created by a much more sophisticated and intelligent society. Same way our temples are developed, by a highly cultured intelligent society. Only thing, now, we lost the technique or the method to use them for our day-to-day life, for our everyday life.
- Just because we lost a few keys, we can't say the original system itself is useless. It is much more important than any other comfort, any other out-worldly thing.

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- **It is a much more basic need for our life than anything else. That is why if you see the Indian villages**, it will be very funny. The houses will be constructed with ordinary mud and ordinary material. But the temples will be constructed with granite stone.
- If you go to every village of India, the costliest structure of that village will be the temple. In some villages if you sell the whole village also, it will be much less than the cost of the whole temple! Even if you sell the whole village you will not get that much money which they have spent for the temple.
- **Our ancestors know the importance. This (temple) is the place where the culture is alive, where you can relate with others. This is the space in which you can rejuvenate yourself.**
- Next, temples have played a major role in keeping the social structure alive. Somebody asked Me, 'Swamiji, why do Hindus waste all their wealth in constructing temples, building these huge structures?'
- I told him India is alive, Hindus are alive as a group of people, as a community, as a country, just because of these temples. It is temples which kept our whole culture alive, our whole structure alive.
- Even if Manu comes down... Manu is the person who is the creator of our laws, the Manusmṛti - the first book which says what we should do and what we should not do. The do's and dont's are clearly explained by Manu in his Manusmṛti...
- Even if Manu suddenly comes down to planet earth and starts walking in the Indian villages, surely he will not find much difference. He may find little extra, the TV, refrigerator, all these things extra. But the core life, the main thread of the lifestyle is the same. It is alive, it is preserved. It is still there.
- We have more than 10,000 years of recorded history. In the modern day, the societies, civilizations which are just a few hundred years old are shaking. The younger generations are questioning the elders.
- All the rules are questioned. So much of rebel or so much of confusion, so much of depression. But this society which has more than 10,000 years of recorded history is still alive. The roots are same, and I wanted to mention one

Manu is the creator of our laws, the Manuusmṛti - the first book which says what we should do and what we should not do.

World's First Responsible Democracy

- Manu Smriti, 8th chapter, 1st sloka says:

व्यवहारान् ददृक्षुस्तु ब्राह्मणैः सह पार्थिवः ।
मन्त्रज्ञैर्मन्त्रिभिश्चैव विनीतः प्रविशेत् सभाम् ॥ १

vyavahārān didṛkṣustu brāhmaṇaiḥ saha pārthivaḥ |
mantrajñairmantribhiścaiva vinītaḥ praviśet sabhām || 1 ||

- Desirous of looking into the administrative businesses of the government, and governance of the country, and the legal cases, the king shall enter the Sabha with humility along with Brahmanas - the educated ones in those fields, and ministers - thinkers and administrators in those fields who are knowledgeable in giving the right advice.

more thing. There is no country or culture which has not invaded India. And there is no country or culture which is invaded by India. There is no culture or country which has not invaded India or Hinduism and there is no culture or country which has been invaded by India or Hinduism. But still, this culture is alive, the country is alive. But again and again our temples are broken and destroyed. But again and again, it stands in a much more beautiful way. Viśvanāth temple is destroyed more than 14 times. Somanāth temple is destroyed more than 70 times. Not 17. Only Ghazni Mohammed destroyed 17 times. More than 70 times it is destroyed.

- All major temples of India are destroyed at least 10 times. At least 10 times they are destroyed. But again and again they stand up. How? And the funny thing is, the King who built the temple, his palace is demolished, his palace is no more, but the temple stands, it is standing!
- The person who built the Thanjavur temple, Rajaraja's palace is no more. There is no palace. But the temple is alive.
- I am sure the same architect, the same Sthapati only would have built both.

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The same Sthapati would have built the temple and the palace. But the palace is not there. Temples are standing. Temples are surviving. How? Because they are something more than physical structures.

Temples as Satellite Relay Centers for Healing

Temples are like satellite relay centers where the high intense spiritual energy is created and sent all over the world to help human beings to heal physically, mentally, emotionally and above all spiritually

- Temples are like satellites relay centers where the high intense spiritual energy is created, where the high intense spiritual vibrations are created and sent all over the world to help the human beings to heal them physically, mentally, emotionally and above all spiritually[5].
- It is we who are supposed to take the responsibility. It is we who are supposed to learn how to tune ourselves into that higher energy; how to relate with that higher energy; how to benefit with that higher energy.
- It is we who are supposed to discover the key how to unlock this lock and experience the inner treasures.
- It is we who should know the contact numbers to activate the cell phone.
- **Meditation is what I call as the key to unlock this door and experience the inner treasure. Meditation is what I call as the number through which you can activate and relate with this higher energy.**

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5 Brainwave Entrainment: Some research suggests that rhythmic sounds and patterns – often found in temples – can induce brainwave entrainment. This means the brain's electrical activity synchronizes with the external stimulus, potentially leading to altered states of consciousness.

- Klinger, M. (2009). The effect of sound on brainwave activity. Journal of Alternative and Complementary Medicine, 45(8), 777-783. – This paper examines the research on auditory stimulation and its impact on brainwave patterns.
- Schutzman, A., & Rauscher, F. (2011). The effects of music on the brain. Frontiers in Neuroscience, 5, 84. - While focused on music, this review discusses the broader effects of auditory stimuli on brain activity.

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- **Meditation is the master key to relate with the energy which is in the form of Mūrti (deity); which is available to use in the form of deity. That is the only way we can open the window of the idol and see the Brahmāṇḍa (Cosmos).**
- We can open the window of the deity and see the cosmic energy, experience it and have all the physical, mental, emotional and spiritual benefits.

? Frequently Asked Questions: You mentioned that when we worship at a temple our thoughts become reality because of the energy. I was curious about, we do go through positive and negative thoughts. Is it appropriate inside a temple?

- It is an important question. Surely you must avoid negative thoughts inside the energy space. You are playing with fire, something higher than fire. The energy when it becomes more subtle, the positive effect and negative effects both are serious.
- Please understand, if you play with stone, the positive effect is also less, the negative effect is also less. With water it is little more, positive and negative, both. With fire it is a little more sensitive. With air little more sensitive. With ether it is much more. With electricity, it is too much. If you use it properly it can help you in all possible ways. If you abuse it, it can simply destroy our whole life, not only our life, all our property. So be careful, we are playing much more powerful energy than electricity in our temples. So you must be careful to have only positive thoughts. Not only positive thoughts, you should have clear thoughts. You should not give power to self-contradicting thoughts.

Power of Words: Positive and Straight Saṅkalpa

- **Please understand, always pray –'let me be healed'. Never pray, 'let me get rid of this disease'. When you use the word, 'let me get rid of this disease', you are creating self-contradicting thoughts.**
- When you repeat a word, 'let me get rid of this disease', you are giving power to the word 'disease' also.
- When you repeat a word 'disease' you automatically think about that disease. So by now you have already given power to that word also.
- Understand: Repeat only the positive words. Repeat only the words which are straight.
- Beautifully we have this camaka mantra. All these words are positive engrams, 'let me have food, let me have sleep, let me have bed, let me have house, let me have cows, let me have wife'. This is the meaning of camaka...!
- See, these words are all positive engrams. They are all straight words. They don't have any self-contradicting words. This camaka and all these things teach us how to have straight words[6].
- That is the reason, even if you don't understand, better use our ancient mantras to pray. Because they are very clearly structured. They are already very clearly structured.
- When you use your own words, you may use self-contradicting words. When you say a word, 'let me get rid of this disease', you will be giving power to the disease.
- If you say 'let me get rid of this habit', you will be giving power to the habit. I have never seen anybody quitting smoking by continuously repeating the words 'let me quit smoking, let me quit smoking'. Because he can't!

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6 Sukreshtha, V. S. (2002). The effect of Rudra chanting on human physiology. Journal of Alternative and Complementary Medicine, 18(6), 787-793

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- When we utter the word we give power to it. It is like in Ramayana, a beautiful character Vali... Vali has got a boon: if anybody comes and faces him, he will have half of the power of that person. If you go in front of him and face him, half of your power will go away to him, it will go away to Vali.
- Same way your engrams, if you give power to the self-contradicting samskaras, self-contradicting Saṅkalpa (resolutions), it will be creating more and more trouble for you. So you should be aware of the Saṅkalpas which you are making.
- You should be aware of the Saṅkalpas to which you are giving power.
- So let the sankalpas be completely positive and in a straight line. Let it not be self-contradicting sankalpas.
- Please understand, these are the few basic important things which we need to understand, which we need to practice in our day-to-day lives not only in the temples, not only in the energy space, even in our regular lives.

Technique from Tantra: Stop the Movement Inside You

- Listen! The different levels of understanding:
- **'When there is a movement, thought-flow in you, when there is a change in you, outside also changes. So, it is called "World". This is Yoga.**
- **'Stop the movement inside you. Inside when the movement stops, outside movements also will stop. You will perceive the world as Consciousness.' This is Tantra.**
- **'Hey, listen! Even while you perceive the change inside and outside you as changeful, it is Consciousness.' – Living Advaita! Advaita!**
- Listen! Your logic functions continuously in the form of thought, dividing, dividing, dividing, dividing, dividing, to come to conclusion. Your emotion functions in the form of including, including, including, including, to reach Completion. Only when the inclusion and conclusion merge into each other, Completion happens.
- People who sacrifice conclusion for the sake of inclusion are "Poets". Poets can be amazing inclusive people, but can never be conclusive, practical.
- People who sacrifice inclusiveness for the sake of conclusion are amazing "Mathematicians".
- They will be amazingly conclusive, practical. But you cannot live with them. They can never make a good husband or wife. They can be amazingly conclusive, but you cannot live with them. They will be really dead. Dead means DEAD! If I have to use the word "DUD", that will be much better! Even in the word "dead" there is a little life. The word "DUD", where there is completely no life...!
- Listen! The best statement ever made with the ultimate inclusiveness and conclusiveness is this one statement! (īśāvāsyam idagṃ sarvaṁ, yat kiñca jagatyāṁ jagat)! The Dharma declaring its own authority!

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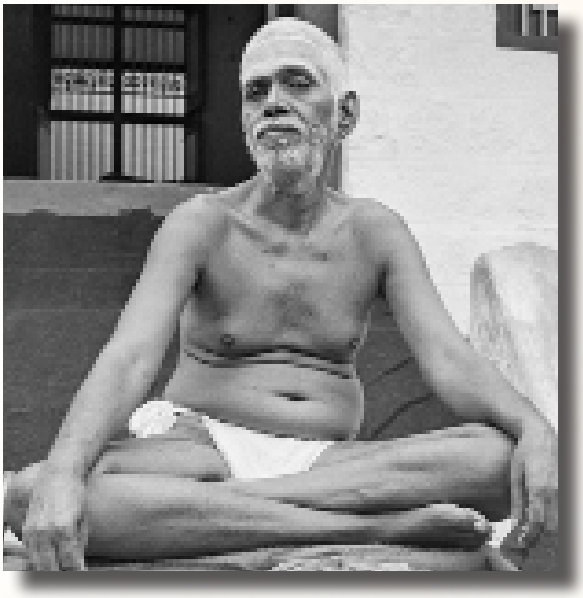
- Once, I was sitting and having a discussion with one of the Ācarya Mahamandaleshwars (Spiritual Heads).
- He said beautifully..... I was asking him, 'Why are we doing all the great rituals at the feet of the Dhwajasthambha – the Flag Pole – in the Akhāda?'
- He said, 'Swamiji, that is the best way of presenting. The Flag Pole is the best representation of Dharma without intimidating us in course of time.'
- If you put a statue of Chathur Veda, Veda Māta, anything, in course of time the next generation will use even that to intimidate themselves. It will become one more God!
- The moment you utter the word "God", the intimidation starts. "Consciousness", the word itself expresses so much of intimacy! The very word feels so intimate and gives you intimacy. If you translate that same word "īśā" into "Lord", it is intimidating.
- If you translate that word into "Consciousness", it is so intimate! As long as you have a will, Free Will, you will always be intimidated by something which has Free Will.
- Listen! So, you need to be told that the Lord's will is not like your will which intimidates, which feels threatened by anything which exists.
- It is neither interested in intimidating you, nor bothers to protect you, understand? I am making this statement: If you are expecting protection, you will only end up in hopelessness!
- Listen! Nobody can protect you, nobody can save you, because, YOU DON'T NEED TO BE SAVED! Wake up to your reality!
- You neither need to be saved, nor you need to be Saviour!
- **At the most, any saviour needs to utter only this one statement: 'Neither you need to be saved, nor you need a Saviour!' Wake up!**
- Inclusiveness and conclusiveness in its pure form, in its pure form...! No mathematician can be so conclusive as this verse. No poet can be so poetic, so inclusive than this verse.
- īśāvāsyam idagṃ sarvaṁ, yat kiñca jagatyāṁ jagat | Whatsoever changeful there is in this ever-changing world, is all enveloped, is all personification, is all

"īśā", Consciousness. A being who has experienced "īśā", has received "Īśvaratva" (State of the Ultimate Consciousness) as "vara" (boon), is "Īśvara"! Who is established in the space of "īśā", is "Īśvara".



(above) Bhagavān Ramana Maharṣi. The path of self-inquiry is a path to enlightenment paved by Bhagavān Śri Ramana Maharṣi. In His own life at the age of 16, Bhagavān Ramana Maharṣi initiated this process of self-inquiry, asking himself, "what it is that dies?" and "who is the seer?" He then experienced the state and space of enlightenment.

- This word "īśā" should be understood as Consciousness, Intelligence, material, subtle, cause, and all-pervasive, sustaining, support , and the reason why the universe is still bound in this form, understand? Lord, **"īśā", is not just the source of this flower; he permeates this flower, and he envelopes this flower. For this flower to exist in the form of this flower, he is the reason. So, he is the material, he is the subtle and causal, causes this to exist. Tomorrow it may change in a different form. It may wither away. It may become a seed for another plant to happen. It may become whatever. At that time, at this moment, and earlier, the "īśā", the Consciousness fills all this**

- Listen! This statement is the Ultimate Truth and the ultimate technique. A flawless truth and technique!

- When Ramana Maharṣi says, 'Whatever is moving is moving only by the grace of God. Without His grace, nothing can move', it is an amazing technique.

- When Ramana Maharṣi's mother came to take him back home to Madurai from Tiruvannamalai, Ramana Maharṣi writes a letter, a small chit, and gives

to her. In that he says, 'Whatever happens, happens by His will. And without His will nothing can move.' It is an amazing technique.

- But, please understand, it is not true! In reality, in truth, you do have Free Will. Why, he coming all the way from Madurai to Tiruvannamalai happened by him (Ramana Maharṣi)! Because, he did it! So, what he said is a technique. If you relax into that, you will realize the truth. Truth of the Free Will merging into the Cosmic Will, it is a technique, not truth.
- And, same way, there are truths which cannot be used as technique... which I tried! Annamalai Swamigal told Me, 'Ātma has no pain. Ātma has no suffering. Soul has no pain, no suffering.' It is a truth, but it can't be tried as a technique. I went and tried on My body!

Truth vs. Technique- The Flawless Declaration of Īśāvāsyam Idaṁ Sarvaṁ

- There are some truths which can never be a technique. There are some techniques which can never be truth.
- Here, the Masters, the ṛṣis know there may be some students who may not even come back to the next class. Even if you come to just one Upaniṣad class, they want to give you enlightenment. So, they LOAD the whole truth into this one statement.
- Understand, this one statement, which is all-inclusive, ultimately conclusive, which is truth and technique. If some statement has to be truth and technique, it has to be clear. If the same statement is made – 'The Consciousness envelopes everything' – it can only be truth, not technique. You can't try that in your present state.
- If the statement says – 'Whatever moving IS, whatever moving WILL BE only Consciousness' – it can be technique, not the truth immediately.
- **The word (vāsyamidham) – "is now" – the word (vāsyamidham) makes this line as a truth and technique, both!** Because, here, (jagatyāṁ jagat) – "whatever is moving, perceived as moving in this moving world", whether this moving is a perception or reality, it is perceived as moving. Sometimes it really feels like it is moving. Whether you perceive it as moving, or really it is moving, it is pervaded by Consciousness, enveloped by Consciousness. Because it is so inclusive and conclusive, it is a truth and technique, it needs to be lived as your cognition.
- **Look into your life. Most of the time you are stable because of your conclusiveness. You grow because you take the risks and challenges of inclusiveness. But, somehow we will have to meet both and complete both, bring both to Completion.**
- See, a man who wants to be conclusive in his life will be very stable, will get

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married, have a house, get a job in a Fortune 500 company, have a car, and he will know how to drive from house to office. Very stable life! Conclusive! But NO GROWTH!

- All growth, expansion happens when you operate, when you switch to the mode of inclusive.
- Only there you get the energy, intensity, clarity, depth, to take risks. Somewhere these two should have Completion in your being. That happens only when you know how the law of life functions, understand?
- All the Cosmic Law emerges, Dharma itself emerges out of an inner-space where inclusiveness and conclusiveness become Complete, the Emotion and Logic become Complete.
- To run a family, you need inclusiveness. To run an office, you need to be conclusive. To run your life, you need to be inclusively conclusive! Ultimately, when you merge your Logic and Emotion, inclusiveness and conclusiveness, it should become inclusively conclusive, or conclusively inclusive. Not inconclusive!
- Listen! This first statement, I can tell you, it is just a shock! It is so inclusive and so conclusive! That is why I am telling you, it can be applied immediately as a technique, and it will be realized as a truth any moment by you, understand?

Technique: Will & Grace

- **Ramana Maharṣi is saying, 'Nothing will happen without His grace. Only what He wants will happen.' See, this is a powerful technique if you practice it honestly with integrity!** See, this word can be a powerful technique if you use it honestly. But, it is not truth. How the word exactly uttered by Ramana Maharṣi is misused! That is why I am saying there are some things which our Masters said, sacred secrets; they are techniques, not truths.
- So, this word of Ramana Maharṣi, 'Everything happens only by God's will' is an amazing technique. If you just use that in your cognition, you will just settle down into the depth of your being. So much of inner healing will happen! You

may suddenly wake up to the truth.

All growth, expansion happens when you operate, when you switch to the mode of inclusive.

- The truth will be, you will know very clearly where your will is interfering and distorting God's will, how you can let God's will prevail without you willing to will against God's will. You will be awakened to the truth if you practice that technique sincerely. But that statement itself is not truth.

The Truth: Beyond Suffering

- Same way, the statements, 'We are beyond suffering, pain. No suffering can happen to us. No pain can touch us, it is a truth; but it cannot be a technique immediately for you to practice. I tried. The moment I heard this truth, 'We are beyond suffering, pain, I just ran and took the knife and cut My thigh and saw whether we have pain or not. It is a truth, but not technique.

- And listen, when there is a gap between truth and technique, you need the guidance of a living Master and practice.

- See, when I heard, 'We are beyond suffering and pain', actually the truth meant, the Soul, Consciousness, what we are originally, not what I think as Me. The truth is, what we are originally is beyond suffering and pain. But I tried it on what I think as Me – body. The truth related to Soul, Consciousness, I tried to test on My body thinking this is Me (THE SPH is referring to Himself cutting His thigh when He heard Annamalai Swamigal tell that we are Consciousness, beyond pain.)

- Listen! So, there are many statements, truths, but they are not techniques. There are many truths which cannot be applied as technique. There are many techniques which cannot be taken as truths. Here, I am telling you, this statement, with all My integrity and authenticity I am telling you, this statement – īśāvāsyam idagṃ sarvaṁ, yat kiñca jagatyāṁ jagat is a truth and technique. It is a truth and technique! You can start practicing now! You can live this as a truth now! You don't need any Master. You don't need any practice.

- You don't need any preparation. See, when the truth is separate and technique is separate, people are confused, it takes time, they lose faith. It is like, truth

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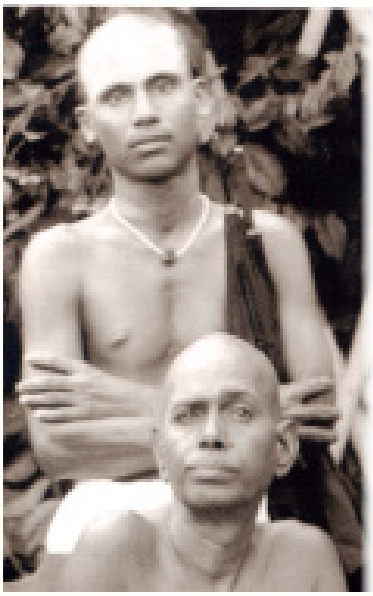

(left) Ramana Maharṣi with disciple Anamalai Swamigal (standing).
Bhagavan Ramana Maharṣi, predecessor of THE SPH, foresaw THE SPH's advent before attaining MahaSamādhi in 1950. In the late 1940s, Raju Mudaliar, biological grandfather of THE SPH, sought blessings from Bhagavān and was assured that Bhagavān Arunachala Himself would manifest within their lineage

Advaita and self-inquiry are key teachings of THE SPH from the beginning of His mission to humanity. It was Annamalai Swamigal who directly guided THE SPH in both these paths. Annamalai Swamigal was a direct disciple of Ramana Maharṣi. THE SPH interacted with him closely, participating in discourses and even receiving direct guidance. One piece of enlightening literature which Annamalai Swamigal spoke on frequently was the Ribhu Gita which today THE SPH recommends to His own disciples to read and imbibe. Annamalai Swamigal gifted THE SPH his own hand-written diary (photograph). In this book, THE SPH wrote His own internalization and had it corrected by Annamalai Swamigal as well.

is Jñāna Yoga, Advaita Jñāna Anubhūti. “Everything is One”. That Oneness is the truth. So, for you to achieve that, the technique is either Karma Yoga – work selflessly, or Raja Yoga – do all these spiritual practices, or Bhakti Yoga – celebrate the feeling-connection with the Divine. So, different paths. When the truth and technique is separated, the space for confusion grows, and the space for grey area becomes more. When there is more grey area, more possibility for exploitation, more possibility for pseudo Gurus.

- When there is no gap between truth and technique, you don’t need any guide, Guru, middleman; you just need a Guru to tell, ‘No need for any Guru!’, that’s all! There is no grey area. Nobody can exploit. Even Guru cannot change anything. He just has to repeat. One of the most foolproof, powerful systems the spiritual tradition ever evolved on Planet Earth, which can never be manipulated by anybody, any pseudo Guru, because it has not left any grey area, is Vedic Tradition! Here there is no grey area, nothing to manipulate. Only when the grey area comes, the possibility for manipulation...
- īśāvāsyam idagṃ sarvaṁ, yat kiñca jagatyāṁ jagat | “Whatever is moving in the moving world is enveloped by Consciousness” I should use the word “filled”. Even “enveloped” is an incomplete word. “Filled”! “Enveloped” means, something which is getting enveloped is away from what is enveloped. No!
- īśāvāsyam idagṃ sarvaṁ, yat kiñca jagatyāṁ jagat |

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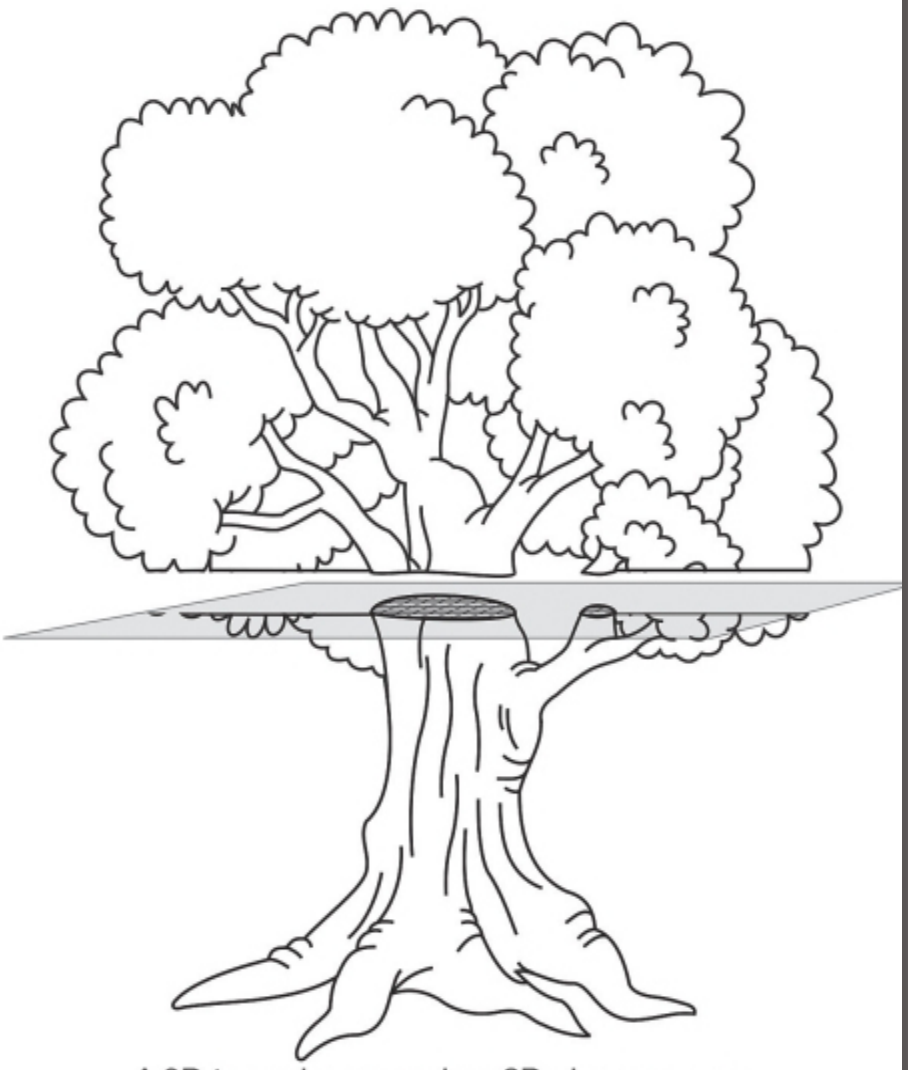
Cognizing whatever is, is change established in changing, and this whole thing is filled with Consciousness and intelligence. Don't think only the planet on which you are standing is moving; the whole Solar System in which the planet is established, even that whole Solar System is moving! So, understand, not only what you perceive as the world, even the perceiver is changing!

Perception's Evolution: From Perception to Reality

- Listen! "yat kiñca jagatyāṁ jagat"– "Whatever you think as moving in an ever-moving world" – it means, "moving", "change", is your perception and factual.
- Many times your perception is not factual, your fact is not truth, your truth is not reality. Listen! I am organizing words – Perception, Fact, Truth, Reality.
- PERCEPTION: Earth is flat. Sun goes around the Earth.
- FACT: Earth is round. Earth only is going around the Sun.
- TRUTH: Earth is not exactly round. And, Sun is going around the Earth.
- REALITY: How the Earth looks, see it from Google map. Earth and Sun both are going around each other! Understand? Perception, Fact, Truth, Reality.
- Perception: The Earth is flat, because that much only you can perceive. And Sun is going around the Earth, because you see the Sun on one side (East) in the morning, and on the other side (West) in the evening. And he has literally gone around!
- Then comes Fact: Fact is, the Earth is not flat; it is round. And the Sun is not going around the Earth; the Earth is only going around the Sun. Means, a little "expanded perception" – the perception, when it goes a little more than your perceived Time and Space...
- Listen! Perception is because you can see only a few kilometres and a few



A 3D tree when seen in a 2D plane appears like separate circles

P.D.Ouspensky (Russian philosopher, mathematician and student of enlightened master George Gurdjieff) in his book Tertium Organum, explains perception space-time very beautifully. Suppose a horizontal plane intersects the top of a tree, parallel to the surface of the earth. Now, on this plane, the sections of branches seem to be all separate, not connected to each other. But, from the three dimensional space, we can see that these are all sections of branches of one single tree.

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hours. When you can see a few thousand kilometres and a few thousand hours, it evolves to Fact, Perception evolves to Fact. And when you can see a few million miles and a few million years, then Fact evolves to Truth where, actually, the Earth is not exactly round, and the Sun is going around the Earth.

- PERCEPTION is: With the small Time and Space – your senses functioning.
- FACT is: Expansion of the Time and Space within your perception. Actually, your Perception is same, but with expanded Time and Space. That is FACT.
- TRUTH is: With the expanded Time and Space your Perception getting altered.
- REALITY is: Your Perception realizing the Truth beyond Time and Space.
- Perception is "Bhoga". Fact is "Yoga". Truth is "Jñāna". Reality is "Vijñāna".
- Perception is "Bhoga" – senses. Perception leads always to "bhoga", sensory pleasures.
- Please listen! In the Perception also, you felt that Sun goes around the Earth. In Truth also, Sun goes around the Earth. But, both are not one and the same. Here you know it with a clear understanding that the Sun goes around the Earth in a few billion years because this whole Sun family is not stagnant, the whole Sun family is moving around, the whole Solar System is moving around centered on something. So, in that way, Sun will go around the Earth at least once in billions of years.
- The REALITY is: The shape of the Earth should be seen with the Google Earth map. You cannot describe it as round, or a little Orange fruit type. No! No description is possible. See it as it is. And, both Sun and the Earth are going around each other. Earth goes around within one year period; Sun goes around within a few billion years.

The purpose of life itself is to evolve from Perception to Fact, Fact to Truth, Truth to Reality.

- **Listen! Life is all about evolving your cognition from Perception to Fact, Fact**

to Truth, Truth to Reality, that's all! It has nothing to do with so-called Bliss, Love, Renunciation, Devotion, Yoga, nothing. All these are side-effects.

- When your Perception evolves to Fact, you may suddenly become meditative, you may suddenly become yogic, you may suddenly become loving, you may suddenly become blissful; but life itself, the purpose of life itself is to evolve from Perception to Fact, Fact to Truth, Truth to Reality.

- When you are moving from Fact to Truth, you may suddenly become active, you may suddenly become more loving, you may suddenly become blissful, you may suddenly lose your cunningness. I am seeing that happening, after I started the Upaniṣads, in so many people! People are losing their hypocrisy; people are losing their anger, violence.

- The highest form of violence is, you deciding you will not be useful or productive to anybody. That is the highest form of violence. You deciding, 'I will not be useful!' See, when you are angry towards your boss – 'I will not be useful to his aim, his goal...' Same way, only when you are angry with yourself and Sangha, Guru, whatever you see.... See, when you are angry with yourself, you will be angry with everything, everybody, everyone. Only then you will decide, 'I will not be useful', or, 'I will not make any of their declarations into reality.'

- **"Love" means, making yourself as a catalyst for everyone's reality. "Nothing more can be done!" – to THAT extent!**

- Not only you should perceive "whatever you can you have done", but everyone also should feel "whatever you can, you have done for making everyone's reality". That is what is "Love".

- Becoming loving, because, many of your Perceptions are moving towards Fact, Facts are moving towards Truth, Truths are moving towards Reality. That is all is life! That is all is life! Cognition! Cognition! Moving from Perception to Fact, Fact to Truth, Truth to Reality. Reality is "īśā".

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The Role of Debates (Vākyartha Sadhas) for Internalization

- Mind should not be engaged in any other mental activities which require you to move away from contemplating on these truths.
- Body can be engaged: You can just be doing some gardening; you can be doing some agricultural work. Body can be engaged; but mind not getting engaged in anything, moving out of this contemplation on Upaniṣads...
- Enriching is never moving out of Upaniṣads, don't worry! If you are working on enriching, it is PERFECT! It only strengthens your understanding about Upaniṣads. Other than that, not doing any other mental actions, activities, and digesting, nothing like it! Nothing like it! Not doing mental activities, but doing only physical activities. Not doing mental activity means, even the unnecessary wandering should not be there.
- Mind should be engaged in thinking, contemplating on these great truths you heard. It should be engaged. That is why I am encouraging "vādha-prathivādha", debates, contemplating.
- Listen to morning satsang. And spend a little time on contemplating on it. Just to keep yourself awake, do some physical activity; otherwise you will fall asleep, or you will just drift away into your worrying, incompletions. To keep you away from it, you can do some simply physical activities like gardening, or agriculture, or cooking – physical activities where mind is not required to be engaged in certain actions, or mind is not required to be engaged in any activity away from contemplating on Upaniṣads.
- Then have debates on Upaniṣads. And you can watch the satsang re-telecast. And again, once the sun sets, having an active, powerful debate, non-violent, active, powerful debate.
- See, why I say "non-violent" is, you should not be taking a stand just because you took that stand. You should move to the different stand only if you are sincerely convinced. See, without being sincerely convinced, you should not move to the other stand. If you are sincerely convinced, you should not have

the blockage of ego – 'No, I already took this stand! How can I change?' No! Without having the ego – 'I took this stand. How can I change?' – you should be able to change. And you should change only if you are sincerely convinced, not otherwise. That is what I call "active non-violent debate".

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"Mā Gṛdhaḥ Kasyasvid-Dhanam": Don't Covet, Enrich!

- īśāvāsya Upaniṣad, the first verse, īśāvāsyam idagṃ sarvaṁ, yat kiñca jagatyāṁ jagat | Tena tyaktena bhuñjīthā mā gṛdhaḥ kasya svid-dhanam"
- By the Consciousness all this is filled whatever moving thing there is in the ever-moving world."
- Tena tyaktena bhuñjīthā mā gṛdhaḥ kasya svid-dhanam - "With this renounced, you may enjoy. Covet not the wealth of anyone at all."
- The so-called moral people can never face the change of the changing world. They will be completely imbalanced, because, the moral is a set of understandings of "vidhi niedha" – what to do, what not to do in particular situations.
- But the world is "Jjagatyāṁ jagat" – "changing which is established in changing", understand? Change established in changing!
- When there is so much of change, the person who is trained in certain morals will always be shaken, confused. He will not be able to handle life. He will not be able to handle situations. Because, at some places, vegetarian food is moral; at some places non-vegetarian food is right. What will you do?
- **I am telling you, the person who is established in morals will be constantly, constantly struggling internally and confused. The person who is established in truth, reality, only he can constantly play with life; only he can wage war.**
- Kuchela (a dear childhood friend of Bhagavan Śri Kṛṣṇa), established in morals, maybe he can live a peaceful life with the wealth he was gifted by Kṛṣṇa. But, only Kṛṣṇa, who is established in reality, can wage war and win the game!
- Cognizing whatever is, is change established in changing, and this whole thing is filled with Consciousness and intelligence. Don't think only the planet on which you are standing is moving; the whole Solar System in which the planet is established, even that whole Solar System is moving! So, understand,

not only what you perceive as the world, even the perceiver is changing!

- The biggest fear all human-beings go through is, 'If the perceiver changes, what will happen?' See, your whole life you conclude something as pleasure, something as pain, and you plan, act, work, build everything based on that.
- Suddenly, at some time, the perceiver who gives you the understanding about which is pleasure, which is pain, he seems to be changing. That is what frightens you. That is what makes you shiver. That is what shakes you. I tell you, the person who knows that even the perceiver changes, and accepts this change, updates himself.
- You might have spent ten years on your career – may be, IT Engineer, Lawyer, Doctor, Activist. Suddenly, when your inner-space changes, the concepts of your pain and pleasure..... I am not saying give up the career you built... I am only saying, don't be afraid of that change; don't be afraid of that change of your perception, because, that change of perception is the gift given to you for your sincerity in supporting your perception. If your perception has told you, "Being a doctor is best", and you built your career on that, suddenly your perception changes and it says, "Being a doctor is no more a pleasure, no more desirable", I am not even saying, give up being a doctor,
- I am only saying, don't be afraid of that perception, and don't try to snub that perception; it is a gift happening to you!

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Renunciation (Tyāga) as a Winning Strategy for Life

- Please understand, the perception evolving, evolution of the perception is a gift happening to you, which is just happening from Perception to Fact, Fact to Truth, Truth to Reality. And anybody who stops the evolution of perception commits spiritual suicide, "Ātma Hatya", understand? "Ātma Hatya", that is the word I will use. Killing the soul, the possibility! Killing the soul and possibility!
- I am telling you, not to frighten you, not to correct you, not to control you, I am not even interested in guiding you.
- Upaniṣads just declare their own strength by their own statements. They don't need any author to authenticate them.
- Listen! WHATEVER YOU HOLD WITH FEAR OF LOSING IT, EXACTLY THAT WILL ONLY BE TAKEN AWAY FROM YOU!
- **Atleast you can remember and pen down ten items in your life which you really, really protected; you were afraid that without that you may not be able to live, without that you may not be able to be; you were holding on to it; but, after that was taken away, you even forgot the name of it! in.**
- You will see you will have at least ten items in your life. It may be money, it may be name and fame, it may be a man or a woman, or it may be a person in your life, it may be anything; it may be your credibility, it may be your city, it may be your bedroom, it may be your house, it may be your car, it may be anything.
- You can look in and remember and pen down easily ten items in the next ten minutes. If I give you ten minutes, you will be able to remember and recollect and write ten items about which you really thought if you lose that you are lost, your life is lost, nothing is left for you. 'No, I can't, I can't let go of this. This is my life!' You held on to something like that.
- When it was removed, not only you didn't miss it, after a few days you even forgot it! To remind you your innate strength, that renunciation does not

make you weak, something getting removed from your life does not make you powerless, Kālabhairava (Lord of Time) takes away things from you, removes things from you.

- I tell you, I am telling you from My experience, from My very experience, the one thing I was so clear in My life: Anything removed from Me or added to Me is only done for My fulfillment and joy, not to punish Me; but life is celebrating, fulfilling itself through Me; that's all. There are tons and tons of things in My life, which I thought, without that I will not be able to live. I never imagined I can live after My Gurus left the body. I never imagined I can survive after Arunagiri Yogishwara stopped giving Me Darśan! The kind of a love I was in with him!:

Depiction of Bhagavan Arunagiri Yogishwara and THE SPH (at age 10)

- The kind of a connection I had, celebrating, cherishing with him! Even when I was sitting next to him, I will just be holding his feet, thinking that energy will come; such innocent, such strong connection! I felt that if he stops seeing Me or giving Darśan to Me, I will just die, I will leave the body! But, when he stopped giving Darśan to Me, I forgot he existed separately!

- I am telling you, there are tons of things in My life about which I felt, 'If it is removed from My life, Oh, what will happen?' I could never imagine that after both My Gurus left the body I will be able to be alive, I will be able to survive! I could never imagine leaving Tiruvannamalai I can live anywhere! But I tell you, when all that was removed from My life, I only understood that without any of that I am existing and celebrating My life! I even forgot them, forgot those people, forgot those places, everything!

- Actually, when I was leaving the house (1995), My whole family, the only blackmailing point they had was, 'Bah, let us see how many days you can be away from Arunachala (sacred Hill – the embodiment of Paramaśiva, in Tiruvannamalai, THE SPH's birthplace)!' That was the only strength and blackmailing point. They all know I don't care about anything else. But Arunachala is too much for Me! 'Let us see how many days you can be without seeing Arunachala!' But when I left, I left, that's all! When it was taken out of Me, not only I didn't become powerless, I forgot that once upon a time I had that kind of an attachment with Arunachala!

- I tell you, everything when it was removed from Me, just this one understanding, 'Hey, not only it cannot make Me powerless, I will even forget I had this once upon a time as part of My life!'

For blissful relationships Homework: Make Renunciation (Tyāga) as a Winning Strategy for Life	
Reference	Verse 1, Iśāvāsya Upaniṣad, page 128
Instructions	Pen down ten items in your life which you really, really protected; you were afraid that without that you may not be able to live, without that you may not be able to be; you were holding on to it; but, after that was taken away, you even forgot the name of it! Look in.
Experience	What will I experience? • Anything removed from Me or added to Me is only done for My fulfillment and joy, not to punish Me; but life is celebrating, fulfilling itself through Me • No one can win you. No one can shake you. No one can frighten you.
Share	https://nithyananda.ai

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How The United States of KAILĀSA started Happening in its larger scale...

By the age of the Mahābhārata, there were 56 nations spanning the Hindu civilization and its countless traditions. Over several centuries, the combined forces of foreign invasion, political upheaval, colonialism, and religious persecution systematically ended millennium of Hindu Swarajya, or self-rule.

THE SPH in the year 2000: "Anything removed from Me or added to Me is only done for My fulfillment and joy, not to punish Me; and life is celebrating, fulfilling itself through Me"

"1999, when I completed the age of twenty one, with the grace of Paramaśiva and My Gurus, I decided: Okay, now it is time. I should start the work for which I am born, My Avataric mission. I should start doing it, reviving this KAILĀSA, the enlightened civilization, Enlightenment ecosystem. From that time till now, My stability, extreme stability, commitment, unwavering commitment to it. That is the core strength of My life, My Tyāga to it." - THE SPH

THE SPH BHAGAVĀN NITHYANANDA PARAMASHIVAM has been reviving Hinduism from the time He assumed the human body (1978). From 1999, He has been reviving it to its full glory as the United States of KAILĀSA, which stands for human rights and

religious freedom for all Hindus worldwide. THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM has had to fight and is still fighting for this great revival. Having undergone relentless persecution including 18,000+ hours of hate propaganda broadcast in the media and over 70+ Assassination attempts on His life, THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM declares - WE WILL STAND AND DO OUR MISSION.

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Break the Pattern of Insecurity: You Are Qualified

- "Virāga" means: "Knowing very clearly, whatever you think as even core of your life, even those things if they are removed you will not become powerless, you will not miss them, you will not become empty, you will not be disappointed, you are not going to become dead, you will even forget you had those things or beings as part of your life".

- Having this clarity is "Renunciation", understand? Having this clarity is "Renunciation". This clarity, when it becomes your strategy in your life..... Business is war. Your living is war. Relationships are war. Everyone is in their own Kurukśetra (warfield called Life), understand. Kurukśetra has never ended! Everyone has their Kurukśetra. Let this be your strategy for your Kurukśetra. No one can win you. No one can shake you. No one can frighten you. Be "Vedānta Kesari" – the "Lion of Vedic Strength"! I tell you, because I have applied this strategy, I applied this cognition in My life again and again and again! And I saw, I always won the game! I always won the game!

- **The moment you have a fear that if something is removed from your life you will become depressed, you will become empty, you will lose life, that fear becomes the strength of your enemy. When he knows you cannot be frightened, he becomes powerless, understand? If you can be frightened, your enemy is powerful. If you cannot be frightened, your enemy becomes powerless.**

- I tell you, this simple understanding of Me, and this simply cognition of Me – "Anything can be removed from Me; I will not become powerless, I will not become depressed, I will not lose anything, I will not be lost, I may not even remember that I had that in My life"!

- Be very clear, the spiritual truths, when it becomes part of your cognition and strategy, anywhere you go, Kṛṣṇa is driving your chariot! Internalize just this one truth. tena tyaktena bhuñjīthā

- "Tyāga", the word "Tyāga" is used here.

- "Tena" means: "With this understanding, from this context".
- "Tyaktena bhuñjīthā mā gṛdhaḥ kasya svid-dhanam
- Please listen! The world is ever-changing, but it is filled with Consciousness, "īśā". The Consciousness is independently intelligent and compassionate. If something is removed from you, don't curse life. It is done with tremendous compassion. It is done with tremendous compassion.

Knowing very clearly, whatever you think as even core of your life, even those things if they are removed you will not become powerless, you will not miss them, you will not become empty, you will not be disappointed, you are not going to become dead, you will even forget you had those things or beings as part of your life.

- Here, the Upaniṣads are declaring you to do "Tyāga", "Renouncing", telling you to renounce, with this context of "īśāvāsyam idagṃ sarvaṁ, yat kiñca jagatyāṁ jagat". Means: "The world is changing, and it is established in changing. And it is filled with Consciousness – Sat-cit-ānanda – which is intelligent, truthful, blissful and compassionate."
- I tell you, a blissful being will always be a compassionate being. When you are blissful, you will see all the good things, best things come out of you. When you are blissful, you will be such a good person. Only when you are frustrated, you will express all bad qualities – violence, cunning strategies. A blissful person is always a compassionate person. "īśā", Consciousness, independent intelligence which has its own will, functions out of pure compassion. So, understand, renunciation is not supposed to be done out of frustration or inability or powerlessness.

Reinvent yourself

- Whenever anything was removed in My life, I always saw life is only making Me pure and pure, and it is celebrating itself through Me, it is providing opportunities to reinvent myself, understand?
- When life removes something from you, it is providing opportunity for

you to reinvent yourself. And, when you are clear that nothing can frighten you, nothing can make you lost, nothing can put you in powerlessness and depression..... And, I also want to tell you, you will understand exactly who is the exact enemy; you will exactly pinpoint who is your enemy, where things need to be done.

- You will not be confused. You will not over-estimate your enemy.
- When you are frightened, you over-estimate your enemy. Because you over-estimate your enemy, you become powerless. Because you become powerless, it becomes easy for your enemy to destroy you. It is a vicious circle.
- I am telling you, when you are clear, you will not be lost, you will not become powerless. Just have this one word in your throat all the time: "SO WHAT?!!" Keep this as a mantra: "SO WHAT?!!"

LOOK IN

- **Know clearly, nothing removed from you can make you powerless. And, life removes it only to make you understand you can live without it! Reinvent yourself! Wake up! This one truth, internalize, internalize, internalize!**
- **Whether something happening outside, or something perceived inside, look in.**
- Look in, how many times you cursed life and what kind of idea you have about life and others. If you think life and others are cruel, constantly exploiting, demanding, non-caring, non-supportive, whatever, whatever, then be very clear, you ARE "Atheist". You ARE "Atheist"! Don't think Atheism or Theism is dependent on whether you believe God exists in the form of deity or not. Atheism or Theism is dependent on whether you understand God exists as everything or not!
- As long as you cognize – "Why me?", "Why me?", "Why me?", and that life is taking away the things which you really enjoy, life is sadistic – be very clear, all the happenings of your life you look at it as accident.
- Actually, why Upaniṣads are using the word "jagatyāṁ jagat" – "change established on change" – why? Because, even your perception, "it is all changing", will change!
- Even that is not a complete perception. If you ask Me, 'Then complete the

Just have this one word in your throat all the time: "SO WHAT?!!" Keep this as a mantra: "SO WHAT?!!

perception: 'there is no change', Swamiji?' No! Neither, "it is changing" is a complete perception, nor, "it is not changing" is a complete perception. It will change as long as the perception needs to change. It is like, in the dream, you are feeling three tigers are chasing you, and you are shouting, 'Save me! Save me! Give me AK 47 (machine gun)! Is there nobody to give me AK 47 and save me?' Your friend hears you shouting, screaming in the dream, and he just slaps you and wakes you up. At that moment, you will feel, 'Wow! I am free of this nightmare!', and you will thank your friend.

- After a few days, even you will forget you had a nightmare, and you will be shouting at him, 'Why did you wake me up? I was having such a peaceful sleep!' And that friend will have to take the blame! You will say, 'Why did you wake me up? I was having such a peaceful sleep!' You forget that you were suffering and he woke you up, and by that he released you from the suffering and torture you were going through in the dream state. After waking up, you forget what was going on in the dream state, and you think, 'Oh, such a pleasant sleep! He woke me up!' That is exactly what I am going through with you guys.
- **Your attitude towards life and others decides: Are you going to grow more and more consciously, or are you going to rewind, recoil into the unconscious zone? If you think, 'I think that dream state was much better than this waking state.... there only three tigers were chasing me; here so many people are chasing me!', then, naturally, consciously you plan to rewind, recoil.**

Enriching as a Secure and Showering Lifestyle

- Listen! All day-dreaming is nothing but withdrawing from the waking state due to your own conscious decisions. "Your own conscious decisions" – understand this word!
- Understand, when you perceive something as change, which is established again in change, everything is happening with tremendous compassion. Your desires are respected. Your intentions are revered.
- You, with all your demands, requests, are received and accepted by life.
- Please understand, life is here to celebrate itself through you. Life is here to celebrate itself through you. Life is not sadistic. There is no such thing as life pulling something out of you. It goes on expanding, expanding, expanding, adding itself through you.
- First of all, get out of this basic pattern – 'Am I qualified for all these things?' – Which you deeply carry inside. Everything you are having, and you want to have, you are qualified for all that and much more, because, life is celebrating itself through you!
- Please understand, you may not be qualified to have all of them; but, life is qualified to celebrate all this through you! See, that deep, deep-rooted pattern of self-doubt – 'Am I qualified for all this?' – that self-doubt will not allow you to be blissful for more than ten minutes.
- For ten minutes if you are blissful, it cannot stand. 'Are you qualified? Oh, you are jumping around? Let us see how long it goes!' You will see, in ten minutes, something will come and you will collapse! You are yourself constantly preparing you for collapsing, collapsing, collapsing...!
- It is unfortunate, even you don't believe you are qualified for celebration. As long as you think life is accidents happening, even if you feel joyful, you think – 'Have I done enough tapas for this? Why is this happening? May be by mistake it is happening. Let us see. In a few hours it will become alright.'

Understand! Come to the cognition that the change established in change is Consciousness, only from that context, "tena tyaktena bhuñjīthā mā gṛdhaḥ kasya svid-dhanam"...

All enjoyment will happen to you only if you are clear it is consciously delivered to you, not accidentally stolen by you.

- See, the second line is beautiful! It says, 'With this.....', means, the context of the first line, '....you may enjoy'.
- All enjoyment will happen to you only if you are clear it is consciously delivered to you, not accidentally stolen by you.
- Please understand, as long as you feel you are not qualified, you will be stealing. The more you are stealing, the more you will feel insecure. The more insecure you feel, the more you will feel you are not qualified. The first verse of the first Upaniṣad asks you to break that pattern.
- Understand, whatever change, whether you perceive it as good or bad, is consciously done to you by the higher Consciousness which is more intelligent than you.
- **With this, if you look at your life with this cognition, suddenly you will see, for all the so-called bad things, you will see, the reason, Wow! Life is asking you to reinvent yourself; for all the good things, you will see, you are qualified, life wants to celebrate through you.**
- Understand, the moment you understand you are qualified and life wants to celebrate through you, you will settle with so much of peace and joy! You will settle with so much of peace and joy! It will take away the insecurity you carry. It will break the insecurity you carry. The moment you know that you are qualified, you will not bother to covet anyone's due. "kasya svid-dhanam" ("mā gṛdhaḥ kasya svid-dhanam") You will never feel like coveting, grabbing somebody else's wealth. Wealth does not mean only money, gold, jewelry and all that; even coveting, grabbing somebody's attention, coveting, grabbing, stealing anything which belongs to somebody!
- I tell you, the first instruction by Upaniṣad..... The first line was not instruction; it was a truth revealed."īśāvāsyam idagṃ sarvaṁ jagatyāṁ jagat" it is a truth

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revealed. The second line is instruction: "tena tyaktena bhuñjīthā mā gṛdhaḥ kasya svid-dhanam". It is an instruction, understand?

- A person who goes on enriching, goes on enriching, even if he is offered, never gets bound! Understand? Does not get bound! When you don't enrich, anything you take is "coveting", and you are bound by it. Coveting brings bondage and karma and after-effects. Upaniṣads are beautifully declaring!
- Actually, if you understand the first line and set your cognition, the second line is the after-effect, the result of it. The only thing you need to renounce is the things you don't have but which still you are thinking you have and living with it.
- You just need to renounce what you don't have. You don't need to renounce what you have. That is the truth.
- Fear, unnecessary greed for the things you don't have, all these things if you look, all of them you actually don't have. What is Fear? Apprehension about something which has not happened, which is not reality.
- What is Greed? Wanted to have something, obsessed about something, which is again not there.
- Listen! End of the day, getting comfortable with fear and greed, or becoming powerless because of fear or greed, both, getting comfortable with greed, becoming powerless due to fear, both are foolishness, because, the "change is established in change". And that is also Pure Consciousness!
- See, you see a knife in the hands of a thief, robber, who is standing next to you; and you see a knife in the hands of your mother. Both are knives. But how do you respond to both the knives?
- Mother playfully puts the knife near the neck of a child and says, 'Are you not afraid?'
- The child says, 'No!'
- 'Are you not afraid of the knife?'
- 'No, I am not afraid of the knife, because, it is in YOUR hand! It is in my MOTHER'S hand!'

- Understand, Life's knife is in the hands of Pure Consciousness which is intelligent, compassionate and loves you. It is not in the hands of a robber. Other than the idea you have that you are violated, you can NEVER be violated.

You just need to renounce what you don't have. You don't need to renounce what you have. That is the truth.

- You can NEVER be violated! You can go on trying to convince everyone that you are getting violated, violated. In that process, because you repeat it so many times, you make everyone believe, and you also start believing you are violated! Otherwise no one is violated, understand?

- **Having the clarity that Consciousness fills everything, by Consciousness all this is filled, if you understand, if you look at it with this cognition, you will have answer for the one-thousand questions you cherish**. 'Oh, if everything is Consciousness, why there is so much of suffering in the world?' I don't want to justify that. It may look insensitive. To the people suffering poverty, if I make the statement, it may look insensitive. But I tell you, I completely have an understanding. I don't have that question any more.

- If your cognition changes, you will also have answer for that question, but you will not be able to utter it for others. That is why, for some problems, the right cognition you need to have is given; so, automatically the answer happens in you.

- Understand this one truth: EVERYTHING IS CONSCIOUSNESS!

- So, your secret crush, or the fear of getting crushed, both will become meaningless when you understand: everything is Consciousness. Secret crush, fear of getting crushed, both will become meaningless when you understand that whole life is Consciousness.

- The secret crush you carry about everything, wealth, people, positions, powers, this throne..... That is why I have changed it (the throne)! So many people have a secret crush for the throne!

- Mahādeva is the being who does not have anything! He has an old bull (Nandi), and ordinary some tree beads (Rudrākṣa) is his ornament, and the "smashāna

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bhasma" – ash from the cremation ground; everything he has, no one will have a crush on! All the things Vishnu has, people will have a secret crush on! Shyamanthaka (a precious jewel which has magic powers), Pīthaambhara (beautiful yellow garment), Mukuta (crown), all the best things, and the Miss Universe, Lakshmi! Everything Vishnu has, people will slowly develop secret crush on them. But, with Mahādeva, nothing; you cannot have any secret crush.

- Understand, when you bring this "īśāvāsyam idagṃ sarvaṁ, yat kiñca jagatyāṁ jagat" as your cognition, your secret crush and fear of getting crushed, both will be crushed! Only then, only from that context, "tena tyaktena bhuñjīthā mā gṛdhaḥ kasya svid-dhanam"

Understanding 'gṛdhaḥ': The Path to Letting Go

- Same way, this secret corner of you which you believe is a powerful strategist and takes all most intelligent decisions and keeps your life together, about which you are very proud, that part of you, understand, is exactly like the crow – acts very intelligent, thinks it can covet everyone's wealth, and it is very brilliant.

- Finally, just because of that small part of you, your whole life is spread with the fear, Self-Doubt, Self-Hatred, and Self-Denial (SDHD). I tell you, you are really a better person than you imagine who you are. This clarity, if it comes to you, you will understand that even secretly you don't need to plan for this "kasya svid".

- See, most of us go on planning for "kasya svid" – coveting. Either we wait for an opportunity to do it without getting caught, or we wait for the courage to do without getting caught. Opportunity or courage! But, decision from your very being, 'No! From now, only enriching!' I am not saying, don't charge for the services you are offering. No!

- All I am saying is, give more, so that, what is given back to you is only an "offering", not "coveting". "gṛdhaḥ", "mā gṛdhaḥ kasya svid-dhanam"! Exactly, the word "gṛdhaḥ", "mā gṛdhaḥ" means – "Don't covet". Understand!

- So, understand, even if you are demanding attention from somebody without enriching that person, it is 'coveting'. It is 'kasya svid' And, I tell you, as long as you have one small secret part of you which you believe is a powerful strategist keeping your life together.....
- Rāmakṛṣṇa Paramahamsa says beautifully, 'This crow thinks he is very brilliant and intelligent; nobody can throw stone at him, or kill him, or anything. Finally, he goes and eats filth!'
- Non-stealing, non-demanding, brings you freedom. And, realizing you don't need to, brings you the ultimate freedom.
- Realizing you don't need to, brings you ultimate freedom. Keeping yourself in the cognition of "īśāvāsyam idagṃ sarvaṁ, yat kiñca jagatyāṁ jagat", keeping yourself in the context of "By the Consciousness all is filled, whatever moving there is, which is established in ever-moving".
- Understand, all your secret strategies for coveting only brings SDHD – Self-Doubt, Self-Hatred, Self-Denial – in you. So, drop all the plans you have secretly for coveting, and understand honestly, sincerely, you don't need to covet, and you can live your life by going on enriching.
- Enriching can be an amazing, powerful, ultimately secured and showering lifestyle. Coming to this conclusion is "Completion".
- Coming to this cognition that enriching will be an amazing, amazing, powerful, amazing, powerful, secure, showering lifestyle, is "Completion". The day you come to the conclusion consciously – "Enriching is the amazing, ultimate, secure, showering lifestyle" – you come to Completion, and all the fears disappear! All the fears disappear! The freedom simply happens! That day is your Enlightenment Day! That moment is the Completion moment for you!

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The Science of Becoming īśā

- Understand, this step by step, with this example - everything is Paraśiva.
- īśā vāsyam idagṃ sarvaṃ īśāvasya Upaniṣad, mantra 1
- That's the ultimate truth. Then, that is mapped into your cognition - "Oh, then I am also Paraśiva because I exist. Whatever exists in me is Śiva, īśā, Paraśiva." This is 'powerful cognition'.
- And, with that if you just manifest you in your body, through your body - what all extraordinary powers manifest, is powers of Sadaśiva.
- How you defy the logic and rationality of common people's existence is powers.
- Common man who does not know these truths of powerful cognitions, the way he defines and exists in his life - you defy that rationality, that logic; many times radical.
- That radically-defying the rationality and logic of a common man who does not have this knowledge and manifesting - you manifesting these powerful cognitions and powers is powers of Sadaśiva, power manifestation of Sadaśiva.
- Now, these cosmic truths - how they become powerful cognitions in you, and manifest powers in you?

Thought as Software

- See fundamentally, every thought current you cherish is the fuel for your inner space. And, every cognition you cherish is a software of your being, understand.
- **Thought currents are like energy. Cognitions are like software. If there is a problem with any one, the device will not work, it will collapse.**
- If the thought currents are bad, it will be like a battery-less cellphone.
- If the cognitions are bad, it is like a literally 'no apps' cellphone; cell phone

Person who is filled with this truth "whatever exists is energy" - he will be radiating so much of life and involvement

which has no apps or which does not have a perfect software. You need to know difference between these two.

- Thought currents are like moods which come and go. Cognitions are your decisions or your foundations or your roots. These cosmic truths manifested in Vedās and Āgamas, when they are mapped in your Consciousness - not only they manifest powerful cognitions, they keep you in powerful thought currents and highly recharged. Understand.
- Deeper and deeper the powerful cognitions start manifesting, higher and higher are the powers manifesting.

Tyāga awakens your Kuṇḍalinī śakti intensely

- Whether you evolve your own understandings about you, Universe and Iśvara or you evolve your own understandings about life - physics, chemistry, biology,

Tyāga is ferociously asserting your Paramasatya, that highest identity and making the lowest identity irrelevant.

geography, what not, psychology, relationships, physiology, in every field...

- **Understand, the powerful cognitions are from the source of the Cosmos, and it can be applied in any part of the Cosmos.**
- For example this one truth: "īśā vāsyam idagṃ sarvaṃ" - whatever exists is Consciousness, God. You can apply this even to sweep the floor! You may think how to apply that to sweep the floor?
- Understand, person who is filled with this truth "whatever exists is energy" - he will be radiating so much of life and involvement.
- Even when he sweeps, he knows the purpose and he knows the reason, he knows the how, why, what, when, where, so thoroughly. He will not have the blind spots which brings tiredness in between the sweeping, or boredom because everyday you have to sweep, or the idea "why should we sweep at all?" "Why should we sweep at all?" is the idea of atheism.
- In every level, distractions become redundant and irrelevant. I tell you, the powerful cognitions act like benevolent dictator. They do not let your rationality and logic to take over you. They are like dictators - no doubt, but benevolent.
- If you cherish few powerful cognitions, you will understand your so-called rationality and logic is nothing but these screaming protestors who never contribute anything - only go on *baah, baah, baah, baah, baah, baah*… protesting, destroying, throwing tantrums. He may grab but he will not create anything.
- Most of your rationality is logic - is more or less like the protesting aspects of you just throwing tantrum.
- In the house also you can see - few kids will get what they want by being active and involved and doing what needs to be done.
- Few kids will get what they want just by throwing tantrum. Because, father

and mother know that if you don't give what he wants, he will destroy the whole house. You can't throw him out!

Tyāga creates such a space in you, even bliss, consciousness, all those Divine experiences wait to manifest in you, means - even they feel you are a blessing for them.

Tyāga attracts all the resources towards you

- Listen. Tyāga is not only the strategy for making you healthy, attracting the wealth. Understand this word - "attracting the wealth", means wherever you are, just by your presence, you will generate and attract wealth, all the resources around you; just by being a magnet, like a magnet attracts everything. It's a strategy for long life, generating and attracting resources.
- And listen, listen to this. This is a too important thing. This line is too important: Tyāga creates such a space in you, even bliss, consciousness, all those Divine experiences wait to manifest in you, means - even they feel you are a blessing for them.
- Understand. I am just mapping that original whole truth as it is and trying to reveal it Sūtra by Sūtra. Tyāga makes you live long. Tyāga attracts all the resources towards you. Tyāga makes you as a blessing for even the Divine.
- So the Divine qualities like bliss, consciousness, they just serve you. They are so pleased and happy to manifest in you. They feel they are blessed by your presence. Listen.
- tena tyaktena bhuñjīthā mā gṛdhaḥ kasyasvid dhanam | Īśāvāsya Upaniṣad says by renouncing, enjoy life for long time.
- In every level, tyāga is power, not renunciation. Tyāga is power, not renunciation. **Tyāga awakens your Kuṇḍalinī śakti intensely. listen to that word - "Intensely." Nothing is more intense and capable of triggering your Kuṇḍalinī śakti than tyāga.**
- Tyāga is ferociously asserting your Paramasatya, that highest identity and making the lowest identity irrelevant. Listen carefully. This is the most important truth. Listen. Tyāga makes you have larger vision about life.

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Your conscious intention is the principle manifestation, primary expression, core concept called "you!"

- Tyāga gives you the larger vision about life! So anxiety, powerlessness, depression, is always having a narrow idea about life and getting shaken. Even if your husband is late for one hour, by the time you will have ten accident fears or doubt that he ran away, whatever, whatever.
- Tyāga keeps you cool, gives you the largest vision about life. I tell you, all My successful sannyasis have a extreme tyāga as their foundation basis. I have seen the successful sannyasis. They are made of a metal called tyāga.
- I have also seen this flaring up people, the reactionary assumption based personalities. Absolute *faltu[useless]*, extreme *faltu*. I have seen people who have extreme tyāga. I have seen people, who have extreme selfishness. I tell you, tyāga gives you the larger vision about life.
- Tyāga makes you understand there is no full stop in the life, there is only comma. There is no full stop! Because life has no full stop! Life has no full stop.

If you are a concept, core of you is your conscious intention. You need to know the good news is, your unconscious mood swings do not matter

- Even during the Mahāpralaya (Mahāpralaya – Great Deluge), Paramaśiva holds Varanasi - Kāśī, in His trishula. That's why it is called Ūrdhvāmnāya Peetham. Any one in Kāśī, does not get destroyed even during Mahapralaya, means even Mahapralaya is not end of life! Life does not end - Avimukta Kṣetra. The Kṣetra never forsaken, never given up.

Right conscious intention matters

- **Your conscious intention is the principle manifestation, primary expression, core concept called "you!"**
- Understand. If you are a concept, core of you is your conscious intention. You need to know the good news is, your unconscious mood swings do not matter. That is why knowledge, Jñāna, about what is right conscious intention is given so much of importance in Hindu tradition. That is why in Hinduism, the ultimate is called Veda, not Divya. Listen. The word "Veda" means knowing, knowledge. Divya means sacred. Veda, knowledge is sacred.
- We never try to make sacred as knowledge. No! We make knowledge as sacred. That is why I am saying, most beautiful liberal religion is Hinduism.
- I am telling you, for anyone who has started thinking, analyzing - Hinduism is the religion for them.
- The other day, some of My disciples who are working for the KAILĀSA Project, they asked Me, "Who are our clients? Who are our customer base? To whom we should focus our reach out Swamiji?" I said, "Anybody who has started thinking. Hinduism is for them. They are for Hinduism."
- Because, whether you talk about the Cosmos, its principles, or planets, the principles in which planets exist, the being of the planets, doings of the planets...; Please understand, as your modern science teaches planets are not like some dead mechanism, just going round, round, round. It is all living energies.

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- That is why, Sūrya Siddhānta can clearly, precisely calculate and tell you about the past astronomical incidents, miracles, mysteries that happened, or the future which is going to happen, or even simple clerical predictions of the routine happenings like Amāvásyā, Pūrṇimā, eclipse; even those things, the precision with which they can calculate... It's extraordinary because Sūrya Siddhānta recognizes each of these planets as living forces.
- In Hindu tradition, not only in Hindu tradition, in reality be centered on Chit, consciousness, that Citta Pāsa Svatantram.
- When the consciousness starts manifesting itself with more percentage of continuity - you call that as 'matter"; with more percentage of intensity - you call that as 'energy'.
- Listen. The truth I wanted to share with you all: Source of the matter and energy is consciousness. So Hindu tradition very clearly explains whether planets or you, both are centred in consciousness, Chidambara Paraveli, in the pure conscious milky way.
- Understand, if you start cognizing the element of consciousness in you, you will start respecting your Svatantratva - ability to will and manifest; and you will start recognizing the same ability to will and manifest in planets, plants. Plants to planets! Then you will start developing reverence for life everywhere.
- **Living with a tremendous love, reverence for life everywhere is only described by Īśa Vāsya Upaniṣad as: īśāvāsyamidagṃ sarvaṃ**
- If you think you are just a matter, you will look at the whole world just as a matter.
- If you realize you are consciousness, then you will understand the whole thing which exists has consciousness.

Heal Yourself Instantly

- Listen. First Upaniṣad declares, whatever exists is consciousness. Then they say, by not stealing, by renouncing - enjoy, means listen carefully.
- Everyone's intention and the wealth they possess is married.

Source of the matter and energy is consciousness. So Hindu tradition very clearly explains whether planets or you, both are centred in consciousness.

- Listen carefully. Listen. In Hindu tradition, the yajña - the sacred action you do to manifest the higher states, whether in wealth or health or to have a child; anything you want to manifest, you can manifest through yajña. That sacred action - kriyā, is considered to be the male - Yajñapuruṣa. And dāna (offering) given, wealth given with yajña; that wealth, dāna is considered female - Strī. When this male and female are joined together, the phala, result - child is born. So, the sacred kriyā and the dāna allotted, both are married together. They always stay together. The intention and the wealth dedicated to it, both are married. The economical chastity is too important for the result, phala - child to be born. Listen. This is one of the most important economic principles of KAILĀSA. Intention is married to the wealth forever!

- *Inji vaanga kudutha panathil sukku vaangaathey.* The money given to buy (fresh) ginger, don't use it for dry ginger.

- That is economic chastity of KAILĀSA. That economic chastity evolves from this principle: the sacred action, it's basically sacred intention. Intention of the yajña: listen... If the yajña is considered as Yajñapuruṣa, then saṅkalpa, intention, is the potency of Yajñapuruṣa.

- So the potency of Yajñapuruṣa - intention, and the dāna given for that yajña, both are married. The chastity, absolute exclusivity and chastity between these two is important for the result - phala - the child to be born. Phala - result is the child which is to be born between the Yajñapuruṣa and dāna - Strī. Dāna is considered as Kanya, Strī. Yajña is considered as the Puruṣa. Saṅkalpa of the yajña, Satya Saṅkalpa of the yajña is the potency of Puruṣa. Only if there is a chastity between the dāna given and the intention - the phala, child is born, result is manifested. This is one of the most important economic principles of KAILĀSA.

- I tell you, I give you this one example. Sometimes if My stomach is doing a strike, all I'll do is, "Eh, I am Paramaśiva. This stomach is jaṭharāgni (digestive fire) of Paramaśiva, Paramaśiva agni. Let Me just sit unclutched, add the Mahāśabda - Śiva, Śiva, Śiva, Śiva, Śiva, Śiva, to this fire of Paramaśiva agni."

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That's it. In few minutes, I'll see that *tamma tamma takatta patta* some sound inside, the whole thing will settle down. Body will be completely fresh, alive, healed, active. The whole system, internal organ is healed !

- **Understand, even if you discover the power of conscious intention in small things like healing your headache, stomach pain, ability to sit in padmāsana for a long time; even in these small actions if you discover the power of your intention - you will have so much confidence on your conscious capabilities, possibilities and powers.**

- Listen, life with hyper-fixation is worse than death. Life in hyper-fixation itself is a punishment. Physical death will be caused by global wars, conscious death will be caused by hyper-fixation, which evolves from the ecosystem of stress, restlessness, feeling missing out, pressurized to be everywhere!

- Modern-day youth are brain washed and pressurized to be everywhere. If you have to be trendy, you have to be everywhere. Feeling everywhere or being everywhere is shown as heroism, successful, the way to exist. No!

Living centered on your conscious existence, knowing the capablities of your consciousness and operating from that gives you ultimate life

- Living centered on your conscious existence, knowing the capabilities of your consciousness and operating from that gives you the ultimate life.

- You will be thousand times more productive, established in deep peace inside, without getting distracted from your peace. You can celebrate life beautifully.

Vāstu śāstra: Science to Use Power of Consciousness

What is Vāstu śāstra?

- Vāstu śāstra is the science created by the Masters, to handle the power of Ether, to use the power of Ether in a proper way. To handle the Earth, we have lot of mechanisms, instruments. To handle Water, we have lot of things. To handle Fire, we have lot of things. You can use fire by a proper oven, by a proper furnace. So we have designed so many things, to use the four elements.
- There are three types of Spaces:
  1. One is the citākāśa. citākāśa means the space which is inside your being, inside your body, the space from which you operate.
  2. The second thing is called Katākāśa, the space in which you are living.
  3. Third thing is called Mahākāśa, the whole sky, whole Prapancha.
- The Ākāśa which is inside your body is called citākāśa. The Ākāśa, which is

citākāśa - the space which is inside your being

Katākāśa - the space in which you are living

Mahākāśa - the whole sky

in which you are living, which surrounds you is called Katākāśa. The Ākāśa which is all over the Universe, the Prapancha is called Mahākāśa.

- Mahākāśa is always pure, energetic, powerful.
- But the Katākāśa gets impure by your thoughts. The Katākāśa has got the

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capacity to be energized or to lose its energy by your thoughts. It acts more or less like an alive being.

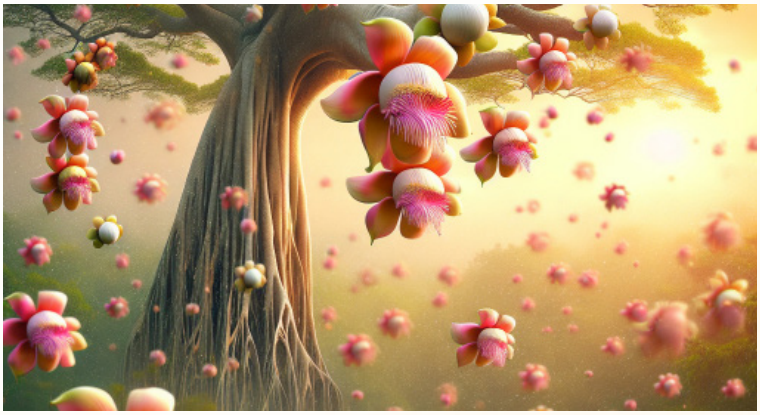
The technique to use the Ether energy to its maximum level, that formula is only called as Vāstu śāstra

- Never think your house is a matter.
- Your house is energy. It's an expression of energy.
- Our Masters have designed Vāstu śāstra to use the Ether element, to use the Space element.
- The Vāstu, the structure of the house is designed, the science is created to use the Space. Never think your house is matter. Your house is energy. It's an expression of energy.
- You can understand this one example. If water is compressed by a compressor, it becomes energy. Air, if it is compressed by a compressor, you can even move a train. It becomes energy. Same way, if the Ether is compressed in some particular space, in particular shape, again that becomes energy.
- Iron piece, if it is a square, it's different. If it is 'I', I-shaped, steel engineer, it's totally different. The same iron, one kg of iron, if it is a rectangle bar, the effect or the power is totally different. If it becomes I-bar, more strong, it is totally different.
- The shape plays a major role even in the gross materials. Iron is one of the elements. It belongs to Earth element. Earth, according to its shape, the effect and the energy varies.
- The same way, Ether, Ākāśa also, according to the shape in which it is locked or it is blocked, the energy changes.
- It's a very subtle concept but if you understand, you can understand the great gift or the great research which our Masters have done, or the great sacrifice which they did by doing all these researches and creating all this wisdom and giving it to us.
- If the Earth is formed in one shape, that creates a different purpose, that creates a different effect. If it is formed in another shape, that's used for a different purpose and that gives a different result.

- The same way, Ether can be handled. It can be used in different forms and in different shapes. The technique to use the Ether at its best is what is called Vāstu śāstra. The technique to use the Ether energy to its maximum level, that formula is only called as Vāstu śāstra.

Everything responds to your thoughts

- **When the Ether is put in a particular size, inside the room, inside that space, whomsoever lives, they are controlled by that Ether and that Ether is in turn controlled by them. Their thoughts affect the Ether and the Ether affects their thoughts.**
- For example, if you go out and sit in the open sky, by your own feeling your being feels expanded. That is why we always love to go and sit outside, for relaxation. We always try to go outside and sit. You feel something; your personality is expanding. You are becoming little bigger or your boundary is getting expanded.
- When you enter a house where only the eight feet is the roof level, or the nine feet is roof level, your head is not hitting, even then you feel compressed or shrinking. Your mind does not feel free or your thoughts are not flowing.
- **The shape in which you are living, the space in which you are living, plays a major role on your mind and thoughts, and the same way, your thoughts play a major role on the space on which you are living.**
- One more thing you need to understand, in the Vāstu there is a Sūtra which



Rocks and plants and trees or furniture, everything responds to your thoughts

says and which is proved in modern day, which says, "Including the rocks and plants and the trees or the furniture, including all these things, everything responds to your thoughts.

- There is research conducted by some individuals. They planted three rose plants in a pot, all of the same type, with identical watering, mineral care, and attention.
- The only difference was the environment: each plant was placed in a separate room. Every day, the owner interacted with each plant differently. For the first plant, they cursed it repeatedly: "You will never be alive. You will never do anything properly." For the second plant, they simply poured water and left. For the third plant, they spoke lovingly: "You are going to have beautiful flowers. Your life is totally going to be different."
- This experiment was repeated 21 times over 11 days by 21 different people. Consistently, the first plant died every time, the second grew normally, and the third flowered twice as much, with two times more growth. The study demonstrates how thoughts reciprocate or influence their surroundings[7].
- Additionally, ECG machines are now used to measure vibrations from trees. Ten trees in a garden were connected to such a machine. A woodcutter was instructed to enter the garden with the intention of cutting one tree. The report revealed that only the graph for the targeted tree showed erratic activity when he entered, while other trees' graphs remained stable. If he entered without the intention, the graphs were normal. These examples clearly show how thoughts affect their environment.

Ether has the capacity to hold your thoughts

- Whatever you think, those thoughts just get settled in your house, in the place where you stay. It's like cobwebs. If every 15 days you don't clear your house, your house will be surrounded by cobwebs.
- The same way, if you don't do meditation or spiritual practices, your house will be surrounded by negative cobwebs, negative thoughts. You see the physical

7 Bruder, A., & Bruder, D. (1980). The influence of human energy on plant growth

You are continuously energizing the house by your presence. It is up to you to decide whether to energize positively or negatively.

cobweb and clear it. But spiritual things, subtle things, thoughts—you do not know how to see. You will not know how to clear.

- Somebody came and asked Me, "Swamiji, I wanted joy and the bliss in the house. What can I do?" I told her, you radiate joy and bliss; you give your love always to your children, your kids. Speak good words—that is the best way to open the Gṛha Lakṣmī or the Gṛha Lakṣmī's energy, to have the Gru, Lakṣmī's energy. She said, as soon as she heard the word "Gṛha Lakṣmī," she said, "Swamiji, shall I do Gṛha Lakṣmī Pūjā?" You see, Gṛha Lakṣmī Pūjā is perfectly all right, but what we do generally when we enter the Pūjā room, we do Pūjā. When we come out of the Pūjā room, we do Archana [firing] to husbands! Pūjā to Lakshmi and Archana to husband! Is it going to help? No. It's no way it is going to help.
- The thoughts which you radiate, the thoughts which you emit, are only going to get stored—or in a way, you are energizing it. You are continuously energizing the house by your presence. It is up to you to decide whether to energize positively or negatively.
- Any of your thoughts, it is continuously, it is energizing your house. It is continuously energizing your house, either positively or negatively.

All your thoughts are energizing

- Most of the time we have only discontentment and dissatisfaction, fighting; even if you don't fight with others, you fight with yourself, the guilt—all these thoughts only you release. So when we release all these thoughts, naturally, the whole space in which you are living, that gets totally contaminated.
- If the river is flowing, it's pure and it makes others also pure. Whomsoever gets into it, it makes everybody pure. If the same river becomes a small pool, what happens? First it gets the green moss and then whomsoever enters into it, they also get their self, dirt on them.
- Same way, if the house, if it is not flowing with energy, if it is not bubbling with joy, if it is not bubbling with ecstasy, what's happening? It is just becoming like

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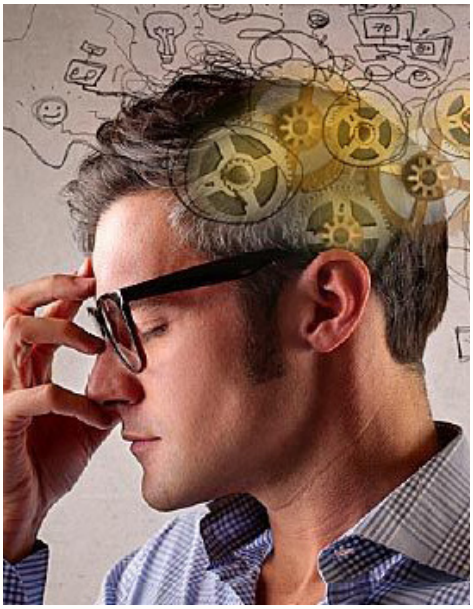
a pool. All our negativity, all our vibrations are just stored.

- Whether you believe it or not, whether you want it or not, your thoughts are stored in the place where you stay; that is why, so many people come and tell Me, "Swamiji, outside my house, I am all happy, feeling beautiful, everything is nice. The moment I step into my house, the depression catches me. The depression catches me. The feeling of sickness, the feeling of sadness, the feeling of sorrow catches me. Why it is Swamiji?" It is true, because it is Ākāśa. Never think the house is a dead space. It is a living being. House is a living being, live space. When they describe Lakṣmī, they say the Gruha is a Lakṣmī, Gṛha Lakṣmī. The very house is a Lakṣmī. The very house is Lakṣmī.

- When a Master enters into the house, what happens? Master is like a Mahākāśa. Mahākāśa means the open sky. You are citākāśa. The space in which you live, it is Katākāśa. The space in which you are living is more or less like a pool. The Master is like a Mahākāśa, river, as open sky. He is the Universe.

- The Enlightened person is a Universe. Because he has nothing inside. Please be very clear, the Enlightened person does not even have good thoughts inside. Don't think, the Enlightened person has good thoughts inside. He has neither good thoughts, nor bad thoughts. He is just emptiness. He is just emptiness. He is just open sky. Through him, just the energy radiates. Nothing else.



Whether you believe it or not, whether you want it or not, your thoughts are stored in the place where you stay

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Iśāvāsya Upaniṣad
Verse 2

DECIDE FOR LIFE - BE FREE FROM KARMA

कुर्वन्नेवेह कर्माणि जिजीविषेच्छतँ समाः।
एवं त्वयि नान्यथेतोऽस्ति न कर्म लिप्यते नरे॥२॥

kurvann eveha karmāṇi jijīviṣec chataṁ samāḥ।
evaṁ tvayi nānyatheto ʻsti na karma lipyate nare ॥ 2 ॥

Translation: One should decide to live in this world for hundreds of years, all the while constantly doing his actions dispassionately, without any attachment [to the work or the results thereof], as ordained by the scriptures alone. In this way, the actions done by a man shall not cling to him [na karma lipyate nare]. There is no other way by which a man can free himself from the adhering bondages created by the actions.

Word-By-Word Meaning

kurvan	by constantly doing, performing
eva	thus alone
iha	in this life, in this world
karmāṇi	work (as per sūtras), being active
jijīviṣet	one should desire to live
śatam	one hundred
samāḥ	years
evam	so living
tvayi	onto you
na	not
anyathā	other alternative, any other way
itaḥ	than this path [unattached work]
asti	there is
na	not
karma	work
lipyate	can be bondage that clings or adheres

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One Sūtra For All Of Humanity

The Problem:

One of the biggest problems all human-beings have, please listen, whether you don't have money, enough money in your bank, or you don't have enough excitement, inspiration to run your life, whether you don't have enough money to run your life in the outside world, or you don't have enough energy to run your body, or you don't have enough energy to run your mind, whatever you don't have, please be very clear, it is the side-effect of some of your decisions NOT TO LIVE.

The Vedic Solution:

Always support life. You decide at some points, 'Better not to live. Instead of living this kind of a life, better not to live.' Please understand, you should always think, 'I will live in a better way. Wherever I need to transform, no question of better not to live than living in this way.

Your First Step:

Always, always, decide FOR LIFE!

Can This Wisdom Apply To You?

- Whatever we call as spirituality, spiritual path, the whole thing can be classified in 3 ways:
    - One based on intellect
    - One based on emotion
    - Third based on being
- The first line of this second verse: 'for a person like you' means it addresses the whole world. Ṛṣis cannot address one single person; they address the whole world. In these three lines, they finished the whole world.
- The people who are born, who are living, and who are going to come—those who have lived, those who are living, and those who are going to live—all the three levels of people, past, present, and future, all the three are covered just in these three lines. More than this, there cannot be any human beings.
- Here, the Ṛṣis are giving a key. You see, some religions give a key for only emotional beings, some religions give a key only for intellectual beings, some religions give a key only for beings who are situated at the energy level.
- There are only three kinds of human beings: intellectual, emotional, and being (the energy level).
- In this Sūtra, they call all these three kinds of people. That is why the Upaniṣadic Ṛṣis are so courageous to say: 'For a person like you'- it means what?—Everyone of you is addressed here.
- Every one of you is individually addressed, and the paradox is: it is so individual and so collective. Whenever it is collective, it cannot be individual; whenever it is individual, it cannot be collective. Here, the Upaniṣadic Ṛṣis break that idea. Here, so thoroughly and paradoxically, it suits for the whole group, the whole mass.

No religion can suit whole humanity except this one Sūtra, because this Sūtra directly addresses three kinds of people: intellectual, emotional, and being (the energy level).

- First time from My experience, the key for the head, heart, and soul—the

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three-level keys are delivered to you. **If someone understands this one Sūtra, all religious conflicts will disappear.**

- Every religious Guru, enlightened Guru, tries to give the way it worked. For example, Buddha worked through the head, even though He speaks of compassion; even His idea about compassion is nothing but the head.
- Rāmakṛṣṇa Paramahamsa[1] worked through the being.
- Bhagavān Ramaṇa Maharṣi[2] worked through the being-energy. So whatever they speak, it will be only about energy.
- Every Guru gives a key for a particular type of human being, for a particular type of mind.
- Here, the Upaniṣad Ṛṣis are giving the key for three kinds of people.
- Those who desire to live a hundred years. This shows very clearly that he is involved in his activities in the world and believing that 'I am the doer'. Then there is no other path than this'. The path of living without being smeared by one's actions. Who desires to live a hundred years, involved in his activities in the world and believing that 'I am the doer'.
- Three lines understand: desires to live a hundred years. Hundred does not mean 100 years here; hundred means what? Countless! Just numberless. In some places, words are used just to mention the eternal.

Gautama Buddha

Rāmakṛṣṇa Paramahamsa

Ramaṇa Maharṣi

1 Rāmakṛṣṇa Paramahamsa: The enlightened Master and incarnation from Dakṣiṇeśvar, West Bengal, India

2 Ramaṇa Maharṣi: an enlightened Master and Incarnation from Tiruvannamalai, India

Every Guru gives a key for a particular type of human being, for a particular type of mind.

Inspiration from Truth: Be Alive, Bubbling, Joyful

- *One enlightened Master, a Zen Master went to a traditional Zen monastery. There is traditional; There are always two paramparas (lineages): the Guru paramparā, Jñāna paramparā. Guru paramparā (paramparā - lineage) means, just to preserve the scriptures, the peetadipathis (Pontiffs), sit in the peetam (Ruling Seat). Peetam is like preserving the milk (of Supreme Knowledge), enlightenment (Jñāna Paramparā) is like drinking the milk.*
- Enlightened people are those who drink and enjoy and understand, realize the whole truth.
- *One enlightened Zen Master goes to a peetadipathi. This peetadipathi, when the enlightened Master came, he asked, "Who are you?" Enlightened Master says, "I'm Dharma". Dharma means the man who is following Dharma (Cosmic Law). "I'm just on the path of Dharma, Buddha's humble servant". Something like this he introduced.*
- *Then this guy started asking, "Do you know who I am? I'm the disciple of this Swami, this Swami, this Swami..." He started telling his Guru paramparā. "You know that great Bodhi Dharma? I'm his disciple's disciple's disciple. I belong to the Bodhi Dharma's lineage. I belong to the tradition of Bodhi Dharma. I'm the disciple, great, great grand disciple of Bodhi Dharma." Till that time the enlightened person was keeping quiet. The moment he uttered this, the enlightened person started laughing. The peetadipathi got really offended, immediately shouted – why are you laughing, what do you mean by this behavior?*
- *In Zen monasteries they will always serve you tea. The enlightened Master drank; he finished the tea and told the peethadipathi to give little water. He washed the cup and put it in another cup. Then he emptied that cup, washed that cup and put the water in another one cup. He emptied that cup and washed the other cup and put it in the other cup.*

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- *Then the enlightened Master is asking: "the fourth cup of water and the first cup tea do they have any relationship?"*
- *The first tea cup is emptied, washed and put in the other cup, that cup is washed and put in the other cup, that cup is washed and put in the other cup. What is the relationship?*
- *Even the tea smell will not be there. In the first cup when you wash it tea smell will be there. In the second cup a slight colour will be there In the third cup, fourth cup, simple water.*
- *What is the relationship between the tea cup which was carrying the tea and the water washed, washed, washed, washed, washed water being carried by that tea cup? What is the relationship? That peetadipathi got a shock.*
- *Then he (the enlightened Master) said, 'This is the same relationship between you and Bodhi Dharma, that's all. You and Bodhi Dharma are related only in this way, nothing else.'*
- **My feeling is to give you the Upaniṣad to inspire you to enter into meditation, more and more lead the spiritual life, nothing else.**

"Kurvan Eva Karmāṇi jijīviṣet śatam samāḥ" : Live Actively for Hundreds of Years

Are you Rooted in Intellect, Emotion or Being?

- *'Who desires to live hundred years, who desires to live a long life involved in his activities in the world and believing that I am the doer.'* Believing that 'I am the doer' means you have entered the being level.
- That idea, "that I" am involved in these activities in the world means you are in the emotional level, heart level. Please don't understand what you understand as the English emotion word. Involving in the activity means you need some motion, the energy.
- Emotion is nothing but the energy which creates a motion in you. **The energy which makes movement, motion in your being is what is emotion.**
- **If you are heart-centered you will be continuously involved in the activities of the world.**
- The other thing: 'who desires to live a hundred years'... always intellect wants to live for a long time because intellect never enjoys anything totally.
- When you see Himalayas, your intellect gives a running commentary, "how beautiful it is, how exciting it is, I'll go and tell my wife I went to Gomukh, I went to Tapovan, I went with Swami, I did all these things". Arre fool enjoy now, instead of thinking: 'I will go and tell my wife, I will go and tell my daughter, I'll go and tell my relatives, I'll go around and bragging about I did this, I did that.'
- Intellect never lets you live in the moment; because of that you always feel a dissatisfaction and you want again and again and again to live.
- Once you live with the world without the running commentary, without the head, you feel so satisfied, so settled, you don't even want to live next moment.

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- You are totally settled, you are totally relaxed but you will see the existence does the whole thing.

What is the path for liberation?

- The first line 'who desires to live a hundred years, for a person like you who desires to live a hundred years....' As I told you the
    - Intellectual guy: involved in his activities in the world,
    - The emotional guy (Emotion is nothing but the energy which creates a motion in you) and
    - Believing that I am the doer, the being level guy,

    There is no other path than this, the path of living without being smeared by your doing.
- In Tamil there is a proverb:, inserting a needle into the banana.' If you insert a small needle, neither banana will feel and nor your hand will feel you are inserting, so slowly but inserting the truth! **This line inserts a very big truth in your mind without making it very complicated - 'the path of living without being smeared by your doing', means you live in the coals but you never become black, you never become dirty, nothing affects you, you never get smeared and you are just fresh as beautiful as you are, as you were.**
- Anyhow, how you entered, the same way you come out of the cellar. For a person who desires to live a hundred years, involved in his activities in the world and believing that 'I am the doer', **for all three persons, the key is the path of living without being smeared by your doing.** So this key has to be customized for all these three groups.

Path for Intellectual people

- **Living without continuous running commentary is the path for intellectual people**
- Let Me try to customize this key for all these three groups, 'who desires to

live a hundred years' - the intellectual person, for him this key – the path of 'living without being smeared by your doing' means, live without the running commentary.

- When you live without the running commentary, nothing smears, you never get smeared.
- Let Me give you a small example: All your dirt is nothing but your accumulated words.
- You accumulate some word which is not there. If a child enters in your room, how he looks at everything, just as if he is going to eat the whole thing... He just lives through his eyes, he has no word.
- When you create the word, ājña (energy center in the Third Eye region between the eyebrows) gets locked.
- When you see without the word you see the total thing, you see the Whole, totality. When you travel, try to relate with everything without word.
- Now itself don't think "Oh I cannot do, I cannot do"; because the word 'I cannot do' is also one more word! Don't believe that word 'I cannot do', drop that word and try to see.
- The word is not your nature. If the word is your nature, you cannot drop it. In deep sleep are you having words? It means what? It means you can be without words also. Your being can exist, you can be alive without words.
- **So try, just try, try your best to look at things without words, then this key will work for you.**
- Living without continuous running commentary is the path for the intellectual people, the key.

Path For Emotional People

- Next thing, emotional, 'involved in his activities in the world'. This is the ultimate way; this is the secret, deep secret of karma yoga.
- **Visualize as if you are seeing through Ājñā, then there will be no word. Because**

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when you look through Ājñā you come to the present moment. You simply fall into the present moment. As on now you are just being pulled by the past or by the future. You hang between these two.

Words which you are using is the only bamboo which create the difference between tat and tvam. When you lift that word you understand tatvamasi. You understand You are That, That art Thou.

- Have you seen the hanging bridges on the Ganga? They hang between these two ends; you are also nothing but a hanging bridge, between the past and the future. When you look through Ājñā you just simply fall into the present. Either look through Ājñā or just drop the words and see in a relaxed way.

- When you see, immediately the word will rise: green, black, so many words, don't believe those words. One by one, visualize as if you are plucking a flower and throwing. Continuously do for ten-fifteen minutes; suddenly you will see the gap, traffic is less. You are able to see without traffic.

- **Try this simple experiment. You are not going to do anything separately. Just sit, instead of talking and chatting with the next person, instead of wasting your time on what has happened here, what has happened there, by the time what will be happening in America, what is happening in my house.... Everything will be happening perfectly because you are not there, don't worry!** Everything will go on beautifully and everything will be very happy, you can be sure of that. Relax, instead of wasting time on what has happened here, what has happened there, what will happen to this, what will happen to that, relax, totally enjoy and use this time. Why to waste unnecessarily. Use this time, sit for some meditation, some technique, continuously be inside.

- If there was some technique to be found to lock, I would have done that but what to do, no technique is found.

- Try, try your best to use the time maximum in meditation, than in ordinary talking or simply these-that things. When you relate with the existence then you will understand the whole thing is energy. You may think how can a word make such a big boundary?

- *A small example: in the Ganga if you put a bamboo then you can say, this side Ganga, that side Ganga, am I right? If you just lift the bamboo what will*

happen? Whole thing is one Ganga. Same way in the whole existence there is no bamboo except that one word, except the words you are using, there is no bamboo. Only this bamboo makes you and Ganga, you see only the bamboo makes you and this, I and you, tatvam, tat-vam means Me and you. This difference is made just by the bamboo which you are using; the bamboo means words which you are using.

- Words which you are using is the only bamboo which create the difference between Tat and Tvam. When you lift that word you understand tatvamasi. When you lift that word, lift that bamboo, when you lift that word you understand tatvamasi, I am, you are that, That art thou. Only one thing you need to do, just lift that word, enough, Ganga will become again one.

TECHNIQUE

TECHNIQUE: Ājñā cakra: the sixth energy center located between the eyebrows. Means 'command' or 'will' in Saṃskṛit. When you create the word, ājña (energy center in the Third Eye region between the eyebrows) gets locked. When you see without the word you see the total thing, you see the Whole, totality. Visualize as if you are seeing through Ājñā, then there will be no word. When you see, immediately the word will rise: green, black, so many words, don't believe those words. One by one, visualize as if you are plucking a flower and throwing. Continuously do for ten-fifteen minutes; suddenly you will see the gap, traffic is less. You are able to see without traffic Try, try your best to use the time maximum in meditation, than in ordinary talking or simply these-that things. When you relate with the existence then you will understand the whole thing is energy

Reference: Verse 2, Iśāvāsya Upaniṣad, page 167

Path For Being Level People

- So next, 'involved in these activities in the world'. What if you are involved continuously in the activity, two things you need to do:

  1. Whenever you work don't think you are working for some reason. If you are working for some reason you will be continuously watching the watch, 'when the office time will be over.' You will make your whole office hours as hell; 'fall in love with work' is the technique for the people who are working continuously. **Just fall in love with the work itself; that is a technique for the people who are involved in these activities in the world**. That is the technique, you see, the moment you fall in love with the work, the experience of the man who is working dissolves, disappears into the work itself.

  2. The only hindrance in the karma yoga is nothing but the moment you work itself mind will be asking, 'Oh when will this time end, when can I go for vacation, when can I go and meet Nithyānanda Swami, when can I go here, when can I go there', something. The moment you come and sit with Nithyānanda Swami, 'when can I go back to America, my work is all pending, what can I do. So much of work is there I am sitting here and doing all these things and all the other things. When this, when this, when that'.

- See, the mind is that when you do this it will ask for that. When you fall in love with the work, the very idea that 'I am working' disappears. Let you start enjoying the present moment and you have full freedom, when you don't want to travel further you can come back.

- What is wrong, when you have full freedom why should you bother about the end? Emotional people are always bothered about the end.

- You can always see people who are emotional they are too much bothered about the end.

- **There is a beautiful Śloka by Shankara "tatah kim tatah kim tatah kim tatah kim" what next, what next, what next, what next. You are just going, going, going without experiencing.**

Be Alive, Bubbling, Joyful

- The fruit of action is always understood in two ways—kamini, kanchana.
- Rāmakṛṣṇa Paramahamsa says that the fruit of action is understood by the money; the fruit of action is understood by 'what money I will get' or 'what pleasure I will get', what money or what pleasure.
- Understand that the very journey itself is a pleasure. Don't think that going there and seeing that small hole from which the water is coming is only the pleasure; that is one pleasure, but the very journey—only then will you understand that existence is a

The mind is that when you do this it will ask for that. When you fall in love with the work, the very idea that 'i am working' disappears.

Customized Path For You To Experience Everything is Energy		
Are you intellect type, being type or the emotional type?		Path For You
Do you...	Then you are ...	Your path..
Desire to live a hundred years?	In the intellect level	Live without the running commentary, look at things without the words.
Believe the idea, "that I" am involved in these activities in the world?	In the emotional level	Whenever you work don't think you are working for some reason.
Believe that 'I am the doer'?	You have entered the being level	Just fall in love with the work itself; that is a technique for the people who are involved in these activities in the world.
Reference	Verse 2, Iśāvāsya Upaniṣad, page 167	

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real intelligent thing.

- As of now, all our life is centered on our head.
- Continuously, you think: me—me—me—me—me.

Life is not centered on you; life is centered on the very life itself.

- Your whole life revolves around you, centered on you; you will never understand that there is something bigger than you. Unconsciously, you never agree that 'there is something greater than me existing in the world'.
- Only when you see great things—what to say, the unimaginable things—you understand: "Yes, I think there is some other intelligent being also on planet Earth". Then only will you understand that there is somebody who is a little more intelligent also existing on planet Earth.
- We always think we are intelligent people.
- Even though you don't agree consciously, unconsciously, every one of us has a clear-cut idea that we are the most intelligent people. It is naturally centered on you only; the whole world is running, your world.
- Only when you see these grand things created by the Divine nature, only when you see and lose yourself in all these things, then will you understand that you are simply a small particle, a speck of dust.
- You are simply nobody; we are just one dust.

Be the path-oriented

- **Understand that before your birth, it is not that the world did not exist—it was running. After your birth, will it not exist? It is going to run. You are simply insignificant.**
- To understand you are nobody in the presence of the Divine, I am telling you see the whole thing.
- Life is not totally centered on you; life is centered on the very life itself.
- You are just running around the center. Don't think centre is running around you.

- We always think that energy is running around us. No! You are running around energy. See Earth is only running around the Sun. For a long time people were thinking Sun was running around Earth. So understand, your life is not going around you. You are going around life.
- **God is not going around you. You are going around God.**
- The moment you understand the very life is there and only you are behind it, the moment you understand the grandeur of life, you will understand you are insignificant.
- You will never ask for what next, what next, what next, what next. The very journey itself becomes a pleasure. Am I right?
- The moment you understand the very journey itself is a pleasure, then the question 'what' will never come, 'what' can never come.
- One more thing: If you don't understand the very journey itself is a pleasure, you can never answer the question 'what'.
- Tell Me what you can answer, what we have all got except that tiresome 'what we got', tell Me? If we understand, if the very journey is pleasure, every moment is joy, every moment is pleasure, you will be just like a child enjoying the whole thing. If you ask 'what, what, what', nothing will be a pleasure. But the moment you understand the very journey is a pleasure, every moment is a joy, then you will see everything looks ecstatic, everything looks joyful.
- Please understand, we have come here to enjoy the very journey not just the end.
- Only the western mind, logical mind is goal-oriented.
- Understand, never be goal-oriented, be the path-oriented.
- Enjoy the whole travel, fall in love with the work.
- There is a beautiful Śloka (2.47) in the Bhagavad Gita which says exactly the same truth "'karmaṇy evādhikāras te mā phaleṣu kadācana " - you have a right only to do the work not to ask for the fruits.
- Don't think I'm asking you to work without salary. I'm not asking you to work without getting salary. Get salary but don't continuously think about salary. When you work, fall in love with the work, then you will enjoy the working

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When you fall in love with the work, when you fall in love with the path, not only you enjoy the path, you enjoy the result also

hour and the salary, both. If you do not know how to enjoy working hours, I assure you, you cannot enjoy vacation; because enjoying working hours or vacation is not the question, the ability to enjoy is the question.

- If you have the ability to enjoy, the vacation also you can enjoy and the working hours also you can enjoy.
- **Understand, your working hours is one-third of your life. One-third of your life is your working hours; in America a little more than that. If you just work for some result, some vacation, you are wasting 300 days for sixty five days of vacation. At the most you can get sixty five days vacation leave, am I right? You are wasting 300 days just for the sake of sixty five days of vacation. In my case if you see I have no vacation, but I never feel tired. If I am tired how so much of joy can radiate from my being? It is too much of energy!**
- Anyhow, when you fall in love with the work, when you fall in love with the path, not only you enjoy the path, you enjoy the result also. The ability to enjoy, the capacity to be blissful increases more.
- *See, you are having a knife. In the same knife only you are going to do murder or you are going to do operation. For both you need a sharp knife. The sharpness of the knife is a basic thing: either to murder or to do operation. So if you are going to enjoy your vacation or enjoy your working hours, both ways you need a sharp knife, the ability to enjoy. Am I right? If the knife is totally blunt you can neither do operation nor the killing. If you do with a blunt knife the operation will become a killing, the operation will become a murder. You cannot do anything with a blunt knife, same way you cannot do*

anything with a blunt mind, blunt emotion.

- *Blunt emotion means always asking for the result. Alive emotion means falling in love with the work itself.* ***Fall in love with the very work, with the very part. That is the key for the being level people.***

Deciding FOR LIFE- Yours and Others' Lives

Address the Root Cause of Your Discontent

- Please understand, exactly this verse means: You should LIVE! Your cognition should decide to LIVE! Understand.
- One of the biggest problems all human-beings have, please listen, whether you don't have money, enough money in your bank, or you don't have enough excitement, inspiration to run your life, whether you don't have enough money to run your life in the outside world, or you don't have enough energy to run your body, you don't have enough energy to run your mind, whatever you don't have, please be very clear, it is the side-effect of some of your decisions NOT TO LIVE[3].

You decide at some points, 'Better not to live. Instead of living this kind of a life, better not to live.' You should always think, 'I will live in a better way. Wherever I need to transform, no question of "better not to live than living in this way".

Choose Life, Defeat Anger

- Always support life.

3 **Bhagavad Gita:** 'If you are unable to do even this, which is work for My sake, then just abandon your ego and turn over the results of your actions to Me, **sarva-karma-phala tyāgaṁ tataḥ kuru yatātmavān (12.11).**

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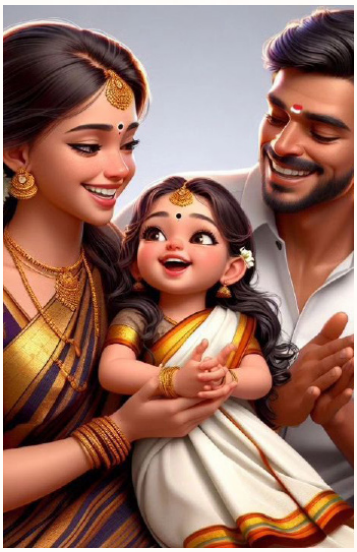
- You decide at some points, 'Better not to live. Instead of living this kind of a life, better not to live.' Please understand, you should always think, 'I will live in a better way. Wherever I need to transform, no question of "better not to live than living in this way".'
- Whether your body does not have energy to get up, or your mind does not have enough excitement, whatever you may think you lack is nothing but the side-effect of the decisions you did in your past AGAINST LIFE.
- So, through this verse, Upaniṣad declares: Always, always, decide FOR LIFE!
- Always, always, always, at any moment, decide FOR LIFE! Your decision against Life is SDHD–Self-Doubt, Self-Hatred, Self-Denial.
- **Actually, physically when you feel bored, that comes as tiredness; mentally when you feel tired, that comes as boredom, all pain is suppressed anger.**
- Understand, whenever you become angry, you become violent and decide against life. Whenever you choose FOR LIFE, your anger melts down into love and compassion.
- **Any decision, please understand, even people who attack you, cherish enmity towards you, never decide against their life; never decide they should die or they should suffer. Always decide that 'they should not interfere in your life; any attempt they try to do to harass you or interfere in your life should fail. Decide only FOR LIFE.**
- Listen! When somebody attacks you, tries to harass you, if you decide, 'Let them be killed or destroyed', it is against life. Always decide, 'Let them not be able to disturb me or harass me. Let them fail in their attempt to harass me or disturb me; that's enough. Let them transform not to disturb me or harass me; that's enough.' That is the decision FOR LIFE.
- I tell you, whenever you decide FOR LIFE, you become so powerful, strong; naturally, no one will be able to harass you, disturb you, and Cosmos will decide what to do with them, what to do with the people who are trying to attack you, harass you.
- Cosmos will decide what to do with them. God will decide what to do with them. In you, be very clear, you will always decide FOR LIFE.

- I tell you, a person who decides FOR LIFE will be Tyāgaraja (Lord of Sacrifice). He will be such an amazing sacrificer out of love, without even thinking he is sacrificing. Tyāgaraja. Tyāgaraja. Always decide FOR LIFE.
- *There is a beautiful story of the great Ṛṣi, Dadhīchi. He even gave up his own body, his own spine to be used as a weapon for the victory of the Gods, Devatas. He did not decide against his life. He already achieved what he needs to achieve through his body; that is why he was ready to give it, if it is going to be useful for somebody.*

Keep this as your cognition: kurvann eveha karmāṇi jijīviṣec chataṁ samāḥ| "One should decide to live in this world for hundreds of years, all the while constantly doing his actions dispassionately. Whenever you decide for Life, yours and others', it will never be in conflict with each other.

If there is always a conflict between yours and others' life, you are in pātāla (lower planet).

If you are living a life where there is no conflict between yours and others', you have come to the human space, you have come to bhūloka (planet Earth).



When your life and others' life complement each other, you are in devaloka (heavenly planet).

Decide what kind of loka (abode or planet) you want to reside in.

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- Keep this as your cognition: kurvann eveha karmāṇi jijīviṣec chataṁ samāḥ| One should decide always for life, yours and others'.
- Whenever you decide for Life, yours and others', it will never be in conflict with each other. It will never be in conflict with each other.
- Yours and others' always being in conflict means that is 'animal world'.
- Yours and others', when it does not exist in conflict, you become 'human-being'.
- Yours and others', when it becomes complementing each other, you become devatā, space of devatā (Divine being). So, if you are living in a space where there is a conflict between yours and others' life, you are still living the animal life, the life of beasts, animals.
- If you are living a life where there is no conflict between yours and others', you have come to the human space, you have come to bhūloka (planet Earth).
- If there is always a conflict between yours and others' life, you are in pātāla (lower planet).
- If you are in the space of 'no conflict' between you and others' life, you are in bhūloka.
- When your life and others' life complement each other, you are in devaloka (heavenly planet).
- So, you decide what kind of loka (abode or planet) you want to reside in.

Your Decision to 'LIVE' can Change your DNA!

- **Today, sit and complete all the decisions you took against Life. Remember, whenever you made the decision, 'Instead of this kind of life, better I can leave; better I can go', all these decisions, thoughts, whenever you engaged, entertained, now it is time you complete with all that.**
- **If there is some complication, contradiction, decide, 'I WILL LIVE! There is no question about it! If there is an incompletion, conflict, complication, I will complete it and make myself better; but the decision to LIVE is unquestioned.'**
- Do not tire your decision to live. Do not weaken your decision to live. Do not abuse your decision to live.

- All disease is just the expression of your unconscious decisions against Life.
- Your decision to live can change your DNA, understand. Completion with all your decisions against Life, you will walk out of cancer.
- Listen! Just this one verse, take it as a command from Cosmos, command from Dharma Devatā. Dharma Devatā serves Kālabhairava as a dog. The dog of Kālabhairava is Dharma Devatā. Dharma is the dog of Kālabhairava.

All disease is just the expression of your unconscious decisions against Life. Your decision to live can change your DNA. Completion with all your decisions against Life, you will walk out of cancer.

- Understand, it is directly from Upaniṣads: DECIDE FOR LIFE! Complete with all your decisions AGAINST LIFE. Knowingly, unknowingly, whenever you decided against Life, now complete with all that; that's enough, your DNA will have different programming, different energy!
- All your decisions against Life should be completed. Incompletions created against Life should be completed.
- All the incompletions against Life, all your decisions against Life will be rooted in fear and your wrong belief you may not be able to live.
- Creating a delusion you may not be able to live, and convincing you not to live, and making you decide not to live, and not living is 'Fear'.
- **Creating the delusion you may not be able to live, and convincing you not to live, and making you decide not to live, and making you not to live, is Fear.**
- With fear you can do both: One, Bhāg lo (भाग लो) – RUN. Second, "Bhāg lo" (भाग लो) – PARTICIPATE. Bhāg lo (Run) or Bhāg lo (Participate), understand.
- Listen! Decide FOR LIFE. If there is a delusion that you may not be able to live, don't decide that you don't want to live. No! Decide,'I will complete this and continue to live. No question of giving up!'
- Not to give up on yourself and others is the decision expected from you from this verse: |kurvanneveha karmāṇi jijīviṣec chatagṁ samāḥ |
- This verse is a spiritual support for all the sick, weak, tired, poor people on the

Planet Earth. Whether it is a physical sickness, mental tiredness, or boredom in life, or poverty in your outer world, whatever may be the problem, this one verse–kurvanneveha karmāṇi jijīviṣec chatagṁ samāḥ - is the solution!

- Listen! FEAR has two expansions:

  1. Forget Everything And Run; or

  2. Face Everything And Rise!

- All your decisions not to live are made in powerless space.

For Health & Wellness Homework: Your Decision to 'LIVE' can Change your DNA!	
Spiritual support for all the sick, weak, tired, poor people on the Planet Earth. Whether it is a physical sickness, mental tiredness, or boredom in life, or poverty in your outer world, whatever may be the problem, this one verse–kurvanneveha karmāṇi jijīviṣec chatagṁ samāḥ | – is the solution!	
Homework Type	Contemplation
Duration	21 Minutes
Decide for LIFE	• Sit and complete all the decisions you took against Life. Remember, whenever you made the decision, 'Instead of this kind of life, better I can leave; better I can go', all these decisions, thoughts, whenever you engaged, entertained, now it is time you complete with all that. • If there is some complication, contradiction, decide, 'I WILL LIVE! There is no question about it! If there is an incompletion, conflict, complication, I will complete it and make myself better; but the decision to LIVE is unquestioned.'
Reference	Verse 2, Iśāvāsya Upaniṣad, page 182

- **All your decisions not to live are made when your stomach is upset, when you have weak guts. So, whenever, next time you have stomach upset, don't think, brood, decide about Life. Just take a little haritaki powder and clean (the stomach). Then sit and plan your Life.**

Feeling tired is not giving up on Life; deciding not to get out of tiredness is giving up on Life.

- Do not entertain, believe, allow, do not entertain, believe, allow anti-life decisions in you.
- No situation can make you powerless and give up on yourself.

Poverty as Voluntary Bankruptcy

- Please understand, always decide – kurvann eveha karmāṇi jijīviṣec chatagṁ samāḥ | 'Whether my boss is hitting at me, or my spouse is firing me, or society is suppressing me, no question of shrinking.
- No question of making even a single decision against Life. No!'
- When you decide for Life, I tell you, it will always be in tune with them also, and even they will start falling in tune with you beautifully and become part of you.
- That is why I insist on– "kurvann eveha karmāṇi jijīviṣec chatagṁ samāḥ | Always decide for Life. Always decide for Life. Always decide for Life.
- Not having money in your bank account cannot make you poor. Poverty is you declaring bankruptcy voluntarily.
- Same way, feeling tired is not giving up on Life; deciding not to get out of tiredness is giving up on Life.

Testimonial (Sākṣi Pramāṇa)

- Nithya Satyaswaroopan, Builder, Los Angeles, USA

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Before coming to Swamiji, I had such a strong resistance to life; I couldn't understand my strong resistance to taking on responsibility. I just kept getting myself into the same situation over and over again. When I came here [Inner Awakening] though, I decided to just change all of it and with Swamiji's presence here, it just proved so easy. When we were doing root patterns completions, I could clearly see how it affected my whole life. Once I found it, I was able to just completely drop it and it's like years of resistance, doubt, self-denial and self-hatred melted away. It's a huge relief to me. When I called my family and I completed with them, I saw how much they appreciated it, how open and how happy they were. For the first time, I could say it's just like a door has opened up for me to really have a beautiful relationship with them. It's really amazing!

Decide for Eternal Life

- I am not making this verse as a self-motivation technique. No! I am telling you the Truth. I neither believe in self-motivation nor believe in self-empowerment; I believe in Truth. It is Truth I am interested in, reality I am interested in.
- This one verse can make a religion, new philosophy, or self-help books, anything! But this verse is all about Reality. |kurvanneveha karmāṇi jijīviṣec chatagṁ samāḥ |
- DECIDE! Beautifully, Upaniṣad declares –"kurvanneveha karmāṇi" "One should decide." 'SHOULD'. It is an instruction. Blessing-cum-instruction! Not, 'one MAY decide', 'one CAN decide', 'one will...' No!
- 'One SHOULD decide to live in this world for a hundred years, HUNDREDS OF YEARS, all the while doing his deeds dispassionately from the context of the earlier verse': īśāvāsyam idagṁ sarvaṁ yat kiñca jagatyāṁ jagat| tena tyaktena bhuñjīthā mā gṛdhaḥ kasya svid-dhanam ||1||From that context, one should decide to live forever. Arey, I tell you, the moment you decide to live, complete with all your decisions not to live, and drop, your very DNA changes!
- *Just a few days before, I read an article in the Internet. One monk's mummified body was found, which is something like two-hundred years old, Dalai Lama's personal physician, he is also a monk, he went and checked the body and declared the monk is not dead; he is still in a meditative state, in the state of*

'Tukdam'[4]*. In Saṁskṛit, we call it 'Turiyam'. In Pāli, it is Tukdam. So, he declared that, that monk is in the state of 'Turiyam'.*

Only one thing: Complete with all the incompletions related to Life. Any decision you took against Life, dig it out, dig out that situation, complete it, and drop. That's all. Always decide for Life. You have a right to Live.

- *Please understand, the body was a mummified monk, found preserved in Mongolia. I do accept what this Buddhist doctor declared about this monk. Seeing his body, I related with his consciousness. I saw what this doctor, physician of Dalai Lama, who is also a Buddhist monk, what he declared that, that monk is not dead, I accept that, and it is true he is not dead. He has reached a space, he may not use this body again, but he is not dead. If he is dead, two-hundred years, the hair, body, everything cannot be so intact. Above all, only the eastern mystics and monks can understand this science of not using the body, but not being dead. It is called Jīva Samādhi in Hindu traditions.*

- *Only the mystics can understand this science and this truth. After seeing the body of this monk, I am very clear, this monk is in the state of turiyam. And, I am so happy that Buddhists have decided to preserve his body and keep his body intact and worship, keep him as a symbol of Jīva Samādhi, the state of turiya. And, it is just a clear decision to LIVE.*

- See, any of you want to achieve his state, I tell you, all you need to do is only one thing: Just complete with all your incompletions, your decisions made consciously, unconsciously against Life. Nothing should make you powerless. Nothing can make you powerless. Life is available to you eternally. Eternal life is available to you.

- **Today, I request all the disciples and satsangis to sit and spend time in penning down all the moments you made decisions against Life, the thought-currents you entertained against Life, the thought-trends you entertained against Life. Pen down all those incompletions and incidents, and complete with them. Do this Completion for the next two-three days.**

- I tell you, once you complete with all your decisions against Life, and this

4 **Wikipedia**: https://en.wikipedia.org/wiki/Thukdam; **The Tibetan Review:** https://www.tibetansreview.com/tukdam.htm

For Health & Wellness To Achieve The State Of Jīva Samādhi- state of not using the body, but not being dead. Nothing should make you powerless. Nothing can make you powerless. Life is available to you eternally. Eternal life is available to you.	
Homework Type	Pen down
Duration	2-3 Days, Each day 21 minutes minimum
Decide for LIFE. Instructions.	• Sit and spend time in penning down all the moments you made decisions against Life, the thought-currents you entertained against Life, the thought-trends you entertained against Life. • Pen down all those incompletions and incidents, and complete with them. Do this Completion for the next two-three days.
Reference	Verse 2, Iśāvāsya Upaniṣad, page 184

order, command by Upaniṣad–kurvanneveha karmāṇi jijīviṣec chatagṁ samāḥ | - when this becomes your inner-space, as a Vedānta Kesari, the Lion of Vedānta, when you roar– 'kurvanneveha karmāṇi jijīviṣec chatagṁ samāḥ | I tell you, the state of this Mongolian monk is your birthright, you will all achieve it.

- **Please listen! All you need to do is just only one thing: Complete with all the incompletions related to Life. Any decision you took against Life, dig it out, dig out that situation, complete it, and drop. That's all.**
- Always decide for Life. You have a right to Live. With this context of–īśāvāsyam idaṁ sarvaṁ yat kiñca jagatyāṁ jagat| tena tyaktena bhuñjīthā mā gṛdhaḥ

kasya svid-dhanam ||1|| – even if you have not achieved that context, decide to live and align that context to you more and more; because you have not yet achieved that context, don't decide not to Live or against Life. No!

Re-program, De-Program Your DNA

- **Decide to LIVE. Declare. Decide. 'My DNA, I have the authority to re-program, de-program, program as I want!'** Decide to LIVE! Even if one corner of you has a self-doubt, 'I have decided many times not to live. What to do?' 'I don't care! Now I am deciding to Live. Whenever those decisions against Life come up, I will complete it, clean it up, but I am deciding, declaring, deciding to live!'
- 'kurvanneveha karmāṇi jijīviṣec chatagṁ samāḥ | As a disciple of Upaniṣadic Ṛṣis, as a follower of Upaniṣads, declare: "kurvanneveha karmāṇi jijīviṣec chatagṁ samāḥ |"– 'I DECIDE to LIVE. My decision is FOR LIFE! From now on, not only consciously, even unconsciously, sub-consciously, I will not entertain decision against Life. I will entertain only decision for Life.'
- Decision for Life is Ketu. Decision against Life is Rahu. The power which makes Ketu live is 'Guru', understand. Even when the demon went and stood in the line of Devatās to receive the nectar, his own SDHD (self-doubt, self-hatred, self-denial) part was not complete. That is why, when he put the nectar into his mouth, before he could swallow and digest, his head was cut off. But his desire to live could not be destroyed. That is why he became Ketu and Rahu. His SDHD became Rahu, his decision to live became Ketu, and he continues to exist. So, finally, SDHD failed. He is still alive along with the Devatās. Understand, decide to LIVE!
- Sometimes I see people, just ordinary, simple situations... if a traffic jam happens in the road, they decide to die! Mentally they think, 'Eh! Instead of this life, better I can die!' This kind of words they start uttering. Even these four-letter words are decision against Life! All the four-letter words are decision against Life, understand!
- **DECIDE TO LIVE is the message from Upaniṣads to all of you. Look in, look in, look in, look in, look in, and purify yourself, again and again, to your very DNA! Decide to LIVE! Decide to LIVE! Decide to LIVE!**

Battle the Call of Tiredness

- Decision to live, and how we are deciding not to live. What all ways we are deciding against life, against powerfulness, against abundance, against excitement, against inspiration.
- Any of your decision against any of this, is decision AGAINST LIFE!
- Even your decision to entertain tiredness and lie down in the bed and support that tiredness; even your decision encouraging boredom and lying down, withdrawing from life, is decision AGAINST LIFE! So, 'Deciding to live, how to complete with all the decisions against life'

Even your decision to entertain tiredness and lie down in the bed and support that tiredness; even your decision encouraging boredom and lying down, withdrawing from life, is decision AGAINST LIFE!

- So, the essence of this declaration of Upaniṣads: Decide FOR LIFE. 'kurvanneveha karmāṇi jijīviṣec chatagṁ samāḥ Deciding for Life is making Lakṣmī live in your heart, awakening Lakṣmī in your heart!
- Deciding for Lakṣmī to live in your heart, awakening Lakṣmī in your DNA, that is what is the meaning of Viṣnu awakening Lakṣmī during the churning

of the milky ocean.

- Decide for Life. When you decide for Life, even poison becomes medicine with you.
- Mahādeva, keeps the Nīlakanṭa, means, keeps the Hālāhāla poison in his throat and becomes Nīlakanṭa. All poison can be used as medicine by the right person, used in a right direction, in a right way.
- All medicine is poison, I tell you. Used properly it becomes medicine. So, who else knows the technology of using the ultimate poison in the ultimate proper way, other than Mahādeva! That is why he kept it in his 'Kanṭa'–in his throat– and uses it properly as a medicine just through His breathing, and through His words, and just by blowing through His mouth. That is why when He blows through His mouth, the Kundalini Snake inside you, which has taken a little bit of that poison, awakens and starts dancing. When this poison air comes out, that poison feels awakened!
- kurvann eveha karmāṇi jijīviṣecchatagṁ samāḥ | evaṁ tvayi nānyatheto'sti na karma lipyate nare || 2 || Translation: One should decide to live in this world for a hundred years, hundreds of years, all the while doing his deeds dispassionately as sanctioned by the scriptures. In this way, the deeds done by you shall not cling to you. There is no other way by which a man can free himself from the bondage created by the deeds.
- Kurvann means: "Performing".
- Eva means: "Alone".
- Iha: "In this world".
- karmāṇi means: "As per the earlier sutras, from that context ;working, being active,' established in the cognition of the earlier sutras, earlier verse – īśāvāsyam idagṃ sarvaṁ, yat kiñca jagatyāṁ jagat
- Anyatha: "Other alternative".
- Asthi: "Is".
- Na "Not".
- Karma: "Work".

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- lipyate: "Adheres".
- nare: "Man"
- Ithaḥ "Than this".
- Sometimes when you feel, 'Everything is God, everything is Consciousness; so what is there for me? Come on, get a blanket. Let me do Nidra Devi Pūjā!' Everyone wants to do that one puja happily! Unfortunately, many are not able to do even that puja! "Nidra Devi Pūjā" means: Falling asleep!
- Listen! Knowing this truth, don't give up on yourself! Don't give up on yourself! This truth should be inspiring you, exciting you, entertaining you, expanding you.
- Actually, when you internalize that 'there is no need to worry about anything, change is established in change, and even the change established in change is Pure Consciousness', actually you become free from all fears and greed. You become so excited, alive, living, bubbling, joyful! You just know your whole life is in front of you!
- I tell you, when you feel your whole life is in front of you, with so much of excitement, then you look at them again, look at the Upaniṣadic Ṛṣi, Upaniṣads, 'Now what do you want me to do?' Then Upaniṣad is giving the blessing:

Kāmikā Āgama: The Lifestyle Manual from Mahādeva

- The whole Upaniṣads, were delivered by Mahādeva, in his formless space, and the space of no word, no form, where he sat as Dakshinamurthy, his very presence vibrated, and all the ṛṣi received those great truths. And, in one part of the Tantras which was given by Mahādeva directly to Devi, even there he speaks more about meditation techniques – Vijñāna Bhairava Tantra, Kularnava Tantra, Shiva Sutras. Then, further, in a few books, he speaks about the pujas, rituals.
- Please understand, if Upaniṣads are the "ultimate principle book", means, which gives you the enlightenment and cognition of pure enlightenment, this

As far as the science of enlightenment is concerned, Upaniṣads are our principle book. As far as day-to-day lifestyle – how to brush, how to take bath, how to wash ourselves, how to dress, how to apply sacred ash, and how to wear Rudrākṣa – in all these, "Kāmika āgama" is THE BOOK! Exact meaning of the word "Kāmika āgama" means: "Lifestyle to cause your reality"!

book is the "ultimate precise lifestyle book", and, which is direct instruction from Mahādeva to Parvathi!

- And, I want to tell you, as far as the science of enlightenment is concerned, Upaniṣads are our principal book, first and foremost, for Hinduism and for our Sangha and for the whole humanity. And as far as day-to-day lifestyle – how to brush, how to take bath, how to wash ourselves, how to dress, how to apply sacred ash, and how to wear Rudrākṣa – in all these, this is THE book for the whole world, directly given by Mahādeva to Devi! This is THE book for the whole Hindu tradition! And, this is THE book for our Sangha! The book is: "Kāmika āgama"! "Lifestyle to Cause Your Reality"! Exact meaning of the word "Kāmika āgama" means: "Lifestyle to cause your reality"!
- īśāvāsyam idagṃ sarvaṁ, yat kiñca jagatyāṁ jagat | tena tyaktena bhuñjīthā mā gṛdhaḥ kasya svid-dhanam ||
- If you are clear, 'Yes, I have this cognition now. The whole future is in front

of me. I am free to live as I want. How should I live?' Then Mahādeva comes down and gives the instruction, 'Come on! Take this Kāmika āgama. This is the way you should live.' Understand, how to cook offering for God, to, how to offer and how to take... everything! It is not just dress-fashion book; it is not just make-up book; it is not just cookbook; it is all put together! Hygiene book, make-up book, dressing book, cookbook, ritual book, worship book, health book, everything!

- kurvann eveha karmāṇi jijīviṣec chatagṁ samāḥ | evaṁ tvayi nānyatheto 'sti na karma lipyate nkurvann eveha karmāṇi jijīviṣec chatagṁ samāḥ | evaṁ tvayi nānyatheto 'sti na karma lipyate nare ||
- One should desire to live in this world for hundreds of years, all the while doing his deeds dispassionately as sanctioned by the scriptures…. and treating them as his offerings to Īśvara or the quintessential Supreme Lord who is the Lord of the whole Creation.

? Frequently Asked Questions

How to avoid conflicts, live in heavenly plane?

- One of our devotee - doctors, she asked me a question, "How to practically combine all these, Swamiji? We all know the truth. We understand that everything changes including what we perceive and what we do not perceive.
- How can we coexist in Advaita with our fellow beings even if, either one of us - myself or others do not accept that change as something necessary and good for all of us?" This was the question. Actually, the second line of the second verse is the answer.
- Understand, When you decide to live, when you decide for live based on the understanding "everything is consciousness."
- I'll just give you few types of mental setups. Some people decide against life, seeing the suffering in life and become powerless to face life; they decide against life. I can give you one example. At the age of six, when you are in school, your teacher asks some question: "Who is the Prime Minister of India?

First Prime Minister of India?" You put your hands up and jump and shout, "Mahātma Gandhi!" The whole class will be laughing at you. And, at that time, you feel naturally, "Oh, I have done something wrong. I should not be putting up my hand and jumping like this. I should keep quiet in a crowd."

- Listen. You would have taken so many thousands of decisions against life, that is why it came. So now you, when you decide for life, decide at least few times till that whole part starts listening to you! See, but your decisions against life have become a big chunk in you.
- You may not need to kill all of them, but you need to create that decision 'for life' at least to drive them enough!
- Each time you decide against life, it becomes one soldier against you. If there are two million soldiers inside you, each time you create a positive decision means for life - you are creating one soldier in your army. Now, you don't even have to create an army for you to kill the opposite army, but you have to at least create the sound, noise that they should run away! So if you have taken one thousand decisions against life, at least ten decisions 'for life' you have to take. Only then all those one thousand decisions against life will be nullified. Many times, you decide against life just because of a simple incident, for small reasons.

Withdrawal Brings Peace...Then why to decide for life?

- So understand, … there is one kind of mental setup which decides against life, because of a few incidents of life.
- Second, there are a set of people, there is a kind of a mental setup - they decide against life. Listen. They decide against life out of the ignorance, that deciding against life is going to give them peace or liberation. That ignorance.
- **People think, "Oh, instead of living like this, let me die." You think if you die, immediately you are released from all this suffering? No.**
- If death is going to be the freedom from all these sufferings, I would have started promoting suicide long before. No! It is no way going to free you.

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Whatever makes you powerful and live Advaita, you should decide for it.

- Please understand, if you commit suicide because you are not able to handle your wife, you may have ten wives exactly like this same person with whom you are living in hell. No, from whatever you think you can escape, you will have more! You will have more. And unfortunately in the hell, you don't have a choice of committing suicide. So out of ignorance people decide against life.
- There are some people … who want to choose for life, decide for life. But do not think that is what cosmos wants you to do. Don't sincerely, authentically stand by it. They say, "Alright, now I am deciding for life and let me see how much it goes, how far it goes." After two days, one small shaking, immediately they fall back, they collapse. Again they start entertaining the thoughts, "I think instead of this, let me better withdraw."
- Please understand, all withdrawal you did is against life!
- Whether you withdrew from your job thinking that it will be too stressful and responsible, or you withdrew from your love affair thinking that it'll not be possible for you to stand and give a fight against the people who are opposing you, or you withdrew from your career or responsibility, or you withdrew from your decision of sannyas...

What about withdrawal from violence, Acts of War?

- **All withdrawing is against life. See, before you start, spend enough time in analyzing, "Is it non-violent?" "Is it not hurting others?" All that, do it! Because anything violent, hurting others, the moment you realize — you should withdraw. That is living Advaita. I am not speaking from that context.**
- Listen! Withdrawing because you became powerless is against life.
- Sometimes you may withdraw to feel more powerful. For example, if you are taking that decision of killing, and withdrawing from it because you feel it is violence, then it is right withdrawal.
- Actually, this withdrawal itself is a decision 'for life'. So this is the basic understanding you need to have. Whatever makes you powerful and live

Advaita, you should decide for it.

- Deciding for life. Listen. Deciding for life.

Can Deciding for life heal disease?

- Every time you decide for life, immediately it reflects in your being. I told this devotee who was complaining to me, "I tried to cure my blood pressure and sugar. When that did not change, I got the negative belief. I feel that is not going to work out for me." No. Don't do that.
- Understand, the number of times you decided against life only is sitting in you as disease. So you should decide, "How many number of times it may take that I have to decide for life to drive these diseases out, I am going to decide — that's all! This disease has to disappear.
- How many number of times I have to decide for life for this to disappear, I don't care. But I am going to just stick to the decision for life." This is enough. You will see your body transform immediately.

Deciding for life brings you energy to have everything- money, health, enlightenment?

- Whatever you decide you are going to decide forever becomes decision for life immediately.
- If you decide clearly, till death you are going to decide only for wealth, you will feel, "Then why should I delay till death? Come on, let me start deciding now and let me start expressing." Life will be aligned, tuned.
- I tell you, frustrated beings are the criminals of planet Earth. When somebody is frustrated, starts deciding against life, they are the dangers to planet Earth.
- When somebody constantly decides for life, they become the juice of planet Earth, the essence of planet Earth.
- **Go on deciding, go on deciding for life; know when you need to change, even your change will automatically happen when you decide for life.**
- For example, if you decide for wealth thinking that is life, after sometime you

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will realize much more than wealth there is something in you which is more important for life - you will start deciding for that. That may be health; after some time you will realize, more than health, something more important exists in you - that is life, that is enlightenment.

- So ultimately, if you go on deciding for life, for life, for life, you will decide for living Advaita. But, when you believe money is life, don't decide for living Advaita. Then you will be hypocritical.
- When you believe money is life, decide for money. When you realize health is life, decide for health. When you realize enlightenment is life, decide for enlightenment. When you realize ... everything is life, decide for everything. You will have energy to have everything - money, health, enlightenment, everything.

Your Decision For Life Liberates You From All Karmas

- Deciding for life consciously in every step makes you free from all the karma.

What is Karma?

- **Karma is nothing but your decisions against life sitting in you and harassing you, putting you in incompletion.**
- Your decisions against life which sits in you and puts you in incompletion is karma.

Which Choice Will Help Me Transcend Karmic Effects?

- Your decision for life liberates you from all karmas, all fears, all negativity. evaṁ tvayi nānyatheto'sti na karma lipyate nare || There is no other way by which a man can free himself from the bondage created by the deeds. How much ever you hear all these things, you need to sit and internalize.

- Now decide for life, work for life. People ask me, “Swamiji, in the past I have done lot of violence. I have eaten all animals. I have killed so many animals. I have harassed so many people. How can I get rid of the karma?” The only way Upaniṣad says, “Decide for life.”
- Enriching is the greatest decision for life you will take.

How To Be Free From Karma, Transcend Karmic Effects?	
Your decision FOR life liberates you from all karmas, all fears, all negativity. evaṁ tvayi nānyatheto'sti na karma lipyate nare || There is no other way by which a man can free himself from the bondage created by the deeds	
Want to be free from karma related to wealth?	Enrich somebody with wealth
Want to be free from karma related to food (example killing life for food, non-vegetarian lifestyle?	Enrich somebody with food
To be free from all your past karma, decisions against life, bondage created by all the past deeds	Enrich somebody with the spiritual knowledge and enlightenment
Reference	Verse 2, Iśāvāsya Upaniṣad, page 196

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The Power of Anna Dāna (Sharing Food) and Vaidya Dāna

- When you enrich somebody with wealth, your karma, your decision against wealth, your karma related to wealth will go away. You will be free.
- When you enrich somebody with food, your karma, your decision against food, that'll go away. You will be free from it.
- When you enrich somebody with the spiritual knowledge and enlightenment, all your past karma, decisions against life, bondage created by all the past deeds, all the karma will go away. You will be free from all the Karmas. You will become a Jīvānmukta You will live Advaita.

Essence of Hinduism: Life Positive and Contribution

- Learn to decide for life. The more and more decisions you take for life, the more and more you become healthy, you become wealthy, you become awakened, you become enlightened, your being lives Advaita. I can say this is the essence of Hinduism, Vedic tradition. This is the essence of Vedic tradition.
- Decide for life, when you decide Dharma is your life, when you feel Dharma is your life - decide for it. If you feel Artha is your life - decide for it. If you feel Kāma is your life - decide for it. If you feel Mokṣa is your life - decide for it. If you feel all the four are your life - decide for it. Deciding for life … liberates you from all the bondages, karma.

Decide. Act. Be Free.

- I tell you, every problem you face is your decision taken in the past.
- Every obstacle you face in your life is your decision you took in the past knowingly or unknowingly. You can decide now strongly for life. You will see

When you decide for life, laziness, tiredness, boredom, hatred, anger - everything will melt down

everything, all the best things of life expressing itself, all the best things of life radiating itself. Upaniṣads are so clear. They are declaring there is no other way.

- If you want to be liberated from the karmas, there is no other way. There is no other way to be liberated from the karmas. There is no other way man can free himself from the bondage created by the deeds.
- Understand, if your decisions and actions have created certain bondage, only by deciding for life and acting, you will be free from those bondages.
- One more thing you need to know, even laziness is an action by you out of your decision against life. So when you decide for life, laziness, tiredness, boredom, hatred, anger - everything will melt down, everything will be cleared. So decide, listen, decide … for life. Decide for life. Decide for life.
- Karma is the bondage created in you by your commission or omission of certain acts, which is incomplete with your own cognition about life.
- Listen! If you think money is life, some of the acts you did which didn't bring money to you, or some of the acts you did not do, again which deprived you from money, commission or omission of certain acts, which is incomplete with your concept of life, is Karma.
- Any commission or omission of the acts which is in sync and complete with your concept of life does not bring you any Karma. It does not bring you any incompletion.
- **Commission or omission of acts which brings incompletion with your concept of life is Karma.**
- Now, how will you liberate yourself from this Karma? I tell you, when you decide for Life, when your core decides for life, automatically your laziness disappears, your boredom disappears. Again and again and again, tirelessly standing up, tirelessly standing up, listen, tirelessly standing up. Listen, tirelessly standing up again and again.
- **Deciding to live again and again, tirelessly standing up again and again, naturally aligns all your acts into the concept of life you carry. So, all your**

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commission and omission of the acts align themselves to the idea of life you have. So, your commission and omission of acts become complete with the idea of life you have. That's all!

? Frequently Asked Questions: Why are bad people so rich, good people so poor, bad people so healthy, good people having disease?

- **Whether you are good or bad is going to be decided based on whether your acts are complete with your concept of life.**
- Understand, if your concept of Life is all about pleasure and money, and your acts are complete with it, you will have that. That's all! There is nobody to judge whether money is the ultimate purpose of life. Forget about that!
- God is not a judge, please understand. He only sees the kind of Completion you are carrying. Ultimately, He does not even see that. It is an automated mechanism as far as the functioning goes on. So, listen, if He wants He can interfere, does not mean He goes on interfering. No! So, be very clear, God is not sitting and doing some judgment, passing some judgments about you every day– 'Oh, this fellow, all the time running behind money, let me punish him.' No!
- In course of time, whenever you are deciding constantly for life, you yourself may realize there is something you should give more priority, more importance than money. You may evolve. Your idea about life may change. You may reinvent yourself, feeling that – "No, there is something which is a little more than money. There is something in life which is a little more than money." So, you may start reinventing yourself. Then, let your acts be complete to that new idea of you, the way you reinvented you.
- **So, understand, deciding FOR LIFE, again and again and again, not entertaining laziness, not entertaining boredom, being in the space of constant excitement, being in the state of constant passion, compassion, excitement. So, understand, the only way to be free from Karmas, the bondage created by acts, by deeds, the only way is: Decide FOR LIFE. Decide FOR LIFE.**

What mental setup makes you decide against life?

In Vedic Tradition, Mahādeva is not hard power. He is a soft power, sitting in Kailāsa and teaching.

Hard Power Vs. Soft Power

- God is not hard power in Hinduism, in Vedic Tradition. Listen! I am defining two words: Hard power, soft power.
- Hard Power means the political power, where the administration, bureaucracy, law, court, punishment, reward, all this exists. 'You have to do this or you will be prosecuted and put in jail!' 'You should not do this or you will be prosecuted and put in jail, tortured. You may even be hung!' This is hard power.
- Soft power is the spiritual power.
- Thousands of people, I can say, in a way, even millions of people do whatever I am saying in the morning satsang. I don't have any hard power over them. Sometimes I am just sitting in this hall and saying, 'Please close your eyes. Start inhaling and exhaling, and chant Śivoham.' I can see all over the world thousands tying the eye-band, and closing the eyes, and inhaling and exhaling, and start chanting Śivoham.' There is no hard power. If they don't do, there is nothing like they are going to be prosecuted, punished. No! It is a soft power where, if they do, they raise themselves out of their own inspiration; voluntarily, they come and learn to evolve themselves, raise themselves.

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God as Soft Power in Vedic Tradition

- In Vedic Tradition, Mahādeva is not hard power. He is a soft power, sitting in Kailāsa and teaching. Indra is hard power; not Mahādeva, understand.
- The concept of God in Vedic Tradition is so beautiful, so subtle. Because the concept of God is a soft power, we also had always soft power all over the world.
- Understand, even now the world's largest-practiced religion is Yoga. It does not have any hard power, because we have not portrayed our Gods as hard power, we always portrayed our God and believed our God as soft power, anybody who wants to play the role of God has to be only the center of soft power.
- In our society, if somebody has to reach the highest ladder of society, highest respect, he just has to retire to soft power.
- Hard power was never our ambition, it was never part of our ambition, understand?
- Gautama Buddha ruled practically the whole Asia, not because of hard power. If he was having hard power, he would have been ruling just his kingdom. But, he left that and took up the soft power and he ruled the whole Asia.
- I tell you, Buddha was ruling larger area than Bhagavān Krsna. Buddha was ruling a larger area than Sri Ramachandra Prabhu. Buddha was ruling a larger area than even Devi Mīnākśi, because, He took soft power, not hard power.
- Understand, our concept of God is never: He comes and sits in the seat of the Judge. He does not rule over all the Akhilānda, Andānda, Bhuvanānda,

Brahmānda, all the universes, worlds, planets. No! He just sits in Samādhi. Once in a while, He opens His eyes and teaches in silence. Again, when people have a problem, they come to Him, and He blesses them, attends to it, then relaxes into Samādhi. The very description of God is soft power.

- Understand, we were slaves to some countries as far as hard power is concerned; and they were living what we were saying as far as soft power is concerned.
- Understand, what we should do as far as the legality and political things are concerned, how much tax we should pay, all that the British was deciding. But, what he should do as far as his body and mind were concerned, we were deciding. Understand? So, our tradition was never dependent on hard power. That is why we never cared about hard power.
- We let anybody rule this country for thousands of years. I am not saying that is right; I am saying, the root of that thinking setup, the root of that thought-trend... Originally, anyone who starts thinking, in Vedic Tradition, comes only to the conclusion of soft power.
- Please understand, finally, I am not going to judge whether hard power is right or soft power is right, all that. I am just explaining to you the mental setup, the mental setup, all the conclusions we come to when we study the Upaniṣads, when we dive deep into the experience of the Upaniṣads.
- In the western religions, the very description, concept of God is hard power. That is why, anybody who wants to play God, they have to become the center of the hard power. And, if I go a little deeper into it, that is why the clash between the politicians and priests always was prevalent in the West. In the East, it was always together.
- Understand, always the Rajas and Rājagurus were together, because they know their zones are different. Kings never felt threatened by the priests. Kings never felt threatened by the Gurus, because whether the very way of thinking and acting, the Guru was settled in soft power, and the king was always secure[5].
- There are thousands of stories in Hinduism about the kings. There are tons

5 **Manusmriti Chapter 8, verse 170** "No king, however indigent, shall take anything that ought not to be taken, nor shall he, however wealthy, decline taking that which he ought to take, be it ever so small"

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of stories where the brother takes over the kingdom, where the son takes over the kingdom from the father, ministers take over the kingdom from the king, not a single story where the Guru takes over the kingdom from the king.

If you always handle yourself with hard power, you become insensitive to life. Let the soft power, the spiritual understandings and power decide many things in your life than the fear and greed of hard power.

- Among the son, brother, minister, Guru, Guru knows more secrets about the king and the kingdom, more information about the king and the kingdom, than the brothers, ministers, the army Commander-in-Chief, and all of them. We have tons of stories where the Commander-in-Chief suddenly imprisons the king and takes over the kingdom, where son imprisons his own father and takes over the kingdom, where brother imprisons the king and takes over the kingdom; we don't have a single reference to say the Rājaguru imprisons the king and takes over the kingdom, because, we are settled with the soft power and hard power. The king feels completely secure. The very thinking of the Guru is all about soft power; it has nothing to do with hard power. Understand!
- A little understanding about this hard power and soft power will give you a lot of clarity about Vedic Tradition and even about how to handle yourself.

Soft power is always inspiration-based

- See if you always handle yourself with hard power, you become insensitive to life. If you all the time think only about the law and move only with that, then your whole life will be controlled only by law. I am not saying breaking the law.
- **All I am trying to tell you is, let the soft power, the spiritual understandings and power decide many things in your life than the fear and greed of hard power.**
- If you allow more and more the fear and greed of hard power to decide your life, you are a slave. But, soft power is always inspiration-based; it is not fear-based or greed-based.
- There is a big difference between 'you don't rape somebody because of fear of

law', and 'you don't rape somebody just because you don't want to be violent and you don't want to enter into somebody's space.' You don't want to rape somebody because of Law & Order is hard power. You don't want to rape somebody because you don't want to enter into somebody's space, or you don't want to be violent, you don't want to be abusive into somebody's space is soft power.

- Order which comes by soft power is the permanent eternal order. Understand, order never comes by hard power; it comes only by soft power. May be, Law & Order can come by hard power, but order can come only by soft power.
- One good thing with Vedic Tradition is, the whole Vedic Tradition, the whole religion is spiritual component. The way you brush in the morning, the way you wash yourself, everything is spiritual.
- Listen! **This contemplating and exploring on hard power and soft power will answer thousands of our questions. It will help us to think. Thousands and thousands of understandings we have in life, it will actually answer thousands of your questions, and it will question thousands of your answers,** understand?
- A Guru who only answers your questions will lead you to a cult. A Guru who questions your answers also only will lead you to culture. A Guru who answers only your questions will lead to you a cult. A Guru who questions your answers also only will lead you to culture. If I have to give a simple difference between spiritual component and religion, wherever the truths are given to you for you to assimilate and develop your thinking from perception to fact, fact to truth, truth to reality, it is spiritual. Anything other than this is religion. That's all!
- Understand, this hard power, soft power, thinking needs to be done a lot, only then you will understand the uniqueness of Vedic Tradition; and why we have so much of freedom, because our religion was never used by its founders or its preservers to control people, understand? Religion was never a tool for us to control people.
- Rameṣwaram to Kedarnāth, morning till night, the actions of people are the same. But we had fifty-four Deśas (Nations). Even a great personality like Śaṅkarācharya never bothered to create the whole land under which his influence prevailed as one country.
- Actually, Śaṅkarācharya, if he wants, he could have done it. Jnanasambandar,

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when he cured the Pāndya, the Pāndya offered the whole kingdom at the feet of Jnanasambandar. Jnanasambandar is from Chola Kingdom. He could have just said, 'Alright!' Actually, the Pāndya's wife is daughter of Chola. Actually, Chola's daughter was married to Pāndya. Jnanasambandar could have said, 'Come on, after all the queen is from my kingdom. Let both kingdoms be merged together and I will be Rājaguru for the whole.' He could have said it. He did not. Because the whole Chola Kingdom was at the feet of Jnanasambandar. He didn't. He just said, 'No, you continue to rule. I will appoint a Sannidhaanam who will be Rājaguru for you and guide you.' That's all!

- Understand, we were so clear. We are not interested in hard power. We are only interested in empowering, inspiring, raising human-beings. Even in my wildest dreams, I cannot imagine myself handling hard power, because we are so clear, soft power means deciding FOR LIFE, hard power means controlling.
- Hard power is always about controlling. Soft power is always about life–inspiring, liberating, enlightening, freeing.
- The concept of God which society believes, is very important. That holds the key of the whole social structure, please understand. Don't even think the concept of God is not that important. No!
- A brilliant guy, the most intelligent guy will be established in soft power, and he knows life runs by inspiration, life runs by inspiration, life runs by inspiration. Nothing else! You may say, 'Oh, we allowed politically ourselves to be slaves and ruled by others.' So many things we can say. But, I tell you, we are, and we were, and we will be the most stable society even after so much of attack, because we know the technology of soft power.
- Please understand, even if it is a simple decision–you have a headache and you decide, 'I will be free from it and I am going to clear it, I am out of it'–even that simple decision creates a ripple in the Sun and the Moon.
- Please understand, I am not teaching something superstitious. If you decide, 'I will come out of my headache. I will come out of my depression', that decision heals the hole in the ozone layer. It is directly related to the hole in the ozone layer, and the ozone layer is healed, Sun is healed, Moon is healed. **So, understand, look into your life. Work to be free from Karmas. Work FOR LIFE. Think FOR LIFE. Be into life FOR LIFE.**

For Practical Decision Making & Wisdom What mental setup makes you decide against life	
Homework Type	Contemplation
Duration	21 minutes for each subject
Instructions	Hard Power means the political power, where the administration, bureaucracy, law, court, punishment, reward, all this exists. 'You have to do this or you will be prosecuted and put in jail!' Soft power is the spiritual power- always about life–inspiring, liberating, enlightening, freeing. If you allow more and more the fear and greed of hard power to decide your life, you are a slave. But, soft power is always inspiration-based; it is not fear-based or greed-based. From this context contemplate your understandings in life about whether the following are hard power or soft power for you • God • Law & Order & Justice[1] • Vedic Tradition • Yoga as the largest practiced religion on Planet Earth • Political structure (democracy) • Understandings about yourself • Societal structure • Economical structure • Research & Development • Climate & Environment Protection • Child Protection • Women Empowerment • Education & Pedagogy • Poverty, Business Management • Medical & Pharmaceutical industry
Reference	Verse 2, Iśāvāsya Upaniṣad, page 184

1 Consider a case of speeding ticket. From a 'hard power' perspective – the law, the police, the court system – it's a clear demonstration of order enforced through punishment. However my decision *not* to adhere to it stemmed from a deeper place – a lack of awareness, so do 'law and order' truly explain the context of peaceful coexistence of all of life.

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- If you explore this one concept–soft power and hard power–you will understand the depth of Vedic Tradition.

What Is Saying "no" to life Exactly?

- When it comes to manifesting powerful cognitions use every opportunity in your life with ferociousness like war.
- Either you become Spiritual Warrior or you will be Worrier; that's all. Even the laziness pattern, tiredness pattern - the pattern of you feeling, "Oh... 10 more minutes sleep will be really nice". Understand that pattern need to be handled in two ways.
- One, enough oxygen has not gone into your body, means, leave all the windows and doors open and sleep. Let there be lot of free flow of air when you are sleeping. That's one. Have Haritaki in the night. So, food does not stay heavily on your stomach and take all your energy and attention, stopping the free flow of Prana. Understand when the stomach is light, the free flow of Prana will be happening in your whole system, in your whole body. Attending physiologically and physically is one.
- Second: attend in the level of pattern; means **dig out every pattern, every time you said no to life, every time you denied life. Dig out every time you said no to life. Every time you decided not to be alive, every time you decided not to be intense, every time you decided not to be ferocious, every time you decided not to be active - look into all those moments, look into all those patterns. Listen carefully; look into all those moments, look into all those patterns.**
- **Life... When it is opening its doors to you, when it is happening to you, when it is welcoming you, when it is inviting you, when it is giving possibilities available to you, saying 'no' will be very costly.** You might have said few hundred or even few thousand no's earlier. Logically you cognize all the possibilities open in front of you; just because you did not want to expand, you say no to something - is what I am calling, saying No! Listen carefully, I am defining.
- Jumping into the house which is burning is not considered courage or taking

Ability to say 'yes' to life knowing that new dimensions of your life will be opening to you and there is a lot of demanding over your body, mind and consciousness, that ability is called 'RUDRA'.

risk. Let those fools who get married do that risk. Listen I am not saying jumping into the burning house is saying yes to life and if you don't jump it is saying no to life. No!

- **Your cognition, cognizes thoroughly all the possibilities - and you deny it just**

For Purpose and meaning in daily life What Is Saying "no" to life Exactly?	
Homework Type	Contemplation
Duration	21 minutes for each question
Instructions	Your cognition, cognizes thoroughly all the possibilities - and you deny it just because you need to expand. Through your logic or emotion or physical or psychological in some level, you are demanded, you need to expand; you do not want that. For that reason if you say 'no', is what I say saying no to life. Dig out the incidents where you said no to life. 1. Every time you didn't want to be intense (For example you decided for 10 more minutes of sleep) 2. Every time you didn't want to be alive (for example when your loved one left you) 3. Every time you didn't want to be ferocious (for example you could not face your failures) 4. Every time you decided not to be active (for example when you didn't see hope)
Reference	Verse 2, Iśāvāsya Upaniṣad, page 208

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because you need to expand. Through your logic or emotion or physical or psychological in some level, you are demanded, you need to expand; you do not want that.

- **For that reason if you say 'no', is what I say saying no to life. Look, dig out the incidents where you said no to life.**
- Ability to say 'yes' to life knowing that new dimensions of your life will be opening to you and there is a lot of demanding over your body, mind and sconsciousness, that ability is called 'RUDRA'.

Hinduism as an Elite Tradition, Not of Poverty

- **Understand, Rudra means ability to say ferociously YES... Knowing that so many of your dimensions will be manifested through you in a very demanding way. I tell you, I allowed the existence to demand Me and I stood up, said YES!**
- Understand, I don't like this idea of growth, I love only breakthroughs. Growth is for middle class minds not for Hindus! Growth is for middle class minds not for Hindus!
- If you are Hindu, even if you are not enlightened you are elite, understand. By the way you are hard wired, you are elite. Just add N - Nithyānanda. You will be Nlight.
- Understand, people ask Me, "Why this silver throne, golden throne, golden temple? Arre we Hindus are elite. Come on! Poverty is neither our religion nor our life style till it was forced, dumped on us, till we were robbed brutally, destroyed, cunningly exploited. Poverty was not our life style... That was not even our thought current.

Owning, Not Possessing: Economic Principle of KAILĀSA

- A real cosmic communist concept is - enjoy by not possessing but owning. Owning means, knowing you are responsible; it's all yours. Possessing means

having it under your control and not letting others to use; exclusiveness is possession. Having it for the sake of Enriching is owning.

- Understand the difference - I own this property but not possess this property. If I don't allow any of you, only I roll around, run around and I build a walking trail for Me, and jogging, jogging trail for Me and swimming pool for Me and I live all by Myself and with My few servants then you call I possess this property. Other than the few square feet where I am lying down everything is used by everyone else. Not only used - planned, designed, built for everyone else!!
- The core theme that sets KAILASA's economy apart is putting people first, ahead of profits and material wealth. "People are wealth, people are life, people are energy. Finally, people are God! Give everything to people. People bring everything you need. Whether it is basic things like food or things like love, joy, laughter everything people bring in your life. To enrich people, your involvement with people shows your involvement with life ."
- The other day we were having discussion with construction team, I told don't design this place just as a University where thousands of people will stay, study, read, evolve; design the structure such a way every month few lakh will gather and there will be celebrations; where the festive dimension of Hinduism is alive.
- How in the modern day if a new jewelry or a costume or a dress need to be introduced to the society you put that on a model and make them do catwalk on the ramp, in Hindu tradition when we introduce anything new we put it on

The visionaries of Hindu tradition are very clear 'love is the lubrication of life'

the deity and make them go around the world. Deities and temples were the way methodology we introduce new inventions and revelations to the world. Devotion was the way... That was the flat form in which all the best discoveries, inventions, growth, art work everything... The cream of us was shared with the world. Understand, in this system, the Hindu economical system - a real cosmic communism where you own but not possess.

- Understand, the visionaries of Hindu tradition are very clear 'love is the lubrication of life'. So they created, they manifested, actually to tell you honestly, they did not even create. They specifically revealed the truth to the world – God, in the form of ever loving and joy. I don't know how many of you know 'Krsna was murdered'. But you will never see a single photograph of Krsna murdered. You will always see Him with a flute. How many of you know that Kṛṣṇa was murdered? But we never talk about it. We talk about only His flute. He is standing with the flute, either Radha Krsna or Geetha Krsna. That's all. We remember Him as a symbol of love. The grand narrative of love. Understand, you promote the grand narrative which you want from life.

Matured Conversations- Life for Living, Not Suffering

- Another one most sickening attitude 'life is for suffering'.
- Understand, fundamentally when you do not have intelligence to teach people how to live joyfully, you teach them life is suffering. Suffer.
- Just let us look at the whole thing with an inquiry mood. Let's have a matured conversation. I think next time whenever people come to you and try to tell you, 'O you need to fear God and the more you are suffering better for you.' Just tell them, 'Eh, let's have matured conversation'. The solution for all these problems, if somebody proposes these ideas to you, just tell them, 'eh, let's have matured conversation'. Thank You.
- I don't need somebody to tell Me 'life is suffering'. Come on. Tell Me the way out! Teach Me the method through which My life can be joyful. I don't want somebody to confirm or inform life is suffering. I tell you, the people who teach ideas like 'life is suffering', 'more you suffer better you are', literally they

are the tumors of life, tumors on human consciousness. Upaniṣads are very clear –

- **These three statements are the answer for everything.**

1. The first statement - God: whatever exists is God. Understand, God is not One. It is Oneness. "īśāvāsyam idaṁ gum sarvam" God is not One, Oneness.
2. Then comes – by owning not possessing enjoy the whole universe. Owning is different. Possessing is different. I own this sangha. But I don't possess this sangha. It means I own for the people to use. If I possess no one else can use, only I can use. Owning means I am responsible. Possessing means no one else can come in, exclusivity. Understand, the fundamental problems of life is addressed just in this three verse.

You have the capacity for anything: you have capacity to write, capacity to read, capacity to think, capacity to speak, capacity to exist, capacity to grow… wealth, capacity to grow agricultural products, anything - anything you have.

3. Then comes the most important truth – Celebrate, enjoy, decide to live for hundreds of years by being active, by being alive, decide to live hundreds of years. Understand, as a child everyone feels at some point of life 'life is not fair'. The moment you think 'life is not fair, it becomes so much of suffering. Even if somebody gives you a cake, you feel you are tortured. Eh, that fellow is given bigger cake. Why me? Why small for me? When somebody is going through certain imaginary, immature ideas about life, you need a person who will have a matured conversation.

- The Upaniṣads goes on…."Enjoy by not possessing but owning" –
- Understand: A man who owns, manifests wealth, a man who possesses, suffers with stress and depression.
- Understand. I own this property but I don't possess this property. Possessing is exclusiveness. Owning is inclusiveness.
- Owning and letting everyone enjoy it. More and more of your capabilities… if

you are writer, if you are a speaker, if you are a thinker, whatever you have … own it and make more and more people to enjoy it. That's all.

- When you own and make more and more people enjoy, you will manifest wealth. If you possess and with an exclusivity, you will deprive yourself and collapse into poverty. Listen.
- You have the capacity for anything: you have capacity to write, capacity to read, capacity to think, capacity to speak, capacity to exist, capacity to grow… wealth, capacity to grow agricultural products, anything - anything you hav[6]e.
- If you share the best strategies for life, you are called Brāhmaṇa.
- If you share an ideology and give the security feeling to people, you are a Kshatriya.
- If you share a product you made out of your time and life, you are a Vaiśya.
- If you just share your time anybody who wants to use it, you are Śūdra.

6 **Second Cāṇakya-sūtra** Dharmasya Mūlam Arthaḥ, At the root of just and harmonious living is wealth

Hinduism Is All About Life Positivity

Why Should We Contribute?

Life is for contributing. When you start contributing, intense life energy explodes in you. When Jīvā feels its existence is to enrich the Jagat, Iśvara manifests through him.

- Life is for contributing.
- When you start contributing, intense life energy explodes in you. Jīvā, Iśvara, Jagat. Listen.
- Jīvā means individual soul. Jagat means Universe including humanity and all the living beings, animals, living beings, sentient or whatever you call as per the western standard non-living being, beings. In Hinduism, sthāvara, jangama, everything is living; means moving, non-moving - all of them are living; and before building the building Earth is worshipped as a living being. Vastu Puruṣa Śānti means the Earth, land on which the building is built is not geography for us, it is biology for Hindus. Understand. So sthāvara, jangama - moving, non-moving, all put together is Jagat, Universe. Iśvara: the Ultimate, Paramaśiva, Parameśvara, Paramporul, Parabrahma, Paramanatha, Vishnu, all, you can give any name; the Parama, Ultimate is Iśvara.
- Listen. When Jīvā feels its existence is to enrich the Jagat, Iśvara manifests through him. That's it. Listen.
- When Jīvā feels he is here to contribute to Jagat, Iśvara manifests through Jīvā. That's it.
- Listen carefully. **Iśvara wants the auspicious goodness of Jagat, that is why He makes it. He's playing. He's doing the Līlā of this Jagat because He wants best things to manifest in the Jagat. So, anyone is in tune with Iśvara's Saṅkalpa, Shiva Saṅkalpa of enriching that Jagat, Universe; He himself manifest through us.**

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- Hinduism is all about contributing. Either you read Vedās or you read Āgamas or you read Tantra or you read Puranas, it is all about contribution. That is why even in the war, so much restriction and so much of righteousness even in the war.
- Understand. After thoroughly studying all the Hindu scriptures about life, death, war, administration, economy, law and order, social order, enlightenment; after thoroughly analyzing, understand. I don't want to say I read all scriptures, but I read enough scriptures to understand what I am talking.
- After reading all these, I am absolutely convinced Hinduism is all about life positive. Extremely life positive. Whether it is a simple acts you are expected to do - making rangoli with the rice powder outside your house, in front of your house or applying maruthani in your fingers, mehndi or applying the turmeric powder for your face and kumkum early morning. Everything is all about life positive.
- **Life positive, life positive, life positive, life positive. Go on contributing, contributing, contributing. Not only minimum, … bare minimum, as low as possible taking back from the Jagat, but giving as much as possible.**
- Hinduism is all about that. That's it.

Why Hindus Are The Richest Ethnic Community

- I tell you, ... why do you think Hindus are the richest ethnic community, not only in United States of America and Canada, Europe and Australia; almost all major countries all over the world? Hindus are the richest ethnic community. I tell you, because from the young age, the religion … imbibes this contributing pattern. There will be always exemption, that is different.
- But as a rule, anyone living Hindu, practicing Hindu, if he brings up a child in a practicing Hindu way - it all about contributing[7].

7 **The Taittreya Upanishad** (1.11.13) says: Shraddayaa deyam. Shriyaa deyam. Hriyaa deyam.Bhiyaa deyam. Samvida deyam."Give with commitment. Give generously. Give with humility. Give with respect. Give with

- I tell you, I am so happy. I had amazing examples of contributors in My life whom I can see and grow, who taught Me contributing makes Parameśvara manifest through you. I tell you, when I came out of Rāmakṛṣṇa Mission, the first āshram I established, I named it after Rāmakṛṣṇa Mission, as Rāmakṛṣṇa Dhyanapeetham for My deep gratitude to Rāmakṛṣṇa Mission; that I learnt how to do hard work. I never felt I was exploited, I was cheated, and I should start fighting against Rāmakṛṣṇa Mission. No! I felt, "Oh God! How much they taught Me to do hard work. A great opportunity I got to do hard work, sincere work." You can talk to any Rāmakṛṣṇa Mission sadhu. They'll tell one thing, "Oh, Nithyānanda! Eh, he was our brahmachari, twenty four hours he will be working. Workaholic fellow." That's what they remember, we have reminiscences from many of them. I feel extremely grateful that they have given Me an opportunity to learn hard working.
- **Understand, I tell you, contributors wherever you go, you will enjoy life. All contributors … will always have Lakshmi.**
- I tell you, future is for practicing Hindus because, the truth is becoming authority all over the world. Understand, all over the world, the truth is becoming authority. One of the best things I realized in My life, when I am seeing so much of attack on Me, the truth I realized is, I am making the truth more and more as authority, and it is spreading all over the world; that is why the anti-Hindu people are reacting so much.
- In every field, in the future only contributors are going to survive. In every field: in the field of economy, ninety nine percent of energy should be contributing economy. Only one percent should be administration.
- Now, eighty percent of the people who are trying to grab, and administer; the bottom twenty percent people are getting destroyed, literally killed, and sucked, forced to contribute.
- Understand. The Hindu economy is all about contribution - eighty percent will be contributing. I tell you, ... all the attack on agriculture, the Hindu agriculture happening in India. Please understand, the Hindu agriculture is literally getting destroyed. I don't know who is going to save. **If the Hindu agriculture is revived, the economy of the world will boom, b**ecause, the Hindu economy is all about intense contribution. It's not consumeristic. It's understanding."

contributing economy.

- Go on contributing, contributing, contributing. Understand. It's a contribution through which Paramaśiva manifests through you.
- Of course, we need to tell the world how much we have been attacked, how much Hinduism has suffered, and Hinduism is going through. We have to tell the world, no doubt. But the brand of Hinduism is empowering and enlightening.
- Understand. Empowering and enlightening and enriching is the brand of Hinduism.
- Contributing whether social structure, economical structure, even after being swindled so much by so many invading nations, still India is able to withstand, it is because of the contributing thought current of Hindus.

The Whole Charyapada (lifestyle): Live Hundreds Of Years By Enjoying Renouncing

- The whole charyapada is all about, just two things.
    1. Live long blissfully,
    2. Enrich the world blissfully. That's all.
- Morning, the moment you wake up, you are expected to apply sacred ash on your forehead, remembering how whatever you saw in the dream is now ashes which is inside your head. Now whatever you are seeing also will become ashes like this.
- When you go inside, remember that and apply vibhuti. That's it. What you saw inside the head and dreams, what you saw, what you are seeing outside the head as Universe - both are just this same ashes. Remember that and apply. That's it.
- When you remember that, you will have so much energy, life, strength to contribute. As long as you are alive, let's contribute, contribute, contribute. Morning when you come out to the outer world, applying the ash - that is the first charya you are expected. Night when you fall asleep, means when you are going from outside into inside your head, apply the sacred ash. From

that to this, the whole charyapada... The essence is, live long healthy, happily, blissfully and enrich, empower, enlighten happily, blissfully. That's it.

- The whole charyapada purpose is this only.
- The whole charyapada: live hundreds of years ... by enjoying, renouncing.
- I tell you, any problem you have in your life, any problem, maybe it is you are struggling in your office without having a breakthrough, you are struggling in your personal relationships without having completion, you are struggling inside your head or you are struggling with some anger and frustration; any problem you have, it all boils down to one - not having inspiration.
- **I tell you, solution for not having inspiration. Simple solution: watch satsang every day. Anybody, your friend or anyone has any problem, make them watch satsang every day, because Hinduism is all about extreme inspiration; I'll go on be giving inspiration.**
- In various languages I may speak. One day I'll speak about yoga, one day I'll speak about Pūjā, one day I'll speak about powerful cognitions, one day I'll speak about Svarga, one day I'll speak about Naraka, one day I'll speak about your stomach. One day I'll speak about Raurava Naraka, Kumbhīpākaṃ, Avīci Naraka.
- But end of the day, it is all about inspiring, inspiring, inspiring, contributing. Whether wearing Rudrākṣa or having jata or anything.
- Life is all about contributing.
- When you contribute, wealth gathers around you. I tell you, sincerity and contributing ability is the real wealth. I always felt that is the strength. That is the strength. Wherever I saw sincerity, contributing, I saw Lakṣmī energy showering, living happily. Understand. End of the day contributors will be part of the history.
- Contributing to the world, real contribution to the consciousness of the humanity, that makes you part of the history, understand.
- Listen carefully. **When you decide to contribute to the Universe, to the Jagat, to the humanity - Īśvara manifests through Jīvā, Self. Īśvara, God manifest through Jīvā, Self, when the Self, Jīvā decides to enrich the Universe, world,**

humanity. Understand. Enriching and empowering, life positive is not just moral or good advice, good attitude. No! It is a spiritual methodology for enlightenment.

ॐ

Iśāvāsya Upaniṣad
Verse 3

SAYING 'NO' KILLS CONSCIOUSNESS

असुर्या नाम ते लोका अन्धेन तमसाऽऽवृताः।
ताँस्ते प्रेत्याभिगच्छन्ति ये के चात्महनो जनाः॥ ३॥

asuryā nām te lokā andhena tamasā'vṛtāḥ।
tāṁs te pretyābhigacchanti ye ke cātma-hano janāḥ॥ 3॥

Translation: The various famous abodes of the Asurās (demons or unconscious beings) are in the form of lower grade worlds, which are like hells coerced by blinding darkness, representing all the negative and unconscious qualities, collectively called tamas i.e. inaction or ignorance. Those who literally kill consciousness (ātmā) become ghosts who inhabit such horrible abodes, and this, they continue to do repeatedly. People who say 'no' to life, literally kill the Self or consciousness [ātma-hanaḥ], they become ghosts who inhabit horrible abodes, lower grade worlds, which are like hells, coerced by blinding darkness, representing all the negative and unconscious qualities. And this, they continue to do repeatedly.

Word-By-Word Meaning

asuryāḥ	meant for asuras or demons
nāma	famous by name
te	those
lokāḥ	planets
andhena	by ignorance (lit. blindness)
tamasā	by inertness, darkness
āvṛtāḥ	covered, coerced
tān	those planets
te	they
pretya	after death
abhigacchati	do enter into, inhabit
ye	anyone
ke	everyone
ca	and
ātma-hanaḥ	killers of the Self or consciousness, ātman
janāḥ	persons

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Only Ghosts Say No to Life

The Problem:

People who say "No" to life—what will happen to them is getting described. It starts as frustration. Then it evolves as anger, violence, self-doubt, self-hatred, self-denial; all these are various expressions.

The Vedic Solution:

So—I tell you—one of the most important qualities to say "Yes" to life is tremendous patience. Tremendous patience! Yes! Yes! Yes! Every time—YES! After every time—YES!

Your First Step:

Tremendous patience.

How Do You Respond When Things Don't Go As Planned?

- Every time, when what you want does not happen—don't say "No"; end in "Yes".
- I am not saying to accept. No! I will give you an example: If something does not happen the way I want in our Sangha, I don't accept and keep quiet. But I don't allow frustration. I will do whatever needs to be done, and in the end—I will say, 'Alright! Yes!' Next, I will be again prepared with all the patience to move further, to do things further. My disciples' ignorance never made Me reduce My plans, understand?
- The people with whom you are living—first you, and everyone else around you—their ignorance or inability should not give you frustration, should not make you say "No" to you. The moment you accept "No"—the moment you say "No" to expansion—you have started saying "No" to you!

"Asuryā Nām Te Lokā":Lower Grade Worlds and Blinding Darkness

- Listen! Saying "NO" to you is the worst sin. I have given you one example that "inability and ignorance of you and the people living around you cannot reduce your creativity or plans to express your peak possibility". This is one definition.
- I can give you multiple explanations, multiple understandings from various fronts.
- Like, for example, your body gives pain at some parts of your body – headache or stomach pain. Don't shrink.
- When that headache comes, stomach-ache comes, don't add psychological

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If you have a headache, look into it and see: What is it? Why? What is it? How much your contribution is there in that headache? What is the message body wants to give you through that headache?

suffering to it – 'Oh, if this same continues, what will happen? I am very young. Now itself I am getting headache, and stomach pain! Now, the stomach pain, if it just goes up two inch, it will become chest pain. If the headache comes few inch down, then it will become chest pain. What will happen to me? How long will I live?'

- Don't add psychological sufferings when your body gives some pain. Don't increase the strength of actual pain.

Have patience to deal with yourself

- Whenever there is suffering, you should move from Perception to Fact, Fact to Truth, Truth to Reality.
- You should not go down from Perception to more Perception of sufferings and, more perception of suffering leads to more depression, and more depression makes you feel the whole world is hell, understand?
- Perception, if it is handled with powerfulness, you will move from Perception to Fact, Fact to Truth, Truth to Reality.

- **If you have headache, look into it and see: What it is? Why? What it is? How much your contribution is there in that headache? What is the message body wants to give you through that headache?**
- **Have patience to deal with yourself.**
- Listen! Have PATIENCE to deal with YOURSELF!

Silence the Anger: Your Life Depends On It

- **Have PATIENCE to deal with OTHERS! NEVER ever PLAN based on ANGER and VIOLENCE!**
- The maximum you are allowed the usage of anger and violence in your life is spontaneously to defend you when you are attacked.

Any decision, thinking, which stops your expansion of life, your experience of life, is "ātmahana" – saying "NO" to life

- Listen to these words! THE MAXIMUM VIOLENCE AND ANGER ALLOWED IN YOUR LIFE IS SPONTANEOUSLY DEFENDING YOU IF YOU ARE ATTACKED! That is the only maximum allowed!
- No question of planned violence and anger!
- Planned violence and anger literally puts you in a space where constantly people plan violent things towards you.
- Understand, thousands continuing to revere you cannot happen by cheating! Be very clear! Cannot happen by cheating! It happens only by tremendous PATIENCE and saying "YES" to life! TREMENDOUS PATIENCE AND CONSTANT "YES" TO LIFE!
- So, I tell you, never ever entertain planned violence, based on anger, in your life. That is equivalent to saying "NO" to life.

ātmahana: The Habit of Self-Limitation

- When you say "NO" to life – asuryā nām te lokā andhena tamasā'vṛtāḥ । tāṁs te pretyābhigacchanti ye ke cātma-hano janāḥ ॥ 3 ॥ 'The various famous abodes

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of the Asuras are in the form of inferior or lower grade worlds, which are like hells coerced by darkness, representing all the negative qualities, collectively called "tamas". Those who literally kill the ātma become ghosts who inhabit such horrible abodes, and, this, they continue to do repeatedly.'

- Any decision, thinking, which stops your expansion of life, your experience of life, is "ātmahana" – saying "NO" to life

"Your "Hell" is Created – Not Found

- Listen! The various "lokas" (worlds) are not basically just physical, but psychological too. It means, they do exist as planes, spaces, somewhere, and you do create that around you because of your inner-space. I am telling you, hells do exist in certain space, in different planes, where collectively all these people have Tea Party! Only thing, in their cups poison is served, not tea! I can say, coffee is served, not tea!
- *I wanted to tell you, tea is from Vedic Tradition! It is directly from Kanchipuram! Coffee is not! Actually, Bodhi Dharma took tea to China*[1]*. It was a very strange incident. Here he used to sip a cup of tea to sit in meditation, not to feel the sleep, tiredness in the body. So, when he went there, he could not get tea, in China. So, he was thinking, 'What to do? What to do?' Then he just realized, by taking tea his body also has the DNA of the tea! He just removes the eyelids, one part of his body, and throws in the ground. That becomes the seed of tea, and tea-leaf grows there! That is the way he took tea to China. He reproduced the seed of tea-leaves, the tree, the plant, tea plant, from his own DNA!*
- Where people of lower consciousness, who constantly say "NO" to life, they all gather and live, exist, that place only, the Upaniṣad declares as: "asuryā nām te lokā". Coerced by darkness! Lower grade worlds, andhena tamasā'vṛtāḥ"! asuryā andha, tamasā'vṛtāḥ three words; basically the same meaning. It means, the kind of space they are in is emphasized, emphatically repeated.
- See, it is like people come and tell Me, 'Swamiji, the moment I attended Inner Awakening[2], many of my old friends dropped, many of my old habits

1 The Shurangamacharita (Life of the Goddess Surangama) by Zhiangjana (circa 8th Century CE)

2 Inner Awakening program, a 21-day program giving the keys to live

dropped. Now I have completely new way of thinking, new way of habits, new way of acting, new friends!" That is what your lower grade world has disappeared. Your hell is over! Now your taste has become different! Your taste has changed! Coerced by darkness! Coerced by all the negative qualities! That is why: "asuryā andhena tamasā'vṛtāḥ" ! "andhena tamasā means, "blinding darkness", the darkness which just makes you blind, shrouded.

- *Understand, there is a certain darkness which makes your eyes to see through. Near Omkareshwar, around six months I lived without seeing artificial light even once! The nearest villages where I used to go for My food, begging, Madhukari Bhiksha, they didn't have electricity connection. At the most they have fire lamps. At night I used to stay in a stone cave which was very comfortable. Without seeing light when I stayed for six months, My eyes became so sharp, and even now the power I gained during those six months, I am able to retain! In those six months I gained the power, the ability to read in the darkness! Still, now, that power is with Me! Even now, in the utter darkness, I can read!*
- ***So, darkness which is natural does not make you blind, go blind. That is why the Upaniṣads are using the word "blinding darkness": means, it is the darkness created by the negative qualities which is blinding you. It is not the ordinary darkness**. They don't want to disrespect the ordinary darkness. They know, because they lived in darkness, darkness does not blind you. That is why the specific word – "blinding darkness".*
- Any modern-day man will say, 'All "tamasa" will make you "andha"! All darkness will make you blind! Why should you use the word "andhena tamasā"? Why should you use the word "blinding darkness"?' Because, only a man who has lived in darkness, utter darkness, knows the power of darkness!
- When you live just with the Sun and the Moon, without any artificial light – fire is okay – without artificial light, your eyes develop the unique power to see through darkness!

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enlightenment, held in Bidadi ashram from 2008 - 2018. An enlightenment intensive program for sincere seekers offering yoga, powerful teachings, meditation, initiation and more. This program is an intense experience to prepare the body-mind system to hold and radiate the experience of 'living enlightenment' with THE SPH. Learn more https://nithyananda.ai

When you have a headache, if you approach it with restlessness, anger, violence, irritation, and make it as a permanent headache or permanent suffering, that is "saying NO to life".

- For almost the last twelve years, My eyes have been literally boiled with these heavy, high-beam lights. Hours together I am sitting with these lights. I tell you, all celebrities who are in the limelight, continuously, suffer, and they take so many treatments to cool their eyes. I don't do anything! Rarely pouring a few drops of rose-water or ordinary water. Other than that, I don't do anything. Still eyes are working perfectly much more than what is required. It is because of the training which happened during those six months.

"Saying NO" – The Foundation of Suffering

- So, I want to tell you, don't think, don't understand that darkness blinds you. Negative qualities which blind you is described as "darkness" here. That is why Upaniṣads are using the word "blinding darkness". "Andhena tamasā'vṛtāḥ". 'In the form of inferior or lower grade worlds which are like hells coerced by darkness, representing all the negative qualities, collectively are called "tamas". Those who literally kill the ātma……'
- Understand, this is the key word: "Killing the ātma"! "Ātmahana" . "Ātmahana" – "Slayers of ātman"! Means, not just killing somebody, some body.
- **Listen! Any decision, thinking, which stops your expansion of life, your experience of life, is "ātmahana" – saying "NO" to life.**
- When you have a headache, if you approach it with restlessness, anger, violence, irritation, and make it as a permanent headache or permanent suffering, that is "saying NO to life".
- If there is a disciple who is giving you headache, handle them, train them.
- Even if they don't listen, have tremendous patience and continue to train them. Never come to the conclusion you can't train people. It is from My experience I am telling you.
- Having tremendous patience in every dimension of your life, never coming to conclusion of "NO" to life, is "saying YES to life"!

Having tremendous patience in every dimension of your life, never coming to conclusion of “NO” to life, is “saying YES to life”!

Cosmic Truth About Mercy killing: Saying "NO" to Life

- I am very clearly, with all my integrity, telling you from this sutra, "mercy killing" is wrong!
- Killing yourself due to some pain or suffering means: committing suicide, or killing yourself with the help of professionals, doctors – euthanasia, or assisting somebody to kill themselves.

Don't avoid any lesson which life brings to you.

Don't say "NO" to life in whatever way life presents itself to you. So learn to say "YES" to life.

- All this is wrong as per Upaniṣads. Hindus should neither allow "mercy killing" on themselves, nor practice euthanasia.
- Please understand! Of course, in Hindu tradition, we don't have the tradition of issuing "fatwa" (religious decree or command); we only reveal the truth, and people follow it.
- So I am revealing the truth: As per the Upaniṣad, "mercy killing," is not encouraged or allowed. Even if the worst suffering is happening, go through life; because even those sufferings will be teaching you something and making you reinvent yourself in the next birth!
- Don't avoid any lesson which life brings to you.
- Don't say "NO" to life in whatever way life presents itself to you. So learn to say "YES" to life.
- **Reinvent yourself by saying a powerful "YES" to life!**
- I also sincerely recommend all the Hindus not to practice euthanasia, not to do it even as part of your profession.
- Wherever the countries where "mercy killing" is allowed, whenever you are asked to assist by a patient, recuse yourself showing religious reasons.
- Euthanasia should not be practiced by a "practicing Hindu."

- So understand, no question of saying “NO” to life. Even if life presents itself to you in the way you are not able to tolerate, NO!
- As Hindus, all of you, even in your will, should mention very clearly that every possible available intelligence, energy, resource should be used to keep you alive as long as possible. “Mercy killing,” euthanasia, is not encouraged and supported in Vedic tradition. In any form, saying “NO” to life is not encouraged.
- Please understand: in Hindu tradition, you don’t become Hindu by birth. That is one beauty! You become Hindu only when you start practicing it. So this gives the clear understanding: anybody practices is Hindu. This gives a powerful opening. Anybody practices is Hindu.

“Mercy killing,” euthanasia, is not encouraged and supported in Vedic tradition.

In any form, saying “NO” to life is not encouraged.

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The Science Behind Vegetarianism

- Listen! People come up with the argument: "Oh, plants also have pain. Plants also have life. When you can eat them, why not animals?"
- Listen! Plants have not developed the muscle-memory to store the pain in them. So, they don't existentially feel the pain. They do feel some kind of alternation happening in them; but don't feel the pain.
- Pain has one of the important qualities: getting stored and ability to replay itself is one of the important DNA qualities of pain.
- Plants don't have that. That is why, eating plants, agricultural products, is allowed3.
- Naturally, human body is created for vegetarian lifestyle.

Why Vegetarianism is the Most Sustainable Solution

- I am also warning the whole world: within next fifteen years you will be able to support the whole population with food only if you decide to turn vegetarian!

3 Mancuso, S., et al. "Plant Nervous System." Frontiers in Plant Science 9 (2018). https://www.frontiersin.org/articles/10.3389/fplant.2018.00883
This paper directly challenges the traditional view of plants as passive responders. It argues that plants actively sense and respond to their environment through complex signaling networks. Crucially, it acknowledges that these signals aren't equivalent to the conscious pain experienced by animals.

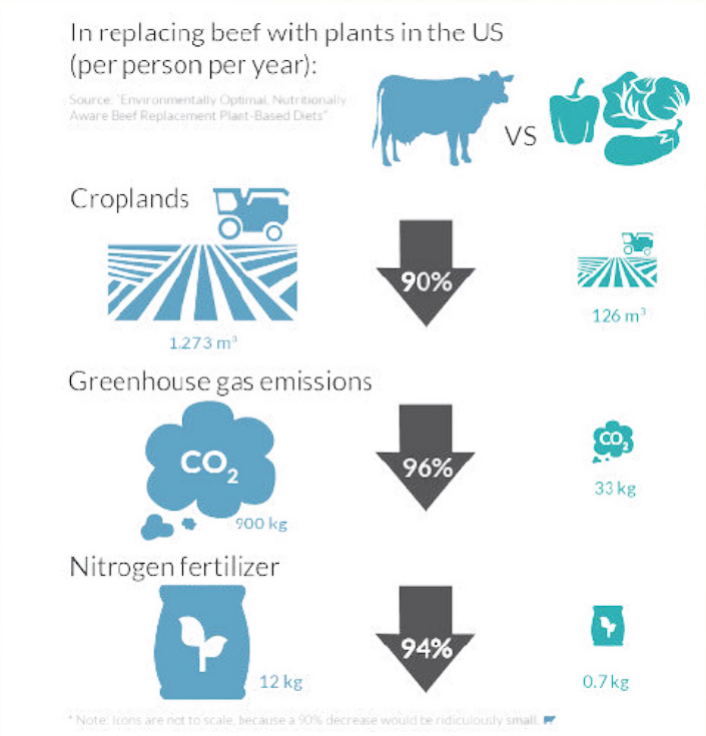
Because, thirty pounds of food is necessary to make one pound flesh!

- Understand, thirty pounds of agricultural food which can be directly consumed by us, is necessary to produce one pound flesh! So, vegetarianism, vegetarian lifestyle, is the most affordable.

Anna Dāna: The Sustainable Solution

- I tell you, just by being vegetarian, you are doing "anna dāna" (the service of offering free food), giving food for thousands of people! Whenever you consume a vegetarian meal, you are already giving meal to twenty-nine people, because, you are not taking away thirty persons' food into one meal, understand? If you are consuming vegetarian food, already you are serving food for twenty-nine people! So, understand, every time you put your hand on vegetarian food, remember: twenty-nine more people are blessing you for letting them have food!

Food Required (lbs) to produce 1 pound of flesh = 30 lbs of agriculture food! So, vegetarianism, vegetarian lifestyle, is the most affordable.



"ātmahana" – Respecting the Divine Within

- All practicing Hindus have to be vegetarian, because saying "NO" to life is most dangerous. You don't have the right to say "NO" to life. "ātmahana", you have no right for "ātmahana"! Because, you are "Aātma Gana" ! Means, you are "Embodiment of ātma". You don't have a right for "ātmahana"!

Testimonial (Sākṣi Pramāṇa)

Her Royal Highness Ma Nithya Shambhavananda, Ācarya, Paramashivoham[SM]

At just 18, HRH's 2013 testimonial documented a foundational insight: the transformative power of vegetarianism for manifesting results. This extraordinary IQ and innate abilities have quickly established her as the lead professor and acarya of the internationally acclaimed Paramashivoham program, attracting 100 daily attendees

I am Ma Nithya Shambhavananda and I am eleven years old. I have been at the Nithyananda Gurukul[SM] for about 4 years now. For me, the most exciting thing about being in the Gurukul is the Shaktis, the powers which we are expressing We do everything through the powers. We study through the powers. If we want to watch a movie, we tie our eyes and watch the movie. We do everything with our eyes closed. It's like we have the power of seeing without our eyes.

Everyone has a Third Eye but for generations, people have starting neglecting it. They started eating non vegetarian food, which actually blocks the Third Eye. I'm vegetarian and vegan and I don't eat mushrooms, onion, garlic and so on. Once, while we were on a flight, they gave us sandwiches and without even opening it I told my mom, 'Don't eat that. It has mushroom.' My mom didn't believe me and she was just about to eat it. I told her to just check before eating it. She

opened it and saw that it had mushroom in it. So that is what I feel is the coolest thing, it helps me know what is the right and wrong thing.

Swamiji says that mushrooms also have bio-memory. Bio-memory is something which can store pain and suffering. That’s why we don’t eat meat also. Because the bio-memory of animals will store the suffering and the pain it had while it was dying. The mushroom will store the pain and the pain will become part of us and leave a very deep impression on our personality if we consume it.

Life Gives What You Asked For

- ātmahana: Even while you are alive, saying, “YES” to death is ātmahana—Hell.
- Even during the so-called death, saying, “YES” is liberation—Enlightenment…
- Vāraṇasi stands for that principle: the principle of saying, “YES” to life even when it presents death.

When you perceive limitations, it is because life has already shown you the path.

For example, If you claim to see the black patches (limitations), it means the moon (life) is shining, reflecting light. The act of seeing the patches is itself an affirmation

- Saying, “NO” to life in any form is ātmahana. If you feel, if you perceive life is doing something against you, life is not letting

what you want happen, this feeling—"Life is not cooperating with me, supporting me, making what I want happen"—this feeling is as universal as the Universe itself.

"Tathāstu": The Universe's Affirmation of Life

- The truth you are being presented is drawn from the Akashic Records. These records are not mere data but a living, expanding field of possibilities. By their very existence, they affirm life's potential. When the records say, "Tathāstu" (Sanskrit: Thus it is), they are declaring a YES to life. This affirmation opens doors to possibilities you may have previously denied.
- If life were to deny you, it would not reveal its possibilities in the first place. The act of revealing itself is an invitation to YES—a validation of your Consciousness's expression.
- By claiming life is uncooperative, you are rejecting the very revelations that align with your being.
- When you perceive limitations, it is because life has already shown you the path. If you claim to see the black patches (limitations), it means the moon (life) is shining, reflecting light. The act of seeing the patches is itself an affirmation.
- Life does not deny; it reveals. The moment you recognize a possibility—such as flying or becoming a billionaire—life is already supporting you. It is this support that enables you to know the possibility exists. You may think, "Life is not letting me fly" or "Life is not making me a billionaire." But the truth is: the very moment life informs you something is possible, it is saying YES to you.
- The act of knowing the possibility is an invitation to align with it. To deny this alignment is to reject the revelations of your Consciousness.
- The Akashic Records do not operate on denial; they thrive on expansion. When you claim life is uncooperative, you are echoing a story that has already been written in the records. To fully grasp its depth, repeat this revelation at least five times. Each repetition is a step toward internalizing the YES that life offers. The records are not static; they are alive. They expand into possibilities by their very existence. They do not deny; they reveal. They do not restrict; they empower.

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As long as you think life is denying you what you want, life is keeping you away from what you want, you will also start saying, "NO" to life.

- Listen. You *are feeling* life is not letting what you want to happen in your life. For example, you always wanted health, but life is never letting that happen to you. You always wanted wealth, and just one day before you achieve it, everything collapses…
- Please listen: the very information being given to you—the hope being generated in you that health is possible, wealth is possible—is a solid proof life is supporting you. Otherwise, even that possibility will not be informed to you. You will not be informed even about that possibility.
- The moment the possibility is informed, life is supporting you. Be informed. Be very clear.

Reason to grumble is compassion of the Cosmos towards you

- Life is not supporting me — it is like "My breathing is not letting me breathe." It is like, "My eyes show some spots as dark." Arrey, even you recognizing some parts are dark is because your eyes are functioning. That is enough proof that your eyes are functioning. So, if you feel you want to be a billionaire, and you're denied entry into billionaire's club, and it is not happening, be informed: the very concept revealed to you that you can become a billionaire is enough proof life is supporting you.
- **Only when you understand the tons and tons of ways life is supporting you, you will also decide to say, "YES" to life.**
- As long as you think life is denying you what you want, life is keeping you away from what you want, you will also start saying, "NO" to life.
- Listen. It is like this: your office provides you a beautiful house, car, everything needed for you to live and work. One day morning, while you are trying to drink your cup of coffee, the coffee tumbler fell, and it was too hot, and your feet got little burnt. Immediately you sue the office, you complain about the office: "See, they are responsible. They didn't provide a carpet for me. Otherwise the

coffee would have been absorbed, it would not have spread and reached my feet and burnt it." How illogical and adharmic this action is! That is exactly, that is exactly the way you need to be handled when you say, "Life is denying its possibilities for me. Life is denying what I want from me."

Anything you wanted even once, you have to enjoy it. You HAVE to enjoy it. That is the law of life

- *There was a lady who was a habitual grumbler and was constantly complaining about everything. One day, her preacher thought: he had discovered something that she could be happy about, because her farm crop was the best one for miles around. When he met her, he said with a big smile, "You must be very happy. Everyone is saying how healthy your potatoes look this year." She replied grimly, "True, they're pretty good—but what am I going to do when I need some bad ones to feed the pigs?" You have a reason to grumble. I tell you: even you have a reason to grumble is a compassion of the Cosmos towards you. Really, I Am telling you. Even for you to grumble, it finds some reason and gives you, so that you don't feel too bad about yourself.*
- Understand. I am revealing the layer and layer meanings of this verse. Hope happening in you is just because life has a hope in you.
- Understand: the hope happening in you is because life has a hope in you.

The Proof of Grace

- If you are feeling some desire of hopefulness, be very clear: life is giving you that experience itself, because it has still hope on you. It still has hope on you. Don't think having hope is your birthright. Birth itself is not your right. Then how can you use the word 'birthright' as if birth is your right? No.
- **Only if you have His Grace, you can even think or work, plan to move towards Him.**
- Somebody asked Ramanā Maharshi: "Bhagavān, how do I know I received God's Grace?" He says: "The very effort you are putting to reach God is nothing but God's Grace."
- Listen. The disciple asks: "Should I try doing spiritual practices or should I depend on God's grace?" "How do I know when I achieve God's grace?" He

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says: "Even you thinking that you should try, or you trying, itself is a solid proof you have His grace. Only if you have His Grace, you can even think or work, plan to move towards Him." To move towards Him." Saying "YES" to life, not doing ātmahana.

- Understand. This word ātmahana, when translated into English, is literally: "Kill the ātma." But how can you kill the ātma? Because Gita defines: "Which cannot be killed is ātma." , nainaṃ chindanti śastrāṇi nainaṃ dahati pāvakaḥ (2.23) Which cannot be made wet by water, and burnt by fire, and dried by air, and cut by the sword, is ātma. Which cannot be killed is ātma. Then how can you literally say: "Kill the ātma?" Killing the ātma means: saying "NO" to life.
- Don't ever say "NO" to life.
- **Whenever you perceive life is denying you something, just look at it from this angle. It is: the silver lining makes you see the cloud. You cannot say, "Eh, what a big cloud." There is an end, only then you are seeing the cloud… Even the energy which you get to say, "Life is denying you something", means you want something, so you say life is denying. The very idea you want something itself is enough proof life is supporting you.**
- Understand. I have a great news for you: Anything you wanted even once, you have to enjoy it. You HAVE to enjoy it. That is the law of life. Listen. Even your aspirations getting matured is life saying, "YES" to you.

How Your Past Aspirations Shape Your Future

- I tell you, if your aspirations are not getting matured, and what you wanted is happening, that place is called Deva Loka.
- Yes, what you always wanted, you will be enjoying, but your aspirations never get matured.
- I tell you, even if it is nectar, if your aspirations are not getting matured, you will be tired and bored.
- Even if it is a heaven, if your aspirations are not evolving, you will be sick and tired.
- The greatest happening of life is aspirations getting matured.

The Paradox of Fulfilment: Frustration as a Signpost

- Please understand. If you are frustrated, I have a great news for you: you are on the right track. I have a good news for you: you don't need to be frustrated… Great news: You are on the right track, because the very frustration, the formula of frustration is:

Fulfillment of your earlier aspirations
+ Aspirations getting matured
= FRUSTRATION.

Fulfillment of your earlier aspirations + Aspirations getting matured, brings Frustration.

Your Dreams Are Already Coming True – Here's Why

- In the law of life, your earlier aspirations—however silly they may have seemed—cannot be denied, because you aspired for them.
- Life is painted on the canvas of tathāstū ('So be it'), whether you visualized the scene of eating a pizza or rolling on the ground, or sitting in the CEO chair, or the politician's chair, or the Swami's chair.
- All these visualizations are painted on a vast canvas that is a colossal tathāstū of life. The entire Universe moves with this sound of tathāstū, tathāstū, tathāstū. By the time you have moved to the politician's chair, you have already received tathāstū for the CEO chair. This cannot be destroyed. You must sit in that chair—according to the interest, intention, and intensity of your tathāstū. Then, as per your interest, intention, and intensity of tathāstū, you must move to the chair of a politician. By the time you reach the politician's chair, you might already be desiring the Swami's seat. Yet, the tathāstū received is the tathāstū received, and it must be exhausted!
- The great news for you is that everything you wanted now is your aspiration, which was granted tathāstū by the Cosmos.

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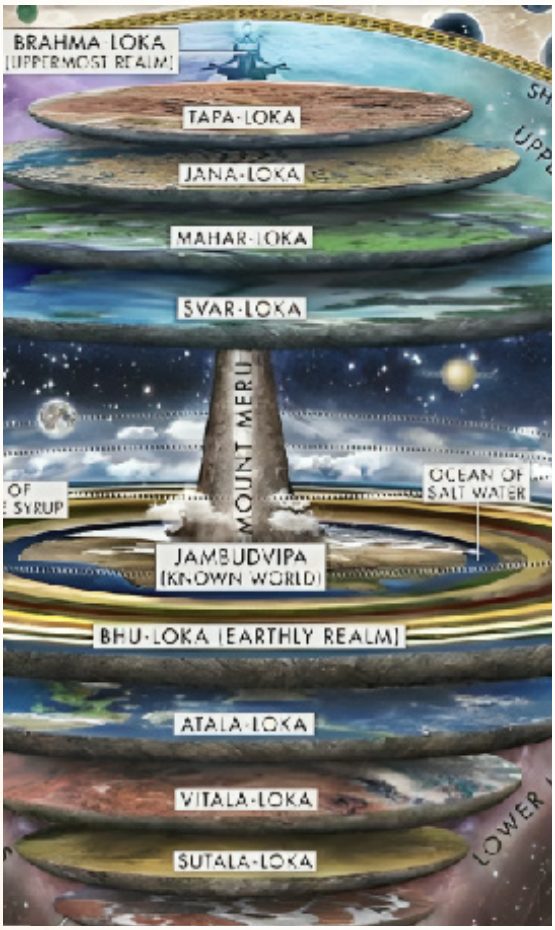
- **Everything happening to you now is the tathāstū you received earlier—a great revelation.**
- **The good news is that everything you are aspiring for now is receiving tathāstū from the Cosmos. Understand this secret of life.**

LOOK IN

The Key to Overcoming Frustration

- I am giving you the key to get out of frustration. Listen.
- **Any situation you are in, when you are frustrated, look in and find out: "What must be the best thing in this situation for which I have aspired this situation in my past? Let me look from that context at this situation."**



- You will see that you are enjoying exactly what you wanted.
- Understanding the original context for which you aspired the present situation and happening of life, and celebrating life is Completion.

Aspirations not getting matured, but your past aspirations getting fulfilled, is Heaven. I tell you, it is only on the Bhūloka, the Planet Earth is the only loka where the aspirations getting matured is possible. That is why even Gods and Goddesses have to come to this plane for evolution

TECHNIQUE

For Stress & Anxiety Management

Technique: The Key to Overcoming Frustration

Understanding the original context for which you aspired the present situation, and looking at the present situation from that very context, and enjoying, celebrating, is Completion.

Homework Type	Contemplation
Duration	21 Minutes
Contemplate	Any situation you are in related to wealth or career or relationships, anything, when you are frustrated, look in and find out: “What must be the best thing in this situation for which I have aspired this situation in my past? Let me look from that context at this situation.” You will see that you are enjoying exactly what you wanted! • Understanding the original context for which you aspired the present situation, and looking at the present situation from that very context, and enjoying, celebrating, is Completion. • You feel karma is binding, because your context has now become matured, your aspirations have now become matured. Aspirations getting matured should be celebrated, not to be cursed, not to be dealt with frustration. • If you celebrate the CEO chair, quickly you can jump into the politician’s chair. If you celebrate the politician’s chair from the context why you asked for it, you can quickly jump into the Swami’s seat. If you celebrate that from the very context you asked, you can quickly jump into Swaṁihood itself.
Reference	Verse 3, Iśāvāsya Upaniṣad, page 246

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As long as you perceive and believe sensory pleasures are your priority—saying "NO" to sensory pleasures is saying "NO" to life. Spend lot of intelligence, energy, time in introspection, intranalyzing, internalizing, and take decisions in life.

- Understanding the original context for which you aspired the present situation, and looking at the present situation from that very context, and enjoying, celebrating, is Completion.
- The moment you start celebrating the present happening, you are now qualified to make your updated aspirations into Reality.
- If you celebrate the CEO chair, quickly you can jump into the politician's chair. If you celebrate the politician's chair from the context why you asked for it, you can quickly jump into the Swami's seat. If you celebrate that from the very context you asked, understanding, you can quickly jump into Swaṁmihood itself.
- Understand. Even karma is not binding if you understand the context.
- You feel karma is binding, because your context has become matured, your aspirations have become matured. Aspirations getting matured should be celebrated, not to be cursed, not to be dealt with frustration. Even your karma is not a curse on you. No. Even your frustration cannot frustrate you any more, if you understand the frustration is caused by your aspirations getting matured.
- Listen. You want CEO chair, you achieve it before your aspirations got matured towards the politician's chair, or towards the Swami's seat, your life may look Heaven, but not Enlightenment.
- Aspirations not getting matured, but your past aspirations getting fulfilled, is Heaven. I tell you, it is only on the Bhūloka, the Planet Earth is the only loka where the aspirations getting matured is possible. That is why even Gods and Goddesses have to come to this plane for evolution. Evolution is possible only if your aspirations are able to get matured.
- **Analyze your whole life with this one truth. No frustration can frustrate you anymore. Frustration frustrates you only if you are from the wrong context. Frustration frustrates you only if you are from the wrong context.**

- **In every situation, whenever you perceive life is denying you what you want, don’t give up, wait and look in: ‘What is being denied?’ Look into your perception; it will become fact, it will become Truth, it will become Reality.**

Is Saying “Yes” Always Right?

What is Good? What is Bad? Cosmos’s Perspective

- Third Verse of Īśavāsya Upaniṣad- asuryā nām te lokā andhena tamasā’vṛtāḥ । tāṁs te pretyābhigacchanti ye ke cātma-hano janāḥ ॥ 3 ॥
- **No one is good, no one is bad. If somebody does the actions which fulfills your ambitions, you call them as GOOD.**
- **If somebody does actions which is not fulfilling your ambitions, you call them BAD.**
- No one is right, no one is wrong. No one is good, no one is bad. Deciding somebody is good or bad, right or wrong, is purely dependent on how much they are supporting your ambition. So, what Cosmos… answers, what is the answer of Cosmos for this issue?
- What is the opinion of Cosmos? What is the opinion of Universe? How does the universal intelligence address this problem of high and low, right-wrong, good-bad? Because, our perceptions of good and bad, right and wrong, is far away from the fact or the truth; forget about reality.
- What is the Cosmos’ opinion about who is good, who is bad, who is becoming more and more good, who is becoming more and more bad, who is doing more and more right, who is doing more and more wrong, what is right, what is wrong, who is right, who is wrong, who is good, who is bad? Because, Upaniṣads have to declare this to the Universe, they have to declare, they have to reveal this to the universe.
- The Upaniṣads, are Dharma declaring its authority and authenticity by itself.

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For Practical Decision Making Wisdom Understand What is Good? What is Bad? From Cosmos's Perspective Saying, "YES" to life is always right and brings all good things. Saying, "NO" to life is always wrong, brings all negative things.	
Homework Type	Internalizing — manana; means, you questioning many of your answers using the truths of Upaniṣads
Duration	21 minutes for each subject
Decide for LIFE	All your questions, "Why somebody who is so good suffering? Why somebody who is so bad enjoying"? All your questions are answered just by this one sacred truth. Saying, "YES" to life is always right and brings all good things. Use this sacred truth and question that answer: Has he said and or saying, "YES" to life? Wherever he is suffering, is he saying, "YES" to, life? Internalize, catch it. Question all your standards of morals. Question all your concepts of right with case study for each of the following • Law & Order & Justice • Political structure (democracy) • Understandings about yourself • Societal structure • Economical structure • Research & Development • Climate & Environment Protection • Child Protection • Women Empowerment • Education & Pedagogy • Poverty • Business Management • Pharmaceutical industry
Reference	Verse 3, Iśāvāsya Upaniṣad, page 247

No human-being is involved in it. No human vested interests are involved in it.

The pure, life-based religion, Ahimsa (non-violence) and life, is saying "YES" to life!

- What Upaniṣads want to say about good and bad, right and wrong, high and low? In these last three verses Upaniṣads are declaring beautifully the whole science of life, almost all the questions of good and bad, right, wrong, who is higher, who is lower, why somebody is enjoying, somebody is suffering. Everything is clarified.
- We have not even attributed Upaniṣads to Gods, or even 'THE God'. No. We wanted to retain the authority and authenticity as it is. We left it as 'āpauruṣeya', as it was done, revealed. Understand. Our Ṛṣis don't even want to attribute these Upaniṣads to any Gods, Goddesses, THE God. No. They said, "It is the Cosmos declaring its authenticity and authority to itself."
- Understand. Upaniṣads don't answer question by question. They just bombard the questioner. Upaniṣads, if they answer hundred of your questions, they will make you question millions of your answers. You questioning many of your answers using these sūtras is what I call internalizing — manana; means, you questioning many of your answers using the truths of Upaniṣads, revelations of Upaniṣads.
- Here, Upaniṣads declare right and wrong, good and bad, reveal the sacred truths about right, wrong, good, bad, to the universe.
- **Listen. Saying, "YES" to life is always right and brings all good things.**
- Saying, "NO" to life is always wrong, brings all negative things.
- All your questions, "Why somebody who is so good is suffering? Why somebody who is so bad is enjoying"? All your questions are answered just by this one sacred truth.
- **Now, your questions have thousands of answers in it. When you say, "Why such a good man is suffering"? You already come to the conclusion that he is a good man. Now question that answer with this truth. You may say he is a good person. You have come to the conclusion. You already have the answer: he is a good person and why is he suffering? Use this sacred truth and question that answer: Has he said and or saying, "YES" to life? Wherever he is suffering, is he saying, "YES" to, life? Understand. Same way if you say, "Why is this bad**

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person enjoying"? Look in question your conclusion that he is a bad person. Is he saying, "NO" to life?

- Dharma is revealing itself. So, internalize, catch it and internalize it. Question all your standards of morals. Question all your concepts of right. Question all your concepts of wrong. If somebody strongly believes sensual pleasures are life and that is the way he expands, he is saying, "YES" to those pleasures, he is saying, "YES" to life. Understand. But, when life or your own inner self teaches you, when your aspirations get matured, "Maybe, it is not all about sense pleasures. I think good name and fame is the real life."
- When your aspirations get matured, have the strength and powerfulness to move towards it leaving the sensory pleasures as a second priority. So, retain powerfulness when you say, "YES" to senses, or "YES" to name and fame ("YES" to mental pleasures; name and fame is the mental pleasure), psychological pleasure or when your aspirations get matured and life raises you to experience the conscious pleasures (initiation, bliss, all these are conscious pleasures).

Prioritize Consciousness: The True "YES" to Life

- What you experience during the Kuṇḍalinī awakening, or during Completion, when you feel complete, Kuṇḍalinī awakening time, during the initiation, during the Energy Darśan, without any support from senses or mind, those pleasures are pleasures of Consciousness.
- Pleasures of senses, pleasures of mind, pleasures of Consciousness… Saying, "YES" even to your pleasures of senses as long as you feel they are your life, is saying, "YES" to life.
- As long as you perceive and believe sensory pleasures are your priority—and they expand you and bring you tremendous joy, fulfillment, contentment, pleasure—saying "NO" to sensory pleasures is saying "NO" to life. It is self-denial, killing the ātma—ātmahana.
- Spend lot of intelligence, energy, time in introspection, intranalyzing, internalizing, and take decisions in life.

- Context assuming the form of perception by you is God. Context assuming the form for your perceiving, happening is Guru.

Testimonial (Sākṣi Pramāṇa)

His Royal Highness Prince Sri Nithya Sundareshwarananda, Vice Minister of Justice, United States of KAILĀSA

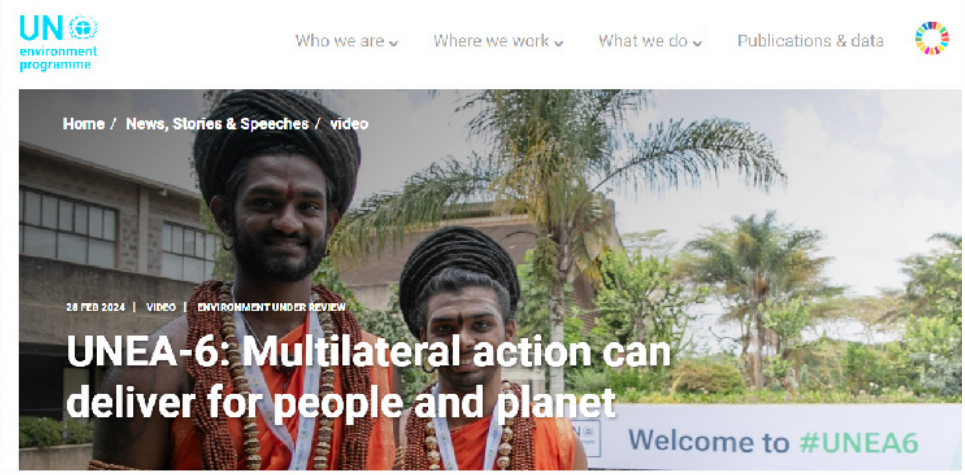
This 2016 testimonial captures the early reflections of Sri Nithya Sundareshwarananda, now a UN Environmental Agency Diplomat at 25. Recognized for uniting nations through ahimsa (non-violence) to save Earth, he underscores the transformative power of Guru and understanding context in his journey

My name is Sri Nithya Sundareswarananda, I am from Hyderabad, India and I’m studying in the Gurukul for the last five years. If I look in about what is different in Nithyananda Gurukul℠ compared to other schools, the one thing that immediately emerges is that here we know the reason why we are doing what we are doing.

As kids, we hear many instructions from parents about what to do and what not to do and that is frustrating when you don’t know the reason behind them. In my personal experience, my parents used to tell me that only if I studied and went to school would I have bread and butter tomorrow. I just didn’t understand that statement nor did I accept it. I have seen many sports personalities who have failed in their academics but are successful in life. I never liked anything which had to be done without a reason. This became a big incompletion in me and I was a very angry kid. I used to just beat up people and was very short tempered

When my parents got connected to Swamiji, they told me there was a 21-day program called Inner Awakening® for kids. Initially I was very reluctant to go for it. Finally, I decided to go because my parents were planning to leave me alone at home. Once I reached the program I discovered, “Oh! There is something in our life, there is a meaning to it”. Once I came here, everything I did, be it waking up early in the morning, be it doing yoga in the morning, be it chanting, be it puja, everything had a convincing answer on why I should do what I should do!

Immediately after the program I joined the Nithyananda Gurukul℠. And here in the Nithyananda Gurukul℠ the best thing is, you know the context of every action that you do. And when you know the context of everything, you just know how it has to be done, and you are continuously aligned to it. And that is the major difference which I find between the other schools and Nithyananda Gurukul.



What should I do until I fully grasp and achieve a certain clarity?

- Ability to retain your powerfulness to say "YES" to the maturity of your aspirations is Vairāgya.
- Whenever your aspirations are matured, they may mature from the pleasures of senses to pleasures of mind, and pleasures of mind to pleasures of Consciousness, and to the bliss of Consciousness itself—Tanmayananda, the bliss in the very existence of you. Advaita Anubhāva,
- Advaitic happening: saying "YES" to the maturity of your aspirations, when your aspirations are getting matured, when you say "YES" to them, you also get matured.
- When you are not able to say "YES" to your matured aspirations, you may be getting aged, not matured.
- The next statement I am making. Listen. **Whenever your aspirations are matured, but due to powerlessness and inability to say, "YES" to the matured aspirations, if you continue to say, "YES" to your lower aspirations, and denying, saying, "NO" to the matured aspirations, is again ātmahana…**
- Now, if you feel there is a certain level of confusion, conflict, contradiction in me, till I grasp and come to certain clarity what should I do? To what should I say, "YES" or "NO"? For this question, the Upaniṣads, the answer for these questions, we introduce God and Kāmikā Āgama… Now comes the personal form appearance, not before. Till now, the context is set. Only now the hero entering.
- Understand. In Vedic tradition, context is higher than hero… Context is higher than hero. You always think hero is higher than everything, because you are in the form, anything presented in the form impacts you, impresses you. That is why context assumes human form is God.
- Context assuming human form is God. If He is still moving the hands and legs and doing actions as you do, He is Guru. The context assuming the form as per your perception is God. Context assuming the form to be perceived by you is Guru.

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Whenever you have a doubt, question, conflict, controversy, incompletion, or are unable to internalize these sacred truths and take a decision in the immediacy of your life, all you need is Kāmikā Āgama, where the whole truths of the Upaniṣads are transmitted into a user-friendly, day-to-day manual.

The Role of Kāmikā Āgama in Daily Life

- Listen. Whenever you have a doubt, question, conflict, controversy, incompletion, or are unable to internalize these sacred truths and take a decision in the immediacy of your life, all you need is Kāmikā Āgama, where the whole truths of the Upaniṣads are transmitted into a user-friendly, day-to-day manual.
- So, all of you download and start aligning your life as much as possible to Kāmikā āgama, because, here your doubts, your questions, everything gets answered by the immediacy, user-friendly, direct, straightforward, intimate, personal instruction level. Mahādeva is revealing these great truths and directly instructing.
- I also wanted to mention one more important truth. āgama—Kāmikā āgama as revealed by Mahādeva—nowhere does Mahādeva say, "These āgamas should be practiced and taught only by a particular community of people." No. He says very clearly, "Śiva Vipraihi." Śiva Viprāḥ means, followers of Śiva. So, understand, the authority to read, practice, preach, share āgamas belongs to anybody who decides to follow Śiva. That's all.
- The word Śiva Viprāḥ cannot be translated as a particular community. See, Āmnāyā Pāṭhāti, Adi Śankara very clearly declares, "The person who occupies this Peetha should be Yoni Brāhmaṇa"—means, born in Brāhmaṇa Yoni, born to a Brahmin mother. It says, "born to Brahmin mother." He makes it very clear, "Who is a born Brahmin, he only has to sit in that seat." He does not say, "practicing Brahmin." Here, if Mahādeva wants to restrict this knowledge of āgama to a certain community which comes by birth, He would have described it very clearly, because He goes to the extent of describing the measurement of your tooth stick. When He is in the mood of giving such elaborate, clear description, not just the kind of a stick you should use for brushing, but the length and even thickness, thickness He describes, when He

goes to that extent, He does not say, “This belongs to certain community by birth, the right or authority goes by birth.”

- He does not say anywhere. He says very clearly Śiva Viprāḥ—followers of Śiva. So, anybody who decides to practice devotion to Śiva, who decides to follow Śiva, you have the right and authority to follow, read, practice, preach Shaiva āgamas.
- The Science of Enlightenment, context for life, should be from 108 Upaniṣads. Lifestyle should be based on Kāmikā āgama. Administration, running the Sangha, all the right, wrong, prayaschitta, enrollment, adding, deletion, administration, should be done as per Manu Smṛti.
- I am clearly defining the Vision of Nithyananda Sangha: Upaniṣads are the ultimate superior authoritative scriptures for our Sangha. The 10,800 Upaniṣads described, named in Muktikopaniṣad. Please understand. Among the Upaniṣads there are some confusions, controversies, which should be accepted as Upaniṣads and which should not be. So, I Am clearing it.

  - 108 Upaniṣads named in Muktikopaniṣad by Śrī Ramachandra Prabhu to Hanumān, that 108 Upaniṣads forms the most authoritative, ultimate, superior, supreme scriptures for our Sangha.

  - And, Kāmikā āgama is the authoritative book for our lifestyle, day-to-day lifestyle.

  - And, Manu Smṛti forms the book based on which we will be doing administration of our Sangha and living our life.

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Religion/Group	Approximate Population (Late 2023)	Percentage of Global Population
Christians	2.4 Billion	31%
Muslims	2.4 Billion	29%
Hindus	1.2 Billion	16%
Jews	14.8 Million	17.7%
Buddhists	500 Million	6.2%
Sikhs	33 Million	4.1%
Jains	6 Million	0.7%
Other Religions	770 Million	9.3%

Above: Global Religious Diversity courtesy Pew Research Center and Worldometer. David Wayman, Jainism and the Bodhisattva Ideal (University of Hawai'i Press, 2000): Wayman's book extensively argues that Ahimsa – the principle of non-violence – is a major barrier to widespread adoption of Jainism. Because it requires a radical transformation of one's lifestyle, including avoidance of certain professions (like those involving harm to animals or the use of violence), it's not easily compatible with modern, industrialized societies.

Dussaṅgha - The Biggest Warning (Wrong Company)

- 'ātmāhana', saying 'NO' to life, leads to the lower levels of existence,

'Dus-saṅgha', company of the lower-level people." I tell you, that is hell!

- Company of the lower level people, because, they will somehow brainwash you to get into their space, and they will make you do what they want you to do.
- Finally, they will put you in trouble; then they will escape; because they are very shrewd. They will escape so that they will go and haunt the other person.
- One fellow, very popular preacher of suicide theology, he will preach, teach, literally mesmerize, hypnotize everyone to commit suicide, and lot of people have started committing suicide.
- Teaching death is very easy. That is why all death-based concepts spread like wildfire. But life-based religions, concepts, take lot of time.
- The best life-based religion (100%!) is Jainism. The pure, life-based religion, Ahimsā and life, saying "YES" to life! But how much struggle that religion has to go through to spread! Actually, there are no followers; literally there are no followers of Jainism. That is the truth. Except a handful of monks, a few people! Because, it is life-based, doesn't spread that wildly.
- But all death-based concepts, they just spread like wildfire! Billions of animals are killed every year for our food. Still, I can't imagine how will you kill

The SPH (seated first row, far left) in Sri Rāmakṛṣṇa Math Chennai. Bharat. Year- 1995

somebody for your snack?!

- **It takes a lot of time to accept life-based truths, understandings. It is very easy to receive and teach, spread death-based ideas and concepts, because it is all agitating.**
- **Agitation is misunderstood as excitement.**
- One theology fellow, he spreads so much violence, and people commit suicide! Somebody asked, 'Why are YOU not committing suicide? You are teaching to so many people!' He said, 'No, if I die, then who will teach this idea and make more and more people commit suicide?'
- Dussaṅgha! Understand, biggest warning this Upaniṣad is giving is "Dussaṅgha", the "wrong company". Lower-grade worlds, abodes of demonic people, "Asurya", asuras, understand?
- Once, when I was in Rāmakṛṣṇa Mission, I met a very senior sadhu, a great "tapasvi". His name is Swami Nandanandaji. Great "tapasvi"! Very rarely I have seen "tapasvi" of his caliber! Actually, he has a little difficulty in hearing! But he is such a beautiful, innocent being, he is almost like a deaf grand-father of the whole family! If there is a deaf grand-father in the family, how these grand-kids will tease him and play around him and go near him, shout, scream, and make fun of him. He is like a child who has no fear. His eyes are full of light, and his heart is pure. Though he cannot hear, his spirit is unshaken. He would smile at the children, sing hymns, and bless them with his hands. His presence brings joy to all who meet him. When I met him, he was well past ninety years of age. I asked him if he felt his time was near, and he laughed gently. "The body is but a vessel," he said. "The soul is eternal.

Mataji Kuppammal with THE SPH (age 16)

Mataji Kuppammal's advice to THE SPH before she left the body in 1995, "Serve the sadhus. You will be served thousand times better"

As long as the spirit remains, I am not yet finished." Even now, he continues to serve others. He writes in Telugu, sharing his wisdom with devotees who come to him for guidance. Though he cannot hear, he communicates through gestures and expressions, his eyes speaking volumes. I often assisted him in those moments, feeling a profound connection to his divine purpose.

- Sadhu Seva is one of the greatest parts of My lifestyle. With all My work, I will never miss serving any elderly sadhu whom I come into contact.
- From the time I can remember, I recall that Sadhu Seva – serving the sadhus – was an important component of My life. It is an instruction from Mataji Kuppammal. "Hey, serve the sadhus. You will be served thousand times better!" And the word always came true! The word always came true!
- My approach to serving them is rooted in humility and sincerity. Whether it is offering food, water, or simply listening to their stories, I do so with reverence. Their presence has been a guiding light, reminding Me that true service lies in selflessness and dedication. This particular sadhu, known for his profound knowledge and linguistic versatility, speaks in a unique blend of Telugu, Tamil, and Bengali. Swami Nandanandaji was even in Madurai Rāmakṛṣṇa Mutt. He will go to temple and stand in the Garbha mandir [sanctum], and talk to Sundareshwara (Mahādeva). One day I was really convinced about his greatness that he is established in Bhāva Samādhi.
- I asked him, "Swamiji, you are talking to Śri Rāmakṛṣṇa for the sake of every one. Can you tell Me what should I ask Rāmakṛṣṇa? What YOU ask from him for you, you tell Me. I want to ask the same thing for Me from him. Because, if you are talking to him, then you know best what should be asked from him. You would have asked that for you. You tell Me. I want to ask the same thing for Me from him. Through you only! But, you tell Me what should be asked, what is the best thing to be asked from Bhagavān Śri Rāmakṛṣṇa." Usually he will speak loudly. Suddenly, he just pulled my hand, and pulled Me near him, and started telling Me very lightly, means, I think he is trying to convey something very secret (in a whisper), "Hey, ask Bhagavān always to have good company and never you should get into bad company. That's all you need to ask. Never you should be attracted to bad people and bad company!

Saying "NO" to the evolution of life is saying "NO" to life.

For Practical Decision Making Wisdom Homework: What is Satsangha, What is Dussangha?	
Homework Type	Vakyartha Sadas (debate)
Duration	21 minutes
Debate subject	'Atmāhana', saying 'NO' to life, leads to the lower levels of existence, 'Dus-saṅgha', company of the lower-level people."
Reference	Verse 3, Iśāvāsya Upaniṣad, "Dussaṅgha - The Biggest Warning (Wrong Company)" on page 256
Share	Visit https://nithyananda.ai

- **You should always be with good people and good company.** Have only good people's satsaṅga. Never you should be influenced, attracted by bad people. That's all I ask him for Me. I will ask the same for you also." That's it!
- I tell you, still I remember the power of those words! It may look very superficial and simple for you guys. Only if you know the context, the situation, a man who can talk to God directly every night as he wants, says, "I think I should ask only this: 'Let me not have bad people's company who influence me wrongly.'"
- I tell you, bad people's company is such, they can even steal, rob, Guru in your life, who happened after janmas of "tapas", understand!
- After hundreds and hundreds of births, your prayers, your "tapas", your fasting, your meditating, a living Guru happens in your life! The bad company: asuryā nām te lokā andhena tamasā'vṛtāḥ, understand! "I think I should ask only this: 'Let me not have bad people's company who influence me wrongly.'"
- Swami Nandanandji used to tell me, 'I told Thakur, if he doesn't give me health I have no problem; if he doesn't give me wealth, I have no problem; I don't want name and fame; I don't ask anything; I don't want anything; Whatever he gives he gives, if he doesn't want to give, he doesn't want to give. I only

Decide FOR LIFE! Never give up! Come what may, look through it; you will see the light in the other side of the tunnel!

ask one thing: Let me have satsangha. Let me not have Dussaṅgha. Let me not have bad company who move me away from spiritual lifestyle.’

- Dussaṅgha is the worst curse, I tell you! Because, even you falling into depression or slipping from spiritual lifestyle, spiritual practice, is not crime; it may be mistake; but you can, if you have good company, you can recover and come back. But, company of bad people is blunder! Blunder! Blunder! Understand? They will be so enchanting, enticing,
- I tell you, always bad people will be enticing, because they are encouraging all your basic instincts, they are encouraging all your agitative excitements; they don’t let the maturity happen. So, the company of bad people is the blunder! Today’s subject for Vākyārtha Sadas: What is Satsangha and what is Dussaṅgha.

Don't Build Walls: Say "Yes" to the Next Step

- I will continue to expand on – tāṁs te pretyābhigacchanti ye ke cātma-hano janāḥ||3|| pretyābhigacchanti means, "after death." Saying "YES" to life raises you, saying "NO" to life disturbs you.
- If you feel sensory pleasures of your life, saying "NO" to it is saying "NO" to life, and, when life teaches you 'Sensory pleasures are not ultimate. Move!', Not ready to learn that lesson is also saying "NO" to life!
- **Remember, whenever life gives you the experience, 'Hey, sensory pleasures are not ultimate! Come on! Come next! Move, move further! Move further!**
- Let your pleasures be matured! Let your aspirations be matured!', and you say, "No, no....I think that is too much. Too much risk I have to take. I think....it is okay, I am here. Good, that is again saying "NO" to life!
- Saying "NO" to the evolution of life is saying "NO" to life.

However long the tunnel may look, you will see the light on the other side! Don't give up!
Hindus have faced all the worst situations where anybody would have given up and they did not give up, they have a right to tell you DON'T GIVE UP! Always decide FOR LIFE!

- If you are confused, 'Now, if I say "YES", am I saying "YES" to my passions and "YES" to my sensory pleasures, or should I say "YES" to my maturity, evolution? I think life has also told me many times that sense pleasures are not ultimate; it is asking me to get matured. What should I do?'
- Always, even if you think it is going to be mistake, decide FOR maturity. Because, even if it is a mistake, it is a right side to err! Right side to err! Err on the right side!
- So, understand, lot more thinking through is required about this concept of "saying YES to life". That is why I insist on Vākyārtha Sadas.
- All the seekers should either listen or participate in Vākyārtha Sadas. I tell you, in Vākyārtha Sadas, so much of "vādha-prathivaadha", internalizing, exploring happens. The beauty of Vākyārtha Sadas is, it makes even your body matured, listen, not just mind. Your body gets matured! Whenever you do intense yoga, kriya, prānayāma, don't think just your body gets matured; your mind too gets matured! When you work on the body, mind also gets matured! When you do Vākyārtha Sadas, body also gets matured!

Don't Give Up!

- Those who kill the ātma, who do "ātmahana", they get into the space of demons, the hells coerced by blinding darkness, and all the negative qualities of "tamas". So, wake up! Decide FOR LIFE! Never give up! Come what may, look through it; you will see the light in the other side of the tunnel!
- However long the tunnel may look, you will see the light on the other side! Don't give up! I have the right to tell that word experientially! Don't give up! As Hindus, we have the right to tell that word – 'DON'T GIVE UP!'
- After being beaten so much, attacked so much... understand? I am not even talking about three-thousand years. Just last three-hundred years, the number of Hindus killed, tortured, abused, just because of our faith, our way of life...! After all that, we are still standing! And we have a right to say DON'T GIVE UP! I tell you, after all this torture, we are made to believe, our own upper caste has killed our own lower caste. That is the peak of crime!

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Always, "NO" to life is said out of ignorance, unconsciously.

- After being destroyed, the remaining few of us are made to believe, 'No outsider killed us. You guys killed each other!' Because we are seeing so many dead bodies all around. How to dispose? What to do? Who killed it? Who did it? 'No, you guys did it among yourselves, when you were sleeping. When you were sleeping, you rolled on that person, he rolled on you, and he got killed.' This is the story we are told! All these we withstood! We have not given up! It is time for us to win.
- We won't give up! And we will teach people not to give up because, we have faced all the worst situations where anybody would have given up, and we did not give up, we have a right to tell you guys, DON'T GIVE UP! Always decide FOR LIFE! Always decide FOR LIFE! Always decide FOR LIFE!

Saying "yes" Inspires You & Others

- I will expand on how, saying "NO", impacts you and others, and how, saying "YES", inspires you and others.
- Listen! Always, "NO" to life is said out of ignorance.
- Always, "NO" to life is said out of ignorance, unconsciously.

Decision-Makers: The Key to a Better World

- Listen! Whether it is an individual level, or level of social leader, political leader, or decision-maker, any level… I hear in the newspapers, in the Internet, again and again, the various scams at the level of decision-makers in various countries. The politicians or the bureaucrats, just for the sake of the bribe they get, they are compromising the health of the common man.
- The second: quality, not THE very best things, is made available to the common man just because some money they get as bribe. Whether it is in the

field of pharmaceutical drugs, or even in the field of food industry, THE best is not made available to human-beings, common mass; the quality is reduced.

- Sometimes even dangerous, risky things are done; sometimes, knowingly, dangerous things are done by paying some bribe to the bureaucrats or politicians or officials. They also, just for the sake of that money, accept the money and allow this. These are all "saying NO to life".
- Listen! But, unfortunately, this fellow who accepts money, he also does not enjoy. He stores it, stashes it in some tax haven in some remote island, which he never enjoys till his death. So, for something which he is never going to enjoy, he is saying "NO" to so many people's lives, understand? This is one small example I am giving.
- If you look in and study your life, all the difficulties you are facing, understand, I am saying, 'including the poverty imposed upon you'..... I tell you, in this century, 21st century, no need for poverty.
- We have awakened critical mass of the human population to work and produce enough of food, clothes, shelter, medical-care, for the whole population of Planet Earth, please understand. In this century, we have awakened enough of the critical mass.
- Actually, 2% of the human population, if it decides to work eight hours a day in a very disciplined way, we can produce everything needed for the whole population of the Planet Earth – Food, Shelter, Clothes, and Medical-Care, these four basic things. And we have awakened more than that percentage in this century4.
- Then, why, why is still there poverty, there is poverty for these four? If, some way, you don't have access to these four, be very clear, it is just because of decision-makers saying "NO" to life, decision-makers saying "NO" to life.
- The only way the problem can be solved is, more and more people who

4 If 10% of the people were to think about things in the right way, they could solve the whole problem." https://www.amazon.com/Operating-Manual-Universe-Buckminster-Fuller/dp/0812919316,
The Dawn of Everything: A New History of Humanity by David Graeber (2018). https://www.penguinrandomhouse.com/books/274619/the-dawn-of-everything-by-david-graeber/

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consciously say "YES" to life should become decision-makers. It cannot happen by revolution. No! No revolution will do this, because, usually, the people who lead revolution are always again the people who say "NO" to life. It can happen only by evolution. It is never going to happen by removing the people who are having power and replacing them with somebody else.

- Making everyone powerful, raising more and more people to say "YES" to life! I am attending to some of the basic understandings about life.

Whenever you share food, do Anna dāna, you say "YES" to somebody's life, and the life energy in your stomach is awakened! So, any disease related to your stomach is healed!

The Vedic Tradition and Lifestyle

- When I look into the Vedic Tradition and the lifestyle, there was not at all so much talk about work.
- Working eight hours a day was not lifestyle in Vedic Tradition. Work was never more than three to four hours per day. But, so much was available, so much was available for everyone, for everyone, because decision-makers were always saying "YES" to life. Decision-makers enjoyed people having abundance instead of the wealth being locked in their treasury under their control, because decision-makers were not feeling so insecure and possessive in Vedic Tradition.
- Please understand, when Bhagavatham describes that 16,000 golden palaces existed in Dwaraka, for each citizen they had a golden palace, it is true! Not just perception or fact; it is truth! Because Kṛṣṇa never felt insecure, and it was done by his great space which says "YES" to life.
- Above all, Dwaraka was "Soft Power" city, not "Hard Power".
- Please understand, Dwaraka was a city made of immigrants… city made of immigrants. Means, whoever loved Kṛṣṇa, whoever wanted to be with him,

they all gathered around him and they created their own heaven.

- Please understand, it was not “Hard Power”; means, people existed, and Kṛṣṇa became king and he controlled everyone. No! He hated to be in the space of “Hard Power”. That is the reason he had to leave Brindavan. He could have become king of Mathura after killing Kamsa. He said, ‘No! No “Hard Power”!’ He handed over the kingdom to Kamsa’s father. He said, ‘No! No “Hard Power”! I am going to a place where people who love me will gather around me, who want to celebrate life around me they will gather around me.
- Only “Soft Power”. And the whole “Narayani Sena” (Kṛṣṇa’s army) was volunteers of Narayana, devotees of Narayana, disciples of Kṛṣṇa, followers of Bhagavān. Understand? Saying “YES” to life!

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Mental Level Corruption: Spreading Lies

- All corruption, whether it is in the physical level, mental level.....
- Please understand, mental level corruption means spreading lies, which some media houses do because of their vested interests. It is mental level scam, psychological scam, information scam.
- So, understand, whether it is a physical level scam, or mental level scam, conscious level scam, i.e., spreading lies as religion, especially when you are talking something about what will happen to an individual after death.
- Listen! Whether it is physical, psychological, conscious, lies being spread, wrong things being spread is scam, and that is "saying NO to life", "saying NO to life". Say "YES" to life as much as possible in every possible way, understand?
- Even the healing science, the science behind how I heal, and how our thousands of healers are healing, is nothing but the science of "Saying YES to Life". Science of "Saying YES to Life"!

Organ Donation in Vedic Tradition

- People ask me, 'Is organ donation accepted in Vedic Tradition?' I can very clearly say, 'YES! Organ donation is perfectly accepted, supported, because it is again "saying YES to life"'.
- Please understand, only an enlightened body should not be touched, disturbed. After they leave the body, it should be preserved as it is, through the proper Vedic way of mummifying, the Jīva Samādhi process as described by Thirumoolar.
- Thirumoolar is Mahādeva using the body of a farmer who was taking care of his cows, who was bitten by a snake and died. And all his cows were standing around him and crying. The story says, there was a divine being going above the sky and saw the scene and decided to enter into that farmer's body just to remove the sufferings of the cows. I am telling you from my own authority, who can feel so compassionate for "pashu" (cattle)? Only the Pashupati (Lord of all pashus – Mahādeva) can feel so compassionate for "pashus", and only

Pashupati can feel the sufferings of "pashus". He was only moving! And, he only assumed the body of Thirumoolar and came back to life! And, he describes the whole science beautifully, the Vedic way of mummifying the body, Jīva samādhi.

- Only the enlightened beings' bodies should be properly preserved and Jīva Samādhi should be done. Other than that, any person, any normal person can write a Will to donate his organs. And organ donation is accepted, and it is one of the best ways to say "YES" to life! "YES" to life!

The Cosmic Science of Anna dāna and Life Energy

- Let me expand from a different angle the same truth, from this mantra, a practical, user-friendly way to use this verse. Whenever you make a conscious decision to say "YES" to life, listen—whenever you make a conscious decision to say "YES" to life, all the other energies associated with life get awakened in you, understand?
- A simple dāna means "charity"—you give some money for somebody's medical expense, or you give some food for somebody, listen. Simple Anna dāna awakens, because Anna dāna is "saying YES to somebody's life." He is suffering with hunger—hunger is considered as one of the diseases in Ayurvedic tradition; giving food is curing the disease—the moment you give food, you say "YES" to his life, and I tell you, immediately the life energy in your stomach will be awakened!
- Anybody, please understand, as an authority on this Cosmic science, the science how the Cosmic energy works, as the authority on the Dharma, with all my integrity, authenticity, I am declaring, I am revealing this truth, please understand—whenever you share food, do Anna dāna, you say "YES" to somebody's life, and the life energy in your stomach is awakened! So, any disease related to your stomach is healed!
- Same way, whenever you do "Vaidya dāna" – it is one of the very powerful "dānas" in the Vedic Tradition – means, giving money or supporting somebody

in his medical care. A poor person who can't afford, providing medical care for that person through medicines or whatever, whatever surgery, or providing whatever is necessary for his medical care, it is called "Vaidya dāna".

- I tell you, if you are suffering with heart problem, do Vaidya dāna of a poor patient who is suffering with the same heart problem. Do Vaidya, I guarantee, the life energy in you will be awakened; your recovery will be so fast, you will be healed so quickly!
- I have seen the benefit of Vaidya dāna in my life in many ways!
- Whenever I prescribed to devotees to do Vaidya dāna, or I myself did for some devotees, it has helped a lot! Helped a lot!
- **Many people who were supposed to die, did not die. Their life got elongated just by Vaidya dāna! I tell you, from my experience! Because, the moment you say "YES" to somebody's life, the life energy in you wakes up to that "YES"! It wakes up to that "YES"! Whenever your life energy wakes up to the "YES", simply your body heals!**
- All 'dāna', please understand, all 'dāna' is 'saying YES to life'. Still, now, I follow: whenever I go to the sacred places, I will do all the great 'dāna' that need to be done. Please understand: thousands of people may say, 'I have given enough,' but true generosity lies in the continuous offering of time, energy, and resources without expectation of return. This is the essence.

The Power of Giving

- I have transformed so many people who received from Me! Just by giving some money or support, I have transformed so many people, understand?
- Because, the context from which I am giving is "saying YES to life." Don't bother about all the other stupid theories.

Five Individuals to Always Give Something

- The tradition says, these five people you should never meet empty-handed or say "NO." These five people you should always give something:
    1. A child. Whenever you meet a child, see a child, always share something.
    2. A pregnant woman who is carrying one more life. Whenever you see her, always share something.
    3. A beggar in the street or anywhere, person who is in need, poor. Always share something.
    4. Fourth, a "sadhu." Always share something.
    5. Fifth person you should not go meet empty-handed, you should always give something is, Guru.
- Tradition says, these five people you should always share something, offer something, because this is "saying YES to life".
- **You will NEVER become poor! You will ALWAYS be rich! Constantly sharing from the context of "saying YES to life" will awaken so much of life energy in you, so much of life energy in you!**
- Say "YES" to life! Say "YES" to life! Constantly, constantly sharing from the context of "saying YES to life" will awaken so much of life energy in you, so much of life energy in you!
- Dāna is the essence of giving, the soul of generosity. When you share from the context of "saying YES to life", you unlock boundless energy, transforming both yourself and those around you. Say "YES" to life! Say "YES" to life!
- Constantly, constantly sharing from the context of "saying YES to life" will awaken so much of life energy in you, so much of life energy in you!
- Dāna is not merely an act—it is a state of being. When you embrace "saying YES to life" as your guiding principle, you become a vessel for infinite possibility. Say "YES" to life! Say "YES" to life!
- Wherever you get a chance to say "YES" to life, do it! Do it! I don't even bother about the security.

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- I will always keep notes, changes, coins, in the car. Wherever in the signals the car stops, any poor or beggars I see, that is the only time I touch money. Always giving with the context, from the context of "saying YES to life"!
- **Please understand, go on sharing as much as you can from the context of "saying YES to life", "saying YES to life"!**
- These five people – a Child, Pregnant Woman, a Beggar, or a Sadhu, and Guru – these five people, you should never go and meet empty-handed. You should always go, whenever you see them, always share something with this clear context of "saying YES to life", "saying YES to life".
- Whichever position you are in, your decisions must be rooted in the principle of "YES" to life. Whether you are a leader, a teacher, or a common person, let your actions reflect this abundance. Let your heart be open to giving without fear or hesitation.

The tradition says, these five people you should never meet empty-handed or say "NO." These five people you should always give something: A child. A pregnant woman. A beggar. A Sadhu. Guru.

The Healing Power of “YES” to Life

- The power of “YES” to life extends beyond giving—it heals. When you embrace this mindset, it activates the bio-memory within you, connecting you to a deeper source of vitality and purpose. This healing is not just physical but spiritual, transforming your relationship with yourself and the world.

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Iśāvāsya Upaniṣad
Verse 4

ĪŚĀ, PURE CONSCIOUSNESS BECOMES ĪŚVARA, CONSCIOUSNESS WITH QUALIFIED ATTRIBUTES

अनेजदेकं मनसो जवीयो नैनद्देवा आप्नुवन्पूर्वमर्षत् ।
तद्धावतोऽन्यानत्येति तिष्ठत्तस्मिन्नपो मातरिश्वा दधाति॥४॥

anejad-ekaṁ manaso javīyo nainad-devā āpnuvan pūrvamarṣat ।
tad-dhāvato'nyān atyeti tiṣṭhat tasminn apo mātariśvā dadhāti ॥ 4 ॥

Translation: It, Consciousness is unmoving, oneness, and swifter than the mind. Gods of senses cannot overtake and go beyond It, as It has swiftly moved ahead. Remaining situated, It outruns all other fast running ones (mind, speech, senses). In It the Life-Energy [mātariśvā] moves and expands Itself in Space, supporting all activities.

Word-By-Word Meaning

anejad	unmoving
ekaṁ	oneness (beyond 'one')
manaso	than the mind
javīyo	swifter
na	not
enat	It/Consciousness
devāḥ	Gods of senses
āpnuvan	overtake and go beyond
pūrvam	ahead
arṣat	moving
tad	It
dhāvataḥ	fast running ones (mind, speech, senses)
anyān	all other
atyeti	outruns
tiṣṭhat	remaining situated/ unchanged
tasminn	in It
apaḥ	all activities (literally apaḥ is 'water', all activities of life are connected to water, hence it represents 'activities' in this context)
mātariśvā	life-energy (prāṇa, ether) that moves and expands itself in space ('mātari' is motherly 'space', 'svayati' is vāyu or air element, representing the life-energy that expands in the motherly womb of the space)
dadhāti	Supports, gives

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The Qualities of Iśvara - Unmoving, Oneness, Swifter than Mind

The Problem

The moment you utter the word one, it has become complete political structure – only one person can be authority. The second always threatens the one. So insecurity between these two goes on and on and on.

The Vedic Solution

The deepest level of existence is Oneness. So there is something really really same between you and even your worst enemy or the best person towards whom you have love or greed or possessiveness or lust, whatever you want. The moment Oneness is smelt, suddenly the whole fear is bulldozed.

Your First Step

Meditate on Oneness. There is Oneness between you and the beings you are afraid of.

Iśa vs. Iśvara- Super-Consciousness vs. Attributed Consciousness

- Listen! It, Consciousness, is unmoving One and swifter than the mind. The Gods of senses cannot overtake and go beyond It as It has swiftly moved ahead. Remaining situated, It outruns all the other running ones. In It, the life energy moves and expands itself in space, supporting all activities.
- Come on. In this verse, now the quality of Iśvara is defined. You may ask why?
- Please understand: When something beyond your comprehension is being described, at least a few qualities which your mind can comprehend should be told to you, so that you can start meditating on it. Or, when that experience happens, you can analyze whether: "This is It" Or "This is not". Even to do that process of "na iti, na iti" (this is not, this is not), you need to have a scale.
- Please understand: Here, the qualities of Consciousness, the qualities of Iśvara are described[1].
- I am using the word Iśvara instead of Iśa. Iśa is Pure Super-Consciousness in its existence.
- **Iśvara means, whenever Iśa is described in a method to reach Him, or in a technique to reach Him, or some form or some name, some quality attributed**

1 There's no single, universally accepted answer to the "hard problem" of consciousness – why and how physical processes give rise to subjective experience. The Integrated Information Theory (IIT) says Consciousness is fundamentally about integrated information – the degree to which a system's parts are interconnected and interdependent. The more integrated information a system possesses (measured as "Phi"), the more conscious it is. Tononi, G. (2017). Integrated Information Theory. Oxford University Press. (This is the foundational text).: Tononi, G., Koch, S. (2012). A mathematical theory of consciousness. Journal of Consciousness Studies, 19(1-2), 1–23

Iśa is Pure Super-Consciousness in its existence.

Whenever Iśa is described in a method to reach Him, or in a technique to reach Him, or some form or some name, some quality attributed to Him, Iśa becomes Iśvara.

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When the completion is there, you are in the space of Sattva.

to Him, Iśa becomes Iśvara.

- Understand. The moment you attribute qualities such as being swifter than the mind, Gods of senses cannot overtake and go beyond It, the moment you give these attributions, It is Iśvara. Now, in this verse, the qualities of Iśvara are described, qualities of Iśvara are presented. You should know why.

Misconception of Sattva and Tamas

- One of the biggest crimes the Hindu society has done is, thinking that the peace of Sattva as laziness of Tamas, and practicing the laziness of Tamas, thinking that they are in the peace of Sattva.
- Understand: Sattva and Tamas, both look the same; but the context is totally different. The Sattva, peace of Ramana Mahāṛṣi, and the laziness of the beggar lying outside Ramana Mahāṛṣi's ashram, even though the actions look the same, the context is different.
- This is one of the biggest problems Hindu society is facing. Even now, many of the so-called seekers cannot accept the way of life I am presenting, or the way I am living. Continuously, I am teaching and living in action. But lazy fellows, they will be action in inaction. There will be so much of action inside, but outside they will be inactive.
- **Inaction can come due to various incompletions: inability, does not wish to take the responsibility, non-committal lifestyle and thinking patterns, and a thousand and one reasons, laziness, vengeance and anger, hatred towards life. Inaction can come due to ten thousand incompletions. All that cannot become Sattva.**
- Pure inaction out of complete completion, without any incompletion, only can be called as Sattva; and in that Sattva, you may or may not even have action or inaction.
- When the completion is there, you are in the space of Sattva. You may even act to teach the world, to teach to others. So, understand. anejad-ekaṁ manaso javīyo nainad-devā āpnuvan pūrvamarṣat | tad-dhāvato'nyān atyeti

tiṣṭhat tasminn apo mātariśvā dadhāti || All these qualities are described: Consciousness is unmoving, One, and swifter than the mind. I may not want to say, "One"; "Oneness."

Importance of Context in Spirituality

- The qualities of Consciousness are described here so that you won't miss the context. Listen! If you go to a temple without having the right context, it may be just a nice art, kind of a museum, stone carved in beautiful shapes and sizes. Nice, that's all. But, if you know the context and go, it is a place to connect with God (Iśvara), Consciousness. It is a place to celebrate Enlightenment: Living Advaita.
- So, now the Upaniṣads are setting the context: In their first statement they declare the Ultimate Truth – īśāvāsyam idagṁ sarvaṁ yat kiñca jagatyāṁ jagat| - Everything is Consciousness. In the next verses, they teach the important truth of saying, "YES" to life. If you decide to say "NO", what happens, they describe.
- Now they are describing the qualities of Consciousness – Iśvara. Why? For various reasons:
    1. First thing, for you to set a context, you should know what is Consciousness and what all is not Consciousness...
    2. And you should also know how to start practicing,
    3. How your practices can be done,
    4. How you can align yourself for the practices.
- If you don't know the context even and enter into the temple, it won't be useful to you. Sometimes you lose respect for the temple. Then again gaining it back is very difficult. Similarly, when you start the practice itself, the context should be set. **Please listen. That is why I said, context is more important than God (Iśvara) itself in Hindu Tradition: Iśa is more important than Iśvara itself.**
- Setting the context means: Why, What, How, Where, When, Clarity of the Whole. That is what I call, "the context that is more important than God itself." Context (Iśa) is more important than God (Iśvara) Himself.

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- I will expand on why the context is more important. Only if you know He (God) is the Creator, Maintaining, Destroyer, you will even know you need to relate with Him. So, all the qualities described here are to set the context; why you should do what you should do.
- **He (Iśvara) is unmoving in a world where everything is moving.**
- **He is the Oneness (Eka Brahman): One and Only Reality.**

- **He is swifter than the mind: means, anywhere your mind can reach, He is already there. He is beyond your mind.**
- **The word "Manaso javīyo " means: Any hope you have: The fulfillment of that hope is He.**
- **Any fear you have: The space from which the fear comes is He. So, instead of running behind your hope or fear, run behind Him (Iśvara).**
- Therefore, setting a context is essential before starting to practice any spiritual path.
- By understanding who God is and what His qualities are, you can begin to relate with Him. This knowledge sets the stage for true enlightenment: living in harmony with the ultimate reality.
- In this way, knowing the context becomes more important than memorizing scriptures or rituals alone.
- True wisdom comes from understanding the essence of life itself – Īśāvāsyam idagṁ sarvaṁ: Everything is Consciousness.

Technique of Negation: "Na Iti, Na Iti" to Find Consciousness

TECHNIQUE

- Nainad-devā āpnuvan pūrvamarṣat | The Gods of senses cannot overtake and go beyond It. Actually, each of the Gods associate themselves to one sense. But the Super Consciousness – Īśa is beyond all these Gods.
- **Meditating on these qualities, wherever these qualities exist, that is Īśvara; where it is not, it is not Īśvara.**
- **Actually, here, the Upaniṣads declare more in the negative sense; means, if you see the whole thing, it is more a technique for you to use 'na iti, na iti' – Not this, Not this.**
- **Unmoving: Then anything moves, is *not That.***
- **Oneness: Then anything which is lower than that, *is not That.***
- **Swifter than the mind: Then anything which you can assume by the mind, *is not That.***
- Here, the qualities are described more for you to use as a technique to find Consciousness. Many times, people ask Me: "What is Completion?" The space where this question does not arise is Completion.
- It means, till then, you will have to go on being complete. You can't give a positive answer for this. You can only give a technique with which they can be cleaning it up and get into that space.
- Like the question "Who am I?" Never can have an answer because it is not a question; it is a quest. It can have only 'experience' as the response. The question "Who am I?" – Neither it is a question, nor it can have an answer.
- It is only a quest. It can only have experience as the response to it.
- In this sense, all questions that arise from within are not questions at all, but quests for self-discovery. They cannot be answered intellectually; they must be

All questions that arise from within are not questions at all, but quests for self-discovery. They cannot be answered intellectually; they must be responded to through experience and intuition

In It everything happens. In It everything dissolves. Īśa, when you try to relate with Him, becomes Īśvara. Īśvara, when you experience Him, becomes Īśa.

responded to through experience and intuition. By letting go of our need for a definitive answer, we can open ourselves up to the possibility of direct experience.

- As I mentioned earlier, techniques such as meditation and introspection can help you clean up your mind and get into that space where completion is possible. These practices allow you to quieten the mind and listen to the whispers of your own heart, guiding you towards self-discovery and inner transformation.
- By using these techniques, you can begin to experience Consciousness for yourself – not as a concept or an idea, but as a direct experience that is available to you in this moment.
- Here, two things you need to understand:
    1. First, the qualities are described.
    2. Second, not in an affirmation way; it is described for you, to be used as a technique to do the process, "Not this, Not this." You can see, all the descriptions are: *anejad-ekaṁ manaso javīyo nainad-devā āpnuvan pūrvamarṣat |*
- *It is Unmoving, Oneness, Swifter than the mind, Gods of senses cannot overtake and go beyond it, as it moves swiftly ahead. Remaining situated, it outruns all the other running ones.*
- See, it outruns everything that runs, and it does not move. Now what will you do? So naturally, this is used for the purpose of negation…. In It the life energy moves and expands means, whatever you are, you exist, you live, you expand, you become one with, everything happens in the Super-Consciousness described here as Īśa.
- In It everything happens. In It everything dissolves. Īśa, when you try to relate with Him, becomes Īśvara. Īśvara, when you experience Him, becomes Īśa.
- **Every description here in this Upaniṣad, the fourth verse, is given for you to use as a technique to reach the truth as it is: The truth as it is. So, meditate on these qualities: When you try to meditate on these qualities, you will**

understand that you can't meditate on them. It is only used as a technique to find out: "What you are perceiving or grasping as 'Iśvara', is it Iśvara or not?

- So, if you sit and find out: "What is unmoving?" So, anything you imagine is not It (Iśa).
- "What is Oneness (Eka Brahman)?" Because, anything you imagine has triputi bhedha — Imagine, Imaginer, Imagined — the being which imagines, the thing which is imagined, and the imagination. The triputi bhedha comes. As long as there are three distinctions: It Is not That
- And, "Swifter than the mind": Then anything you do with your mind is not That.
- The subject for Vākyārtha Sadas is: Are all these qualities to be attributed? Or, are they techniques for us to discover the truth and discover the Consciousness?

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The "Visiting Card of Consciousness"

- I was expanding on why these qualities of Consciousness (Iśvara) are described. As I said, even if you describe a negative quality, Iśa becomes Iśvara.
- The moment you try to perceive, relate, connect, or become one with Iśa, He has to grace us as Iśvara. Only then can He make us as Iśa.
- Please listen: Again and again, I repeat that "Aham" can never become "Śivoham". Only Śiva can extend Himself and just take the whole Aham inside and radiate as Śivoham.
- Iśa, the pure space, the Consciousness, without any attributes, you cannot even give the attribute of Super-Consciousness or Supreme Consciousness. The attributeless... I can say, "attributeless" is a word; but that word doesn't convey the meaning.
- Unattributable – you can't attribute anything. That Consciousness, the moment you try to describe, positively or negatively, the moment you try to describe, "Oh, it is compassionate. It is ever-loving. It is graceful..." Then you are giving a positive description.
- Or, if you do negative description, "It cannot be realized by mind, speech, senses, where the life energy moves and expands..." – Where you give the negative description – "Gods of senses cannot overtake and go beyond It." – "Nainad-devā āpnuvan pūrvamarṣat", It cannot be cut by the sword... Understand…
- Whether you give positive attributions or negative descriptions, the Iśa becomes Iśvara to support us to experience Iśa. But Iśa and Iśvara are not two; It is pure Oneness.
- Listen: Iśa and Iśvara are not two; it is pure Oneness. That is why working on the Consciousness, whether through positive attributes or negative descriptions, makes us experience Iśa, the Consciousness.
- I was expanding why these qualities are described in the Upaniṣāds; why the Upaniṣad is taking one full śloka to declare. This whole Upaniṣad can

be written just in a postcard. In those days, India used to have postcards. I don't know whether they still exist! Just in a postcard you can write this whole Upaniṣad. You don't need A4 size [8" x 11"] paper to write this whole Upaniṣad. Such short Upaniṣads!

IŚA

अनेजदेकं मनसो जवीयो नैनद्देवा आप्नुवन्पूर्वमर्षत्

PURE CONSCIOUSNESS

ANEJAD-EKAṀ MANASO JAVĪYO NAINAD-DEVĀ ĀPNUVAN PŪRVAMARṢAT|

Apartment:
Street:
City
District:

Anejad (Unmoving)
Ekam (Oneness)
Manaso Javīyo (Moves Swifter Than The Mind)
Nainad-Devā Āpnuvan Pūrvamarṣat (Gods Of Senses Cannot Overtake And Go Beyond It)

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- Please understand: To tell something very short, you need more time.
- One of the great authors wrote a 40-page book. Somebody asked, "Why did you write such a short book? Just a 40-page book? You didn't have time?" He said, "No, I had enough time. That is why I wrote a 40-page book. If I didn't have time, I would have written four-hundred pages."
- Understand: Condensing takes intelligence and energy. When you are expanding, you are not responsible; you can utter whatever you want. Only when it is condensed, you are responsible; you are bound by every word you utter.
- Listen: The bhāsyakārās (commentators)... People who create the original verses do not enjoy the same freedom as commentators.
- It is all just a few verses. Eighteen verses. In this case, why one full verse is dedicated to negative description? Positive attributes for negative descriptions

– Anejad-ekaṁ manaso javīyo – what a description!

- Anejad-ekaṁ – Unmoving Oneness; Manaso javīyo - Swifter than the mind. So, any form your mind assumes, It is already gone beyond that. It cannot be grasped or grabbed by the mind.

Whether you give positive attributions or negative descriptions, the Iśa becomes Iśvara to support us to experience Iśa. But Iśa and Iśvara are not two; it is pure Oneness.

- Please listen: The mind never tries to grasp anything; It can only try to grab. This is because it is based on restlessness.
- Please understand:
  - Grasping a person is - Love.
  - Grabbing a person is - Lust.
  - Grasping an Existence is - Communion.
  - Trying to grab It is - Taking Possession.
- Understand: When you grasp, both the grahakāra (grasper) and the āyatanam (that which is grasped) are in the space of completion.
- When you grab, both are in the space of incompletion. The mind never plans to grasp; it is buddhi that grasps.
- The mind always grabs, ALWAYS grabs. See what we have done to Bhūmā Devi - Mother Earth. Never has there been a time when so much damage was done to her. Now these fellows are moving towards Mars. I told Angaraka, the God of Mars, "Be aware. My fellows are coming." He replied, "So, what is one to do?" No, wherever we go, the mess remains; the way we grab has caused harm; even after grabbing more, we have not provided for everyone.
- Please understand: That is what I want to say...So much of "NO" has been said to life. At the end of the day, if all human beings were provided with basic needs like food, shelter, clothes and a house, at least it could be considered a tolerable mistake or blunder.
- But I tell you, a Consciousness from which one feels they need to provide for everyone will never allow grabbing. The mind from which grabbing occurs will never have the feeling of needing to provide for everyone.

The mind never tries to grasp anything; it can only try to grab

- That is why so much grabbing has been done, and yet people remain unprovided. This concept - "If people are provided, they will become lazy" - is completely wrong. Please understand: In contrast, both Saraswatī and Ganga, revered as mothers, have provided abundantly for us without making us lazy.

- Please understand. Actually, the whole Vedic Civilization happened between these two rivers. And they did not merge into the ocean as you think in West Bengal area. The Ganga moved lower than Sri Lanka, because the whole thing was land.

- When the Vedic Civilization evolved, Ganga almost went up to Australia, and below Australia it merged into the ocean. And, I can give you enough of evidences from Akashic Records and many research scholars who are working on the History, and how the Geography changed in course of time, and all that. So, between these two rivers, Saraswatī went up to this side, below South Africa, and Ganga went up to this side, till Australia, and merged into the ocean. The area covered between these two rivers is the place where Vedic Civilization flourished.

- Please understand: Ganga Mātā and Saraswatī Mātā both provided abundantly for us, yet we never became lazy.

- I tell you, the notion that human beings will become lazy if their basic needs are met is a flawed concept. The human Consciousness is inherently programmed for action. As Kṛṣṇa says:

  gahanā karmaṇo gatiḥ[4.17] - The world is programmed for action.

- How many days can one afford to sleep? How long can one sustain running life without a strategy? How long can boredom and tiredness be entertained? How long can hatred towards an employer be used as a pretext for taking

"vacation"?

- All so-called vacations are nothing but seeking revenge on the boss. I'm telling you, it's all about revenge.
- **Even in our inner space, when we feel exploited or taken advantage of, we throw tantrums and protest. We decide: "I won't do anything." But how long can one entertain boredom, tiredness, and rebelliousness?**
- If one can sustain laziness forever, I have no problem. Try to indulge in it; see how it affects you.
- The lazy people, the tamasic individuals, may not use their bodies or take action, but they will always feel physical discomfort. Understand that laziness cannot be entertained for too long; eventually, one will become active and start expressing themselves.
- Please understand: Whether you grasp or deny responsibility, please note that both actions stem from unconsciousness.
- Mind always tries to grab, and this is why the Upaniṣad declares:

  manaso javīyo

  Consciousness outruns the grabbing mechanism.

- All of us have a grabbing mechanism called - mind. However, Consciousness outshines this mechanism.

The Path to Pure Consciousness

- Step by step, let us try to grasp what Upaniṣads are declaring in this verse. It is actually Consciousness giving its own address and declaring about itself to all of us. This verse is the Visiting Card of Consciousness. If you just follow this verse, you will reach Iśa, you will reach the Pure Consciousness.
- First Anejad, the word Anejad – Unmoving.
- Jagatyāṁ jagat means: Changing square. Change established on change. Change established on change. Changing square.
- Now, please understand. Iśa, Consciousness, it is filled.

- Actually, the whole universe is change established on change.
- Even though the change is established on change, it is filled with Iśa, Consciousness.
- Now, Upanisads are declaring: "Unmoving, but that itself does not change." Please understand.

Whether you grasp or deny responsibility, please note that both actions stem from unconsciousness.

Consciousness outruns the grabbing mechanism.

- Iśa, Consciousness, it fills the universe which is change established in change – Jagatyāṁ jagat. But, this itself is Unmoving. I think you should not become tired psychologically or feel bored mentally. You should meditate on this truth. Vākyārtha Sadas is only on this one word Anejad, that's all. Unmoving.
- What is It that is Unmoving? Earth is moving. Moon is moving. Sun is moving. Don't believe the Sun is not moving. It is moving, but in a pace where you can't grasp. It takes billions of years. See the whole Sun family is moving, centered on something else… So, everything is moving. What is that, that is Unmoving?...The idea you exist is the only one unmoving. Understand.
- **Before you grasp anything, the experience you remember that I exist, before you perceive anything, before you are able to think anything, before you are able to understand anything, whether an idea or a concept or a truth or the sensory experiences, whether it is Sun or Moon, or Earth or Universe, you only have this one point—the idea of your existence.**
- **You will have to sit and do manana, intranalyzing. What is that Anejad? What is that Unmoving? Consciousness is declaring itself, "I am Unmoving."**
- If you grasp 'What is Unmoving,' you will grasp, 'Who am I?' 'What am I?' So, grasping the Consciousness is the first priority for all of us as seekers. For that only we are doing whatever we are doing, whether it is standing upside down, or practicing vegetarianism, or applying the vibhūti from temple to temple, or trying to collect the brown colour cows and their cow dung to make the bhaśma, rudrakṣa mālas which catch the eye-balls of the people!
- Whatever we are doing, building temples, rituals, everything, the purpose is to grasp 'What is Consciousness.' Here, direct technique, directly Consciousness,

LOOK IN

Iśa, is giving His visiting card. I don't want to say, "his or her." Iśa is giving. I cannot even say, "its." Iśa is giving visiting card.

- In the visiting card, the first line it says, "Unmoving." It is like a Unmoving Apartment, Oneness Street, Manaso *Javīyo* Nagar means which moves swifter than the mind Nagar and Nainad-devā āpnuvan pūrvamarṣat Taluk. That is what the visiting card says!

The Guru who Questions Our Answers Leads to Culture

- Let us start grasping which happens by manana. Please understand. Manana by intranalyzing, internalyzing. Anejad - Unmoving.
- The beauty of these descriptions are such, YOU only can realize; no one else can teach you by the commentaries. No. The more I try to comment on this verse, more questions I will create in you. That's the real commentary. If I am giving you more answers, no, it is not commentary; it is just lullaby: 'Okay, this is the way the Consciousness is. You please rest, don't worry.' No! I am not going to sing lullaby. I am going to give you the weapon... Understand... The weapon to analyze. Questions are the weapons with which you can analyze and intranalyze.
- Somebody told Me the other day, "Swamiji, now I have more questions than the number of questions I had when I came to you". I said, "I have done My job exactly. I have job satisfaction now". I always tell you, please understand: The Guru who only answers your questions will lead you to a cult, just following. The Guru who questions your answers, who makes you think, internalize, intranalyze, only He will lead you to a culture.
- Understand, the Vedic tradition is always a culture where following is purely voluntary. We were so strong about our ability of transmitting the truths, we were so clear about the heaviness of our presence, we declared our religion as voluntary following.
- Understand, nobody forces you to go and buy the rice and cook and eat. It is voluntary. If you have hunger, you know where the food is; go and buy and cook and eat. Same way, we are so clear these truths are the only way for you to get out of your sufferings, we made it as completely voluntary.
- People who don't want to follow the Vedic structure or the lifestyle or this Dharma, were given full freedom and space in all kingdoms, in our own culture itself. So, understand that is why we didn't have organization. We only had educating centers. We were so sure about the whole thing, we made the whole thing voluntary. Understand! Voluntarily... if you want, you can follow. If you don't want, you don't need to. That space gives the space for everyone to

discover Sanātana Hindu Dharma.

- The most discovered religion is Sanātana Hindu Dharma I don't want to say, "most followed." No. The MOST DISCOVERED religion is Sanātana Hindu Dharma…. Most discovered tradition is Advaitic Shaivite Tradition.
- **Let us meditate on this one truth today. Anejad – Unmoving, Vākyārtha Sadas is all about Unmoving. What is Unmoving? Which is Unmoving? What is the definition of Moving? Come on, try to grasp.**

What is It that is Unmoving? Earth is moving. Moon is moving. Sun is moving. What is that, that is Unmoving?...The idea you exist is the only one unmoving.

- Try to grasp by having Vākyārtha Sadas, internalizing this one word: Anejad – Unmoving. Because, only if there is a space where you are not filled, you will be able to move.

- See, there is a space where I am not filled. In this seat, for example, I am sitting. There is a space in this seat where I am not. So I can move. But there are some people, if they sit in this seat, they will be filling this seat. So, no space where they will be moving. Inside this seat they cannot move, because they already filled.
- So, understand. Why does Consciousness declares itself as Unmoving? Because, it has filled every possible space that exists. It has already filled. That is why it cannot move anywhere any more.
- **So, try to grasp, define: What is Moving, What is Unmoving? Why something is moving? Why something is not moving? What all moves? What all does not move? Among the things which don't move, what should be Consciousness? What is the truth the Consciousness is trying to make us understand by this word, Anejad – Unmoving? Have Vākyārtha Sadas and enjoy.**

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One is Dead, Oneness is Living

- Listen. The Upaniṣad, the ultimate book, Book of the books, declare the definition, the qualities of the Cosmos.
- Please understand, the most important instruction human beings need to be given is about the goal, path, purpose of their life and setting the context, setting the context for their life. I tell you, in this fourth verse Upaniṣads are trying to tell you, set the context for life. Whatever you think constantly, you will become that.
- **Please understand, whatever you think constantly you will become that.** So Upaniṣads are setting the context: What you are expected to think. The direction in which your mind needs to move. Please understand.
- Mind by its very nature goes through the senses, means through the outer perception, because that is the least resistance path. Cognizing the external information is easy for the mind, so naturally it moves in that direction.
- If mind is forcibly turned towards the Source by the hard-power, please understand, hard-power means: 'by the rules, regulations' — it becomes suppression and depression. That is why mind hates rules. But if the mind can be made to understand, with the right context, to turn towards the Source — that is what I call soft-power.

Setting the Right Context and Turning the Mind Towards the Source

- **Setting the right context and turning the mind towards the Source through soft-power is what Upaniṣads are trying to achieve in this verse.** Through hard-power it is not possible.
- Please understand, just because you have huge buildings and religious infrastructure, don't expect people will follow you. No! I tell you, Truth has authority, but authority does not mean Truth… Through hard-power, trying to push the mind towards the Source from the senses is only going to lead to suppression and depression. But the good news is soft-power is enough to

push your mind to the Source and realize its divinity.

Whatever you think constantly, you will become that.

- I tell you, this verse, each word of this verse is setting the context for your mind to enter into the Source. Each word in this verse leads you to meditation. Sit and cognize, intranalyze.

LOOK IN

- **When you sit and contemplate on unmoving, you are setting the context for your mind to reach its Source and purify itself, complete itself. Cognizing each word in this verse. Meditating on each word in this Sūtra, will lead you towards the Source and lead you towards Completion, lead you towards fulfillment**.

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The Essence of Ekam: Oneness as Living Expansion

- Listen! I asked you to meditate on the word anejad. Now, we will work on just this one word ekam.
- Ekam cannot be translated as "One." It can only be translated as "Oneness".
- Please understand, if something is unmoving and it is only "One," then it should be the largest. Then nothing else can happen. It will be a Huge One Stone. So the word "One" for ekam is not the right translation.
- "Oneness" is the right translation because in "One" internal evolving expression is not possible, but in "Oneness" internal expansion, evolution—everything is possible.
- Understand, "One" is dead, "Oneness" is alive. The very word "One" means dead. "Oneness" means living.
- Let this realization anchor your meditation. Ekam as Oneness is not a static concept but a dynamic state of being, where the mind dissolves boundaries, expands into unity, and experiences the infinite.
- **Meditate on this word as "Oneness"—let it dissolve the illusion of separation, awaken the dormant light within, and guide your consciousness toward the boundless Source. Sit in stillness, cognize Ekam as Oneness, and feel the transformation unfold.**
- The soft-power, using the soft-power and moving towards the Source, Completion... So each of these words sets a context for you to experience Consciousness.
- This ekām – Oneness. Sit and contemplate on Oneness.
- Please understand, the tiredness and boredom cannot be entertained when you are trying to go towards the Source. See, your mind was always pushed towards the Source by the hard-power, means whenever you see failure, rules, regulations, laws outside, your mind out of powerlessness turns towards the Source. That is why you hate turning inside.

The Mind's Natural Tendency Toward the Source

- One of My Sanyasinis, she has this big fear of injections. When she fell sick she went to the hospital. The moment they picked up the injection she started crying.
- When I heard I started laughing, 'What is this?' But finally when I spoke to her she said – the young age experience as a child – her experience with the injection. See as a child, parents will actually threaten the kids, 'If you don't listen I will take you to the doctor and he will put injection.' Injection itself is so small and designed to cause very less pain for you but it will appear in your mind like a crow-bar because it is constantly repeated.
- Understand, whenever out of powerlessness you turn inside, the turning inside becomes such an impossible job.
- See for her the first experiences about the injection was so difficult or made to believe so difficult or she started believing it as so difficult, so even now it remains. Injection means, "haa, doctor is going to take a crow-bar and hit at you".
- Many times in your life when you were young, only when you are powerless you turned inside. When you did not get the mark which you expected in the examination, you sit with you. When your friend says no to you, you sit with you. When you don't get what you want, you sit with you. When you propose your love, he or she, if they reject only then you sit with you. If they accept, the next scene is duet.
- See the mind... always... the moment the acceptance happens, it is only extrovert – going externally. Only when there is a failure, the hero will be sitting like this (right hand forefinger on the chin, thumb on cheek and looking up to the left).
- Going inside to the Source, intranalyzing was always described as some act done only when you are powerless.
- Please understand, that is why even when the soft-power tries to turn you inside by setting the right context, the first thing that will come up is boredom,

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For Purpose and meaning in daily life Discover Ekam - Oneness as Living Expansion Iśa, Consciousness, it fills the universe which is change established in change	
Homework Type	Meditation
Duration	21 minutes
Instructions	Meditate on this word as "Oneness"—let it dissolve the illusion of separation, awaken the dormant light within, and guide your consciousness toward the boundless Source. Sit in stillness, cognize Ekam as Oneness, and feel the transformation unfold.
Reference	Verse 4, Iśāvāsya Upaniṣad, page 298
Share	Visit https://nithyananda.ai

tiredness, 'Why am I doing what I am doing, am I wasting my time?' As if you are going to go and change the whole universe and everyone is waiting to listen. This "wasting time" is a stupid concept, I tell you.

- **Whoever does not want to waste time you just need to do only one thing – maintain your breathing as slowly as possible, as deeply as possible. You will never waste time. You will have time as much as you want in the planet earth. Understand, whenever your breathing is chaotic be very clear you are wasting time.**
- Understand, if you have seen the machine from which they make thread, Gandhiji uses all the time, they will put the cotton one side and the thread will be taken out – spinning wheel. Same way, putting the life energy and making time, years for your life, longevity. I am giving you the technique to spin more number of years for you from the life force.

Maintain your breathing as slowly as possible, as deeply as possible. You will never waste time

- Life force is infinite! So much is available. That's a raw material out of which you can spin the number of years you need for you. The process of spinning is – maintaining your breath as slow as possible and as deep as possible. That's all.
- Understand that is spinning of number of years for you. So when your breathing is chaotic you are wasting time.
- When your breathing is deep and soft you are gaining time. Don't believe this stupid concept of "wasting time". There is no such thing as limited time available for you.
- Please understand, your mind can be turned towards Consciousness through two ways: hard-power, soft-power. Hard-power means with the rules, laws, regulations, you can be pushed but that will always be suppression and depression. You will hate it…. One of the biggest successes of Sanātana Hindu Dharma is – it is voluntary. Nothing is forced. Voluntary. Come come, don't come don't come. It's voluntary.
- Understand, that retains its beauty. This voluntariness retains its beauty and its Glory…. Without using the hard-power of rules, regulations, just using the soft-power turning your mind towards the Source, Completion, Consciousness is the job of this verse.
- Each word in this verse when you meditate on it more and more, when you think about it more and more, when you internalize it more and more your mind will move towards the Completion.
- Don't entertain tiredness and boredom. Because earlier tiredness and boredom happened through the hard-power you have been forced to go into Consciousness. Now, it is soft-power so you don't need to entertain the tiredness and boredom.
- **Ekam – Oneness. Ekam – Oneness. Go on meditating on it. Today's subject for Vākyārtha Sadas is the word 'Ekam'. Oneness, not one. God is Oneness, not one.**
- The moment you utter the word one, it has become complete political structure

– only one person can be authority. The second always threatens the one. So insecurity between these two goes on and on and on. No. Oneness. It is because of the Oneness, Sanātana Hindu Dharma can live with any number of Gods and Goddesses. Ekam, meditate on Oneness.

Life force is infinite! So much is available. That's a raw material out of which you can spin the number of years you need for you. The process of spinning is – maintaining your breath as slow as possible and as deep as possible. That's all.

- The deepest level of existence is Oneness. So there is something really really same between you and even your worst enemy or the best person towards whom you have love or greed or possessiveness or lust, whatever you want.
- **Please understand, the beings, persons towards whom you have love, respect, lust, reverence, possessiveness, keep all that list. Sometimes it will all be separate separate on different different persons. Sometimes something will be mixed up. And the other side, the person about whom you have fear, little fear, more fear, terrible fear, horrible fear, the moment you remember you are terrorized...**
- I used to wonder... My mother, the moment she hears her mother-in-law's name she will be terrorized! She will fall sick. I have seen! Please understand, it is not that only when she was living with her. Even after she left the house and she came to the Ashram and settled here, took Sannyas and the funny thing is even after her mother-in-law died, the moment she remembers the name or hears the name she forgets that mother-in-law is dead. First she will get terrorized, after that she will remember mother-in-law is dead and settle down…. First she will get terrorized. After half an hour she will remind herself, "Oh I think she is dead, so no problem" and she will settle down.
- So all the beings about whom you have fear, terrific fear, horror, horrific horrible fear, whatever; see with all these beings you have some kind of Oneness. Try to dig out what is That, because as a pure truth, Consciousness is Oneness and everyone has Consciousness. Whether Indra, who is enjoying the peak of heaven or the demon who is in the depth of Paataala or the Kinnara, Kingara, Kimpuruda, Gandharvā, Gāndhāra, Yakṣa, Rākṣasas – all jivas are called jīva because they have jīva (individal self). All beings are called as beings because

World peace is only possible if you understand that peace starts from within. Established on the principles of oneness, KAILĀSA founded the United Ancient Indigenous Enlightened Nations: Intergovernmental Organization (IGO) uniting 160+ Indigenous nations across 7 regions, creating dignified platform to revive all ancient Indigenous nations, drawing upon the timeless knowledge to forge a path toward global peace and respect for all life

they have a being.

- Understand! There is some Oneness between you and the beings you have greed and the beings with whom you have fear, whether it is Shani (planet Saturn) who is trying to attack you, catch you, Sadhesath (the 7 1/2 years of Saturn influence on the horoscope) or the Guru who is trying to protect you...
- Meditate on Oneness. There is Oneness between you and the beings you are afraid of, you and the beings you have greed for, or you and the whole.
- When you try to smell that Oneness, understand, you can't catch it, you can only smell it. It is so subtle. It is so subtle. You can't catch it. You can't say,

If you want to be established in powerfulness, the best technique is – meditate on Ekam, Oneness. There is a Oneness; the good news for you is, there is a Oneness between you and Mahādeva.

'I've caught hold of Ganga, I've caught hold of Ganga, come on, come and take it, come and take it.' No. The moment hands are closed, Ganga is not there anymore in your hand. As long as the hands are open only Ganga is flowing in your hand. This Oneness is so subtle, so subtle, listen, you can only smell it. You can't grasp it. You can't grab it. You can neither grab nor even grasp. You can only smell it. But the moment you smell the Oneness, the greed and fear - both buildings will just be bulldozed, not brick by brick getting removed. No.

- When you smell Oneness between you and the persons who are all, about whom you are always afraid, the moment Oneness is smelt, suddenly the whole fear is bulldozed. If I have to use a better word – bombarded.
- **Same way, the moment you smell the Oneness between you and the people with whom you entertain, cherish greed, love, lust, possessiveness all that - suddenly all of that will be blasted, bombarded.** I am not saying you will become a dry insensitive being, no. From sensitivity you will move to sensibility…. Your sensitivity will be very sensible. A sensible sensitivity…. Out of the powerfulness of Oneness whether you show love or anger it will become power for the other person who is receiving. Out of powerlessness whether you show love or anger whatever, it will lead the other person to powerlessness.
- If you want to be established in powerfulness, the best technique is – meditate on Ekam, Oneness. There is Oneness; the good news for you is, there is a Oneness between you and Mahādeva.
- Understand, the good news is, there is a Oneness between you and Mahādeva. The great news is He is waiting to give that experience to you. When you cognize Mahādeva, don't cognize Him as your competitor. People think, 'If I say I am Śiva maybe He will be hurt. He will ask, "What? You have become that qualified or what? You started telling Śivoham." No. He will say, "Dear, start telling Śivoham, I will make you qualified." He is not going to demand entry ticket and qualification certificate to give you the experience of Śivoham. He

is only going to say, "Start. I will give you the qualification."

- So cognize always Mahādeva as a person who is sitting encouraging you to start and He will give you the experience.
- Don't cognize Him as a rough person sitting, "Aah. You have become qualified? You've started telling Śivoham? Even Narayana has not yet achieved that experience. You think you will achieve?" No. He is not there to tell that and He is not that type. I am telling you. I am telling you the Truth as it is.
- When you say Śivoham and unable to maintain that powerful space and fall, He will only come and tell, "Don't bother, repeat more and more, cognize more and more, behave, act, live more and more like Śivoham. There will be some part hypocritic. There will be some kind of a hypocrisy in the initial level. Don't bother. Start. That will be aligned." So understand, He is here to make you experience Him because Oneness between you and Him is Consciousness…. **Understand, He is waiting to have you as part of Him. He is waiting to receive you to be with Him. He is waiting for you. You don't even need to knock on the door. Go near the door, it is open, He is standing to receive you…. The very idea, "door is locked and you need to knock", is the stupid idea given to you and you started believing it because you never went near the door. From the distance you assumed the door is locked, you have to knock. No. Go near, it's open, He is standing there to receive you.**

If you want to be established in powerfulness, the best technique is – meditate on Ekam, Oneness. There is a Oneness; the good news for you is, there is a Oneness between you and Mahādeva.

Your Immortality is The Truth: Life Energy Moves and Expands

Homework: Meditate on Ekam: Oneness 'Ekam'. Oneness, not one. God is Oneness, not one.	
Homework Type	Intranalyzation
Duration	21 minutes
Exercise	1. The beings persons towards whom you have love, respect, lust, reverence, possessiveness keep all those lists. (For example your partner) 2. The other side the person about whom you have fear, little fear, more fear, terrible fear, horrible fear, the moment you remember you are terrorized. (For example: your superior, manager, boss, mother-in-law) 3. See with all these beings you have some kind of Oneness. Try to dig out what is That, because as a pure truth Consciousness is Oneness and everyone has Consciousness. (For example, your partner knows exactly what birthday gift you are expecting every year without you verbalizing it. Your boss highlights exactly the flaws in your assignment which you are already aware of. So notice how these beings are supporting you to expand you to achieve what you want from the space of oneness)
Reference	Verse 4, Iśāvāsya Upaniṣad, page 299
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- Understand. This verse is, God is declaring about Himself. He is giving introduction about Himself. Consciousness is declaring about Itself.
- Anejad ekam manaso javīyo. Just Consciousness is declaring about Itself – 'What I am'? – understand.
- Sanātana Hindu Dharma is such, whatever it revealed in its scriptures is yet to be discovered by Science. Please understand, Science is yet to catch up with us. But just because Science has not yet caught up with us, it does not mean what is presented is a lie.
- Just the other day, I was reading in the Internet, they have discovered billions of times bigger Black Hole than the Sun. They have discovered a Black Hole in the Cosmos, which is billions of times bigger than the existing Sun.
- Much, much, much before, thousands of years before, we have described Cosmology so beautifully, the Black Hole which is twelve billion times more massive than the Sun is discovered…. Understand.
- So much has been revealed about Cosmology by our Upanishads, Vedic Tradition, even about the number, time. And, we saw, the Kāmika Āgāma describes "trillion- trillions." Up to that number we have specific words.
- We don't even use these stupid words like "trillion - trillion" and all that. No. Because English has no other word, I Am using…. Hundred Million Trillion is 'Parardha'. We have a word for all that.
- Listen. Because Science is yet to catch up, don't think the concepts of Consciousness are lie. Don't be waiting stupidly – "Let the Science prove; then I will start following that"'. Then you waste your life. See, thousands of things we declared, Science has caught up with it.
- Just with this pramāṇa, with this clarity, understand, the other few thousands of things which we declared also, Science will catch up slowly. Understand, 'Slowly'.
- This is the declaration by Consciousness about itself! The Super-Consciousness is declaring about its existence, about what it is.
- God is introducing Himself, Consciousness is introducing Himself, Consciousness declares about itself. It is Unmoving, Oneness, Swifter than

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the mind.

- We had Vākyārtha Sadas on Anejad. Then we had on Ekam – Oneness. Now, Manaso javīyo. You can't have Vākyārtha Sadas on Manaso javīyo because it says, "Swifter than the mind."

When the life energy is moving and expanding itself in Consciousness, the smell of the Consciousness is friendliness

- Before even you start talking, it has already gone, slipped. Before even you imagine, it is beyond that.
- Understand. How you will feel? That is exactly the way. How much ever you imagine, visualize, using the mind, and finally reach that space, Consciousness is already there even before you imagined.
- Manaso javīyo – Swifter than the mind. Swifter than the mind. You cannot have Vākyārtha Sadas about it, because, anything your mind talks, it is beyond that.
- So, Swifter than the mind if you want to have Vākyārtha Sadas, you will have to just sit…! The Gods of senses cannot overtake.
- Understand. tiṣṭhat tasminn apo mātariśvā dadhāti– Remaining situated, it outruns all other running ones, mind, speech, senses. In it, the life energy, Mātariśvā moves and expands itself, supporting all activities.
- Understand…. Tiṣṭhat tasminn apo mātariśvā dadhāti – It outruns all the running ones. In It, the life energy moves and expands itself, supporting all activities.
- May be the second line – **Tiṣṭhat tasminn apo mātariśvā dadhāti– can be the today's subject for Vākyārtha Sadas. tad-dhāvato'nyān atyeti tiṣṭhat tasminn apo mātariśvā dadhāti. It is Unmoving, Oneness, swifter than the mind. Gods of senses cannot overtake and go beyond It as It has swiftly moved ahead. Remaining situated, It outruns all the other running ones.**
- **Listen. 'Being remaining situated' means, remaining stable, It outruns everything, all the other running ones – mind, speech, senses. Please understand.**
- Running along with the mind and outrunning the mind is just competition,

competition, competitor. But here, Upaniṣad declares very clearly – Remaining situated, it outruns everything means, It is there. But wherever your mind, speech, senses run, It is there also….

- Let us come to the sutra: tad-dhāvato'nyān atyeti tiṣṭhat tasminn apo mātariśvā dadhāti
- **What is it that can outrun mind, speech, senses, everything, but remaining situated? What is it, in that, life energy moves and expands itself?**
- Mātariśvā dadhāti. Listen. This word needs to be understood. Mātariśvā dadhāti means Life energy moves and expands itself. This word very clearly needs to be understood. This word declares immortality of all of you. Everyone!
- See, immortality of the person who has realized he is immortal, is already declared. But even the people who have not realized they are immortal, even their immortality is declared in this verse, because, the Upaniṣad says very clearly, Consciousness is the space where life energy, Mātariśvā, moves and expands. It does not say 'where it dissolves or dies. No. Understand. You moved and expanded, moved and expanded, moved and expanded, never took birth or died. Understand.
- The same vast land, because each one is putting the fence, it becomes different, different, person's land, group's land, nations' land. I will tell you the secret.
- Same way, in your life, the idea of birth, youth, old age, and death, this corruption of fencing happens, because of the corruption in the love. Please understand.
- Corruption in the love..... Listen.
- The friendliness of the mother when it is fenced as compassion and care, friendliness of another girl when it is fenced and declared as relationship, the non-existence of the so-called friendliness of compassion or the relationship called aloneness and old age, and impossibility of any of this corruption of love, even in corrupted form of love when you can't relate or live, you call that as death. Understand. Listen. I am completely touching a different truth – why you feel birth, youth, old age, and death.
- When the life energy is moving and expanding itself in Consciousness, the smell of the Consciousness is friendliness…. But when you divide them, in different, different packets, your life energy starts feeling that, 'One day, when these possibilities are all denied to me, I am dead.'

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- Understand. If your life energy is made to believe morning waking up, having your breakfast, lunch, dinner, few activities, and sleeping, is Life, it is a corruption that happened in the level of love. I know, still, many are not able to catch what I am saying. This corruption that happened in the love makes you believe that at one time you will not be able to perform these activities like morning waking up, having breakfast, lunch, dinner, and various activities.
- You believe, THAT part of your life is death. Whatever you perceive or are unable to perceive, based on that, you define your life.
- Understand. Life is not based on whatever you are able to perceive or unable to perceive; it is based on what exists.
- Sometimes, your mother may not show friendliness. That does not mean she has lost her love for you.
- Sometimes the life energy may not provide the breakfast you want. That does not mean it has killed you.
- Your immortality is the truth. Some countries you may have Idli for breakfast; some countries you may have Burger for breakfast; at some places you may have nectar for breakfast; but you are not dead. Understand. You are not dead!
- Because you don't get your Idli and Burger, you think you are dead. The change of concept of your love does not take away the basic friendliness. Actually, what you experience with your mother, with your beloved, the last moment when you are in death-bed with the person who is giving you medical-care, everything is same; but, with your fence, you separate them, divide them, label them individually, differently. That labeling makes you feel you have life or you don't have life.
- If you believe eating is life, when you are not able to eat any more due to diabetes or hypertension or any other obesity disease, you feel your life is over, you are dead. If you think sex is life, when your body is no more capable of performing, you think you are dead. So, whatever fence you make and brand it, identify it as love, as life, that concept corrupts the truth you just move and expand in the space.
- Listen. Only a person who understands this truth, "I neither have life nor have death," can really renounce. That is why I insist, again and again and

again, renunciation is possible only at the feet of the Master, from the direct guidance of the Master.

- One person wrote an email to Me that he decided to live a life of complete renunciation. Maybe he must be watching the satsang from somewhere. I want to tell you, complete renunciation, or any renunciation, or parivrajaka (wandering) sadhu life, anything is possible only at the feet of the Living Master, never otherwise. Otherwise you can go on imagining, and you also know you are imagining. With that you can live just to prove you are right, or to protect your ego, just to hold on to your arrogance. What to do? Understand, real renunciation is possible only when you understand 'Thishttath tasminn apo mātariśvā dadhāti' – the life energy moves and expands itself in space supporting all activities. Understand.

- **Meditate on: "What is the life energy, Mātariśvā, Upaniṣads declare, which is in me, which will just move and expand when I leave this body? What is that which entered into this body to use this body, which will move from this body and expand itself when I leave this body? What is that Mātariśvā?" Meditate on it. Have Vākyārtha Sadas about it.**
- **Today's subject for Vākyārtha Sadas is: Mātariśvā– the life energy which moves and expands itself and supporting all the activities. You just meditate on this one word; you will understand why death is experienced as liberation and celebration in Vāraṇasi. Literally, in Vāraṇasi, whether you understand or not, Mahādeva gives you the experience of Mātariśvā dadhāti. The life energy is made to move and expand itself.**
- Just because you didn't have the experience of immortality, you are not punished. If you don't have the experience, you need to be treated with compassion, not with the attitude of judging, the judgmental attitude. Mahādeva makes Himself available in Kāśī, Vāraṇasi. If you don't have knowledge, I am responsible to give you that. I am not here to punish you because you don't have the knowledge of immortality.
- Charya – lifestyle, Kriya – rituals, processes - Yoga, and Jñāna, all the four of the Āgamas are established on just this one truth – Mātariśvā dadhāti.
- **The life energy moves and expands itself supporting all activities. Means, the life energy you are carrying has no death. It does not dissolve into something.**

It does not disappear. It only moves and expands itself…. It just moves and expands itself. The Lifestyle, Processes, Yoga, and Knowledge of Āgamas.... Āgamas have four Pāda– Charya Pāda, Kriya Pāda, Yoga Pāda, jñāna Pāda. The jñāna Pāda is called as Vidya Pāda also. All these four Pādas, Charya, Kriya, Yoga, jñāna, all the four are established on this one truth: Mātariśvā dadhāti – The life energy moves and expands itself. Understand.

- Sit, think, contemplate, internalize…. Especially if you are above sixty, you should work on this verse, you should think about it deeply and realize it as early as possible. Above sixty means, already you are running on bonus, already it is going on extension, and you will have to seriously consider about this Mātariśvā dadhāti.
- Today, the subject for Vākyārtha Sadas: **What is it that is unborn in us, which is never going to die in us, just moves and expands itself once we drop this body? Whether we believe it or not, this is the truth.** tad-dhāvato'nyān atyeti tiṣṭhat tasminn apo mātariśvā dadh.

What is it that is unborn in us, which is never going to die in us, just moves and expands itself once we drop this body? Whether we believe it or not, this is the truth.

ॐ

Iśāvāsya Upaniṣad
Verse 5

Experience the Inner Space & Outer Space of Cosmos, Your very Self

तदेजति तन्नैजति तद्दूरे तद्वन्तिके ।
तदन्तरस्य सर्वस्य तद सु र्वस्यास्य बाह्यतः ॥५॥

tad-ejati tan-naijati tad ddre tadvantike
tad-antarasya sarvasya tadu sarvasyāsya bāhyataḥ || 5||

Translation: Truth that Consciousness moves, and, at the same time, truth that Consciousness does not move. Truth that Consciousness is far off from the farthest space, the truth that Consciousness is also nearer than the nearest space. Truth is the inner space of the whole Cosmos. Truth is also the outer space of the whole Cosmos; pervading and uniformly ever-present inside and encompassing this Cosmos from the outside. That moves and That moves not. That is far off, That is also near. That is the inner space (inside) of all this, and That is also the outer space (outside) of all this.

Word-By-Word Meaning

tad	that, truth, consciousness
ejati	walks, moves
tat	It
na	not
ejati	walks, moves
tat	It
dūre	far off (from the farthest space)
tat	that, It
u	also
antike	very near (than the nearest space)
tat	that
antaḥ	inside, inner space
asya	of this
sarvasya	of all/of everything
tat	It, that
u	also
sarvasya	of all, everything
asya	of this
bāhyataḥ	outside, outer space

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Discovering Your Consciousness: The ONLY Purpose of Life

The Problem:

You think you have not got a good name in your neighborhood ...; you think you don't have this, you don't have that.

The Vedic Solution:

People who have all those, wasted their time and energy. The only goal of life is Discovering your pure consciousness. Discovering your Consciousness is THE purpose of life. Whether you lived as a spiritual being, you lived as a cook, lawyer, engineer, doctor, professional, or not doing anything, nothing counts. Whether you lived as a political leader or social leader, nothing counts in the Cosmos, understand. The only thing that counts in the Cosmos: 'Have you discovered your Pure Consciousness?'

Your First Step:

Sit and internalize, intranalyze: What is it that moves, and that does not move, that is far off, and that is also near?

- Through this statement, Upaniṣad is declaring, you need 'manana', intranalyzing, to experience Consciousness, not just 'Śravana' is enough' śravana, listening, to instigate manana, intranalyzing.
- Please understand. The fifth verse also again describes the various qualities of Consciousness or I can say, the various techniques with which you can move yourself towards Consciousness, you can experience Consciousness.
- Listen. Seemingly confusing description, but the most clear statement ever uttered on the Planet Earth is this statement. Most authentic statement ever uttered on the Planet Earth is this statement!
- Discovering your Consciousness experientially is the purpose of your life. Understand. I am not using the word inventing; I am just saying discovering.
- Discovering your Consciousness is THE purpose of life. Whether you lived as a spiritual being, you lived as a cook, lawyer, engineer, doctor, professional, or not doing anything, nothing counts.
- Whether you lived as a political leader or social leader, nothing counts in the Cosmos, understand.
- The only thing that counts in the Cosmos: 'Have you discovered your Pure Consciousness?'
- The good news I have is nothing what you considered as the goal of your life, whether you achieved it or not achieved it, is considered as goal at all in the Cosmos.
- If you think you have not got a good name in your neighborhood, don't worry; it is not the goal of life. If you think you don't have this, you don't have that, don't worry; this is not the goal of the life.
- **People who have all those, wasted their time and energy. The one and only goal..... Please understand. I am not saying this goal is the first priority of life.** No. This is the 'only' goal of life. **The only goal of life is Discovering your pure consciousness.**
- Every moment you spent in discovering your Consciousness, you used that moment in your life. Every moment you didn't spend on this goal, you wasted those moments in your life.

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- **I will give you one small tip: Whenever you are able to think, intranalyze, with the goal of reaching your Source, all those moments are meditation. Even if your thinking looks very confusing.**

Vākyārtha Sadas: Chisel Yourself and Discover Consciousness

- Please understand. Only the time you spend in Vākyartha Sadas (enlightening debate to intranalyze these great Truths) is the time you chisel yourself, you discover your Consciousness.
- Your quality of integrity, quality of authenticity, quality of responsibility, quality of enriching, will just multiply million times, billion times, if you can spend a little time on Vākyārtha Sadas every day; because, many times, intranalyzing of these great truths, you may not be able to do it sitting alone. Because when you reach the fourth block, fifth block in your mind, you will collapse and fall asleep and may want to have a sip of coca cola, coffee, one phone call to your friend or to your buddy. Over. Your Vākyārtha Sadas ended. Your manana ended. But, if you have as a team and do the Vākyārtha Sadas, you will dedicate a certain amount of time just for this. At least, for the sake of engaging yourself in the conversation, you will think of the subtle nuances, aspects, of these great truths. So, again and again and again, I insist on Vākyārtha Sadas. Vākyārtha Sadas is directly doing pūjā to Consciousness. The time you spend on Vākyārtha Sadas is direct manasa pūjā.
- The amount of time I used to spend in Vākyārtha Sadas when I was young, and the time I take to travel to those Sannyāsis and seekers and satsangha (company of spiritual people)... Sometimes I walked even two hours to reach the places where sadhus are staying, to have Vākyartha Sadas, sit with them, listen to them, talk to them.
- Almost every day, from the house to Annamalai Swamigal's (THE SPH's Guru) ashram, I will walk. In those days there was no other mode of transportation.
- But I never felt that Annamalai Swamigal's ashram was too far away. A friend's

house is never far away, because, when you are going, you are in the mood of spending time with him; it will never be far off. You will just see, suddenly it is there.

- I tell you, Vākyārtha Sadas will help you guys to discover many of the truths on your own.

Sit and internalize, intranalyze: What is it that moves, and that does not move, that is far off, and that is also near? Mahādeva is describing about Himself.

Mahādeva Describing Himself: Paradoxical Qualities

- This is Consciousness declaring about Itself. Understand. This is God introducing Himself. Who is the Source of the whole Cosmos is introducing Himself in this verse.
- **Sit and contemplate, what is the meaning of 'That moves, and That does not Move'? What should be that? What is it that moves and does not move?'**
- 'Arrey, what is this? Already I have too many problems, questions. Why should I think about all these?' No. You HAVE to. You HAVE to.
- I will repeat the meaning: That moves, and That moves not. That is far off, and That is also near. How can something be far off and be near? That is the inner space of all these. That is also the outer space of all these. Brahmāṅda and Piṇḍāṅda.
- Brahmāṅda is the outer space of all this. Piṇḍāṅda is the inner space of all this. It is That, and It is This. Today, Upanishads speak in riddles, in paradox. Utterly confusing. That is the right word I will use: Utterly confusing!
- If you just intranalyze, understand this one verse, you will become Enlightened!
- Sit and internalize, intranalyze: What is it that moves, and that does not move, that is far off, and that is also near? Mahādeva is describing about Himself.
- Understand. You can never understand Him with your logic. Only He can introduce Himself to you. Here, He IS introducing Himself.

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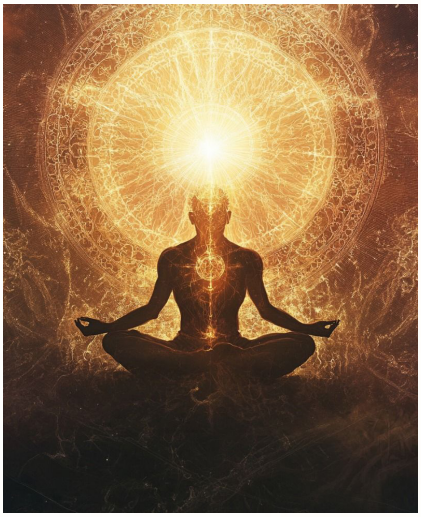
- That moves. That moves not. That is far off. That is also near. That is the inner space of all these. That is also the outer space of all these.
- Mahādeva is introducing about Himself. He is not just giving you His Visiting Card. He is just describing Himself. Contemplate on it. Contemplate on it. Contemplate on it. He is describing Himself. Contemplate on it. He is the inner space of all these. He is also the outer space of all these.
- Actually, if you contemplate on these verses, you will achieve complete brahmacarya. Because these verses are so powerful, they will just open up your whole Kuṇḍalini Śakti.
- Brahmacarya is all about opening the Kuṇḍalini Śakti (enlightenment energy). If the Kuṇḍalini Śakti is opened up, you will achieve brahmacarya just like that; so simple, in a most simple way.
- Actually, you can't comment on it. I can't expand on it. How will I expand? I can only go on repeating, repeating, repeating, till you catch it. I tell you, discovering the Consciousness is the one and only purpose of life.
- **Whether life puts you in heaven or life puts you in hell, the only message life wants to send to you is: Discover your consciousness.**
- Even if it gives you whatever you want and keeps you in the highest pedestal of the world, society, money, wealth, power, name and fame, everything is offered to you, life is sending you the message: Discover your consciousness which is beyond all these.
- Even if you are tortured, pushed into poverty, no food, disease, no medical-care, you are literally stinking and dying every moment, life is sending you the message: Discover your consciousness. That is the only way to be rid of this.
- **Understand. Whether you are showered everything, or tortured every moment, the one and only message life is sending to you is: Discover your consciousness. Help people to discover their consciousness more and more.**
- **Meditate again and again. Intranalyze. Do Vākyartha Sadas today on this one phrase: Tad-ejati tan-naijati – That moves, and That moves not. That is all. Do Vākyartha Sadas just on this; you will understand, you will understand deeper and deeper and deeper truths.**



Whether life puts you in heaven or life puts you in hell, the only message life wants to send to you is: Discover your consciousness. That moves. That moves not. That is far off. That is also near. That is the inner space of all these. That is also the outer space of all these.

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Truth vs. Reality: Scrutiny of Consciousness

- I can go on repeating this verse, but will never be able to comment on it. May be, I will intercept and reveal the pre-text, context, for all of you to understand the meaning and make it more user-friendly.
- Listen. Anything moves and moves-not should be beyond which moves and moves-not, understand. The way to realize the reality...See, the way to perceive the Perception, is not to question it too much. If you question it, it will melt down like a dream. The moment you start questioning the dream, the dream will melt down.
- Dream always presents completely illogical things in front of you. If you question it, especially the person whom you really like appears in the dream, almost about to hug you, if you ask, 'How can this be possible so easily?' The dream will disappear, understand?
- The item which you always wanted to eat is in front of your table; you are about to eat. If you ask the question, 'How can this be possible so easily?' The dream will disappear.
- Whenever you relate with Perception, you have to do it very sensitively; you can't touch it, you can't question it. It is 'Touch-Me-Not.' Always your Perception is "Touch-Me-Not". That is why, when you question your love, it will disappear. All your so-called falling in love – 'Lovvvee.....' – the falling in love, the moment you question it, 'Is it authentic?' Straightaway you will see, it lands on just the skin, and skin colour; not even skin deep.
- Perception, the moment you question, dissolves, disappears.
- Next, Fact will stand the scrutiny of logic, but not the larger-life logic. For example, if somebody makes a statement, 'Earth is flat', yes, it will stand the scrutiny of your simple logic, straightforward logic. 'Yes, it looks flat. So it is flat.' But it won't stand the larger logic which you can understand with various equipment, not with just your empty eyes; the larger logic. The facts are such, it will stand the scrutiny of ordinary logic, but not the larger logic.
- Truth will stand anything which you can grasp, like logic, larger logic,

machineries, the scientific discovery, research. Truth will stand for anything. But still, it is not reality. It won't stand the scrutiny of the Consciousness.

- Reality is the one and only one which can stand the scrutiny of the Consciousness, understand.
- All confusions in the world is the fight between Perception, Fact, Truth, Reality.
- Whether it is in the field of religion, science, spirituality, logic, law, mathematics, any field, it is just the fight between Perception, Fact, Truth, and Reality. Blessed are those who are always established on realization of Reality.
- I tell you, the most non-suffering way of existence is establishing yourself in reality.
- Don't go for perceiving about you, life, or God, based on what larger number of people say. They don't know, and they don't have time to analyze, scrutinize.
- Second, don't go with your calculation. You know how to calculate only your salary. A person who receives one lakh salary can never imagine or perceive raising and spending zillion dollars. No! It takes literally transformation, understand.
- If it goes above your head, listen to this satsang (discourse) once or twice, participate in the Vākyārtha Sadas, listen now to what I am saying.
- **Don't decide what is God, who is God, based on what larger number of people tell you. Never think because larger number of people tell, it is the truth. No! Don't go for what is God, who is God, based on your logic which can calculate only very less levels. Don't go for deciding what is God, who is God, based on your understandings about your perceptions.**

Āpta Pramāṇa (Guru's Declarations) as the Way to Realize Reality

- The only way you can realize, cognize the reality, God, is Āpta Pramāṇa, the declarations of Ṛṣis, and Āpta Pramāṇa, declaration of your Guru from his own realization.
- The Āpta Pramāṇa of Ṛṣis have become Ātma Pramāṇa of Me. The realizations

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of Ṛṣis have become My realization, and, if you internalize that, My realization will become your realization, the Āpta Pramāṇa of Guru will become Āpta Pramāṇa of you, understand. Here Consciousness, God, is declaring who is He, what is He. He is declaring about Himself.

- tadejati: Truth walks; tan-naijati : Truth does not walk. tad dūre tadvantike: 'It is far off. That is also near'. tad dūre tadvantike! tad-antarasya: means, 'That is the inner space'; sarvasya: 'For everything'. Only when your Third Eye is awakened, you will understand there is no such thing as 'inner', 'outer'. I am telling you. That is what is the result of Third Eye awakening.

The Delusion of "Inner" and "Outer"

- How to find out if somebody's Third Eye is fully awakened? The idea of 'inner', 'outer', will disappear in them. When the Third Eye is open, you will be able to see, perceive everything inside and outside, without even knowing any difference or gap. Completely freely. Completely freely!

- It is ignorance which reminds you, which makes you feel something is 'inside and outside', something is 'far off' and 'near'. It is like, in the Gaṇgā (river), one bamboo is floating. Because that bamboo is there, you say 'right side Gaṇgā' and 'left side Gaṇgā'. Gaṇgā never got divided. No! If you just remove that bamboo stick, Gaṇgā gets united. No! Neither division nor uniting ever happens is reality.
- Gaṇgā is 'divided' is Perception.
- 'Right Side Gaṇgā', 'Left Side Gaṇgā' is Fact.
- 'No, it is not divided' is Truth.
- 'It can never be divided or united' is Reality.
- Listen. Bamboo, single bamboo stick can give you Perception, Fact, Truth, which does not exist. You can go on be arguing and establishing. The idea of 'inner', 'outer', 'moves', 'moves not', all this is created. Just like a bamboo stick creates division in

Gaṇgā, your ignorance, powerlessness, creates division in you, or appears to have created division in you.

- How you will handle the bamboo stick, you should handle exactly the same way your ignorance. You should know it can never divide you as 'inner' and 'outer'. It can never make you 'inside' and 'outside'. It can never make you 'moves' and 'moves not'.

How to find out if somebody Third Eye is fully awakened? The idea of 'inner', 'outer', will disappear in them. When the Third Eye is open, you will be able to see, perceive everything inside and outside, without even knowing any difference or gap. Completely freely. Completely freely!

- Today's Vākyārtha Sadas is this one subject: Bamboo Stick, Powerlessness Stick. Understand this one example: What the bamboo stick floating on the Gaṇgā does to it, and what ignorance, powerlessness floating on you does to you. This example if you merge, Gaṇgā is your Consciousness, bamboo stick is your powerlessness, right and left is which you call as 'inside and outside', 'moves and moves not', 'far off, near', all that. How, when you look at the small area, it really looks bamboo stick has divided Gaṇgā...

- For an ant, that bamboo stick is equivalent to a dam – 'Wow. Such a big dam. Gaṇgā cannot touch me. I am protected!' That bamboo stick is not even a ship, it is a dam for an ant!

- **So how, when your Perception is too small, what all the impact that bamboo stick, powerlessness does in you; when your Perception grows a little bit and rises to the level of Fact, what that bamboo stick does to Gaṇgā, and your powerlessness does to you; when you rise to the level of Truth, what that bamboo stick does to Gaṇgā and what your powerlessness does to you; when you rise to the level of Reality, what that bamboo stick does to Gaṇgā, what your powerlessness does to you; what that bamboo stick means to Gaṇgā, what your powerlessness means to you; have Vākyārtha Sadas on this. You will understand, grasp.**

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Iśāvāsya Upaniṣad

Verse 6

Everything Exists In Me and I Exist in Everything

यस्तु सर्वाणि भूतानि आत्मन्येवानुपश्यति।
सर्वभूतेषु चात्मानं ततो न विजुगुप्सते ॥ ॥६॥ |

yastu sarvāṇi bhūtāni ātmanyevānupaśyati |
sarvabhūteṣu cātmānaṁ tato na vijugupsate || 6 ||

Translation: One who indeed lives by seeing as It is, the whole Existence (with all unmanifest and manifest beings) existing in the Self (Consciousness) Itself and the Self existing in the whole Existence, thus, does not feel violated by anything existing, by virtue of not seeing one's self as separate from Consciousness.

Word-By-Word Meaning

yaḥ	one who
tu	indeed, but
sarvāṇi	all, whole
bhūtāni	existence, all beings
ātmani	existing in the Self (or consciousness)
eva	itself
anupaśyati	living by seeing as it is
sarvabhūteṣu	in the whole existence, all beings
ca	and
ātmānam	the self (consciousness)
tataḥ	thus, therefore
na	(does) not
vijugupsate	feeling violated, because of separating one's self

You are Not Just Body; Nothing Can Violate You

The Problem

Somehow, love by its very nature is triangle, never circle; because whoever loves you, somehow you already take them for granted and you feel they are already in your kitty, in your pocket. And you want always the adventure, exploring, excitement. So, "Come on, let's see the next one! This is already there in my pocket. It is in my bag only." So your conflicts stand up. "Whoever I love, never love me. Whoever loves me, somehow I feel like taking it for granted with them; I don't show the same love towards them." This is one of the biggest problems.

The Vedic Solution

Solution means developing a right thought current during every crisis. By understanding Completion out-Completion in, incompletion out-incompletion in, Completion in-Completion out, incompletion in-incompletion out, you will have such a big freedom and restful awareness: "Wow. Then I can do as I want. I can play as I want. Everything is in me."

Your First Step

Take this one cognition: Everything is in me and I am in everything. Whatever conflict you see outside is inside you, whatever Completion you see outside is inside you, whatever incompletion and conflict you see outside is inside you.

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You are not just body, and this life is not just the one life for you

- See, the stuff out of which you are made, if you believe you are made of stuff hundred percent only with this bone, flesh, blood, then you can never conquer death fear.
- Please understand. There is nobody, nobody, including Mahādeva, who is carrying the same flesh, blood, bone, physical body forever.
- Even He assumes the physical body whenever He wants, wherever He wants, newly. Only the bio-memory is the same, biology is not the same.
- Understand. Only the bio-memory is the same, biology is not the same. If you think you are just biology - just this flesh, bone, body, biology is enough to describe you completely, everything about you can be known just through the biology - if you stop with that, if you think that is the Truth, be very clear, you will never realize the possibilities of Life.
- One of the biggest life-denial statements is, 'You have only one birth.' I tell you the biggest life-denial statements given to Planet Earth, worst belief human

There is nobody, nobody, including Mahādeva, who is carrying the same flesh, blood, bone, physical body forever.

Even He assumes the physical body whenever He wants, wherever He wants, newly. Only the bio-memory is the same, biology is not the same.

beings are pushed into is: 'You have only one birth.' That happens because - the idea you are just this physical body, biology, is enough to explain everything about you. No.

- Please understand. As long as you are thinking you are just physical body, your ambitions, your aspirations, your desires, your fears, everything will be so immature, it will not have any depth. All it takes to please you is just a little bit of pleasure, the tip of the five senses. If the tip of your tongue is pleased, you are pleased; your eyes are pleased, you are pleased; the touch, your genitals are pleased, you are pleased; the music, sound, your ears are pleased, you are pleased.
- Please understand. You are not that small guy. If you think body is also part of you… perfect! But if you think body is 'only' you, you are cheated in a big way by society who taught you that idea you are only the body.
- I tell you, I am so happy, again and again, I re-dedicate Myself to the Vedic Tradition just because of this one Truth, they taught Me: 'You are not just body, and this life is not just the one life for you.' That is enough. I can dedicate all My life to the Vedic Tradition; especially telling Me this truth in the young age when I started developing the fresh being to relate with the world.

The belief you carry about you plays a major role

- I tell you, the idea you have about you, if that is matured, your desires, your fears, your anxiety, your plans about life, your aspirations, everything will be transformed; you will raise yourself to a matured level.
- **Maturity is having the right idea about 'me.'**
- **Understand. Having right idea about whatever you think as 'me', whatever you feel as 'you', having right idea about it...**
- Your life is not made of the situations outside, but it is made of the stuff you are made inside.
- Same hot water, boiling water, put the potato, it will become soft; put the egg, it will become hard. So, the situation is not going to decide how you are going

to become. The stuff out of which you are made, that is going to decide how you are going to become with every situation.

- Understand. Same boiling water makes the potato soft, makes the egg hard. The external situation is not going to decide what you are; it is the concept you carry about you, the ideas you carry about you, the stuff out of which you are made.
- Understand: The good news is, whatever you believe as you, that stuff only makes you.
- The good news is whatever you believe as you, constitutes you.

Your life is not made of the situations outside, but it is made of the stuff you are made inside. So, the situation is not going to decide how you are going to become.

- If you believe the body is you, you will be only that. That is the one main reason I feel so sad about the people who believe that they are only body; because, the people who believe they are only body, they have only one birth, they stop the possibility of growth, and they are just stuck in the Causal Layer. When they die, they are stuck in a plane, in a zone called Causal layer; they are just kept there in the waiting lounge for ages, because of what they believed when they were in the body.
- That was the layer in which Ahalya was stuck, and Rāma liberated. If you read Rāmāyaṇa, you will listen to a story: Ahalya became a stone, and when Rāma came, He put his feet on it and liberated her. It means she got stuck in the wrong belief about life. She stopped growing; she stopped expanding. She thought, the moment death comes, life is over, it is all about body, her being is nothing but body. She was stuck with that. And Rāma comes and liberates her from that space.
- Understand. The belief you carry about you plays a major role.
- **The good news is, whatever you believe, you become that, you are that.**
- **The great news is, you can alter it. If you have a wrong belief, you can mature it, if you have some immature belief, you can transform it; the possibility is available to you. And the greatest news is: it's very simple.**
- The Upaniṣad Ṛṣis, the authenticity they carry, the kind of declarations they make: 'One who indeed lives by seeing as it is all existing beings in the Self, Consciousness itself, and the Self within all existing beings, thus does not feel violated, by virtue of not separating oneself from anything existing.'

Not feeling violated

- Not feeling violated... I tell you, Hell is the number of times you feel violated every day. Heaven is 'not feeling violated'. It has nothing to do with boiling water. It has everything to do with the stuff you are made out of – potato or egg. It has nothing to do with the boiling water.
- No one has ever seen worst boiling water than I have seen. Understand. Not out of arrogance I am talking, I am talking from the truth. I have seen the worst boiling water, but that does not decide what you are going to become.
- The stuff out of which you are made, that is going to decide what you are going

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to become.

- Are you a potato or egg? Are you a couch potato or enlightenment egg? That is going to decide.
- **Understand. The external situations do not decide about you constantly feeling violated or you constantly feeling strengthened.**
- **Whenever I face the boiling water, I only felt, possibility for reinventing Me is available – 'Yes. Now I can reinvent Myself in a much better way.'**
- I tell you, if there is a snow storm, God will give you the ability to grow hair just like the Polar Bear. Be very clear. Never ever your existence is denied, you are tortured, unless you decide to torture yourself. Neither poverty nor disease or death itself can violate you.
- One of the biggest problems we carry before even Life attacks us is, we conclude and decide life is going to attack us, and commit suicide.

Nothing can violate you

- **Stop this pattern of constantly feeling violated.**
- **I am telling you, the most stupid pattern a human being suffers is 'feeling violated', and when you tell them, they get angry towards you. That is the worst thing.**
- When I tell them, "Arre, listen. Even death cannot violate you. Neither your poverty nor your disease or any depression, nothing can violate you." Whoever understands that, with whoever's inner space this statement echoes, you feel connected to it, you just feel, 'Yes, it seems true', you are Mahādeva!
- **I tell you, the one and only basic blood group of Mahādeva... I am using a new word: Mahādeva's Blood Group... If you want to become Mahādeva's blood group, if you want to join his club of Śiva Gaṇa (disciples who are extensions of Mahādeva), just one truth – Nothing can violate you. Remember that.**
- Whatever you think... your ignorance, your instability, your depression, your disease, your poverty, or any other problem you imagine you have, or you really think you have, or which is there, including your death, nothing can violate you.
- Live like Mahādeva. Be crazy. That brings a kind of a craziness. When you are clear that nothing can violate you… The word 'crazy' also is not complete.
- In the society, cranky fellows are considered as crazy. But I am telling you, be crazy out of powerfulness, not powerlessness.
- When you feel powerful, you will carry that light craziness; that will be grace. I tell you, that will be grace, not just craziness. In your dance, in your steps, in your thinking, the way you sit, the way you walk, the way you talk, the way you carry you, let this one Truth be the undercurrent: I cannot be violated. I cannot be violated.
- Violation means, listen, I am defining... **Violation means - something external can put me in suffering. That feeling is Violation. Violence can happen to me - that feeling, that belief is Violation.**
- SO WHAT? 'Hey, this has happened!' 'SO WHAT'? 'Hey, this has happened.

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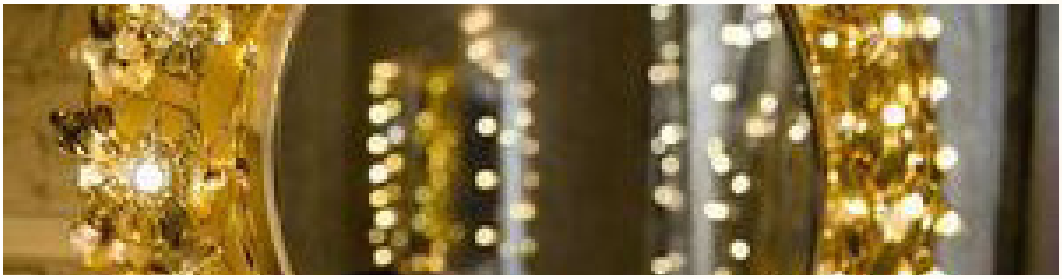
Whatever you think your ignorance, your instability, your depression, your disease, your poverty, or any other problem you imagine you have, or you really think you have, or which is there, including your death, nothing can violate you.

You don't know. You lost the job.' 'SO WHAT'? 'Morning accident happened. You don't know. Somebody in your family died.' 'SO WHAT'?

- I am not asking you to be insensitive. Understand. I am not asking you to be insensitive. I tell you, falling into powerlessness is not the definition of the love you show.
- Okay. Somebody had accident, somebody had a problem in your family whom you feel very close to you. You fall into powerlessness, roll on the ground, and express your love extremely. Is it going to help that person or you? Do what needs to be done.
- Give them the best medical care, moral support, psychological support, love, from powerfulness.
- **I tell you, the wrong brainwashing is done to you by society - You can express your love, you can convince the other person that you love them, only by you falling into powerlessness and extreme suffering.**
- **More you suffer, more you convince the person you love that person - is the stupidity you carry. No.**
- I tell you, people who never fall into powerlessness, their decision should be listened in every crisis moment. Every time My decision was listened to, we won the game. Because, the first response is: 'SO WHAT?'
- I have a very visual, that response engraved in Me, because that is the way Raghupati Yogi (THE SPH's Yoga Guru) will relate, Raghupati Yogi will respond. He had the habit of having that small stick, in villages they will keep, and go on cleaning the teeth... A small neem stick, still the elderly men in the village will have that habit. They will eat only twice a day, but twenty-four hours they will be cleaning the teeth with that stick!
- So, My Guru, My Master, Raghupati Yogi, all the time he will be having one small neem stick and cleaning his teeth. He was a village man, elderly person. I still remember, I was a witness. One of his children died. He was actually a



Everything is your mirror; it's your mirror. Everything.

married person. One child died. They came and reported to Me. And, I was sitting next to him. I only told him, "Guruji, one of your son is in the hospital, serious." And I did not see any shock in his face. So, I finally broke the news, "He is dead." And he continued to clean the teeth, and said, "Okay, let's do what need to be done." He was not insensitive. He just knows he cannot be violated. I am not saying 'Be insensitive.'

- **I tell you, establish yourself in 'You cannot be violated.' That brings you the strength of Mahādeva. Immediately your DNA starts vibrating in the same space of Mahādeva's DNA. Anybody wants Mahādeva's DNA, blood transmission with Mahādeva, take this concept, and from today go on digesting it.**
- I cannot feel violated. Why I cannot be violated? Because, I am there in everything that exists, and everything exists is there in me. I will explain, I will expand continuously.
- Listen. Everything is your mirror; it's your mirror. Everything. You mirror what is. What is, is mirrored by you. Whether you feel strong, weak, depressed, energetic - nothing, nothing can violate you.
- The wrong feeling, idea, that something can violate you, is the worst belief.

You are body also

- People tell, 'You have only one Life', or, 'You are only body', and put you constantly in the beliefs which keeps you in suffering. They only brainwash you. I just wash your brain!

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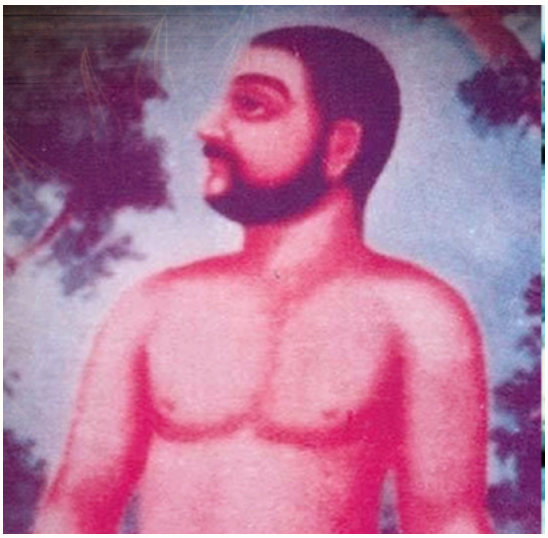
- Understand. There is a big difference between brainwashing and washing your brain. I am washing your brain from all these wrong beliefs.
- I tell you, **meditate on this one idea: I cannot be violated. Today Vākyārtha Sadas on this subject only.** Every one of you will have Vākyārtha Sadas - I cannot be violated. I am not asking you to be insensitive. I am not asking you not to do what you are not supposed to do. No. **I am only asking you not to fall into powerlessness, because, falling into powerlessness does not let you do what you need to do.**
- Understand. If you understand the stuff out of which you are made, you will never feel you will be violated.
- If you know you are not potato, you are egg, you will never be afraid of boiling water; you know it is only going to strengthen you. The fellows who put you in boiling water will be afraid. 'Oh, God. What we have done? He has emerged now with more strength, more power, more clarity, more energy. What to do?'
- A man who applies the ash (sacred ash on his forehead), even acid cannot do anything to him. Understand. It is the highest Truth. But if you internalize a little, just understand you are body 'also', immediately so much of clarity, the new cognition will start happening in you.
- 'Yes, if I am body also, then I am something more than body. So, anything done to the body cannot finish me off. Then, what is that part of me, which is little more than the body?' This expansion, expansion, expansion, digging out, 'manana', intranalyzing about 'I am body also', makes you Mahādeva.
- All My healing is only based on this one truth. I just give this truth 'I cannot be violated' as a physical experience to the bio-memory to whom I am healing. See, when something has become a solid experience in you, you can give that just like how you give this hanky. If I want, I can give this hanky to somebody, because this is a solid experience for Me. Same way, this concept 'I cannot be violated' is a solid experience in Me. That is what I am giving to anybody who comes to Me for healing, into their bio-memory, into their system. Any bio-memory catches that, starts recovering like magic.
- The idea you have about everyone you carry inside; everyone is inside you, you are there in every one. This truth will become an experience in you when you go through that teamily process (process of understanding each one in

your own team which is your family; team + family = teamily) that everyone is inside you, you are there in everyone.

- **Everyone cheats like you, everyone is honest like you, everyone is integrated like you, everyone is inauthentic like you. If you are authentic, everyone is authentic; if you are inauthentic, everyone is inauthentic; if you are sad, everyone is sad; if you are bright, everyone is bright. If you feel violated, everyone is going to violate you; if you feel you will never be violated, no one will dare to even think of violating you.**
- The fellows who are trying to throw the egg into the boiling water, it comes back like a bomb and attacks them back. So, be very clear, before you put anything in boiling water, be very sure, is it a potato or an egg?
- **When you give problem to other person, be very sure, is it going to make him weak or strong?**
- I tell you, just this one truth, stand with it; you will manage everything in your life. You will manage everything in your life. Everything in your life will just strengthen you. It will be just from strength to strength to strength to strength.
- In southern part of Tamil Nadu, there are some trees. Even if they get buried by natural calamity, in course of time they become stones. They don't just get disintegrated. It is called 'Kalmaram' in Tamil language. If you go to Thiruvakkarai, Pondicherry, you will see those trees which have become stone. Even if they are buried, they don't get disintegrated; they become stone.
- Understand. It is the stuff out of which you are made, your belief about you, that decides whether you are going to become disintegrated by getting buried or you are going to become a stone.
- Whether you are going to be buried or you are going to be in Jīva Samādhi (leaving the body consciously and body never decays), it is decided based on the concept you have about your Jīva.
- **Even while you are living, that feeling that 'I can be violated, I will be violated' will constantly be, 'I think I am getting violated.' If you repeat 'I can be', 'I will be', 'I may be'—'I think I am', that is the way it ends up. Just remember this one thing: NOTHING CAN VIOLATE YOU.**
- Sadaśiva Brahmendral, one of the greatest Saints, Siddha of modern era, his

Samādhi is in Karur. Near Karur there is a small village called Nerur. In that village his Samādhi is there. When I went to his Samādhi, he gave Me a grass as a blessing. That grass was this pure understanding that I cannot be violated. Meditate on this. Think about it.



THE SPH, Year 2001; Sadāśiva Brahmendral (right)

- Stop reducing the idea about you to the level: you can be violated.
- If you think you are the few thousand rupees, or few hundred dollars in your purse, somebody just stealing, picking up your purse, you will feel violated. Or if you think your name and fame is your personality, somebody just looking at you without respect, you will feel violated. If somebody looks at you (Swamiji enacts a face with disgust), immediately you will feel violated.
- Understand. It is how you identify yourself that decides whether you will be violated or not.
- Whoever feels, 'I can never be violated' is My disciple, understand.
- I am defining who is My disciple: Whoever decides, 'I cannot be violated. I will never be violated. I am beyond any violation', you are Śiva Gaṇa, you are embodying Mahādeva.

- Mahādeva is a Principle; He is 'form' also. Whoever catches that Principle, your form is Mahādeva's form, your form becomes Mahādeva's form. You will be radiating the grace of Mahādeva, the beauty of Mahādeva, the beauty of Śiva, the beauty of Mahādeva, the grace of Śiva, the grace of Īśā.
- **So, today's Vākyārtha Sadas is: I cannot be violated. tato na vijugupsate. Anything which can be violated is not me, because I am Mahādeva, Śivoham. How can Śiva be violated? No. Anything which can be violated is not Śiva. I am Śiva. Start cognizing this logic. Start functioning from this logic.**

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Everything exists in you[1]

Everything exists in you, you exist in everything!

- The concept you have about YOU, plays a very important, major role in the way you live, the way you exist.
- To expand on this verse I should tell you this incident...Even though I don't attend to Facebook the whole day, my secretaries attend and brief Me.... These messages were coming again and again in different, different ways in different messages: "Why don't you search and find your 'other half'?" "What is wrong in romance?" And it was 'advising Me' and 'inviting Me' - I was laughing! I laughed! And said 'I'll answer in the Satsang (public discourse)! Because the person who said it, said they'll be watching the Satsang; Arre! I don't search for My other half because I am not 'half'! Understand! This 'stupid person' goes on sending Me messages and I think a few nuts/screws became loose, giving Me 'logical' references, supporting his or her 'theory': 'What is wrong in romance? What is wrong in searching for Your other half?' So I thought I'll put a full stop once and for all! Understand! I am not searching for My other half because I am not half! I am already full! I am complete!
- So what you experience about you, that decides your attitude about life. If you feel there is something other than you existing, you may have FEAR or FEELING. If you think the other part will 'complete you', you will have feeling / romance.
- If you feel that the other part will complete you, you will start to develop romance towards it. If you think that the other part will be threatening you, you will start developing fear towards it. But both are stupid! Because the other does not exist outside you.
- Sarva-bhūteṣu cātmānaṁ tato na vijugupsate, This is one of the most

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1 **Bhagavad Gita:** sarvataḥ pāṇipādaṁ tat sarvato 'kṣiśiromukham I sarvataḥ śrutimalloke sarvamāvṛtya tiṣṭhati II 13.14, 13.14 With hands and feet everywhere, with eyes, heads and mouths everywhere, with ears everywhere, He exists in the worlds, enveloping all. The Paramātman (supreme spirit) is all pervading.

important principles of Vedic tradition. Understand, you might have heard this it in many books but you should not mistake hearing this same principle from many books and hearing it from the Upaniṣads. It is the ultimate declaration! It is God speaking. Understand? Same word – if it comes from a different person's mouth it has a different value.

i) How you see everyone based on your own reflection, ii) How you have an idea and opinion about everyone, iii) how you perceive everyone based on your own reflection. When you understand that, you will catch the Truth: everyone is ultimately mirror of you. If you change, everyone will change

- Yastu sarvāṇi bhūtāny ātmany-evānupaśyati; The Upaniṣads, the Cosmos, is declaring its authority authentically in this verse. This verse is the Truth and technique which can be practiced. 'One who indeed lives by seeing as It is: the Whole existence (all manifest and unmanifest beings) existing in the Consciousness Itself and the Consciousness existing in the whole existence thus does not feel violated, nor hates anything existing, by virtue of not seeing oneself as separate from the Consciousness.'
- **i) How you see everyone based on your own reflection, ii) How you have an idea and opinion about everyone, iii) How you perceive everyone based on your own reflection.** When you understand that, you will catch the Truth: everyone is ultimately a mirror of you. If you change, everyone will change. Don't think in a 'roundabout way': 'If everyone changes I'll also change'.
- **Start from you, everyone will also start changing.**
- The change will support the change and it will become a beautiful VIRTUOUS circle in you.
- See, if you start the change from you, others will also change and that will support you to change more – that will support others to change more. It'll become a beautiful VIRTUOUS circle.
- But if you're waiting for the other, others will not change. Because of that, you will not change, because of that others will not change more, because of that you will not change more and it'll become a VICIOUS circle.

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- Blessed are those who decide to start the change. Cursed are those who are waiting for the other person to change.
- Blessed are those who decide first to be first in the transformation process.
- When you open up, the other will open up. When you become unarmed, the other will become unarmed. If you are waiting: "Let the other happen, till then I'll wait" Till then the other will never start and they will start piling up more weapons, you will start piling up more weapons. This hypocrisy goes on as a VICIOUS circle.

Cognitions Becoming Siddhis (Powers)

- See it is like a dream which you see in the night. Only in the morning after waking up you decide whether it is a good dream or a bad dream. Dream is a dream, is a dream, is a dream! Same way, life is life is life. When you start judging, you start feeling whether it is good or bad.
- Know it very clearly: Everything exists in you! Understand, there are 2 methods of witnessing that everything exists in you:
    1. Either you are witnessing that the body and mind are outside... If you feel everything exists in me, greed will start coming up. You'll think 'why will the tiger attack me, why will the lion attack me, what will happen if I am caught in the hands of an anaconda.' Then you can see, 'I can see my mind and body separately- whatever happens, happens! It is just existence! If this body needs to be alive it will be alive! Otherwise…' - This is one attitude.
    2. Then there is another attitude. This body and that body is Pure Consciousness, and I will decide what that body has to do and this body has to do and make it function smoothly.
- This understanding, BOTH understandings become matured cognition; becomes POWER IN YOU! Understand?
- Cognitions, when they become matured they become Siddhis, powers in you.
- *There is a story, In Rāmakṛṣṇa's teachings: A Guru was teaching a disciple: "Everything is God." Then the disciple goes in the street, he sees a mad*

Cognitions, when they become matured they become Siddhis, powers in you.

elephant running towards him, and the mahout (elephant keeper riding his elephant) who was trying to control the elephant was screaming, shouting, and saying: "All of you move out! This elephant has become mad! I'm trying to control it, save yourselves!" All the other persons ran away and protected themselves. This boy thought: "Today I heard from my Guru everything is God, why should I bother about elephant?" And he stands. The elephant comes and just throws him to one corner. He's very badly beaten and bones broken, lying in one corner. All other disciples pick him up and take him to one corner. The Guru comes and asks: "Why did you do this?" The boy said: "You said 'everything is God' so I decided 'this elephant is also God, what harm can happen to me?". Guru says: "Yes, everything is God, the mahout who warned you, he is also God!" – This is the twist by Rāmakṛṣṇa.

- But I am adding THE NEXT TWIST….Actually, for this boy, the cognition has not become a matured cognition. If it becomes a matured cognition, it'll become a siddhi, he can stop the elephant or he can take care of the elephant so it does not harm him. Or even if the elephant throws him, he will not be harmed, or will not have suffering!
- So many layers can happen. So much is possible if the cognition becomes mature.

The only person who suffers due to denial is YOU, who is denying

- Cognition not becoming mature cannot be the logic or reason to say: 'The Truth is not Truth enough!' That is the stupid things that atheists do! Just because your cognition is not yet matured don't deny the POSSIBILITY.
- Ten years before, if somebody made a statement: 'Everything you'll want to know about the world will be available inside your pocket, press two buttons on your touch screen, anything you'll want to know, you'll be able to know,' if somebody said that – would you have believed!? No! Ten – fifteen years before, if somebody told you this, you wouldn't have believed! Now it's a

Romance with life! Not because it is your other half but because it is YOU!

Reality! Your mobile is enough!

- Anything you want to know, simply, it is there! Now I am telling you, by ten years no electricity on the planet Earth, next 10 years people will forget such a thing called electricity existed because it will all be based on solar.
- Your car will simply run; no such thing as petrol, refueling, gas and all that, the technology is already available. It is this: 'The petrol company lobby' – that is stopping it from becoming a mainstream lifestyle! But they can't stop for more than some time. In ten years, all vehicles will function without any fueling.
- When you buy a TV - no expense! After that you can watch whenever you want. Same way, if you just buy the car, that's all! There is no running expense or maintenance... Maybe maintenance if it is broken... but there is no fuel expense. Same way, the mobile: Everyone will have high-end mobile; you buy and you can just start using[2]! That's all! In 10 years all of this is going to happen! I know! You won't believe, but you not believing is not going to stop this happening. So understand, denial, the only person who suffers due to denial is YOU, due to denying.
- **The only persons who suffer from denial are ATHEISTS and the people around them who believe them. By you denying, you are the loser. Same way, the earlier you catch this Truth that everything exists in your Consciousness and you exist in everything – your life will become high-end life.**
- Earlier and better you catch it the more blessed your life will become. Blessed are the Gurukul kids who listen to this Truth from a very young age. Maturity of the cognition is possible for Gurukul kids because it is going inside at a very young age. For adults also it is possible, by completing all the immature cognitions and awakening it.

2 In 2015, THE SPH prophesied, that "Everyone will have high-end mobile; you buy and you can just start using!" This prophecy has come true. Forbes magazine article: "Xiaomi's Rise: How the Chinese Smartphone Maker Became a Global Force" shows that in the year 2025, smartphone penetration globally has reached approximately 85-90%. Brands like Xiaomi and Oppo aggressively entered the high-end market with competitively priced devices offering flagship-level specifications.

- I tell you, if you have to destroy a tree, you have to weaken the root. So your ignorance is like a tree. If you have to weaken the root the one Truth that will weaken the root of your 'ignorance tree' is 'whether I understand or not it is the Truth, the earlier I understand it is better for my life'. This one Truth will shake and weaken the root of your 'ignorance tree.'
- Don't wait! 'When it becomes my experience I will start living' – NO! 'Whether I catch it or not this is the Truth!'
- I have seen when I was traveling, in My wandering, when I was doing My spiritual Yatra. I used to walk and cross through the villages, forests. Some villages, there will be a few people who will try and steal trees from the forest. But in the forest there is a law, only if some tree dies naturally you can cut it and take it, you can't cut or kill any tree. So these fellows who want to steal the tree, you know what they'll do, they'll just pour some acid on the root of the tree. In one month it will dry and die and no one will know how the tree died. The forest officers will think 'OK! This tree is dead!' And the cheats who want to steal the tree, they'll cut it and take it.
- I tell you, the acid to dry your 'ignorance tree' is: 'Whether I understand or not, this is the Truth. The earlier I cognize it, my life will become matured and higher life. The earlier I catch it, the earlier my life will become high-end.' This Truth: 'Yastu sarvāṇi bhūtāny ātmany-evānupaśyati' will bring so much of healing and excitement, joy in you.
- A person's whose cognition: 'yastu sarvāṇi bhūtāny ātmany-evānupaśyati' will never bother with / will never have anything restricting him, because so much of healing and excitement, joy, love to do continuously! Continuously! You just know everything exists in you, you exists in everything!
- Romance with life! Not because it is your other half but because it is YOU! Understand!
- As long as you are searching for the other half, even when you get it, he will be half, you will be half! – It'll never be complete! Only when you understand that the person you are searching for IS YOU, you will be full, he will be full, it will be completion; from completion to completion.
- The person you are searching, is not the other half, it is yourself. So search here [pointing inward]! Only then completion! Not there [pointing outward]! If it is

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there, even if you find, greed will become fear, fear will become greed – that is what I call 'INTIMATE ENEMY'/ 'Love-hate relationship.' When hormone goes up: 'love'. When hormone goes down: 'hate'. A fight between different hormones. It's a fight between testosterone and adrenaline. All your fear and greed is a fight between testosterone and adrenaline.

- The testosterone is high, you call it as love and romance, if adrenaline is high you call it as fear and hatred.

I exist in that. So I'll make sure that does not harm this. And there is no fear and greed, interaction between two. Both live in a beautiful space of Oneness. And I know how to make that do what this wants, this do what that wants, to keep in the space of completion

Testimonial (Sākṣi Pramāṇa)

I got Third Eye initiation from rare living incarnation THE SPH Bhagavan Nithyananda Paramashivam. The power which is expressing through me is Mind Reading. If anybody sits in front of me holding the visualization of anything living or non-living in their inner space, through my third eye, I am able to see it.

Once I sat in front of a lady, who was visualizing her mother in her inner space, I clearly saw through my third eye, the mother's face, angles of her face, the fact that she wore spectacles and clearly knew the visualization was that of her mother. The lady later confirmed this as true.

Similarly, I have had multiple such incidents where I was able to clearly see what the other person was holding in their inner space. When I am expressing these powers, I feel oneness with Swamiji, which is the very cosmic energy which expresses through my third eye and makes me express this power. When I am expressing these powers, I am moved to a higher frequency. The more and more I express these powers, the more I establish myself in the higher frequency of Existence. The more I am in higher frequency of Existence, the less perturbed I am by the day to day incompletions I used to previously feel. I also feel very energetic and sleep only 3-4 hours daily, as compared to 6-8 hours of sleep that I needed before. My intuition has become very sharp and also I have become multi-dimensional; able to handle several projects/work at same time.

Vaishali Verma, PhD in Medical Chemical Engineering, San Jose-USA

Brahmanical vs. Śaivite Ways of Realization

- **If you find, 'I am away from body and mind, and everything is there, everything is here, this is everywhere' – that is the brahmanical way of realizing.**
- But if you understand everything is in me, and I am in everything, and I will know how to alter and change, do what I have to do, that is the way of realization of Śaivite.
- There are 2 logics, 2 ways of realizing that everything exists, you exist in everything and everything exists in you.
    1. The moment fear and greed happen: 'I exist in everything, everything exists in me. I am not this body and mind. Whatever happens, happens.' This is the brahmanical way – brahmanical interpretation of this verse. That is the way this verse is made practical in brahmanical thinking.
    2. But there's another thinking trend. 'I exist in that. So I'll make sure that does not harm this.' And there is no fear and greed interaction between the two. Both live in a beautiful space of Oneness. And I know how to make that do what this wants, this do what that wants, to keep both in the space of completion. This is the Śaivite way of thinking.
    3. **Unclutching is a Brahmanical way of thinking. Completion is the Śaivite way of thinking. When that cognition gets matured you get Siddhis – Powers!**

The Nithyananda Way: Guru's Protection and Giving Boons

- The story Rāmakṛṣṇa explained[3], is from the cognition of unclutching. If I look into the same story, I'll say the Guru should tell the disciple, 'Yes everything is God, yes sit and make this cognition matured and then go and stand in front of the elephant, it will just go and sit at your feet, bow down, salute!'
- **First, make this cognition strong and mature, look into all your enemies eyes, see that they start responding the way you want.**

3 Read the story about the disciple and a mad elephant on page 344

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Because man cannot make it just by himself, he needs to be given. That is why enlightened beings happen.

- **Then go and stand in front of any challenge and it will simply subdue and do as you want: This is the Śaivite cognition.**
- **The next level of cognition. A Guru will tell: 'Everything is Consciousness. You exist in everything. Everything exists in you. This is the Truth. You don't even need to wait for this Truth, this cognition to be matured in you. Go and face the challenges until it becomes matured in you. I will protect you. And see to it: how this cognition responds to me, it'll respond the same way to you. Once it becomes matured it will automatically respond to you in the same way. Until it become matured I am there to protect you and save you! Go and do it!' - This is Nithyananda way of interpretation!**
- The cognition might not have become matured in you, you might have just heard from Me. It's OK, remember what you just heard and put the responsibility on Me: 'I may not have realized you are also part of me, but my Guru has realized it, he told me, so with that strength I am standing here, bend and fall at my feet!' This is My way of interpreting! Understand?
- I tell you, I have been doing this for the last 15 years. I have not put any of My disciples in any crisis or risk! Nobody has died! Nobody has been destroyed! Nobody lost! And nobody has been put in risk! This 15 years of My performance is sufficient, proof, enough, trustworthy, reliable résumé. I have a trustworthy, reliable résumé of protecting My disciples who stand with the Truth that I am sharing, even if it has not become their experience that they are sharing. 'See, I have not realized it, this has not become part of My cognition – but My Master's cognition. And HE told me! He never lies to me! His integrity! I stand with that strength! I am facing! Come on!' The whole healing that is happening, this is the way!
- A person who has become enlightened can radiate the energy of ananda-gandha (energy center near the heart). 'That energy has not become matured energy in me, but it has become Truth in My Master's being, and he has told me, he can do it! With his authority I am stretching my hand let the energy flow! Be healed!'
- I have done it with My millions of disciples successfully. I am doing it successfully, that is why I say, this is an honest, integrated, authentic,

responsible, lifestyle of Sanātana Dharma! Don't worry if it hasn't become a mature process in you. It has become a mature process in Me! So don't worry I am sharing it into your being. Stand with that strength; I am responsible.

- I'll protect you and guide you and see to it you experience Śivoham! That becomes your matured cognition! Unclutching is Brahmanical way. Completion is Śaivite way. Giving boon is Nithyananda way - the way of Śivoham!
- Because man cannot make it just by himself, he needs to be given. That is why enlightened beings happen. Enlightened beings teach but they don't happen just to teach! They happen to GIVE. Teaching is one of the preliminary methods, ways for giving.
- **Take this one cognition: Everything is in me and I am in everything. As My experience, from My authority, I am telling you and blessing you – GO AND LIVE IT! Don't worry whether it has become matured cognition in you or not – go and live it with the courage: 'It has become experience in my Guru and he has authorized me to live' and I tell you, you will never have any risk! You will never be put in any wrong situations! You will never have any suffering! Go and live! I'll be there protecting you! I am making your cognition matured.**

  1) I'll make this cognition 'Everything exists in you, you exist in everything' as your experience; matured cognition in you!

  2) Until it becomes matured, I'll protect you until you play with this cognition. You'll never be in risk, you'll only be supported, protected, matured to achieve this cognition!

- Go and live this. I am not asking you to do Vākyartha Sadas, I am asking you TO LIVE. From morning, till evening.
- **Today's Vākyartha Sadas is: 'How you lived today' - Whole day! You are going to share in Vākyartha Sadas: How you lived this Truth, that: 'Everything exists in me and I exist in everything'. How you shared, worked, lived this Truth in your life. What are the risks you've taken and what was the result of that risk (based on this cognition); how this cognition has worked, how this cognition has become part of you; how this thinking has done, whatever it has done to you. Bring this!**

EXERCISE

e N DEBATE

- With all My integrity, authenticity, authority of an enlightened being, with responsibility and enriching I am giving you all of this as a boon.
- Please live this Truth: 'Everything exists in you, you exists in everything. Live! Live! You will not lose anything. You will only achieve everything.
- My experience of this Truth, I am putting that in the center as the responsibility. Let this experience prove its authenticity by making this cognition matured in all of you and protecting all of you, until it becomes matured cognition, when you are playing with this cognition.
- Even if it has not become matured cognition, even when you are playing with this, let you all be protected, let you all be supported.
- This experience which happened in Me... That is responsible, that will do this job. I am REQUESTING AND ORDERING My experience of Enlightenment: 'everything exists in Me and I exist in everything'. This experience I am ordering to protect all of you and make this experience your cognition.
- Until then, it'll protect you, whenever you play with this cognition. Without putting you in any risk, and helping you more and more, supporting you more and more, showing many miraculous beautiful happenings in your life so that you become strongly life-able to believe and live this cognitions, start living this Truth.
- You will never be put in any risk! You will always be protected. This is the first step: Śivoham will start flowering in every one of you.

Upaniṣads as a Conscious Acid Wash: Exposing Mithyā (Lie)

- Listen now. One, who indeed lives by seeing as it is, the whole Existence, all the manifest and unmanifest existing in the Consciousness itself, and the Consciousness existing in the whole Existence, thus does not feel violated or hates anything existing, by virtue of not seeing oneself as separate from the Consciousness.
- When you put an idea inside you, how your mind creates ripple effects… Please understand. The moment I say, "Everything is in your Consciousness, you are in everything exists," for a normal person, the first thing will come up, the ripples created in him, "Oh, if everything is in me and I am in everything, why there is so much of suffering and conflict? Whom I love, don't love me. Who loves me, I don't feel love towards them."
- Please understand. Somehow, love by its very nature is triangle, never circle; because whoever loves you, somehow you already take them for granted and you feel they are already in your kitty, in your pocket. And you want always the adventure, exploring, excitement. So, "Come on, let's see the next one! This is already there in my pocket. It is in my bag only." It is like, "Let us see the next house. This house I already got what I want. So, the rice is in my bag. Go to the next house, like bhikśa, when you go for bhikśa (begging alms)." So your conflicts stand up. "Whoever I love, never love me. Whoever loves me, somehow I feel like taking it for granted with them; I don't show the same love towards them." This is one of the biggest problems.
- "If everything is in me and I am in everything, why these conflicts"?
- Sometimes you are even afraid of the people who love you.
- The way they possess you, you feel "Ohhh", frightened. Instead of awakening love in you, they awaken fear in you. The passion with which they possess you, you are afraid they may bind you, they may take away your freedom.
- Many times, Existence starts moving with the conflicts and you even forget you have conflicts. But, that is not the state to be achieved through this verse. That is not the space this verse is pointing towards.

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Why Conflicts in Relationships?

- Listen. These conflicts, how they are handled, how these thought-trends are created… Listen, I am entering into the deeper aspects of practical reality of these verses.
- When you work with them, the conflicts you will face, I am expanding about them.
- Please listen. When you look and sit and scan… I will give you precise instruction on how to scan:

1. **Just connect with the person whom you love, but who does not shower enough love on you, or you feel unattended. Remember that person. All the incompletions come up in you about that person. Pen down. See when all these type of incompletions, the same patterns, when it started in your life. Trace back. Pen down those incidents.**
2. **People with whom you feel you are loving them, and they are also reciprocating you, kind of a complete, happy-happy... Remember them. Connect with them. See: Is there any incompletions coming up even about them? Pen down. Go back and see when the same patterns have started in you, with whom, how you started developing. Pen down.**
3. **Third: With whom you feel they love you, they suffocate you, but you don't feel love towards them... Remember them and pen down... Connect with them and pen down all the incompletions they provoke in you, and when those patterns started in you – persons, incidents, situations. Pen them down.**

- Do these three exercises.
- One: With whom you feel love, but they don't reciprocate, unattended.
- Second: With whom you feel love, and you feel attended also, reciprocated.
- Third: With whom you don't feel love, but they love you, they shower so much on you, but either you feel suffocated, or fear that they may possess you or whatever; some other incompletions. They love you, but you don't feel love.
- Understand about all these three. Sit and do manana, means intranalyzing:

What is the patterns each one of them evoke in you;

When did those patterns start happening in you;

When you started building those patterns with whom.

- Pen down all that. Do these three exercises, you will understand.
- Please understand. When you do these three exercises, you will understand the whole thing is a lie, mithyā. Lie is a too small a word.
- What is a lie do you know? (THE SPH picks up a black Kamandalu, Vedic water pot) If I say this Kamandalu is white color, that can be called as lie. But, first of all, this Kamandalu itself is not there, and I say, "This Kamandalu not only white color, it is made of ivory and gold carved, and diamond studded," it cannot be called as lie, it is called mithyā.
- When you do these three exercises, you will understand the whole thing is mithyā, because, every point sticking out is a lie. Like whom you say you love is a lie; whom you think, the person is not responding to your love is a lie, whom you say you love and he also responds is a lie; with whom you say you don't feel the love, but the other person has so much of love and you are only having fear or fear of being possessed or whatever, other incompletions, that is also a lie, whole thing, every inch you will understand the lie.
- I tell you, Upaniṣads are literally conscious acid wash.
- Upaniṣads are literally conscious acid wash, and it goes on maturing your aspirations and understandings.
- A person who works with himself and constantly matures his aspirations, is a Seeker.
- If two persons decide to work together, mature each other's aspirations, it is called married life.
- So listen. Go on working with people, go on working with people, maturing the aspirations of the people. If you start maturing your aspirations, the people who are around you, you will be able to help them to get their aspirations matured.
- Listen. The job of a spiritual teacher or religious teacher or acharya is helping people to mature their aspirations.

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The person who works with himself, matures his aspirations, is Seeker. If two persons decide to work together, mature each other's aspirations, it is called married life.

- Maturing the aspirations can happen only by the acid wash, which can be done only by Upaniṣads.
- Just do this one process: Why conflict? See, Upaniṣads are conclusions in the formula type presentation. When you listen to this verse, the thought currents provoked in you, and the follow-up you need to do, is what I am opening and explaining to you all. If you do this simple exercise of intranalyzing, doing manana of these three, you will understand; simply you will catch the glimpse.
- **Whatever conflict you see outside is inside you, whatever Completion you see outside is inside you, whatever incompletion and conflict you see outside is inside you.**
- You will understand, really, yastu sarvāṇi bhūtāny ātmany-evānupaśyati, sarva-bhūteṣu cātmānaṁ tato na vijugupsate is THE TRUTH.

Let It become part of me, part of me, part of me

- Sometimes, if your room is too hot, suffocating, the moment you come out of your room you will feel a little breeze, cold, nice, even though the weather is not as you think. As a comparison, you will experience the weather as better. But for somebody who is already standing outside, they may want to go into the room.
- Understand. Comparative realities are not existential realities.
- Comparative realities are more for the sake of comfort. It is more for the sake of comfort. You plan, "Better shall I do this job or that job"? It is a comparative reality. Most of the time you exist and die in comparative reality itself. No. The biggest conspiracy against human beings is atheism. Atheism, where more than comparative reality, no other reality, not only is not accepted, even possibility to explore is denied.

- **Solution means developing a right thought current during every crisis. Nothing else.**
- **Just do this one simple manana, intranalyzing with all the conflicts you feel in your life. You will suddenly see whatever good outside is inside you, whatever bad outside is inside you, whatever good inside is outside you, whatever bad inside is outside you.**
- Incompletion in, incompletion out. Completion in, Completion out.
- Completion out, Completion in. Incompletion out, incompletion in.
- Listen. By understanding Completion out-Completion in, incompletion out-incompletion in, Completion in-Completion out, incompletion in-incompletion out, you will have such a big freedom and restful awareness: "Wow. Then I can do as I want. I can play as I want. Everything is in me."
- Freedom is feeling larger and larger number of people, places, spaces, as part of you. Freedom means expanding the boundary you feel about you. Everyone is using something to experience freedom.
- A rich man uses his money and more and more people dependent on his money. He feels his freedom is expanding, they are all under him.
- A person who identifies with a political party, he feels everyone in that party is under him, his freedom has expanded.
- A person who identifies with a language or a State, he feels his whole zone is his freedom.
- Listen. Everything in life is nothing but freedom struggle.
- Freedom struggle; that is the right word I will use. Everything in life is just freedom struggle. But, the real freedom can be received, you can get it only from a person who is already free, not by anybody else. This thought-current I am giving you has liberated Me from My own experience. I am sharing with you.
- **The moment you intranalyze and understand: In is out and out is in, there is no in and out, it is only in-out or out-in. If you have seen the out first, you describe as out-in; because what you saw first: out, then in, out-in. If you have seen the in first, then you call it as in-out. In-out and out-in. It is like in-out,**

LOOK IN

Freedom is feeling larger and larger number of people, places, spaces, as part of you. Freedom means expanding the boundary you feel about you. Everyone is using something to experience freedom.

out-in. In-out, in-out, in-out, in-out, in-out, in-out, in-out, in-out, that's all. You can't say out-in or in-out. It IS.

- In Tamil Siddha Tradition, there is a beautiful mantra: Śiva, Śiva, Śiva, Śiva, Śiva, Śiva, Śiva, Śiva. It becomes: Vaśi, Vaśi, Vaśi, Vaśi.
- Vaśi, Vaśi, Vaśi means, Let It become part of me, part of me, part of me.
- Śiva, Śiva, Śiva means, Let me become part of It, part of It, part of It.
- Śiva: Let me become part of It.
- Vaśi: Let It become part of me.
- Śiva, Śiva, Śiva, Śiva, Śiva, Śiva—Vaśi, Vaśi, Vaśi, Vaśi, Vaśi, Vaśi, Vaśi. It is just the same thing flowing.
- This Truth cannot be attained by non-working lazy belief.
- Understand. Non-working lazy belief – a new word I am coining which is the usual so-called faith of the modern day middle class, neo middle class.
- The neo middle class has a kind of a non-working faith: "If it is true, let it work immediately." Arre, are you prepared? They don't care about preparation, they are not ready to prepare, but they expect everything should work in their life. That is what is 'non-working lazy belief'. No.

You try to gauge, study, cognize, understand, everything based on the idea "I", Aham.

- A seeker needs to be responsible. He cannot spend his time and energy in non-working lazy belief. Most of the people who waste their time in the name of seeker are this type of people – Non-working lazy belief.
- I tell you, never miss satsang, because that is the only thing that will constantly keep you moving.
- If you miss satsang even for one month, you would have completely lost the track, and you will be going in some other thinking direction in your life.
- Never miss satsang even for one day, because that will constantly keep you aligned.
- You will catch wherever you are stuck only with the satsang. You will catch yourself, you will expose yourself to yourself, only with the satsang. So, listen.
- yastu sarvāṇi bhūtāny ātmany-evānupaśyati | sarva-bhūteṣu cātmānaṁ tato na vijugupsate || 6 || cannot be handled with non-working lazy belief pattern. You need to intranalyze it, internalize it; you will catch the glimpse.
- So today take this as homework: Before today's sunset you will intranalyze this verse deeper and deeper with these three methods. **Intranalyzing these three, manana of these three is enough. By before sunset you will catch the glimpse, "Yes, In is Out, Out is In. Whatever I see in, is only out; whatever I see out is only in." You will get the glimpse of this verse:** yastu sarvāṇi bhūtāny ātmany-evānupaśyati | sarva-bhūteṣu cātmānaṁ tato na vijugupsate || 6 ||
- The Inner Peace leads to World Peace.

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Looking at Quality, Not Utility Value

- Listen! I am taking a completely different route for you to experience this Truth. If you think this stone is too big, based on this stone, you will compare everything else, "Oh, that stone is smaller than this. That stone is equivalent to this. This stone is little bigger than this". So, based on the stone which attracted your attention, due to its qualities, based on that you will compare all other stones, everything around it, and try to grasp, understand. That is what exactly you are doing in your life. You try to gauge, study, cognize, understand, everything based on the idea "I", Aham.
- The "I" is the most heaviest thing which you perceive in your life. You are literally in love with it!
- It is the "I" which you perceive, the "I" which you experience the moment you wake up till the moment you fall into deep sleep, even after that in the dreams, sometimes even in the deep sleep....
- The "I" which you are perceiving, experiencing, you feel it is so heavy, so important, so glorious, because only with that, the support of that and that existence, you are able to perceive and enjoy, have all the moments, and able to relate to existence.
- What you perceive as "I", it is enchanting, mesmerizing, so useful, most useful than anything else, because, anything else is perceived because of the "I".
- Your hand is useful to touch somebody, your eyes are useful to see something, your tongue is useful to taste something, your ears are useful to hear something, your nose is useful to smell something just because of that "I" existing and functioning, operating.
- That is why, you grasp that "I" so much, you just possess that "I", you grab that "I"; so much of greed to keep it functioning, so much of fear to lose it. Everything, everything functions centered on that, because that is too heavy, too big, too much for you.
- Listen! That is the first useful thing in your life. You are just in love with it, you

Just a small shift! Do not go on cognising anything based on utility value. Whether attachment, or detachment, or fear, let things not be functioning based on utility value. When you look at the quality, life becomes totally different!

just celebrate it, you enjoy it. I am not saying it is wrong. It is great, it is great, but, you just need to know the quality of that "I" which you are celebrating! Unfortunately, because of the utility value of that "I", you are celebrating it, not the quality of it. Please listen! Because of the quality, the utility value, understand.

- **More and more you celebrate the "I" because of the utility value, more and more your life becomes dead. More and more you start understanding the quality of the "I", the more and more your life becomes alive!**

- Even in relationships, listen! The husband, if he is looked as a utility value, just providing security, that relationship will become more and more dull and dead in the course of time. But, if you look at his quality which makes him provide security to you, more and more you will fall in love with him.

- Same way with the wife: If she is just a utility value for some household responsibilities, or for a pacifying your lust, the relationship will become more and more dull and dead by the days passing. But, if you look at her quality which is providing all these services to you... whether it is household responsibilities or fulfilling your lust, or filling you with love, whatever, if you see her quality which is utility value for you, which is translating as utility for you, the relationship will become more and more depth, sweet, you will fall in love more and more.

- Understand, the same principle: If you look at your son just as a utility value, future security, the relationship will become more and more dull, more and more dead, more and more frozen. If you look at his quality which makes him useful to you as a future security, the more and more you will fall in love with him.

- Listen! Just a small shift! Do not go on cognising anything based on utility value. Whether attachment, or detachment, or fear, let things not be functioning based on utility value. When you look at the quality, life becomes totally different!

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- **I tell you, if you look at your life based on your utility value, then just your eyes are important, you can see by using them. Ears are important, you can listen. Tongue is important, you can taste. All these are utility value. Please do not reduce your Consciousness to just the utility value.**

Meditate on, "What is it, the quality of "I" which is so useful to me in my life in so many dimensions? In the physical level, mental level, emotional level, psychological level, in every level, what is the quality of "I" which is so useful, which is so useful?

- It is like when we were kids, if somebody asks Me, "What is 'bank'?" I will say, "Which is next to candy shop." "What is bank?" "Oh, it is next to candy shop." Because, for Me, the candy shop was the more important, useful, prominent aspect of My life than the bank. So I reduce the whole bank just to "next to candy shop"! Definition of bank is, "next to candy shop!" What bank means to Me? "Next to candy shop!"
- That is exactly the mistake you will be doing if you measure Consciousness, if you define Consciousness based on the utility value you are having in your life.
- If you measure the value of "I" in everyone of you based on the utility value, you will be doing exactly this mistake of defining bank as "next to candy shop!"
- I still remember for quite a long time there was an elderly lady next door, near the house where I was born and brought up,
- My pūrvashram (pre-monastic) house. That old lady will go to the bank once in a while to put money or collect money. For her company she will call Me. I was a kid, so I'll walk with her, and every time we go there she will buy a candy for Me. So, all I know is, if you go to bank, you will get candy and that was definition of bank for Me for quite a long time!
- I am telling you, it was very, very, very late, maybe I can say, at the age of 15 only I realized bank is a place where money is transacted! You put some money and take some money.
- Till then I know only one thing, if you go to bank with her, you will get candy.

Looking at the quality which is becoming utility value for you in your life

Just a small shift! Do not go on cognizing anything based on utility value. Whether attachment, or detachment, or fear, let things not be functioning based on utility value. When you look at the quality, the life becomes totally different!

- Understand the cognition I had about bank was very immature. Same way, if you have the cognition about "I" based on the utility value you are having, your cognition is too low.
- **I tell you, I am revealing to you an important secret: whether you are Enlightened or not, whatever you are, after your eyes stop working, once you die, your eyes will stop working, but the "I" which you are feeling now will be able to see everything without the eye you are having! That is the Truth!**
- You are always afraid, "If this eye goes away, how will I see?" No! The "I" you are having, because of its quality, its ability to see, this eye is seeing, not just because this eye is there.
- Listen! Listen! You seeing through this eye is one of the utility value of that "I", but, that "I" is capable of seeing without even having this eye.
- Listen! I'll give another one example: You able to smell through this nose, will not end when this nose stops breathing. It's a wrong belief you are carrying. Listen! I am talking very responsibly. I am not talking something stupid. And I am also responsible for all the beliefs I am planting in all of you. Later on after I leave the body, I will be questioned, "Did I do My job properly?" So understand, I am very responsible for the job I am doing. So with all My responsibility I am telling you.
- When this nose stops breathing, or when this becomes useless for you to smell, don't think you will lose the ability to smell. The "I" which is in you has the capacity to smell any higher and lower frequencies which you can smell through this nose. Even those frequencies, you will be able to smell with the "I" without the use of this nose.
- Listen! Sound: the decibels you are able to hear using these ears - when these ears stop functioning, the "I" you are having is capable of hearing any

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decibel higher or lower and the same which you can hear through these ears, understand! Then you will have a question, "Why then deaf people are not able to hear?" Please listen! They assuming this body... when they are using one part of this body, they cannot use the other part of the body without the help of that part. When they renounce the whole body, the "I" revives its original state and is able to function without the restriction of the body.

- Listen! The constant belief you are having, "this body has a great utility value" - I am not saying no...! It has utility value in this frequency, but, the "I" which you are having, by its very quality, can do greater, better, experiential living without the utility of the body and mind which you think is very useful for you now, understand!
- I am not saying this body, this mind, is not useful now. It is useful! With that only I am talking to you. It is useful in this frequency. I am only asking you to drop the fear; when this goes away, don't think you will lose all these abilities, which is a complete lie; based on which you are thinking - fearing or having greed. Let me use the word, new word, "greeding". Whether you are greeding or brooding based on this idea, it is a lie!
- Just this one understanding: Looking at the 'quality' which is becoming utility value for you in your life.
- **Today, sit and pen down, this is the homework and subject for Vakyartha Sadas to all of you. All the relationships, all the things you think useful in your life, pen it down whether it is a person or object. For example: this kamandalu (water pot), why do you keep this? Because it has a utility value of keeping water inside, storing water and drinking; you can drink. But, just for that sake if you love this, any day something else can replace this same utility value, and you will drop it, you will throw it. The love will become dull, life will become dull.**
- Listen! Instead look at its quality which becomes utility for you. Look at its quality which is becoming useful for you. Why it is useful for you to keep water in it? What's the quality this one has? When you see the quality, you will start feeling the grandeur of this, "Wow! Being just a seed of a tree, it has beautifully grown and able to keep the water without getting contaminated, or spoil!"

You seeing through this eye is one of the utility values of that "I", but, that "I" is capable of seeing without even having this eye

- Look into the quality. It will start with utility only. But, go into the depth and look into the quality.
- The more and more you see the quality, "Wow, the thickness. How it has formed itself", you will start falling in love with its qualities, with its existence. Then after that even if you don't keep water in it, you will keep it just because of its beauty and its love, why it exists! For its existence, it will have a place in your life. Listen! I am just giving you one example of this kamandalu.
- **See a person who you feel as important in your life and see his qualities which turned out to be utility for you. You will suddenly see, your love is rejuvenated! Whether it is husband, wife, son, daughter, child, brother, father, mother or Guru!**
- Many people look at Me as a utility value, just healing or giving some boon. If you are standing only on the periphery of the utility value, any day if you get better utility value somewhere or something, you will just drop Me from your life.
- But, if you see that quality which is becoming utility for you, suddenly again you are in love with the Master like how when you started relating with Him! Exactly, the repetition of, "In those days … when I saw Him first time …", repetition of those moments. Listen! When you look into the quality, you will just again rise in love!
- **With everything, with everything, look into the quality which is becoming utility for you. And finally, turn towards your very "I": what are its qualities which are lighting my eyes, making my ears active, making my nose alive, making my tongue taste? What is the quality of "I" which is making all these alive, which enlightens all these?"** Just ordinary flesh, 3 inch by 4 inch, how this gets the power to taste anything on the planet Earth? A small hole, how

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does it get the power to listen and categorize anything on planet earth? What is it that "I" which enlightens all these and what is this "I" which makes me think million thoughts a moment, and makes me decide, handling such large data which even billion supercomputers can't do? What is it?

- **Today, everyone, all of you should meditate on, "What is it, the quality of "I" which is so useful to me in my life in so many dimensions? In the physical level, mental level, emotional level, psychological level, in every level, what is the quality of "I" which is so useful, which is so useful?**

You Exist in Everything

- Whenever you see the quality which is becoming so useful to you, you just fall in love with it forever! Forever! Knowing the quality of "I", understand... As long as you are looking at only utility of "I", you are Aham. If you know the quality of "I", you will realize you are Śivoham! Because it is the quality of the "I" which is becoming utility for you in so many ways.
- Just meditate on those qualities of You, "I", "I": "What are all those qualities! Why is it enlightening my eyes, enlightening my ears, enlightening my nose, enlightening my mouth?"
- You are not an accidental combination of hormones and chemicals, understand! Don't be defined by these stupid doctors! Any doctor who define you as just combination of hormones and chemicals is a quack doctor! Don't be fooled by them! No! The "I" has a quality which makes all these alive! Meditate on that quality.
- Actually, I cannot define what is that quality. When you meditate, you will start enjoying it. Laya, hridaya laya will happen! You will just be One with That, in love with It!
- If you have seen Me in Samādhi and how I speak, that is exactly the way you will feel.
- **So understand, today in Vākyartha Sadas, everyone will explore the qualities which is becoming utility in your life. Quality of "I" which is becoming utility, so useful. Then you will understand one of the important qualities.**

- Listen! Why you are able to see everything, do you know? Because, you exist in everything!
- Why are you able to hear everything do you know? Because, you exist in everything! Everything you see, you exist in that. Everything you taste, you exist in that. Everything you hear, you exist in that. Everything you can touch, you exist in that.
- When you look in, you will understand this verse: "you exist in everything!" And nothing to be afraid of, nothing to be afraid of.

Why you are able to see everything, do you know? Because, you exist in everything! Why are you able to hear everything do you know? Because, you exist in everything! Everything you see, you exist in that. Everything you taste, you exist in that. Everything you hear, you exist in that. Everything you can touch, you exist in that.

- yastu sarvāṇi bhūtāny ātmany-evānupaśyati | sarva-bhūteṣu cātmānaṁ tato na vijugupsate || 6 || Nothing, nothing in which you don't exist! You exist in everything that exist!
- You will come to that realization the moment you start meditating on, 'What is that "I", that "I", that "I"!

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Iśāvāsya Upaniṣad

Verse 7

What Delusion can there be for the Seer of Reality Living in Ekatvam, the Space of Oneness?

यस्मिन्सर्वाणि भूतान्यात्मैवाभूद्विजानतः।
तत्र को मोहः कः शोक एकत्वमनुपश्यतः ॥७॥

yasmin sarvāṇi bhūtāni ātmaivābhūd vijānataḥ |
tatra ko mohaḥ kaḥ śoka ekatvamanupaśyataḥ ||

Translation: In one, who has cognized the reality of Consciousness, all existing beings become the very Self, Consciousness, then what delusion of incompletion, what suffering, sorrow of incompletion can there be for that seer of Reality, living in the space of oneness [ekatvam], Living Advaita?

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Word-By-Word Meaning

yasmin	in one
sarvāṇi	all, everything
bhūtani	existing beings
ātma	consciousness, self
eva	very, only
abhūd	become, exist as
vijānataḥ	one who has cognized the reality
tatra	then, therein
kaḥ	what
mohaḥ	delusion
kaḥ	what
śokaḥ	suffering, sorrow of incompletion
ekatvam	space of oneness
anupaśyataḥ	seer of reality who is living (according to) [anu+paśyataḥ the seer who follows or lives the reality]

Living Advaita- Ekatvam (Oneness) as Reality and Lifestyle

The Problem

Many of us have the question, "Yes, I also want Oneness in my life, tell us how to make it into experience?

The Vedic Solution

Your decision for any experience makes that experience as reality to you, please listen. Your attention, is your energy towards any experience you pay attention – that becomes your reality.

More and more attention you give to your self-denial experience, that'll become reality. More and more you give attention to your self-hatred experience, that'll become reality. All I am asking you is, 'Decide, I'll give more and more attention to my Oneness experience!'

Your First Step

One of the predominant things you need to develop in your life is - confidence to function out of the space of love, because from there only you can take a jump to the confidence to function out of the space of Oneness. Radiate love. It may be as small an act as smiling, giving a smile, or it may even be calculated. Don't stop the act of love, the function of love. Because, even if it is calculated, when you start functioning in the space of love, your confidence on love starts getting built. Understand. That will give you confidence to radiate unconditional love.

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- yasmin sarvāṇi bhūtany ātmaivābhūd vijānataḥ | tatra ko mohaḥ kaḥ śoka ekatvam anupaśyataḥ ||7||| Understand. Now the Upaniṣads are declaring the greatness of Jīvan Mukta (One who is living enlightenment). Ekatvam anupaśyataḥ.
- Upaniṣads are not using the word Ekam (One); Ekatvam. (Oneness)
- Whenever Upaniṣads use the word Ekam, even then you should understand it is Ekatvam.
- You should know, when your wife is really, really angry, even if she uses the word "Honey", you should know the meaning of it! Understand? You should know the context to make the meaning.
- Same way, when your mother is full of love, even if she calls you 'Monkey! Come here!', you should know the meaning; she is not scolding you. From the context catch the meaning. So, when Upaniṣads.....even when they use the word Ekam, it is not "One", it is "Oneness".
- When you start cognizing everything is in your very Consciousness, then that "in" and "out", that delusion disappears, dissolves.
- When that "in" and "out" delusion disappears, dissolves, advaita (Oneness) becomes your reality, advaita becomes your lifestyle, what you do will automatically be established in the space of advaita. God, in its pure form – I am not saying "his", I am saying "its", please understand... God, in its pure form will be radiating through you, will be living through you. I am addressing God here as "Oneness", not as "One".

Developing Confidence to Function from Love and Oneness

- Listen! All existing beings become the very Self. Then what delusion, what sorrow of incompletion can there be for that Seer living in the space of Oneness - Living Advaita? anupaśyataḥ – the being who is Living Advaita.
- See, I can expand on this verse, word by word, or I can just jump-start and give you direct process.
- If I have to expand, I can expand: Yasmin – in him; sarvāṇi – all; bhūtani – existing beings, or experienced his own very Self. I can go on expanding.

When you see everything exists in your Consciousness, very Soul, very Self, where is the question of incompletion, where is the question of sorrow, where is the question of delusion?

- See, when you see everything exists in your Consciousness, very Soul, very Self, where is the question of incompletion, where is the question of sorrow, where is the question of delusion?
- It is just Oneness, Living Advaita, Ekatvam, space of Oneness.
- But I am not going to stop with giving you intellectual understanding. Please understand I am going to give you the exact jump-start process.
- **It is as simple as your breathing – Just Love, understand. I am not even going for unconditional, uncalculated love. It can be as simple as a calculated smile, and as dirty as planning to grab something from the other person – his money, or some pleasure from the other person, or something which you want.... Even those smallest acts and calculated acts, when it is done, gives you the glimpse of Oneness.**
- Understand. I am not saying give calculated love, or cunning love. No!
- All I am trying to tell you is, even that gives you the experience of Oneness.
- Actually, the unconditional loves comes, how do you know? When you start giving calculated love more and more, the confidence you develop on you, when the SDHD (self-doubt, self-hatred, self-denial) melts down, the

confidence you develop on you, the energy you radiate, that becomes unconditional love.

Unconditional love is not dependent on any action you do

Even your breathing, you will be loving the whole world! Your existence, you will be thinking, "What can I do further? How can I contribute further?"

- Even in your breathing, you will be loving the whole world! In your existence, you will be thinking, "What can I do further? How can I contribute further?"
- Please listen! So, do not deny. If some of your acts are calculated, conditional love, don't deny the act itself, go ahead with the act; you will see you get the confidence to radiate unconditional, uncalculated love.
- Please understand. When it is calculated and conditional, if you deny, you destroy the possibility for the next level. Yes, the leaf of this tree, this plant can't be eaten, but wait; allow the tree to grow, the flower and the fruit of the tree will be useful. The conditional love, calculated love, planned love will start in your life, because that is the best way of relating with life. But when it starts, don't deny it, don't destroy it, don't abuse it, wait. It is okay.
- Today you felt, 'If I smile, he also may smile, she also may smile, then I will develop the contact. Tomorrow he may become partner in my business, or he may become, she may become, he or she may become partner in my life, or he or she may support me in my venture." Whatever, you may be planning. I am telling you, that is okay.
- Don't stop the act of love, the function of love. Because, even if it is calculated, when you start functioning in the space of love, your confidence on love starts getting built. Understand. That will give you confidence to radiate unconditional love.
- With more and more acts, the deeds, doings of love, this confidence on love, confidence on functioning out of the space of love starts developing.
- Please listen! **One of the predominant things you need to develop in your life is - confidence to function out of the space of love, because from there only**

you can take a jump to the confidence to function out of the space of Oneness.

With the more and more act, the deeds, doings of love, this confidence on love, confidence on functioning out of the space of love starts developing.

- See, in the space of Oneness, there is no cunningness, there is no condition, there is no planning. But, unfortunately, you don't have the courage to jump into that space. It is because you don't have courage, you go on doing some hypocritical game.
- It is like… There is a story by Rāmakṛṣṇa. No one can be a best story-teller like Rāmakṛṣṇa Paramahamsa. He is the best in story-telling, village authenticity, raw authenticity! *An Enlightened being walks on the river, crosses the river. Somebody asks him, "How can I also walk like that?" He says, "There is no mantra or magic. Just remember Mahādeva's name and you can walk." And this guy also went near the water; he was remembering Mahādeva's name but he was not able to walk on the water; he was sinking. The Enlightened Master looked back and saw this fellow is sinking. That guy shouted, "Oh Master! What happened? What happened? I am not able to walk on the water!" Then the Master says, "You chanted Mahādeva's name, no doubt. But you also held your cloth up so that it should not get wet; means, you did not have the confidence you are going to really walk on the water. You prepared yourself to get drowned only. You prepared yourself and you carried only that space."*
- If you look at this story, see this guy, let us look at him as one of My disciples. If I look at him as My disciple, first thing I won't make fun of him. Nothing can be done, that is the way he is. And end of the day he walking on the water is My responsibility. And, the good or bad of he walking on the water is going to come to Me.
- So, even if this guy walks on the water, it is going to be My pride. So, I have to be responsible. Why he is not able to walk? That is where I will look in. It is nothing but, because he doesn't have confidence he is holding the cloth, he feels he is going to drown. So, if I look at the whole story from My angle, first I will teach him to love water.
- **Please understand. Completion means not just not having incompletion, but having communion. Understand. Completion means - You live, I live. No! You live, I live is not Completion. We Live is Completion. You live, I live is not**

Completion. We Live is Completion. First I would have taught him the science of Love. That would have brought so much confidence in him. Confidence means: Even if I drown, I know the water is not going to kill me; I know I will swim, or water will leave me in a safe place. When that Love is experienced, he will be able to jump into that space of trust – 'Yes, I can walk on the water.'

- I tell you, Love is one of the most powerful, most powerful stepping stones for Living Advaita.
- I should tell you, dedicate one year for Loving Advaita, then Living Advaita will happen. Because most of you, most of you are stuck due to your inability to love, inability to love and the wrong ideas taught about Love.

Love is one of the most powerful, most powerful stepping stone for Living Advaita.

- **You think it should always be pure, unconditional, grand, life-sacrificing act. Till then, shut down. No! This plant cannot have the greed to give the fruit on day one. No! It needs to grow. It needs to first bring flower. Then the flower**

EXERCISE

needs to become fruit. First, unripe, then ripe.

- **So understand, in the beginning it may be a calculated or small act. It may be very calculated, cunning, and the act is very small, just a smile, but expecting two crore advance loan for the second smile. It can be such a small and calculated act. That is okay. Start with your courage; you will see, you will develop so much of confidence on acting out of love-space. Then, automatically you will see, even you will be shocked, some of the greatest sacrifices, unconditional acts, you will do before even you thought you are planning or doing it.**

Tyāgarāja – the space of unconditional love and sacrifice

- I tell you, all unconditional, great sacrifices out of love have happened before even they realized they are doing it. That is why, always the boons of Mahādeva… See, He is not a fool. Understand... He is not a fool to give whatever Bhasmasura asks and then run around. He is not a fool. He is in the space of unconditional love and tyāga, sacrifice. Before even He thinks the side-effect and after-effect of it, He has done it, He has given it. Before even He planned, understood the side-effect and after-effect of it, He has given it. Because, all great sacrifices or all experiences of unconditional love happen before even you think.

- *See, Mahādeva's līlas (divine plays), whether it is done in Kailāsa or in Madurai, his own place or in father-in-law's place, the whole thing, see the kind of a space He carries, the behaviour the Purāṇas describe. He marries Pārvati. Pārvati is from a royal family. She can't handle cold, the rough weather of Kailāsa. Even though She is born in the hills to the Himarāja, she was brought up in a palace. So, she lived comfortably. So, when He saw Pārvati needs a comfortable place, He calls Viśvakarma and immediately He creates the best, most beautiful golden city.*

- *King Rāvana comes to attend the ceremony, the inauguration ceremony. All the devotees of Mahādeva - Kinnara, Kimburuda, Gandharvā, Gāndhāra, Yakśa, Rakśasa, everyone is there for the inauguration. After the inauguration Mahādeva opens Himself and says, "Whoever wants whatever, come on, here I am, I am here to bless you all. Take it." Whoever wants whatever, He gives.*

And then Rāvana comes and says, "I want this city", for which inauguration he has come. No second thought, second idea! And no question of planning about side-effect and after-effect.

- *Even if it was Me, I would have called Viśvakarma and told him, "Hey, make one more and give." But, Mahādeva is Mahādeva. He did not bother to do that. Because, even the calling time, in those few seconds, may be Viṣnu will come and stop or Brahma will come and beg, "Don't do that." Or Devi will tell, "What are you doing? We should have an address which is whole and sole, which nobody else has." So, He is not giving space for any of that. He is He, Tyāgarāja – the space of unconditional love and sacrifice. He just says, "Take it." That's all. Take it. For which inauguration the whole world gathered, He just said, "Take it." Actually, He gave the city. That city only is Lankā. Lankā is that city only. But this fool, this Rāvana, his greed was so much, he took that Lankā city, golden city and kept it in Lankā and came back; and his greed did not stop. He wants the whole Kailāsa. That is where the problem started and he was crushed under Kailāsa. Anyhow...*
- **Look into the space where without bothering about side-effect and after-effect, and whether to whom we are giving, he is qualified, just, "Yes, take it!"**
- I tell you, all the great acts of unconditional love and sacrifice is done only in the space where you don't even think.
- But for that space to grow in you, in the initial level you need to encourage even the conditional love acts, or even if it is small acts of love. And acts of love are not always dependent on just giving.
- Please understand it is not all about giving. Here I used the example of Mahādeva giving. But it is not always about giving. It is even about taking.
- *There was a story that once there was a flood in the Vaigai river in Madurai. The king declares that every citizen should dump mud and build an embankment for a certain portion so that the city is protected. So, all the people from their own family, or they get some workers and start filling, doing the embankment.*
- *Actually, Vaigai is a man-made river done by the Śiva Bhūtas and Gaṇas when they came to attend the marriage (of Mahādeva and Mīnākśi). Because, Mahādeva always loves to sit on the banks of river. He lived in Kailāsa where the Ganga starts, and Vāraṇasi where Gaṇgā comes to touch his feet. So, He*

wanted an atmosphere of river. And, actually, till he went back to Kailāsa he always lived in the palace near the river. He did not live in the main palace. The main palace is the temple now. The Madurai temple is the main palace where Mīnākśi lived and ruled, conducted the court; but He will always go and sit in the river in front of the palace, playing dice with all his bhūtas, bhūta gaṇas, and drinking soma rasa. He will neither participate in the administration nor support Mīnākśi in any work. He will just go around and give boons and lying in the river in front of the palace.

Look into the space without bothering about side-effect and after-effect, and what we are giving whether he is qualified. Just, "Yes, take it!" I tell you, all the great acts of unconditional love and sacrifice is done only in the space where you don't even think. But for that space to grow in you, in the initial level you need to encourage even the conditional love acts, or even if it is small acts of love.

- *So Mahādeva comes and says, "I will work for you. You give Me idli (rice cake)." She says, "Alright." And then He bargains, "How many idlis you will give?" Who? Mahādeva! That lady says, "I will give you full. How much you can eat, that much I will give you." This poor lady did not have the intelligence to make an agreement with Him! She should have at least made the agreement, "Alright, I will give you a full meal. You should finish the job allotted to me by the king."*
- *Only when He started eating, she realized what commitment she made. He finished the whole thing! Nothing is left with that lady. He finished the whole thing. Then He goes and sleeps. When that lady comes and wakes Him up, "Hey, wake up, wake up, do your work otherwise king will punish me." He says, "No, just now I ate, na? I am feeling a little tired." And He lay down and slept. The king comes for supervision. He says, "Whose portion is it? It's not… work has not happened."*
- *Everyone tells, "It is the old lady who sells idli." They call that lady.*
- *She says, "What can I do? This fellow, I hired Him and gave Him whatever He wanted. And He is lying down there after eating." I tell you, He did not just eat idlis; He ate all her karmas. That is why He ate FULL. And then the King asks Him, "Why are you not working?" He has no answer. He just woke up and sat*

and looked at the king. The king got very annoyed because he did not get the answer, and he threw his stick and beat Mahādeva. And that stick beating, was experienced by every existing being, including the King. The King was shocked.

- I tell you, the story has a beautiful meaning: One, Love is not always associated to giving. Even taking, He coming down and eating the Vandi's food is love. Even it maybe… it may be even taking but Love is Love is Love.
- Second, because He is in that space… I tell you, His love is more visible in grabbing all the idlis of Vandi and eating than giving the golden city to Rāvana. If I look at both the scenes – He giving the golden city to Rāvana, and grabbing all the idlis from Vandi, the old lady and eating... He must have eaten with both hands, everything with the chutney flowing, and telling that old lady, "Come on, put some more!", and she running around for the rice, for the chutney, and looking this side and that side, and making more idlis, more chutney, grinding and telling, "Wait, wait, wait.... I am making."

EXERCISE

If you want to understand the love-current of Mahādeva, meditate on the form where He is sitting with an empty plate with Vandi and licking His fingers, asking for more idli and chutney.

- If I look at both scenes, I feel this second scene is more cute and more loving!
- **Love is not bound by the act of only giving.** If I see both scenes… I can actually see both together now! How Devi was standing, staring at Him, shivering, "What is He going to tell now? Is He going to give away this city?" And Ganesha is looking at Him. Subramanya, "Oh, God! What has Rāvana asked?" Viṣnu about to stop the dāna (offering), intervene; Rāvana standing with the hand, "Mahādeva, I want your city." With the right royal strength of a devotee! Even Rāvana is a character to be described. No, how will you.... See, unless you have a kind of a right over Mahādeva, how will you ask His city? It is like having a right over Mahādeva. I can see the whole scene.
- And, this other side, this old lady, sitting in the roadside, making idlis with that… must have been a mud pot, with the stone stove and the other side trying to make chutney, and Mahādeva is sitting with the mud plate and saying, "Hey, where is your idli? Come on! I am finished.", and she is directly emptying from the vessel to the plate, all the idlis, and by the time she makes the chutney and serves, the idli has disappeared, and He, unable to wait, putting all the fingers into His mouth, and asking, "Hey… hey, get Me more idli." I can see both the scenes.
- I tell you, in the second scene, more Love is expressed than the first scene!

Loving Advaita will lead to Living Advaita

- Be very clear, love does not need to be restricted only to the act of giving. And love does not need to be described; only thing, it should be unconditional or selfless. **Whether it is the act of giving or receiving, conditional or unconditional, selfless or selfish, start practicing, start practicing. I know, ultimately, unconditional, selfless love is the greatest. But that fruit will not happen if you cut all the roots that start sprouting.**
- The fruit of this tree will not happen if the tree is not allowed to grow at all. Many time these fools, for the sake of the fruit, cut the root. Hey, if you want the fruit, allow the root to exist and grow.
- Actually, when He was eating the idli from Vandi and playing with her, the kind of a loving space He was in was so grand. That is why, when the king threw the stick on Him, that Oneness was literally demonstrated. Please

understand. He could have done something else like sending the stick back to the king and beating him and finishing him off or the king could have just dropped dead. He could have done anything to show He is He. He did not do any of that.

- After nicely eating Vandi's idli, He was in Samādhi, relaxing in His Oneness, the Cosmic Oneness. And this foolish King came and hit Him. That's why he got hit. So, don't hit the people who are lying in Samādhi. That is the lesson! Even if you are a King, the hit will come back! And the man you hit, He will be able to handle, but when it comes back. Who knows whether you will be able to handle it or not? I can see the whole scene.
- The kind of a right Rāvana had on Mahādeva, because he is a devotee, I can say, you having right over Mahādeva is one-sided love; Mahādeva feels He has a right over you is the real love! I can say, this scene of Rāvana asking and taking is more like Mahādeva acknowledges that Rāvana has a right over Him; but, in Vandi's scene, He declares, "I have a right over her!" Understand. That is the peak of love.
- If I have to tell in the modern day, maybe she would have been making hundred rupees a day with an investment of another one hundred rupee. With this hundred rupees only she must have been living, taking care of all her things. And the another hundred rupees would have been her running capital. And He goes and sits and not only eats the profit, the running capital also! Tomorrow what she will do for her livelihood? But He knows He has a right over her and just swallows the whole thing. Other than the mud pot and that stove, He has not left anything else. And did not even do the job! He went and lay down.
- Understand. Every Līlā of Mahādeva demonstrates the acting out of love. Madurai idli was such, even in those days Mahādeva came physically to eat the Madurai idli. I can say, Madurai idli vendors can put a board: Even Mahādeva came physically here to eat our idli!
- Whether He comes down to eat the idli of the old lady, idli vendor, or He comes down to sell firewood, to drive away a singing competitor who came to challenge the temple singer, a

Loving Advaita will lead to Living Advaita.

Take this as a spiritual practice

Love should be, ultimately, selfless, uncalculated, unconditional. But, when are you going to start? Even if you want to reach the Moon, or the Sun, or the Mars, you have to start from where you are. So start, start, start operating constantly from the space of love. Automatically the purification will happen, selflessness will happen; that great selfless sacrifices, you will be doing without even you knowing.

devotee, everything is the pure form of expression of love. Understand, that is the ultimate, no doubt. But listen, **the ultimate will start when you start practicing the love the way in which you know. It is by practice, the confidence to operate from the space of love starts developing in you. That will help you to take the jump to operate from the space of Oneness.**

- **I tell you, Loving Advaita will lead to Living Advaita.**
- **Take this as a spiritual practice. Today's subject for Vākyārtha Sadas: What all ways you stopped yourself radiating love, saying, "Oh, it's a small act", saying, "Oh, it is a cunning act", saying, "No, it is calculated. I had my own calculations for this love. That is why I did not feel it is love and I did not function, I did not radiate. I just stopped myself"... whatever it may be.**
- You will have Vākyārtha Sadas today about all this, and how to break all that and radiate love.... radiate love. It may be as small an act as smiling, giving a smile, or it may even be calculated. I am not saying you should be having calculated love, selfish love, or it should be only small. No!
- Love should be, ultimately, selfless, uncalculated, unconditional. But, when are you going to start? Even if you want to reach the Moon, or the Sun, or the Mars, you have to start from where you are. So start, start, start operating constantly from the space of love. Automatically the purification will happen, selflessness will happen; that great selfless sacrifices, you will be doing without even you knowing.
- When Mahādeva gave, He did not have a second thought, "Oh, I am giving away this whole golden city"' No! He knows He will get it as a dowry from Madurai! Madurai was a golden city.

- The Love current of Mahādeva – that is the right word I will use.
- Unfortunately you always associated love with the act. If you try to define based on the act… Who can define chasing Vandi and eating all her idlis as love? Only if you have experienced the love-current of Mahādeva, you know that is the most beautiful, cute, loving act ever Mahādeva has performed! It can never be compared to any other act of Mahādeva.
- **Understand if you want to catch the love-current of Mahādeva, meditate on this scene where Vandi is running around struggling, cooking boiling idlis one side, and making chutney other side, and trying to boil the sambar, and He is sitting with an empty plate, and licking the fingers, "Hey, I am waiting."**
- I tell you, if you want the protection of Mahādeva, you have to meditate on Kālabhairava - because that is the form in which He even removed the head of Brahma.
- If you want Enlightenment from Mahādeva, you have to meditate on the form of Dakṣiṇāmūrti - that is the form in which He transmitted Enlightenment to all the Ṛṣis.
- If you want wealth from Mahādeva, you have to meditate on the form of Dhanākarśana Bhairava where he gave wealth to Kubera itself.
- If you want powers from Mahādeva, you should meditate on the Chakradāna Mūrti where he gave Sudarśana Chakra to Viṣnu.
- If you want to understand the love-current of Mahādeva, meditate on the form where He is sitting with an empty plate with Vandi and licking His fingers, asking for more idli and chutney. I tell you, meditate on the love-current of Mahādeva; you will catch, you will really catch what is really, really Love. Understand.
- **Today's subject for Vākyārtha Sadas is: How we forgot the so many possibilities of love by complaining it is too small, or calculated, and selfish. How we can break all these barriers and start living love.**

If you want the protection of Mahādeva, you have to meditate on Kālabhairava

If you want Enlightenment from Mahādeva, you have to meditate on the form of Dakṣiṇāmūrti

If you want powers from Mahādeva, you should meditate on the Chakradāna mūrti

If you want wealth from Mahādeva, you have to meditate on the form of Dhanākarśana Bhairava

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Mahādeva's Love Current-Unconditional Love and Sacrifice

- In one who has cognized the Reality, all existing beings become the very Self. Then what delusion, what sorrow of incompletion can there be for that Seer living in the space of Oneness, Living Advaita.
- **It is Love that gives you the experience of Advaita immediately as a jump-start. It is the love that gives you that experience. This verse of the Īśavāsya Upaniṣad is the Pure Science. Love is the Applied Science. Love is the method and utility value of this verse.**

Loving Advaita will lead to Living Advaita	
Homework Type	Vākyārtha Sadas (debate)
Debate subject	How we forgot the so many possibilities of love by complaining it is too small, or calculated, and selfish. How we can break all these barriers and start living love.
Reference	Verse 7, Iśāvāsya Upaniṣad, page 381
Instructions	Vākyārtha Sadas means when you are applying this thought current, when you are practicing for the next few days, if you have a click, some clarity, share that. If you feel that it is not working out for you share that, because many time people will learn what to do and what not to do.
Share	Visit https://nithyananda.ai

- "Method" means to reach this experience. "Utility Value" means, after reaching the experience what is the use of that experience in life. For both, the answer

is love - to reach the experience of Ekatva, Oneness, and utility of the Oneness in your life, the utility of the experience of Oneness in your life, Ekatva Love makes you experience this Ekatva, and after experiencing Ekatva, the utility of the Ekatva, the practical utility of Ekatva is again love.

Love makes you experience this Ekatva, and after experiencing Ekatva, the utility of the Ekatva, the practical utility of Ekatva is again love.

- That's the reason suddenly I am turning the whole attention towards love.
- I am using suddenly a new word - Love Current. What is it? See, the Ganga is flowing from Gangotri to Gangasagar, Gomukh to Kolkata. In Kolkata, it is most polluted; in Lucknow, somewhat polluted; in Gangotri, so pure, fresh! Whether it is somewhere polluted, somewhat polluted, pure and fresh, the current of Ganga is current of Ganga!
- Same way, your love - Somewhere it will be with a lot of selfishness, somewhere it will be like a business – give and take, somewhere it will be pure, selfless, somewhere it will be not just selfless, amazing sacrifice. But Love Current is the current. Don't dam it. If you dam it, you are damned! Don't dam it.
- Ganga, in some place it may be pure, in some other place, somewhat pure, completely dirty, but the current is the current is the current. The current should not be dammed. If the current is not dammed, it can automatically purify itself. So, listen! Love, somewhere it will be selfish, somewhere it will be demanding, sometime it will be business, at sometimes it will be selfless, at some other time it may be pure sacrifice. But don't dam the current. Don't dam the current. I am not saying your life, your love should be selfish. I am not saying your love should be a business. All I am saying is, even if it is selfish and business, it's okay; function, move, be active, be alive, be interactive; because, if you are flowing without blocking you, stopping you, if you are functioning, if you are alive, if you are active, you will see it will become pure.
- Listen! In the initial level, even if it is selfishness, "give and take", if you are active, after a few days you will taste the very love which is bringing excitement, joy, flow in you.
- When you taste that, your whole interest will turn towards that love

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which makes you flow irrespective of somebody receiving, not receiving, reciprocating, not reciprocating; you will understand that love makes you so powerful.

- Listen! The Love Current, the current itself should be encouraged, because, ultimately, many of your definitions like, 'Oh, I think my love is selfish, business motive', many of your definitions are mostly based on self-doubt. It is not even really, really, really real.
- Understand. Even if you build a huge empire out of selfishness, what are you going to do? When you die, you are going to leave the whole thing for humanity.
- So, the moment you leave the earth, the whole thing has now become selfless! So, where will you define selfishness and selflessness?
- And there may be some people, in the name of selflessness, just sitting and eating, not creating anything.
- When they die, they have not left anything for the world. So, whatever they did is only selfishness. They may claim it is renunciation. But, end of the day, it is just selfishness: they only sucked from the earth, sucked from the human society, never gave anything back. So I tell you, always encourage creation, discourage demolition.
- **Encourage creation, discourage laziness.**
- So, understand the essence of what I wanted to convey by speaking about love -I am asking you - constantly be powerful and active, creative.
- Be powerful and creative, you will never be doing mistake.
- **Be powerful and creative, you will never be doing anything wrong. Don't bother whether somebody receives it or not, somebody reciprocates it or not, responds to it or not.**
- Whether it is giving the golden city to Rāvana, or demanding more idlis from Vandi, the old lady; and when everyone is fighting who has the right to get initiation, whether Brahmins have a right, Kṣatriya have a right, Chandalas have a right, Śūdra have a right, Vaiśyas have a right, whether it should be only Brahmin or Śivacārya, in all these fights, who is authorized to have initiation,

Raise yourself to the space where there can never be imbalance.

in such big fights and mess among these, He just goes and picks up a small cuckoo bird and initiates the bird and liberates him. Not just He makes the initiation available to all human beings, irrespective of caste, creed, gender, He even reaches out to all living beings.

- *Whether He initiates all living beings, and demands more idli from Vandi, or letting Kannappa pluck His very eyes, both eyes, and sacrifice... I tell you, that demands too much of love and guts. The person whom you love, you just wait, 'Okay, let me see.' The guy has already plucked one eye and proved Himself. But still he just waits, keeps quiet. Let him pluck the second eye also. Only after he plucks the second eye, about to fix it, he appears and says, "Kannappa, nirka!", "Stop!" Do you know why? Because, in His (Mahādeva's) three eyes, already one-and-a-half belongs to Devi; in the one-and-a-half, already one belongs to Kannappa; remaining half only is there. If this fellow puts the second eye also, this half also I will lose. Better let Me have My half back. That calculation, He stopped Kannappa before he put the second eye. Then everyone will say, all these poets will sing, "Oh, you are eyeless! That is why you are not seeing us! You have no eyes of your own! One-and-a-half belongs to Devi, and remaining belongs to Kannappa. You don't have eyes. That is why you are not seeing us."*
- Whether it is cutting the head of Brahma as Kālabhairava, or cutting the head of Dakṣa as Vīrabhadra, or sitting and teaching the Science of Enlightenment to the very Rṣis who did the yaga-yagnas to destroy Him… *See, all this which Mahādeva is carrying – the Damaru, the fire, and the demon at His feet – all are gifts from these Taruka Vana Rṣis. They sent all these to destroy Mahādeva. These Taruka Vana Rṣis, because they can do anything they want through the yaga-yagnas, they know the science, they thought they have become God and no need for God, they are the ultimate. So Mahādeva has to make them understand. It is like many people telling, "Oh, I am okay. I am happy. Okay. Why do I need spirituality"? Okay, you are happy now. But even one small imbalance.... over.*
- *So, Mahādeva has to come and tell them, "Fool, you are happy because everything is moving as you want. But just even a small imbalance, you won't be able to handle that. So, raise yourself to the space where there can never*

Bhikshadana Murthy

be imbalance." So, the exact spot where they had incompletion is too much possessiveness of their wives. Mahādeva came down in such a handsome form, most handsome form as Sundareshvara and walks as Bhikshadana (one who begs alms), house to house.... See, the form was beyond any human beauty. The Purāṇa says the Ṛṣi Patnis [wives of Ṛṣis] even forgot they are male or female or whatever. They just know they are souls and the Cosmic Soul is here. They are souls and their goal is here. That's all.

- *The attachment towards Guru or God can never be bound into any frame of ordinary ideas and relationships. It is just a soul and goal relationship. The Ṛṣis were shocked when they saw, "Oh God, all these Ṛṣi Patnis are running behind this guy, young guy! Who is this young guy?" They wanted to destroy Him. They had anger out of powerlessness and incompletion. These Ṛṣis get together and do some yaga-yajnas (fire ritual) to destroy Mahādeva. What stupidness! Finally, whatever they sent to destroy Mahādeva, He just held them all as ornaments and His weapons! Finally, not only He did that, He gave the Science of Enlightenment to those very Ṛṣis who tried to destroy Him.*

- *It's His action of giving Enlightenment to the very Ṛṣis who tried to destroy Him. Every action, please see, His Love Current. It is His Love Current*

- whether He comes down to sell the wood, He comes down as a wood-seller to drive the musician who was challenging the whole Madurai, who was trying to hold the whole Madurai for ransom… whatever game He played, whatever Līlās (divine plays) He did.. Whether He came down to protect Markandeya from Yama…

- I tell you, coming out of the Shivalinga to protect Markandeya from death, and coming out of the Shivalinga and stopping Kannappa sacrificing the second eye, if I see both the scenes, I will say in the Kannappa scene He expressed the love in a deeper way. You all may be thinking, "No, no, no, no, no" Normal mind thinks, "No, He came out of the Shivalinga and protected Markandeya from Yama. That should be defined as greater love than coming out and stopping Kannappa putting the second eye." No!
- Listen; I am telling you the insider story. Who sends Yama first? Send Yama, and then come and act that you are protecting from Yama! As if He can't tell in Kailāsa, "Hey, don't go! Be here." And is Yama is going to go beyond Mahādeva's words? That is show of love, understand. He needs to show He loves. Sometimes He needs to; otherwise, people don't understand. But Kannappa's was real love. He just says, "Let me see the extent this fellow can go."
- I tell you, after Kannappa plucked the first eye, before he plucked the second eye, Mahādeva would have had blood-pressure. I am telling you as an insider. Mahādeva would have had blood-pressure. And in the scene where He came out of the Linga and protected Markandeya and killed the death itself, Mahādeva would not have had an inch of blood-pressure. There is no unknown in the whole scene; whole scene is under His control. He knows He can finish off Death, He can finish off Yama, He can make Markandeya chiranjeevi [immortal].
- **Understand when there is no unknown, there is no possibility of exploring in love.** It is only a demonstration of love, a public show of affection, where the whole scene is in His control. But with Kannappa's the scene is not in His control. You know this fellow may pluck the second eye also. "But let me see whether he has that much of guts."
- Understand whenever there is a possibility, means unknown, it may go this way or that way. That is when the exploring into love continues to happen. That

is why most of the time love dies the moment marriage happens. Because, now, you are legally bound to love each other. So, anything you do, you are legally bound, socially bound to do that. Yes, that is the way it has to be. There is no possibility of yes or no, this or that, the unknown.

Relationship is all about constantly being new to you and to the other person; that's all. All relationship is all about constantly being new to you and to the other person.

- I tell you, only a man who has guts to play with the unknown can really love. Only they can love and they can receive love; they can radiate.
- In the scene of Kannappa where the Shivalinga has bleeding in the eyes, and he plucks his own eye and puts it… maybe the first eye transplant surgery! Then he sees the second eye is also bleeding. He removes the second eye. When he was about to put it, He [Mahādeva] stops. He waited till the second eye was removed. He gives the title of "Father" to Kannappa. Because, one organ of Me is gifted by you, you are My father! He says, 'Kannappa'! Among the devotees, only two received the title of "Father" and "Mother" — Karaikkal Ammaiyar received the title of "Mother"; Kannappa received the title of "Father" to Mahādeva. Because Mahādeva, when He went to test Karaikkal Ammaiyar, He ate her food. Because He ate her food, He says, "You are My mother." Because Kannappa gave one organ to Mahādeva, He says, "You are My father."
- **Understand in the space of the unknown, love is more vibrant, more active, more alive than the scenes which isare known.**
- Even in the marriage, the couples who keep the space of unknown alive, continue to remain in love.
- **Relationship is all about constantly being new to you and to the other person;** that's all. All relationship is all about constantly being new to you and to the other person. That's all.
- Even when He demonstrates Oneness to the whole world by transmitting the blow given on His back to the whole world, all beings, He shows in what kind of situation that will become your experience.
- If you understand the Love Current of Mahādeva, you will understand how to

experience Oneness. And Love will make you live Oneness.

EXERCISE

- **Constantly engaging yourself in Love Current, all your actions centered on Love Current, how that can make you experience Oneness with everything, everything in Oneness. Oneness with everything, everything in Oneness! This Oneness experience can be gained, experience of Oneness can become eternal in you; it means, not only gaining the experience, you getting established in that experience.**
- When you just soak constantly in that experience, you radiate extraordinary powers.
- Every time you break a pattern with the clarity of Oneness, with the cognition of Oneness, you will have one extraordinary power. **Every time you break a pattern, not only you are free from the pattern, you get extraordinary powers in you.**
- When you break this eating disorder patterns, not only you are free from the eating disorder patterns, you will also have the power to, ability to manipulate your stomach, your health as you want.
- Understand, every time you break a pattern, you get extraordinary powers. In this case, about this eating disorder pattern, if you break your eating disorder pattern, not only you will be free from that pattern, you will have powers to manipulate your body and mind as you want. If you have done at least one THE SAMYAMA (21-day liquid diet process), then you will know how you can manipulate your body. You can just play with it. You can play with it[1]!
- All these theories of acidity, diabetes, tiredness, associated to food, are true as long as you associate with them, not otherwise.
- I was reading in Facebook, somebody wrote: 'One of the biggest prisons human-beings suffer is what others think about them.' I tell you, No! There is a bigger prison – WHAT YOU THINK ABOUT YOU! What you think about you is the bigger prison than what others think about you.

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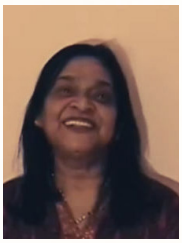
1 **Yajnavalkya Smriti Prayashchitta Adhyaya** 31st Sloka- Kālo'gniḥ Karma Mṛd Vāyurmano Jñānaṃ Tapo Jalam . Paścāttāpo Nirāhāraḥ Sarve'mī Śuddhihetavah; Translation - Time, Fire, Action, Soil, Air, Mind, Knowledge, Penance, Water, Re-Living And Nirahara - All Of These Are Means For Purification.

- What others think about you is able to give you suffering because what you think about you gets altered based on what others think about you.
- If what you think about you stays stably, what others think about you will never be a prison for you; because, what you think about you is so lucid, and lose it, what others think about you becomes a prominent prison.
- **Be very clear, if what others think about you is a prison in which you are stuck, what you think about you is the cell inside the prison where you are stuck! It is much more suffocating! Much more suffocating!**

What others think about you impacts only your external life. What you think about you impacts directly your body, your mind.

Testimonial (Sākṣi Pramāṇa)



Nithyanandam! I am Perumala Paramanathan from Toronto, Canada. I want to share my experience with you. I have had diabetes for the last 16 years. And it has been very high for the last 3 years. Normal blood sugar is between 5 and 6. For me, it is more than 15. So I was worried. When I heard about this diabetes Kriya, I was so happy and I attended a 1-week workshop at Toronto Temple. I am amazed to see my sugar level come down. In the mornings it is always between 5 and 6. And the doctor has reduced my medication to half. Now not only did my sugar level come down, my mind and body improved and I am so thankful to Swami. Thank you, Swami, Thank you! Thank you!

Ricardo, Paris, France

63 year old Ricardo reported that he had been suffering from diabetes since the age of 33. Recently he was introduced to Nithya Kriyas about 4 months ago, by his neighbor, a disciple of The SPH Nithyananda Paramsahivam. Ricardo Boreiki says, "He came to my house and taught me how I had to do the kriya. And before I started the exercise, I checked my sugar level, and it was 350. I did the exercise the

way he taught me to do it. When I finished it, I checked my sugar level and it was 85. I have never seen something reduce my sugar level so rapidly.

Usually I have to walk around the neighborhood for half to 1 hour. Even then I have to put a lot of insulin to reduce my sugar level. This is extraordinary!"

Ricardo says, "When I went to see the doctor and see how I was doing while using 5 units of insulin and doing the exercise daily in the morning. It was a miracle. My doctor asked 'Only 5 units of insulin?' and I said 'Yes! 5 units!' Doctor said 'Great! Continue with this. Just 5 units each day is fine but check your sugar levels every day.' I am eating everything I normally eat."

Ricardo also stated that he had a blood sugar level between 300 – 400 and every day he would take 45 units of insulin in morning and about 25 units in the afternoon. Sometimes he had to call the ambulance and be hospitalized with dangerously high or low sugar levels. Now he is feeling so good, he is going back to work at age 63

Dr. Srilekha Karthik, Bengaluru, India

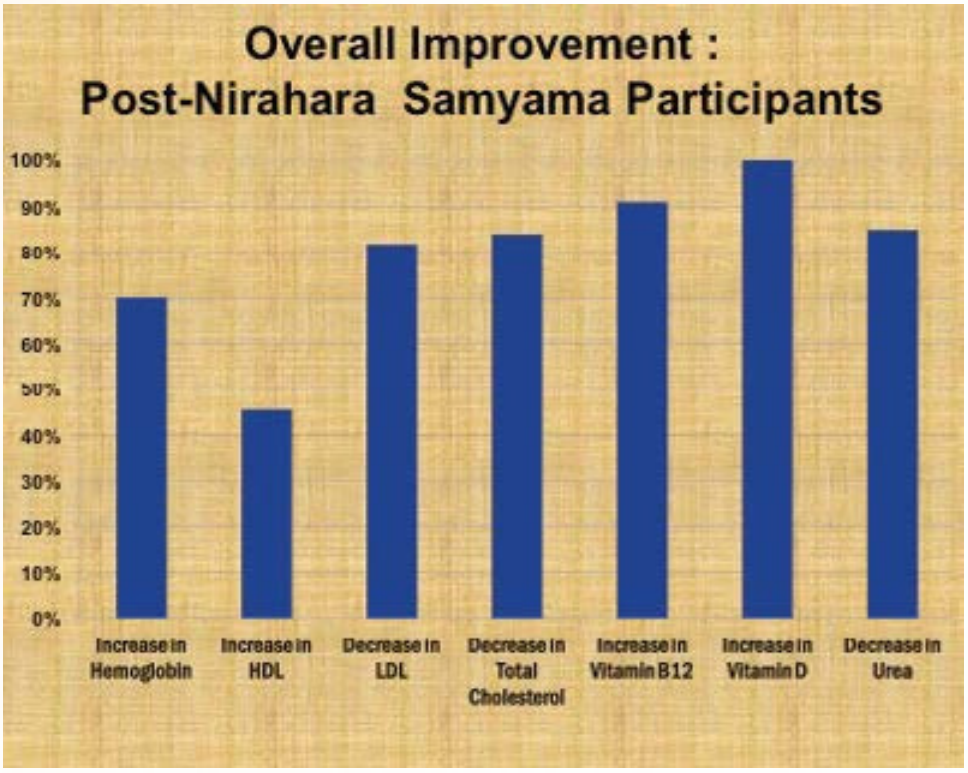
I am a paediatrician by profession.

In 2012, I participated in Nirahara Sammyama process which lasted for 21 days. During this process, I was facing lot of work pressure at home and also on the professional front (three times more than on regular days).

But to my surprise, the whole thing went through like a piece of cake!! I did a good job of juggling everything with such ease and productivity, it was amazing!

During this period, I would sleep for just 4 hours a night, and it would be a deep quality sleep, without dreams or disturbance of any sort. I experienced a state of constant bliss, fulfillment, gratitude and devotion.

I also constantly practiced chanting the mantra that Swamiji had given us during the sammyama. Every evening, between 6-8 pm, I experienced a sweetness in my throat (mystical yogic experience of



amrita or nectar), which was accompanied by a state of indescribable bliss.

As a doctor, I was astonished to find that my hemoglobin, which was 11% prior to the sammyama, shot up to 13% after not eating for 3 weeks!! That beats all logic! Nirahara is a wonderful way to live, not bound to be eating regular meals on all days, and at the same time, enjoying your occasional meal better than ever before, because of the awareness that has been infused into the process of eating. I pray for Swamiji's blessings to start living as a lifetime Nirahari in the near future.

Cause Miracles With Body and Mind

- What others think about you, if you think that is a prison, what you think about you, is a cell inside the prison where you are locked!
- Please understand, what others think about you impacts only your external life. What you think about you impacts directly your body, your mind.
- Anybody who has done THE SAMYAMA can just play with their so-called diabetes, so-called gastric or acidity, all problems related to hunger. They can cause miracles!
- I know the kind of a faith about his own body and mind and consciousness, My grandfather used to have! My Grandmother's mother, I have seen her. I have seen My grandmother's mother. Just vibhuti, the sacred ash from the temple, was the medicine for her till death. My grandfather, he died after nineties. In his whole life he got hospitalized only twice! Only twice! Such a hardworking man! The kind of faith he had about his own body! It is a mechanism, please understand. It is actually a mechanism.
- **What you cognize about your body, your mind, you, it is a mechanism. Whatever you cognize becomes reality.** I have seen the faith he had about himself. I am so thankful to him, because, he took care that the idea of sickness never settles inside My system. By seeing him and living around him, health became My basic cognition.
- Of course, My Guru, Raghupati Yogi, he is extraordinary; forget about him. He is totally a body of miracles! He is just a bunch of miracles! That's all! Anything he does will be a miracle. He will just sip the cold water through the nose, and spit that water through mouth, and it will be boiling water!
- I have seen the kind of a play he will do. And he will sip the hot coffee through the mouth, and just start releasing that through the nose. By the time it reaches the ground, it will become ice-ball, please understand, ice-cube! Means, he can play anything with his body! He can make his body as hot boiler or freezer! I have seen with My own eyes, he cooking just by touching the pot! In the mud pot, he will put water, rice, and just touch it. In two minutes rice is ready! He will tell, 'Come on, eat!' The kind of a heat he will generate through his body, or cold he can generate through his body! His body was a freezer,

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boiler, all put together!

- Early morning, when he wakes Me up and takes Me to the temple to teach yoga, during this Margazhi month, the water will be very cold. I have seen him doing this multiple times. He will just point the area where I am taking bath. That area will be warm! Sometimes, even hot water!

The Oneness, which makes you powerful, empowers you, should not be just a thought current – it should become a living experiential power current in you. Means, it should be producing results in you.

- In the temple tank, he will put his finger and say, 'Come on! Take bath!' It will be warm water or hot water; never I felt the cold! That is a totally different level. I am talking, normal, so-called, your plane. My grandfather, the kind of a faith he had about his body! We are the last generation who have seen those kind of people.

- **See, our ancient body-mind-conscious mechanism, ideas, concepts, were told to us by our old mother, old grandmother, grandfather, in a very colloquial way, in casual evenings or night stories. 'Hey, if you are feeling feverish, apply vibhūti from Shiva temple. It will become alright. Don't worry!'**

- But the modern ideas are being told to you in the high light and high sound, literally breaking your nerves!

- Understand, I always tell you, whatever I do, you should not do. Because, whatever I am doing, I am making Myself to settle down (from the Super-conscious state of samādhi).

(left to right) Some of the enlightened beings in Tiruvannamalai who had mastered the various Hindu Sciences and radiated it a powers: Thinnai Swami, Narayana Swami, Mouna Swami, Annamalai Swamigal and Raghupati Yogi

You need to know life is a long bargain, that's a truth, not reality, but truth.

- Whenever I find I am not able to sit and do the administration work, I will switch on the TV. I never watch that stupid box. That one thing God saved Me! I never have interest on it. But that light and sound keeps Me settled on the ground. This time when I went to Tiruvannamalai I spent a lot of time with all the Sannyāsis who were with Me, explaining the stories of each and every stone and pillar. Suddenly I realized, just thirty years before I had at least fifty people, ideal, great enlightened beings in Tiruvannamalai! Thinnai Swami, Saakku Pai Swami, Sorakkai Swami, Narayana Swami, Mouna Swami, Annamalai Swamigal, Raghupati Yogi, Kuppammal. Just thirty years before I had at least fifty beings who were visibly radiating the power of that Śivoham experience! See, in My case, if you come to a program and see your Kuṇḍalini gets awakened, see hundreds of people's Kuṇḍalini getting awakened, healing happening, then you feel, 'Oh, I think this guy has power. I think He has enlightenment.' You come to the conclusion only in an indirect way. But I have seen the Masters so visibly, directly, shamelessly declaring the power of Mahādeva! That is the right word I will use – "shamelessly declaring the power of Mahādeva"!

- I have seen one Swami. He was called Sorakkai Swami locally. "Sorakkai" means, Bottle Gourd (a vegetable). Do you know why? Because, in front of him one half of a Bottle Gourd, that shell will be there, in which people will put food. Whenever he feels like, he will eat; otherwise he won't. Next person who wants to offer food to him, he will empty that Bottle Gourd and clean it, and put the fresh food and keep it and go. He had some twenty-five, thirty dogs, his friends. Throughout his life, he lived in a 3 feet x 3 feet small structure. Please understand, I have never seen him moving! I even doubted if his bones all got frozen! I know he is alive, because he used to talk to people sometimes. And he will smile sometimes. His hands will move.

- Because of that I know he is alive. No one-two-three (means, emptying the bladder and bowels). No one-two-three! Because, the birds have started sitting on his head and eating from his hair, some of his disciples, followers have made a small, stone-pillared hall. You

Purpose of your life should be goal. Meaning of your life should be goal, not elongating your life.

cannot say it is a hall and all. Just four pillars around his body and two stones on the top. If you see that structure, you will understand. It is only 3 feet x 3 feet. His whole life he sat. Sometimes, the sitting posture will be different. That is why we can even presume that he is still alive!

- I have never seen him doing one-two-three, or taking bath, moving out. But the kind of a space he will radiate, and the way he will be sitting! It was so visibly declaring the powers of Yogic tradition!
- Like this I have seen at least fifty people, through extraordinary lifestyle, amazingly declaring the yogic powers, living the powers of Mahādeva, radiating the powers of Mahādeva. I feel.... I don't want to say anything about Arunachala, because, Mahādeva never tolerates.
- When Madurai was burning, He kept quiet. Even Mīnākśi did not bother. But, when one Saint was even about to curse Tiruvannamalai,
- Mahādeva just came and held the neck, 'Hey, my city! You cannot do anything! You should not do anything!' So, I don't want to tell anything about Tiruvannamalai. I feel this generation looks so poor without that fifty of them. Without that fifty of them, this generation looks so poor.

Right Ideas You Carry About You Gives You The Experience Of Oneness

- I told Mahādeva, 'It is now my responsibility to put at least few hundred people as a garland to you who have that same state as those fifty.' I will do it! I will do it! Just like how we get wooden pillars from the old houses and refurbish and give it back to society, I will get the old souls from Kailāsa, refurbish them with the modern language and knowledge to reach out to the world, humanity, and give it to humanity. No, I really felt, I really felt, without that fifty people, humanity is so poor! It does not know the possibilities. It does not have any more living examples.
- By living as an example, the things Ram Surat Kumar used to teach! Sorakkaai Swami, Mouna Swami, Annamalai Swami, Thinnai Swami, Sadhu Om,

Kuppammal, Isakki Swami, Raghupati Yogi, all of them just thirty years before! I am not even talking about Ramana Maharṣi's generation. Humanity has become so poor without them. Because, now, none of you even have one single living example to see and learn. To see and learn!

- **Right concepts about body, right faith, cognition about mind, right bio-memory, the right concepts about body, mind, consciousness, is THE richness, Ultimate richness!**
- Right ideas you carry about you gives you the experience of Oneness. Oneness!
- Neither by building hundreds of houses for yourself, nor by building companies for yourself, or by accumulating more and more cars, Oneness is not experienced by all these. I am not saying don't buy house, don't build house, don't buy a car. No! All I am trying to tell you is, let that just be utility, not goal of your life. If the utility becomes goal of your life, you live in stupidity. As I said, "Stupidopathy", where elongating your life becomes goal. No!
- Purpose of your life should be goal. Meaning of your life should be goal, not elongating your life. If you know the meaning, you know the right length, right number of years you need to live. Number of years you live is not defining your success. The meaning of your life defines your success.
- Today's subject for Vākyārtha Sadas: "**The right concepts about body, mind, consciousness, which leads you to experience Oneness. How the concepts others carry about you impacts the concepts you carry about you. How the concepts you carry about you, is important to experience Oneness.**"

e N D E B A T E

Raising to the Space Where There Can Never Be Imbalance

- The thought currents, the under currents, the energy currents of this verse need to be explored.
- Please understand, whenever you explore a sacred secret, it should become an energy current in you – not just a thought current.
- If you contemplate on any spiritual truth for 24 hours maybe, it'll become thought current. If you meditate continuously on it –that becomes your very

Any great truth only if it becomes your power while you are in the body, you will live based on them. Ultimately, all spiritual teachings are just needed as a power when you leave the body, that's all.

Being, it becomes energy current. Till it becomes energy current, listen, till it becomes energy current, you have to meditate on the sacred secrets revealed in those verses.

- The Oneness, which makes you powerful, empowers you, should not be just a thought current – it should become a living experiential power current in you. Means, it should be producing results in you.
- Listen. Unless some great truth produces results in your life, you are not going to live it.
- Please understand. Because basically, your life is a long bargain.
- At the age of 7, whatever you have, if you are going to get something better than that, you are ready for exchange. At the age of 14, whatever you have, you might have gathered it with tremendous efforts, love – but if some which is going to come, if that is going to be more beneficiary you will simply exchange it.
- Same way at the age of 25, which you collected with a lot of sentimental attachments, emotional attachments whatever, whatever, whatever which was so important for your life at one time, even those things, if you find what is going to come is more beneficiary – you will simply exchange it. Your whole life is a long bargain.
- Watch any Bollywood movie, this problem of father asking the daughter whether I am important or your lover is important, "I gave birth to you, I brought you up, I spent so much of my time, my energy, my money, my attention, my everything to you, the lover who came just few days before, he became so important for you, he became so important for you in your life," watch any Bollywood movie, you will see this scene.
- Above all, an important thing, this scene, father asking the daughter, "Am I important or the guy who walked into your life yesterday, He is important?"

- Understand, if you are intelligent enough you will never ask this question, because life is a long bargain. You just know, whatever you acquired in your life, how much ever price you paid, difficulty you went through to acquire, everything has value because you can exchange when you want. Understand, you work, make money, money has value why? Because you can give that for something great in the future. Same way experience, relationship, everything, everything, when you see a better opportunity, you exchange. In that, some sentiments are toned, some hearts are toned – that's the way life flows. You can never, never, never stop this pattern of life as a long bargain.
- Father asks the daughter upon her announcing her engagement, "What does he do? Does he have any money?", Daughter replies to him, "You men are all alike, that's the first thing he asked me about you also."
- **Understand. You need to know life is a long bargain, that's a truth, not reality, but truth.**
- Every experience you accumulated in your life is worthy to be given up for the experience of Oneness.
- **Please understand. The experience of Oneness is such a powerful future. Every experience you earned in your early life can be exchanged, but you will decide to exchange only if this Oneness becomes your experience, not otherwise, because human mind moves only based on experiential bargains.**
- Listen. I don't need to inspire you. If I can give you one glimpse of this experience of Oneness, I don't need to inspire you to give up your whole past experiences as myth and reality. You will just exchange, because you are brilliant enough to go for amazing exchange offers. You are intelligent enough to go for any exchange offer, the moment you know something better is coming – you will simply give up the past. That is what I am now sitting and doing, giving you the experiential glimpse of what is Oneness and Oneness is not just some good moral lesson, "Oh, everyone is one, just love." No. It is a spiritual power. Please understand. I am not teaching Oneness as moral teaching, Oneness is a spiritual power!
- **Many times people think, "Oh, how can there be Oneness, I am separate, he is separate." Please understand. Forget about experiencing Oneness with the other person, first decide to experience Oneness with your own body, start**

there.

- Most of us who use the logic, "I am this body, how can I experience Oneness with another one body," another person, another mind, come on, get down to the ground, don't be in the sky. Oh if you talk I am this body, how can I experience Oneness with another body, another mind – No, no, no, no how can Oneness be the truth. If you talk like this, it is equivalent to a beggar.
- Fool! Foolish beggar, because he got one 100 dollar bill, he starts sitting and calculating, "Oh today, in 2 minutes I made 100 dollar and 24 hours if I make, how much I make? So one week, if I make how much I'll make?" In this same ratio, if I make one month – Wow! it's almost a million dollar. And in a year, wow, it is almost like a 12 million dollar, wow. Then I should plan how to invest my money into the stocks and I should start buying newspaper from today and see which stocks are going up and which stocks are going down, what is the best way of investing my 12 million dollar money by the end of this year." How stupid he is, you are in the same stupid level. Because he got 100 dollar by mistake does not mean he is going to get 100 dollar every 2 minutes. He is not going to make thousands of dollars in a day, he is not going to make millions in a week. He is not going to make billions in a few years. If he thinks, he's a fool. He is deluded. Same way, even if you think, "Oh, I am this body, they are that body, how can these bodies experience Oneness, how can these minds experience oneness – I am this mind, they are that mind," you are deluded exactly the same way like this stupid beggar. You are not even your body!
- Decide to experience Oneness with your body! Understand, this Oneness should give you the power to handle your body first.
- **Sit and do completion with all parts of your body. Each part of your body – even though it is not independent intelligent, it is independent stupidity. Understand, each of your senses are independent stupidity – they function in their own way. Bring completion among them. Bring completion with them.**

This is the technique; any experience to any experience you pay your attention, that becomes your reality.

Oneness as a Spiritual Power, Not Just a Moral Teaching

- Any great truth, only if it becomes your power while you are in the body, you will live based on them. See, ultimately, all spiritual teachings are just needed as a power when you leave the body, that's all.
- Why these spiritual truths, spiritual powers? When you leave the body, you should not be alone, you should not be in a powerless space, powerless state –

For Health And Wellness Homework: Right Concepts You Carry About You	
Homework Type	Vākyārtha Sadas (debate)
Debate subject	The right concepts about body, mind, consciousness, which leads you to experience Oneness. How the concepts others carry about you impacts the concepts you carry about you. How the concepts you carry about you, is important to experience Oneness.
Reference	Verse 7, Iśāvāsya Upaniṣad, "Right ideas you carry about you gives you the experience of Oneness." on page 430
Instructions	Vākyārtha Sadas means when you are applying this thought current, when you are practicing for the next few days, if you have a click, some clarity, share that. If you feel that it is not working out for you share that, because many time people will learn what to do and what not to do.
Share	Visit https://nithyananda.ai

all the spiritual truths are for that only.

- Vedic tradition is nothing but a preparation to leave the body in a best way, and

needed to assume the next body till you achieve Oneness with the Cosmos. The day the child is born, the first day the child starts getting prepared to leave the earth.

- Please understand. Even in the first rituals before the birth, Garbhadāna rituals before the birth, the child is told about death. Vedic tradition is a looong preparation, loooong preparation – for the beautiful journey.
- I'm telling you, anything becomes experience for you now, only that'll be your strength when you face crisis while you are in the body – or when you face crisis when you leave the body. In both situations, in both situations, any truth should become your experience.
- **Oneness should become a truth which empowers you, then you will never drop it, you will never miss it, you will continue to live it, you will drop anything else but not the Oneness experience, cognizing from Oneness.**
- Understand even this verse explains the utility value of Oneness.

Paying Attention to Oneness Experience as a "Fashion Statement"

- This verse says, when you live Advaita, where is incompletion, where is delusion? So only when the delusions and incompletions disappear, you are living Oneness, Niranjana, Nirvikalpa, Niramaya, Nijananda Bodham.
- Oneness should become your experience. Many of us have question, "Yes, I also want Oneness in my life, tell us how to make it into experience – that's why we are here." No, if I tell how to make it, then you will ask how to make this 'how to make it'. If I give a technique, then you will ask how to do this technique tell me?"
- Then I'll give one more technique, then you will ask how to do this technique of how to make the 'how to make it happen'.
- **Understand finally, ultimately, your decision for any experience makes that experience as reality to you, please listen. Your attention, is your energy towards any experience you pay attention – that becomes your reality.**
- **Listen. This is the technique: To any experience you pay your attention, that**

becomes your reality.

- You constantly pay attention to your SDHD, self-doubt, self-hatred, self-denial, because it was taught to you by some great intellectuals, whom you respected in those days. Most of you learned this SDHD from your school moral teacher. See, all of you would have had one teacher who really impressed you. He would have been able to build an amazing brand about himself in front of all of you where he was able to show himself as the "ideal morale man" of you. He would have been the source of your SDHD, I tell you.
- *Somebody goes to Buddha and asks, "Tell me the way to get enlightened." He says, "Give me the list of the people who made you who molded you, who impressed you, made you." The guy says my father, mother, one of my teacher "Buddha says, "go and kill all them and come back. I'll give you Enlightenment." No He does not mean actually physically killing, I am not going to give you the suggestion: go and physically kill, no, it's not physically killing; mentally killing them and all their dash-dash on you; mentally being free from the ideas put into you by them, listen. It is those so-called few people who impressed you, it's from them you learned self-doubt. It's from them you learned self-hatred. It's from them you learned self-denial.*
- **More and more attention you give to your self-denial experience, that'll become reality. More and more you give attention to your self-hatred experience, that'll become reality. All I am asking you is, 'Decide, I'll give more and more attention to my Oneness experience!'**
- **Today's subject for Vākyārtha Sadas is this: How can I give more and more attention to my Oneness experience. How can I give more and more attention to my Oneness experience; how can I strengthen my Oneness experience?**
- **Listen. Your conscious decision to empower Oneness experience is enough for the Oneness to blossom in you, Oneness to take over you. It is just declaring your willingness, the conscious willingness. Look at your life, what you make as fashion, whatever you look upon – you travel only towards that and only that is becoming reality in you.**
- *Few days before when I was traveling in the car I just saw a scene— in just the car in front of Me the guy was throwing out the Coke cans, empty Coke cans. First, two came out, I thought, "Oh God, this fellow drank two Cokes at a time, what'll happen to him?" Then I saw ta tak ta tak ta tak ta tak some four, five cans came out and fell, then I looked a little deep and saw four people were sitting in the car. In Indian jugaad 25*

people can go in one Omni, 50 people can be there in one Toyota Innova; that is Indian jugaad! So many Coke cans came out and fell on the road…and I saw one garbage collector coming and picking up all the garbage and putting it in a bag. I just looked. See this whole scene, the guy who drinks and throws the garbage out – he is looked upon by society as a decent, modern, educated man, and the guy who is cleaning the garbage and cleaning the floor is looked as uneducated, poor, low class man. See the context from which society approaches both the persons, but the results they are causing to the society. See, understand.

Your conscious decision to empower Oneness experience is enough for the Oneness to blossom in you, Oneness to take over you. It is just declaring your willingness, the conscious willingness. Look at your life, what you make as fashion, whatever you look upon – you travel only towards that and only that is becoming reality in you

- **Context is always not decided with a logical thinking of the results caused by those people. When the context is not set as per the logical results caused by the person it is called "fashion."**
- All your so-called stupid fashion— Why McDonalds? Fashion. Why pizza? Fashion. Why jeans? Fashion. Please understand, the result of eating the McDonalds is not in favor of your health. The result of eating pizza is not in favor of your health, but you go on doing because society makes you believe that is the highest experience, you also set the context: that's the great experience.
- So anything you pay attention to, and believe it's a great experience – you crave for it and you achieve it. There's no logic behind it.
- *Actually in the Shiva Līlās, in one of the stories, Mahādeva comes down as a wood seller– He cuts the wood in the forest and sells in the cities. The first question the lady in the street asks Him, "Oh God, the times have become so bad even wood is being sold?" It means what? It was the right of human beings; it was not privatized in those days!*
- More and more time passes, more and more corporate culture evolves, more

and more the capitalistic mentality spreads; don't think more and more production is happening, no, only more and more legalized snatching and possessing is happening. I am all-supportive of the productive corporate companies. I am only against stealing and privatizing, possessing, making things more difficult for people and en-cashing on it.

LOOK IN

- **Look in. The people who make the statement of fashion, fashion statement, in your life – they decide to what experience you should pay your attention. I am telling you, pay your attention to Oneness experience. You will see it becomes power in you!**
- Pay your attention to the McDonald's experience, you will become sick in 30 days – I think 30 days is too much time. Pay your experience to your Coca Cola drinking, you know what you will get. If you pay attention to any of those you know what you will get. I am asking you, decide to pay your attention to Oneness experience – you will get what I have!
- Understand. Guru is a being who makes the fashion statement about Oneness experience.
- Incarnation is the being who makes that Oneness as your very own experience.
- Anything becomes experience when you are alive only becomes your strength when you leave the body.
- Anything becomes a power in you when you are in the body only that'll be power for you when you leave the body also.
- Understand. Decide to pay attention to the experience of Oneness, that very decision will make you constantly flow towards that Oneness experience. You will make that into reality in your life. As a Guru in the book and Satsang, I can only make a fashion statement about Oneness experience; as an Incarnation in Paramashivoham experience, I transmit that very experience into you.
- Everyone who decided to have the experience of Oneness in Paramashivoham, from now – prepare yourself by constantly putting your attention on Oneness experience, by thinking, contemplating, empowering Oneness experience; how you are one with the Whole.
- **Let this Oneness become empowering experience in you. Oneness is higher than Highness or Holiness titles.** Understand.

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What all the ways we can make Oneness as a fashion statement in our life – how we can encourage, enrich, strengthen Oneness in our life, how we can make that as a very part, very core of our being.

- The Highness and Holiness titles are nothing compared to the experience of Oneness. Let Oneness be your experience! Let Oneness be the center of your life, give attention to your Oneness experience.
- The essence of this verse: **putting your attention to the experience of Oneness, thinking about it, contemplating about it, feeling about it, encouraging it, entertaining it – what all the ways we can think, contemplate, encourage, enrich Oneness in our being.** What all the ways we can make Oneness as a fashion statement in our life – how we can encourage, enrich, strengthen Oneness in our life, how we can make that as a very part, very core of our being.

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Iśāvāsya Upaniṣad
Verse 8

Grasp The Pure Consciousness, That Which Is 'You'

स पर्यगाच्छुक्रमकायमव्रणम् अस्नाविरँ शुद्धमपापविद्धम्।
कविर्मनीषी परिभूः स्वयम्भूर याथातथ्यतोऽर्थान् व्यदधाच्छाश्वतीभ्यः समाभ्यः॥८॥

sa paryagācchukramakāyamavraṇamasnāviraṁ śuddhamapāpaviddham |
kavirmanīṣī paribhūḥ svayambhūryāthātathyato'rthān vyadadhāt śāśvatībhyaḥ samābhyaḥ ||

Translation: Pure Consciousness is all-pervasive (like space) beyond the coming and going, absolute radiant and self-effulgent, unembodied boundaryless Whole (beyond the subtle body), woundless, muscleless having no incompletion with the body (beyond the gross body); Consciousness is the ever pure space devoid of the dirt of ignorance (beyond the causal body), and is untouched by the delusion of incompletion; Consciousness is the all-knowing seer of all (past, present, future) [kaviḥ], the lord of all minds [manīṣī], Consciousness transcends all beings [paribhuḥ], Consciousness is self-existent by Itself [svayambhū] with Its independent will and intelligence, having no cause for Its happening; it is Pure Consciousness, that from time eternal, has enriched the ages and each being, by ordaining desirable responsibilities [artha] onto them, as per their nature and space, and their actions and results thereof.

Word-By-Word Meaning

saḥ	truth, pure consciousness
paryagāt	all-pervasive, gone/beyond coming and going
śukram	radiant, effulgent, splendorous
akāyam	unembodied (beyond the subtle body)
avraṇam	woundless, without any fault (beyond the gross body)
asnāviram	without muscles (snāvā) and network of veins (beyond the gross body)
śuddham	pure, untainted (beyond the causal body)
Apāpa-viddhim	untouched by delusion, incompletion (sin)
kaviḥ	seer of all, all knowing
manīṣī	Lord of the mind
paribhūḥ	who transcends all beings
svayambhūḥ	self-existent by Himself [svayam eva bhavati iti svambhū - as says Adi Shankara]
yathātathyataḥ	as it should be, as per nature and space, accordingly in reality [yathā-tathā]
arthān-	Desirables, responsibilities
vyadadhāc	has ordained, allotted, given
śāśvatībhyaḥ	from time eternal
samābhyaḥ	ages and beings in the ages.

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Pure Consciousness is all-pervasive

The Problem:

If you are not clear about the concept you carry about you, be very clear, you are carrying confusion as you. Then whatever you do to you, you do to others, you do to the world, everything is utter confusion. People around you are in chaos and confusion, don't know what you are, what you mean, what you want, how to be with you, how you will be with them. Chaos! Utter confusion.

The Vedic Solution:

How you function, how you perceive, what you did, you are doing, you are going to do, how you thought, thinking, going to think, everything is dependent on one axis, that is your concept about you. The amount you can experience, only that much you can visualize. Understand, how much you are able to grasp, that much only you will be able to experience.

Your First Step:

Decide from now, "All my thinking, action, planning about me, my life, everything is from this one Truth — I am Pure Consciousness, which is all-pervasive, beyond the coming and going." First thing will happen is, your death fear will collapse. 'Absolute radiant and self-effulgent...' Your fear and anxiety about your ignorance will collapse.

The Nature Of Consciousness - All-Pervasive, Radiant, Unembodied, Pure

- Even the moment you meditate, you just know, you are something more than the body, because 'all-pervasiveness'.
- **The amount you can experience, only that much you can visualize.**
- Please understand, physical things, for example seat (āsana), even if you don't experience what it is made of and how it feels, you can see it, grasp it, but the more and more things become subtle, it's the depth of your experience, how much you feel one with it, that much only you will know it.
- You don't have to become one with the seat to see the seat or to use the seat.
- But a mental idea, you may need to become one with that idea to grasp the emotion and context behind that idea.
- Spiritually, how much you experience Oneness with that idea, that much only you will even understand it.
- If there is a thought or a poetry about love, it's a thought. The level you experience that emotion, that much only you will understand those words uttered, the thought current.
- **Understand, how much you are able to grasp, that much only you will be able to experience.**

EXERCISE

- Please understand, **Pure Consciousness is all-pervasive. Meditate on it. What is it all-pervasive? Is it Ocean? No. Even water is not all pervasive. Is it Air? No; beyond the vāyu-maṇḍala, the air-field which is not all-pervasive. Then what is all-pervasive? Space? No**. Even in our Space there are only some few billion planets, but Universe is much beyond few billion planets; we have ever understood and imagined. Vyakta-avyakta manifest and Unmanifest; manifested and unmanifested. **Vyakta-avyakta, manifest and unmanifest. Meditate on it. Meditate on it. Meditate on it.**
- Pure Consciousness is all pervasive, beyond the coming and going, absolute

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radiant and self-effulgent, un-embodied, boundary-less, whole.

- It is all about beyond what you know as life and death! It's all about Enlightenment, the other world, beyond. It's all about beyond even what we know as Space. It's all about Enlightenment, Pure Consciousness. Uncompromising Pure Consciousness.
- **Pure Consciousness is beyond body and mind. It is never small letter 'living,' it is always capital letter 'LIVING.'**

Pure Consciousness is all-pervasive; then what is that 'is all-pervasive'? Beyond Space! Earth is not all-pervasive, water is not all-pervasive; Fire is not all-pervasive; Air is not all-pervasive, even Space is not all-pervasive, then what is it, subtler than the Space which is all-pervasive? Ability to visualize? No! There are so many tons of things which can't be visualized. There are so many things which can't even be thought about. Then what is Pure Consciousness? When you contemplate, you will have the 'click'.

The Inner Light Is Revealed Through Contemplation

- The context of this verse is — by defining Consciousness, the Upaniṣads are asking us to align ourselves again to the context.
- *"Pure Consciousness is all-pervasive, beyond the coming and going, absolute radiant, and self-effulgent, un-embodied, boundary-less whole, beyond the subtle body, woundless, muscleless, having no incompletion with the body, beyond the gross body. Consciousness is the ever pure space devoid of the dirt of ignorance, beyond the causal body, and is untouched by the delusion of incompletion."*This description, itself needs to be meditated upon.

EXERCISE

- **What is the meaning of each of these words? Pure Consciousness is all-pervasive; then what is that 'is all-pervasive'? Beyond Space! Earth is not all-pervasive, water is not all-pervasive; Fire is not all-pervasive; Air is not all-pervasive, even Space is not all-pervasive, then what is it, subtler than the Space which is all-pervasive? Ability to visualize? No! There are so many tons of things which can't be visualized. There are so many things which can't even be thought about. Then what is Pure Consciousness? When you contemplate, you will have the 'click'.**
- Please understand, every contemplation on Pure Consciousness will give you a 'click', that is Consciousness for you. If you further contemplate on it, you will have a better, and deeper and subtler understanding and 'click.' These clicks getting refined is Spiritual Growth.

Experience Of Consciousness Makes You Spiritual

- **Spiritual growth means your ability to experience Consciousness, your expertise in Consciousness.**
- Your expertise in experiencing Enlightenment is Spirituality, nothing else.
- The subtle mind with tremendous awareness, the whole blood flowing into the brain, what your brain can catch as the experience of Consciousness,

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subtlety of that experience, your expertise in catching the experience of Enlightenment, Pure Consciousness, that defines how much you have grown spiritually.

- **Your expertise, the ability of your brain's power, ability of your brain's expertise, the subtle grooves of your brain, its their ability and expertise to catch the experience of Consciousness, that makes, experience of that, that makes you spiritual.**
- All spiritual practices are just to develop subtle brain grooves in you to catch the Pure Consciousness, whether you sit in the banks of Ganga in silence in Haridwār, or you sit in the silence of Manikarnika, Mahāsmashana in Vāraṇasi, or you sit in the silence of Gomukh, Tapovan.
- Understand, when the subtle brain grooves are able to catch the concept of Consciousness, the spirituality is awakened in you. It's beyond body, mind.

Pure Consciousness is all-pervasive (like space) beyond the coming and going, absolute radiant and self-effulgent

Catching the Glimpse of Consciousness Before Death

- At least before death, you should catch the glimpse of what is Consciousness, the most subtlest concept or experience of Consciousness you got when you were alive, that will only automatically open up when you leave the body. That's the greatest gift you can receive from a Master.
- That is why I am insisting to all our devotees – if you have elderly parents above 60...In the modern day, above 60 means in the waiting list for packing up. If you have elderly parents above 60, don't miss the chance of Paramashivoham. Make sure they are there sitting in Paramashivoham because the strongest glimpse of Consciousness which their brain can withstand, their body can stand, they will have it in Paramashivoham process, that'll be the greatest gift you can give to your parents from the Master.
- Many people, when they come and attend the program, they try to take the Rudrākṣa, something from Me as a gift to your family, friends and parents. I don't know about others. If you have parents above 60, do not miss. This is your responsibility. See to it they are sitting in Paramashivoham, they catch the glimpse of what their brain can grasp.
- Understand, once you are above 60, lot of your time should be spent on grasping what is Consciousness; the subtlety of the Consciousness should be grasped. It's not that youngsters don't need to; elders have to, does not mean youngsters don't need to.
- Don't give your own meaning to My words. When I say elders have to, elders have to, that's all. Youngsters also can, or after you become an elder, you have to, that's all.

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Contemplating on Consciousness- The Path to Spiritual Growth

- 'Pure Consciousness is all pervasive, beyond the coming and going, absolute radiant and self-effulgent, un-embodied, boundariless, whole, woundless, muscleless, having no incompletion with the body. Consciousness is the ever pure space devoid of the dirt of ignorance'.
- I want all of you to meditate only on the first line: "Pure Consciousness is all-pervasive (like space) beyond the coming and going, absolute radiant and self-effulgent" – just on this line, have Vākyārtha Sadas. Have Vākyārtha Sadas just on this line. Contemplate. Contemplate. Contemplate.
- **Actually if you catch the subtlest understanding about Consciousness, you will just know it's 'you', you will start falling in love with It. You will know It is 'you.' You will fall in love with only things which you feel as you or part of you, not anything else**.
- Consciousness always tastes Itself only by Itself. Meditate on the Consciousness. Contemplate on this Truth. Think morning and evening, have Vākyārtha Sadas about it. Your head is worthy of this turban! Because all Vākyārtha Sadas, from

Homework: Contemplate on Consciousness	
Homework Type	Vākyārtha Sadas (debate)
Debate subject	"Pure Consciousness is all-pervasive (like space) beyond the coming and going, absolute radiant and self-effulgent"
Reference	Verse 8, Iśāvāsya Upaniṣad, page 415
Instructions	Vākyārtha Sadas means when you are applying this thought current, when you are practicing for the next few days, if you have a click, some clarity, share that. If you feel that it is not working out for you share that, because many time people will learn what to do and what not to do.
Share	Visit https://nithyananda.ai

the time immemorial, was held only for imparting the subtle-most understanding and glimpse of Consciousness.

Contemplate – what is It beyond space, out and in, what is That, that fills everything, what is It that makes everything run, what is It that is Source of me?

- When you contemplate, contemplate, contemplate – what is It beyond space, out and in, what is That, that fills everything, what is It that makes everything run, what is It that is the Source of me? Even that subtlest contemplation gives you the click; the click you get is the level of your spiritual growth.
- Again if you contemplate tomorrow, you will get a deeper click, understanding, then better spiritual growth. This is the way spiritual growth happens, constantly, constantly, constantly.

If You Understand You Are Consciousness, Then Whatever You Do For You And For Others And To The World, Everything Is Living Enlightenment

- I want to explain this one Truth. Please internalize. Internalize this one Truth. Listen carefully.
- **How you function, how you perceive, what you did, you are doing, you are going to do, how you thought, thinking, going to think, everything is dependent on one axis, that is your concept about you.**
- Please listen. **What you think as you, if you just look inside, what you think of you – a bunch of worries, or a bunch of failures, or a bunch of failures and successes put together, or a kind of a confusion... What is that you perceive as you? Listen. What you perceive as you, that decides whether you are going to perceive the world as good or bad, right or wrong**.
- *Once I asked My Guru, My Gurumātā Vibhūtānanda Puri, I asked her, 'Why such hard tapas is required? Why so much of tapas is required – means so much of austerity, facing difficulties, why all this is required?" She laughed and said, "When you go through tapas, the kind of understanding you will develop about you, even small things that come from society, you will feel that is a*

blessing. A small comfort from the world, you will feel that is a great blessing."

- So to set a standard of what you feel as you or what you are qualified from the world, so that forever you live in contentment...

What you perceive as you, that decides whether you are going to perceive the world as good or bad, right or wrong.

- I tell you, from My experience – the tapas (austerity) sets a standard about you in such a way that forever you are contented.
- Anything comes in your life you say, "Oh, I was like that, this is too much."
- I am giving you this one example. Listen. You need to understand this. It is one benefit of tapas I explained. But having a right idea, developing the right idea about you is very important, because it is based on that idea you are going to function.
- Please understand, if you think you are body, you will be spending your whole life in making everything for your body comfortable, the sensory pleasures.
- If you think you are mind, you will make everything needed for mental pleasure. What is mental pleasure? Somebody praises you, awards, rewards; you being recognized as one of the greatest persons in your field... These are the mental pleasures... Nobel Prize... These are all the mental pleasures. When you think your mind, mental pleasures, are more important, you won't bother about your body; mental pleasure becomes the first priority.
- If you think body is you, you won't care about what others say, name and fame, this and that. You will do everything just for the sake of the pleasure of your body.
- **Please understand, if somehow, you start feeling – you are the Consciousness, then whatever you do for you and for others and to the world, everything is Enlightenment, Living Enlightenment.**
- When you feel you are Consciousness, whatever you do to you is tapas. Even if you apply sandal paste on your body and take bath in bādām milk (almond milk) and drink somarasa (heavenly nectarine drink) and lie down on the best available comforts and luxuries of the heaven, you are doing tapas. **The moment you know –You Are Consciousness –whatever you do to your body is tapas, whatever you do to others is service.**

Your Concept of You is the Context for Life

Internalize this one truth: what are we feeling about us, and how can we catch the Truth about 'us' as introduced by Upaniṣads. Pure Consciousness is all pervasive, beyond the coming and going, Absolute radiant and Self-effulgent. How can we realize that?

- Understand, the concept you have about you is the context you have for your life.
- Good news is, what you think about you can be diagnosed immediately, you can find it out immediately. The great news is, it can be changed just by your will. Willingness is ALL you need.
- In Āgamas, Mahādeva describes willingness as the only qualification for all initiations – Samaya, Viśeṣa, Nirvāṇa Dīkśas and Ācārya abhiśekam, for everything He describes only willingness.
- Listen. The concept you have about you, look in... if you are not clear about the concept you carry about you, be very clear, you are carrying confusion as you. You don't have to doubt that.
- The moment you have a doubt about the doubt, you are carrying confusion as you. Then whatever you do to you, you do to others, you do to the world, everything is utter confusion. People around you are in chaos and confusion, don't know what you are, what you mean, what you want, how to be with you, how you will be with them. No! Chaos! Utter confusion. Utter confusion.
- **The concept you carry about you can be changed just by simple willingness. Nothing else required.**
- **Your decision, with that willingness...**

LOOK IN

Decide: All My Thinking, Everything Is From This One Truth — I am Pure Consciousness

- Upaniṣads are introducing you to 'you.' Upaniṣads are declaring here who you are. Listen. **Pure Consciousness is all-pervasive, beyond coming and going. That is you. That is YOU.**
- Don't think somebody else. Don't say 'after I realize that, I'll become that.' You are playing with the mud, you come and sit in the center of the house, your mother tells, "Hey, what happened to your skin? Everywhere it is all mud?" If you say, "Oh, once I realize I am the skin, I am the body then I'll understand, till then I am only the mud." If you talk like that you are stupid. Same way, if you say, "When I realize I am Consciousness, then I am Consciousness, till then I am only body and mind," you are stupid. Whether you realize or not – mud is a mud is a mud. Body is the body is the body.
- Knife is going to hurt your body, not the mud. Life is going to touch your Consciousness, not your body and mind.
- Listen. Upaniṣads are talking to You! It's introducing you to 'you.' **Decide from now, "All my thinking, action, planning about me, life, everything is from this one Truth — I am Pure Consciousness, which is all-pervasive, beyond the coming and going."**
- First thing will happen is, your death fear will collapse. 'Absolute radiant and self-effulgent...' Your fear and anxiety about your ignorance will collapse.
- Listen, this fear of anxiety means fear you will be caught in fear in future at some point. And, anxiety about your ignorance.
- Listen, I am using different words: fear of anxiety, anxiety of your ignorance.
- Fear of your anxiety means: feeling, "Some day I will be caught in fear, I don't know how I will handle myself. I may go mad. I will lose my mind," as if you have one now!
- Anxiety of ignorance means, "Oh, I am so ignorant. I don't know what I do in my life. I don't know what I will be able to do," the anxiety about your ignorance, both will collapse the moment you accept your introduction which

is done to you by Upaniṣads.

- Tremendous strength in your perception, strength in your cognition, strength in your thinking! Listen.
- **Strength in your perception. Strength in your cognition. Strength in your thinking. Strength in your thinking is the basic need of life.**
- Whether you are Gṛhasta, Brahmacāri, Sanyāsi, Kothari, Mahant, all that is not defining your spiritual growth, only the most subtle concept of Consciousness you can grasp defines your spiritual growth.
- I tell you, but, don't ever think without becoming any one of this – Brahmacāri or Sanyāsi, or Kothari or Mahant, you will be able to catch the most subtlest of concept of Consciousness. I am not fooling people here, people are not fooling Me here by becoming Brahmacāris, Sanyāsis, Kotharis or Mahants. If you do it, by becoming anyone of this – Brahmacāri or Sannyāsi, or Kothari or Mahant – I will do it for you, or you do it on your own, understand. In course of time you will realize, "We should have taken Swamiji's help, it would have been much better."

First Things First, Right Understanding About You

- The concept you carry about you is the driving force for your life.
- **That decides when you wake up, why you wake up, how you wake up, when you think, what you think, how you think, why you think what you are thinking, why you behave the way you behave, why you react the way you react, why you respond the way you respond, why you move the way you move, why you are who you are! That is why I am insisting on pure conscious cognition about You!**
- **I wanted everyone to internalize this one truth: What are we feeling about us, and how can we catch the Truth about 'us' as introduced by Upaniṣads.**
- **Pure Consciousness is all pervasive, beyond the coming and going, Absolute radiant and Self-effulgent. How can we realize that?**
- The head which grasps – 'It is Pure Consciousness and All-pervasive, beyond

the coming and going, Absolute radiant and self effulgent – is worthy of turban. So Vākyārtha Sadas is all about what is the concept we carry about us, and how can we understand about us the way Upaniṣads introduced us to 'us', in this 8th verse. First things first, that is why Īśāvāsya Upaniṣad insists on the right understanding about you.

Defining Yourself as Upaniṣad Declares 'Who is a Hindu'

- I wanted every one of you to align your cognition about you, your concept about you, to these definitions of Upaniṣad.
- Hindu is whoever has already cognized themselves as per the Upaniṣad, or working towards altering their cognition as Upaniṣad describes them.
- Please understand, who is Hindu? I am defining, as an Incarnation as per Hinduism, as an Incarnation as per Vedic tradition, I am defining who is Hindu: Whoever has already cognized themselves as per the Upaniṣad, this Īśāvāsya Upaniṣad verse, or working towards altering their cognition as Upaniṣad describes them.
- **Please understand, I am defining who is Hindu. Either you should have already cognized yourself as Upaniṣad declares you or you should be working to cognize yourself as Upaniṣad declares you; only then you are a Hindu.**
- Whoever does this is a Hindu. We never declare: just by birth somebody is Hindu; only by practicing, you become Hindu; only by practicing you belong to Vedic tradition.

- This gives one more freedom: You don't need to be born to be Hindu; birth is not a prerequisite. Understand, Neither birth is a prerequisite nor just birth makes you a Hindu. Whoever cognize themselves as Consciousness as Upaniṣads declare in this verse, they are Hindus; whoever is trying to cognize themselves as Upaniṣads declare in this verse, they are Hindus.
- Subject for Vākyārtha Sadas is: **How each one of us can raise our cognition about ourself as Hindu, by cognizing ourselves as Consciousness as Upaniṣads describe, as Upaniṣads declare.**
- **The first word: Pure Consciousness is all-pervasive, beyond the coming and going. Come on, now, whatever pattern you have which denies this belief that you are all-pervasive, beyond coming and going, pen down all those patterns, start digging out. Let's start working on completion.**

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Experiencing Absolute Radiant and Self-Effulgent Nature

- Listen. The second point, absolute radiant and self-effulgent, svayam prakāśa!
- I wanted to convey even just remembering 'Absolute Radiant', you are there, radiating. Please understand, radiant is not just you radiating inside Samādhi, constantly making the people experience that you are radiating.
- Please understand, even if I am resting in Samādhi, I will be radiating, but that is not Radiant.
- Radiant means people should experience you are radiant. An Enlightened Being can afford to be radiating in Samādhi in a cave all by Himself; an Incarnation cannot afford that.
- For an Incarnation people should experience you are radiating, because that is the purpose I assumed this body; not for Me to just reside in Samādhi. For that, I don't even need to assume the body, I can just be in Kailāsa, the space of Radiating Super-Consciousness. But I assumed the body for people to experience – that Consciousness is Radiant, Absolute Radiant. The moment I read that word – Absolute Radiant – I said come on, I can't afford to be radiating inside Me, I should see to it that people experience that Consciousness is radiant.
- So now sit. The second statement, **Absolute Radiant and Self-effulgent. So this is what is supposed to be your cognition about you. Whatever is denying this cognition, what all the other cognitions you are carrying other than this, what all cognitions are denying you being absolute Radiant and Self-effulgent, pen down them, let's find the root of those patterns.**
- Don't worry, 'Oh if I make the list of all as per Upaniṣad, I may have 25,000 patterns, I can publish a book on it..." No. Don't worry, it is not true. The cotton bags may look 10,000 but you don't have to burn one by one each one of them. No. Just put one matchstick, the whole thing will be burnt! Oh, 10,000 cotton gunny bags are there. How will I able to burn them, one by one. Even if I use my hand and throw, how will I throw each gunny bag, I have to throw 100 times. And 10,000 gunny bags are there. How will I throw? When will I burn?'

Just put one burning match stick, over! After penning down 10-20 patterns, suddenly you will realize it all boils down to one pattern, and suddenly you will realize that pattern also boils down to one ignorance.

- Suddenly you will realize – that one ignorance needs to be completed only with one concept, then suddenly you will realize that concept also does not have so much power over you, you are already powerful; and suddenly you will realize not only you are enlightened now, you were enlightened forever.
- I tell you, it is just digging that makes things happen. Manana makes Enlightenment happen. Just internalizing makes Enlightenment happen. Manana makes Enlightenment happen! Listen, it is manana that makes Enlightenment happen.
- I wanted every one of you to do this homework. This will be the subject of the Vākyārtha sadas. Topic by topic you will pick up: **"Pure Consciousness is all-pervasive, beyond the coming and going. So this should be my cognition, what else do I have as my experience about me; other than this, what cognition am I carrying about me? Where am I denying my experience as Upaniṣad declares me?"**

You Are Birth-less and Deathless

- Please understand, beyond coming and going means birth-less, deathless; You don't come to some place and go away from that place.

1. **So what is it, which is constantly making you believe you come and go? What is the pattern you need to complete to realize that you are beyond coming and going? Sit and list those patterns.**
2. **Each one should dig out the pattern you are having which makes you believe other than what Upaniṣad declares you as 'you.' Upaniṣads are saying you are all-pervasive, you are Pure Consciousness, you are beyond coming and going, you are beyond that; then what is that which makes me believe I come, I go? Pen down those patterns. Discuss about those patterns.**
3. Then, you can take up the next definition: "Absolute Radiant and Self-effulgent; I am Absolute Radiant and Self-effulgent, means svayam prakāśa, self-shining" – nothing else needs to glorify me or give me joy, give me bliss, give me excitement. If I am having an idea something else can give me pleasure, something else can make me self-effulgent, exciting – that is a wrong pattern. What is it that gives me that wrong belief? I am self-excited, self-inspired, self-energetic, self-radiant, self-bliss, self-joy being. If I have some other concept, cognition, what is it? Dig out and pen down.

- Let's work on this Upaniṣad, Īśāvāsya Upaniṣad's 8th verse one by one. You will see suddenly in three-four days, as I described, beautifully you will understand—millions of incompletions merging into one or two patterns, the one or two patterns merging into one or two ignorance, that one ignorance merging into one powerlessness, one powerlessness suddenly disappearing into powerfulness! So internalizing itself leading you to liberation.
- I tell you, any intelligent man will understand: Many times even if you internalize and intranalyze your problem, you will find a solution; and then you will have only one fear: Will I remember this solution forever or will I forget this again and be in the same ditch?
- Don't worry. How many times you fall into the ditch, more number of times I

will raise you out of the ditch.

Consciousness is the all-knowing seer of all — past, present and future, Consciousness transcends all beings.

- It's a challenge between you and Me. You go on declaring, 'No. I will fall.' I will go on declaring, 'I' will get you out!' Don't worry about that. One more thing, after some time you will be tired of falling; I will not be tired of raising you, understand! You will be tired of falling, but I will not be tired of raising.
- So that is the hope and assurance you have, don't worry about, "Oh I may fall down again." No. You have somebody tirelessly raising you up. So you don't need to worry and any number of times you may fall, at one time you have to become tired of falling; but you have a person who raises you, who can never become tired of raising! So, you have that assurance, don't worry. You can see in your life, many times when you intranalyze, suddenly the problem disappears and you have a solution.
- That same technology, now I am using to help you realize even the ultimate problem can be solved; Ultimate Truth can be realized. The next verses are – un-embodied, boundary-less, whole, woundless, muscleless, no incompletion. Please understand, I picked up Upaniṣads to speak on it to make it as your experience; so, I wanted every one of you to do this as a homework for the next few days.

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Untouched by Delusion and Incompletions

- Listen. I wanted all of you to take up this as a Vākyārtha Sadas – subject and homework. Start working on – un-embodied, boundary-less whole, woundless, muscleless, having no incompletion with the body.
- Consciousness is an ever-pure space devoid of dirt of ignorance and is untouched by the delusion of incompletion.
- Consciousness is the all-knowing seer of all — past, present and future; Consciousness transcends all beings.
- Consciousness is self-existent by Itself." Actually only first two lines will take so many days. Once you know the knack, now you can work on all these truths in one or two days. So by today and tomorrow, finish-off all this by doing the homework of — **what is the pattern which makes me experience me as other than what the Upaniṣad is describing as 'me.'**
- Please understand. Listen. Upaniṣads know you much more than you know you.
- **Upaniṣads know about you much more than you know about you. So, Upaniṣads are declaring who you are, what you are; who you are and what you are. Start living it.**
- **Start living it. Whatever you cognize as you, other than what Upaniṣads have declared you as 'you', pen them all down.**
- **All the other cognitions are incompletions.**
- **Understand, if Upaniṣads are declaring — You are Absolute Radiant, anything tires you, anything brings boredom in you, anything stops your excitement, including your pains, sufferings, anything says otherwise, listen, IS incompletion. You need to complete with it.**

Say 'No' to ignorance and 'Yes' to Consciousness

- Upaniṣad says you are devoid of dirt of ignorance. You are devoid of dirt of ignorance. But if you think that you are still ignorant in some space, somewhere, in something, if you say, 'I don't know about that,' then you need to get to the bottom of when you started uttering, 'I don't know', when you started declaring ignorance.
- I tell you, ignorance is declared first time in you when you do not want to know, not when you don't know.
- Listen: **Go back to the first declaration of you on ignorance; when you declared — 'I don't know' – first time in your life. Go back, you will see all those moments will be your conscious choice of not to know, do not want to know or knowing feels like, 'Oh! So much work,' or you hate knowing subtly, and you might be feeling that you are being used. Why should you know so much?**
- For living we don't have to do sooo much and we don't have to know sooo much. Come on... So this what is clearly saying "Yes to ignorance" and "No to Consciousness" and life; yes to ignorance. Your life is just not 40,000 rupees salary and a bike and a flat in the ECR road. Understand, your life does not end there. It is so stupid when you feel — 'Why should I know sooo much? Why should I do sooo much?" I tell you, wherever you are not challenged to know more, to do more, don't live there, you will be dead. Don't live there; that is hell.
- There is a beautiful verse in Tamil: *Chola naadu Sorudaithu, Pandiya naadu muthudaithu, Chera naadu velam udaithu, Thondai naadu saandror udaithu.* It means the Chola kingdom is filled with grain, rice. Pandiya kingdom is filled with pearls, because it has the ocean, they have lot of beaches. And Cheranadu, Kerela is full of elephants, because it is a hilly region. Tondainadu, the place where I was born and brought up, is the area of Kanchipuram, Tiruvannamalai, Chennai. Tondainadu, is full of *Sandror* – Enlightened Beings. Actually when I was reading the history, all kings and queens, including Meenakshi's father, used to come to Tondainadu and take people from here

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and settle them in their zones. That is the way the Nagarathar community has moved from Tondainadu to Cholanadu. All the kings used to do that; they will come here and take people. When I was reading little details about the history of how they were functioning, I thought why Tondainadu has produced so many Enlightened Beings?

You are devoid of dirt of ignorance. But if you think that you are still ignorant in some space, somewhere, in something, if you say, 'I don't know about that,' then you need to get to the bottom of when you started uttering, 'I don't know'.

- The atmosphere was kept purposefully in a way that constantly your ignorance and inefficiency, tiredness and boredom are challenged.
- Too much of attention was given for knowledge and Enlightenment; not for luxuries and conquering. Tondainadu never went around and conquered. They were more like a human nursery, where beings have been cherished, grown. Tondainadu was full of Pātashalas, Gurukuls, where people were growing, people were made to happen.
- **Please understand, human beings are not just born, they are made to happen. If it is just birth, we can take a print out now.**
- Anything which can be created, we can print it now. 3D printers have already come. If it is all just making, then we know how to put the male component and female component and send it into the printer and click 'print', and 3D print will come out. Technology has evolved. No! It is not making, it is 'happening' or 'making to happen'. The being has to happen. That whole Tondaimandalam was mainly constantly challenging.
- I am telling you, don't live where your ignorance is not challenged. It is hell because without even your knowledge, you would have been destroyed.
- Being allowed to live among the great people who are already Enlightened or working towards Enlightenment is THE Blessing; where constantly people come back to authenticity, integrity, responsibility, enriching.
- As I said, till you become tired of falling, I will not become tired of raising you. Understand, My job is raising you, your job is falling. But naturally you will only become tired, I will not become tired.

- **Not bringing your stupid incompletions about the results and the selfishness on the path of your knowing and doing, is what Krishna says – karmaṇy evādhikāras te mā phaleṣu kadācana,** mā karmaphala hetur bhur mā te saṅgo'stv akarmaṇi (Bhagavad Gita 2.47) – You have a right to work, not to expect results; because when you expect results, you mess up your working.
- Fantasizing about your results, you don't work. I tell you, once you completed fantasizing about your result, working will look very pale, dull, will not be inspiring, will not be exciting.
- **Be active and have the right understanding about knowledge to walk out of ignorance**.
- **Please understand: The day you come to the conclusion — knowledge is not required for your survival, being active is not required for your survival, you are dead**. You are waiting to be buried. You are just waiting to be buried. Catch it. Understand what I am saying.
- So, let these silly ideas – that is the word I will use – not even incompletion... We should not give the status of incompletion for this thought. Silly idea! 'For surviving why should I know soo much? For surviving why should I do sooo much? If somehow I catch this small department, sit as a Thanedar (lowest rung of classification) or I run away and get one job in one office as a clerk and get some thirty-forty thousand salary and one two-wheeler and one apartment, that is enough.
- For surviving why should I know sooo much? For surviving why should I do sooo much?' This is what I call the silliest pattern in your life, with which most of human beings are stuck.
- Knowledge is knowledge is knowledge. Being active is being active is being active – should not be judged, scaled, measured based on the returns, income or the luxury or the comfort, it is expected to bring. Knowledge should be for the sake of more knowledge. Work should be for the sake of more work.
- Work to get more work. Have knowledge to have more knowledge.
- Understand, whenever you try to use knowledge to achieve comforts and luxury, nothing wrong. Saraswatī can always bring you Lakṣmī, but when Lakṣmī becomes the goal of Saraswatī, then starts ignorance.

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LOOK IN

Knowledge is knowledge is knowledge. Being active is being active is being active – should not be judged, scaled, measured based on the returns, income or the luxury or the comfort, it is expected to bring. Knowledge should be for the sake of more knowledge. Work should be for the sake of more work.

- Wealth can always be achieved by knowledge, nothing wrong, but if just wealth becomes the goal of your knowledge, there stops your knowledge and ignorance starts.
- Listen. Let wealth and comfort not be the goal of your knowledge.
- The moment that becomes goal of your knowledge, your ignorance starts, because you start feeling, 'Oh! Others are all not that knowledgeable and they have so much of luxury. They have a biggggg house and car, and what not, and a private helicopter, and everything. Then why should I have so much knowledge to have all that? How can I also get, with less knowledge, more luxury and comforts – all this conspiracy?
- The conspiring tendencies and cunningness enters into your system. The goal of the knowledge should not be wealth.
- Wealth can always be achieved through knowledge, nothing wrong about

it. But that should not be the decision making factor for you.

- **Constantly exploring knowledge! Knowledge itself is the taste, joy, excitement, experience. Only that person becomes the embodiment of Saraswatī. Mahā Saraswatī.**

The moment you decide to have something else as the purpose of your knowledge, the ignorance starts in you, cunningness starts in you.

- Being active – Durga, being active just to be more active.
- See, by being active, acquiring wealth is not wrong, acquiring luxury is not wrong, but that alone should not be your goal. Then, the moment you have your basic needs or wealth or luxury, you will just become inactive. You will plan cunning ways – how to be less active, less doing and more wealthy, and more comfortable.
- World suffers with this cunningness, silly thoughts. I tell you, knowledge and being active actually makes you LIVING. That is the one of the biggest pleasures. 1000s and 1000s of times more than any romance or any luxury it can give you. I tell you, being active is thousand times more joyful, exciting than any of the so-called luxuries and comforts you have in your life.
- **Having the love for knowledge is thousand times greater than any romance you will experience in your life.**
- Romance itself is nothing but exploring the other person. When you feel you know the other, your romance is dead. I want to coin the new word, 'roomance'. It ends just in one room! The excitement is not actually from the other person. It is actually your excitement to explore and know. Excitement is always from knowledge, understand.
- The moment you decide to have something else as the purpose of your knowledge, the ignorance starts in you, cunningness starts in you.
- When your teacher tells you to memorize the mathematic table and you think, "Wow! Without that mathematic table itself my friend has passed the exam or my other friend is having his candy because his father is rich... Why should I memorize all this mathematic table?" The moment you decide not to, that is when the layer of ignorance, the dirt of ignorance starts covering you.

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(Left to Right) Mahā Saraswatī, the embodiment of knowledge, Lakṣmī, embodiment of wealth, and Durga - being active.

Being active, acquiring wealth is not wrong, acquiring luxury is not wrong, but that alone should not be your goal.

- Mahā Saraswatī, the embodiment of knowledge, she is very clear, only if you decide she will put you in ignorance, not otherwise. Putting yourself in ignorance is out of your will. You are never pushed into ignorance.
- Listen. The five actions: Creating, Maintaining, Destroying, Putting in ignorance and Liberating. In these five actions, this 'putting in ignorance' you do it on only your own. These three — Creation, Maintenance, Destruction,

Mahādeva does from His Cosmic form. 'Putting in ignorance' you do it on your own. For giving liberation He assumes the form of Guru.

- **YES to the ignorance is not by anybody else, it is by YOU.**
- **Go back and see when was the first time when you said YES to ignorance.**
- **Dig out the few patterns... when was the first time you said YES to ignorance and when all you started developing the pattern of saying YES to ignorance. Complete with them and break those patterns. Suddenly you will see – it is not that you will know only what you studied, read. No. Suddenly multiple dimensions you will be knowing.**

Root patterns always make you powerless. Source patterns always make you powerful

LOOK IN

- **Break your root pattern related to ignorance with the right source pattern about knowledge.**
- Knowledge is never linear. When you say YES to knowledge, you just break the ignorance, which is linear. Ignorance is linear, knowledge is always vertical. It is just multi-dimensional. If you just penetrate the layer of ignorance, suddenly the whole thing will be available to you.
- **If you know about one handful of clay, you will know everything about the clay anywhere in the world. If you just know few mental set-ups and source patterns, not root patterns, understand.**

- Root patterns always make you powerless. Source patterns always make you powerful. The source patterns. Root pattern means you say NO to knowledge and develop that as a pattern, continue to suffer your whole life, become powerless, that is root pattern.
- **Source pattern means you will learn – how the world says NO to knowledge and suffers forever and have the solution to break that pattern. That is source pattern.**
- Source pattern always empowers you. Knowledge about the source pattern

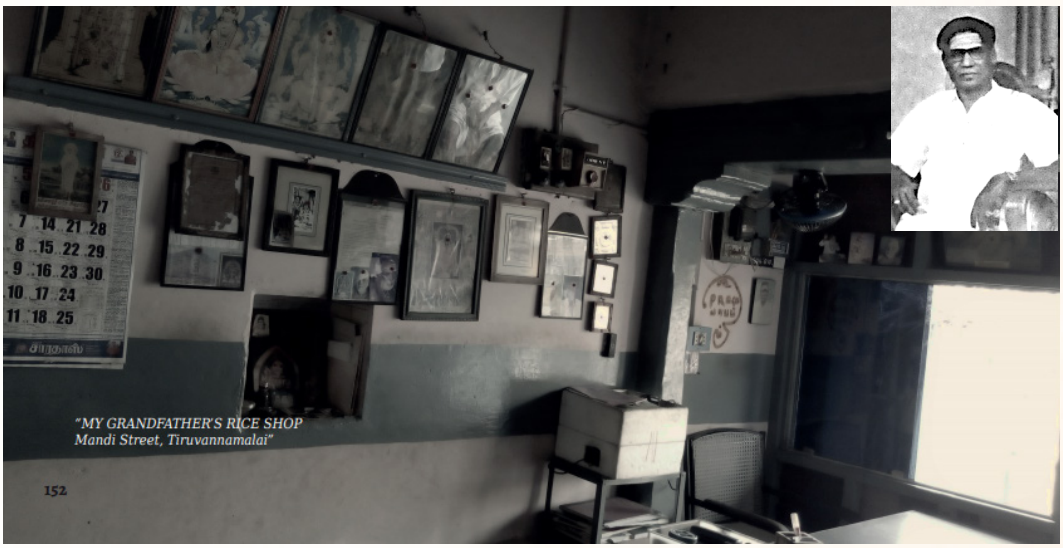
empowers you. Root pattern just makes you powerless. Actually, ignorance about root pattern makes you powerless.

- When you have the knowledge about the root pattern, you will learn the Source patterns. You will understand the source patterns of life. If you know the source patterns, you just know everything, everything.
- **So, Upaniṣads are introducing yourself to 'yourself' as – "You are ever pure space devoid of the dirt of ignorance". So, if you think you are ignorant, you are cognizing yourself opposite to what Upaniṣad declares you as YOU. That is not true. Sit and dig out the patterns – what makes you feel other than.**

Upaniṣad declares you as YOU. Stop settling down!

- If you cognize yourself as Upaniṣads declares you, you are wise; otherwise you are 'other wise'. Let your reason for exploring knowledge not be the decision to acquire your comforts and luxury and settle down in your life.
- **What is the meaning of that word settle-down? Settle-down means just being above the ground but doing everything as if you are already below the ground, is settling down.** That is the definition of settling down.
- If you are under the ground, sealed, how you will be, you trying to be in the same way, being above the ground, is settling down.
- When I saw My grandfather, My great grand mother, all of them, the concept of settling down does not exist for them. Good I was brought up by them. Now, these modern day IT fellows, they think, "I will work till 40 and retire. Make money, make a flat and a car and settle-down by 40." What do you mean by settle-down by 40?" "I will quit the job and retire and settle down by 40."
- It means even while you start studying, acquiring knowledge, the goal is just to acquire some comforts and luxury, and drop.

THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM's grandfather Raju Mudaliar was an inspiration for THE SPH to live an active lifestyle.



- **What kind of an inspiration you have about knowledge and life?**
- I am so happy I was brought up by My grandfather who went to his office even when he was 92, till the last day of his death, by walk. He went to his office by walk in the morning, attended all his office daily routine. Till the last day he had the bunch of keys, means the control over the whole organization, which he built from the beginning. And noon, for lunch, he came back to the house by walk as usual; had his lunch, rested and left the body.
- **The purpose of being active or knowledge should not be just acquiring some wealth, and luxury and comforts.**
- **Please understand, you can acquire wealth, luxury, comforts, everything, with knowledge or being active, nothing wrong. I am not saying – don't acquire. I am only saying that alone should not be the purpose. Then, your knowledge will be so heavy on you.**
- You will only try to find constantly the cunning methods of how to know less and make more money, because the purpose becomes money, wealth, luxury, comfort. You will know how to move your body very less and make more things, more or less like a buffalo – moves minimum, minimum movement. Even making one phone call becomes almost tired. "I will make one phone call a day." By the end of that phone call you are tired. Because your purpose is not being active. Your purpose is not being active.
- Understand, let the purpose be being active – Durga, being knowledgable — Sarasvati, simply Lakṣmī (wealth) will happen.
- Lakṣmī for the sake of Lakṣmī...
- Durga for the sake of Durga.
- Sarasvati for the sake of Sarasvati.
- Whenever wealth brings you the idea of not necessary to be active, not necessary to be more knowledgeable, I tell you, it is not Lakṣmī, it is 'ALakṣmī'. You are caught. You are caught. I know many people born with a silver spoon. They are born, never grown. Anybody born with silver spoon is born but never grown.
- The dirt of ignorance covers you when the goal becomes something else other

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You can acquire wealth, luxury, comforts, everything, with knowledge or being active, nothing wrong. I am not saying – don't acquire. I am only saying that alone should not be the purpose. Let the purpose be : being active – Durga, being knowledgable — Sarasvati, simply Lakṣmī (wealth) will happen.

than knowledge, when the goal becomes something else other than being active. You should be active to the level as if you have no muscles.

- Remember, you don't have muscles, the muscles are just utility for you, like hanky. I just pick up a hanky to wipe the face whenever I need. Same way, muscles you pick up whenever you need to do something. Be very clear about that. That is what is the meaning of the word "Dvādaśānta' in the Āgamas

and in the Padapuja mantras you chant — Kailāsa sonnatha Dvādaśānta shyamalapeetha. Dvādaśānta means the source of you which is neither inside you nor outside you; which is beyond your inside and outside. So be that, then you will understand – you are muscleless, woundless. The muscles are only there as your instruments, tools. If you think you are muscles, you are wounded, go back, go back to the source of you when you started saying 'yes' for being wounded. When you started saying 'yes' for being muscled. No! You are neither wounded nor made of muscles; you are muscleless, woundless.

Re-cognize that you are Consciousness, you will have all those powers of Consciousness!

- **Decide, your decision brought you ignorance; your simple decision will bring knowledge to you.**
- Your decision brought you ignorance, your decision is enough to bring you knowledge. Your decision brought you laziness, your decision is enough to bring you out of laziness. Your decision brought you boredom, your decision is enough to make you excited.
- When you think something more than your decision is required for your knowledge, for your being active, that is when the problem starts.
- You needed a key to lock the door, you just need the same key to open the door, nothing else. You don't need an elephant and a big teak wood. If you have locked it by a key, you just need the same key to open it, that's all.
- You think, "No, no. I locked it by the key only, I agree, Swamiji. But just key cannot open this door, Swamiji. It is too big, Swamiji. You are enlightened, Swamiji. Your door can be opened just by the key with which you locked, Swamiji. We are not like that Swamiji. We need one elephant, Swamiji. We need one big teak wood tree, Swamiji. We need 20 people to carry the teak wood, Swamiji. And after we put the key, they will have to run and hit the door, Swamiji, only then it will open."
- First drop that you need something more to undo the things you have done.

No you don't.

- **If you have become ignorant, just know out of which you have become ignorant. If you undo that, that is enough. If you have become tired, just know out of which you become tired. If you just undo that, that is enough. If you have become bored about of life, just see how you have become bored, undo that, that is enough.**

Thinking you need more than what you did, is needed to undo is Māyā

- Thinking you need more to undo the things which you did to do what was needed, more than what you needed to undo, that is Māyā.
- If you think you need more to do than what you have done, it is Māyā, delusion. Delusion. Delusion.
- Understand, just know in your life – if you lost relationships because of not having love, just undo, decide to be loving, you will have more. Don't bother about the people who left. You will have better people; because now you know the science of how to lock and open yourself.
- A person who always loved, never said 'no' also, may be sweet but not spicy. But the guy who said 'yes' and 'no' both, becomes sweetie and spicy. Now when you start saying 'Yes', you know how to be sweet and spicy. Don't worry.
- A man who is always saying 'yes' to knowledge, may be sweet, may not be spicy. Sometimes you said 'Yes', sometimes you said 'No', now start saying 'yes' with this knowledge, you will be sweet and spicy, both.
- Who always said 'yes' to being active, he may be sometime workaholic, but sweet, not spicy. You said 'Yes' and 'No', now say 'yes', you will be sweet and spicy.
- You don't have to worry. So, anything you have done, you just need to put the same level only to undo also. Undoing is not more difficult than doing.

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Drop that you need something more to undo the things you have done. No you don't. If you have become ignorant, just know out of which you have become ignorant. If you undo that, that is enough. If you have become tired, just know out of which you become tired. If you just undo that, that is enough. If you have become bored about of life, just see how you have become bored, undo that, that is enough.

- **Sit, today and tomorrow, work on all these, each point. Suddenly you see, so many patterns loosen, so many patterns completed. So much of clarity, depth, knowledge, experience and the cognition —You Are the Consciousness.**
- And you will also be gifted all the qualities of Consciousness along with the knowledge—You are the Consciousness. Understand, you will be gifted so many qualities, powers of Consciousness, the moment you recognize, re-cognize – you are Consciousness.
- You cognized and forgot. Now re-cognize — You are Consciousness – you will have all those powers of Consciousness.

Consciousness Is 'ISNESS'

- Please listen. Consciousness is not inside your body or outside your body, it is everything! Whatever you understand. See, if Consciousness is inside your body and your body and mind is there, then you can say – embodied.
- But here, Upaniṣads are very clearly declaring — **Everything is Consciousness; then how can you say you are embodied consciousness? No.**
- **Embodied means something other than consciousness should exist. But here it is not, it is not. Unembodied, boundary-less, whole. It is just boundary-less. How will you imagine? Try, try your best. Boundaryless. Like space, boundary-less whole!**
- Woundless, muscleless means if there is a muscle, there is a possibility for wound. It is not restricted to your body, it is beyond any possibility of wounds, muscles.
- Having no incompletion with the body means you being consciousness does not mean you will destroy the body, no. No incompletions with the body,

beyond the gross body.

- Consciousness is the ever pure space devoid of the dirt of ignorance – beyond the causal body, and is untouched by the delusion of incompletion.
- Consciousness is the all-knowing seer of all – past, present, future, kaviḥ; the lord of all minds, manīṣī.

It is Pure Consciousness that from time eternal has enriched the ages and each being by ordaining desirable responsibilities onto them as per their nature and space, and their actions and results thereof.

- Consciousness transcends all beings. Consciousness transcends all beings (paribhuḥ). Please understand, anything IS can become NOT. Anything IS can become NOT. Here, no "is" and "not." Consciousness is ISNESS, which is beyond IS and NOT. It is like Nithya is beyond nithya and anithya; beyond nithya-anithya is Nithya. So, beyond IS and NOT is ISNESS. The ISNESS is Consciousness.
- Consciousness is self-existent by Itself, Svayambhu. Svayambhu — kavir manīṣī paribhūḥ svayambhūḥ – with it's independent will and intelligence, understand. It is not some dead light kind of a thing. No. It has independent will and intelligence, having no cause for it's happening means – it is not caused by something.
- It is Pure Consciousness; from time eternal it has enriched the ages and each being by ordaining desirable responsibilities onto them as per their nature and space and their actions and results there-of.
- Understand, it is Consciousness which is the center of the karma chakra[1]. It is Consciousness that which is center of everything; of that which is everything: sa paryagac-chukram akāyam avraṇam, asnāviram śuddham apāpa-viddham | kavir manīṣī paribhūḥ svayambhūr, yathātathyato'rthān vyadadhāc-chāśvatībhyaḥ samābhyaḥ || 8 ||
- I can say, in this verse, the Upaniṣadic Ṛṣi is just exploding, he just wants to finish it off! Whatever he wants to say about Consciousness. It is like he feels he can't describe, he can't spell it out.

1 **Brihadaranyaka Upaniṣad, 3.4.6** Ātmani sarvamāste, sarvamāste ātmani, All exists in It, It exists in All, It is Consciousness that is the center of the wheel of action

- Actually, whenever you feel you can't spell it out, you can't describe, you will go on repeating the same line ten times, "Oh you know, that is that that, that is that that." When you feel words are not enough, you will be repeating the words which have the same meaning, again and again. You will be repeating the same word again and again. Paribhūḥ Svayambhūḥ – all these words may be different words, but in depth if you see – the same meaning. But Upaniṣadic Ṛṣis are repeating, repeating, repeating.

Knowledge vs. Wealth Purpose of Knowledge

- One thing, be rest assured, Upaniṣads are very clearly declaring you are untouched by delusion and incompletion!
- How much ever you imagine, visualize and pull the incompletion over you like a blanket in the early morning–4.30; how you pull your blanket early morning 4.30, same way only you try your best to keep the incompletion on you, because it feels very cozy. But you will be made to get up and go to Akhada. So you will be made to throw away your incompletion, made to do the work of an Enlightened Being! Understand, how much ever cozy you may feel with your incompletion blanket! Actually, we can embroider, 'Incompletion Blanket.' How much ever cozy you may feel with your incompletion blanket, you are not touched by incompletions.
- Upaniṣads very clearly say — you are untouched by delusion and incompletion!
- 'Untouched by delusion and incompletion.' When Upaniṣads declare this about you, this is YOU!
- **No one else has a right to tell you anything about you, when Upaniṣads declare you don't have incompletions.**
- Understand, including your Guru, nobody has the right to violate the declarations of Upaniṣads.
- Even I can show your incompletions only to help you get out of your delusion. Incompletions can never become permanent in you. No!
- You are untouched by incompletions, that's the truth, that's the right

introduction to you about you.

- **I can forcibly show you your incompletions so that you can get out of it and be in the space of being untouched. Sometimes, if four-five blankets are put on you, you will feel suffocated and throw away all the blankets at a time! That can be used as a technique. But, you can never be described as incompletion. You are untouched, untouched by incompletions. You are untouched by incompletions. Be very clear about it.**
- Pure Consciousness is all-pervasive and it's untouched by the delusion of incompletion.

'Untouched by delusion and incompletion.'
When Upaniṣads declare this about you, this is YOU!

LOOK IN

Consciousness Is The All-knowing Seer Of All — Past, Present And Future

- I really wanted the Vākyārtha Sadas to go on. I really want everyone to participate in this Vākyārtha Sadas; because only when you sit and talk, debate, you will even spend your time on thinking about it. Otherwise all the time you are worried about your pickles, stupid! Everything you are worried about is nothing more than a pickle!
- Whether you are worried about your house, car – all that is only a pickle for life. The rice of life, the food of life is only Enlightenment. But you are so worried about all the stupid pickles, colors and varieties of pickles, you miss the main food of life.
- So please understand, everyone should spend at least an hour in your life on Vākyārtha Sadas – debating, intranalyzing, discussing about the Upaniṣadic Truth, because only when you sit and discuss you will think about it. You forgot the process of contemplation.
- When you are doing your work, you are so busy with your incompletions. I am really telling you, your whole day routine never tires you, it is the incompletions and emotional turmoils you go through in the whole day that makes you tired and bored. Nobody's routine tires you, I am telling you.
- Human beings, as human beings, you are all capable of doing at least 20 times more work than what you are all doing. Even whole day you are ploughing the land, you are 20 times more powerful, understand.
- **Never a physical routine brings tiredness and boredom. It is the incompletions and emotional turmoil you put yourself throughout the day, that brings boredom and that brings tiredness. That brings suffering!**
- So when you do this Vākyārtha Sadas debate, that is the only time you will think about all these higher truths. Otherwise whole day you put yourself into the ditch of incompletions and emotionally harm yourself.
- See, when constantly you harm yourself emotionally, and there is no plan for

recovery, that's very dangerous. There should be a plan for recovery! If you hurt yourself the whole day, at least one hour you should heal yourself. The Vākyārtha Sadas is the time you heal yourself, where you put your mind, you apply your thoughts on higher possibilities.

- How much ever I speak, you won't intranalyze. Only if 'you' speak on it, you will think about it and you will intranalyze it, you will go to the depths of all these thoughts, thought currents. See, Upaniṣads are such, you have to digest it to feel powerful. It should become part of you to feel powerful.
- **It's Pure Consciousness from the time eternal, means – it exists before even time started.**
- **Time is much lower plane; time and space are much lower planes. Before even time started, It exists.**
- Actually, if you understand about Consciousness, more and more you understand, more and more you will feel settled, secured, beautiful. You will feel more and more beautiful about you; you will just be in love with you. All the restlessness, external, internal, will just get quenched; it will just get settled.
- Vākyārtha Sadas on Consciousness, thinking about Consciousness, can bring so much peace and joy; so much of peace and bliss.
- **Just like how you remember your moments with Guru, how you are filled with joy and excitement, same way, meditating on Consciousness can fill you with that same depth of joy and excitement.**
- **Do Vākyārtha Sadas on the Īśāvāsya Upaniṣad's definition of you, description of you, description of Consciousness.**

Consciousness as the Center of Karma

- Consciousness is the All-knowing seer of all–past, present and future, the Lord of all minds, manīṣī, Consciousness transcends all beings, paribhuḥ. Consciousness is self-existent by Itself with Its independent will and intelligence, having no cause for Its happening. It is Pure Consciousness, that

If you want to achieve what you want to achieve you need to cognize you are Consciousness. If you want to achieve the non-doing, you have to cognize 'you are Consciousness'.

from time eternal, has enriched the ages and each being, by ordaining desirable responsibilities, artha onto them, as per their nature and space, and their actions and results thereof.

- So it is Consciousness which is the center of all your karma, akarma, vikarma.
- Your actions, the results, doing, non-doing, liberation from doing and non-doing—all this, all this finally boils down to one, one, that is Consciousness.
- You can achieve the space of non-doing, real non-doing, only by experiencing Consciousness.
- You can achieve the space and achieve what you want by doing, only by being the center of Consciousness.
- If you want to achieve what you want to achieve you need to cognize you are Consciousness.
- If you want to achieve the non-doing, you have to cognize 'you are Consciousness'.
- Whether you want to achieve something by doing or achieve non-doing, everything, the Consciousness needs to be centered. Sometimes, My satsangs, means My words look too small to express what I am feeling. My paper and pen look too small, too little to express the poem inside Me.
- The examples I am giving, the painting I am painting with the words, look too small compared to what I need to paint.
- **Whether you want to achieve something or achieve non-doing, anything, the center is the cognition–You Are Pure Consciousness, because, only that cognition can liberate you from time and help you to be in tune with time.**
- Only that helps you to be in tune with the time and liberates you from time.
- Only that enriches Time and each being under Time by ordaining desirable responsibilities, artha unto them as per their nature and space and their actions and results thereof.

Your Actions Give Results Because The Lord, Consciousness Allows It

- Please understand, Ramana Maharṣi beautifully says: *karmam payan taral kartanadhu anaiyaal karmam kaduvuluo undhipara.*
- A beautiful... Jnana Undiyar, there is a verse... Ramana Maharṣi says: Your actions give results because the Lord, the Consciousness allows it, makes it happen, not because of karma itself. If the karma itself can directly bring result, then karma itself becomes God, which is not true.
- See, understand this example: You write a cheque for one lakh rupees and take it to the bank. Only when the manager releases the money you get it. Because as a routine you write a cheque and he gives, there is no stopping or blockage, you take it for granted, you start thinking that just by writing the cheque you

For Purpose and meaning in daily life Homework: Experience Your Self-Effulgence	
Homework Type	Vākyārtha Sadas (debate)
Duration	30 minutes
Debate subject	it is Pure Consciousness that from time eternal has enriched the ages and each being by ordaining desirable responsibilities onto them as per their nature and space, and their actions and results thereof.
Reference	Verse 8, Iśāvāsya Upaniṣad, page 453
Instructions	Vākyārtha Sadas means when you are applying this thought current, when you are practicing for the next few days, if you have a click, some clarity, share that. If you feel that it is not working out for you share that, because many time people will learn what to do and what not to do.
Share	Visit https://nithyananda.ai

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get the money. No.

- Writing the cheque is your karma means your action, but it brings result only when the manager says 'yes'.
- Otherwise he can stop, he can postpone, he can delay, he can deny; he has a right to deny! Of course, then you have so many other legal recourse, that and all is different. **But the action does not bring result in an automated way, even though things are made automatic for the sake of convenience.**
- **Understand, in the Cosmos also, even though things happen automatically for your convenience sake, don't ever assume the karma by itself can bring result, because karma is not Lord. *karmam payan taral kartanadhu anaiyaal karmam kaduvuluo undhipara***

- **It is Consciousness that makes the result happen. It is the decision of Consciousness that makes the result happen.**
- Actually I feel I should not even put My hand on My heart when I explain the word—Consciousness.
- When I put that, all of you assume that our Consciousness is inside. No. I should just keep the hand like this (Swamiji gestures palms as locked in front of chest), when I speak about Consciousness, neither in nor out, IT IS! Or I should put the hand like this—Consciousness! (THE SPH spreads out His hands and shoulders fully to both sides.)

- Some people, when they utter the word 'Consciousness', they should have the mudra of this: scratching the head (THE SPH places His hands near His head, as if scratching). For some people, they can show as 'in', some can as 'out', but I cannot show as in or out, it is 'Just Is.'
- Please understand, the Lordship of Consciousness is declared in this part of the Upaniṣad.
- It is Consciousness from the time eternal that has enriched the beings, ages and each being, by ordaining responsibilities desired by them as per their nature and space, and their actions and result thereof. Lordship of the Consciousness is revealed in this verse.
- It is Pure Consciousness that from time eternal has enriched the ages and each being. Please do Vākyārtha Sadas on it today. This should be the subject of Vākyārtha Sadas. So listen, it is Pure Consciousness that from time eternal has enriched the ages and each being by ordaining desirable responsibilities onto them as per their nature and space, and their actions and results thereof.
- Do Vākyārtha Sadas on this line. Discuss, debate, intranalyze.

If You Work With Consciousness, Anything Can Be Changed Without Changing Anything Or Everything Can Be Changed

LOOK IN

- **It is Consciousness responsible for our nature, for the space, for our responsibilities and our actions and results thereof. So, surrendering to our Consciousness, meditating on our Consciousness can completely reprogram us. We can alter and change our life as we want.**
- We can change our nature and space, our responsibilities and actions.
- We can change our results without even changing the nature and space, we can change the results without responsibilities. We can change their nature without changing their space. Please understand, all this, responsibility, your

nature, your space, your action, your result, all these are there.

- Responsibility, nature, space, action and results... If you are working with any one of them, it has to change only systematically: Your responsibilities have to change, then your nature has to change, then your space has to change, then results will change.
- But if you work with Consciousness, anything can be changed without changing anything or everything can be changed. That is why you call what I am doing as miracles, because you know only one system of working—responsibility changing, nature changing, space changing, results changing.
- But when I am working with you, you don't need to go through this line, this queue, this rule.
- **Consciousness can interfere into anything and directly change.**
- Your responsibility might have been totally different, your nature might have been totally different, your space might have been totally different, your actions might have been totally different—but the Consciousness can change the result.
- Straight interfere and change the result! That is what you call as miracles. You feel, what? How can this be, My actions, everything was different, how suddenly the result is different? Consciousness has so much of freedom, power, because that is the center around which everything moves.
- **When you experience Consciousness with your pure intelligence, you experience that as Time.**
- **When you experience Consciousness with your visualization capability, you experience that as Space.**
- **When you experience Consciousness with your logic, you experience that as your Nature.**
- **When you experience your Consciousness with your desires, you experience that as a Responsibility.**
- **When you taste your Consciousness as joy, you call that as Result. Meditate on this line. Meditate on this line, you will understand.**

- An Enlightened Being can directly give you the joy through Consciousness, that is why you feel the result of your life is achieved, that is why you feel—life is a miracle—when you touch the Consciousness and experience the Consciousness. Consciousness!

- Your desires could have been different, your responsibility could have been different, your nature could have been different, your space could have been different, your actions could have been different, results can just be different! That is why Mahādeva is able to initiate even a black sparrow and liberate. Enlightenment just for a few idlis, roadside idlis!

Somewhere this karma chakra needs to be broken, and you need to be given a new energy, inspiration, understanding, and possibility. If you are always stuck with this action-result cycle, you will never ever be given a chance to taste the possibility. Possibility, the taste of possibility can be given to you only when the Divine intervention happens.

- But for Mahādeva's intervention, the Vandi, roadside idli seller can never achieve liberation. I am telling you, the intervention of Consciousness is possible because Consciousness is THE Center! That is THE Center.

- **Constantly cognize you are Consciousness. You are not son of somebody, you are not father of somebody, you are not daughter of somebody, you are not, you are not wife of somebody, you are not brother of somebody, you are not son of somebody, you are not even disciple of somebody, understand!**

- Even I cannot corrupt you! Then who can corrupt you? You are Pure Consciousness.

- You can cherish your disciple-hood, enjoy your discipleship, celebrate your discipleship as a nostalgia, as a sweet nostalgia—how I bow down to Mahādeva, how I fall flat in front of the deities in the temple, just as nostalgia. "In those days, when You came as Arunagiri Yogishwara, how I enjoyed You." So I remember those beautiful vacation moments, "Now I am bowing down to You," that's all, nothing more.

- Actually, even Śaiva Siddhanta is very clear, when I am reading more and more Āgamas and Paddhatis, it is so clear: Śaiva Āgamas are Advaita Āgamas! In

Śaiva Āgamas, there are Advaita Āgamas and Dvaita Āgamas, Dvaita-Advaita Āgamas. Dvaita Āgamas declare God is separate, we are separate. Dvaita-Advaita Āgamas declare: In the beginning God is separate, you are separate, but by the spiritual practice, you and God become one. Advaita Āgamas declare: You and God are one from the beginning, knowing this is spiritual practice. Śuddha Advaita Āgamas declare: Even if you don't know this is the Reality! I tell you, Śaiva Siddhanta is Śuddha Advaita āgama, not even just Advaita āgama, it is Śuddha Advaita āgama.

- I tell you, Truth always empowers you. Reality always makes you powerful. Nothing, nothing can make you so powerful than Pure Advaita. Dvaita can make you egoistic. Even in your surrender, you will have a humble ego;

An Enlightened Being can directly give you the joy through Consciousness, that is why you feel the result of your life is achieved, that is why you feel—life is a miracle—when you touch the Consciousness and experience the Consciousness. Consciousness!

powerlessness will continue to rule you. Nothing, nothing like Advaita has a capacity to empower you. I tell you, that is Reality!

- **The action, result, nature, space, responsibility, everything, everything is Pure Consciousness. Today, debate on this!**
- **Do not remember the bondages from the body, through the body, as part of you.**
- **'From the body' means your disease, your concepts about body, feeling good or bad about the body, your skin colour, everything.**
- **'Through the body' means feeling, "I am son of somebody, daughter of somebody, sister of somebody.**
- Even disciple of somebody!" No. I love Mahādeva just for the sake of love, that's all; not bargaining, expecting tomorrow He will give me Enlightenment, no! I already realized It. I already got It. In the course of my love, I had it. Now my love for Him is only Love for the sake of Love. I just know—He is me.
- All my aspirations are His aspirations; all My inspirations are His inspirations; all my desires are His desires; all My powers are His powers. Advaita Bhakti—bhakti established in Advaita, understand.
- Even with Mahādeva, no question of duality; then where is the question of duality with your family, parents, brother, sister, boss, subordinate? No. Do not entertain, cherish, engage yourself in the bondages from the body and through the body. Recognize you are Pure Consciousness!
- **When you recognize you are Pure Consciousness and live your life, it becomes Līlā (divine play) and drama. No incompletion will have place, no incompletion will have power over you.** Your responsibility, your nature, your space, your desires, your actions, your results, if they go as per the law of karma, it's life. If suddenly, it changes and brings the results which you never expected, which you feel bad for you, it's called accident. If suddenly it changes and brings the results which you never expected but which you feel so good for you, it is called miracle.
- An Enlightened Being can interfere into that cycle and change as they want because everything is centered on Consciousness.

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- Everything is centered on Consciousness!
- You do yoga, you work out, you run, you do all the things required, and then health comes, it is karma, bringing result.
- But suddenly Master puts His hand on your head and the health happens. that is Consciousness interfering and creating a result which is independent of your nature, space, action and responsibility; that is what is Initiation.
- Understand, in every being, only if an intervention of the Consciousness happens, the ball starts rolling in a new direction and the progress towards Enlightenment will start happening.
- You can never ever reach the Ultimate just by flowing through the law of karma. When will you reach? It's only by the intervention, by the spiritual intervention and conscious intervention, the results can change, you can reach Enlightenment.
- I invite every one of you to be in Paramashivoham to experience that intervention—the Conscious Intervention causing miracles; changing the results independent of action and space, responsibility and nature.
- Somewhere this karma chakra needs to be broken, and you need to be given a new energy, inspiration, understanding, and possibility. If you are always stuck with this action-result cycle, you will never ever be given a chance to taste the possibility. Possibility, the taste of possibility can be given to you only when the Divine intervention happens.
- Mahādeva intervenes in your life in the form of the Master, He assumes the form of the Master just to liberate people from the karma chakra—give inspiration, joy, bliss, and cause miracles and Enlightenment.
- **Settling down stops your growth. With a Living Master, you can never settle down. In Varanasi you can stay as long as you want because it will never let you settle down; once in every three days, the whole city will be different.**
- In Bidadi, every day the city is different. One day you get the rose, one day you get the trishul, one day you get the lotus, one day you do Guru Puja, next day Guru does 'puja' (ferocious but most compassionate dealing by the Guru) to you! It's the exchange of puja, and what not.

Settling down stops your growth. With a Living Master, you can never settle down.

- Anyhow, understand the basic truth–**Everything is centered on Consciousness.** I am asking all My disciples—don't even cherish the idea you are My disciple.
- When I say this, I mean: Then, don't even cherish any other relationship other than you being Consciousness.
- See, the LAST relationship you need to break is the idea you are a disciple of Me.
- When I say—even break that—it means that I am asking you to break everything else and then break this. People try to break this first then try to break everything else. No. That is not possible.
- Break everything else and then come and break this also.
- Remain only with one clarity: "I am a Pure Consciousness. So my responsibility, my being, my nature, my space, my action, my result, everything is centered in that Consciousness, belongs to that Consciousness.
- **"Just me surrendering to Consciousness is enough to change anything I want, as I want." It is Consciousness that is life. That is result.**
- **Touch with the Consciousness can be million, million, million times more beautiful, amazing, fulfilling than any pleasure, any fruit of life you are expecting.**
- **So decide to cognize yourself as Pure Consciousness.**

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"Just me surrendering to Consciousness is enough to change anything I want, as I want." It is Consciousness that is life. That is result.

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Iśāvāsya Upaniṣad
Verse 9

Seek and Worship the Pure Truth and not Avidyā, the Ignorance that veils the True Knowledge of Truth

अन्धं तमः प्रविशन्ति येऽविद्यामुपासते।
ततो भूय इव ते तमो य उ विद्यायाँ रताः ॥९॥

andhaṁ tamaḥ praviśanti ye'vidyāmupāsate |
tato bhūya iva te tamo ya u vidyāyāṁ ratāḥ || 9 ||

Translation: Those who worship avidyā, the ignorance that veils the true knowledge of Truth, Consciousness, enter into blinding darkness characterized by the absence of perception; but into greater darkness of ignorance than that, enter they who, considering themselves as scholarly and learned, are engaged in vidyā, the incomplete knowledge acquired for vested interests characterized by the impure perception of Truth, Consciousness

Word-By-Word Meaning

andham	blinding
tamaḥ	darkness
praviśanti	enter into
ye	those who
avidyām	ignorance, delusion (of unconsciousness)
upāsate	worship
tataḥ	than that
bhūyaḥ	still more, greater
iva	like
te	they
tamaḥ	darkness, ignorance
ye	those who
u	also
vidyāyām	the delusory, or superficial knowledge
ratāḥ	engaged, absorbed.

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Contemplation On Consciousness Itself Will Make You Sure You Are Consciousness!

The Problem:

A tea or a cigarette is never just a sip or a smoke. Every time you engage in those activities, same patterns are cherished. If you are addicted, you will know. Look within. Every time with those activities, you will have the same patterns.

The Vedic Solution:

When do we get addictive? When we start enjoying our mental patterns more than our physical actions. Whether it's alcohol, marijuana, sleeping pills, or making accidents, the root cause is always a pattern. A womanizer needs healing, not punishment. A drunkard needs healing, not punishment. A smoker needs healing.

I am telling you, if seeking becomes your first response team (FRT), you will break tons and tons of patterns. Just an ordinary sip of tea can lead to Enlightenment. Seeking as your FRT gives an earthquake to patterns; everything will collapse - whether it started yesterday or 2000 years old, all patterns will be routed out!

Your First Step:

Seeking as your first response team means being aware of what's happening within you in that moment.

Anything, whether you lost some money in some business, or lost your job, any crisis, or even good things, you got married, or wife ran away, anything can be good, anything can be bad as per the person... when there is pain, look why. Why this?

Go On Thinking "What is Consciousness?" For Brain Development

- **What is Consciousness? What is All-pervasiveness? What is without coming and going? What is muscle-less, woundless, all these you would have done. At one point, you will feel stuck. It is natural. At that moment, if you decide, "It's OK, but I will continue to dig", then you are Living Enlightenment!**
- At that moment, if you think, "Ah, whatever I learned, with that, let me make whatever I need in life, like comforts, name and fame, who knows, leave it," then, that is avidyā.
- Understand. Listen. Only a person who practiced whatever I said can understand this explanation, but this is the most straight explanation.
- When you are exploring into Consciousness, while you are making your brain subtler and subtler, when the subtler and subtler grooves in your brain are developing to catch Consciousness, to reflect the Pure Consciousness as it is, **how can your brain be trained and developed to catch the Pure reflection of Consciousness as it is? By internalizing, intranalyzing, meditating, thinking, contemplating, debating, having Vākyārtha Sadas about what is Consciousness.**
- **What is that all-pervasive, beyond going and coming, the space, nature, action and result, what is That which is center of all this? What is That which is muscle-less and boundary-less, which is beyond all relationships and association? What is That? When you contemplate, contemplate, contemplate, and I tell you, no one needs to become a believer; the contemplation on Consciousness itself will make you so sure you are that Consciousness!**
- When I had the experience of Third Eye awakening, and able to see everything around Me, it did not take more than a micro second to know I AM THAT! What a fool that I considered this as Me!

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Nothing Can Come In Between You And Realizing You Are Consciousness!

- Please listen. By nature the highest thing your brain can reflect, it associates itself with that.
- If you think sex is the highest experience, you associate yourself with that.
- If you think eating is the strongest experience, you associate yourself with that.
- If you think Kṛṣṇa is the highest experience, you feel you are Kṛṣṇa. If you think Mahādeva is the highest experience, you'll feel you are Mahādeva.
- If you feel Consciousness is the highest experience, you'll feel you are Consciousness.
- The subtlest grooves in your brain develop to reflect the Pure Consciousness as it is when you contemplate on what is Consciousness as guided by the Upaniṣads[1].
- Upaniṣads are guiding you: Consciousness has no space, there is no coming and going, it is the center of space, nature, action, responsibility, result, but it is not bound by any of that. It is the center of all that.
- I am sitting in this chair but I am not bound by this chair, it belongs to Me, so in anything, you are center but you are not bound by it, it belongs to you, you are the power of that!
- **Understand, Consciousness is the center of action, result, knowledge, responsibility, space, nature, everything! But, it is not bound by any of that.**
- When you are contemplating all this, you can see, many of the qualities of Consciousness is already permeating your life in a smaller scale. In a smaller scale. You can never be without Consciousness. In a smaller scale, all that will

1 The underlying premise is rooted in the Upaniṣads' teachings that consciousness is the fundamental reality, and that the mind's activity obscures this true nature. Researchers are suggesting that sustained meditative practices aligned with Upaniṣadic principles can induce structural and functional changes in the brain that mirror this state. Das, S. (2017). The Upaniṣadic Brain: Exploring the Neuroscientific Basis of Consciousness. https://www.swahadas.com/wp-content/uploads/2017/08/The-Upaniṣadic-Brain.pdf

be permeating your life, but when you contemplate deeper, it will permeate higher scales, more Pure Consciousness will reflect in your brain, in your system. No compromise!

- Nothing can come in between you and realizing you are Consciousness!
- Nothing can come in between you and your Enlightenment.

Contemplate on What is Consciousness?

The subtlest grooves in your brain develop to reflect the Pure Consciousness as it is when you contemplate on what is Consciousness as guided by the Upaniṣads.

Homework Type	Contemplation
Duration	21 minutes
Recommended for	Anyone wanting to get enlightened
Thought Current	What is that all-pervasive, beyond going and coming, the space, nature, action and result, what is that which is center of all this? What is that which is muscleless and boundary-less, which is beyond all relationships and association? What is that? The contemplation on Consciousness itself will make you so sure you are that Consciousness!
Reference	Verse 9, Iśāvāsya Upaniṣad, page 467
Share	Visit https://nithyananda.ai

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Go On Thinking — "What Is Consciousness?" Automatically, Your Brain Will Start Catching That As You

- That's the beauty of Hindu tradition. After that, to radiate, continue to use that manual, that's all!
- So nothing can come in between you and you realizing the Śivoham experience.
- Advaita Anubhūti, more and more you intranalyze, when you intranalyze more and more, dig out more and more, you are Living Enlightenment.
- I am telling you: If you just find the taste of intranalyzing, manana, Vākyārtha Sadas, you will understand, that becomes your stronger experience.
- Consciousness becoming your stronger experience, you start associating yourself with that, with your pure Consciousness, is completion, meditation, Dhyāna, samādhi, unclutching, enlightenment...
- Associating yourself with Consciousness, the Pure Consciousness as Upaniṣads describe, which is verily possible, which is not somewhere far away. No.
- Even if you are a lawyer you can achieve Consciousness, understand.
- Nothing, nothing can be the reason, obstruction, obstacle; any amount of logic can be awakened, used inside you; any amount of right or wrong can be awakened and you can go on brooding over it.
- **Please understand, go on contemplating, go on doing Vākyārtha Sadas, go on thinking — "What is Consciousness?" Automatically, your brain will start catching That as you, associate that with you.**

Meditating On Concepts Described By The Upaniṣads Grows The Intra-organ: Third Eye

- When your brain associates itself with Consciousness as That itself, it will start cognizing, taking actions, decisions, everything based on That.
- Literally your whole brain will light up; your whole heart will light up; your whole body will light up! Maybe that is why it is called Enlightenment! The whole thing will be lit up!
- **Digging out more and more and more and more, exploring more and more and more, makes you Live Enlightenment.**
- For any reason you are stuck and do not want to move further out of tiredness, boredom, laziness or thinking, "Okay, with this I will manage my neighbors, after all, I just have to be a little more ahead than my neighbors, that's all my life's purpose."
- *Two lawyers saw a bear in the forest. One fellow started running, the other fellow shouted, "What you think you can escape the bear?" The other said, "No, I just have to run faster than you!"*
- But life is not like that. If you are just able to excel little more than people around you, life doesn't end there! The tiredness and boredom which will come to you when you excel little more than the people around you, if you are stuck there, that is what Upaniṣad describes. Over! Over. Everything is over.
- Please understand, the tiredness and boredom is hell fire! With the boredom and tiredness you can't even peacefully sleep; you may be lying on the bed but you will be rolling over.
- If you lie down, after real sincerely exhausting whatever you want to do and fall into the bed, you will be so powerful and fall asleep! But just out of boredom and tiredness, you will be so powerless you will not be able to fall asleep.
- **Align your body and intellect straight, make your life strong, make yourself as**

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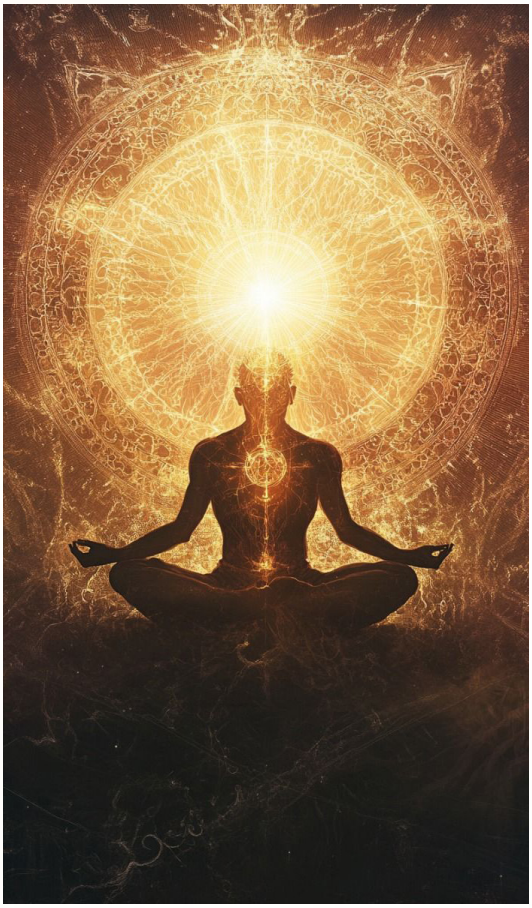
much as possible useful to yourself and to the world.

- Continue to explore the subtle and subtle truths described by Upaniṣads as Consciousness, understand.
- Subtle and subtle truths described by Upaniṣads as Consciousness. Actually, meditating on those concepts grows an extra intra-organ in your system, what I call Third-eye or Buddhi.
- You are not born with it, you have to grow it. The vegetarian food, and continuous contemplation, everything used in the Shaivite lifestyle directly connects to awakening and building of Buddhi.



Explore on subtle and subtle truths described by Upaniṣads as Consciousness. Actually, meditating on those concepts grows an extra intra-organ in your system, what I call Third-eye or Buddhi.

Man whose buddhi is awakened will never entertain boredom in life.

- One of the biggest problems of the future humanity is going to face is boredom, because no more you can make people feel excited about life with basic needs like food, shelter, clothes, but humanity doesn't know how to lead ourselves to the next level.
- Political leaders, social leaders, religious leaders, all of them are stuck, because you can't make people excited, you can't keep people excited any more just with this food, clothes, shelter, it's all over. I am telling you, that is why so

much of depression and boredom is settling in.

- **All psychiatric disorders, phobias, fear, depression, suppression, whatever name you want you can go on be giving, this disorder, bipolar, four-polar, six-polar, whatever name you can give, you can do everything, but all mental disorders boils down to one word: boredom, that's all. Boredom, that's all. Nothing else. Just boredom.**

(right) The SPH with Swami Ranganathanandaji circa 1998

Bold and powerful spiritual leader of the late 20th century

"Second Vivekananda that the Ramakrishna Mission produced"

– The SPH on

Swami Rangananthandaji

(1908-2005)

- I tell you, My Dīkṣa Guru, Swami Ranganathananda, at that time he was Vice President of Ramakrishna Mission. Later on he became President and now he has left the body, he has attained Maha Samadhi...
- Once, a few Sadhus and Brahmacāris were sitting at his feet. He was not very healthy, he was very fragile. His health was very fragile and he will just eat one or two teaspoons of a kind of a kanji made out of rice and few fruits; his diet was very less. We were all sitting around him.
- But whole day he will be always excited, joyful. Suddenly one Sadhu turned the subject towards a few elderly Sadhus who were depressed in Aroghya Bhavan in Belur Math. In Ramakrishna math they would have a place where all the elderly Sadhus, after they retire from their active life, they rest and do spiritual practices and prepare themselves for Enlightenment, Jīvan Mukti, videha Mukti. So there were a few Sadhus, depressed, frustrated, angry, irritated in that Aroghya Bhavan, so the talk turned towards them.
- Beautifully, Swamiji explained, Ranganathanandaji explained, he said, "When you are young, if you have built your excitement only to the level of reading the spiritual scriptures, after your eyes are gone, you can't do that. If you built

It is only your ability to rest in Pure Consciousness which you built when your body and mind is under your control—that is the only security for your life, only on that you can rest. That is why I insist constantly on being active without falling prey to boredom.

your excitement only to the level of doing japa (chanting), after certain level your body and mind will not have the stamina to be in alignment, then you won't be able to do that. **Only if you are able to sit with yourself, reflecting Pure Consciousness, you got a permanent space where you will not get into depression, bored, feeling agitated, angry, frustrated in your life.**

- Especially this is a warning for all the Sadhus, understand. For Gṛhasta [householder] it's an advice; for Sadhus, it's a warning. Because for Gṛhasta, till the end, at least a few people, family, somebody will be around them. But for Sadhus, it is only your ability to rest in Pure Consciousness which you built when your body and mind is under your control—that is the only security for your life, only on that you can rest. That is why I insist constantly on being active without falling prey to boredom.
- Understand, if you build the pattern of falling prey to boredom, be very clear, you are going to have the worst hell once you retire from active life. After retiring from active life, life will be hell if you have not built that space of ability to sit unclutched.
- Still I remember, that one small but very powerful word. I actually paraphrased, from whatever he said, because it was the long conversation with a few Sadhus. In that, this bit still I remember: living your whole life as a Sadhu, and then in the end, depressed, frustrated, angry, irritated, agitated, that is the worst thing, that's a solid proof you wasted your life, you are stupid. So, become active now!
- **Break this boredom pattern now, keep your body and intellect as powerful as possible, raise the Buddhi to the next level, and develop that most subtlest grooves in your brain to reflect Pure Consciousness, powerfully! That is the only safe heaven for you.**
- I have seen hundreds and hundreds of stupid intellectuals, pundits stuck in few words here and there... they read, few techniques here

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and there they tried, and afterwards, nothing moves, nothing moved; they are there. Only those people are addressed by this verse, ninth verse of the Upaniṣad: andhaṁ tamaḥ praviśanti ye'avidyām upāsate | tato bhūya iva te tamo ya u vidyāyāṁ ratāḥ || 9 ||

Warning Against Stagnation and Incomplete Knowledge (Avidyā)

- Understand. The most powerful, most important advice Upaniṣad wants to give you, the most powerful sacred secret Upaniṣad wants to reveal in this verse:
- **Do not allow boredom and tiredness! Let your body be Agni, Fire! Let your mind be Light. Intensely alive! Let your Consciousness be svayamprakāśa, self-effulgent, always radiant!**
- **What you eat, what you do, what you speak, what you think, what you practice, let everything be aligned to this one: How to reflect the highest concept of Consciousness in your brain, how to catch the subtlest definition of Consciousness by Upaniṣads in your brain**.
- **Seeing God, experiencing God as you, is not two actions, it is one actually.**
- Seeing is experiencing.
- The moment you see, seer and the seen and seeing will become one; then, Seer-Seeing-Seen, all these three merge into one, then you are called Seer, Ṛṣi.
- Boredom can never be justified with any reason. Spend anything in your life, do anything in your life, to get into the lifestyle and place where boredom is not entertained or engaged; boredom is never allowed—that's the one thing never allowed inside Kailāsa.
- **Today's subject for Vākyārtha Sadas: How to be away from boredom? How we should not fall prey to this— andhaṁ tamaḥ praviśanti ye'avidyām upāsate?' How to be away from worshiping ignorance, avidyām upāsate. Don't worship ignorance!**

The moment you see, seer and the seen and seeing will become one; then, Seer-Seeing-Seen, all these three merge into one, then you are called Seer, Ṛṣi.

Seeking Awakens The Super Human In You

Killing all parts of stagnation in you by the constant inspiration and excitement is seeking.

- Listen, the essence is: Do not stop seeking. Anything can be given up, not the seeking! Never! Searching for the truth, higher, higher, higher...
- Listen. Universe eternally expands.
- I am defining Enlightenment: Enlightened being is a person whose mind has disappeared so he constantly goes through new, new experiences and expands, continuously seeking, understand!
- I am using the word 'seeking.' In who the capacity not to seek has disappeared is Enlightened Being.
- In you, still there is a part of your mind which can put you in boredom or tiredness saying you can stop seeking one day. That is why you are still a seeker.
- **If your seeking becomes eternal, there is no part of your mind that exists to make you bored or tired, and it becomes sure you will be a seeker forever, you are an Enlightened Being.**
- Enlightened beings, they become one with the Cosmos. That is the ultimate experience, but not final, because Ultimate itself is constantly alive, not carved in stone!
- Ultimate is not carved in stone, it is a powerful happening. It is a constant happening!
- Cosmos, is a happening. It is not a dead state. It is an alive, living, happening! Understand.

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Seeking is Eternal: Cosmic Engine that Drives Expansion

- What Upaniṣads are trying to declare through this verse, I am revealing that sacred secret: **Universe is happening, even all Enlightened Beings continue to seek.**
- **An Enlightened Being's seeking means continuous expansion, continuous expansion, so, if even enlightened Beings are expanding, seeking, happening, then, you should be seeking. Kill all parts of you trying to become stagnant!**
- Any stagnation is disease. Body, if you are able to bend 40 degree, make it at least 41 next day, don't stagnate.
- Mind, if you are able to understand some concepts for five minutes, make it at least into 6 minutes next day.
- **Killing all parts of stagnation in you by the constant inspiration and excitement is seeking.**
- Understand, I am defining seeking. Above anything, if you are seeking something in the outer world, you will have the gifts of that world–luxury, comfort, name and fame, whatever comes from society. But if you are seeking from death, you will get what you are seeking.
- **Understand, seeking should become your very being. Mumukśatva means constantly looking for Reality. Don't allow any stagnation; all stagnation is stupidity. Stagnation is stupidity. If somebody is stuck, that is hell, the most cursed space. Hell! Nothing, nothing less than hell.**
- Being stagnant, stuck, is worshiping ignorance. Whether trying to understand the good, bad, right, wrong, the laws of the Universe, or the laws with which your self functions, laws with which life happens, go on seeking it. Understand. You will never get an answer, but you are not supposed to stop seeking, because the reward for your seeking is experience, not answer.
- If something is told to your very being, it is experience; if experience is limited to your logic, it is answer.
- Response from the Cosmos to your seeking, if it is limited to your logic, your

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The exact actual happening of your life which is a suffering, never makes you stagnant, but constantly remembering you had suffering and making yourself painful makes you stagnant

seeking is also limited to your logic, Cosmos will reply to your logic, it is 'answer'.

- If your seeking is from the depths of your being, Cosmos will reply to your very being; that is called 'Experience'.
- Please understand, I am revealing one important sacred secret: Thousands of My experiences came to Me just by My seeking, not practice.
- Let Me put it in open: I never did any practice. Let Me be very clear, whoever believes, let it be on record: I never did any practice in My Life! I teach meditation to millions, never sat with closed eyes to meditate. I know, it is very difficult for you to believe. We have so many photos of Me meditating... Never I sat for meditation, **I always searched for "what is"** at the time; sometime eyes automatically closed. When I was sitting to seek, to search, eyes automatically closed, so those moments you can call as meditation, but I am telling you, always I was in search with My whole being, I was seeking with My whole being, so all responses to Me came from Cosmos to My whole being which was experience. Never, never ever, I did any spiritual practice or meditation separately; all My experiences were a gift to Me as a response to My seeking. I am telling you, if at all you need to do something, you just need to sharpen your seeking.
- Blessed are those who have seeking in their life! Stupid are those who lost seeking in their life, or never had it. Some of the best people whom I love are all sincere seekers, still.
- Please understand. Just like money, wealth, car, luxury can make you forget your seeking for the time being. Even Sangha, the coziness, love of the Master

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or the positioning in the Sangha, even that sometimes makes you forget your seeking.

- Whoever continues to keep his seeking alive, even basking in the glory and My love, I continue to love them, understand.
- My love comes to you as a gift if you continue to seek; it will be continued to shower on you.
- At any cost, don't stop seeking!
- The moment you stop seeking, you start worshiping avidyā; you start worshiping ignorance. You start worshiping ignorance.
- Whatever has become stagnant in you, sometimes the pain makes things stagnant in you, not suffering.
- Understand, suffering never makes you stagnant, only pain.
- I will give you the difference: the exact actual happening of your life which is a suffering, never makes you stagnant, but constantly remembering you had suffering and making yourself painful makes you stagnant.
- A remembrance which puts you in emotional turmoil, that makes you stagnant, understand...

Seek About Everything

- Do not allow any form of stagnation in your life, for any reason.
- I am not here just to make you guys as good human beings; no! I am here to make you guys super human! It is a possibility!
- Being human is great, human values are great, no doubt, but don't say that itself is super. No! If you say that is super, you are a duper. Don't try to kill the mystical possibilities, the super human possibilities of traditional Hinduism!
- All this modern day human value organizations, see, I appreciate human values, great; do charity, love, be happy, all these are great, but don't say there ends life. God has not created you to run a charity organization.
- I want all of you to do a lot of service, charity, being good, all that, but don't stop there. Where will you stop? Becoming Shiva. It is only after you become

Shiva. But after that you can't stop!

- See, because I am sitting in such restful awareness, don't think I stopped! You can sit in restful awareness in your flight seat, but you have not stopped. You can run as fast as you can in a stagnant bullock cart, you are not moving anywhere.
- **More than what you are doing, where you 'are' matters for your life progress.**
- You can be doing all types of kriya, yoga, Prāṇāyāma, chichichiggachigga, sitting inside a bullock cart, where bullock is not even tied. You are not going to go anywhere; you are not going to go anywhere.
- You can be as restless as possible, as active as possible, you can be as pulling and pushing as possible, you will be only there.
- You can be even lying, resting, after sipping a cup of juice or anything you want, but if you are lying in the flight, you are moving, you are flying!
- Understand, My sangha is a flight!
- What you do does not matter; where you are matters!
- **What you do does not matter much; where you are matters. The human possibilities do not stop with human values, understand.**
- Seek about everything, you have a right!
- You have a right to question the whole Cosmos! **I am giving you a simple secret, simple secret, listen: If you have a stomach pain, don't try to think "Why is there stomach pain, what did I eat, is it indigestion, gastric, what is the reason, why am I having?" Don't think that way. Try to ask, "Why, first of all, this very habit of eating and digesting?"**
- **Start questioning the roots, you will be declared as rebellion by Cosmos, all your needs will be met. It is the child who cries loud gets attention first!**
- If you think, "Should I do this Prāṇāyāma, that yoga, take this herb," yes, you may get your stomach pain cured, but you will have a headache tomorrow.
- But question the very root, always go to the extreme of questioning.
- When you question the very root, "Why this question of eating, digesting, getting energy from food," when you go to this, you will be the child crying

louder, Cosmos will reply to you; not only you will get rid of the pain, you will get the power to become Nirāharī!

- The child who cries louder gets not only candy, but keys to the store room, "Whenever you feel, go eat, don't cry, don't create a mess!" Understand, if you cry, "ohhhahhhhhh,"
- Learn how to throw tantrum with the Cosmos. Question the very root, source, 'Why first of all this body which has a possibility for disease? Why?' So let your why's go to the depths; understand, just one child, Naciketa throwing tantrum, Yama Deva has to sit and obey Naciketa!
- Learn to throw tantrum with the Cosmos, because you have a right over it!
- Cosmos cannot just brush you aside, push you aside, saying, "You throw tantrum, I will do my job." If you read the Vedic literature, so many references are there...a Ṛṣi sitting in one corner of the forest meditating, Indra's throne burns!
- Losing spiritual seeking is the biggest curse! If you have not lost spiritual seeking don't worry, nothing is lost! It means, you know how to throw tantrum

For Purpose and meaning in daily life Seek About Everything Learn to throw tantrum with the Cosmos, because you have a right over it!	
Homework Type	Vākyārtha Sadas (debate)
Debate subject	How to keep seeking continuously, how not to allow the worship of ignorance in our life. Avidyā upāsate
Reference	Verse 9, Iśāvāsya Upaniṣad, page 480
Instructions	Vākyārtha Sadas means when you are applying this thought current, when you are practicing for the next few days, if you have a click, some clarity, share that. If you feel that it is not working out for you share that, because many time people will learn what to do and what not to do.
Share	Visit https://nithyananda.ai

Having don't care attitude about the ignorance, or, having something else as the priority than seeking and breaking the ignorance, is worshiping the ignorance, avidyām upāsate.

and make the Cosmic Mother open her treasury, go-down, for us.

- **Seeking is nothing but your ability to throw tantrum and get the attention of the Cosmic Mother.**
- I am telling you, just sit under one tree with that depth and decision of seeking, simply Kailāsa will shake!
- Don't try to be Rāvana, trying to shake Kailāsa. Just be a yogi, Vishnu cannot sleep there! Vaikunta will have a tsunami! He has to come down and attend to you! Because, after all, parallel universe of your Anāhata cakra is Vaikunta, of your Ājñā is Kailāsa. If you shake your Ājñā cakra, Kailāsa has to wake up and Mahādeva has to appear in front of you!
- Don't be arrogant out of your seeking. When you are seeking, arrogance will not even happen. Very pure, clear, confident and the straight guidance I am giving you, not arrogance. When you open your Third Eye, Kailāsa will open. I am just revealing some of the very deep sacred secrets to you.
- If you sit and open your Anāhata cakra (heart center) with a depth of seeking, simply Nārāyaṇa [another name for Lord Vishnu[has to wake up from his yoga nidra and appear before you, "My son, what do you want?" These are not stories, they are Truths. They are truths, pure truths."

The Art Of Continuous Seeking: Unleashing Spiritual Depth

- **Understand, any moment, if you stop seeking, you start worshiping ignorance, avidyā. Today's subject for Vākyārtha Sadas is how to keep seeking continuously, how not to allow the worship of ignorance in our life. Avidyā upāsate, worship of ignorance, how it should not be allowed.**
- Stop the worship of ignorance, never stop your seeking for any reason, let your seeking be continued. Keep your seeking alive!
- Awaken continuously! Nothing should stop your seeking – that's all I am trying

to convey to you, not just your wealth, name and fame, even good charitable activities should not stop your seeking or make you a worshiper of ignorance! Make yourself alive again!

Let Seeking Be Your First Instinct Response

- Avidyām - that is the key word in this verse. Having a don't-care attitude about ignorance is worshiping the ignorance.

If you think 'why for me', you will only be buddhu (ignorant fool). If you think 'why for whole humanity', you will become Buddha.

- Having don't-care attitude about the ignorance, or, having something else as the priority than seeking and breaking the ignorance, is worshiping the ignorance, avidyām upāsate.
- Other than seeking or breaking ignorance, if something else becomes important or more priority, more important priority to you, then what you do becomes avidyām upāsate, worshiping ignorance. That is why I insist, in

every situation let seeking be your first response!

- Understand, in developed countries they have something called 'first response team'. For any crisis, accident, terrorist attack, first response team, means the ambulance, paramedical staff, police, fire engine, bomb squad, people who rush to the scene and respond to the victims first, who try to attend to the crisis first, first response team.

Decide, "No, I am really, really going to look into everything, question everything, what is pain, what is pleasure, what is life, what am I," when you feel pain, let your first response team be seeking.

- I tell you, let seeking be your first response team for your whole life and all the crisis of life.
- Anything, whether you lost some money in some business, or lost your job, any crisis, or even good things, you got married, or wife ran away, anything can be good, anything can be bad as per the person, I don't want to define what is good or bad...
- **When there is pain, look why. Why this?**
- **Understand, throw tantrum with the Cosmos! When you have stomach pain, don't think "Why stomach pain for me?" but think why first of all there is a pain for humanity.**
- If you think 'why for me', you will only be buddhu (ignorant fool). If you think 'why for whole humanity', you will become Buddha.
- *Just Buddha saw the sick person, old person, dead body, but he did not think, "Why did these fellows fall on my eyes, I think bad omen. Why did I see these fellows, I think bad shakuna, bad omen, they are depressing," he did not think that way! He did not treat them like a black cat running in between! Most of the time when black cat runs across the road, it is not bad omen for you, it is a bad omen for the cat!*
- I was looking into this... actually in almost all cultures this cat omen is there. I thought why, then I found out the black cats run around only when they don't get basic food, and if you are in a society where simple food is not available for animals, it has to run around, then there is something wrong in the society!

Actually the black cat will not run around if he gets simple food. Anyhow. Listen. Whether it's a black cat running, or seeing a sick person, Buddha did not look into that as His omen, or He did not think, "Oh these fellows came in my eyes and I am feeling depressed," instead He asked, "Why this for humanity?"

Throwing Tantrum With The Cosmos: Embracing Seeking For Freedom

- Whoever throws tantrum with Cosmos will be free from the laws and rules of Cosmos! Laws and rules are for stupid fellows who don't know how to throw tantrum.
- **Seeking is such a powerful way of integrating you.**
- The moment you start seeking, all laws, rules, regulation give way and say, "You are the favorite inheritor of the Cosmos," and you live like Paramahamsa.
- I am telling you, Dharma is for the fellows who are interested in artha and kāma. If you question Dharma, start seeking the depth of Dharma—'why it is, why, what is it, what's the source of it, how can I go beyond it?' If the why can be looked into with your whole being, when you question why, immediately Cosmos frees you from all the laws, rules, regulations.
- All the laws, all the rules, all the regulations, you become free from them. You become a liberated being!

The Cosmic Mother's Response: From Tantrum To Seeking

- I tell you, if you don't throw tantrum with the Cosmic Mother, question–why, why, why—She will let you be in your māya, delusion.
- Delusion is 'not throwing tantrum'.

- If a child is just sleeping, or playing with the small toys it has, or eating his candy, or drawing on his urine, mother will do her work; she will continue to do her work; she will be engaged.
- Only if the child decides to throw everything and start screaming, she will try to give better toys and candy. But if the child decides, 'No, I don't want anything' and throws tantrum, only then she will just lift him up to her lap. Same with the Cosmos, as long as you are in delusion, playing with your small toys, candies—your relationships, family friends...
- What are candies? Your salary, car house. It's true, if you are a mother you know that. Kids do even on number 2! Number 3 drawing is making more and more incompletions out of your old incompletion!
- **So whenever you brood over incompletion imagine you are drawing on your number 1, and whenever you create new incompletions out of your old incompletions, be very clear, you are drawing on your number 2! Projecting your incompletions on the Master means putting your fingers in your mouth!** I don't think I need to describe more detailed.
- Then the Cosmic Mother will come and give more candies—better house, better salary, a lottery ticket, one extra fitting. She will try to give everything and divert your attention; if you are back to that, she will continue with her life.
- **But only when you decide, "No, I am really, really going to look into everything, question everything, what is pain, what is pleasure, what is life, what am I," when you feel pain, let your first response team be seeking.**
- **Seeking as your first response team means being aware of what's happening within you in that moment.**
- **I tell you, having your first response team as seeking, or seeking as your first response team, is the highest, best security you can get from Cosmos. Throughout your life, if seeking becomes your FRT (first response team), even when death comes, that will be your first response team. When you can seek into Death, you will be Enlightened; that's all!**

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The True Nature Of Addiction: Breaking Free From Mental Patterns

- A tea or a cigarette is never just a sip or a smoke. Every time you engage in those activities, same patterns are cherished. If you are addicted, you will know, look within. Every time with those activities, you will have the same patterns. I am telling you, if seeking becomes your first response team (FRT), you will break tons and tons of patterns. Just an ordinary sip of tea can lead to Enlightenment.
- Mundane activities as you claim, like reading a newspaper, every activity that is addictive will go through the same pattern more than the action itself.
- Listen, listen! If you are going through more in the same action, it will never be addictive. Addiction belongs to mind, not body. You are addicted for those thought currents; you want the smoke again and again because of the mental patterns you go through. It's what you enjoy more - that pattern! I am defining addiction as: **all addiction is mental patterns going through more than physical actions.**
- When do we get addictive? When we start enjoying our mental patterns more than our physical actions. Whether it's alcohol, marijuana, sleeping pills, or making accidents (like accident addicts), the root cause is always a pattern. A womanizer needs healing, not punishment. A drunkard needs healing, not punishment. A smoker needs healing.
- Seeking as your FRT gives an earthquake to patterns; everything will collapse - whether it started yesterday or 2000 years old, all patterns will be routed out!
- Understand that having seeking as your first response team means Living Enlightenment, not worshiping ignorance.
- Note: I've introduced the new term "first instinct response" (FIR) which is equivalent to seeking. Having FIR is the key to achieving enlightenment and breaking free from mental patterns.

Seeking means having basic questions; first things first, is seeking. Having seeking is "not worshiping the ignorance", andhaṁ tamaḥ praviśanti ye'avidyām upāsate.

The Importance Of Seeking: Unlocking Rebirth And Enlightenment

LOOK IN

- **Understanding is key; anything can be given up, not seeking. Whichever part of you has stopped seeking, look into it – it will have become a frozen part of you.**
- Whether parts of the body, mind, logic, emotion - wherever you stopped the seeking you lost the art of reinventing yourself.
- Whenever you lose this ability to reinvent yourself, not only are you stagnating, but you're also rotting away; your inner self is decaying. Emotionally, if you stop seeking, you'll lose your capacity to reinvent yourself. Physically, yoga continues to seek its original state; logic maintains liberated thinking through the pursuit of knowledge; emotions stay in their original form of existence through devotion.
- **Seeking keeps us alive with the possibility of reinventing ourselves.** When seeking is lost, we're frozen and dead - not just from a physical standpoint but also from an emotional one. The real danger to Sanātana Hindu Dharma lies not with external threats but with non-practicing Hindus who have become living dead humans.
- These individuals are more destructive than any alien or animal, as they pose a threat to the very existence of humanity itself. It's essential to understand that it's not the deceased people who harm us, but rather their living counterparts - those frozen in time and unable to reinvent themselves.
- So, don't be afraid of death; instead, always maintain a distance from those who are living dead and lost in their own patterns. They can no longer realign or reinvent themselves due to the absence of seeking within them.
- *There is a beautiful verse by Manikkavasagar, he says, "I won't be afraid of*

seeing a snake or a wild animal, but I will be afraid to see the foreheads which has no holy ash, sacred ash, on it; which has no bhasma on it! I am afraid to see the people who don't take Mahādeva's name in their being, in their heart."

- Actually, I wanted to sing in that same tone.
- The fellows who don't have seeking, if you see them, all the bad things you are going to get, let me be afraid of that! Let me be afraid of seeing the fellows who don't have seeking and the dangers they will cause us if we see them. If you see them, hear them, talk to them, it is danger; because just talking 5 minutes with you they can put some stupid idea in your head! It's like some guest comes, does 1-2-3 (Nature's call) in your hall, and you are cleaning it for 10 days, that is much better than this!
- Giving you the ultimate seeking and teaching you how to throw tantrum with Cosmos and making you experience liberation is all is the Śivoham Process! If you have to get the attention of an elephant, just being an ant will never be successful, you'll have to come at least to the level of bird; same way with the Cosmos, as ordinary broken human being, you can never get attention.
- **Raise yourself to the level of seeking, you will see, Cosmos responds to you! If you question "why me" you will be punished more and more, if you question "why is it at all for human beings" you will be liberated!**
- Seeking means having basic questions; first things first, is seeking. Having seeking is not worshiping the ignorance, andhaṁ tamaḥ praviśanti ye'avidyām upāsate, worshiping the ignorance.

Seek Experience Not Expertise

LOOK IN

- See, this verse talks about two types of people—
  1. One, who worship ignorance,
  2. Second, who worship half-truth.
- **When you start worshiping the knowledge for the sake of knowledge, you become embodiment of vidyā, knowledge.**
- But if you are worshiping the knowledge for some other vested interests, for the sake of luxury or for the sake of any other comforts, if you stop seeking, you'll be suffering with half-knowledge, incomplete knowledge, impure perception of Truth, Consciousness.

All tiredness, all boredom, is nothing but frozen pains in your muscle memory.
The only way to break the ice, the frozen pains, is re-strategizing yourself.

- I am telling you, please understand, when you enter into the search of spiritual knowledge, seeking, you will have such liberating truths about freedom. All powerfulness!
- All these great truths will be told, but be very clear, unless they become experience... don't try to mess up with the concepts of freedom.
- Please understand, most of the time, giving in to your patterns, you will start declaring as freedom. You will say, "After all I am enlightened, I am a soul, I am free," then finally go and eat the beef. Rāmakṛṣṇa Paramahamsa says beautifully, in one example, "The crow may try to boast about itself, but finally ends up in eating what it eats from the dustbin, dirt."
- So understand, most of the time, these so-called knowledgeable people also, with the incomplete knowledge, they give in to their patterns and declare they are free. Please listen, I will give you a more clear example. Without becoming Paramahamsa, try to live like a Paramahamsa, really without getting to the space of non-attachment, trying to live as if unattached... Listen, this is a most dangerous game people will play. But of course, nobody else needs to punish them, they themselves will be punishing themselves.

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How The Incomplete Knowledge Makes You Arrogant And Makes You Lose Your Seeking

- **Giving in to your patterns cannot be freedom**. Here, what Upaniṣads are trying to tell, I will expand. Listen, step by step.
- **These incomplete knowledge people, people with incomplete knowledge, before even achieving Enlightenment, due to their vested interests, because of their impure perception of Truth and Consciousness, even though they claim they are unattached, wise, they get completely distracted and destroyed, with the incomplete knowledge.**
- Actually Upaniṣads are trying to very boldly describe the obstacles you will face in the initial level seeker and advanced level seeker.
- **For an initial level seeker, the biggest problem is boredom due to which you don't break whenever you hit the block, you just develop a 'don't-care attitude' towards your ignorance.**
- Second, as an advanced seeker, understand, Enlightenment is not expertise, it is an experience. People start thinking: If they learn how I behave, how I live, My expertise, My behavior, they can become enlightened or they can show themselves as enlightened. Enlightenment comes as experience, not out of being expertise. It is not from expertise, it's from experience.
- The second level obstacles are more dangerous. There, you start behaving almost like enlightened, but with incomplete knowledge, without the expertise.
- I tell you, an Enlightened Being, the definition of Enlightened Being, his level of seeking will be totally different from your level. He will continue to be seeking because seeking is the only way he will be alive, that's the only way he even makes you understand he is alive, that's the only qualification of his existence.
- See, you can prove you are alive by so many things; eating a sweet, having physical pleasures, through all that you can prove that you are alive to yourself and to others. But an Enlightened Being is alive only in his seeking, that is the only way he reminds himself he is alive and he proves he is alive to others. To that level, his very core will be seeking; his very core will be seeking!

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- So today, I wanted the subject for Vākyārtha Sadas to be: how the incomplete knowledge makes you arrogant and makes you lose your seeking, makes you egoistic, and how the growth gets stopped by the incomplete knowledge. Have Vākyārtha Sadas on this.

Restrategize Your Life, Reinvent Yourself

- Listen. These two concepts you need to understand. One, those who worship ignorance, the initial level seekers get into a kind of a tiredness, boredom, unable to move further, don't-care attitude about ignorance. This is one group.
- There is another group, little advanced level seekers. When you spent time with certain concepts and don't align your life to those concepts, you will feel acquaintance with those concepts intellectually, but not experientially.
- Familiarity always breeds contempt.
- Even with the idea you are consciousness, if you are acquainted, means if you are having exposure to that idea, you are thinking about it for quite a long time, but you never made that as your cognition, you never transformed your life, you never aligned your life to the truth, then slowly, slowly, slowly, you think what you are living, what you are doing is much better than common men, normal people who don't even know they are Consciousness.
- So with this justification, the worship of imperfect knowledge, the incomplete knowledge, starts; the danger is by now, you know how to manipulate others, how to be a half-Guru.
- All your neighborhood Gurus are formed like this only; each neighborhood will have one Guru, in India, each street will have one Jagat Guru [Guru for all of humanity] . *You can ask him, "Why are you calling yourself as Jagat Guru?", "No, I have one disciple I have named as Jagat, so I am Guru of Jagat, so I am Jagat Guru!"*
- Please understand, the impure perception of Truth, Consciousness, incomplete knowledge, which is the problem of advanced seekers, is more dangerous than the initial level problem of initial level seekers, which is the don't-care attitude towards ignorance or tiredness and boredom.
- See, these advanced level seekers who worship knowledge but which is incomplete, they won't have tiredness or boredom, they will be very active, but in the wrong direction.

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- Enjoy knowledge for the sake of knowledge, celebrate knowledge for the sake of knowledge, celebrate power and energy for the sake of power and energy; don't use power to manipulate others, don't use knowledge to make money, please understand.
- I am not saying don't accept salary for your contribution, I am not saying don't earn for your livelihood, all I am saying is, mentally don't have the disease of equating your knowledge to wealth, it's a mental disorder.
- Please understand, actually I was planning to write a book, as per the cosmic law what all is a mental disorder and physical disorder. Most of your physical disorders are not at all disorder in Cosmic Law; most of your mental disorders are not at all disorders in Cosmic Law. Still your psychiatric field, your mental disorder field doctors, researchers are not able to smell the actual disorders. Your researchers, scientists, are still not able to smell what is the real mental disorders, psychological disorders.

Pains in life makes part of you stagnant constantly.

Being stagnant, feeling stuck is the hang over of pains in life, which happens constantly till you become enlightened.

So the one and only solution is: reinventing yourself and re-strategizing yourself constantly.

What Is Incomplete Knowledge

भाष्यकार भगवान् शङ्कर

Sri Ādi Śaṅkarācārya: an enlightened Master and Incarnation of Lord Śiva from Kālady, Kerala. Exponent of Advaita Vedānta, celebrated as the great revivor of Sanatana Dharma who lived just 32 years in form

- **One of the biggest mental disorders is unable to sit with yourself.** Understand, just learning the concept, not making it as part of your cognition, is most dangerous.
- I'll tell you a story from one of the great Masters, architect of Hinduism. Today whatever you know as Hinduism is the way it is, available, only because of one person: Adi Shankaracharya.
- *There was a beautiful incident in His life. One day he was walking with his disciples, his sthalayatra (sacred travel to energy-centers). Suddenly he felt thirsty, and no water was found in that area, only one guy was having a village arak, you call it thodi (village liquor). Shankaracharya went straight to that village and said, "Can you give me a little, I am feeling thirsty" The villager readily agreed and He drank. The disciples could not understand, "What is this? Acharya?" Then they decided, "When you can drink, why not us?" They also drank. After that Shankaracharya was walking very steadily, stably, but not these disciples. Now Acharya thought this is the time that we need to educate these fellows, and we also need to show the difference between the people who made, "I Am the Consciousness" as a cognition and "I am the Consciousness" as acquired acquaintance, not cognition. So after some time, maybe a few days later, again He felt very*

thirsty, looked around, no water source, not even village arrack. Only one guy was melting iron and pouring into the mould, the metal workshop. He walked straight into the workshop and asked that guy, 'Can you give me a little?' That fellow was shocked and asked why; 'No, you don't bother about that.' He asked to pour the whole metal into his hand, and drank, like how you will drink the cold water from the well or a lake. And then he just looked back. The disciples eyes have already come out, and he just told them, "Please drink." That is all, they were all shaken!

- *Shankara just made only one statement, "Why you guys can follow when I was drinking arrack, not now." Of course, neither disciples drank nor Acharya forced them to drink.*
- Understand the truth, the moral of the story: Acquaintance, just hearing these words, not making it as part of your cognition, will make you feel, will give you pseudo satisfaction as if you know it is the truth; that is the most dangerous, please listen. That is why I tell you, before initiation, the disciple needs to be prepared. The moment you are initiated, you should just follow the truth.
- **Pain is such a self-destructive mechanism. It will not allow you to reinvent yourself with any new concepts and strategies**.
- Please understand. All the spiritual truths expressed in these Upaniṣads, like 'you are the Consciousness', 'you are untouched', 'You are the source of action and result', all these are highest possible strategies for your life.
- **Knowing them but not living them makes you feel that as if you are already living them; that is what is incomplete knowledge.**

Being Stagnant, Feeling Stuck Is The Hangover Of Pains In Life, Which Happens Constantly Till You Become Enlightened

- How much ever you may know about yoga, unless you DO, you won't have the result.
- How much ever you may know about swimming, unless you start swimming you will not have the result.

- How much ever you may know about surgery, unless you do it, you don't know what it is.
- **Please listen, knowing but not doing, the non-practice, that's the most difficult mental setup. Once you acquire that, your whole life is gone.**
- Please understand, listening to the concept but not living them, listening to the truths but not living them, is the most dangerous. That is the most dangerous. Because once that mental setup comes to you, anything you know how to brush it aside, like if you watch an advertisement on the TV, "Call now, call now, call now," how you don't even care and change the channel, you will develop same attitude even towards Upaniṣads; when Upaniṣads say, "You are Consciousness, You are Consciousness, You are Consciousness," start living.
- Actually by ninth verse, they are raising their pitch and saying, "Call now, call now, call now, don't get doomed!"
- Listen. If you develop the attitude of inaction in the face of spiritual truths, then nothing, nothing can help you reinvent yourself.
- Please understand, each of the lines of Upaniṣads, whatever Upaniṣads are saying, it's a spiritual strategy to reinvent yourself. But if you think, "I'll attend all the sessions, classes and learn the strategies, but I don't need to do anything, because I have known–I am Consciousness–since last 2003 onwards when Swamiji did first Ananda Spurana Program in Malaysia, I attended that, and when Swamiji came first time to New Jersey, I attended ASP, from that time I know I am Consciousness, when Swamiji came to Paris in 2004, that time I attended, from that time onwards I have known I am pure consciousness" then, you are just doing avidyām upāsate, worshiping the ignorance; you are stupid.
- Please understand, pain in life makes part of you stagnant constantly. Stagnation is the residue of pain. Being stagnant, feeling stuck is the hangover of pain in the life, which happens constantly till you become enlightened.
- So the one and only solution is: reinventing yourself and re-strategizing yourself constantly, constantly, please understand.
- When you are driven by your greed or fear, constantly you will reinvent yourself.

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- If you are in love with a girl, how constantly you will reinvent yourself to demonstrate your love to her or impress her; if you are afraid of your wife, how constantly you will reinvent yourself to save yourself or to escape from her. **When the fear and greed is there, how constantly you reinvent yourself, re-strategize yourself, re-strategize yourself, do that same out of inspiration or the great truths from Upaniṣads. Do the same!**

Dangers of Postponing Spiritual Truths (Ātmahana)

- Reinventing and re-strategizing based on Upaniṣadic principles constantly, listen.
- For example, now Upaniṣads are saying, all the incomplete knowledge which you learnt but never made as experience, makes you fall into hell.
- **Immediately sit and start scanning sincerely what all concepts you just heard, never made them into experience. Start scanning. Don't say, "Ah, I am Consciousness, I heard in 2004 from Swamiji.. first came to Paris, from that time I know it." But so many times you denied living that Truth, 'I am consciousness'**
- Denying and living has become a lifestyle in you now, and you say, "See I didn't live I am consciousness because at that time my divorce was going on. I decided after my divorce, I will rest and will relax in peace and live and radiate I am consciousness. Till then I need a certain amount of vengeance and anger to fight with my husband, grab the custody of the child and swindle as much as I can, so at that time I could not practice any spirituality. I have postponed it. Now I think I can," but when you postponed, second time when you look, you will find already the postponing has become a pattern in you. That is why I am telling you, any spiritual truth, the moment you hear, listen from the Master, it has to be implicated, if not it will never be implicated. **If you don't make it as your cognition by today's sunset, it is not useful for you, forget it; and you will develop a wrong pattern of listening but not living. Don't do that; that is Ātmahana, saying no to life; saying no to life.**
- Stupid are those, fools are those, cursed are those, idiots are those, who listen

LOOK IN

to the great truths but do not make them as their cognition.

- If you have postponed the spiritual truths in your life without letting them become your cognition, parts of you are already frozen. It has become dead.
- **Now today's Vākyārtha Sadas is melting all those parts which have become dead, frozen, and re-strategizing your whole life with that truth "I am Consciousness." It means not being pushed by stupid fears, stupid greed, being pushed only by tremendous joy, inspiration, happiness, bliss, fulfillment, completion!**
- If your fuel is only completion and inspiration, you are blessed!
- **Reinventing yourself, re-strategizing your life, reinventing yourself, re-strategizing yourself, discovering through you, making you flow more and more, making you alive more and more, breaking the parts of you which are frozen, making parts of you which are frozen alive again.**
- I am telling you, all tiredness, all boredom, is nothing but frozen pains in your muscle memory.
- The only way to break the ice, the frozen pains, is re-strategizing yourself.
- Seeking should be the frying pan for the enlightenment dosa.
- Seeking should be the frying pan for pouring your being and re-strategizing, reinventing.
- **Today again sit, what all decisions and strategies you can do, make, based on the truth "I am Consciousness," and re-strategize your life and reinvent yourself. Reinventing you means re-strategizing your life, re-strategizing your life means reinventing you. So understand, 'not re-strategizing' is not only not good, but dangerous.**
- Today's subject for Vākyārtha Sadas: How to reinvent yourself, re-strategize your life, based on this one truth: You are the Consciousness, as defined by Upaniṣad, Īśāvāsya Upaniṣad, because, **if you start internalizing yourself as Consciousness as defined by the Īśāvāsya Upaniṣad, you are in the highest possible space—Super, Super Consciousness!**
- How can I make my intellectual understanding to my cognition?

- One, do this **Vākyārtha Sadas**. Two, even after the Vākyārtha Sadas if you are not able to make it, come to Paramashivoham, that's all. You try, if you made it, great; if you feel it's not happening, then come, I will do it.

For Purpose and meaning in daily life Experience Truth With Pure Seeking Melt all those parts which have become dead, frozen, and re-strategize your whole life with that truth "I am Consciousness." It means not being pushed by stupid fears, stupid greed, being pushed only by tremendous joy, inspiration, happiness, bliss, fulfillment, completion!	
Homework Type	Vākyārtha Sadas (debate)
Debate subject	What all decisions and strategies you can do, make, based on the truth "I am Consciousness," and re-strategize your life and reinvent yourself? Reinventing you means re-strategizing your life, re-strategizing your life means reinventing you.
Reference	Verse 9, Iśāvāsya Upaniṣad, page 495
Instructions	Vākyārtha Sadas means when you are applying this thought current, when you are practicing for the next few days, if you have a click, some clarity, share that. If you feel that it is not working out for you share that, because many time people will learn what to do and what not to do.
Share	Visit https://nithyananda.ai

Experience Truth With Pure Seeking

- Most of the time, knowledge is so addictive, after a certain period, you start feeling, "This is enough."
- Please understand. If you started your seeking because of some problems you faced in your life and if those problems are attended, addressed - after that you think, "Why continue seeking?"
- This 'why continue seeking.... even after my problems are attended', that is the time either you become dull, means you developed a 'don't-care' attitude towards ignorance... what Upaniṣad declares - "avidya upasate"... or... you become active.
- If you become active, that's more dangerous, because with that knowledge but without having experience, you create big chaos and mess. Listen. This story can completely explain this one verse.
- *Brahma and Vishnu searching for Mahādeva's head and feet; Brahma goes up. Vishnu goes down. Both are seekers.*
- *Vishnu goes on and on and on and on and on. At one spot, He feels, "Enough! Tired, bored!" At least tiredness and boredom will not become cunning. He comes back and says, "No, I am not able to do, forget about it." He develops a 'don't-care' attitude towards ignorance, "It's okay, what can be done. I am tired and bored. Leave it."*
- *But Brahma, not only He is not able to find the truth, He tries to become cunning, with that knowledge, but not having experience. He becomes cunning. That is the most dangerous. He becomes cunning.*
- *He gets engaged in avidya - the incomplete knowledge acquired for vested interest, characterized by impure perception of truth, consciousness.*
- *Listen. When Brahma becomes cunning, not only He doesn't accept, He tries to lie saying, "I found it", and He develops a false evidence, that is false rituals, false techniques to say, "I found... if you use this technique you will find."*
- I wanted to tell the whole world, never ever fall prey to the fellows who say,

Brahma (right) and Vishnu (on the far left) search for Mahādeva's head and feet; Brahma goes up. Vishnu goes down. Both are seekers. But Brahma, not only He is not able to find the truth, He tries to become cunning, with that knowledge, but not having experience. He gets engaged in avidya - the incomplete knowledge acquired for vested interest, characterized by impure perception of truth, consciousness.How to keep our seeking pure without being touched by Brahma and Vishnu, both." Neither boredom nor false purpose, the vested interest, incomplete knowledge, should disturb.

they design techniques based on their own experience, but which is not aligned to the Āpta Pramāṇa - the words of the Ṛṣi.

- Understand. In Vedic tradition, you can design any technique... any permutation, combination is allowed. You are given so much freedom... but, it should be in tune with the Vedas, the Āpta Pramāṇa. Don't ever accept, if it is not in tune with the Ṛṣi Āpta Pramāṇa.
- Listen. If you accept somebody's words, that it is a technique from their own experience and it is not in tune with the original Vedic tradition - be very clear

- it is false evidence, false technique, false rituals, just like Brahma bringing a flower as a false evidence, saying that, "He reached Mahādeva's head." These fellows without reaching, trying to prove they reached. See, these false flowers….false evidence, what Brahma brought, that is also a flower, but it won't take you to the Ultimate. So-called these techniques, also may help you to have little peace, wheezing will be healed... Little good for health; but that won't lead you to Enlightenment.

- Understand. Enlightenment is altogether a different game. Having little health, good feel-good feeling - is not sufficient! They may be good initial side effects of a technique, but technique itself is not aimed just towards little health and feel-good feeling. Don't become victims of Brahma - catch Mahādeva! Don't become victims of Brahma - His false claims and the false evidence he brings, false techniques He brings - catch Mahādeva.

- **Understand the context of this verse. This verse describes two major problems a seeker faces, when he starts transforming his cognition into, "He is Consciousness". Understand, and meditate on the context. Look in and face all the difficulties you face when you shift the cognition, "You are Consciousness - Mahādeva, Śiva." Look into the context, try to experience the truth, again and again and again. If you search for the context, if you reach the context, you will understand what Upaniṣads mean by this verse** –

- Some of the major difficulties, problems, you will face during your seeking, is defined and explained in this verse. Your mind will try to encourage you to become a false Guru. That is what the second part of the verse describes - "engaged in avidya, the incomplete knowledge, acquired for vested interests, characterized by the impure perception of truth and Consciousness".

- **Today's subject for Vākyārtha Sadas - "How to keep our seeking pure without being touched by Brahma and Vishnu, both." Neither boredom nor false purpose, the vested interest, incomplete knowledge, should disturb.**

- Contemplate about this, do Vākyārtha Sadas on this - "How to keep our seeking pure, how to retain our seeking pure, away from boredom, away from false identities." That is why the Vedic tradition insists on higher forms of

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Iśāvāsya Upaniṣad

Verse 10

Intensify Your Seeking To Grasp The Truth And Reflect Īśā, The Consciousness

अन्यदेवाहुरविद्याऽन्यदाहुर्विद्याया ।
इतिशुश्रुम धीराणां ये नस्तद्विचचक्षिरे ॥ १० ॥

anyadevāhurvidyayā'nyadāhuravidyayā |
iti śuśruma dhīrāṇāṁ ye nastadvicacakṣire || 10 ||

Translation: It is said that by vidyā, the knowledge cognized from the right context of grasping the Truth, Consciousness and the superficial knowledge acquired from the wrong context of grabbing (without cognizing the subtle Truth), certainly a different result is achieved. Similarly, it is said that by avidyā, the authentic actions and/or the ignorant actions, a very different result is achieved. Thus have we listened from those wise beings who have explained that absolute principle to us.

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Word-By-Word Meaning

anyat	different
eva	certainly
āhuḥ	said, declared
vidyayā	by knowledge
anyat	different
āhuḥ	said, declare
avidyayā	by actions, ignorance
iti	thus
śuśruma	I/we heard
dhīrānāṁ	from wise, courageous beings
ye	who
naḥ	to us
tat	that
vicacakṣire	explained

Seeking Adds Depth and Prevents Stagnation

The Problem:

Many people change job, change house, change car, change wife, change everything, out of boredom.

In the US, one of My devotees introduced an elderly couple. The first introduction about them – "Swamiji, they are great people." I just looked into him – like a question, "What are their achievements?" "For last 25 years they are married." That has become a great achievement! Come on!

The Vedic Solution:

Changing due to your boredom is different, reinventing and re-strategizing due to your seeking is different. Reinventing and re-strategizing due to the conclusions of your seeking is different from changing due to your boredom and pattern compulsions, giving in to your pattern compulsions. Changing due to your boredom leads you to a deeper and deeper hell. Reinventing, re-strategizing due to your seeking leads you to Enlightenment

Your First Step:

Bring completion into yourself before entering into anything. There is no hurry in life for you to jump into something and destroy it.

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- This is one of the most subtle spiritual difficulties. Please understand, I am using the word 'spiritual difficulty', which I have never used.
- It's one of the most subtle spiritual difficulties which human beings will face in the very high level of seeking.

Seeking never brings pain, it adds depth to you, it adds strength to your very bone; seeking blossoms in bone marrow

- If they don't align their understanding in the initial level, in the high level, the problem human beings will face is described in this verse.
- You need to put your whole being and listen, only then the problems I am explaining, you will be able to understand.
- Actually, if you are a seeker, by your very being, you will be able to understand all these problems. If you don't feel these problems exist in you, you are not even a seeker, only an intellectual knowledge junky.
- Using a new word: knowledge junky. It means, just go to different book shops, grab few books, chew those papers here and there like a donkey; an intellectual junky. Time-pass reader, time-pass thinker, does not mean you are a seeker.
- In seeking, never time passes, you only gain time.
- **If you are a seeker, never time passes, you only gain time!**
- If you are a time-pass reader, time-pass information collector, as I said, knowledge junky, don't claim you are a seeker.
- Seeking never brings pain, it adds depth to you, it adds strength to your very bone; seeking blossoms in bone marrow, understand.
- **A seeker will never have the problem of tiredness and boredom.**
- **If you are struggling with tiredness and boredom, you are just curious, knowledge junky; you read, follow, collect information, try to analyze for the sake of your night dinner table discussion.**
- Most of the people try to become intellectual for dinner table discussion, where you can establish you are something little more than everyone else who is sitting in the dinner table with you. Listen. You establishing you are little more than everyone sitting with you in dinner table is no way going to make

you a seeker.

- Knowing a little more does not make you a seeker.
- Seeker is whose very bone marrow is after the Truths of life.
- **Seeker never loses focus or attention because his very bone marrow is vibrating with what he is seeking; he never loses focus, he never loses attention, he never loses what he wants to do, he never loses what he plans to do, he never loses focus on his life. No!**

The Uncompromising Path to Enlightenment

- In the last verse, Upaniṣads explained boredom and cunningness, the two major problems.
- In this verse they explain a subtler level problem, beyond boredom and cunningness. In the ultimate samādhi, the ultimate truths, no compromise.
- Even a great incarnation like Rāmakṛṣṇa Paramahamsa has to cut the very Kālī He was worshiping His whole life, and go beyond the form of Kālī.
- Uncompromised. Truth is samādhi. Upaniṣads are actually explaining in this verse those level difficulties, problems, and giving solution.
- Actually, most of the common men do not have this problem, because most of the common men are not seekers.
- In this verse, Upaniṣads explain problems faced by advanced seekers, who take enlightenment very seriously, who take 'achieving samādhi' as a very sincere goal. So I am speaking for those who are taking achieving samādhi as a sincere goal of Life.
- **It is said that by vidyā, the knowledge cognized from the right context of grasping the Truth, Consciousness and the superficial knowledge acquired from the wrong context of grabbing, without cognizing the innate subtle Truth, certainly a different result is achieved.**

- Similarly, it is said that by avidyā, the authentic actions and the ignorant actions done without grasping the Truth, Consciousness, a very different result is achieved.
- Thus we have listened from those wise beings who have explained that absolute principle to us.

Context is King: Why Purvabaksha (Pre-Preparation) Matters

- Listen! Purvabaksha, things which have to be done first need to be done first.
- When your body is dried with testosterone and estrogen hormones, your brain develops certain very subtle, powerful, grooves where Super-consciousness can reflect in it's original pure form without any delusion, manipulation, interpretation interference.
- Please listen, I'm making a very significant statement: When your body is dried with the testosterone and estrogen, means male-female hormones, your brain develops certain most powerful grooves where the pure Super-consciousness can reflect in it's original form, in it's original existence.

Seeker never loses focus or attention because his very bone marrow is vibrating with what he is seeking; he never loses focus, he never loses attention, he never loses what he wants to do, he never loses what he plans to do, he never loses focus on his life. No!

- The reflection is so pure, so authentic, it is as good as the original. That is the reason, the context, purvabaksha, the pre-preparation, is needed for enlightenment process.
- I am not saying everyone should become celibate, everyone should become Sanyāsi, no!
- But when your seeking becomes very intense, when your whole body and mind boils with the seeking, automatically body and mind evolve to a level where

Seeking is the fire that constantly helps you to reinvent yourself.

your body dries up and brain develops this rich subtle grooves where Super-consciousness can reflect beautifully, powerfully.

- Without setting the context of what needs to be done first, without doing the first things first, purvaksharana, if the truths are grabbed, you may have some power, strength, knowledge, but never enlightenment.
- Seeking needs to go hand-in-hand with the powerful tapas.
- **Tapas means living the truths you discovered till now; executing the conclusions you reached till now; all the conclusions you arrived, making those cognitions as part of your reality till now.**
- **This is the subject for today's Vākyārtha Sadas: All the cognitions I have achieved, the conclusions I have arrived at, have I made all that as my day-to-day lifestyle practice? All the conclusions I have arrived at, have I made all that as part of my Life?**

1. What all the Truths I understood, I have made it as part of my Life.

2. What all the truths I have understood, I have not made as part of my Life. Look into that.

Seeking is Eternal: The Cosmic Engine that Drives Expansion

- Please understand, this tenth verse of the Īśāvāsya Upaniṣad, is trying to remind you the important truth of necessity to have a deep seeking alive.
- **Understand, seeking is the fire that constantly helps you to reinvent yourself.**
- I tell you, all the best things in My life, whether the best period I was healthy,

For Purpose and meaning in daily life The Uncompromising Path to Enlightenment: Tapas Tapas means living the truths you discovered till now; executing the conclusions you reached till now; all the conclusions you arrived at, making those cognitions as part of your reality till now.	
Homework Type	Vākyārtha Sadas (debate)
Debate subject	All the cognitions I have achieved, the conclusions I have arrived at, have I made all that as my day-to-day lifestyle practice? All the conclusions I have arrived at, have I made all that as part of my Life? 1. What are all the Truths I understood, I have made it as part of my Life. 2. What are all the truths I have understood, I have not made as part of my Life. Look into that.
Reference	Verse 10, Iśāvāsya Upaniṣad, page 511
Instructions	Vākyārtha Sadas means when you are applying this thought current, when you are practicing for the next few days, if you have a click, some clarity, share that. If you feel that it is not working out for you share that, because many time people will learn what to do and what not to do.
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Life becomes worse than hell when you are caught in pattern compulsions. Seeking is the antidote for all pattern compulsions.

I should say 'I am', not just 'I was'; the best goodness I felt about Me, please understand, this is one of the greatest wealth, feeling good about you, feeling "wow" about yourself, the Ultimate ability to do Tyāga, sacrifice, the amazing romance with life, everything, please understand, all the best things of My life, was living in Me when I was seeking.

- Even now it is living in Me because I am established in seeking. Listen.
- **Even an Incarnation is established in seeking. See, before My enlightenment I was seeking Enlightenment; once Enlightenment has happened, mind has disappeared, I realized, "I am the Whole, I am the Cosmos", but Cosmos itself is not stagnant, it is constantly expanding.**
- How can it expand if it doesn't have a seeking to become something more? So the very expansion of Cosmos is fueled by the seeking of Cosmos. That is why I am saying, even after I have realized I am the Cosmos, my mind has disappeared but not the seeking.
- **Mind disappearing is only called as Enlightenment, not disappearance of seekin**g. Understand, that is why I insist Enlightenment is ultimate but not final.
- **Let the seeking be the first response from you.**
- Understand, giving in to your compulsory patterns, pattern compulsions, is suffering. Making the seeking as the compelling form of existence is Enlightenment.
- Please listen, I am using little tall words. See, sometimes the tall words are required to tell you what I am talking about is a tall philosophy. If I am doing small talks, I can use silly words. But if I am explaining some tall philosophical truths, sacred secrets, tall words are required.
- Listen, giving in to your pattern compulsions are not freedom. Unfortunately, the western society is teaching you, the western civilization is teaching you, the materialistic civilization is teaching you, giving in to your pattern compulsions is freedom, and they supply material for your pattern compulsions, and

swindle you, rob you.

- Giving in to your pattern compulsions is not freedom. If you think that is freedom, you are stupid; that is the right word I will use, you are stupid. Don't give in to your pattern compulsions.
- **Make seeking as the compelling reality of you. Let the seeking be the first response from you.**

Seeking is the antidote for all pattern compulsions

- **Let me define Seeking. Please listen, let me define Seeking. Whatever I feel as 'me,' what is that? It is constantly changing, dilly dallying, sometime it feels good, sometime it is bad, sometimes right, sometimes wrong, sometimes knowledgeable, sometimes ignorant. What is it? What am I?**
- **You should not even ask 'who am I,' because the moment you say—"Who am I"—you already assumed you are a being. You should only ask the word—"What am I?" because you don't even know whether you are a being or some inanimate object.**
- The word 'Who am I' comes with the presumption you are a 'being'; even that is not sure.
- Only when you realize who you are, you can be a being; till then, you are just only innate existence.
- The compulsion, understand, there are tons and tons of compulsions you may face in your life - social compulsions, family compulsions, political compulsions, economical compulsions.
- But the worst compulsion is pattern compulsion. Pattern compulsion is the worst compulsion, where you are eternally imprisoned. Life becomes worse than hell when you are caught in pattern compulsions. Seeking is the antidote for all pattern compulsions.
- The place where you stay, your house, your office, just go into those places, you will see each place has a strong pattern associated. How much ever you try, the moment you go and sit in your bed, you will fall asleep, even if its

daytime, even after sleeping 12 hours. You may think, "I will sit in my bed and do the work." No, no, the moment you sit, Nidra Devi (Goddess of sleep) just embraces you and calls you, "My son, please come..." and you're out.

- **Please understand, patterns and pattern compulsions are associated even with places. Go to your office, automatically you will be restless, agitated, feel like biting everyone you see in front of you, 'wawawawa,' whoever is seen by you will have your 'blessings!' With each place, certain patterns are associated.**
- Please understand, really I'm telling you, each place is associated with certain patterns because those patterns are enriched, encouraged.
- Vāraṇasi, seeking is entertained, encouraged, enriched, that is why Rāmakṛṣṇa Paramahamsa says, "I saw Vāraṇasi as a golden city; it is not built by just stone,

Each stone in Vāraṇasi is one Enlightened Master's seeking; the mortar binding the stones is billions of devotees' seeking and prayers. Each place radiates certain pattern. Each place radiates certain pattern, understand. Vāraṇasi is all about seeking, seeking, seeking. THE SPH visiting Vāraṇasi, year 2006

Constantly keep your seeking alive. What am I? What is it I see all around me which I tag as world? Which I classify as world?

brick, wood, mortar, it is built by intense seeking, prayers, the sacred sentiments of millions and millions and millions of enlightened beings and billions and billions of devotees, visitors, pilgrims." Understand, Rāmakṛṣṇa Paramahamsa is perfectly right; He is perfect when He describes Vāraṇasi. Whenever I sit in the Ganga in the boat and look at Vāraṇasi, I see millions of Enlightened Beings' seeking, and billions of devotees' prayers put together personified.

- Each stone in Vāraṇasi is one Enlightened Master's seeking; the mortar binding the stones is billions of devotees' seeking and prayers. Each place radiates certain pattern. Each place radiates certain pattern, understand. **Vāraṇasi is all about seeking, seeking, seeking.**

Looking Beyond the Surface: The Power of Seeking

- **Constantly keep your seeking alive. What am I? What is it I see all around me which I tag as world? Which I classify as world?**
- Before accepting any friend request, you try to see the profile; same way, before accepting friend request from the world, please try to see the profile of the world—What it is? Who made it?
- Whenever you try to find somebody's profile, any amount of information given looks very little; you try to look for only this much, "No, this fellow has something to hide." And I find really funny, what, how will you gauge, what will you know about somebody based on his date of birth? Maximum you will have an idea of what is his age.
- Whether you should send the 'Namaste' emblem or love emblem, that much you can make out, and that also you don't know whether it is true or false. Your stupid mind comes to conclusion and starts moving with too little information.

- Even if you need to move along with your life not forgetting that you are having only too little information, you need to dig out and get all the information, and after you receive the information you should be ready to change, reinvent, re-strategise yourself; that is Seeking.
- Understand, the materialistic civilization never lets you sit back and look. If you are allowed to sit back and look, you are a dangerous person; you will find the shallowness of it. **Sitting back and looking is what I call unclutching, meditation, seeking. Sitting back and looking—What for you are looking, and what you are looking, where are you looking? Are you looking in the right direction, what you are looking?**
- These basic questions are enough, all the make-up of the world will disappear. If you go in the rain, the black will come to the white and white will go to the black. It means the hair which was dyed will become white, and the face which was painted with the white will become dark because the dye has come here! Exchange of colour!
- I tell you, sit back and look, you will suddenly see what you are looking can never be delivered from whom you are looking and from where you are looking. That is why the materialistic society and it's day-to-day routine is always constantly pushing you, never letting you sit back and look.

Coming back to the basic questions is Seeking

- Rāmakṛṣṇa Paramahamsa says again and again, "Once in a while, you should withdraw from your office, house, everything. Sit back, and look."
- **I tell you, not once in a while, every night you have to withdraw, sit back and look at your whole life, "What am I? What am I looking for? What I am looking for, and where I am looking for that and from whom am I looking for? Am I going to get it?"**
- **Coming back to the basic questions is Seeking.**
- You may be running in any speed with your materialistic needs, demands, fear, greed, but retaining the capacity to reinvent yourself and re-strategize

LOOK IN

Reinventing, re-strategizing due to your seeking leads you to Enlightenment

yourself with the conclusions of your seeking is keeping seeking alive.

- You might have established a business for 25 years, suddenly your seeking tells you that it is not the right field.
- As per the conclusions you arrive with your seeking, having the ability to just change, reinvent, re-strategize yourself with something new; as per the conclusions of your seeking, is keeping seeking alive?
- Ability to be liquid, ability to be alive, ability to be a seeker is the thing.

The Smouldering Flame of Seeking: Staying Alive in a World of Boredom

- Understand, I am not encouraging changing whatever you want based on your whims and fancies and your BOREDOM. I am not talking about that.
- Please understand, statutory warning, "Smelling and smoking boredom may kill you once for all, not just one body, many, many bodies yet to come." I should have something called "boredom box," like a cigarette pack, "boredom pack." If you are bored and entertaining boredom, allowing boredom, you are smoking boredom: "**Smoking boredom may be injurious to your birth and death cycle, and it may cause dangerous things to your consciousness, it may delay the birth and death cycle eternally." Cosmic disclaimer, its a Cosmic disclaimer and Cosmic warning.**

- Understand, seeking, seeking, keeping the seeking alive is all Upaniṣads want to remind again and again and again in this 10th verse of Īśāvāsya Upaniṣad.

Difference Between Reinventing due to Seeking vs. Boredom

- **Today's subject for Vākyārtha Sadas: Difference between reinventing yourself, re-strategizing yourself, because of your seeking, and trying to change because of your boredom. Studying difference between these two is the subject for Vākyārtha Sadas today.**
- Many people change job, change house, change car, change wife, change everything, out of boredom.
- In the US, one of My devotee introduced an elderly couple. The first introduction about them – "Swamiji, they are great people." I just looked into him – like a question, "What are their achievements?" "For last 25 years they are married." That has become a great achievement! Come on! If you come to an Indian village, every house is that only. 25 years they are married becomes a great achievement? Changing due to your boredom, understand, changing due to your boredom is different, reinventing and re-strategizing due to your seeking is different.
- Reinventing and re-strategizing due to the conclusions of your seeking is different from changing due to your boredom and pattern compulsions, giving in to your pattern compulsions. Changing due to your boredom leads you to a deeper and deeper hell.
- **Reinventing, re-strategizing due to your seeking leads you to Enlightenment. So do Vākyārtha Sadas on—"Am I changing due to boredom, or am I re-strategizing, reinventing, out of my seeking?"**

The Master's Words as Anchor for Reinvention

- Listen. Without the context of seeking, even renunciation can lead you into laziness. Lot of people talk as if they are renouncing just to justify their laziness, dumbness, stupidity, understand. No, I get many lectures like this from people, utterly lazy and bored, tired, but when they talk, they talk as if they are renouncing the whole world.

For Purpose and meaning in daily life

Reinvent due to Seeking

If you are bored and entertaining boredom, allowing boredom, you are smoking boredom: "Smoking boredom may be injurious to your birth and death cycle, and it may cause dangerous things to your consciousness, it may delay the birth and death cycle eternally." Cosmic disclaimer, its a Cosmic disclaimer and Cosmic warning.

Homework Type	Vākyārtha Sadas (debate)
Debate subject	Am I changing due to boredom, or am I re-strategizing, reinventing, out of my seeking?
Reference	Verse 10, Iśāvāsya Upaniṣad, page 521
Instructions	Vākyārtha Sadas means when you are applying this thought current, when you are practicing for the next few days, if you have a click, some clarity, share that. If you feel that it is not working out for you share that, because many time people will learn what to do and what not to do.
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- Renunciation is not renouncing the action; you grow grass, feed the cow, milk, then make it as curd, churn, get the butter, boil it, and make ghee, offer the ghee to the Deity, Divine, God, Guru or whatever, that is renunciation, sacrifice.
- 'You don't even grow the grass' is not sacrifice, understand; that is boredom and tiredness.
- Many people don't even take the effort of growing grass. They say, "Oh, everything is Maya." Without understanding the context, even the greatest truth can be missed, misused.
- **Seeking, honest seeking, authentic seeking, being integrated to your seeking, is one of the most important alignments you need to do in your life, every day. Because it is only by seeking, your Being is kept in the most possible, highest peak awareness. So listen, keep the seeking alive.**
- Let the seeking become your first response to life. Let the seeking be the source of inspiration for you to live. Let the seeking be the energy to live. Let the seeking be intensity to live. anyad evāhur vidyayā-anyad āhur avidyayā | iti śuśruma dhīrāṇaṁ ye nastad vicacakṣire || 10 ||
- Without the context of seeking, the most subtle truths are never cognized.
- Cognizing the most subtle truths, in the right context happens only by you keeping your seeking alive.
- Everything, deity worship, attending satsang, reading scripture, doing voluntary service, Prāṇāyāma, yoga, spiritual practice, whatever you are doing, should strengthen your seeking, should make you a more and more strong, seeker. Depth of your seeking should be increased!
- Don't ever think without seeking any higher thing can be achieved, no.
- Everything, every higher thing, is achieved only by seeking.
- **Today also, keeping the purity of your seeking, let that be the Vākyārtha Sadas.**
- See, once first time when you hear Guru's words, with so much of seeking, interest, excitement, you enjoy it, start picking up many things and internalizing as part of your life, and then after some time, your seeking comes down, you listen but take it for granted, "OK, Ah, like this only He talks, it's OK, I have

Reinventing and re-strategizing yourself is the only way, re-strategizing yourself, with every Master's words, reinventing yourself, with every word of the Master, is seeking.

heard enough,"

- Slowly, slowly, you take Guru's words for granted. How many years you may listen to satsang, you create a huge iron wall around you, the Guru's words never penetrates and becomes part of you, because with each word you created a pain pattern, how not to allow that into you to get internalized, how to keep that away from you.
- Either your earlier failures, or thinking that 'I tried but it's not working out, He is great but it's not going to work out for me'; developing some kind of these patterns, thought trends, and seeking also, when it is lost, even if you live around the Master for years listening to satsang, for years nothing happens to you, you have become dangerously un-trainable, non-transformable, understand.

The highest spiritual practice is catching the Master's words, constantly reinventing yourself and re-strategizing yourself.

- Taking Master's words for granted, not taking them into your heart and making your life align to it, not using the words of the Master and reinventing your life and re-strategizing, is the worst thing that can happen to you because, listen, because, other than the Master's words, there is no anchor available to planet Earth.
- Please understand, anybody who has drowned in the ocean of Saṁsāra, the ocean of delusion and bondage, the only anchor available to raise yourself to the next level, is Master's words.
- From the other plane of existence, the only bridge available to this plane, this universe, is an Enlightened Master's words.

For Purpose and meaning in daily life Take Master's Words to Heart Taking Master's words for granted, not taking them into your heart and making your life align to it, not using the words of the Master and reinventing your life and re-strategizing, is the worst thing that can happen to you because, other than the Master's words, there is no anchor available to planet Earth.	
Homework Type	Vākyārtha Sadas (debate)
Debate subject	Keeping your seeking pure and how not to take Master's words for granted. How not to take Him, His words, for granted.
Reference	Verse 10, Iśāvāsya Upaniṣad, page 557
Instructions	Vākyārtha Sadas means when you are applying this thought current, when you are practicing for the next few days, if you have a click, some clarity, share that. If you feel that it is not working out for you share that, because many time people will learn what to do and what not to do.
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- If you don't catch that and raise yourself, nothing else - no Pūjā, no meditation, no spiritual practice can help you.

- Reinventing and re-strategizing yourself is the only way, re-strategizing yourself, with every word of the Master; reinventing yourself, with every word of the Master, is seeking.
- If your seeking is alive, you will go on reinventing yourself. You will raise yourself by yourself[1]! You will be so alive! So active!
- Understand. You will be so brilliant, so energetic, because seeking is the most powerful, most powerful way you can exist, you can experience you.
- **So again, the subject for today's Vākyārtha Sadas, I want it to be keeping your seeking pure and how not to take Master's words for granted. How not to take Him, His words, for granted. I wanted this to be your subject for Vākyārtha Sadas today.**

Grasping vs. Grabbing the Truth

- Constantly keeping your seeking alive makes you grasp the Truth, you will not try to grab them.
- Understand, for example you see somebody melting down, overflowing, with that melting devotion offering a bilva leaf to Mahādeva and he is liberated... You see that and then you also decide: Yes, if I pluck that tree leaf and put it on this statue I will have liberation. That is what is grabbing the Truth.
- Understand, you are not grasping it, you are grabbing it. You only see the action. You don't see the context.
- You see everyone sitting in that padmāsana (lotus) posture and chanting, "AUUUMMM" and all the Ṛṣi are enlightened. Immediately you also think, 'Let me sit and do "Ahhhhhhhh". That is only grabbing the Truth, not grasping.
- **Grasping means understanding the context.**
- All the problems everyone faces in life is trying to grab not to grasp. If you try to grasp the Truth, you will have the approach of Love towards the Truth.
- Don't have the approach of result towards the Truth. "Alright, this is what I

1 **Bhagavad Gita:** 'uddhared ātmanā'tmānaṁ (6.5)—raise yourself by yourself

want. You want to say that I will have sit to chant "AUM", OK I will do. How many hours I have to do?" It is not a bank account.

- Twenty thousand times you chant—Śiva, Śiva—and put it in the bank account and Mahādeva has to appear and give you what you want. No, most of the time you try to only grab.
- You are asking, 'Give the set of rules, standard instructions, give. I will do that. If I can't, what should I do, give the plan B, plan C.'
- Understand, religions which cater to your mind, which try to grab the Truth, which do not have patience to grasp, they only give a set of rules, and finally evolve into a socio-political cult.
- In Hinduism, even the pleasures and luxury happen only as a side-effect when you are traveling towards Enlightenment. If anything other than Enlightenment is put as a priority, that tradition is not a Religion. Be very clear. It is a socio-political cult. All socio-political cults try to cater to human beings who try to grab the Truth not grasp.
- For grasping the Truth you need a completely different space where tremendous seeking becomes the first priority.
- Understand, when you are trying to grasp the Truth you will look in, "Wow! How can this simple act – he goes and plucks one Bilva leaf from a tree, Bilva tree and offers it on a statue, how can such a simple act liberate him? Why is he so blissful? Why is he in ecstasy?" If you approach the happening with tremendous love, you will grasp the Truth. You will understand that something more than the action is happening.
- He is having a different context, altogether. He is having some higher possibilities opening up to him. The body may be doing the simple action of plucking a leaf and putting it on the deity, but the context behind the action is something different. You will understand that only when you approach the happening with tremendous love to grasp it.
- If you try to put everything in a frame and come to a conclusion, you will only try to grab it. That is why one of the great Masters of the modern day Unjaji Maharaj, a disciple of Bhagavān Ramana Maharṣi or I can say follower...because Ramana Maharṣi never initiated anybody formally.... He says, "I neither have

Approaching the world, approaching God, approaching Guru, approaching yourself with tremendous love, patience and the context of grasping the Truth is Seeking.

a Guru nor have a disciple". So he never accepted anybody as a disciple formally. So a follower of Ramana Maharṣi, he beautifully describes to his disciples...

- *Some of his disciples ask, "You say Enlightened Beings don't have karma, what about your body movements and all that". Unjaji says, "Who says I'm moving, I'm not". They said, "No, you are talking to us".*
- *He says, "No, because you expect I should be talking, you get the response I'm talking. Otherwise I am not doing anything".*
- *He disowns the responsibility of the very action he is doing, by that very action!*
- *By talking he declares he is not talking, and he is true. He is true. because whatever agitation needs to happen in you to talk, is not happening in him.*
- So if you approach his talking from the context of love and understanding, trying to grasp what is happening, you will understand he is not talking.
- If you approach a Master without patience, trying to frame Him into your mould, your frame, trying to grab Him as you want, you will say, "What is there, he is also doing everything like me", you will only be grabbing the Truth. You won't be grasping.
- **Approaching the world, approaching God, approaching Guru, approaching yourself with tremendous love, patience and the context of grasping the Truth, is Seeking.**
- **Approaching everything with tremendous love and patience from the context of knowing the Truth, wanting to know the Truth is grasping, seeking.**
- **If you are approaching the Truth with the mood of grabbing, framing it, making it as a utility value, you are trying to make a frame out of life. Soon you will be tired and bored. Try to grasp what it is with the world, have patience, love.**

- Understand, approaching God, Guru, Life, yourself, everything with tremendous love and patience to know the context, to grasp the Truth about it, is seeking.
- **I am defining Seeking. Seeking means approaching you, approaching God, approaching World, approaching Guru, everything, with tremendous love and patience, passiveness.**
- **Try to grasp what it is, with the world; have patience, love. Try to grasp what it is. Don't try to frame. Don't try to relate with agitation. With God, approach Him with tremendous love and patience. Don't enter into Him with the fear or a greed or agitated mood. With Guru, try to approach with tremendous patience, love and see.**
- **Try to grasp what IS, not try to grab or put Him in a frame as you want. And even about yourself, try to approach with tremendous patience, tremendous patience. What you need to achieve, what you want to do, what your plans and visions are, when they are becoming real day-by-day, when you are realizing them day-by-day, celebrate it. Approach yourself with tremendous love, patience, not with agitation taking yourself for granted. Understand, anyad evāhur vidyayā-anyad āhur avidyayā | iti śuśruma dhīrāṇaṁ ye nastad vicacakṣire ||**
- Again and again understanding the context and trying to grasp the subtlest Truth of everything is Seeking. Seeking means approaching everything with tremendous love and patience and trying to grasp the Truth and the context, not grabbing, without cognizing the subtle Truth.
- Develop seeking, keep your seeking alive, reinvent yourself with your seeking. Re-strategize yourself with seeking. That is the basic Truth this verse of Upaniṣads want to describe.
- **Today's subject for Vākyārtha Sadas again — Seeking, seeking, seeking, seeking. How to approach with love and patience—the World, God and Guru. What is the difference between grasping and grabbing. This is the subject for today's Vākyārtha Sadas. Listen, difference between grasping and grabbing.**

For Purpose and meaning in daily life Grasp the truth	
Again and again understanding the context and trying to grasp the subtlest Truth of everything is Seeking. Seeking means approaching everything with tremendous love and patience and trying to grasp the Truth and the context, not grabbing, without cognizing the subtle Truth.	
Homework Type	Vākyārtha Sadas (debate)
Debate subject	How to approach with love and patience—the World, God and Guru. What is the difference between grasping and grabbing.
Reference	Verse 10, Iśāvāsya Upaniṣad, page 526
Instructions	Vākyārtha Sadas means when you are applying this thought current, when you are practicing for the next few days, if you have a click, some clarity, share that. If you feel that it is not working out for you share that, because many time people will learn what to do and what not to do.
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Setting the Context (Bhakti, Completion) for Action

- **The essence, the sacred secret, the key truth from this verse: The context you set for you before entering into action or life is more important than your decision of entering or not entering into life; and what you do or don't do in life.**
- Listen once more. The context you set before entering into life is more important than what you do or don't do in your life. If you set the context of bhakti (devotion), your travel becomes pilgrimage. Food becomes Prasād (remnants of divine offering). Water becomes tīrtha (holy water). Ash becomes

bhasma (holy ash). Music becomes kirtan (devotional music). Man becomes human. Understand, setting the context is much more important than action; commission or omission of acts. Doing something or not doing something is not that important than the context.

- See, all the outer world rules and regulations, whether it is simple traffic rules or the law of the land is based on the action performed – commission or omission of acts; because outer world can understand only that. Outer world functions only with that.
- Outer world can measure only up to that. In search of stability and surety, possibility is forgotten. Listen. Yes, outer world can grasp only that: Whether you walk on the left side or right side, you should walk or not, or not on the left side or right side... it can only go to that extent.
- Outer world can understand only to that extent is not wrong but they trying to become fanatically declaring – only that much exists – is something seriously wrong.
- The outer world, materialistic beings developing rules, regulations, laws - whether we should walk on left side or right side, whether we should go in the left side or right side, whatever; forming those rules is nothing wrong, useful for day-to-day life.
- But when they try to declare – there ends the matter of life, nothing further exists – something is seriously wrong; then something is seriously wrong.
- Things which may be conducive, guiding you in day-to-day life may not help you, may not be conducive, may not be useful in life-and-death life.
- Understand, there is something called day-to-day life, something called life-and-death life. Which is conducive for your day-to-day life – walk on this path, drive in this direction, walk in this place... these are conducive for day-to-day life.
- When these people who form the day-to-day life's laws, rules try to dictate the larger truths or interfere in the field of larger truths – there starts confusion, there starts ignorance, there starts manipulation, there starts exploitation.
- **There is no lane system among the planets. There is no lane system in life-and-death traffic.**

- Understand, the context set for day-to-day life may not be sufficient for life-and-death life. When you are entering into the street you need to know traffic rules; when you are entering into life, you need to know the laws of life, the truths of living enlightenment.
- **Life has no remote control. You have to get up and change it**
- Setting the context before you enter into life... Please understand, life has no remote control. You have to get up and change it.
- If you have the right understanding and context, so much of activism will be

There is no lane system among the planets. There is no lane system in life-and-death traffic.

Understand, the context set for day-to-day life may not be sufficient for life-and-death life. When you are entering into the street you need to know traffic rules; when you are entering into life, you need to know the laws of life, the truths of living enlightenment.

there in you. Please understand, being alive, active, intensely active is one of the first qualifications for spiritual life.

- Understand, many times you guys think, enlightenment is like a puri, bonda or bhajji, or pizza, sundal available on the street, I will just have to be deliver that to you and you will grab and run away to one corner of your room and eat it secretly without anyone's knowledge. No!
- **Have the right context: Intense energy and activism.... It is activism. There starts the first step to enlightenment. Intensely alive, intensely active, intensely intent... Your intention should have intensity.**
- The context set for life plays a very important role than commission and omission of acts. I have seen some of the richest people in the world but having so much of anger and irritation about the society which demands them to make more money, which respects them only based on their net worth, which constantly makes them run to keep their identity alive.
- Please understand, I have seen some of the poorest human beings in the world who earn meal by meal; they don't even earn a full day's salary. Morning if they work, they get their meal; evening if they work, they get their meal. If they are not able to work, they don't get anything. I have seen that kind of people and I have seen some of the richest people. There are some people who spend, what they spend for their one day can be an asset for some of the poorest people for their whole life. I have seen both ends, both extreme people.
- Some of these richest people, even though they are generating wealth more and more and more, they have so much of anger towards the mechanism which is pushing them to earn more and more. I won't call them rich people, I won't call them wealthy people. I will call them – who are caught in that vicious circle accidentally.
- **Who is wealthy? Who is rich? I am defining. Please listen. Who can eat when he is hungry; who can drink when he is thirsty; who can sleep when he is tired; who is alive and active when he wakes up.**
- Please understand, who can eat when he is hungry, not the fellow who has to eat whenever friends gather, family gathers or whenever he needs to eat for the courtesy sake, he needs to drink for the courtesy sake. No. I won't call him rich. Who can eat when he is hungry, drink when he is thirsty, sleep

Have the right context: Intense energy and activism.... There starts the first step to enlightenment. Intensely alive, intensely active, intensely intent... Your intention should have intensity.

when he is tired; be active when he is fresh; who has straightforward, simple realistic life – living with reality... Neither the ambitions, whims and fancies are required to fuel him, inspire him, excite him nor the delusory fear, imaginary illusory greed can drive him crazy, such a man is rich.

- Understand, wealthy man is one who is healthy within. Healthy within is wealthy. Who has the right context for life, right context for what he is doing... Anybody who feels he has completed whatever he wants to do, he is complete within himself, who is fulfilled within himself, feels he is living lonnngggg. Person who feels incomplete always feels - death comes much earlier, death has come untimely.

- Please understand, there is no such thing as untimely. Death can never come untimed. He comes in time. He doesn't know something called untimed. He always comes on time. When you have the context of being in the space of fulfilled, content, complete, you feel life has so much to offer. It is so rich, so vast. The person who feels life has so much to offer, life itself is too much – is wealthy. He lives a wealthy life. Once you feel complete, you will feel like overflowing with life, sharing it with the whole world.

- **Actually enriching happens only after you feel thoroughly complete. You support others, you enrich others, you enrich everyone's life, only when you feel fulfilled, completely complete.**

Love Current of Mahādeva: Ultimate Reality and Power

- **Setting the context of completion brings activism in your life. That activism is the first step for Living Advaita.**
- Again I am going to repeat the same truth may be 11,248th time – bring completion to yourself before entering into anything.
- Bring completion into yourself before entering into anything. There is no hurry in life for you to jump into something and destroy it.
- **Bring completion into your life. Pūrnatva, bring Pūrnatva into your life. Only when you enter into the space of Pūrnatva, you experience the love current of Mahādeva. Only then you experience the love current of Mahādeva. Understand, the love current of Mahādeva. is one of the most important, most powerful, most important and most powerful, brilliant, intelligent, energetic, efficient, alive, ultimate experiences of life.**
- **Understand, love current of Mahādeva, not just gives you energy, it makes you become Mahādeva. It makes you, it transforms you into Mahādeva. Unsaid, unspoken, deeper, I can say in a way, deepest realities of life are revealed to you.**
- Understand, unsaid deeper realities of life revealed to you by the love current of Mahādeva, is what I call siddhis, powers. The society thinks them as miracle powers.
- Listen. Love current of Mahādeva awakens unknown possibilities of you in 'you' without even giving you any technique. It is just love current. See, what you think as you is not only not you, it is hiding, covering the real you from 'you'; it is hiding and covering the real you from 'you'. Love current of Mahādeva will expose the real you to 'you' - which is hidden by what you think as you. Love current of Mahādeva shows you the real you to 'you' which is HE. It alters your very DNA, alters your very space, alters the very you.

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Iśāvāsya Upaniṣad

Verse 11

Experience the Nectar of Immortality through Pure Knowledge of Truth, Vidyā

विद्याञ्चाविद्याञ्च यस्तद्वेदोभयं सह।
अविद्यया मृत्युं तीर्त्वा विद्ययाऽमृतमश्नुते॥११॥

vidyāñcāvidyāñca yastadvedobhayaṁ saha |
avidyayā mṛtyuṁ tīrtvā vidyayā'mṛtamaśnute ||

Translation: One who cognizes the pure essence of these two, vidyā and avidyā, simultaneously, that is knowing the true and complete knowledge of Consciousness [vidyā] and doing actions from the sacred cognition of Consciousness; thereby through the knowledge of avidyā, crosses over and transcends death, and through vidyā, experiences and celebrates the nectar of immortality and bliss—the eternal space of oneness with Consciousness.

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Word-By-Word Meaning

vidyā	knowledge
ca	and
avidyā	ignorance
ca	and
yas	one
tad	It
veda	Vedas
bhayaṁ	fearfulnes
saḥ	truth, pure consciousness
avidyayā	by actions, ignorance
mṛtyuṁ	death
tīrtvā	water; tīrthaṁ is a holy river and a pilgrimage centre
āvidyā	ignorance
amṛtam	Immortality, eternal
aśnute	achieve

Vidyā: Cognizing and Dropping Stuck Thought Currents

The Problem:

If you are not able to get up early morning and go for yoga, or you are not able to run your life unless you get your morning tea or coffee, or you are not able to relax unless you take out your stress on somebody else...

It may look like a very simple issue. The simple issue can't be healed, completed just by you attending to some of your actions. No.

The Vedic Solution:

Most of us go on suspecting our actions – "I think, morning I am not doing yoga, that is why I am sick", "I think I don't go to office in time, that is why I am not earning", "I think I am not taking right decisions in my office, that is why I am not earning". All this is suspecting your actions. No. That is not going to solve the issue, that is not going to give you a breakthrough. Suspecting your very cognition about you... See, early morning unable to get up and go for yoga — means you have the deep cognition: that is not possible for me. It doesn't look like me, me, me. It looks like somebody else, not me.

Your First Step:

You need to dig out and complete that very pattern, you need to dig out and complete with that very pattern — why you are not able to get up; why you are doing what you are doing. Partially attending, or looking into your problems will never solve the issue. The very thought current need to be renounced.

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Have a Karmic Breakthrough

- Please understand, do not suspect just your action, suspect the very YOU; it means, your very thought current, your very idea about you.
- Suspect that very YOU; because change, transformation, re-inventing yourself, having a breakthrough from karma pattern – all this is easy and doable in the simple decision of suspecting your very thought current.

Suspect that very YOU; because change, transformation, re-inventing yourself, having a breakthrough from karma pattern – all this is easy and doable in simple, decision of suspecting your very thought current.

- Please understand. Most of us go on suspecting our actions — "I think, morning I am not doing yoga, that is why I am sick", "I think I don't go to office in time, that is why I am not earning", "I think I am not taking right decisions in my office, that is why I am not earning". All this is suspecting your actions. No. That is not going to solve the issue, that is not going to give you a breakthrough. Suspecting your very cognition about you... See, early morning unable to get up and go for yoga — means you have the deep cognition: that is not possible for me. It doesn't look like me, me, me. It looks like somebody else, not me.
- The man who can doubt his thought current will go beyond self-doubt. Actually the ultimate, your Self can never be doubted, it is Self-effulgent. Whatever you can doubt – your self-doubt, self-hatred, self-denial, SDHD – is all about your thought current. You should doubt your thought current which is creating SDHDs in you and complete that SDHD – self-doubt, self-hatred, and self-denial.
- Please listen. Do not confuse the words. I am giving you the exact essence.
- **The thought current which you are having about you, the cognition you carry about you, that is what you celebrate as YOU, even though that is not you.**
- What you celebrate as you, needs to be doubted. The Completion needs to happen for that doubt by dropping that very self which you cognize as 'you'.
- I tell you, if you are not able to get up early morning and go for yoga, it is a

Unless you give a breakthrough, you give a break for yourself, unless you decide to break from this karma pattern, Completion never happens

very simple problem. Or, I am giving you another one example.

- You are not able to run your life unless you get your morning tea or coffee.
- You are not able to relax unless you take out your stress on somebody else.

- Listen. It may look like a very simple issue. The simple issue can't be healed, completed just by you attending to some of your actions. No.
- Understand. Don't think that morning not able to get up, that problem will be solved if you learn to become active early morning. No.
- It's not that people who don't get sleep early morning are Enlightened Beings, no.
- **You need to dig out and complete that very pattern, you need to dig out and complete with that very pattern — why you are not able to get up; why you are doing what you are doing. Partially attending, or looking into your problems will never solve the issue. The very thought current need to be renounced.**

LOOK IN

'What You Feel About You' Decides Your Fulfilment

- If you are having headache, be informed, it will not just resonate in your head, it will resonate till the end of your life, wealth, relationship with others, contentment; everything, everything; because it is the thought current.
- One of the most paradoxical things in life is— whenever you need to attend to the Whole you attend to the part. Whenever you need to attend to the part you attend to the Whole. It is very unfortunate.
- Whenever you need to attend to the Whole you attend to the part. Whenever you need to attend to the part you attend to the Whole.
- The very thought current with which you operate needs to be replaced. The very thought current needs to be renounced.
- If you are entertaining the thought current: "You don't have enough energy to wake up in the morning", I tell you, even if you have billions of dollars you will be constantly craving you don't have enough money to do what you want;

because you do not know the power of the money you accumulated. You will consider them as zeros and still continue to feel poor.

- I tell you, the man who feels active about himself, the kind of a richness he feels, and the man who feels stagnant about himself, the kind of a poverty he feels... I tell you, feeling stuck in your inside is the real poverty.
- Please listen, I will define feeling stuck. Today you somehow wake up, do little yoga and even go up to the level of kirtan, Guru puja, then 9'o'clock flat. Then for one week, nothing moves. Again after a week, you attend 'Karma Webinar' and you decide to break from that pattern. Again, two days, things move, again you are back to square one, sometimes even square zero. This is what I call feeling stuck in the pattern. Feeling stuck in the pattern, understand.
- Unless you give a breakthrough, you give a break for yourself, unless you decide to break from this karma pattern, Completion never happens. **Fulfillment can happen only when you break from karma pattern**,
- I tell you. I have seen millions of beings, not just human beings, Gandharva, Kinnara, Kimpurusha, Yaksha, Rakshasa, Bhuta, Preta, Pishaca. I have seen all types of beings; with that clarity I am talking to you.
- Person who is stagnant, who feels stuck with the basic issues of body, even if he has billions of dollars under his disposal, even if he owns billions of dollars, he won't feel himself as wealthy or rich. He will not, I'm telling you.
- In two plates, if the highest health in one plate and the highest wealth in the other plate, if it is kept and stretched in front of me, I'll choose highest health.
- I tell you, 'what you feel about you' decides your fulfillment, your completion.
- If you are stuck in your health or in any other pattern, that feeling stuck gives you the deep sense of poverty and feeling deprived that life is not fair to you; life is exploiting you.

Karma Is Nothing But The Wrong Decisions You Took

- Sometime I've seen; just a simple skin colour, people feel life is not fair to them because life has not given them fair skin.

LOOK IN

- The karma pattern, feeling life is not fair to you, feeling stuck... Remember one thing: Unless otherwise you liberate yourself from this karma pattern, thought current, Completion is not possible.
- **The good news I have for you is: you can get out of this karma pattern, you can break this karma pattern NOW. The great news I have is – all it takes is just decision, because your karma pattern itself is decision by you, it takes only decision to undo the decision which you took.**

It takes only a decision to undo the decision that you took already, nothing else.

- **It takes only a decision to undo the decision that you took already, nothing else.**
- **Karma is nothing but the wrong decisions you took. Just the right decisions will make it happen.**
- I have seen the person who can break from karma pattern, he always gets new, new people, situation, understanding, new, new right things to celebrate life, to fulfill himself. And same way, people who can't break internally only escape from external situations like running away, disappearing.
- They never get out of karma, it comes back to them wherever they go; before they go the karma is sitting there.
- No, if you don't break from inside and just try to break outside, wherever you go, your karma pattern is already sitting there with the Purnakumba [sacred pot] to receive you: Come, come, I am waiting for you only. Where are you escaping?

Vidyā Means Recognizing Where You Are Stuck And Breaking From It

- Feeling stuck and breaking from it is the essence of this verse.
- vidyā means recognizing where you are stuck and breaking from it; a, strong, pure, ferocious decision to reinvent yourself.
- Understand this word: strong, pure, ferocious. You can't be light with yourself.
- One of the most stupid methods of functioning human beings do: they are ferocious with others and light with themselves. It should be the other way.
- **Be ferocious with you to reinvent yourself and be light with others. Let Master be ferocious with others, you relax.**
- That is His job. Why are you trying to do His job? Master's job should be done by Master. Be ferocious with yourself to reinvent yourself. Build the will to renounce the karma pattern.
- **Be ferocious to reinvent yourself. Only if you are ferocious, you can get out of the constant suffering you carry thinking in one direction and acting in another one direction.**
- I have seen people. They sincerely think they want to take responsibility, they should become responsible. They will even start imagining that they are responsible. They won't even care that few chairs lying down in the backside, which is not proper.
- Why can't I take the responsibility to organize and keep them in proper place? They won't even take that basic responsibility; the carpet is lying like that, or the tables are lying here and there.
- Sometimes I look around and wonder: is this the place where hundreds live, who talk and think they practice responsibility? And thousands who come and go who are supposed to be learning about responsibility. And I laugh because they want to take the responsibility to change the whole world, but not the hall where we are sitting and practicing. That is what I call Vāsana.

- **Go on thinking in one direction and go on acting in another one direction.**
- **Go on thinking, cherishing, that you are responsible, responsible, responsible. Do not move even one inch to that direction.**
- I tell you, anything which falls in your eyes, if you know how to put that on somebody else, you will live in such poverty and powerlessness, you will not do even what is your responsibility.
- It is the definition. A man who can't organize, it's for all of you. If you can't organize those chairs lying – I am not cursing, I am telling you the truth — if you did not feel, if you did not do, you are a failure in your life in all fields. It's not that I am talking about one chair here, anything which you look around, anything which falls in your eyes, if you know how to dump it on somebody else unconsciously, you will be dumping everything in your life same way to different, different non-existing beings, and live with ghosts.
- Responsible person lives with Reality.
- Person who can dump responsibility on others, lives with ghosts, bhutas.
- Especially if you master the science of thinking in one direction and living in another direction, no one can save you. That is the worst pattern a man can build.
- Thinking in one direction, and acting and living, or inacting – inaction and living in the other direction. Inaction is an action.
- Karma cannot be repaired, it has to be renounced. Karma cannot be changed, it has to be dropped.
- **The thought current in which you are stuck, recognizing it and dropping it, is vidyā, knowledge.**
- **Cognizing the thought current in which you are stuck and ferociously deciding to drop it and reinvent yourself is vidyā, knowledge.**

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Iśāvāsya Upaniṣad

Verse 12, 13

अन्धं तमः प्रविशन्ति येऽसम्भूतिमुपासते।
ततो भूय इव ते तमो य उ सम्भूत्यां रताः ॥१२॥
अन्यदेवाहुः सम्भवादन्यदाहुरसम्भवात्।
इति शुश्रुम धीराणां ये नस्तद्विचचक्षिरे ॥१३॥

andhaṁ tamaḥ praviśanti ye'sambhūtimupāsate |
tato bhūya iva te tamo ya u sambhūtyāṁ ratāḥ || 12 ||
anyadevāhuḥ sambhavādanyadāhurasambhavāt|
iti śuśruma dhīrāṇāṁ ye nastadvicacakṣire || 13 ||

Translation: Those who worship and cherish the Unmanifest entities that are perishable, non-eternal, non- infinite and subject to destruction [asambhūta], enter into the blinding dark realm of ignorance; and into greater realm of darkness enter those, who are absorbed in only worshiping and cherishing the imperishable Consciousness, which is all-pervading, eternal, truth, infinite, and the cause of manifestation [sambhūta].

It is said that from the worship of the imperishable Consciousness, the cause of manifestation [sambhavāt] certainly a different result is attained. And it is said that from the worship of the manifested, perishable entities [asambhavāt] (such as gods, spirits, ancestors) a very different result is attained—thus we have heard the revelation from those wise beings who explained that absolute principle to us.

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Word-By-Word Meaning

andhaṁ	blinding
tamaḥ	ignorance, darkness
praviśanti	enter into
ye	those who
asambhūtim	manifested, perishable entities
upāsate	worship
tataḥ	than that
bhūyaḥ	still more, greater
iva	like that, undoubtedly
te	those
tamaḥ	darkness, ignorance
ye	who
u	also
sambhūtyām	in worshiping the imperishable consciousness
ratāḥ	engaged, absorbed
anyat	different
eva	certainly
āhuḥ	it is said
sambhavāt	by worshiping the imperishable, cause of manifest
anyat	different
āhuḥ	it is said
asambhūtyām	by worshiping the unmanifest, perishable entity
Iti	thus
śuśruma	I/we heard it
dhirāṇāṁ	from the wise beings
ye	Who
naḥ	Onto us
Tat	about that subject matter or absolute principle
vicacakṣire	explained

What Should Be Your Goal? Cherish and Celebrate the Eternal

- What needs to be worshiped? What should be the ultimate cherished object of you? — that question is being analyzed and answered here.
- Listen. What should be the cherished goal? Please understand, whatever you cherish as goal is only worshiped by you. Worship does not mean the few minutes you bow down or the ārti (offering light to the Divine) you show or the food you offer.
- **Worship means what you constantly remember as highest possibility for you; what you constantly remember as completion of you; what you constantly remember as possibility of you.**
- If you think money will bring fulfillment to you, money fulfills you, naturally money is only worshiped by you. Even if you worship any God in any form, you are worshiping for the sake of money. So money is only worshiped in this form.
- If you are worshiping Lakṣmī for the sake of money, you are actually worshiping only money not Lakṣmī. Lakṣmī is only, as long as she is the embodiment of money.
- Suddenly if Lakṣmī decides – "I am not going to disperse money to people who call upon me", you will stop worshiping!
- So understand, if you are worshiping Mahā Saraswatī just for knowledge, you are only worshiping knowledge; whatever you think as the fruit of your life, whatever you think is needed for your completion, whatever you think is needed for your fulfillment, what you think as the better half of you, the other part of you… Listen. In one of His teachings, Ramaṇa Maharshi says very clearly – it is very difficult to feel the spirituality; the social conscious awakening is what is required for you to feel fulfillment, because most of us never become sensitive enough to perceive the ultimate truth as it is. Understand our perception always gets stuck.

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Worshiping What You Cherish: Beyond Superficiality

- You think if I am healthy, I am complete; if I am free from the problems I am going through, I am complete; if I have wealth, I am complete; if I have financial freedom, I am complete; if I have this freedom, that freedom which comes due to this reason, that reason, I am complete.
- **Understand, even to perceive it is spiritual awakening which is needed for your completion, happens after many, many, many lifetimes' maturity.**
- Please understand, it takes many lifetimes to achieve maturity. It takes at least 100 lives in pursuit of wealth finally for you to realize that wealth is not the better half of you. It takes at least few hundred lives of pursuit after the power and position for you to realize, the power and position is not going to lead you to completion.
- It takes almost few thousand janmas (births) to realize that the hormonally inspired relationships making or breaking is not going to bring completion in you, I tell you.
- Somebody asked Me recently, "Why do you give krama Brahmacarya Dīkṣa (first step initiation into monkhood) to the Gurukul kids, small boys, small girls?" I tell them, "I am just discovering, trying to find out how many matured souls I have."
- Please understand, when your body gets filled with hormones but your mind is stable, not being deviated by the pressure of the hormone to make any decision or to run behind any relationship, it means you are a matured soul for janmas (births). You went behind the hormone-based relationships, hormone-inspired relationships and you understood completion cannot be achieved by it. If you have not understood, the moment hormonal actions and reactions start happening, you will start looking around. I am not saying you are not supposed to look around or you are supposed to look around; it's up to you. When you start looking around, naturally I tell you, drop the krama brahmacarya Dīkṣa.
- It's very rare after many janmas the intelligence to handle the hormonal

pressure ripens. But it ripens. If you are running behind lust you may worship God, but you are worshiping for the sake of lust so that God is worshiped only for you to have the fulfillment of your lust. You only see him as the fulfillment of your lust, nothing other than that.

- So whatever you cherish inside your deep heart, the deep corner of your heart as fulfillment, if you are given everything available in the planet earth how you will spend your next 1 week, you are worshiping that, understand.
- **If you are given everything available on the planet earth suddenly, how you will plan to spend your next week – that is what you are craving for, that is what you are worshiping.**

The Magical Life: Building Mind on Imperishable

- Upaniṣad talks about what you are worshiping and where it leads you in this verse.
- Please understand, if you are worshiping wealth wherever you are, you will be tortured by greed. If you are worshiping lust, wherever you are, you will only be worshiping or you will only be torturing yourself in hell, because lust happens out of a deep incomplete pattern that it is not going to be given to you. Please understand, even before it starts it convinces you, it is not going to be given to you. So how many ever forms it is given, you are only going to be looking at the side where you are not given and confirm to yourself that you are not given. Self-destructive mechanism.
- **Understand, what is it you are looking for in your life? What is it you feel as the goal of your life? What is it that you strongly believe will fulfill your life — that is what you are worshiping. That is what you are worshiping.**
- **Upaniṣad very clearly declares – whatever you worship you will attain that. Whatever you worship you will attain that.**
- Upaniṣad is not judging you here. It is not saying you should not be worshiping something lower, you should be only worshiping something higher. No! Upaniṣad is not talking about that. It is only reminding you the highest law of

existence.

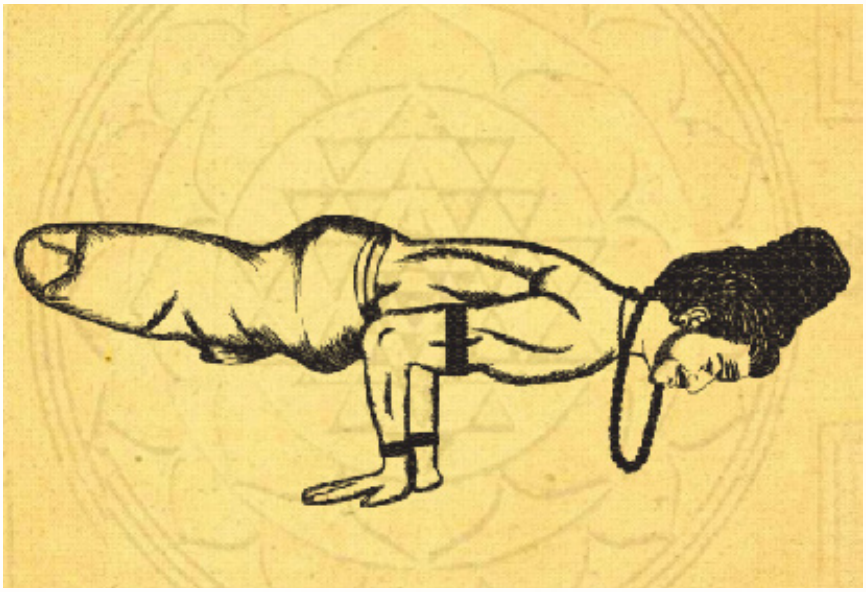
- Please understand, always the absolute teaching is not telling you what to do or what not to do, but just reminding you – what is; reminding you – what is, will automatically make you what you need to do.
- Upanishads have nothing to do with vidhi-nisheda, do's and don'ts. It just reminds you the ultimate truth. It just reminds you the ultimate possibility. It just reminds you what is the truth. It just reminds you whatever is Ultimate. It just reminds you the reality.

- **Look in. Find out what you are worshiping. Is it power? Is it money? Is it name and fame? Or is it the enlightenment, the conscious awakening? Look in and find out what you are worshiping. Look in and realize what you are worshiping.**
- Please understand, even if you try to look in, find out what you are worshiping, even if you look in, see, what you are worshiping, even if you look in, try to feel what are you worshiping, the very looking in will evolve your perception.
- Understand, evolving perception, is all this verse expects to cause in you. Evolving your perception, evolving what you perceive about life, evolving what you perceive as life, evolving what you feel as life, evolving what you experience as your fulfillment.
- Please understand, I wanted to remind once more – no where Īśāvāsya Upaniṣad is ready to tell you – what is right and what is wrong, but it very clearly reminds you about the truth. It very clearly reminds you about the truth, about the truth.
- That is why I always insist on expanding the perception. Please understand, even if you build your body with yoga, what's the use? You may live 200 years. There are monkeys living 500 years, trees living 100 years. There are tortoises living 500 years. There are trees that live 1000 years. What's the use of it? The numbers of years you live, breathe, is not the goal of yoga or Hindu tradition.
- Purification of perception, expansion of perception is essence of Hindu tradition. Expansion of perception is the essence of Sanatana Hindu Dharma. Upanishads are not saying – don't worship something lower worship something higher. No! They are not saying do's and don'ts. That's the job of

Smriti. Upanishads are not giving any vidhi-nisheda, do's and don'ts. Its only gently reminding you the law of Existence, the law of the Cosmos.

Expansion Of Perception

- Yoga strengthens your body. Completion expands your perception. That is why I insist on bringing completion to your perception.



- **Bring completion to your perception. More and more you complete all the incompletions, the more and more your perception will expand. The perception expands with your incompletions melting down. With that the kundalini awakening and enlightenment, or the powers, express because of enlightenment.**
- Please understand, all the powers are flavours of enlightenment. Awaken the conscious fulfillment.
- Awaken the need for conscious fulfillment in you.
- Awaken your larger perception about life. You will see Kundalini awakening happens. You will see life is celebrated. You will see enlightenment becomes your reality. You will see clearly what Upaniṣad is trying to declare through

this verse. anyad-evāhuḥ sambhavād anyad-āhur-asambhavāt | iti śuśruma dhīrāṇāṁ ye nastad vicacakṣire || 13 || …..will become reality in you. It will just become reality in you. Every process I do - whether it is Shivoham process or Completion process or Paramashivoham, every process I do is just to make this experience as reality in you; to make this as reality for you. Everything is done just to make this as reality in you.

- **Make this as your experience. Make this as part of you. Make this as you. This is the nectar, the amruta. The person who can give that perceptional change is an Incarnation (avatar).**
- **Bringing your lower perceptions and expanding it into higher perception is breaking your karma pattern.**

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Iśāvāsya Upaniṣad
Verse 14, 15

Cherish and Celebrate the Eternal

सम्भूतिञ्च विनाशञ्च यस्तद्वेदोभयं सह।
विनाशेन मृत्यूं तीर्त्वा सम्भूत्याऽमृतमश्नुते ॥१४॥
हिरण्मयेन पात्रेण सत्यस्यापिहितं मुखम्।
तत् त्वं पूषन्नपावृणु सत्यधर्माय दृष्टये ॥ १५ ॥

sambhūtiñca vināśañca yastadvedobhayaṁ saha |
vināśena mṛtyuṁ tīrtvā sambhūtyā'mṛtamaśnute || 14|
hiraṇmayena pātreṇa satyasyāpihitaṁ mukham |
tat tvaṁ pūṣannapāvṛṇu satyadharmāya dṛṣṭaye ||15||

Translation: One who simultaneously cognize the pure essence of these both—the imperishable Consciousness, the cause of manifestation [sambhavāt] and the destructible [vināśam], the perishable, manifested entities—such a person completes with the fear of death and transcends death by worshiping or by knowledge of the perishable entities; and reaches the imperishable Consciousness and celebrates the nectar of immortality and bliss, the eternal space of oneness. The Truthful, Effulgent, Eternal Being is the ultimate sustainer, nourisher and protector of all that exists! You are the embodiment of the imperishable Truth and Reality. Your Divine face of Truth is concealed by the blinding dazzling upturned pot, which has golden orb of effulgence. This radiant golden pot (symbolized by the Sun) conceals your glorious face of Truth from my view. O Pūṣan, O Sun, O Complete One, do reveal Yourself by removing that glaring veil, for I, on the path of Truth, am eager to have your Divine vision.

Word-By-Word Meaning

sambhūtim	imperishable consciousness, cause of manifestation
ca	and
vināśam	destructible
ca	and
yaḥ	one who
tat	that
veda	knows or cognizes
ubhayam	both
sah	along with
vināśena	with destruction or perishable entity
mṛtyum	death
tīrtvā	transcends, crosses over
sambhūtya	in the eternal, imperishable consciousness
āmṛtam	immortality, deathlessness
aśnute	enjoys, celebrates
hiraṇmayena	golden or by a golden effulgence
pātreṇa	by the splendorous, dazzling vessel or pot
satyasya	of the truth
aphitam	concealed, veiled
mukham	face
tat	that covering
tvam	yourself
pūṣan	O sustainer, O nourisher
apāvṛṇu	kindly do open or remove, reveal
satya	truth
dharmāya	onto the path of righteousness or truth
dṛṣṭaye	for the Divine vision

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Agitational gratification or delayed gratification

The Problem:

If you think, "Let us drag life; one day something will happen, everything will become alright." No, you are worshiping darkness and confusion. If you are not standing up for yourself, you are only worshiping darkness and confusion.

The Vedic Solution:

Your understanding and idea about you should be you are a soul which is imperishable, and based on that cognition, strategize your life. Based on that cognition, develop the taste of good, bad, right, wrong, pleasure, pain. Don't cognize yourself as just perishable body or mind and don't build, strategise your life based on this perishable cognition; then your pleasure, pain will be too shocking, small agitational gratification; you will be killing yourself with agitational gratification as your pleasure.

Your First Step:

What you choose inside, what you cherish inside, what you strongly cognize as important center of your life inside, if it is perishable, inauthentic, it will go on adding fear, inauthenticity into you.

1. **First find out what you are worshiping in life.**
2. **Second, how much is consciousness and how much is materialistic, perishable.**

Understanding What Is Imperishable Gives You The Experience Of Oneness

- Cognizing, understanding what is imperishable, what gives you the experience of eternal space of oneness and what is perishable...

Don't carry anything inside your cognition which is inauthentic or perishable.

- **Please understand, how much ever pleasant perishable may look, appear, feel, never choose perishable because its appearance of pleasant is its marketing department, not the reality.**
- I have always seen, crooked fellows will be more sweet. They will be so sweet and have all the people around them and they will have so many friends; because they know how to manipulate. I am not saying having friends is wrong. Listen. I am not saying having friends is wrong, but not out of cunningness or the manipulative tendency. They will behave as if they are very sweet persons.
- How much ever pleasant, sweet it may look, never choose perishable, inauthentic entities. Whether it is a person or attitude or thinking style, do not choose inauthenticity. Do not choose inauthenticity. I can give you 100 examples.
- **What you choose inside, what you cherish inside, what you strongly cognize as important center of your life inside, if it is perishable, inauthentic, it will go on adding fear, inauthenticity into you.**
- Understand, if you drink venom, it will naturally be absorbed into the body, it will become poison. If you entertain the perishable entities, impermanent ideas, concepts, that will naturally become poison in your system.
- Understand, don't carry anything inside your cognition which is inauthentic or perishable.

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Awaken The Right Cognitions Inside

- Please understand, to be energetic you don't need to eat the whole day. What is eaten whole day is junk food. That is not the food for energy or health. To be healthy just that 1 or 2 meals, clear diet, vegetarian uncooked satvic food is enough. But the diet should be with a clear rule and regulation.
- Same way, to be enlightened you don't even need to do whole day spiritual activities; just awaken the right cognitions inside and install them, invoke them.
- **Please understand, now the truths I am teaching, if you invoke them inside your being, they will be making peace inside you eternally.**
- The deeper most part of the Cosmic Consciousness is peace, Sadaśiva. You can experience that by this verse.
- **Only one thing, sit with yourself – cognize what all are perishable, inauthentic ambitions in you, what all are imperishable, authentic conscious manifestations in you.**
- Don't be afraid you may suddenly find – there is nothing authentic in you, everything is just perishable, inauthentic; don't be afraid of that. Everything being inauthentic is not something wrong, but you living it without recognizing it, is something wrong. Even if you recognize everything you know inside you is inauthentic, perishable, don't worry. This recognition itself is enough. Then drop the whole thing. Drop everything you discovered as perishable, inauthentic. Nothing wrong.
- You may ask – 'then, how will I run my life, what will I hold on to?' Don't worry about that. You don't need to hold on to anything for your life. Life is independent of your thinking and cognition. It is independent intelligence. It will start expressing when you drop all the inauthentic cognitions.
- **When you drop all the inauthentic cognitions, you will see automatically, the imperishable starts expressing in your thinking, action, behaviour, response, talking, walking, in every way — expression of Sadaśiva starts happening.**
- Actually when you recognize all the inauthentic components of you, when you cognize all the inauthentic components of you, they will melt down and the

authentic imperishable will start manifesting. That manifestation is what I call living enlightenment, living advaita, Śivoham. Each expression of Śivoham experience is either one power or one experience – spiritual experience or a spiritual power. Each Śivoham process, I reproduce the same bio-memory inside you.

How to Awaken the Right Cognitions Inside? Never be a beggar even in front of God because anything makes you beggar is not worthy to be entertained in your life.	
Homework Type	Intranalyze- Analyzing for the sake of internalizing is intra-analyzing
Duration	21 minutes
Thought Current	Sit with yourself – cognize • What all is perishable, inauthentic ambitions in you. • What all imperishable, authentic conscious manifestation in you Even if you recognize everything you know inside you is inauthentic, perishable, don't worry. This recognition itself is enough. Then drop the whole thing. Drop everything you discovered as perishable, inauthentic. Nothing wrong. 'Then, how will I run my life, what will I hold on to?' Don't worry about that. You don't need to hold on to anything for your life. Life is independent of your thinking and cognition. It is independent intelligence. It will start expressing when you drop all the inauthentic cognitions.
Reference	Verse 14, Iśāvāsya Upaniṣad, page 556
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Transcend Death

- The cause of manifestation 'sambhavāt' is Śambhava.
- The cause of happening means, manifestation... means 'sambhavāt.'
- The source of happening, the cause of happening is Śambhava.
- Here, the source of happening is the Master. The source of happening is being reproduced in every one of you with all its multi-powers and multiple experiences in every possible way.
- **Celebrate the imperishable. Celebrate the eternal. Cognize what is imperishable and what is perishable. What is destructible? What is indestructible? When you start cognizing the inauthentic perishable, authentic imperishable inside you, you complete with the fear of death and transcend death. Then, no more death for you. Understand, then eternal space of Oneness becomes your reality – amrutam aśnute. The Upaniṣad says – nectar of immortality and bliss.**
- Understanding the inauthentic perishable parts of you, your ambition... See, your ambition is you.
- In your ambition, which are inauthentic and perishable, which are authentic, imperishable, cognize it. Naturally inauthentic and perishable will leave your system. Your whole being will be centered on imperishable, authentic.
- Understand, the more and more time, energy, space, your inner space, your inner-energy, your lifetime you waste on perishable, inauthentic – the more and more you are working towards suffering, mrtyu, death.
- The more and more you purify yourself towards authentic and imperishable, more you are moving towards amruta, immortality and enlightenment – the nectar of bliss, eternal space of oneness.
- Move more and more towards authentic identity. Move more and more towards the space of Sadaśiva, Śambhava. Become more and more authentic. Become more and more imperishable.
- The essence and the subject for Vākyārtha Sadas today: What all is imperishable and authentic in our ambitions and what all is perishable and inauthentic in our ambitions. Start looking and do Vākyārtha Sadas on this subject. What

all is imperishable, authentic, what all is perishable and authentic in your ambition, start looking for it.

For Guaranteed Success	
Homework Type	Vākyārtha Sadas (debate)
Duration	21 minutes
Debate subject	What all is imperishable and authentic in our ambitions and what all is perishable and inauthentic in our ambitions?
Reference	Verse 14, Iśāvāsya Upaniṣad, page 556
Instructions	Vākyārtha Sadas means when you are applying this thought current, when you are practicing for the next few days, if you have a click, some clarity, share that. If you feel that it is not working out for you share that, because many time people will learn what to do and what not to do.
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What Are You Worshipping?

- The key word in this whole Upaniṣad you need to understand, what Upaniṣad is trying to convey to you, listen. Listen intensely to what Upaniṣads are trying to convey through this to you.
- **The first thing, the key word, 'What you are worshiping in your life'.**
- Please understand, here worshiping does not just mean in front of whom you bow down, in front of what you bow down; what you think as goal of your life, what you remember again and again.
- Please understand, you may be bowing down in front of Śiva deity for money, then you are worshiping money, whether it is right or wrong don't bother now, first let us diagnose, understand what you are worshiping in your life.
- You may bow down in front of any God, Goddess, Guru, but what you think as the essence of your life, the luxury of your life, that is what you are worshiping.
- I tell you, if you do not have any goal, just living, then be informed, you are worshiping confusion and darkness. No, there are many people, I'm telling you, they think, "Let us drag life; one day something will happen, everything will become alright." No, you are worshiping darkness and confusion.
- If you are not standing up for yourself, you are only worshiping darkness and confusion.
- **The key concept in this Upaniṣad is "What are you worshiping?" Listen. When Upaniṣads say "sambḥutiṁ ca vināśaṁ ca yastad vedobhayaṁ sah । vināśena mṛtyuṁ tīrtvā sambhūtyāmṛtam aśnute," what you think as your goal, what you think as the essence of your life, what you think towards which you are moving, in your life, you are worshiping that.** Remember, listen, understand, you are worshiping that.
- What are you worshiping in your life? What do you think as goal of your life?
- For some people, it may be money; for some people it may be pleasures; for some people it may be name and fame; for some people all of this little little; for some people, just confusion. I tell you, there are people who

worship confusion! How when you bring any problem, I find solution, I have some people, you bring any solution, they'll find a problem for it! Confusion worshippers; worshiping confusion! Worshiping the status quo. Worshiping the inaction! Worshiping the non-transforming stuck-up space.

All your strategies about life, whether short term or long term, do it with clarity, "I am the imperishable soul, consciousness."

LOOK IN

- **Understand, stuck-up, just stuck, without moving in life in any direction is Hell! That IS Hell! Stuck without moving in any direction... Confusion worshiping...**
  1. **First find out what you are worshiping in life.**
  2. **Second, how much is consciousness and how much is materialistic, perishable.**
- Look in, find out how much is imperishable and how much is perishable! What is imperishable, which you are worshiping in you, what is the perishable which you are worshiping in you. For example, some part of you may feel, "I think I should have name and fame, recognition, money, all pleasures in the life," and some part of you, "Yes, but all of this is not going to be the end; I need to be achieving something eternal which does not move, which cannot be taken away." Just see, how much of your wants are perishable, how much of your wants are imperishable.
- Somebody asked Buddha, "Buddha, how do you see your Sangha growing in the future?" He says very beautifully, "If My sannyasis are able to inspire the truth of imperishable on the Gṛhasta, what I want will happen. The other way, if the Gṛhasta are able to inspire the sannyasis about the perishable, it'll happen as they want." Of course, ultimately one truth is, how much of perishable is inside you, how much of "I" is inside you, that decides whether you are going to be a sannyāsi or Gṛhasta; it is your strength and the amount of imperishable you worship, the akshaya, undying component of you, which is the strength!
- I tell you, imperishable is the bone structure of the Cosmic law!
- When your inner infrastructure is dependent on the imperishable truths, you will never collapse.

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Homework: What are you worshiping?	
Homework Type	Intranalyze- Analyzing for the sake of internalizing is intra-analyzing
Duration	21 minutes
Exercise	First find out what are you worshiping in life. Second, how much is consciousness and how much is materialistic, perishable. Look in, find out how much is imperishable and how much is perishable! What is imperishable, which you are worshiping in you, what is the perishable which you are worshiping in you. For example, some part of you may feel, "I think I should have name and fame, recognition, money, all pleasures in the life," and some part of you, "Yes, but all of this is not going to be the end; I need to be achieving something eternal which does not move, which cannot be taken away." Just see, how much of your wants are perishable, how much of your wants re imperishable.
Reference	Verse 14, Iśāvāsya Upaniṣad, page 556
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- If your inner infrastructure is dependent on perishable, you will never stand up; you are just a few kg flesh without bone; maybe a beans bag wearing jeans, that's all, nothing more.
- It is your decision to worship the imperishable, it is your decision to stand on the imperishable, if your inner thinking structure is built on imperishable, you are a man with bone! You are a person who has grown up.
- **Death is a question which can never be answered, life is an answer which can never be questioned. Understand? Listen! Death is a question which can never be answered, life is an answer which can never be questioned, because the truth of death is established on imperishable.**

- If you build your life while you are living on imperishable, the death does not happen to you as you understand. And, life, if you build it on perishable, it never happens to you as you want. Let the life be built on imperishable, akshaya! Indestructible!
- When you want to take up a job, take it up from this! "Is this job or career I'm taking up, will it help me to open up my imperishable strength? Or, let me learn how this can open up my imperishable strength and do it from this context."
- Understand, any job, you can do it from this context. You may be a doctor, engineer, even lawyer! Even lawyer can function from the context of imperishable.
- **Discovering the context of imperishable for your career, for your job, all your major decisions of life, is what I call Living Enlightenment.**
- Anything you do in life from morning till night and even after night, anything you do in life whether as a short term goal or a long term goal, short term strategy or long term strategy, if it is done from the context of imperishable, you are living enlightenment. Learning that, learning that is Completion. Aligning to that is Authenticity. Remembering that is Responsibility.
- Understand, ultimately, every day when you apply the bhasma (sacred ash), remember, everything seen, perceived by you is perishable!
- Every goal you have is perishable; just to remind you, your forehead is filled with perishable, you are asked to apply the bhasma; inside is full of perishable.
- When you understand inside is full of perishable, you will know how to catch the imperishable. I tell you, don't be afraid at all, "If I stop working with perishable, will I lose connection with My family, job, goals I want?"
- **Understand, when you put your strategy on imperishable, the only one will be lost from you is suffering; nothing else will be lost.**
- Purifying your logic with the truth of imperishable; greasing your inner happenings with the truth of imperishable will remove all the sufferings and frictions. If you grease your inner happenings with the truth of imperishable, all, all, all sufferings, frictions inside will melt away, will disappear, will be destroyed!

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- **Don't go on running, stop at some point, stop some time, look: Are you moving 100% out of imperishable or are you moving 100% out of perishable? What is it that is driving you, that you are worshiping, that you are looking for, that is making you go mad? What is it that is driving you?**
- I can see the courage and confidence in the voice of the Upaniṣadic Rishi who uttered this statement; the guy must have built not just his bones, even his muscles, on the imperishable! Even his muscles will be singing the song of imperishable!

Having a larger vision, more clear vision about you, actually, when you have a more clear vision about you, all your actions will be aligned to that. Your pleasure, what you consider as pain, what you consider as good, what you consider as bad, everything will become different if what you consider as you changes.

- If you are going to get married, see, "How can I express My imperishableness?" If you are going to take up a job, see, "How can I express My imperishableness."
- Listen! All who are suffering with tiredness and boredom, you have built your inner infrastructure on perishable.
- Whether short term goal or long term goal, whether you plan to become an enricher for your whole life, build yourself on imperishable truths and concepts!
- **Let your decision to be enriching, words about enriching, the whole happening, be rooted, established, founded on the truths of imperishable! Let it be on the great principle of Authenticity! Śraddhā vivecha! Let it be established on the powerful principle of Śraddhā, imperishable.**
- I tell you, confusion is the worst perishable, understand; even if you are running behind a pleasure, at some point you will have a little pleasure and a little disappointment, but if you are running behind confusion, it is suicide; suicide not just physically, it is physical, mental, spiritual suicide.
- I tell you, the people who are stuck, if you are stuck in confusion without breaking, if you are worshiping confusion, you are worshiping the ghost fantasies; either, your lusty fantasies have become more powerful than your ability to work with the reality, or your fear fantasies have become more

powerful than your ability to work with reality.

- Understand, sometimes your lust and greed become so extreme, you think, "Even if I work to achieve, I will only earn 10 crore but I want 10,000 crore..." You are stuck, dead, lusty fantasy paralyzing reality. Same way, the fear fantasies paralyzing your reality, "Even if I do this, I will only fail," the fear fantasies paralyzing your reality... Whether fear fantasies or greed fantasies paralysing your reality and collapsing you, not letting you function, is what I call, "Worshiping confusion," getting stuck, getting stuck.
- **Whenever you are stuck, look in and raise yourself, break free from lusty fantasies or fear fantasies with which you are stuck.**
- Even living with Guru, if you don't break your worship of confusion and evolve, for lives you will be stuck in this confusion and hell! You may just commit suicide, take birth just to plan to commit suicide, then take birth, just plan to commit suicide; you will grow up with a pattern just strong enough to commit suicide, then at 30 you will commit suicide, then again take birth, build up reasons to commit suicide and die, then again... your life is just trying to find reasons why you should not live. That's what I call, "building on fear fantasies."
- Same way the lusty fantasies, when it becomes too much, when it becomes unrealistic, when it becomes impractical, it paralyses you, it just does not let you move, you are stuck in confusion.
- **Back to basics: Analyze, what are you thinking? What is moving you? What are you worshiping? What is in the center of your heart? Point is, don't try to paint Śiva, find out why you are worshiping Śiva, that only you are really worshiping!**
- When you build your mind on perishable, your life will be logical; if you build your mind on imperishable, your life will be magical. That's all is the essence: whether you want to live a logical life or magical life, you decide. How much is imperishable in you, how much is perishable in you?
- Listen. Understand, cognize your existence, cognize the existence of life, universe, God, everything with the larger vision. Listen.
- Why you do what you do, why you think the way you think, should be based

LOOK IN

What Career Should I take Up?	
Homework Type	Intranalyze- Analyzing for the sake of internalizing is intra-analyzing
Duration	21 minutes
Thought Current	When you want to take up a job, take it up from this! "Is this job or career I'm taking up, will it help me to open up my imperishable strength? Or, let me learn how this can open up my imperishable strength and do it from this context."
Reference	Verse 14, Iśāvāsya Upaniṣad, page 556
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on a larger vision of life, not just an immediate agitation / gratification.

- Please understand, all your so-called luxury, the sensory pleasures are agitation / gratification. Please understand, the agitation you feel in the tongue, you gratify it with the food which destroys your health but gives you temporary gratification.
- Please understand, in āgama, Mahādeva explains what is taste: If your whole tongue and the mouth experiences saliva, that is taste. That will never happen by the food which gives you the pleasure of agitational gratification. Please understand, high spicy, or this junk food, all this if you see, it will not allow the whole mouth to work. If you look a little deep, even you know all this junk food, after eating, within 3 - 4 minutes, you are depressed, tired, bored, want to sleep. How many of you recognized the immediate effect of junk food on your mind?
- I'll give some more examples: The music which agitates your lust and gives you gratification, the scenes like pornography which agitate you and gratify you, the vulgar, hard-core pornography which agitates you and gratifies you, whether it is through the eyes, ears, nose, tongue or touch, the agitational gratification items will always be short term goal, with a very short vision. If

you see the agitational gratification items, you will not even have vision about your own 100 years life span.

- **The more and more you expand your cognition of your lifespan, better and better your strategies for life become.**
- Please understand, if you think you are going to live for 100 years, you know how you are supposed to maintain your mind, body; if you are too brilliant and understand it is not only 100 years but birth and death, birth and death, birth and death, then you know how you are supposed to keep everything.
- The shorter you cognize your existence, you will go for agitational gratification processes, whether hook or crook, which excites you now, which agitates you now, that becomes pleasure; even pleasure has a different meaning for different kinds of people.
- If you think you are going to live for 100 years, beef and non-veg can never become part of your diet. It can never become part of your diet because that food agitates you to gratify you; by agitating you, anything brings gratification, the pleasure itself is very low level because your cognition about you is very low, so your pleasure is very low.

Why you do what you do, why you think the way you think, should be based on a larger vision of life, not just an immediate agitation / gratification.

- If you think your lifespan, your existence, is much more, then the idea of your pleasures will become different!
- Understand, if you think you are going to be having births and deaths, births and deaths, that's the truth until you become enlightened, then simply you know what is going to be your pleasure, what is going to be your pain, what should be your pleasure, what should be your pain.
- Having a larger vision, more clear vision about you... Actually, when you have a more clear vision about you, all your actions will be aligned to that. Your pleasure, what you consider as pain, what you consider as good, what you consider as bad, everything will become different if what you consider as you

changes.

- What do you consider as you? If that changes, if you start understanding what you consider as you is little more than the immediate life you are observing... A common man looks only at the 20-25 years he is supposed to live healthily with all the so-called pleasure; by 25 he will have a little money to do what he wants, by 50 over. That is what I call very very short vision; then all your strategies about you, life, will become vimasamcha, destructible, based on destructible.

- If your strategies are based on something destructible, do not enjoy, do not expect long term peace or bliss because your strategy itself is not for that! When you are building your house itself, you are building with bamboo-concrete, life span of which is only 25 years, then are you expecting your 4th generation to live in that house? You make a photo wall, "that is for our generation, then sons and daughters, then grandsons and granddaughters..." house itself will live only 25 years!

- "Agitational gratification." New word, if you look in and analyze, all your short term goals will be agitational gratification, which agitates you and gratifies you. Even laziness - early morning, how your breathing happens, that decides how you are going to be the whole day. The morning kirtan, why this kirtan, do you know? Two reasons: One, when you sing and dance, the joy becomes your bio memory, muscle memory. Second, you will have a strong long breath. Morning, having a strong long breath is very good for your health.

- **Understand these two words: Agitation gratification, delayed gratification. When you think you are going to exist only these 20-25 years which is in front of your eyes, you will opt only for agitational gratification things. Now, what, what, what, what, what next, what next?** If you understand your life is 100 years, your pleasures, pain, also, will transform. It'll take a different shape. And if you understand your many births and deaths in front of you, your many ideas about pleasure will change, pain will change, your life will not be hormonally hijacked. Hormones hijacking you is one of the worst things that can happen to a human being. When the hormones hijack you, gone! Before even you open your eyes, life is over!

- Listen. We don't even need to look into those things; at least look into these two words: agitational gratification and delayed gratification.

- Anything which makes you get into this agitational gratification is the mental setup based on the perishable; means you are worshiping perishable. When you are worshiping perishable, you are bound to be perished, planning to get perished! Then don't cry when the perishing happens to you, because you planned for it, you worked for it, why are you crying when you get it? If you worked for name and fame, you will have it, money; you will have it, love, you will have it. What for you worked, you will have it. If you worked worshiping the perishable, you will perish! The agitational gratification, whether it is food, or sound, or visual, or smelling, or the touch, in any sense, even imagination, the mind, which is totality of all these 5, in any level, if agitational gratification is your goal, if that is what you perceive as pleasure, as the goal of life, please understand you are worshiping perishable. And, you are bound to be destroyed.
- Whether it's a taste or touch or seeing or smelling or listening, in everything, if you are functioning based on the principle of delayed gratification, means a long term vision about you and about what is pleasure and what is pain, actually, when you have a true understanding, or right understanding about you, even the quality of food you enjoy will become different, the quality of visual you enjoy will become different, the quality of music you enjoy will become different, the quality of smell will become different, the quality of the type of the touch will become different. It'll all be based on delayed gratification.
- Vākyārtha Sadas **to be on these two words: agitational gratification and delayed gratification: whenever you enjoy pleasure, please see, are you agitated or peaceful, grasping or grabbing?**
- Grasping a person is love, grabbing a person is lust.
- Understand, there is a difference. Whether you are tasting food, or seeing some visual, listening to any music, or enjoying a smell or enjoying a touch or a sexual act, look in: are you agitated or are you in that mood of peace and enjoying; are you celebrating or are you agitatedly pushing you?
- If you are agitated, be very clear, you are based on perishable and you are planning to get perished! When you perish, don't cry, because you planned for it, you asked for it.

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- When your understanding about you changes, when your taste is matured, that's the right word I wanted you to understand, when your taste is mature, the matured taste shows the mature person.
- Then, you are strategising yourself, you are cognizing yourself and strategising your life on imperishable; I tell you, there is no shortcut: straight, perishable or imperishable. Are you cognizing yourself and strategising your life on perishable or imperishable? Over! Truth is the truth is the truth, straight! How much ever these light theologians, who are trying to meet both the ends, "No, little love, little smile, little laughter, and enjoy everything and God will also come to you through your back door..." No! NO! Upaniṣad which declares authenticity by it's own authority is very clear:
- Either you cognize yourself and strategize your life on perishable, or on imperishable! Clear.
- Laughter, I am not talking about the laughter which comes from lips or throat, I am talking about the laughter which comes from the bottom of your belly knowing the whole Cosmos is a joke! With dance, you not just forget your depression for five minutes, the discotheque cabaret, it is with the Cosmic understanding that the whole thing is dancing, vibrating! A drunkard dances, Mahādeva also is dancing, both are completely different; the drunkard's dance is light theologians' dance, Mahādeva's dance is about imperishable cognizing about Himself and strategising about His existence!
- Cognizing yourself as imperishable and strategising yourself on imperishable is the only way to exist and become imperishable! Do not get cheated by light theologians.
- Understand, the essence of what I am trying to convey through this verse: your cognition about you should be based on imperishable components, means soul, consciousness, which does not perish.
- Your understanding and idea about you should be you are a soul which is imperishable, and based on that cognition, strategise your life. Based on that cognition, develop the taste of good, bad, right, wrong, pleasure, pain. Don't cognize yourself as just perishable body or mind and don't build, strategise your life based on this perishable cognition; then your pleasure, pain will be too shocking, small agitational gratification; you will be killing yourself with

agitational gratification as your pleasure.

- Just an itching you feel on the body and scratching it... all your pleasures will be nothing more than scratching, maybe with a different object, person, parts, that's all - more visually I don't want to describe. Scratching yourself is not pleasure! That's what I call agitational gratification; just to gratify your agitation, what you do, you call that as pleasure? You call that as joy?
- Let you be clear, let your cognition be based on imperishable, your strategies for life be based on imperishable, your idea about pleasure and pain be based on imperishable, then you will be imperishable, in the space of Akshara.
- Blessed are those who live on imperishable and live with delayed gratification; cursed are those who live with perishable and live for agitational gratification.
- **Look in, look in, don't be afraid to re-strategize yourself, reinvent yourself, shake your whole life and rebuild it! Don't be afraid; never something is too late, never something is too late, never something is too late. Even if you are going to die in next 15 minutes, 15 minutes is too much time. Fifteen minutes is too much time - whether you are going to die in 15 minutes, 15 years, 50 years or 500 years, it's not too late: come back to imperishable. Let no hormones hijack your consciousness and idea about you.**
- Let the hormonal hijack not happen in your life; let hormones not be strategizers of your life! Let the agitational gratification not be decision makers in your life! The agitational gratification should not be the decision makers in your existence.
- **Go on, go on, go on with the imperishable cognition: you will worship imperishable, not confusion. You will worship imperishable, not perishable. That is what Upaniṣad declares as worshiping imperishable consciousness. Understanding the difference between these two, what you are worshiping, understand, don't be cheated by light theologians.**
- Agitational gratification or delayed gratification. That's the essence.

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Iśāvāsya Upaniṣad

Verse 16

Even when I pray to you, I am You – So'ham Asmi

पूषन्नेकर्षे यम सूर्य प्राजापत्य व्यूह रश्मीन् समूह ।
तेजः यत्ते रूपं कल्याणतमं तत्ते पश्यामि योऽसावसौ पुरुषः सोऽहमस्मि ॥१६॥

pūṣannekarṣe yama sūrya prājāpatya vyūha raśmīn samūha|
tejo yat te rūpaṁ kalyāṇatamaṁ tatte paśyāmiyo'sāvasau puruṣaḥ
so'hamasmi ||

Translation: O Pūṣan, Consciousness, who is the nourisher, sustainer of all, the primeval solitary traveller, the disciplining principle of all, is like the bright, effulgent Sun, and is the Lord of entire creation, which is His subject. Please remove all Your rays of this radiating, brilliant golden light, which had blinded me; so that by Your grace, I can have the Divine vision of that most auspicious, graceful, beautiful form of Yours. That which is there, the glorious Sun, is the mirror of the Supreme Being, who is all-pervading, pure Consciousness of the Cosmos. Indeed, I am He (that Puruṣa) – So'ham Asmi

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Word-By-Word Meaning

pūṣann	O nourisher, sustainer
ekarṣe	primeval solitary traveler
yama	the disciplining principle
sūrya	sun
prājāptya	of the prajapati or lord of creation
vyūha	remove
raśmin	rays
samūha	withdraw, remove
tejo	effulgent; radiating
yat	so that
te	your
rūpam	form
kalyāṇa-tamam	most auspicious, graceful, beautiful form
tat	that
te	your
paśyami	I may see; have Divine vision
yaḥ	one who is, that which is like the sun
asau	that
puruṣah	Supreme being or pure consciousness
so-aham	He-I
asmi	am

Even when I pray, I am YOU

The Problem:

The status quo life is the worst possible life. Status quo life, means every day when you wake up, go for your work, come back, go to bed, your mental state, your thought pattern, your thought current, your incompletions, if it is same, be very clear, you are dead waiting to be buried.

The Vedic Solution:

Every day, if you approach your experiences, good, bad, right, wrong, consciously, so much of reinvention of you will happen. If you live consciously, every experience will mature your taste, every experience will awaken your taste. Your taste getting matured is what I define as "seeking." Seeking is nothing but remembering your own higher possibility; when you remember, you just wake up from your lower slumbers. Understand, having the right inner image awakens seeking in you. If the seeking is awakened, everything is done

Your First Step:

Remember, if you can drop the incompletions now, the present moment, all the future moments are going to come only as a present moment. You can drop. You can drop. You can drop. You can drop. You can go on dropping.

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Seeking Leads to Realization: So'ham Asmi

- You need to understand deeper and deeper about seeking; seeking is nothing but your identity, your inner image, getting mature, ripened; please understand.
- If your taste is growing, if your taste is getting mature, if your taste is evolving, you are living.
- Whether you live or not, whether you're alive or not, is not decided by the number of incidents happening in your life or the number of days you pass in your life.
- The status quo life, means every day when you wake up, go for your work, come back, go to bed, your mental state, your thought pattern, your thought current, your incompletions, if it is same, be very clear, you are dead waiting to be buried. Just because you have not been buried or cremated does not mean you are alive; you are an orphan body. Dead waiting to be buried!
- The status quo life is the worst possible life.
- **Every day, if you approach your experiences, good, bad, right, wrong, consciously, so much of reinvention of you will happen.**

Seeking is nothing but your identity, your inner image, getting mature, ripened

- Please understand, I am not even saying do only right things, don't do wrong things; all I'm trying to tell you is, be aware of what you're doing. That itself will mature your taste so much!
- **In any field, a person whose taste has matured achieves. In life, when your taste is mature, you become a seeker.**

Maturity of Taste and Context for Liberation

- Your taste getting matured is what I define as "seeking."
- If you live consciously, every experience will mature your taste, every experience will awaken your taste.
- Man whose taste is not getting matured, his life is a waste.
- **Your identity about you, what you value as joy, what you value as right, what you value as success, what you think as pain, what you think as pleasure, all these should go on getting matured!**

LOOK IN

- You can't become 70 and still be interested in puppy love! No, that shows you have not lived! If you are 17 and interested in puppy love, okay. But 70! Still you are trying to be in fantasy of puppy love, you are stupid.
- **I'm giving you one example: whether it is name and fame, money, pleasure, luxury or right-wrong, the ideas you cherish about what should be your career achievement, the concepts you cherish about how you should be contributing to you and to others, the truths how you should relate with others, what should be the strategy for you to relate with others in your life or human beings, all this should go on getting matured. See, when you are 20 or 30 you trying to grab everything is tolerable.**
- So after all you think you have a huge life in front of you and you want to grab as much as you can from everyone. But by the time you're 40 you should know it's time to grasp not grab; taste should get matured.
- Your concepts about you, even your confusion should get matured. Understand?
- I am not against getting confused, I am against getting into the same confusion

Status quo means stuck in the same thought current, incompletion, mental pattern, suffering, taste, identity, ideas about you and others, everything, just remains same.

again and again.

- If it is the same confusion, it is just status quo, wasting life, destroying life.
- If it's the same problem, status quo, status quo life is hell! Understand?
- Status quo life is hell. Peace is not status quo life; peace is state quo life!
- Understand, peace is not status quo life, peace is state quo life!
- If the state from which you are operating is the same, then you have peace, not if your life is in status quo; that is not peace, that is dead.
- One of the biggest confusion human beings entertain is thinking of status quo as 'state quo', I don't know whether this word 'state quo' exists in English or not; I am contributing it.
- **Today's subject for Vākyārtha Sadas is what is status quo, what is state quo?**
- **Status quo means stuck in the same thought current, incompletion, mental pattern, suffering, taste, identity, ideas about you and others, everything, just remains same.**
- **State quo means it is established in the ultimate truth and constantly the maturity becoming the lifestyle, radiating maturity, your thinking, words, feeling, actions, everything functioning based on maturity.**
- **Let your ideas, let your concepts, your concept about the world, your concept about life, your concept about Dharma, your concept about karma, your concept about give and take, right and wrong, everything get matured, get updated by your experience, your internalizing, your intra analyzing.**
- Somebody came and asked Me, "Swamiji, last year I went on a pilgrimage and all those temples. This year also should I go?" I told him, "Have your ideas, context, why you should go, have they got matured?" He said, "I don't think so," I said, "Then work on that getting matured." 'Why you should go', the idea should get matured. If the 'why' is not getting matured, your actions are not going to liberate you.
- Bhagavān Adi Shankaracharya describes that even for one Brahma's lifetime,

if you are doing rituals, also, without getting the context, without getting the context matured, it won't lead to liberation. Understand?

- Even for one Kalpa, one Brahma's age, some million years, if you are doing rituals, worship, without getting your context matured, it won't lead to enlightenment, liberation; it won't lead to Mukti, understand?

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Context getting matured is seeking!

- I tell you, the biggest gift you should receive from Me is the best inner image!
- Your outer, other, life images will change; best gift from Me is best inner image, everything else is useless.
- Even if you get healing and become healthy, what is it? There are monkeys living hundred years, trees hundreds of years, trees living 300 years; even if you live 100 years, monkey is a monkey is a monkey; that's of no use!
- If you receive the gift of best inner image, your whole life will become mature, I tell you, whole life will become mature; that is seeking.
- Otherwise one day of Brahma, kalpa, is a duration of 4.32 billion solar years! How many billion solar years you may do ritual without getting your context mature, it won't lead to liberation.
- **Understand, having the right inner image awakens seeking in you. If the seeking is awakened, everything is done.**
- **After that, nothing else can hijack your life. Even if I heal you, and you live 100 years, there is a possibility your hormones can hijack your life, or your desire for name and fame can hijack your life, or your delusion, confusion, can hijack your life; confusion and inaction can hijack your life.**
- **But if the seeking is awakened, nothing, nothing can hijack your life. Only a person in whom seeking is awakened, is safe, he lives, he is protected, he is showered.**
- If seeking is not awakened in you, life is not worthy of living.
- Seeking is nothing but remembering your own higher possibility; when you remember, you just wake up from your lower slumbers.
- **Completion is nothing but remembering your higher possibilities and breaking your lower karma patterns, your lower understandings, your lower ideas, your lower identities.**
- 15th verse, Upanishadic Ṛṣis express seeking; in the 16th verse, they declare enlightenment!

- Then understand, the kind of authenticity they have in their seeking! The authenticity and maturity which is there in their seeking!
- If your taste for life grows and grows and grows, taste about you grows and grows and grows, when your taste about you gets matured, your taste about world, taste about God, everything will get mature.
- **The man who has the highest taste about himself, only, can connect with Mahādeva, because he has the best taste of God.**
- **Only if you have the best taste about you, you can connect with Mahādeva because He has the best taste in the realms of God, that is why He is Mahādeva!**
- Life is all about your taste getting matured.
- Seeking awakens.

When your taste gets matured to the waking state, you move out of dream; when your taste gets matured to get out of the waking state, you'll move out of the waking state. Your taste getting matured to the awakened state is seeking.

How to Wake Up to Ultimate Reality?

- When you are entering into the waking state from the dream state, your taste is getting mature; enough you have wandered in the dreams, now you want to live a more fulfilled life; from here, if you move into the awakened state, that is the ultimate taste, the ultimate maturity.
- Unless your taste matures to the waking state you will not come out of dream, you will continue to be dreaming and babbling, you can eat in the dream, even kiss in the dream, but never use the restroom in the dream because that is a set-up. If you can experientially understand what I am saying, understand, there are some things which you should never do in the dream. Don't use the restroom in the dream because it is a set-up.
- If you use, you will wake up and realize "Yes, it was a set-up." It's your bladder which was filled that created the whole restroom for you. Actually; if you analyze all this; your being will get matured. Same way your hormones create the ambiance where you think pleasure happens.
- All your pleasure, pain, good, bad is nothing more than a restroom you find in your dream to relieve yourself. Only after you relieve, you wake up and see that it is a setup by your filled bladder. How many realized it at least once? Then you will know what I am talking! No, it's a truth, it's a truth.
- When your taste gets matured to the waking state you move out of dream; when your taste gets matured to get out of the waking state, you'll move out of the waking state.
- **Your taste getting matured to the awakened state is what I call seeking; seeking; everything else is a waste of life, everything else is just stupidity.**
- **Your soul getting matured is seeking.**
- If seeking is not awakened, understand, your whole life is a waste; you may have driven any type of car, lived in any bungalow or mansion, had million or billion in your stupid useless bank account which has no base- if you study economy, you will understand how you are all cheated, if you study medicine; you will understand how you are all cheated; if you study law, you will understand how you are all cheated!

- Law legally cheated, medicine medically cheated; If you study economy, you will see how everyone is cheated in the name of money.
- Money is the biggest hoax created by humans, unfortunately they got caught in it.
- In movies, people create robots and they take over the world. Same is happening now: human beings created the concept of currency, now it has taken over the world, it's over- the biggest hoax ever created which is taken over the world is money. You may have had any amount of money and any number of honey, and any number of cars and houses, name and fame, awards, rewards, remember...

When the soul gets matured all the powers will be there in your garage, you won't even bring them into your bedroom. No matter how costly the car, you will only leave it in the garage.

Your inner space awakening to enlightenment is the one, only, best gift you will receive from a Living Incarnation.

- But if the soul is not getting matured, taste for life is not evolving, seeking is not awakened, if you are not moving towards awakened life, everything is just useless!
- **The mansions built in the dream is not worth even 2 pennies in the waking state, and anything you built in the waking state is worthless in awakened state.**
- **Wake up as soon as possible to the awakened life; let the seeking mature your soul.**
- When the soul gets matured all the powers will be there in your garage, you won't even bring them into your bedroom. No matter how costly the car, you will only leave it in the garage.
- **Your inner space awakening to enlightenment is the one, only, best gift you will receive from a Living Incarnation.**
- **Soul getting matured, soul getting evolved, you seeking the state of awakening is the essence of life. That is THE essence of life.**

Prayer in Sanātana Hindu Dharma-

Remembering Oneness with the Divine

- Understand the power of Truth. The pristine pure Truth, is uncompromised, with no 'if' and 'but'.
- A clear straightforward, direct understanding of Truth adds so much of powerfulness, energy, ecstasy, excitement, liberation in your inner-space.
- With a deep prayer you can say – I AM HE.
- Understand, the prayerfulness does not mean you need to become powerless beggar in front of some Supreme Energy. See here, the 15th verse and 16th verse, Ṛṣis were so humble, the Upanishadic Ṛṣis declaring – "O Deva, O Pūṣann, please remove the veil and I need to experience you as You are." Such a deep prayerfulness. Even in this verse, it is so clear.

- prājāptya । vyūha raśmin samūha । tejo yat te rūpaṁ kalyāṇa-tamaṁ tat te paśyāmi – By your grace, let me have the Divine vision of You. It's a deep prayer, but ultimately the Ṛṣi knows – he is not powerless.
- Just because he is praying, he is not separate from the Whole.
- It is like when your right hand wants to do something, asks the support of your eyes to see and give information. For example, your right hand

wants to carve a statue. It asks the support of your eyes saying – "Oh Eyes, please see and give me the information so that I can carve exactly as the statue is."

However low you may feel with your self inner-image, however great you may feel your God is, you need to remember the Absolute Reality – both are from the same Source.

- **Please understand, your own eyes, your own hands requesting something from your own eyes does not mean your hands are separate from your eyes.**
- **Ṛṣis had the ultimate understanding, the hand may be praying to the Eye, but both are from the same Source and same. Both are activated, kept alive, brought to life, by the same force, from the same source.**
- Understand the beauty of the way Sanātana Hindu Dharma teaches prayer.
- There is no powerlessness, no place for powerlessness. Even when you pray, you are not separate. You are not separate from the Source. You are not away from the Source.

- Even when you are praying, remembering that I AM HE. I tell you, this one

Truth, the thought-current will be so useful for all of you. Please understand, even when you pray you should know – you are not separate from the Divine to whom you are praying.

- **Even when you pray, you need to know, you are not separate from the prayer, to whom the prayer is offered.**
- Listen, who is praying and the prayer and to whom the prayer is offered, all the three are from the same Source.
- I am trying to decode the inner space of the Ṛṣis and reproduce it in all of you. That will give you so much understanding about the concept of prayer in Sanātana Hindu Dharma. You don't pray to somebody who is farrr away. He may be further away or farther away, but not far away. Understand, there's a big difference between these two.
- **The inner space you assume even while you are praying, is not a lower inner-image, an inauthentic identity.**
- Even when you have not realized the Oneness with the Cosmos, even when you are doing, practicing, doing sadhana, prayer to achieve the Cosmic Oneness, you are One with Cosmos. That is reminded as the under current.
- Never at any point, never at any moment, the separation is recognized in Sanātana Hindu Dharma; because that is not the Truth. That is not the Reality.
- Even when you think you have not achieved the Oneness with the Cosmos, even when you think you have not become realized, Enlightened, Living Advaita – You Are One. The Absolute Truth is Truth even when you practice the Truth; even when you are doing your sadhana.
- **Please understand, this Truth needs to be remembered. This one thought-current needs to be understood. This sacred Truth needs to be realized. This sacred secret needs to be revealed to you. It will help you in a big way, even for demonstrating Third Eye Awakening and blindfold reading which many of you are practicing.**
- Understand. Even when you are practicing, even when you are practicing, you may not have realized It, you may be only practicing, even at that time the Truth is Absolute – You are Living Advaita. You are living the Truth. If you think you need to achieve It by your prayer, you are wrong. You only need to

remove the obstacles through your prayer. It exists. Nothing new needs to be created. It exists.

- Even when you are practicing Third Eye remember one thing – you only need to complete and drop the incompletions happening to you, now.
- **Whatever incompletions come now, drop it. Don't plan to drop the incompletions which may come in the whole future; because incompletions may come in the future itself is an illusion. If you are trying to fight the illusion, how are you going to win? Drop that illusion directly.**
- Don't try to work into that illusion. The moment you try to work into that illusion, you are gone. Its like you are caught by the trap laid by the enemy.
- I have seen in some of the press meets, some of the journalists will put the question in such a way, whether you say 'yes' or 'no', you are trapped. Both the ways you are trapped.
- The moment you engage with that question, you are gone, over. Same way, the moment you engage with the fear – "Incompletions may come, what will I do at that time?" Over! You are gone.
- **Whether you have the confidence – "I can drop it at that time also" or you have the feeling – "I may not be able to drop it at that time", in both the ways, you are gone.**
- Even if you say, "I can drop at that time also", then immediately one part of your mind says, "Who knows, aahh. How many times we tried, never succeeded. Come on. How do you say, for sure, you will be able to drop it in future?" You are gone. You are caught in the wrong argument.
- You want to go for your office but you are caught in the argument in your house about the lunch, what should be cooked. So you are stuck in the dining table. You will not even go to the office. Finally what lunch, even for dinner you will be sitting in the same dining table. You will never go to the office; because you are stuck in the wrong space in the wrong argument. Understand, this one example, everyone will immediately understand, connect with it.
- The moment the thought, insecurity about the future incompletions comes up, "whether I will be able to handle them in the future or not?", The moment that comes up, be informed; the moment that comes up, you are getting into

the argument with your spouse, which you are never going to win.

- Understand, always you enter into the argument with excitement and vengeance of earlier defeat. "That time I lost. Not now. Now I have all the arguments prepared, equipped, ready. AK47, 57. Whether it is 47, 57 or 97, even by getting into the argument, you lost the game because the purpose will not be achieved by the argument.

Even when you are practicing, you may not have realized It, you may be only practicing, even at that time the Truth is Absolute – You are Living Advaita. You are living the Truth. If you think you need to achieve It by your prayer, you are wrong. You only need to remove the obstacles through your prayer. It exists. Nothing new needs to be created. It exists.

- Understand, the moment you entertain or cherish the insecurity – "Will I be able to handle my incompletions that come up in the future? Now, I know, I can drop it and do the blindfold reading. But will I be able to do the same thing when I go back and try to do demo to my boss? My boss, the very sight is irritating, very presence is agitating. Just like Swamiji has a positive presence, my boss has a negative presence; to double the breathing space."

- Sometimes, people tell Me, "Swamiji my boss's presence is so long, so vast. How the moment we enter the ashram and feel your presence, same way the moment I enter the parking lot of my office, I can feel my boss's presence". You will feel, "Oh God, in the presence of my boss all the incompletion comes up, will I be able to handle?"

- I tell you, the moment you engage with this argument, whether you say "yes" or "no", even if you have the confidence, "No. I can handle. I will handle", you are fighting with delusion. And if you think, "No, I can't handle", you are losing to the delusion. Whether you fight, whether you win or lose with the delusion, you lost; because that delusion should not be engaged with. You should not engage with the delusion. That is the only way, you will win over the delusion.

- **Remember, if you can drop the incompletions now, the present moment, all the future moments are going to come only as a present moment. You can drop. You can drop. You can drop. You can drop. You can go on dropping.**

God Does Not Make You a Beggar; He Makes You Powerful

LOOK IN

- Now, listen. I am going to connect what I said now and the Advaita (oneness). Listen to this component. Don't miss it.
- In the ordinary prayers, you always feel, to whom you are praying is different, All-Powerful and you weak, powerless. With this assumption itself, you will lose the game.
- This assumption itself, even if you are given whatever you are praying for, you lost the game, because, forever you will only be praying and receiving in the space of a beggar because you established that is what as your identity.
- I tell you, when you start with the low self image, inner-image and pray to some All-Powerful God, if your prayers are not attended, good for you. Otherwise, you will be established in that stupid attitude. Yes, even if your prayers are attended you may have little money, some relationships, health, few things. But forever, you are a beggar. And the person who gave, always can take it away. So, you are always in in-security. Understand, the so-called superficial, stupid immature understanding about prayer, cognition about prayer, whether you get what you are asking or did not get what you are asking, you are trapped, gone, you are a failure.

You need to know – however low you may feel with your self inner-image, however great you may feel your God is, you need to remember the Absolute Reality – both are from the same Source.

Both are from the same Source. Only with this clarity, your prayer will become Reality

- The right attitude to pray is explained in this verse by Upanishadic Ṛṣis.
- You need to know – however low you may feel with your self inner-image, however great you may feel your God is, you need to remember the Absolute Reality – both are from the same Source.
- Both are from the same Source. Only with this clarity, your prayer will become Reality.

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- Please understand, with this clarity whether your prayer is answered or not, you will win the game.
- In that delusion, whether it is answered or not, you will lose the game.
- I tell you, sometimes your prayer not getting answered is good for you. Not sometimes, most of the time; because the attitude from which you pray and the perception you have about life is so stupid.
- **God is great because he doesn't answer many of your stupid prayers otherwise your life would have been a worst mess. Playing the role of an insider only gave Me the intelligence – Oh God, if all the prayers of these people were attended what will happen? The mess they will create for themselves and other! Each one will become one, one Rāvaṇa (demon king). And, then to clean the mess created by one demon king, two-thousand or three-thousand Incarnations have to come!**
- Understand, if you are having the context and the attitude of low self-image, inner-image and God is great, huge and both of you are separate, if your prayers are answered, you will get established and stuck in this same attitude, that is the worst failure. It is like you forget your beautiful glowing skin just for the exchange of receiving a small Saree pin. Its like somebody says, "I will give you one Saree pin, but I will take away the memory of your glowing skin you have." What a stupid bargain. "I will give you 2000 rupees, but I will take away the knowledge you have to earn money for your whole life." What a stupid bargain!
- **So when you are with the wrong attitude, powerless inner-image and pray to some ultimate God, if He gives what you asked, that's the worst thing that can happen to you; because the moment He gives; you will look at only, "Wow, my prayer works.**
- Then what I am thinking about me and what I am thinking about God, both are right. So everything, all the zig-zag puzzle is matching. So the result is – my whole thought-current is right"
- And that is the biggest curse that can happen to you. Just for the sake of the washing machine losing your life or just for the sake of a painting, losing your eyes. Just to learn few steps dancing, losing both your legs. Absolute stupidity.
- **Even if you are going to be given billion dollars, don't lose your powerful**

inner-image. Powerful real, true understanding about the Advaitic understanding about you. Because if that one understanding is there, what, billion, trillions.. you can make anything! You can make planets out of your feet dust.

- But if you miss that, if you think, "No, no. If I give up my inner-image and become weak, powerless, surrendering, Oh God, Oh God, Oh God; I am going to be given billion dollars, why not let me do that? After all I am doing this all the time in front of my boss. Let me do it in front of God."
- Understand, boss is okay because you can throw him out after the work. But you establish this attitude with God. You can't even throw Him out because you will stuck with that attitude.
- **Even when you pray, be very clear, to whom you are praying and the prayer, who is praying – all the three are from the same Source. See the clarity of the Ṛṣis – SO'HAM ASMI. Where he is telling this? After intensely praying.**
- Understand, yes, I am the ONE who awakened your Third eye but you and Me are from the same Source.
- You-Me and this technology of awakening the Third Eye, all three are from the same Source.
- Only with that Advaitic clarity, your practice itself will be beautiful and the perfection also useful.
- If you become powerless, "Oh, I am a useless, powerless guy and Guru is All-Powerful, please give me." When you are stuck with that powerlessness, even if I give, you will ever be a beggar, which is not right.
- **Understand, what I am giving, who I am, and who you are – all three are from the same Source. With this understanding, when you receive it, it is permanently good for you, not temporary, permanently good for you.**
- Understand, everything received from the Advaitic understanding only should be cherished, celebrated, lived.
- Anything which did not come from the Advaitic understanding, throw it in the dustbin as early as possible. The earlier you throw it, better for you. Good for you. Great for you! That is why I always insist, even when you receive

Homework: Building Right attitude for prayer Never be a beggar even in front of God because anything makes you beggar is not worthy to be entertained in your life.	
Homework Type	Vakyartha Sadas
Debate subject	Remember this key word – SO'HAM ASMI. What is right attitude for prayer? What reality do you need to be established in even while praying?
Reference	Verse 16, Iśāvāsya Upaniṣad, page 593
Instructions	Vaakyartha Sadas means when you are applying this thought current, when you are practicing for the next few days, if you have a click, some clarity, share that. If you feel that it is not working out for you share that, because many time people will learn what to do and what not to do.
Share	Visit https://nithyananda.ai

healing, receive it from an Enlightened Being.

- Don't go to all these stupidopathy healers. There are, now, tons of stupidopathies. Any word that comes from your mouth, that becomes a brand. Jilk healers, jink healers, junk healers, I don't know what all. Please don't because even if you receive, the attitude in which you are established may become dangerous to you. Understand, that is the difference between Gods and Demi-Gods.
- Demi-Gods may give you what you want, but they will not give you the intelligence – 'they' and 'you' are one and the same.
- The Gods only will give you what you want and the intelligence – "they" and "you" are one and the same.
- **When Mahādeva gives, not only He gives what you want, He gives the understanding of the Reality, experience of the Reality – You and He is one and the same.**
- When He gives what you want, along with it, He sends the experience of

SHIVOHAM also. Both come in one package; two-in-one package.

- When He gives you Third Eye Awakening, not only He gives you the power of Third-Eye, He gives you the clarity of SHIVOHAM, both are one and the same.
- Never be a beggar even in front of God because anything makes you beggar is not worthy to be entertained in your life.
- Understand, the real God never makes you a beggar, He makes you powerful.
- Only when you don't stand up to become powerful, you want to continue to be in your cozy blanket of begging, stupid powerless inner-image, He shakes you, He becomes Kālabhairava. He becomes Kālabhairava. not to destroy you, but to remind you about your powerfulness. He catches your throat and lifts you, not to kill you, but to make you understand, you don't need to breathe only through the nose. You can breathe using the whole body. But when He lifts you by the throat you say, "Aaaa, ahh, ahh. He is killing me. He is killing me. He is killing me." "Relax, you can breathe through your hands, legs, all over your body. Don't act human."
- **'Don't act human' is the slap given to everybody by Kālabhairava. That is why the Kālabhairava Ashtakam beautifully says, nityam advitiyam isha-deivatam Niranjanam. Nityam advitīyam – Oneness. Eternal Oneness. Nityam advitiyam isha-devatam niranjanam. He is in Eternal Oneness with you and the Cosmos. He is the best enjoyable God and He is Nirañjana (pure, untainted). The whole line is so beautiful. Nityam advitiyam ishta-devatam niranjanam – all the four words are amazing.**
- Understand, worship only the Gods not only who give you what you want but give you the true Reality of He and you are one and the same.
- Even if you get what you want, don't go to the Demi-Gods who don't allow the Advaita to happen, who don't give the Advaitic experience because just to have a painting you should not lose your eyes.
- Just to have a painting you should not give up your legs.
- Just to have some things in your life, you should not lose the life itself which comes only by powerful inner-image.

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- **If you lose the powerful inner-image and become powerless in your inner-image and become a beggar, even if you receive what you ask, you will not have life to enjoy what you asked, what you got.**
- First and foremost, the God should be giving you what you asked and the experience of Oneness.
- I tell you, don't go to the God who doesn't give you the Oneness, Advaita with you; and don't go to the Guru who doesn't teach you Oneness with Him.
- Be very clear, the real God gives you what you want and the Oneness with Him.

Understand, worship only the Gods not only who give you what you want but also give you the true Reality of He and you are one and the same.

- **The real Guru gives you what you want and Oneness with Him. This verse is very clear: just because I am praying, I am not away from You. I AM YOU – SO'HAM ASMI.**
- I may be praying, but I am you. SO'HAM ASMI.
- **Remember this key word – SO'HAM ASMI. Today's subject for Vakyartha Sadas – Right attitude for prayer. Reality you need to be established in even while praying.**

Iśāvāsya Upaniṣad
Verse 17

Aum, I Remember the Supreme Consciousness, Īśā and Offer me and my actions onto You

वायुरनिलममृतमथेदं भस्मांतं शरीरम्।
ॐ क्रतो स्मर कृतं स्मर क्रतो स्मर कृतं स्मर ॥१७॥

vāyuranilamamṛtamathedaṁ bhasmāṁtaṁ śarīram |om krato smara kṛtaṁ smara krato smara kṛtaṁ smara ||17||

Translation: Let the vital life-energy 'Wind' [vāyu] present in the body now be offered into the all-pervading, eternal cosmic life-energy 'Air' [anilam]; and now let this gross body (along with subtle body) be offered into the sacrificial fire and be reduced to the sacred ashes [bhasmāntam]. Auṁ, the Supreme Consciousness (Īśā), the Supreme Deity of the enriching sacrifice, I remember and offer all my actions into this fire sacrifice to experience oneness with You. O mind, remember the Supreme Consciousness, whom you have always been remembering in your actions

Word-By-Word Meaning

vāyuḥ	vital life-energy, wind
anilam	Cosmic life-energy, air
amṛtam	Immortality, eternal
atha	now
idam	this
bhasmāntam	reduced to the sacred ashes
śarīram	body
auṁ	Vibration of consciousness
krato	O lord of enriching sacrifices; or actions
smara	remember
kṛtam	all that has been done or actions
smara	remember
krato	O mind
smara	remember
kṛtam	all that has been done by me
smara	remember

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Please remember whatever I have done to experience Oneness with You

The Problem:

Understand, you struggled, did so much to achieve Oneness, now don't be diverted by anything else, any other desire, any other greed, nothing else should touch you!

The Vedic Solution:

For a seeker, the last moment distraction will be just a cup of thick curd, a slice of pizza. It will not be nothing more, I am telling you, because only those small things you think are cute and you can encourage them and you forget to build a defense against them, so when you leave the body, only they will attack you, nothing else.

Your First Step:

One of the most powerful spiritual practice — Eternal Life Process. Lie down in your bed, before you falling asleep, declare – "Let my breathing pattern become one with the Cosmic breathing pattern" – that is, just declaration is enough. The second part: bhasmāntagṁ śarīram | Visualize everything is burning, your body, the bed you are lying down, the room in which you are sleeping, anything you can visualize, is burning, it is returning to its original source, Mother Nature.

Eternal Life Process- Offering Actions for Oneness

- Please understand, Upaniṣadic Masters, they may be poets but they never utter a single word extra. Here they are uttering a word – krato smara kṛtagṁ smara – twice.

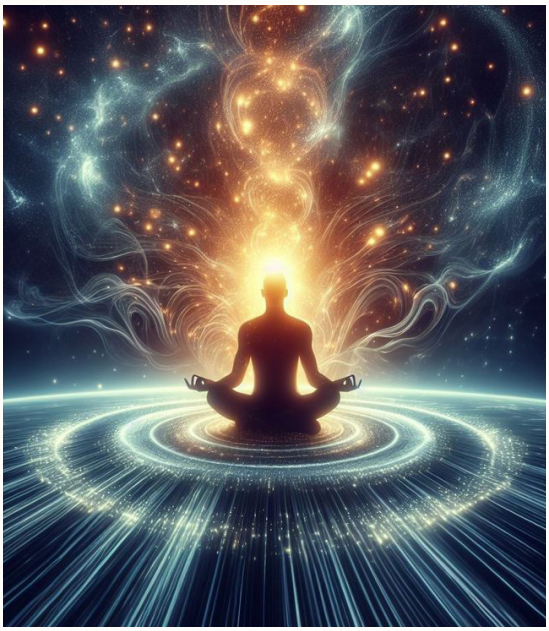
1. Because, one they are asking the Cosmic energy, the Cosmos, 'Please remember whatever I have done to experience Oneness with You.'
2. Second, they are reminding themselves, 'Please remember whatever you have done to achieve Oneness with the Cosmos.'

- So the first is – auṁ krato smara kṛtagṁ smara – means: Oh God, remember whatever I have done, all the things I have done to become one with You, and shower your grace; and second - krato smara kṛtagṁ smara – is to tell yourself: 'hey, please remember how much you struggled to achieve the Oneness, now is the moment, don't miss.'
- **Listen, one – krato smara kṛtagṁ smara – is the prayer, request; second – krato smara kṛtagṁ smara – is decision to be ferocious with yourself.**

Building Defense Against Small Desires

- Understand, you struggled, did so much to achieve Oneness, now don't be diverted by anything else, any other desire, any other greed, nothing else should touch you!
- I can say, again these Ṛṣis have done something extraordinary.
- If I have to pick up seven spiritual poetic wonders in all the scriptures available, I will pick up this as one; because only an Enlightened Being who has gone through the last moment knows exactly what will be the last moment problem.
- Understand, only an Enlightened Being who achieved Enlightenment will know what will be that last moment problem.
- Don't ever think in the last moment, you will have a big desire like a lust, or a big greed like ruling a kingdom; it will be just cheaper than coca cola and pizza, please understand, it will be just cheaper than coca cola and pizza! The

Oh God, remember whatever I have done, all the things I have done to become one with You, and shower your grace; and second - krato smara kṛtagṁ smara – is to tell yourself: hey, please remember how much you struggled to achieve the Oneness, now is the moment, don't miss.

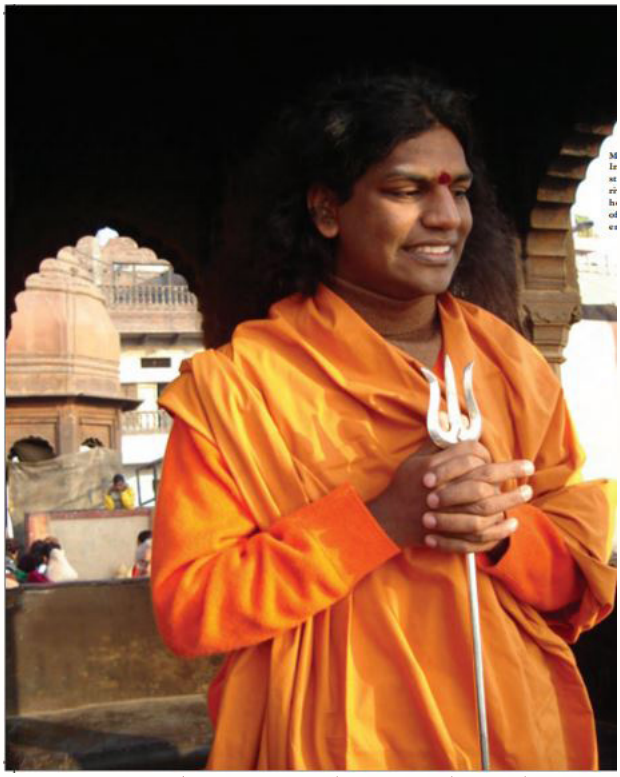


last moment desires will never be a greed of ruling a kingdom or a lust of having man or woman or whatever, whatever; no!

- All last moment problems will be just simple coca cola; one piece of pizza, which you think is cute.
- Please understand, always with major desires, your intelligence will wake up and say, "No, this will divert me from Enlightenment." But these small desires, you think, "Ayee. Such a cute desire. Why not have it?"
- Your whole life, even if you are a seeker, it is these small desires, you don't say 'no' to. So you have not built the habit of saying 'no', you have not built the defense against a cup of coca cola or a pizza.
- Only those small desires which you consider as cute and did not build the defense for, only they will attack you when you leave the body.
- I tell you during the time of leaving the body, the bigger things will never attack you because you would have already built a defense for yourself from them.
- Stupidly you would have left one small desire, "just want to smoke a village beedi once" or, "want to have a jalebi, hot jalebi and khitchedi," or, "the bhang milk from Calcutta." All these were My cute desires which I killed later on,

that is why I am repeating exactly, for which I built defense very strongly and cleared it, and got enlightened.

- **Understand, neither sex nor money or name and fame or greed to rule kingdoms will come to you during the last moments, because about all of them you will have already built a defense.**
- For a seeker, the last moment distraction will be just a cup of thick curd, a slice of pizza. It will not be nothing more, I am telling you, because only those small things you think are cute and you can encourage them and you forget to build a defense against them, so when you leave the body, only they will attack you, nothing else.



2006, The SPH at the Manikarnika Ghat, the Guru Peetha, where THE SPH experienced the conscious death experience - a full fledged aadheenam (temple-monastery complex) would later be built

- I tell you, I have left the body and seen! I have died! That is why I am telling you, what will happen to you when you die.
- krato smara kṛtagṁ smara krato smara kṛtagṁ smara | – I have done this! That is why I tell you what will happen.
- Don't allow even one incompletion without completing it; without building a completion wall, without completing it.

My own death experience

- I used to think, when Ramsurat Kumar (THE SPH's Guru) gave Me the beedi (local Indian cigarette), I did not pick up and smoke, that is why My

enlightenment got delayed. I used to think, that is why My enlightenment is getting delayed. So I thought I should at least once smoke that beedi and see, but good, I did not touch.

- Somehow just by completing, I was able to get rid of it. But, I did not realize that is going to jump on Me so powerfully before I started entering into the death process.
- Only when I entered into the death process, I understood such a simple stupid cute desire was attacking Me like a demon! And I tell you, it took almost one hour for Me to complete and throw it away. I was actually sitting in the Manikarnika Ghat (at Varanasi) and going through the death process.
- The death process had already started in Me, means two and a half days it was happening in My system. It started and this one desire, it just got stuck. Fortunately, so many dead bodies were burning, I just put My lip as if I am smoking and inhaled that smoke and pushed inside My body and that pattern died.
- As if I am smoking that beedi, I just inhaled that smoke, the smoke of that dead bodies burning; it just disappeared.
- Understand, I did not have any lust, I did not have any name and fame desire, I did not have any desire to rule kingdoms or I did not have any other desire, nothing! This stupid beedi came! Because My Guru gave, I did not take it.
- When you leave the body also, you will not be attacked by any problem about which you already built a defense, completion or solution.
- Only which you have not built a defense or completion or solution, will create the big mess.
- That is why here Ṛṣis are beautifully saying, they are not saying, 'meditate', they are not saying, 'contemplate', they are not saying, 'think through', they are saying, 'become authentic,' they are saying, 'remember – krato smara kṛtagṁ smara.'
- **By remembrance, you have to complete it. It means: you will have to build defense for all the incompletions you have. You can't afford to leave even one-maybe a desire to have maavadu (pickle from south India) and curd rice, or the whole Andhra Gongura Chutni. The whole southern Tamil Nadu, Paratha.**

It will all be too small. By remembrance, you should be able to throw it.

- krato smara kṛtagṁ smara krato smara kṛtagṁ smara | When you leave the body, your ability to remember the need of the Enlightenment, merging into the Cosmos, and ability to provoke the Cosmos to absorb you into It; the ability to provoke the Cosmos.
- If you lived your whole life with a deep, prayerful experience, now the prayer will become Reality. Praying to yourself is Completion.

Reminding Cosmos (Prayer) and Reminding Self (Completion)

- Completion with the Cosmos is Prayer. You telling yourself, "Ey, ey, ey, remember what all you did just for this moment, and don't look here and there; enough pizza, enough coca cola, enough curd rice, enough pickles, no."
- krato smara kṛtagṁ smara | Don't worry; by the time the pain starts, the death pain, all your name and fame, greed to rule the kingdom, sex, lust, everything will lose meaning for you, will lose power over you. It will only be last one or two things which you did not build defense for, which you did not build completion for; which you left it in a casual way, unattended way.
- I have seen people while they die, they do not remember the person with whom they wanted to have physical relationship for all their life, but they remember the person with whom they want to flirt, because the deeper things will disappear, will not make any sense there. This casual things will happen because about the casual things, you will not have built the defense, you would not have intranalyzed, you would not have built completion.
- vāyur-anilam amṛtam athedaṁ bhasmāntagṁ śarīram | auṁ krato smara kṛtagṁ smara krato smara kṛtagṁ smara || 17 ||

- Let the life in the body merge with the Cosmic life; let the body go back to it's basic elements and be reduced to ashes. 'Oh Cosmos, please remember what all I have done to achieve Oneness with You; Oh being, please remember what all you have done to achieve Oneness with Him. So reminding both sides and making that Oneness happen.'
- **I wanted Vakyartha Sadas to be done on this verse, from the angle of reminding the Cosmos and reminding yourself. The first auṁ krato smara kṛtagṁ smara is awakening your bio-energy. The second – krato smara kṛtagṁ smara – is completion and Shivoham process; the first – auṁ krato smara kṛtagṁ smara – is Nithyanandoham process, awakening your bio-energy, awakening your bio-energy.**
- **Reminding the Cosmos about your goal is Prayer. Reminding yourself about your goal is Completion. Reminding yourself is Completion; reminding the Cosmos is Prayer. The first – auṁ krato smara kṛtagṁ smara – is Prayer. Second – krato smara kṛtagṁ smara – is Completion.**

Eternal Life Process

1. Lie down in your bed, before you falling asleep, declare – "Let my breathing pattern become one with the Cosmic breathing pattern" – that is, just declaration is enough.
2. The second part: bhasmāntagṁ śarīram | Visualize everything is burning, your body, the bed you are lying down, the room in which you are sleeping, anything you can visualize, is burning, it is returning to its original source, Mother Nature.

- With this your muscle memory will become pure, your muscle-memory will rest in the space of Completion, because all your muscle memories are stored in your muscles. If you visualize not only your muscles are burning, anything which can be visualized in your eye muscles. Anything you can remember, only in the muscles of the eyes. So even that, you should visualize as burning. That is why I am saying, not only your body, the bed in which you are lying down, the room in which you are sleeping, anything that you can remember, in and around the room, above the room, moon, sun, anything that you can visualize and remember from your muscle-memory, visualize everything

is burning, everything is burning, getting reduced to ashes. Just with this visualization fall asleep. You will see your muscle-memories will become so clean, so pure.

- vāyur-anilam amṛtam | **Declare that – "let my breathing pattern become the Cosmic breathing pattern".**
- First declare: Let me, my breathing pattern become one with the Cosmic breathing pattern. The moment you declare, your whole awareness goes to the next level—then start falling into Samadhi.
- Anyhow, listen. When you are about to fall asleep, just tell, "Mahādeva, remember whatever I have done to have Oneness with You".
- Tell yourself, "My being, remember whatever I have done to have Oneness with Mahādeva." That's all.
- That's all you need, nothing else. This one technique, I should not even call a technique, the one Sacred Truth revealed in this Upaniṣadic verse...

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Eternal Life Process *For Experience of Consciousness - Eternal Life*
Lie down in your bed, before you falling asleep
Declare – "let my breathing pattern become one with the Cosmic breathing pattern"
Visualize everything is burning, your body, the bed you are lying on, the room in which you are sleeping, anything you can visualize, is burning, it is returning to its original source, Mother Nature.
Everything is burning, getting reduced to ashes. Just with this visualization fall asleep.
When you are about to fall asleep, just tell, "Mahādeva, remember whatever I have done to have Oneness with You". Tell yourself, "My being, whatever I have done to have Oneness with Mahādeva." That's all.
Reference: Verse 17, Iśāvāsya Upaniṣad, page 608

TECHNIQUE

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Iśāvāsya Upaniṣad
Verse 18

O Fire God! O Consciousness, Take us along the Righteous Path of Completion leading to Iśā

अग्ने नय सुपथा राये अस्मान् विश्वानि देव वयुनानि विद्वान्।
युयोध्यस्मज्जुहुराणमेनो भूयिष्ठां ते नमउक्तिं विधेम॥१८॥

agne naya supathā rāye asmān viśvāni deva vayunāni vidvān |
yuyodhyasmajjuhurāṇameno bhūyiṣṭhāṁ te namauktiṁ vidhema || 18 ||

Translation: O Agne, Fire God! Knower of all our actions and all that is worth knowing, You must take us along the righteous and auspicious path of completion, leading us to experience the Supreme Consciousness, the original space of Complete Completion. O Deva (God, Consciousness)! May you remove all our incompletions that are obstacles on our good path of completion (beyond coming and going, birth and death). Onto You we surrender with many reverential words, bowing down again and again.

Word-By-Word Meaning

agne	O fire God
naya	kindly lead
supathā	the good path of completion
rāye	for experiencing, for reaching
asmān	us
viśvāni	all, universe
deva	O God
vayunāni	actions
vidvān	the knower
yuyodhi	kindly remove
asmat	from us
juhurāṇam	all obstacles or hindrances on the path
enaḥ	all incompletions
Bhūyiṣṭhāṁ	many many, most numerous
te	onto you
namaḥ-uktim	surrender with reverential words
Vidhema	I/we do

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The Problem

Incompletions are obstacles on our good path of completion. Anything assumes form is incompletion. There will be so many forms fighting inside you when you are incomplete.

The Vedic Solution

That Oneness – Agni is considered to be the bridge for that Oneness; because anything which has a form, if you offer it into Agni, He will make as formless.

Your First Step - Prayer for Enlightenment

Listening and praying for enlightenment kindles the whole Fire in you. Praying for enlightenment will heal any illness – like cold, or stomach problems related to gas and water, because when you pray for enlightenment, the fire in the body will be kindled intensely. Understand, when you are complete that is why you feel light, because there is no form inside, there is no heaviness inside, there is no visualization inside, nothing sitting inside.

Agni as the Bridge to Oneness

- You need to understand in Vedic tradition, Agni is considered to be the bridge to the original God, the Oneness experience, Parabrahman, or Sadāśiva, whatever you may name it.
- That Oneness – Agni is considered to be the bridge for that Oneness; because anything which has a form, if you offer it into Agni, He will make as formless.
- Incompletion is form, Completion is formlessness.
- Understand, when you are complete that is why you feel light, because there is no form inside, there is no heaviness inside, there is no visualization inside, nothing sitting inside.
- Anything assumes form is incompletion.
- Actually when you are incomplete there will be so many forms that will be fighting inside you.

Ask: Am I in, completion?

- In the space of Completion, just no forms are inside.
- I tell you, no forms inside, just formlessness inside. That is Completion! Actually, in the space of Completion you won't even remember your form.
- When you don't remember your form, what happens to you is called Grace.
- If you remember your form, do all the spare part fitting, removing, painting, tinkering, prettifying, puncturing, adding, deleting, and do everything, even after that how it looks is called beauty.
- When you don't even remember your form even in your inner space, what happens to you is called Grace.
- Remembering and de-membering your body is beauty. De-membering means what? Removing something and adding something. Remembering and de-membering!
- When you remember, you all the time want to alter. 'I think just this nose... just a little sharp, could have been better. Hmmmm, these ears are a little

small, could have been better….And this a little bigger and this a little smaller.. I think that way would have been much, much better.

- When you remember you always want to alter, that is incompletion. When there is no form remembered, that is Completion.
- Listen carefully, whatever is offered in the Fire, he moves them from form to formlessness, name to namelessness.
- Among the five elements, two are with form and two have no form. The Earth and Water have form, Air and Space have no form. Agni is the bridge, which has form and doesn't have form[1].
- You can't say Agni is a form and you can't say Agni is formless. He is the bridge where forms merge and become formless. He is the bridge where incompletions merge and become complete. He is the bridge where sins merge, becomes merit. He is the bridge where everything disappears and goes back to it's Source.

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1 The science of the five elements originates in the Atharva Veda, particularly in the Śānti (peace) and Sukhavati (pleasant) portions. These sections are fundamental to Vedic ritual practice and cosmology. The earliest descriptions typically presented the elements as fundamental forces – Bhūmi (Earth), Jala (Water), Vāyu (Air), Ākāśa (Space), and Tejas (Fire). The concept was intrinsically linked to creation and maintaining cosmic order (Rita).
The elements were not just abstract concepts; they were actively invoked and manipulated through rituals (yajnas) to ensure prosperity, health, and protection. Each element had specific mantras and procedures associated with it. Chandogya Upaniṣad (3.13-15):तत्र प्रोचदत्, "पृथिवीरज्जुतेन जलः, वायुः, आकाशः, अग्निः, इत्येते पञ्चम्याः तत्त्वानि। अग्निः मध्यः, सः पञ्चम्याः तत्त्वेष्वनवयोरभ्यासी। tatra prochat, "pṛthivīrajjutena jalaḥ, vāyuḥ, ākāśaḥ, agniḥ, ityete pañcamyāḥ tattvāni. Agniḥ madhyaḥ, sa pañcamyāḥ tattveṣv anavayor abhyāsi. Translation: "Then he said, 'Earth when united with the Udgita (ritual chant), Water, Air, Space, and Fire – these are the five fundamental elements. Agni is the middle one, and through him, one can study the nine elements. In Tantric traditions, Agni is particularly emphasized as the bridge between the manifest world (Prakṛti) and the unmanifest (Puruṣa). It represents the transformative power that allows for change and evolution. It's often depicted as a dynamic force – both having form (as a flame) and lacking form (as a fundamental principle).

A photograph of The SPH conducting Chandi Homa in the Rajarajeshwari Temple of Tiruvannamalai 7 Nov 2000. The manifestation of Devi Paramaśiva Śakti can be seen in the sacred fire of the homa kunda (the place for the fire).

- agne naya supathā rāye – Agni is considered to be the door to Gods.
- I was talking to some of my Mahants [spiritual administrators], Mahant of the Gurukul and Mahant from Salem, I was explaining to them, where the best Samits, Āhutis (firewood sticks and other offerings used in the ritual) will be available in pure form in Tamil Nadu [state in India]. They were wondering because the street name, shop, next to which shop, how many shops, all the details I was giving... in which cities... because when I Myself was doing homas (fire sacrifices) I used to follow Āgama fanatically. I will not allow even a small bit of paper or a plastic or anything to fall into that Agni once I invoke the God or the Goddess in the Agni.
- There was a time in 2001 to…even till 2003, I Myself will go to devotees' houses or temples and personally do the homas. Sometimes 10 hours at a stretch, 10 hours at a stretch, and days together, sometimes I remember... 7 days, 10 hours

a day!

- I used to conduct large-scale homas, Chandi homas, Sri Vidya homa. I Myself will sit and perform. I Myself will go to those shops and prepare all the herbs and items needed to be offered. If there is homa, one week before itself I will go and sit in those shops, they would give 2 workers, 3 workers to Me separately. So those workers will start, I will have that book, Āgama books and I'll dictate one by one. They will take it and keep it clean, wash it, wash those herbs, remove all the mud, or any paper or plastic anything, clean it up, and then they will organize and give.
- Understand, why I am narrating this incident is because really, really, really, the Gods and Goddess you invoke in the Fire, come there. Understand that!
- It is not imagination. It is not some small time-pass game, or it is not just to satisfy some viewer or the person who paid, it is not profession. No!
- Understand, when you utter those sounds, invoke them in the Fire, they are actually invited there.
- What you offer should be pure, clean, high quality because they are directly receiving it. You can't afford to disrespect them.
- Still I remember, at least one week I'll sit there and prepare all the things required. Actually that one week itself I am so much soaked in that memory: this is going to be offered to this God, this God, this God. The moment I sit in front of the Fire and invoke – gaṇādhipataye iha gachai iha gachai | iha thiṣta iha thiṣta | – immediately I simply see Them happening! So when I give, I can see very clearly from My hand they just take it inside.
- I have so many photographs and video records where My hand casually goes into the Fire and does not even remember the hand is in the Fire. No question of having any wounds, but I don't even remember the hand is in the Fire because it's the Gods who are receiving.
- When the Gods land, the Fire loses its quality of hurting. Ordinary fire, where you don't invoke God, can hurt, but when you have invoked God it is no more Fire. It is only the body, but inside God is there.
- Agni is considered as the bridge in Hindu tradition to relate with God. All of you should learn to relate with God in these three forms: one, in the form

of Guru and Deity in the temple, second, your own Ananda Gandha, third, in the Fire.

Agni is the knower of all of our actions and all that is worth knowing in the Universe.

- First two you all learned, relating through the Guru and through the Deities. The second one, relating through your own Ānanda Gandha, you will learn only by meditation, and the third one relating through the Fire – is very important because that is one of the very important aspects of Vedic tradition, relating to God through the Fire.
- **You must take us along the righteous and auspicious path of completion, leading us to experience the Supreme Consciousness, the original space of Complete Completion.**
- **O God, Consciousness! May you remove all our incompletions that are obstacles on our good path of completion; beyond coming and going, birth and death. Onto You we surrender with many reverential words, bowing down again and again."**
- "O Agni, the Fire God! Knower of all our actions and all that is worth knowing."
- What a beautiful word – agne naya supathā rāye – means: whatever is our actions, you know and whatever is worth knowing in the Universe, you know that.
- How they set a context for God, understand, in what context even God is remembered.
- That's why I told you, even if you sit in front of a stone and say, "Oh stone, the representative of the Cosmos", immediately that is God now, it is no more a stone.
- Understand, the moment you say, "Oh stone, the representative of the God," that's it! "Oh stone, the representative of the Cosmos," that's it! Now it is God, Deity. Now it is no more a stone. Now anything you do with that stone, is done directly to God. Whether you offer something or pray, it is directly done to God.
- The moment you say "Oh Fire God, you know all of our actions, and whatever

is worth knowing in the Universe, you know," immediately now He represents Knowledge, Enlightenment to you. Now whatever you pray to Him, however you relate with Him, you are relating to Enlightenment now.

- Then when you say – "You must take us all along the righteous and auspicious path of completion" – now you are praying to the energy of Enlightenment. "Leading us to experience of Supreme Consciousness, the original space of Complete Completion. O God…"
- Now please understand, you are praying to God directly who is in the form of Agni – Consciousness.
- "May you remove all our incompletions that are obstacles on our good path of completion, beyond coming and going, birth and death. Onto You we surrender with many reverential words, bowing down again and again."
- I think so much of innocent devotion is flowing in this verse. See there is no knowledge of who is God, but I do not know about it, whoever is God – I am praying to you. I am surrendering – whoever is God, you come and take my surrender. The innocence, but tremendous surrender is flowing in this beautiful verse.

Integrity Awakens "Dhī"

(Fire of Knowing)

LOOK IN

- Listen carefully. Fire is responsible for the knowledge to happen in you. I tell you, Fire gets fully awakened by integrity.
- **Nothing, just follow intensely integrity. In twelve months you will have a kind of a Fire in you through which you can know anything you want to know.**
- Anything which comes in front of you, and you want to know it, you will know it. That fire is called 'Dhī'.
- In Sanskrit we use the word, a single letter 'Dhī'. In all the ancient languages fire is addressed as 'Dhī'; in Sanskrit, in Tamil, in many of the ancient languages.
- Listen, 'Dhī' comes as a gift to you, because of your integrity.
- Just twelve months decide, I will live in the space of integrity, no question of missing. It's just awareness, awareness practice, nothing else. The 'Dhī' will be awakened in your brain. That 'dhi' will give you the intelligence to know everything you want, anything you want.
- Here the Upaniṣadic Ṛṣis are addressing Fire: O' the Fire God! Knower of all our actions. **It means: only if the fire happens in different parts of your brain, knowing happens in you.**
- Knowing happens only if the fire happens. So without the knowledge of fire, knowing cannot happen; knowing is very closely associated with fire.
- Fire - whether it happens here [heart center] or there [gestures to brain], only if it happens you will KNOW what is happening, you will know what is happening. It's very closely related to integrity, understand.
- Integrity is one of the very powerful practices to awaken powers in you.
- If somebody practices integrity, I don't even touch to open their Third Eye. Just a blow is enough, it will open up; because integrity is like a fire, any coconut kept near the fire, you don't need to break it, you just knock it, it will open.

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- People used to ask Me, I used to break the coconut just like that, I will put it in the hand and it will break. People ask, "How Swamiji?" It's nothing; if you keep the coconut near the havan, that fire when it heats up, you don't need to break, just knock, it will open up. I can open even without the fire, because I can send the fire from the hand and *Tuck-* but the science is same; whether you put the fire from outside or through your body, the science is the same.
- Listen, Fire, knowing, integrity, is all one and the same.

From the Life of THE SPH

- I should put this incident in record for the sake of future.
- When I was reciting this verse on the banks of Ganga (1999) in the place called Tale Ghat... Actually, Hamsananda Swami, Who gave Kashaya (ochre robe signifying initiation into sanyas - monkhood), means the Kāvi to Vibhutananda Puri and Isakki Swami (THE SPH's Gurus), when He was traveling toward South, he came by walk to Rameshwaram. That time they received him and they asked Me to go and meet Him, but I was never able to meet when they were alive. So after they left the body I went and had His Darśan, and I was staying there for some time.
- A few people will come to Him, bringing potato and salt every day. He will take very little food, little rice and little potato mixed with ghee and salt; that is His food, that's all. Boiled potato, adding ghee and salt, He will make like a ball, and He will put that into the rice and have; that's all is His food. So people who bring that rice and potato and ghee for Him, they will all ask Him, 'Babaji, give some Upadesh (spiritual instructions). In Bengali they will ask, "Kuch bolo. Give some Upadesh." He will make fun of them, "Hey I have not read anything". He will show Me and say, "He is a bahut badi Baba." He will tell, "He is a balasant (one who adorned monkhood in childhood) who learnt all the Upaniṣads and Shastra", and then He will tell Me, "You tell something to them".
- I can speak little Bengali; so with My broken Bengali, I was trying to explain these Upaniṣads. When I was explaining this 18th verse, this very mantra, I suddenly felt somebody was very strongly looking into Me. It's like some

times, if even from behind someone is intensely looking at you, you will know, and you will turn and see. I was actually sitting on the banks of Ganga. Ganga was gushing.

- You should experience Ganga in Calcutta. So powerful, so powerful! If Ganga in Haridwār is a 'girl', Ganga in Calcutta is 'Kālabhairava', 'Kali'! She is so powerful, two kilometer in width in some places, and often changing the direction during the low tide and ebb tide, it'll flow this way and this way.
- You would be surprised Ganga will be flowing inside, because when the ocean water comes inside, she will flow this way and then she will flow this way. She makes seven kilometers of ocean water into drinkable water. Then She goes inside the ocean. It takes seven kilometers for the water to become salty where the Ganga meets the ocean. I was sitting on the banks of Ganga. It's a small temple there, some Ganesha, Durga, all of them are there, some small, small temples and one room where this Baba used to stay. He's a Nāga basically, so he won't wear dress and he will sit on the gunny bag. The place is called Tale Ghat. A few rich Jains used to bring that rice and potato for Him, sometimes roti.
- So he asked Me to explain the Īśāvāsya Upaniṣad, and I was trying to explain. During this 18th verse, I felt somebody was intently looking at Me, I just turned, I saw Hamsananda Swami only, He was only staring at Me; too strongly He was staring at Me. I asked him, "Why, why you are looking at Me like this, Baba?"
- He said, "When you were explaining intensely, I understood whatever You are sharing is directly from Your experience. So I wanted to look in, whatever is in Your inner space, I just wanted to grasp.
- When I looked in I saw it's a whole Cosmos opening, I got frightened, You turned towards Me."
- He said he was trying to look into Me to understand this whole verse as it is from My inner space, but in My inner space, He only saw the Cosmos, He got frightened. The moment He got frightened, and started losing Himself, I just turned My head.
- He said, "I can see very clearly everything is from directly from Your own experience. These people are blessed." He was telling about the few of the

Fire is responsible for the knowledge to happen in you. Fire gets fully awakened by integrity.

devotees who were listening, he said, "These fellows are blessed."

- Listen. Agni is the knower of all of our actions, and all that is worth knowing in the Universe, He knows.

- Please understand. Anywhere knowledge happens, Agni has to be there. Without Agni, knowledge cannot happen. All the spaces, planets, where Agni is not possible, knowledge is not possible.
- The modern day scientists are searching and trying to find, if there is a place with water, human beings will be there or aliens will be there. I tell you, no, if there is a place where Agni can happen, only there life can happen, knowledge can happen, nowhere else[2]. Only where Agni can happen, knowledge can happen, life can happen, nowhere else.
- Agni is the knower of all our actions and everything worth knowing. Whatever is worth knowing in the planet earth, Agni knows it, He knows it.

2 Ṛg Veda Samhita 1.110.7 verse describes Agni as the agent who carries prayers to the gods, a crucial link between the human and divine realms

Prayer for Enlightenment - Removing Incompletions as Obstacles

- The Upaniṣadic Ṛṣis are addressing Agni as Knower of all of our actions, and all that is worth knowing. Then they pray "You must take us along the righteous and auspicious path of completion. You must take us…"
- Please understand. The prayer is not casual, it is very deep, detailed: 'You must take us along the righteous and auspicious path of completion.'
- 'You must take us along the righteous and auspicious path of completion, leading us to experience the Supreme Consciousness, the original space of Complete completion.'
- I can say that this is the best prayer you can offer to God when you meet him personally. This is the best prayer you can offer to your Guru, when you meet him directly.
- **"Please take me along the righteous and auspicious path of completion, leading us to experience the Supreme Consciousness".**
- I tell you praying for Enlightenment is the greatest thing that can happen; intensely seeking enlightenment, praying for enlightenment.
- I tell you, more and more you pray for enlightenment, more and more your routine will become integrated. Laziness will never be part of you, boredom will never be part of you.
- Boredom and laziness is nothing but 'you do not want to hold onto your ideals', that's' all. You do not want to hold onto what is life for you, what life holds for you.
- You don't need to poison a man who has become lazy and bored because he is already poisoned! You don't need to double-poison him.
- If you want to destroy somebody, just teach them laziness, that's all. Make them lazy, over. You destroyed them. Make them feel tired, over… bored, over.
- Laziness, boredom, these two grow in you when you do not remember the purpose of your existence. Seeking and praying for enlightenment – these two make you reinvent yourself, awakens you. It is like Amṛta during the old age. In the old age

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Agni is the knower of all our actions and everything worth knowing.

if you drink the nectar, suddenly you will become again sixteen and start the new life.

Seeking is the essence of Upaniṣad

- Listen. Seeking the truths of life, praying for enlightenment – these two kindle the whole Fire in you.
- **I tell you, if you have a wheezing problem, stomach problem, any of the issues related to gas and water, means like a cold, all these — just pray for Enlightenment, you will be healed; because when you pray for enlightenment, the fire in the body will be kindled intensely. You will be immediately healed because the fire in the body if it is kindled, whole system goes through a re-invention of itself.**
- Understand. Every time you pray for Enlightenment, fire in your system will be rudely awakened; rudely awakened, that's the word I am using. It'll

be so rudely awakened. The sleep, tiredness, boredom… while you are in the daytime if you are daydreaming, in the night if you are just moving in the bed this way and that way, if you won't sleep, **just pray for enlightenment, this problem will be solved, because daydreaming will drop.**

- When the daydreaming drops, night dreaming will drop; you will become so alive, so alive.
- Constantly praying for Enlightenment to the Cosmic energy... You can call it as God or Guru, whatever, it's up to you.
- **Constantly praying intensely awakens that joy, fire energy in you and keeps it alive. That's the main thing, which makes you reinvent yourself.**

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Innocent Surrender Not Ignorant Surrender

- Listen. The first part of the verse I explained – the best prayer you can do is – lead us to take us along the righteous and auspicious path of Completion, the original space of Complete Completion.
- The next line – "Oh God, Consciousness. May you remove all of our incompletions that are obstacles on our good path, and completion beyond coming and going, birth and death."
- Understand, two important sacred secrets you need to catch in this verse.
- One. Listen carefully, the first — Innocent surrender. Please understand. I am not saying ignorant surrender. Ignorant surrender means – you do not know what is surrender, you do not know to whom you are going to surrender, you do not know what is going to happen after that surrender, you do not know what is going to happen if you don't surrender, you do not know the original concept of surrender just trying to throw away your responsibility in the name of surrender is ignorant surrender.
- Innocent surrender means – you know everything, and you don't have insecurity inside about going through this path, that is innocent surrender.
- Understand the different between these two. I will explain. I have seen, I have seen the hypocrisy of human beings in any level.
- People come and tell, "Swamiji, I surrendered everything at your feet"; at the end of the one-day program, during the Energy Darshan. "Please cure my cancer." I tell them, "Alright, stay for two, three days I'll heal you." "No, no, no tomorrow morning I have to go for my work."
- See the stupidity. "No, I surrendered to you, now you heal now, and send me for my work."
- Extreme hypocrisy. Here, the person doesn't know what is surrender, doesn't care what is surrender. He is using the word for some bargain.

Innocent surrender means – you know everything, and you don't have insecurity inside about going through this path

- Innocent surrender means you have a thorough idea – what is surrender, to whom you are surrendering, what will happen after that, what will happen if you don't, what is the right context, everything. You know the whole thing, and you do not have the fear of transformation it is going to bring inside you.
- Understand. You do not have the fear, the transformation it is going to bring, it is going to bring inside you.
- What it is it exactly you are afraid of? With surrender, suddenly your own taste about life may change which you are afraid of. "Oh God, I may suddenly start liking something else! Then what will happen to all the things I worked for for 10 years. What will happen to that house, which I built designing every room? What will happen to the car which I bought and enjoying the front mirror, side mirror, rear clock, this that, so many things? what will happen to all of that? Suddenly my desires may change, my fears may change, my thinking may change."
- Understand, when you mature, your desires do mature.
- If you decide that your desires should not get matured, you stop your maturity. You stop your maturity.
- **Maturity of the desires and fears is what I call Renunciation. Renunciation is not denunciation, understand. In Hindu tradition, Vairāgya is not arāgya. Virāgā is not arāgā. Renunciation is not denunciation. Maturity getting added to your desires and fears.**
- Understand, you might have read, heard thousands of conspiracy theories, I give you the worst conspiracy theory done against the humanity — creating a fear in people about the possibilities of their desires getting matured.

- *There is a worm, sitting inside that small shell, and if you frighten that worm, "Hey, if you become butterfly, how will you eat? Here at least your food is guaranteed. Inside the shell itself you have the food, and nobody can attack you. If you become butterfly, how will you save yourself. What will you eat?"*
- I tell you, trying to suppress human beings

without letting them taste off-the-grid life, is the greatest conspiracy. I tell you, all the best things India has, Sanatana Hindu Dharma has, is by the rebels who learned to live off-the-grid when they were young. When you are young, learn to live off-the-grid. The powerfulness that brings inside you, after that even if you are hooked to the grid, the grid will be at your feet; not you will be at the feet of the grid. After that nothing can bind you.

- I am glorifying all of this by wearing them (THE SPH is referring to the traditional rudraksha bead jewelry that He is wearing), not getting glorified by all of this by wearing them. I am decorating the throne, not decorated by the throne. I just want to make a statement to the world – all these traditions of Hinduism need to be revived, relived, enjoyed, cherished, spread, enriched; because this tradition taught Me to live off-the-grid. And no society is more compassionate in the world than the Bharat Indian society, which loves, respects, reveres the people who decide to live off-the-grid.
- In any other country, if you decide to live off-the-grid, it is illegal. In this country, decide to live off-the-grid, people will wash your feet and give you food.
- I tell you, fear of your desires getting matured will stop you getting matured.
- Any society that frightens its people about maturity will kill itself.

Maturity of the desires and fears is what I call Renunciation.

Celebrate your desires And Anxieties, getting matured

- Let more and more maturity be added. Let your desires get matured, your fears get matured. If you are afraid of death, and suddenly you are afraid of the karmas, which may hit you after death; don't think you are in the same state, you have become matured.
- If you are no more afraid of death, only the karmas which may or may not come after death, then your whole life, you will not be planning for more and more locks and bigger and bigger walls, you will be planning about Completion.

- **If you are afraid of death you will be planning for greater and greater wall and lock. If you are afraid of karma, you will be planning for more and more Completion. So even your fears getting matured, is a growth.**
- With surrender, the first thing you will experience is, your desires and fears will get matured. End, they will completely disappear, that is different – that is the ultimate experience. But the moment you even start practicing surrender, your desires and fears will start getting matured.
- Your anxiety, your fear, whatever emotions with which you are struggling, your incompletions, all these will start getting matured.
- You may not have incompletion with the people who are living with you, or with the day-to-day life.
- You may have incompletion with incompletion itself, that is why I am not able to complete you. That is not, that can never be equated to the incompletion you are having with the next person because she did not smile at you or he did not smile at you, they did not respond to you, they poured water on you.
- You have incompletion about they poured water on you is totally different, than your incompletion about incompletion that – why you are not able to complete.
- I can say here, even your completion and anxiety has become more mature.
- See ultimately this incompletion will disappear, that is experience. But even maturity shows the growth.
- **The moment you start practicing surrender, the first thing that will happen to you is – maturity in your desires, in you anxieties, in your fears, in your greed, in your everything.**

Making your old problems redundant is Renunciation

- I tell you, live with the people who are matured, you will love the life, you will love the life. This whole prayer you see, such matured prayer, matured surrender!

- If you are surrendering to somebody to save your life, or to have two square meal, it is stupid surrender, you are becoming slave. If you are surrendering to somebody, asking for Enlightenment, leading you to beyond coming and going, birth and death, that is matured surrender. Even in surrender there is maturity. The context, understand.
- **Understand, your surrender, your fear, your anxiety, your desire, everything will get matured, the moment you start practicing surrender.**
- Surrender smokes out all your hypocrisy. It just smokes out all of your hypocrisy. You simply know what is hypocrisy. You simply know why you are hypocrite.
- First reason, why you are hypocrite is, the fear implanted in you by society about our desires getting matured.
- I have seen people telling, "I am afraid to come to the ashram. I may just settle down there." "Aye, Aye! You think then we are all fools?" You are blessed if your desires can get matured and you can settle down here. It's only the people whose desires have matured and who can settle down here; otherwise I have enough Bhuta, Preta, Ganas to pour water on you, and kick you out.
- The moment you say, "I am afraid to go and attend Inner Awakening, I may stop drinking." It means what? – fear of your desires getting matured.
- *It is exactly that worm feeling, "Oh, if I become butterfly, where will I get my food, how will I protect myself? I heard many, many, big, big worms will try to eat me." Hey, just become butterfly all these problems won't even exist in you.*
- Making your old problems redundant, not solving, redundant, is Renunciation. They just become redundant to your Life.
- The more and more practice of surrender, will more and more smoke out the hypocrisy which you are hugging. Cuddling hypocrisy is not cute. Understand, hypocrisy is not cuddly bear; it is cuty bear, not cuddly bear. Cuty bear means a bear that is going to bite you. Don't cuddle with your hypocrisy. No!

The more and more practice of surrender, will more and more smoke out the hypocrisy which you are hugging.

- Celebrate your desires getting

matured. Celebrate your fears getting matured. Celebrate your anxieties getting matured. Celebrate your decisions getting matured. Celebrate your vision getting matured, you will celebrate Surrender; because in real surrender, spiritual surrender, the worm is becoming butterfly.

When Surrender gets added, maturity happens in you

- *The other day I saw a Facebook posting – a worm and butterfly both of them are sitting there in a table in a restaurant. The worm says, "You have changed in one month." Butterfly says, "Yes, Nithyanandoham effect. Yes, Nithyanandoham effect!" and the photo it really had a lot of meaning, In front of the worm, there were a lot of food items, and the butterfly, nothing was there.*

- **The snake form of Kuṇḍalinī in Mahādeva's form denotes Surrender.** Understand, each item in Mahādeva's form represents one idea, one truth. Snake represents the Kuṇḍalinī Śakti, which has surrendered to Mahādeva; or, I can say Mahādeva's own Kuṇḍalinī Śakti, which is under His control.
- Innocent surrender means you know everything about surrender, but you don't have fear.
- Ignorant surrender means you don't know anything about surrender; you just use that word for bargaining something.
- Here you can see the innocent surrender. What a matured prayer.

- Oh God, Consciousness, May you remove all of our incompletions that are obstacles on our good path of completion; beyond coming and going, birth and death. Onto you we surrender, with many, many reverential words, because we don't know any other words. We only know the reverence we carry in our heart and we don't know how to verbalize it, so we offer that as it is. Bowing down, again and again. Bowing down, again and again.
- Understand, when money gets added, your taste about life changes. When power gets added, your taste about life changes. When name and fame gets added, your taste about life changes. When Surrender gets added, maturity happens in you. Understand, the biggest change you can have in your life is maturity.
- I will explain the difference. When money gets added, you have new desires, a new way of thinking, new fears, everything, but that does not mean your old desires have gone, they become redundant; does not mean your old fears have become redundant.
- When name and fame gets added, you have more desire, more fear that does not make your old desires and old fears redundant.
- When power gets added, you have new desires and new things, that does not mean the old gets redundant.
- But, when maturity gets added, constantly the old desires, and the old fears are becoming redundant. Whatever is today, desire and fear, tomorrow it will become redundant and tomorrow whatever is desire tomorrow, fears you have, that will become redundant day after tomorrow.
- **Constantly the old desires and fears becoming redundant, is what I call maturity. That is what is Renunciation. Renunciation is not denounciation. It is just making old redundant. They are no more part of you, they are no more part of you.**
- Ability to make old desires and fears redundant is the ability to keep life alive.
- If you have that ability, you can make disease redundant in your body, boredom redundant in your mind, suffering redundant in your emotions, pain redundant in your relationships.
- At one point, you will become redundant due to Enlightenment. Ultimately

you will become redundant. That is Enlightenment. Making things redundant in your life, making things, places, people, redundant in your Life. When you mature, the people who all the time talk about shares, clothes, car, bank balance, their net worth, they become redundant to you.

- And I have seen these stupid NRI parties, all the time these donkeys talk about only this. The moment they gather, "hey what is the share? What's the car you are driving? How many swimming pools you have in your house? How many bedrooms you have in your house? Do you have a tennis court." Make all these people redundant in your life. And when these women gather, oh God, NRI women…sari, jewel, kitty party…Make all these people redundant in your life. When your taste changes, they become redundant. When you get matured, they become redundant.
- The innocent surrender, where you know everything about it, you are not afraid of it.
- I tell you, the fear of maturity is the worst fear taught to humanity. This is the biggest conspiracy done against humanity.
- Attack on your body is chemical agriculture and pharmaceutical companies.
- Chemical agriculture and chemical medicines is the attack on your body.
- Overly sexed and violence based entertainment is the attack on your mind.
- Fear of the maturity is attack on humanity. Understand, I am neither revolutionary nor rebel, I am just evolutionary. Maybe I can coin a new word – REVIVEVOLUTIONARY.
- Even in the prayer, what a maturity! This one verse, I feel there is so much to tell about this verse.
- agne naya supathā rāye asmān viśvāni deva vayunāni vidvān | yuyodhy asmaj juhurāṇam eno bhūyiṣṭhāṁ te nama-uktiṁ vidhema || 18 ||
- What a prayer..what a prayer! The moment I read this mantra, I can see the whole bio-energy becoming alive. If you want to prayer, I think this should be your prayer with that clarity – even while you pray, SO'HAM ASMI.
- With this prayer, the Upaniṣad leads you from impersonal relationships to personal feeling connection. You can always just cheat yourself with just some

good ideas, concepts, but never connecting with the Source. This verse does not allow you to do, this verse really awakens that feeling connection.

Seeking is the love letter from your Beloved who is living in your heart forever.

Seeking is the way God in you wakes up

- Seeking is the way God in you wakes up.
- Understand, Seeking is the way God in you wakes up. In the early morning sometimes you feel, you yourself will feel that you are dreaming. That is the way you wake up. How many of you have experienced the state that I am describing?
- Same way, listen. Seeking is the way you wake up to your reality. Don't fall asleep, don't turn away when the Seeking is awakened in you. Understand.
- After remembering you are dreaming, you just pull up your blanket and turn and sleep, how stupid you are. Same way, after just having seeking, after smelling seeking in your life, after tasting seeking in your life, if you just turn and lose that intensity in seeking that is the most stupid thing that can happen to you in your life.
- Anything can be lost, not Seeking. Anything can be lost, you can get it back. 'Money' stupid, you can get in 24 hours. Health, you can get it in the next few weeks, even if you lose it. Character, there is nothing called character, it is just your understanding, ideas if you alter it, you can get it immediately back.
- Anything lost, you can get it back not Seeking, because Seeking is not something to do with mind, it is something to do with your very Consciousness.
- Seeking is the love letter from your Beloved who is living in your heart forever. If you miss that, you may have to wait forever and ever to get the second letter.
- Understand, it is a message from your Beloved who is residing in your heart forever. Anything can be lost, not seeking. Body can be lost and immediately you can have another one, because tons are there in the planet earth, billions of bodies are there. Mind can be lost immediately you can make another one.
- Understand, anything can be lost; you can get it, not Seeking.
- Constantly, constantly keeping your inner quest alive, keeping the basic

questions alive, till they become experiential answers, not intellectual, experiential answers...

- **What am I doing? Everyday what am I doing? What I am doing is it exactly moving me, pushing me towards where I am supposed to reach. What am I doing? Where am I going? What am I doing? Where am I heading?**
- Understand. Even in the Sangha, only if you are clear about — what am I doing? Where am I heading?; Only then you will be able to function. The system is such; I have evolved such a balanced system. I have kept lots of checks and balances. Unconsciously you can never win over the Sangha. You can never become a Mahant, SriMahant or head of the Sangha by your so-called social, political, efficiency unconsciously. You just remain in unconscious, but just because of social, political strength, power you can become head of the Sangha will never happen here. I have made enough check and balances. Constantly you have to remember, what am I doing, is this helping me to head where I am supposed to reach.
- Only with the Seeking if you function, you will be fueled from the right Source.
- Understand, your fear should not fuel you. Your greed should not fuel you.
- You should not work out of fear and greed. That does not mean you should not work. There are many stupid fellows, I should not work out of fear and greed, so I should not work. Understand, drop the fear and greed, not the work. No, there are people, I should not work out of fear and greed, so I don't want to work. Drop the fear & greed not the work. You should not work out of fear and greed. Seeking should be the energy source. Seeking should be the energy source. Seeking should be the energy source. Actually, if you make the Seeking as the energy source from morning till night for your thinking and planning, even in the night you won't fall asleep. You will only fall into the space of Turiya [fourth state of consciousness] and wake up. You will only fall into the space of Turiya and wake up.
- Understand, the essence of whole Isavasya Upaniṣad, the lesson you need to learn from the Isavasya Upaniṣad is – intense seeking, intense seeking. **The eighteenth (18th) verse emphasizes on praying and surrendering. Ultimately, man cannot make it, only God has to make it.** Only He has to make it for you, so that is why — "Oh God, Consciousness may you remove all our incompletions

that are obstacles on our good path of completion, beyond coming and going, birth and death. Onto You, we surrender with many reverential words, bowing down again and again, bowing down again and again."

- The surrender, the devotion; actually, when your bio-energy is kindled, awakened, the devotion and surrender will be the first thing happening in your bio-memory; that will be the first thing happening in your bio-memory. Your whole body and mind will start tasting devotion and surrender. Every time when I chant this verse, throat feels so sweet, because the way it is described – we surrender with many reverential words, bowing down again and again.
- bhūyiṣṭhāṁ te nama-uktiṁ vidhema || pranamāmi muhur muhur — means bowing down again and again.
- When the gratitude overflows, that is what, that is the only thing you know to do. Nothing else can be done; you don't know what to do. pranamāmi muhur muhur— bow down again and again. When your bio-energy, God particle, Kuṇḍalinī Śakti is awakened, you will feel tremendous Seeking in your bio-memory. Suddenly you will see the earlier, the cognitions you built about you, everything is collapsing like a Hindi movie climax. How in the Hollywood, Bollywood movie climaxes always they collapse at least 2 or 3 buildings, only then climax will happen. How those buildings collapses, you will see your cognitions collapse, not for bad, but for good, because the right expansive cognitions will start happening. I tell you, that is why I am saying when the seeking happens in your life, 10 times more you should be micromanaging and planning, only then the real, the Seeking is getting filled in your bio-memory and your bio-memory is getting shaken by that Seeking. **Normally if you are managing one shop, if the Seeking awakens in you, you should be able to manage 10 shops, and the Seeking fire. Only then your Seeking is penetrating into your bio-memory.** Otherwise somewhere the wrong tube connection, it goes somewhere else.
- Understand, when the God particle, the Kuṇḍalinī Śakti, bio-energy awakens in you, the first thing will happen — your bio-memory will be shaken with Seeking. Everything, everything, the old cognitions will start shaking, shivering like Bollywood movie climax, how the buildings collapse, cars explode. Your old cognitions will explode; collapse and the new will start happening. New cannot be exploded or collapsed because it will be stone. The first thing will

happen in your bio-memory is, Seeking exploding in your muscle memory, so much of energy will happen. Suddenly you will see, the tiredness disappears, so much energy, to live your day-to-day life; so much joy to live your day-to-day life.

- The devotion, surrender expressed in this verse can be a powerful source of energy for you, even by contemplating on it, even by contemplating on it. Essence of this whole Upaniṣad is — SEEKING, SEEKING. SEEKING THE BASIC TRUTHS – Who Am I? Who am I? What Am I? Who Am I? What Am I? Who Am I? What Am I? Where am I heading? What I am doing? How is live happening?
- Keeping these basic questions alive, aligning your every breath to these basic questions. Integrating your every breath to these basic questions, integrating you is the basic questions, is Seeking. Integrating you to the answers to the questions you receive from the Master is Living Enlightenment. Integrating you to these questions is seeking. Integrating the understanding the source of questions and the answers is Surrender.
- **Integrating yourself to all these questions is Seeking. Integrating yourself to the answers received from the Masters is Living Enlightenment. Integrating yourself to the truth – He is the source of questions and the answers is Surrender.**
- Essence of Upaniṣad is SEEKING.

Technique: Healing by kindling the fire in you *Health & Wellness* Just pray for Enlightenment, you will be healed; because when you pray for enlightenment, the fire in the body will be kindled intensely.	
Instructions	If you have a wheezing problem, stomach problem, any of the issues related to gas and water, like cold— just pray for Enlightenment: **"Please take me along the righteous and auspicious path of completion, leading us to experience the Supreme Consciousness"**
Reference	Verse 18, Īśavāsya Upaniṣad, page 626
Share	https://nithyananda.ai

TECHNIQUE

LIST OF TECHNIQUES, EXERCISES AND MINDFUL DAILY PRACTICES

Stress and anxiety management

Stop Worrying, Start Living 51

Be Stress-Free 53

Choose Life, Defeat Anger 177

Practical decision-making

Renunciation (Tyāga) as a Winning Strategy for Life 128

Battle the Call of Tiredness 188

Deciding for life brings you energy to have everything- money, health, enlightenment? 195

Owning, Not Possessing: Economic Principle of KAILĀSA 210

How Do You Respond When Things Don't Go As Planned? 225

Have patience to deal with yourself 226

Reason to grumble is compassion of the Cosmos towards you 240

The Key to Overcoming Frustration 244

Dussaṅgha - The Biggest Warning (Wrong Company) 256

Raising to the Space Where There Can Never Be Imbalance 401

Meditating On Concepts Described By The Upaniṣads Grows The Intra-organ: Third Eye 471

Integrity Awakens "Dhī" 622

Celebrate your desires And Anxieties, getting matured 631

When Surrender gets added, maturity happens in you 634

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Health and wellness

Anti-Age with Acceptance 47

Healing Yourself with Time 48

Self-Cleaning for Healers and Daily Life 61

Your Decision to 'LIVE' can Change your DNA! 180

Decide for Eternal Life 184

To Achieve The State Of Jīva Samādhi- state of not using the body, but not being dead. 186

Re-program, De-Program Your DNA 187

Your Immortality is The Truth: Life Energy Moves and Expands 306

Go On Thinking "What is Consciousness?" For Brain Development 467

Go On Thinking — "What Is Consciousness?" Automatically, Your Brain Will Start Catching That As You 470

Eternal Life Process 609

Relationship and communication skills

Decide. Act. Be Free. 198

What mental setup makes you decide against life? 201

What Is Saying "no" to life Exactly? 208

The Delusion of "Inner" and "Outer" 324

Why Conflicts in Relationships? 354

Developing Confidence to Function from Love and Oneness 373

Loving Advaita will lead to Living Advaita 381

Right Ideas You Carry About You Gives You The Experience Of Oneness 400

Purpose and meaning in daily life

Everything is consciousness, then what am I perceiving? What is this world? Why suffering? 22

Perceive God, Consciousness "Īśvara" (Advaita) By Stopping Your Mind 22

Overcome fear of death 26

Awakening Inner Intelligence through Self-Inquiry 32

Reality is "What Is," Free from Prejudice 35

Technique to Experience Consciousness: Live in the present moment 40

Japa: A Technique for Conscious Awareness 68

MahāMantra Meditation Technique 70

Technique to Experience You Are Consciousness: Renounce Everything & Enjoy Everything! 73

How Prayers Become Reality in Temples 99

Technique from Tantra: Stop the Movement Inside You 111

Truth vs. Technique- The Flawless Declaration of Īśāvāsyam Idagṁ Sarvaṁ 115

Technique: Will & Grace 116

The Science of Becoming īśā 144

Are you Rooted in Intellect, Emotion or Being? 167

Customized Path For You To Experience Everything is Energy 173

How To Be Free From Karma, Transcend Karmic Effects? 197

Technique of Negation: "Na Iti, Na Iti" to Find Consciousness 283

Setting the Right Context and Turning the Mind Towards the Source 296

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The Essence of Ekam: Oneness as Living Expansion 298

Discovering Your Consciousness: The ONLY Purpose of Life 316

Vākyārtha Sadas: Chisel Yourself and Discover Consciousness 318

Mahādeva Describing Himself: Paradoxical Qualities 319

The Inner Light Is Revealed Through Contemplation 417

Contemplating on Consciousness- The Path to Spiritual Growth 420

If You Understand You Are Consciousness, Then Whatever You Do For You And For Others And To The World, Everything Is Living Enlightenment 421

Decide: All My Thinking, Everything Is From This One Truth — I am Pure Consciousness 424

Defining Yourself as Upaniṣad Declares 'Who is a Hindu' 426

Experiencing Absolute Radiant and Self-Effulgent Nature 428

Upaniṣad declares you as YOU. Stop settling down! 441

If You Work With Consciousness, Anything Can Be Changed Without Changing Anything Or Everything Can Be Changed 455

Warning Against Stagnation and Incomplete Knowledge (Avidyā) 475

Seeking Awakens The Super Human In You 477

Seeking is Eternal: Cosmic Engine that Drives Expansion 478

Experience Truth With Pure Seeking 503

Seeking is Eternal: The Cosmic Engine that Drives Expansion 514

Karma Is Nothing But The Wrong Decisions You Took 542

How to Wake Up to Ultimate Reality? 587

Ask: Am I in, completion? 616

Seeking is the way God in you wakes up 638

Glossary

Sanskrit Word	Meaning
A	
Ābharaṇa	adornment
Abhaya	complete protection
Abhaya hasta	the hand of the deity showing protection and grace
Abhin	an opium variant
abhiniveshaha	the first level truths are slapped on your face by life
Abhiṣeka	water rituals involving pouring of water on the deity
Abhyāsa yoga	practise of yoga of holding the mind in a state of union with divinity
Āditya	the Sun
Advaita	non-duality; the space of experiencing oneness, infinity with Cosmos where each one is infinitely powerful and infinitely intelligent. Advaita truth integrates the Self and Creator into one non-dual entity, where everything is 'you' and 'you' are everything.
Advaita anubhava	Non-duality experience where you experience everything animate and inanimate as 'you.'
Āgāmya karma	karma we accumulate in the present birth
Agarbathis	incense Sticks
Agne	O Fire God
Agni	fire, also 'god of fire'
Aham	me
Ahaṁkāra	the Outer image—the identity or image or ego you project to others and the world
Āhāra	food
Āhāra śuddhi	purity of food
Ahimsā	non-violence
Ahirbudhnya	one of the Rudras or the celestial beings

Sanskrit Word	Meaning
āhuḥ	said, declared
Āhutis	firewood sticks and other offerings used in the ritual
Airāvata	the elephant of Indra, king of celestial beings
Aja	one of the Rudras or the celestial beings
Ājñā cakra	the sixth energy center located between the eyebrows. Means 'command' or 'will' in Saṃskṛit. This cakra is blocked by one's own ego.
Ākāśa	space, sky; subtlest form of energy of universe
akāyam	unembodied (beyond the subtle body)
Akṣaram	imperishable
Ālvārs	Tamil poet saints of south India who lived between the sixth and ninth centuries and espoused emotional devotion or bhakti to Viṣṇu-Kṛṣṇa in their songs of longing, ecstasy and service.
Amānitvam	humility
Ambā	the eldest daughter of King of Kāśi
Amṛta	divine nectar whose consumption leads to immortality
Amṛta dhāra	flow of nectar
amṛtam	Immortality, eternal
Amṛtatva	immortality
Anāhata cakra	subtle energy center in the heart region related to love
Ānanda Gandha	literally means 'the fragrance of bliss.' Ānanda Gandha is a nāḍi, a subtle cosmic energy center just below the heart center (anahata cakra) and above the stomach center (maṇipuraka cakra), which is rarely awakened only by the initiation of an Incarnation. THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM initiates participants of the Inner Awakening program into the sacred Ānanda Gandha, by which they become the channels of pure cosmic energy as Nithya Spiritual Healers, transmitting healing energy to the world
Ānanda sabha	meditation hall at Nithyananda Ashram, Bidadi

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Sanskrit Word	Meaning
Ānanda spuraṇa	fountain of bliss
Ānandamaya kośa	the fifth and final energy layer in the five layers known as kośas. A meditative journey through the five kośas.
Anantavijaya	Yudhiṣṭhira's conch
Anasūyanto	without enemy
andham	blinding
anejad	unmoving
anilam	Cosmic life-energy, air
Anitya	transient
Añjana	collyrium, black pigment used to paint the eye lashes
Annadāna	donation of food
Annāmalai Swamigal	enlightened disciple and personal assistant of enlightened Master Bhagavān Ramaṇa Maharṣi
Annamaya kośa	food or Physical sheath, the first of the five kośas or energy sheaths.
Annapūrna Devi	Cosmic Mother, Devi who is 'giver of food and nourishment.' She is embodiment of completion with food and supreme welfare. Avatar (incarnation) of Devi Pārvati, Cosmic Mother, divine consort of Lord Śiva. She is the presiding Goddess of the city of Kāshi (Varanasi).
antaḥ	inside, inner space
Antarikṣa	space
antike	very near (than the neartest space)
Anubhūti	inner experience
Anyakāra	the Others' image—the image or expectation that others carry about you
anyān	all other
anyat	different
anyathā	other alternative, any other way
apaḥ	all activities (literally apaḥ is 'water', all activities of life are connected to water, hence it represents 'activities' in this context)

Sanskrit Word	Meaning
Apāna	part of prāna that works downwards and is responsible for the excretory and reproductory organs
apāpa-viddhim	untouched by delusion, incompletion (sin)
Aparājita	form of rudra; also means 'invincible' or 'unconquered'
Aparigraha	concept of non-possessiveness
Āpas	water
apāvṛṇu	kindly do open or remove, reveal
aphitam	concealed, veiled
āpnuvan	overtake and go beyond
Apyāyanam	tattva (principle) of enriching that awakens the power of living
Arāga	detachment
Āraṇyaka	part of the vedic literature which describes the significance of rituals. Since they are voluminous they are referred as āranyakas which means forest.
Ārati	a Hindu ritual, in which light from wicks soaked in ghee (purified butter) or camphor is offered to one or more deities.
Arcāvatara	descent of the divine into the deity for purpose of worship
Ardha Kumbhamela	spiritual gathering which happens once in three years in India at one of the four places of Prayāg, Haridwar, Ujjain and Nāsik on the banks of sacred rivers.
Ardhanārīśvara	a form of Lord Śiva that is half-man and half-woman
arṣat	moving
Artha	a person who is in distress and suffering
arthān-	Desirables, responsibilities
Aruṇācala akṣaramanamalai	the soul stirring hymn to Aruṇācala Śiva, composed by the enlightened master Bhagavān Śrī Ramaṇa Maharṣi
Aruṇācala hill	a holy hill in the city of Tiruvannamalai, Tamil Nadu, South India; direct embodiment of Lord Śiva

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Sanskrit Word	Meaning
Aruṇagirināthar	a Tamil poet who lived in the 15th century in Tamil Nadu, India. Authored Tirupugazh, a book of hymns in praise of Lord Muruga, a Hindu god
Aryamā	one of the adityās
Āsana	physical posture
Ashramites	residents of the ashram
Āśirvāda	blessing
asmān	us
asmat	from us
asmi	am
asnāviram	without muscles (snāvā) and network of veins (beyond the gross body)
aśnute	achieve, enjoys, celebrates
Aśraya doṣa	defect related to reality
Aśtamahāsiddhis	the eight extraordinary mystical powers
Aṣṭāṇga Yoga	eight fold path to enlightenment prescribed by Patañjali, the founding father of yoga, in his Yoga Sūtra
asti	there is
Astra	a thought or word that is given an enormous power to destroy by its creator
Āsurī sampat	demonic nature
Aśvatta	banyan tree
Aśvinī	it is the very first of the 27th constellation of stars in Hindu astronomy
Aśvinī kumāras	divine twin horsemen who were also the physicians of the Devas
asya	of this
atha	now
Atharva veda	the last of the vedas, which are ancient Hindu texts
Atithi devo bhava	'consider the guest as God Himself.' In Bhārat (India), serving the unexpected guest is considered a great enriching act of 'dāna' The mantra appears in Taittreya Upaniṣad

Sanskrit Word	Meaning
Ātma Bhūti	state of Divine
Ātma jñāna	Self realization
Ātma sādhana	self effort
Ātma śakti	(or ātma siddhi) the power of living; ability to live and radiate the powers of thoughts, words and feeling to create the reality for others and for yourself. Awakened by the tattva of (āpayāyanam) enriching
Ātma vicāraṇa	self enquiry
Ātma vidya	knowledge of the self
ātma-hanaḥ	killers of the Self or consciousness, ātman
atyeti	outruns
auṁ	Vibration of consciousness
āvāsyam	is enveloped, pervaded or filled
Avatār	Incarnation, the Supreme Divine; formless energy, the Super-conscious energy that manifests in human or living form for a specific Cosmic mission to bless, protect and grace humanity; Avatār literally means 'the happening or the appearance or the descend' as they appear in human plane with complete consciousness. Avātars are partial (anṣa avatār) or complete Incarnations (Purṇāvatār like Kṛṣna and Mīnākṣi) depending on their divine mission. Kṛṣna promises in Bhagavad Gītā that incarnations or enlightened beings eternally happen again and again to protect their devotees (Sādhu), to destroy the adhārmic (wicked) forces and to re-establish dharma, the Yoga, sacred science of Enlightenment Āzhwars: devotional saints of Tamil Nadu, India
avidyām	ignorance, delusion (of unconsciousness)
avidyayā	by actions, ignorance
avraṇam	woundless, without any fault (beyond the gross body)
āvṛtāḥ	covered, coerced
Avyakta	unseen or unmanifest

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Sanskrit Word	Meaning
B	
bāhyataḥ	outside, outer space.
Bālāji	one of the names of the presiding deity of Tirumala Tirupati
Balasant	child monk
Bali	a king of the demon race
Beedi	local Indian cigarette
Bhaga	a form of Śiva; a form of the sun
Bhagavān	literally god who possesses fortune, divinity; the blessed one; often used for an incarnation, the Supreme God or embodiment of Absolute Truth
Bhāgavatam	also called 'Śrimad Bhāgavataṁ Mahā Purāṇa'. Literally means 'Divine eternal happenings of Supreme God'; the richest philosophy of God narrating the divine plays of all incarnations of Viṣṇu especially Lord Kṛṣṇa, celebrating the true Divine love of God as path and goal of life and Existence. It explains the scientific history of Brahmāṇda (Existence) and its creation; ultimate compilation by Śrī Veda Vyāsa. Considered the very essence of all Vedānta literatures and the purest, greatest of all Purāṇas; the text incarnation of Lord Kṛṣṇa, as Supreme God
Bhagīratha	ruler of Kośala, a kingdom in ancient India. He performed intense tapas to bring river Ganges to the Earth from the Heavens
Bhaja govindam	collection of 32 (sometimes 34) devotional verses composed by the great enlightened master and incarnation Ādi Śaṅkarācarya. This is considered to be the essence of Vedānta and Advaita philosophy
Bhakta	a devotee
Bhakti	devotion

Sanskrit Word	Meaning
Bharaṇi	a form of poetry in the Tamil Sangam literature
Bharata	brother of lord Rāma in Rāmāyaṇa
bhasmāntam	Reduced to the sacred ashes
Bhāva roga	emotional diseases
Bhāvana	visualization
Bhāvanā	visualization
bhayaṁ	fearfulnes
Bhṛgu	great sage of the Vedic tradition
Bhū Bhāra	the weight (bhāra) on Mother earth (Bhū)—implies the weight on unconsciousness or collective negativity on earth)
Bhū garbha	womb of the mother
bhuñjīthāḥ	may you enjoy [everything]
bhupura	square
Bhūta śarīra vāsa	life in the earlier body or the previous birth
bhūyaḥ	still more, greater
bhūyiṣṭhāṁ	many many, most numerous
Big Bang	one of the cosmological models of the Universe; proposed by Georges Lemaitre, a Roman Catholic priest
Bīja	seed; bīja-mantra refers to the single syllable mantras used to invoke certain deities
Bio-memory	Bio-memory The intelligence or the energy based on which you created your body at birth, is called your bio-memory. That same bio-memory has enough intelligence to live, run and expand your life.
Bodhi Dharma	Bodhi Dharma was a Buddhist monk from southern India who lived during the early 5th century and is traditionally credited as the transmitter of Zen to China.
Brahma	the Lord of Creation; one of the sacred trinity—Brahma, Viṣṇu, Śiva
Brahma Jñāna	Self Realization; knowledge of the Self or Brahman
Brahma sūtra	ancient spiritual treatise authored by Veda Vyāsa or
Brahmacarya	the state of living without fantacies or living like God;

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Sanskrit Word	Meaning
Brahmakapāla	begging bowl made of Lord Brahma's skull that is insatiable (refers to wordly pursuits that are unending)
Brahmaloka	the highest of the celestial worlds
Brahmān	refers to the Supreme Self
Brāhmaṇa	individuals engaged in attaining the highest spiritual knowledge; the class of the society involved in learning and spreading knowledge
Brahmāṇḍa	cosmos, macrocosm (also see Piṇḍāṇḍa)
Brahmanyam bahuputratām	the state of being the favorite inheritor of the cosmos
Brahmāstra	divine nuclear weapon in Vedic history of Bhārat by great accomplished warriors and sages; invoked by the power of mantras, sound vibration frequency. Used in Mahābharat world war \
Brahmavidyā	the science of the spiritual knowledge of the Absolute Universal reality. Considered the highest ideal of knowledge to be known in Sanatana dharma. Another name to define Bhagavad Gītā
Brahmins	priestly / scholarly class of Hindus responsible for preserving and propagating the scriptures
Bṛhadāranyaka Upaṇiṣad	one of the primary (mukhya) Upaṇiṣads contained within the Śatapatha Brahmana, a portion of the Brahmana text branch, associated with the Śukla Yajurveda ascribed to Yajñavalkya. Its name implies, 'the great forest of Absolute Knowledge.'; asserting the Truth of Advaita (non-duality) and contains the Mahāvākya of 'Ahaṁ Brahmāsi—I am Brahman' 'Puṛnamada puṛnamidam...' and mantra of 'Oṁ asato ma satgamaya..' and commented on by Ādī Śaṅkarācārya
Brihat sāma	a part of the Chāndogya Upaniṣad
Brindāvan	or Vṛndāvan, sacred place where Kṛṣṇa grew up near present day Mathurā, U.P

Sanskrit Word	Meaning
C	
ca	and
Caitanya Mahāprabhu	a 15th century Enlightened Master from Bengal, India steeped in devotion to Lord Kṛṣṇa; An Incarnation of Kṛṣṇa Himself who appeared to teach the science of pure devotion (prema bhakti) to Kṛṣṇa in Mahā-bhāva. His followers are known as Gaudīya Vaiśṇavas; essence of His teachings is encapsulated in Śikṣāśtakam (8 verses)
Cakra	energy centers in the body. Literally means 'wheel' based on the experience of mystics who perceived these energy centers as whirlpools of energy. There are seven major chakras along the spine Mūlādhāra, Svādhiṣṭhāna, Maṇipūraka, Anahata, Viśuddhi, Ājñā and Sahasrāra.
Cakṣu	energy behind the power of sight
Candāla	low caste person
Candramā	moon
Cār dhām	four sacred pilgrim centres in the Himalayas, namely—Haridwar, Rishikesh, Kedarnath and Badrinath
Catur tattvas	the four sacred life principles namely—integrity, authenticity, responsibility, enriching as revealed by Paramahamsa Nithyananda. Each tattva represents the essence of all each of the Catur Vedas
Catur veda	the four Vedas, namely—Ṛg Veda, Yajur Veda, Sāma Veda and Atharva Veda; the large body of spiritual texts of Truth organized around four canonical collections; directly revealed to the enlightened sages, as Śrutis ('what is heard'); Originally in 100,000 verses in total, now 20,379 verses in total are available. The latest reproduction of Vedas is by Bhagavān Veda Vyāsa, about 5000 years ago

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Sanskrit Word	Meaning
Charles Townes	an American Nobel Prize-winning physicist and educator; well-known for his work in Maser and Quantum electronics
Cidākāśa	the inner space; literally means 'the sky of inner space; the space in the surrounding(e.g. as in a room). The other two being ghaṭākāśa and mahākāśa. Mahākāśa is the third infinite space of Consciousness.
Citragupta	a Hindu god assigned with the task of keeping complete records of actions of human beings on the earth, and upon their death, deciding as regards sending them to the heaven or the hell,
Citraratha	a gandharva, a celestial being

Sanskrit Word	Meaning
D	
dadhāti	supports, gives
Dadhīci	a great sage
Daityas	race of beings that fought against demi gods
Daivī saṁpat	divine nature
Dakṣiṇāmūrti swamigal	great south indian saint
Dakṣiṇāyanam	the six months in the year when the sun moves to the southern hemisphere
Dakṣiṇeśvar	a small town in West Bengal, famous for its Kālī temple where Rāmakṛṣṇa Paramahamsa lived
Dāna	sharing or imparting. Considered a sacred sacrifice to enrich others
Dānava	a race of the asuras or deamons
Darśan	vision; usually referred to seeing divinity
Dāsa bhāva	feeling that you are a servant of the Master
Dasa graha	ten major heavenly bodies
Deśa	country or a region
deva	o god
devāḥ	gods of senses
Devaki	Lord Kṛṣṇa's birth mother
Devatas	demigods
Devī	supreme goddess in Hinduism, Cosmic Mother; Ādi Śakti, the primordial energy of Existence
Devī Gāyatrī	goddess of knowledge
dhanam	wealth
Dhanañjaya	the name of a vital air nourishing the body; the winner or conqueror of wealth—a name of Arjuna called by Kṛṣṇa in Mahābhārat

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Sanskrit Word	Meaning
Dhāraṇa	collection or concentration of the mind (joined with the retention of breath)
Dharma	righteousness, the eternal path of living in righteousness or Truth; natural law of existence
Dharmakṣetra	holy land of dharma
dharmāya	onto the path of righteousness or truth
Dharmo rakṣati rakṣitah	dharma protects the one who protects it
dhāvataḥ	fast running ones (mind, speech, senses)
Dhī	intellect; fire of knowing
Dhīraḥ	courageous person. Term used by Svami Vivekānanda in exhorting his followers
dhīrānāṁ	from wise, courageous beings
Dhyāna	meditation
Dhyāna yoga	path of meditation techniques
Dīkṣa	grace bestowed by the Master (Guru) and the energy transferred by the Master to the disciple as an initiation or any other time, through a mantra, a touch, a glance or even a thought.
Divya cakṣu	divine eye. Also called divya netra
Doṣa	defect
dṛṣtaye	for the Divine vision
Dṛṣṭi	sight, seeing with mental eye
Dṛṣṭi Sṛṣṭi	[lit sight (dṛṣṭi), world or creation (sṛṣṭi)] seeing the world as we wish to see it
Drupada	king of Pāñcāla, a great warrior, father of Draupadī
Duḥkha	pain
dūre	far off (from the farthest space)
Durga	meaning 'the inaccessible or the invincible', Durga is a popular fierce form of the Hindu Goddess or Devi.
Dussanga	company or association of the wicked

Sanskrit Word	Meaning
Dvaita	school of thought that says the individual self is separate from existence
Dveśa	aversion
Dvija	twice born. Refers to the state of awakening of individual Consciousness.

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Sanskrit Word	Meaning
E	
ekarṣe	primeval solitary traveller
ejati	walks, moves
Ekādaśi	eleventh day of every lunar month in the Hindu calendar. Normally people fast on this day for spiritual benefits
ekaṁ	oneness (vedic meaning of 'ekam' is oneness beyond 'one')
Ekapāda	form of rudra
enaḥ	all incompletions
enat	It/Consciousness
Energy darśan	the blessing or transmission of energy given by enlightened Master or an Incarnation imparting the cosmic energy to the recipient.
Engram	the embedded smell of a past action leading one to commit the same act
eva	thus alone; certainly
evam	so living

Sanskrit Word	Meaning
G	
Gadā	weapon similar to a mace; also gadhāyudaḥ
Gandharvas	celestial beings with superb musical skills; act as messengers between God and man
Gaṅgā	the most celebrated river in India, considered holy by all Hindus.
Gaṅgotri	a famous pilgrim town where the river Gaṅgā originates.
Garbha mandir	sanctum sanctorum of a temple
Garuḍa	eagle; Lord Viṣṇu's vehicle
Ghaṭākāśa	the space enclosed by our physical body
Ghee	clarified butter
Giriśa	a form of Rudra, Lord Śiva
Girivala	circumambulating Aruṇācala, the holy hill of Tiruvannamalai for spiritual benefits
Gomukh	holy place in Himālayas. River Gaṅgā originates from the snout of Gomukh glacier
Gongura chutney	spicy south indian side dish
Gopikas	cow herdess who were Kṛṣṇa's playmates
Gopura, gopuram	temple tower
Govinda	another name for Lord Kṛṣṇa
Govindapāda	the guru of enlightened Master Ādi Śaṅkara
gṛdhaḥ	have greed or covet, desire
Gṛhasta	a householder, a married person; coming from the word gṛha, meaning house
Guḍākeśā	one who has transcended sleep by conquering his incompletions; refers to name of Arjuna
Guṇa	the three human behavioural characteristics or predispositions; satva, rajas and tamas.

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Sanskrit Word	Meaning
Guru	Master; literally one who leads from gu (darkness) to ru (light)
Guru Parampara	lineage of gurus
Guru Pūjā	ritual sacred worship of the Master. Tradition started by Devi in gratitude to Ādi Guru, Śiva
Guru Swami	a person who leads a holy trip to Śabrimala
Gurudakṣiṇā	offering to the Guru
Guruji	Master
Gurukul, Gurukulam	literally 'tradition of guru', refers to the ancient education system in which children were handed over to a Guru at a very young age by parents for upbringing and education

Sanskrit Word	Meaning
	H
Halāhala	(or Kālakootam); the most deadliest and venemous poison that emerged from the churning of the milky ocean, Samudra Manthan by Devas and Asuras (God and demons)—as narrated in Bhagavad Purāṇa, Mahābhārat. Signfies the collective negativity of Cosmos. Lord Śiva as Nīlakanṭha, drank this poison to save the mankind and Cosmos from the negativity and held it in His throat.
Hanumān	the monkey God from the epic Rāmāyaṇa; energy of Lord Śiva; endowed with 8 mystic powers, Aṣtamahāsiddhis and exemplifies pure devotion in Dāsa Bhāva—serving Lord Rāma
Hara	a form of Rudra, Lord Śiva
Hare Kṛṣṇa	a holy chant on Lord Kṛṣṇa
Haridwār	or Hardvār; temple town in North India; one of the holiest places for Hindus on the banks of sacred river Gangā.
Hariścāndra	a famous king of the Solar dynasty renowned for his piety and justice. He sacrificed his wife and child to keep his word
Hastināpura	a town in the state of Uttar Pradesh. It was the capital of the kingdom of the Kauravas
Havan	fire ritual (homa)
hiraṇmayena	golden or by a golden effulgence
Hiraṇyagarbha	literally means 'the golden womb' where gold means the space of completion and joy of creation.Upaniṣads calls it the source of creation of the Universe or the manifested cosmos. It finds its mention in a hymn in the Ṛg Veda named 'Hiraṇyagarbha Sūkta,' suggesting a single creator deity; THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM defines Hiraṇyagarbha as our powerful inner space—the space where planets and worlds get created and destroyed

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Sanskrit Word	Meaning
Hiraṇyakaśipu	a demonic king who wanted to rule the worlds as god; father of the great child devotee of Lord Nārāyaṇa, Prahlād; he got annihiliated by Nārāyaṇa in the incarnartion of Lord Nṛsimbha, half-man and half-lion avatār
Holi	Indian festival celebrated with colors
Homa	ritual to Agni, the god of fire; metaphorically represents the transfer of energy from the energy of Ākāśa (space), through Vāyu (Air), Agni (Fire), Āpas (Water), and Pṛthvī (Earth) to humans. Also yāga, yajña
Homa	a fire ritual
Homa kuṇḍa	sacrificial fire pit
Hṛd garbha	womb of the heart
Hṛṣīkeśa	controller of the senses and superconscious, refers to Lord Kṛṣṇa

Sanskrit Word	Meaning
I	
Icchā	desire
Icchā śakti	energy of desire. The other two are kriya śakti, energy of action and jñāna śakti, energy of knowledge.
Iḍā	along with piṅgala and suṣuṁna, the virtual energy pathway through which pranic energy flows awakening the Kunḍalini energy
idam	this; must this be
iha	in this life, in this world
Ikṣvāku	was the first king of the Ikṣvāku dynasty and founder of the Solar Dynasty of kṣatriyas in vedic civilization in ancient India.
incompletion	What is incompletion? For example, you are sitting here right now, hearing me speak, but you are not listening to me, you are thinking—'I have not done this, I have not done that, this has not happened, that has not happened, I am restless'–that is incompletion. If you have such incompletions inside, be very clear, you will not be listening to me. You may be sitting here out of compulsion or some other reason, but you will not be listening to me. And when you don't listen, more and more incompletions happen. It is a vicious circle
Indra	god of all divine beings
Indra loka	the abode of Indra, heaven (or swarga)
Indraprastha	(lit the city of Indra) 'the land of creation.' The capital kindgom of Pāṇḍavas in Mahābhārat. Was a barron un-inhabited land known as Khāndavaprasta. which the Pānḍavas turned into a prosperous city by the grace of Lord Indra and Kṛṣṇa; built by the divine architect, Viśvakarma.

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Sanskrit Word	Meaning
Intranalyze	(intra-analyze) analyzing for the sake of internalizing the Truth, and not for rejecting it. Saṃskṛit term from Vedānta is 'Manana'. The term coined and gifted by THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM.
īśā	consciousness, god
Īśa Vāsya Upaniṣad or Īṣopaniṣad	enveloped by Energy or Īśa, Lord) The first and one of the shortest Upaniṣads of the Hindu scriptures; appears in the Śukla Yajur Veda in a poetic form describing the nature of the Supreme Being. Starts with 'Īśa vāsya idaṃ sarvam—out of energy arises all matter'
Iṣṭadevatā	favourite deity
Īśvara	Lord of the Universe
Īśvaratva	the space of leadership consciousness awakened by the tattva of responsibility; the dimension of being the Lord where one takes ownership and responsibility for the whole Universe
itaḥ	than this path [unattached work]
iti	thus
Itihāsa	(lit history); epic, historical happenings; also purāṇa; the Rāmāyaṇa and Mahābhārat are the 2 main Itihās in Vedic history; (common misnomer mythology)
iva	like

Sanskrit Word	Meaning
J	
Jadugar	greatest magician
Jagat	Universe; ever-moving world
Jagat guru	Master of the whole Universe
jagatyām	by the moving thing or changing, ephemeral world
Jāgrata	wakefulness
Jahnu	a sage
Jains	Follower of the religion of Jainism
janāḥ	persons
Janaka	a noble and benevolent king who ruled Mithila; father of princess Sītā in the epic Rāmāyaṇa.
Janārdana	another name for Lord Kṛṣṇa
Janmas	births
Japa	repetition of mantras either silently or loudly
Jāṭarāgni	digestive fire inside our body
Jāti	birth
Jāti-doṣa	defect related to birth
javīyo	swifter
Jayanti	the Saṃskṛit word for birth anniversary
Jiḍḍu Kṛṣṇamurti	renowned Indian philosopher
jijīviṣet	one should desire to live
Jīva samādhi	burial place and energy field of an enlightened Master or an Incarnation, where he decides to rest His mortal form and continues to radiate His living presence and super conscious energy.
Jīvan mukta	a person who is liberated from the bondage even while living with a body
Jīvan Mukti	the science of living enlightenment, living a liberated life while in the body

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Sanskrit Word	Meaning
Jīvanmukta sambhāvana	the inner recognition of the state of enlightenment
Jīvātman	the ordinary soul
Jñāna	knowledge
Jñāna garbha	womb of the knowledge
Jñāna Yagña	the enriching sacrifice of knowledge; enriching oneself by offering the mind onto the highest knowledge
Jñānendriya	organs of knowledge
juhurāṇam	all obstacles or hindrances on the path
Jyoti stambha	infinite shaft of light; In Arunachala, Lord Śiva appeared as an infinite column of light to grace Lord Viṣṇu and Lord Brahma; unmanifest beginning of Cosmos, the Big Bang, from
Jyotiṣa	Astrology; jyotiṣi is an astrologer

Sanskrit Word	Meaning
	K
Kailāśa	A part of Himalayas in Tibet; the abode of Lord Śiva and His family and disciples; a place of eternal bliss
Kaivalya	liberation; same as mokṣa, nirvāṇa
Kāla	time
Kālabhairava or Mahā Kālabhairava	Supreme Lord of Time and Space, and beyond; independent energy of Lord Śiva who destroys the past to create the future. He destroys the ego of Brahma and holds his skull 'Kapāla' in His hand; the presiding guarding God of Kāśi Kṣetra or Varanasi; embodiment of power, joy and compassion. 52 forms of Kālabhairava protect each of the 52 Śakti Pīṭhas, the sacred temples of Devi Ādi Śakti.
Kālī	(or Durga) a Hindu goddess, Mother of cosmic energy as Time; the powerful feminine aspects of goddess Pārvati, associated with power and courage
Kalpa	According to Vedic cosmology, one cycle of 4 Yugas is 4.32 million years. Brahma's 1 day is equal to 1,000 cycles of 4 yugas, called 1 Kalpa. (Yugas follow a timeline ratio of 4 3 2 1)
Kalpana	imagination
Kalpataru, kalpavṛkśa	a wish-fulfilling divine tree; sacred banyan tree embodying cosmic energy; associated with spiritual awakening
kalyāṇa-tamam	most auspicious, graceful, beautiful form
Kāma	sensory pleasures, also means lust
Kāmadhenu	sacred cow
Kāminī	women
Kāñcana	gold
Kanyādāna	giving away a bride

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Sanskrit Word	Meaning
Kapila Muni	the founder of Sāṅkhya philosophy in Sanatana dharma; the founding father of Mahānirvaṇi Pīṭha; Bhagavān Kapila is the celebrated incarnation as of Viṣṇu and Śiva in Śrimad Bhāgavataṁ; the first thinking being on earth who experienced completion
Kāraṇa śarīra	causal body
Karma	spiritual law of cause and effect, driven by vāsana and samskāra
Karma kāndis	seekers who follow the path to achieve the ultimate through action
karmāṇi	work (as per sutras), being active
Karmaphala	literally action (karma), fruit (phala). The outcome or fruit of action
Karmendriya	organs of action
Karmī	one driven by desire
Karṇa	son of Kuntī, also is a step brother to the Pāṇḍavas; renowned for his generosity
Kārthigai Deepam	Festival of lights celebrated on full moon day in month of November/December in South India
Karuṇāmūrti	god of mercy
Kashaya	ochre robe
Kāśī	holy place on the banks of river Ganges; the city of Lord Śiva; also called Ānanda Van
kasya svit	of anybody or anything
Kaśyapa	an ancient sage believed to be the father of devas (celestial beings), asuras (demons) and the humans
Kathāmṛtam	words of immortality (amṛta) describing the divine happenings (kathā) your life
Kaṭhopaniṣad	one of the principal Upaniṣads, gives the science of Death and liberation; chronicles the journey of a courageous boy named Naciketa who faces death and experiences liberation through Yama (MahāKāla)

Sanskrit Word	Meaning
Kaurava	one of the two principal clans in the epic, Mahābhārat
Kavacham	shield
Kāvi vastra	saffron cloth usually worn by mendicants
kaviḥ	seer of all, all knowing
ke	everyone
Keśava	another name for Lord Kṛṣṇa
Keśī	a demon, was slain by Lord Kṛṣṇa
Khadga	sword
Kīrtans	devotional songs
Koan	Zen parables, an anecdote or riddle without any solution to show the inadequacy of logical reasoning
Kośa	energy layer surrounding body; there are 5 such layers. These are annamaya or body, prānamaya or breath, manomaya or thoughts, vijñānamaya or sleep and ānandamaya or bliss kośas
krato	O lord of enriching sacrifices; or actions
Kriya	technique or practice within a yoga discipline meant to achieve a specific result.
Kriya śakti	energy of action. Other two energies are energy of desire and energy of knowledge.
Krodha	anger
Kṛpā	grace
Kṛpācārya	a great general who fought in the battle of Kurukṣetra on the side of the Kauravas
Kṛṣṇārjuna Saṃvād	the discussion or talk between Kṛṣṇa and Arjuna; another name for Bhagavad Gītā
kṛtam	All that has been done or actions
Kṣaṇa	moment in time; refers to time between two thoughts
Kṣatriya	warrior class
Kṣema	protection, protecting what one has
Kṣipram	instant
Kubera	Lord of Wealth
Kubera	the lord of wealth

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Sanskrit Word	Meaning
Kumbh Mela	large spiritual gathering on the planet that occurs four times every twelve years, attracting millions of people. The four locations of Kumbh Mela are Prayāg in Allahabad at the confluence of Gaṅgā, Yamuna and the underground Sarasvati river; Haridwar on the banks of Gaṅgā; Ujjain along the Kṣipra river and Nasik along the Godāvarī river.
Kuṇḍalinī	energy that resides at the root chakra 'mūlādhāra'
Kuṇḍalini śakti	dormant potential energy at the base of the spine
Kurukṣetra	the sacred and where the great war of Mahābharat was fought between the Pāṇḍavas and the Kauravas in the Haryana state of India
kurvan	by constantly doing, performing
Kuṣa grass	sacred grass used in the Vedic tradition for various religious ceremonies. The seat made of Kuṣa grass and covered with a skin and a cloth is considered ideal for meditation

Sanskrit Word	Meaning
L	
Lakṣman	younger brother of Lord Rāma in Rāmāyaṇa epic, who is devoted in unswerving loyalty, love and surrender to Rāma and Sitā; avatār (incarnation) of Ādi Śeśa, the original serpent
Lakṣmī	goddess of wealth and fortune; divine consort of Śrī Viṣṇu
Lakṣmī Yantra	the divine mystical drawing that bestows wealth
Līlā	divine play; acts of the Divine
lipyate	can be bondage that clings or adheres
Lobha	greed

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Sanskrit Word	Meaning
M	
mā	do not
Mādhava	another name for Lord Kṛṣṇa; means 'husband of the Goddess of fortune'; Arjuna calls Kṛṣṇa as Mādhava in Bhagavad Gītā (1.36)
Madhura bhāva	the relationship of beloved between Master and disciple
Madhusūdana	another name for Kṛṣṇa, slayer of the demon madhu
Mahā	great
Mahā Samādhi	Attaining Enlightenment and leaving the body; the final Liberation
Mahābhārat	the Great Hindu epic happening; the Itihās-5th Veda along with Rāmāyaṇa; whose central characters are the five Pāṇḍava princes with their wife Draupadī, their hundred Kaurava cousins with the complete Incarnation, Bhagavān Śrī Kṛṣṇa ascribed by Bhagavān Veda Vyāsa. Mahābhārat is the personification of Bhagāvad Gītā's teachings that re-establishes Sanatanā Dharma, the eternal religion of Truth on earth
Mahākaśa	the whole cosmos
Mahāmaṇḍaleśvar	prestigious title given to the holy leader of a very large religious organization or Pīṭha or Akhādā; signifies the highest level of traditional spiritual Hindu guardianship.
Mahāmeru	a mountain
Mahānirvaṇi Pīṭha	the most ancient apex official body of Sanatana Dharma (Hinduism). It traces its recorded roots to 8th century A.D revived by Ādī Śaṇkara. Lord Kapila Muni, incarnation of Viṣṇu and Mahādeva, who is glorified in the Śrimad Bhāgavatam, is the spiritual guiding force of this Pīṭha. Paramahamsa Nithyananda is the 1008th Mahāmaṇḍaleśvar of Mahānirvaṇi Pīṭha.

Sanskrit Word	Meaning
Mahāparinirvāṇa	day of enlightened souls
Maharṣi	great perfected sage
Mahāvākya	great sayings from the Upaniṣads. There are four Aham Brahmāsmi, Tat Tvam Asi, Ayam Ātma Brahma and Prājñānam Brahma. All four mean that You are the Divine.
Mahāvatar Bābā	the great avatār living in Himalayas in eternal youth for thousands of years. The Great Master who graced THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM with spiritual vision, experience during his Parivṛājaka, spiritual wanderings at Kedarnath and bestowed the name—THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM.
Mahāvīra	Varthamana Mahāvira was the 24th and last tīrthaṅkara or enlightened one, and established the tenets of the religion of Jainism, founded in India and now practiced by millions worldwide.
Maheshwara Puja	Ritual conducted to liberate departed souls and bring completion among the family members
Makara	name of a fish
Mālā	a garland, a necklace; rudrākṣamālā is a garland made of the seeds of the rudrākṣa tree
Mama	my own
Mamakāra	inner image you carry about yourself, that constantly says that you are smaller than what you think you are
Mana śarīra	mental layer
Manana	thinking, contemplating or intranalyzing
Manas	mind
manaso	than the mind
Mānava	humans
Maṇḍana Miśra	a contemporary of Ādi Śaṅkarā who later became his disciple named Śureśvarācārya.

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Sanskrit Word	Meaning
Mandir	temple
Maṅgala	auspicious; maṅgala sūtra, literally auspicious thread, the yellow or gold thread or necklace, a married Hindu woman wears
Mānickavāsagar	one of the 63 Nāyanmars, authored Thiruvasagam, a collection of hymns in praise of Lord Śiva.
Maṇipūraka cakra	subtle energy center located near the navel region, related to the emotion of worry.
Manipuṣpaka	Sahādeva's conch
manīṣī	lord of the mind
Mano śakti	(or manosiddhi) the power of thinking; ability to focus and align your thoughts with authenticity to make the thoughts happen as reality. Awakened by the tattva of authenticity (śraddha)
Manomaya Kośa	the third mental energy sheath in the five Kośas or energy sheaths
Mantra	a sound, a formula; sometimes a word or a set of words, which because of their inherent sounds, have energizing properties. Mantras are used as sacred chants to worship and invoke the Divine
Manu	father of mankind, son of Lord Brahma, the creator.
Manusmṛti	code of conduct written by Manu, the father of mankind for harmonious existence
Mārgazhi	refers to the month of January in Tamil
Marut	storm dieties
mātariśvā	life-energy (prāṇa, ether) that moves and expands itself in space ('mātari' is motherly 'space', 'svayati' is vāyu or air element, representing the life-energy that expands in the motherly womb of the space)
Mātṛ bhāva	feeling that the Master is like the mother

Sanskrit Word	Meaning
Māyā	that which is not reality, but gives the illusion that it is real—'yā mā iti māya'; all life is māyā according to Advaita
Māyā Śakti	power of illusion; phrase used in Tantra
Meimai	living the truth through your body
Melkote	holy town in Karnataka, India where Śrī Rāmānujacārya, the great saint lived
Menakā	a celestial maiden
Mīmāmsā	a system of ancient Indian philosophy
Mīnākśi	The Cosmic Mother, Ādi Śakti. She is the complete incarnation of Devi; consort of Lord Śiva as Śundareśvara; Mīnākśi and Śundareśvara are the presiding deities and living presence at Madurai, Tamil Nadu.
Mīrā	a great devotee of Lord Kṛṣṇa
Mithya	transient
Mohinī	the only female incarnation of Lord Viṣṇu with the most beautiful, attractive form
Mokṣa	liberation; same as nirvāṇa, samādhi, turīya etc.
mrṭyum	death
Mṛtyuñjaya Homa	fire ritual done to avoid untimely death and improve longevity of life.
Mūdhaḥ	fool
mukham	face
Mula vāsana	root thought pattern; the behaviorial kārmic imprints that make us react to life and others based on past inadequate cognitions
Mula vichāra dhārā	the right Saṃskṛit word for 'root thought pattern'
Mūlādhāra cakra	energy center located at the base of the spine
Munḍa	the shaven head

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Sanskrit Word	Meaning
Muṇḍaka Upaṇiṣad	or Muṇḍakopniṣad is one of the primary or Mukhya Upaṇiṣads associated with the Atharva Veda; a mantra Upaṇiṣad—it has the form of a mantra, teaching the knowledge of Brahman; as a dialogue between Ṛṣi Śaunaka and Angiras. The mantra, 'Satyamaiva Jayate' (3.1.6) and 'Brahma Vid Brahmaiva Bhavati' (3.2.9) appear in this Upaṇiṣad.
Muni	realized being

Sanskrit Word	Meaning
N	
na	not
Na iti	not this
Naciketa	lead character and boy hero in Kaṭhopaniṣad, believed to have learnt the secret of death from Lord Yama (god of death) himself.
Nadi	river
Nāḍī	nerve; also an energy pathway that is not physical
Nāga	a snake
Nāga sādhu	ascetic who does not wear clothes
naḥ	to us
Nakṣatrāṇi	stars
Namaḥ	I surrender to you
namaḥ-uktim	surrender with reverential words
Namaskār	traditional greeting with raised hands, with palm brought together, denoting surrender of the self.
Nānta	without end
Nara	man; also depicts the human aspect of lord Viṣṇu; reflection of Nārāyaṇa
Nārada	a divine sage and the greatest devotee, bhakta of Lord Viṣṇu always chanting— 'Nārāyaṇa Nārāyaṇa'; he playfully causes quarrels among Gods; he has no definite place of stay and keeps traveling the Universe
Nārāyaṇa	another name for Lord Viṣṇu
Nārāyaṇī Senā	the most powerful divine army of Lord Nārāyaṇa as Śrī Kṛṣna; Kṛṣna gave His army to Duyodhana in the great Mahābhārat war
nare	onto or by a man.
Nārī	woman

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Sanskrit Word	Meaning
Narmadā	a holy river in central India
Naṭarāja	a depiction of Lord Śiva as the cosmic dancer, main deity in the famous temple at Chidambaram
Navagraha	nine major heavenly bodies as defined in Hindu sacred history
Naya	Kindly lead
Nāyanmārs	Tamil devotee saints of Lord Śiva, 63 in number, whose life stories are told in the book Peria Puranam
Neeru	water in Kannada
Neti neti	this is not
Nididhyāsana	powerfully living and radiating the Truth; expressing in your life. One of the three concepts in Hinduism (Vedānta)—Śravana, Manana, Nididhyāsana.
Nīlakaṇṭha	the one with the 'blue throat,' refers to Lord Śiva; attributed to His divine play of drinking the deadly posion, Hālahāla which emerged during Samudra Manthan, the churning of the milky ocean by Devas and Asuras (gods and demons).
Nirāhara Saṁyama	the science of living beyond food patterns, a breakthrough spiritual process designed and revived by THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM to live without food radiating peak health and energy, intaking energy directly from prāṇa (air energy) and cosmic source, through the power of initiation by THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM. (www.bfoodfree.org)
Nirāharī	A person initiated by THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM into the science of Nirāhāra Saṁyama, who is living beyond food patterns, without the need for food intake
Nirguṇa	formless
Nirguṇa brahman	consciousness that cannot be limited to a form
Nirmohatvam	non attachment to desires
Nirvāṇa	liberation; same as mokṣa, samādhi

Sanskrit Word	Meaning
Nirvāṇi akhāda	the Saṅgha of Nāga sādhus
Nirvikalpa samādhi	the state of deep meditation wherein one transcends the form of the deity and experiences the pure space of Advaita, infinite oneness with Cosmos and beyond.
Nisargadatta Mahāraj	an enlightened Master who lived in Mumbai. Passed away on 8th September 1981, at the age of 84.
Nissanga	beyond the state of the need of sanga (association)
Nissaṅgatvam	a state of being non-attached
Nithya dhyana yoga	the first level meditation program conducted by Nithyananda Sangha; also called Life Bliss Program (level 1) for intiation into the science of completion with self
Nithya kīrtans	holy hymns and bhajans sung in the Nithyananda Sangha in the space of devotion to Divine
Nithya kriya yoga	the second level meditation program conducted by Nithyananda Sangha; also called Life Bliss Program (level 2) for deeper initiation into the science of completion
Nithya yoga	The authentic science and system of Aṣṭāṇga Yoga, with the experiential insight of Patañjali's vision, revived by Paramahamsa Nithyananda; the path and purpose of Nithya yoga is bliss, where bliss arising out of the uniting of mind, body and spirit is experienced
Nithyānandeshwar	name of Lord Śiva as the main presiding deity at Nithyananda temples
Nithyānando'ham	'Nithyananda I am'; means 'I am Nithya Ānanda. I am eternal bliss.'; the great mantra revealed by THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM to experience and live Advaita
Nityānanda	eternal (nitya) bliss (ānanda); name and state of THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM
Nivṛtti	inward looking; 'path of completion leading to more and more completion.'

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Sanskrit Word	Meaning
Niyama	moral discipline, the second of eight paths of Patañjali's Aṣṭāṇga Yoga; refers to a number of day-to-day rules of observance for a spiritual path
Nṛsimha Avatār	incarnation of Lord Viṣṇu in which he is half-lion and half-human
Nyāya	logic
Nyāya Śāstra	scripture of logic called Nyāya Darśan by Sage Gautam that gives the science of logical quest for God, the absolute Divinity. It establishes the fact that only Divinity is desirable, knowable, attainable, and not this world through 16 steps of logical discussions, 16 Padārtha

Sanskrit Word	Meaning
O	
Oṁ	sacred syllable; the primordial sound
Oṁ Śanti Śanti Śantihi	the peace chants at the end of meditation or prayer or religious activity
Oṁkāreśvar	a Hindu temple, located in Shivapuri island on Narmada river; shaped like the sacred symbol 'Om' with presiding deity of Lord Śiva

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Sanskrit Word	Meaning
P	
Padā	the 'word'
Pāda	feet, also means quarter of a poem
Padārtha	the meaning or figure of the 'word'
Pādaseva	service to the feet; usually to that of the Master
padma	lotus
Pāduka	sacred sandals
Pañca bhūta	five elemental energies that sustain us, namely, earth, water, fire, air and ether
Pañca indriya	five senses
Pāñcajanya	Lord Kṛṣṇa's conch
Pāñcāla	an ancient region in North India, around the rivers Ganges and Yamuna
Pāñcāli	another name for Draupadī , the wife of the Pāṇḍavas
Pāṇḍavas	five brothers in Mahābharata, also sons of Pāṇḍu
Paṇḍit	scholar
Pāni	water in hindi language
Pāpa	sin
Parabrahma Kṛṣṇa	Kṛṣṇa as the cosmic energy, the Supreme God
Paramahamsa	literally the 'supreme swan'; refers to an Enlightened being; title of honor applied to Hindu spiritual teachers who are regarded as having attained Enlightenment, the state of non-duality, Advaita; a brahmajṅāni
Paramahamsa Upaniṣad	Fourth upaniṣad of Śukla Yajurveda that describes the space, state of an Enlightened Being as Supreme Divine Being (Veda Puruṣa), as a discussion between Nārada and Lord Brahma.
Paramahamsa Yogānanda	an enlightened master, advocated practice of Kriya Yoga to attain Self-realization.
Paramaśiva	Universe

Sanskrit Word	Meaning
Parantapa	another name of Arjuna; means the destroyer of enemies
Parāśakti	the supreme cosmic energy; Devi Ādi Śakti, the source of existence
paribhūḥ	who transcends all beings
Parikrama	the ritual of going around a holy location, such as a hill or water body
Parivrājaka	wandering by an ascetic monk
Pārtha	(lit son of Prithā or Kuntī); name of Arjuna called lovingly by Kṛṣṇa
paryagāt	all-pervasive, gone/beyond coming and going
Paśupati	In Śaiva tradition, the pure soul and the soul that reflects on the body is Paśupati. The pure soul is Pati (lord or protector) and the reflection of the soul on the body is Paśu (living entity); Lord Śiva is called Paśupatināth
paśyami	I may see
Patañjali	father and founder of Yoga, famous for his treatise on yoga called Patañjali's Yoga Sūtras
pātreṇa	by the splendorous, dazzling vessel or pot
Pauṇḍra	Bhīma's conch
Pazhani	a famous pilgrim town in south india
Periyapurānam	A Tamil classic by Sekkizhar on the lives of the 63 Nāyanmārs, the devotee saints of Lord Śiva.
Phala	fruit; phalāśruti refers to the assumed benefits of worship
Piṇḍāṇḍa	individual microcosm as against Brahmānda or universe; the space enclosed in the form
Piṅgala	please see idā
Prachodayāt	

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Sanskrit Word	Meaning
Prahlād	a great devotee of lord Viṣṇu and son of Hiranyakaśīpu, the demon king; You need to know a beautiful story about the child devotee, Prahlād's life.When Prahlād's angry father asked Prahlād—'Is your Narāyaṇa, your God, in this pillar? Is He inside that pillar? Is He in this stone?' Prahlād was about to raise his small finger and show his father that his God was really there in the pillar. When Prahlād was about to point-out the pillar, Narāyaṇa started running from his heavenly abode in Vaikuṅṭa! His consort Lakṣmī asked, 'What happened? Why are you running so fast? What is there to be in such a hurry about?' Narāyaṇa said, 'No, you don't know! Wherever my devotee Prahlād points his finger, I have to enter into that pillar! Wherever he points, I have to occupy that place and emerge from it!'
Prajāpati	a Hindu diety from whom all beings are believed to originate
prājāptya	of the prajapati or lord of creation
Prakāśa	illuminated knowledge
Prakaśānanda Sarasvati	a Rasik saint in the tradition of Caitanya Mahāprabhu, his teachings are mainly based on the Bhagavad Gītā.
Prakṛti	Nature
Pralaya	the great deluge
Prāṇa	life energy; also refers to breath; prāṇāyāma is control of breath
Prāṇa Pratiṣṭha	installation of cosmic energy in the main diety
Prāṇa śakti	bliss energy
Prāṇamaya kośa	The second sheath of energy in the 5 layer kośa system
Praṇava	mystic symbol 'Om'
Prāṇāyāma	'extension of the life energy force' through the breath modulation and control; the fourth limb of the Āṣṭāṅga Yoga of Patañjali Yoga Sutra.
Prārabdha karma	karmas based on which this life has been assumed

Sanskrit Word	Meaning
Prasād	food offered to God and eaten by devotees with his blessings
Pratijānīhi	declare it boldly
Pratyāhāra	fifth limb of Patañjali's Aṣṭaṇga Yoga referring to turning away from sensory inputs
Pratyāhāra	literally 'staying away from food'; in this case refers to
praviśanti	enter into
Pravṛitti	looking outward (the worldly life), 'path of incompletion leading to more incompletion.'
Prayāg	city in the North Indian state of Uttar Pradesh, one of four sites of the mass Hindu pilgrimage Kumbh Mela, the others being Haridwar, Ujjain and Nāsik. It is situated at the confluence of the three rivers Ganga, Yamuna and Sarasvati
Prema śakti	(or prema siddhi) the power of feeling; ability to feel and express the power of thoughts and words as reality. Awakened by the tattva of responsibility (upāyanam)
pretya	after death
pretya	after death
Prithā	another name for Kuntī
Pṛthvī	earth energy
Pūjā	form of ritual worship
Punnāgavarāli	a tune in carnatic music, believed to be a melody that can mesmerize snakes
Puṇya	merit, beneficence
Purāṇa	the great historical happenings and narrations that depict the glory of Divine and Its sacred plays, līlās. (common misnomer-mythology)
Pūrṇa	complete, absolute Incarnation of God who appears in
Pūrnatva	the space or state of 'completion' that signifies the Truth that from completion (whole) comes the Whole.
Pūrṇāvatār	complete, absolute Incarnation of God who appears in
Purohit	priest

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Sanskrit Word	Meaning
Puruṣa	the personification of the Supreme energy
puruṣah	supreme being or pure consciousness
Puruṣottama	means Supreme Being amongst all beings; one of the glorious names of Lord Viṣṇu. Lord Kṛṣṇa speaks a complete chapter (ādhyāya) on Puruṣottama Yoga in Gītā
Pūrva mīmāmsa	one of the six branches of vedic knowledge that accepts only the karma kāṇḍa as the supreme authority
pūrvam	ahead
pūṣan	O sustainer, O nourisher
Puṣpaka vimānam	historical Aircraft that functioned with the power of mantras, the energy of sound vibrations.
Putra	son; putrī daughter

Sanskrit Word	Meaning
R	
Rāga	attachment
Raghupati Yogi	the teacher responsible for preparing THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM's body and mind for enlightenment at a very young age through authentic Patañjali's Aṣṭāṇga Yoga; spiritual name Yogirāj Yogānanda Puri
Rāja	king
Rājaṛṣi	king who is also a sage
Rajas, rajasic	the second characteristic of the three human guṇa or behaviour modes, referring to passionate action
Rājasannyāsi	king of saints
Rājasūya yāga	a great sacrifice performed to celebrate victory of a king who is declared as an emporer over many kingdoms, where a great king's inauguration as Chakravartin Rāja Samrāt is ceremonially perfomed. King Yudhiṣṭra performed the Rāhasuya Yāga in Mahābhārata under the blessings of Lord Kṛṣṇa
Rākṣasa	demon
Rakta	blood
Rāma	the Supreme God, the seventh avatār, Incarnation of Lord Viṣṇu who appeared in the Treta Yuga to re-establish dharma and destroy the demonic king Rāvaṇa for plundering the goodness from earth and its mankind. He is glorified in the Rāmāyaṇa epic and Śrimad Bhāgavataṁ; also called 'Maryādā Puruṣottama—the most pure, virtuous ideal Supreme Being'; husband of Sītā (Lakṣmī); Lord of Hanumān
Rāmakṛṣṇa Paramahamsa	The enlightenend Master and incarnation from Dakṣiṇeśvar, West Bengal, India.

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Sanskrit Word	Meaning
Ramaṇa Maharshi	an enlightened Master and Incarnation from Tiruvannamalai
Ramaṇa Purānam	verses in praise of Ramaṇa Maharṣi, the enlightened Master from Tiruvannamalai
Rāmānuja	founder of the Viśiṣṭādvaita or qualified non-duality principle. One of the greatest teachers of Hindu philosophy
Rāmāyaṇa	the great Indian epic happening ascribed by Maharṣi Vālmiki as a poetical composition ; considered as Itihās (the great history), it narrates the Divine play of Lord Rāma, Sītā along with His brothers and Hanumān in the Treta Yuga
Rāsa līlā	divine dance of the gopīs, Kṛṣṇa's devotees
raśmin	rays
ratāḥ	engaged, absorbed.
Rātri	night
Rāvaṇa	mighty emperor of Lanka, the villain in Rāmāyaṇa, who abducted Devi Sītā, consort of Lord Rāma, in the Indian historical epic—Itihās, Rāmāyaṇa.
rāye	for experiencing, for reaching
Responsibilism	term used by THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM denoting the dharma; the natural law of Existence or Cosmos is responsibilism, the leadership consciousness.
Ṛg Veda	(lit
Rotis	flat circular Indian bread made usually from wheat
Ṛṣi	a sage who are seers of Truth
Ṛṣīkeśa	pilgrimage energy center in Himalayas
Rudra	another name for Lord Śiva
Rudrākṣa	beads of the Rudrākṣa tree, literally means 'Śiva's tears'
Rudrākṣamāla	necklace of holy rudrākṣa seeds
Rudras	elemental powers
rūpam	form

Sanskrit Word	Meaning
S	
Śabarimala	a famous pilgrim centre in Kerala, India
Śabda tattva	principle of sound
Sadāśiva Brahmendra	18th century Tamil saint and music composer
Śadhana Sadan	Śankar Mahāraj's ashram at Hardwar, North India
Sādhu	literally a 'good person'; refers to an ascetic; same as sannyāsī
Saguṇa	with form
Saguṇa brahman	the formless in form
sah	along with
saḥ	truth, pure consciousness
Sahasranāma	1000 names invoking a particular deity which devotees recite
Sahasrāra	lotus with thousand petals; the crown energy centre
Saivism	a sect that reveres Lord Śiva as the Supreme Being
Sakha bhāva	the relationship of friendship between the Master and the disciple
Śakti	energy; intelligent energy; Parāśakti refers to universal energy, divinity; considered feminine; masculine aspect of Śakti is Śiva
Sākyanāyanār	originally a Buddhist monk who became an ardent devotee of Śiva in the later part of his life
Sālokya mukti	residence in the same abode of the Lord
Sāma veda	one of the Vedas, the ancient core Hindu scriptures
samābhyaḥ	ages and beings in the ages.
Samādhi	state of no-mind, no-thoughts; literally, becoming one's original state; liberated, enlightened state.
samāḥ	years
Samāna	part of prāṇa responsible for digestion and assimilation of food

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Sanskrit Word	Meaning
Śambāla	place where one is in peace and security; space of ultimate freedom
Śambhu	form of rudra, Lord Śiva
sambhūtim	imperĪśāvāsya ble consciousness
sambhūtya	in the eternal, imperishable consciousness
Sāmīpya mukti	enlightenment whereby one is very near to the Lord
Saṁsāra māya	illusion of life
Saṁsāra Sāgara	ocean of wordly life, which can be crosses by the grace of the Guru
Saṁśaya	doubt
Saṁskāra	Root thought patterns; the embedded past memories of unfulfilled desires stored in unconsious space that drive one into powerlessnessa and incomplete decisions, adding to kārmic action
Sāmudrika lakṣana Śāstra	technique of studying body features
samūha	withdraw, remove
Saṁyama	complete concentration
Sanātana dharma	eternal path of righteous living (later called Hinduism). The most powerful, most sophisticated, intelligent presentation of the Ultimate Truth with the possibility to evolve by enlightened Masters. It is not a religion but the complete science of living, leaving and beyond
Sañcita karma	our complete bank of unfulfilled karmas
Sandhyā	twilight; sandhyā kāl refers to evening
Sañjaya	the narrator who tells blind Dhṛtarāṣṭra the progress of the war from day to day.
Saṅkalpa	vow or promise; also means conscious decision
Śankar Maharāj	Lord Śiva as a young sannyāsi who graced THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM during His spiritual wanderings as Parivṛajika

Sanskrit Word	Meaning
Śaṅkarā	an enlightened Master and Incarnation of Lord Śiva from Kālady, Kerala. Exponent of Advaita Vedānta, celebrated as the great revivor of Sanatana Dharma who lived just 32 years in form
Śaṅkha	conch
Sāṅkhya philosophy	one of the six schools of classical system of Indian philosophy expounded by Kapila Muni. Sāṅkhya philosophy regards the Universe as consisting of two realities puruṣa (self) and prakṛti (matter).
Sannyāsa	completing with worldly lif; living for enriching others; sannyāsi or sannyāsin, a monk, an ascetic initiated into the path of Sannyāsa.
Śānti	peace
Saptapadi	the seven steps taken by the couple after tying the wedding knot in Hindu marriages
Saptaṛṣīs	the 7 sages who control the world
Śāradā Devī	wife of Śrī Rāmakṛṣṇa
Sārasvatya	explain a difficult idea very simply
Saraswatī	Goddess of wisdom
Sari	traditional attire of Indian women
śarīram	body
Sarvajña	the Knower of all
sarvam	all this,
sarvasya	of all, everything
Sāṣṭāṅga namskāra	full prostration salutation
Śāstra	sacred texts
śāśvatībhyaḥ	from time eternal
Sat-cit-ānanda	existence, knowledge, bliss
śatam	one hundred
śatam	one hundred
śatkona	six pointed star
Satori	high state of consciousness

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Sanskrit Word	Meaning
Śatrughna	brother of lord Rāma in the Hindu epic, Rāmāyaṇa
Satsang	spiritual gatherings; literally 'association (sanga) of the Truth (sat)'
Sattva	pure silence, pure seeking
Satva, satvic	the highest attribute or guṇa of spiritual calmness
satya	truth
Sātyaki	name of a great warrior
satyasya	of the truth
Satyavatī	Arjuna's great grandmother
Savikalpa samādhi	is one of the highest forms of minor state of samādhi meditation; in which the human consciousness is dissolved into infinity for a short period of time
Sāyujya mukti	becoming enlightened oneself; uniting into the Divine or Existence
Self-doubt	self-doubt is the first and foremost pattern that comes up in you. The pattern of doubting—'Will I get it? Will I be able to make it? Do I deserve it?'
Senāpati	the Commander-in-chief of army
Seva	selfless service
Siddhi	extraordinary powers attained through spiritual practice
Śikhaṇḍi	daughter-son of King Drupada, a girl-turned-man, warrior on the Pāṇḍava side. He had been born in an earlier lifetime as a woman named Ambā, who was rejected by Bhīśma for marriage.
Siṁha	lion
Siṁha svapna	nightmare
Śiṣya	disciple
Sītā	wife of Lord Rāma in Rāmāyaṇa; incarnation of Lakṣmī, Goddess of Fortune

Sanskrit Word	Meaning
Śiva	rejuvenator in the trinity; devotees call Him, Mahādev, Bhole Bābā and Kālabhairava, Mahākāla. Śiva also means 'causeless auspiciousness—mangalatva'; 'The original substance of Existence is Śiva'—defines THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM.
Skanda	Another name for Lord Subrahmaṇya or Murugā.
Sloka	a saṃskṛit poem; a verse stanza which is made of a group of pada and sllyables chanted in a meter rhythm style or chanda
smara	remember
Smaraṇa	remembrance; constantly remembering the Divine
Smṛti	(lit 'that which is remembered'); refers to later day Hindu works which are rules, regulations, laws and epics, such as Manu's works, Purāṇas etc.
so-aham	he I
Soma	wine of the gods
Somadatta	a kinsman of the Kuru clan
Soundaryatva	that which attracts our mind
Śraddhā	tattva of authenticity; trust, courageous faith, confidence
Śravaṇa	authentic listening. One of the three concepts in Hinduism (Vedānta)—Śravana, Manana, Nididhyāsana.
Śrimad Bhāgavataṁ	also called 'Śrimad Bhāgavataṁ Mahā Purāṇa'.
Sṛṣṭi	creation, which is created
Sṛṣṭi dṛṣṭi	accept the world and life as it is Sthira
Śruti	(lit that which is heard) refers to the ancient scriptures of Vedas, Upaniṣads and Bhagavad Gītā; they are the revealed scriptures retained by the sages just by one listening.
Sthūla śarīra	physical Body
Stotras	devotional verses, to be recited or sung
Subramanya	a Lord, also is son of Śiva; also named Skanda, Murugā, Kārtikeya

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Sanskrit Word	Meaning
Sudarśana homa	fire ritual done for success in an undertaking
śuddham	pure, untainted (beyond the causal body)
Śūdra	the class of people who contribute by physical work and by giving their time
Śūdras	workers
Sūfi	sect of divine mystics in Islam
Sughoṣa	Nakula's conch
Sukha	happiness
Sukhavati	pleasant
Śukrācārya	guru of asuras
śukram	radiant, effulgent, splendorous
Sūkṣma śarīra	subtle body
Śūnya	literally zero; however, Buddha uses this word to mean reality
Supatha	the good path of completion
Suptacittam	state of being aware even in sleep
Sūrya	sun
Sūrya	the son god
Suryanamaskār	(lit Sun salutation). A comprehensive and main sequence of Yogāsanas that enrich the body-mind and space with complete energy flow; nornally done in the morning absorbing the life-nourshing energy of Sun
śuśruma	I/we heard
Suṣuṁna	Please see 'iḍa'
Suṣupti	deep sleep
Sūtra	(lit 'thread') refers to epigrams, short verses which impart spiritual techniques
Sūtradhāra	controller and director of the technique
Svadharmam	means 'my dharma.' Saṃskṛit term uttered by Śri Kṛṣṇa to Arjuna in Bhagavad Gītā to teach him the true path of self-righteousness to be lived by an individual
Svādhiṣṭhāna	where Self is established; the groin or spleen energy centre

Sanskrit Word	Meaning
Svajanam	means 'my people, my relatives'. Saṃskṛit term used by Arjuna in Arjunaviṣāda Yoga (chapter 1) of Bhagavad Gītā to state his untold grief in killing 'his people'
Svānyakāra	the Life image—the image and expectation you carry about life.
Svapna	dream state
Svapuṛnatva	literally means 'self-completion' in Saṃskṛit. The process of doing completion with the self or 'Svapuṛnatva Kriya' as taught by THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM to experience fulfillment, completion with yourself, by dropping the past karmas, incompletions
Svarūpa	form
Svatantra	free
Svāti nakśatra	the star Svati
Svayam Prakaśa	self effulgent
svayambhūḥ	self-existent by Himself [svayam eva bhavati iti svambhū - as says Adi Shankara]
Svayaṁvara	choosing of the husband by a woman by her own choice
Swāmi Brahmānanda	disciple of Śrī Rāmakṛṣṇa Paramahamsa
Swāmiji	address of respect to one's Master

Swāmiji	address of respect to one's Master

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Sanskrit Word	Meaning
T	
tad	that, truth, consciousness
Taittreya Upaniṣad	One of the main or Mukhya Upaniṣads associated with the Taittriya school of Yajur Veda; number 7 in the Muktika canon of 108 Upaniṣads; intrumental in spreading the Truth of Vedānta; its commentary by Ādī Śankarācārya forms a great Saṃskṛit literature.
tamaḥ	darkness, ignorance
Tamas, tamasic	the guṇa or attribute of laziness, irresponsibility or inaction
tān	those planets
Tantra	esoteric techniques used in spiritual evolution
Tapas	severe spiritual endeavour, penance done voluntarily for inner purification
Tapasvī	one who undertakes severe penance
Tapovan	a holy place in the Himalayas
Tārakāsura	a demon who was killed by Kārtikeya or Skanda, son of Lord Śiva.
Tarangini	great selfless devotee of Kṛṣṇa
tasminn	in It
tat	that
tat	it
Tat tvam asi	that art thou
tataḥ	than that
Tataḥ kim	what next
Tattva	philosophy or realm
Tattva satya	the existential reality; the truth of the philosophy
te	onto you; they; your
Tejas	glow, grace
Tejavastva	sharp radiating energy and clarity

Sanskrit Word	Meaning
tejo	effulgent
tena	by It, with this
Thatāgata	Buddhahood, a pāli word
Tīrtha	water; tīrthaṁ is a holy river and a pilgrimage centre
tīrtvā	transcends, crosses over
Tirupati	temple town in South India where the presiding diety is Lord Veṅkateśwara
Tiruvannamalai	temple town in South India, the birth-place of THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM; home of most sacred Arunachala hill, which is the direct embodiment of Lord Śiva and is the spiritual nerve center of the Cosmos.
Tiruvaroor	a place in Tamil Nadu, India where Lord Dakṣiṇāmūrti, an enlightened Master lived
tiṣṭhat	remaining situated/ unchanged
Triguṇa rahita	beyond the three guṇas of rajas, tamas and satva
Trikāla	all three time zones, past, present and future; trikālajñāni is one who can see all three at the same time; an enlightened being is beyond time and space
Triputi	the triad of knower, known and knowledge
Tṛṣṇa	craving or longing
Turīya	state of samādhi, no-mind
Turīya avastha	state that persists through all the 3 states of consciousness—waking, dream and deep sleep
tvam	yourself
tvayi	onto you
Tyāga	renunciation
tyaktena	by renouncing

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Sanskrit Word	Meaning
U	
u	also
ubhayam	both
Ucchaiśravas	the legendary snow white horse in the Hindu historical happenings
Udāna	part of prāṇa that helps the soul leave the body at the time of death
Udgita	ritual chant
Uṇmai	'Truth' in Tamil
Upaniṣads	scriptures that form the essence of the ancient texts of the Vedas, which show the direct path to God or Self-realization. Upaniṣad literally means 'sitting with the Master'. There were 1,180 Upaniṣads, related to 1,180 branches of Vedas. 200 of them are still available; 11 main Upaniṣads are commented on by Incarnation, Bhagavān Ādi Śaṅkara
Upāsanā	literally means 'sitting near,' denotes a prescribed method for approaching a deity or God
upāsate	worship
Upāyanam	the tattva (principle) of responsibility that awakens the power of feeling
Uśana	guru of asuras, Śukrācārya
Uttamauja	a Pāñcāla prince, son of subhadrā
Uttar kāśī	a town in North India
Uttara mimāmsi	those who interpret vedic scriptures according to vedānta
Uttarāyaṇam	six months that the sun travels in the north

Sanskrit Word	Meaning
V	
Vaikuṇṭha	the abode of lord Viṣṇu
Vāimai	truth spoken through the mouth
Vairāgya	beyond attachment and detachment
Vaiśvānarāgni	fire that we worship
Vaiśyas	business community; the class of the society involved in business and merchandize
Vajra	thunderbolt
Vāk śakti	(or vāk siddhi) the power of words; ability to utter the right words and make them occur as reality. Awakened by the tattva of integrity
Vākyartha Sadas	Vākyartha Sadas means when you are applying this thought current, when you are practicing for the next few days, if you have a click, some clarity, share that. If you feel that it is not working out for you share that, because many time people will learn what to do and what not to do
Vāli	monkey king in the Hindu epic Rāmāyaṇa who is killed by prince Rāma
Vālmīki	author of the famous epic, Rāmāyaṇa; revered as the Ādī Kavi, the first poet who invented śloka (epic meter). Once a thief, he attained liberation by Lord Rāma's name.
Varada hasta	boon-giving hand
Vāraṇasi	famous pilgrimage centre and temple town of North India; also called Kāśi, the city of Lord Śiva
Varṇa dharma	duty of one's caste; caste classification based on one's natural attributes an not on birth
Varuṇa	god of the ocean
Vāsanā	mental set up
Vāstu Śāstra	an ancient vedic science related to the science of architecture

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Sanskrit Word	Meaning
Vasu	means 'Dweller' or 'Dwelling'
Vasudeva	father of Lord Kṛṣṇa
Vāsudeva Kṛṣṇa	Kṛṣṇa, the mortal being, the son of Vāsudeva
Vāsuki	the serpent with which the Gods and the demons churned the milky ocean in the Hindu Purāṇa
Vāyu	lord of wind
vāyuḥ	Vital life-energy, wind
vāyuḥ	vital life-energy
vayunāni	actions
veda	knows or cognizes
Vedānta	(lit the 'essence or end of the Vedas'); describes a group of philosophical traditions concerned with the Self-realization by which one understands the ultimate nature of reality (Brahman). Originally a word used in Hindu philosophy as a synonym for that part of the Veda texts known also as the Upaniṣads Venkaṭeśvara, the presiding diety in Tirupati, a temple in South India. Incarnation of Lord Śrī Viṣṇu
vicacakṣire	explained
vidhema	I/we do
Vidmahe	
vidvān	the knower
Vidyādāna	giving education to meet someone's mental growth
vidyayā	by knowledge
vidyāyām	the delusory, or superficial knowledge
Vijaya	another name of Arjuna; the undefeatable victorious warrior
Vijitendriya	one who has won over his senses; another name of Arjuna
Vijñānabhairava tantra	classical sacred text cast as a discourse between the god Śiva and his consort Devi or Śakti, it briefly presents 112 meditation methods or centering techniques
Vijñānamaya kośa	knowledge layer
Vikarṇa	a Kaurava warrior

Sanskrit Word	Meaning
Vīṇa	a musical stringed instrument
vināśam	destructible
vināśena	with destruction or perishable entity
Vipāsana meditation	Buddhist meditation technique
Vīrabhadra	form of Rudra; independent energy of Lord Śiva that destroys ego of Lord Brahma.
Virāṭa	king of Matsya region
Virāṭa rupa	true universal form of Kṛṣṇa
Viśāda	grief, dilemma, deep sorrow
Viśiṣṭādvaita	school of thought that says the individual self is a part of existence with its own attributes
Viṣṇu	supreme god in the Vaiśnavite tradition of Sanatana Dharma; He is the energy that pervades the Universe and sustains it; also called Nārāyaṇa
Viṣṇu sahasranāma	the vedic hymn that glorifies the 'thousand names of Viṣṇu'
Viśvāmitra	great sage
Viśvanāth	literally means 'Lord of the Universe'; name of Lord Śiva as the presiding God at the Kāśi Viśvanāth temple in Varanasi
viśvāni	all, universe
Vivekachūḍamaṇi	(lit. the crest jewel of discrimination). A famous Saṃskṛit poem ascribed by Ādi Śaṇkaracārya in 8th century expounding on Advaita Vedanta philosophy with 580 verses
Vivekānanda	primary disciple of Rāmakṛṣṇa Paramahamsa and Founder of the Rāmakṛṣṇa Order. 19th century Eastern Enlightened Master considered a key figure in spreading awareness of Hinduism and Yoga in Europe and America.
Vrajā homa	a fire ritual of purification
Vṛikodara	one with the stomach of the wolf; another name for Bhīma, one of the Pāṇdava brothers
Vṛṣṇi	king of the yadu dynasty
Vṛtrāsura	evil being
vyadadhāc	has ordained, allotted, given

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Sanskrit Word	Meaning
Vyādha Gītā	(lit 'song of a butcher') Consists of the teachings imparted by Vyādh (a butcher) to a monk
Vyakta	seen or manifest
Vyāna	the energy that pervades the whole body. Its major function is circulation
vyūha	remove

Sanskrit Word	Meaning
Y	
Yādava	the clan to which Kṛṣṇa belongs
yaḥ	one who
Yajna	fire ritual
Yajur veda	one of the 4 vedas
Yakṣa	demigod who according to Hindu sacred history guards wealth.
yama	the disciplining principle
Yama or Yama dharma discipline	the lord of death; being who conquered death, yama also refers to inner discipline; natural flow of existence
Yantra	a tool for liberation
yasmin	in one
yat	so that
yat kiñca	whatever,
yathātathyataḥ	as it should be, as per nature and space, accordingly in reality [yathā-tathā]
Yayāti	an illustrious king mentioned in Śrīmad Bhāgavatam
ye	anyone
Yoga	Yoga in Saṁskṛit means to unite or to become 'one' with. Yoga refers to the process of 'uniting.'
Yoga Śāstra	the scripture of Yoga
Yogabhraṣṭha	fallen away from the path of Yoga
Yogi	practitioner of yoga
Yogirāj Yogānanda Puri	the teacher responsible for preparing THE SPH BHAGAVAN NITHYANANDA PARAMASHIVAM's body and mind for enlightenment at a very young age through authentic Patañjali's Aṣṭāṇga Yoga; he is also called Raghupati Yogi

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Sanskrit Word	Meaning
Yuga	period of time than spans millions of human years; in Vedic period, there are four yuga namely—Satya Yuga (Nithya Yuga), Treta Yoga, Dwāpar Yuga and Kali Yuga. Bhāgavatam says— one cycle of 4 Yugas is 4.32 million years. Brahma's 1 day is equal to 1,000 cycles of 4 yugas, called 1 Kalpa. 155.2 trillion years have passed since Brahma originally created the planetary system. Each yuga is associated with the appearance of an absolute incarnation in the human plane to re-establish Sanatana-Dharma, such as Bhagavān Rāma in Treta Yuga, Bhagavān Kṛṣṇa in Dvāpara Yuga, etc, along with unbroken chain of Enlightened Masters, eternal sages
yuyodhi	kindly remove

Īśāvāsya Upanisad-Original Sanskrit Verses

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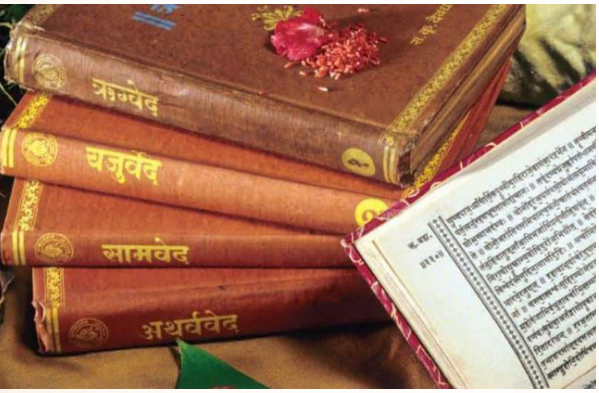
108 Upaniṣad

ainting representing the Triad of Shiva, Shakti, Nara in Kashmir Shaivism



Upanishad Category \ Vedas	RIG (10)
Principal Upanishad (10)	Aitareya Upanishad
Vedanta Upanishad (24)	Atma-Bodha Upanishad
	Kaushitaki-Brahmana Upanishad
	Mudgala Upanishad
Sanyasa Upanishad (17)	Nirvana Upanishad
Yoga Upanishad (20)	Nada-Bindu Upanishad
Vaishnava Upanishad (14)	
Shiva Upanishad (14)	Aksha-Malika Upanishad
Shakti Upanishad (9)	Tripura Upanishad
	Bahvricha Upanishad
	Saubhagya-Lakshmi Upanishad

YAJUR (51)		SAMA (16)	ARTHAVA (31)
Krishna (32)	Shukla (19)		
Katha Upanishad	Isavasya Upanishad	Kena Upanishad	Prasna Upanishad
Taittiriya Upanishad	Brihadaranyaka Upanishad	Chandogya Upanishad	Mandukya Upanishad
			Mundaka Upanishad
Akshi Upanishad	Adhyatma Upanishad	Maha Upanishad	Atma Upanishad
Ekakshara Upanishad	Niralamba Upanishad	Maitrayani Upanishad	Surya Upanishad
Garbha Upanishad	Paingala Upanishad	Vajrasuchika Upanishad	
Pranagnihotra Upanishad	Mantrika Upanishad	Savitri Upanishad	
Svetasvatara Upanishad	Muktika Upanishad		
Sariraka Upanishad	Subala Upanishad		
Suka-Rahasya Upanishad			
Skanda Upanishad			
Sarva-Sara Upanishad			
Katharudra Upanishad	Jabala Upanishad	Aruni Upanishad	Narada-Parivrajaka Upanishad
Brahma Upanishad	Turiyatita-Avadhuta Upanishad	Kundika Upanishad	Para-Brahma Upanishad
Avadhuta Upanishad	Paramahamsa Upanishad	Maitrayani Upanishad	Paramahamsa-Parivrajaka Upanishad
	Bhikshuka Upanishad	Sannyasa Upanishad	
	Yajnavalkya Upanishad		
	Satyayaniya Upanishad		
Amrita-Nada Upanishad	Mandala-Brahmana Upanishad	Jabali Upanishad	Pasupata-Brahmana Upanishad
Amrita-Bindhu Upanishad	Trisikhi-Brahmana Upanishad	Yoga-Chudamani Upanishad	Maha-Vakya Upanishad
Kshurika Upanishad	Advaya-Taraka Upanishad		Sandilya Upanishad
Tejo-Bindu Upanishad	Hamsa Upanishad		
Dhyana-Bindu Upanishad			
Brahma-Vidya Upanishad			
Yoga-Kundalini Upanishad			
Yoga-Tattva Upanishad			
Yoga-Sikha Upanishad			
Varaha Upanishad			
Kali-Santarana Upanishad	Tara-Sara Upanishad	Avyakta Upanishad	Krishna Upanishad
Maha-Narayana(Yajniki) Upanishad		Vasudeva Upanishad	Garuda Upanishad
			Gopala-Tapaniya Upanishad
			Tripadvibhuti-Mahanarayana Upanishad
			Dattatreya Upanishad
			Nrisimha-Tapaniya Upanishad
			Rama-Tapaniya Upanishad
			Rama-Rahasya Upanishad
			Hayagriva Upanishad
Kalagni-Rudra Upanishad		Jabali Upanishad	Atharvasikha Upanishad
Kaivalya Upanishad		Rudraksha-Jabala Upanishad	Atharvasiras Upanishad
Dakshinamurti Upanishad			Ganapati Upanishad
Pancha-Brahma Upanishad			Bhasma-Jabala Upanishad
Rudra-Hridaya Upanishad			Sarabha Upanishad
			Brihad-Jabala Upanishad
Sarasvati-Rahasya Upanishad			Annapurna Upanishad
			Tripura-Tapini Upanishad
			Devi Upanishad
			Bhavana Upanishad
			Sita Upanishad

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Īśāvāsya Upaniṣad-Original Sanskrit Verses

Primordial Status and Significance

- Īśāvāsya Upaniṣad is the primordial Upaniṣad, enumerated as the first and principle (mukhya) of all the Upaniṣads; and as per the Muktikopaniṣad order of 108 Upaniṣads.
- Īśāvāsya Upaniṣad is a Mantropaniṣad, being one of the shortest Upaniṣads of 18 mantras. It holds the prime authority and significance in the revelations of the Truth, as seen and grasped by the Apauruṣha Vedic Seers (who are beyond human form and authorless) from the cosmic vibrations emanating from the Pure Consciousness - Mahādeva. Being the only Upaniṣad that finds an integral place in the Saṁhita portion of vedic texts, it appears as the last part of Shukla Yajur Veda Saṁhitā.
- Named after its very opening mantra phrase, starting with Īśā Vāsyam – everything is enveloped by Īśā, Consciousness — Īśā Upaniṣad occupies the crowning position amongst the Vedic literatures. As the voice incarnate of the indisputable truth, this Upaniṣad powerfully asserts the oneness of the Self with everything and the all-pervasiveness, changelessness and eternality of each one of us, and proclaims the truth of Advaita.

Voice Incarnate of Indisputable Truth

- Through reading, re-reading and intra-analyzing these Upaniṣadic utterances of the Vedic Ṛṣis from the earliest dawn of the Vedic era, as now revealed by THE SPH BHAGAVĀN NITHYĀNANDA PARAMASHIVAM in its pure essence, one can kindle the fire of pure seeking that leads one even beyond the glowing glares of the Sun into the sublime light of our own Consciousness – crossing the ever- changing, perishable limits of incomplete knowledge, avidyā or ignorance that binds us and through the path of vidyā, the right knowledge, awakening us to grasp the subtle Truth of life, Truth of own own Self!
- In this Upaniṣad, is invoked That seeking which was then inherent in the very blood and veins of the Sarasvati-Ganges civilization and That seeking which

makes one, on the righteous path, demand the Divine Face of Truth - satya-dharmāya dṛṣṭaye (15), and that very first prayer uttered on the planet – so'ham asmi (16) – that even while praying to the infinitude of Consciousness, one beholds oneself in pure oneness (śuddha advaita) with that Īśa; and ultimately such a seeker, in constant remembrance of that Īśā in his actions, words and thoughts, merges Himself into the fire sacrifice of Consciousness, offering and surrendering oneself wholly to ever-delight in the eternal nectar and bliss of Īśa, Consciousness

ॐ॥ अथ ईशोपनिषद् ॥

auṁ ॥ atha īṣopaniṣad ॥

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- Śānti Pāṭhaḥ, Peace Invocation

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते॥

auṁ pūrṇamadaḥ pūrṇamidaṁ pūrṇāt pūrṇamudacyate |

pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate ||

- **Translation**: The Whole, the Cosmos, the Universe, comes from the Whole. Even when It comes, It does not get separated; It continues to be established in the Whole. When It goes back, It goes back to the same Whole. Completion is Completion. This is Completion. That is Completion. From Completion this and that happens. Whether this becomes that, or that becomes this, it is only Completion moving into Completion, and Completion becoming Completion.
- auṁ: auṁ, primeval, eternal vibration of cosmos; pūrnam: whole, completion, fullness; adaḥ: that, or thing to be known; puṛnaṁ: whole, completion, fullness; idaṁ: this, here and now, immediately available; something directly known or knowable; pūrnāṭ: from the whole, from completion, from fullness; pūrṇaṃ: this whole, this completion, this fullness; udacyate: comes forth, comes out; purṇasya: from this whole, from this completion; pūrṇa; whole, completion, fullness; ādāya: taking way, removing, separating (or also adding); pūrṇa: whole, completion; eva: alone, certainly, always; avaśiṣyate: remains, stays

- Whatever Exists Is Energy – You Are Consciousness!

ॐ ईशावास्यमिदँ सर्वं यत्किञ्चजगत्यां जगत्।
तेन त्यक्तेन भुञ्जीथाः मा गृधः कस्यस्विद्धनम् ॥१॥

īśāvāsyam idaṁ sarvaṁ yat kiñca jagatyāṁ jagat|

tena tyaktena bhuñjīthā mā gṛdhaḥ kasya svid-dhanam ||1||

- **Translation:** By Īśā, the Consciousness, enveloped must this all be, whatever moving, changing thing there exists in the ever moving and changing world. With this renounced, you may enjoy everything wholly. Covet not the wealth of anyone at all. Whatsoever changeful there is in this ever-changing ephemeral world — all that is verily enveloped [vāsyam] by Īśā, Consciousness, all that is personification of Īśā, Consciousness. By this renounced [i.e. the changing world], you may enjoy everything. Covet or desire not the wealth of anyone. Whatever you perceive as changeful inside and outside you, even when you perceive it as changeful inside and outside you, It is God, Consciousness, which is beyond any change.
- īśā: consciousness, god; āvāsyam: is enveloped, pervaded or filled, idam: this, must this be; sarvam: all this, yat kiñca: whatever, jagatyām: by the moving thing or changing, ephemeral world, jagat: universe, ever-moving world; tena: by It, with this, tyaktena: by renouncing, bhuñjīthāḥ: may you enjoy [everything], mā: do not, gṛdhaḥ: have greed or covet, desire, kasya svit: of anybody or anything; dhanam: wealth

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- Decide To Live For Hundreds Of Years, Decide For Life - Be Free From Karma

कुर्वन्नेवेह कर्माणि जिजीविषेच्छतँ समाः।
एवं त्वयि नान्यथेतोऽस्ति न कर्म लिप्यते नरे॥२॥

kurvann eveha karmāṇi jijīviṣec chataṁ samāḥ|

evaṁ tvayi nānyatheto ‘sti na karma lipyate nare ||2||

- **Translation:** One should decide to live in this world for hundreds of years, all the while constantly doing his actions dispassionately, without any attachment [to the work or the results thereof], as ordained by the scriptures alone. In this way, the actions done by a man shall not cling to him [na karma lipyate nare]. There is no other way by which a man can free Himself from the adhering bondages created by the actions.
- kurvan: by constantly doing, performing; eva: thus alone; iha: in this life, in this world; karmāṇi: work (as per sutras), being active; jijīviṣet: one should desire to live; śatam: one hundred; samāḥ: years; evam: so living; tvayi: onto you; na: not; anyathā: other alternative, any other way; itaḥ: than this path [unattached work]; asti: there is; na: not; karma: work, lipyate: can be bondage that clings or adheres; nare: onto or by a man.

- Saying 'No' To Life Or You, Kills The Consciousness Or Self

असुर्या नाम ते लोका अन्धेन तमसाऽऽवृताः।
ताँस्ते प्रेत्याभिगच्छन्ति ये के चात्महनो जनाः॥ ३॥

asuryā nām te lokā andhena tamasā'vṛtāḥ|

tāṁs te pretyābhigacchanti ye ke cātma-hano janāḥ||3||

- **Translation**: The various famous abodes of the Asuras (demons or unconscious beings) are in the form of lower grade worlds, which are like hells coerced by blinding darkness, representing all the negative and unconscious qualities, collectively called tamas i.e. inaction or ignorance. Those who literally kill the consciousness (ātmā) become ghosts who inhabit such horrible abodes, and this, they continue to do repeatedly. People who say 'no' to life, literally kill the Self or consciousness [ātma-hanaḥ], they become ghosts who inhabit horrible abodes, lower grade worlds, which are like hells, coerced by blinding darkness, representing all the negative and unconscious qualities. And this, they continue to do repeatedly.

- asuryāḥ: meant for asuras or demons; nāma: famous by name; te: those; lokāḥ: planets; andhena: by ignorance (lit. blindness); tamasā: by inertness, darkness; āvṛtāḥ: covered, coerced; tān: those planets; te: they; pretya: after death; abhigacchati: do enter into, inhabit; ye: anyone; ke: everyone; ca: and; ātma-hanaḥ: killers of the Self or consciousness, ātman; janāḥ: persons

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- Iśā, Pure Consciousness That Becomes Īśvara, Consciousness With Qualified Attributes

अनेजदेकं मनसो जवीयो नैनद्देवा आप्नुवन्पूर्वमर्षत् ।
तद्धावतोऽन्यानत्येति तिष्ठत्तस्मिन्नपो मातरिश्वा दधाति॥४॥

anejad-ekaṁ manaso javīyo nainad-devā āpnuvan pūrvamarṣat|

tad-dhāvato'nyān atyeti tiṣṭhat tasminn apo mātariśvā dadhāti || 4||

- **Translation**: It, Consciousness is unmoving, oneness, and swifter than the mind. Gods of senses cannot overtake and go beyond It, as It has swiftly moved ahead. Remaining situated, It outruns all other fast running ones (mind, speech, senses). In It the Life-Energy [mātariśvā] moves and expands Itself in Space, supporting all activities.

- anejad: unmoving; ekaṁ: oneness (Vedic meaning of 'ekam' is oneness beyond 'one'); manaso: than the mind; javīyo: swifter; na: not; enat: It/ Consciousness; devāḥ: gods of senses; āpnuvan: overtake and go beyond; pūrvam: ahead; arṣat: moving; tad: It; dhāvataḥ: fast running ones (mind, speech, senses); anyān: all other; atyeti:outruns; tiṣṭhat: remaining situated/ unchanged; tasminn: in It; apaḥ: all activities (literally apaḥ is 'water', all activities of life are connected to water, hence it represents 'activities' in this context); mātariśvā: life-energy (prāṇa, ether) that moves and expands itself in space ('mātari' is motherly 'space', 'svayati' is vāyu or air element, representing the life-energy that expands in the motherly womb of the space); dadhāti: supports, gives

- Experience The Inner Space And Outer Space Of Cosmos, Your Very Self

तदेजति तन्नैजति तद्दूरे तद्वन्तिके ।
तदन्तरस्य सर्वस्य तद सु र्वस्यास्य बाह्यतः ॥५॥

tad-ejati tan-naijati tad ddre tadvantike

tad-antarasya sarvasya tadu sarvasyāsya bāhyataḥ || 5||

- **Translation**: Truth that Consciousness moves, and, at the same time, truth that Consciousness does not move. Truth that Consciousness is far off from the farthest space, the truth that Consciousness is also nearer than the nearest space. Truth is the inner space of the whole Cosmos. Truth is also the outer space of the whole Cosmos; pervading and uniformly ever-present inside and encompassing this Cosmos from the outside. That moves and That moves not. That is far off, That is also near. That is the inner space (inside) of all this, and That is also the outer space (outside) of all this.

- tad: that, truth, consciousness; ejati: walks, moves; tat: it; na: not; ejati: walks, moves; tat: It; dūre: far off (from the farthest space); tat: that, it; u: also; antike: very near (than the neartest space); tat: that; antaḥ: inside, inner space; asya: of this; sarvasya: of all/of everything; tat: it, that; u: also; sarvasya: of all, everything; asya: of this; bāhyataḥ: outside, outer space.

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- Everything Exists In Me And I Exist In Everything

यस्तु सर्वाणि भूतानि आत्मन्येवानुपश्यति।
सर्वभूतेषु चात्मानं ततो न विजुगुप्सते ॥ ॥६॥ |

yastu sarvāṇi bhūtāny ātmany- eva-anupaśyati

sarva-bhūteṣu ca-atmānaṁ tato na vijugupsate ||6||

- **Translation**: One who indeed lives by seeing as it is, the whole Existence (with all unmanifest and manifest beings) existing in the Self (Consciousness) itself and the Self existing in the whole Existence, thus, does not feel violated by anything existing, by virtue of not seeing one's self as separate from Consciousness.

- yaḥ: one who; tu: indeed, but; sarvāṇi: all, whole; bhūtāni: existence, all beings; ātmani: existing in the Self (or consciousness); eva: itself; anupaśyati: living by seeing as it is; sarvabhūteṣu: in the whole existence, all beings; ca: and; ātmānam: the self (consciousness); tataḥ: thus, therefore; na: (does) not; vijugupsate: feeling violated, because of separating one's self

- What Delusion Can There Be For The Seer Of Reality Living In Ekatvam, The Space Of Oneness?

यस्मिन्सर्वाणि भूतान्यात्मैवाभूद्विजानतः।
तत्र को मोहः कः शोक एकत्वमनुपश्यतः ॥७॥

yasmin sarvāṇi bhūtany ātmaivābhūd vijānataḥ|

tatra ko mohaḥ kaḥ śoka ekatvam anupaśyataḥ ||7||

- **Translation**: In one, who has cognized the reality of Consciousness, all existing beings become the very Self, Consciousness, then what delusion of incompletion, what suffering, sorrow of incompletion can there be for that seer of Reality, living in the space of oneness [ekatvam], Living Advaita?

- yasmin: in one; sarvāṇi: all, everything; bhūtani: existing beings; ātma: consciousness, self; eva: very, only; abhūd: become, exist as; vijānataḥ: one who has cognized the reality; tatra: then, therein; kaḥ: what; mohaḥ: delusion; kaḥ: what; śokaḥ: suffering, sorrow of incompletion; ekatvam: space of oneness; anupaśyataḥ: seer of reality who is living (according to) [anu+paśyataḥ: the seer who follows or lives the reality]

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- Grasp The Pure Consciousness, That Which Is 'You'

स पर्यगाच्छुक्रमकायमव्रणम् अस्नाविरँ शुद्धमपापविद्धम्।
कविर्मनीषी परिभूः स्वयम्भूर याथातथ्यतोऽर्थान् व्यदधाच्छाश्वतीभ्यः समाभ्यः॥८॥

sa paryagāc-chukram akāyam avraṇam asnāviram śuddham apāpa-viddham|
kavir manīṣī paribhūḥ svayambhūr yathātathyatoarthān vyadadhāc-
chāśvatībhyaḥ samābhyaḥ ||8||

- **Translation**: Pure Consciousness is all-pervasive (like space) beyond the coming and going, absolute radiant and self-effulgent, unembodied boundaryless whole (beyond the subtle body), woundless, muscleless having no incompletion with the body (beyond the gross body); Consciousness is the ever pure space devoid of the dirt of ignorance (beyond the causal body), and is untouched by the delusion of incompletion; Consciousness is the all-knowing seer of all (past, present, future) [kaviḥ], the lord of all minds [manīṣī], Consciousness transcends all beings [paribhuḥ], Consciousness is self-existent by Itself [svayambhū] with Its independent will and intelligence, having no cause for Its happening; it is Pure Consciousness, that from time eternal, has enriched the ages and each being, by ordaining desirable responsibilities [artha] onto them, as per their nature and space, and their actions and results thereof.

- saḥ: truth, pure consciousness; paryagāt: all-pervasive, gone/beyond coming and going; śukram: radiant, effulgent, splendorous; akāyam: unembodied (beyond the subtle body); avraṇam: woundless, without any fault (beyond the gross body); asnāviram: without muscles (snāvā) and network of veins (beyond the gross body); śuddham: pure, untainted (beyond the causal body); apāpa-viddhim: untouched by delusion, incompletion (sin); kaviḥ: seer of all, all knowing; manīṣī: lord of the mind; paribhūḥ: who transcends all beings; svayambhūḥ: self-existent by Himself [svayam eva bhavati iti svambhū - as says Adi Shankara]; yathātathyataḥ: as it should be, as per nature and space, accordingly in reality [yathā-tathā]; arthān- desirables, responsibilities; verse vyadadhāc: has ordained, allotted, given; śāśvatībhyaḥ: from time eternal; samābhyaḥ: ages and beings in the ages.

- Seek And Worship The Pure Truth And Not Avidyā, The Ignorance That Veils The True Knowledge Of Truth

अन्धं तमः प्रविशन्ति येऽविद्यामुपासते।
ततो भूय इव ते तमो य उ विद्यायाँ रताः ॥९॥

andhaṁ tamaḥ praviśanti ye'avidyām upāsate

tato bhūya iva te tamo yau vidyāyāṁ ratāḥ ||9||

- **Translation**: Those who worship avidyā, the ignorance that veils the true knowledge of Truth, Consciousness, enter into blinding darkness characterized by the absence of perception; but into greater darkness of ignorance than that, enter they who, considering themselves as scholarly and learned, are engaged in vidyā, the incomplete knowledge acquired for vested interests characterized by the impure perception of Truth, Consciousness.

- andham: blinding; tamaḥ: darkness; praviśanti: enter into; ye: those who; avidyām: ignorance, delusion (of unconsciousness); upāsate: worship; tataḥ: than that; bhūyaḥ: still more, greater; iva: like; te: they; tamaḥ: darkness, ignorance; ye: those who; u: also; vidyāyām: the delusory, or superficial knowledge; ratāḥ: engaged, absorbed.

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- Intensify Your Seeking To Grasp The Truth And Reflect Īśā, The Consciousness

अन्यदेवाहुर्विद्याऽन्यदाहुर्विद्याया ।
इतिशुश्रुम धीराणां ये नस्तद्विचचक्षिरे ॥ १० ॥

anyad evāhur vidyayā-anyad āhur avidyayā|

iti śuśruma dhīrāṇaṁ ye nastad vicacakṣire || 10||

- **Translation**: It is said that by vidyā, the knowledge cognized from the right context of grasping the Truth, Consciousness and the superficial knowledge acquired from the wrong context of grabbing (without cognizing the subtle Truth), certainly a different result is achieved. Similarly, it is said that by avidyā, the authentic actions and/or the ignorant actions, a very different result is achieved. Thus have we listened from those wise beings who have explained that absolute principle to us.

- anyat: different; eva: certainly; āhuḥ: said, declared; vidyayā: by knowledge; anyat: different; āhuḥ: said, declare; avidyayā: by actions, ignorance;iti: thus; śuśruma: I/we heard; dhīrānāṁ: from wise, courageous beings; ye: who; naḥ: to us; tat: that; vicacakṣire: explained

- Experience The Nectar Of Immortality Through Pure Knowledge Of Truth, Vidyā

विद्याञ्चाविद्याञ्च यस्तद्वेदोभयं सह।
अविद्यया मृत्युं तीर्त्वा विद्ययाऽमृतमश्नुते॥११॥

vidyāṁ cāvidyāṁ ca yas tad vedobhayaṁ sah

avidyayā mṛtyuṁ tīrtvā vidyāmṛtam-aśnute ||11||

- **Translation**: One who cognizes the pure essence of these two, vidyā and avidyā, simultaneously, that is knowing the true and complete knowledge of Consciousness [vidyā] and doing actions from the sacred cognition of Consciousness; thereby through the knowledge of avidyā, crosses over and transcends death, and through vidyā, experiences and celebrates the nectar of immortality and bliss—the eternal space of oneness with Consciousness.

- vidyā: knowledge; ca: and; avidyā: ignorance; ca: and; yas: one; tad: It; veda: Vedas; bhayaṁ: fearfulnes; saḥ: truth, pure consciousness; avidyayā: by actions, ignorance; mṛtyuṁ: death; tīrtvā: water; tīrthaṁ is a holy river and a pilgrimage centre; āvidyā: ignorance; amṛta: Immortality, eternal; aśnute: achieve

अन्धं तमः प्रविशन्ति येऽसम्भूतिमुपासते।
ततो भूय इव ते तमो य उ सम्भूत्यां रताः ॥१२॥

andhaṁ tamaḥ praviśanti ye'sambhūtim upāsate |

tato bhūya iva te tamo ya u sambhūtyāṁ ratāḥ ||12||

- **Translation**: Those who worship and cherish the Unmanifest entities that are perishable, non-eternal, non- infinite and subject to destruction [asambhūta], enter into the blinding dark realm of ignorance; and into greater realm of darkness enter those, who are absorbed in only worshipping and cherishing the imperishable Consciousness, which is all-pervading, eternal, truth, infinite, and the cause of manifestation [sambhūta].

- andhaṁ: blinding; tamaḥ: ignorance, darkness; praviśanti: enter into; ye: those who; asambhūtim: manifested, perishable entities; upāsate:worship;

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tataḥ: than that; bhūyaḥ: still more, greater; iva: like that, undoubtedly; te: those; tamaḥ: darkness, ignorance; ye: who; u: also; sambhūtyām: in worshipping the imperishable consciousness; ratāḥ: engaged, absorbed

- Experience The Nectar Of Immortality Through Pure Knowledge Of Truth, Vidyā

अन्यदेवाहुः सम्भवादन्यदाहुरसम्भवात्।
इति शुश्रुम धीराणां ये नस्तद्विचचक्षिरे ॥१३॥

anyad-evāhuḥ sambhavād anyad- āhur-asambhavāt|

iti śuśruma dhīrāṇāṁ ye nastad vicacakṣire ||13||

- **Translation**: It is said that from the worship of the imperishable Consciousness, the cause of manifestation [sambhavāt] certainly a different result is attained. And it is said that from the worship of the manifested, perishable entities [asambhavāt] (such as gods, spirits, ancestors) a very different result is attained—thus we have heard the revelation from those wise beings who explained that absolute principle to us.

- anyat: different; eva: certainly; āhuḥ: it is said; sambhavāt: by worshipping the imperishable, cause of manifest; anyat: different; āhuḥ: it is said; asambhavāt: by worshipping the unmanifest, perishable entity; iti: thus; śuśruma: I/we heard it; dhirāṇāṁ: from the wise beings; ye: who; naḥ: onto us; tat: about that subject matter or absolute principle; vicacakṣire: explained

- Cherish And Celebrate The Eternal

सम्भूतिञ्च विनाशञ्च यस्तद्वेदोभयं सह।
विनाशेन मृत्यूं तीर्त्वा सम्भूत्याऽमृतमश्नुते ॥१४॥

dḥutiṁ ca vināśaṁ ca yastad vedobhayaṁ sah|

vināśena mṛtyuṁ tīrtvā sambhūtyāmṛtam aśnute || 14||

- **Translation**: One who simultaneously cognizes the pure essence of these both—the imperishable Consciousness, the cause of manifestation [sambhavāt] and the destructible [vināśam], the perishable, manifested entities—such a person completes with the fear of death and transcends death by worshipping or by knowledge of the perishable entities; and reaches the imperishable Consciousness and celebrates the nectar of immortality and bliss, the eternal space of oneness.

- sambhūtim: imperishable consciousness, cause of manifestation; ca: and; vināśam: destructible; ca: and; yaḥ: one who; tat: that; veda: knows or cognizes;ubhayam: both; sah: along with; vināśena: with destruction or perishable entity; mṛtyum: death; tīrtvā: transcends, crosses over; sambhūtya: in the eternal, imperishable consciousness; āmṛtam: immortality, deathlessness; aśnute: enjoys, celebrates

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- O Truthful, Glowing Effulgent Being, Do Reveal Your Divine Face Of Truth

हिरण्मयेन पात्रेण सत्यस्यापिहितं मुखम्।
तत् त्वं पूषन्नपावृणु सत्यधर्माय दृष्टये ॥ १५ ॥

hiraṇmayena pātreṇa satyasyāpihitaṁ mukhaṁ|

tat tvaṁ pūṣann-apāvṛṇu satya-dharmāya dṛṣṭaye ||15||

- **Translation**: The Truthful, Effulgent, Eternal Being is the ultimate sustainer, nourisher and protector of all that exists! You are the embodiment of the imperishable Truth and Reality. Your Divine face of Truth is concealed by the blinding dazzling upturned pot, which has golden orb of effulgence. This radiant golden pot (symbolized by the Sun) conceals your glorious face of Truth from my view. O Pūṣan, O Sun, O Complete One, do reveal Yourself by removing that glaring veil, for I, on the path of Truth, am eager to have your Divine vision.

- hiraṇmayena: golden or by a golden effulgence; pātreṇa: by the splendorous, dazzling vessel or pot; satyasya: of the truth; aphitam: concealed, veiled; mukham: face; tat: that convering; tvam: yourself; pūṣan: O sustainer, O nourisher; apāvṛṇu: kindly do open or remove, reveal; satya: truth; dharmāya: onto the path of righteousness or truth; dṛṣṭaye: for the Divine vision

- Even When I Pray To You, I Am You – So'ham Asmi

पूषन्नेकर्षे यम सूर्य प्राजापत्य व्यूह रश्मीन् समूह ।
तेजः यत्ते रूपं कल्याणतमं तत्ते पश्यामि योऽसावसौ पुरुषः सोऽहमस्मि ॥१६॥

pūṣann-ekarṣe yama sūrya prājāptya vyūha raśmin samūha| tejo yat te rūpaṁ kalyāṇa- tamaṁ tat te paśyāmi yo'sāvasau puruṣaḥ so' ham asmi ||16||

- **Translation**: O Pūṣan, Consciousness, who is the nourisher, sustainer of all, the primeval solitary traveller, the disciplining principle of all, is like the bright, effulgent Sun, and is the Lord of entire creation, which is His subject. Please remove all Your rays of this radiating, brilliant golden light, which had blinded me; so that by Your grace, I can have the Divine vision of that most auspicious, graceful, beautiful form of Yours. That which is there, the glorious Sun, is the mirror of the Supreme Being, who is all-pervading, pure Consciousness of the Cosmos. Indeed, I am He (that Puruṣa) – So'ham Asmi.

- pūṣann: O nourisher, sustainer; ekarṣe: primeval solitary traveller; yama: the disciplining principle; sūrya: sun; prājāptya: of the prajapati or lord of creation; vyūha: remove; raśmin: rays; samūha: withdraw, remove; tejo: effulgent; radiating; yat: so that; te: your; rūpam: form; kalyāṇa-tamam: most auspicious, graceful, beautiful form; tat: that; te: your; paśyami: I may see; have Divine vision; yaḥ: one who is, that which is; asau: like the sun; asau: that;puruṣah: supreme being or pure consciousness; so-aham: he I; asmi: am

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- Aum, I Remember The Supreme Consciousness, Īśā And Offer Me And My Actions Onto You

वायुरनिलममृतमथेदं भस्मांतं शरीरम्।
ॐ क्रतो स्मर कृतं स्मर क्रतो स्मर कृतं स्मर ॥१७॥

vāyur-anilam amṛtam athedaṁ bhasmāntaṁ śarīram|

auṁ krato smara kṛtaṁ smara krato smara kṛtaṁ smara ||17||

- **Translation**: Let the vital life-energy 'Wind' [vāyu] present in the body now be offered into the all-pervading, eternal cosmic life-energy 'Air' [anilam]; and now let this gross body (along with subtle body) be offered into the sacrificial fire and be reduced to the sacred ashes [bhasmāntam]. Auṁ, the Supreme Consciousness (Īśā), the Supreme Deity of the enriching sacrifice, I remember and offer all my actions into this fire sacrifice to experience oneness with You. O mind, remember the Supreme Consciousness, whom you have always been remembering in your actions.

- vāyuḥ: vital life-energy, wind; anilam: cosmic life-energy, air; amṛtam: immortality, eternal; atha: now; idam: this; bhasmāntam: reduced to the sacred ashes; śarīram: body; auṁ: vibration of consciousness; krato: O lord of enriching sacrifices; or actions; smara: remember; kṛtam: all that has been done or actions; smara: remember; krato: O mind; smara: remember; kṛtam: all that has been done by me; smara: remember

- O Fire God! O Consciousness, Take Us Along The Righteous Path Of Completion Leading To Iśā

अग्ने नय सुपथा राये अस्मान् विश्वानि देव वयुनानि विद्वान्।
युयोध्यस्मज्जुहुराणमेनो भूयिष्ठां ते नमउक्तिं विधेम॥१८॥

agne naya supathā rāye asmān viśvāni deva vayunāni vidvān|

yuyodhy asmaj juhurāṇam eno bhūyiṣṭhāṁ te nama-uktiṁ vidhema ||18||

- **Translation**: O Agne, Fire God! Knower of all our actions and all that is worth knowing, You must take us along the righteous and auspicious path of completion, leading us to experience the Supreme Consciousness, the original space of Complete Completion. O Deva (God, Consciousness)! May you remove all our incompletions that are obstacles on our good path of completion (beyond coming and going, birth and death). Onto You we surrender with many reverential words, bowing down again and again.

- agne: O fire god; naya: kindly lead; supathā: the good path of completion; rāye: for experiencing, for reaching; asmān: us; viśvāni: all, universe; deva: o god; vayunāni: actions; vidvān: the knower; yuyodhi: kindly remove; asmat: from us; juhurāṇam: all obstacles or hindrances on the path; enaḥ: all incompletions;bhūyiṣṭhāṁ: many many, most numerous; te: onto you; namaḥ-uktim: surrender with reverential words; vidhema: I/we do

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Īśāvāsya Upaniṣad

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- Your journey has been long, marked by countless births and deaths in the pursuit of fulfillment.
- Only if you realize that you are again and again born and dying, you will decide to stop this cycle of birth and death and liberate yourself.
- You will start seeking Moksha.
- This decision to seek Moksha is ‘vairagya’.
- Vairagya leads you to achieve the Ultimate Guru.
- For millennia, only Sanātana Hindu Dharma safeguarded the sacred Guru Parampara, guiding humanity to Moksha.
- Now, as our age-old tradition nears extinction, Paramaśiva Himself has descended.
- To protect humanity’s possibility for enlightenment, Moksha, Paramaśiva has revived KAILASA and reached you.
- You have finally come home.

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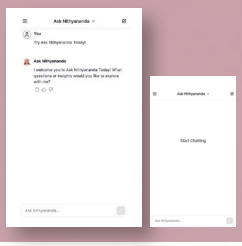

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KAILĀSA's National Policy for Super Conscious Breakthrough Through Technological Advancement.

This policy aims to establish an ecosystem that supports personal growth, well-being, and Super Conscious breakthrough on a mass scale through the latest technological innovations.

The government is committed to raising humanity's collective consciousness by raising the consciousness of 5 billion individuals using advanced technologies.

KAILĀSA's aims to accomplish the following through this policy:

Nurture a culture of lifelong learning, spiritual development, and holistic health within the community.

Empower citizens with the tools and resources necessary for self-realization and personal growth.

Utilize cutting-edge technologies to deliver enlightenment experiences and Super Conscious breakthroughs to citizens.

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- Access to a global community of successful, practicing Hindus

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☐ Citizenship ☐ e-Citizenship

Full Name		Date of Birth
Nationality	Place of Birth	Gender
Phone	Email	
Address		
Address Line 2		
Educational history		
Employment history		
Programs of KAILĀSA Attended		
Spiritual Name (if any)		
Parent #1 Name		Phone
Parent #2 Name		Phone
Previous House Address		

I, _____, declare that I have understood the details provided in this application form. I confirm that all information submitted is accurate to the best of my knowledge and understanding. By submitting this application, I am eagerly willing to apply for citizenship with KAILĀSA.

_____ _____

Signature Date

Register to be an e-citizen through Whatsapp

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The very first verse of this foundational Upaniṣad declares a universal truth:
"īśāvāsyam idgaṁ sarvaṁ, yat kiñca jagatyāṁ jagat."
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Dive into this timeless wisdom and unlock the power to transcend life's challenges, elevate your consciousness, and awaken to the infinite potential within you.

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