

ESSENCE OF HIS HOLINESS PARAMAHAMSA NITHYANANDA'S NITHYA SATSANG 2012

108 Pearls from the Bliss Ocean

volume 1

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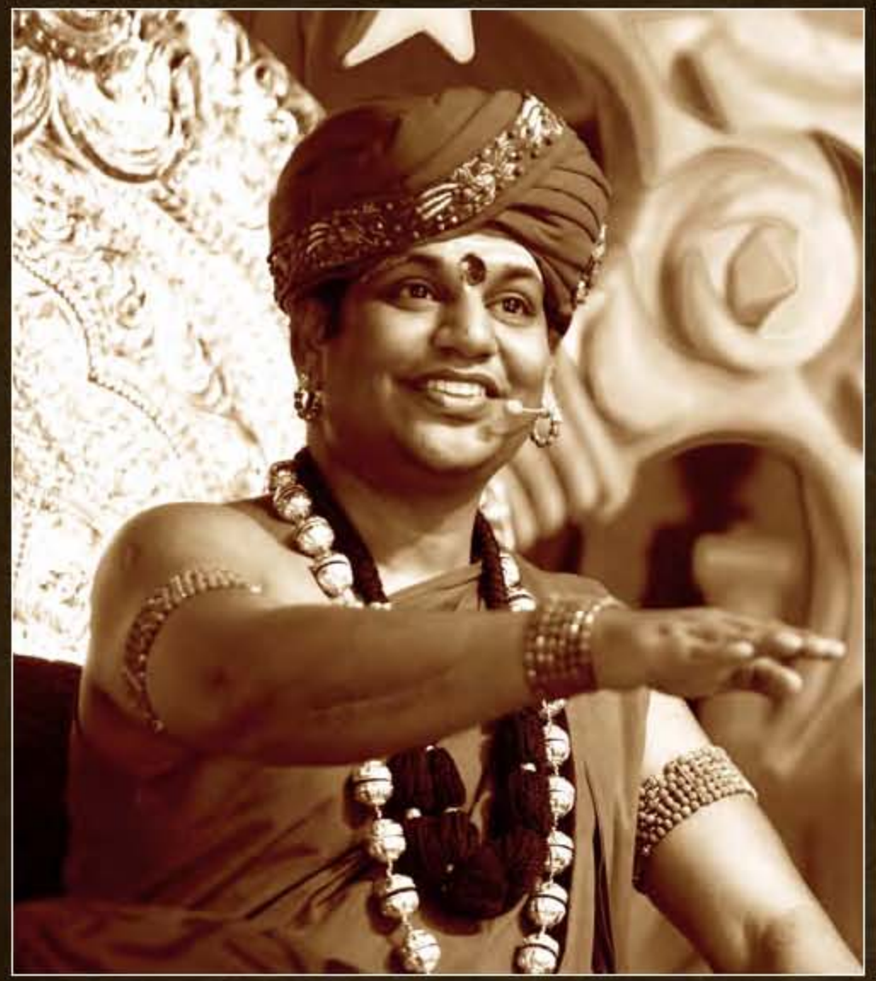
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You weave your identity

All of you have a certain concept of individuality. How it gets developed - you need to understand that. The very identity you create as 'I' is nothing but lot of threads put together. See, just like how a piece of cloth is a lot of threads put together, weaved in a complicated way, the same way, every time you utter the idea 'I,' that becomes one thread. More and more number of times you utter the word 'I' and assert the identity, that many threads form your identity-cloth. And wherever you assume that identity strongly, that kind of color is given to that cloth. The fabric out of which your identity is made is the very utterance of 'I'. The number of times you utter I, I, I - that becomes the thread. As many times as you utter, that many times the threads get intertwined and becomes the identity, and you start wearing the cloth. And unfortunately, you start thinking that you are the cloth itself!

The only way to cause the confused 'I' to disappear is - stop uttering more and more words that speak 'I'. Editing the word 'I' in all your conversations can be a powerful initial spiritual practice, because that stops the power supply for the cloth to get strengthened or colored. The supply of identity will stop when you stop using the word 'I' both in outer conversation and inner conversation also. Please understand, you need to stop using 'I' both outside and inside - both are required.



Face your higher identity

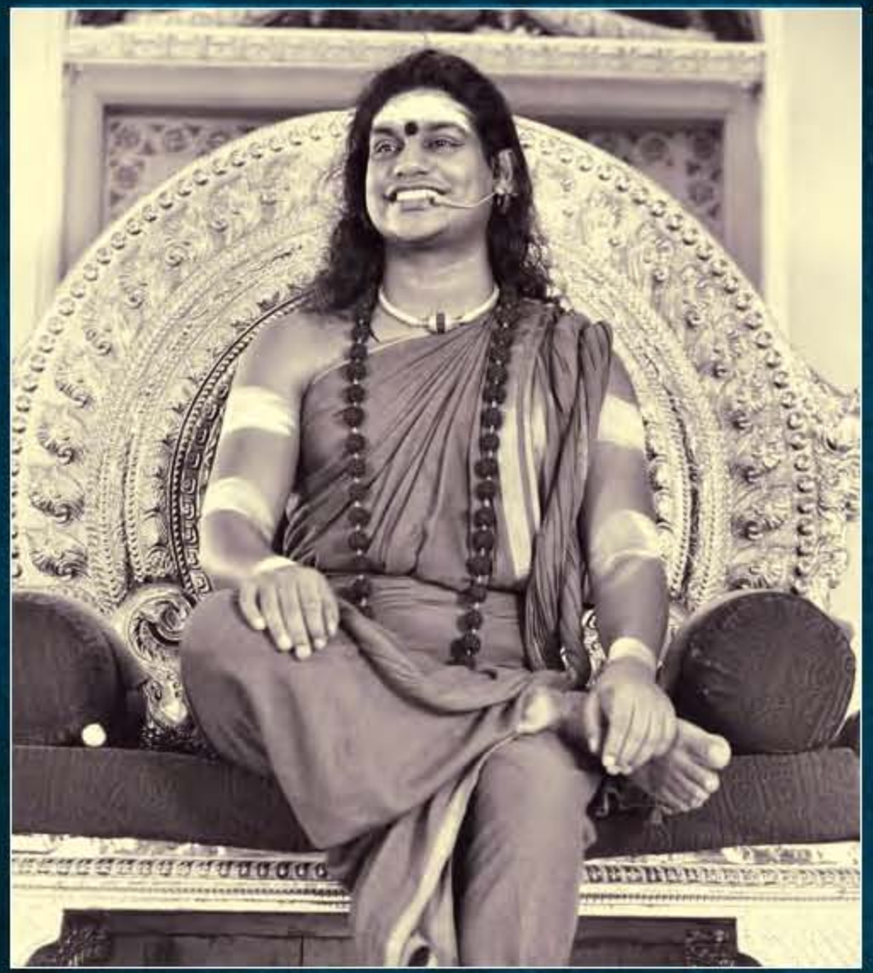
People ask me - in one moment, can you make me experience enlightenment? I can make you experience. But you are afraid of your higher self! So many times I have seen that when I awaken your kundalini, your experience of your higher self, you are afraid of your higher self. You are comfortable with the old you. If I introduce the new you to you, you are afraid of it. You like your lower self. Just like how there are millions of people who are afraid of more wealth, because they have to manage it - same way, many of you have fear of your higher self when your higher self is introduced to you. I can say, in all of you the fear of the highest frequency exists. That is the biggest obstacle. The disrespect for your present frequency, your present ego, is the basic necessity which will be the jumping board for you to jump into the higher frequency. I think maybe after this understanding, all of you will be able to catch what I mean by going beyond ego. If you are too attached to your ego, you cannot go beyond it. You need to have disrespect for it. Only then you can go to higher frequency or higher experience.



Take responsibility and relax

I tell you, world's worst loosedom is the feeling of ownership. Any fellow feels the ownership. Please understand, let me describe. Ownership is formed without any bone structure by continuous action! Let me describe. Your actions are like flowers. Ownership is like thread. If the ownership thread is used and actions are tied, it is ego, garland of ego. Never the real ownership happens in that way. Real ownership is flowers are arranged so thoroughly in such packed way, it looks like garland but without thread – that is ownership. There is no separate thread other than continuously actions being performed so meticulously, so continuously that it looks like a garland. But they don't have a thread, ie. the ego. In a normal man, more thread and less flowers. 25 meter thread and in the end one flower! That is the energy you guys are spending on the thread which is ownership. Real ownership is constant actions performed in perfection in continuum.

Your ownership is flowerless garland. Drop that. Real ownership is felt by others by your continuous actions. Be unavailable to your lower self, be available to your higher self and enter into the battle. Understand your every day is a battle. Lay down all the effects, side effects, after effects of your actions. Don't carry the perverted wrong hope. Relax from the iron chain of ownership. Give up the lower self, disrespect the lower self and enter into life!

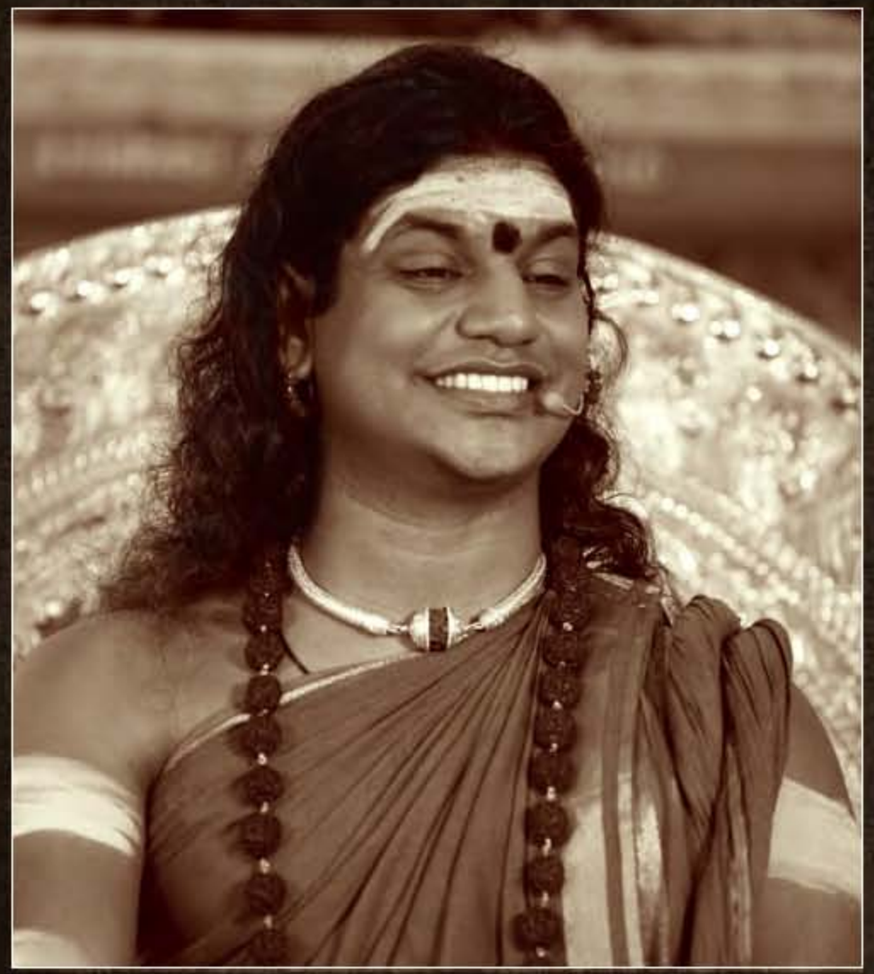


Secret of mantra

When you chant your mantra, visualize that it is rotating around the throat in a circulating rotating way. See, normally you utter in linear way - this is japa. Ajapa means, the sound and mantra should be moving in circular way. When you visualize that, your mouth is locked and you will feel immediately the mild vibration of that mantra.

When chanting, wear an energized rudraksha bead exactly on the Vishuddhi chakra, in the hollow of the throat. This is the place where the air is getting converted into sound. If you wear energized rudraksha there, constantly every word coming out will have the coat of that mantra. It becomes like the ajapa japa. Maybe we can give a new name - eN-Chanting! You will see this rudraksha and the mild vibration meeting, and the kundalini in you will be awakened.

In the Tibetan tradition they have the prayer wheel. When they chant the mantra om mani padme hum, they have a wheel to visualize the circular movement of the mantra. If you want to train your mind, have a prayer wheel. It can raise the awareness. See how much ever you practice, you forget to unclutch continuously. But when you are chanting the mantra, it is action-based. As you are programmed for action, inactionbased restful awareness is constantly forgotten and missed by you. But the actionbased awareness can be powerful process for enlightenment.



Explode in enlightenment!

First definition of exploding in enlightenment is – be out of all panic patterns! Panic pattern means, the pattern which is constantly restricting, refraining, limiting, binding you, and reducing your constant explosion. Please understand, your Ananda Gandha, your inner space, is atomic station, where the constant atomic explosion is happening But panic pattern acts as a covering, the cooler which is stopping it from exploding and becoming the big bang of enlightenment. The uranium is the unclutching! In the regular atomic stations, you need a cover, because it is not good for the world. But here, the more you explode, the more good for the whole universe.

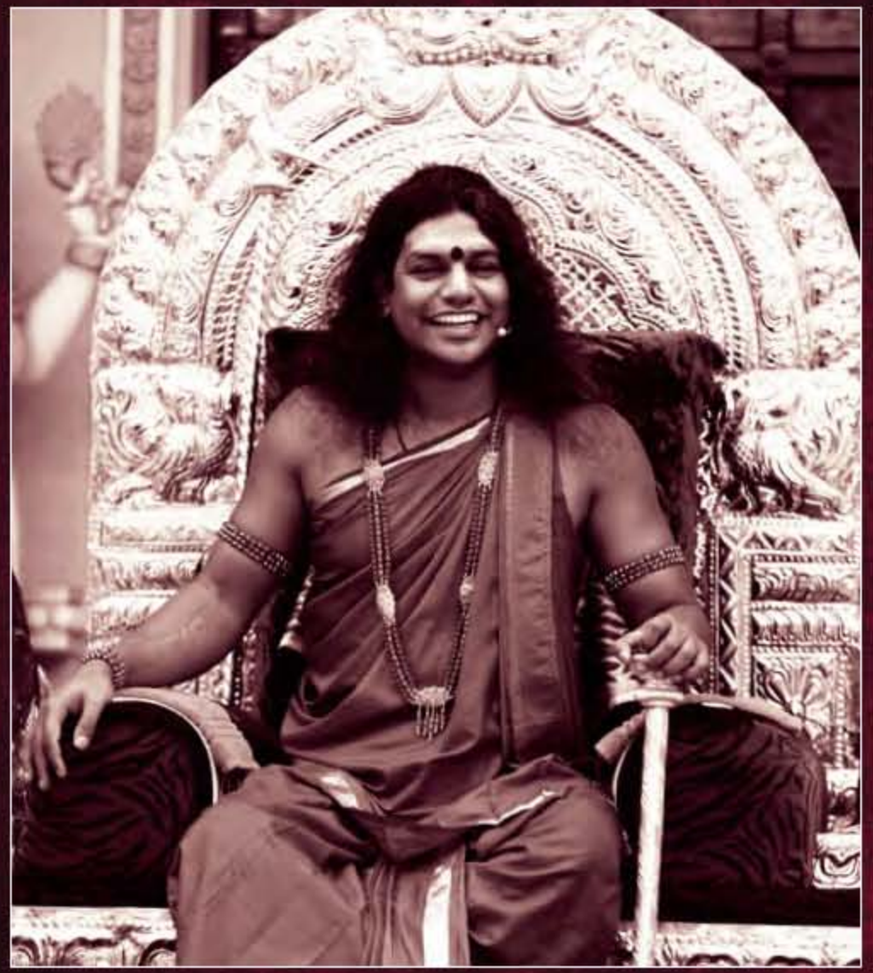
What are you afraid of? You are afraid you will perish? Then better you explode and perish! This risk is better than the other. I tell you, shut all the exit routes in you. All of you have Plan B –'what to do if this does not work out'. Drop that plan B. Only when you drop all plans, only when all exits are closed, you travel in the straight way – highway, highest way. Because in the highest way you need to follow lot of rules, discipline, traffic. In the exit, not much problem, gas is available, rest is available, relax, drive when you want, don't need to drive when you don't want. On the highway you have to keep on driving. But when you catch this highway, you are in the highest way. You drive, drive, drive - and suddenly one day you take off !



Destroy your patterns, not your possibilities

All senses are just possibilities. By destroying or restraining or abusing the possibilities, you don't achieve anything. Hand is a possibility. It can either be used for puja or for hitting. Ears are possibility, tongue is a possibility, ears are possibility. Please understand, death is supposed to happen to the patterns you carry, not the possibilities you carry. Pattern is somewhere hiding. Pattern saves itself by diverting your violence and anger towards the senses. Now, the death should be caused to the pattern which is asking you to go to the arrack shop. Unfortunately, your mind diverts your attention – no, no, kill your leg, that way you will not go to the arrack shop! No. Becoming impotent is not Brahmacharya, starving is not fasting, blindness is not controlling the eyes, deafness is not the control of the senses of the ears.

Your body flows with its nature. Body is natural, mind is societal. All the corruption starts with the societal components. Understand, it is patterns which creates body, patterns which creates senses, patterns which creates whatever is required from outside world. It is your pattern of wanting taste that creates both the tongue AND the taste in honey, taste in sugar, taste in all the sweets. There is no pleasure in the outer object - it is your intense desire for pleasure that creates pleasure in the object. So withdrawing the senses is not destroying the senses. The patterns are the criminals, not the senses.



Creativity is choiceless explosion

Basic law is, everybody is good at everything. The moment you say you are good at something, not good at something else, over! It is a simple ego game. And I tell you, even your own ego is not very clear what you want or don't want! So anything falls on you as responsibility, take it up. Choice in work is nothing but you trying to strengthen your confusion, or what you believe as your pattern. If you have a strong preference, it is a strong pattern, break it. If you have no preference and only chaos, that also has to be broken, break it.

Creativity is nothing but the depth of the honesty you express towards your possibility. It has nothing to do with just painting, dancing, singing. Just the way you carry yourself, the way you walk, the feeling you carry about you can be creativity! Even the way you sit with you is creativity. Not because somebody is watching. So work more on creativity, not on change of work.

See, normally it is all about how you feel about you, all the lies, right, wrong, the identity you carry. But once you are initiated and your kundalini is awakened, the identity breaks, explodes, and different feeling happens. Imbalancing of your identity and explosion of higher identity. Because an enlightened being is beautifully established in higher identity, just by a look, he is able to destabilize anybody's lower identity and push them into higher identity.

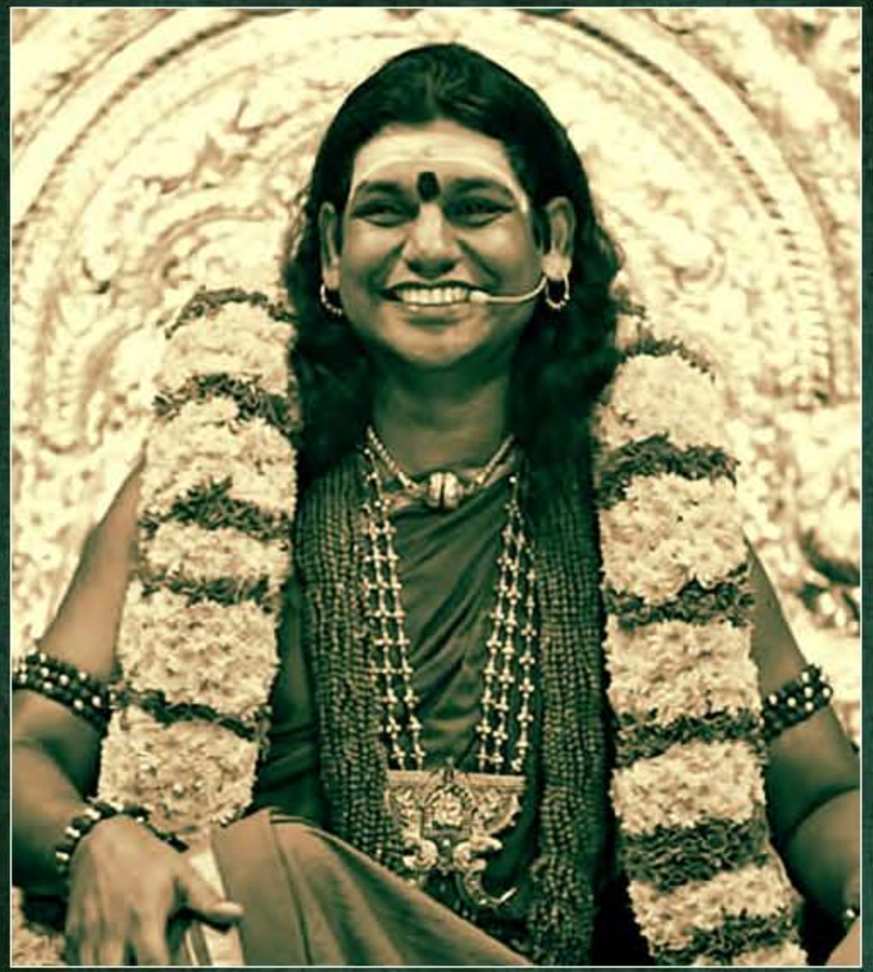


No excuses for unawareness

The most cunning escape route that human mind uses is –'I did not do it knowingly.' This is the continuous unconscious pattern with which human beings suffer. Who said you did it knowingly? But you did it on purpose! Understand, even all unknowing things, you may be doing unknowingly but with purpose. Unknowing does not mean you can do anything you want and there is just no need to be responsible. Unknowing only means that somewhere, secretly, you are still comfortable with your patterns. You are not yet feeling the suffocation of your patterns.

All philosophizing, encouraging, inspiring, everything is just till the level you feel uncomfortable with the lower identity and get comfortable with the higher existence. That's all. Getting comfortable with the higher identity is not ego. Please understand, talking outside as if you have higher identity is ego. But internally if you are comfortable with higher identity, it is not ego.

The most cunning pattern human beings carry is, trying to justify their wrong deeds and wrong things with the word 'I did not do knowingly'. See, the moment you say you did not do knowingly, you justify all the actions happened. If you did not do knowingly, it means you are still supporting the identity which has made the mistake. So work on your lower identity, be disrespectful to your lower identity, be uncomfortable with it. Become uncomfortable with lower identity, so that you can become comfortable with your higher being.



Expand, expand, expand!

Please understand, in your brain there is a part responsible for thickening of your logic, which is just near the medha naadi. I can say that if you straight drill in the back side of the skull - of course, first you may get some mud and it has to be taken out - that part is responsible for the thickening of the logic. If that part of your logic is thickened, better you engage yourself in management and creativity. Take up twenty responsibilities in multi-direction. If you are not taking responsibility, then even while working, your mind will be engaged in constantly expanding towards the sense pleasures. The restlessness which happens in you naturally tries to express itself by expanding the sense pleasure patterns. When it is not able to expand, it becomes anger. It is like a small baby parrot which you put it in a cage. When the parrot grows, grows, grows, after certain age, it naturally tries to go out of the cage. When it can't get out, it becomes angry. Same thing happens in you. The thickening of your logic is the growth of the parrot. The parrot's struggle is desire. When it is stressed out because it is not able to break out, it is anger. When your logic thickens, it tries its best to expand the patterns of your sense patterns. Before that happens, engage yourself in management and creativity. Take up the whole responsibility of the cosmic vision.

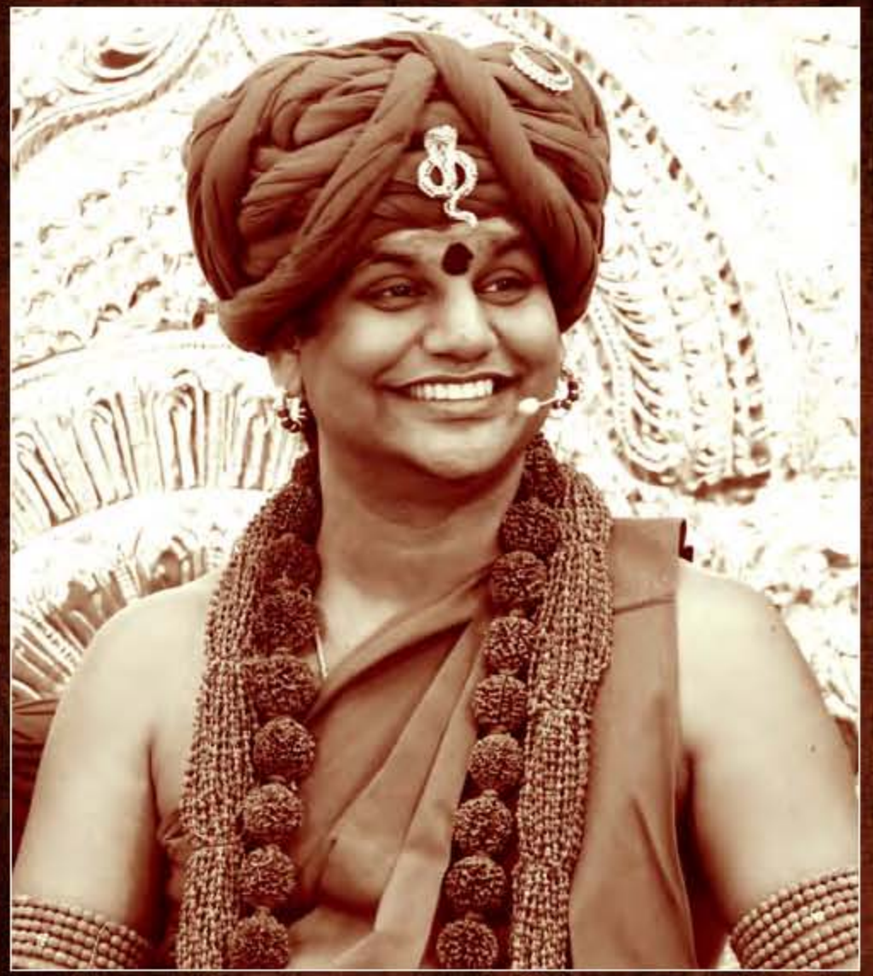


You can heal yourself

Your Life has the capacity to heal you anytime, anywhere. Please understand, even on the deathbed, your Life-energy is capable of healing the body within a second! That is Life. Even if you are having a tumor, or BP, diabetes, depression, your Lifeenergy can produce the necessary chemical and infuse into that part, much more precisely than any allopathy medicine. I was working on each part of the body, and I saw - when the kundalini energy, the life energy, awakens in you and hits at spleen or liver or brain, immediately the necessary chemicals are produced and body can be completely healed.

But unfortunately, because of your pattern of extroversion, the recovery does not happen immediately. What is extroversion? The pattern of engaging yourself constantly with external things. Life is not experienced by you because greed and fear constantly engage you externally. It is crime. Please understand, all your patterns are like a stones in the river. When the water is overflowing, the rock will not be seen. Same way, if your energy is overflowing, you will never be hit by the patterns. When the water comes down, the stone is dangerous. When the energy comes down, the pattern is dangerous.

Expansion has nothing to do with external solutions. Expansion happens only when you try to find solution with internal Life-energy. Spend at least one hour a day just sitting with you, engaging yourself with life as it is happening. When Life becomes source of your health, joy, inspiration - expansion happens just like that.



Desires cannot fulfill you

Whether you are young or old, life has to be snatched away. Whether you are 6 or 60, 8 or 80, life has to be snatched away from you. The quality of sense-pleasures is, they make you numb to the happening of time. Understand, no desire can be fulfilled by going through the act - whether eating or listening or seeing or physical touch pleasure - Sometime the mind will say - if I get into this act, I may get out of this engram, I may feel released, relieved. No! The desires are never satisfied by going into it. When the pattern is discovered, the most intelligent thing to be done is drop it. Just drop it.

This is one of the oldest myth with which human beings live – thinking that through action, you can come out of the pattern. No. Through action you can never come out of the pattern. Patterns can be dropped only by three ways: one – through intelligence, two – through simply straight inspired will, three – through initiation. Only these three 'I' can drop the patterns. Intelligence, inspired will, initiation. Never by going into it, never by working with the desire. Don't work WITH the pattern, work ON the pattern. All the fellows who work with the pattern get caught with the pattern. Working with the pattern means respecting the pattern, so when you work with it, you get caught with it. Working ON the pattern is the way to come out of the pattern.



Simply flow with Life

Please understand, whole life is alchemy. When the soil, manure, three-four different things come together, suddenly the alchemy of plant starts happening. When the grain, water, fire, salt - when all of them come together, the alchemy of cooking starts happening. When the food, your intestine, blood, prana - all of them come together, alchemy of digestion is happening. Understand, same way, when the muscles, flesh, blood, nervous system - when all these things come together, the alchemy of extraordinary powers like seeing, listening, tasting are happening. But unfortunately, you don't stop with those powers. If you are simply flowing with those powers, you will radiate so much of intelligence. I tell you, a man who is simply seeing, simply tasting, simply listening, simply enjoying the physical sex without carrying the hangover, will radiate so much of intelligence.

Your senses are only tools of life. But unfortunately, they feel they are lord of life. For example, your eyes - it is a combination of little bit of nerves, muscles, blood. It has the capacity of seeing. But unfortunately, because continuously it is able to see, it starts assuming that it can control the scene. This is the basic fallacy of organs. That is why I want to call them NONSENSE ORGANS! The moment you say, I have a choice, you already assumed the kartrutva (sense of doership). When all the five senses are put together, suddenly a wrong alchemy happens – sense of doership. Sense of doership is the broomstick created by the five sticks of the senses. When you remove the sticks, there is no broomstick! Understand, other than the five senses, there is no sense of doership. That understanding expresses itself as intelligence.

Tuesday, 24 January 2012



The science of making decisions

If you are making decisions in your life everyday from good values, you are conflictfree person, you don't have conflicts. If you are making your decisions out of will, you are powerful person. If you are making decisions out of discrimination, you are on higher side and higher scale of morality. But if you are making decisions out of Consciousness, you are a jeevanmukta, living enlightenment.

Look into how you make decisions in your life. Ask yourself - is it out of my mental pattern, or will power or discrimination? Ask yourself - am I doing this out of the honest, truthful right space? Am I taking decisions out of consciousness, out of spiritual strength? Or am I at least acting out of discrimination?

Discrimination is, seeing the larger truths of life and making decisions. It means you will be completely honest and integrated to the highest truths of life in that situation. For example, someone has stolen something. If he is trying to hide even after being caught, he is strengthening that pattern. But if he says, let me be honest. Once I will be punished, but at least I will be out of this pattern for lifetimes! - this is discrimination. So move from one step to other. If you are taking decision out of mental patterns, move to intention. If you are taking decision out of intention, move to discrimination. If you are in at least in the level of discrimination, then I can move you to Consciousness!



Goal makes the path boring

This is one of the important sacred secret you need to know. Whenever you are working out of greed, tiredness happens in you. When you have the greed for the throne, your mind is already visualizing how everyone is serving you. But in reality, before you get the throne, you need to fight and conquer - this is little away from the fantasy! That is why I tell you, all goals are away from the path. Any fantasy or any goal moves you away from the path. Goal makes the path distasteful, unenjoyable, boring, dull. Not only that, greed always creates a friction in you, and you hate that pattern. I can tell you the taste of each emotion. Joy - little sugarish but not sweet, greed - the tamarind taste, hatred - green chili taste, guilt - red chili gongura chutney taste! The tastes have nothing to do with emotion, but each emotion does have a taste. Desire - by its very nature, the taste it creates becomes non-digestible. Please understand, If you are having desire for some object or person or money, and at the same time, you are unable to work to achieve that, be very clear - both patterns are from same root. Both patterns are from same root.



How much have I grown spiritually?

Yesterday, somebody was asking me, Swamiji, can you tell me how much I have grown spiritually? I tell you, the scale to measure that you have grown spiritually is the honest feeling that master has for you. If you pull out your file from the archives which is inside me, the conclusion of that file - that is your spiritual growth. Cosmos' feeling about you - that is your spiritual growth.

The most funniest thing happens around masters is, some fellows think that by just holding on to the place or some status, they can achieve the Ultimate. No. Real achievement happens by the understanding or the conclusion the master carries about you. I tell you, you can give up anything to create and re-write that properly. Nothing else matters on planet Earth - your physical growth, mental growth, relationships, wealth - everything can happen right if master's grace is there in you.

So build right file in master's heart. Evolve yourself where master really trusts you. Nothing else matters in the life if your master can say you are his friend and companion. Prepare yourself and make yourself worthy of Master's feeling-connection. You feeling connection with Master is not that important. He feeling connection with you is important. You seeing him is not important, because you will pick up whatever is comfortable for you and do that. But when he sees you, he will pour all his energy into you.



Aim at the aimer!

There is a beautiful sutra by Bodhidharma's follower Saraha, one lady enlightened master who was a highly evolved soul. She was a Tibetan Buddhist Tantric. She writes in her poem - When you send the arrow, not only the extra sensory perceptions in outer world is achieved, even in inner world it is awakened. Archery is not just the art related to the outer goal alone. Archery needs so much of understanding, concentration, ability to perceive the truth. See, if you are a master archer, your inner space will be so finetuned and sharpened. The moment you concentrate on any mysteries in life, you will understand. If you attack a point, a goal, you need to understand what is the distance, where is it exactly. From long distance, your inner space need to come to many conclusions – what is the distance, height, length and the speed with which you need to attack that point. So many extra senses has to happen for archery. That is why Saraha describes when you practice archery, the understanding of the goal is achieved. Please understand, your 7th sense needs to be awakened – calculating, judging, perceiving, making the decision and sending the arrow - so many things need to awakened. Archery is the art where, if you are a successful archer, you will grasp any idea you look into. That intense concentrated mind will be straightaway useful to understand the truths of life and get enlightened.

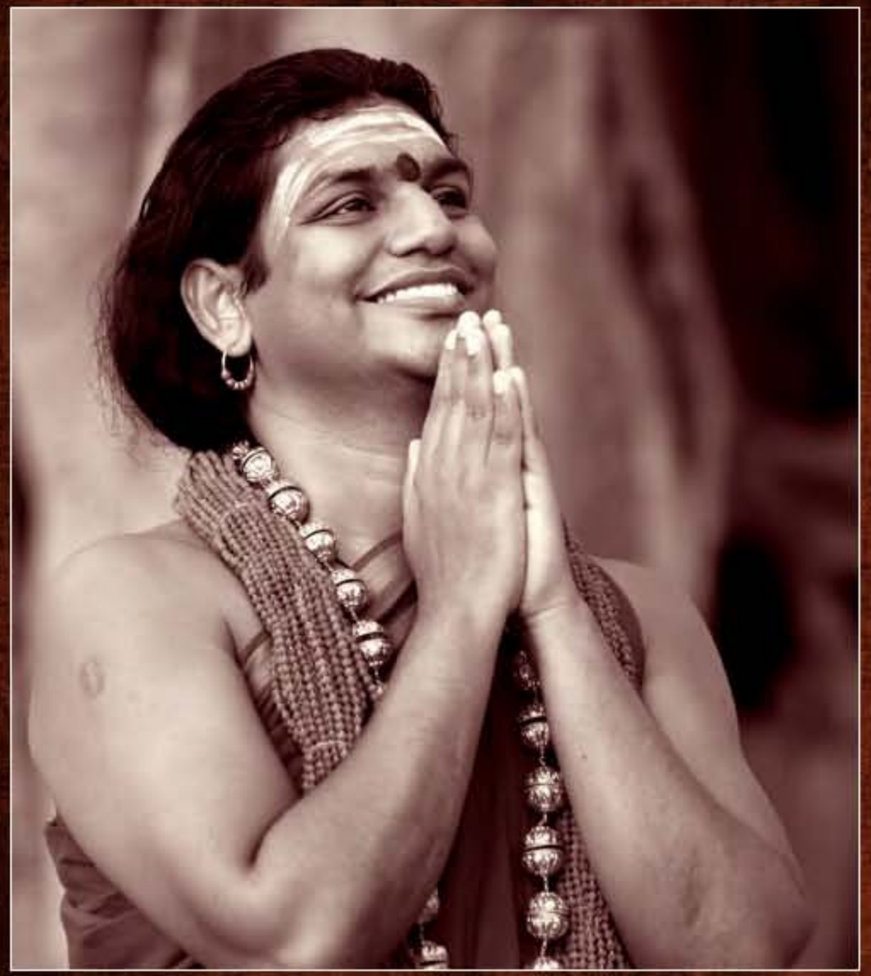


Every new response is a new birth

Whenever a new way of response starts in you, one new janma (birth) starts in you. For example, suppose in every situation of your life, you always did the response of fear, withdrawing, non-confrontation or non-involvement. Suddenly you decide, from today I am taking the response of facing, acceptance. I tell you, from today your next janma starts!

I wanted to define the rebirth concept. You have had many bodies and many minds. You had many bodies through many minds, and many minds through many bodies! Just to pass through the engram of lust, you would have taken 20 bodies. Just to pass through one body, you would have taken many minds. Understand, I am redefining. Sometime with one body you go through 20 minds, sometime without even changing a single mind, you would have gone through 20 bodies.

Understand, I am not talking only about many bodies. If you think that, will say - oh, I was tortoise, then deer, now finally I am buffalo. So many bodies have passed. You need to understand that with so many bodies you lived with one mind, and with so many minds you lived in so many bodies. Sometime with many minds, you are still not liberated. Sometime with one mind, you are liberated from so many patterns. That is why we say, every day with the Master is a new life. Every response I teach you is a new way of living. Naturally you will be liberated from new bodies.



Create a new mind

You use only 10 or 15 major mental patterns in your everyday life. You may be thinking, No, Swamiji, I use 2000 patterns per day! NO. You are not that intelligent! Even if you are really demonic and criminal, you can be having maximum 15 patterns! See to it that 15 patterns are transformed, and you are responding to them in a new way. What are mental patterns? When your anger comes up, that is one mental pattern. Irritation, tiredness, lust – these are mental patterns. Sometime people are so unconscious. When lust comes, they respond with anger. If you respond with romance, you are at least in your natural state, but if you respond with anger, you are perverted. And you respond to your anger in a romantic way! You sing and celebrate it. When confusion comes, you respond with active analysis. Actually, your chaos and confusion is just garbage. You should respond to it just by ignoring or unclutching. Whenever the peace and restful awareness comes up, respond with activeness and life. But see how you respond! When there is confusion and chaos, you sit and think, think, analyze, and make everybody in the world a criminal except you. But when you feel peaceful and in restful awareness, you just lie down. You never celebrate it in your life.

So basically you respond only to 10-15 patterns per day. If for those patterns, you have started giving complete new response, your old mind is dead, and new mind is created.



Our sangha is built on Love-energy

Praana Prathishta means the process of energizing. Please understand, the process of converting mud into grain is agriculture. The process of converting grain into blood is digestion. The process of converting body into mud again is cremation. Same way, the process of converting a stone or a place or a statue into the possibility of Divine - that process is called Praana Prathishta. Installing the divine possibility in a stone or a statue or a deity is Praana Prathishta.

I was studying the purpose with which the whole Praana Prathishta (of Bidadi kshetra) has happened. When I studied, I realized that a 8-petal lotus, a unique method of Praana Prathishta was used here. The center purpose of the whole Praana Prathishta was bliss and tremendous love! This place will have its fulfillment only when the bliss energy radiates as love and healing! This place will have its fulfillment, this place will complete its purpose of existence, only when its source strength of bliss expresses as love and healing. In the 8 petal lotus, the center core was standing like a bliss beam, the beam of consciousness. It was expressing as the 8 petals through the 8 directions. See, consciousness is the source. The main expression of consciousness which fulfills the purpose of this land's Praana Prathishta is love and healing. Only love and healing energy which will serve the purpose for which this Sangha got built.

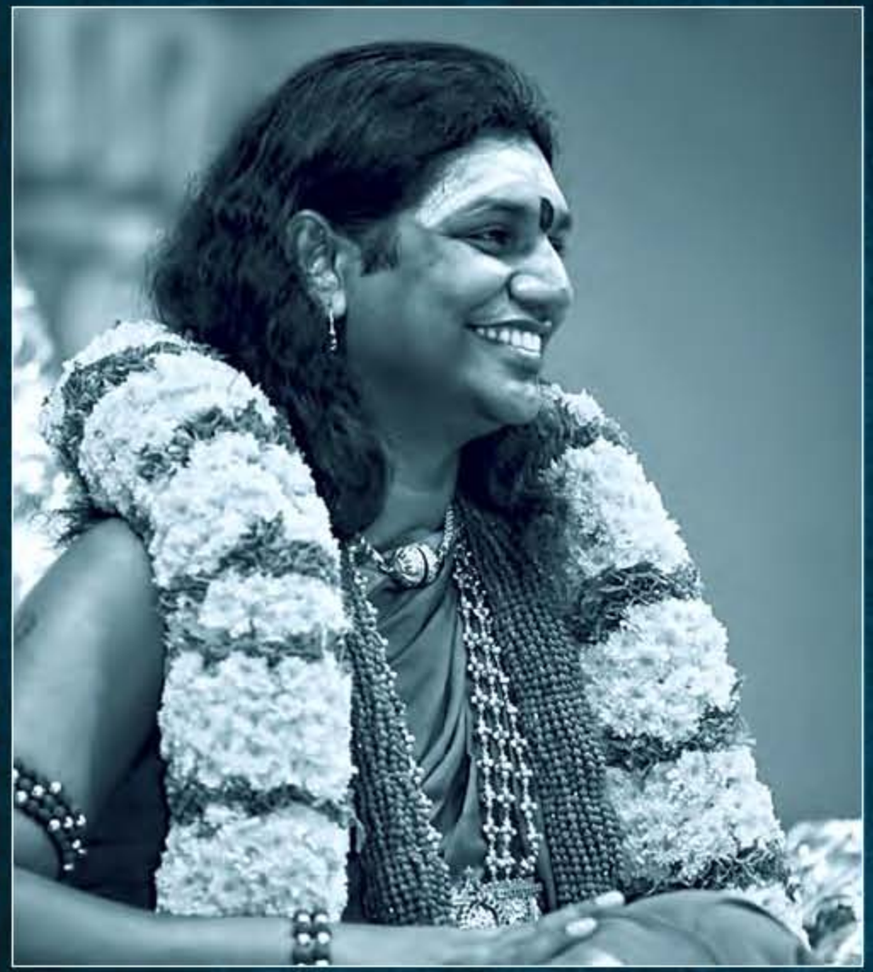


Secret of incarnation

Sri Krishna says in Bhagavad Gita, 'Whenever positive consciousness declines and collective negativity raises, I happen again and again!'

The possibility of updation is the unique contribution of Vedic tradition to the world – the divine descending into the human body again and again! It is not necessary that all incarnations take the human form to land on planet earth. He can assume the form of a huge natural calamity and land on planet earth. It is a form of incarnation which happens to destroy collective negativity. He can also assume human body as an enlightened being to save the planet earth. Whatever form he takes, one thing is sure - he cares, he nourishes, he takes care that humanity does not get destroyed, he keeps this possibility of the highest conscious elevation alive.

Only the human brain can grasp the experience of the Ultimate. Only the human spleen can bear the landing of the incarnation. Please understand, your spleen is responsible for the amount of consciousness you can handle. All incarnations will have powerful spleen. Because the intense vibration that lands on the human body – the spleen has to stand in the front to get that shock. Spleen acts as a shock absorber. I have seen very clearly, whenever I assume the body, first which gets awakened is spleen – 'I am… yes… I.' Same way, when I relax into the cosmos, the last organ which gets switched off is spleen. I am giving you some of the intimate experiences of assuming the body.



Keep returning to the highest

Please understand, there are few things you need to know. In every one of you an incarnation is happening. No doubt about it. Whenever you go lower than the limit of unconsciousness, just to raise yourself in some form, the intelligence, inspiration, energy, integrity happens. Again & again, in each one of us, honesty, intensity and spiritual strength gets decayed. I can translate Dharma & Adharma in this way. If the basic facts with which you make all decisions of your life are in tune with cosmic goodness and the larger vision of life, you are flowing with dharma. For example, you are giving medical care to people and making money. This is complete dharma. But if you are selling narcotic drugs and making money, it is complete adharma. So if the facts with which you make decisions are good for cosmos also, good for others also, then you are in the right direction.

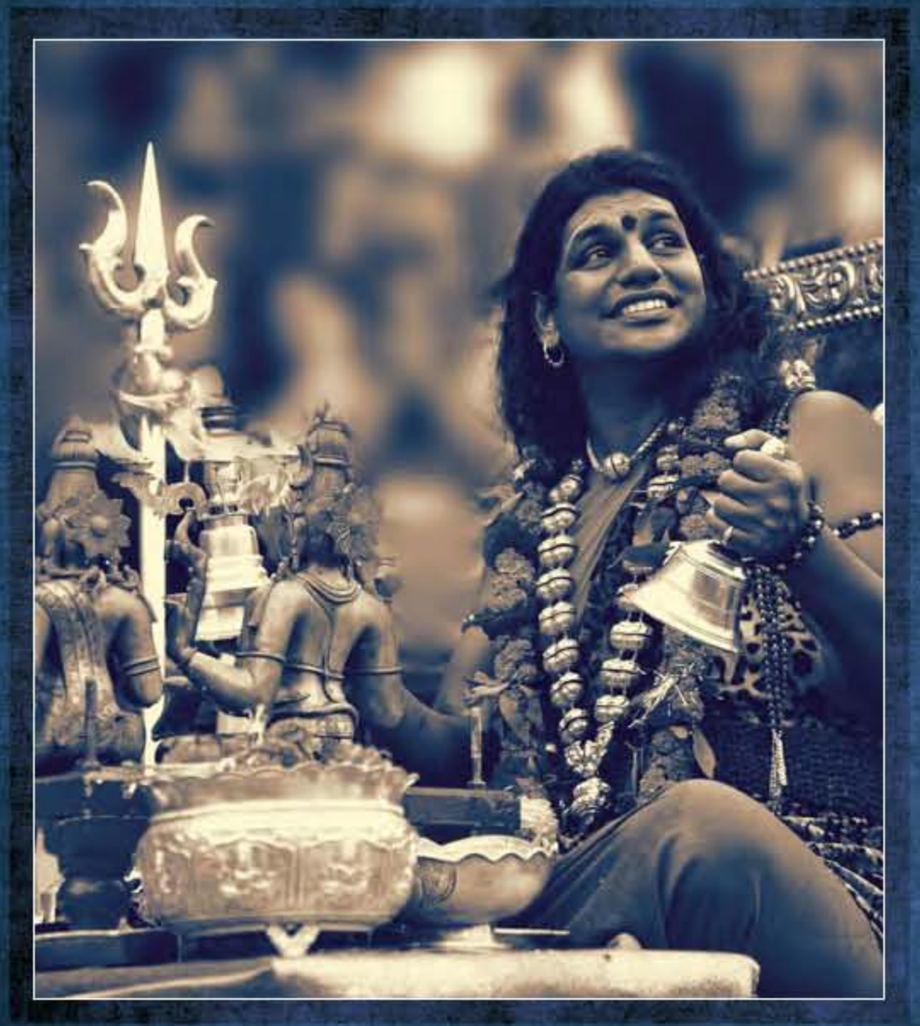
In all of you, when there is too much of unconsciousness and unawareness, the intelligence, intensity, honesty, the raising happens automatically. That is why you are still alive! You will not be able to be alive if the resurge of energy is not happening in you again & again. The space which is untouched, undisturbed inside you continues to act as a stress buster. Because it is continuously clearing the unconsciousness, you continue to exist. You continue to radiate. You continue to inspire. You continue to be inspired! In every one of you, constantly the incarnation is happening.



Opening the third eye

Life larger than lifestyle is Dharma. Lifestyle means, constantly bothered about the 6 feet frame you are holding. What kind of food, what kind of house, what kind of car, what kind of clothes, what kind of people you have around you is lifestyle. But looking at the life larger than your lifestyle, planning for your life larger than your lifestyle is Dharma. It means your decisions are not made just centered on you.

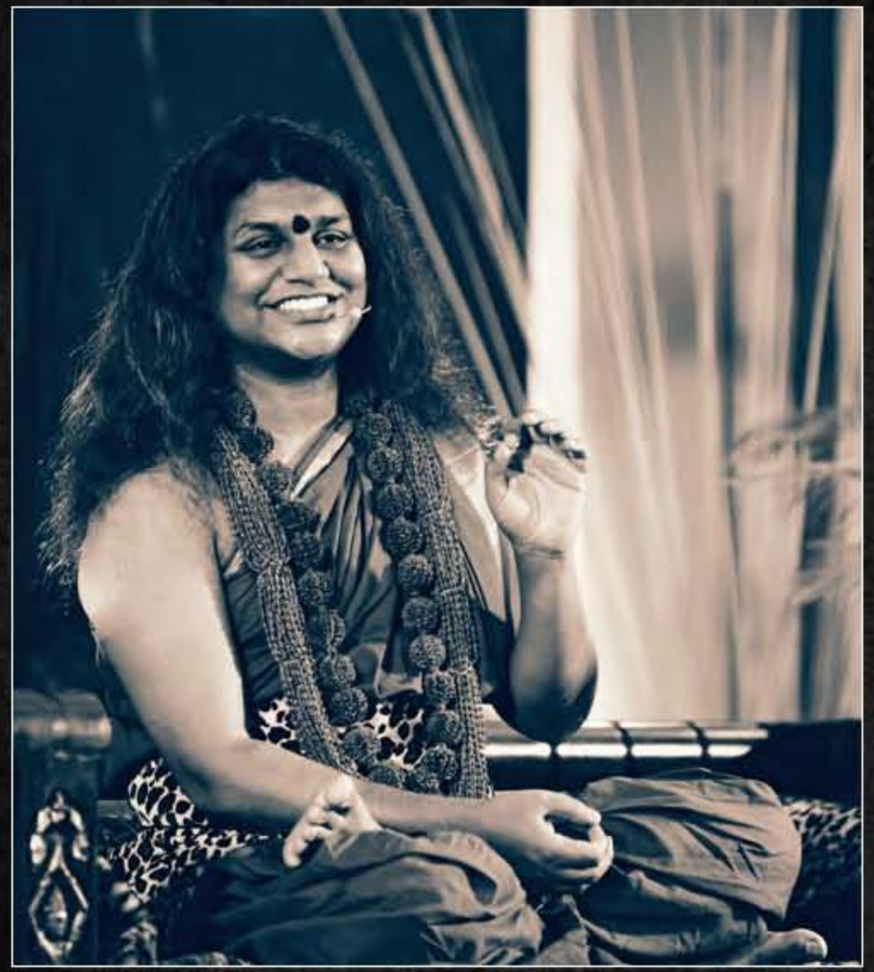
Understand, the very source from which you make decisions should expand. That is what is opening of the third eye. Opening of the third eye means ensuring that the path in which you are walking is aligned with the vision of the universe. If your two eyes are open, you will make sure that the path in which you walk is in tune with your vision. If you ensure that the path you walk is in tune with the universe's vision, your third eye is open.Understand, third eye is not having one more eye on the forehead ! It means that your vision is in tune with the cosmic vision. When you become narrow in life, the decisions you make will be self-centered instead of universe-centered. I tell you, if you live in insecurity, if you live in homeless way, if you live without being bothered about the self-centered life style, the higher intelligence in you gets awakened, in which the possibility of becoming one with the cosmos happens. That is the honest dharma.



Power of devotion

When devotees sit in front of me with tremendous devotion, I can see very clearly that part of me, without my instructions or command, just expands and extends to them, so powerfully! One devotee asked me, Swamiji I should live like Meera. The moment that person asked, I could see the honesty! See, there are different levels of honesty. If your word churns a certain reaction in the throat, that is verbal honesty. There may be hypocrisy inside which you don't know, but to the level of word you are honest. If any word you utter creates intense churning in your heart, you will hold on to it even emotionally. If your word is churning your swadishtana chakra, below your navel, that is the deepest level. If you are just verbally honest, anybody can change your opinion. But if you are emotionally honest, nobody can take it away.

If the churning is in the throat, okay. If the pain of emotion or the churning of that prayer is happening in the heart, it can become reality. But if the churning is in the Swadishtana, straightaway it will become reality. When this devotee asked me, I could see the churning is from the Swadishtana. I could see the pain of the being. Means, the being has retired from all other superficial things. When any request or prayer comes from the being, I tell you nothing is in my control, simply I can see I am taking my incarnation in that body, that's all.



Keep your possibilities open

Keeping yourself open for all the possibilities is Dharma. Keep yourself open for all possibilities, whether the wealth or health or enlightenment or fortune, all the auspicious things in the life. Sometime I have seen people losing just because they are not open, because they are postponing the decision-making they may need to encounter in the life. So you seal the possibility. Never postpone or delaying, shutting the possibilities down because you cannot encounter or face certain situations. Many times human beings put up with the flow of life the social flow, because they are afraid that if they keep themselves open, they have to immediately face, encounter the life situation. Unfortunately, by and by, you start believing that the possibility itself does not exist. Keeping the belief, the trust that possibility is there, is Dharma, flow of life. Believing possibility for further progress does not exist is defined as "Raahu" in astrology. Whenever your muscles have lost the faith it can recover from a disease, it is Raahu. Shutting down the possibility is Adharma. Raahu and Guru are completely opposite. Guru keeps even the small possibility open. Shutting down any possibility, shutting down any hope is atheism. Keep all hopes alive - even if it is false hope. Understand, all hopes lead you to hopelessness - not because they are false hopes, but to lead you to reality. Hope by its very innate intelligence leads you to reality. So keep all the hopes alive. Keep all the possibilities alive.



Who is a true saint?

The word sadhu should be clearly defined. First let me describe what all is not sadhu! Weak person is not sadhu, person who is committing suicide in self sympathy is not Sadhu. Sadhu is a man who has actualized all his potential energies, all his possibilities. With this actualization, if he is carrying the pattern of peace and joy, he is Sadhu. See, there is a boundary which is completely in his hand. Even though he knows that whatever he does is within this boundary, he is not going to do anything. If he has complete freedom, and then if he is ready to establish peace and freedom in his boundary, he is Sadhu. Understand, Sadhu is a person who is able, available and stable!

This word Sadhu should be very deeply realized. Because once you understand, you are a Sadhu. If you are a Sadhu, you are protected eternally, even if the whole world stands against you. But be very clear, one who is incapable and weak is not Sadhu. Don't call your weakness as a Sadhu. No! the man who loves the space of peace in him who loves to create the space of peace around him is Sadhu. Understand, not the peace of a buffalo… not that peace! Peace with your peak potential expressing. Aligning the peace with your peak potential expressing itself. Sadhu is the man who has realized his possibilities, powers, and is centered on peace.



Catch the spiritual cognition

The greatest wealth in life is spiritual cognition. When you are cornered, when you are in crisis, when you are suffering, don't think money is security! Spiritual cognition is security. Making decisions out of spiritual understanding is the ultimate security. Try to catch the spiritual cognition – means, taking decisions out of spiritual understanding. If you are not able to make any decision, but the suffering is too much, at least surrender to the spiritual understanding. Please understand, how you behave when you are cornered, when major support in your life is suddenly taken away, that is your original face! When you are in crisis, if you try to find security in spiritual cognition – you are a Brahmana. If you run and hide and try to find security in money - you are a Vaishya. If you run and hide and try to find security in power - you are a Kshatriya. If you run into unconsciousness, hither & thither, like an elephant runs when you throw crackers at it - you are a Shudra.

Spiritual freedom is, not having suffocation inside. Till your cognizance is completely soaked in spirituality, till all your understanding about you, life, everything, becomes a spiritual cognition, there is bound to be suffocation in you. Spiritual freedom is the ultimate wealth; anything else you call as wealth destroys your life. I am trying to define and create spiritual freedom in every human being. Living Enlightenment is nothing but making all your life's decisions based on the spiritual understanding.



Understand chaos and perfection

If you understand my existence, you will understand, I don't have a separate existence other than Existence. If you understand my execution, I don't have any other execution than what the cosmos does. The sacred secret of my existence is, I am completely happy with the chaos in me. I don't try to make it organized. Chaos is nothing but trying to avoid everything that gives you suffering, and trying to move towards joy always. That is where you are wrong. As your Existence, stop arranging chaos into order. Can you break all the waves of the ocean, make them stand in a straight line and take a group photo? That is what you are trying to do in your life. Don't you see? Beauty of the ocean is the disorganized chaos! Beauty of the existence is chaos, beauty of the execution is perfection! Unfortunately, in your existence you bring perfection and in your execution you bring chaos.

Secret of an enlightened being's inner space is that he does not have anything to make in order! I know very clearly, how much ever I teach, you will do what you want! But in my execution, you will not see the reflection of this! In my heart I know that everybody cannot do the actions in perfect state. But every day, I do my actions perfectly, to raise people to the highest consciousness. In existence you should be very sure of the chaos, in execution you should be very sure of perfection.



Nothing can be added to you

Honesty is nothing but romancing with life as it happens. Executing your life with right understanding of your Existence is romance with life. The day I realized that nothing remains to be done in my inner space, I became enlightened. Realize, in the inner space, nothing needs to be done. You don't even need any sadhana or method - just understanding and contemplating on Truth, that's all. Blessed are those who listen to these truths from the beloved master - not from the respected master! When you listen from the respected master, only the fear-related ideas goes inside you. Only with beloved master, everything goes inside you - because beloved won't cheat you.

Your existence should know that you are deathless, nothing more needs to be added, you are fulfillment personified. But your feeling of fulfilment should not make you lazy, or your feeling that you need to work constantly should not make you incomplete. That is the paradox. If you feel complete, you stop working. If you are working, it is because you feel incomplete. When you start feeling there is something incomplete in your existence, whether you act or not, you will only be suffering and torturing others. When you feel your existence is more complete than any completion possible, then it radiates not only your fulfillment, but creates fulfillment for others too. The moment you understand this great truth, your body just gets surrendered, and you never ever assume your body again, even when you live in it.



How to see the Divine?

What is divine? Where your mind and logic, patterns completely leave you, that space is divine. If you are still holding on to your pattern, you are not realizing the divine. For example, if you realize the divine in a stone, all your patterns will be dropped in front of that stone, you will just experience something beyond your mind's comprehension, beyond your perception. I will tell you the difference between whether you are seeing Divine or not. When I bless somebody, when I shower something on somebody, if you feel, wow! - as if it is done to you - then you are Divine. Then you are seeing Divine in me. Always understand, if I am giving any attention to anybody, that person is nicely getting drilled. That is the truth. Anybody getting more attention from me means, that person is getting beaten from all corners and sides! So don't feel jealous of my attention at all. It is very costly. It costs your life! If I am giving attention, your whole life is getting awakened and your whole life is getting chiseled. So never ever feel jealous of the people who get my attention. If you stand in their shoes you will understand.

I can tell you very clearly, I have seen who is the real devotee and who is the crooked, who sees Divine and who sees Divide. Let me define that word Divine. Whenever you don't divide, and you perceive the Whole with the whole picture, you perceive Divine!



Allow the melting and burning

Bhagavan Sri Krishna says in Bhagavad Gita – "The beings in whom passion, fear and anger have disappeared, who have been purified by wisdom… they attain my state! Understand, Bhagavan is not asking you to do all this. Because if you start doing, it will be too ugly. I tell you, anything, when you do it, it is ugly. Anything, if it overflows in you, is beautiful. Even the anger of God is more beautiful than the love of dog. I tell you, anything from the higher conscious being raises you, whether his love or his anger. Whether I look at you with an expression of deep intense love or boiling anger, or tremendous sympathy and concern, you are raised to my level. Understand, my expression to you, whatever it may be, is my way of reaching out to you. Unless I put my finger on your wound, on your ego, how can I apply the medicine? If you decide to stand the process without running away, you will be raised to the same space as me. Because if it is love, it will just melt away all other parts in you other than me. If it is anger, it will just burn away all other parts in you other than me. Whether it is melting or burning, it will take away all other parts in you other than me. Anything from higher being elevates you and puts you into that space.



Manual-less life is leela

Life cannot be taught through manual. You cannot make a manual for life. But human mind always wants manual! You cannot give a manual for swimming. Swimming cannot be taught. You have to learn. The greatness of sports and games is, you cannot have a manual. You just have to pick up. That is why people love it. See, people become tired just going to office and working for 2-3 hours. But when they go for sports and games, they are not tired for hours. Even if you climb two flights of stairs in your office you become tired, you need a lift. But when you are climbing a hill for trekking, there is no question of tiredness!

Life itself can become a game when you live without manual, and game itself can become pressure when the playfulness is lost. Game itself can become just tiring, boring. That is what happened to cricket in India! The collective unconscious mob psychology, which is waiting for war to happen for excitement, make even cricket as a war. Leela is, making even war as a play. But people are doing completely opposite - making even play as a war.

When you live a manual-less life, everything you do is play. Manual-less life itself becomes leela, a game.



God and world are as you create them

God is like a pure shining sun. How you see him depends on the prism with which you see! With any prism you see, that is the way you will see! So you need to understand, if you see him with tremendous love, he will be there responding to you. If you see him with tremendous insecurity, he will be there reflecting that. Whatever way you approach him, he is there. Whatever way you look at him, he is there. I can say, the whole world appears to you as you approach it.

God is too big to be branded and marketed in one religion, in one form. So in whatever form, whatever name, you approach him, he is there. I can say, it is really a powerful understanding. It liberates you from millions of bondages and disturbances and psychological pains. Whatever way you approach God, he also approaches you in the same way in order to complete you. World also approaches you in the same way to complete you. Even with the universe, whatever way you approach decides the result. Suppose you are failing, it means you are waiting for failure to happen. Whatever climax you are expecting is bound to happen today or tomorrow. You always see the world the way you are, not the way the world is. So now, create the new world and new you. Let your new vision be as you create. With the right understanding, you reach fulfillment.



Deity is an independent intelligence

Every action done by the cosmic energy becomes an independent energy. When an incarnation does even a small action, that very action becomes an independent intelligence. That intelligence becomes a deity. See, your actions impacts and influences only your body and mind, and maybe people who are around you. But an enlightened being's action, even if it is small, affects the whole universe. The simple action of an enlightened being - giving one boon or - can affect the whole world.

When Shiva cut Brahma's fifth head to remove his ego, that action becomes an independent energy - that is what is called Kaalabhairava. When Shiva killed Daksha's ego,that action become an independent energy - Veerabhadra. Shiva saved Markandeya from death, and that became an independent deity, Kaalakaala. Same way, he danced in ecstasy, and that action became Nataraja. Vishnu's very action of showering blessings on the world becomes Lakshmi. Brahma's very action of constantly sharing the wisdom becomes Saraswati.

So, each of the actions of the Ultimate becomes independent intelligence and energy. When you connect with those independent intelligences, those deities, whatever you want immediately happens. Whatever result you want, worship with rites those divine energies who are the personification of those specific actions. Immediate results are achieved by connecting with those deities. In this world, this can be a powerful method through which you can achieve whatever you want in your life.

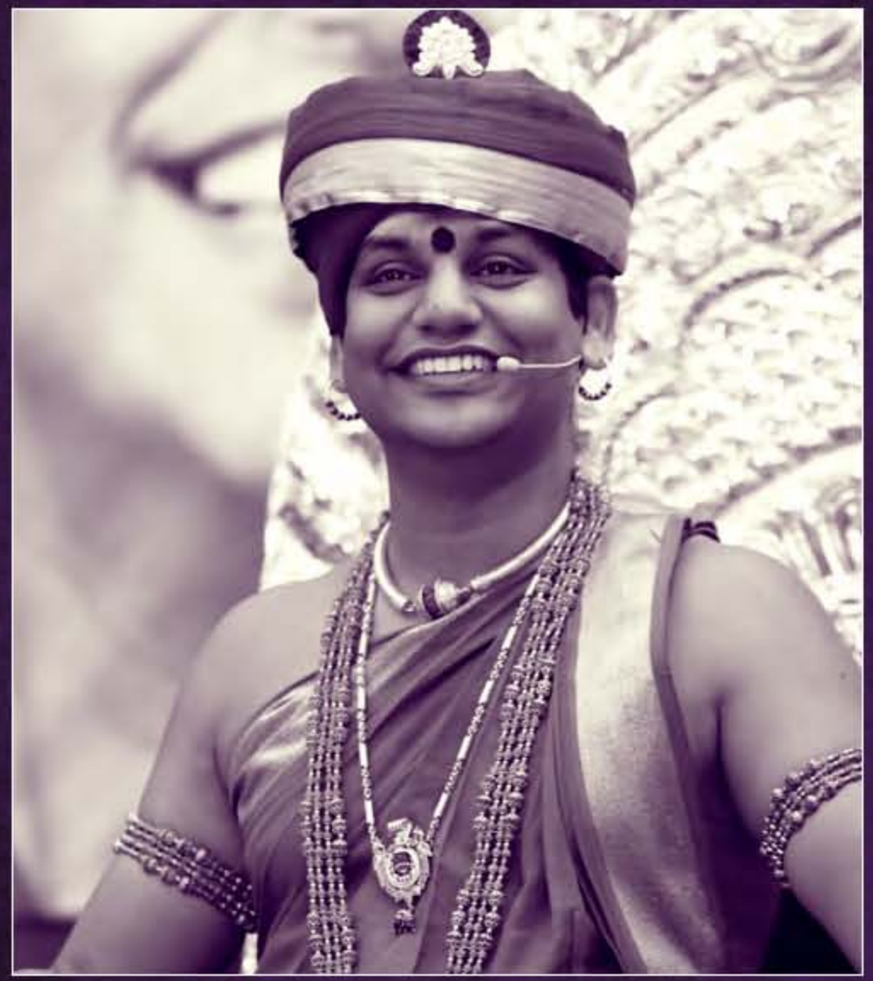


Have your personal God !

Yesterday one devotee was asking me – Swamiji, are Karuppar, Kalabhairava and Ayyappa all one and the same? I said - Why do you want to make all of them one and the same? Come on, enjoy all of them!Western-influenced mind feels perturbed to see the pantheon of gods! I tell you, do not try to merge all gods and try to see one god in all of them. Every god is different. All Gods are true and unique. Understand, I am not saying 'equal.' No. I am saying, 'unique'.

When it comes to the outer world, having one product and branding it and selling it globally is okay. For a shoe company, naturally if they have just one product, one shoe, branding it and selling it all over the world with a wide market is easy. But our deities are not created for marketing purposes, but for practicing purposes. In Hindu tradition, there is one unique concept called Ishta Devata – you can create your own god, customize it, tailor it and worship it as you wish. There are millions of gods, but if you are not satisfied with any of them, create your own !

I tell you, in India there are no atheists. Just like how in the US, if you breathe, you will put on weight, same way in India, only breathe, you are already a theist! Because all these ideas go into your system through mother's milk. There is no atheism and this country does not need atheism.



There is no one to blame !

See, there are only four things in the world - your individual self, the society (world), nature, and God, the Whole. If I say that all natural calamities happens because of God, you don't have much problem in accepting it, in believing it. Because you don't know the cause of both, the natural calamity or God. Anything you don't know, putting it on God is easy for you. But if I say that all the man-made calamities are also because of God, you have lot of difficulty in believing it. See, whatever you think as chaos, either you should understand that it is not chaos, or you should understand God is the reason for this chaos also. Only then you will stop bothering about the outer-world chaos and start paying attention to the inner-world order.

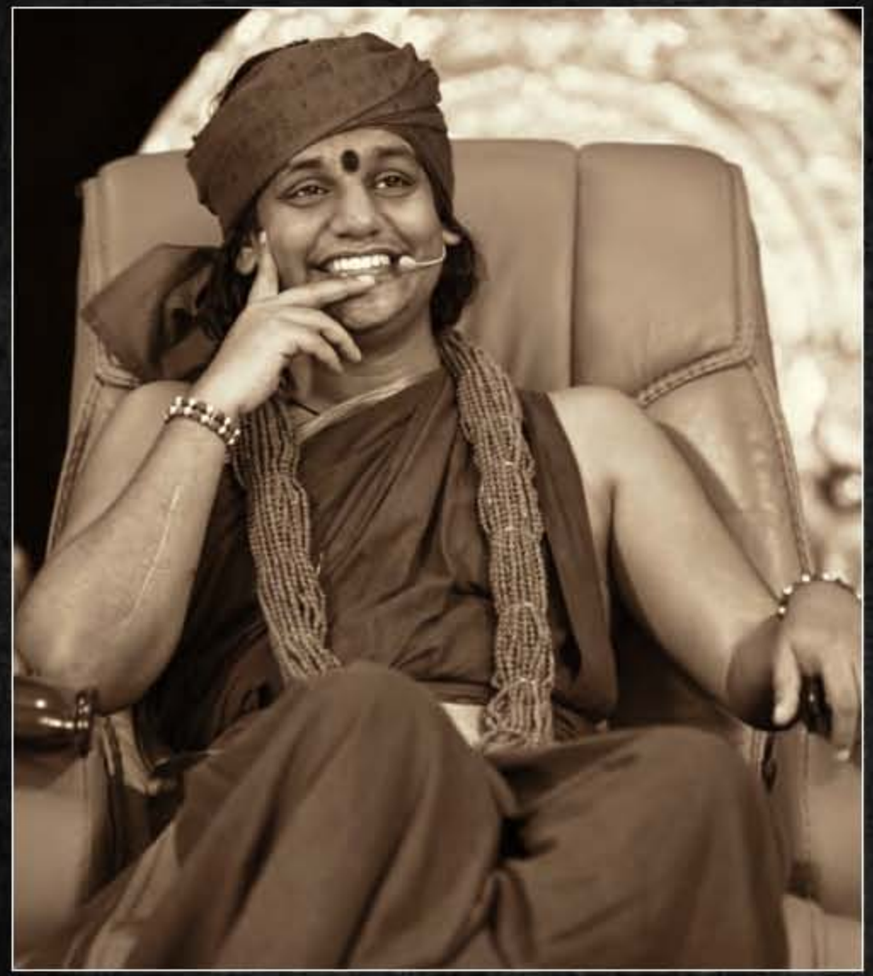
When you take responsibility for all four- your individual self, the human society, nature, and the Whole - you stop blaming anybody. You know clearly, nobody needs to be blamed. Whoever recognizes others beyond their body-based actions and reactions, they will realize their own self beyond their body-based actions and reactions. When you do not trust the other beyond his actions and reactions, then you will not be able to trust that space in you which is beyond action and reaction. It is give and take. When you give devotion to the other person, you give the same devotion to your own inner self.



What happens during levitation?

In quantum physics, there is a term called "entanglement". It means, when one energy source comes in contact with another, the resulting interference can be highly positive and harmonious and transformative. Levitation, kundalini awakening, everything happens through the great truth of entanglement. When this entanglement happens, I just give my inner space to you. I will explain the science of levitation. See there are three kinds of spaces - Ghatakasha – this is your inner space, Chidakasha – this is the space in which your body is sitting, and Paraakasha – this is the cosmic space.

If your inner space is more heavy than your outer space, you will be grounded, very strong, fixed, glued to the ground. All I do is, for a few minutes, few seconds, I make your inner space lighter than the outer space by removing the mass, the dirt. Means, for those few seconds you are in entanglement with my inner space, purest consciousness. Because your inner space loses its mass, its dirt, the body just starts hopping, levitating. By and by, after a few times, your inner space starts believing – "Oh God! Thoughtless space is possible for me! I am habituated to live in a heavy loaded space, but I can be in thoughtless space. This is my original nature!" If you are constantly initiated and exposed to the pure inner space, that will become experience in you. By and by your bio-memory, your muscle memory, starts enjoying that space and living in that space – and it becomes Living Enlightenment!



Entanglement – key to spiritual healing

What exactly happens during spiritual healing? See, if you hang hundreds of pendulum clocks on a long wall, and start them at different times, within a few minutes all clocks will start swinging in synchronicity. This phenomenon is called resonance or entanglement. This is what happens when you come into my breathing space! Suddenly, your mind gets entangled with my no-mind. This truth about entanglement opens many truths, understandings, possibilities. All my healers are my pendulum clocks. Wherever he may be, a practicing healer is continuously in entanglement with me. If you are a little disturbed pendulum clock, and if both you and the healer are put in one space, your pendulum also starts vibrating in the same tune. A healer who lives whatever I am teaching, and practices healing, is in continuous entanglement with me. This is what I call 'physiology of feeling connection'.

If your mind entangles with my no-mind, it is entanglement. If your muscle-memory gets entangled with my muscle-memory, it is called entrainment. And if your biomemory gets entangled with my bio-memory, it becomes enlightenment. Healing happens at entanglement level, kundalini awakening happens in the entrainment level, levitation in the enlightenment level. Entanglement happens when the thoughts of two or more people are in sync or in union with one another. Entrainment means two persons falling in tune with the same idea. Enlightenment means two persons uniting beyond ideas. When you are unclutched, you are in entanglement with me!



Master liberates you from mind

There are only 2 types of leaders in the world. One types thinks - if I have to become leader, then no one else should become leader. That is politics. And there is the other type of leader – a leader who will constantly make others as leaders. Enlightened beings are of the second type.

See, you are caught by the idea that again and again you are hit by life. But you don't understand - if you are not standing up again and again, how are you falling again and again? The moment you are able to stand, this proves your inner space has an automatic healing mechanism. By the very nature, you are built for rejuvenating yourself. But when you start believing that again & again you are hit by life, you ensnare yourself. Ensnared for lives… ensnared by depression.

Now when I tell you that I am touched by neither actions nor results, you should understand, it is the same for you also..! Please understand, whenever Bhagavan Sri Krishna declares his glory to Arjuna, he is not declaring out of pride. He is uttering these words with tremendous compassion and love, for you to experience the same state. He says - if you understand I am in pure inner space, you will understand you are also in pure inner space, and you will liberate yourself. Please understand, he is referring to his own glory, not to glorify himself, but to raise you to that same glory, with tremendous compassion and truth!



Exhaust your courage with challenges

Constantly, intensely, continuously taking new-new challenges and new-new possibilities is what I define as action. Action means opening new-new possibilities in you, opening new-new challenges in you. Very beautifully Osho says, don't travel in the same path second time. The juice, the nectar of life - amrita - constantly oozes in your being only if you explore the new-new possibilities! Action means waking up alive with confidence. The actions you take should wither away by night. That night, you should become manure and next day morning, again new flower happens. This is what exactly is life, living action.

Life is for the people who are ready to exhaust their courage. When you are afraid to exhaust your courage, the stored courage becomes sickness, stored confidence becomes cowardness. Stored confidence which is not used in action is cowardness. Unused courage which is not used in your action is sickness, disease.

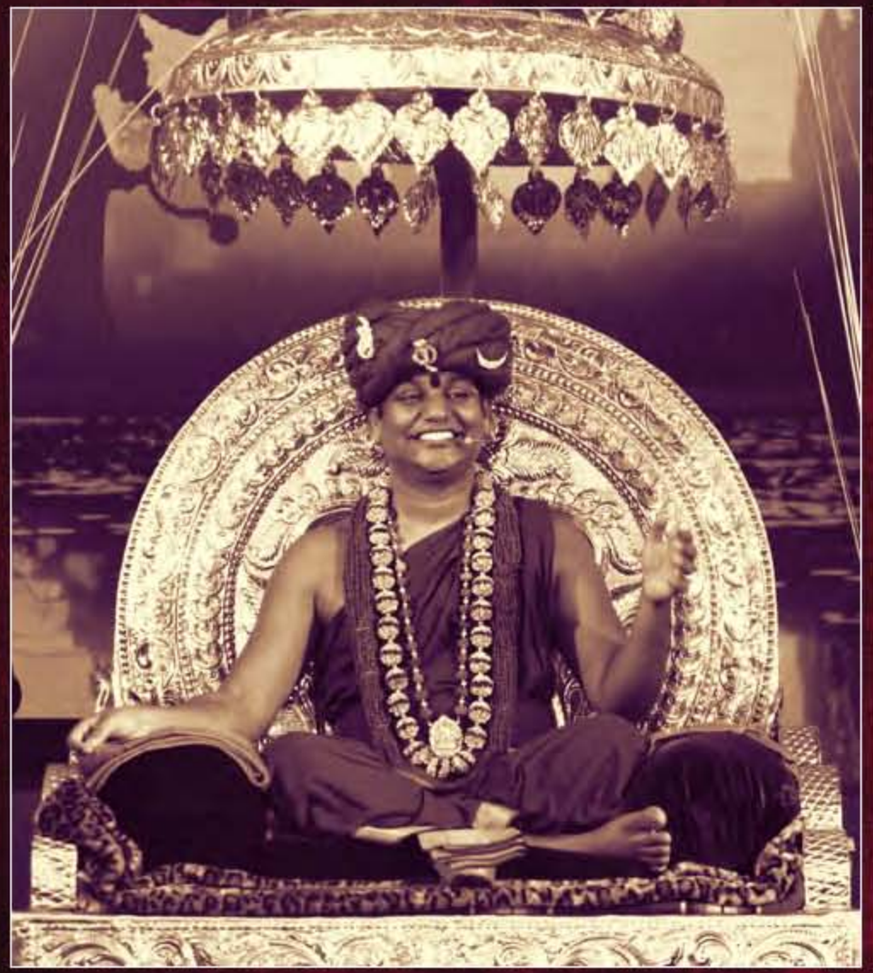
Living human being is a person who wakes up like a flower, with all courage and strength and confidence to explore the new leaf of life. Explore so intensely, take such strong risks, that by night you should wither away, fall asleep. Next day morning, again wake up! In the night if you are not withering away, you have not used all your confidence, you have not used all your courage. By night you should wither away. Means, taking all extreme decisions, steps, living in utter insecurity - this is enlightenment! I tell you living in utter insecurity is living enlightenment.



Play your game on the edge

Doing karma means, exhausting your courage by every decision. Every decision you make, you should feel the shoulder pain, and you say, Oh God! I cannot take any more decisions, I will collapse. Every time you stand the decision which makes you feel you will collapse, your shoulder becomes very strong. It is like workout only. If cannot lift 10 kg and you feel you will fall down, but if you still lift it, next day you will be able to lift 20 kg. Same way with mind. If it says I cannot do this, just do it. Next day you will see, it will take stronger decisions. Just like that is workout for body, this is workout for mind.

If you are not exhausting your confidence, be very clear it is like body which is never made to work. Karma means exhausting your body by work and exhausting your confidence by taking risks, risky decisions – next, next, next! Play your game always on the edge, never on the safe ground. Always walk on the tightrope, not on the road. Always, your whole life will be alive. When I say walk on the tightrope, even if you fall, there will be a net to hold you. But don't look down, don't verify if there is a net below or not and then start walking! The moment you do that, not only will the net not be there, it will not be seen by you even if it is there.



Yogic body, Vedic mind

Please understand, you need to discern all these three - action, being free from action and inaction.

Even if you are inside an organization, let your heart be above the organization, not below. Above the organization means, you don't hate the organization, you run the organization. But you are always free and beyond the organization. You are always free, unbound by the organization. Every day, the work you do should tire your body and the decisions you make should wither the mind. This is what I call as Vedic mind and Yogic body.

When your heart says I am comfortable and very happy, stop walking. Change the route. Your heart should be beating – oh, I am taking the risk! It is with this constant beating, your heart is working. If not, your lungs may work, but heart does not work. You may breathe, but you do not live.

By the work you did whole day, your body should be tired by night and fall asleep. By the decisions you took with the mind, the mind should just wither away and fall into the abyss of peace, fall into sleep. Only then you have Yogic body and Vedic mind. A man who is organized lives in a mediocre way and dies. Whoever lives beyond organization inside an organization, exhausting his body through intense work and exhausting his mind by taking intense risks and courageous actions, he lives like God and never dies!



Your emotions are just chemical reactions

Understand, all your emotions and actions are nothing but simple chemical changes in you. The major emotions with which you are struggling, torturing yourself and torturing others, like fear, greed, anger – all these are just natural expressions of chemical imbalances in your body. Your fear is just adrenaline. Your anger is just the irritation in your bowels. Your love is nothing but a little raised pulse rate! Whatever you call as too big things in your life, based on which you make major decisions like marriage, divorce, career, wealth, relationships - all these are just natural chemicals in your body. Disrespect them. No action disturbs you when you disrespect the chemical influences which are forcing you to work, think, act in certain way.

Drop all the actions inspired by chemicals, whether it is guilt or fear or suffering or anger or anxiety. Drop all of that. Just understand, you are not responsible for any action. The only way to clear the past mistakes is realizing you are not responsible for your actions. The cosmic law says that if somebody realizes they are not responsible for their past actions, all their past disappears and will not affect their future. The moment you realize all your actions are because of chemical imbalances, you will be free from all the past actions also. All other techniques can liberate you from the future. But this is the only technique where even all the past actions are cleared.

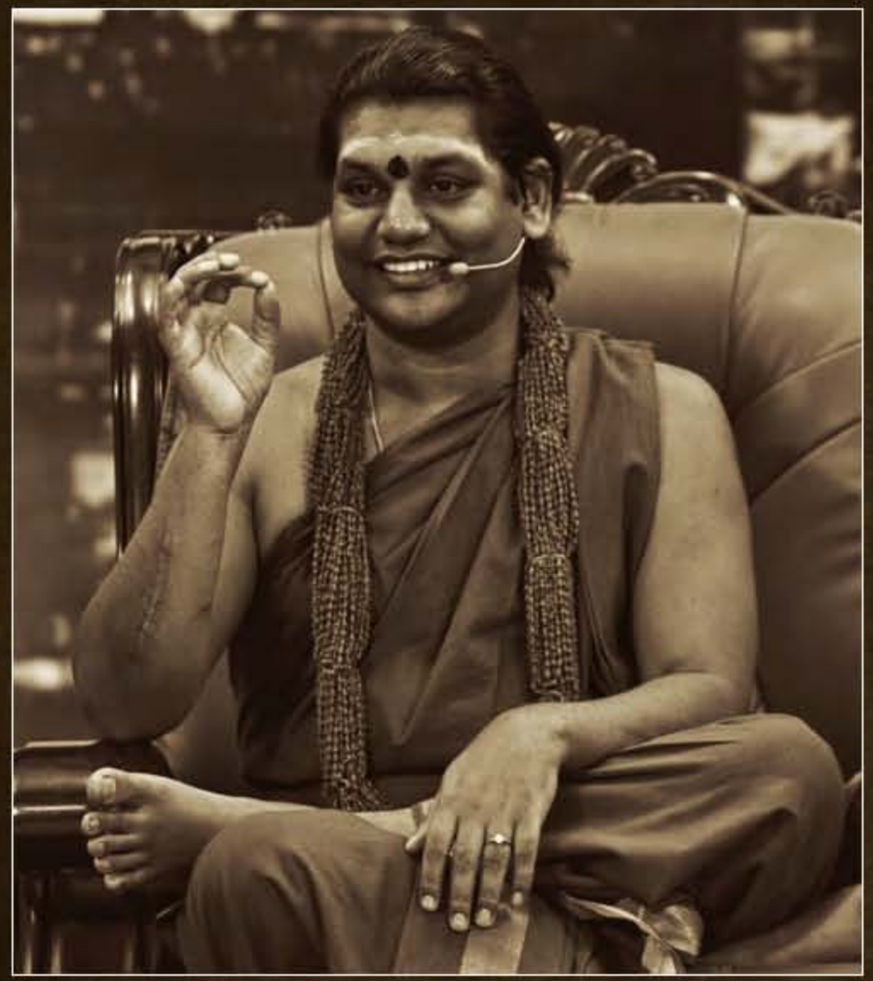


Come out of past karma

Again and again, the scriptures from all traditions describe - the moment you have the advaita anubhooti, self-realization, you realize that you are not responsible for your actions, either good or bad. Just your hormones, your body chemicals, are responsible for all your actions. That is why, in Sanskrit, we have the word Prayaschita, which is not punishment, but a chance to internalize this truth.

Sanchita is the totality of the past actions. It can be broken only when you understand that all your actions are just because of chemical imbalances in your body. See, once you realize that it is because of the high serum level in your body that you have expressed lust in the past, it is not just that you will have your life under your control in future. You will come out of even the effect of all past actions.

Actually, when you realize all actions are because of your hormonal imbalance, suddenly you will lose interest in all your pleasures. See, you will never feel like tasting and squeezing pleasure out of your own flesh! When you realize this truth, you will completely lose the very idea of pleasure and pain. When when you realize the intense excitement without the idea of pleasure, you radiate so much joy. Neither you run away from pleasure, nor you run towards it. The extraordinary joy without any idea of pleasure is what I call Living Enlightenment.



Honesty is not authenticity

Honesty is only one ingredient of authenticity. Authenticity is something more than honesty. Let me give you the difference between the authenticity and honesty. For example, if you are angry, and if you express directly to that person – 'I am angry with you' - it is honesty. But that is not authenticity. Authenticity means, two beings really understand each other, where even anger will not happen. Honesty is socially good quality. Authenticity is spiritual quality. Don't mistake honesty for authenticity.

See, when a husband is lying to the wife, there is neither honesty nor authenticity. Husband telling the truth to the wife - that he is a womanizer - is honesty. Husband living just as husband without another woman is authenticity. So, when each person is completely living his or her role, it is authentic. Revealing the failure is honesty, but not authenticity. Honesty means talking about the problem. Authenticity means living the solution.

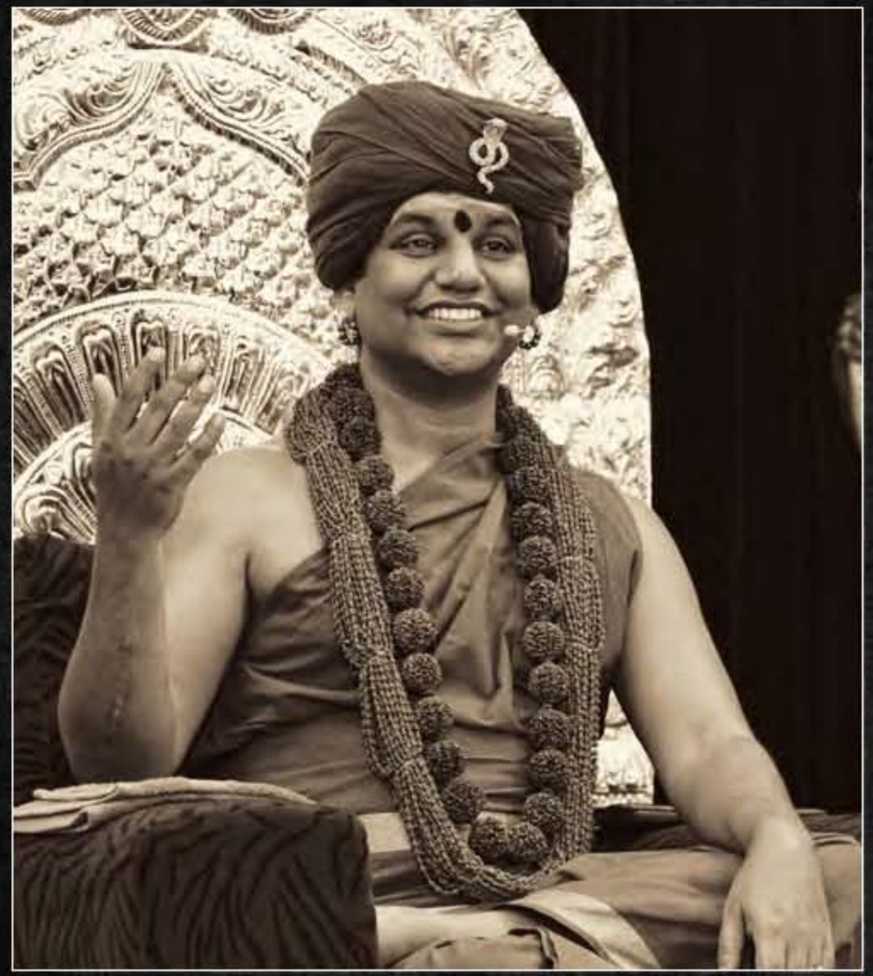
Honesty is a foolish substitute to authenticity. The very idea of honesty is built on your ego. When you are caught by honesty, it is like marrying an English philosophy teacher. Just by words, she will boil you! This honesty demands or tries to torture the other person. Honesty is just based on facts or figures, which are not the truth of life. Authenticity is built on cosmic understanding. Honesty is living the versions of truth giving to you by society. Authenticity is living truths built by yourself.



Authenticity means living the truth

Just look into your life. Maybe you are paying your taxes to your country. But are you paying back to the universe, are you keeping the balance sheet with the universe also properly? What is the meaning of keeping the balance sheet in tune with the cosmos? Means, just remembering continuously that you are not qualified for anything; everything is showered on you. You don't need to pay anything back. Cosmos does not ask for any tax. No. Only the attitude that everything is a gift to you. Gratitude is such a powerful ingredient. The moment you add that, honesty becomes authenticity.

I have seen, people many time mistake honesty for authenticity. No. Honesty is more like a hot love. Authenticity is like a cool stream. Understand, honesty will always be demanding - I am honest, you be honest. Authenticity will be always flowing – I am flowing, I don't bother about you. Honesty burns you and others. Authenticity fills you and others. Many people say, I am honest, but still I have not received your grace in my life. The very foundation of your honesty is foolishness! It is very rare that people evolve from honesty to authenticity. If you are honest, you will have your place at my feet. But if you are authentic, you will have your place in my heart. Blessed are those who evolve from honesty to authenticity. Authenticity means living the truth, noncompromising non-suffering and non-bending, with courage and non-violence.



Nothing is unchangeable

Understand, all the so-called natural responses you are having in life was created by you at some time! Whatever you say as happening spontaneously in you is also created at some time in life. All your responses are either prarabdha or sanchita. It is not swatmaprakasha, self-effulgence. If you have a natural taste for sugar, do you think it came by itself? No. You created it one day. Because the responses you feel as natural had been taken up by you long long ago in unawareness, you don't feel the load of it.

Now, I am asking you to take conscious decisions. Your liking sugar is not good for health, drop that response. But you say - no, no, it is like forcing! So when you started liking sugar, did it happen spontaneously? No. That was also picked up long ago. Whatever you feel as natural in you right now is nothing but the plastic flower shaking in the wind, showing as if it is alive. Understand, there is never a thing which will be naturally flowering except enlightenment. All natural flowering will not be a response, all natural flowering is responsibility. If anything other than responsibility is happening in you, understand, it can never be natural. When the boat goes into the ocean, naturally it feels shaky. But life is expansion, life is ocean. So anything that can expand you, make you responsible - just take it up. I will not call it force, I will call it tapas.



Stress is a myth

Stress is a disease based on belief. Any stress is healthy when you accept stress. Stress is unhealthy only when you have the concept that you may burst at some time. No! No amount of stress is going to make you burst. Stress is not like steam. You imagine that if there is any more steam, boiler will burst! But understand, every night when you sleep, boiler is emptied again. How much you can build in one day? Nothing! You are not that intelligent! It is wrong ideas about stress that need to be busted. The theory of accumulated stress is just invented by some pharmacist companies and mental healthcare people. It is just like how cosmetic industry created the concept of beauty, and go on maintaining it continuously by the idiotic beauty contests!

What is beauty? It is the feeling you carry when somebody appreciates you. Same way, when you make somebody else feel that, it is beauty for that person. The concept of beauty is nothing but give and take. There is no such thing as scale. But the cosmetic industry creates the concept of beauty and keeps it alive continuously, and keeps alive the disease, the idea that you are ugly. Same way, the medical industry keeps alive the idea that you are stressed. So the idea of stress itself is wrong. When you understand this, the pain of stress will really become 'sweet pain.' And after some time, the pain also disappears and only the sweet remains.



Stop clinging to your desires

I tell you – you don't even need to give up your desire for name and fame. Just give up the clinging to it, that is enough. Understand, desire for name and fame is more like a desire for having a banana – cheap, the comedian's desire. If somebody praises you, enjoy it, what is there? But this clinging to the reward of performance - means, internally having it as a pattern, but externally saying, 'No, I don't have desire for name and fame,' and expecting others to praise you for not being touched by name and fame. Clinging is more like a villain's quality. It is a villain's game. Very dangerous, where you expect reward for performance, and delay things if you don't get the reward. I can say it is like poison inside your stomach. Anything you eat will become poison, because the poison is inside your stomach. I can say, clinging is the bio-memory version of a strong desire for name and fame. It makes your whole life sick, and makes all the people around you sick. So basically, first thing you need to do is destroying the clinging for the reward, not even the desire for name and fame. Desire is simple, open, honest - sometimes sweet! But when the clinging is there, over! It is just like intruding, abusing, disrespecting the whole cosmos. Only when you give up the clinging for the reward or performance, you are in constant satisfaction.



Let unclutching grow on you

Q: "Swamiji, if we keep unclutching from everything, what is the purpose of being alive?" – Aaron, Israel

N: Aaron, you have the wrong understanding of being alive. Only when you unclutch, you will understand the purpose of being alive. You are nothing but the totality of your actions. I can say, you are the totality of the side-effects of your actions! Every action you do leaves its imprint on you. Ramakrishna says very beautifully, if you are inside a charcoal godown, how much ever you protect yourself, the charcoal will settle on you. Life leaves lot of dirt and dust in you, around you. Life itself for you is nothing but throwing dust – others throwing dust on you and you throwing dust on others. By continuously unclutching, you keep yourself pure. Not just keeping yourself pure, even the dust put on you from the past gets healed.

So be established in unclutching. Unclutching is like a plant, it can keep on growing on you. It needs to grow. You need to make it happen. Understand, initiation is like a small seed. No seed fails which is touched by me, no initiation fails which is done by me. I do my job very perfectly! Understand it is like a growing tree. It is not like a magic wand! At one moment, when the breakthrough happens, it will be really like magic. Have patience. Work on growing your consciousness in the direction of unclutching.

The purpose of being alive is to keep on unclutching.



Get out of karma

There are three kinds of karmas. Prarabdha is the karmas you brought with you to exhaust in this life. Agamya is the karmas you accumulated in this life. Sanchita is the karmas you have saved for janmas, for lifetimes. Let me be very honest, you cannot do anything with sanchita. Sanchita can be melted only by me working directly on it. You can work on 2 things – agamya and prarabdha. Prarabdha is more like thoughts, engrams and patterns. Agamya is more like muscle-memory and bio-memory, which have become part of you. And Agamya itself has two parts – one is doing the actions in unawareness which bring suffering, and second is the pattern of doing such actions continuously and accumulating agamya, knowing it brings suffering. For example, you know that by getting angry or irritated, you are going to suffer, but you still do it. This constant pattern of doing action and accumulating karma, even though you know it is wrong, is also agamya. This what I call as Agamya2 - the pattern of doing action and accumulating, even when you know it is dangerous for you. If you look into your sexual habit patterns, if you look into your drinking and addiction problems, you will understand! So work on this strong pattern of knowingly accumulating agamya. Break that one pattern. Stop the agamya of agamya, that is the essence of handling all Karmas. That is the only way to save yourself from all the karmas.

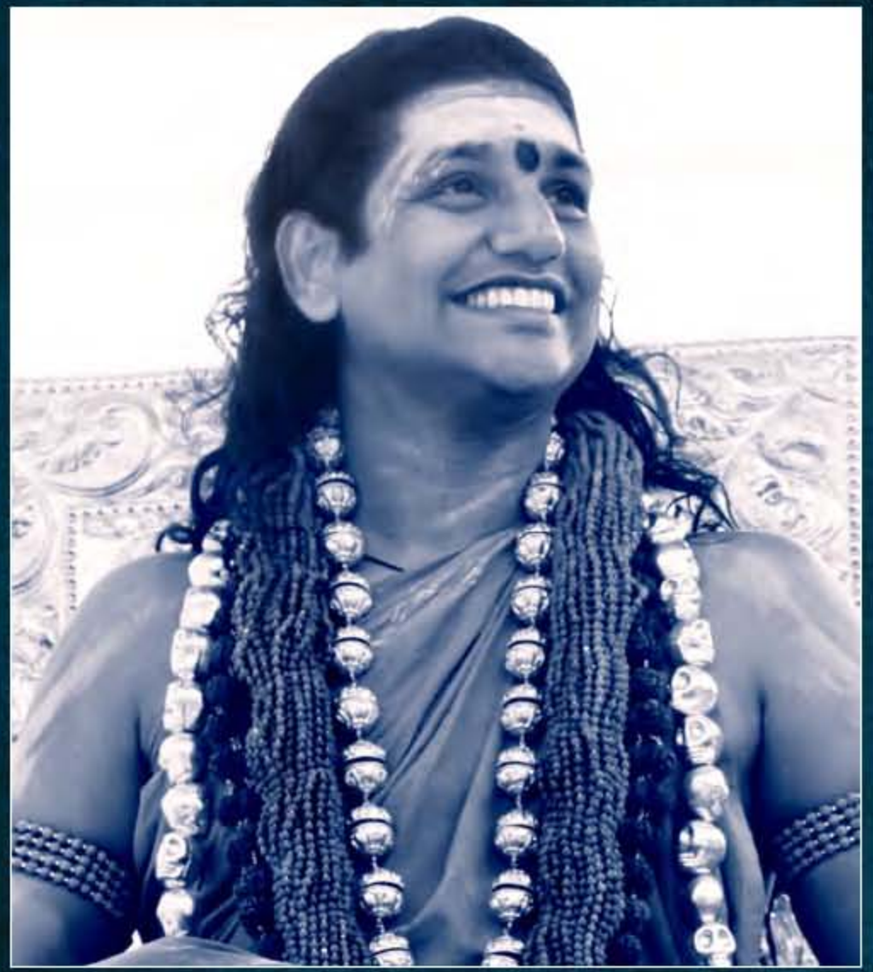


Unclutch from your fears

Your fear knows how to manifest itself as reality. Your fear will attract exactly the same thing which you are afraid of. If you are constantly having the fear that you may get cancer, you will attract and manifest exactly the same thing. Understand, you can never get out of your fears or your patterns. You can only unclutch from them.

Just pick up 10 major patterns which drives you. For example- pattern of getting irritated the moment I see my spouse, pattern of creating confusion and dilemma in me…pick up any 10 patterns. This one month - from this Poornima (full moon) to next – decide to concentrate on these ten patterns and unclutch from them. Keep this 10 patterns in your book in your bedroom and practice. You will master them. Then next month, take up the next set of ten patterns.

Instead of fighting wildly, violently, take on ten patterns. If you try to unclutch from all patterns at once, you will surely fail. And if you fail two or three times, then the failing becomes accepted, acknowledged, approved lifestyle. This is one of the worst thing that can happen to a seeker. That is why I am saying, just pick up ten patterns, break them in one month. Suddenly you will see oh God! What a beautiful way it has happened! Just one move corrected liberates you so easily. Understand, even if you break ten patterns, you will be out of this suffering, this ignorance, this nonsense.



Edit your inner space

Most of your life, you are neither honest nor authentic. You just play with yourself with ifs and buts; you kill your possibilities with ifs and buts. I can say, ifs and buts are nothing but psychological hanging-ropes.

See, two fellows are sitting and talking in a chai shop. One fellow says - if I win a lottery, I will buy plenty of cows. The other guy says - I will buy 1000 acres of land. This fellow asks the first fellow - Why don't you also buy some land first, otherwise how will you feed your cows? The second fellow says - I don't need land, because I can graze my cows in your land. The first fellow gets furious and picks up a fight, and both of them start fighting! This is exactly your how life is running. And the worst part is, you don't even need one more person for fighting! You sit this side and say something, then you sit other side and say the opposite. Unfortunately, human beings do not want to live in solutions. Unless there is constant unsolved problems, you don't feel life is flowing.

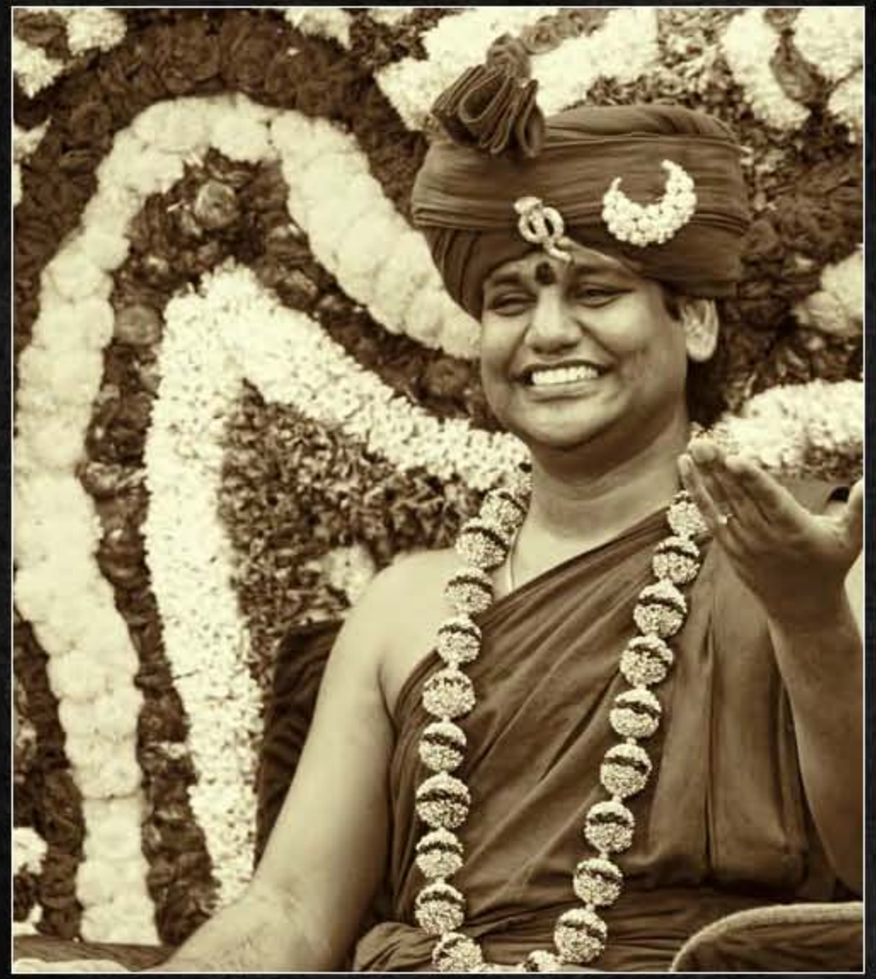
I tell you, if you can just think without if and but in your inner space just for 11 days, you will experience reality. Try it. Decide to edit your inner space without the words if and but. Whatever happens, look, look, look - without ifs and buts. You will come back to reality.



Desire is not crime

I don't want you to give up desire! I just want you to give up the contrasting, conflicting and complicated desires. See, morning when you wake up, you want coffee, but by the time coffee comes, you say tea, then brandy, then beer, then nectar! But by night you have not drank anything – neither coffee, nor tea, nor brandy, nor beer. Finally, you are just sitting there. If you ordered coffee and waited, you remembered the passion with which you ordered the coffee, then sipped the coffee and enjoyed it, same way with tea… if you move step by step like this, you will never be waiting for nectar. Because by the time you finish drinking a few times, you will realize that the experience with which you drank the tea will fulfill you.

I am not against desire. I am against you living constantly with desire that has no depth and control on you. I tell you, just live one desire, and you will understand that desire has no depth in your life. It is just skin-deep. Desire is not crime. It is the conflicts and contradictions that you create in your system that is crime. The reasoning fighting with the consciousness, that is the crime. Grow the consciousness, I tell you - you will win the game. The moment you grow your consciousness, you win the game. Everything else follows you.



Renounce without suffering

Let me define tyaaga. Not converting the shocks received by you from life into pain or anger or guilt or pain is tyaaga. See, there are three levels of tyaaga. Tyaaga in return for certain pleasures is a low level tyaaga; it is not even tyaaga, it is bargaining. Tyaaga for certain high level pleasures, eg. for the sake of enlightenment - that is the next level of tyaaga. It means, renouncing with the idea - once I renounce everything, I will achieve the Ultimate. This is the tyaaga of many spiritual seekers. The next level tyaaga radiating tyaaga - tyaaga for no reason.

There is a beautiful Buddhist process, a powerful process, which is - inhaling all the sufferings and pains, anger and negativity of the world, and releasing all the positive auspicious things out to the world. Inhale all the bad and exhale all the good - because your heart has the capacity to transform every bad thing into good thing. Your heart is a pure diamond. Anything you go and touch to your heart, it becomes pure.

See the tyaaga of Sita in Ramayana! See, to live with a personality like Rama is the ultimate ecstasy. But she did not have line of anger when she was forced to give up Rama. I can say, Sita is embodiment of this process – inhaling, taking in all the sufferings, pains, negativity of the world and radiating only tremendous joy and love. What an extraordinary tyaaga!



What is aloneness?

You are not just living inside your body as you imagine. You are living with people. Imagine if suddenly all the people living around you are dead. You are just there alone. Are you going to live happily? Aloneness is not living without anybody. No. It is ability to live with yourself. I am constantly transforming the people living around me, that is why I am constantly exploding in enlightenment. Right now, your aloneness is more like fear of relating with people. Real aloneness is being able to relate and inspire everybody, and being able to relate with yourself and inspire yourself whenever you want. Ability to inspire without any outside source is aloneness. I can remain in bliss without anyone – you cannot. You will be depressed! Sharing with others is nothing but creating an enlightenment-based community around you. It is not even serving others, it is serving yourself. First, any human being creates the sex-based community, the biology-based community - like your wife, your child. Then when you evolve, you create psychology-based community – your friends, who are ideologically connected to you. Only few create consciousness-based community. Fools are those who create only biological community around them. Great are those who create ideological community around them. Blessed are those who create a consciousness-based community around them! If you have a sangha around you, you are blessed. Sharing the truths, the great experiences, great joy, is what is creating consciousness-based sangha.



Don't be a guru-widow

When the master from whom you have taken discipleship is no longer in the body, first thing you need to do is pray to him to guide you to a living master. You will see, beautifully he guides you. Through a dream or vision, some way he guides you. And once the living master happens, the old master disappears. He is constantly available, guiding you through this living master.

Don't think you are being disloyal to your earlier master. If you don't catch a living master, only then you are disloyal to a master who is no more in the body! This is one of the biggest problem seekers face. I call it Guru conflict. Ask yourself - when he was in the body, what did your master really want? He wanted you to grow continuously. Your Guru who loves you, do not want you to be stuck as a Guru Widow or Guru widower. Discipleship is for you to grow. So only if you don't take up living with a living master, you are disloyal to your Guru, to your very discipleship. Don't create unnecessary conflict or contradiction. When a master is in the body, it is missionary. When he leaves the body, it is machinery. Even if you are going to be an eternal gear, never touched, always lubricated, don't be part of machine. Even if you are going to be digested, squeezed, ground, be part of a living mission. That is the best way to live.



Principle of kriya

Just like blood flow, breathing flow and thought flow, you have something called energy flow continuously happening in you. In this energy flow, if there is a disturbance in the energy circulation in some part of the body, like heart, kidney, liver - that is when you start developing diseases and disorders and disturbances. Disease, disorders, disturbances expresses itself in different ways. When your body is put in certain yogic position, the wiring gets properly aligned, and the energy blockages get removed. After that, the kumbhaka (breath-holding technique) starts pumping energy into the circuit. Asana removes the blockage and makes the energy circuit perfect. Through kumbhaka, energy gets pumped into the circuit. Even for few seconds, if the circuit is aligned and energy is pumped, you are out of the disorder, you are free. This is the exact principle on which Kriya works.

Nithya Kriya has 7 ingredients: Asana, kumbhaka, pranayama, visualization, verbalization (internal chanting of mantra), shiva tandava karanas, and the modernday discovery of weightlifting. Putting all these seven together, I am working on creating a yogic body and vedic mind. I call a body as yogic body when it has power, stamina, flexibility, physique and energy. Nithya Kriyas are not just ordinary asanas, yoga postures, kumbhaka, pranayama. The proper combination is the important thing. If you practice two different Kumbhakas separately, it may remove the disease in years. But when done in proper combination, it can remove this disease in just few days.



What is my maximum capacity?

Yesterday an ashramite asked me – "How do you know whether I am performing to my maximum capacity?" I told him a story. Once a disciple was untangling a bunch of thread that had got into knots. Disciple suddenly asked the Guru – "How do I know I have removed all the knots?" Guru says – "You will know by the length of the thread. If there are knots, the thread will be short. If all knots of the thread are removed, the thread will be in maximum length." Understand, each pattern in your mind is a knot. If you don't have any patterns, you are performing to your maximum capacity. Same way, when you perform to your maximum capacity, there will not be any knots. It is an experience. You will never have tiredness or boredom. And when you perform to your maximum capacity today, your maximum capacity will increase. Being true to your capacity means, continuously working without having the benchmark you created yesterday.

When you are at your maximum capacity, you will know. Your mind cannot fool you so much. Just introspect honestly. When you are performing to your maximum capacity, you will not have this doubt. Many times, you perform to you maximum capacity only when you are in the position of just do or die. That is why I create a high-intensity atmosphere in the sangha. When you are pushing your limits, you realize many of your hidden capacities, extraordinary experiences and energies.



Money is the biggest Maya

Money is the most illogical thing that all logical people on planet earth believe! The greatest superstition on planet is not God, it is money. Money is the greatest Parama Maya – the worst collective delusion. created by human beings. In truth, whatever you have is by chance. So why should somebody be called as millionaire, somebody as billionaire, somebody beggar? No reason. A few people who want to exploit others gathered together and created the concept of holding, created the concept of money. Then unconsciously, every fellow started following it. Whoever rebelled against it was killed and controlled in the name of law. In course of time, the whole world was drowned. They had forgotten that they have created the superstition called money! In the movie Matrix, the artificial intelligence created by human beings takes over human beings. Same way, the superstition called money created by human beings has taken over human beings.

So whenever you are handling money, be very clear: this is the language the world understands, but I am not going to believe it as a power. I am something more than all my wants. All my wants put together is not equivalent to me, it is only a part of me. Money can bring the cot I want, it can bring the food I want. But it cannot bring me what I really am. When you are feeling gratified with whatever is obtained by chance, your inner space drops from the world's largest superstition.



Shock-proof your nervous system

All depression is just a weak nervous system. You imagine and create suffering. After imagining and creating it, you say - it will anyway happen one day, so let me suffer now itself! Work on developing a strong nervous system which can handle the signals of suffering and joy. Unfortunately, a small signal of joy or pain is enough to imbalance you. Just like a proper diet is compulsory, yoga which makes the nervous system capable of handling high frequency of pain or pleasure should be made compulsory. Actually, if a child sleeps near the father or mother, the nervous signal becomes very strong, because whatever signal goes through your nervous system in the dream will not jolt your system if you are hugging your father or mother during sleep. Then the dream signals cannot to shake your nervous system. The dream is like a wild tsunami current, and that should not jolt your nervous system and weaken it. A child should be in the Gurukul, where you don't have nightmares, or in the physical nearness of the father or mother. If you are not having either the mother's presence or spiritual practice, even a small signal will jolt you. After that, even a small signal or small thought is enough to put you in depression. So work on having the strong nervous system, which will take you beyond the dualities of pain and pleasure, which will bring stability in you.



Big Bang and Black Hole

Respected Swamiji, during the daily kriya, whenever we are asked to hold our breath for a long time, a lot of fear comes up and I start gasping for breath. I never manage to do the kumbhaka properly. Why do I have this fear? How to get over it? – Shailesh, Hyderabad

Shailesh, one of the worst thing happened to you guys is, you have lost the truth that you can be without thoughts. See, fear of kumbhaka, holding the breath, is fear of being without thoughts. You are afraid of being without thoughts. Even if you are without thoughts for a few moments, the Consciousness will grip you, the consciousness will conquer you, the consciousness will capture you. Your mind will be replaced by consciousness. You will wake up - which is too much!

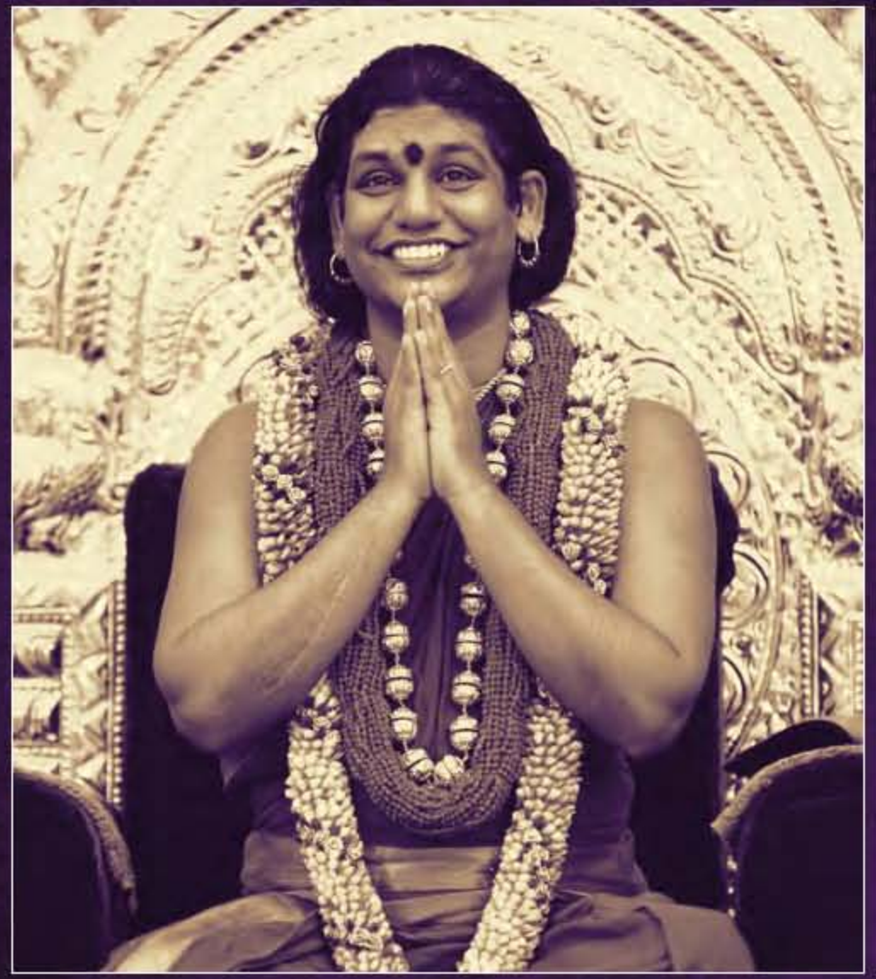
Just remember this one idea when you are gasping for breath. Suddenly you will be able to do kumbhaka for a long time. It is nothing but simply trusting that you can live without thoughts, and it is good for you. If you are having difficulty, gasping for breath during kumbhaka, just remember - it is nothing but fear of being in thoughtless state. Nothing wrong. Relax from the fear - simply the kumbhaka will happen. I tell you, when the fear of thoughtless space disappears, even little bit of yoga will make you have a long breath. Long breath creates a new energy in you, it will create a new life in you.



You are afraid of thoughtless space!

Guru disciple relationships is like Big Bang and Black Hole - both. When you enter into me, you disappear into something beyond your comprehension - that is what we call as black hole. What is big bang? Whenever you see something beyond your comprehension, it is Big Bang! When your identity moves away from you, something completely new happens in you, something completely new takes over you. The new taking over you is Big Bang. Big Bang means initiation, black hole means surrender. Buddha's enlightenment is black hole, Shankara's enlightenment is Big Bang. Shankara constantly talks about Poornatva and Buddha constantly talks about shoonyatva. But both are one and the same - and you cannot understand both!

I will be constantly speaking, you will never be able to hear anything, but your heart will be listening. Me speaking, and you not hearing, but whatever I am saying, your heart will be listening - that is what is Upanishad! I tell you, directly working with the master as per his guidance is an extended and continuous learning process. That clarifies many of the spiritual truths, makes you understand Living Enlightenment and makes Living enlightenment possible. So even though you don't understand, I will make one more statement - Black hole is making you whole, Big bang is Bang to wake you up! Black hole is making you as whole, Big bang is Inner Awakening. Understand, biggest bang on your consciousness is Inner Awakening! Receive that biggest bang, you will become whole.



Love life anyway

Just today morning I was talking to one of the devotees who was in a low mood. I told him - see, when garbage is put on the face of the earth, it will smell, stink, create disease. But put it inside the earth, it will become manure! Suffering, pain agony - if it is just there unattended, it will smell. Put it inside and do contemplation.

Your Ananda Gandha chakra is the Sparsha Mani – whatever the suffering, the moment it touches, it turns into tremendous joy and peace. All the agony, darkness, negativity of the people around you, your family, your society and yourself - just inhale it. By the time you exhale it, it is already positive, completely transformed into pure gold. Just visualize this - you will have so much of positivity in life. Love life - even if it rips you apart! Come on, who do you think is not ripped by life? When saints, prophets, begotten sons or even He himself comes down, he is ripped apart! The only difference is - they love the life even when they are ripped apart. That is strength. Have the Ananda Gandha which is so strong that it takes away everybody's agony the moment they come to your breathing space; which gives tremendous joy and bliss to the person. Only then you are liveable. You make house liveable, car liveable. But you don't make yourself liveable. It is time we make our own selves liveable.



Fear, greed and inspiration

Using fear and greed to maximize performance is neither wrong nor right. Please understand, the purpose of life is expansion. Purpose of life is being a high achiever. Self actualization leads to self realization. For self actualization, you may need to use fear and greed. But for self realization you need to drop fear and greed. When you know this, you will use fear and greed, but you will drop it also, you will not be bound by it. In every relationship, in every decision making, in every interaction, in every evaluation, remember this - if somebody is able to come to his peak through only fear or greed, use that. Even if you yourself are not able to do the peak performance without fear and greed, use it on yourself. But know it very clearly, once you are able to be in peak performance as a high achiever, drop it.

When you achieve peak performance without fear and greed to fuel you, you are Buddha. When you are able to guide a group of people to be high achievers you have created a sangha. The way in which you do this is Dharma. Every successful fortune 500 company has a core sangha. Whether you know it or not, at a certain level the Sangha has evolved - at least 10 people who have actualized themselves and helped others to actualize themselves. Unless at least a few people evolve to this level, no successful venture is possible.



Sweet & bitter maya

Q: Swamiji, why is the mind not coming out of maya, even when the mind knows maya is bad? - Nithyananda Gurukul

Only when you eat the bitter fruit, you will understand that eating it is wrong! In Mundaka Upanishad, there is a story. There is a huge tall tree with many high and low branches and fruits. On the tallest branch, one golden bird is sitting, unclutched from everything, in bliss like Dakshinamurthy. On a lower branch, there is a small bird, which jumps here and there eating the fruits. When it eats a bitter fruit, it feels bad, and looks above at the golden bird sitting in samadhi, in ecstasy. And it feels - why should I also not be like that, out of all this maya? But unfortunately, when this same bird eats tasty fruits, it even forgets that it is in maya!

You are asking - when mind knows maya is bad, why is it not coming out? Whenever it knows maya is bad, it does come out! The only way to break the maya is, your mind remembering all 24 hours that maya is bad. Understand, even the ideas I am giving you are not ultimate. These ideas are to be used only like how one thorn is used removing another thorn. The ideas are only to counter the ideas you already have, and to remove them. Remember 24 hours that maya is bad - naturally you will come out of it.



Let your heart judge

I tell you, whenever you have dilemma between mind and heart, always choose heart. Understand, end of your life, it is your heart which is going to judge whether you are a success or failure. Your mind loses its power on you. If your mind was the judge, all the rich fellows should have a complete satisfied death, because as far as the mind is concerned, money, status, enjoyment, beauty, this, that, everything - it is a great life. Good husband, amazing kids, wonderful house, good friends and family – if mind is going to be the judge, then all the fellows who are rich, who asked for all these things, should be having a very fulfilling death, very satisfying end. But that is not happening.

Whenever you have dilemma, always choose heart, because heart is the one which is going to tell whether you are fulfilled or not. Mind is just a prostitute. It will just play any side it wants. One small reason is enough for mind to completely tumble you, make you lose your very basis of life. Why do you think millions of people commit suicide? Because when mind tumbles you, just make you imbalanced, you do things momentarily, which you can never repair after that. Suicide is always the decision of the mind, never the heart. People say, Oh, his heart is broken, he committed suicide. No. His mind is broken, so he committed suicide. It is never heart.



Maya is God's classroom

Q: Swamiji, in one satsang you told that God is responsible for everything. Then why does he create maya for all of us? You also told that only God can remove it, so why do we have to go through this? - Krishna, student, Nithyananda Gurukul

Krishna – first thing, when I said God is responsible for everything, it is more a statement of realization, not the statement of factuality. It is from my experience.That statement is true only when you also experience. So without having that experience, the next statement you make does not have any meaning. It is like you asking - Swamiji created the Gurukul, then why did he create the classrooms where we have to sit and study? Why do we need to go through this? Because you need to evolve. Maya is classroom created by God!

Understand, unless you go through the classroom, you don't get matured to know many of the truths. And only when you spend lot of time in the classroom, you learn to enjoy the garden! If you are never put in classroom, you will take garden for granted. If you are never put in Maya, you take God for granted. Just as fire teaches you the greatness of coolness, Maya teaches you greatness of God. Because maya teaches you so strongly, you cannot take God for granted. Maya teaches you so strongly, that once you come out of Maya, you will never come out of God!



Shift your center

In your thought process, you usually expect that the end of every action, the result of everything you do, should be you. Either it should bring pleasure to you, or it should avoid pain for you. If the end result of your any thought-process is based on your fear or greed, that is self-centeredness. Even if it based on your concept that you are doing Tyaaga (sacrifice), it is selfishness. If your thought process is not constantly centered on what you are going to gain or lose, but on what others are going to gain or lose, it is real Tyaaga. When real Tyaaga happens in you, you will not even know it is Tyaaga. You will not even know you are a Tyaagi. You will just be living, and tyaaga will be happening through you. Tyaaga is a spiritual current which runs through your nervous system and strengthens it again and again. See, if joy runs through your body, romance runs through your body, you feel an inspiration to live. Same way, when Tyaaga runs through your system, you will experience freedom. Tyaaga is just like engine oil for your system. Unclutching is only a lubrication oil. Tyaaga is engine oil itself.

And understand, it is not that others' gain is always your loss. It is a wrong thought process. Just stop with this word – let me think of welfare of others. That's all. Then you will see, you will evolve a new understanding, where Tyaaga takes care of your well-being also.



No one else can complete you

Q: How can I forget my ex-boyfriend? - Lynette, Phoenix, USA

Lynette, I tell you, unless you find the man within, you cannot forget your ex-boyfriend. Don't think that are there 3.5 billion men in the world, at least 2.5 billion young men to choose from, you can choose any one! Unless you experience the completion inside, you cannot forget your x or y or z. Till then, the more you try to forget, the more you will remember.

Please understand, each man carries certain feminine principles and energy inside, and each woman carries certain masculine principles and energy inside. Only when the energies are met and merged, fulfillment happens. Only then you can forget your x, y chromosomes and relax in z. Z means zest. Understand, however many men you may change externally, you will not find a solution. Changing external men or women and trying to find a solution is the Western method. How long this can go on? Look in. Find the root - why your boyfriend has become ex-boyfriend. Because, he is not fitting with your inner idea of boyfriend. The idea, the visualization you carry about your boyfriend did not fit with your actual boyfriend. I tell you, unless you correct the fantasy and accept the real person in your life, you are never going to settle down. You may forget your ex-boyfriend and catch another boyfriend. But as long as the fantasy is there, you will not experience peace. You will only have ex, ex, ex that's all.



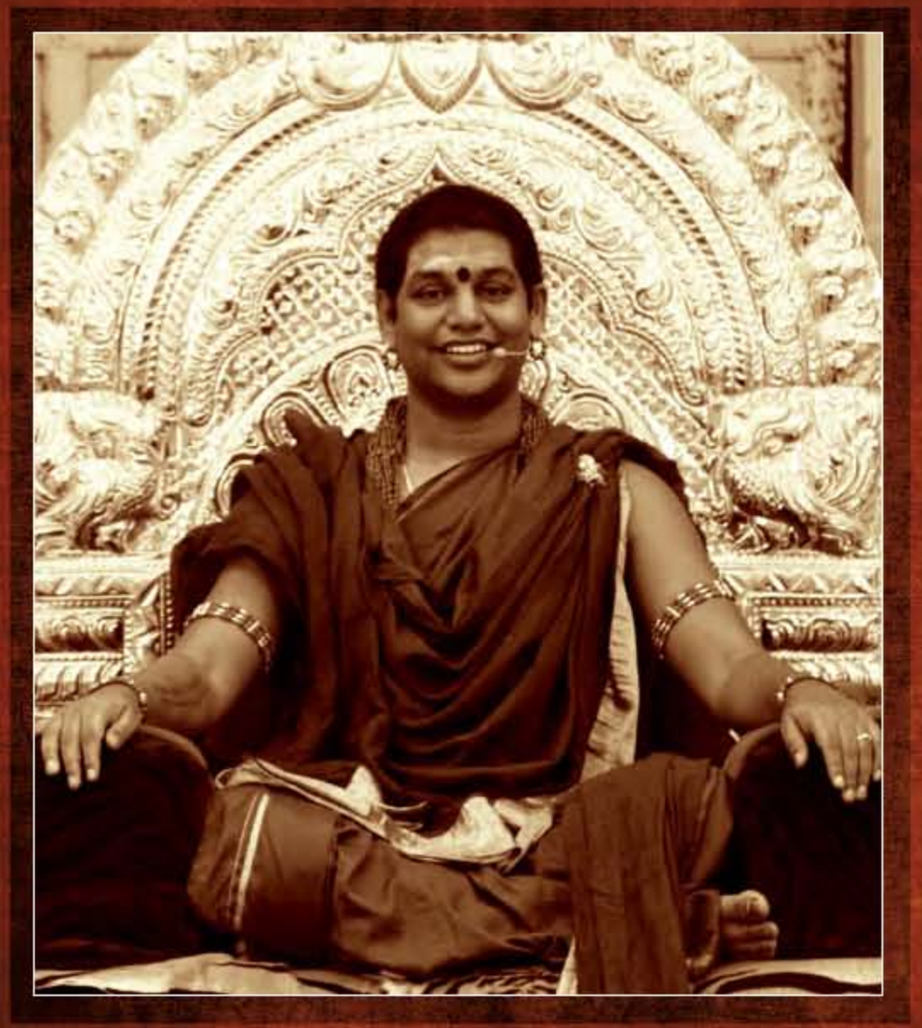
Pornography is hell

Pornography does not enrich you, it makes you poor. You don't understand. Man who watches porn will always be in depression and carrying a guilt about his abilities. When porn is added to your mind and body, it leaves the natural realms and destroys the reality of your life. Life becomes hell, and you will never be satisfied with one man or one woman in your life. There is no animal other than human being which wants to indulge in sex till death. For every animal there is a season. Body reproduces and settles down. In human life there is no settling period, don't you see? Because of the new component introduced in your life called mind. I tell you, humanity without pornography will be violence-free. When you are infused with so much of passionate desire and you cannot live it up through your body as you see in the visuals, the whole passion gets converted into violence and gets stored in your body. Understand, it is going to take away your joy, your love, your real life. It is going to make you plastic, pseudo. Once the porn gets mixed in your system, it makes you sick and takes away the joy of the real person in your life. Your desire will always be having the guilt of impossibility and unfulfillment, even before it starts. A continuous hangover of anger and guilt of inability. Look in. You will see how this destroys your beautiful life.



Life-satisfaction is the key

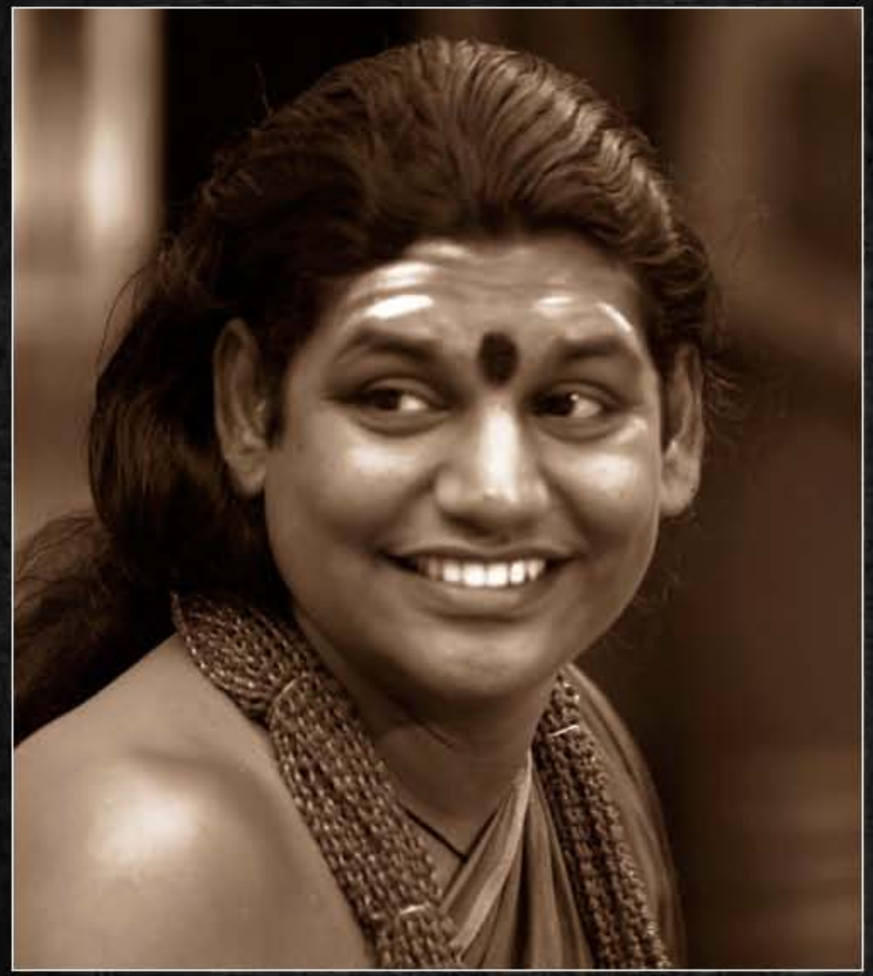
Life is neither capitalistic, nor communistic or socialistic. Please understand, capitalism teaches the ownership - whoever owns is the big guy. Communism teaches - whether you work or not, everything belongs to you. The whole capitalistic philosophy is born out of restlessness - rajas. The whole communist philosophy is born out of inertness – tamas. But life is peace – sattva! Does life believe in communism or capitalism? No. An important component of life is life satisfaction - which is neither capitalistic nor communistic. A country may be capitalist or communist, but the principles of life are neither capitalist nor communist - why you take birth, why you get a disease, why somebody has a high life satisfaction, why somebody has such worst mental disorders? I tell you, I know millions of fellows who are loaded with billions of rupees, but if you see their personal life, there is so much suffering! Because the principles of life are not supporting them. They have built their lives with narrow self-interest, without any ethical foundation. But the principles of life is totally different. If a country supports capitalism, you may get the benefits given by the country's infrastructure - wealth, house, boathouse, more zeros in your bank balance. But only when the life's principles support you, you will have the gifts of life – health, life satisfaction, the feeling that life is overflowing. I tell you, anything is worth sacrificing to have this feeling - life is overflowing, life is romance. When this life satisfaction is oozing out, you can inspire, elevate anybody.



Vote for responsibilism

Principles of life are neither capitalistic nor communistic. Capitalism says, man who has more is a big guy. Communism says, everybody is equal. The principles of life says, man who takes the responsibility has the right to enjoy - that's all.

If you want to infuse life principles into your workplace, understand a few things. Capitalism without a strong ethical foundation degenerates into narrow self-interest. So rewrite, rethink, infuse responsibility in all your thinking processes and evaluation. I tell you - you cannot have separate principles for your life and separate principles for your organization. Only way to have integrated principle is, every morning when you gather for work, spend at least one hour understanding responsibility. Let every person who is part of your organization feel the responsibility. Let every individual look into the responsibility. The organization will be successful only when every individual understands the principles of life. You might have trained someone spending thousands of dollars. Suddenly he is in depression - what can you do? All your investment is waste. So when you are training people to work, train them to be alive and live. Alignment to life's purpose is the need. Life's principles are based neither capitalism nor communism, they are based on responsibilism. If you want to be healthy, take responsibility in that direction. If you want to explode in spiritual zone, take responsibility in that direction. If you want wealth, take responsibility in that direction. Chisel your life with the tool called responsibility.



Love at first sight

Q: Is there such a thing as love at first sight? – Kevin, California, USA

Kevin, you are waiting to fall for somebody or waiting for somebody to fall for you. Then naturally the moment you see – the first sight happens - you fall. I don't even want to say love at first sight. It is love before even the first sight happens. When you are empty within, hollow within, begging for attention, love at first sight happens. Understand, whenever love at first sight happens, the person is very poor in his inner space. You are waiting for a boy to smile, for a girl to smile, and you fall.

See, sometimes when you stand on top of a tall building and look down, the depth invites you to fall. All love at first sight is you honoring the invitation from the depth! Do not ever believe this love at first sight. But when it comes to Guru-disciple relationship, believe only love at first sight, because you should be craving so much that the moment you see him, you fall in love. If that is not there, please understand, he is not your Guru; please move on. Only when you have intense craving, the moment you see him you know, yes, this the one I am looking for whole life. Seeking is inner richness. Attention-seeking is inner poverty. If the love at first sight happens in the spiritual realm, you are immensely rich in your inner space.



Understand it is business

Yesterday during the morning Satsang, I was telling that everything is business -father, mother, brother, sister, everything is business. After the Satsang one disciple came running to me and said - Now I understand Swamiji, everything is business - father, mother, sister..! I said - STOP. Even between us, this is business. I am very clear what I want from you. I want you to be enlightened and take up responsibility for enlightening others. Only as long as you are expanding in that direction, I am going to be working with you. If that is not happening, I am going to work with somebody else. Each one has their business with you. Your lover has business with your beauty, your partner has business with your money, your employer has business with your degree. I have business with your consciousness. Each one looks at your identity in certain angle. Your lover is going to look at how you look. Your employer is going to look at your education, your productivity. Your parents' business is to look at how much you will support about their ideas about life and society, or society's ideas about them. Each one is busy with their business. My business does not bother about your education, your money, how you look, your social background. My decisions are based on your consciousness – the real YOU. If you understand that my business is actually your business also, then a unique love happens between you and me, which is eternal maha bhaava.



Work from your higher identity

You can never ever become high achiever if you are not built on a foundation of a higher ethics. If the ethical foundations are not strong, even a small shake will send a tremor in you. Every individual should understand his position, not only related to the company and team, but in a broader context related to the society and the universe in which he is living. Please understand, unless you are clearly settled about yourself within the broader contexts, you will be constantly shattered by even a small friction by your team. When your identity becomes clear with this broader contexts, the identity which you carry with your team will look very small, simple, easy. When you infuse the higher identity in your body it is health; in your mind, it is joy; in your consciousness, it is enlightenment. Always fight the lower level problems with the higher identity. Remember the higher truths about you. When you remember your universal responsibility and social responsibility, completing your office responsibility becomes nothing. Out of freedom you will play this game. Only when you believe in your higher identity, when you understand your higher identity, you will be able to successfully make everybody understand their higher identity. When you understand your business with the cosmos, and cosmos's business with you, you relax from the fears which are constantly attacking you. Even if the whole world is in crisis, you are not in crisis. Because it will dissolve into you and come out as you.



Get out of phobias

Q: Are phobias the result of some evil happening in a past life? - Irfan Ahmed, Bangalore, INDIA

Irfan, there are some phobias that are the result of some evil happening in past life, but not all phobias. Understand, if anything that happened in the past life is affecting your present and future, it is an evil happening! All phobias are nothing but mood swings. When mood swings are strengthened, they are called phobias; when phobias are in initial level, it is called mood swings. Whether it is phobia or mood swing, there is only one thing to watch - whether they are able to repeat something in greater frequency, or you are able to repeat in greater frequency. They say 'Life is bad' hundred times, and you repeat 'Life is good' 120 times! Whether you are going to repeat more number of times, or the phobia is going to repeat more number of times, is the game! If your phobia says, I am afraid, afraid, you say, I am beyond everything, I am beyond everything - that's all! Don't say, I am not afraid, because the word afraid is there. Just say, I am beyond everything. Or just do the mantra. A powerful antidote for phobia is ajapa japa – eN-Chanting. Understand, all phobias are frozen mood swings. The only solution is ajapa japa. Decide not to lie down along with phobia or mood swing - stand up with ajapa japa.



Dealing with anger

My husband has anger issues. And now I am seeing the same thing in my sons. How do I help them deal with this? – Rekha, Mysore, INDIA

Rekha, anger is neither positive nor negative. Anger is like money. It depends on how you handle it. For example, if somebody does a 10 rupee job, you will not pay him 1000 rupee. If you are paying him thousand rupee, you will become bankrupt very soon! Same way, if somebody does ten rupee worth of mistake, don't pay him with thousand rupee worth of anger! I tell you, whether it is anger, lust, greed, fear, when you pay more than the situation requires, you are energy-corrupt.

First, understand about your own anger, internalize it. Second, look at your husband's anger issues as a sickness, not as ego or arrogance. Don't label him with this one pattern. Separate the pattern from him. Third, approach him with attitude - how can I contribute and make a difference in his life? Unfortunately, you don't approach with this attitude. Now, your whole approach is such that you both know that you are attacking him. Through attack, anger only increases and breaks. Through attack, solution can never be found. Rekha, your approach, your body-language, everything will be different if you have just this one attitude - how can I contribute? Because every person's innermost intelligence is intuitive enough to recognize the help coming from somebody. They will not be able to resist. They will transform.



Love destroys insecurity

Money is becoming a huge problem in my relationship with my boyfriend. How can we resolve these conflicts and develop a "team strategy" in the area of finance? – Victoria, Oklahoma, USA

Victoria, understand, the whole questions shows the shallowness in your relationship. When you are really in love, money becomes useless. Suddenly it will not matter to your life anymore. I am not saying that you will throw all the money in the streets. No. But suddenly your thought is not centered on money anymore. It is centered on the other person. That is one of the best thing that can happen to a human being. You should experience that space at least once in your life, where money just suddenly loses its power over you.

See, man has only two kinds of thinking – 1. Money centric 2. fulfillment centric. When you are in love, the fulfillment center is awakened, and it does not let you think about future security. Even if you have one question about future security, you are not in love. You still need to go a long way. When your love is awakened, insecurity gives way. Victoria, I am really afraid that you are not in love. Somewhere, it is an arrangement of convenience, not love. So I want you to review the whole thing, the very relationship itself. You are not yet in love. Go on continuing with your search. I bless you that you will really fall in love.



Mystery of rebirth

Q: Swamiji, after death, will we lose all identity and merge with cosmic energy? - Binoy, Singapore

Binoy, you have a wrong understanding about enlightenment. Actually, now you have one body and you are living with one body and enjoying with it. Suddenly if you have ten bodies and you can be at ten places at a time, eat and drink what you want, how will it be? Enlightenment is like that!

Let me define this whole thing. If you live with the consciousness which perceives more than this body, then after you leave this body, you will live in greater bodies than this body. If you perceive yourself as shrinking, suffocating, small, then after you leave this body you will live in lower-level bodies, and carry not only a small identity, but the identity which makes you suffer more and more. It is neither your actions nor your identity that decides about rebirth. It is how experience you while you are living. If you feel you are more than your body, if you feel – wow, if this is life, I want more! - then you will not have any more births. That is the paradox! If you feel - oh God, I don't want to live anymore! - then be very clear, already more bodies are waiting! So, how you feel about you - that decides whether you will have rebirth, what kind of birth you are going to have, what will be the state, what will happen to you after death.



Where have you parked your identity?

Please understand, what you do whole day using your individual identity does not matter, but where you park your individual identity when you are not doing anything really matters! It is like, where all you drive your car, does not matter much. But where you park your car matters much. What you are doing whole day using your inner space does not matter much. But where you park your inner space really matters. That is what is essence of spiritual life! You may be whole day doing some pooja or cutting vegetable or anything. Nothing matters. Your actions no way affect your being, your transformation.

Whole day, when you are not doing anything, what type of thinking goes on in you - that is the real transforming factor. Is your parking spot is all about wealth? Are you constantly brooding over only wealth? Then all your pooja, japa, even your spiritual practices, are aimed only at wealth. Understand, people who are filthy rich and people who are in utter poverty cannot achieve enlightenment. I have seen the people in both extremes. A person who is in utter poverty also cannot achieve enlightenment, because he cannot move beyond his manipuraka - basic needs like food, shelter, clothes. He cannot function towards enlightenment. But if your inner space is parked at enlightenment, even if you are working on making money the whole day, not only it does not touch you, but even your wealth will support you for having and radiating enlightenment.

Thursday, May 17th, 2012



Essence of my teachings

People are asking me continuously – "Swamiji, your teachings are so vast, so broad. What can we tell people when they ask us what is the essence of your teachings?" How can you say what is the essence of ocean? Essence of ocean is ocean! Anyhow, now I am giving you the essence. eN-chanting (ajapa japa), feeling connection, unclutching. All these three are the essence. Let your vaak (speech-power) be engaged in ajapa japa, let your emotion be engaged in the strong prayerful feeling connection, let your being be engaged in unclutching. This must be the trend with which you are carrying on with your daily life.

Take up any mantra to chant as ajapa japa. Develop feeling connection to any God, any guru, is okay. Unclutching from all the mortal, feeling connection strongly with immortal. This is the essence of my teachings. Yoga, kriya, meditation, everything else is supplementary. Feeling connection is the bridge between ajapa japa and unclutching. You can translate this word 'feeling connection' as prayerful mood, bhakti, emotionally overflowing in ecstasy, bhaava samadhi - whatever word you want to use. With all these three put together, you can now attack the layer of maya, layer of delusion, layer of restrictive patterns, layer of illusion, layers of suffering. Start in ajapa japa, move in feeling connection, be in unclutching! Understand, raising human consciousness to the next level is possible only if all these three are lived.

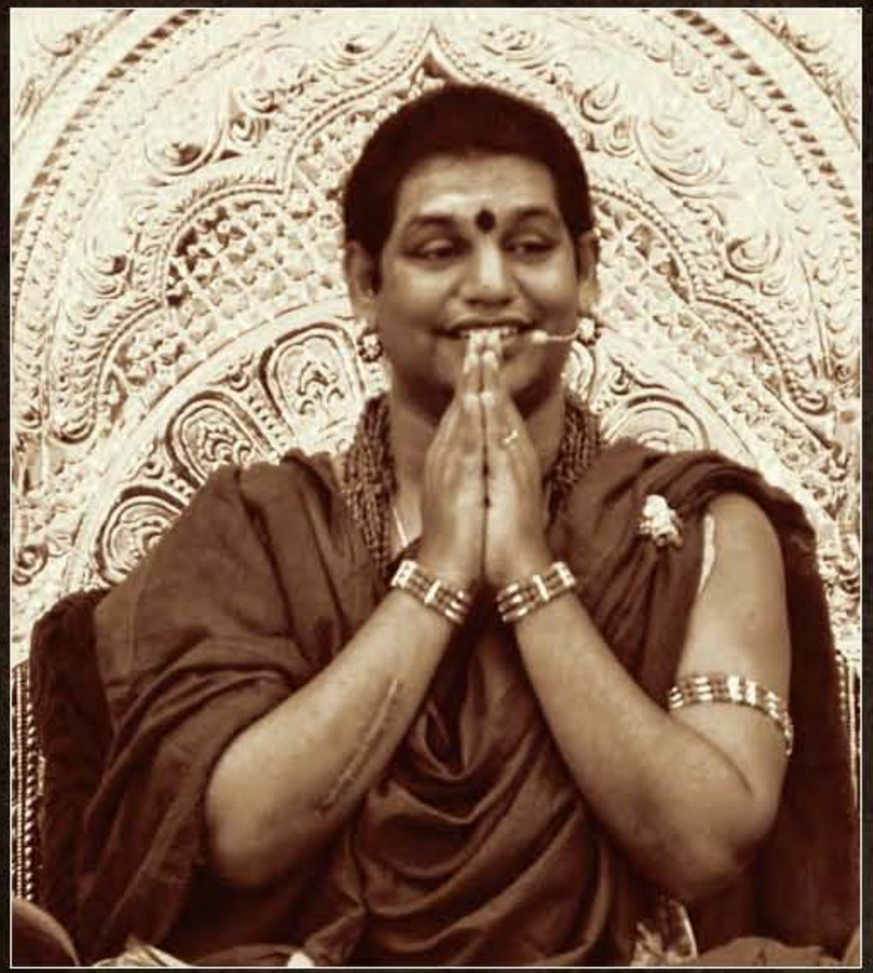


Technique of self-remembrance

Self-remembrance is a very powerful process to achieve the ultimate consciousness. Constantly in you, for a moment you remember you exist, and after a moment you will forget you exist, and your mind starts wandering here and there. Please understand, the moment you remember you exist, it is praana. The moments you forget you exist, it is apaana. The praana and apaana live together. Unless you forget you exist, you won't remember you exist! But just like mercury consumes gold, if you consciously support self-remembrance, it will slowly swallow the self-forgetting moments. It is a most subtle Vedantic truth.

Try and do this as a process. Try to constantly be in the remembrance of the higher self. Just remember - I exist, I am feeling me, I am alive, I remember me, I am! Usually, people can manage this for maximum 12 seconds - then your mind flickers. If you can be established in self-remembrance for 21 seconds, your mind breaks and you will be enlightened! Now, you are not supposed to hate apaana! Constantly you create a guilt in you - I lose, I forget, I am not qualified. Stop struggling and suffocating with apaana. Work on praana, celebrate the moment of remembrance. Because when you feel guilty, you encourage the wrong side. Meera constantly suffers with few moments without Krishna. Aandaal constantly celebrates few moment s with Krishna!

So support the moments of self-remembrance. Bring life to praana, to the moments of self-remembrance.



Three steps to the ultimate experience

Bhagavan Ramana Maharshi very beautifully sings in '40 verses on Reality' - if you just sit on the Self-remembrance that you exist, all this maya of name, form, time, space, everything, will just dissolve into yourself. That is the advaita anubhooti - the ultimate experience. Only when you become enlightened, you will understand that dvaita, vishishtaadvaita, all these are only different steps. The final, ultimate experience is advaita. I tell you, if you are struggling between the self-remembrance and self-forgetting, that zone is dvaita - I am different, Divine is different. If the selfremembrance is more powerful than the self-forgetting – self remembrance is 51% and self-forgetting is 49% - then it is Vishishtaadvaita - it is me, but I am an extension of Him. If self-remembrance has conquered self-forgetting and become 100%, that is advaita. That's all.

Bhagavan Sri Krishna says in Bhagavad Gita – 'With the help of praana & apaana, I consume everything'. It is not just food. It is time, space and pure consciousness. He swallows everything just with this one process of praana & apaana. So support your praana consciously through eN-chanting, feeling connection and unclutching. Let your vaak (speech-power) be engaged in eN-chanting, let your emotion be engaged in the strong prayerful feeling connection, let your being be engaged in unclutching.

Constantly take this up as a spiritual practice from today for 21 days. I tell you, if you can increase your praana, the self- remembrance, you will consume this whole maya and sit as vishwaroopa.



Choose war or peace

Intensity means, ability to fight with your own patterns. If you are fighting with others' patterns, it means you are in-tense, not intense! No. Fighting with own your patterns is intensity, fighting with others' patterns is tension. If you start fighting with others' patterns, it means your intensity has dried up. You feel, Now enough, why should I always fight with my patterns? Let me fight with his patterns also. When I am transforming with ten patterns, he is not transforming even with three patterns, let me fight with him!

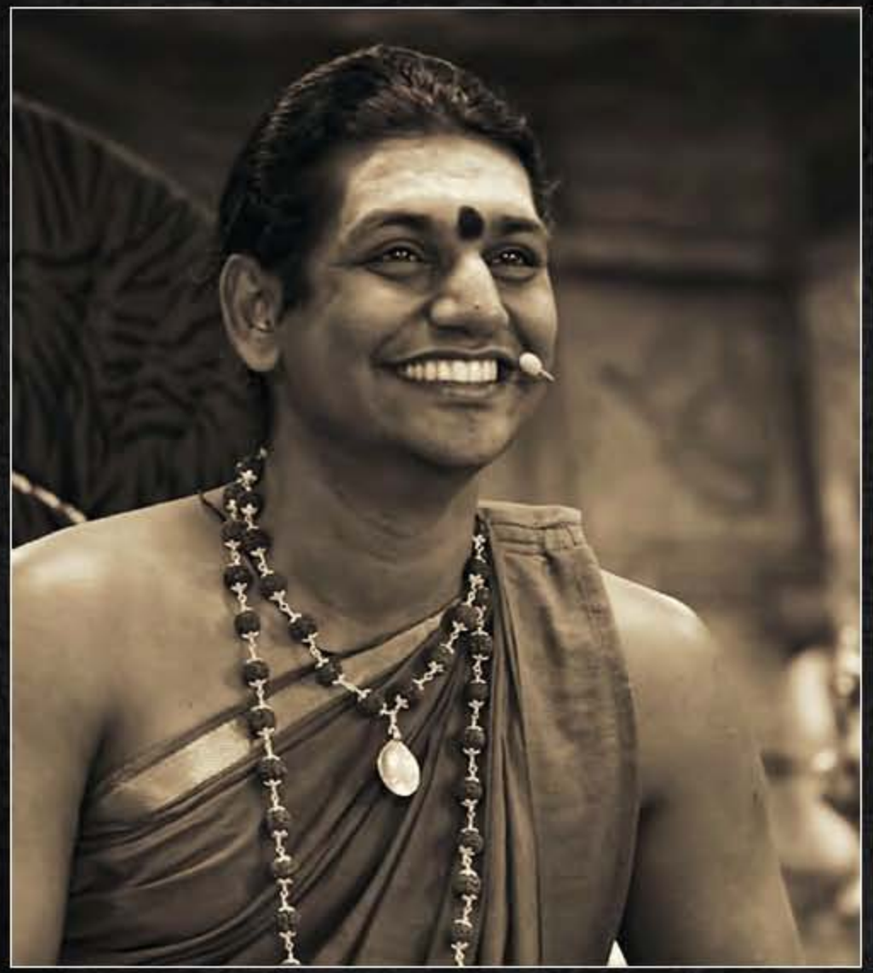
Everybody knows what is their patterns and what is others' patterns. But nobody wants to fight with their patterns. Everybody wants to fight with others' patterns! Why, you have enough enemies inside, why don't you fight with your patterns? You say – No-no-no-no! He is not fighting with his patterns, so I have to fight with his patterns! So you fight with his patterns and he fights with your patterns. Please understand, war means you fighting with others' patterns, peace means you fighting with your own patterns. That's all! You fighting with your own patterns is peace. You fighting with others' patterns is war! Now, wherever conflicts are there, you decide if you want to be in war or peace. Whether you want to make war or peace, it is up to you.



You are not an island

You are not an island, as you constantly believe and are made to believe. If water you drink is poison, it is not that only you are going to die! If air you breathe is poison, it is not that only you are going to die. We are not islands, but we constantly live in a delusion that we are islands. I am not even talking about the social networks and infrastructure by which you are bound to society and country. No. I am talking in the level of spirituality. You are not island as you believe. That is the first truth you need to realize. So you cannot just grasp something and hold on to it. Anything in the life - unless you share it, you will not have it.

Why do you think so many people become poor? Their fear to share their money, their power, their time, their knowledge, their life. Even enlightenment is just like an ice-cube given in your hand. If you go on radiating and make others also enlightened, you are saved and you save others. If you just tightly hold on to it and say, No! it is only for me, me, me!, the ice will melt down, and you will be left with empty hands. Understand, ignorance is nothing but believing you are island. Knowledge means, understanding that you are connected to everything. Enlightenment means, realizing you are everything!



Imbibe life with humbleness

If you move with humbleness and the attitude to imbibe, every stone, every tree will teach you. I am not talking about humble submission in front of the Guru. Have that attitude with everything. You will be enriched. When you need, that file will come up. With a new culture, a new place, a new person, to a new field - with anything, do not have prejudice. With this attitude, even from the terrorist philosophy you will learn something right and good. I have seen people becoming arrogant reading great advaitic literatures, and people becoming enlightened reading the worst terrorist books. And I tell you, by humble submission and imbibing, you will never be cheated. You will only imbibe exactly what is required.

Try this as a process. Sit and decide mentally to pay your respect to every object around you, saying silently – "With all humbleness, I submit to you. Whatever is your essence, let it become part of me." Maybe the carpet, or the chair, or anything which is around you. Please understand, you can first learn the habit of imbibing only with objects which are around you. If you cannot humbly submit yourself to the chair in front of you, you cannot submit yourself to God. If you imagine God and imagine your submission, it will only be ego playing with ego. Anyway, what is divinity? When you add humbleness, it becomes divine, that's all! So add humbleness to the life. Let the life itself become divine!



Empower the solution

All life forms are part of you – this is the truth. Please understand, if I take handful of clay and understand it thoroughly, then, I know all the clay on the planet earth. Same way, you are life. When you know you are living, you are life, then all life forms on the planet earth is you! It is part of you. All the life and the life in your body is not two different life.

Again & again you lose the experience of this ultimate truth. You do accept many times, all life forms are part of me, I am part of the all life forms. But the problem is, when you make serious decisions in your life, this truth is forgotten. You don't make decision based on this truth. Why? Because the cognizance you take about the problem becomes more powerful than the ultimate solution you carry in your inner space. All of you have thousands of ultimate solutions – love, compassion, joy. But when a problem comes, when you are expected to make decisions, the cognizance of the problem looks powerful in you than the cognizance of the ultimate solution, the spiritual truth. It is a simple matter of the power of problem versus the power of ultimate solution in your inner space. If the power of problem is more, you are bound soul. If the power of ultimate solution is more, you are a jeevanmukta. That's all!



Understand your confusion

Understand, there are different-different truths. For some truths, you need a heavy spiritual practice to understand and master it – like teleportation. Some truths just need the attitude of humble submission and imbibing. And for some other truths, you don't need any practice - just a chemically balanced body! Among your emotions, confusion (moha), anger (krodha) and lust (kama) - all the three are physical experience. Jealousy, attention need, ego - all the three are mental experience. To conquer the emotions of the lower three chakras, you need to prepare the body, not the mind. To conquer the emotions of the higher three chakras, you need to prepare mind.

See, confusion (moha) is nothing but the fight between the power of problem and the power of solution. Now you need to know a very important truth. The power of problem can never be reduced, or the power of solution can never be increased, by any mental practices! It is simply your hormonal space! The power of solution feels smaller than the power of problem just because of your body's sickness. It has nothing to do with your mind. I tell you, you might have practiced controlling anger and lust for 35 years. But if your stomach is just a little bit upset, all your 35-year practice is in the air! Whole thing boils down to body's chemical space. Balancing your body'schemical space and establishing yourself in the ultimate understanding again & again is what I call alchemy.



Where are you holding your body?

Where are you holding your body? Just look deeply - you always hold your body in Swadhishtana chakra. It is the center related to fear and insecurity. That is why you feel a constant tensed feeling in swadhishtana. What do I mean by 'holding the body'? See, in a bullock cart - the spot where the bullock and the cart is connected, that is the spot the whole tension falls. When the bullock pulls the cart, this is the spot where the cart is first experiencing the bull. We can call it the 'touch spot,' where the touch happens, where the transmission of pull, the pulling power happens. Same way, swadhishtana is the spot where the transmission of the touch between your will and the body happens. Don't hold the body in swadhishtana. Walk with the legs, not from swadhishtana. While you walk, feel that you are putting the foot on the ground. But now you are from holding your swadhishtana and pushing the body. Don't do that. Walk with legs, talk with mouth, work with hands. Stop using swadhishtana. Let the pressure be on the parts of the body which is functioning. How to do it? When you walk, remember you are using only your legs to walk. When you work, remember you are using only your hands to work. Just few days of remembrance is enough. Don't make this as a mental practice. No. It is a physical thing. You just need to learn to carry your body gracefully, nothing else.



Spontaneous readiness for intense action

Being spontaneously ready for intense action is one of the greatest gifts you can have in your life. It means, doing intense action without even struggling. For all of you, in some fields you will be spontaneously ready for intense action. For example, driving. Suddenly you will find, even if you drive for 8 hours you are not tired. You are fresh, alive, enjoying. Sometime you may find that same spontaneous readiness in walking. In the initial stage you may have to struggle to discover your original spontaneous readiness for intense action, but in few days you will discover. Actually, you should discover it in every field. Even in business, you should discover your spontaneous readiness to sit in the office whole day. I tell you, if you discover this, you will not feel stressed.

All the people who function with feeling connection should do lakshaarchanaa poojas to train themselves for the spontaneous intense action. All the yogis should train themselves by long paadayaatras - walking. All the jnana yogis should prepare themselves by working through purascharana – doing unclutching and ajapa japa whole night.

Spontaneous readiness for intense action in the body level is yoga, in the emotion level it is bhakti, in the mental level it is unclutching, in the psychic level it is siddhis, in the conscious level it is enlightenment. Discovering the spontaneous readiness for intense action is enlightenment itself. The moment you discover your spontaneous readiness for intense action, you realize the self, you realize the ultimate!



Shraddha - Courageous trust

Shraddha - the very word is so beautiful and powerful. Courageous trust is what I call Shraddha. Unless the seed has the courage to be pressured by the sand and break open, it can never become tree. Same way, your nerves, your cognizing system (through which you perceive, take cognizance of life) - that has to go through the supreme spiritual yearning pressure, the suffocation due to the insufficient feeling of your capacity to perceive.

Please understand, the only difference between you and me is that I can perceive little more deeply into time and space. You can comprehend, using your mind, maybe a little bit from the past, little bit in the present, little bit in the future and little bit happening around you. I can perceive a little more of all these, a little more in the outer and inner space. That's it. So the yearning to perceive more is the basic requirement for enlightenment. Actually, when somebody comes into my space, when I awaken their kundalini, the suffocation of insufficient perception is awakened in them. But unfortunately, they sometimes give different reasons for that suffocation and run away. Shraddha is the strength to face the suffocation of insufficient perception and break it, make it into a complete perception. All you need is the courage to stand your own intense yearning. Seed has to feel both - the pressure of the sand from outside, and the pressure to become a tree from inside. Only then it slowly opens up and becomes a tree.



Expand your perception

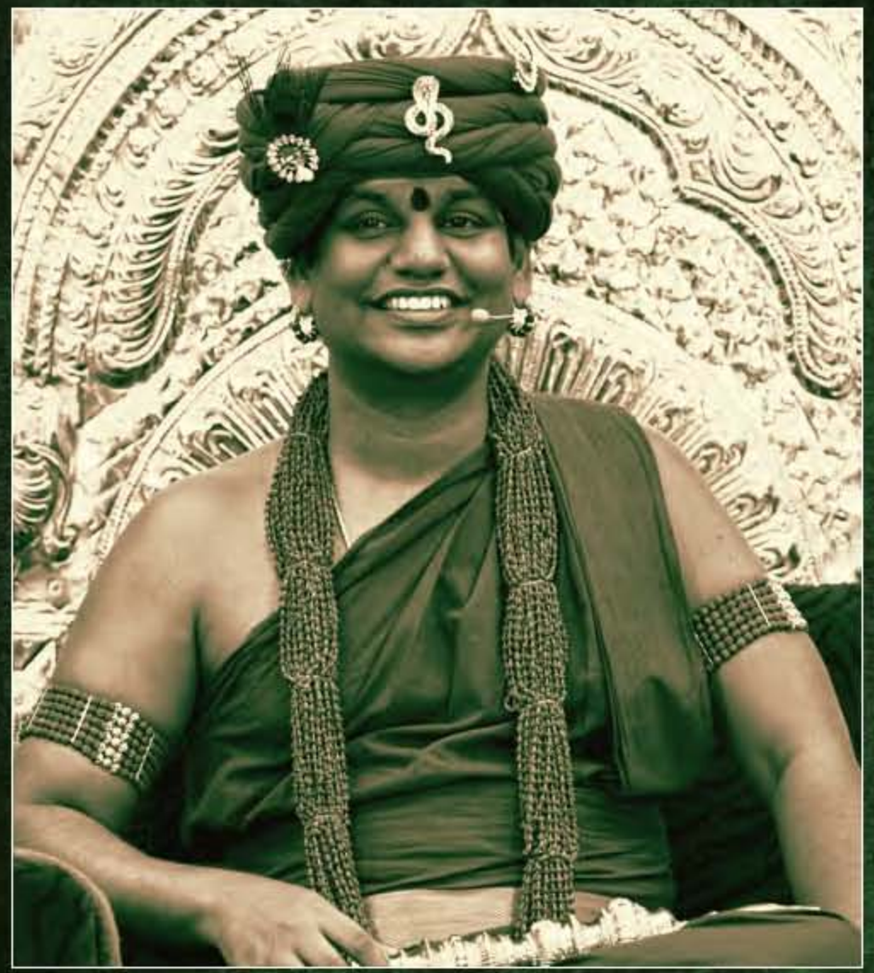
When somebody comes here to learn from me, the first thing I do is expand their perception, their capability to look into past, present, future, outer space and inner space. Please understand, if somebody is screaming at you, if you start immediately hating that person, your perception is too small in the outer space. But if you can wait and look into the pattern from which he is shouting, and respond only to that pattern, you have expanded perception. Same way, in your inner world, if you just go behind your instinct, again that is reduced perception. Instead you need to wait, watch, how ball rolls inside your inner space, how you respond from your pattern, how you try to fulfil something which can never be fulfilled, how you try to run behind something which is never your praarabdha. I have seen people with narrow perception suffer, suffer, suffer, suffer and destroy themselves.

See, the whole spirituality is nothing but expanding your perception. Naturally, when I start expanding your perception, immediately you lose something inside you, and start feeling, Oh God! then there is something more! It shakes your whole being. Especially when I awaken your kundalini, the larger yearning, deeper discontentment, suffocation of lower perceptions starts happening in you. So once your kundalini is awakened, try to be around the master in a stable way. Otherwise you will blame the situation for your suffocation. If the seed starts blaming somebody for its suffocation, it will never become a tree.



Two types of ignorance

See, there is something called as sweet ignorance. Means, when a disciple is ignorant, he comes to you with a suffering, you sit with him and offer the solution, he imbibes it and stands up with life and light. It is such a sweet ignorance! When you stand up, even ignorance can be sweet. The other is dirty ignorance. I tell you, all dirty ignorance is clear arrogant doubting of the authenticity of the master itself. I have seen, when some disciples are in depression, I give them the solution, but if they don't want to practice, I can clearly see that they are doubting the very authenticity of me. The moment you doubt the authenticity of me, I cannot help you. See, it is like you are struggling in the ocean, I am sitting on the ship and sending a rope to you, saying - Please hold this rope, I will lift you. But you doubt the very authenticity, the very purpose of rescuing. You think – ah, who knows, after taking me to the ship, you may kill me! I tell you, if you doubt my ability, I can show you that I am able, I can help you. If you doubt my stability, I can show you with my compassion that I am constantly waiting for you. If you doubt my availability, I can show that I am always available for you. But if you doubt the very purpose of my existence - then nothing can be done!



Unclutched action leads to high performance

Understand, when you are acting intensely in an unclutched way, you establish yourself in highest performance. Action always does not lead you to performance. But intense action always leads you to performance. When I say intense action – it is the action where the diversion of energy does not exist, where you are centered on the higher self. The very centering is performance. Action without performance is Karma, action leading to performance is Karma Yoga. People ask me – "if I unclutch and work, I may not plan properly, I may forget!" I tell you, No! If you unclutch and function, you will only forget to waste your time, you will only forget to destroy your life. The constructive action, planning, nothing will be lost. You are beautifully programmed, capable of living and performing without having mind.

So let all your actions be continuously happening without breaking the unclutched mood. You can train yourself. First, sit and unclutch for few minutes. Then, try to be in the same space of unclutching, and move your hand. Then try to be in the same space, and move your leg. Then try to do simple yogaasanaas. Yogaasanaas are very powerful methods and techniques for you to learn to move your system without breaking the unclutched space. All the activities you do, whether it is cooking or eating or website creation or anything – perform it in unclutched way. Yoga is the first step for you to train yourself to move your body in unclutched space.



You can never choose inaction

One of the worst thing that happened to all our Hindu s monasteries is the wrong understanding of sannyas as the path of inaction. We think that giving up action is the easiest path. But unfortunately, we finally end up giving up only the actions which hurts our ego, not all actions. Understand, giving up of actions completely is almost impossible for you, because you are basically driven by fear and greed. You may give up the actions which your ego does not like, but you cannot give up actions itself. Actually, you need to do exactly the actions which is hurting your ego! Giving up of action does not mean that you will give up partially. No. Giving up of actions means, even the actions of the mind should be given up. Complete unclutching from the body and mind. Naturally, for a human being it is not that easy. How much ever you try, inaction is never possible. That is why I don't give much preference to that path. In the name of inaction and sannyas you can become lazy, arrogant. Not only that, when you start choosing your actions, you develop a laziness which creates deep suffering and psychological torture. Each and every being which feels the individual identity has to execute, has to experience diligence in action. Inaction, laziness, destroys not only your mind's capabilities, it destroys your very body. So evolve in a place where you are constantly inspired towards diligence in action.



Why do you hate working?

I want to emphasize the all-purifying effect of intense action. We all have no problem in believing the effect of intense meditation or unclutching; we don't have any problem to talk about it. We don't have much problem to trust meditation, we don't have much problem to trust that puja purifies us, we don't have much problem to trust that yoga purifies us, but all of us have a problem in trusting intense action also purifies us! Why? Because intense action is always demanded from you only by people who are trying to exploit you. From young age, all the people who demanded intense action from you, now your boss, your wife - you don't like any of them! That is why, even when master tells you to do intense action, you hate him, thinking he is also trying to exploit you! No. Master needs nothing from you. He is very clear.

See, this constant performance awakens certain level of intense praana in you. From the moment you wake up till the moment you fall asleep, constantly being responsible, thinking, talking, acting, concentrating all your energies in one direction - that is what I call constant performance, the responsible performance of intense actions. Never think that doing actions can pollute your inner space. Through intense action, you never get polluted or defiled. In fact, when you experience intense action, your whole self will become intensely pure and you will conquer all the senses, all the natural patterns.



Kill that laziness!

Please understand, laziness and tamas (inertia) is the basic ambience required for patterns to get built. For the tree to grow, certain basic ambience is required – for example, the water should neither be cold nor too hot, the soil should be right. Same way, for patterns to grow in you, the laziness and a certain kind of giving-up mood is a pre-requisite. When you constantly perform, by the very nature you will not build patterns. Man of intense action does not allow patterns to grow.

I give my respect and my credibility to Zen monasteries for keeping the enlightenment science alive. This is because Zen monasteries do not allow the laziness to settle in them. There was never a laziness allowed in their lifestyle. In Zen monasteries, even the pontiffs, the heads of the monasteries, will not eat if they haven't contributed that day to the monastery. Means, if they are not working, they will not be eating! The day they can't work, they stop eating, so that in few days they will leave the body. They will not allow the ambience of laziness to happen, because it creates a highly cunning space where all sorts of patterns can grow. Please understand, intense action breaks all the patterns and all the natural temperaments. Performance of intense action constantly evolves your system to new-new possibilities, new-new realities.



Detox yourself

Niraahaara sammyama is a very powerful process. Because when the regular food is not supplied to our body, many of your patterns will be broken. Many of your organs will ask for energy from your system. The system has to use the stored energy. Please understand, any energy stored in your system in the form of fat, or in any other way, becomes poison when it is not used. Fat is stored in your system for the sake of emergency purposes and future. But unfortunately, when something is stored in your system for quite a long time without being used, it becomes poison.

So during the niraahaara sammyama, the first thing is, the stored fat melts. Many of the unnecessary things you stored in your body and which is turning into poison and toxins gets dissolved, leaves your body. Second, your system's innate intelligence of creating praana (energy), directly from the source, is awakened. Niraahaara sammyama will take you beyond the ordinary bound bodyconsciousness. Usually, you will always carry a certain tensed feeling in your body, in the navel and in swadhishtana, just below the navel. Niraahaara sammyama will ease that tension, will make you feel like your body is a light balloon. In Niraahaara Sammyama, when you are not supplying the regular food to your body, all your organs, including the non-mechanical parts of your brain, awakens itself to the truth, and purification of your essence starts happening.



Don't beg from beggars!

Becoming bound, becoming entangled, is the greatest suffering human beings carry. Decide not to get bound to the reward given by anybody who is expecting reward from others! Just take a simple decision - I will not beg from beggars. I will not ask expect any reward from the fellows who are also expecting reward from others. Decide - if I have to be rewarded, I will be rewarded only from a person who does not need to be rewarded from anybody. If I have to receive, I will receive from the king. I will not beg from beggars. It is like stealing from the begging bowl. How much you will steal? 3 paise and 1 ½ annas! I tell you, if you are expecting reward from ordinary people who are also expecting reward from others, you are begging from a beggar. Do not do the mistake of begging from a beggar.

Please understand, clinging for rewards is nothing but handing over your freedom to others. Psychologically becoming slave of others. Whoever you expect should reward you, they drive you. Man who pays the piper decides the tune. You may think, Oh, I know all these ideas already, what is there? No. your brain needs to be reminded all the time again & again, because forgetfulness is the basic quality of your mind. Reminding yourself again & again is the highest spiritual practice.

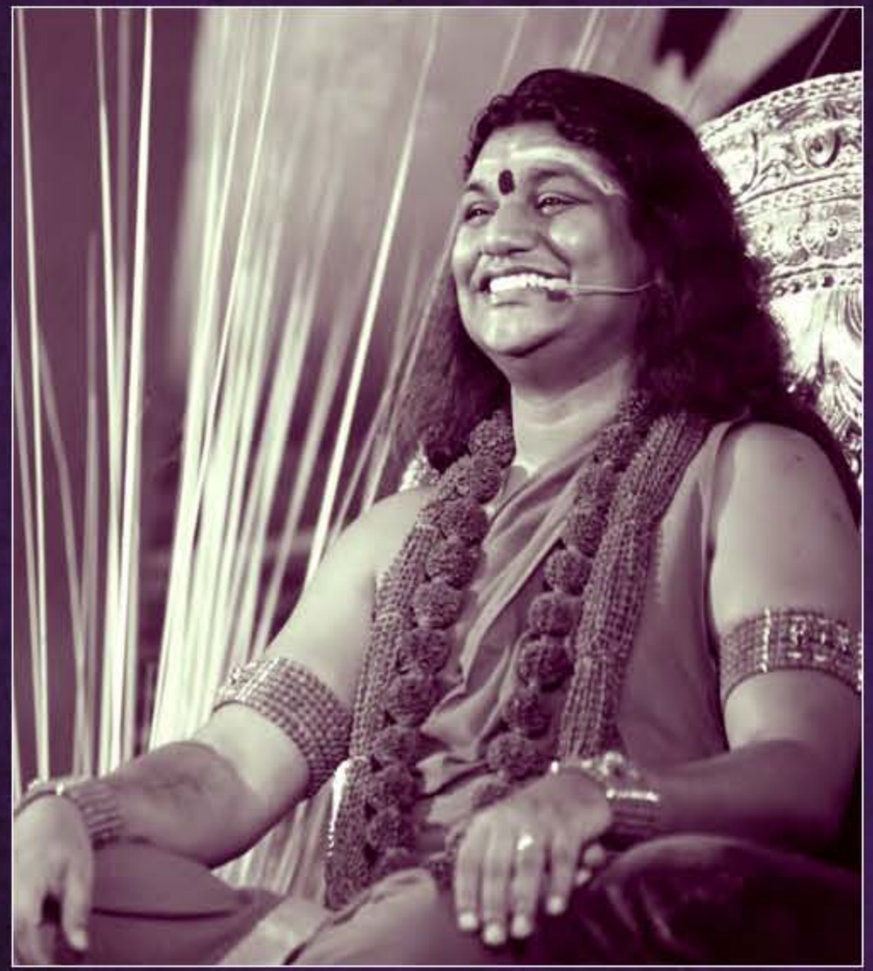


Three kinds of logic

Understand, there are three logics – logic, illogic and alogic. Illogic means - you believing that at some time you will have a peaceful life with your spouse! Logic means - you believing that every morning sun rises in the east, so today also it will rise in the east. Alogic means - you understanding that there are some things which are beyond your logic, but exists. But usually, just because your logic has no bandwidth to capture what is happening in front of you, you simply don't take cognizance. It is like being blind even though you have eyes.

With alogic, your third eye opens. Then you are not dropping your logic, you are upgrading your logic. Blessed are those who have glimpsed something beyond their logic and senses, because only then will you trust that the impossible is possible. Life's hope starts when your logic takes cognizance of possibility of impossibilities. We have seen best clothes, best food, all possible pleasures already. Why should humanity drag on? Because constantly it is given a glimpse - the impossible is possible. Blessed are those whose hearts have recognized the possibility of the impossible. You have a hope to live, inspiration to stand up, energy to continue. Atheist is a person who is very clear that impossible is impossible. Theist is a person who believes that impossible is possible. Disciple is a person who caught the glimpse of possibility of impossible.

Master is a being radiating impossibility in every possible way!



Uncover your enlightenment

One sacred secret you need to know is - you don't need to gain enlightenment. Please understand, it is there like a sun, shining always. All you need to do is, work on removing the ignorance. This one small understanding just shifts the way you put your effort. If you think knowledge is to be gained, you continuously spend time in gaining and accumulating knowledge. No. That is just like reading a menu card. Once you understand the basic principles, your efforts should be made only to destroy the ignorance, not to gain knowledge. Knowledge is like a menu card. You can't go without reading it, and you can't eat just with reading it! Once you read it, plan to have it.

There are some traditions - just by the attitude of accumulating knowledge, they lost enlightenment, because in course of time people forgot that gaining knowledge is not achieving enlightenment. I tell you, addiction to knowledge is much worse than addiction to alcohol, marijuana, anything. Because with such addictions, the whole world is against it. But with knowledge, whole world supports you.

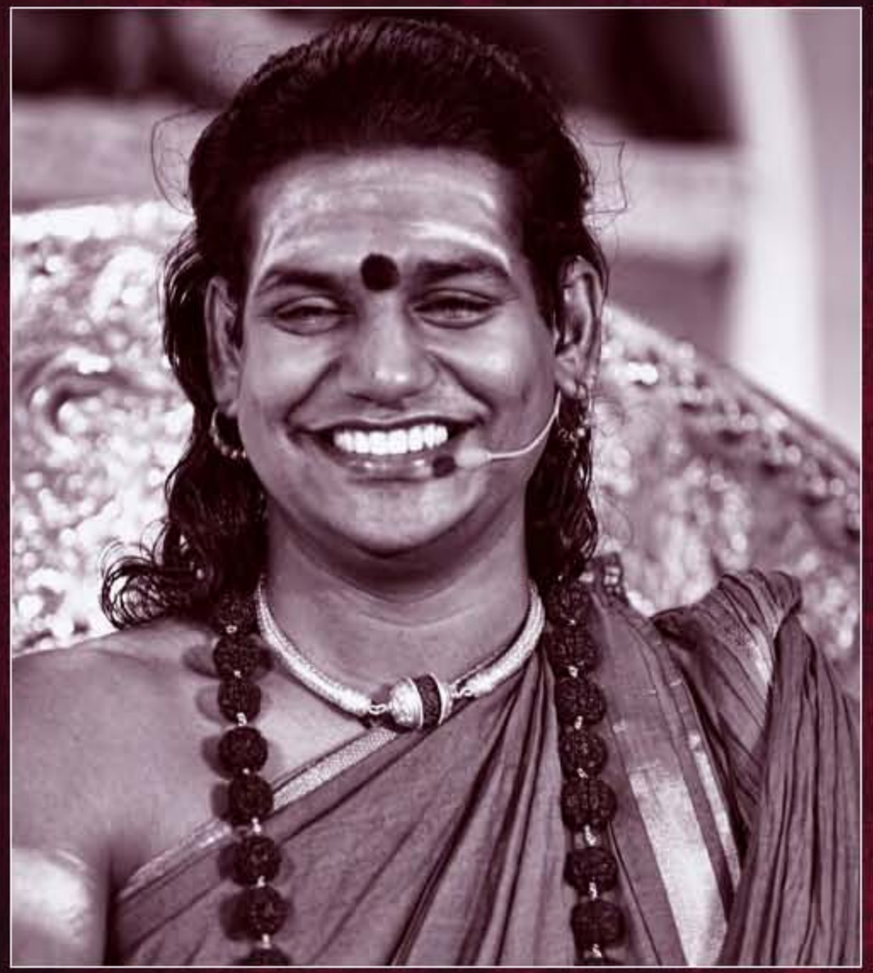
So understand this example - sun covered by the cloud. The ordinary way you understand is - you have to make 1 kg gold, 2 kg gold, 3 kg gold - you have to acquire, accumulate, accumulate, and then when you have all the gold you will be enlightened. No. You are a sun, shining always. Cloud of ignorance has covered you. Just dispel the cloud, and you will shine again.



You are not born with it

One of the biggest problems you face is - "I understand what is right and what is wrong, but I forget and do my own thing!" This is the one statement I hear from everybody every day! "I understand what is right and wrong, but when it comes to actions, I act as per the old patterns." You need to understand - you are not born with the patterns with which you are working now. When you are not born with certain pattern, it means it is created in you. Anything created can be changed. Now you can destroy the old one and create the new pattern. But constantly, for years and years and years, you go on cribbing – "No, I know what is right, what is wrong. But I cannot do, I cannot look, I cannot understand, I cannot change..!"

Buddhi – intelligence – means, knowing clearly – "Anything I created, I can destroy and create a new one." Every time you think - I cannot, I cannot, I cannot - you are giving strength to your ignorance. When you say - I can, I can, I can - you are giving strength to your buddhi. Every time you think - it is okay, what is the need for transformation with so much of struggle? - you give strength to your tamas. Establishing yourself in intelligence means, trying at every step to change yourself one inch, trying to transform you just one inch extra – inch by inch, trying to transform you .



Make your addictions useless

Establish yourself in the truth that you are atman, the soul, Consciousness. I tell you, the moment you remember you are the pure soul, millions and millions of patterns becomes useless for you. I tell you, if you want to cross any pattern, it should become useless to you. You will never be able to cross by fighting. You can never quit smoking by fighting with that pattern. You can never quit drinking by fighting with that pattern. You may be drinking to escape from something. Maybe drinking makes you forget something about you. You may be smoking to prove yourself as somebody. Only when the utility disappears, addiction can disappear. Without alcohol, if you are able to divert yourself from your suffering just by meditation or some other activity, then alcohol will become useless in your life. Only when it becomes useless, you will be able to come out of that pattern. Only when it becomes useless to you, you come out of that pattern.

When you remember you are atman - there are millions of patterns in your life which become useless, just useless. You do not need them anymore. You don't even need to have this as an experience. Even just remembering that you are Consciousness can make millions of things useless in your life. When more and more things become useless in your life, you become more and more blissful, more and more joyful, more and more free. When life itself becomes useless in your life, you become liberated, enlightened!

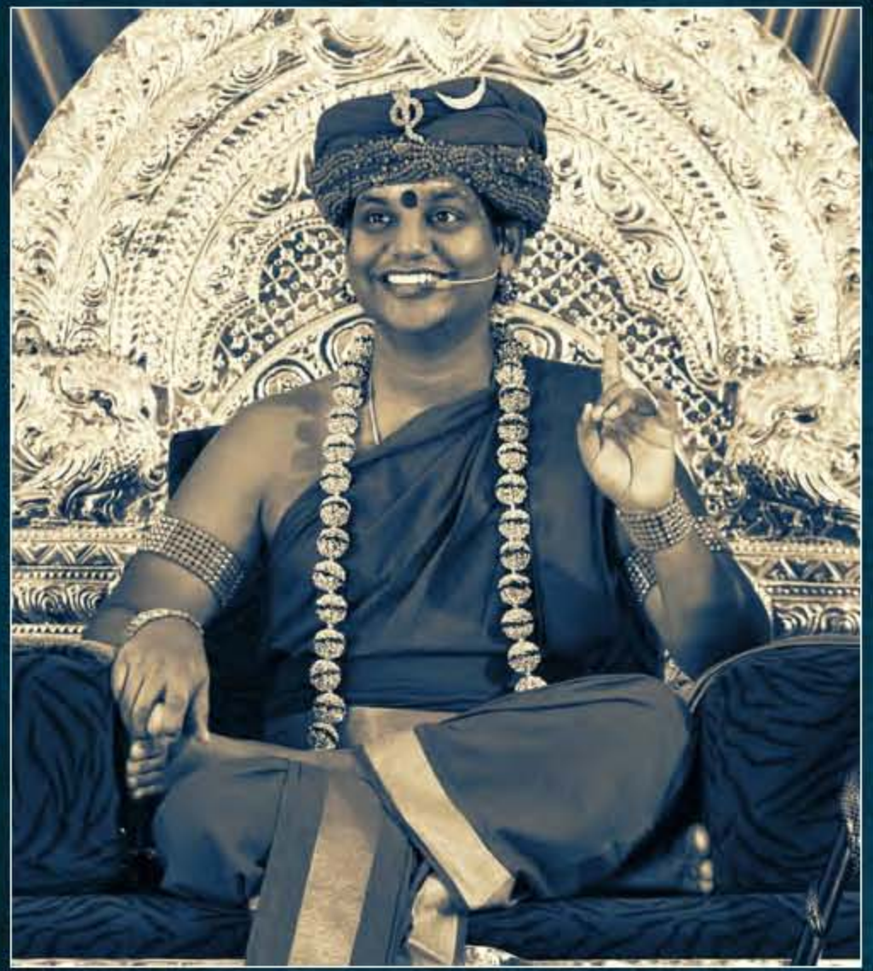


Right and wrong is Maya

The moment you handle things with ideas of right and wrong, good and bad, it is partiality. Please understand, partiality is not absolute reality. Partiality is one of the powerful Maya, one of the greatest collective social myths. When you judge, be ready to be judged. Anything you destroy destroys you. It is always two-way.

The qualities you sometimes think as your strength becomes your weakness in some other situation. Something you think as sour becomes sweet in some other point. Our kids should be taught again and again, partiality is just one reason for our social living. For example, if you are a lawyer, you wear the black coat in the court. You don't wear it in your bedroom! If you are a doctor, put on the stethoscope to test the patient's heart. You don't put that in your bedroom and check! If you do that, you don't have heart - check yours first! Partiality is an equipment, a tool with which some of the situations in the society can be handled. But no way that can be the quality of existence.

Understand, this kerchief can be used to clean your nose, but not for wearing. If you use it - maybe you will create a bestselling movie! Same way, the quality of partiality is only partially useful in life, to handle a few situations. Partiality in existence is not absolute reality. So catch this one truth.



Crime, happening, miracle

Please understand, whether an action is a crime, a happening or a miracle depends on the state of consciousness of the person doing that action. See, something which is just a happening for an unconscious fellow may be a crime for society. An unconscious fellow does not plan and do a murder. He has done it in unconsciousness. He does not understand the whole thing. But it is a crime for society. Same way, whatever is a happening for the normal, conscious fellow is the flow of nature for society - because he is in the same level of consciousness as the society itself. A normal person goes to work, eats and sleeps - whatever is the common accepted norms of society. If you ask him, why are you doing this? He says, that is the way it is.

Now, what is just a happening for the superconscious being is miracle for society. The saint Jnana Sambandar broke the laws of nature 78 times. For us, those 78 incidents are miracles. But for Jnana Sambandar, it is just the happening - because he is established in the superconsciousness. Even when thousands of miracles are happening around me, I promise you, I don't do anything. It is just a happening for me. So the happenings for superconscious beings are celebrated by others as miracles. If you are established in the enlightened space, all the laws of nature can be surpassed. That is what others claim as miracle. But for you, it is just the happening.



Give up and move ahead

In your life, you face the moments where you sacrifice even very big things. And same way, you fight for very silly things. Sometime if you know the other person loves you, you love the other person, you sacrifice too big things. Understand, all of you would have expressed the most graceful and most silliest moments in your life – both. See very clearly which makes you feel ease with you. Always it is the graceful moments of giving up which makes you feel beautiful about yourself.

Practicing the grace of giving up is sannyaas. Whether it is physical objects, mental pain, psychological suffering, if you are gracefully moving ahead, you are a Sannyaasi. I tell you, at least for five years, the grace of giving up should be practiced as a vow. In five years, it will become experience, the life in you. One - do not possess anything. Anybody - they need not ask, even if they appreciate it- give it away to them. Same way, any wound created by the past - gracefully move ahead. Giving and forgiving is what I call grace of moving ahead. Nothing belongs to you. And not even one moment of your life belongs to you. When somebody is in need of help, and you are not helping, you are holding that time, you are holding that moment as yours. Give up and move ahead gracefully! Whenever you give up and move ahead, or forgive and move ahead, you radiate best moments of your life.



Hiding from the master

There are only three ways of living - based on fear, based on greed, based on inspiration. When you live consistently with fear and greed, you become insensitive to both, and insensitive to life itself. See, I know that even my most sincere disciples hide some things from me! I look at them and think - what makes them hide something from me? When the disciples flower in Guru Bhakti, they completely open. Their whole life - not just past or present, they open to the future as master guides them. But sometimes, even those few people start hiding. Of course, what can be hidden from me? It is like a child trying to hide the candy behind the head and saying - No, I will not show you! From where I am standing, I can see the whole space behind you! But what they are hiding is immaterial for me. I only try to find why they are hiding. I am able to see very clearly, the pattern of fear makes hiding things as part of your life. This is the worst damage done to your consciousness. The consumeristic lifestyle made you insensitive to tripti (contentment), and the competitive lifestyle made you insensitive to shanti (fearlessness, peace).You have become habituated to live with fear and hypocrisy; it has becomes part of your lifestyle. When the tripti and shanti have stopped happening in your life, you have become insensitive to life itself.



Be a light unto yourself

When Buddha was about to leave his body, he revealed his most sacred teaching - "Atmadeepobhava" – be a light unto yourself! This is the secret with which all masters are living. Raise yourself by yourself. Do not defeat yourself by yourself. If anybody raises you, they can always put you down. It is you needed to raise yourself into enlightenment. I can see so many thousands who are not able to raise themselves by themselves. It does not mean they don't have the ability or capability. They don't want to. They think this is enough. God!

Listen, listen deeply into this truth and live. Elevate yourself by yourself. Get out of this pattern of being insensitive to life. Every thought you have, every word you utter, every action you perform, every attitude you are building, is adding up, moving you either towards or away from your vision. Don't think you are on the neutral gear. Either you clutch, go forward, or you clutch, go in the reverse - or you are unclutched! There is no neutral gear in life. Don't expect anybody else to raise you and put you back into the enlightened lifestyle. Only you can do it. Because at one point, even your perceptions, your ideas about guru can keep you weak. That is why the guru says - "Atma deepo bhava". Be liberated, be a light unto yourself.



About His Holiness Paramahamsa Nithyananda

His Holiness Paramahamsa Nithyananda is recognized today as a clear, legitimate, apolitical voice of Sanatana Hindu Dharma, and revered as a living incarnation of superconsciousness by millions worldwide. He is a Mahamandaleshwar (spiritual head) of Mahanirvani Peeth, the world's most ancient apex body of Hinduism. He is the most watched spiritual teacher on YouTube.com with over 19 million views, and the author of more than 300 books published in over 20 languages. His lectures are watched live every day on http://www.nithyananda.tv, as well as on multiple international television channels and via video conferencing.

Paramahamsa Nithyananda is considered the foremost authority in the world today in the field of Consciousness and Kundalini awakening, who has successfully demystified yogic sciences like spiritual healing, levitation, teleportation, materialization, anti-ageing and going beyond the need for food.

A spiritual genius with an enlightened insight into everything from management to meditation, relationships to religion, success to spirituality, Paramahamsa Nithyananda brings to us a wealth of practical wisdom and techniques for lasting inner change.

Paramahamsa Nithyananda is the spiritual head of several non-profit organizations worldwide which enrich lives through personal transformation programs and courses, publications, spiritual healing and humanitarian services.

As a global humanitarian, Paramahamsa Nithyananda is working to promoting global peace through the transformation of the individual. His spiritual mission includes ashrams and centres worldwide which serve as spiritual laboratories where inner growth is profound and outer growth is a natural consequence.

Service activities include conducting meditation and de-addiction camps worldwide, free medical camps and artificial limb donation for the needy, support for education and vocational training, support to children in rural areas, conducting meditation camps for prisoners, relief work and disaster recovery management in flood-hit areas.

Paramahamsa Nithyananda is also deeply committed to creating international awareness about Indian culture and the ancient Vedic tradition. As an enlightened mystic, a spiritual evolutionary, a trained yogi, a powerful healer and a siddha, Paramahamsa Nithyananda is an inspiring personality for millions of people worldwide. His authenticity, depth of experience and his rare gift for making spirituality both practical and enjoyable have allowed His teachings to reach far and wide.

Paramahamsa Nithyananda has healed thousands of people of diseases ranging from depression to cancer, often with a single touch. Working and sharing with over 10 million people worldwide every year, Paramahamsa Nithyananda and His mission are committed to help humanity make the next big breakthrough: into Superconsciousness.



His Holiness Paramahamsa Nithyananda is recognized today as a clear, legitimate, apolitical voice of Sanatana Hindu Dharma, and revered as a living incarnation of superconsciousness by millions worldwide. He is a Mahamandaleshwar (spiritual head) of Mahanirvani Peeth, the world's most ancient apex body of Hinduism. He is the most watched spiritual teacher on YouTube.com with over 19 million views, and the author of more than 300 books published in over 20 languages. His lectures are watched live every day on http://www.nithyananda.tv, as well as on multiple international television channels and via video conferencing.

Every month, Paramahamsa Nithyananda conducts INNER AWAKENING, a 21-day transformational program that unlocks the FOUR POWERS in you, through practical teachings and 21 powerful initiations for kundalini awakening.

www.nithyananda.org

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