

His Holiness **Paramahamsa Nithyananda**

THE BOOK OF SURRENDER

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1

Introduction

What comes to your mind when you think about surrender? What is the first thing that comes to your mind? In this book we will explore many different topics related to surrender such as what is surrender, the different levels of surrender and how surrender can lead us to enlightenment.

What you think and what you know about surrender will be changed after reading this book.Throughout this book there are many activities and mediation techniques for you to try for the practical experience of the knowledge that is presented in this book. At the end of this book you should have a better understanding of ‘What is Surrender’ and its many facets.

2

What is Surrender?

What is surrender? The word surrender has a very deep meaning. If we don't understand it correctly, we will misunderstand it! We will be committing a grave mistake. We will be misunderstanding the deeper truths.

When you ask someone who does not know, you will either not get an answer or you will get the wrong answer.

Only those who have experienced can explain clearly. If you ask the meaning of surrender to a person who has not experienced it, he will say, 'Just give everything to God, that's all.' That is not surrender.

One man came to me and asked, 'If I surrender everything to God, will everything be alright?'
I replied, 'Yes, if you truly surrender everything to God, everything will be alright.'
He returned after three days and told me. 'Swamiji, I have surrendered everything to God.'
I was happy and asked him, 'Where are you going now?'
He replied, 'To the bar.'
He continued, 'Whatever I do, God is only responsible from now on.'

This is actually a method of fooling oneself. If he has really surrendered, he would have surrendered the drinking habit also. He would not have even been able to drink any further.

Ramakrishna Paramahamsa, the enlightened Master from India beautifully says, 'When real surrender comes from your heart, God will guide you in every step of your life and you can never do wrong.' When surrender does not blossom from inside you and is only at the lip level, you will fool yourselves and others.

Surrender will keep you thinking of Existence all the time. You will slowly

lose your own identity, your own ego. In the Bhagavatam, the ancient Hindu epic, there is a verse wherein a Gopi (name given to a group of ardent female devotees of Krishna) says, 'I am not able to think of anything other than Krishna. I have surrendered my mind to Him. If I have to think of anything else, I will have to take back my mind from Him. How can I?'

Ramakrishna Paramahamsa suffered from cancer during his last days. He had healed many people of many diseases. Someone asked him, 'Why can't you keep your mind on your own disease for a moment and heal it?' He replied, 'I have surrendered my mind to the infinite energy. How can I take it back to keep it on my disease!'
This is true surrender.

The cosmic energy will take care of us. You might ask, 'Will this cosmic energy take care of all my problems if I surrender?'

In the Bhagavad Gita, Krishna beautifully answers or rather promises, 'Without any other thought, when a man thinks only of Me, I will take care of his gifts as well as retention or enjoying of them. For those who surrender with commitment to Me, I will take care of their income a well as their prosperity. Their problems will dissolve.'

Commitment and maturity of the mind are needed for real surrender to happen. You need not surrender to God or any Master. You can surrender to anything. Surrender itself is a virtue and has a great power in itself. When you surrender, you are acknowledging that there is a life force greater than your ego, that's all.

Actually, God is only an excuse for you to surrender. The act of surrendering is what is important. God is not the goal; surrender is the real goal. When you surrender or when you lose your ego, you are no longer a separate entity from Existence; you merge with Existence or God. You will then understand that there is no God sitting above. There is only Existence that fills everything in this universe including you!

It is not important to whom you surrender; it is the thought of total surrender that has the power to change your life into a blissful one. When you surrender, you become a possessor of the inexhaustible energy that is Existence, and you handle anything that comes your way.

You become strong and unshakeable, come what may. People around you will find you a pillar of strength. They will be able to feel the invisible hand of Existence working through you.



Surrender is not submission. Surrender means expressing your will one hundred percent and dedicating your will to the higher will. Making your will in tune with the higher will. Submission means destroying your will, bending down. Bending your will. There's a big difference.

Surrender is such a vast subject, such a great truth. To tell you honestly there is only one thing I still continue to learn, learn, and learn. That is surrender!
It is the ultimate technique to merge with Existence.

3

Surrender is Ultimate but not Final

There is one thing in the Cosmos that you can't say you finished learning: that is surrender. It is an unending process. As I always say, enlightenment is ultimate, but not final! It is constantly happening.

Surrender is ultimate but not final. When you surrender, different qualities of the Cosmos starts expressing in you. So after some time, you will think that you are very intelligent. From that moment on, surrender stops. The expansion stops. And when you become stuck, the Cosmos will give you a strong blow again. When it gives you a blow, when there is no solution in the outer world then you look in again.



Again the Cosmos is sitting there, smiling. Come Back! Welcome back! Then you will see, that you will melt. And surrender starts happening again. And the highest possible intelligence and the different qualities of the Cosmos start happening again in you.

Surrender is the ultimate but not the final. And the ultimate

happens again and again; in the higher and higher dimensions.

4

Surrender and the Master

People come to the Master and surrender. They experience the beautiful period of intense ecstasy and expansion. Suddenly after certain intellectual, emotional and being level expansion,their intellect starts judging the very source that they surrendered to and the expansion happened. They start judging the Master.

When they start judging they become stuck with that expansion. The moment they lift that surrender, they hold the life. They remove the surrender; then the expansion and growth stops. They are just stuck. It's almost like a having a bridge that can be lifted to the other shore.

First they make a bridge, which is what surrender is. Then from the master's side so much of intelligence, energy, compassion, expansion and everything is sent to the disciple's side. When the disciple receives too much, suddenly his ego starts judging the other side: the Master's side. The moment you judge, the bridge of surrender is lifted. No more transportation is possible. No more receiving gifts is possible. You are stuck.

But one nice thing with life is that it forgives you. It waits for you, even though you are stuck. Whenever suffering happens in your life, understand you are stuck. Whatever suffering is given to you is just a reminder. Suffering comes, and you try to solve it in all possible ways in the outer world, because the logic with which you judge the Master is so strong, so arrogant.

Your logic tries to find its own solutions, without bending, without resting, without putting the bridge again back. It just wants to say, 'No! I KNOW! I'll handle it. I'll do it'. But the Cosmos is so compassionate, that it gives such a strong suffering that can never be answered or solved by the outer solutions.

Then there is no other way. Then with a lot of reluctance, slowly you lower the bridge again. The other side is just sitting with a smile and waiting for your bridge to land, and He says, 'Okay let's start the work again. Where did we leave off? Seventh lesson?

Start the eighth!' And again the energy, the expansion and the ecstasy start to flow towards you, and the next level of happening starts happening.

Unfortunately, from the disciple's side, it takes a few *janmas*, a few births, to lower the bridge. Fortunate are those who are able to put the bridge back again within a few days. Intelligent are those who can understand the arrogant and cunning games of the mind, and who put the bridge back again and restart, refresh and reconnect with the Master, reconnect with the Cosmos, so that the flow of intelligence, expansion, and ecstasy becomes alive again.

I tell you - fortunate are those who come back, put the bridge back again quickly, and restart the process. Unfortunate are those who may need to wait for births and births and births. And most unfortunate are those who wait for births, and when they put the bridge back again, the Master will not be sitting there with the body. He will be without the body. He will be in the form of the formlessness – the Cosmos.

Then the whole work becomes too difficult. It is like trying to work with deities, without having a physical master. It is possible, but it needs so much of intensity; it takes so much of time, it needs so much of tapas, it needs so much effort from your side. So naturally the process is delayed. Time gets wasted. But people are stuck in the same cycle, the same rut, again and again and again.

I tell you, surrender is the one thing even an incarnation goes on learning. There is no end to learning surrender. Nobody can say, 'I have surrendered!' No! You can only say, 'I am surrendering.' Because every moment your logic grows, your inner space expands, and the possibility of ego and surrender is again presented in front of you - and again and again and again, you have to choose surrender.

Whenever you choose surrender, again a new logic is gifted to you. When you look at life with that logic, again the choice is given: two roads – surrender or ego. Again you have to pick up surrender.

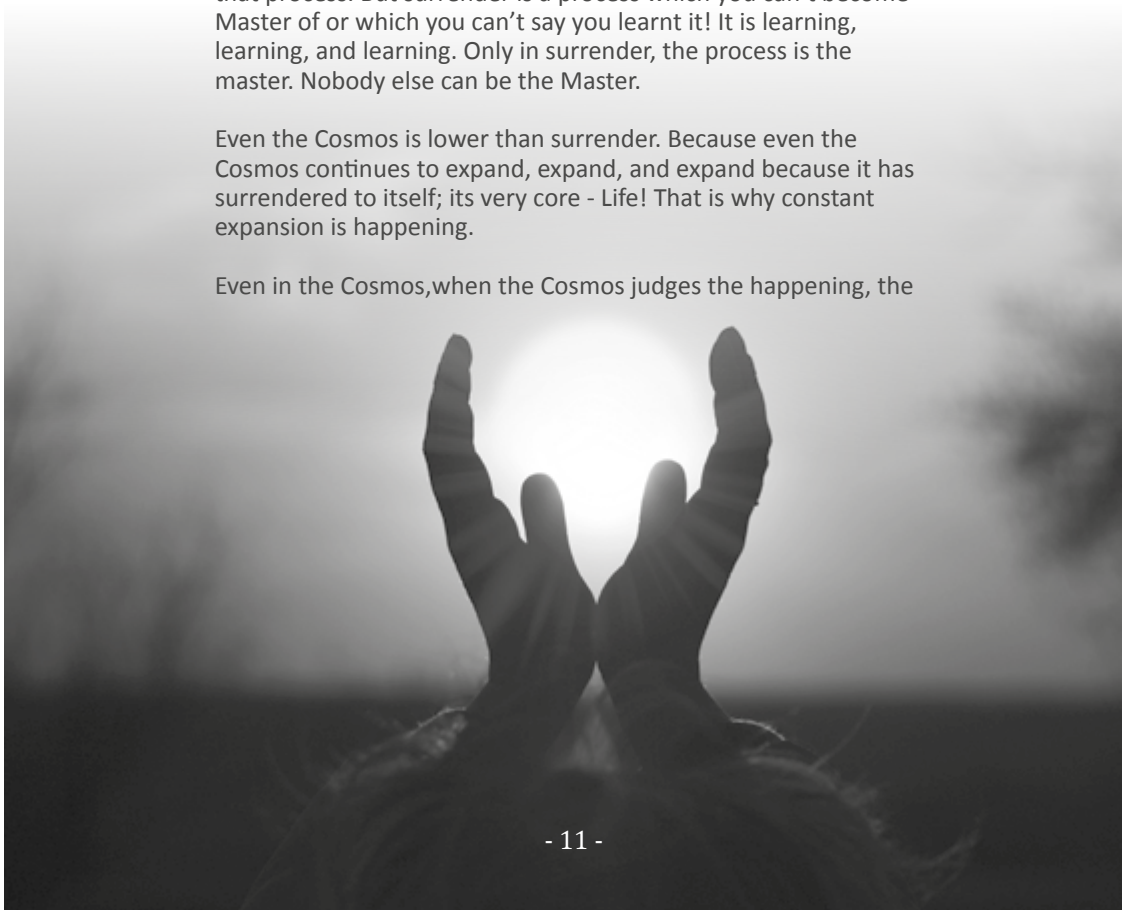
So, every moment, again and again, you are given the choice. That is why I tell you - surrender is the one thing you can never say you finished learning, or you are done with. It has to be a continuous happening.

There is the one lesson no Master can say I have learnt it, I am here to teach. No! I have learnt the higher parts of it so I can share whatever I have learnt with you. So it's a constant learning process. It is the ultimate happening that nobody can say I learnt it. Whenever you have learnt a process, you have become Master of that process. Surrender is the only process; nobody can become the Master of it. Only the process can continue to be the Master of it.

You will be continuously learning, learning, and learning. Any process you have learnt it, you have become bigger, more than that process. But surrender is a process which you can't become Master of or which you can't say you learnt it! It is learning, learning, and learning. Only in surrender, the process is the master. Nobody else can be the Master.

Even the Cosmos is lower than surrender. Because even the Cosmos continues to expand, expand, and expand because it has surrendered to itself; its very core - Life! That is why constant expansion is happening.

Even in the Cosmos,when the Cosmos judges the happening, the



expansion of life, the surrender bridge is lifted. This causes the Cosmos to start shrinking. The expansion will stop happening. That is what we call *pralaya*; demolition or destruction. Then again, even the Cosmos learns the lesson:'Oh! I missed it, let's put the bridge back'. When the bridge is put back, with the life source, again the LIFE starts happening. Expansion happens.

I tell you nothing, nothing, and nothing can say 'I have learnt surrender'. Because it is a happening. It is a happening. It is a constant happening. So let us all learn surrender and radiate enlightenment.

Activity

Below is a powerful meditation to surrender with movement:

ABOUT THIS TECHNIQUE

This technique uses external movement for internal surrender. Whenever you are in a moving vehicle, or a flight or in a car and when you are not driving, you can try this technique.

When we create a movement ourselves, it is easy to direct it. We are in control. Whether we are walking, running, dancing, the direction of movement is in our hands. We can handle it.
But when a current of movement that you cannot control is carrying you, you will observe that your entire body resists the movement.

Actually, your body enjoys being in a state of inertia. Once a movement is set up in the body, it likes the same speed and direction to be maintained. In a moving vehicle, like a train or a car, your body continuously resists the natural swinging movement. We always try to hold onto something so that we don't get hurt.

You don't like uncertainty. That is why even a small jolt in a moving vehicle can upset you so much - because for that one moment, you are not in control!

DURATION: Not applicable

INSTRUCTIONS

Sit comfortably in the vehicle.

Mentally decide that for the duration of the journey, you will not resist any movement of the vehicle.

Don’t be afraid! You are not going to get hurt. No big accident is going to happen in the next fifteen or twenty minutes. We always love to visualize the worst scenario, especially when we get into a vehicle!

Now, allow the movement of the vehicle to move your body. Flow with it.Initially, your body will try to resist. Even if you keep yourself physically loose, not holding anywhere, your mind will be trying to hold somewhere.

Just drop this holding. Move with the natural movement of the vehicle.Allow your body to sway back and forth. Allow the small jolts to happen.Even if your body bumps slightly against the sides of the vehicle, don’t bother.

Understand, it is not the contact that hurts; it is your resistance to the contact that brings pain.If you are unresisting, even if you fall, you will fall like a flower. You cannot get hurt.
So drop your fear. Just flow and enjoy the rhythm of movement.

As you enter deeply into the movement, slowly, you will find that you are apart from the movement!You are not your body. You are just witnessing the movements of your body.

Suddenly, you will see you are disengaged from the ‘I’. You will realize that you are beyond the body. You are the pure witnessing Consciousness!

With this one understanding, the fear of losing control of your body will simply leave you. You will experience a deep relaxation in body and mind.
This is complete surrender.



6

Surrender and its Three levels

In the real surrender, you don't exclude anything, you include everything. You just experience the WHOLE.

Surrender involves dropping fantasies and surrendering to reality. The true reality, the only truth, is that we are part of the collective consciousness. When we have this awareness, there is no room for the individual 'I' and 'mine' to rule our actions.

Three levels of surrender exist.

One is intellectual surrender; means trusting the master's intellect is much sharper and much more than your intellect. Next, emotional surrender; surrendering the emotions, trusting the master's emotions or the way in which He guides is much more intelligent and best than your emotions. Third, surrendering the very senses, the very cognition that happens inside you.



7

Surrender the Intellect

Surrendering the intellect is very easy, because it continuously tortures you. After some years, you have suffered enough with the intellect; you somehow wanted to get rid of it. You just surrender. Surrendering the intellect is very, very easy.

Just if you see somebody who is more intelligent and clearer than your thinking system you just surrender. For example: if you go to a consultant naturally you surrender intellectually. You surrender to his ideas. If you go to a lawyer, you surrender legally. You know in that field he is sharper than you. So you surrender. Intellectual surrender is easy.

Same way, if you see somebody who has more knowledge in the spiritual field, intellectually. Immediately your intellect surrenders. That's not a big thing. Surrendering intellectually happens very easily. Moreover you just want to get rid of it. You are finding somebody. You are finding some dustbin where you can dump your intellect. So when you find somebody, you just relax from it.

Your ego must be ripe before it can fall. The more stuff you pack into your thick skull, the more bloated it becomes. When someone appears on the scene and proves that intellectual knowledge is a pile of garbage, a person with a truly ripe intellectual ego understands and accepts the truth. When this happens such a person surrenders his intellect to the Master who shows him the way.

Only those with half-baked knowledge, who pretend to have intellectual status, have a problem in understanding such a truth. Many intellectual seekers and spiritual shoppers come to me with loads of questions. After spending time with me, most of them tell me, with great surprise, that they no longer have questions.

I don't take the trouble to answer their questions. All I do is add more words to them. They struggle with the new words, and ultimately find the right answers themselves! When I do answer, I answer the questioner. I look into his being and provide the solution.

8

Surrender the Emotion

Emotional surrenderhappens when you feel deeply connected to the Master. When you start to experience one or two things: a little meditation, a little bit of understanding, etc., naturally the emotional surrender starts happening. You start respecting His emotions much more than your emotions. Master's emotions means whatever He tries to guide you, whatever way He wants you to live. You start giving importance to that. More than what you think as life.

Slowly, slowly He becomes the centre of your life. Almost like you start respecting Him more than all the other emotional attachments. The priority is slowly changing. You start thinking in your emotions, in your emotional level. Master comes as a number one priority. This is what I call emotional surrender. In the emotional level you feel connected.

People ask how they will remember me when they go away from the ashram. I tell them that if I am their Master they will have trouble forgetting me! The thought of the Master will melt your heart. You will become emotional. You do not need to be in the Master's physical presence. The mere thought is enough. Tears will flow from your eyes. Ramakrishna, a great enlightened being from India, says, 'Know this for sure: When the mere thought of your *istadevata* (favorite deity) or your Master reduces you to tears, you are in your final janma, your final birth.'

What an enlightened Master says is always true. So powerful is this surrender that it can liberate you, enlighten you. This is the power of devotion, bhakti. All Masters say that this is the easiest way to reach them. They say, 'Just be devoted to Me and Me alone, and I shall save you.'

9 Activity

Below is a powerful meditation technique.

ABOUT THE TECHNIQUE

This technique is an instant way to become aware when you are suddenly caught in some powerful emotion like anger or desire.

Usually, we feel that some object causes all our emotions. We think that it comes from outside. But, the truth is that these emotions come from you. You *are* the source of all your emotions. The object is just a means for the emotion to express itself. The origin is you.

If the emotion is bad for your consciousness, you will be freed of it by bringing awareness. If it is good for you, it will deepen through awareness. And ultimately you learn how to surrender your emotions to the Master.

DURATION: Not applicable

INSTRUCTIONS

At the moment when the emotion rises inside you, become intensely aware.
When you become aware, you arrest the emotion. You don't allow it to flow out of you in the form or words or actions.

Now, look within for the real source of the emotion.
Forget the person or the situation that caused it.
Just go to the source of the energy.
Just see from where the emotion is rising.
If you are experiencing anger, go to the source of the anger.
Just feel the irritation in the body.
Feel the disturbance in the mind.
You will see, you are already carrying the seed of anger

inside you. You are carrying enough anger-energy inside! The other person just brought it out, that's all.

When you understand this deeply, suddenly your focus shifts from the other to yourself, from the seen to the seer.

When you realize yourself as the source of all your emotions, not only will you stop blaming others, but you will also experience a deep relaxation. You will become more flowing in your joy, and more centered in your pain.

10

Surrender the Senses

The deeper level of surrender is the surrender of the senses. This means you surrender your senses and will listen to what the Master says.

One disciple asks the Vedic Rishi,'Why should I surrender? What is the need?' The Master answers,'as far as you understand as you, how do you know you?' He says 'through my senses'. 'According to your senses, who are you?''I am this body and mind!' Master says,'according to your senses you are body and mind. But according to me you are God. Only when you surrender your senses. Only when your senses start listening to what I say you will see the truth of what I am explaining. According to you, according to your senses you are body and mind. But according to me you are God. When you surrender your senses, when you believe me more than your senses, you will experience you are God!' He says the moment you believe me more than your senses, you will understand the meaning of Tat Tvam Asi!

Master again and again represents the ideal that You are God! Please understand, I am again telling you. I am not here to prove I am God, I am here to prove You are God. Again and again He stands for the ideal "You are Infinite." There are so many dimensions in your being, which you have not yet explored, which you have not yet experienced. Again and again he is showing so many dimensions of your being to yourself!

Master stands for your multidimensional being. He again and again shows, it's possible for you. When it's possible for me, why not for you? But as long as you believe your senses, you can be sure you are body or mind.

Only when you trust the Master more than your senses, you will realize – Master's words are true, more than your senses. Then you will experience the truth of the Master's words. Then when Master says, you are God. Then suddenly you will realize yes! Its truth. All these days my body and mind; my senses were telling me I am the body and the mind.

As long as you believe your senses, you will believe only their ideas. The moment you start believing the Master, more than your senses, you will realize the truth which Master explained.

Two people are speaking from two stages. One side your body is saying You are the body, you are the mind. On the other side, the Master is saying You are God! You are divine. You have so many dimensions of your being. Enjoy everything! Experience everything! If you are sitting there and listening, you cannot listen to this. Only when you believe this, the words of the Master more than the words of the senses, you will be able to experience the truth that you are God. You are the ultimate! You are both the material and spiritual; both together and something more.

Let me tell you a small incident from Krishna's life. After the Gita, Krishna and Arjuna are going somewhere. Maybe for a picnic, an outing. Suddenly Krishna says, 'Arjuna see those white crows!' Arjuna says, 'Yes, yes, beautiful, white crows'. After two minutes Krishna says, 'No, no, no, they are black crows only!' Arjuna says, 'Yes, yes, Krishna, they are black crows only'.
Suddenly Krishna asks, 'Fool! What happened to you? When I



say white, you say white. When I say black, you say black. What happened to you, what happened to your senses?'

Arjuna says, 'Krishna, I do not know what happened to my senses, but one thing is sure - when you said they are white, I saw them as white; when you said they are black, I saw them as black! I do not know what happened to my senses. I do not know what happened to me! I do not know logically if the crow is white or black. But I saw as you directed. When you said it was white, I saw it as white. When you said it was black, I saw it as black. One thing I know for sure, the crow is not going to give me life. You are going to give me life.'

In the inner world, the first and last tool which you need is complete surrender. Complete surrender! Only then you can wake up to the truth!

Then Krishna says, 'you are right! Because you started trusting me more than your senses'. If Arjuna was trusting his senses, at the most he would have been a good warrior. Good King! But because he trusted Krishna more than he trusted his senses, he has become enlightened. Such was the state of Arjuna's surrender to his Master. Whatever He said was what Arjuna's eyes saw. This is the final state of surrender.

Here Krishna says, only when you understand, all three levels of surrender: surrendering in the level of intellect, surrendering in the level of emotion, surrendering in the level of senses, the ultimate experience of surrender happens to you. I tell you the very surrender itself is enlightenment. Don't think after surrender, enlightenment will be issued to you. No! Don't think you will surrender and you will get a pay check through the courier: Enlightened! You are enlightened. No!

It may surprise you that an enlightened Master has no freedom to do what He wishes. Ordinary people have the freedom to do what they wish. Each of you has full freeedom to do what you wish. After doing what you want and then suffering, you claim it was because of your destiny! In contrast, every word I utter is at the command of Parasakti, the cosmic energy.

Therefore, drop everything and surrender unto Him. That is the only and final solution.

11

Surrender is falling in Tune

The word, surrender needs to be translated. It is misunderstood in the West, meaning to become a slave. No! Surrender can be translated, as rising to that frequency, as falling in tune or feeling-connection. Please understand, when you start feeling connected, falling in tune, you will attract that vibration to your vibration.

I have really seen it, in my own life. When a devotee brings something with a lot of love it will be a very small thing. Somehow even I cannot resist myself. I will just pick it up and put it in my mouth whether it is a small sweet or a piece of cloth. I will just take it and put it on my body. It will be on my body continuously for many days.

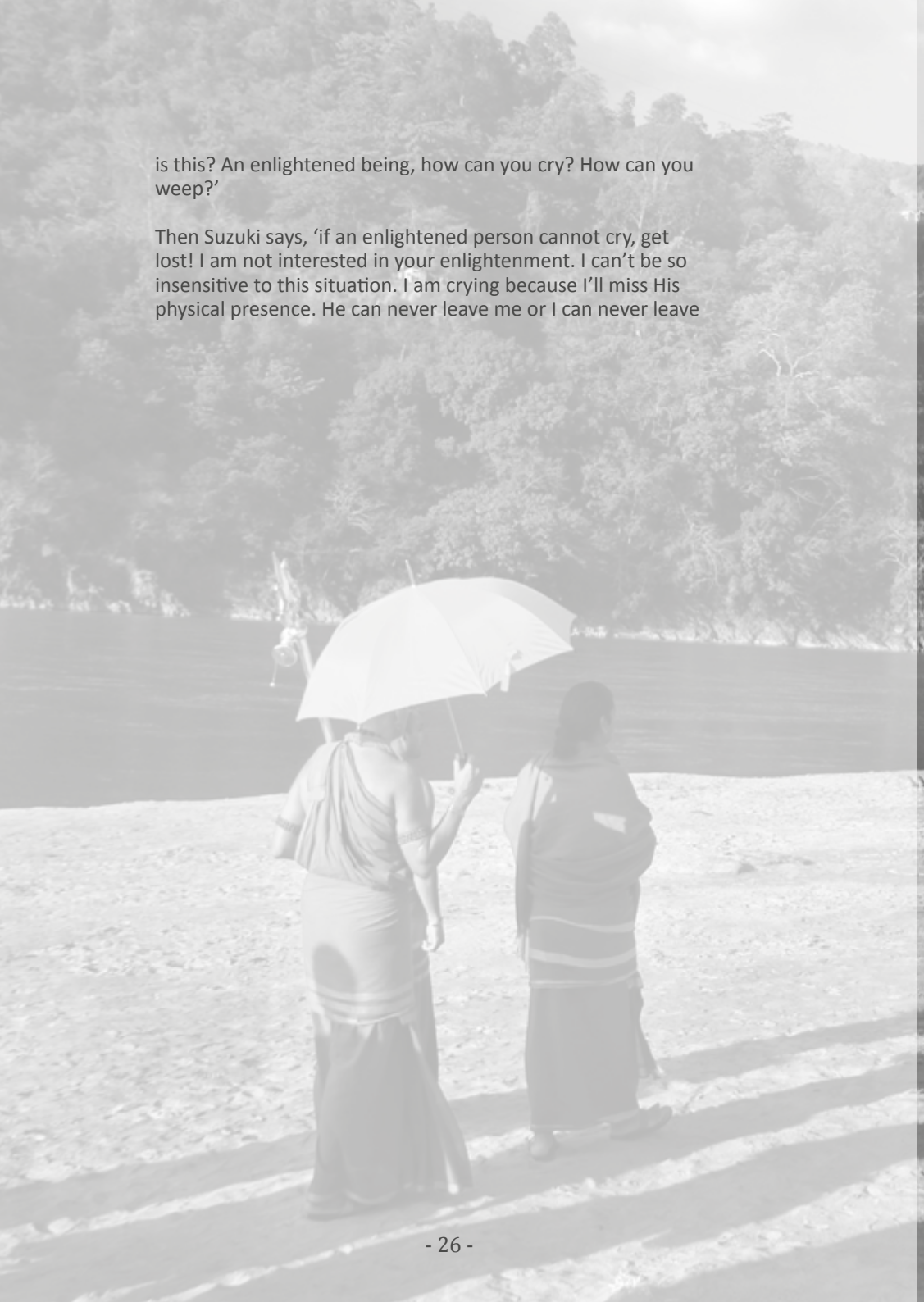
Surrender is nothing but devotion that becomes a part of your bio-memory. Stabilized devotion is surrender. Devotion means where you the person or the object or the space to which you are devoted both exist. But in surrender you say, let you exist, that's enough. Nothing else is required. I am so happy to dissolve in you. Just to be lost in the sweetness which happens in my mouth when I remember you. I am ready to lose myself in that sweetness, in that joy, in that taste.

During my wandering days, I was resting in the afternoon under a tree with my head on a small stone that had turmeric and some worship items. But I did not think that the stone would be worshipped by somebody as God. In the villages in India, every stone, every tree is worshipped. The ability to worship everything whether it is a stone or a tree is not a joke, understand! The ability to bow down to everything; the ability to surrender to everything; the ability to trust everything is one of the greatest gifts from the Indian civilization.

There is a beautiful Zen story. There was a great Master. His disciple (Suzuki) was also an enlightened master. When Suzuki's Master passed away, he started crying, weeping, and rolling on the ground. All the other disciples came and asked him, 'what

is this? An enlightened being, how can you cry? How can you weep?'

Then Suzuki says, 'if an enlightened person cannot cry, get lost! I am not interested in your enlightenment. I can't be so insensitive to this situation. I am crying because I'll miss His physical presence. He can never leave me or I can never leave



Him, because He became me and I became Him. That is different. But physically I will miss Him. I will miss the graceful actions of Him and the beautiful conscious play happening around Him. I will miss Him. That's why'.

Then another disciple asked,'then what about the teaching you are giving all these years. Accept what is happening. Accept what is happening. Tathata Tathata! What happened to that teaching? Have you taught this to us without you experiencing it?' Please understand, a very beautiful truth. Just understanding this can give you a very strong click.

Suzuki gives a very beautifully explanation. There are two levels of acceptance. First accepting whatever is outside, the situation. Accepting the situation. Surrendering to this moment. Surrendering to thathada; what is. Surrendering to the now. When surrendering to the now happens, it does not mean you will be insensitive. When you surrender to this moment. That is when the Master is dead, he is no more, it is not that you will be insensitive. It can create strong emotions in you. Accepting that also.

Second accepting whatever is internal, inner level. Usually what we do, we try to accept the situation in the outer world then immediately we have a scale. If I accept I should be behaving like this in the inner world. You don't have acceptance in the inner world. You have a scale, if I accept this situation, I should be peaceful, collective, calm, and restful. You have a scale about the inner world. You have accepted the outer world. Means you are very moral; conscience based, but not consciousness-based. There is a big difference between just accepting the outer world happening and accepting the inner world happenings.

Here Suzuki is throwing a new light on Thathada; acceptance. Let us surrender everything. He is not even bothered about God. He is bothered about surrendering; that quality. He says you can use God as a tool to surrender that is all, as an object to surrender. That is all. He takes complete responsibility.

Surrendering with responsibility is enlightenment. Responsible surrender is enlightenment. I have seen people surrendering or claiming that they have surrendered. Oh God! Even if you are caught by your enemies you will not be tortured that much by these pseudo-surrendering people. They will claim that they

have surrendered and whatever right happens is their responsibility. It's because of them. Whatever wrong happens, it's because of you. And they will not do anything more than saying the word, I have surrendered, I have surrendered, I have surrendered.

Many people come and tell me, 'Swamiji, what should I do further?' I tell them,'what do you mean?''No, whatever you say I will do'. The moment I tell them something, 'No, No, No I have this difficulty, that problem, this problem'. Then I tell them, 'then tell all your conditions first, then I will tell you the solution'. They say, 'no, no, no whatever you do I will do. Whatever you say, I will do'. The moment I open my mouth, they will have thousand and one conditions, thousand and one priorities, thousand and one preferences, and thousand and one conditions. So take the responsibility completely on your shoulder. A responsible person even if he surrenders, it will be so graceful, so beautiful.

Activity

Below is a powerful meditation technique.

ABOUT THE TECHNIQUE

This technique is based on a Zen Buddhist spiritual practice.
In this technique, all you have to do is mentally give away everything that you think belongs to you.Don't be deceived by the simplicity of the technique. It is a very powerful technique to heal our restlessness and tune us with Existence.

All our restlessness is because we are always struggling to possess more and more, to achieve more and more. When we realize that nothing we possess is actually ours, a deep healing and acceptance happens to us.

In the Bhagavad Gita, Sri Krishna says:
Ananyaschintayanto maam ye janah paryupaasate
Teshaam nityaabhiyuktaanaam yogakshemam vahaamyaham

When you live totally in tune with the Existential power, that same power takes care of running and enriching your life, materially as well.

Just the understanding that Existence gives and takes at the right moment is enough. Then you know that what is happening is the right thing for the moment and life is flowing, as it should.

This creates a mental gap between you and your wealth,

and that gap is the true renunciation.

DURATION: 10 minutes

INSTRUCTIONS

Sit by yourself for a few minutes as soon as you wake up in the morning.
Close your eyes and visualize that all your things belong to Existence. None of it is yours. Existence is so gracious that it has allowed you to have it.
Now, you are going to return everything to Existence.

One by one, visualize giving away your most precious possessions. You can visualize giving them away to someone, or simply picture yourself without them.
Your money, your home, your car, your jewelry - whatever you are holding onto most tightly, give away that first!

One by one, see yourself without these things. Give away everything that you always felt you could not live without.

As you do this, have the deep understanding inside that Existence will provide for you at every moment. There is no need for you to hold on to anything. Whatever you really need, whenever you need it, will be given to you by Existence.

Feel the gratitude flowing in you towards Existence.
Experience this deeply, truly. Let this truth overwhelm you.
You will find a tremendous release happening inside you.

This technique can directly create a shift in your consciousness. You take the leap from the material life to the spiritual life.

13

Surrender with Trust

Immense trust leads to surrender. Surrender is simplicity of the heart. It is the knowing that you do not have to decide about the Truth, that you just have to go by it. When you awaken to the powerful presence of the Truth, surrender happens.

If you observe your pet dog, you will find that even if you cheat him once in a while, he will come back to you with utmost trust. His trust is absolute and innocent. The trust comes with no reason. He has no questions, so no answers need to be given. He sees no utility in anything. He just exists like an open book, that's all.

It is only innocence that is capable of taking the leap into trust and surrender. Knowledge somehow sees utility in everything. It looks for reason in everything. Surrender and reason are mutually exclusive. Surrender is to do with trust. Surrender is possible only out of innocence, because out of innocence arises trust.

With trust arises acceptance as well. Acceptance does not mean compromising to life, situations and persons. No. It means welcoming life and all its forms as a wonderful gift from Existence. Each person or situation is a fresh happening. Accepting it at a deep level is surrender. People and situations have to be handled with the required tact. But the spontaneous and deep acceptance of the moment is surrender.

Acceptance is the deep humility towards the profound Existence that takes care of everything including you. It is again saying 'yes' to Existence. When you say yes, you are acknowledging the presence of the all-pervading life force that is conducting this universe. That is surrender.

Out of surrender arises deep relaxation. Out of surrender arises a fresh intelligence that knows on a different plane. On this plane, there is no worry of result, there is only action driven by pure energy. And energy is intelligence.

Trust does not mean inaction. It means continuing to be in action with intelligence instead of intellect. It is having trust in thought,

and intelligence in action. Trust is an attitude. It is not a substitute for appropriate action. The spirit of trust is the essence of the very life. It leads to innocence, surrender, relaxation, and bliss.

If it is followed out of complete understanding, there is nothing to lose in its path. Until then, you are still on the path to trust. All great enlightened beings are eternally blissful because they have surrendered their very body to Existence with trust. Existence flows through them like air flowing through hollow bamboo creating music. That is why they are beautiful. When existence flows through, the expression is divine. Enlightened master's grace is the grace of the whole of Existence. They are the only utterly innocent beings on planet earth.

Surrender is allowing Existence to happen through you. Enlightened beings enjoy the play of Existence through them. They enjoy it with the utter innocence and wave of a child. That is why they are so delightful to watch.

One more thing: when you are trusting and surrendering, it becomes difficult to cheat you. Innocent trust always protects from deceit. It radiates that kind of energy. When trust happens with the utmost understanding, nothing can be lost. When you trust, all material possessions will seem like they belong to Existence. The very attitude of possessing drops. That relaxes the mind. That is the space for relaxing. Then, you can simply do, leaving the result to Existence.

14

Surrender is Death of Mind

When you come to the present moment you are open and innocent because there is no mind in the present. For the mind to exist there has to be movement towards the past or the future. In the present moment, there is no past or future. It is just there, that's all.

To be trusting and surrendering is like losing the 'I' and 'mine'. Ego starts with 'mine' and then moves to 'I'. Even before the identity of 'I' sets in, the 'mine' comes into play. If you notice a small child, even before the 'I' takes root in him, he will fight for 'mine'. Just try pulling a toy from his hand. He will resist! It is his, you cannot take it away. Even before he talks 'I', he will talk 'mine'. Surrender is nothing but merging with Existence, with no identity of 'I' and 'mine'.

Surrender is death of the mind, death of ego. Ego is nothing but feeling yourself to be separate entity from Existence. This feeling happens as a result of a strong 'I' and 'mine'. The mind is a direct conflict to the being. The being always concurs with Existence.

The mind invariably comes in the way. The being knows. The mind doubts. The being always says *yes.* The mind mostly says *no.* The being is innocent but the mind is cunning. Saying yes is like death for the mind. So it continues to say no. With persuasion it says yes. If left to itself, it says no.

Now you will ask, 'How to silence the mind?' You cannot silence the mind through the mind. It is like expecting the suspect to surrender! It will never happen. You just need to understand that the mind is not a reality. It is just a myth. You are holding on to something unreal and trying to silence it.

If you bring awareness to this process that is going on within you, you will be able to see where the mind is saying no. Then you will be able to put it to rest so that the yes of the being is heard.

Awareness is the key to anything. Just bring in awareness. The resistance of the mind will then drop. You will then relax into the being. Innocence starts expressing from there.

Unless innocence happens intimacy cannot happen. Intimacy is the language of Existence. The mind doesn't know intimacy. Only the being knows it. With intimacy there is openness and you can say and do everything that you feel genuinely and earnestly about. There will be authenticity in your words and actions. You will radiate energy that spurs the others around you to be innocent and open. Then the real beauty of Existence can be experienced.

Activity

Below is a powerful meditation technique.

ABOUT THIS TECHNIQUE

When you tighten and loosen your muscles one by one, the sudden release of tension results in deep relaxation, surrendering, and centering of energies.
This technique has to be practiced in a standing position.

DURATION: 20 minutes

INSTRUCTIONS

Step 1:
Close your eyes and start tightening and relaxing your limbs one by one.
Breathe in when you are tightening the limb, and breathe out as you relax.

Start at the feet and move up. Clench your feet for about a minute, and then relax them. Clench and relax your calf muscle, your knees, and your thighs.
Remember to relax each part before tightening the next. *At any point of time, there should be tension only in one part of your body.*
Continue upwards, pulling your stomach in, chest, shoulders and hands. Continue one by one, tightening and relaxing.
Spread your fingers, then clench them into a tight fist and relax them after a minute.
Tighten your neck, jaw and facial muscles. After a minute, gently relax your whole body.
This process frees all the muscles in your body.

Step 2:
Continue in a standing position, imagine that you are inhaling and exhaling with every part of your body.

Clearly visualize yourself breathing through your feet, legs, stomach, hands, face, and arms.
Visualize your whole body breathing, not only your nose.
Visualize life energy flooding your body.
This will put you in a deep space of silence and surrender.

Surrender and Knowledge

WIsdom and truth are about what we do not know. Knowledge of the mind, which we take so much pride in, functions like blinders, that we wear to shut out the truth of Existence. The mind is not the scale of measure of Existence.

What we are has nothing to do with our thoughts. If our thoughts alone could circumscribe what we are, we would be nothing more than a biomechanical machine. Animals have greater innate intelligence than humans. Animals do not clutter their minds with fantasies like humans do. They simply flow with nature.

A lion or tiger hunts for food when it is hungry. It eats when it must and sleeps when it is tired. No wild animal stores food, except in rare cases when dictated by Nature. No animal in the wild becomes obese.

Humans think. That is the problem. Our great sages say, ‘drop your mind and you will be aware. You will realize your true potential as a human.’ Understand, we are spiritual beings in human form and not human beings striving to be spiritual. Our intelligence is unlimited. But our intellect is limited.

Knowledge is of three kinds. The first and the least relevant type is acquired through the mind and intellect. Scientific knowledge such as physics, math, medicine, etc. falls into this category. We believe this knowledge enhances the quality of our lives. The more we acquire knowledge belonging to this first category, the more disturbed we become.

The second type of knowledge cannot be taught in

the same way as intellectual knowledge. This type of knowledge must be learned. Creative arts belong to this type. We cannot learn to sing, dance or write by reading a book. We must first imbibe and then we must express. In addition to the head and intellect, one's heart and emotions must be involved. Knowledge based on the heart is based upon intellect and plus something more.

The third and highest type of knowledge is from the being. It is conveyed from the being to the being. This knowledge is the 'aha' experience that happens so rarely. The greatest discoveries and inventions are this type of knowledge. This is communion, as opposed to communication at the intellectual level and collaboration at the emotional level. Knowledge at the being level is a combination of knowledge of the head, knowledge of the heart, plus something more.

Even knowledge about God creates bondage when it is merely intellectual, because we will only know about God. Knowing about God is not the same as knowing God. When we completely surrender everything we will not even have the idea that we know God. When that idea does not exist in us, we know God.

Enlightened masters are established in the knowing that nothing is impossible in the space of Existence. They are living embodiments of trust. Their bliss is an expression of this. They have access to all the knowledge of the world but are yet utterly innocent. They know that their knowledge is the knowledge of Existence. Their knowledge is not knowledge but a flowing experience of the truth of the moment.

We too have knowledge. But the problem is that we think our knowledge is the only right knowledge and all other knowledge is wrong. Understand, the ultimate knowledge is the same for everyone. Anything in between is just a bunch of borrowed ideas. If this is known clearly, surrender will happen and we will drop the burden of knowledge and become innocent.



How to start knowing that we don't know? Mere clarity that we don't know is enough. Just meditate on Existence, the source of all knowledge. Be in a prayerful and surrendering mood to it all the time. Be firm in surrendering to the knowledge of Existence. You will see that miracles start happening around you.

When you are established in the wonder of the Truth, you become so innocent, that your very life becomes meditative and miraculous. When one is established in surrender to the Divine, miracles happen every moment. People are always in search of miracles. The biggest miracles happen with surrender.

17

Drop everything and Surrender

Drop everything and surrender. Drop everything, whatever you know as life, whatever you think you know, just drop it. Whatever you know is only your knowledge; it is just what you know. It is not what is.The word surrender itself frightens people. We must understand that we are not going to lose anything when we surrender. We are only going to gain everything.

Realize first of all that we have nothing of any value to surrender! We only think we do. We simply need to open our eyes and see that everything *is*, is Divine. The 'I' and 'mine' that we hold onto are mere lies. The moment we understand this, we surrender. The moment we surrender, we understand.

When we call something 'mine,' legally it may not belong to us, but existentially it does not. Legally we can fence off a piece of land and call it ours. But Nature or Existence does not know that it is ours. When a cyclone hits, it does not care whose property it is. For Existence there is no law.

Our idea of 'mine' is protected by the laws of society. We cannot truly use the term 'law of the land.' The land has no laws. Only society has laws. The land can have an earthquake at any time. We cannot have laws to govern Nature. As long as you are caught with the concept of 'I' and 'mine,' you will not understand the truth about Existence.

Drop everything and surrender means to open our eyes and see the foolishness of the drama we play with our possessions and expectations. It is one thing if you play the games to cheat others; however, do not cheat yourself.

Can whatever you think of as 'I', either your body or mind, function without air? Can you say that the air belongs to you? This basic energy that goes in and comes out, does not belong

to you. If this energy stops happening what you think of as 'you' disappears.

It is like saying that the foundation does not belong to me, but the first floor of the house is mine! The earth that it sits on does not belong to you either. The earth can give one small shake, and whatever you thought was yours just disappears! The very foundation of whatever you think is 'you' does not belong to you. The base or root of what you think of as 'you' does not belong to you, but belongs to nature.

Anybody who is intelligent enough to open his eyes and see realizes that 'I' and 'mine' are a drama. The moment the air that goes in does not come out, it is over. 'I' disappears. Immediately your name will be taken from the name board outside your house and put on your tombstone. You will be taken to the place where you can rest forever.

When you take life too seriously you can be sure of one thing, and that is sickness. The moment you believe that there is an 'I' in your being you start moving away from life. The idea that you have of yourself has no base, whatever you may think of as you. Sometimes you think you are the body. Sometimes you think you are the mind. Other times you think you are the senses. No matter what you identify yourself with; it is baseless.

If you think you are the body, you do not let the body rejuvenate itself. You do not let your body do its regular work. If you think, you are the mind; you do not let it learn anything new. You do not allow anything new to enter. That is a sure way of destroying it.

The moment we have the intelligence to see, the moment we wake up to this reality, we achieve the state of surrender. We immediately experience tremendous relief from the need to continuously protect ourselves.

Activity

Below is a powerful meditation technique.

ABOUT THE TECHNIQUE

You always feel that you cannot live your life without planning. Planning is a disease of the mind!
You never realize, whenever you plan, you can only succeed to the limit of your planning. You are limited by the known.
When you do not plan, you allow life to happen spontaneously. You enter into the space of unlimited possibilities.

DURATION: 24 hours

INSTRUCTIONS

Just for one day, decide that you will drop all plans and move with whatever life brings.
Decide that you will not use your intellect to plan and judge and make decisions.

After all, it is just 24 hours!

You are not going to lose everything you have in just 24 hours. If something can leave you if you don't guard it for just 24 hours, let it go. It is not worth keeping.

For one day, consciously decide that you are not going to use your intellect to solve your problems.It is your intellect that tells you that you don't have the natural intelligence to solve your problems spontaneously.
The moment you find your mind planning ahead, just drop the plan. Allow things to unfold on their own. Act from your being, not from your intellect.

Again and again, have the courage to remain in the space of not knowing.

You will find that you have enough clarity, enough spontaneous awareness to run your life.
When you drop the thinking, planning, worrying, you will find that a higher intelligence comes into play.

Understand, this higher power is not outside of you. This intelligence which is running this universe is also inside you. It can take care.

19

Surrender the Material and Spiritual world

Let me explain what I mean by the word surrender.
Think of two intersecting lines, axes. The vertical axis is spiritual life. The horizontal axis is material life. The point of intersection is your being. This is the goal you have.
You have some goal in your material life and also in your spiritual life. To achieve your goal in your material life, you are continuously struggling and working.

To achieve your spiritual goal, you are again working intensely doing yoga, pranayama (breathing techniques), etc. When you struggle with material goals, you are on the horizontal line whereas when you struggle with spiritual goals, you are on the vertical line.As long as you struggle in material life, you avoid spiritual life. As long as you struggle in spiritual life, you avoid material life. Both are a struggle.

'Relax from both.' You may think, 'What is this funny instruction?' You thing that if you relax in both you will lose both. However, the truth is, that when you relax in both you fall into your inner consciousness, your being or your inner space. When you experience this inner consciousness you will suddenly realize that you can explode in all directions. You do not need to choose between horizontal and vertical lines. You can travel on both lines at the same time!

In the material word, the world of 'mine,' your properties are your goal. In the spiritual world, also you have certain goals, such as enlightenment. Actually, spiritual goals create more ego than material goals. At least with material goals, at some point you realize that you cannot achieve real happiness by running after them.

But with spiritual goals you do not even understand what

you are doing. Both goals take your being away from your being. When you surrender and relax into your being, you suddenly realize you are neither the body nor the mind.

As long as you believe you are the mind, you will be forced to choose between the vertical and horizontal lines. You will be in a dilemma, because the mind wants to choose. The mind and dilemma are the same thing. The mind ceases to exist once dilemmas vanish. You continuously worry about whether to choose this or that.

Whenever you choose something, someday you will definitely wonder about the choice you made. The people who choose material goals will feel that they are missing spiritual life. And those who pick spiritual goals will feel they are missing material life.

Relax and surrender, and you will experience the intensity of your inner consciousness. You will understand that you do not need to choose between the horizontal and vertical lines. You can explode in all 360 degrees. You experience choicelessness. Choicelessness does not mean that you do not choose anything. When you stop choosing, you will choose everything.

Similarly, surrender does not mean passive surrender or pretending to give up. Many people claim, 'Swamiji, you must take care of me because I have totally surrendered to you. Please give me mental peace.' I said, 'Okay, attend the next meditation program and we will see.' Immediately she replied, 'I cannot spare two days!' She had just told me that she had surrendered to me!

Before making any statement, know the situation. Otherwise you will suffer! With real surrender you do not exclude anything. You include everything,. You do not need to choose between horizontal and vertical lines. You can experience both and something more. You can explode in different dimensions of your being!

Again, when I say surrender, you do not need to surrender to a God or Guru. Just surrender to your own being, to your own consciousness, to your inner space. The problem is you do not respect you inner space. That is why in the initial level you need an entity called God or Guru.

Somebody asked me, 'Swamiji, I have surrendered to you. What should I do?'
I told him, 'If you really surrender, you will not have that questions! You will be guided from within. As long as you have doubts, you have not surrendered.'

20

The final surrender

In the inner world, the first and last tool you need is complete surrender. Only then can you wake up to the truth. You can experience the consciousness not just by surrendering the intellect and emotions, but also by surrendering the root of the intellect and emotions, that is, the senses.

The senses supply the data. When you surrender them the source of the data is surrendered.
You receive all information about yourself through the senses. You respect yourself because of data you collect about yourself through the senses of others.

If somebody says, 'You are beautiful,' you make an entry in a notebook. When you are told that you are dumb, another entry is made!At the end of the day you make a survey and assess what everybody said. You see that seventy-two percent of the people say that you are intelligent; twenty percent say that you are dumb, and the rest do not know.

You decide that if seventy-two percent of the people say that you are intelligent, all of them cannot be fools. Therefore, you must be intelligent! Thus your conclusion about yourself is based on what others say about you. You continuously go around asking people to tell you something about yourself. As a result, the senses give you an idea of what you are.

When you surrender your senses, the root of your idea of yourself, you lose your identification with the body and mind. As long as you believe your senses you think that you are the body and mind. Only when you believe the Master's words more than your senses do you realize the truth that you are Divine.

It is up to you to choose. If you believe the senses, you cannot believe the Master. And if you believe the Master, you cannot believe your senses. It is up to you to decide. Surrender itself is enlightenment. At the moment you experience the Truth.

Usually we play with words. People tell me that they have surrendered their life to Krishna, Siva, Venkateshwara, etc. Then they say that their only wish is to be happy. If they have truly surrendered, surrender is enough. They will not need to ask for anything else. As long as doubt remains, surrender has not happened, because the moment you surrender, *you* disappear.

In surrender, you have nothing to lose and everything to gain. Surrendering does not mean giving up everything. Keep all your possessions; take care however, that you do not internalize them. Do not judge yourself based on your properties. You are far greater than you think. You are greater than your bank balance, name and fame, relationships and all these things put together.

As long as you judge yourself based on these things, these become the central points in your life. Understand that you are something beyond these things. The moment you wake up to this truth you will not allow yourself to be put into any frame based upon bank balance, relationships, attitudes, or name and fame. You have then surrendered. I simply ask you to surrender these small ideas you have about yourself.

21

Surrender to the Ultimate truth

When I say surrender, I mean wake up to the truth that you are the ocean. When you are born, when you think you are an individual, or when you become enlightened, you are always the ocean. Waking up to this ultimate Truth is surrender.

Surrender these small ideas about yourself and wake up to reality. Otherwise you just play with the word surrender. We use inflated words when we define ourselves. We do not realize that we are beyond these descriptions.

One day a follower used exaggerated words about himself in front of me. After he left I told my disciple that he seemed to be suffering from an inferiority complex. I said, any estimation you have of yourself, except that you are God, is an underestimation!

Some fish swim along with the current. Others swim against the current. Whether they go with or against the current, all fish are in the water. Whether you flow with Existence or fight it, you are one with it. Whether or not you have realized you are Divine. You are Divine. There is no choice in this.

You can make only one choice, realize and enjoy or continue to struggle and suffer, that's all! You may try to create stronger fences around yourself or collect more bubbles around you, but can you ask the wave not to come? Whatever you may do the whole thing is only a drama of a few seconds.

The next problem is what to do if you cannot surrender. Some people tell me, 'Swamiji, I am unable to surrender. What can I do?' Do not worry because you have nothing to surrender. By understanding that you have nothing to surrender, you have already surrendered. Just relax.

Whether you surrender or not, Existence will take care.

Automatically life continues and you will relax. That relaxation itself is surrender. Relax into the flow of life and wake up to the truth that you are something greater that your body and mind as suggested by your senses. You are led by society to think that you are something.

Now wake up to the truth that you are greater than what you can imagine. Surrendering will give you a new consciousness. You will be a new being. When you receive this concept of surrender and work on it, you will wake up and give birth to yourself as an enlightened being. The instinct to survive and the instinct to possess torture you.

The moment you understand you belong to the ocean, that you are from it, that you are in it, and that you will disappear into it, you will realize that you will never die, because you are the ocean. The moment you realize that you are the ocean there is nothing to possess, because everything belongs to you. Hence, the instinct to possess disappears.

I am not asking you to legally throw away your possessions. You do not need to throw away whatever you have. Just do not internalize them. Within yourself be aware that you are something greater than anything you can possibly possess.

When you realize that at any moment anything can be taken away from you, you do not take them for granted. When you realize that you are the ocean and that they are also of the same ocean, you value them more. When you realize this, you are transformed at the level of body, mind, and consciousness. When consciousness is transformed, you give birth to a new you.

22

Activity

Below is a powerful meditation technique.

ABOUT THE TECHNIQUE

Whether you believe it or not, whether you accept it or not, you are a wave in the ocean that is the cosmos. If you internalize this concept, then your actions become a spontaneous part of the rising and falling waves, part of the cosmic leela, divine play. Then you don't feel you are separate, you are just playing the role that is meant for you. Naturally, your actions become pure and spontaneous, without the play of your emotions in them.

DURATION: 21 minutes

INSTRUCTIONS

Step 1:
Close your eyes and sit in a relaxed way.
Feel your whole being as a wave in the cosmic ocean.
You always experience yourself as solid. You experience your boundary so strongly.
Now, experience yourself as fluid, as a flowing energy.
You are just a wave in a vast ocean.
Meditate on this and allow this feeling to go deep inside you.

Step 2:
Now, become aware of the breath flowing in and out of your body.
Start feeling your breathing as a rising of a wave. Your breathing is just a wave in the ocean of energy, the ocean of life.
While breathing, feel as if the ocean is breathing in you. The ocean is entering into you and then going out again.
With every breath coming in, feel a wave rising, and with every breath going out, feel a wave dying.

This is the truth!

With every breath, you are living and dying.
But when the wave is rising, when it reaches the peak, and when it subsides and returns to the ocean – at all times, the wave is nothing but the ocean. At all times, you are nothing but the play of the universal consciousness!

When you enter intensely into this understanding, it can create lasting peace and centeredness inside you.

23

Surrender to the Master

We must understand two things. The first is about listening to one's mind and the second is about not listening to the Master. Many people have an issue about accepting another human as superior, as someone to whom they should defer, let alone surrender. They think that prostrating at another person's feet is disrespecting themselves and quite uncivilized.

When I heal someone, if the pain is in the leg, I normally bend down and touch the person's feet. Once someone asked me, 'Swamiji, how can you touch someone's feet? You are lowering yourself.'

I said, 'When I touch someone's feet, I am raising them to my level. When you fall at my feet, you surrender your ego!'When you fall at my feet, you surrender your ego!'

When you fall at someone's feet, you surrender your ego. It is food for you. It does not matter to whom you surrender. Whether you surrender to a stone or a human being, surrendering your ego raises you spiritually. That is the absolute Truth. You do not need to discriminate, search, filter and go through a lot of effort and time to surrender to an enlightened Master.

Someone asked me, 'What do you mean by surrender?' Surrender is when you find someone whom you can unconditionally love, and you have no problem if it is obvious that you are in love with that person. Your identity then merges with that person.

I tell them, 'Think of the person whom you would like to be with if God told you that the entire Earth is about to be destroyed. Only you and one other person will survive and you can choose that person. Who will that person be? That person is the one you have surrendered to!'

Vedic chants end with the word namah. What does this mean? It means 'I surrender to You.' Each time you utter a Vedic prayer, you say, 'I surrender to You, my Lord.' Is there another system of prayer that so thoroughly destroys your ego?

So just because you do not surrender to a Master or a favorite deity, because one is human and the other is stone, do you think you are the Master, free and independent? You surrender to someone else for money, power or lust. One of these will surely happen. People run after someone, because that person carries something that they want.

How much more sensible it is to follow and surrender to someone out of intelligence, because that person is more aware and can guide you on the path to awareness?

Why are we reluctant to surrender to another person? It is because we have been captured by our mind and senses. We fear losing the identity that our mind and senses have created for us. Our mind fights against shifting our allegiance from that ego and identity to someone else.

Realize that you are a slave to your senses and not the Master of your destiny as you imagine. Be aware that your pains and sorrows arise from the mistaken belief that you are the Master of your destiny. Once you realize this, you will look for an alternative.

Surrender is stretching yourself to my Anyakara about you – stretching yourself to my image, my expectations of you. If SURRENDER happens for even a moment, I can enter your system and burn all the Karma. I will just enter your system and the seed that causes these issues, I will just roast the seed and after this, it will never sprout. Roasted seeds cannot sprout even with a million tons of water and manure. Burnt Karmas do not grow back. All your surrenders are your weaknesses, escaping, fear shelters, and shelters for security. Most of the time your surrender to me is used as a shelter for security.

Only when you stretch yourself to my integrity can you surrender. When you do this, I can burn your Janmas of Karma just like that. I also promise I will do it for you. I can do it, I promise I will do it for you.

You then understand what the greatest Master of all says: If you

listen to Me, I shall protect you, whatever may happen. If you do not, and you follow your mind, you shall perish.

Surrender is nothing but learning the art of being alive without making decisions.
In course of time you can take up this as a project. Take it up for three months. I learned the art of being alive without making decisions. You will see, all the insecurity, all the greed, all the fear, all the arrogance, all the confusion, the non-committal lifestyle - everything will just be completely exhausted; it will become steam. I tell you - it will just disappear.

Master is a beautiful machinery with which you can just nicely work and tune yourself and learn the art of being alive without making decision; that's all; nothing else.I am like a mold. You can come and just push yourself and make yourself as a jeevanmukta, an enlightened being, then do what you want.



24

Surrender and the Disciple

Being a disciple is surrender, nothing more. It means that you no longer resist; you simply let go. Unnecessary time is wasted when you resist. It is as if you have gone into a hospital and you yourself are resisting the Doctor. And he is the one who is treating you! He is the one who will give you relief!

This is a surgery. You must have full trust in the Master. Only then can anything be done. But he will never start the operation unless you are ready. When He sees that you are ready with trust, He starts. And it is a beautiful surgery. There may be pain, because you ego is leaving. And your ego is what you have known yourself to be. But if you remain trusting the Master, the ego will simply leave you. All the energy that you have wasted all this time in your head will now move towards its source, back to the center.

Actually the Master is just a channel. Your being yearns to surrender itself to its source, that is the cosmos. But it is difficult because the cosmos is abstract and the mind comes in the way.

The Master is nothing but the manifestation of the cosmos. The Master is a small window through which you can see the vast sky. He is the path to the cosmos. If you first surrender to a form that you can see, over time, it will be easy to surrender to the formless.

So to be a disciple means to surrender. In the beginning you surrender to the Master and then to the Cosmos or Existence. It is like this: the river must flow towards the ocean. For this, it has to flow with the current; it cannot flow against it. And only when

to the source, you have found yourself. And the Master is the current that pulls you to your own source.

You see as of now, you believe in your ego. This is only because you have been living so much with it that you have started believing you are the ego. It is only in surrender that you come to know who you really are.

Surrender means surrendering the ego; all of your falsity. When I say falsity, I mean all the thoughts in you that delude you into thinking that you are separate from this cosmos. So once the ego is surrendered, your reality starts rising.

This is the reason why the Master-disciple relationship is the deepest. It is a being level relationship. Actually, if you see the relationship between the Master and disciple is the only one where there is no domination; where there is a voluntary surrender. It is the only relationship where one surrenders everything that he has ever known – all forms of ego. The disciple's core becomes trust; every pore vibrated with love. This is the beauty of it!

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SURRENDER AND THE MASTER'S HUG

Scientific studies have proved that no matter how well babies are fed, they could eventually die when they lack the caressing and loving touch of the mother. The loving hugs of the mother are sent directly down to the DNA. Wow! This answers the big question - why to hug? It proves the importance of a hug.

A mother just gave birth to your body. Surely only one or two strands of DNA and not all twelve strands of your mother's DNA are awakened. Yet, even her hug, the power of her hug can directly go down to your DNA. Then just imagine what the hug of the Master and the cosmic mother whose twelve strands of DNA are all awakened can do?

People again and again ask me why I hug. I have seen what five to six hours of discourses or counseling cannot do, my one hug does it all. My one hug gets people out of depression, gives them the understanding about life and many things. One hug does what five to six hours of talking or teaching cannot do.

That is why even people who have lived around me for six to seven years will not miss one chance of having my hug. They will not think, 'No, no, no, what is there; after all I am seeing him every day. I have hugged him thousands of times.' No! They will try not to miss one chance, because it is an experience. Something happens in their system.

It is not that I will always be hugging in a very loving way. I will say, 'Alright, come… hmmm.' It will actually be a beating. But even then, something happens in that hug. Something is transmitted, something is directly sent to your DNA. Because of the scientific statement above, maybe we can do research on the effect of a hug and prove to the world the power of the Master's hug. What happens in the system before and after a hug?

My hug is nothing but accepting you completely as you are. In the modern times, who is even looking into your eyes or even accepting you as you are? Who is interested in even talking to you, forget about hugging you? So, it is not just verbally, but through body language, I am saying I accept you as you are. I shower on you as I am.

This is why a hug does something extraordinary that you can't imagine. It gives you in body language a deep comfort, and the feeling that I am saying I accept your surrender, I accept you as you are. I accept your being. I am showering my being. That is why the hug directly revives and rejuvenates your DNA.

It may take one or two hours for you to feel that energy of the hug and the transformation, but it works from the deeper level not from the ordinary mental level. That is why even if you don't feel it in my facial expression or body language the love; it will be felt in the very DNA.



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Surrendering and Practicing the Presence

Whatever you experience as God, you will experience with me.

Some will have thirty percent fear, thirty percent love, and thirty percent confused emotions. Some will maybe have fifty percent fear and forty percent confused emotions. Some will have one hundred percent fear. Some will have one hundred percent love, no fear.

You will be experiencing the Guru in many different ways. In whatever way you experience the Guru, that is the way you will experience God.

Whatever way you experience the Guru, whether it is with fear, or the attitude of Master and disciple, or the attitude of father and son, or the attitude of mother and son, or the attitude of friend, or the attitude of beloved, practice His presence around the clock.

Two things will happen.
First, your actions will fall into awareness.
Second, the fear or whatever is the lower experience you have about the Master, will become extinct.It will be burnt away. The percentage of fear you experience with me will be burnt away. The percentage of other emotions, except pure surrender, that you experienced with me will be burnt away.

These two things are possible only by practicing intensely the presence of the Guru, practicing the presence of the Master.

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An air bubble in the copper wire will not allow the copper wire to be a conductor. Electricity will never flow in it. The hypocrisy that you carry is like the air bubble. It will not allow the guru-disciple relationship to happen. It will never allow the presence to permeate you, penetrate you. Practicing the presence with tremendous respect is the only way.

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Activity

Below is a powerful meditation technique.

ABOUT THE TECHNIQUE

This is a powerful meditation technique to practice the presence of the Master in your life and learn to surrender.

DURATION: 21 minutes

INSTRUCTION

When you sit in your office, think that Swamiji owns this place. How will Swamiji maintain this office? When you sit and talk to people, if Swamiji is here physically, how will He talk? When you do Guru Puja, just remember if He is sitting with open eyes, how will He do the ritual? Practicing the presence is the only way.

Surrender the unending Process

There is one thing in the cosmos which you can't say you finished learning. That is surrender.It is an unending process, and it is the one and only thing I still continue to learn. As I always say, enlightenment is ultimate but not final. It is constantly happening.

Same way, surrender is ultimate but not final. When you first surrender, the different qualities of the cosmos start expressing in you. But after some time, you will think you have become very intelligent. You start feeling that you can analyze the cosmos with your intellect, with your understanding about life.

If you hold on to your logic, from that moment surrender stops and the expansion stops. Because you are stuck, sometimes the cosmos will give you a strong blow again. After struggling for years or maybe *janmas*, when you find that there is no solution in the outer world, you look in – and again the Cosmos is sitting there smiling, 'Welcome back!' You see. You melt. The surrender starts happening again. The highest possible intelligence and the different qualities of the cosmos starts happening again in you.

I tell you the same story exactly gets repeated with Masters. People will come, surrender, and experience the beautiful, intense period of ecstasy and expansion.Then suddenly after a certain amount of intellectual, emotional, and being-level expansion, their intellect starts judging the very source to which they surrendered. They start judging the Master, and when they start judging, they are stuck. Growth stops.

It's almost like having a bridge that cannot be lifted to the other shore!First they make a bridge. That is surrender. Then, from the Master's side, so much of intelligence, energy, compassion, expansion, and everything are sent to the disciple's side. When the disciple receives too much, suddenly his ego just starts judging the Master. The moment you judge, the bridge of surrender

is lifted. No more transportation is possible. No more receiving gifts is possible. You are stuck.

But the Cosmos is so compassionate. It gives you such strong suffering, which can never be solved by the outer solutions.Then, when there is no other way, with a lot of reluctance you slowly lower the bridge again.The other side is just sitting with a smile and waiting for your bridge to land! And he says, 'Ok! Come on. Let's start the work again!'

Surrender the Ultimate technique to dissolve the Ego

First of all, if you really surrender, you will become enlightened. There is no question of 'when I surrender.' But for argument sake, if you decide to allow me to work on you, I will prune your ego and keep it like a bonsai tree until such a time you totally lose it and become enlightened.

You will have enough ego to run your business, and do your daily activities, not to hurt other people and yourself. Your ego will be like roasted seeds that do not grow any more. Understand, that a man who is not yet enlightened has ego in him in some form or the other. But whether you have an active ego or a passive ego, the more you start being the observer, the more your ego will dissolve. That's enough understanding for now.

With ordinary people, you can easily shield your ego and get away with it. With a Master, you can never deceive him. You can only deceive yourself into thinking that you have deceived Him. However,the more deeply hidden and well covered you keep your ego and cunningness, it will simply be bare under the Master's gaze. While you struggle to shield it, the Master tries to heal it. Only He knows what a cancerous disease ego is.

The Master is Existence itself. He is the formless in form. When your senses perceive only what the Master says, you have reached the highest point in surrender!

Let me tell you a few things from the Bhagavad Gita. The Bhagavad Gita was Lord Krishna's teachings to the world. When the Bhagavad Gita starts, Arjuna is confused. He

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says, ‘Oh Lord! I don’t know what to do in life. Please guide me.’ Krishna explains to him the Sankhya Yoga, the way to reach the soul. He then explains the Karma Yoga, then the Bhakti Yoga, then the Karma Sannyasa Yoga, then the Gnana Karma Sannyasa Yoga, then the Raja Vidya Yoga and so on. He explains different meditation techniques through seven hundered verses in eighteen chapters.

At the end of it Arjuna says, ‘Krishna, I am more confused than what I was when you started explaining. Which technique do I follow? Which is the technique that is the best and the quickest? Which is the shortcut method, the ultimate technique?’

Krishna replies to this in the concluding eighteenth chapter. With any Master the words that He concludes with are the final, firm and ultimate truth.
Krishna says, *Sarva dharman parithyajya mamekam sharanam vraja, aham thva sarvapapebhyo mokshayishyami ma suchaha*.

This line that He says is such that if we imagine all the religions, philosophies and spiritual books to be a pot of milk, this is the butter extracted from it all. He says, ‘I have explained all the forms of justice to you. Simply surrender everything to me. Surrender to me and I will take care of you. I will free you from all your sins and lift you to liberation.’ Krishna is actually making a beautiful promise in this stanza. Through this stanza, Krishna shows the world that surrender is the final firm and ultimate technique. A short cut to the egoless state, to liberation.

The only thing holding you back from the Ultimate is your ego. Simply surrender yourself. That’s all! By surrender I don’t mean imitate me or try to be like me. I mean simply surrender all your ideologies and all your conditioning to me. Then, your individuality will be revealed to you.

Surrender leads to Liberation

Surrender leads to liberation, and it happens when one’s



intelligence is focused on the Master/God. When we believe there is a life force conducting this universe and taking care of us, we relax. When we relax, we can live and function at our optimum potential. We can express our creativity and live spontaneously. This is surrender.

This is the knowledge that cannot be taught or picked up. The Master can simply transmit it when our being is ready to receive it.

All we need is the faith to allow the supreme intelligence to guide us. The knowledge removes the ignorance. All our problems are due to ignorance. Whether it is fear or greed or worry or anger, all these emotions are able to control us because we are not aware.

When we bring a deep awareness into anything, the solution

simply stands out. When we go deeply into any emotion with deep awareness, we can flower out of it. This is true knowledge. I tell you, at the times of extreme doubt, doubt your ego. Never doubt the Master. The Master is the only truth you can cling to when all else gives away. The Master is the only one who can guide you when everything seems to be confusing.

Understand that the Master lives in all three, the body, His teachings and the mission. They come to dispel the ignorance of seekers out of sheer compassion for the whole of mankind. Only a third of the Master's energy is in the physical body. The other third is in the teachings and another third is in the mission.

Nithyananda is *Nithya-Dhyana-Ananda* all in one. *Nithya*, the Master in the body as Nithyananda; *Dhyana,* my teaching and blessing of meditation; and *Ananada*, my mission of bringing forth the fountain of bliss that is lying latent in you. All the three together constitute the energy called *Nithyananda*.

When you surrender at the physical level, you surrender your physical self, your comforts to the Master, to spread His teachings and mission. On the mental level, surrender means surrendering your intellect to serve the Master and the mission. You surrender your mental faculties, mental pursuits to serve the mission according to the needs of the mission.

The third level is the being level surrender. At this level our being clearly recognizes the call of the Master. We become a part of the Master. We just merge with Existence that the Master is an embodiment of. The process of transformation has converted water, the liquid, into formless steam. Like steam, we explode in all directions.

We now transcend the mind and express our limitless potential. This is the ultimate state in which a Master lives every moment and to which He tirelessly and compassionately pushes us in different ways so that we can also experience and be in the same state of eternal bliss.



Surrender and Completion

Please understand this is the first time I am going to connect these two sciences – the Science of Completion(completing with yourself, others, world, and God) and the Science of Surrender. In the traditional bhakthi (devotion) literatures, the great devotees like Meera, Andal, and Chaitanya Mahaprabhu finally evolve to the ultimate surrender. We call it Atma Sharanagathi. The Science of Completion is from the Advaita Sampradaya and Yoga Vedanta Sampradaya. The Science of Surrender is from the Bhakthi Sampradaya. We will see how both complement each other.

Ultimately the complete completion happens when you don't even bother about complete completion. Even the desire or the effort for complete completion is surrendered. Even when that effort is surrendered at the feet of the Divine, the complete completion happens.

The science of surrender - the more and more and more completion you do, the more and more the surrender starts happening in you.I need to define surrender. Surrender no way starts with powerlessness or gives you the powerlessness experience or ends in powerlessness. Surrender starts with powerfulness, leads you from power to more powerfulness, ends in ultimate powerfulness. Surrender is in no way connected to powerlessness.

Many times, in your powerlessness, the "giving up", you call it as surrender. No! Giving up is not surrender. Surrender doesn't come by powerlessness; it comes by tremendous powerfulness.

The science of completion and the science of powerfulness, both complement each other. When you complete more and more, you become powerful. When you surrender more and more, you become powerful. More Completion leads to more surrender. More surrender leads to more completion.

Completion is nothing but falling in love with your higher self. Decide to reside in the higher self. Surrender is nothing but falling in love with the embodiment of the higher self, your Ishta Devatha (your chosen deity/God). Your Ishta is nothing but your higher self. Naturally, surrender leads you to more and more powerfulness, not powerlessness. It leads to more and more powerfulness, more and more joy, and more and more strength.

Understand, when you carry the space of surrender, everything in life listens to you. Even a plant drops all its thorns just by your request. How do you think just our gurukul kids are able to talk to plants and the plants are listening to them? And they are dropping their thorns. Understand, it is not a myth or story I am talking. We can show you in front of your eyes.

The surrender makes you deeply powerful; the space of completion makes you deeply powerful. Surrender is misinterpreted, given wrong meaning in the western thought trends. The word is used more like in war when you lose, you drop all your weapons and surrender. Here I am not using that meaning.

The word surrender has a totally different meaning. So, maybe, I may not even want to use the word surrender in English. I'll use the word Sharanagathi just in Sanskrit. Sharana and Agathi. It's such powerfulness. The powerfulness, the powerfulness radiated by the devotees. Andal was not weak. Akkamadevi was not weak. Meera was not weak. Kanakadasa, Purandara Dasa, Vittala Dasa, and all the great Dasa Sampradhaya devotees are not weak. They were never weak. They all lived in the space of powerfulness.

Even completion you can intellectually grasp it even if you don't practice it. But this Sharanagathi, this surrender, you need to see somebody experiencing and radiating it. You need to be around some great bhakta devotee(s). Because it is such a beautiful experience, you need to see that radiating in the body language.

Sharanagathi, surrender, can't be understood just intellectually. Intellectually if you try to understand, it will only lead to that surrender that happens during the war period. It is

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out of powerlessness, kind of like giving up, failure, and drop-out. But the kind of a surrender here will make you become more and more powerful, more and more strong, and more and more intelligent.

So, understand, the more and more practice of surrender leads to more and more experience of completion. The more and more experience of Completion leads to more and more practice of surrender.

Knowledge leads to power. If your way of thinking is leading you to more and more power, making you more and more powerful every day, you are thinking in the right direction. If your thinking is making you powerless every day, you are thinking in the wrong direction.

Violence is not power. It actually makes you powerless. That is why you become violent. The world, life, universe responds to you exactly the way you behave with it. If you are violent, constantly violence is given back to you. If you are peaceful, how many people try to disturb you wrongly, they will not be able to be successful; constantly you are given the peace and victory again and again.

When the science of completion connects with the science of surrender, the space you create becomes reality, because all your individual incompletions should be completed. When you are complete, your individual identity should be surrendered to the Cosmos. Then the Cosmos functions through you. Individual identity is made out of bunch of incompletions. When all those incompletions are complete, you surrender yourself to the Cosmos.

Whenever you do tapas, especially a sincere routine with integrity, like how we do everyday morning Yoga, completing with the body, then all the great spiritual truths, completing with the mind and the soul, creating the Vedic Mind, you will see, if we study, we are the largest community in the world with the lowest physical disorders - any illness, physical, mental, and both.

If we start recording, we may even be able to create a Guinness record: the largest community living together with the lowest physical or mental sickness, with such minimum food, so much intense thinking and working! You guys take health for granted. Do you know that people living outside in the world regularly fall sick and go to doctors? But this integrated routine, when you follow it so authentically, automatically your body and mind goes to the space of completion. From that space of completion, if you surrender, any space you create becomes reality. God supports you, and God protects you!

Experiencing the science of surrender and completion is what I call Kalpataru (creating your reality).

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Complete Surrender

This is one of the important prayers you should carry in your heart. “God, even if I don’t understand whatever purification I should go through, let it happen even by force”. I am defining surrender. Giving the GPA (General Power of Attorney) to Existence/Cosmos/God saying - “Whether I understand or not, appreciate or not, what my life needs to go through; how I need to experience the flow of life and law of life in the ultimate intelligence of life, let that become reality. Whether I understand it or not, appreciate it or not, I give you the GPA.’

This is surrender. And when He does it, enjoying it is Bhakti (devotion). Giving the GPA to Him is surrender. And when He does His job, enjoying it, is Bhakti.

Understand, that constant death which is supposed to happen in you, if you enjoy it, it becomes celebration and revelation. Everyone should carry this truth as the context of life. Every time when existence/cosmos rolls you, like the stones in the Ganga (river), in the flow of life, if you appreciate what life is doing to you, you will experience constant rebirth. Rebirth. Rebirth. If you don’t, you will constantly experience death. Death. Death. A stone that allows itself in the flow of Ganga becomes God and is worshiped by everyone. The stone can take the cleaning, chiseling, polishing as death for it or rebirth for it.

‘Why me?’ is looking at life only as death. Then constantly you will only be dying. You will associate yourself with the small pieces that get chipped off, and you will never be worshiped as Shiva. If you look at life as constant rebirth you will identify yourself with the main portion of the stone that will become a Shiva Linga.

Constantly appreciating life, enjoying life, and celebrating life. Even if it brings out some part of you from you - some person, pleasures, wealth, something that you want, don’t want or some part of your mind. Even if it is forcibly removed, celebrating life, appreciating life, will make you understand life is a constant rebirth. Anyone carries the context ‘life is bliss’ is constantly reborn.

This is the greatest gift a Guru can give to a disciple. I am giving it to you. Even if you are not able to have the longer vision life has for you. Don’t be a tantrum-throwing manager who has to be convinced about the whole vision of the company to move a file from one table to another table. Maybe one or twice it can be done. After that they will have to carry on without you.

Don’t miss the larger vision of life again and again and throw tantrums. Your tantrum will not be responded to. Remain with the larger vision of life and appreciate what is done to you every moment. Many things you may never renounce are taken away from you forcibly. Many polishing you may never do is done. It is all for YOU to be worshiped as a Shiva Linga. Man who constantly celebrates, who sees life as a constant rebirth, is worshiped. Man who constantly complains ‘why me?’, who feels life as death, is suffocating himself.

You are not the small part that is getting chiseled. You are the bigger part that is getting polished. Life is just all about from ‘why me?’ to ‘wow! me!’ Life is so compassionate, only the minimum chipping is done. And maximum polishing is done. You are in the hands of the most compassionate sculptor: Existence/Cosmos. Especially when He himself comes as a Guru.

Blessed are those who get Him as Guru. The best thing that can happen to you has already happened. Having HIM as Guru. Whoever feels negative with life feels constant death is happening. Whoever looks at life with understanding and reverence feels constant birth is happening.

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Activity

Below is a powerful meditation technique.

ABOUT THE TECHNIQUE

We are always afraid of emptiness.
We are afraid to become empty.
That is why we constantly try to fill ourselves with possessions, with relationships, with identities.

Do you know, you are actually an emptiness!
You are just a pure, silent emptiness.
Whatever you think of as *you* is just flowing through this emptiness. You cannot be touched or stained by anything that flows through you.

When you experience yourself as pure emptiness, you will no longer identify with that which is simply flowing through you and you allow Existence to work through you.

DURATION: 21 minutes

INSTRUCTIONS

Sit down in a relaxed manner.
Do not put your weight on the spinal cord. You can support yourself with your hands.
Feel yourself as flowing… relaxed.

Now, visualize energy leaving your body through all your twelve *indriyas* - your eyes, nose, tongue, ears and other sense organs.
You are becoming completely empty.
Visualize that you have now become empty. Feel that you have become empty.
Whatever you think of as *you* is moving out of you.

It has left you.

Whatever you thought of as you is already gone.
You are completely empty.
When you feel you are completely empty, stop visualizing.

Be a witness. Witness your thoughts and the gap between your thoughts.
Do not create any thought or destroy any thought.
Just witness the thoughts flowing in you, flowing in the emptiness.

Know when Surrender has Happened

If a person can surrender, then whatsoever happens he will be able to handle it. Even if the whole world falls apart, he will remain centered in himself, because he has surrendered everything. There is nothing, no investment in the inner world or the outer world to lose.

When I say outer world, I mean the attachment to the outer world things. You always fear losing outer world things only because of your attachments to them. When you don't have the attachment, you are not disturbed when you lose anything in the outer world.

To know when surrender has happened is when you become blind with love. You will not know in which direction the Master is taking you, yet you will trust the He will lead you down the path. This is because the Master is the path for you, nothing more. You don't have an agenda for yourself.

The Master becomes your agenda. When this happens, He will ensure that you do not move off the path and stray. With me, I never make rules. I only give guidelines. I can tell you that something would be good for you so that you can explode in 360 degrees. The decision is yours. In the end you must decide.

Surrendering is your choice. I am not going to sit here and force you to surrender. But I can say that something will be good for you. I can say that you will experience a tremendous freedom when you let go the weight of your mind's emotions.

But in the end, it is your choice. You can help yourself grow, or you can simply listen to your inner chatter and go back to the same life that you were living. It is you who has come to me, and it is your own decision that makes you stay here.

People sometimes approach me and say they think they have surrendered but that they are not sure. Surrender is the ultimate certainty. It is the clearest clarity. You have really surrendered when you don't even have the idea of surrender left in you, because if you have surrendered everything, then even this very idea has left you. So only when you feel nothing but love and openness while sitting in front of the Master, have you surrendered.

Be clear: if the thought comes, 'I feel a lot of love towards the Master right now; I think I have surrendered,' be sure that you have not surrendered at all! If this is the case, then it is only your mind that is playing with you. Your mind is just telling itself that it has surrendered! But surrender happens only when the mind itself is surrendered!

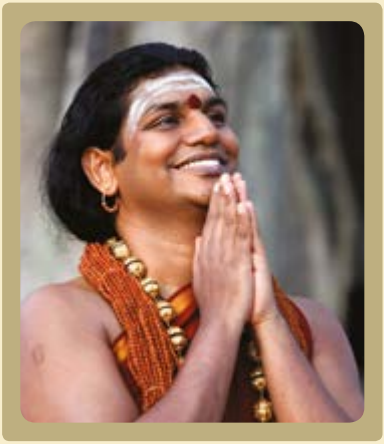
You surrender must be total. You cannot simply think you have surrendered. If there is a doubt, you have still not surrendered. It is yet to come. But if you have a deep seeking inside, it will happen. There is no technique which you can practice to simply make surrender happen. It will happen when the time is right. You cannot create it. You can only stop the stopping that is preventing it from happening. For example, you cannot create love. It happens when it has to happen.

Surrendering to the Master means being fully relaxed in your being. Whatever I tell you to do, even if it is the most illogical thing, you will simply do in a relaxed way. Even if I tell you to walk on fire, you will simply do it with a smile on your face.

So understand it is surrender that gives you the power to do things which you never imagined! The moment you have understood surrender, everything drops from you. And you live in a state of bliss.

There is Nothing to Surrender
Except the 'I' and 'Mine'.

Surrender Brings the Ultimate
Freedom - Enlightenment.



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.

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