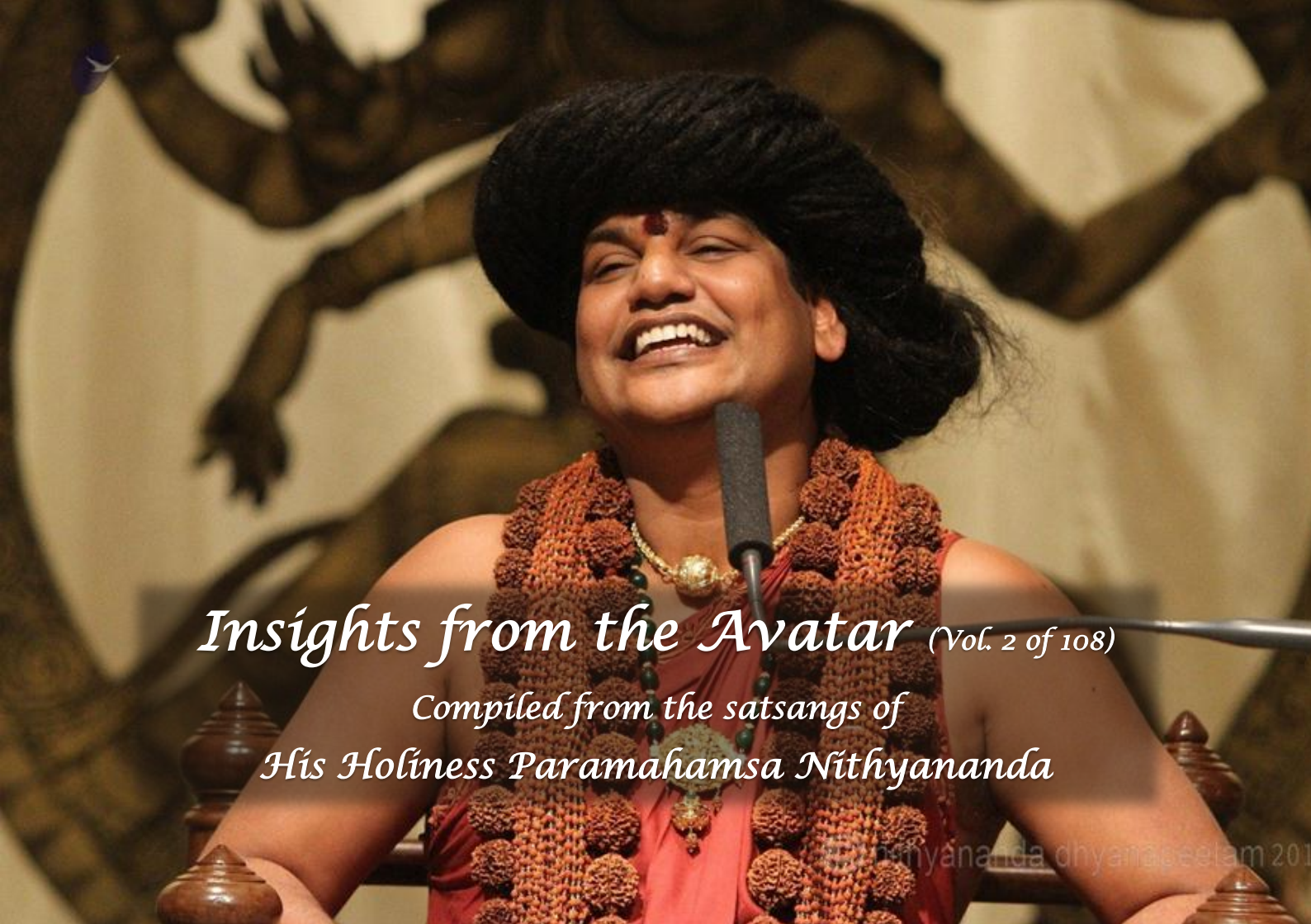


Insights from the Avatar *(Vol. 2 of 108)*

Compiled from the satsangs of

His Holiness Paramahamsa Nithyananda



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Simple principles for right living

12 June, 2013

I tell you, you can understand the major questions of life through these great principles of Integrity, Authenticity, Responsibility and Enriching. The understanding about these four tattvas (principles) really enlightens you.

What are the major possible powerless moments of your life? Maybe your death? Maybe the moments you are going to be

bedridden with some disease? I tell you, analyze all those possibilities with the four tattvas. Understand all those possibilities with four tattvas. The right ideas, when they penetrate your being, on how to live, how to understand, it can really enlighten you.

Bring Integrity with your disease. Bring Integrity to your disease and possible death.

If you have life, you can't have death. If you are going to die, you don't have life even now. That is the Integrity with death. Actually any disease starts with your fear; that is where the seed of the disease starts. Bring Integrity; the very fear itself will be exhausted, the very fear itself will disappear. So, where is the root for the disease to happen? Where is the space for disease to start?

Next, bring Authenticity to your disease and possible death.

Understand: if you have life now, anything coming in the next moments only can be more life; it cannot be less life! So, whatever others understand as death can only be expanded life. So, expand life, expand life, expand life. Every disease starts as inauthenticity in you. If you do not allow inauthenticity to happen in you, you will not allow any disease in your body. Tiredness and boredom are the original disease. If you don't allow these two inauthenticities in you, no disease will happen in you.

Now take Responsibility for your disease and possible death. I tell you, both will not come near you! When you take the Responsibility for the possible disease and possible death, both will not come near you. When you take the Responsibility for possible disease, your body prepares itself from now and never allows any disease to enter you. When you take the Responsibility for possible death, your life will take the Responsibility now and you can cross death. Understand, I am speaking on a national channel. I am not saying something superstitious or foolish. Crossing death is possible. The space of No Death is possible.



I tell you, if you bring Integrity, Authenticity and Responsibility into your life, you will never have any moments of powerlessness in your life. Integrity, Authenticity, Responsibility– these three remove all your moments of powerlessness. Bring these principles continuously into your thinking, into your being, into your actions, into your living.



Don't give up on you

12 June, 2013



Make this decision today:

'From today, I will start living the tattvas. I will start living the principles of Integrity, Authenticity, Responsibility and Enriching.'

Your mind will say, 'Hey, this is the way you already started a hundred times, and after two days it disappeared, don't you know?'

No. It did not disappear. You killed it. You killed it. You killing them does not mean the tattvas disappeared, or they are powerless.

Because you tried ten times and failed, don't bring boredom or tiredness into your thinking.

So don't give up on you.

If I am asked to add fifth tattva, I will add only these words: DON'T GIVE UP ON YOU.

Yes, every one of you might have failed. Even I have failed, because I have missed more than eleven days of delivering the morning satsang this year. 11 days is too much. But even if I failed, I am not going to give up on me. I am not going to give up on me.

Let us reclaim our strength of Integrity, Authenticity, Responsibility and Enriching by not giving up on us. Continue the completion.

Earlier I said that for sannyasis there is no question of sitting and doing completion as a process. But, I tell you now, it is better to do the completion process than to live with incompletions. Either you should have the capacity to just digest all the incompletions with a big belch! Or, at least do completion and get out of it.



Don't escape from fear

24 August, 2013



Today, we will work on all the incompletions related to fear with which every human being is suffering. We will work on completing them today.

Understand: You need to work and get out of the fear itself, not the situations which you think will create fear. Unfortunately, we sometimes think that by changing the situation, we can come out

of fear. But again and again, life will teach you that only by completing you will come out of any fear, never by changing any situation. But what to do? Everybody thinks the solution in front of them is the easiest solution, and it will be the permanent solution. No!

I have a story for you:

A woman takes her lover home during the day while her husband is at work. Unknown to her, her nine-year-old son is hiding in the bedroom closet.

Suddenly, her husband comes home unexpectedly, so she asks her lover to hide in the closet. The lover enters the dark closet and closes the door.

Suddenly the little boy says, 'Dark in here!'

The man, the lover, is shocked to find that the little boy is also sitting there in the closet.

'Yes, it is,' he says.

The boy says, 'I have a baseball.'

The man says, 'That's nice.'

The boy asks, 'Want to buy it?'

The man says, 'No, thanks.'



The boy says, ‘My dad is outside!’

The man says, ‘Okay, okay! How much?’

The boy says, ‘$250.’

The man buys it.

After a few weeks it so happens that the boy and the woman’s lover are again together in the closet.

The boy says, ‘Dark in here.’

The man says, ‘Yes, it is.’

The boy says, ‘I have a baseball glove.’

The man, remembering the last time, asks the boy, ‘How much?’

The boy says, ‘$750.’

The man says, ‘Fine! What to do? I will buy.’

So the deal is done.

A few days later, the boy's father tells him, 'Come on son! Grab your glove, get your baseball! Let's play some baseball!'

The boy says, 'No dad, I can't, because I sold both of them.'

The father asks, 'You sold them? How much did you sell them for?'

Son says, 'For $1,000. The ball for $250, and the glove for $750.'

The father says, 'That's terrible, to overcharge your friends like this! That's way more than those two things cost! I am going to take you to church and make you confess!'

They both go to church and the father makes the little boy sit in the confession booth and he closes the door to start the confession.

The boy says, 'Dark in here.'

The priest says, 'Don't start that again!'

The unfortunate thing is, everyone thinks that if you just handle the current situation and escape, you can save yourself. The priest thinks that if he just buys the baseball, he will be saved. He doesn't know that the baseball glove is coming, and next something will be coming, and next something else is going to come..!

Understand, unless you change the space of incompletion, unless you move out of incompletion, nothing, nothing, nothing is going to help you, nothing is going to transform your life. This is one of the very important truths. Stop changing the situation to save yourself. Start changing the incompletion in you.





Anything you resist will persist

24 August, 2013



Please understand, if your root patterns are the seed, your incompletions are the tree, suffering is the fruit, and fear is the sand, the land, the soil in which the seed grows. Please understand, fear is the base on which all these incompletions, all the root patterns, grow.

Listen: all the incompletions related to greed

are stored only as muscle-memory in you; means, a little deeper than skin, that's all; nothing more. But, all the incompletions related to fear are in your bio-memory level, where your whole body responds, where your whole body goes through a very poisonous chemical change. Please understand, it is such a dangerous thing! I tell you, your body going through that chemical change, you allowing the chemical change in your body due to fear, is the worst punishment you can give yourself. It is much worse than drinking alcohol and smoking. It can cause cancer; it can cause more diseases than smoking and drinking or any drugs. That is why I always insist that you work on your completion. I tell you, whenever you go through your incompletions with fear and anxiety, it is literally like going through an acid bath.

In today's Inner Awakening℠ process, you will voluntarily go to all the zones where you can be powerless – Atala, Vitala Sutala, Talaatala, Paataala…. which we call the seven netherworlds! Understand: the seven netherworlds are nothing but you facing all your incompletions with fear!

Facing all your incompletions with your greed is Heaven – all the so-called higher worlds. Facing all the incompletions with your Fear are the netherworlds.

Today, we are going to consciously face and go through all our incompletions with Fear.

I have seen that whoever tries to escape from a situation which creates fear dies in that same pattern. They get diseases worse than cancer, and it is much worse than taking an acid bath every time. So,

whenever you are attacked by fear and incompletions related to fear, the first priority should be completing with your fear, completing with your anxiety, completing with your incompletions.

If you change a fearful situation, it may give you a temporary relief. But how long will you be escaping?

You need to internalize this one truth: Anything you resist will persist. So, do the completion where you resist.



Thinking is a powerful tool

19 September, 2014



What is thinking?

Please understand, thinking is one of the powerful tools you have - just as you have legs for walking. Legs, and the ability to walk using the legs, is one of the capabilities you have. If you put your legs this way, you will go forward; if you put your legs this way, you will go backward. It is a system. To climb a hill, you will have to use

your legs in a certain way. There is a system. Just as your legs have their own method, their own way of functioning, or your hands have their own way, their own method of functioning, your thinking too has a system!

From the young age, we all have been taught how to use our hands and legs. We pick up the method just by seeing people around us. But, unfortunately, thinking was never taught systematically, scientifically.

Your thinking can be binding you, or your thinking can be liberating you. I have seen some kids putting their legs and stepping in such a way that their own legs lock each other and they fall on the ground. Same way, there are people whose own thinking brings them down.

For example, if you carry an idea that you will have enough food for yourself only if you snatch it from another person, your very thinking trend itself will bring you down. What will you do? Naturally, you will become a robber. If you think that only by snatching from another person you will have food, you will snatch, then steal, then rob - which is actually not required! It is your thinking that makes you whatever you are. Your thinking can be liberating you, or your thinking can be suffocating you.




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The Science of Liberated Thinking

19 September, 2014

Every day, I see so many different types of people, so many different types of mental capabilities and so many types of mental disorders!
With that authority I tell you: mind is the most powerful instrument you have!

The right methodology of thinking, the right way of thinking, is the most important thing in human life. Just right thinking is enough to liberate you from all problems. Right thinking can give you the ultimate liberation. All the benefits of the ultimate liberation can be lived, radiated, expressed, by right thinking.
Sankhya system, the philosophy of Sankhya, is the science of Liberated Thinking. Kapila is the first being who radiated that science, developed that science, offered that science to the world in a very systematic way.



See, when you have Liberated Thinking, you know you who are. You will become sure about you, and you will become sure about who will be your friends, and you will become sure about who will be your enemies. When you become certain about who is your friend and who is your enemy, you will also be certain about what your friends want from you, and what your enemy wants from you, and you will also become clear what the world expects from you, what you are supposed to deliver to the world. You will know what it is that the real world wants from you, what is it you can add to the real world and enrich it.

Your enemy is not the world

19 September, 2014

Never let your enemy occupy your inner space and guide your words and activities completely; that will be the worst defeat you will have! Your enemy may be attacking you from a very stupid, foolish level. If you allow him to occupy your inner-space and go on changing your words, decisions, or even try to justify, explain yourself, he will destroy your life.



Understand, your enemy is not the world; you need to understand that. Your enemy may be harassing you constantly, but he is not your world. He may appear to be your whole world, but he is not!

See, it is like the weeds which float on the surface of the water in small ponds which have stagnant water. Sometimes you will not even know there is water underneath; it looks almost like land.

Just as the floating plants cover the water and you mistake it for land, these stupid fellows who cherish enmity towards you and harass you will try to cover your eyes and show you that they are the whole world.

The moment you believe that those stupid fellows who harass you and abuse you constantly are the world, you have lost your life, because now they will be guiding you continuously. Every statement you make, every action you take, will be influenced by them. That is what they want! Means, they won the game! Understand?



Bridge between Body and Mind

10 June, 2013

When you continuously internalize some idea, philosophy, concept, truth, it is your intestine's muscle-memory which first starts living that concept.

That is why, if that concept is agitating, irritating, against life, it is your stomach which will be affected first; it is your stomach which will be upset first. If the concept is healing, soothing, for life; you will experience healing first in your stomach. So, your intestine muscle-memory can be the scale to find out whether to practice a certain principle or not. It can be the measurement method, the touchstone, to find out whether that principle is going to help you, whether it is going to expand your life, whether it is it going to raise your consciousness.



In the tantric tradition, even to find your ishta mantra, the guru will ask you to contemplate on the mantra on your navel; because, if you can't use it on your stomach, you will find out in two days.

Start bringing Integrity, Authenticity, Responsibility and Enriching to your intestine. Just start living them for a few days. The first thing will happen is a thorough healing of your navel; your digestion will increase, cleaning of prana and apana will happen. If you have any disease related to the navel, heartburn, anything related to gas, or ulcers, they will be completely healed.

You may wonder why I am bringing Integrity, Authenticity, Responsibility and Enriching to your navel!

I tell you: each concept brings a certain taste in your throat, a certain breathing pattern in you, and a certain experience in your intestine muscle-memory. If you can

just make your intestine muscle-memory experience these four principles – Integrity, Authenticity, Responsibility and Enriching – the amount of healing you will experience in the navel will make these four principles as part of your cognition.

Anything your navel tastes will become part of you. Your intestine muscle-memory is the bridge between your body and mind. Anything your mind contemplates, works on, whether it is good or bad, your intestine muscle-memory will tell you within forty-eight hours. Forty-eight hours is more than enough for your intestine muscle-memory to tell you whether you are on the right track or wrong track, whether you are functioning for life or against life. If you go to the right place, the first thing will happen to you is - you will have a settled feeling in your stomach. If you feel uncomfortable, churning in your stomach, you are in wrong place. Even if you're here, if your stomach is churning, something is wrong; you have come late, may be, or ahead of your time. Your intestine muscle-memory will directly tell you whether what you are doing is right or wrong. Usually, healing of the stomach ulcers, healing of the stomach, healing of the navel-related problems will be the first thing happening when you practice these four tattvas. I tell you, any completion will first cool your stomach.



Completion with Root Pattern is Yoga

10 June, 2013

Ramakrishna says beautifully, 'When your head becomes cool, your stomach will become cool.'

When you experience completion in the head, your stomach will have completion. If you discover your root pattern and complete with it, the first thing that will happen is healing of your navel, healing of your stomach.

I will give you a simple example of a root pattern:



When you are young, suppose your mother teaches you, 'Don't go in the rain; you will catch cold!' At that age your immune system is naturally yet to be developed; but even after you are twenty-five, when your immune system is at its peak, you don't go in the rain, and even if you just watch the rain through the window, you start sneezing, 'Achooooo!'. This is root pattern!

Whatever you internalized at a very young age, whatever you cognized in a very young age, which has imbalanced your natural existence, is root pattern. Get your root thought pattern and complete with it. The first thing that will happen is healing in your Manipuraka chakra.

Discovering your root pattern and completing it is the first step towards Yoga. Please understand, Yoga is not just moving your body or blowing your nose. No! Yoga starts when you discover your root thought pattern and complete with it.



First step in Spiritual Activism

10 June, 2013



The first thing you need to become a Spiritual Activist is a strong stomach. Means, only when you practice these four tattvas, you will have a strong stomach which can digest anything.

I can define health:

- Physical health means, a stomach which can digest anything.

- Mental health means, a mind which can digest any concept
- Spiritual health means, a Consciousness which can digest anything happening in life

I tell you, with these four tattvas – Integrity, Authenticity, Responsibility and Enriching – you will have health.

If your intestine muscle-memory can taste the healing, pleasant feeling which comes when you practice these four tattvas, I tell you, you will be successful in life! Because, only when your root thought patterns are complete, your intestine can taste the power of these four tattwas. Till then your brain may taste, but not your intestine. Only when you are in completion, your stomach can sit in a relaxed way. Sitting without restlessness can happen only if your navel is cool and healed, only if your navel is complete and healed.

Spiritual Activism starts when your muscle-memory experiences, cognizes Integrity, Authenticity, Responsibility and Enriching. I tell you, if you start living Integrity, Authenticity, Responsibility and Enriching, you will discover answers for hundreds of questions you have.



Any truth you discover is yours

10 June, 2013



You need to know an important truth. When it comes to the Cosmic question, unless you discover your answer, you will never be in peace. The 'Why?' related to the outer world can be answered by others: "Why should I drive the vehicle on the left?" or "Why should I drive the vehicle at all?" "Why" related to the outer world, can be answered by the law of the land or the outer world

science. But all the “Whys” related to the Cosmic Law, all the “Whys” related to life, can be answered only by yourself, by discovering it.

I tell you, the religion you discover is your religion, not the religion you are born into. The answer you discover is your answer. Live Integrity, Authenticity, Responsibility and Enriching. You will discover the best answers for all the questions you carry about life.

You may ask why somebody is rich, somebody is poor; why somebody is joyful, somebody is sad; why somebody has more power, somebody has less power. All of us may have only two hands; but somebody does a job equivalent to having twenty hands; somebody does the job in spite of being handicapped. Some people, even though they have two hands, their whole life, what they have achieved is equivalent to having zero hands!

Why do you think we describe our Gods with twenty hands, sometimes with one-thousand hands? Because the contribution they made when they were walking on the Planet Earth is so much, you always feel them as “Sahasra Sheersha Purusha Sahasraaksha Sahasrapaat” - “a being with thousands of heads, hands, legs”.

All these questions will be answered if you just start living Integrity, Authenticity, Responsibility and Enriching. You will discover the right answer. I tell you: anything you discover is yours. Anything you

have not discovered is not yours. When you discover your root pattern and complete with it, your whole being will be filled, your being will have the space to live Integrity, Authenticity, Responsibility and Enriching.




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Discover your root pattern

10 June, 2013

Discover your root pattern. Discover the pattern based on which you cognize your whole life. Discover the pattern on which your consciousness functions. When you discover your root pattern and complete it, only then your life starts; only then your life begins.

I have seen in my own experience, so much of human resource is wasted without discovering and completing with the root thought pattern. Before I helped my sannyasis, my ashramites, to discover their root thought pattern and complete with them, we had a hundred people, but only ten people's work was getting done! Once I helped them discover their root thought patterns and complete, I tell you, the same hundred people now are delivering work which can be done by a thousand people! Of course, I am not

going to be satisfied with it; that is different! I am not going to be relaxed about it; that is different! I will continue, continue, till each one becomes equivalent to a thousand!

Only when you completed with your root pattern, you will be able to help others to find their root pattern and complete. Only then your life will be filled with Spiritual Activism. Purpose of human life is Spiritual Activism. I can tell you boldly, purpose of any human being is Spiritual Activism. Purpose of all human life on Planet Earth is Spiritual Activism.

I tell you, even to make your organization more productive, help your team find their root thought pattern and complete it. It is literally like upgrading yourself from Windows Ver.1 to Windows Ver.8. It is literally upgrading yourself! That is the best help you can do for them and for yourself. So much of your time will be saved! You will have so much of life!

I tell you, continuously enrich every human being to find their root pattern and complete it, because it is the survival need, it is the basic need! Let's offer this as a great service to the world. It is time we help people to find their root pattern and complete it, so that they taste jivanmukti, Living Enlightenment!



Technique to find your root pattern

10 June, 2013



I will give you a very simple procedure which anyone can use to find your root pattern:

Remember the earliest incident that happened in your life which has imbalanced you thoroughly; which made you feel powerless, cornered, shattered. It may be a small incident: your younger brother refused to share ice-cream or candy with you. It can be even that simple an incident. But, it

was first time you felt powerless in your life. Try to dig out the earliest incident you remember when you felt powerless in your life.

1. Dig up that incident.
2. Relieve it as if it is happening now. Bring the past to the present.

During that incident

- What did you think about yourself?
- What did you think about life and others?
- How did you decide to project yourself to others?

Just these three - that's all!

If you discover these three statements, you will see your whole life is just a reprint of these three statements!

Your life is not a newspaper as you think. It is the same book, continuous different editions. Not even a revised edition. Same book reprint! What you wrote the first time when you felt powerless, that is your fate. But, fortunately, is not written by Brahma; it is written by yourself; so, it can be erased. That is the good news you have! That is the good news you have!

Look! Discover! You will see the same root pattern is repeating itself again and again in your life. It is time you complete the root pattern and get out of it; it is time you heal yourself and get out of it. When you heal your root pattern, you will see life completely in a way you never imagined! Life will be completely new - a new experience! I tell you, only then you will have the strength to be a Spiritual Activist.



Be a catalyst for others

13 December, 2013



Deciding to cause another's reality is what I call "Enriching". You putting yourself in the others' place and thinking through for them and deciding, 'I will cause it!'

When you start putting yourself in other person's place, especially when you start thinking through for the other person to cause another

person's reality, the first thing that happens is expansion in YOU! When you become a catalyst for others to realize what they want to realize, when you become a cause for others to experience their realities, the first thing that happens is, YOU expand, you become a larger space, you become a larger being!

When you decide that you will cause your own reality, you become a human being. When you decide that you will cause your family's realities, you become the head of the family unit. When you decide that you will cause your city's reality, you become the leader of that city. When you decide that you will cause the reality for the country, you become the head of the country. When you decide that you will cause the reality of the whole world, the reality of the universe, you become God! So, decide to cause others' reality.

All the devotees all over the world need to know, yesterday we were having a long sharing session in Inner Awakening[SM] about "Possibility". Business schools teach you only how to be busy, not how to do business. Really! They only teach you how to be busy! Being busy does not mean doing business. I tell you, real business is being a cause for everyone's reality. When you decide, 'I will be a cause for everyone to experience their reality', suddenly you will see so many people cause what YOU want as reality! Sometimes what you think as uncomfortable is only most comfortable.

Yesterday, so many Swamis were sharing what they were seeing, what they were learning, their understanding about the reality. I tell you, when you create the expanded space and expanded face of

you, you will see that you can make it into reality just like that! When you create the expanded space where you are able to think through for everyone's reality, and with that expanded space if you look at your personal reality, you can see very clearly that you can make your personal reality into reality very easily!

Your personal reality is not at all a difficult one. Continuously when you decide you will cause others' reality, I tell you, that will open up tremendous love, tremendous life energy in you! However many words I use, however many ways I tell you, only when you start doing it, you will understand the experience. The person who lives with the "hum, hum, hum, hum, hum" (me, me, me) suffers! The person who lives with "tum, tum, tum" (you, you, you) celebrates!



Make impossibilities into possibilities

13 December, 2013

Somebody asked me a question: *'What if whatever others want to cause in their life is going to harm them or hurt them?*
Then if I cause that in their life, am I not harming them? How can that be enriching? Or am I missing the meaning of what Swamiji is saying when he says we need to listen to what they really want to cause in their life?'



Please listen! Be very clear, whether you support them or not, those people are anyway going to cause what they want to cause in their lives. But when you don't want to cause it for them, you create this justification. 'No, it is harming them.' Who are you to justify? Give love, not intelligence. Be a hand, be a hand for them, not extra head. See, if that is what they want, give them that. That's all! Be extra hands for people, not an extra head!

I always tell people, 'We need only hands and legs, not heads; we have enough heads!'



Yesterday if you listened to all the Swamis sharing, the underlying current, you would have got one thing: I constantly make what you think as "impossible" as "possible" by demonstrating it in my life within the laws of human realm, within the rules and regulations of human beings, within the laws of human beings. When I play chess, I don't bring cricket rules. When I play chess, I move the coins; I don't take a bat and hit the coins! I

know when I am playing. When I am playing “human”, I am playing “human”. When I am playing “healing”, I am not playing “human”, I am playing “divine”! The rule of that game is different! I know the rules of the game. Constantly making many impossibilities into possibilities by playing with the human laws and rules and regulations, is my job. If you listen to the underlying current from everyone’s sharing, that is what you will understand.

The ability to be a cause for everyone’s reality; it is a powerful training.



Are you multi-dimensional or no-dimensional?

13 December, 2013



You need to know an important truth. Many of the recent neurological researches are proving what I am saying - either you are "multi-dimensional" or "no-dimensional"! There is no such thing as "persons in single dimension". Either you are "multi-dimensional", which means that you are able to think for everyone, or "no-dimensional", which means that you can't think even for

you; somebody else thinks for you! Either you are able to think for everyone, or you can't think even for yourself! When you start thinking for everyone, you develop that beautiful faculty, that quality. It is actually through actual thinking that you reach the thoughtless space, not the other way! It is through active thinking that you achieve "no mind" space, not the other way! It is through active thinking that you achieve the right space.

I can see very clearly, even in the life of my sannyasis and ashramites, whoever learns to teach, learns to do puja, learns yoga, everything, they are able to support everyone else also; and whoever is taking up the responsibility of supporting everyone else, they learn everything in their life also.
Cause others' reality. Rule life by power, not by fear. Politics is all about ruling life by fear, creating fear in everyone – 'If you don't do this, if you don't listen, you will be put in jail!' Ruling people by fear, ruling resources by fear, controlling resources by fear is politics! The more you frighten people legally, the bigger leader you become! That's all!

Spirituality is all about ruling with power; means, being a cause for others' reality. Here also you become powerful, but by enriching, not by encroaching. Go on enriching, become more and more powerful by enriching, not by encroaching. Become more and more powerful by enriching, not by encroaching. Either

you can say, ‘Did you see the fear in his face? I did it!’ Or you can say, ‘Did you see the crown on his head? I gifted it!’ You can be remembered in any way you want.

Somebody asked me the question, ‘Being a hand in fulfilling others’ reality gives me a personal satisfaction. Then is this considered a hidden agenda?’



No! That personal satisfaction is called “Completion”! That is not a hidden agenda. That is your right! That is the space you have to be in! That is your right!

Go on, go on, go on being a cause for fulfilling what others want as reality. If you are a priest, be a divine channel for everyone to experience their reality. Only then you will see that you are integrated to your profession. When you are doing puja or homa, be a cause for others to realize their reality. If you are a doctor, be a cause for others to realize health. When you live, when you start living, when you start living being a cause for others’ reality, then you will understand what I am saying. The amount of energy expressed, the intensity coming out, the intelligence expressing, how you become the source of energy, intelligence, knowledge… unimaginable!





Completion leads to Creation

17 July, 2013

Listen: Only in the space of completion, any creation happens! Only in the space of completion, any creation CAN happen!
Without creation, life is frustrating!

Till the age of forty, your blood will have a natural excitement, your life will have a natural inspiration. But within those forty, if you don't develop the space of creation, when your blood cools down after forty, life will be hell! It will be frustration!
Why do you think people become Romeos after middle-age, after forty? Because they suddenly realize that they have not created the space of creation!

I have a story:

Son says to his father, ‘Dad, I want excitement, adventure, money, and beautiful women. I will never find it here at home. So I am leaving. Don’t try to stop me.’

As the son headed for the door, his father also followed him.

Son says, ‘Did not you hear me? Don’t try to stop me!’

Father says, ‘Stopping you? No, I am joining you!’

It's true! I tell you, till the age of forty, whether you want it or not, your physiology carries the space of creation. Means, you can become a father or mother. But within that age, let your psychology also create the space of creation! Let your inner space also develop into the space of creation. If you miss that, when your physiology loses its possibility of creation, you will fall into the worst depression! I tell you, the worst depression. That will be a very big frustration.

Creation expects you to experience the space of creation in body, mind and consciousness before you are forty.



Life starts with Completion

17 July, 2013



When you are born, by default, you are born with the body which has the space to create another body.

The body you have naturally carries the space of creating another body. But before your body loses that quality, let your mind be evolved, to create the space of creation, which can happen only by completion. And, before your mind loses the space of creation, let your consciousness create the space of creation.

That means, before your body falls, before your mind fails,

develop the space of creation in consciousness - so that you can just flow into that, when you leave your body and mind. Build the consciousness which can help you experience creation. Build the consciousness which will let you experience creation.

I tell you, every moment, either your incompletions use you, or your completion uses you. If you are filled with incompletion, nobody can give you peace. Not just me - no guru, no god, can give you peace when you are filled with incompletion. You may try to act as if you are peaceful. Moroseness is not 'peaceful'! Not being active is not 'peaceful'!

A disciple asked the Master, 'O wise, all-knowing one, O great Master, take me to the realm of perfect peace.' The Master said, 'if I take you to that realm, that realm will be no more peaceful!'

Till you achieve completion, peace is impractical, because you are not at peace within.

Life starts with completion; suffering ends in completion. Do whatever you want, but somehow learn the science of completion and complete - you will see new life! You may be doing anything in your life, but the science of completion is a basic necessity, basic requirement, for life to happen in you.



Self-doubt is poison

17 July, 2013

Complete with your confusions; complete with your self-doubts; complete with your sleeping pattern, complete with your pattern of always withdrawing from life.

Sleeping is nothing but withdrawing from life! Sleeping is nothing but resisting life, feeling that life is too much. You feel that life is going above your head; that is why you just shrink and coil yourself, wind up, close the shop, and hang the board "Shop Closed"! Sometimes, because of too much traffic happening in the shop, you close the shop and hang the board "Shop Closed".

First thing, even before completion with yourself, you have to complete with your self-doubt pattern. I tell you, the moment you create a disempowering cognition about you as your inner image, and an 'alternative compensating cognition' as your outer image, you will simply have self-doubt.



Please understand, the moment you have a disempowering inner image and you project a very powerful outer image, you will have self-doubt. Self-doubt will become part of your very being.

When you live with that self-doubt, life becomes hell; whatever you do, you will carry that self-doubt. Self-doubt is the poison! First, complete with that self-doubt!

I think all the kids should be taught this lesson first: completing with the self-doubt. Only that will bring stability! Till you complete with your self-doubt, stability can never be brought in your life whether it is a gurukul kid, or a sannyasi, or a sannyasini, or a devotee, or a participant. The self-doubting pattern should be cleared, completed.

A kindergarten teacher was observing the children while they drew their art. She would occasionally walk around to see each child's work. As she got to where one little girl was working diligently, the teacher asked what the drawing was.

The girl replied, 'I am drawing God!'

The teacher paused and said, 'But honey, no one knows what God looks like.'

Without missing a beat or looking up from her drawing, the little girl replied, 'They will know in a minute!'

Understand, the power of not doubting the Self! When no one knows, then whatever I declare is the truth! Only if somebody else also thinks they know, there is competition!

See, all inventions are nothing but the first declaration, the earliest declaration. Then naturally, there was research and development. But the development will happen only after the first declaration. So the man

who wants to declare first should have a being without self-doubt. All first declarations come out of only people who complete with self-doubt. All first declarations, the great first declarations, come only out of the space which has no self-doubt.



Don't destroy your possibilities

17 July, 2013

Understand: self-doubt destroys every possibility in you. Self-doubt removes all the higher visualizations. All possible higher visualizations are corrupted by self-doubts. All possible higher visualizations are snubbed in the very level of bud itself, by self-doubt.

Self-doubt is a goat which destroys forests! In all the forest areas you will see big boards, "Goats kill forests". You may think, "How can goats kill forests"? Because they go and swallow all the trees when they are just sprouting, when they are coming out, when they are starting! So, forests can never happen where goats are. Goats and forests can't live together. Same way, self-doubt and creation can't live together.

Complete with the self-doubt. Complete with that pattern of self-doubting - constantly doubting yourself. Self-doubting is a crime, because it is equivalent to '*atma-hatya*'; it is equivalent to suicide. Self-doubting makes you doubt everything. Actually, the self-doubting pattern is the root cause of atheism.



A person who does not doubt the self, he will doubt the right things which need to be doubted, not the wrong things. A person who carries self-doubt will doubt all the wrong things; and will not doubt the things which he need to doubt, and he will miss.

I have a story:

Children were lined up for lunch in the cafeteria of a Catholic elementary school. At the head of the table was a large pile of apples. The nun had posted a note on the apple tray: “Take only one, God is watching!”

Moving further along the lunch line, at the other end of the table, was a large pile of chocolate chip cookies. One child had written a note: “Take all you want, because God is watching the apples!”

Carrying self-doubt, you will doubt whatever should not be doubted, and you will not doubt what should be doubted. Even doubt can really even help you only if it comes out of the completion with self-doubt. If you don’t have self-doubt, even your doubt can create inventions! If you are filled with self-doubt, your doubts will only create destruction, never creation.

Constantly doubting whether you can make it or not, whether you can make it or not, whether you can make it or not, does not allow your Kundalini to be awakened, does not allow your DNA layers to be awakened, does not allow your mitochondria cell energy to be awakened. Completion with the self-doubting pattern means awakening the Kundalini, awakening your mitochondria cell energy, awakening your DNA layers.



What is your most natural understanding?

05 June, 2014

Today I wanted to expand on this one truth – *hridaya guhya dahara vidya*!
In all of us, please listen, in all of us there is a strong cognition which is spontaneous for us, which forms the core of our heart, the core of our being, which is cherished in the cave of the heart - *hridaya guha*. All of us have *hridaya guhya dahara vidya* in our heart cave - a natural understanding, a spontaneous flow of knowledge.

For some people, 'I am this body' is the *hridaya guhya dahara vidya*. They function, think, do everything with that understanding 'I am this body'. From morning till night, painting and cleaning, externally and internally, takes the whole day; internal washing, cleaning, filling, external washing, cleaning, painting, takes the whole day. Even the little remaining time they have, they will be working for this.

Some people think, 'I am the mind'. For them, name and fame, rewards, the joy which comes when others praise them, that is them. If that becomes your *hridaya guhya dahara vidya*, your spontaneous knowledge about life, so you run behind that stupid Nobel Prize your whole life, and finally, you get rejected and dejected... but you still go on teaching other people 'How to Live'!

You need to understand what is actually your *hridaya guhya dahara vidya.* What is your spontaneous cognition in your heart cave, what is your inner image, outer image, life image and others image, spontaneously what do you think, spontaneously what you understand, spontaneously what you carry.



I wanted every one of you to know, spontaneously what you carry is what you brought from the past birth. My *hridaya guhya dahara vidya*, the spontaneous cognition, the knowledge I brought in my heart cave, is completely aligned to all these four images. That was my spontaneous flow of life. I want to repeat this again and again till you understand – align all these four constantly in the best way - what you feel inside you as you (inner image), what you declare outside you as you (outer image), what you want others to experience as you (others' image), what you feel about others and the world (life image),

The life happening in you, you feeling 'I exist' every moment is life energy. You can infuse that life energy into whatever you want. If you constantly think, 'I have so much of self-doubt, I can never be successful', the more and more you associate yourself with that idea, it becomes alive. Understand, in the beginning, you may not be able to change what happens outside you, but you will be able to always change what happens inside you. So, decide that even for few minutes you will not empower or energize the concept that you are struggling, you are a failure.





Hard work is ignorance

05 June, 2014

A few days back, one of my Swamis was telling me, 'Swamiji, I complete and get out of many problems, but again I fall back. Again I complete and get out, but again I fall back.'

Understand: you want to enjoy this personality! You are enjoying this space. You want to empower this idea of 'I rise and fall, rise and fall', because you must be enjoying the effort, the hard effort you are putting in, understand?

Hard work is nothing but ignorance; you don't have intelligence to do smart work! If you are stupid enough not to do the smart work, what you do is called 'hard work'. And if you enjoy hard work, nobody is going to say 'No' - but you are stupid!

Why will you complete and come out, and again fall into the same ditch, and complete again and come out? Because you choose to empower the cognition, 'I am a struggling, sincere seeker! Because you set a standard for yourself long, long ago, 'Who knows whether I can ever achieve anything? So let me be a good seeker at least! I don't think I can achieve. That is not possible for me. But I will be a good seeker!' ' And maybe that is the way you try to get others' attention. 'See, I am struggling and coming out.' Stupid thing! Nobody is ready to listen to your struggle, understand? How much ever you try to decorate your struggle, nobody is ready to listen to your struggle unless you win the game. Only when you win the game, your struggles are garlanded, respected, worshipped! Your struggles by themselves have no respect, no worth. So, decide to win the game now.



Empower the right cognition

05 June, 2014



Every moment your life, you empower so many different cognitions. *'I am struggling.' 'I can't achieve it.' 'I can achieve it.' 'I have achieved it.'* All these are just various cognitions, various balloons. You can fill the gas in any balloon. Your life is the gas. You can fill the gas in any balloon.

Why do you want to waste your gas into the stupid

balloon '*I am struggling?*' Complete it. Get rid of it. Fill the balloon of 'I have achieved.'

Then, see what is the qualification of a person who has achieved?

Always be aligned.

I wanted to expand on this aligning a little deeper.

Morning when you wake up, just ask yourself:

'An authentic person who lives Advaitha - how he will wake up?'

'He will just wake up like Mahadeva and bless the world.'

'How will he shower himself, clean himself?'

'Gracefully!'

'What he will do next?'

'Whatever I am doing, is it aligned to my identity which I want to build as my inner image, which I want to show as outer image, others' image and life image, which I want to take the responsibility for?'

The moment you decide, 'Yes, this action has to be done if I want to have this outer image', after that there is no question of conflict, no question of contradiction, no question of anything else! No question of conflict, no question of contradiction, no question of anything else.



What is Spiritual Practice?

05 June, 2014



Clearly deciding now, what you want to build in your whole life, and always aligning your action to it: this is what I call 'spiritual practice'.

In my case, I came with the clarity of what I want – Integrity, Authenticity, Responsibility and Enriching myself and others - and my actions were always aligned to it. That is why I claim that I am 'born enlightened', understand? It was very clear, a spontaneous expression.

Every moment, let your thinking be aligned to what you want

to show you as you to the world (outer image), what you want to feel as you to you (inner image), what you want others to feel as you (others' image), and what you want to feel as the world and life (life image). Again and again and again, align yourself to that authentically.

The best inner image you want to have, best outer image you want to have, best others image you want to have, best life image you want to have, how much ever you think it is difficult, IT IS ACHIEVABLE, be very clear! The idea of your difficulty is nothing but your SDHD (self-doubt, self-hatred, self-denial).

I will give an example: If you are driving on a hot road during the summer, at midday, sometimes you will see a mirage of water on the road. It will literally look like a large water body in the middle of the road. But do you need to bring big motor pumps and pipes, and drain that water for your car to move ahead? No. You just need to understand it is an illusion and drive on. Same way, your SDHD, you don't need to be struggling with it. You just need to know it is your SDHD and move ahead!



High Self-Drive is Life

05 June, 2014



I tell you: anything can be given up in life, anything can be lost, not one thing: self-driving motivation. If just that is maintained, everything is done – having high self-drive in anything you take up. High self-drive is life; not having high self-drive is death, that's all! That's all is life. Whenever you lived with a high self-drive in your life, you were alive. Whenever it is

lost, you are dead.

Don't remember the moments of money as important moments in your life. Don't remember the moments you have been rewarded, awarded, as the important moments of your life. Don't keep those stupid photographs in your house, of your graduation or your lottery winning, as your important moments of life. No! When that stupid cap was put and that certificate was given in your hand, you became intelligent? Don't keep that as a memorable moment of your life in your house. Don't keep that stupid marriage photograph, your graduation photograph, all that, as the memorable moments of your life. Your first baby, you bought a new house - don't keep all these as memorable moments of your life. No. All this happens as an accident! You can name them - 'Social accident moments of my life'. Keep them all in archives in your house, 'social accident moments of my life'.

Those moments when you had a high self-drive are the most memorable moments of your life. The highly inspired self-drive moments you had in your life, the memories of those moments, the achievements of those moments - keep these as the memorable moments of your life in your house. It might have been as simple as this: you took a lawn-mower and mowed your whole lawn, or you took a vacuum cleaner and cleaned your whole house. It can be as simple as those moments. Or you decided to hike on the mountain and went on a hike, or you decided to swim and swam for two-three hours, or you decided to go for a long

Perpetual Completion session and sat for three-four hours in the space of Completion; it can be as simple as any one of these. High self-drive moments should be respected, celebrated, worshipped and remembered as the memorable moments of your life.

But only when you were living in the high drive – it can even be in your office, without bothering about what money is going to come or anything, you just sat for ten days and finished a project – those are the memorable moments of your life. They only need to be repeated, understand? The dharmic high self-drive moments you had in your life are the moments to be celebrated, experience to be cherished, inspiration to be kept alive, life to be re-created.



Come to the space of Advaitic Activism

05 June, 2014

Again and again and again, align yourself to your declared best inner image, best inner image, best outer image, best others image, best life image. See how you can become more and more authentic to your best inner image, best inner image, best outer image, best others image, best life image. Understand: any doubt you have, any idea you have that you cannot achieve these four, is SDHD - self-doubt, self-hatred, self-denial.

Do not encourage SDHD in you. Let the external situation not create SDHD in you. Constantly completing with your SDHD and aligning yourself to your declared best identities - that is what I call 'Advaitic Activism'.



Advaitic Activism is my life. Advaitic Activism is my message. I expect Advaitic Activism to be your life, and Advaitic Activism is our collective life. Understand, you need self-drive to complete your SDHDs. No one can complete your SDHDs for you. That is the only thing even Guru cannot do for you. Everything else Guru can do, and only Guru can do. But completing with SDHD, even Guru cannot do, only you can do it to yourself. That is the freedom you have – to live or leave your SDHD. Just decide: living with SDHD feels good, or leaving the SDHD feels good?

Again and again and again, demand authenticity from yourself. I tell you: if you retain your self-driving inspiration, whether you are a grihastha or sannyasi doesn't matter, you will become enlightened. If you lose your self-drive, whether you are a grihastha or a sannyasi, be very clear, you will be a failure. It is

SDHD that matters. If you complete with SDHD, you achieve it. If you are suffering with it, struggling with it, your life becomes hell. It is SDHD that decides whether your life is going to have the self-drive for enlightenment or not.

SDHD is like cow-dung. If it is dumped on a diamond, even the diamond will be covered; even the diamond will lose its shine if just ordinary cow-dung is dumped on it. But even if the cow-dung was on the diamond for a thousand years, the moment you wash off the cow-dung, the diamond will again shine in its original glory. Same way, even if you have been suffering and struggling with SDHD for a million years, if you just wash off the SDHD now, your inner glory will shine again.

Come to the space of Advaitic Activism. The more and more you align yourself to your declared best inner image, best inner image, best outer image, best others image, best life image, the more and more you tune yourself to that, the more and more you become authentic. The more and more you become authentic, the more and more you live enlightenment, you live Advaita.





The Science of Powerfulness

19 September, 2014

I tell you, if you don't have fear and if you don't cherish enmity towards someone, no enemy can do anything to you. Whatever they may try, no enemy can do anything to you. It is the law of life. Only when you have fear and you accept them as enemies, they have power over you, they can influence you, guide you as they want, they will tell you what they want and what they don't want from you, and you will constantly

have to be running for their sake. Either you will do as they want to escape from them, or you will do the exact opposite, just to prove to them that you are more powerful than them. Both are foolishness!

Just do what the world wants from you. Just do what you need to do for the world. Just see how you can enrich the world. In any of your decisions, your enemy's decisions should not be mixed, understand? Directly or indirectly, if your enemy's influence gets mixed in your decision in any way, it is like dropping poison into milk. Never allow your enemies to add their influence to your decisions. If you accept their enmity, then whatever you do, you are bound by them, guided by them, threatened by them, thrashed by them, and, at the end of the day, when you look back at your life, you would have been manipulated and used by them, you would not have lived what you should have lived, you would not have contributed to the world, you would not have enriched the world as you should have done; you would just have wasted your life answering them directly or indirectly.

Directly or indirectly, if your enemy's influence is there on your thinking or decision-making, it is equivalent to getting poisoned. Understand? It is equivalent to getting poisoned! Don't do it just because you want to escape from your enemy. Don't avoid doing just because you want to escape from your enemy. Or don't do something just because your enemy does not want it. Or don't stop doing something just because your enemy does not want you to do it. In any way, don't allow the influence of your enemy

directly or indirectly into your thinking. Don't do something just to irritate them. Don't do something just because they don't like it. Don't do something just to show that you want to do something against them. Positively or negatively, directly or indirectly, your enemies should never be able to influence you.

Look at the actual world to whom you need to cater, to whom you need to serve, to whom you need to offer, which needs to be enriched by you. Let them be in front of your eyes, let them be in your cognition. Let them be influencing the way you think, speak, behave. When you speak, don't think only others are listening. Even your own inner being is listening! When you speak out some good things, encouraging things, things which put you in powerful state, strength, the kind of joy you radiate, the kind of clarity you radiate not only fills others, but fills you also!




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Don't let anyone influence your thinking

19 September, 2014

Sometimes, when people ask for sannyas, I don't give them. I tell them, "Wait!"

It is not that they are not sincere, but even they cannot handle themselves when they fall into depression. Even they cannot handle themselves when they fall into depression. Only to those kind of people, I say, 'Wait, wait, wait!'

Understand, when you accept an enemy request from people or situations, you will land up in that kind of powerless state where even you cannot handle you! That is the worst hell, understand? Cherishing the style of thinking which empowers you, strengthens you day by day, more and more, is Liberated Thinking. Day by day, if your health is getting better, you are growing younger, you are going to live longer. If day by day, your health is deteriorating, going from bad to worse, you are not going to live longer.

Sankhya teaches you the science of Liberated Thinking, where no one can have influence over your thinking, no one can have power over your thinking, no one can have any say in the way you think, act. The complete liberation, complete spiritual liberation, you will experience when you don't cherish enmity with anyone.

Sometimes, in politics, a few political leaders spend their whole day in taking revenge on one other. So, their real contribution to the world never happens! In vendetta politics, development gets lost. I tell you, when you accept the enemy request, you lost your power, you lost the goal of your life, you cannot enrich the world, you cannot do what you are supposed to contribute to the world. That is why I always tell people: whoever cherishes enmity towards me, I never call



them "my enemy", because I never accepted their enmity! I never reject any friend request, and I never accept any enemy request. I don't reject any friend request anywhere in the world, and I don't accept any enemy request. Don't accept any enemy request; it will distort the way you think.

Like vendetta politics takes away the growth of the nation, you will not be able to contribute where you need to contribute. You will be too busy. Your enemy will cover you up completely. You will be disconnected from reality.



Prove your power through Enriching

19 September, 2014



Day by day, if your thinking is becoming more and more clear, powerful, intelligent, you are going to live longer. If your thinking is going from bad to worse, suffocating you, you are going to suffer the worst thing: you will be ideologically imprisoned! The worst suffering which can

happen to a human being is: ideologically imprisoned! Instead of Liberated Thinking, you will be carrying Suffocated Thinking.

Suffocated Thinking destroys you. You may have any amount of money, you may have any amount of power, you may have anything, but as long as you have Suffocated Thinking, you will be destroyed! You will be suffering! How to liberate yourself from Suffocated Thinking and complete with all the incompletions and bring yourself to Liberated Thinking and go on contributing what you need to contribute to the world, go on adding to what you need to add to the world, go on enriching what you need to enrich the world?

Understand, each one of us have happened to enrich the world, not to just get destroyed and get distracted in stupid enmity and silly fights in life. I tell you, all fights are silly, because, the moment two people stand up to each other, opposing to fight, both of them become silly! All fights are silly! Person who contributes, enriches the world, he is the most powerful, matured being. I tell you, don't allow your enemy to make you look silly.

And I have a good news for you: Nobody can force their enemy request on you! Only if you accept, their enemy request will have value. Nobody can force enemy request on you. So, understand, be in the powerful space. Never ever allow or accept enemy requests. So, you can go on contributing what you need

to contribute to the world, you can go on enriching the world, adding to the world, contributing to the world.

See, all enemy requests come from a very weak space, powerless space.

A powerless man will always say, 'I will show you what I can do to you by trying to destroy you!'

A powerful man will always say, 'I will show you what I can do to you and how much I can enrich you.'





Complete even with the Unknown

08 December, 2013

Today is the day for Completion with others! Not just with other human beings in our life, but with everything!

Today in Inner Awakening[SM], you will talk to the trees, ocean, hill, pets, friends, relatives. Actually, some are trees in your life, some are oceans in your life, some are pets in your life. There is no difference actually

inside! So, inside how you feel with the pet as you complete with others and life today.

Yesterday's Vaak Siddhi initiation was specially to complete with others and life today. I programmed it in such a way that all of you will complete today with everyone in your life with the power of your words, shift the listening of the listener. And even if you want to complete with me, finish it today. I am always complete, so don't worry. So I am not going to sit and listen to you. Maybe, you can sit in front of my photograph and finish it. If you have any incompletions with me, complete with that also.

Complete with everything, with everyone. When I say 'ME', I mean all that I represent, which is everything that is unknown in your life.

Listen: I am the totality of the unknown your life. It is a very subtle truth. So, whatever you call life, God, Nature - if you are not able to pinpoint anybody as a reason for your incompletion, put that on me. That's all. See, I am the vyakta of avyakta for all of you. I am the manifest of the unmanifest for all of you. So naturally, all the unknown incompletions, dump it on me and be complete with it. I am almost like a large dustbin for all of you to dump all your unknown incompletions. Actually Master is expected to play that job. And it is my responsibility to complete all your unknown incompletions. If you are depressed for no reason, if you are moody and you are not able to find any reason, then naturally, on whom does that incompletion fall? Me only!

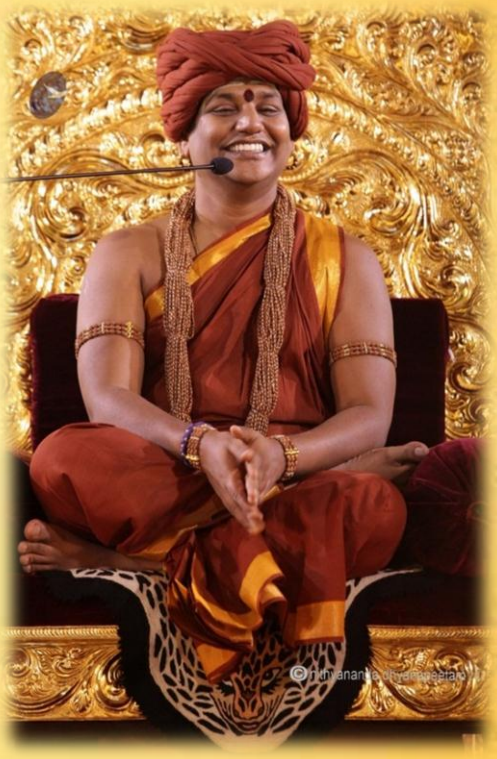
Today, try your best to complete with as many persons and as many things as possible. Completion with others will make you experience Shuddha Advaita, the pure oneness, or non-dual experience. Even

‘oneness’ is not the right word; it looks like ‘ekatva’. No, oneness is not the right word - non-dualness; Advaita means non-dual. With Advaita, you will experience the infinite under your ability to grasp. Infinite becomes your experience!



Advaita is not Oneness!

08 December, 2013



Understand: what you are listening to today is going to be one of my breakthrough contributions to the whole Hindu philosophy, Sanatana Dharma, because the modern-day neo-Hindus are suffering without understanding this word 'non-dualism'. Tons of questions! 'If non-dualism means oneness, then how can so many gods be there?'

Please listen, today I am defining 'non-duality'. Non-duality is not oneness. Non-duality means: 'Infinite, but able to grasp'. You will expand to grasp the infinite; that is Advaita, non-

duality. It is the intellectual criminals like Max Mueller and Max Muellerian translation of our Vedas which abuse our Vedas, by translating non-duality as oneness, which is not right. They tried to translate by using the word 'monism'. No! Advaita is neither monism nor oneness. Advaita means 'non-dual'. 'A' + 'Dvaita' – 'not two'. 'Not two' does not mean 'one'; it means 'Neither one nor two'. Uncountable!

If I have to translate the word 'Advaita' with the clear meaning and interpretation from practical experience, this is the experiential expression of Advaita: 'Advaita does not mean oneness, Advaita does not mean monism, it means there is no two, there is no one, but infinite; everything is infinitely powerful'.

That is why the Sanatana Hindu Dharma allows all of us to be gods and not fight with each other. All of us are gods and we don't need to fight with each other, we don't need any superior body to guide all of us, to rotate all of us, or to put a traffic signal for all of us. Are the planets having any traffic policeman to put signal? No! They are all independently intelligent! All of them exist as independently intelligent... all of them exist and all of them are ultimate. There is no need for a superior body. Same way, all of us are gods and there is no need for a superior body. You realize your potentiality, you establish yourself in the space of Completion, you are God! That's all!



Truth cannot be grasped by Logic

08 December, 2013

The religious terrorists who are forcing their beliefs about one god on Sanatana Hindu Dharma, either by conversion or by intellectual terrorism, force us to believe that Hinduism also believes in one god. As the apolitical, legitimate, clear voice of Hinduism, and as Mahamandaleshwar of Mahaniravani Peeth, I tell you - do not believe in one god! Ultimate experience of Hinduism, Advaita, does not support the idea of one god! The experiential expression of Advaita is, infinite gods, all infinitely powerful, without any need for any one superior or supreme personality or supreme godhead! Because your logic cannot grasp it before you experience it, we reduce it to the understanding of our logic.

Truth reduced to the understanding of our logic is not ultimate truth. As an experiential expression of Advaita, Vedanta and Advaitic principles, today I wanted to make this understanding clear to all of you, and this will be the official stand of Nithyananda Dhyanapeetam for all questions related to God. This is



the stand of all the Vedic rishis. Only this experiential expression answers all the questions created, all the questions come up by all philosophers.

Understand, with this experiential expression – 'infinite gods, each one of them infinitely powerful' – you can answer all the philosophical questions of Visishta Advaita, Dvaitha, Shuddha Advaita, Bheda-Abheda, Advaita, Advaita Siddhanta, Advaita Vedanta, Shaiva siddanta, Sankhya, Darshana, Patanjala, Yoga, Uttara Mimamsa, Poorva Mimamsa, Nyaya, Vaiseshika, all the principles, all the philosophies, all their questions about God, including agnostic philosophies like Buddhism, Jainism, and atheistic principles like..... All the questions, the Sanatana Hindu Dharma's basic truth, only this can answer all the philosophical queries, questions and complications created about God.

And, I tell you, in the future I will be remembered, known for this experiential expression, contribution, because if you have a little intellectual background, you know the whole Hindu pundit community is suffering with these questions. Most of them just give up these questions and just get stuck with their

family beliefs or the monastery they are associated with, or the tradition they are associated with. They just live with that belief and die without seeing the end of their seeking. Today, I am revealing one of the highest experiential expressions of pure Advaita, non-dualistic philosophy's truth, which forms the core of Sanatana Hindu Dharma. Hinduism believes in infinite gods. All of them infinitely powerful without any requirement of one superior person, body, godhead, personality to guide or regulate the infinitely powerful infinite number of gods. When you complete today with everyone; this will be your realization!





Hinduism has no supreme God

08 December, 2013

I break the myth of oneness, I break the myth of supreme personality of godhead, I break the myth of requirement of a supreme personality. Please understand, I break the myth of supreme personality of godhead, I break the myth of oneness, I break the myth of the necessity for a supreme personality.

The truth, the experiential expression of Shuddha Advaitha which I experienced, which I am imparting to all of you, which all of you will experience, only this truth can solve all the intellectual queries, questions: 'Is there a God? Are there multiple gods? Is there one God? Then who is multiple? Who are all multiple? Who is the One? And who is superior? Then who selects who is going to be superior? How can one be superior? What about the Devi Bhagavatam which declares that only Devi is superior and all the 10 incarnations of Vishnu came out of the nails of Devi? And what about the Vishnu Purana, which declares all the gods and goddesses, including Devi, everybody, are just one of the dreams of Vishnu? And what about the Shiva Purana, which declares that all the gods and goddesses are just dust which flies when Mahadeva walks?' Where is the answer for all these questions?

'Then what about Guru Gita, which declares that all the gods and goddesses are just the 'charanamrrta' of the Guru?' Where is the answer for all these questions? Then are we a completely confused religion! Are we just a bunch of few old people who drank 'soma rasa', and their illusions and fantasies? No! We are the most powerful, most sophisticated, most intelligent, most cutting-edge presentation of the truth, left with the possibility to evolve more and more, open for the possibility of updation!

I tell you: the whole Hinduism was working to evolve to this understanding, to evolve to this realization. What I am speaking today may look like a very simple declaration, as one of the statements in the

everyday morning satsangh, but you will see, the whole of Hinduism is going to be revolutionized by this understanding! The whole humanity is going to be revolutionized by this one understanding of infinite gods who are infinitely powerful, without the need for a supreme personality of godhead, or a supreme authority to guide. You will see, the whole concept of God is going to be rewritten by Himself!



Advaita – the answer to Atheism

08 December, 2013



The experiential expression of the truth of Advaita will answer tons and tons of questions and solve so many confusions.

I tell you, these confusions led many people to become atheists, or many people stopped seeking, and they don't care anymore about these intellectual debates, because it is too confusing, too much, it is going above their head. So they decided 'No! Enough!' No, really! It is almost like the expression you have when your wife argues with you. First truth you need to know: No debate can be solved! That is why it is called a 'debate'. Which argument leads to the further possibility, and which

helps you most for further exploration, should be declared as the final word of any argument.

Debates are not for finding a solution, but to find the final word. The final word of any debate should be: What is the statement which allows the possibility of further exploration? The statement which allows the possibility of further exploration should be the final word of any debate.

I tell you, if we re-cognize all the greatest intellectual questions of all the greatest intellectual philosophies on Planet Earth with this experiential expression of the declaration about God – 'without any need for one supreme personality of godhead guiding or ruling' – if you start answering with this experiential expression, if you start re-cognizing all the intellectual questions of all the great philosophies on Planet Earth, two things will happen: first, you will have intellectual clarity, and second, you won't give up your seeking; you will be going to the next level of spiritual understanding.



You are infinitely powerful

08 December, 2013



An incarnation's responsibility is to lead humanity to the next level. I have to raise you in all the uncertain aspects of life, at least one level further to certainty. I have to lead you into the unknown, making at least one level further known to you; at least one aspect of the unknown I should make known to you. I should lead you at least to certain level of certainty, making at least one bit more of this vast 'avyakta' as 'vyakta' to you.

If you already know many things, I should lead you at least one step further; I should add to your known. I tell you, I am satisfied that I have done this job just by this one declaration, which solves all the questions of all the fights, all the debates, all the conflicts, all the controversies related to God. I name this experiential expression of Advaita as 'NITHYANANDAM'. Giving this experience to all of you is the purpose of the program 'Nithyanandam'. The purpose of this program is to give this experiential expression as your experiential expression.

Complete with others and life; you will experience what I declared today as 'Nithyanandam'. When you experience this great truth, your life will change in tons of ways, because you are going to experience that you are God. You are going to experience that your worst enemy in life is God, you are going to experience that your best friend in life is God, you are going to experience that your pet is God, you are going to experience that everything in and around you is God! Not equally powerful, but infinitely powerful! Understand, I am not saying all of us are equally powerful, I am saying all of us are infinitely powerful! It is up to us to express our infinite power.

Each time the human brain evolves to the next level, to grasp the next level of understanding, a person opens up and reveals the knowledge of the next level. That person who jumps out and reveals the knowledge is called 'Incarnation'!

With this experiential expression, now start re-cognizing all the questions which you left unattended. I don't want to name this as a philosophy; I only want to call this as an experiential expression of infinity.

Nithyanandam is the experiential expression of infinity. With the revelation of this great experiential expression, from this context, I bless you all to do Completion with others and yourself; you will experience this experience! Today, from this context, all of you sit, and I commit with you all, I will mirror my neuron activities in your brain!

I will move to the meditation process or the mirroring neuron process. I will call this process as 'Upanishad'. 'Upanishad' is nothing but a Master getting into a space and letting the disciples sit around and mirror his neuron activity in their brain. That is Upanishad. So, sit in Upanishad with Nithyananda for 'Nithyanandam'!



Complete with your body

07 December, 2013

I want all of you to understand these different dimensions of Completion. Completion is like a key, 'master-key', to open all the best things of your life to you. How to apply the key in different doors is what you need to learn.

First, not only can Completion be used to complete with all your past incompletions, Completion can be used even to complete with all the sufferings you are attracting from others. Please listen, when you are angry, agitated, you will force everyone who comes around you to be angry and agitated towards you – mirroring neuron activity. Whatever you are, you will force everyone around you to react and respond in the same way towards you. Completion can be used as a key to complete not only with your past incompletions, but even the past incompletions you created in others. And Completion can be used to complete all the incompletions you have with life. See, if you think, 'Life always brings bad things to me.

Anything I try, in the last moment it will fail' - these are all also again mirroring of your neuron activities into life. Completion process can be used even to complete with life. That is what I did to handle this over-heating of the body.

In Ayurvedic tradition, there is no testing on animals. Every physician has to test on himself. There is a rule! There is a rule that he has to test on himself, and he has to test on his inheritor., who inherits his



"sthaana" (position), who is going to be the next vaidya (physician), means literally his son. Legally, may not be his son, but literally his son. Sometimes, some of the Ayurvedic vaidyas are sannyasis; so he has to test on the first disciple who is going to sit on his seat, so he has to be careful in preparing the medicine. No animal testing is allowed. And the masters of Ayurveda, they also give the protection: 'Never will your health be destroyed by any of this testing!' They have given the ultimate protection!

So I have a little cough and cold... nothing but cleansing, a very powerful cleansing. That is why, yesterday I was saying that, even though you should not take this dosage regularly, once in a year you should take one week off and take this dosage and allow the cleansing (laughs). It's literally like you see in animation movie, how they show the Vishwaroopa - the heat coming through all the mouths! It feels like that, but I tell you it is a powerful cleansing.

I completed with the body, with the need to be in a very balanced state all the time. See, each body gets addicted to something. A person who likes eating, he gets addicted to the hunger mood; all the time his body will enjoy the hunger and retain the memory of the hunger. A person who enjoys sex, all the time his body will retain the mood of lust. Lust is also a kind of hunger only. Same way, the person who enjoys violence, shouting, screaming, throwing his weight around... he retains a certain heat and agitation in the body; he settles with that pattern. Each body gets comfortable with certain patterns. An enlightened body gets comfortable with a balanced pattern; all the three doshas in a balanced way. It's a very sweet space

to be in; a very joyful space to be in. You will feel almost like you don't have a body. All the time you will feel you are floating. You won't feel you are on the ground. Whether you are walking, or talking, or dancing, or jumping, or living... whatever you are doing, you will not feel at all that you are on the ground. If you observe me deeply, you will see me carrying that space. Especially if you live around me, you will see that all the time I am floating. It's a very beautiful space, but the body gets addicted to it. Even a little heat, this way or that way, it feels, 'Aah, I don't like this, I don't like this... I want my balanced state back.' It's very good, to have that balanced state; but whatever is said and done, you should not be addicted to something.

So just yesterday I started completing with my subtle liking of being all the time in the balanced state. And I am seeing today - the whole cleaning is happening. If you want to be in that balanced state always, even cleaning cannot happen. For cleaning, you have to be imbalanced; only then things will come out. Once I completed with that, now I am seeing that the cleaning is happening, and the system is getting back to health.





Align your day to Enriching

07 December, 2013

You can complete with your body. You can complete with your patterns. You can complete with your life. You can complete with everything! You can complete with your poverty pattern. You can complete with your ill-health pattern. You can complete with your addiction patterns. Completion is the powerful key you can use to transform your life as you want. I tell you, Completion is the best exchange currency you can carry anywhere you want. When you are in the body or after you leave the body, Completion is

the only currency will work. Completion is the currency which will work anywhere in the Cosmos, Kumbhipakam or Indralokam. Indralokam is the highest heaven. Kumbhipakam is the lowest hell. Lowest hell to highest heaven, Completion will work as the best currency, the best asset. Completion is the best asset you can accumulate.

People tell you, many times you would have heard, 'Accumulate a lot of punya (merits); it will be useful in heaven. Only that will come along with you in heaven.' The space of Completion is the real punya. So today, in the Inner Awakening[SM] session, we will be working on completing with life.

Understand: if you are living with poverty or inadequate wealth, you need Completion with your wealth pattern. You can complete with the poverty pattern you are carrying, and surely you can expand, and make yourself rich. Because wealth is nothing but the mental set-up you carry. With the right mental set-up, simply you will attract wealth. What is wealth? How much you are useful to society, that much society pays you - that's all! And once you understand Completion, your every action will be enriching. Your every action should be enriching. And if you are not able to align some action to enriching, you should not be doing it.

First, sit and align your whole day with the truth of Enriching. When you go to office, naturally you are enriching the person who receives the product which your office delivers! Even if you are doing the job of a policeman, by putting all the criminals in prison, you are enriching society, you are giving a very safe and protected ambience to society, to human beings! So, every job you do is enriching.

If you are not able to align something to enriching, decide that you will not do it anymore. Seva should not be part of your life; it should be your very LIFE itself! Enriching should not be part of your life; it should be your very LIFE itself. So align every action, from the moment you wake up till you fall asleep, to enriching. If you look into your heart and ask your heart, without self-doubt you should be able to tell, 'All my actions are enriching.' Align it to that extent! See, your office may pay you money to take care of your expenses; that is different; but the actions you are doing should be only aligned to enriching. Taking salary from your office does not mean your office job is not enriching. No! The salary is just to run your life. Even if you take the salary, your job can be enriching.

There are a few professions, I can say, which can never be enriching. Selling alcohol, tobacco, other stuff which addicts people, and killing people, killing animals even for food, selling drugs, all these can never be enriching. So, never ever enter these professions. Other than these, almost all of our mainstream jobs can be enriching. Do it with the spirit of enriching; you will not find the tiredness and fatigue of work. You will not rush home on Friday evening. You will not be waiting for Friday afternoon. Bring the clarity, the cognition of enriching, into your work.




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Never ask for a vacation

07 December, 2013

What is 'vacation'?

See, all of you learn this idea about this "vacation" or "holiday", from school. Fortunately, I never went to school, even though I studied up to diploma, legally. Only once in a while I would go and bless the school, when I don't have any other engagement! So I don't even have the idea of "vacation". The idea of vacation never made sense to me. Never the idea of vacation or holiday got into my system. I tell you, only because of that I am able to work twenty-four hours, throughout the year, without even having the idea of vacation. My next year's calendar is already full! Till next December, my calendar is full! It has been already released to the public. Twelve Inner Awakenings[SM] next year. I was telling these guys, 'The Inner Awakening[SM] program is for 21 days every month. So every month one week is getting wasted. In twelve

months, twelve weeks are getting wasted... in those twelve weeks, four more Inner Awakenings℠ can be done!'

But the Enriching Temple team has decided, 'No, no, no, twelve is the maximum we can handle..!' So I said, 'Alright.'

This idea of vacation itself is incompletion! That is one of the biggest incompletions you carry. If you carry the idea of vacation, you will feel as if your whole life has been exploited by somebody. The feeling of being exploited and the idea of vacation are interconnected. If you feel that whatever you are doing is continuously enriching yourself and others, you will not even have the idea of vacation.



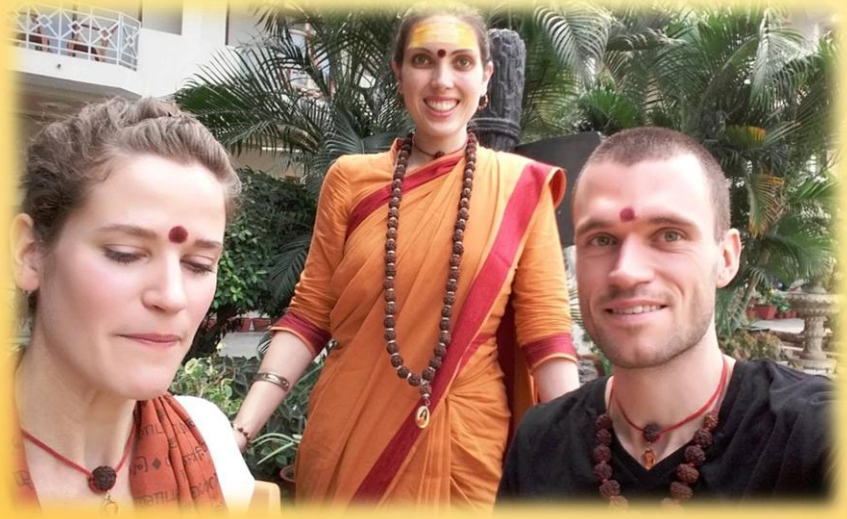
It is because Hindus forgot enriching that all the sufferings Hindus are going through have come up on them. We forgot to enrich the sannyas tradition, which is the main backbone of enriching the society with the knowledge. Every

village should have a sannayasi. India has six-and-a-half lakh villages. Every village should have a sannyasis who educates people in the science of completion, who lives the science of completion, who teaches the science of completion, who lives the science of jeevanmukti, who teaches the science of jeevan mukti. Because we forgot to enrich the world, all the sufferings are landing upon us. Any disorganized group in the world has to suffer. Hindus are the strong example of this statement. Most disorganized; that is why, most suffering. Even the disciple doesn't listen to the guru. That is why Hinduism has become so disorganized, unorganized, and destroyed itself. Even if you have so much knowledge, if you have not applied it in your life, please be very clear, knowledge can't save you. Knowledge should be applied in life. The science of completion should be practiced in life! Unless the science is practiced, unless completion is lived, unless enriching is done, life has no meaning.



Do you have an 'Enriching Meter'?

07 December, 2013



Don't do anything if you are not convinced it is enriching. Let your whole life be aligned to enriching. And same way, don't miss doing anything if you are convinced it is enriching!

The first part is very easy – "Don't do anything if it is not

enriching" - anyone can do that; just lock yourself in the room all the time! But "Don't miss doing it when you know it is enriching" – that is where the real enriching comes! Twenty-four hours, do only enriching. Take an oath in front of Kalabhairva, 'Mahadeva, let only enriching happen through me. Anything other than enriching, you please see to it that I will not do.' It is like an automatic speedometer! Just as there are speedometers in vehicles which ensure that the vehicle cannot travel faster than the fixed speed - 80 km, 70km, 90km - fix a 'Completion Meter' or 'Enriching Meter' for yourself. Pray to Kalabhairava, 'Let me do only things related to enriching. And if something is not enriching, let me fall into tiredness. Let my whole life be active, alive, filled with enriching.'

If you do anything other than enriching, it is going to be incompletion and karma. Why do you want to fall into the "Andhakupam"? "Andhakupam" is one of the hells described in Garuda Purana. Why do you want to fall into the different hells? So decide, and pray to Mahadeva.

Complete with everything that is inadequate, incomplete, in your life. Bring Complete Completion. And do only enriching activities all the time. Not only you will do ONLY enriching activities, you will be doing enriching activities ALL THE TIME!



Memorials are nothing but vengeance

24 June, 2013

Understand: we all practice Integrity at some part of our life, but why? Maybe because we are afraid of our boss, wife, or the people around us. If you practice Integrity because you are afraid of your boss, wife, or the people around you, or because you want their acceptance, you are doing the right thing for the wrong reason.

I have seen some people boast, especially the teachers and ex-army people! They say, 'For the last thirty years, we were very integrated with time.'

Yes, but for the wrong reason..! They have been integrated maybe for a smaller reason, not with the right reason, not with the right context. If you practice Integrity just to have acceptance from the people around you, yes, you will have acceptance, no doubt, but that's all.

The right reason to practice Integrity is to have completion with Time, Kala.



I tell you, practice Integrity just for ten days with only one reason - completion with Kalabhairava. He will heal all your past incompletions; because Kala is an independent energy. He can just roll back. He is like a Time Machine. He can roll back Time. He can bring back the past and heal the whole past by his hand, the eternal healing hand. The eternal healing hand in the world is Kala, Time. Time can heal anything which can't be healed. Time can heal everything.

All memorials are against Time.

If a war has happened, the society which was affected by that war tries to establish a memorial, or the country which lost a lot of soldiers, or whoever lost the war, they establish memorials, so that Time does

not heal. Time is such a powerful healer, he can heal everything. But they do not want something to be forgotten; that is why they try to create a memorial. Please understand: many of the war memorials are created for the purpose that Time should not heal us. Only if you are not healed, you will carry that vengeance and anger continuously. But Time is such a powerful healer, he even destroys the memorials. I know for sure, I can tell you from my own authority, that after the Mahabharata War, the Pandavas have built a memorial. But now neither memory is there nor memorial is there.



Allow Time to heal you

24 June, 2013



I tell you, even your guilt is nothing but a memorial you established for your mistakes, not allowing Kala to heal. Guilt is a memorial you build so as not to forget some of the happenings, not to allow healing of some of the happenings in your life. But, I tell you, Kala, Time is such a

powerful healer, he can heal anything. He can just heal anything in life. He is such a powerful healer, one of the greatest healers.

So, practice Integrity to complete with Kalabhairava. Try this. Respect your watch as God, as an embodiment of Kala, as Kalabhairava's vigraha (deity) and decide that for the next ten days you will declare and maintain integrity with Time, so that you are complete with Kala.
Then request him to heal your past incompletions. I tell you, he can just roll back the past and put his healing hand, and the whole thing will be healed. Any wound it may be, just Kalabhairava's one touch, and you will be healed. Kala really can heal.

Please understand, practice Integrity to be complete with Time, not for the petty reasons of just acceptance from society or small things. If you practice Integrity for petty reasons like acceptance from society or fear of society, it is like going to meet the King and asking him for a gift of brinjals and potatoes! Ask something big to the king. Ask something of his stature, not of your stature.

Complete with Kalabhairava; that is one of the best things you can do. If you complete with Kalabhairava for even a few days, he will heal all your past incompletions like a miracle, because he is a living

intelligence; he is not dead matter. Understand, time may be matter, but the Lord of Time is not matter. Time may be a matter, but the Lord of Time, Kalabhairava, is not matter.

If you complete with Kalabhairava, he will do anything you want. He may carry weapons in the hand, but his hand itself is a healing hand. He is such a powerful healer. He is such an amazing healer.



You are hardwired for Authenticity

24 June, 2013



Next, Authenticity.

Practice Authenticity for the sake of achieving the space of possibility.

Many of us practice Authenticity in our life. We go on expanding. We try to move from two-wheeler to four-wheeler, from four-wheeler to bigger four-wheeler and more

bank balance, more property. We do practice Authenticity, but, unfortunately, with the wrong reason in wrong space.

Listen: I will give you exactly why Authenticity should be practiced.
Whether you know it or not, you are the reflection of the Cosmic Soul. The Individual Soul is the reflection of the Cosmic Soul. Jeevatma is reflection of the Paramatma. Paramatma reflecting in your body is Jeevatma. So the Individual Soul is actually inbuilt with the quality of expanding, so that it can become Cosmic Soul. It is like this: if you take a child away from its mother, it will cry and try its best to reach the mother. It you take a calf away from its mother, it will try its best to reach the mother. The Individual Soul's struggle, its innate tendency to reach the Cosmic Soul, is Authenticity. The Individual Soul's innate tendency to expand and reach its original source, its mother, the Cosmic Soul, is Authenticity.

But, unfortunately, we practice Authenticity in many other directions. We start putting our energy in wrong direction. It is our deep incompletion which expresses as Authenticity. You think through more money you will feel completion, through more houses you will feel completion, through more relationships you will feel completion. No. When you become authentic, all this also happens as side-effect.

Listen. When you become authentic and express the space of possibility, yes, you will have more wealth no doubt, better relationships, more property; whatever you want in the outer world also, you will have all that. But don't practice Authenticity with that context. Practice Authenticity with the right reason and right context.

Understand, you are naturally programmed to be authentic. Authenticity is nothing but continuous expansion. You are naturally programmed for Authenticity, because the Individual Soul has a deep yearning to expand and become the Cosmic Soul. That deep yearning only expresses as Authenticity. So all of us are naturally hardwired for Authenticity. So anyone who is alive will practice Authenticity, but unfortunately, in the wrong plane, in the wrong space, with the wrong reason. Now, catch the right reason and practice from right plane.



Responsibility is a Power

24 June, 2013



Next is Responsibility. That is the third principle.

A very important thing you need to know: all of us behave responsibly where it matters for us. or where we think it matters for us. If you want to become powerful in the field of money, so you take responsibility for that. You want to become powerful in the family, so you take responsibility for that. You want to become powerful in your career, so you take responsibility for that.

Don’t take Responsibility because you WANT to be powerful. Take Responsibility because you ARE powerful! Take Responsibility because you ARE the Source. Then Responsibility will make you Jeevanmukta, living enlightenment. If you take Responsibility because you want to be powerful, it will always be a load. You will only plan cunning methods: ‘How I can become more powerful with less Responsibility?’ Don’t try to take Responsibility to become powerful. Take Responsibility because you ARE powerful. Because you ARE the Source, you are responsible. Because you ARE the Source, decide to become responsible. Take Responsibility because you are powerful.

We all take Responsibility in the life, but with the smaller reasons and smaller context. You can do Yoga with smaller reasons and a smaller context, maybe just to have flexibility, or to get out of your back pain. Or you can do the same Yoga, with the context of falling in tune with the Cosmos, the Brahmanda. In whatever context you do it, you reap that result.

Once you start taking Responsibility because you are already powerful, once you start trusting, once you start feeling connected with this truth - you will feel connected with this truth when you do completion - when you are complete you will simply know that you ARE the Source of the Cosmos. When you start

cognizing that you ARE the Source, then Responsibility will look like a strength for you, a power for you, not a load.

Whoever feels that Responsibility is a load, he is going to come back, again and again in the human body. Whoever feels that Responsibility is a power, he will be a Jeevanmukta even if he has a body. Even while living, he will be Jeevanmukta. This is the most simple method to be a Jeevanmukta; just a cognitive shift.

Whether you believe or not, understand or not, realize or not, you ARE the Source of the Cosmos. You ARE the Source for your life and the Cosmos' life. You ARE the Source for your existence and the existence of the Cosmos. When you remember you ARE the Source and start taking Responsibility, every time you take Responsibility, you will feel powerful.





Everything is part of you

24 June, 2013

Fourth principle, ENRICHING.

Many times, even your Enriching others has a selfish motive.

You think, 'If I enrich this person, I may get something back from them.'

Do not enrich with that small purpose.

Even in our sangha, so many devotees and disciples are stuck without having the right reason for Enriching. Now I am giving the right and complete reason for Enriching:

Because everyone is part of you, Enriching every being is nothing but enriching some part of you.

Anything you see is an extension of you. Anything you experience is an extension of you. Anybody whom you experience in your life is an extension of you. Your wife is the extension of your unbending logic! Your husband is the extension of your confusion! Understand, everyone whom you see in your life, everyone you experience in your life, is an extension of yourself. So, when you enrich them, a part of you is enriched. When they feel completion, that part of you will become complete.

Somehow, continuously, even in Enriching, you have your own small understandings and small goals and small purposes. The same work, if you do it with a small reason, you will have a small result. If you do it with a higher reason, you will have a higher result. That is why, in the Zen tradition they say, 'You serving someone and an enlightened being serving them, brings a totally different result, even if both of you do the same action.'

If you ask me, 'Then why is my wife torturing me? Why is my daughter torturing me? Why is my mother torturing me?', understand that they are nothing but the expression of your own incomplete patterns. When people come and ask me, 'Swamiji, my mother is torturing me. Please somehow stop it.', I want to tell them, 'Actually you are torturing yourself ten times more than your mother is torturing you. Please stop torturing yourself first.'

All the people who you experience as an important part of your life are extensions of you. Even terrorists are nothing but extensions of your flash fears.

All of us have this flash fear pattern. 'Suddenly if this building collapses in the rain, what will happen?' 'Suddenly if there is a flood in the river Kaveri and it washes away the ashram, what will happen?' All of us have this flash fear pattern. Terrorists are nothing but the representatives of that, embodiments of our flash fear pattern. Even they are part of us. Everyone, everyone, everyone, everyone is part of you - whether you accept it or not, whether you realize it or not.



Context is more important than action

24 June, 2013

All the four tattvas should be lived with the right reason, for the right purpose, with a complete reason and a complete purpose.

When you practice for the right reason, the right results come. When you practice the same values with smaller reasons and a smaller context, only the smaller results come. Only with the smaller context, only the smaller results come.

More than the actions you do, it is the space from which the actions are done, and the context and reason with which the actions are done, that matter. If you do not have a right context, even when you worship a deity or God, it is useless. Even while you pray, if you strengthen the space that you are poor, you are weak, then that idea gets strengthened more and more, and even your prayer can weaken you.



Sometimes people come and ask me, 'Swamiji, why do good people suffer?'

Listen: you may be good to others out of your weakness. By being good to others out of your weakness, and constantly strengthening the identity of weakness, you are attracting suffering, you are asking the world to give you suffering.

Death is the punishment Kalabhairava gives to those who create the space of weakness in themselves. Eternal life is the Kalabhairava's reward for the people who create a powerful space in themselves. Death is the punishment for the deep powerlessness you carry in you continuously. Jeevanmukti, eternal life, is

the reward for the powerful space you create in you. So, finish this work. Complete this job. You have to do this someday, anyway. Any one day you have to do it. Better do it now, or you may have to come back again and again, to do this. With the right context, even if you worship a stone, it will become God for you. With the wrong context, even if you worship a living God, an incarnation, you will only be strengthening the space of your weakness.

I have seen people saying, in the name of prayer, 'Oh, I am weak... I am useless... this is the way I am, please save me.' Again and again, when you remember and strengthen that idea you are weak, powerless, what is going to happen? You are doing some serious damage to you.
It is the space and context and reason which matter more than the actions you do.



Let your 'Why?' be alive

30 June, 2013

Listen, this one truth you need to understand very sincerely: "thought flow" and "being flow". If the thought flow is not connected to your being, thought flow will be forgotten.

Many a time, you build so much of anger to go and attack your friend, shout at him, and scream at him. But by the time you reach his house, you forget all the points; you forget why you should scream at him and what you are supposed to say. When you go there, you say, 'I came for a cup of coffee. I forgot the other things. When I remember, I will come back!' When you remember, he is not there! If somebody records your whole day and you see it, you will either understand that you are already mad, or you are going to become mad! And if others see it, it will be a comedy show! For you it will be tragi-comedy; for others it will be pure comedy!

Understand, one of the biggest loss human-beings suffer from is this: the thought current and the being flow, both getting separated. It is literally like your life being stolen away from you. Neither you know, nor anybody else knows, what for you are doing what you are doing.

Suppose you come to our ashram's Welcome Center and the guy who is sitting there beats you left and



right! And you ask, 'Why I am being beaten?' He says, 'Go and ask my superior.' Then you go to the superior, 'and he says, 'Go and ask the Structuring Department.' You go to the Structuring Department, and he says, 'Go and ask the Administration.' You ask the Administration, and they say, 'Ask Swamiji!' And you come to Swamiji and I say, 'No, I don't know!' Then who is responsible for what is going on? Understand, exactly this is the way your being is functioning.

You don't take all your actions and thinking to the logical conclusion. 99% of the time, after you get the beating, when the Welcome Center guy says, 'Ask my superior', you don't go to the superior. Even if you go to the superior and the superior says, 'Ask the Admin team', you don't go to the Admin team. Even if you go to the Admin team and they say, 'Go to Structuring… that's it! 100% of the people never cross Structuring! Understand, in your case also, you do not discover the "Why", "For What" and "How" you are doing things.

Every day you feel certain powerless moments – bored, tired, thinking, *'Why is this life like this?'* You feel, but you never take that to the logical conclusion. You don't ask yourself till you get the answer. *Why? Why? Why?* You don't take your thoughts, words, deeds to the logical conclusion. See, the "Why" in you should be so alive, like a fire that it should burn all the karmas. I tell you, just if the "Why" is alive, 'Why I am feeling powerless?', 'Why I am feeling tired?', 'Why I am feeling sick?', 'Why I am feeling depressed?', just if the "Why" is strong enough to take you to the logical conclusion, your problems will be solved.

Sometimes I can see that people are so crazy! It is not that they are not sincere. They are very sincere to the ideal they have taken up. But they will exactly do the opposite thing. Because the attitude of asking "Why" needs awareness, and you forget to ask "Why". You forget to sustain your being with your thought current. Your being always gets disconnected from your thought current. Your thought goes on independently, independent of your being. This is the most unfortunate thing. It is literally like you are robbed of your life.



Are you functioning out of patterns?

30 June, 2013

Nirahara Samyama can literally do wonders to you. It can just shake you and take you beyond so many sufferings which you go through, so many of the useless patterns with which you are wasting your life. Especially if you feel that you are doing something the whole day, but nothing is happening at the end of the day.

How many of you feel that way? *(People raise their hands)*

All of you should do Nirahara Samyama. It means you are caught in the useless patterns. You are caught in complete negative, useless patterns. You are unaware!



I tell you, if you record whatever is going on in you the whole day and listen to it again, you will understand. If somebody disrespects you, how you hate them, and how you don't want to be disrespected! You will see, almost ten hours per day are swallowed by just that one single pattern!

Or sometimes you decide that you should not have anger, you should control our anger – and that pattern alone will be eating fifteen hours of your day, but twenty-five times you will be getting angry every day! Very funnily, the same pattern which eats your time does not get killed either. You will be contemplating the whole day, 'I should not be angry! I should do

something to get out of anger. I should not be angry.' And the moment some situation comes... you will explode!

Or you decide, 'I should not be depressed! I should not be depressed!' But the moment some small situation comes, you are out, power is gone, fuse is gone for the next ten days!

There are some speakers, who sit and talk just like robots; they are switched off, but they go on talking! Most of the time, they are not even aware of what they are talking, or what they are thinking inside. It goes on based on the pattern.

You waste so much energy when you function out of a pattern. Functioning out of a pattern is one more pattern, which you won't be able to break. The whole day, if you are thinking you should get out of the sleeping pattern, early morning you will be stuck in the sleeping pattern! Most of your decisions are not conscious decisions. They are routine, mechanical decisions.





Catch the right context

30 June, 2013

Listen: if you have taken the decision of marriage due to the wrong context, divorce is not the solution. Complete with the wrong context and create the right context. If you have taken sannyas due to the wrong context, dropping sannyas is not the solution; complete with the wrong context and develop the right context.

With the wrong context, whatever you do will become wrong, because when you don't know "Why" you are

doing it. When you don't know "Why", if the "Why" is not associated with the flow of your being, you just live without a purpose. If your thinking flow is not directly connected with your being flow, you will live life without a meaning! Sometimes, life will not have purpose, but it has a meaning. The right context is required for life.

Whatever may be your problem - if you are in depression, if you are unhappy with your life, if you are unhappy with your decisions, if you are even not aware of why you decided what you decided, if you feel you are in a mess, if you are in a soup, if you are suffering - whatever may be the space with which you are suffering, feeling powerless, do Nirahara Samyama. Because, with Nirahara Samyama, the "Why" will be constantly aligned to you. The "Why" will be aligned to you! Why you do what you do will be aligned to you! If the "Why" is aligned to your being, I tell you, the whole problem will be solved. If you are in any confusion and suffering, do Nirahara Samyama.

If there are wrong reasons for your decisions, complete with those reasons; complete with those patterns. You don't need to drop your marriage or drop your sannyas or drop your job or drop your business or drop your career. Ask yourself, 'What is the wrong context? What is the wrong reason?' Complete with that context. Complete with that reason. That wrong reason may also be there because of some

powerlessness. The wrong context also originates from some incompletion. Complete that incompletion, complete that powerless pattern, drop that wrong context and build the right context.

You don't need to develop anything other than the right context to regain your life. Develop the right context, you will regain your life!



Don't drop the happening

30 June, 2013

Whatever field or profession you may be in, if you feel that life is useless, if you are feeling powerless in life, if you feel that life is suffering, if you want to find a solution for life, just find the right context, complete with all the past and the wrong context, develop the right context. Understand, the whole Sangha should learn this.

When somebody comes to complete with the Sangha, the whole Sangha should remember this. Help each person who comes to complete, to find the right context. They may be making mistakes. They may be foolish. They may be inauthentic. They may have lack of Integrity, because they may have taken sannyas with the wrong context! I wanted all our sannyasis, Naishtika Brahmacharis, Krama Brahmacharis, to sit and contemplate today: Have I taken sannyas with the right context?

The right context for sannyasis is, 'I will live Integrity, Authenticity, Responsibility and Enriching, and make people live Integrity, Authenticity, Responsibility and Enriching.' This is the right context. Other



than this, if you have taken sannyas out of any other context, it is wrong! It is wrong! Understand, if you have taken sannyas with any other context, you should complete the past incompletion and drop the wrong context and build the right context. Whether you are a Sannyasi, Brahmachari, Krama Brahmachari, or a Rishi, or a Spiritual Activist, or a lawyer, engineer, homemaker, doctor, religious leader, politician, whatever you may be.

If you have taken up politics because you are frightened about life, thinking that politics will give you the protection, I guarantee you have taken politics for wrong context. Your whole life, you will be frightened, you will be suffering with fear. You will never feel settled or secure, because the context with which you have taken it up is wrong.

Ultimately, you have to complete even with the context of why you took the body! If you take the body thinking that with the body you will have more pleasure, more joy, you are wrong! You are not going to have that forever!

Complete the incompletion of the past and drop it. Drop that wrong context and create the right context. Creating the right context means a new birth; you will have a new birth! Today I want every one of you to sit and find the right context of why you are doing what you are doing. If you feel there are wrong contexts in you, start Nirahara Samyama from tomorrow. And in this Nirahara Samyama, your only purpose is to find why you are doing what you are doing.

Complete, complete, complete all the past incompletions and the wrong context with which you made the decision. Because you married with a wrong context, if you drop the marriage, that will become one more pattern, and wherever you go, you are going to suffer. Because you took sannyas with a wrong context, if you drop it, that will become one more pattern, and wherever you go, you are going to suffer. Till you complete the past and drop the wrong context, life is going to be suffering. Dropping the actual happening is a bigger mistake. Don't drop the actual happening. Complete with your past and drop the wrong context.



What is happening to our teenagers?

04 July, 2013

The Indian civilization was built on stability, but just preaching the pseudo concepts of freedom has destroyed our civilization.

Please understand, when your body moves from a childhood to adulthood, between the ages of 14 to 21, the changes happen in your system in such a way that you don't feel that you can fit with anything that is available. This is because of the suffocation from inside, the resistance from inside, the fight happening inside.

Because, suddenly you see that till yesterday you were playing with the same child, the same boy, the same girl, and your mind did not go one step further. But, now, it is going a step further than friendship. It thinks a little more than friendship. You do not know what is happening in you. And between the high energy and low energy - high energy is when you feel desire; low energy is when you feel guilt - between

the age of 14 to 21, you are bound to feel these two. You are struggling between desire and guilt. You need to be given intelligence to handle, not the anger that whatever exists is wrong.

The destroyers of Vedic tradition, the anti-Hindu group which consists of Maoists, Islamic terrorists, Christian fanatics, the vested interest groups, British, wanted to destroy the strength of the Vedic tradition, which is the backbone, the strength, of this country. So the first thing they did is, they started teaching the youth the pseudo idea of freedom, and saying that whatever exists as a system is wrong. These are some of the very basic truths. They targeted our youth. It happened a few generations before, so all you fellows who were corrupted by the British are old.



Between the age of 14 and 21, if you rebel against the existing system and try to do something to escape from that high energy - low energy oscillation which is happening inside you, you are just trying to find a solution from outside for the problem inside. You have a wound in your face, but you put the Band-Aid on the mirror. You see a mirror and you put the Band-Aid on the mirror. Are you going to get healed? No.

During the teenage, if you were constantly hitting at the world outside, developing anger, a rebellious mood, but you did not attend to the source of the problem, after 28, your life will be filled with depression, because by 28, the blood will become cool.

I am so happy for my Gurukul kids, because in the teenage, they understand to constantly look into the source of the problem. Understand? Look into the source of the problem. Use the time to rebuild your being. Or, I can say, consciously build your being.



Vedic lifestyle: solution for terrorism

04 July, 2013

During the teenage, you are bound to go through these mood swings. The high desires which are just uncontrollable by your logic; it wants means it wants, that's all. And when the energy is released from the body, the hormones are released from the body, then it falls into the guilt, that's it. No logic can get you out of that guilt.

Because of the suffocation inside, anything outside seems to be enemy. At that vulnerable time, if somebody convinces you with a little logic, 'Yes, all these are really your enemies', over! If somebody behaves with you in a very friendly way and convinces you these are all your enemies, you will simply start rebelling towards all of them. That is why all the terrorists, fanatics, revolutionaries, all of them only catch teenagers and they behave with them in a very friendly way.



It is so unfortunate that Indian Hindus are being used as terrorists to destroy the same Indian Hinduism!

If you are a Brahmin and not working to keep the Hindu philosophies, lifestyle and knowledge alive, and enriching the world with them, understand that you are also one of those terrorists.

If you are a Kshatriya and not defending the Hindu tradition, not protecting the Hindu knowledge centers and temples, you are a terrorist.

If you are a Vaishya and not funding these kinds of causes, you are a terrorist.
If you are a Shudhra and not working to keep our lifestyle and knowledge alive, you are a terrorist.

Listen: if you don't protect, something is automatically is going to be destroyed. So who is responsible for that destruction? YOU who is supposed to protect and did not protect is the one who is responsible.



Why freedom of speech?

04 July, 2013

Today is American Independence Day.

Listen: Western civilization is a child. American civilization is less than four-hundred years old. The whole of western science is less than three hundred years old. They do not know the necessity for stability. Those civilizations are born out of wars.

Please understand, the context of American civilization is people who escaped from Europe; born out of running away. So what will be the first context, what will be the first requirement for them? Freedom! That is why the root pattern of the western civilization, the Mamakara (inner image) of the western civilization is 'I am controlled', 'I am powerless'. The Ahankara (outer image) is 'I am the most powerful.'



Their Swa-Anyakaara (image about others and life is) is 'Everybody is out there to destroy my wealth and my country'. This is because their whole civilization was born out of threat, out of extreme powerlessness, out of extreme conflict, extreme survival threat.

When I went to Chicago, I saw the museum there - how the people came from Europe and settled all over the U.S. and spread all over the U.S. When they came to the U. S., they were all completely shattered. They came just with their one Bible, one coat, a few utensils, in ships and boats. If you go to Chicago, you can trace your family tree and you can also find from which country your forefathers have

come and settled in U.S. How many of you have seen the museum which I am talking about? Then you can understand. It means what?

Their whole Constitution is born out of the moment of powerlessness. That was the situation when they wrote their actual inner image and outer image and image about life and others. That is why, if you see their Constitution, it is all about freedom of speech. I think all the Inner Awakening℠ participants can understand very clearly what I am saying.



The Vedic Constitution

04 July, 2013

Nowhere in the Manu Smriti, the Vedic Constitution (not the modern-day Indian Constitution), is the freedom of speech guaranteed. It does not mean that in those days people did not have the freedom of speech. They never thought that even this can be bound; because even an ordinary washerman speaks about the King and the Queen, Rama and Sita! And just listening to that, Sita has to leave the kingdom. So you understand the amount of freedom of speech that Rama Rajya (Rama's kingdom) had!

Please understand, in India, our civilization was born out of complete, powerful moments, where our Rishis had enough food, the beautiful rivers Saraswathi, Sindhu and Ganga, and everything necessary is fulfilled. They were overflowing with joy, and in those powerful moments, the powerful people gathered together and created the Constitution. That is the Vedic Constitution, the Constitution of Bharat.



Because whatever we need is available and it is still showering. That was the actual inner image. And what was the outer image? 'Annam Bahu Kurveeta', means - 'Let us share, let us produce and share' and 'Shrunvanthu Vishwe Amruthasya Puthraaha Vedhaaham Ekam Purushamahantam', means - 'I know the Truth; let me share that with you all.' Our image about life and others is 'Loka Samastha Sukhino Bhavantu'. Understand, the root patterns of the Bharat Constitution was born out of powerful moments. It arose out of completion, not out of incompletion.



A message for Indian youth

04 July, 2013



Please understand, I am not against American civilization, I am not against western civilization, but I just wanted to let them know - do not teach us how to live. That's all I am saying. Don't use your terrorist media on us and steal our next generation from us, don't rob our people from us. It pains me when I see that our next generation do not do anything about life and they are in the same depression which a teenager in America goes through.

Maybe American kids go through it because their forefathers only worked for bridges, dams and aircrafts. But Hindu kids,

Indian youth, don't need to go through this suffering, because our forefathers worked for a blissful life and created the best lifestyle philosophy.

It is not that we did not have the technology for dams and roads. We built whatever is required. The oldest dam still alive in the Planet Earth is the Kallanai Dam built on Cauvery in South India. Do you know, it was built in stone, something like 2,500 years before, when there were no machineries available to divert Cauvery, which is a living river. It is a very powerful technology. They put big rocks, and let the rocks sink in the mud. And then the next rock was dropped from the boat. They had special boats which had ramps at the back. They just dropped the rocks, and they settles on one another and the foundation was created. Just that way, on a living river they built a dam.

Just a week before, in Srirangam Temple, they found that there was an illegal construction next to the temple compound wall. So they wanted to study the strength of the compound wall to restore it and remove the illegal construction. When they dug a borewell and checked, they found that the foundation of the wall went up to twenty-seven feet. And you need to know, Srirangam is on the Cauvery island. Even now, you cannot dig more than four feet. After four feet, you will get water. So how did they build the wall? How did they dig and drain the water and build the compound wall? They used the same technology! They slipped huge stone blocks into the water which sank to the river bed, and they put more stones on them, till the slabs came up to the surface of the water. Then, elephants were made to walk on those stones slabs. If ten elephants walked twenty times on a stone, and the stone was not sinking, the

foundation was considered done. That's a clear technology. What happened to the science or art and architecture? You cannot imagine rebuilding Ranganatha Temple; the amount of work done. You can't imagine rebuilding Tanjore temple.

It is not that we did not do all these things. But I tell you, our ancestors have done so much more than that. They have done everything needed for the best civilization. O Youth of India! Go back to the original source of your ancestors. I tell you, you already suffered for the last 60-70 years with the so-called Independent India, free India, and the dirty ideas of freedom, along with your dirty jeans. It is enough. It is enough. Move, move, move back to the original source of knowledge.

Even our medicine is literally dead. Millions of things we know about herbs and medicines is dead, because, for at least a hundred years, all the sons and daughters of the traditional doctors have stopped listening to their parents. They have become clerks. Now the modern-day clerks are IT engineers.

It is so unfortunate that all the Indian laws are completely against stability, in the name of pseudo-freedom. What will you do with that freedom? When we started imitating Western laws, Western values, we destroyed all the best things of India.



Your mind exaggerates everything

19 September, 2014

I tell you, the more you cherish enmity towards anybody or anything, the more you lose contact with reality - because enmity is such it constantly reminds you about your enemy! The enemy looks much bigger than what he really is.

When the enemy looks much bigger than what he is, you lose sight of your own life and your reality, and you go on thinking, talking, working, either to escape from your enemy or destroy your enemy. Both are foolishness. You neither need to escape from him nor need to destroy him. You just need to ignore him; because, he is not that big as you are imagining!

It is your enmity that makes your enemy big. It is your romance that makes your lover big. It is the inside that makes the outside larger than life-size. It is that which is inside that makes anything which is outside larger than life-size. Understand, when you are so sure about what you are, who is your friend, who is



posing as your enemy, what your enemy wants - all these details - your very thinking will be liberating you, your very thinking will be liberating you!

Your thinking can be binding you if you have a weak thinking. Just a small 1 + 1, you will not make it as 2; you will make it as 11! If you have Liberated Thinking, even if it is 11 or 111, or 1111, you know how to cut the 1-1-1 separately and break them and throw them away!

Understand, the way you think should be adding more and more liberation to you every day. Every day, it should be adding more and more liberation to you, more and more powerfulness to you, more and more energy to you, more and more completion to you, more and more intelligence to you.

Make Completion your Lifestyle

19 September, 2014

I tell you, only in the initial level, Completion should be practiced as a technique. Then, your thinking itself should become Completion-based. So, in the night, if you sit for Completion, you will feel that the whole day you have beautifully thought only in the way of Completion, and now you are complete, so you just fall asleep!

Understand, no power can be equivalent to the power of Completion with which you just fall asleep into Samadhi! No power can be more powerful - whether it is money power or media power or political power - no power can be compared to the power of Completion!



Thinking in the flow of Completion is Liberated Thinking. Thinking in the flow of Completion strengthens you, empowers you every day! Every day you should be getting stronger and stronger, more and more powerful, more and more intelligent, more and more brilliant, more and more alive. Using your legs you can climb the hill or walk into the valley. Using your thinking, you can liberate yourself or bind yourself.

What is the right way to use your thinking, which is happening in you every moment?

I will not use the word "involuntarily"; I will be very clear to remind you, "voluntarily". Thinking does not happen involuntarily. If you are thinking that thinking happens involuntarily, you are

already bound! You are already bound! It is like self-destructing. It is like a person who drinks poison is already on the way to death, is already about to die. He may die any moment.

Same way, the person who thinks his thinking is involuntary is already on the way towards the grave, towards his destruction. Thinking is not involuntary; it is voluntary. The first lesson you may need to know about thinking is, thinking is voluntary. Thinking is voluntary. And, your thinking should be constantly putting you into the state of powerfulness.



Never accept an 'Enemy Request'!

19 September, 2014

If your thinking is able to put you into the space of powerfulness, if your thinking can keep you in the space of strength, that is enough; you will never bother to conquer anybody, you will never bother to have power over anybody, you will never bother to build enemies for yourself. And even if somebody tries to cherish enmity towards you, they cannot do anything to you, because you cannot be manipulated by their enmity.

Listen! Only when you also accept the fear, and recognize somebody as your enemy, can you be manipulated by their enmity, For enmity to be complete, one person has to feel enmity towards you and you should have fear towards that person and accept his enmity.

Just like you accept 'friend requests', only if you accept somebody's 'enemy request' will the enmity get completed. But if you don't have fear and you don't cherish enmity towards them, and you don't accept the enemy request, you can never be weakened - even if millions of people cherish enmity towards you.

Millions of people may send friend requests to you, but only the requests you accept can become your friends. Same way, thousands may send enemy requests to you, but only if you accept those requests, they can become your enemy. Don't ever bother about, or be bound by, any of the so-called ‘enemy requests’!

When people send you an enemy request and you don't accept it, you terrorize the people who cherish enmity towards you! Never accept an enemy request! See, once you accept a friend request from someone, whether you like their post, or you make a right comment or wrong comment or abusive comment, he is still your friend. Same way, the moment you accept someone’s enemy request,



whether you do as he says, or whether you do the opposite to what he wants, he IS your enemy, and your life is in his hands!

Just don't accept enemy requests. Just don't accept enemy requests! You will terrorize your enemies!



Approach life with a beginner's mind



By definition, having a beginner's mind means having an attitude of openness, eagerness, and freedom from preconceptions when approaching anything. Beginner's mind is actually the space where the mind does not know what to do. It is that delicious state when you are sure of nothing, yet completely fearless, totally available to the moment.

We all start off with a beginner's mind! Every time you learn something new, you are in 'beginner

mode'. Then what happens to that wonderful attitude down the line? The moment something becomes familiar to us, the mind tries to take over, calling up memories, and creating expectations and fears which stop us from connecting directly to the reality of the present moment.

Our mind is constantly chattering! If you take just ten minutes to write down all the random thoughts and emotions coming up in you, you'll discover what a madhouse your mind is! All these thoughts and emotions that comes up are either from the past or the future, totally unrelated to each other and to the present moment in time. These past perceptions and emotions actually determine how we perceive and respond to the outside world. They close us to new experiences.

A psychiatrist received a strange complaint from a man who kept going into a blind rage whenever he saw a woman wearing a particular shade of yellow! Therapy later revealed that when the man's fiancé had broke up with him, she was wearing a yellow dress of that particular shade. And the unfortunate thing is, we don't even know where these impressions are hiding inside us, influencing us without our awareness!

To have a beginner's mind is to have a clean slate - a pure innocence where everything is fresh and new. This innocence opens many doors in life. Look at the innocence of a child; see how intense he is about anything he does. As adults, we have lost that power - but it can be regained through meditation.

You can start by being aware of distracting thoughts and feelings throughout the day, whether you are eating, working or taking a bath. Set a strong intention to cultivate this awareness. Again and again, bring your mind back to the awareness of the task at hand. Quit worrying about the journey ahead or the results. Be spontaneous and disregard the thought of failure or looking silly.

When you live in a space like this, you will that endless opportunities suddenly open to you, your creativity increases, you feel joyful and your energy level stays high. Life looks radiant and fresh. Approaching life with a beginner's mind is Living Enlightenment!





Are you afraid of your phobias?

Courage is not the absence of fear. Courage is the ability to face your fears!

Fear is not a bad thing. It is a basic survival mechanism gifted to us by a million years of evolution. Fear is the natural intelligence which keeps us from putting our hand in a fire or jumping in front of a moving bus. However much we may tried to avoid fear, it is an essential part of our lives.

How is phobia different from fear?

A phobia is an irrational fear, usually of an object/person/ situation that poses little or no actual danger. When a fear gets so exaggerated that a person starts avoiding any circumstance in which they will have to face that fear, it is called a phobia. When it is deep-rooted and extreme, a phobia can completely handicap a person, eventually costing him his job, his relationships, and the ability to experience life fully.

Specific phobias (eg. fear of heights or closed spaces or flying) are more common than we imagine! According to the National Institute for Mental Health (USA), specific phobias affect an estimated 19.2 million adult Americans, and are twice as common in women as men. They usually appear in childhood or adolescence and tend to persist into adulthood.

In the Vedic system of medicine, phobias are usually traced to traumatic situations experienced in the womb, or even in previous births. That is why the suffering individual is rarely able to offer a logical explanation for his/her phobia.

What is the way out of phobias?

Step 1: Acknowledge and bring awareness to the fear. Suppression of the fear, telling yourself not to be afraid of the dark or cockroaches because there is nothing to be afraid of only buries the emotion.

Step 2: Stop rationalizing. Telling yourself that, after all, a cockroach will not kill me!' will work well until the moment a real cockroach is in sight.

Step 3: Do not condemn yourself. Understand that you are facing a situation that does not have a logical explanation, and a logical solution.

Step 4: Overcoming a known fear is the first step in eliminating phobias. Meditation is a wonderful way to flush out negative memories buried deep in your unconscious. Even as little as 21 minutes of meditation a day can bring about visible transformation in the way you handle the phobia. The suppressed energy can be released through meditation, allowing you to move back into life with confidence and courage and the ability to face any situation as it happens.

Face that fear! - A simple meditation to overcome phobias

Sit in a relaxed manner with closed eyes.

Recall the situation which brings up the phobia.

If you are in a safe environment, where you can freely relive the fear, allow the sensations to happen in your body - the shaking, sweating, rapid breathing and heartbeat. Acknowledge the inevitable. Yes, you could die in a plane crash! Accepting the inevitability of the situation will change the whole nature of the fear's impact on you.

You can also bring up the fear stimulus in the comfort of your home. Just imagine the fear stimulus, such as a cockroach, and experience the sensations.



Cosmos votes for Bhaktas

03 October, 2013

Let me define "Bhakti":
"Bhakti means experiencing Completion out of the emotion which happens due to the higher Consciousness' pastimes".

Please understand, your pastimes always lead you to incompletion. An incarnation's pastimes always lead you to Completion. Your past always leads you to incompletion. An incarnation's pastimes always lead you to Completion! If you constantly remember what you did when you were a child, you will be in more and more incompletion. If you constantly remember what Krishna did when he was a child, you will be more and more in the space of Completion!



Leela Dhyana!

I tell you, Leela Dhyana is such a powerful space creator!

Listen: beyond a certain level, your intellect will not have the strength to create a space. For example, when you learn about the power of the space, you will create a space: 'Come on, I am creating the space to build ten ashrams, five temples, three hundred ashramites, two hundred sannyasis!'

You may be successful in some dimensions, but you may fail in some others. You might have created ten temples, you might have created five ashrams, but you would have missed in the number of sannyasis. When you fail in one, you lose confidence in yourself. Again you will create a certain space, but you may fail in one or two things.

Your intellect does not have the strength to stand up again and again and create the space and face those few failures when they happen in your life. But the emotion, bhakti, devotion is so powerful, it can create again and again tirelessly, the right space for you. That is why I tell you, always only the bhakti-based traditions survive and win the test of time, never the intellect-based traditions.



Life means standing up again

03 October, 2013

What I am saying is a very important thing.

Your life is also a tradition. You may or may not know, but your whole life, you either depend on your intellect or on your emotion. You may not be remembering Krishna, but you may be remembering some other leader, you may be remembering some other person whom you think of as ideal. But, I tell

you, devotion, bhakti, Leela Dhyana is such a powerful space creator!
Life is nothing but the ability to stand up again and again and face it, no matter in how many ways doubt and depressions attack you. Doubts and depression are so powerful, they attack you from all corners. Life is nothing but the strength to stand up during all these attacks.

I sincerely tell you, do not believe or just depend on your intellectual clarity about Completion to save you and keep you in the space of Completion, and take you to the ultimate space, continuously creating the right space for you again and again and again. If you think, 'I am complete, with Integrity, Authenticity, Responsibility and Enriching, I am creating this space. This has to happen!' Great! But there will always be some corner, somewhere, in some remote corner of your life, if you have some lack of Integrity or Authenticity, and if that reflects in your results, please understand, you will lose faith in yourself completely, and the philosophy with which you are living will collapse and tumble down! I tell you, standing up again will be so difficult. Even when you stand up, you will have so much of self-doubt.
Achieving Completion and creating the right space out of devotion will again and again make you stand up, will give you the strength to stand up without collapsing. Even if you fall, you won't collapse. Only with intellect, by intellectually understanding Completion, Integrity, Authenticity, Responsibility and Enriching, when you fall you will collapse. But if you understand with emotion, please listen, with emotion, with Leela Dhyana, with devotion, if you understand, even if you fall you won't collapse. When

you create the space along with the feeling connection, emotion, devotion, towards the higher consciousness, I guarantee that failure will simply disappear from your system - because Krishna is not a story, Sundareshwara is not a story, Meenakshi is not a story. I can't even say it has happened. I only can say it is happening whenever you remember them. They are not pastimes; are present-times, which are happening whenever you remember them.



Power of Devotion

03 October, 2013

When you create the space for any happening in your life, let your cognition have emotional strength also. I tell you, miracles will happen simply like a lifestyle for you. Miracles will become a lifestyle for you!

I am not promoting any superstition, I am not promoting any lies, I am not promoting anything about which I myself have a doubt in a corner of my heart. I am very clear. Even remembering an incarnation's pastimes with devotion creates so much of Completion in you. It heals your Mamakara, your inner image. Please understand, medicine for the Mamakara is Leela Dhyana. Your Mamakara is such a pain in the stomach and the head. Your inner image is such a torture, such a pain; Leela Dhyana is such beautiful nectar to heal your inner image. If you are struggling to get out of your inner image, you should complete



yourself with devotion, with the bhakti. Only bhakthi can really make you enrich, and only Enriching can make bhakthi happen in you. If you have a little bit of bhakthi, no one needs to pressurize you to enrich. Enriching will be just your breathing pattern. That is the power of bhakti.

Whenever I speak about bhakthi, I am stuck for words. It is like how the river Saraswati suddenly goes underground! It is said that when Saraswati goes underground, she seems to be washing the feet of the devotees. Same way, my words goes underground whenever I have to speak about bhakthi, just to wash the feet of bhakthas, devotees, when I remember these great devotees, how Enriching has become such a natural part of their life. Even in our sangha, I have seen that the people who connect with me through

devotion, they don't need this lesson of Enriching. Wherever they go, whatever they do, it is Enriching. If they simply breathe, it is Enriching, Enriching, Enriching!

I tell you, if you build your Completion with devotion also as a part of your cognition, then you will never fall into depression. You will have so much of strength. It is like the steel inside the concrete. Just the concrete pillar without steel may collapse after some time, but if the steel is there inside, reinforced, then naturally life of the pillar increases multifold. If you build your Completion of life just with the intellectual understanding of Integrity, Authenticity, Responsibility and Enriching, it is like a just concrete pillar. If you build the space of Completion and the space of your life with devotion, it is equivalent to putting steel rods; the space you create for your life will be multifold stronger; you will stand forever and enrich the world.

You need to know all the past engrams only when your purpose is to raise the person to give enlightenment. So when enlightenment is not involved, the other person does not need to know your whole past.

I tell you, even you don't know your whole past! Even you fall into guilt with your past. What is your past? Many of the things you dealt with in the past are with your low intelligence. Now they are not even your past, because you are not the same person. Then why do you want to repeat that story to your spouse?

Actually, if you are really honest and transparent, you will not talk about your immature past as your past and force it on your spouse or fiancé. You should be mature enough to tell him transparently about how mature you are now, and he should be able to see that.



Carry a smile in your eyes

03 October, 2013



In U.S., there is a secret group known as Freemasons. They have their own special gatherings and practices. Even in the way they shake hands, they have a signal which only the Freemasons know, so even while they shake hands, they will recognize that the other guy is also a Freemason. So even in a party or group, when you go and shake hands with people, if you are a Freemason you will know who are all the Freemasons there! Just a simple handshake; they have a

code through which they will recognize each other.

Same way, I wanted my devotees and disciples, my Sangha, to recognize each other based on the smile they carry in their eyes. All of you guys should have devotion as the component of your cognition, and that smile in the eyes, not just in the lips. When there is devotion, the eyes will have a smile. Only another person who has experienced it can recognize it! The smile in the eyes is more subtle and more powerful than the smile on the lips. Smile in the eyes happens when your heart melts in devotion for the right reason, in the right context, with the right Completion.

When it comes to devotion, even preaching or teaching looks very aggressive, because it is such a sweet, soft component of the being. It can only be shared with a smile in the eyes, or as the tears in the eyes. You can enrich people with devotion only based on the smile your eyes carry.

The Completion achieved along with the devotion is more strong, more powerful, more stable, more successful. So let your heart rise with devotion! Enrich the world out of your own devotion.





Don't be controlled by Fear or Greed

24 August, 2013

If you can look into somebody's eyes without the greed of possessing that person, or the fear of that person, if you can relate with a simple friendliness, you can learn that with life also.

How many of us can look into the opposite gender's eyes without the greed or fear? If you can, then you can relate with life also. This is the first thing you

need to learn. This is one of the main lessons I am trying to make into an experience and lifestyle for my Gurukul kids. You should be able to handle life without fear and greed. You should be able to handle life with a beautiful friendliness. Never allow the distance with life.

Yesterday, one of the Directors of our TV show was asking me, 'Swamiji, the way you look at the participants and ask the question, they just open up and tell everything! When we ask them, they don't tell anything. How come, when they come and sit in front of you, they pour out the whole thing?'

Understand, you should be able to directly face life, without the mediator of fear and greed. You believe that even to live with life, you need a broker's help. You are nothing but an agent of a broker. For everything, you need a broker. So, with life also, you don't live it directly. You need a broker. Who is the broker? Fear or Greed!

Unfortunately, when your broker knows that you carry fear or greed, he will design the life that way only and bring it to you, so that he can exploit you. For example, if your broker knows you really want a particular land, what will happen? That land will now cost three times more for you! If he knows you have a deep desire for that land, the land is now going to cost three times more.

Same way, you have these two fellows in your life brokering with life – your Greed and your Fear.

If your incompletions are behaving as brokers between you and your life, please be very clear, you are in Hell! You are in Hell! So, the first thing you need to attend to is - complete with those incompletions. Whether it is fear or greed, complete with those incompletions! Otherwise, you will go on suffering between Heaven and Hell! In Hell you have the constant feeling, 'When will I get out? When will I get out?' In Heaven you have the constant feeling, 'Will they kick me out? Will they kick me out?' With Heaven, you are afraid they may kick you out. With Hell you are waiting, 'When will they let me out?'

Your greed or fear itself becomes a mold with which you mold your life. Unfortunately, your greed makes sure you don't get what you are greedy about, and your fear makes sure you always get what you are afraid of! Learn to engage with life without the incompletions of fear and greed!




Phuket,

Every action of the Divine is an independent energy

21 May, 2012

In Bhagavad Gita, Sri Krishna explains the philosophy behind the many gods in Hindu religion.

Many gods does not mean the Ultimate is many. No! The Ultimate is only one. God is only one, but His expressions are many. Sri Krishna is revealing how these various expressions or energies come into existence, and how your expansion is possible by connecting with them.

In one of the Hindu Puranas, sacred literature, there is a story about how the god Brahma becomes very arrogant. So Lord Shiva sends out an amsha of himself, an expression of his energy, to cut off Brahma's head, remove his ego and make Brahma enlightened. This expression is what is known as Kalabhairava! This action - Shiva's energy coming out and removing the ego of Brahma and making him enlightened –



this action becomes Kalabhairava. So when you start connecting with Kalabhairava and start worshipping the divine energy called Kalabhairava, if you meditate on Kalabhairava, he removes your ego also, and makes you enlightened. In the same way, Shiva's one action of teaching in silence to Sanakaadhi rishis and giving them enlightenment becomes Dakshinamurti. So if you want pure jnaana, pure wisdom, meditate on Dakshinamurti.

Another time, on the request of the sage Patanjali, Shiva gives him a vision of his cosmic dance, the Tandava. That one action of Shiva becomes Nataraja – an independent energy. Nataraja is the lord of spiritual experiences. Meditate on Nataraja and you will have extraordinary yogic spiritual experiences.

Each action of the Divine, each action of an incarnation, becomes an independent energy by itself!

Many times, your pain body becomes so strong that you knowingly cause suffering to yourself and to others. You know you are causing suffering, but the pain pattern is so strong that you can't escape it. I can see it very clearly. So many people know that if they listen to my teachings and live them, they will be out of their suffering and the torture they are doing to themselves and to others. But they don't want to.

In the Puranas, this negativity is represented by the king Daksha. Daksha represents the negativity which causes suffering to yourself and to others. Shiva's energy which comes out and destroys Daksha's negativity is what we call Veerabhadra. Understand, Veerabhadra did not kill Daksha. He gave life back to Daksha. So the energy which destroys your pattern of giving suffering to yourself and to others is called Veerabhadra. If you connect with this divine energy, you will see that in you also the pain body - the patterns which create suffering for yourself and others - will be destroyed.



Face Life with Consciousness

October 13, 2010



Without discovering your root pattern and completing it, and breaking the pattern of functioning based on your root pattern, , you are not going to achieve anything in life.

Please understand, completion means stopping the same way of functioning based on the root pattern. The moment you discover the root pattern, decide not to function based on the root pattern. That decision frees you, liberates you,

from the root pattern. Once you discover your root pattern, if you decide not to function in the same way, only then the new possibilities in your life start opening up.

I have seen that people stuck in poverty consciousness have so much of insecurity. And the same way, I have seen the rich guys living with the pattern of spending left and right, without even knowing or being bothered about the future. Not thinking or planning about the future does not mean you are fearless, or you don't have insecurity. Understand: not knowing about death does not mean you are not going to have death. But that also does not mean that you have to think about death twenty-four hours! The insecurity which comes because of poverty, and being a spendthrift because you don't care about the future, both are one and the same.

You also need to know an important fact - nobody is responsible for your root patterns, neither your parents, nor your brother, nor your sister, nor anybody in your life, other than you. Only you are responsible for your root patterns. When you are cornered, confronted, by life, why couldn't you decide to handle the situation with complete consciousness? Why did you decide to make a fence for yourself?

When you were first cornered in life, if you had simply stood as a conscious ocean, the way you were born, you would have not created root patterns! Not only that, you would not have had any difficulties or dangers in life. But you don't handle life as an ocean.

I tell you from my experience, whenever I have given the vast conscious experience to people, and when they handle any problem with the same mood and space, the problems disappear. When they think they need some other strategy to handle the problem, *they* disappear!

I can boldly say that none of you would have gone through more in life than I went through, but just with this one decision to face everything from the space of pure consciousness and oneness, all problems disappeared.

When you face your problems with the space of tattvas and pure oneness, the problems really disappear. But if you think, 'No, tattvas and all that won't help me solve these problems. I need some other strategy!', then *you* disappear. If you disappear, it means the problems have been successful in achieving what they want to achieve. If the problems disappear, it means that you have been successful in achieving what you want to achieve.



From Lust to Love

14 January, 2012

The greatness of sexuality is that it will disappear.

Understand, the greatness of sexual energy is that it will disappear the moment the physical and mental structures feel connected, and the awareness overlaps.

All these magazines go on giving inspiration and tips to keep your sex life alive. These magazines for middle-aged people advertise, *How to keep your sex life alive, ten tips, twenty tips, thirty tips.*

Nothing will work!

Nothing will work, because of two things:

The first possibility is that the distance becomes between the two people becomes too much. The awareness component of both the physical structures are not feeling connected to each other, or the awareness component of both the mental structures are not feeling connected to each other. This is what happens to ninety percent of marriages.



In just ten percent of marriages, the two persons really experience their awareness overlapping each other's awareness. Even though the sex disappears, such a beautiful communion happens! Only eleven years of the married life should sex should be there. When the overlapping of the awareness happens, then you will just see that you don't need to confirm through the sexual act that you love each other. Suddenly the necessity is not there. Simply sitting together is something extraordinary.

In both ways, if the distance becomes too much, or the distance completely disappears, then sex disappears. Sex is like a liquid, fluid. It can freeze and become cold like ice, or it can evaporate like steam.

If it becomes cold, frozen, you are caught in the ice box. You are also frozen. If it evaporates like steam, your consciousness is levitated and your whole system evolves into enlightenment.

That is why, in the Vedic tradition, in the marriage ceremony, there is a unique *ashirvachana,* a blessing. The a*shirvachana* says, *by the 11th year of marriage, let both of you become like mother and son, like father and daughter.*





Technique for Stress-Free Living

04 September, 2010

Any simple movement in choicelessness is a technique for a stress free life. From morning until night, whatever you do, make it with the understanding of choicelessness. That is an important thing.

Anything you do, whether it is cooking, walking, talking, sitting, watching TV, going to office, or eating, even breathing and thinking, add the right understanding

(technical information) about that into your system. When I say technical information, I mean be aware of how you are breathing, why you are breathing, where it is going to lead, is it going to lead you to where you want, or if your goal is something else, how do you change your breathing for that?

The same way for thinking. See what you are thinking, why you are thinking, where is it leading you, is it going to lead you to the space you want, or is it leading somewhere else? If it is leading you somewhere else, then how to change it? Add technical information to all of your actions.

When you are not in tune with the technical information, when you don't have the right understanding of a situation, that is where the conflict and the stress starts. The problem is, sometimes you want two or three different things from the same situation, which are self-contradictory. Even here, if you bring in the right technical information about everything, you will know very clearly which one to choose, and you will be intelligent enough to understand why you need to choose at all. You will understand clearly that only one of the choices can have a place in your heart, in your inner space, or only one action can be done by your body. Only one can be experienced by your mind. Only one can be happening in you. Bringing that technical information in clarifies the whole being.

If the technical information is brought in, everything you do is a technique for a stress-free life. If the technical information is not added, even the technique will add more stress to you.. The action or technique is not directly going to help you to be stress-free. The technical information is what going to make you stress-free.

Technique:

Here are five simple techniques for you to practice, for adding the right technical information to your life. In the morning, take a bath or shower consciously. That is the first technique. Then consciously have your breakfast. Whatever your morning routine is, whether it is going to the office, going to school, or going back to bed, do it consciously. Again, at lunchtime, eat consciously and then again at dinner, eat consciously. Finally at night when you fall asleep, fall asleep consciously. Five simple techniques which you can never avoid, because these five are already part of your life. Just do these five with awareness, and they will become a technique for a stress-free life.



A glimpse of Enlightenment

15 November, 2010



Trying to give a glimpse of the experience of enlightenment before you have the actual experience is what we call awakening the non-mechanical parts of the brain. For example, if you became enlightened, you will understand the whole world is illusion. It is not the ultimate reality. There is one more reality. You will understand. But, before you

become enlightened, trying to give you the glimpse of that experience so that you have trust in that experience and evolve, is what we call awakening the non-mechanical parts of the brain.

It is like trying to give you the sexual experience without having physical sex. I am giving you a gross example. Not having the physical experience, but giving you the pleasure, or the experience of the physical pleasure in your brain, so that you will understand - *Wow! This can do so much. Let me start working for it.*

If the non-mechanical parts of the brain are awakened, you will experience the same plane of enlightenment even before enlightenment, so that you are now inspired to become enlightened. For enlightenment to happen, you need a conscious decision from your whole body. The whole personality has to get integrated and decide to become enlightened, become awakened. That will not happen immediately. One part of your leg will tell, 'No, no, I don't want to get enlightened, who cares, get lost.' Your hands will tell, 'No, no, no. Not now, later on, let us enjoy all these things now, what is the urgency?'

The awakening of the non-mechanical parts of the brain is one category of the siddhis (powers) exhibited by the Siddha masters and mystics. These are called the *manomaya kosha* miracles. Of course, yoga always went hand in hand with siddha science. Patanjali is one of the siddhas.

I really feel bad that what the siddhas expressed is such a clear, reproducible science, but just because it was not recorded properly and transmitted, it has become something extraordinary or abnormal. It's like, if there is a tsunami and suddenly all the radios and TVs are washed away, the one person who still has a radio and TV naturally will become like a siddha, because he has a box which shows pictures and which talks continuously. Because it is now a rarity, TV and radio suddenly become a miracle. In the same way, whatever the siddhas were doing is a clearly recorded and authentic science.



One God or many Gods?

23 February, 2012

Let me give you an important truth - a sacred secret.

When you work just for money, your conscious mind and activities are aligned towards money. Along with the work, if you are also worshipping Lakshmi, your very unconscious falls in tune with money. It means, your whole being, everything, falls in tune with money.
Same way with knowledge. If you are just working for knowledge, your conscious mind and actions work towards knowledge. Along with that, if you are worshipping Saraswati through prayer, then your whole being falls in tune with knowledge. This is the sacred secret of working with the Divine.

In the Bhagavad Gita Chapter 4, Jnana Sannyasa Yoga, 12th verse, Bhagavan says, *'Those who long for the result of an action worship with rites the divine energies, for in this mortal world, the success of an action comes immediately.'*



Please understand, the Ultimate Source is only one, but each action of that Source becomes an independent energy. Each action of the Ultimate becomes an independent intelligence. I wanted all the followers of Vedic tradition, Hindu tradition, to celebrate the concept of multiple deities.

This verse gives the basis, gives the truth of multiple gods. Do not feel bad that your religion teaches many Gods!

Once, a pandit (scholar) made fun of a particular *sampradaya* (tradition) in front of Sri Ramakrishna. Ramakrishna immediately said, *'You don't know! With pure honesty and sincerity, in any way you worship, He will be there*. There are many enlightened masters in that *Sampradaya*. So Ramakrishna tells the pundit, *Don't abuse! Many in that tradition have become enlightened.* That is why, in the *pooja vidhaanam* of Ramakrishna publications, along with the deities of Shiva, Vishnu, Ganesha, there will be a deity called Kali-Krishna whose one hand is holding a sword, and the other is holding a flute! The mantras of Kali and Krishna will also be there. Bhagavan says very clearly, *whoever calls me in whatever form, whoever approaches me in any form, in whatever way, I am there.*





Each deity is unique

23 February, 2012

The western-influenced mind feels perturbed to see the pantheon of gods in the Hindu tradition. So it tries to merge all the gods and see one God in all of them. I tell you, do not try to merge all gods! Every god is different, every deity is different. Even the Shiva installed in Bidadi, the Shiva installed in Ohio and the Shiva installed in Malyasia, are all different! Even my deity installed in LA, installed in Toronto, installed in Bidadi, are all different. All of them are independently intelligent. Why do you want to merge all of them into one? Is it just to feel safe that you are in control?

No. Each deity is an independent god; relate with that deity, connect with the deity and experience the Source.

The Source is one. But you cannot worship the Source directly, you have to go only through the deities. Any way you try to worship the Source, you will not get it; you will get only depression. That is why many religions which try to catch the formless source never get into the depths of mystery - either they catch it just superficially, or they fall into depression.

All Gods are true and unique. Understand: I am not saying 'equal'. No. I am saying, 'unique'. There are some things which Shiva cannot do, but Lakshmi can do. If Lakshmi just removes whatever jewels she is wearing and gives it to you, it is a boon. If Shiva removes what is there on him and gives it to you, you will run away, because it is a snake! Many things which Shiva can do, Lakshmi cannot do. Shiva can open his third eye and destroy all the demons. So each divine energy, all the gods, goddesses - just enjoy them! See, once the concept of only one God is put into your brain, if you cannot feel connected to that particular God, you will naturally choose the only other available option, which is atheism. India is not a country which needs atheism, because here we have millions of options!



Live Conflict-Free and Stay Young Forever

31 August, 2010

You may think, how can living conflict-free make you young forever?

What is ageing after all? Look deeply into this idea of time and the idea of ageing. Understand the concept of time in the Vedic tradition. Time is matter, just like the chair on which you are sitting. The chair on which you are sitting can be moved wherever you want. You can either sit on it, sit on the ground, or use it as you want.

Same way, time is matter. See, your body is made out of bio-memories: thoughts and engraved memories or *engrams*, which inspire you and push you into action. These two are the base material for your body. Thoughts are like random fishes jumping in your mind. The thoughts which you pick up again and again to work become engraved memories. These two are the base material for your body.



The gap between one thought and the next thought is *kshana*, one unit of time in the Vedic tradition. When you pick up more and more thoughts and try to make them into reality, that is where the conflict starts. As long as there are only thoughts, there is no ageing. Only when the engrams hit the thoughts, or the thoughts hit the engrams, the ageing starts happening in your body. Ageing starts happening when there is a fight between the engrams and thoughts. Only the fight between the thoughts and the engrams in your muscles is responsible for ageing.

Ageing is directly related to your inner space. The idea which you carry about you in your inner space directly reflects on your body. Time itself has no power over your consciousness. But your inner space, which consciousness is also part of, struggles constantly with

the fear of insecurity, of ageing, and getting destroyed or being lost.

Here is a simple, straight process for unclutching from thoughts. Whenever a thought rises in you, without supporting it, encouraging it, entertaining it or being entertained by it, simply relax from it. If you start relaxing from the thoughts which are rising, you will experience freedom from the conflict between your thoughts and engrams. When there are less thoughts in your inner space, you will slow down the ageing process.



Dissolve Karma through Understanding

15 October, 2010

Understand, there is no such thing as a bad happening, bad publicity or bad karma in the world. Everything makes you rich; everything teaches you a new dimension of life.

Life means happening. If you don't want to go for the transmission of a new body, cancer cells are just cancer cells. If you feel, *Yes, great, cancer has happened. It's ok. Now I am also bored with this same set of people, mind-set, routine, and lifestyle. It will be really nice if I have a new body, new people, new friends, new situations, new possibilities, new openings, new happenings, the possibility to learn a new language, and a new life. Great! Come on! Let's relax and take another body.*

Just expand the understanding about your life; cancer is no more bad karma. No more bad karma.



In the same way, when you have depression, the possibility to create a new mind is there in front of you. You can say, *Hey, depression means there is something seriously wrong with what I was doing, with my understanding; so it is not bad karma. The possibility of expansion is there. Let me look into it. Let me break. Let's get into the next life, a new mental set-up*.

I tell you, every cancer is the possibility for a new body; every depression is the possibility for a new mind.

Expand your understanding, that's all, nothing else. Go on expanding the screen on which the projector light and the scene is projected. There can be no bad karma. All the incidents and happenings of your life should be inside your screen, within your understanding about life.

If all the happenings and possibilities of your life are inside the screen of your understanding, you are radiating enlightenment. That's all. Expand the understanding about life; no wounds, no hurts. There is no such thing as a hurt, wound, pain or bad happening, when you understand and expand your experience about life.Everything makes you rich. Everything strengthens you. Look inside and never ask,*why should this happen to me*?

Don’t question the happenings, but ask instead, *why is this for me*? *There is something from this happening which is getting added to me.* If you feel that, you will become rich through all happenings. Any incident that happens makes you richer than what you are now.





Just be

27 December, 2010

I am sharing with you the secret, essence, and definition of healing: just *be*. You will heal your body, the people who are around you, and the whole cosmos. Please understand, just *be*. Nothing else. *Be* in your body.

As of now, you know one thing, you have a body and you are aware of having a body. Just *be* inside what you think of as your body. That's enough. You may think, *what is this*? *That is what we are doing*. No. You think that you are inside your body, but you are never inside your body.

First thing, when you are inside your body, you will heal that intense pain and battered consciousness you are carrying. When you decide to *be* inside your body, the power of the present moment will work on you. The power of the present moment always heals your system. That is why I am telling you again and again

and again, reminding you to just come back to your body. Just *be*. Even now, decide just for the next half hour that you will *be* heavily and intensely present in your body. You will see healing happening in you. Just *be* in your body intensely. Suddenly you will see the compassion bio-memory, intelligence bio-memory, awareness bio-memory get rekindled, awakened in you for no reason, because *being* is the right button you need to push. *Be* intensely inside your boundary, inside your skin in this moment. You will really see your body, mind, and inner space get intensely healed. Nothing else needs to be done. To heal yourself and to heal the cosmos, you don't need anything else.





Heal Yourself and the Cosmos

27 December, 2010

The biggest problem is we think that *just be* is too simple or too difficult. Don't decide it is too simple and think it will not bring the result. No! Don't think it is too complicated because you failed the last few times and stopped making an effort. No! It will neither help you to think that it is too simple and it will not have the right effect on you, nor will it help you to think that it is too complicated, or that it is not possible for you. Just try to be in the now. If you are not able to do it after half an hour, forget about it. It's ok. Now, for the next half an hour, decide just to spend this time to *just be*. Once you catch the taste of being in the space of just *be*, I don't need to inspire you continuously. I don't need to give sermons to put you into the Vedantic experience. No. Your very living will be healing you and the cosmos.

Just be is what I have been talking about for the last ten years in various different words. Whether I talk about *chakra, kosha, sharira* or unclutching, whatever I talk, finally I land on this one truth: just *be*. Nothing else! Just *be* what you think of as your body. You will see the powerful effect on you. I can tell you, *just be* is the best technique and the process beyond all processes; the meditation beyond all

meditations. What Buddha describes as *Tathata*, is-ness, and Shankara describes as *Poorna*, fulfillment or fullness, or I describe as *Nithyananda,* unclutching - the whole thing boils down to *just be*.

If you are a medical professional, psychological healer or spiritual healer, whatever healer you may be, for healing the body, mind and spirit of human beings and the planet earth, add this one simple truth to your life: learn to just *be*. You will heal yourself and the world. Even if you are not in the field of healing and you want to heal yourself and the cosmos, I am giving you this process, this technique. *Just be*. Intense compassion will start oozing out through your very system. Nothing, nothing can help you and the world like having intense compassion. I can say that the intense compassion which oozes out when you are just in *being* is the cure for all the diseases in the world.





Your Mind is Hungry

16 September, 2012

One who is diligent in eating does not allow the tongue to make decisions. The one who is diligent in eating consumes only the quantity that is needed for the body. Most of the time, when you eat, your body does not play any role. Only your visualization has a voice. You visualize the dosa and soft idli. The moment you visualize, your eyes visualize, your tongue tastes, and you say, *Come on and get it*. Your body says, *no I don't need it*! Mind says, *No! Later you will feel hungry and at that time you will be travelling, you will not be able to eat, so eat now.*

If your senses respond to your visualization, it is called perversion. It is unfortunate that the perversions become decision makers in your life. When your body wants food and you eat, it will be diligent. When your body feels the lust and then you unite, it will be the embodiment of love. If you decide without the second layer instigator, it will always lead you to fulfilment: *tripti*. But unfortunately, all your major decisions are made by perversions.

A man who makes decisions based on perversions can never be successful. Understand, the sadhu (monk) who falls in the bed with the opposite gender and the sadhu who falls in front of a food plate are one and the same. The moment your mind comes in and justifies, and you sit in front of the plate, your life is destroyed. When you let eating be based on the body, the visualizations will not instigate you.





How we choose our birth

Whether you believe it or not, your life and all its happy and painful circumstances have been consciously chosen by you at the time of your previous death!

Only if you can align yourself with the idea of reincarnation will you be able to grasp this truth. At the time of your death, based on all the intelligence that you have when you leave the body, you decide what type of a body you want to take next. This decision is based upon the lifetime you just completed. With the 'file' created by the experiences and impressions of the past life, you review the entire file.
You ask yourself, 'What is the best experience that I wanted to have in my life but never had – or which I already experienced, but want to relive once more?'

Then you refer to the past life to see all the experiences you had in your life. Whatever you think was the best, even if it was just a glimpse, you choose that. In order to repeat the same peak experience, you decide on the sort of place that would be good to be born in. Then you decide what type of father and mother are needed. You choose the kind of physical body and circumstances which will help you fulfil that desire.

Even suffering, pain, diseases and poverty are all conscious choices! At the time of death, you no longer divide life into 'good' and 'bad' experiences – only experiences. So you may choose any kind of experience to repeat. Sometimes, like in the case of poverty, you make a decision because you don't want to take the responsibility. It is very difficult to understand this, but it is the truth. When you don't want to take responsibility of having and guarding money, you choose to be in poverty. Having money means a lot of responsibility. You are always in danger; anytime you can be harassed. You can be kidnapped and your money can be taken away from you. These are all the risks money will bring in life. Therefore, you may choose to be born in poverty! That is why we say even poverty is a conscious choice.

The time and other circumstances of birth are also significant in deciding what kind of a life you will have. The moment of your birth is like a snapshot in Consciousness. When you took birth, for one moment the camera shutter opened, and life entered your body. So whatever was there in the scene got recorded. It

means that whatever planetary positions existed at that moment got recorded. That is why the time of birth is very important. It is only based on that information that your consciousness functions always.
But the snapshot can be altered! Throughout your life, you get many chances to alter the blueprint you came with. Meditation is one way of doing this. Meditation is like exposing your film directly to the sun. Even if the camera's shutter opens for just one moment, whatever is in front of the camera will be recorded in the film. If the shutter is left completely open, what will happen? If the sun's rays directly fall on the film, what will happen? Whatever is recorded will be erased.

An enlightened being has direct access to your 'camera'. He can consciously keep the shutter open for longer time. So naturally, whatever is recorded will be erased – meaning, all your past karma will be erased. When you take birth it is like opening the camera shutter for one moment. When you are initiated, the shutter is completely opened. Naturally, the sun's rays enter and all your karmas are wiped out. That is why, when you are initiated, you are called *dvija* – twice born. You take a second life, a new life. And the one who operates your camera to hold the shutter open for that extra time is called the Guru – dispeller of darkness.



Is a guru necessary for enlightenment?

Yes and no!

The guru or Master is not a *vyakti* (person) as we imagine. He is a *tattva* (principle). He is simply a physical representation of the Divine.

In the Vedic tradition, the spiritual teacher, the guru or the Master, is said to be more important than God! God is always and everywhere, but it is the guru who opens the disciple's eyes to the existence of God.

The Master is the doorway to one's own experience of the Divine. He is the mirror that helps you recognize the truth that is already within you. In fact, the Master is the only scripture that is alive! Surrendering to God is difficult because you don't know who or where God is! God is a mere concept to you. But the Master is real. Through his form, you can take the quantum jump to the Divine.



Understand, life itself can be your master - if you have the intelligence to pick up the right things from it! Life itself can be a wonderful teacher, if you know how to learn from it. If you can hear with utter clarity the voice of

your own being, you don't need an external master. You don't have to surrender to anyone outside. Just surrender to your own highest consciousness, that is enough!

The master is not really an individual. The master is intense Life! If you see him as just one more form, you will try to relate to him as you relate to other people. You will miss the chance to have a direct relationship with Existence – which is what the Master is. So don't get caught in guru-personality. Just make yourself available to the guru-principle!

Ultimately, your real guru is your own inner Self. The outer guru exists only to guide you to the experience of the inner guru. The guru exists both outside you and within you! From the outside, he gives you a push inside, so that your extroverted mind begins to look within. And from inside, he starts pulling you, so that no matter what the distractions, you stay in your own inner space. Recognizing the guru as one's own highest Self is the most beautiful experience that happens with enlightenment.



Keep your Seeking alive

27 April, 2015

Without the context of seeking, even renunciation can lead you into laziness.

A lot of people talk as if they are renouncing, just to justify their laziness, dumbness, stupidity. I myself get many lectures like this from people, who are utterly lazy and bored, tired of life, but when they talk, they talk as if they are renouncing the whole world!

Listen: renunciation is not renouncing the action. For example, you grow grass, feed the cow, milk it, make the curd, churn it, get the butter, boil it, make ghee, and offer the ghee to the deity, the Divine, God, Guru or whoever - that is renunciation, sacrifice. If you don't even grow the grass, that is not sacrifice! That is boredom and tiredness. Many people don't even take the effort of growing the grass, and they say, "Oh,

everything is Maya." Without understanding the context, even the greatest truth can be missed, misused. Missed and misused.

Seeking, honest seeking, authentic seeking, being integrated to your seeking, is one of the most important alignments you need to do in your life every day - because it is only by seeking that your Being is kept in the highest peak awareness. So keep the seeking alive. Let the seeking become your first response to life. Let the seeking be the source of inspiration for you to live. Let the seeking be the energy to live. Let the



seeking be the intensity to live.

Without the context of seeking, the most subtle truths are never cognized. Cognizing the most subtle truths in the right context happens only when you keep your seeking alive.

Don't ever think that without seeking any higher thing can be achieved. Everything you do, whether it is deity worship, attending satsang, reading the scriptures, doing voluntary service, pranayama, yoga, spiritual practice, whatever you are doing, should strengthen your seeking, should make you a stronger and stronger seeker. The depth of your seeking should be increased.

If your seeking is alive, you will go on reinventing yourself. You will raise yourself by yourself! You will be so alive, so active, so brilliant, so energetic, because seeking is the most powerful way you can exist; the most powerful way you can experience you.

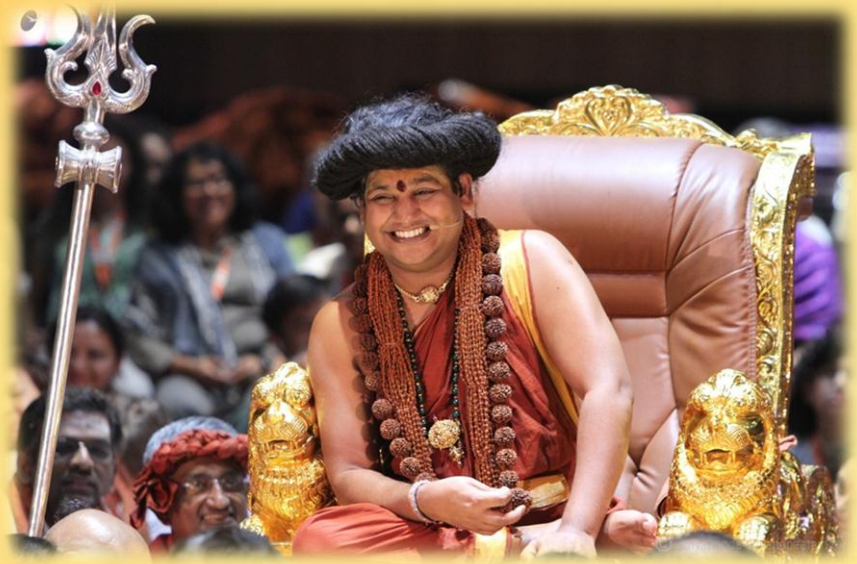


Catch the Guru's words

27 April, 2015

The first time you hear Guru's words, with so much of seeking, interest, excitement, you enjoy it, start picking up many things and internalizing them as part of your life. Then after some time, your seeking comes down, you listen but you tell yourself, "He talks like this only, it's ok, I have heard enough.'
Slowly, slowly, you start taking the Guru's words for granted,

When you take the Guru's words for granted, no matter how many years you listen to satsang, you create a huge iron wall around you, so that the Guru's words never penetrate and become part of you. Because, with each word you have already created a pain pattern - how to not allow that into you, how to keep it



away from you, how to never allow it to get internalized. Either your earlier failures, or your thinking that you tried but it is not working out, or your thinking that he is great but it is not going to happen for you - developing some of these kind of patterns and thought trends. When the seeking is lost, even if you live around the Guru for years, listening to satsang for years, nothing happens to you, because you have become a dangerously un-trainable, non-transformable.

Taking the Guru's words for granted, not taking them into your heart and making your life align to it, not using the words of the Guru and reinventing your life and restrategizing it, is the worst thing that can

happen to you, because, other than the Guru's words, there is no anchor available to planet Earth. Please understand, for anybody who has drowned in the ocean of samsara, the ocean of delusion and bondage, the only anchor available to raise yourself to the next level, is the Guru's words. From the other plane of existence, the only bridge available to this plane, to this universe, is an enlightened Guru's words.

If you don't catch that and raise yourself, nothing else - no puja, no meditation, no spiritual practice - can help you. The highest spiritual practice is catching the Guru's words and constantly reinventing yourself and re-strategizing yourself. Reinventing yourself with every word of the Guru is Seeking.



Are you afraid of your Highest Possibility?

18 July, 2013



It is not that easy to believe your bigness. Your bio-memory loses power over you, you lose power over you, when you believe your bigness. Believing in your bigness gives you the biggest breakthrough. Believe in your bigness. I tell you, I will not ask any of my disciples or followers to believe in anything, including the miracle powers attributed to me. Listen, I will

not ask any of my disciple or follower to believe in anything, including the miracle powers attributed to me, but I will sincerely recommend you believe in the bigger possibility of you. Even if you believe the miraculous powers attributed to me, it will only be a little support for you in your life. But, if you believe the bigger possibility in you, it will revolutionize your whole life.

Don't try to have enlightenment because of the joy, bliss it gives you. Try to have enlightenment because of the truth it is radiating. Try to have enlightenment because it is truth, not because it gives you joy. If you think because of the joy you want the enlightenment, you will try to find out the shortcuts; like marijuana. Marijuana is the shortcut found by people who tried to achieve nirvana in a very quick way. Understand, while on the surface you believe that you are confronted by your patterns and limitations imposed by your patterns, deep down inside you, you actually resist expansion, you resist expansion. Just see, look around the society. Everything is nothing but the resistance to expansion.

Some of the important truths you need to know - because you are settled, your pattern looks more natural and comfortable, possible for you than your possibility. Because you are settled, because you are habituated, the pattern looks possible, and your possibility impossible. The biggest block in the road of your completion and creation is not the smallness of your pattern, but the bigness of your possibility. I

tell you, even after having enlightenment at the age of twelve, it took ten years for my bio-memory to believe that is the ultimate truth.

Please understand, at the age of twelve, I had enlightenment experience. Always I was attracted to that experience because of the joy I experienced in that state, not because I believed that is the ultimate truth. Please try to get it. I was not in love with enlightenment because it is ultimate truth; I was in love with enlightenment because of the joy and bliss that state brought. It means, it is not a complete, right attitude, because the bigness, please listen, the bigness is the biggest block.

Continuously human-beings resist expansion. Please understand, incarnations happen on the planet to remind human-beings their possibilities, expand human consciousness. That is why we are, again and again and again, doubted. And I don't have a problem about it. I don't have a problem about it; because I am trying to remind you the side of you which you neither saw nor wanted to see, because it awakens you.



Own and Let Others Own

14 June, 2013

Human beings feel that living with the pure consciousness is too much; it is too much of happiness! I am exactly reading out from the Akashic Records, the ultimate truths about why patterns are created. Pure Consciousness is like a vast ocean; it is too much of joy. Many of you do not know that space after the age of three or four, once the root pattern has started in you. Once the first root pattern has started in you, you do not know the space of that extreme joy and living in pure consciousness.

The pure space seems to be a little heavy, a little too much of joy! Human beings feel they can't afford it! It is like this: you don't want to own the whole ocean, you want to own only the beach, because only in the beach you can put a fence and ensure that others don't enter into it! You can own the ocean, but you can't possess it. Please understand: owning is different, possessing is different. All of us can own the whole world, but we can't possess it. That is where the problem starts. The whole village



owns the village temple, but you can possess only your house! When you possess, you make sure others don't enter it.

You don't want to own the ocean; you want to possess the ocean. But you know you can't possess the ocean. If you want to own, you can own the whole world! But when you want to possess, that is where the problem starts. Unfortunately, only if you eliminate others, you feel you are victorious, which is not right, which is a basic wrong understanding. Please get it!

I want you to know a very important fact. Never, ever will you be free by your efforts to be free. Freedom will happen to you only by the right knowledge about freedom, never by your efforts towards freedom. Never are your efforts towards freedom going to give you freedom! It is only the knowledge about freedom which will give you freedom. Get it?

In any field, own and let others own. Don't be stuck with the possessiveness. Don't be stuck with the wrong idea that eliminating others is the only way you can be safe. No! If you eliminate everyone, you will be all alone and you will be suffering with loneliness. I have seen people having large houses, eliminating everyone and sitting all alone. Poor people's huts are more joyful and rich, overflowing with people who live and celebrate life, than some of the so-called rich men's houses.

It is actually whether you "own" or "possess" that decides whether you are rich or poor. A man who possesses everything will always be poor. A man who owns and lets others own will always be rich. I own this ashram and let the whole world own this ashram. That is why this place is eternal celebration, Nithyotsava!

I tell you, if you want some place to be in joy, celebration always, this is the secret: Own and let others own! Own and let others own!



Power of Words

Life flows with words.

Any impossibility you carry in your life is nothing but the power of the wrong words you utter to yourself and others. Any difficulty, any problem you experience in life, is the power of the wrong words you utter towards yourself and others.

For example, whenever you utter the words, "It is not possible, it is not possible", you become responsible for uttering that word. Whenever you utter the words, "It is possible, it is possible", you become responsible for uttering that word. When you take responsibility for your words and utter the right word, you discover the power of the right words.

When you try to practice this, the biggest problem you will face is this: you will utter the right words outside, but you will not be uttering the same right words inside. Uttering the right words inside also, and taking responsibility for it, is a very important thing. Even when you decide in your feeling that you are



going to take the responsibility for the words you uttered, for the words you are uttering, the Power of Words expresses through you.

Please understand, single word can break a relationship of ten or twenty years. A single word can make a relationship which was not there for ten or twenty years.

The words you utter, the way you think, the way you feel, the way you live, everything is a power. At the end of the day, if you think money is the power, all the power you have starts travelling towards it. I am not saying it is the right goal or wrong goal or inadequate goal, no. Whatever you think is the power, all the other powers you have naturally start moving you towards it.

Power always moves towards power. Money always moves towards money. Completion always moves towards Completion. Incompletion always moves towards incompletion. It's a law of life. Any mass

moves towards the other mass; that is the Law of Gravity. If you think money is the power, you will start feeling for money, you will start thinking for money, you will start uttering words for money, you will start living for money.



Practicing the Presence of the Divine

13 October, 2010

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

Some will have thirty percent fear and thirty percent love, and thirty percent confused emotions. Some will have maybe fifty percent fear, forty percent confused emotions. Some will have one hundred percent fear, and some will have one hundred love, no fear.
You will be experiencing the Guru in different ways.
Whatever you experience as Guru, that's what your experience of God will be.



Whatever may be the experience you have about 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.

An air bubble in a copper wire will not allow the copper wire to be a conductor. Electricity will never flow in it. The hypocrisy which 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.

Two things will happen by practicing the presence of God or Guru in your life:

One, all your actions will fall into awareness.

Second, the lower experience you carry about the Master, like fear, 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 experience with me will also be burnt away.

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




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Rediscover yourself through Completion

Please listen! I am defining Completion.

Completion is nothing but reclaiming the bits and pieces of yourself that you threw away in unconsciousness. Parts of you, bits of you, pieces of you, you unconsciously shared with or threw on so many things and people in your life. Reclaiming all that back, becoming complete with you, is Completion! If you have an emotional connection, it means you shared yourself. If you have a hatred connection, you threw yourself on them! But you need to know, emotional connection or hatred connection, both are connections, and both are incompletions. Both are connections and both are incompletions.

Look into you step by step. Completion should be continued till you realize you are one with the Cosmos, till you realize your ultimate state, your ultimate restful awareness, your joy, your eternal bliss. I tell you, when a man completes, he will realize, he is half woman. When a woman completes, she will realize she is half man. Till you realize the grace and the power, till the man realizes the grace side of him, the woman

realizes the power side of her, completion needs to be done. Completion removes conflicts inside you, contradictions outside you, commotion from the society. Contradictions, conflicts, commotions, everything is removed from the human life, human society, just by completion. Bring completion, completion, completion!



Reclaim your space of Advaita



Listen! From birth, every child should be taught how to retain his original space of Advaita, the treasure with which he came down. When a child comes down, he comes down with the space of Advaita. It is unfortunate that society does not put its strength and energy in helping a child to retain its original Advaitic state. He has to be broken into pieces and then he has to start searching for his pieces. Sometimes your pieces have been taken away by somebody! It will take too much of energy and time for you to reclaim it.

It is like somebody with whom you were in love in the young age, puppy love, the person is not even there in the country. Now how will you complete with that person?

Listen! This should be the vision, motto for our Gurukul. We are already working with this vision, and I wanted this to become more powerful. Even the parents should be taught this science, the science of teaching a child to remain in completion, in the original space of Advaita which he brought with him as a birthright, as a birthright.

Please understand, even if you were not enlightened in your last birth, even if you were broken to pieces in the past birth, every time when death happens, it is like a new consciousness given to you. Life expects, 'Alright, at least from now live completion.' But after coming down, because of the ambience, you again start breaking yourself into pieces. Because you start breaking yourself into pieces, the past pattern of breaking also comes up. That is why the lack of Integrity, Authenticity, lying, hypocrisy everything. Sometimes you are broken into pieces so thoroughly that even you don't understand your pieces! Many a time you are not even aware that you are broken into pieces. So first you should complete, complete, complete.

Relive and be Complete

Let me define completion once more from another angle: completion means sitting with the declaration that you will reclaim all the parts of you which are sitting in many people, many things outside you.

This can be done in thousands of ways. It can be done by reliving wherever your emotions are stuck, the patterns in which you are stuck, the incidents which have created a strong impact in you and the cognitions you created deeply in you. By reliving all of them, you can reclaim the space of completion. By reliving all your inadequate cognitions in all the moments of your incompletion, you can reclaim and become complete. That is the first thing.



Second: deciding, cognizing, whenever your incompletions happened, the personality who created the incompletion and the personality who is now in your body are both different. So, healing that personality which created incompletion and assimilating, means, relating with that person, saying that, 'O, my six-year-old version, please understand, at that time your cognition was inadequate, now you have an expanded cognition, so please come on and dissolve into this expanded cognition. Let us become one with this expanded cognition'.

Ask your six-year-old version of you, ask the child in you, 'Is your cognition adequate, or is the cognition which I have now adequate? Whichever is adequate, we will just merge in that'. This is the flow with which completion functions.





Secrets of conflict-free living

What is 'living a conflict-free life'?

It is living completely at ease with your body, your mind, and the circumstances that you experience as the outer world.

Why do I say, 'What you *experience* as the outer world'? Because the outer world is nothing but a reflection of your inner state.

We continuously experience some conflict or other every moment - in our relationships, in our goals, in our desires, in life-situations. We invariably attribute our conflict to someone or something in the outer world. We blame the outer world for our problems.

People ask me, 'How can I be conflict-free in a world that is filled with conflict? Only when the whole world is silent, happy and peaceful can I become conflict-free.'

Understand, that is never going to happen! There is no such thing as bringing peace into the whole world. All problems are usually created by people who try to make the world peaceful!

In the last 3000 years, several thousand wars have been fought. Every leader who declared war claimed that he was going to bring peace to the world!

A conflict-free world starts with a conflict-free individual.

How to live a conflict-free life?

By asking yourself one simple question in the situation of conflict.

Do I really need to change this situation?

If the answer you are hearing from within is Yes, if you feel that the change really needs to happen in your life, bring in a powerful intention, the energy, the *shakti*, to create that change in your life.

Understand, not all things need to be changed. Understanding and accept what need not be changed is intelligence, *buddhi*.

To start living a conflict-free life, all you need to do is



bring in the energy to change the things that need to change in your life, and the intelligence to accept what need not change.

Above all, understand that whether you change anything or not, life itself is a continuously changing phenomenon. Once you realize this, you will naturally hold onto the one thing that never changes: the eternally unchanging Truth. Then you will automatically be conflict-free.

When you start living a conflict-free life, you start living enlightenment. When there is no conflict inside you, you experience no conflict in the world!



The secret of anti-ageing

February 12, 2011



Do you know that even your random thoughts play a role in creating the reality that you perceive and experience? Look inside and see random thoughts are constantly arising in you. The thoughts you hold in your inner space will gradually become inscribed in your muscle memory. When you repeatedly move your body with certain thoughts

and intentions, those thoughts and intentions become reality. So, your muscle memory, your body itself, is made up of your thoughts! Not only your current thoughts, but also your memories or experiences from your past which have been recorded in your muscles. These recorded memories are called *engrams* or engraved memories, and carry an energy of their own. In a given situation, they can suddenly surface and cause you to react in a particular way, even without your awareness!

So, what is ageing?

Your body is made of two components: random thoughts in the present moment, and *engrams* from the past. Ageing is the battle between these two components. When there are no thoughts, this conflict does not exist in the body and so there is no ageing. The *engrams* simply get expressed and will leave your system feeling lighter. Similarly, if there are only thoughts happening in you and no struggle with conflicting memories, then again there is no ageing. The thoughts simply arise and leave your system effortlessly, leaving a clear space for the next moment of expression.

The constant conflict between your thoughts and engraved memories is what leaves your body feeling dull and heavy. In due course, this results in the ageing of the body. A powerful way to arrest this process is through unclutching, living without conflicts in the inner and outer and inner worlds. When you live

without conflict between thoughts and *engrams,* you live in constant excitement, and do not project conflict into your future, leaving a limitless future. Ageing does not occur.

So just relax, flow like a breeze with Existence. When you live fully in the present moment, you fulfil and release your engrams. This is the path of the intelligent man who lives and moves in this world. When you arrest the constant flow of meaningless thoughts, you are following the path of meditation. Either way, you ensure that there is no conflict between the present thoughts and the past engrams. Both will ensure that ageing does not happen in you!



Sitting meditation or dynamic meditation?

In the beginning, it is better to start with active or dynamic techniques.

When you are just entering into meditation, there might be too much disturbance inside you.

All the garbage you have collected over the years will be sitting inside, waiting to jump on you!

Straightaway, if you try to sit still and meditate, all you will be witnessing is the terrible disturbance inside.

Understand, meditation releases tremendous energy and awareness inside you. Whatever you have suppressed, all the physical and mental disturbances, everything will start bubbling to the surface.

If you try to witness all this, you will just go crazy!

You won't be able to cope.

Dynamic meditation is like wiping the slate clean before you start writing on it.



Dynamic meditation is like de-addiction! It is a deprogramming process.

Have you noticed, when your body is active, your mind can't move?

When your mind is still, all the chaos in the deeper layers of your system has a chance to come to the surface and be thrown out.

These techniques are outwardly chaotic, but inwardly, they can lead you to an experience of peace, of silence.

When you breathe chaotically, for instance, you will see that the opposite experience begins to happen inside you. You become aware of a silent point within you, untouched by the chaos on the outside.

When you try to sit silently, you begin to be aware of all the madness inside, all your suppressed thoughts, your words and confusions.

When you are moving chaotically, you become aware of the stillness and bliss inside you.

So when you are just getting into meditation, choose dynamic techniques.

Once you have settled into meditation, once you have cleaned out your system, you can try any technique you want.



Slander is Poison

14 January, 2012



One of the highest spiritual virtues is: do not slander others.

If you slander someone who has not done any wrong to you, understand that you have a serious problem.

Many times, you make wrong decisions in your life, but don't want to take responsibility for it, so you start slandering others.

For example, your natural inclination in life is sannyas, monkhood, but for some reason, you take the decision to get married. Many of you have many patterns encouraging sannyas, but somehow, you also have one or two patterns which are not for sannyas. Because of those one or two patterns, you decide to get married. Naturally, after some time you feel suffocated with married life, and you start slandering your wife! That is not right.

You should be clear that you got married because of those one or two patterns, and not slander the other person. You should know that it is you who is responsible.

Many times, you slander out of jealousy.

Basically, humanity is unconscious, and it cannot tolerate happy people.

But one thing I want to tell you, once you slander happy people, you will never experience that quality in your life. Once you slander an enlightened being, you will never experience that quality in your life. The moment you slander, your unconscious records it, and you will never ever have that spiritual quality in your life. It is an end point of your spiritual growth.

That is why there is an important place in our tradition for this one spiritual value.

Fulfillment does not come by any outer world activity or comparing yourself to others. It comes when you have tremendous restful awareness. When you practice restful awareness, then naturally you attract all the people who want restful awareness and help raise them to that awareness.



The miracle of personal transformation

So many miracles are happening to us every day!

Sometimes, when we are watching TV, suddenly we feel that the character we are watching is about to say something, and sure enough the character says exactly the same thing! Or sometimes, we are about to sit down for dinner, the door bell rings and we feel we know who is at the door, and it is the same person we thought about! Over 80% of us have experienced similar happenings at some point in time of our lives. When this happens, most of the time we brush it off saying it's a coincidence. Or, when these things happen to particular people repetitively, we attach the tag 'gifted' to them. We attach similar tags to those who see auras and sense the vibrational energy of people and places.

When the magnitude of the experience is greater than this, we no longer term it a coincidence; we call them miracles. For example, someone predicts disasters correctly time and again; they forecast deaths.

Others heal people who are given up as lost causes by doctors. Some persons produce substances out of thin air. All these, we call miracles.



But these are not the real miracles. It is when you stop taking things for granted, that the real miracles will become obvious to you. That you are alive is a miracle! Thousands of miracles keep happening within you, within your mind body system.

We always miss the miracles that are right around us, inside us. Are you the same person you were five years ago? Our body and mind carries a tremendous potential to continuously heal, learn, rejuvenate and transform itself. It is we who hold on to our old image of ourselves, not seeing that we have already changed!

Living consciously and joyfully with this transformation that is always happening in and around us is living enlightenment! If you can just trust your innate intelligence and live, you don't need a technique to get enlightened! If you trust your intelligence and drop your mental set-up, you will be enlightened on the spot. It is just like dropping a pot – it falls and breaks, that's all! But you do not believe that easily. That is the problem. You ask for a technique. You say that it is so difficult to drop the old mental-setup, even though you know very well that it is creating suffering for you!

The word *difficulty* is the greatest difficulty! When you know fire burns, drop the fire! That's all. Where is the difficulty? Be a little more intelligent. Drop what hurts. When you understand that the mental set-up causes you trouble, drop it.

You ask, 'How will I survive if I drop it?'
The seed always wonders, 'What will happen to me if I break?'
Unless it breaks, the plant cannot grow out of it. Trust and open, trust and break; you will grow. If you make mistakes, it's worth making mistakes, because you are going to grow.

Perfectionism is madness. The more you are far from perfect, the more God has grace for you. The search for perfection is a search for madness. A graveyard is a perfectly secure place. But it is not a place to live

in; it is only for the dead. A ship is secure in the harbour, but it has to move out into the ocean to be of any use.

As you move from ego to spontaneity, you will undergo the pain of transformation; that's your penance, your *tapas*; that's the price you pay for a better life. But once the transformation happens, everything will be a miracle. Every moment will be a miracle.



Yogic Body, Vedic Mind, Zen Living

07 September, 2010

Sharira maatram khalu dharma sadhanam means, it is the body which is the base for all achievements. Own your body, feel it is yours. Design it as you want with yoga, develop a yogic body.

When I say, *own your body*, build it as you want with yoga. Your body is the closest object you have. If you don't own your body, what do you mean? It is just there like a garbage can. For most of us it is there, because it is dumped on you; you just dump everything on it. Own *your* body. That is the first step for enlightenment.

Do not live inside a body which is not flexible or healthy. Put in energy, time and bend your body, make it yogic. It is your body. The whole day you are living with it. Why are you unaware of it? The whole day, let all your movements be such that it continuously becomes healthy, graceful, as you always wanted it.



Own your mind; it is your mind. Design it so that any suffering can never touch you. Your own mind. Just have this very feeling, thought, *my* mind! *I will make money only the way I enjoy. I will have the pleasures which I enjoy. I will choose my way of life. I will be conscious in every step and see that I achieve what I want.*

See that every thought you give life to gives only joy to you, it brings only bliss to you; never any suffering, or never any disturbance. Knowledge and truth is the Vedic mind. Train your mind as you want it.

Own your body, own your mind, own your living, own your lifestyle. That is what I call Yogic body, Vedic mind, Zen living.

Zen living is meditative living. Infuse awareness into every action: walking, talking, sitting, moving, breathing. Infuse awareness into everything. Slow down. In every action, slow down. Let it be with more awareness. That is what I call infusing awareness into your life.



Sound Healing – Naada and Bindu

15 September, 2010

Let us get to the basics of healing through mantras.

Whatever exists, exists as sound. Again and again the Upanishads say, *Naada Brahman*. From the *naada*, the sound, existence, expresses itself. Everything is made out of molecules. Molecules are made out of atoms. Atoms are made out of something called sub-atomic particles, quarks.

It is the *naada*, sound, which acts as an energy field which keeps the quarks together, binds the quarks together to retain the solid form of any object, any matter. *Naada* is the ingredient which is responsible for mud to remain as a pot. Whatever you see, *naada* is the reason for it to remain in its shape.

If a sound is created by two things striking each other it is called *ahata.* If a sound is created without two things hitting each other, it is called *anahata dhvani*, the pure source of sound. *Anahata* means the sound



which is created without two things striking each other, *an-ahata*. In each one of us, the ability to listen to *anahata,* the uncreated sound, exists.

When the *anahata* gets mixed with the quarks, subatomic particles, it retains the quarks in different forms through its energy binding, which is responsible for matter to exist, for the solid form to exist. Your body is made out of quarks and *naada*. *Naada* is the energy field which keeps the quarks together so that your body can exist as it exists now. The sub-atomic particles or quarks, is the bindu and the life energy, and naada is the force which creates the energy field.



Mantras and Spiritual Healing

15 September, 2010

There is a very beautiful verse from the great saint Arunagirinathar who is from my native place. He puts *naada* first and *bindu* second, because *bindu* by its own existence is *shava* (inert). Only when *naada* is added to it, it becomes Shiva. That is what *tantra shastra* describes as Shiva lying on the ground and Kali standing on him. She is *naada*, the binding force, and Shiva is the *bindu*.

Unless the *naada* acts as a binding force, *bindu* has no action. Nothing is possible by the *bindu*. Sound is responsible for what you are. Sound is responsible for the sickness you carry, either physically or mentally. If the energy field which binds the quarks is responsible for your disease and depression, and that energy field is altered, naturally the disease and depression will be cured, healed. Understand, by its very nature, quarks have no disease; they are pure consciousness. Only *naada* is responsible for disease or health, and depression or expression. You can work only on *naada*. You cannot work on *bindu*. All real healing systems work on *naada*. All healing happens on the energy of *naada*.

There are two ways you can work on *naada*. Create the right sound and repair the wounded *naada (*which is what is done through *mantra),* or taking your disturbed *naada* structure to a Being where *anahata* is continuously happening. In that very silence, your wounded *naada* structure gets healed, realigned, reorganized, and re-structured.

One important thing: physical and mental healing happens through the right sound only. If there is a wound and there is a right sound, that sounds heals the wound. The right sound does its job. But when your wounded *naada* structure goes near the *anahata* structure, not only your whole body and mind go through a complete restructuring and transformation, even your brain and cognition go through rewiring, and your consciousness gets awakened.

That is why the Master's presence, the intense soundless sound, the vibrant silence and vibration of *anahata dhvani*, is considered as *sarva roga nivarani*. All possible diseases are healed just by the vibrant silence of the living Master, the *anahata dhvani*. Intense sound or intense silence comes from *anahata*. The uncreated sound heals the body, heals the mind, rewires the brain and transforms consciousness.



Raising the Consciousness through Omkara

15 September, 2010

This 21-minute verbalizing meditation technique is helpful in raising the consciousness. *Om* or *pranava mantra* is the most potent of all Vedic *mantras*. The beauty of *Om* is that the *mantra* itself represents the transition from gross to subtle to pure consciousness.

Instructions

Sit upright with your eyes closed. Begin chanting the mantra *Om* as deeply as possible, as loudly as possible, and as lengthily as possible, with your awareness on the different *chakras* below:

Step 1

Place your awareness on the *manipuraka chakra* (navel center). The *manipuraka chakra* is the source of the pure energy of verbalization. Chant the *mantra Om*, feeling clearly that the *mantra* is arising from the



navel center and not from your throat. Feel the mantra vibrating in the *chakra*. As you chant, you will see that your body has started moving in a slightly circular way, as if making small circles in the air. The movement of energy can be clearly felt in the physical body.

Step 2

Shift your awareness to the *anahata chakra* (heart center). The *anahata chakra* is the source of love energy. Chant the *mantra Om*, feeling clearly that the *mantra* is arising from the *anahata chakra*. Waves of energy can be felt rising from the heart and spreading inside the body. This is a more subtle expression of the energy generated by the *Omkara* (*Om* chanting).

Step 3

Shift your awareness to the *vishuddhi chakra* (throat center). The *vishuddhi chakra* is the source of the creative energy. Chant the *mantra Om*, feeling clearly that the *mantra* is arising from the throat.

Step 4

Shift your awareness to the *ajna chakra* (brow center). The *ajna chakra* is the source of the intelligence energy. Chant the mantra Om, feeling clearly that the mantra is radiating from the *ajna chakra*. Feel the mantra vibrating the *chakra*.

Step 5

Shift your awareness to the *sahasrara chakra* (crown center). The *sahasrara chakra* is the source of pure consciousness. *Chant* the mantra *Om*, feeling clearly that the mantra is arising from the *sahasrara chakra*. Feel the mantra vibrating the *chakra*. At this *chakra*, the energy is no longer moving, but remains as pure consciousness. When the *Om* chanting becomes constant and effortless at the *sahasrara chakra*, you enter the space of enlightenment.



Is Abortion a Sin?

12 July, 2012



Q: What happens to babies who have been aborted either naturally or unnaturally?

I want to make it very clear - different countries have different laws on this subject of abortion, so I am not going to comment on it legally. I am giving you a spiritual opinion, spiritual guidance. You need to consult your country's law before making a decision.

Let me make it very clear, spiritually, abortion is not a sin, because the individual consciousness enters into the body only after the delivery is done. You may ask about the heartbeat or the movement of a child. That is just the extension of the mother's body and the mother's life. You cannot have two souls in one body. Just living with two minds in one body itself is so tough! Two conscious beings in one body? Don't

worry, God is not such a sadist! Consciousness does not enter the body before the baby comes out. When some part of the baby experiences the ether, the air, only then the consciousness enters.

What happens to the babies who have been aborted? Because those babies don't have an individual life, the body of the baby, which is just the extension of the mother's life, just goes back to nature. For example, when you remove your hair or nail, what happens? Just like that, the body goes back to nature. Of course, this is far more costly than shaving and nail-cutting, because the mother has to go through the pain.

The umbilical cord connects the baby to the mother and to life. Until the baby comes out of the mother's womb and the umbilical cord is cut, the individual conscious awakening, *pratyekaatma chaitanya jaagrata*, does not happen. So, spiritually, abortion is not a sin, and conscious abortion cannot be interpreted as taking life, because those babies don't have an individual life. The individual consciousness or *pratyekaatma chaitanya* has not happened. They don't need to go anywhere. They just go back to nature.



Technique for anti-ageing

23 October, 2010

Research shows that your DNA tightens up, becomes shorter and DNA codes are switched off when anger, fear, frustration and stress is experienced. It means that the partial death experience almost starts happening in you. So understand: anger, fear, frustration and stress, even if it happens with logic and reason, harms you more than your enemy.

Develop this habit of *abhayam sarvabhootebhyo - I give refuge to the whole world, and nobody, no being needs to be afraid of me. I am not here to attack anybody.*
As much as you can, every night, relax into the mood of *abhayam sarvabhootebhyo.* Visualize every DNA in your body sending this message, every hair hole and pore in your body used as a transmitter for this message. Sit still and calmly.



Sleep is nothing but you deciding to relax every night - *Alright, I opened my tent and did my circus act, but now it is time to stop my circus act, wind up this tent and put myself to rest.* So every day, when you wind up your tent, tell yourself *abhayam sarvabhootebhyo*. Nobody needs to have fear of me. I am withdrawing. Remember this and sleep. It will become a conscious decision of withdrawing. The deep sleep every day will become the experience of *advaita.*

When you get up in the morning, have this understanding - *Yes, let the ashram be built. Let my friendly team be built, let my enemies be built. Let the temple be built.* Expand and start your circus. You will see the tremendous transformation. *Nidra Samadhistitihi* will be experienced by you. So this stress, anger, frustration, will not be there in your sleep, and your DNA will not die. Every night, if you sleep without fear, anger, frustrations, stress, the death of your DNA will be reduced, and the anti-ageing process will start happening. This is the technique for anti ageing. You will wake up fresh like a flower every morning.

If you slept the whole night with love, with deep love, you will wake up in the morning with your mouth feeling fresh, as if you had a mint in your mouth, and you will not feel like brushing your teeth. Use this as a scale to find out if you slept the whole night with the feeling of deep love. Usually a normal man will feel like running to brush his teeth in the morning. If that feeling is there, it means you slept with some frustration, fear and stress. Practice *abhayam sarvabhootebhyo* technique daily for fifteen days. You will change within ten to fifteen days.

I am not saying don't brush your teeth! You should brush your teeth. But when you wake up, you should not feel any difference between how the mouth was when you slept and when you wake up. If your mouth is fresh, it mean you slept with love. There is no fear, stress, anger; you are anti-ageing. You are anti-ageing.



What is initiation?



Initiation is the direct transmission of Truth from Master to disciple.

When a teacher conveys the truth to a student in words, it is called a teaching. When an enlightened Master directly transmits the experience of Truth to the disciple, it is called initiation.

When the Truth is experientially transmitted, the disciple straightaway gets a glimpse, he has a powerful

spiritual experience that is beyond his logic. He gets a 'click'! If this click happens in the disciple, it means the initiation has happened.

When the Truth comes from the enlightened experience, from the pure inner space, you do not know why, how or what, but you suddenly see it is true! It clicks, even though one part of your logic continues to fight.

The initiation need not be in a form of a mantra. It can be just a few words, a clear expression of the truth that sinks deep within you and lifts you into its own space. It literally explodes in you, in your consciousness. Truth has the power to shake you! As you listen, you start to live by it. You cannot forget it. Your life changes without any effort. This is the power of Truth.

Initially, a part of your logic continues to fight with it, because too much is at stake. If you accept the Truth and start expressing it in your life, all your vested interests are at risk, your very life as you know it is at risk. But your core, your being understands. You may not understand logically, but suddenly your heart feels connected to the words being uttered, the truth being expressed. Unless you are tired of living with the ordinary logic, mere logic which cannot help you to look into your own life, your own mind, you cannot open up to the Master's initiation! Using your logic is not the problem. But when you trust your logic more than your intelligence, all your suffering begins.

The logic which dissects, which judges, which does not allow you to trust anything or open up to anyone, which does not allow any transformation to happen in you, is your first enemy.

From love to enlightenment, anything can rejuvenate you, anything can make you feel that life is worthy, only when you open up. If you open up to one person, you experience love. If you open up to a few people, you experience compassion, if you open up to the whole universe, you experience enlightenment, that's all.





Where are you praying from?

06 February, 2012

I will explain from your angle how the happening of incarnation should be happening. I can tell you from my own experience, from my angle, how these incarnations happen. When devotees sit in front of me with tremendous devotion or love, I can see very clearly that part of me without my instructions or command just expands and extends to them so powerfully! When any request or prayer comes from such a being, I tell you, nothing is in my control. Simply I can see that I am taking my incarnation in that body. Simply I happen in that body and nobody can stop it.

A devotee recently asked me, *Swamiji, I want to live like your Meera*. The moment that person asked, I could see the honesty in the prayer..! See, there are different levels of honesty. If your word churns a certain reaction in the throat, that is verbal honesty. There may be hypocrisy inside which you don't know, but to the level of words you are honest. If any word you utter creates intense churning in your heart, you will hold on to it even emotionally. You are honest verbally and emotionally. If you are just

verbally honest, anybody can give false information to you and change your opinion. But if you are emotionally honest, nobody can take it away. And if your word leaves a churning below your navel, your swadishtana (spleen center), that is the deepest level.

When you are asking, if the churning is in the throat, it is okay. If the pain of emotion or the feeling of what you are asking is happening in the heart, I can say it will become reality, no doubt. But if the churning is below the navel in the Swadishtana, straightaway it will become reality. It will just be reality. When this person asked me, *I want to be your Meera*, I could see that the churning is from the *Swadishtana.* I could see the pain of the being, meaning that the being has retired from all other superficial things. It is neither verbal, nor emotional, it is straight being.

When any request or prayer comes from the being, I tell you, nothing is in my control. Simply I can see I am taking my incarnation in that body. Now for her, wherever she sees me, not just a photograph, but even this color, she will be in the ecstasy of Meera just like that! I also blessed her that she will live like Meera, but without Meera's suffering.



Your heart does not care about your logic

Sometimes, when people suddenly fall in love, their logic may bring up all kinds of reasons, 'No, no, no, I am already married, I am this, I am that, see the age difference' and what not! Your logic can bring up all the conditioning - but when you are in love, nothing can be done!

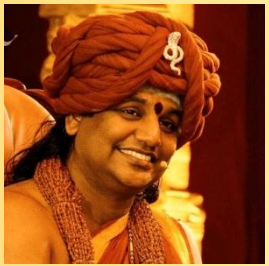
You may keep a distance because of all the social conditioning, and because you have to behave yourself, and there are so many restrictions, and there is so much morality or whatever you call it.

But the heart doesn't bother about your age, or which country you belong to, which race you belong to, or your morality, or your discipline, or your so-called decency. The heart doesn't care about all these things. Maybe your action or your logic cares for all these things. But the heart doesn't care; it just falls in love, that's all.




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His Holiness Paramahamsa Nithyananda



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

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

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

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

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

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

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

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

Our Websites

- Visit the official website of Nithyananda Mission
  nithyananda.org
- Watch the live stream of Paramahamsa Nithyananda's satsang every day
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- Find out more about our flagship meditation program Inner Awakening℠
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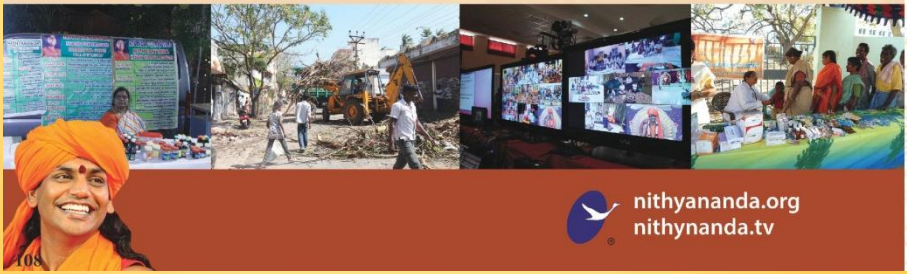
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- ***Over a dozen Vedic temples and ashrams worldwide*** housing 3720 energized deities, including some of the tallest deities in the world.
- ***Free kriya & meditation programs in prisons and schools***
- ***Nithyananda Lakshmi, a non-profit micro-financing scheme for rural entrepreneurs***
- ***Nithyananda Grama Seva Yojana (NGSY)*** empowering over 300 villages in Karnataka by creating opportunities for their socio-economic development.
- ***Nithyananda Vidyalayas - Schools blending modern education with the Vedic system of learning***
- ***Support for schools in rural areas***, including school uniforms, books, stationery and infrastructure



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11 Years

of NITHYANANDA MISSION
2003 - 2014

- ***Over 300 books of Paramahamsa Nithyananda's teachings*** published in 20 languages
- ***Over 2000 free talks by Nithyananda*** on www.YouTube.com/lifeblissfoundation crossing 18 million views
- ***Over 250 e-books and 600 meditation techniques and solutions available free online***
- ***Nithyananda University offering courses in meditation, spiritual sciences and life skills*** being established across the world
- ***Breakthrough research on mystical yogic sciences*** like kundalini awakening, levitation, teleportation and yogic age-reversal
- ***The Nithyananda Order*** - Hundreds of aspirants from various religions and walks of life receiving intensive spiritual training and sannyas
- ***Ananda Yogam*** – free one-year residential program for youth aged 18-35 years, offering vocational and spiritual training for excellence and personal growth
- ***A dynamic volunteer force, including over 1000 full-time resident volunteers***, offering services such as disaster relief, counseling, initiatives for youth and women's empowerment
- ***Nithya Kriyas and Sammyamas - 108 authentic yogic solutions*** for physical and mental ailments
- ***Holistic-lifestyle aids*** including devotional music, energized jewelry, sacred arts and sculpture, and natural siddha medicines



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TAKING
Vedic Hindu Tradition
INTO HOMES ACROSS THE WORLD



- Protecting, preserving and promoting Vedic Hindu tradition through ***Vedic Temples*** in India, USA, Canada, Malaysia and other countries
- Inspiring families to live the Vedic tradition through over 400 Paduka Mandirs housing ***3720 energized deities*** where daily worship is performed in the authentic Vedic tradition



- ***Thousands of people worldwide simultaneously perform Vedic rituals*** during the daily morning satsang, creating powerful positive vibrations

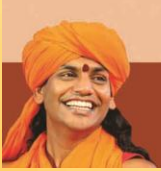


- Reviving India's pilgrimage culture by regularly leading ***yatras to spiritual energy fields*** like Kailash-Manasarovar, Char-Dhaam, Varanasi, Bodh Gaya, Angkor Wat, Kumbh Mela, etc.



- ***Nithyananda Sacred Arts*** to promote, support and preserve ancient temple arts and sculpture as the largest producer of metal, wood and stone deities in India





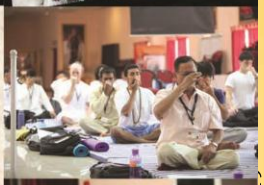
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INSPIRING A GLOBAL *Vedic Renaissance*





- ***Daily morning live satsang by Paramahamsa Nithyananda*** viewed online in over 40 countries through two-way video conferencing and Nithyananda TV.
- ***Daily spiritual talks by Paramahamsa Nithyananda viewed*** on various TV channels
- ***Over 20 different types of meditation programs*** at various levels offered in corporates, schools, prisons, etc.
- ***Nithya Yoga & Nithya Kriya*** – authentic yogic solutions for 108 physical & mental disorders
- ***Scientific & safe initiation into mystical yogic sciences*** like kundalini awakening, levitation, hunger-free Sammyama etc.
- ***The Nithyananda Sannyas Order*** for spreading and continuing the sannyas parampara (tradition)
- ***Nithyananda Gurukuls and eN-Vidyalayas*** offering holistic traditional and modern education in a healthy environment
- ***Inspiring the youth to be the ambassadors of Vedic tradition*** by enriching them through scripture study, rituals and kriyas



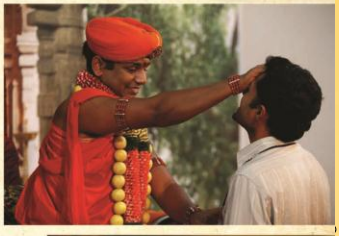





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Scientific Research on Mystical Yogic Sciences

PARAMAHAMSA NITHYANANDA WORKS WITH DOCTORS & RESEARCHERS
to understand and revive yogic sciences like
kundalini awakening, levitation, teleportation, materialization, living on prana, etc.



KUNDALINI AWAKENING & LEVITATION

- *Awakening and activating the highest potential energy hidden in the body*
- *Safe and natural kundalini awakening for more than 100,000 people through personal initiation*
- *Leads to recovery from chronic illnesses and improves health*
- *Boosts memory, intelligence, decision-making, creativity*
- *Rapid dissolving of karmas and intense spiritual growth*



TELEPORTATION & MATERIALIZATION

- *Yogic science of inter-converting energy and matter — impossible to duplicate in modern science*
- *Vibhooti, kumkum, honey etc. materializing on sacred objects and deities worldwide by a blessing from Paramahamsa Nithyananda*
- *People worldwide are experiencing these miracles from thousands of miles away*
- *Materialized objects have strong positive vibrations and healing properties*



LIVING WITHOUT EATING — NIRAAHAARA SAMMYAMA

- *Hundreds worldwide are successfully living without food since August 2012!!*
- *Personal initiation by Paramahamsa Nithyananda into hunger-free sammyama*
- *Awakens the body's ability to live on prana like trees and plants*
- *Breaks deep-rooted food patterns without the need for fasting*
- *An effortless weight loss technique & powerful spiritual practice*



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Reaching Out to Serve the World

ANNADAAN : FREE FOOD FOR ALL

- *More than 10,000 free meals served each day in Nithyananda ashrams and centers worldwide.*
- *Nutritious vegetarian meals cooked using authentic sattvic methods in a hygienic environment*
- *Chanting of vedic mantras or keertans while cooking infuse high-energy vibrations into the food.*
- *Free meal schemes are also offered in schools, prisons and temples.*





FREE MEDICAL SERVICES : HEALTH WITH CARE

- *Fortnightly and monthly multispecialty medical camps offering all services*
- *Weekly mobile medical services including free consultation and medicines in rural areas*
- *A 100% free dialysis clinic with 47 dialysis machines catering to 250 patients per day in the pipeline*
- *Free 100-bed hospital with all amenities planned for the needy*

DISASTER RELIEF : HELPING TO HEAL

- *Emergency relief to victims of natural calamities such as tsunami, earthquake, floods etc*
- *Distribution of free through various relief measures, by offering clothes, food, water and most importantly, psychological support and trauma counseling.*

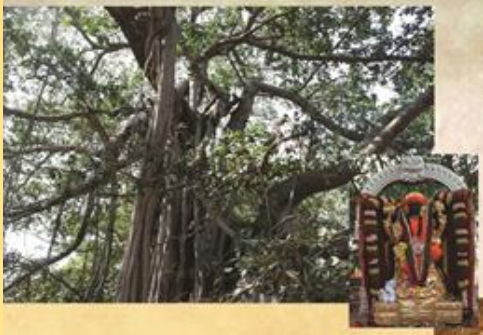




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Kalpataru Kshetra -Bidadi

INTERNATIONAL HEADQUARTERS OF NITHYANANDA DHYANAPEETAM
located near Bangalore, Asia's fastest growing city



ANCIENT BANYAN TREE

- *A kalpa vriksha (boon giving tree) that has manifested millions of sincere prayers till date*
- *Body and mind are calmed and refreshed by the powerful positive vibrations here*
- *Thousands experience miraculous healing of diseases by meditating under this tree*
- *Lord Dakshinamurti graces the space and radiates blessings to all*

NITHYANANDESHWARA-NITHYANANDESHWARI TEMPLE

- *Deities of Shiva & Devi measuring 7 ½ feet in height and weighing 2 ½ tons*
- *Deities are made out of panchaloha (combination of five metals)*
- *A rare ancient swayambhu lingam found under the banyan tree is consecrated here*
- *Thousands gather for worship here on special occasions*





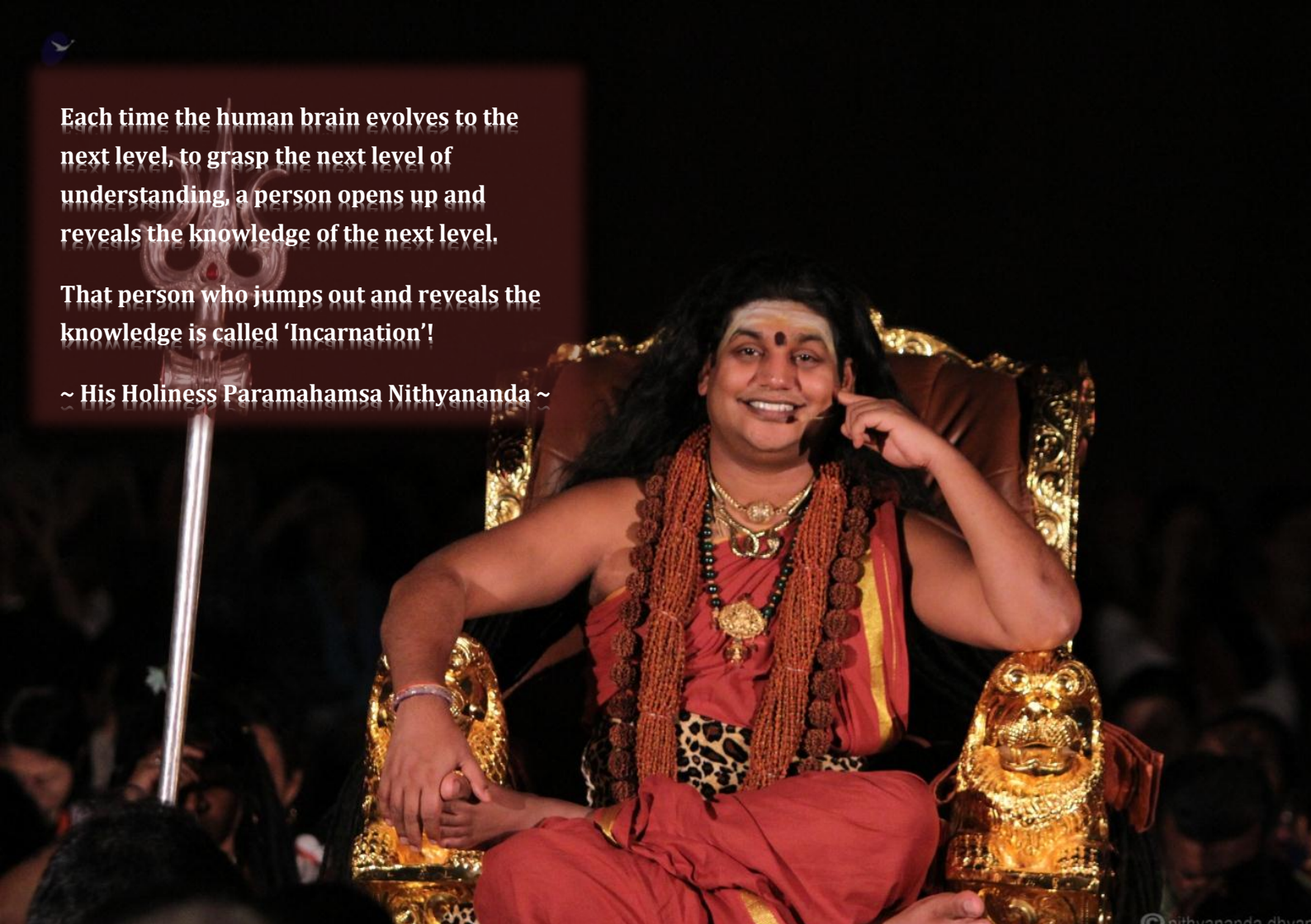


NITHYANANDA LINGAM & VAIDYA SAROVAR

- *Majestic 21-foot shivalingam which has been made using **Nava Pashana** (a strong natural medicine made of healing herbs) and 1008 sacred herbs.*
- *Water from six fountains bathes the lingam and falls into Vaidya Sarovar, the healing pool below*
- *Even a single dip in this medicinal water can heal many diseases*



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Each time the human brain evolves to the next level, to grasp the next level of understanding, a person opens up and reveals the knowledge of the next level.
That person who jumps out and reveals the knowledge is called 'Incarnation'!
~ His Holiness Paramahamsa Nithyananda ~