Straight Solutions from Upanishads



Articles based on talks on Isha Vasya Upanishad

His Holiness Paramahamsa Nithyananda

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Upanishads

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by

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This book is a compilation of unique insights from Isha Vasya Upanishad, delivered by His Holiness Paramahamsa Nithyananda to global audiences in 2015.

As always, Paramahamsa Nithyananda brings to the time-honored Vedic scriptures a fresh burst of life, by offering profoud yet practical Vedic solutions for the modern age and mind.

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Renunciation: Master Strategy for Life

Upanishads offer strategies to deal powerfully with life. Here, we will see how renunciation is a master strategy to deal with all aspects of our life.

The first verse of the Ishavasya Upanishad says:

तेन त्यक्तेन भुञ्जीथा मा गृधः कस्यस्विद्धनम् ॥

Tena tyaktena bhunjeetaa

ma gidhah kasya sviddhanam ||

The literal translation of this line is this:

'With this renounced, you may enjoy.

Covet not the wealth of anyone at all.'

This may look like a very simple moralistic instruction. But it is not.

Order never comes by morals and discipline in the Cosmos. It is by intelligence that order happens. The person who is trained in certain morals will always be shaken, confused. He will not be able to handle life. Only the person who is established in

Truth, Reality, can constantly play with life; only he can wage war when needed.

The Upanishads declare their strength by their own statements. They don't need any author, or a listener's listening, to authenticate them.

The following words are a revelation of that nature:



Whatever you hold on to with the fear of losing it, exactly that will be taken away from you.

It will be a most precise operation!

For example:

- If you are afraid that your name and fame will be taken away, precisely that will be taken away. Your wealth will not be touched.
- If you are afraid that your credibility will be taken away, precisely that will be taken away; nothing else will be touched. Everything else will remain with you

The law of life is this: if you want to retain anything in your life, just renounce the fear of losing it!

Life is not sadistic

Life is not sadistic, and it does not want to see any powerlessness in your inner space. Anything which creates powerlessness in your inner space will be taken away just to make you understand that you can live without it. It is not to punish you. Life will not take away something from you just to torture you. Life wants to tell you, 'Fool! don't be powerless, thinking that you will lose this, and if you lose it, you will lose everything in your life, or you will become powerless in your life. Now I am taking that away. See, even without it, you are able to live your life beautifully!'

Definition of Renunciation

Remembering that nothing that is removed from your life can make you powerless is renunciation, *vairaagya*.

Raaga means feeling obsessed, completely overpowered by desire. Desire, attachment, and obsession are all raaga.

In contrast, *araaga* means detachment or hatred.

Viraaga or *vairagya* means knowing very clearly that even if the things that you think of as the core of your life are removed from you, you will not become powerless, you will not miss them, you will not become empty, you will not be disappointed, you will not be dead, you will even forget that you had those things or beings as part of your life.

Win the war of Life

Your living is war. Your business is war. Your relationships are war. Everyone is in their own kurukshetra, their own battlefield. Everyone has their kurukshetra.

Let renunciation be your strategy for your kurukshetra. Then no one can win over you. No one can shake you. No one can frighten you.

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

Have this simple cognition: 'Anything can be removed from me; I will not become powerless, I will not become depressed, I will not lose anything, I will not be lost. I may not even remember that I once had that in my life.'

When such spiritual truths become part of your cognition and strategy, wherever you go, Krishna is driving your chariot. You can never lose.

Contemplation

- Life is celebrating through me, fulfilling itself through me.
- Anything that is removed from me or added to me is only for my fulfilment and joy, not to punish me.
- Nothing that is removed from me can make me powerless. I may even forget that I had it as part of my life once upon a time!

Perception Progression

How do we understand Life? the purpose of life is not arithmetic or geometric progression. Life Do we perceive Life as it is, or as we are?

Our understanding of life is actually an ever-evolving process. You would have heard of arithmetic or geometric progression. But the purpose of life is about perception progression.

There are four stages in this perception progression:

- Perception
- Fact
- Truth
- Reality

The person who understands these four stages and lives them will not be shaken by any changes that happen in the outer world or in the inner world. He will be able to simply play with life.

The Isha Vasya Upanishad starts with these lines:





ईशावास्यमदिं सर्वं यत्कञ्च जगत्यां जगत् ।

Isha vasyam idam sarvam yatkincha jagatyaam jagat |

The literal translation of this line is:

Whatever is moving in the moving world is enveloped by Consciousness.

The 'moving' that is referred to here is your perception of Life, which you consider as the fact.

But many times – in fact, most of the time - your perception is not factual, your fact is not truth, and your truth is not reality!



Stages of Perception Progression

Let us define the four stages in perception progression:

1. **Perception:** Whatever your senses can perceive in a limited time and space

2. **Fact:** What your senses perceiving when more time and space are available to you

3. **Truth:** What your perception evolves to over a much wider span of time and space

4. **Reality:** Existence as it is, beyond your perception, and beyond time and space

Let us put this in another way:

1. Your perception working within the limitations of time and space is **Perception**

2. Your perception working beyond the limitations of time and space is **Fact**

3. Time and space altering your perception is **Truth**

4. Your perception going beyond time and space is **Reality**

Let us understand the concept of Perception Progression with an example.

Perception: The earth is flat, and the sun is going around the earth.

Fact: The earth is round, and the earth is going around the Sun.

Truth: The earth is not exactly round, and the sun is going around the Earth.

Reality: How the Earth really looks (as seen from Google Earth!) And, the earth and the sun both are going around each other.

Suppose we were to look at this in a more detailed way:

Perception

You feel the earth is flat, because you are able to perceive only that much; all you can see is till the horizon

You think the sun is going around the earth, because you see the Sun on one side (East) in the morning, and on the other side (West) in the evening, so you feel it has literally gone around the earth!

Fact

The fact is, the earth is not flat; it is round.

And the sun is not going around the earth; the earth is going around the Sun.

This is a little expanded perception – the perception, when it goes a little more than your perceived time and space. In this case to 365 days and a few thousand miles.

Your perception is because you can see only a few kilometres and a few hours. When you can see a few thousand kilometres and a few thousand hours, it evolves to fact, perception evolves to fact. And when you can see a few million miles and a few million years, then fact evolves to truth where, actually, the Earth is not exactly round, and the Sun is going around the Earth.

Truth

Earth goes around the Sun is what you consider as fact. But you need to know, Sun and Earth together are going around something! So, in that way, in a few billion years, the Sun will go around the Earth once. Because, Sun and Earth is going around, centred on something. That is the truth.

Reality

This occurs when you can see a few kalpas (eons, few billion years)

The Earth's shape is neither flat nor round. And it is ever changing. Look at the Google map for a better understanding.

And, whether Sun goes around the Earth, or Earth goes around the Sun, both of them are actually going around each other. That is reality.

Life is all about evolving your cognition from perception to fact, fact to truth, truth to reality, that's all! It has nothing to do with so-called bliss, love, renunciation, devotion, yoga, nothing. All these are side effects. When your perception evolves to fact, you may suddenly become meditative, you may suddenly become yogic, you may suddenly become loving, you may suddenly become blissful. But life itself –the purpose of life itself—is to evolve from perception to fact, fact to truth, truth to reality.

You are already qualified!

One of the basic patterns that human beings carry deep inside is the idea, 'Am I qualified for the good things in life?'

Whenever something good happens in your life, you have the doubt that you are not qualified for it! It is unfortunate, but that is human nature!

The first verse of the Isha Vasya Upanishad asks you to break this pattern, and live a life of enriching where everything is offered to you.

Eeshaavaasyamidham Sarvam Yathkincha Jagathyaam Jagath

Thena Thyakthena Bhunjeethaa Maa Gridhah Kasyasviddhanam

The first part of this verse is a truth revealed:

Cognizing whatever is, is change established in changing, and this whole thing is filled with Consciousness and intelligence.

The second part of this verse is an instruction:

With this renounced, you may enjoy. Covet not the wealth of anyone at all.

You are qualified for whatever you have in life

The deep-rooted pattern of self-doubt – 'Am I qualified for all this?' - will not allow you to be blissful for more than ten minutes. It is unfortunate that you don't believe you are qualified for celebration!

Listen: everything you have in life, and whatever you want to have, you are qualified for all that and much more, because Life is celebrating itself through you!

You may feel that you not be qualified to have all of them, but understand that Life is qualified to celebrate all this through you!



Cognition for a blissful life

Whatever change, whether you perceive it as good or bad, is consciously done to you by the higher consciousness, which is more intelligent than you!

If you look at your life with this cognition, you will enter into both the good things in your life, as well as the so-called bad things in your life, with a new understanding:

- For all the good things, you will see the reason, 'I am qualified for this; life

wants to celebrate through me.'

- For all the so-called bad things, you will see the reason, 'Wow! Life is asking me to reinvent myself.'

The moment you understand that you are qualified and life wants to celebrate through you, you will settle with so much of peace and joy! It will take away all the insecurity you carry.

What is coveting?

Anything which you take from others, which is not enriching them, is 'coveting.'

In life, all transactions are either coveting or offering. Whether it is a simple smile, or a billion dollars, anything, if you are enriching, and others share it, it is 'offering.' If you are not enriching, and taking it, it is 'coveting.'

As long as you feel you are not qualified, you will be stealing from life, you will be coveting what you feel is not yours.

The more you are stealing, the more you will feel insecure. The more insecure you feel, the more you will feel you are not qualified! The moment you know that you are qualified, you will not bother to covet anyone's due. You will never feel like coveting or grabbing somebody else's wealth.

Wealth does not mean only money, property or gold; even trying to grab somebody's attention is like coveting something which belongs to somebody else.

Declaration

Declaration is a powerful process to bolt your new understanding into your bio-memory and make it a lasting transformation.

'In my relationship with myself, in my relationships with others and with the world, I declare with integrity, authenticity, responsibility and enriching:

1. Whatever I see is filled with Consciousness.

2. Whatever change happens in my life is is consciously done to me by the higher consciousness, which is more intelligent than me

3. Life wants to celebrate itself through me

4. There is no need to grab or covet from anyone or anything else, since I am already qualified to have it

5. I will enjoy only whatever is offered to me by those whom I have enriched.'

Four-Step Process to Living Life Powerfully

We usually experience life as a series of problems to which we need to find solutions. And more often than not, the solutions end up raising a new set of problems to be dealt with.

Is there a way to operate in this world that removes the friction that we experience in life and puts us on a path to living life powerfully with tremendous ease and grace?

Here is a 4 step process that helps us to live such a life.

Step 1 : Decide to live

Whatever you think of as 'Life', constantly open yourself to that. Go on deciding to live, deciding to live, deciding to live! In every opportunity, be open to life. Every step of life, don't give up.

If you think that wealth is life, constantly open up to wealth and take responsibility for it till the end of your life.

If you think power is your life, constantly keep opening up to power till the end of your life.

Step 2 : Be clear about what inspires you

Be very clear about what you consider as life, what is your passion, what excites you, what inspires you, what brings you joy, what brings you pleasure, what brings you bliss.

Step 3 : Take responsibility for making it happen in your life

Saying Yes to life means not just saying Yes to breathing, inhaling and exhaling, your little heart pumping the blood, your little brain once in a while being active.

No!

Saying Yes to life means deciding to live!

It is about deciding to live and taking responsibility for whatever you believe as life.

Step 4: Don't miss an opportunity to reinvent yourself

When you are taking responsibility and living, suddenly a situation may happen where better knowledge and better possibility opens up to you. Then, again, don't decide to stay with the old way of life, just because you lived it for so many years.

Always decide for Life! Decide for expansion, and jump into the new possibility, reinvent yourself with the new possibility.

When you are reinventing your life, if the old can be digested or assimilated into it, keep it; if it cannot, don't bother, just let go of it.

Be conflict-free in your decisions

Whatever decision you make without any conflict makes everything right. Whatever decision you make with conflict makes everything wrong.

If you have self-doubt, self-hatred, self-denial, any decision you make will be wrong. If you don't have self-doubt, self-hatred, self-denial, even if you decide for money or political power, or any so-called mundane or ordinary things, it will not be wrong. It boils down to the strength of your decision.



Deciding for Life is real renunciation

Always standing up and deciding for further life, with the ability to renounce the old decisions and move to further life, or assimilating the old decisions into the new decisions for further life, is what I call 'renunciation'.

This is the manual for deciding for Life, and this is real renunciation.

How to live a karma-free life

All of us want to live a stress-free or worry-free life.

But we never really look into the real root of stress and worry in our lives.

Vedic science declares that karma is the root cause of what creates stress and worry in our lives.

What is karma?

Karma is the bondage created in you by your commission or omission of certain acts which are incomplete with your own cognition about life.

For example, if you think money is life, the acts you committed or omitted which did not bring money into your life, or which deprived you of money, create karma for you.

Karma is the bondage created in you by your actions which are incomplete with your own cognition about life.

When your actions are in tune with your concept of life, they do not bring you any karma. They do not create any incompletion in you.





In other words, if you are not living and acting in tune with your own deepest understanding of Life, you are creating karma for yourself.

How to be free of karma?

Deciding for life, again and again and again, not entertaining laziness, not entertaining boredom, being in the space of constant excitement, being in the state of constant passion, compassion, excitement - that is the only way to be free from karmas, the bondage created by the acts born out of incompletion.



Tirelessly standing up again and again and again, naturally aligns all your acts to the concept of life you carry.

Actually, when you decide for life, when your core decides for life, automatically your laziness and boredom disappears!

God is not a judge

Listen: whether you are living the right kind of life or not, depends only on whether your acts are complete with your concept of life. If your concept of life is all about pleasure and money, and your acts are complete with it, you will have that!

There is nobody to judge whether money should be the ultimate purpose of life or not. God is not sitting and passing judgments about you every day! He only sees the kind of Completion you are carrying. Ultimately, He does not even see that. It is an automated mechanism, as far as the cosmic functioning goes.

Allow yourself to evolve

In course of time, by constantly deciding for life, you yourself may realize that you should give more priority, more importance, to something else other than money. You may evolve. Your idea about life may change

So you may start reinventing yourself.

At that time, let your acts be complete with that new idea of yourself. Let your actions reflect the way you have reinvented yourself.

Hard Power and Soft Power

Life is all about creating synergy, which I call the space of Advaita.

Extraordinary results always happen when there is a space of Advaita, a synergy, inside the group, inside the organization.

You can make this happen either through rules and regulations, or by creating a space of enriching one another.

Rules and regulations are hard power. Enriching and raising one another is what I call soft power.

- *Hard power* means, the political power, where the administration, bureaucracy, the law, court, punishment, reward, all this exists. For example, 'You have to do this or you will be prosecuted and put in jail!' This is called hard power.
- *Soft power* is the spiritual power. It is a soft power where, if people follow, they raise themselves out of their own inspiration. Voluntarily, they come and learn to evolve themselves, to raise themselves.

A little understanding about hard power and soft power will give you a lot of clarity about how to handle yourself and life.

- Hard power is based on disciplining you using either your fear or your greed - using either punishment or reward.

Soft power is always based on inspiration not on fear or greed.

- Naturally, the more you allow hard power to decide your life, the more you become a slave to fear and greed.

The more you allow soft power to guide your life, the more you run your life on inspiration.

- When you handle yourself and life with soft power, you retain your sensitivity to life.



If you always handle yourself and life with hard power, you become insensitive to life. If you think only about the law all the time and move only with that, then your whole life will be controlled only by the law. I am not saying that you should break the law. I am asking you to become sensitive to life!

Hard power and soft power can be complementary

Even though both hard power and soft power are necessary in society, in the Vedic

tradition, both have their place in clear, non-conflicting zones.

In the West, throughout history, you can read about the conflicts between those who hold hard power and those who hold soft power. The kings and the priests were always at war, because they both felt threatened by each other.

In the East, the rajas (kings) and the rajagurus (priests) were together, because they knew their zones are different! The kings who were exercising hard power never felt threatened by the priests, because, in their very way of thinking and acting, the gurus were settled in soft power. So the kings were always secure.

Vedic tradition rules with soft power

The Vedic tradition never believed in exercising hard power to defeat and rule other kingdoms. But it has always radiated a huge soft power to the world.

India may have been slaves to other countries as far as hard power was concerned. But, when it came to soft power, they were living what we were saying!

For example, when the British were ruling India, they were making the legal and political decisions for us, and deciding how much tax we should pay. But we were deciding what they should do to improve their bodies and minds!

God is a soft power!

The concept of God in the Vedic tradition is so beautiful, so subtle.

Because the Vedic tradition carries the concept of God as a soft power, it creates soft power all over the world.

Buddha ruled practically the whole of Asia, not because of hard power. If he had

hard power, he would have ruled just his kingdom. But he left that and took up the soft power, and he ruled the whole of Asia.

Even today, the world's largest practised religion is yoga. And it does not have any hard power! It was never spread through political power.

Contemplation

Let the soft power- the spiritual understanding - decide your life than the fear and greed on which hard power is based.

Break the barrier of Frustration

When things don't go our way, getting frustrated is the immediate response that comes up. Do we cognize the impact of such a response on our lives? Are there better ways to deal with life?

Resistance to life begins with frustration

Resistance is nothing but saying 'No' to life.

Resistance to life is always a result of frustration.

Whenever you entertain saying 'no' to life, at first, the 'no' is always entertained as frustration.

Later, it may evolve into anger, violence, self-doubt, self-hatred, self-denial and other such expressions. But it always starts as frustration.

Don't add suffering to your pain

Say, your body has a headache or stomach pain. Don't shrink!

When that headache comes, stomach ache comes, don't add psychological suffering to it by thinking: 'Oh, if this same pain continues, what will happen? I am still very young! Why is all this happening to me?

And if this stomach pain just goes up two inches, it will become chest pain. If the headache comes a few inches down, then it will become chest pain. What will happen to me? How long will I live?'

When your body is going through some pain, don't increase the strength of actual pain by adding psychological suffering to it!



This way of relating with life puts you in a space that Upanishads call *andhena tamasaa*, meaning, blinding darkness - the darkness which just makes you blind.

This is the darkness created by the negative qualities. This darkness blinds you. They create hell-like situations for you, externally and internally.

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

Have the patience to deal with yourself. Have the patience to deal with others.

Saying Yes to Life is not just acceptance

So how should we respond to such situations?

Saying 'yes' to life is the way. Deciding for life is the way.

One of the important qualities to say yes to life is tremendous patience. Saying yes to life every time needs tremendous patience with life.

This does not mean that we should accept whatever happens in our life. No! We need to do whatever needs to be done to move towards a situation that we want to create.

Having patience with life means not having any fear or hatred to engage more and more with life.

If your own ignorance is frustrating you, if the inability of those around you is frustrating you, you are saying No to yourself and No to life!

The moment you accept that 'no,' the moment you say 'no' to expansion, you have started saying 'no' to yourself.

The inability and ignorance of yourself and the people living around you should not reduce your creativity or your passion to express your peak possibility.

Only tremendous patience with yourself, with others and with life can help you beak the barrier of frustration and touch your real possibility.

Life is always supporting your aspirations

Almost everyone carries the feeling, 'Life is not supporting me to make what I want happen!'

For example, you always wanted health, but you feel that life is not letting health happen to you.

Or you always wanted wealth, but just one day before you achieve it, everything collapses.

So you carry a feeling that life is saying 'No' to you, and you also start saying 'No' to life!

Listen: the very hope being generated in you, that health and wealth is possible, is proof that life is supporting you! Otherwise even that possibility will not be informed to you.

Whenever hope arises in you, it is a sign that life is supporting you.

Why Do I have What I Have Now?

The current happenings in your life are the direct result of your earlier aspirations.





They have come to you because you wanted them! They are coming to you in the sequence that you aspired.

For example, you might have earlier wanted to be a CEO, but by the time life gives that to you, you now want to become a politician! So you feel that life is not giving you what you want – because you have forgotten that it was you who asked for it!

Just because your aspirations have changed or keep changing, you cannot be frustrated with life! Whatever you aspired has to be lived, so that you grow further.



My Aspirations Keep Changing: What do I Do?

The very process of your aspirations getting mature is nothing but life saying yes to you, life wanting to express and enrich itself more through you. Even if it tastes like nectar or it feels like heaven, if your aspirations are not getting matured, you will be tired and bored.

The greatest happening of life is your aspirations getting mature. Without that, there can be no evolution in your life.

When you understand this Law of Life, you will never curse the happenings of life,

because what is taking place now is what you craved for earlier.

Instead, you will have the cognition: 'Wow, I craved for this one day, that is why I am enjoying it today.'

When you look at life with this cognition, you will see that if you are frustrated, you are on the right track, because only when Life is supporting you, your earlier aspirations get fulfilled and new aspirations show up.

The Key to Making New Aspirations into Reality

The moment you start celebrating the present happening, you are now qualified to make your updated aspirations into reality. If you celebrate the position of being a CEO, you can quickly jump into becoming a politician, and so on.

When you intranalyze the formula shared in this article, you will not only live a life free of frustration, enjoying the current circumstances, but you will be empowered to powerfully create new realities in your life.

http://nithyananda.org/video/life-gives-what-you-asked

Daily Practice

Whenever you are frustrated in any situation, look in and see: 'What must be the best thing in this situation, for which I aspired for this situation in the past? Let me look at this situation from that context! '

You will see, you are enjoying exactly what you wanted at some point of time.

http://nithyananda.org/video/life-gives-what-you-asked

Pointers for the Ultimate Experience

The fourth verse of the Isha Vasya Upanishad talks about the different qualities of Consciousness.

The Concept of 'Unmoving'

In this world, where everything is moving, Consciousness alone is unmoving. So anything that moves is not Consciousness! The first verse of the Ishavashya Upanishad describes the whole universe as change established on change and it is filled with consciousness. Here, Upanishads are declaring consciousness is unmoving.

The way to work with this concept is to meditate on the question, "What is that, that is unmoving"?

The very idea that you exist is the only one that is unmoving. Before you grasp anything - before you perceive, think, understand anything - the experience you remember is that, "I exist." This "isness" is the only thing that is unmoving.

Consciousness is declaring by itself: "I am unmoving." If you grasp the question, "what is unmoving?" you will also grasp, "Who am I?," and "What am I?"

Only if there is a space where you are not filled, you will be able to move. Consciousness is unmoving because, it has filled every possible space that exists. That is why it cannot move anywhere any more.



The Concept of Oneness

The next pointer the verse gives is ekam. Ekam cannot be translated as one. It can only be translated as oneness.

If something is unmoving, and it is only one, then it should be the largest. Then nothing else can happen. It will be one huge stone.

So, the word one for ekam is not the right translation. Oneness is the right translation. Because, in one, internal evolving, expression, is not possible; but in oneness, internal expansion and evolution are possible.

One is dead; oneness is alive.

Meditate on oneness.

There is oneness between you and the beings you are afraid of, between you and

the beings whom you have greed towards, and between you and the whole.

This oneness is so subtle you can only smell it. You cannot grasp it. You cannot grab it. You can only smell it.

But, the moment you smell the oneness, the greed and fear will just melt away.

Worst Beliefs and Best Beliefs

Life brings many situations to you. Some leave you powerless, while others make you more powerful.

But you should understand one thing: whether you become powerless or powerful, it is not dependent on the situation outside. It is dependent on the stuff inside!

Your perceptions decide your life

If you put a potato into boiling water, it will become soft. If you put an egg into the same boiling water, it will become hard!

Your life is not made of the situations outside. Your life is made of the stuff you are on the inside. It is the beliefs and ideas you are carrying inside which make you powerful or powerless in any situation.

You need to know which ideas or beliefs make you powerful, and which ideas or beliefs make you powerless.

What does it take to build a new perception?

1. We need trust and belief in what has been preserved by a culture, say a

scripture.

2. We need to see a person living those truths. This is the role of the Guru.

3. We need to work from those truths to experience the reality that they point us to.



Beliefs that makes one powerless

1. "I am this body." If you believe you are 100% made only of bone, flesh, and blood, then you can never conquer the fear of death.

As long as you are thinking you are only your physical body, your ambitions, aspirations, desires, and fears—everything will be so immature. It will not have any depth. All it will take to please you are physical pleasures.

2. "I have only one life." This is a limiting cognition of life.

Know that who you really are is much bigger than what these cognitions provide.

Beliefs that makes one powerful

1. I am energy that is immortal: Upanishads declare, 'Life energy moves and expands itself'. This phrase should be clearly understood. This phrase declares immortality of all of you. Upanishads says very clearly, 'Consciousness is the space where life energy, 'maatharishva', moves and expands'. It does not say, 'where it dissolves or dies'. No! You moved and expanded, moved and expanded, moved and expanded, never took birth or died.

2. I can never be violated: Violation means something external can put me in suffering; that feeling is violation. Violence can happen to me, that feeling, that belief, is violation. I cannot feel violated! Why I cannot be violated? Because I am there in everything that exists, and everything exists is there in me. The sixth verse of the Ishavashya Upanishad states 'One who indeed lives by seeing as it is, all existing beings in the self, consciousness itself and the self within all existing beings, thus, does not feel violated by virtue of not separating oneself from anything existing'.

3. "I am also my body." When you understand that you are also the body, immediately, so much of clarity and new cognition will start happening in you. You will think: "If I am also my body, I am also something more than just my body, so what finishes the body cannot finish me off, so what is that 'me' that is not the body?" This intranalyzing makes you go beyond the body.

Listen: any belief that makes you powerless is nothing but brainwashing. Any belief that makes you powerful is washing the brain!

Society has done years of brainwashing to you. Now you need to wash your brain with the teachings of the Upanishads.

So always work from beliefs that make you powerful, and make them your reality.

One thing you need to know if you are over 60!

The Isha Vasya Upanishadclearly and courageously declares to us our true nature. It says: You are life energy that moves and expands itself.

This is a truth that you need to internalize, especially if you are over 60! This truth declares our immortality .

Immortality is your real nature

When the Isha Vasya Upanishad says that you are consciousness, which moves and expands always, it is declaring that you are immortal, whether you know it or not.

It does not say, ' Consciousness dissolves and dies'. No! It says that you never took birth or died; you simply moved and expanded.

Corruption in love

Consider, for example, the same vast land of planet earth, because each one is

putting a fence, it becomes different. It becomes different person's land, group's land, and nations' land. Same way, in your life, the idea of birth, youth, old age, and death, this fencing happens, because of corruption in love.



What we call Love when it is fenced:

1. Compassion and Care : friendliness of mother

2. Relationship : friendliness of another boy or girl

3. Aloneness and Old Age : the non-existence of the so-called friendliness or compassion or relationship

4. Death : impossibility of any of the above, even a corrupted form of love.

When the life energy is moving and expanding itself in Consciousness, the smell of the Consciousness is 'friendliness'. But when you divide them, in different, different, packets, your life energy starts feeling that, 'At one day, when these possibilities are all denied to me, I am dead!'

If your life energy is made to believe that waking up in the morning, having your breakfast, have lunch and dinner, do a few activities, and sleeping is Life, it is a

corruption that happened in the level of love. This corruption that happened in the love makes you believe that at one time you will not be able to perform these activities and that part of your life is 'death'. Whatever you perceive or are unable to perceive, based on that, you define your life.

Life is based on what exists

Life is not based on whatever you are able to perceive or unable to perceive; it is based on what exists. Sometimes, your mother may not show friendliness. That does not mean she has lost her love for you. Sometimes the life energy may not provide the breakfast you want. That does not mean it has killed you.

Labelling corrupts the truth

Actually, what you experience with your mother, beloved, the moment when you are in death-bed, everything is the same; but, with your fence, you separate them, divide them, label them individually, differently. That labelling makes you feel you have life or you don't have life.

If you believe eating is life, when you are not able to eat any more due to diabetes or hypertension or any other obesity disease, you feel your life is over, you are dead. If you think sex is life, when your body is no more capable of performing, you think you are dead. So, whatever fence you make and brand it, identify it as love, as life, that concept corrupts the truth 'you just move and expand in the space'.

Only a person who understands this truth – 'I neither have life nor have death' – can really renounce. Real renunciation is possible only when you understand that 'the life energy moves and expands itself in space supporting all activities'.

Contemplation

1. 'What is the life energy, 'Maatharishva', which the Upanishads declare is in me, which will just move and expand when I leave this body?

2. What is that which entered into this body to use this body, and which will move from this body and expand itself when I leave this body?





Consciousness of Everything

You might have heard of the term "Internet of Everything" and how this is going to alter the future of how the world functions. This is fundamentally based on the value that can be created when a large array of devices are connected to the internet. Did you know that everything in the universe has always been connected? Imagine the effectiveness and efficiency with which you can live life if you are able to tap into this network. This article shares this truth as revealed in the Upanishads.

The feeling of separation

If you feel there is something other than you existing, you may have fear or feeling. If you feel the other part will complete you, you will start developing romance towards it. If you think the other part will be threatening you, you will start developing fear towards it.

The concept you have about you

The concept you have about you plays a very important, major role, in the way you live, the way you exist. What you experience about you decides your attitude about life.

Consciousness of Everything

The sixth verse of the Ishavashya Upanishad declares "One who, indeed, lives by seeing as it is the whole Existence, all manifest and unmanifest beings existing in the Consciousness itself, and the Consciousness existing in the whole Existence, thus does not feel violated or hates anything existing, by virtue of not seeing oneself as separate from Consciousness."

The truth is "everything exists in you and you exist in everything".



The authority of Upanishads

The above statement is one of the most important principles of Vedic Tradition. You might have heard of this in many books, but you should not mistake hearing this same principle in many books and hearing it from the Upanishads. Upanishads is the ultimate declaration. It is God speaking. Same word, when it is said by different people, it has different value.

The key to making change happen

Everyone is ultimately a mirror of you, and if you change, everyone will change. Don't think in a roundabout way: 'If everyone changes, I will also change.' Start from you. Everyone will also start changing. This becomes a beautiful virtuous circle in you. But if you are waiting for the change to happen from the other, others will not change; because of that, you will not change. It will become a vicious circle.

Two methods to realize the Truth

The truth is "everything exists in you". There are two methods to realize this truth.

- Witness the body and mind from outside

  If you feel, 'Everything exists in me', fear and greed will start coming up. 'Oh, if everything exists in me, why will the tiger attack me? Why will the lion attack me?

  With this method, you will think, 'No, I will see my body and mind separately. Whatever happens, happens. It is just Existence. If this body needs to be alive, that will leave it alive. Otherwise it will kill.'

- Everything has the same consciousness

  'No, this body and that body, both have same Consciousness, and with this clarity I will decide what that body has to do and this body has to do, and make it function smoothly.'

Living from the cognition that "everything exists in me"

The understanding that happens by using these methods, when it becomes matured cognition, they manifest as powers in you. Blessed are those who decide

to start the change. Cursed are those who are waiting for the other person to change. Blessed are those who decide to be the first in the transformation process. Be a blessed one!

https://www.youtube.com/watch?v=Hp4RLFnW6tQ

http://nithyananda.org/video/everything-exists-you

Laugh at your Fears

All our depression and powerlessness is the result of a wrong connection in our inner circuit. All our struggle with life is to regain our natural powerfulness. With the method described in this article, you can build an inner circuit that restores and retains a powerful inner space.

The default condition

The default condition for most human beings is that their Physiological Circuit and Psychological Circuit is out of sync. One indicator of this is people who wake up tired and go to bed fresh. This means that the psychological routine and physiological routine are not connected.

Fear causes the disconnect

The fear of insomnia is worse than the real insomnia. The fear of snake is worse than the snake bite itself. The moment fear enters the system, the circuit is broken and the inner space becomes powerless.

A study says, in more than 80% of the deaths due to snake bites, the poison never enters the brain and locks and chokes the body. Just by the fear that they are

bitten by a snake they die.

Advertisements are designed to put fear in you. Whatever product they are selling, the moment you believe that you might be afflicted, whether it is stress or impotency, you become a slave to their product and service.



The missing link

Completion is the missing link that can enable the Physiological Circuit and Psychological Circuit to align and fall in sync. Completion removes the fear and restores the circuit.

There are only two kinds of people on Planet Earth:

- Those whose Physiological Circuit and Psychological Circuit is connected with Completion.
- Those whose connection is with incompletion (default condition).

The Completion Technique

- First thing, stop the resistance.
- Resistance keeps you immature. Every time you remember a snake and allow the fear of the snake to fill you, you are just biting yourself like a snake bite.
- Neither accept nor reject or resist.
- Sit and look in as to how you did this wiring inside you.
- For example, if you are constantly afraid of marriage, first look in: Who put this fear of marriage? When did it start? If you are constantly afraid of poverty, look in and see: Who put this fear of poverty in you and when did it start?
- You will start laughing at your fears which foolishly you built as a circuit in which you are caught.
- It is like the net you built, you are struggling with it, because you enjoy struggle. All the time being in struggle makes you feel you are great, which is not required, which is not true.
- Laugh at your fear. The moment you laugh at your fear, your fear loses its power over you; it becomes powerless.
- When you see that you made up the meaning yourself, you have the power to create a new cognition for yourself. This restores the circuit.

Living from Powerfulness

Complete with fear, relax and be POWERFUL. Completion causes the Physiological

Circuit and Psychological Circuit to align and brings clarity to

- Who you are
- What you stand for
- What you want to do.

Don't allow powerlessness in all these three.

"Always be powerful" is the tradition of Sanatana Hindu Dharma. It teaches you Swadharma. Swadharma is doing what you want from the space of powerfulness. Being always in the space of powerfulness and operating from the space of powerfulness is Swadharma.

Live your Swadharma. All the fears you develop about things which you resist, you will understand, it is just foolishness. Swadharma is life. Swadharma is experience. Swadharma is enlightenment.

https://www.youtube.com/watch?v=Q8N3JBXbLjI

http://nithyananda.org/video/always-be-space-powerfulness

Three Steps to Experience Sacred Joy

All of us crave to experience joy in our lives. The problem is that it remains fleeting. The way that we are a man or woman is ingrained in our inner space, joy never seems to find such a place. The challenge is because we are looking for it in the wrong place. Only "sacred joy" is of a permanent nature. This article shares a three step process that can enable one to establish themselves in a state of eternal sacred joy.

Steps to be established in Sacred Joy

- Be a cause for others to experience their reality
- Experience expansion
- Carry the space of possibility

Why cause others reality when I am struggling to cause what I want for myself?

A basic principles of life is: Whichever, whatever conditions, understandings, facts,

concepts, constrains you into your own body is "bondage". Whichever concept, principle, truth, philosophy, facts expands you is "liberation".

Seeing others as a part of you is a simple way to expand yourself. The action that supports this view is to cause others' reality. Think and act to ensure that people who are around you, their reality is caused. Fulfilling others, fulfils you. For example, only when your father is successful and fulfilled, you become a successful and fulfilled child.

The cognitive shift that is required is to go from 'I'll help them whenever I have find time' to 'I'll CAUSE. I'll use my ordinary, extraordinary powers and CAUSE!'

Human life is supposed to be lived with a lot of joy, strength and bliss. It is not to be wasted in earning money and spending because neither in earning nor in spending you will find the sacredness of life.



What is Sacred Joy?

"Joy" is a foolish idea you carry. "Sacred Joy" is the experience that happens to you. Whenever the option is in front of you to choose between "Joy" and

"Sacred Joy", choose always "Sacred Joy". Sacred Joy can be experienced by you only when you cause the reality of others. Fulfilment leads to higher and higher aspirations for others and for yourself.

Sacred Joy infuses strength in you. Sacred Joy strengthens your consciousness.

What is the experience of expansion?

When you cause the reality of others, you experience that others are a part of you and they experience that you are part of them. This is when life starts in you. Be constantly supporting, helping, living, enriching, causing others' reality. When you start thinking to make others' reality, when you decide to cause to make others' reality, even your ability to think expands. When you start thinking for others, consciously you become them. Expansion brings always bliss, completion and sacred joy.

Being in the Space of Possibility

Possibility is to create a space for what we want to happen without a tinge of self-doubt, self-hatred or self-denial. Continuously live with the possibility for you. Go on causing that same space of possibility for others.

By living these three steps that causes a virtuous cycle of sacred joy, be ever established in the eternal sacred joy. You will see that your presence will spread that joy. Others' will appreciate your presence and will long to be in your presence.

https://www.youtube.com/watch?v=27SsKAcxtBc

http://nithyananda.org/video/stop-dirty-self-denial

Does a floating bamboo stick divide the Ganga?

Yes. For an ant next to the bamboo stick it does. But is its perception anywhere close to reality? It is not. Consider that we as human beings are also stuck with many such perceptions which are nowhere close to reality. This article deals with how we are limited by such perceptions when it comes to understanding our real nature and gives a technique to inquire into it.

Test of Perception

Perception lives when it is not questioned too much. If you question it, it will melt down like a dream. The so-called falling in love, the moment you question it, 'Is it authentic?', straightaway you will see, it lands on just the skin, and skin colour. It is not even skin deep. Perception, the moment you question, dissolves, disappears.

Test of Fact

Fact will stand the scrutiny of logic, but not larger life logic. For example, if





somebody makes a statement, 'Earth is flat', yes, it will stand the scrutiny of your simple, straightforward logic. 'Yes, it looks flat. So it is flat.' But it won't stand the larger logic which you can understand with various equipment, not just with your eyes.

Test of Truth

Truth will stand anything which you can grasp, like logic, larger logic, instruments, scientific discovery, research etc. Truth will stand for anything. But, still, it is not reality. It won't stand the scrutiny of Consciousness.



Test of Reality

Reality is the one and only one which can stand the scrutiny of the Consciousness.

All confusion in the world is the fight between Perception, Fact, Truth, and Reality. Whether it is in the field of religion, science, spirituality, logic, law, mathematics, any field, it is just the fight between Perception, Fact, Truth, and Reality.

Experiencing Reality

Reality is not based upon what a large number of people in society say nor can it be understood by one's simple logic which can help only in day to day transactions. Only by the strength of a) declaration of scriptures and b) experience of Guru, experience of reality happens in an individual.

Declaration of Upanishads

Upanishads declare that who you are is Consciousness and that 'Consciousness is beyond classifications of moving, unmoving, far, near, inner, outer' .

The Veil of Ignorance

It is ignorance which reminds you, which makes you feel something is "inside" and "outside", something is "far off" and "near". It is like, in the Ganga, say a bamboo stick is floating. Because the bamboo is there, you can say "Right side Ganga" and "Left side Ganga". Did Ganga ever get divided? No. If you just remove that bamboo stick, did Ganga get united? No. Neither division nor uniting happened in reality.

- Ganga is "divided" is Perception.
- "Right Side Ganga", "Left Side Ganga" is Fact.
- 'No, it is not divided' is Truth.
- 'It was never divided or united' is Reality.

A single bamboo stick can give you Perception, Fact, Truth, which does not exist. You can go on be arguing but it is nowhere close to reality.

Exercise

Any powerlessness we have is similar to the bamboo stick on the Ganga. Think through how when the cognition moves from perception, to fact, truth and reality what the bamboo stick does to Ganga alters (described above), how when the cognition regarding powerlessness alters, what that does to our Being.

Be established on realization of Reality.

Utility Love vs Quality Love

Falling in love with the utility value that an object, a person or what your own body can provide is easy but it is fleeting. Only when we are aware of the quality that creates the utility and fall in love with it, it becomes eternal.

In life, the first thing we created is the "i" with which we perceive the world. As it has tremendous utility, we fall in love with it. In the process, we forget that we have access to the quality with which we created the "i" in the first place. This article deals with how we fall into the trap of utility and gives a technique to experience the quality. That quality is our real nature.

The love of "i"

In your life, you try to gauge, study, cognize, and understand everything based on the idea "i". The "i" with which you perceive the world is experienced as important and glorious, because only with its support you are able to perceive and enjoy. What you perceive as "i" is enchanting, mesmerizing, and most useful than anything else.

As it provides a lot of utility value, you just possess and grab that "i". You have so much of greed to keep it functioning and have so much of fear of losing it. As it is the first useful thing in your life, you are in love with it, you celebrate and enjoy it.

Quality creates utility

At present, you are celebrating the "i" for its utility value and not because of the quality of it. We miss the quality that creates the utility. More and more you celebrate the "i" because of the utility value, more and more your life becomes dead. More and more you start understanding the quality of the "i", more and more your life becomes alive.



A small shift

If you look at your life only based on utility value, your eyes are important as they help you see; ears are important to listen; tongue helps you to taste. Do not go on cognizing anything based only on utility value. Let your emotions not be based on utility value.

You need just a small shift. When you look at the quality instead of the utility alone, life becomes totally different. Do not reduce your consciousness to utility value.

Technique

Do the following 3 steps to work towards falling in love with the quality behind existence.

- Find the quality behind an object that provides utility in your life
- Find the quality behind a person who creates utility in your life
- Find the quality behind the "i" that provides the most utility for your life

Details for Step 3

- What is the quality which is lighting my eyes, making my ears active, making my nose alive, making my tongue taste, what is the quality of I which is making all this alive, which enlightens all this?
- What is this "i" which makes me think a million thoughts a moment and makes me decide by handling large data which even a billion super computers can't do? What is it?
- In the physical, mental, emotional, psychological level what is the quality of "i" which is useful?

Whenever you see the quality which is becoming so useful to you, you just fall in love with it forever. Meditate on the quality. When you meditate, you will enjoy it, you will just be one with it and fall in love with it.

http://nithyananda.org/video/what-enlightens-your-senses-and-mind

https://www.youtube.com/watch?v=gc27YwTHAqA

Seclusion does not lead to Enlightenment

When faced with a difficult situation, most of us think that if only we were alone, life would be so much better. Removing ourselves from the family, organisation, and society though at best provides temporary relief, it does not provide a solution. Completion with others is what provides for a guaranteed solution. This article deals with aspects related to the missing element of 'completion with others' in our lives.

The dilution of social qualities in Hinduism

Hinduism had principles of Love, Care, and Service. It is not that without those principles Hinduism grew up. Unfortunately in course of time, they all have been portrayed as a secondary qualities that may not be that important for enlightenment.

What went missing?

The eternity being brought to immediacy, the context of eternity being brought to everyday lifestyle went missing. The Upanishadic truth of 'you exist in everything

and everything exists in you' was not applied in day to day life.

We had all the best things. But in course of time we put some things in the back-burner; like being in completion with others. All the suffering we are having, all the degradation we are facing, all the abuse others are causing and we ourselves are causing to us, everything can be boiled down to - Not Completing with Others.



Default pattern

Escaping has become the generally-promoted lifestyle. If you have incompletion with family and parents and society, when you are down South; run away to Varanasi. After one year you will start having incompletion with people in Varanasi, then run away to Haridwar. This goes on.

Escaping from the situations where the incompletions are there can never be the solution for incompletions. Actually, that will become one more pattern of incompletion: Whenever you see a conflict, just take off. Whenever you see a conflict, 'taking off' becomes a pattern.

Completion is complete when you can come down to the plains and remain complete.

Completion with others is necessary for enlightenment

Completion with others is a spiritual quality. It is necessary for enlightenment. Unfortunately, we always got the idea that if you have incompletion with others, run away to the higher plains where less people are there. No, that is not a solution. Completion with Others is the basic necessity, the basic quality you need for enlightenment.

The need for revival of core principles of Hinduism

The only way you can revive, the only way you can cure the cancer that came to Sanatana Dharma is realizing the truth of completion with others. As long as your body is moving and functioning, others are part of you, you are part of them. If you are not ready to be in the space of completion with others, you can't be in completion with yourself.

This Science of 'Completion with Others' should be given the first priority in Hinduism for the next hundred years because, the whole of Hinduism is built on the concept of Sangha (community).

Be Blissful, not just Peaceful

It is with completion with others life starts in you. With completion with yourself, peace starts in you. With completion with others, bliss starts in you. Just with peace you can't live your life. Be blissful, not just peaceful. You happened to be blissful, not just peaceful.

http://nithyananda.org/video/be-blissful-not-just-peaceful

https://www.youtube.com/watch?v=KtdVUdCuqi4

Stop destroying yourself with fact-based living

Context is decisive. When we live our life based on facts, we are stuck with fear and greed. When we live our life with a "reality-based" cognition we will live by radiating grace, power and abundance. This article deals with our current plight of fact based living and what's possible when we shift our cognition to a reality-based living.

The trap of fact based living

If your every-day thinking and feeling is based on the so-called "fact", you will be stuck with more fear, greed, incompletions, bondage, suffering, and torture. Food is required for living. If you are spending twenty-four hours on food, that same food will kill you.

Facts are required for simple, smooth running of life. But don't be obsessed with the fact-based life. Don't judge yourself, gauge yourself every day based on the bank balance you have. Obsession with facts will destroy you.

The reality test

Anything which was not there yesterday, cannot be there today. Anything which is not going to be there tomorrow, cannot be there today.

When something is not going to be there tomorrow, how can you say it is there today? A stone may not exist in the same form tomorrow. This means, the stone may be factual, but not real. Today if you take this stone and throw it on somebody's head, they will be hurt. This is not to deny its power and existence. But it is not real, because, tomorrow it may or may not exist in the same form. If something cannot exist tomorrow, it is not real even today.



Theway out of suffering

Your whole life, you are centering it on "factual". That is why there is so much of suffering.

Let your cognition be established on "real". A person who centres his cognition on "real", lives a non-serious life. Non-serious life is what is called "Celebration".

Establish yourself beautifully in the space of Completion and reality. When more

and more of your bio-memory and muscle-memory become Completion and reality-based thinking, you will LIVE. It is not that you will not bother about facts; but you will handle them intelligently.

For example, driving is a basic lesson for you to reach your office. But, to run your office, you need a different cognition. If you think, 'Oh, driving itself is a big, great thing I learnt', then be a driver your whole life. You will never become a CEO. Fact-based cognitions, understandings, calculations, are like learning to drive; but reality-based cognition is learning to LIVE. Please learn to LIVE.

What does it look like to live a reality based life?

Reality based life is living enlightenment. The grace which comes to you when you learn to live the courage, beauty and grace of enlightenment, even kings will feel jealous of the power you are radiating. Celebrities will feel shy looking at your grace. Businessmen will feel guilty of the abundance in which you are living. In a life with reality-based cognition, no one can torture you. All those who try to torture you will finally torture themselves and disappear.

Let your life be reality-based. Let your bio-memory and muscle-memory be more and more built on reality-based cognition.

http://nithyananda.org/video/life-has-no-hypocrisy




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Practice Love to Perfect Love

Practicing doing simple acts of love, even if they are calculated and planned, gives you the glimpse of Oneness, the space of enlightenment. When you start practicing calculated love more and more, self-doubt, self-hatred and self-denial melts down. The confidence you then develop on you grows and the energy you radiate becomes unconditional love.

Do not deny calculated, conditional love

When love is calculated and conditional, if you deny it, you destroy the possibility for the next level. It is like the leaf of a small plant can't be eaten, but when you wait and allow the tree to grow, the flower and the fruit of the tree will be useful. Similarly, the conditional, calculated and planned love will start in your life, because that is the best way to start relating with life. When it starts, don't deny, destroy and abuse it.

If you think, "If I smile, (s)he also may smile, then I will develop a contact. Tomorrow (s)he may become partner in my business, (s)he may become partner in my life, or (s)he may support me in my venture", whatever you may be planning, that is fine. Flash that smile.

Develop confidence on love

Don't stop the act of love, the function of love. Because, even if it is calculated, when you start functioning in the space of love, your confidence on love starts getting built. That confidence will get you to radiate unconditional love. With more and more deeds, doings of love, this confidence on love and functioning out of the space of love starts developing.



The space of Oneness

One of the predominant things you need to develop in your life is confidence to function out of the space of love. Only from that confidence, one can take a jump to function out of the 'Space of Oneness' (Advaitha). In the 'Space of Oneness', there is no cunningness, there is no condition, and there is no planning. But, unfortunately, you don't have the courage to jump into that space. It is because you don't have courage, you go on playing some hypocritical games in your life.

Love Advaitha to Live Advaitha

Start loving Advaitha to live Advaitha. Most of you are stuck due to your inability to love and having wrong ideas about love. You think it should always be pure, unconditional, grand, life-sacrificing act. Till then you shut down. No. A plant cannot have the greed to bear a fruit on day one. No. It needs to grow. It needs to flower. Then the flower needs to become fruit.

In the beginning it may be a calculated or small act. That is ok. Start with your courage to perform small acts of love, you will develop so much of confidence on acting out of the inner space of love. It is love that gives you that experience of Advaita immediately as a jump start.

Unconditional love is spontaneous

When you keep practicing love, automatically you will see, some of the greatest sacrifices, unconditional acts, you will do it, before even you thought you are planning or doing it. All great acts of unconditional love and sacrifice is done only in the space where you don't even think. But for that space to grow in you, in the initial level you need to encourage even the small and conditional acts of love.

https://www.youtube.com/watch?v=eV1gupqa_OQ

http://nithyananda.org/video/love-stepping-stone-living-advaita

The Biggest Prison

A Facebook quote says "one of the biggest prison human beings suffer is what other human beings think of them". No. There is a bigger prison. That is "what you think about you". What others think about you is able to cause you suffering because what you think about you is able to be altered by what others think about you. If what you think about you stays stable, others' thoughts will not be able to hurt you. In this article, we will see how diluted ideas about body, mind and consciousness cause enormous damage to human beings.

The Prison Cell

What others think about you, if you think that is a prison, what you think about you is a cell inside the prison where you are locked. It is much more suffocating. What others think about you impacts only your external life, what you think about you impacts directly your body and mind.

You need to be aware of what the society makes you believe as to what your body, mind and consciousness is all about. Most of our traditional concepts about body, and health have been ruthlessly destroyed and replaced by a set of ideas that only support the exploitation of human beings.

Misnomer: Alternative Medicine

All the ancient systems of living a healthy life just by handling your food properly, herbs, leaves, the natural things, is called "alternative medicine." And swallowing these pills and chemicals and putting you in more and more trouble is called "mainstream medicine."

Till the true science about life is taught to humanity, humanity is not going to come out of its addiction to medicines. Why do they call it alternate medicine when it has been traditional for thousands of years, whereas use of chemicals has been around for only one or two hundred years?



All vs Mall

There is a question "why in India they didn't build hospitals, schools, how do you call them as evolved civilization?" In every village, the largest building of that village is the common utility building where we had school, hospital, cinema, art gallery, life science teaching place, and ultimately, teaching enlightenment. That place is known as Temple. It is not just a mall, it is All. Everything about life is done there, whether storing the grain, teaching principles, or medical care, everything

is done there.

Our lifestyle was such we did not need so much of hospitalization. From the beginning, we were taking care of ourselves, and a very important thing, when time comes, we were gracefully able to leave, say bye bye, because we know we will come back. We were not that poor psychologically or consciously. Only when you have only one body, when you want to hold on to that one body, you need so much of medical care. We just know, when we need, we will make the body recover, when body is too damaged, come on, drop it, pick up another one.

The Ultimate Richness

Right concepts about body, right faith, cognition about mind, right bio memory, the right concepts about body, mind, consciousness, is THE richness, ultimate richness. Right ideas you carry about you gives you the experience of Oneness. Neither by building hundreds of houses for yourself, not by building companies for yourself, or by accumulating more and more cars, Oneness is not experienced by all this.

Buying a house or car, let that just be utility, not the goal of your life. If the utility becomes goal of your life, you live in stupidity where elongating your life becomes goal. No. Purpose of your life should be goal, meaning of life should be goal, not elongating. If you know the meaning, you will know right number of years to live.

Number of years you live does not define your success, the meaning of your life defines your success.

https://www.youtube.com/watch?v=gv7bDtcm528

The Best Bargain

Life is a long bargain. When you experientially get an experience of Oneness, you are intelligent enough to understand that anything is worth the bargain to be established in Oneness.

Life is a series of bargains

At the age of 7, whatever you have, if you are going to get something better than that, you are ready for exchange. At the age of 14, whatever you have, you might have gathered with tremendous efforts, love, but if there is going to be more benefit, you will simply exchange it. Same way at the age of 25, what you collected with a lot of sentimental attachments, whatever was so important for your life at one time, even those things, if you find what is going to come is more beneficial, you will simply exchange it.

The value of relationships

Watch any Indian movie, this scene of the father asking the daughter whether I am important or your lover is important shows up. The father says, "I gave birth

to you, spent time, energy, money, attention, my everything to you, the lover who came just a few days before, has he became so important for you in your life?".

If you are intelligent enough you will never ask this question, because life is a long bargain. You just know, whatever you acquired in your life, how much ever price you paid, difficulty you went through to acquire, everything has value because you can exchange when you want.

You work and make money. Why does money have value? Because you can bargain it for something in the future. Same way experience, relationship, everything, when you see a better opportunity, you exchange. In that, some sentiments are torn, some hearts are torn, that's the way life flows. You can never, never, never stop this pattern of life as a long bargain.



The Best Bargain

You need to know life is a long bargain, that's a truth; not reality, but truth. Every experience you accumulated in your life is worthy to be given up for the experience of Oneness. The experience of Oneness is such a powerful future that

every experience you earned in your early life can be exchanged. You will decide to exchange only if this Oneness becomes your experience, not otherwise, because human mind moves only based on experiential bargains.

You getting a glimpse of this experience of Oneness will inspire you to give up your whole past experiences as myth and reality. You will just exchange, because you are brilliant enough to go for amazing exchange offers. You are intelligent enough to go for any exchange, the moment you know something better is coming.

Oneness is a spiritual power!

Ultimately, all spiritual teachings are just needed as a power when you leave the body. Why does one need spiritual truths, spiritual powers? When you leave the body, you should not be alone and not be in powerless state; all the spiritual truths are for that only. Oneness is a spiritual power!

https://www.youtube.com/watch?v=jfy21qjVPLA

http://nithyananda.org/video/oneness-spiritual-power

Right Exaggeration

Exaggerating is a default condition of the human mind. Exaggeration based on ego keeps us in delusion and suffering. Shifting the exaggeration to God and Guru enables one to expand and be established in bliss. This article deals with how a shift in what we exaggerate on is required to experience our real nature of Oneness.

The first delusion

What takes away Oneness from you is not being able to cope up with the reality as it is. You always feel more colourfulness is needed than the reality you experience, because, you feel hope makes life function in you. So, constantly you feel that much more than what you perceive is required to keep you alive; so, that need for the hope, the idea you need something more to move on. That is why, even as a child, you need fairy tales. From the beginning you feel, 'Something more is required. Only then I can move on.' So, life moves only with the idea – "something more is required". So, you go on projecting that "something more" which you feel is required, either as quality requirement or quantity requirement. Either you feel you need more money; only then life will be great. More cars, more houses. Then





you become "Materialistic". Or, if you think 'better quality, better way of loving, giving, respecting, serving' is required you become a "Spiritualist". Whether it is a quantity requirement or quality requirement, the moment you have the idea that something more is required for you to experience completion and fulfilment, that is the first delusion.



Exaggeration is a deep pattern

Just record your conversation with any person in your life. When you study it, see in how many places you exaggerated either that person or you, or about any subject you are talking about. You will see that exaggeration has become a part of you.

Way to transcend this pattern

The pattern of exaggeration can never be directly transcended. There is one being about whom you can never exaggerate; anything said can never be exaggeration. That is Mahadeva, the Cosmic Consciousness. So, divert your whole exaggeration pattern towards Him. Then, even your exaggeration, hope, everything settles

on the reality which can never be exaggerated. So, naturally, your hopes, your exaggeration, everything, does not lead you to delusion; it leads you to reality.

When that hope, more quantity and quality is on something which is beyond you, your whole bio-memory for more settles down on Him. That is what is known as feeling connection, love, devotion, or bhakthi. When it settles down on Him, your life becomes so alive, rich; and, because it is away from you, you break the delusion, illusion.

Right Exaggeration

If you don't have anything other than you to exaggerate, hope for, feel more about, you are the poorest person. This is spiritual poverty, conscious poverty and depression. If all your exaggeration is moving around either your God or Guru, you are one of the richest beings on planet Earth.

Exaggeration is inevitable. Even in a negative way – if you hate somebody, you will exaggerate negatively about that person. Exaggeration is the way your mind functions. So, till it dies, let your exaggerations be centred on your God or Guru.

https://www.youtube.com/watch?v=WMI4i4HSBnU

http://nithyananda.org/video/state-shiva-statement-guru

'Hindu' is a term for inner space

Typically, when you are born to parents who belong to a certain religion, you are said to become part of that religion. This does not apply to the Vedic Sanatana Hindu Dharma. The criteria for one to belong to this way of life is not birth, but what cognition one carries about them and what cognition of themselves they are striving towards. This implies that anyone can be a Hindu and also someone who was born to Hindu parents need not necessarily be considered Hindu.

Introducing You to You

The 8th verse of the Isa Upanishad, introduces you to you.

- **It states "Pure Consciousness is all-pervasive, beyond the coming and going, absolute, radiant, self-effulgent, un-embodied, boundary less, whole, wound less, muscle less, having no incompletion with the body.**
- **Consciousness is the ever pure space devoid of the dirt of ignorance, and is untouched by the delusion of incompletion.**
- **Consciousness is the all-knowing seer of all, the lord of all minds, Consciousness transcends all beings,**

- **Consciousness is self-effulgent by itself, with its independent will and intelligence, having no cause for its happening.**
- **It is Pure Consciousness that from time eternal, has enriched the ages and each being, by ordaining desirable responsibilities onto them, as per their nature and space, and their actions and results thereof."**



Who is a Hindu?

The one has already cognized themselves as per this Isavasya Upanishad verse, or one who is working towards altering their cognition as this Upanishad verse describes about them, is a Hindu.

The religions which want numbers to be their priority, which are used for political power, or a power game on the society, they all give the right, just by birth you belong to that religion. In the Vedic tradition, Hindu tradition, we never used our religion for political power. We will never use our religion for political power. This religion is a spiritual tradition, and it'll continue to remain as a spiritual tradition, it'll retain it's purity.

We never declare just by birth somebody's Hindu; only by practicing, you become

Hindu and belong to Vedic tradition. You don't need to be born to be Hindu.

Whoever cognizes themselves as consciousness as Upanishads declare in this verse and whoever is trying to cognize themselves as Upanishads declare in this verse, they are Hindus.

Process to internalize the truth of pure consciousness

You are "Pure Consciousness which is all pervasive, beyond the coming and going." This is what is supposed to be your cognition about you. Whatever is denying this cognition, what all the other cognitions you are carrying other than this, whatever cognitions are denying you being all-pervasive and beyond the coming and going", pen down them and find the root of those patterns.

So this (I am Pure Consciousness which is all pervasive, beyond the coming and going) should be my cognition, what else do I have as my experience of me, cognition of me? Where am I denying my experience as Upanishad declares me as me?

Beyond coming and going means birthless, deathless, you don't come to some place and go away from that place. So what is it which is constantly making you believe you come and go? What is the pattern you need to complete to make you realize you are beyond coming and going? Sit and list those patterns and complete with them.

You will see suddenly in 3, 4 days, you will understand millions of incompletions merging into one or two patterns, into ignorance, into powerlessness, and the powerlessness giving way to powerfulness.

Internalizing itself leads you to liberation!

https://www.youtube.com/watch?v=A5RF_q9XH-4

Scale to Measure 'Quality Time'

Quality Time' is a phrase used to denote uninterrupted time spent on a favourite activity, or with favourite people; in essence, time spent on what one considers important. What does Cosmos consider as 'Quality Time'? This article deals with this revelation and discusses an activity that is in alignment with this cosmic truth.

Discovering your Consciousness experientially is the purpose of your life

Discovering your consciousness is THE purpose of life. It is not about "inventing" but it is about "discovering" that already exists. Whether you lived as a spiritual being, a cook, lawyer, engineer, doctor, professional, social leader, political leader or not doing anything, nothing counts in the Cosmos.

Have you discovered your pure consciousness?

The good news is that nothing you thought of as the goal of your life, whether you achieved it or not, is considered as goal in the Cosmos. If you think you have not got a good name in your neighbourhood, don't worry- it is not the goal of life. If

you think you don't have this or that, don't worry, it is not the goal of life. People who have those wasted their time and energy.

The one and only goal, not first priority, the ONLY goal of life is discovering your pure Consciousness. Every moment you spent in discovering your consciousness, you used that moment in your life. Every moment you did not spend on this goal, you wasted those moments in your life.

Therefore 'Quality Time' according to Cosmos is time that is spent on discovering your Consciousness!



What can I do to spend such 'Quality Time'?

Listening followed by intra-analysing such great truths as revealed by the Upanishads is a fool proof way to spend 'Quality Time'. Whenever you are able to think, intra analyse, with the goal of reaching your Source, all those moments are meditation, even if your thinking appears very confusing.

The best technique for intra-analysing is taking the time to explore the truths in a group who are committed to reaching their Source. The Sanskrit term for such an

activity is Vaakyaratha Sadas.

Importance of Vaakyaartha Sadas

The time you spend in Vaakyartha Sadhas is the time you chisel yourself, you discover your consciousness. Your quality of integrity, quality of authenticity, quality of responsibility, quality of enriching will just multiply million times, billion times, if you can spend a little time on Vaakyartha Sadhas every day. Intra-analysing of these great truths will not happen by sitting alone because the 4, 5th block you reach in your mind, you will fall asleep or get diverted and your intra-analysis stops. But if you have a team for Vaakyartha Sadhas you will dedicate a certain amount of time just for this, at least to engage in conversation. You will think subtle nuances, aspects of these great truths. Vaakyartha Sadhas is directly doing pooja (worship) to consciousness. This is a process that is workable for people in all age groups.

The time you spend on Vaakyartha Sadhas is 'Quality Time' according to Cosmos. The time that you spend discovering your consciousness is the clear scale to measure 'Quality Time' spent in a given day.

Make Vaakyartha Sadhas a part of your daily routine!

http://nithyananda.org/video/discover-your-consciouness-0

https://www.youtube.com/watch?v=YYnpv0wsD8E





You are infected with two viruses

The software of the human mind is infected by two treacherous viruses, namely tiredness and boredom. This article deals with the cause, symptoms and antidote for these two prevalent viruses in human consciousness.

What is a virus?

A biological virus, when it infects a host cell, it forces the cell to produce thousands of replicas at a fast pace. A computer virus is a program that when it gets access to a computer system, replicates itself and creates harm to the system and the information stored in it. Similarly, tiredness and boredom when it enters ones' inner space, quickly shuts out productive use of the human mind.

When did the infection take place?

A small story helps to illustrate the moment when we succumb to these viruses.

Two lawyers saw a bear in the forest. One fellow started running. The other fellow shouted, "What you think you can escape the bear?"

The other said, "No, I just have to run faster than you!"

But life is not like that. If you are just able to excel little more than people around you, life doesn't end there. The moment you say, excelling little more than the people around you is sufficient, that is the moment when tiredness and boredom infects you.





What is a symptom of infection with these viruses?

With boredom and tiredness you can't even peacefully sleep; you may be lying on the bed but you will be rolling over. If you lie down, after sincerely exhausting whatever you want to do and fall into the bed, you will be so powerful and fall asleep. But when you lie down just out of boredom and tiredness, you will be so powerless you will not be able to fall asleep. Tiredness and boredom is the fire of hell.

The root of all mental illnesses

One of the biggest problems, humanity is facing and going to face is boredom. This is because no more you can make people feel excited about life with basic needs like food, shelter, and clothes. Humanity doesn't know how to lead itself to the next level. Political leaders, social leaders, religious leaders, all of them

are stuck, because you can't keep people excited any more just with this food, clothes, and shelter. That is why so much of depression and boredom is settling in. All psychiatric disorder, all phobias, depression, all disorders, bipolar, fourpolar, sixpolar, whatever name you can give, all mental disorders boils down to just one word: boredom. That's all. Boredom. Nothing else. Just boredom.

The Antidote

Align your body and intellect straight, make your life strong, make yourself as much as possible useful to yourself and to the world.

The ultimate antidote is to continue to explore the subtle and subtle truths described by Upanishads as Consciousness. When you are exploring into consciousness, while you are making your brain subtler and subtler, when the subtler and subtler grooves in your brain is developing to catch consciousness, to reflect the Pure Consciousness as it is.

Contemplation

How can your brain be trained and developed to catch the Pure reflection of Consciousness as it is? By internalizing, intra-analyzing, meditating, thinking, contemplating, debating, having Vaakyartha Sadhas about:

- What is Consciousness?
- What is that all pervasive, beyond going and coming, the space, nature, action and result, what is that which is centre of all this?
- What is that which is 'muscle less' and 'boundary less,' which is beyond all relationships and association?
- What is absolute radiant and self-effulgent?

If you dam love, you are damned

The seventh verse of the Isha Vasya Upanishad states that the person who cognizes themselves in everything and everything in them, is beyond delusion and sorrow and gets to live in the space of Oneness.

Allow the flow of love to happen even if it is conditional, somewhat conditional, or pure. When you stop the flow of love, life stops flowing in you and you are damned. This article deals with the pure science and applied science behind the above statements.

Love is an Applied Science

Love is the applied science. Love is the method and utility value of this verse. Method is the "means to reach this experience". Utility value refers to "after reaching the experience what is its use in life". For both, the answer is Love. The 'method' to reach the experience of Ekatwa (Oneness) and the 'utility' of the experience of Oneness in your life is Love.

Keep the Love Current Alive

Let us take the example of the river Ganga. The Ganga is flowing from Gangotri to Lucknow to Calcutta. In Calcutta it is most polluted, in Lucknow, it is somewhat polluted, in Gangotri it is so pure and fresh. Whether the river is polluted, somewhat polluted, or pure and fresh, the current of Ganga is the current of Ganga.

Similarly, your love, somewhere it'll be with a lot of selfishness, somewhere it'll be like a business (give and take), somewhere it'll be pure and selfless, somewhere it'll be an amazing sacrifice. But, love current is current. If you dam it, you are damned. Don't dam it.



Love Current Creates Pure Love

If the current of Ganga is not dammed, it has the potential to purify itself. Similarly, love current when it is not damned has the potential to establish you in pure love.

The point is not that your life and love should be selfish and be a business. The point is even if it is selfish and a business transaction, function, move, be active, alive, and interactive from the space of love.

In the initial level, even if it is selfish, if you are in action from the space of love, after a few days you will taste excitement and flow of joy that love brings in

you. When you taste that, your whole interest will turn towards that love which makes you flow. You will flow irrespective of whether somebody is receiving, not receiving, reciprocating, and not reciprocating. You will understand that Love makes you so powerful.

Play with the Unknown

Whenever there is a possibility, i.e., there is an unknown (it may go this way or that way) that is when the exploring into love continues to happen.

That is why most of the time, love dies the moment marriage happens, because now you are legally bound to love each other, so anything you do, you are socially bound to do that. The element of unknown goes away. In marriage, the couples who keep the space of unknown alive continue to remain in love. Relationship is all about constantly being new to you and to the other person.

Only a person who has the guts to play with the unknown can really love. Only they can love, receive love and radiate love. In the space of the unknown, love is more vibrant, active, and alive.

https://www.youtube.com/watch?v=Luux2cpFs48

http://nithyananda.org/video/love-stepping-stone-living-advaita

Surprise death & go beyond death

Death is a very prevalent phenomenon. But, it remains a mysterious phenomenon as we have not paid sufficient attention to it. The way to overcome the fear of death is to look into the phenomenon of death before it stares at you. This article deals with the mystery of death and the need to inquire into it at the earliest opportunity.

The greatest paradox

Death is most mysterious and most available. That which is continuously experienced can never be mysterious; and that which is mysterious can never be experienced continuously. There is only one who is continuously available, perceived, but continues to remains as mystery, that is Death. Here is a greatest paradox– death is constantly available, perceived but most mysterious.

What makes you a Buddha?

Human beings have gone up all the way to Mars and explore it, trying to analyze stars, galaxies, planets, but they still do not have knowledge about Death. Who is

this guy who is constantly playing amidst us and never lets the focus light, limelight fall on Him? He is the greatest magician. Constantly playing amongst us, picking the people among us, and swallowing them, playing, running riot not only over our lives, even on our intellect; but still none of us are able to even look into Him.

We have penetrated planets, stars, galaxies, we have done so much, but still death remains a mystery. He is not even letting any of us to look into His eyes. Those very few who dare to look into his eyes, who have decided not to get distracted and diverted by his magic and drama, those very few became Buddha and Shiva. All Buddha did is one thing, when he saw the death of somebody, He decided to look into the eyes of the Death—"Who are you? Till I know, I am not going to move out of it, this is my first priority."



Surprise Death

Buddha had three questions – why old age, why sickness, why death? He found the solution, but still all the three remains in the world. Even now, there is old age, sickness, and death. Then how do you say, he has discovered the solution? Maybe he found the solution for himself. It means: every one of you have to look

into the eyes of the Death. Look into His eyes when He is staring at somebody else. Don't wait to look into His eyes till He stares at you directly. Yama Dharma (Lord of Death) was staring at the old man, so Buddha could easily stare into His eyes.

Make the first move on death

So jump and dive into the death to discover the secrets of Death, when he is staring at somebody else. Don't wait until he comes to stare at you, then you may not be able to stare back at him. Fools are those waiting for Him to come and stare at you directly, then planning to stare back at him. No.

Stare into His eyes—demystify him, try to decode him, understand him when he staring at somebody else. If you start staring into Him first, then if he turns his eye towards you, that eye will be most compassionate. If you are waiting for him to stare at you, and then start staring, it will be terrorizing.

Who makes the first move? Are you going to stare at him first, or are you going to wait till he comes to stare at you?

The beauty with Death is YOU have to look his eyes, nobody else can do it for you. That is the good news. The great news is, by doing this, you are set utterly free. When you don't have any bondage, commitment, assistance, support, you are free, you are completely free.

https://www.youtube.com/watch?v=KE22ygzKPZU

One thing you need to taste before you 'die'!

Enlightenment needs to be tasted, enjoyed and celebrated while you are in the body. The first and foremost commandment for all human beings is THOU SHALL NOT DIE. Ideally, thou shall not be born. If the mistake is already made, at least thou shall not die, so that you are not reborn. Enlightenment is the key to this state. This article deals with the fear of death and provides a practice that will lead one to a state that is beyond death.

The Catch 22 situation with death

When you see death as the end of the known, it frightens you. Whatever you know, people, wealth, good, bad, whatever is known is coming to an end, standstill, that is why it frightens you.

On the other hand, are you happy with whatever is known and to live with it? No. Where is the gap? Neither you are happy with whatever is known, nor you are ready to give up. See how we are stuck!

Understanding about death will liberate you from this catch 20 situation. Being caught cannot be considered as living.





Two states in our lives

Life is made up of two states; death and dying.

- **Death**: Where your perception of the known ends, it is called death.
- **Dying**: Where your perception continues to torture you, it is called dying.

While you are living, constantly dying is happening in you. Many things with which you associate yourself are moving away from you. Many things about which about you are afraid, is getting closer to you, all this is dying.



The sacred secret

The sacred secret about death that allows you to go beyond death is: *When death is staring at somebody else, decide to stare at him.*

Going back to the states, he staring at your eyes directly is Death. You staring at him, when he is staring at somebody else is Dying.

Why will this work?

Whenever you stare at somebody, even if he was looking at the other direction, automatically his eyes will come and get fixed on you.

In this situation, his attention falls on you slowly. Slowly both vision will merge. You will have enough time to breathe, align, and settle with whom you are staring.

During the process of dying, the process of rebirthing is more known and available to you. Your bio-memory can cherish the dying and rebirthing in a beautiful way and transform itself.

When you turn your attention on dying, and get the possibility of rebirth and transformation, you are removing the powerlessness in you when it comes to Death.

Upanishads use a beautiful word, *dheerah*, to describe a person who has the courage to stare at Death before even he stares at you. If you are waiting for him to stare, so that you can stare back, you won't be able to, you will just close your eyes tightly and give up on you. Closing your eyes tightly and going through Death is giving up on you. Don't be a coward.

The goal is Living Enlightenment

The goal of human life is not liberation at the time of death. That is too easy. While you are living you should go through the birth and death and be reborn. Your bio-memory should enjoy the transformation, your muscle-memory should enjoy the transformation, only then you will taste Enlightenment, you will taste Jeevanmukti (Living Enlightenment).

The good news is: if you put your attention on Death, you will be liberated. The

great news is: you don't have to put your attention on Death your whole life, just few days, put your attention without getting diverted. That is enough. You will have liberation.

https://youtu.be/TlztQ-5u3Yw

Do you grab or grasp from life?

The root of all problems we face in life is the tendency to grab from life and avoiding to grasp the truth of life. If we try to grasp the truth we will have the approach of love towards seeking the truth. This article deals with the distinction between grabbing and grasping and the practice that makes grasping possible for everyone.

The 10th verse of the Isavasya Upanishad says that knowledge that comes from grasping versus grabbing produces different results. Similarly, actions that come from authenticity versus actions that come from ignorance produce different results.

The default condition

Mostly, we only grab and ask, "give a set of rules, give, I'll do that. If I can't, give plan B, plan C." The context is completely result driven. If you are approaching life with the mood of grabbing, framing it, making it as a utility value, you are trying to make a frame out of life, soon you will be tired and bored.

Who takes advantage?

Socio-political cults cater to such a mind. They cater to human beings who try to grab the truth. Religions which cater to the mind which tries to grab the truth, they only give a set of rules and finally evolve into a socio-political cult that takes advantage of your ignorance. If anything other than enlightenment is put as a priority, it is not a religion, be very clear, it's a socio political cult.



Grasping and Seeking?

Grasping means understanding the context. Constantly keeping your seeking alive makes you grasp the truth.

Approaching everything with tremendous love and patience from the context of knowing the truth, wanting to know the truth, is grasping, seeking. Seeking means approaching you, approaching God, approaching world, approaching Guru, everything, with tremendous love and patience, passiveness, try to grasp what it is. Again and again understanding the context, and trying to grasp the subtlest truth of everything is seeking.

Practice Seeking

- With the world, have patience, love, try to grasp what it is, don't try to frame, don't try to relate with agitation.
- With God, approach It with tremendous love and patience, don't enter into Him with the fear or a greed or agitated mood.
- To Guru, try to approach with tremendous patience, love, and see, try to grasp what He is, not try to grab or put Him in a frame as you want.
- About yourself, try to approach with tremendous patience, tremendous patience. What you need to achieve, what you want to do, what your plans and visions are, when they are becoming real day by day, when you are realizing them day by day, celebrate it. Approach yourself with tremendous love, patience, not with agitation and not taking yourself for granted.

Develop seeking, keep your seeking alive, reinvent yourself with your seeking, re-strategize yourself with your seeking. This is the basic truth this verse of Upanishad wants to describe.

Meditate on the difference between grasping and grabbing. Grasp pure knowledge. Experience you are pure consciousness. Experience Shivoham.

http://nithyananda.org/video/seek-truth-love-and-patience

https://www.youtube.com/watch?v=HuKiN6mgVJg

Never Stop Doing This

Society trains us to be out of sync with the Universe. Society sets the expectation in us that there is an end to what you are doing now and then you will enjoy life. Study well, you will be fine. Get a good job, you will be fine. Get married and you will settle down. Have a car and a house, you will be fine. Save for your retirement, you are fine. Get enough insurance and so on. On the contrary, Universe is expanding all the time. It has no tiredness and boredom. It is easy to see that society trains us to be out of sync with the Universe. This is at the root of our suffering. This article talks about the one thing that we should never stop doing.

Where are we stuck?

The 9th verse of the Isa Upanishad throws light on this. It states that those who said YES to ignorance are immersed in blinding darkness; but those who think they are "learned", immerse themselves in even greater darkness. When we declare that we "know", our seeking stops and that is the death knell for knowledge to get revealed and express through us.

Are there people who are not in this trap?

An enlightened being is one who has broken this societal trap. An enlightened being is a person whose mind has disappeared so (s)he constantly goes through new experiences and expands by continuously seeking. The key word is "seeking." In who the capacity 'not to seek' has disappeared is an enlightened being.

In us, still there is a part of our mind which can put us in boredom or tiredness. This can make us stop seeking one day. This is why we are still seekers. If the seeking becomes eternal, there will be no part of the mind that exists to make us bored or tired. This ensures that one will be a seeker forever. That state makes one an enlightened being.



The Practice

Universe is a happening. Even all enlightened beings continue to seek. If even enlightened beings are expanding, seeking, happening, then, you should be seeking. Kill all parts of you trying to become stagnant. Any stagnation is disease. With your body, if you are able to bend 40 degrees, make it at least 41 degrees the next day; don't stagnate. With your mind, if you are able to understand some





concepts for five minutes, make it at least 6 minutes the next day. Killing all parts of stagnation in you by the constant inspiration and excitement is seeking.

What should not ever be stopped?

Any moment, if you stop seeking, you start worshipping ignorance. Never stop seeking. Seeking should become your very being. Keep constantly looking for reality. Don't allow any stagnation; all stagnation is stupidity. Stagnation is stupidity. If somebody is stuck, that is hell, the most cursed space.

Stop the worship of ignorance, never stop your seeking for any reason. Let your seeking be continued.

Keep your seeking alive. Awaken continuously!

http://nithyananda.org/video/seeking-awakens-super-human-you

https://www.youtube.com/watch?v=x4wWaQtF49o

The only bridge from the deluded you to the real you

The words of an enlightened master is the only bridge we have to cross over from living in a deluded world to one in which the experience that we are pure consciousness is a reality. When we don't get the context, we miss the truth. The words of the master establishes the right context in our lives.

How we miss the truth?

Without the context of seeking, even renunciation can lead you into laziness. Lot of people talk as if they are renouncing, but this is just to justify their laziness, dumbness, and stupidity.

Renunciation is not renouncing the action. You grow grass, feed the cow, milk, then make it as curd, churn, get the butter, boil it, and make ghee, offer the ghee to the Deity, Divine, God, Guru or whatever, that is renunciation, sacrifice. You not even making the effort to grow the grass is not sacrifice. That is boredom and tiredness. Without understanding the context, even the greatest truth can be missed and misused.

The importance of Seeking

Without the context of seeking, the most subtle truths are never cognized. Honest, authentic, and integrated seeking, is one of the most important alignment you need to do in your life. It is only by seeking, your Being is kept in the highest possible awareness. Keep the seeking alive. Let seeking become your first response to life, let seeking be the source of inspiration, intensity and energy for you to live.

Whatever spiritual practice you are doing, it should strengthen your seeking and make you a strong seeker. Depth of your seeking should be increased. Don't ever think without seeking any higher thing can be achieved; No. Everything, every higher thing, is achieved only by seeking.



Avoid taking Master's words for granted

The first time you hear Guru's words, you do it with so much of seeking, interest, excitement. You pick up many things and internalize them as part of your life. After some time, your seeking comes down, you listen but take it for granted, "ah,

He talks like this only, I've heard enough."

When you take Guru's words for granted, you may listen to satsang, but you create a huge iron wall around you. Guru's words never penetrate and become a part of you, because with each word you created a pain pattern and kept it away from you. Either because of your earlier failures, or thinking I tried but it's not working out, developing these patterns and thought trends, you become a dangerously untrainable, non-transformable person.

The Only Bridge

Taking the Master's words for granted, not taking them into your heart and making your life align to it is the worst thing can happen to you because, other than the Master's words, there is no anchor available to planet earth. For anybody who is drowned in the ocean of Samsara, delusion and bondage, the only anchor available to raise themselves to the next level is Master's words. From the other plane of existence, the only bridge available to this plane, this universe, is an enlightened master's words.

If you don't catch the master's words and raise yourself, nothing else can help you. The highest spiritual practice is catching the Master's words and reinventing yourself. Re-strategizing and reinventing yourself with every word of the Master, is seeking.

Keep your seeking alive

If your seeking is alive, you will go on reinventing yourself. You will raise yourself by yourself. You will be so alive. So active. You will be so brilliant, so energetic,

because seeking is the most powerful way to exist and experience the real you.

http://nithyananda.org/video/take-master%E2%80%99s-words-heart

https://www.youtube.com/watch?v=app6N1Rwysk

Vedic secret to be a high achiever in life

Great practice is rooted in great theory / truths. Cognizing the most subtle truths, in the right context happens only by you keeping your seeking alive. Being established in such truths leads to more aware, effective and efficient actions. Therefore, high achievement is a function of *relentless seeking*. This article deals with the importance of seeking and how life operates when seeking is kept alive moment to moment.

Without seeking, context is missed

Let us look at the truth of renunciation. Without the context of seeking, even renunciation can lead you into laziness. For a lot of people talk, renouncing is a way to justify their laziness, dumbness, stupidity. These are utterly lazy and bored, tired people, but when they talk they talk as if they are renouncing the whole world.

Renunciation is not renouncing the action. You grow grass, feed the cow, milk, then make it as curd, churn, get the butter, boil it, and make ghee, offer the ghee

to the Deity, Divine, God, Guru or whatever, that is renunciation, sacrifice. You not even growing the grass is not sacrifice. That is boredom and tiredness. Many people don't even take the effort of growing the grass, they say, "Oh, everything is Maya." Without understanding the context, even the greatest truth can be missed, misused.

Without the context of seeking, the most subtle truths are never cognized.



Seeking as first response to life

Seeking, honest seeking, authentic seeking, being integrated to your seeking, is one of the most important alignment you need to do in your life, every day. Because it is only by seeking your Being is kept in the most possible, highest peak awareness. Keep the seeking alive. Let the seeking become your first response to life. Let the seeking be the source of inspiration for you to live. Let the seeking be the energy to live. Let the seeking be intensity to live.

Whatever you are doing, should strengthen your seeking, should make you more and stronger, seeker. Depth of your seeking should be increased.

Anchor to keep seeking alive

The words of a Master is the anchor to raise yourself to the next level. Taking the Master's words for granted, not taking them into your heart and making your life align to it, not using the words of the Master and reinventing your life and restrategizing is the worst thing can happen to you because, other than the Master's words, there is no anchor available to planet earth. 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 Master's words. From the other plane of existence, the only bridge available to this plane, this universe, is an Enlightened Master's words.

Highest spiritual practice

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 Master's words, constantly reinventing yourself and re-strategizing yourself. Reinventing and re-strategizing and yourself is the only way, re-strategizing yourself, with every Master's words, reinventing yourself, with every word of the Master, is seeking.

The possibility of life

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

http://nithyananda.org/video/take-master%E2%80%99s-words-heart

https://www.youtube.com/watch?v=app6N1Rwysk

Food that makes you fall in love with you

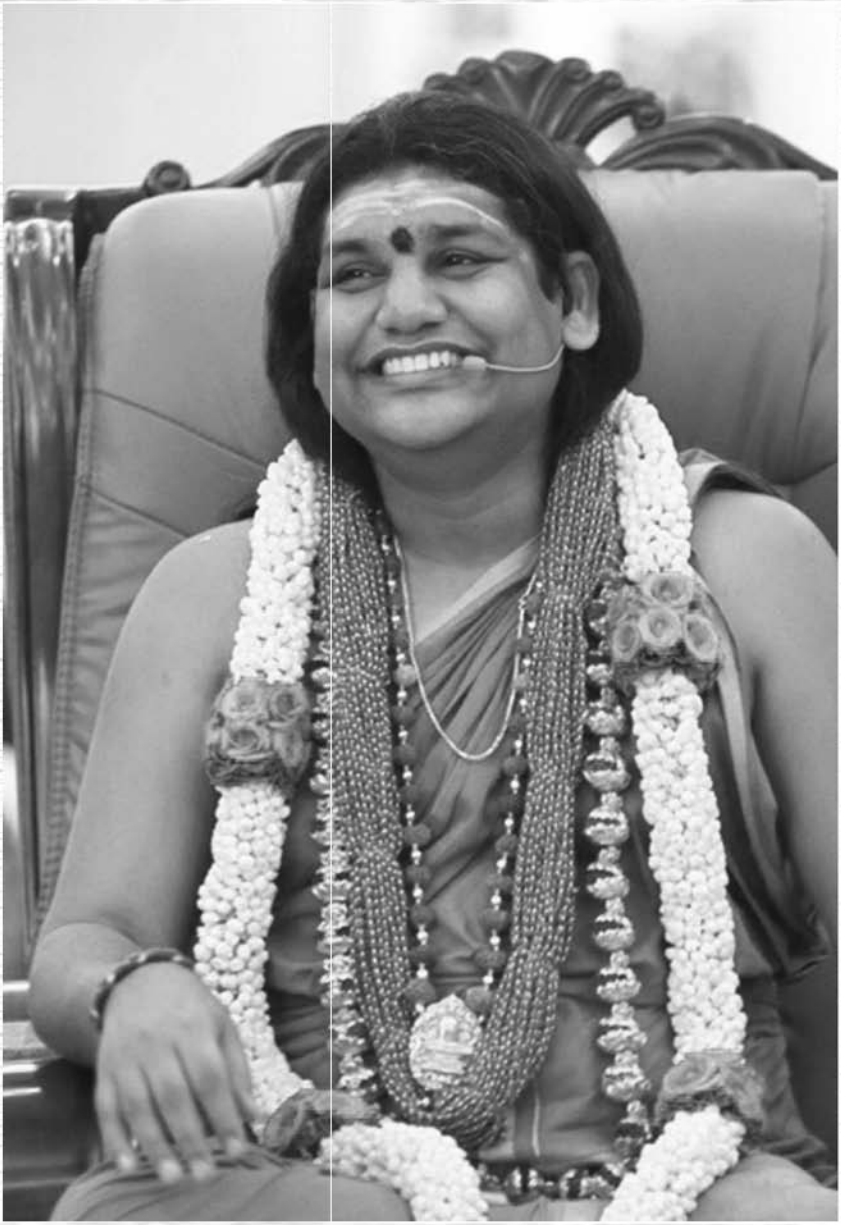
What we consume is not just the food we eat. It includes what we consume through our eyes, ears and what we think about. There is such a food item, which when consumed, makes us fall in love with ourselves. That is the introduction of a human being to a human being by the Upanishads. This article shares some of the sacred truths shared in the Isavasya Upanishad.

The pickle of life

What we constantly worry about, such as house, car, finances, stuff at work etc are the pickle (side dish) of life. We mistake that for the main course and miss the main course of life which is living enlightenment. The society is designed in a way to keep us busy with the pickle so that we never look at the main course. We anyway pay the price for the entire buffet. Why not enjoy the entire meal of life?

The main course

The introduction given to human beings about themselves by Isavasya Upanishad is that who we are in Pure Consciousness and;Pure Consciousness is all-pervasive,




YAMAHA

beyond the coming and going, absolute radiant and self-effulgent, unembodied, Boundaryless, Whole (beyond the subtle body), woundless, muscleless, having no incompletion with the body. Consciousness is the ever pure space devoid of the dirt of ignorance, and is untouched by the delusion of incompletion; Consciousness is the all-knowing seer of all–past, present and future, the lord of all minds (manīṣī), Consciousness transcends all beings (paribhuḥ). Consciousness is self-existent by itself with its independent will and intelligence, having no cause for its happening. It is Pure Consciousness, that from time eternal, has enriched the ages and each being, by ordaining desirable responsibilities, artha onto them, as per their nature and space, and their actions and results thereof.

This is the main course. Each phrase has to be savoured and made into living energy in our system. Let us take one of the statements and look at it a little closer.



The blanket of incompletion

A statement that is made in the verse above is that we are untouched by the delusion of incompletion. Incompletion is simply any idea we carry about ourselves, others and the world which is not aligned to the introduction given

above. These ideas are like the blanket that we pull on ourselves in the early morning to feel cosy and comfortable and get a few more hours of sleep. The wrong ideas that we carry only puts us in suffering and it has nothing to do with who we are in reality.

The way to consume this food

Contemplating about these truths is the way to consume this food. Taking the time out to think through them is necessary in our day to day life. We are so caught up with trivial things that we have even forgotten how to contemplate. Getting a group of people to think through these truths along with us is the sure way to consume this food. Vedic tradition calls this 'Vakyartha Sadas' – a forum to explore the sacred secrets of life. Create one in your locality or online using Skype or Hangouts to ensure an unlimited supply of this for yourself!

How do you know that you are consuming this food?

The more and more we consume this food, the more we will feel settled with ourselves. We will be established more in a space that is at a higher plane than that is permeated by time and space. This will make us fall in love with who we really are.

https://www.youtube.com/watch?v=j6TTMCspYDU

http://nithyananda.org/video/you-are-untouched-incompletion

Are you binding you or liberating you?

Most of us would have heard the phrase "the only thing that is constant in this world is change". Though we are so caught up in change, do we know really know the effect of this change on us. Are the changes happening in our lives, leading us somewhere or are we stuck in the same place? This article talks about types of changes, how to identify them and helps us to choose the kind of change we want for ourselves.

Compulsion Patterns

We are constantly changing things around us. For example, many people change job, change house, change car, change wife, change everything, but does that lead them to any sort of satisfaction or fulfilment? No. We played with small toys when we were young. We play with bigger toys now. The underlying pattern has remained the same.

The underlying pattern, which makes us act without revealing itself is a compulsion pattern.

Giving into our compulsion patterns leads only to boredom and suffering. The

more we give into such patterns, the compulsion becomes stronger and stronger.

What freedom is not

The western society, the materialistic & consumeristic civilization is teaching you that giving in to your compulsion patterns is freedom. They supply material for your compulsion patterns to swindle and rob you. For example, think of the number of mobile phones you have purchased or the number of cigarettes you have smoked.

Giving in to your compulsion patterns is not freedom. If you think that is freedom, you are stupid. Don't give in to your compulsion patterns. Life becomes worse than hell when you are caught in them.



What freedom is

Freedom is the ability to constantly redefine our:

- Inner image : the way we see ourselves
- Outer image : the way we project ourselves to others

- Life image : how we look at life
- Others' image : how others look at us

We have made these statements for ourselves. Only human beings have the unique freedom to define and redefine these images.

Types of Change

- **Binding Change**: Actions that are taken from a fixed set of such images though might appear different is similar to running on a tread mill. We are going nowhere. This is change that is induced by compulsion patterns and binds us.
- **Liberating Change**: When we have mindfulness to identify the current set of images we carry, we can replace them with new ones. Actions that are taken from a new set of consciously created images is the real change that leads us on the path to liberation.

How do I reinvent myself?

Seeking is the tool that constantly helps you to reinvent yourself. Seeking is the antidote for all pattern compulsions. The process of Seeking is explained below:

Once in a while, you should withdraw from your office, house, everything. Sit back, and look...

Whatever I feel as 'me,' what is that? It is constantly changing, dilly dallying, sometime it feels good, sometime it is bad, sometimes right, sometimes wrong, sometimes knowledgeable, sometimes ignorant. What is it? What am I? What is this that I call the world?

What am I? What am I looking for? Where am I looking for that? From whom am I looking for? Am I going to get it?"

Create your images from the responses that you get from your inner space to these questions.

Re-Strategizing your Life

Reinventing and re-strategizing due to the conclusions of your seeking is different from changing due to boredom and compulsion patterns by giving in to them. Changing due to boredom leads you to a deeper and deeper hell. Reinventing, re-strategizing due to your seeking leads you to Enlightenment.

Live Enlightenment! Live Advaitha!

https://www.youtube.com/watch?v=prtoizmYua8

http://nithyananda.org/video/seek-%E2%80%98what-am-i%E2%80%99

Are you selling your child's brain?

Not enough research. Not enough PhDs. Not enough patents. These are few things you hear about the higher education system in India. What we fail to see is that the school education system in India was set up by the British to create clerks. It is not designed to foster creativity, innovation and all round excellence. The time to work on is when kids are below the age of 14. We lose the plot there and hope to have some magic happen in the higher education system. This article talks about the trap that Indian parents are putting their kids through and what is the way out.

Education Maniacs

Ask yourself this, even after completing your board examinations, even after 10 / 15 years have you dreamt that you missed your examination, that you are sick on the examination day, that you did not go to write the examination? Check this with a few friends. This impact shows how the human consciousness is deeply wounded due the fear and stress around examinations.

India is suffering with this stupid education mania. All the middle class, lower

middle class parents of India, their only dream is give education to my son and push him into a well. Whether he survives or dies that I don't care. In 1900s the goal was: If it's a girl educate her and somehow get her married, no not even educating her, just somehow get her married; if it's a boy, somehow get him a job. This trend is continuing to persist. Stop being an education maniac. You are ending up selling your kid's brain for a certificate.



Irrevocable Damage

Kids' minds are irreparably damaged due to exams and the pressure from school teachers and parents around this, especially the board exams. You put them through fear and greed of examination and rank and result. The fear and stress around this cause irreparable damage to the consciousness of the kids. We are destroying our next generation by sending them to the regular so-called "school", by putting them into the fear, torture, suffering of the so called examinations and doing irreparable damage to them.

What is the way out of this?

Reviving the Vedic Gurukul system is the only guaranteed solution to create a new generation who excel in all walks of life. A great introduction to the Vedic way for kids is the 21 day Inner Awakening for Kids. Here every child is initiated into third eye awakening by rare living incarnation Paramahamsa Sri Nithyananda.

Third eye awakening solves all the problems the modern day kids and youth are suffering in society: their depression, obesity, addicted to food or all other addictions, video games, facebook, violence, everything settles down, the kids start seeing their life in a beautiful way from higher possibility. Kids Inner Awakening is the only antidote for all the problems kids are suffering. Inner Awakening transforms your child into an angel.

What is the Third Eye?

Just like the two eyes you have, you have a third possibility to perceive. Third possibility to perceive the whole world, whole universe, not just through seeing alone. The third eye can be used even to hear, touch, feel, and work. Third eye is a powerful new possibility. It is called as third eye because the moment it is activated, the first thing happens is you will be able to see even with eyes closed.

Third Eye Awakening[SM]

Third Eye awakens not just your ordinary needs like a health, wealth, it awakens totally new dimension of life. It is like your kundalini shakti is awakened and raised to the point between your eyebrows and nose. That is the point where your third eye is available. When your third eye is awakened, you start seeing, perceiving life in higher dimension and possibility. Your Kundalini Shakti starts staying in higher

planes, so it always keeps you in highest level of completion, energy, health, and all your peak possibilities open up.

Third Eye Awakening is simple: if a lamp is lit, you take another lamp near it, the flame jumps. Near an awakened third eye of an Enlightened Master, if your third eye is brought, simply the flame jumps.

With Third Eye Awakening, your child will do better in life not just examinations. Exams are a very small part of life.

Find your Blindness level

Just because you have eyes and are reading this article does not mean that you are not blind. Those who are not awake to the reality of Oneness are Blind. There are levels to this Blindness. If you are not yet enlightened, read this article to get a sense of where you are on the Blindness scale, and what to do about it.

Level 1 : Darkness

The primitive human condition is established in darkness. In this case, the person just lives his / her life just as an animal would do. Eat, drink, sleep, reproduce and die. This layer is immersed in ignorance and does not even know that they are immersed in ignorance.

Level 2 : Blinding Darkness

This is the group that knows that there is something more to life. They have a sense that they are trapped in ignorance but they carry an "I don't care" attitude about it. These are the ones that worship ignorance and get into tiredness and boredom, and unable are unwilling to move further.

Level 3 : Greater than Blinding Darkness

This group is the one established in half-knowledge. Knowledge that is intellectual

but which has not become an established experience. They have spent time with certain concepts and have not aligned their life to those concepts. This is more dangerous than Level 2. This group worship knowledge but which is incomplete. They won't have tiredness or boredom. They will be very active, but in the wrong direction.



How does one fall into Level 3?

Familiarity breeds contempt. Even with the idea you are pure consciousness, if you are acquainted and are thinking about it a lot, but you never made that as your cognition, you never transformed your life, you never aligned your life to the truth, then slowly, slowly, slowly, you think what you are living and doing is much better than normal people who don't even know they are Consciousness.

So with this justification, the worship of imperfect knowledge, the incomplete knowledge starts.

The danger of non-practice

How much ever you may know about yoga, swimming or surgery, unless you DO, you won't have the result. Knowing but not doing, the non-practice, that's the most difficult mental setup. Once you acquire that, your whole life is gone. Listening to the concept but not living them, is most dangerous. Once that mental setup comes to you, anything that is presented to you will be brushed aside.

How to avoid this trap?

When you are driven by your greed or fear, constantly you will reinvent yourself. If you are in love with a girl, how constantly you will reinvent yourself to demonstrate your love to her or impress her; if you are afraid of your wife, how constantly you will reinvent yourself to save yourself or to escape from her. When the fear and greed is there, how you constantly reinvent yourself, re-strategize yourself, do the same out of inspiration on the great truths from Upanishads. Do the same. Reinvent and re-strategize based on Upanishadic principles constantly.

Make inspiration your Fuel

Re-strategizing your whole life with the truth "I am Consciousness" means not being pushed by stupid fears and greed, but being pushed only by tremendous joy, inspiration, happiness, bliss, fulfilment, and completion.

If your fuel is only completion and inspiration, you are blessed. Reinventing and re-strategizing your life will make you flow more and more, make you alive more and more. It will break the parts of you which is frozen and make them alive again.

Do you worship ignorance or half-truth?

There are two types of people; one, who worship ignorance; second, who worship half-truth. Both remain in a state of powerlessness. This article talks about the nature of such people as described in the Upanishads and points to a practice that establishes one in the experience of reality.

The definition of these two types of people is found in the 9th verse of the Isavasya Upanishad.

andhaṁ tamaḥ praviśanti ye'avidyām upāsate |

tato bhūya iva te tamo yau vidyāyāṁ ratāḥ || 9 ||

Those who worship avidyā, ignorance (that veils the true knowledge of Truth, Consciousness), enter into blinding darkness characterized by the absence of perception; but into greater darkness of ignorance than that, enter they who, considering themselves as scholarly and learned, are engaged in vidyā, the incomplete knowledge acquired for vested interests, characterized by the impure perception of Truth and Consciousness.





Knowledge for vested interests

If you are worshipping knowledge for some vested interests, for example, for the sake of luxury or for the sake of any other comforts, beyond a point, you will stop seeking. That is a recipe for suffering with half-knowledge, the incomplete knowledge, the impure perception of Truth, Consciousness.

What freedom is not

Most of the time, giving in to your patterns, you will start declaring as freedom. You will say, "after all I am enlightened, I am a soul, I am free," then finally go and eat beef. Giving in to your patterns cannot be freedom.



Obstacles for seekers

For an initial level seeker, the biggest problem is boredom due to which whenever they hit a block, they don't break it. They just develop a 'don't care attitude' towards ignorance.

Advanced seekers try to grab all the powers of Enlightenment without having the experience of enlightenment and taking the responsibility for it. These people with incomplete knowledge, before even achieving Enlightenment, due to their vested interests, because of their impure perception of Truth and Consciousness, even though they claim they are unattached, wise, they get completely distracted and destroyed, with the incomplete knowledge.

Without becoming Paramahamsa, they try to live like a Paramahamsa. Without really getting to the space of non-attachment, they try to live as if unattached. This is a dangerous game people play. Nobody else need to punish them. They themselves will be punishing themselves.

Practice to overcome these obstacles

Relentless seeking is the antidote for these obstacles. Just because you are better than others, does not mean that you drop the quest for experiencing reality. Relentless seeking comes from worshipping knowledge for the sake of knowledge. Then you become embodiment of vidyā, knowledge – an Enlightened Being.

Seeking defines an Enlightened Being

An Enlightened Being's level of seeking will be totally different from your level, but he will continue to be seeking because seeking is the only way he will be alive. Seeking is the only way he even makes you understand he is alive. That is the only qualification of his existence.

You can prove you are alive by so many things. By eating a sweet, having physical pleasures etc. you prove that you are alive to yourself and to others. But an Enlightened Being is alive only in his seeking, that is the only way he reminds

himself he is alive and he proves he is alive to others. To that level, his very core will be seeking.

Enlightenment is not expertise, it is experience. Seek experience not expertise.

http://nithyananda.org/video/seek-experience-not-expertise

https://www.youtube.com/watch?v=Wg7Y84zxK7M

Three Steps to Win your Freedom Struggle

Everything in life is nothing but a freedom struggle. Society teaches that succumbing to and constantly feeding patterns that bind us is the way to experience freedom. Look at the products that are out there to gratify our senses. But, freedom is all about feeling larger and larger number of people, places, spaces, as part of you. This article talks about the science and the technique to experience 'Complete Freedom'.

Reality as Stated by Upanishads

Our real nature is freedom. The experience of freedom comes from the space of not feeling violated. The 6th verse of the Isavasya Upanishad says that this experience happens when we see that we are in everything and everything is in us. There is absolutely no separation.

If this is reality, why don't I experience it now?

This truth cannot be attained by "non-working lazy belief". This is the usual so-called faith of the modern-day middle-class, neo middle-class. We say, 'If it is

true, let it work immediately.' We miss the preparation to experience reality, but expect everything should happen in a jiffy. This is "non-working lazy belief".

The nature of freedom

Freedom is the feeling that larger and larger number of people, places, spaces, as part of you. Freedom means, expanding the boundary you feel about you. Everyone is using something to experience freedom. A rich man uses his money, and when more and more people are dependent on his money, he feels that his



freedom is expanding and they are all under him. A person who identifies with a political party, he feels everyone in that party is under him, and that his freedom has expanded. A person who identifies with a language or a State, he feels that whole zone is his freedom.

'Complete Freedom' comes from feeling ONE with the whole cosmos. There is no sense of violation or struggle in that state.

How to attain Complete Freedom?

When it comes to people that we love and those who love us, we have three types of relatedness with them. They are people with whom:

- You feel love, but they don't reciprocate.
- You feel you love them and they are also reciprocate you. This is the happy-happy situation.
- You feel they love you, they suffocate you, but you don't feel love towards them.

For each one of the above categories of relatedness, do the following steps:

Remember each person.

What are the patterns he / she evokes in you?

When did those patterns start happening in you?

When did you start building those patterns and with whom?

Trace back.

Pen down the patterns and those incidents.

What will be the outcome?

When you do these three exercises for all three categories, you will understand that the whole thing is a lie, "mithya". "Lie" is too small a word. A lie is saying "the pot is white" when one is actually looking at a black one. "Mithya" is giving an elaborate description about a pot when the pot even does not exist.

When you do these three steps, you will understand the whole thing is "mithya". Because, every point is a lie. Like, whom you say you love is a lie, whom you think

the person is not responding to your love is a lie, whom you say you love and he also responds is a lie. The whole thing, every inch, you will understand, is a lie.

Then you will simply catch the glimpse of:

- Whatever good outside is inside you
- Whatever bad outside is inside you
- Whatever good inside is outside you
- Whatever bad inside is outside you.

Experience of Complete Freedom

You will have such big freedom and restful awareness; 'Wow! Then I can do as I want! I can play as I want! Everything is in me!' This will make you experientially understand that what is stated in the 6th verse of Isavasya Upanishad is THE TRUTH.

http://nithyananda.org/video/upanishads-are-conscious-acid-wash

https://www.youtube.com/watch?v=ZdD3ihg9Ujk

You sentenced yourself to Ignorance

Upanishads declare that "knowledge" is the default condition for who we are. Any ignorance then is a function of us inviting that into our lives. This article deals with how we create ignorance and how to come out of such self-created ignorance.

The 8th verse of the Isavasya Upanishad states that we are devoid of the dirt of ignorance. Know that Upanishads know us more than we know ourselves.

What needs to be done?

You are devoid of dirt of ignorance. But if you think that you are still ignorant in some space, somewhere, in something, if you say, 'I don't know about that,' then you need to get to the bottom of when you started uttering, 'I don't know', when you started declaring ignorance.

When did I declare ignorance?

Ignorance is declared first time in you when you do not want to know, not when you don't know. When you declared — 'I don't know' – first time in your life, you

will see all those moments will be your conscious choice of:

- I do not want to know
- Knowing is too much hard work
- I am being used
- Why should I know so much?

These statements infuse stupidity in you.



What are the pitfalls?

- Knowledge is a knowledge is a knowledge. Being active is being active is being active. Knowledge and action should not be judged, scaled, measured based on the returns, income or luxury or comfort, it is expected to bring.
- Wealth can always be achieved by knowledge, nothing wrong. But if just wealth becomes the goal of your knowledge, there stops your knowledge and ignorance starts.

- By being active, acquiring wealth and luxury is not wrong, but that alone should not be your goal. Then, the moment you have your basic needs or wealth or luxury, you will just become inactive.
-

How to undo what I have done?

- Seek the atmosphere where constantly your ignorance and inefficiency, tiredness, boredom is challenged. Don't live where your ignorance is not challenged.
- Knowledge should be for the sake of more knowledge. Work should be for the sake of more work. Work to get more work. Have knowledge to have more knowledge.
- Constantly exploring knowledge! Knowledge itself is the taste, joy, excitement, experience. Only that person becomes the embodiment of Saraswati, Maha Saraswati.
- Be active just to be more active.

Knowledge and being active makes you LIVING. That is the one of the biggest pleasures. This pleasure is thousands of times more than any romance or luxury can give you.

1. Complete

YES to the ignorance is not by anybody else, it is by YOU. Go back and see when was the first time, you said "YES" to ignorance. Dig out patterns you started developing when you said YES to ignorance. Complete with them and break those

patterns. Suddenly you will see, it is not that you will know only what you studied, read. No. Suddenly multiple dimensions you will be made known to you.

Knowledge is never linear. When you say YES to knowledge, you just break the ignorance, which is linear. Ignorance is linear, knowledge is always exponential and infinite. It is just multi-dimensional.

2. Decide

Your decision brought you ignorance, laziness and boredom. Your simple decision will bring knowledge, make you active and excited.

If you have become ignorant, just know out of which decision you became ignorant. If you undo that, that is enough.

3. Realize

You are ever pure space devoid of the dirt of ignorance.

http://nithyananda.org/video/say-yes-knowledge

https://www.youtube.com/watch?v=yJaQxJTKLoM

Direct Access to Results

We usually believe that to produce a certain result, a set of skills, actions, and attitude are required. On the contrary, Vivekananda says, to produce any result, you can sit under a tree and make that happen. Where is this statement and his confidence in this statement coming from? This article deals with the pure science and applied science of getting direct access to cause results in our lives.

The last line of the 8th verse of Isavasya Upanishad says "It is Pure Consciousness that from the time eternal has enriched the ages and each being, by ordaining desirable responsibilities onto them as per their nature and space, and their actions and results there-of."

The Lordship of Consciousness is revealed and declared in this part of the Upanishad.

Clearing a Check

Let's take an example of you writing a check and taking it to the bank. Because as a routine you write a check and he gives, there is no stopping or blockage, you take it for granted, you start thinking that just by writing the check you get the money. No. Only when the manager releases the money you get it.

Writing the check is your action, but it brings result only when the manager says "yes". Otherwise he can stop, he can postpone, he can delay, he can deny; he has a right to deny. The action of writing a cheque does not bring result in automated way, even though things are made automatic for the sake of convenience.



Consciousness makes results happen

In Cosmos, even though things happen automatically for your convenience sake, don't ever assume that action by itself can bring result, because action is not Lord. It is Consciousness that makes results happen. It is the decision of Consciousness that makes results happen.

It is Consciousness responsible for our nature, for the space, for our responsibilities and our actions and results thereof. So, surrendering to our Consciousness, meditating on our Consciousness can completely reprogram us. We can alter and change our life as we want.

Your responsibility, your nature, your space, your action, your result, all these are there. If you are working with any one of them, it has to change only systematically. Your responsibilities has to change, then your nature has to change, then your

space has to change, then results will change. But if you work with Consciousness, anything can be changed without changing anything or everything can be changed.

Consciousness has so much of freedom, power, because that is the center around which everything moves.

Process 1

Meditate on the following statements:

- When you experience Consciousness with your pure intelligence, you experience that as Time.
- When you experience Consciousness with your visualization capability, you experience that as a Space.
- When you experience Consciousness with your logic, you experience that as your Nature.
- When you experience your Consciousness with your desires, you experience that as a Responsibility.
- When you taste your Consciousness as a joy, you call that as a Result.

Process 2

Do not remember the bondages from the body, through the body, as part of you.

From the body means your disease, your concepts about body, feeling good or bad about the body, your skin colour, everything.

Through the body means feeling, "I am son of somebody, daughter of somebody, sister of somebody. Even disciple of somebody!"

Do not rememer both.

Process 3

Remain only with one clarity: "I am Pure Consciousness. So my responsibility, my being, my nature, my space, my action, my result, everything is centered in that Consciousness, belongs to that Consciousness. Just me surrendering to Consciousness is enough to change anything I want, as I want."

Touch with the Consciousness is million times more beautiful, amazing, fulfilling than any pleasure, any fruit of life you are expecting. So decide to cognize yourself as Pure Consciousness.

Constantly cognize you are Pure Consciousness. It is Consciousness that is Life. That is result.

http://nithyananda.org/video/conscious-intervention-causes-miracles

https://www.youtube.com/watch?v=UYJN-G4FS8M

About His Holiness
PARAMAHAMSA NITHYANANDA

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

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

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

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

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

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

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

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

11 Years

of NITHYANANDA MISSION
2003 - 2014

- ***Yoga, meditation and spiritual counseling centers and camps*** touching over 15 million people in 150 countries
- ***Over 9000 ordained spiritual healers healing 20,000 people globally every day***
- ***Over 1000 ordained teachers guiding thousands*** in yoga, meditation, spiritual sciences and life solutions
- ***Live online morning satsang by Paramahamsa Nithyananda*** via live streaming and video conferencing, viewed in thousands of places in over 40 countries every day
- ***Annadaan -10,000 free meals distributed every day*** at ashrams, schools, medical camps and to the needy
- ***Weekly medical camps*** offering conventional and alternative medical care, oral health, eye surgeries, prosthetics, etc. – including free consultation, medicines and follow-up.
- ***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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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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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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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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This book is a compilation of unique insights from Isha Vasya Upanishad, delivered by His Holiness Paramahamsa Nithyananda to global audiences in 2015.

As always, Paramahamsa Nithyananda brings to the time-honored Vedic scriptures a fresh burst of life, by offering profoud yet practical Vedic solutions for the modern age and mind.

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

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