

His Holiness **Paramahamsa Nithyananda**

What is Gratitude?

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Contents

What is Gratitude? 4
Gratitude - the key to Happiness 6
Gratitude is the greatest attitude 8
Gratitude is the way to approach the Divine 10
Gratitude is an expression of Fullfillment. 12
Gratitude for just being 14
Activity. 16
Gratitude is realizing that everything is a gift 18
Activity. 20
Gratitude? No thank you! 22
Gratitude is the space of Choicelessness 24
Gratitude is the opening of many possibilities 26
Your Emotions can reprogram your DNA 28
Gratitude in meditation 30
Gratitude is thanking your body. 32
Activity. 34
Gratitude is to revere the other 36
Activity. 38
Gratitude can take you beyond pain 40
Gratitude in Thanksgiving 43
Gratitude is going beyond the mind. 45
Gratitude makes you a nobody 46
Gratitude can burn your Karmas 47
Gratitude can make your body language change 48
Activity. 49
Gratitude is a powerful ingredient for Authenticity 50
Gratitude is flowering from form to formless 52
Gratitude to Guru. 54
Gratitude is Prayer 56
Gratitude is experiencing oneness 58
Gratitude is having faith in existence 62
Gratitude isliving in auspiciousness 64
Activity. 66



« Gratitude is our real nature...
Gratitude is the energy that makes your life intense and exciting every moment. When you carry causeless gratitude in you, life will be sweet all the time irrespective of external circumstance. »

~ Paramahamsa Nithyananda

1

Introduction

What comes to your mind when you think about what is gratitude. What is the first thing that comes to your mind? Words such as thank you, expressions of love in words and actions, sense of surrender, being grateful, etc. will start to come to your mind.

The dictionary definition of gratitude is the quality of being thankful or the readiness to show appreciation for and to return kindness.

In this book we will explore gratitude from the spiritual aspect. What is gratitude, what are the types of gratitude, the reason why we express gratitude, the effect of gratitude, and where does gratitude ultimately leads us to.

Throughout the book there are many activities and mediation techniques for you to try for the practical experience of the knowledge that is presented in this book.

At the end of this book you should have a better understanding of 'What is Gratitude' and its many facets

2

What is Gratitude?

When we recognize that we are part of the total scheme of Existence, and that we are lovingly taken care of by Existence every minute, we are overcome with gratitude. We become thankful for what we receive every moment, even if it as basis as the use of our limbs and senses.

Gratitude is your response to recognizing the abundance of existence. If there is an energy that takes care of everything in your life, it is the energy of gratitude! If you feel that there is something missing in your life, it is because you feel less gratitude. Gratitude connects you directly to the Divine energy.

Gratitude should become the very breath of a person. It transforms the happenings in you and around you. It is an energy that harmonizes you with the energy of the universe and brings tremendous prosperity to you. With gratitude you will see that Existence simply responds to you. It is the channel to commune with Existence.

Understand this: when you feel gratitude towards everything, it means you feel fulfilled, you feel blissful. So when you radiate gratitude, your energy of fulfillment attracts fulfillment back to you in the form of material gains, good relationships, good health and so on. The main thing is that gratitude makes you resonate with Existence and transforms you into a beautiful human being.

Society has taught us that gratitude is a social etiquette that we must all practice - to be thankful for what is received. When we want something, we pray and ask God or existence for what we want and when we receive it we express our gratitude.

What would happen if we shifted ourselves from the attitude of always asking for what we want next, to the attitude of feeling and expressing or gratitude to Existence itself?

"Gratitude is our real nature...Gratitude is the energy that makes your life intense and exciting every moment. When you carry causeless gratitude in you, life will be sweet all the time irrespective of external circumstance." ~ Paramahamsa Nithyananda

Paramahamsa Nithyananda says, "You always think that whatever was given to you was either because you deserved it or because it was an accident.

When you start seeing and feeling that invisible hand of Existence taking care of you, you will understand that you are wanted here by Existence. Only then you will understand that you are being showered upon continuously by Existence."

Get ready to receive the gifts
from Existence and experience the bliss!

3

Gratitude – the key to Happiness

The key to true happiness in today's world, any action needs a reason. When there is utility there is action, or else justifying the action becomes difficult. Real gratitude can never have a reason. It happens as a causeless flowering within you.

Does the flower bloom for a reason?

No! It blooms because it is its very nature.

Gratitude is our real nature. Layers of conditioning from society have covered it. Society doesn't know the language of gratitude. It knows only the language of utility. It straightaway instills greed and fear in us, so that we will give it the needed results.

Society doesn't know there is a path of gratitude that will give much better results than the paths of fear and greed. That is the problem. There are endless reasons to feel gratitude. This life itself is a gift that we have received. To be born with human consciousness is the first blessing we have received. Our gratitude should start right from there. Just for being we should feel grateful.

Understand, if ever you feel life is dull, that it is not as juicy as it should be, it is because gratitude has not happened in you. Gratitude is the energy that makes your life intense and exciting every moment. When you carry causeless gratitude in you, life will be sweet all the time irrespective of external circumstances.

When you miss gratitude, very often you will be gripped with the feeling that life is sour, but you won't know the real reason for that feeling.



To be born with human consciousness is the first blessing we have received.

Receive every small thing in life as a gift. When you take your plate to eat, see the plate as a gift. When you serve food on the plate, see the food as a gift. When you sit down on the chair to eat, see the chair as a gift. When you wash your hands after eating, see your fingers as a gift.

There are people who don't have a plate on which to eat. There are people who don't have fingers with which to eat! We only look at those who have a diamond ring on their fingers. We never look at those who don't have fingers. That is why we don't feel anything in our life is a gift.

Every morning as soon as you wake up, before getting out of bed, just try to feel deep gratitude for just being, for just living as a human being in this wonderful Existence. Similarly, every night before you go to sleep, bring in deep gratitude for just being. Feel it in your whole body and mind.

Put all judgements aside and feel gratitude. When we start feeling grateful for small things, our whole sensitivity will increase. When sensitivity happens, every moment will pass in deep awe of the happenings in Existence.

Be Blissful!

4

Gratitude is the greatest attitude

Again and again people ask me, Swamiji, when I have so many problems, how can I be grateful?' See, we continuously pray, 'Oh God, please give me a diamond ring.' Do we feel grateful that He gave us this finger to wear the ring? No! The finger is not our birthright. There are thousands of people who don't have hands or fingers. It's not our birthright.

We continuously pray intensely, in all possible ways, 'Oh God, give me this. Oh God, give me that.' But we never feel grateful for the things that are showered on us. This very life is a blessing!

Can we say that our life has been given to us as payments for some job that we did in Vaikunta (abode of Lord Vishnu) or Kailash (abode of Lord Shiva)? No! It's not as if we worked for one hundred years in Kailash, and earned a check that says, 'Alright, have seventy years of life.' If we work in that army, they give us money to study. It's not like that; we did not get life as a salary. It's a pure blessing showered on us.

Every breath is a blessing! This very life is a blessing. Continuously we miss things that are not part of our possession. But we never experience the things that are showered on us by the Divine.

Each of us has a big list of things that God has not given us and we also have a big list of things that God has given us. If you take a paper and pen and start writing these lists, both lists will be endless. Every moment of our life is a gift from the Divine.

If we honestly list the things that are not given to us, it will be an endless, infinite list. If we earnestly make a list of the things given to us, that will



When we feel life is a blessing and we approach the Divine with deep love and gratitude, not only do we experience the divine consciousness, we achieve the Divine itself.

also be an endless, infinite list. Now it's up to us to whether to look at the list of things not given to us and constantly feel miserable and live in hell, or look at the list of things showered on us and be in heaven. The second way makes us feel deeply grateful. We feel grateful and create our heaven. It is purely our choice.

5

Gratitude is the way to approach the Divine

Approach the Divine with the attitude of gratitude. We feel so grateful, so deeply connected to the Divine that our whole life changes. People approach the Masters from different levels.

I have seven kinds of people who approach me:

1) people who approach me out of greed;

2) people who approach me out of fear;

3) people who approach me out of worry;

4) people who approach me for name and fame;

5) people who approach me out of jealously and comparison;

6) people who approach me out of ego, to strengthen their ego;

7) there are a few, very few who approach me out of gratitude.

There's one problem with people who approach me out of greed. Not only do they have greed, they also have their own ideas and fantasies about a Master. When we have a strong fantasy about things we will not be able to relate with reality. People who come with fear will never be able to get rid of that fear. They will be stuck with that because fear itself is a fantasy.

At different levels people approach the Master of God. The more mature we are, the more we will feel connected to that person who will give us fulfillment. When we become mature, when we are above fear and greed, we will approach the same Master, the same God, with more maturity.

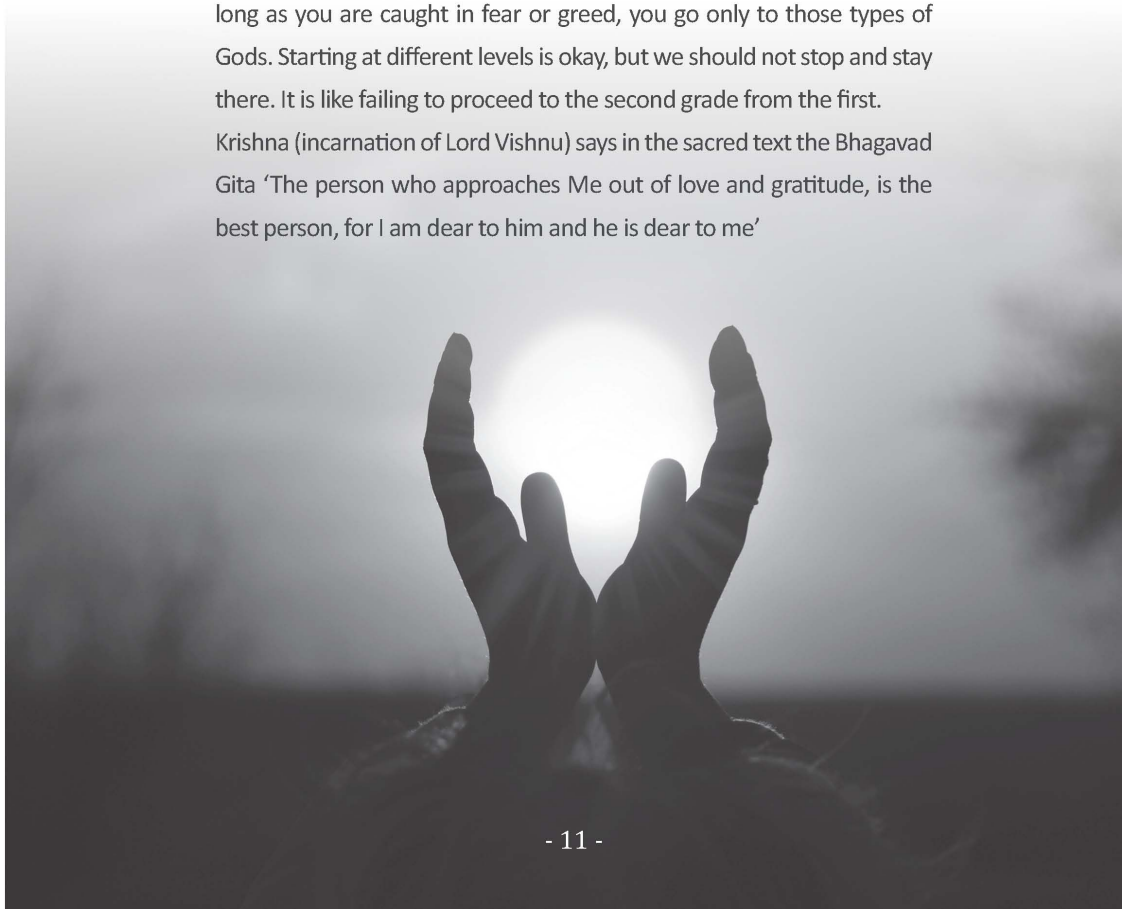
According to our maturity our attitude differs. The more mature we are,

the more the gratitude happens. The less the maturity, the more we fill our life with prayers. Prayer is greed; confession is fear! That is why I say, 'Gratitude is the greatest prayer, and 'Thank you', the greatest mantra.'

Based on how we approach the Divine, the community system is created. How much we share with society depends on how mature we are. With the same maturity, we approach God also. If we miss money, we go to the God who gives money. If we miss knowledge, we go to the God who gives knowledge. If we feel insecure, we go to the God who protects us. If we miss spiritual experience, the ultimate experience, then we go to the Divine incarnations, the ultimate expressions of the Divine.

You will experience the Divine according to your level of maturity. As long as you are caught in fear or greed, you go only to those types of Gods. Starting at different levels is okay, but we should not stop and stay there. It is like failing to proceed to the second grade from the first.

Krishna (incarnation of Lord Vishnu) says in the sacred text the Bhagavad Gita 'The person who approaches Me out of love and gratitude, is the best person, for I am dear to him and he is dear to me'



6

Gratitude is an expression of Fullfillment

What is fulfillment?

Fulfillment is completely different from contentment. If you start with the idea of not having: 'I don't have, I don't have' you will only grab. If you start with the reality, 'I am showered.

Arey, still I am alive, my kidney is working, my liver is working, and my brain is working at least once in awhile! My heart is working and my lungs are working. So many things in my system are working. I am still feeling I am alive'.

Millions of possibilities open the moment you feel that you are alive. The moment you step out of this door, millions of stars are seen, millions of possibilities are opening up. Same way the moment you feel you are alive the millions of possibilities are opening. The door for the millions of possibility is the first experience 'I am alive'. Why don't you recognize that and celebrate.

The life that is happening in your body is a gift. You are constantly showered. If you stand on this base, you can create wealth ten times more. You can create infrastructure. See, if you start your life from the mood of not having, you will not create wealth. You will grab wealth. If you start your life feeling blessed, you will create wealth. You will not grab wealth. There is a big difference. Understand.

If you start your life with the feeling 'I don't have', you will grab; you will never create. You will be waiting for the opportunities to grab. Sometimes people tell me 'Swamiji I am completely content'. I tell them 'Oh that's great! If you get a lottery, billion dollars, will you say you don't want?' No, no, no! Then what do you mean by you are completely content. No. Move from contentment to fulfillment.

7

Gratitude for just being

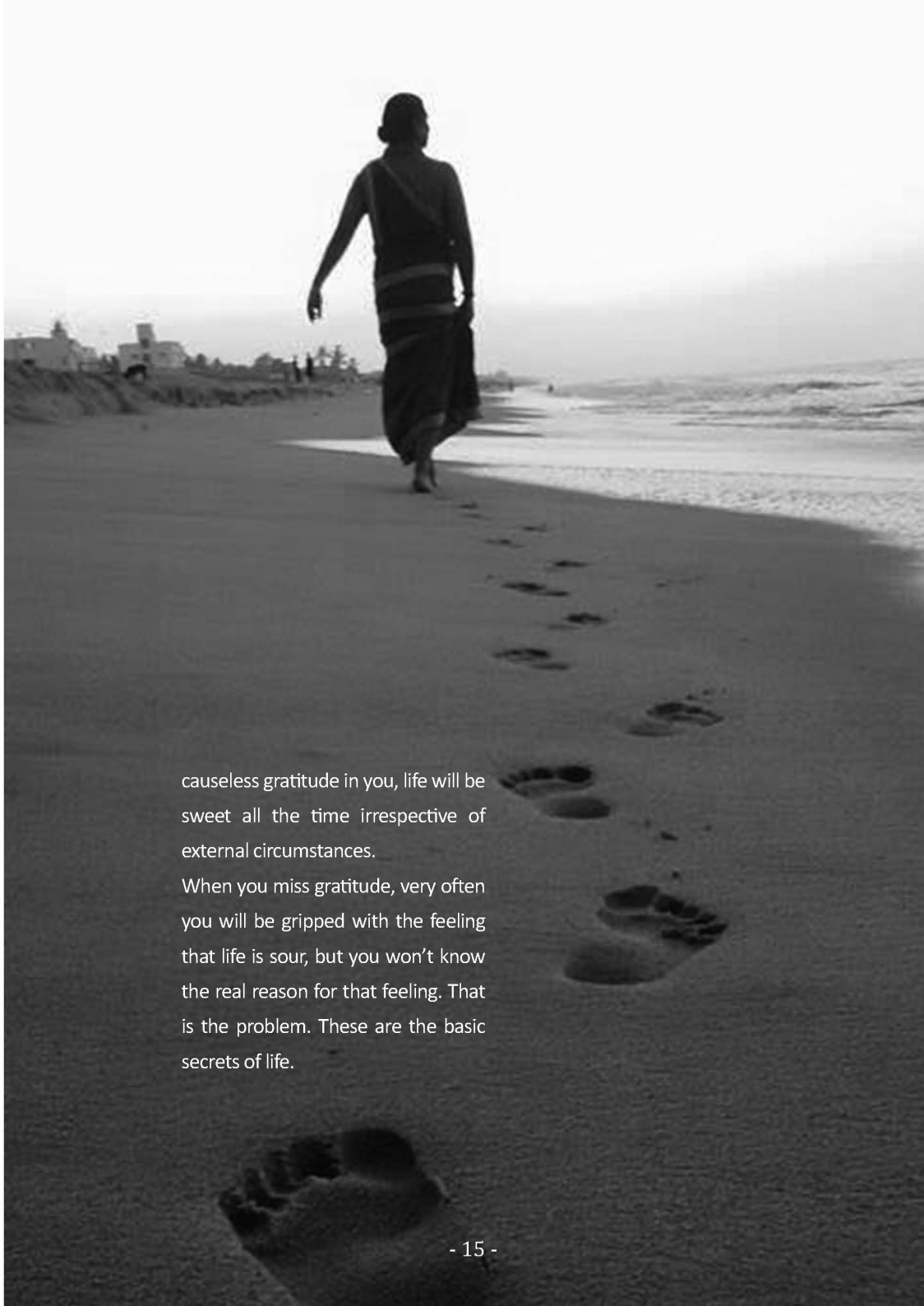
In today's world, any action needs a reason. If I tell a small child to come near me, the child will look for some reason. If I hold up a chocolate, he/she will come near! Utility has taken root very deeply within us. When there is utility there is action, or else justifying the action becomes difficult.

When I tell people to live with a sense of gratitude, they immediately start looking for reasons. Real gratitude can never have a reason. It happens as a causeless flowering within you. Does the flower bloom for a reason? No! It blooms because it is its very nature. Gratitude is our real nature. Layers of conditioning from society have covered it.

Society doesn't know the language of gratitude. It only knows the language of utility. It knows only the language of utility. It straightaway instills greed and fear in you, so that you will give it the needed results. Society doesn't know there is a path of gratitude that will give much better results than the path of fear and greed.

By its very nature our being is gratitude. If we relax into it, we can connect to it. There are endless reasons to feel gratitude. This life itself is a gift that we have received. Did any of us work for it and receive it? No! To be born with human consciousness is the first blessing we have received. Our gratitude should start right from there.

Understand, if ever you feel life is dull, that it is not as juicy as it should be, it is because gratitude has not happened in you. Gratitude is the energy that makes your life intense and exciting every moment. When you carry



causeless gratitude in you, life will be sweet all the time irrespective of external circumstances.

When you miss gratitude, very often you will be gripped with the feeling that life is sour, but you won't know the real reason for that feeling. That is the problem. These are the basic secrets of life.

8

Activity

Below is a powerful meditation to nurture causeless gratitude in you:

Every morning as soon as you wake up, before getting out of bed, just try to feel deep gratitude for just being, for just living as a human being in this wonderful Existence. Bring up the understanding that you are able to enjoy all that you enjoy only because you are a human being. Try to feel grateful for it. Melt for a few minutes with that gratitude.

Throughout the day have gratitude for all the things that you have, whether small or big.

When you take your plate to eat, see the plate as a gift. When you serve food on the plate, see the food as a gift. When you sit down on the chair to eat, see the chair as a gift. When you wash your hands after eating, see your fingers as a gift.

Every night before you go to sleep, sit on your bed and honestly bring in deep gratitude for just being. Feel it in your whole body and mind. Even if you have had a bad day, it is okay. Put everything aside and feel grateful for just being. All days are not bad days. There are people who have days that are worse than the worst of your bad days. So put all the judgments aside and feel gratitude. Go to sleep with this feeling.



To be born with human consciousness is
the first blessing we have received.
Our gratitude should start right from there.

9

Gratitude is realizing that everything is a gift

The main reason why you miss experiencing gratitude is that you take everything for granted. You feel anything that people do for you is your birthright. Understand, people could be doing something else instead of doing things for you. You have to thank them for it.

Receive every small thing in life as a gift. When you take your plate to eat, see the plate as a gift. When you serve food on the plate, see the food as a gift. When you sit down on the chair to eat, see the chair as a gift. When you wash your hands after eating, see your fingers as a gift.

We never see

There are people who don't have a plate on which to eat. There are people who don't have fingers with which to eat! Have we ever thought about that? We only look at those who have a diamond ring on their finger. We never look at those who don't have fingers. That is the problem. That is why we don't feel anything in our life is a gift.

When we start feeling grateful for small things, our whole sensitivity will increase. We will become more refined. Our whole attitude towards life will move to a different plane. Remember, a person who isn't thankful for small things will never be thankful for big things either.

Even big things will be taken for granted. Currently, we feel we have a right to everything that we receive. Because of this attitude, we miss seeing the benevolence of Existence or God. We remain insensitive to the gifts showered upon us by Existence.

This is how insensitive we are in life! We keep taking everything for granted. If we sensitized ourselves with gratitude, we would never take anything for granted, whether it is our fingers, or our wealth, or the timely benevolence of Existence. When sensitivity happens, every moment passes in deep awe of the happenings of Existence.



10

Activity

Below is a powerful meditation to express gratitude for everything in and around you:

- Sit straight and close your eyes. Concentrate only on your crown chakra and relax there.
- With your whole being, offer gratitude to you mother for giving you this body. Remember and give your gratitude to her with all your being.
- Offer your gratitude to your father for giving you this life and providing for all your needs.
- Offer you gratitude to all the doctors and nurses who received you when you can to planet earth.
- Offer your gratitude to all the people who built the hospital or home where you were born.
- Offer your gratitude to all the people who took care of you when you were an infant.
- Offer your gratitude to all those who worked for your food, clothes and living when you were young.
- Offer your gratitude to your friends who made your life happy and blissful.
- Offer your gratitude to your brothers and sister and other relatives for nurturing you and caring for you. Seek their forgiveness for any hurt that you may caused then intentionally or unintentionally, consciously or unconsciously.
- Offer your gratitude to all the people who gave you education, who helped you stand on your own feet.

- Offer your gratitude to all the people who helped you financially, whenever you needed it.
- Offer your gratitude to your wife or husband for giving you love and security in your life. Forgive them for anything that they might have done to you that hurt you. Seek their forgiveness for anything that you might have done that hurt then with or without your knowledge.
- Offer gratitude to all the people who encouraged you and gave you inspiration in your spiritual life.
- Offer your gratitude to all those who served you in one way or another all through your life: the grocer, the garbage collector, etc. All those people who you take for granted, Seek each one's forgiveness for any hurt that you nay have caused intentionally or unintentionally, consciously or unconsciously.
- Offer your gratitude to your enemies and those who have hurt you, for making you strong and forgiving. Seek their forgiveness for any hurt that you may have caused them.
- Offer your gratitude to your body and all its parts one by one.
- Offer your gratitude to your mind for its miraculous functioning.
- Offer your gratitude to the Divine, to the whole, to God, for making all these things possible in your life.

Just sit in this space of gratitude for a few minutes. Offer your gratitude with your whole being.

11

Gratitude? No thank you!

A ll your life, you use the words Thank You. Right from childhood, you are taught to say Thank You. By the time we grow into adults, it has become a part of us. We use the words mechanically, in a businesslike way.

The words Thank You rarely carry the emotion that they are supposed to: gratitude. In fact, we base our whole life on the opposite emotion: expectation. In our relationships, we demand love. In society, we demand attention. From ourselves, we demand better and better performance. And from God, we demand everything that no one else can give us!

We keep on asking, demanding – without giving thanks for what we already have.

Gratitude is not some kind of morality that is imposed upon you. It is a basic principle for your own happiness! As long as you keep wanting, you are under the control of external events. When you live in gratitude, no one or nothing else can touch your happiness.

When you live with expectations, there is bound to be a gap between your expectations and their fulfillment. The moment one desire is satisfied, ten more will spring up. Of course, in everyone's life, there will be some ups and downs. There will always be some unfulfilled desires. It is natural. As they say, it's simply a questions of whether you choose to see the glass as half full or half empty!

As long as you focus on what you don't have, you will sense a vacuum in your life. The words, "I want..." is like a black hole. It is sure to swallow up whatever you already have in your life, and leave you feeling empty.

Don't pay gratitude, become gratitude!
Gratitude is the most effortless path
to lifelong happiness.

In your own life, just think of the things you are wishing for right now. Make a list. Now make a list of the things that you already have. Which list makes you happy, and which list makes you uneasy? The answer is obvious. So which list should you be focusing on? Every living thing has the sense to focus on preserving its own happiness! Why don't we?

In India, we have a beautiful concept: it is the giver who says Thank You! This is because, the other has given him a chance to give, has accepted his offering. In India it is considered a sin to take, and a privilege to give. So the giver thanks the taker for doing him a favor, for accepting his offering. But I say, when you give and accept without expectations, both become sacred acts.

As Shakespeare says so beautifully about compassion: both he who gives and he who receives are blessed, The only way to have to live connection with reality, with existence, is through gratitude. Whether you want to base your life on asking or on gratitude is entirely up to you. When you are loving, flowing, filled with gratitude, you will always feel the tremendous energy of Existence flow through you.

Don't say thank you, be a thank you!

Don't pay gratitude, become gratitude!

This is Truth – accepting whatever life gives you with reverence and gratitude.

Gratitude is the most effortless path to lifelong happiness.

12

Gratitude is the space of Choicelessness

I am cracking an important knot which keeps ignorance alive in you. I am cracking the head of the ignorance. If you are aware that trillions of possibilities are in front of you, you will not have any desire. You will experience anasayam; means where not only there is desirelessness, the possibilities of desires gets burnt. You may think how can it be.

If there are billions of possibilities in front of me, naturally I will be having so many desires to have this choice, that choice, that choice, that choice. No.! When there are billions of possibilities in front of you, billions of choices in front of you, suddenly you will feel like resting in choicelessness.

The decision to rest in choicelessness happens when you see trillions of choices in front of you. When trillions of possibilities are in front of you, you just decide relaxing into choicelessness is the best. You feel the ability to choose is more powerful, important, energetic, fulfilling, than any choice you make.

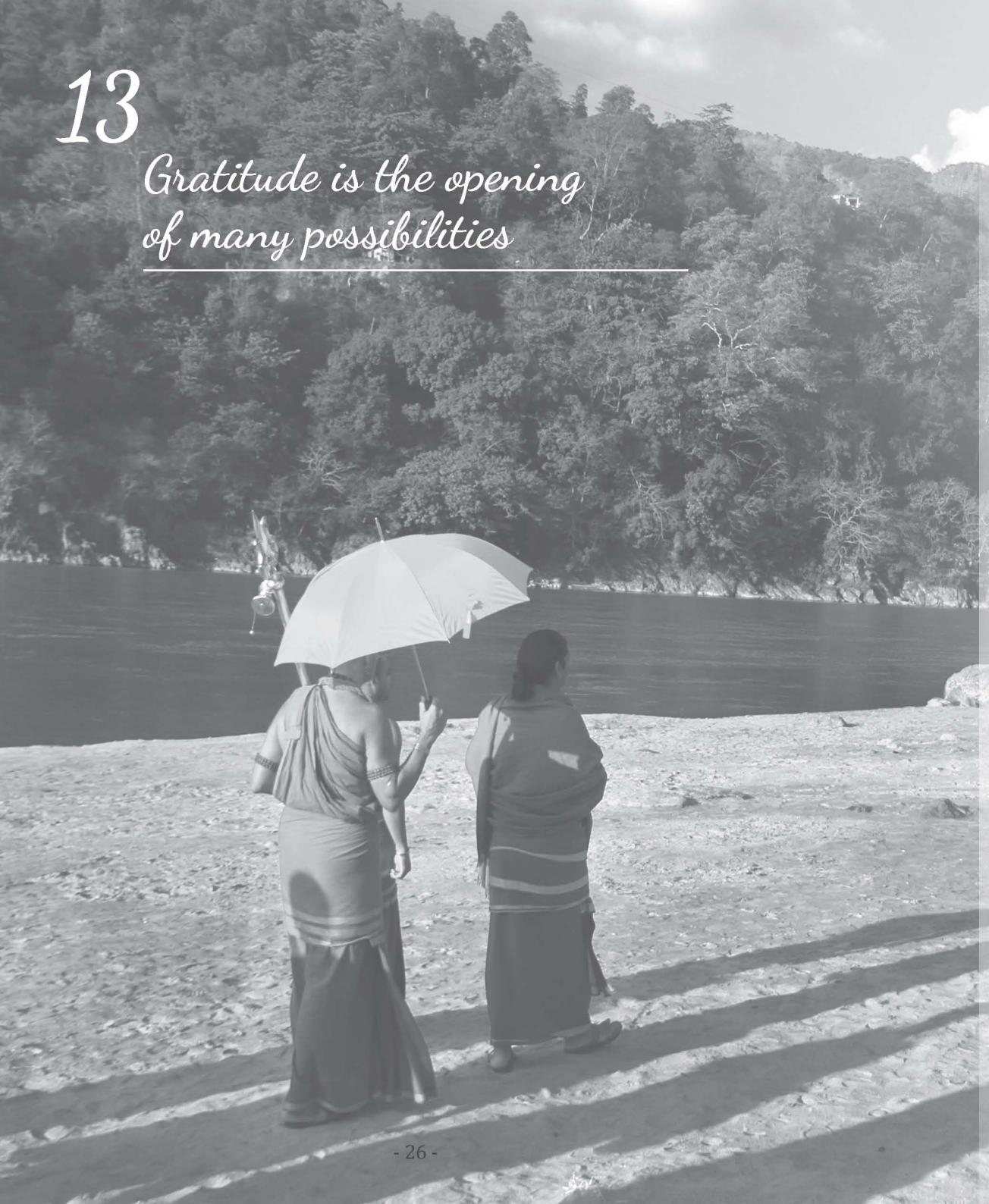
Understand, the moment you start making choices your freedom of being in choicelessness is getting restricted. The moment you choose you will be choosing one language. Now you are in bondage of acting only in that language realm. Till you choose, you have a freedom of all languages. The moment you choose you will take birth in India, now you are bound by the entire plus and minuses of this Indian society.

Till you choose you are beyond the plus and minuses of Indian society. Every choice you make takes away some part of being choiceless from



you. So when there are trillions of choices in front of you, you suddenly decide 'Wow being choiceless is the best thing. Being choiceless is the ultimate experience.' The person who is being choiceless will be the infinite creator.

Understand, try resting in choicelessness. You will see the amount of wealth you will create and attract around you without grabbing. Relax into the space of gratitude: 'you are showered with so much; trillions of choices are there in front of you.' When you realize trillions of choices are there in front of you, you will just relax in choiceless awareness.



13

Gratitude is the opening of many possibilities

Understand just a few days before we celebrated my enlightenment day. I am telling you very directly. All that happened on that day, I wanted to put it in very plain words to you. I just recognized I am alive and I realized that 'I am Alive'.

This opens thousands of possibilities in the realms of mysticism, in the realms of life; in the realms of physical health, mental health, wealth, knowledge, enlightenment, and relationships. In every realm that you feel is the essence of life or necessary for a happy life, and finally being happy without anything in all realms.

I suddenly felt in each realm thousands of possibilities are opening for me, because I am alive. All I did is, I recognized that I am alive and I realized that thousands of possibilities are opening in front of me, billions of possibilities are opening up in front of me, and I started celebrating.

Recognizing that I am alive is sat – truth. Recognizing that billions of possibilities are there in front of me is chit - consciousness. Celebrating 'Wow' is ananda; that's all. Just I experienced satchitananda, the glimpse of satchidananda, on that day. That's what I call enlightened, enlightenment. And just decide today you will recognize you are alive.

You are alive means what? Now millions of possibilities are opening in front of you. What millions, billions! What billions, trillions of possibilities are opening in front of you! You can be a good father or you can be a bad father. You can be a good brother or you can be a bad brother. You can be a good friend or you can be a bad friend. You can be healthy or you can be sick. But all are possibilities.

Thousands of possibilities are opening up in front of you. That is enough reason to celebrate. Understand, when you realize trillions of possibilities are open in front of you, you will become desire-less.

14

Your Emotions can reprogram your DNA

Your thoughts and emotions can alter your DNA. Scientist Daniel Winter and his heart coherence team found proof that human emotions can reprogram your DNA and shape your immune system.

Scientist and researcher Gregg Braden also gives evidence on how emotions can change your DNA. In case of gratitude, love and appreciation, DNA responds by relaxing and lengthening, becoming longer; just by simply feeling love.

The balancedexistence.com, is another website which works on and which gives information on this DNA science. Scientists have experimented that the change in emotions can change the shape of our DNA. They infer that emotions can change our physical DNA and when we change, the world around us changes.

Understand, emotions can change our physical DNA and when we change, the world around us changes. Again I always tell people, be blissful, wealth will be attracted towards you. You will attract all the right things, right situations and right happenings. The world around you will change. The scientists are saying the same thing in different, different, different words.

Understand, even diseases are linked to your emotions. If you are suffering with diabetes it is related to the suffering that your desires and thoughts are not going to bring fulfillment to you. Fear is responsible for blood pressure. Constant fear raises the blood pressure. If your survival instinct is constantly challenged, your blood pressure will go up.

If you are constantly suffering with the shrinking idea of guilt then this is responsible for arthritis. If you are suffering with the memories of physical, mental, and emotional pain, that is directly responsible for your relationships; you will be unable to expand in your life and the identity you feel. Understand, some emotional pain if it is carried strongly in your system you will stop expanding.

Therefore, every emotion can be connected, everything, can be connected to the major diseases people suffer. So altering your emotions can alter you DNA and even cure you of your diseases.

15 Gratitude in meditation

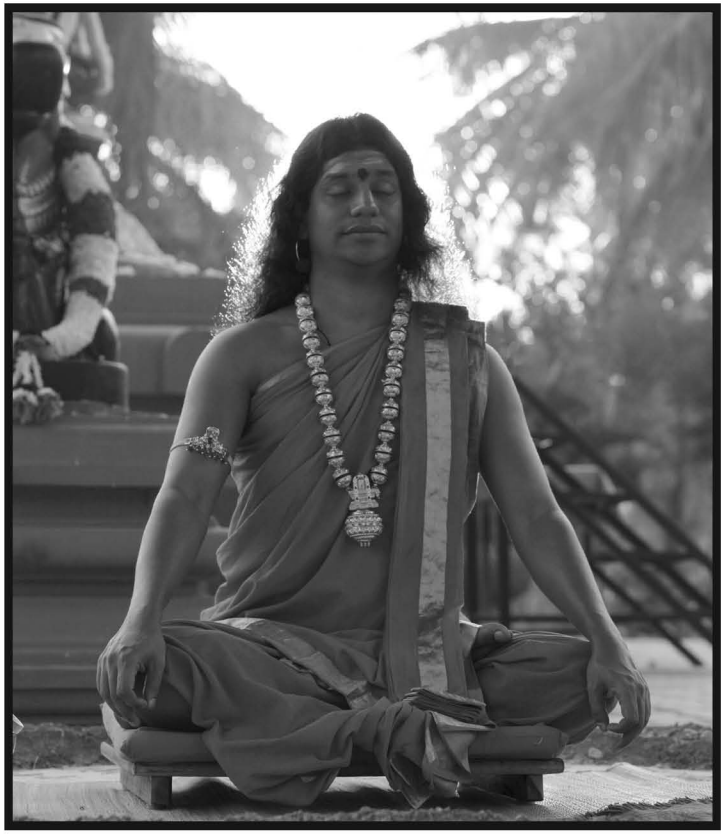
When you continuously meditate, you become soft and vulnerable. You become porous, sensitive, and aware. You will find that your consciousness is expanding every moment. Your consciousness determines your feelings and actions. That is why again and again, I ask you to meditate.

It will purify your consciousness. Things will become cleared to you. You will be able to feel your center shifting from your mind to your heart. When the distance between your mind and you increases, your whole being will start vibrating with a different feeling. This feeling is what is contentment, a deep fulfillment, a deep love without a reason towards the whole, a continued sense of joy and bliss.

All the energy that you earlier spent on negative thinking and dissatisfaction is released, and you feel blissful and integrated, and filled with energy. Gratitude then becomes your prayer and "Thank You" becomes your mantra!

When you go to sleep, go to sleep with a feeling of gratitude for having spent one more day with Existence. When you wake up, wake up with the feeling of gratitude for having one more day with Existence! This is the simplest and most effective meditation you can do to make gratitude your very being.

When each one feels and radiates gratitude, there will be no hate, no jealousy, no greed.



I tell you, just feeling and radiating gratitude from your being, you can change the face of planet earth. All terrorism, wars, ill health, poverty, etc. can be eradicated by just spreading awareness about the gratitude that needs to be brought out of each person.

When each one feels and radiates gratitude, there will be no hate, no jealousy, no greed. All the possible roots for global negativity can be destroyed with just this one feeling, because the reasons for all negativity will simply dissolve with it.

That is the beauty of gratitude.

16

Gratitude is thanking your body

Every human being is a unique masterpiece of God. That is why no two bodies look alike. God is not an engineer. He is an artist. That is why each of us looks different. If He was an engineer He would have made us all with the same mold, like in a production line! He has uniquely created each one of us. But we never feel that we are beautiful enough.

We constantly compare ourselves with others and try to look like them. We never make our body feel it is beautiful. Our body is influenced by the thoughts we entertain about it. Every cell responds to our thoughts and feelings about it. If we feel gratitude towards our body, our body responds by improving our health.

If we hate our body, the body responds by shrinking with disease. It is just like the effect of out thoughts on other human beings. If we encourage people, they work better. Only because of this body you are able to now sit and hear this talk. The fact that you are here reading these words is because of your body.

Then how can you abuse it or take it for granted? If you just look around, you will see there are people born without an arm or a leg. There are people who were born without eyesight or lose their eyesight in an accident. We have everything and yet we take it all for granted.

Sometimes people who have a physical handicap are more grateful that those who have a perfect body. The handicapped person knows what it is to miss a body part, so he is automatically grateful to the other body parts.



Every human being is a unique masterpiece of God.
That is why no two bodies look alike.
God is not an engineer. He is an artist.

Your body can listen to you!

Every cell responds to your thoughts and feelings about it. When you feel gratitude towards your body, it responds by radiating well-being. When you ignore your body, it responds by shrinking with disease. When you pray intensely to your body, it responds to your prayers and requests. Its intelligence will activate its own healing.

17

Activity

Below is a powerful meditation for radiating health with gratitude:

This is to be practiced every morning, as soon as you wake up. Without even getting out of bed, without opening your eyes, visualize your body. Visualize your body as clearly as you can.

Next, touch each part of your body with deep love and gratitude. One by one, touch your body parts with great love.

You never touch your body with love!

Never think that your body can't feel your touch or your love. No!

Your body is a conscious intelligence that is continuously responding to you.

Carry this deep attitude of gratitude with you throughout the day.

In each of your daily activities, keep your awareness on the body part that is performing the activity. When you are walking, silently thank your legs for carrying your load, for supporting you. When you are working, eating, taking a bath, reading, be aware of how much your body is supporting you.

Keep with this feeling alive in you every moment, till you go to bed.



In just a few days, you will notice two wonderful things happening in you. First, you will notice a new grace in your body. Your body will start looking more beautiful, and radiating health and wellness. Second, when you continuously watch your body, you gradually realize that the body is not you!

As of now, you are unhappy with your body because you think of your body as yourself. You feel the changes happening in your body as changes that are happening to you. That is why you struggle to keep your body young and beautiful and constant. You don't allow your body to change naturally, to age gracefully. When you know that you are apart from your body, you appreciate and enjoy your body without feeling dependent on it. You release yourself from your body, and release your body from you!

18

Gratitude is to revere the other

The first thing we need to understand is that no person has taken birth only to serve you. Every other person is also on the path of life just as we are. As a kind gesture, out of love, they do things for us. Even your own wife or husband is doing a very kind act of serving you, of providing for you or taking care of you.

Of course, marriage calls for give and take but the husband or wife can never be taken for granted. They can never be thought of as our birthright. Especially between partners, a lot of things are taken for granted.

Each individual plays an equal part in life. No one should be taken for granted. There has to be some gratitude for every person on planet earth. I always tell people that even if things don't work out between you and your husband or wife or between other relationships you have to part with gratitude.

Every relationship brings some good into our life. Every relationship is auspicious in its own way. Only, we are not able to see it that way. The problem is that somewhere we feel people are waiting to hurt us. It is not so. It is only our own insecurity that we project on others. We have a self defense mechanism that causelessly plays in every relationship. It is driven with the thought that others are waiting to hurt us. This very mechanism will disappear when gratitude flowers.

So many people feel ungrateful to their parents and society for conditioning them in certain ways. In one of the gratitude meditations that we offer, we ask people to first give their gratitude to their parents and all of the people who gave then their mental setup, their attitude.

Understand, with the intelligence that you have now, you are able to see that you did not receive the right kind of mental setup earlier. You are now trying to transform to a new mental setup. That is perfectly alright. But it is not right to curse the people who gave you the earlier mental setup.

Those who gave us this body and mind did not have any intention to deprive us or disturb us in any way. Whatever they knew as their best, they just gave to us, that's all. We are going beyond it now because we have become more intelligent. Just feel grateful to them, that is enough.

Whenever you feel grateful to the people in your relationships, you will never try to possess them. You will look at them as beautiful individuals and leave it at that. Possessiveness happens only when you think of the other person as an object and not as an individual. With gratitude, you will allow the person to have his or her own space.

Whenever you feel grateful to
the people in your relationships,
you will never try to possess them.

19

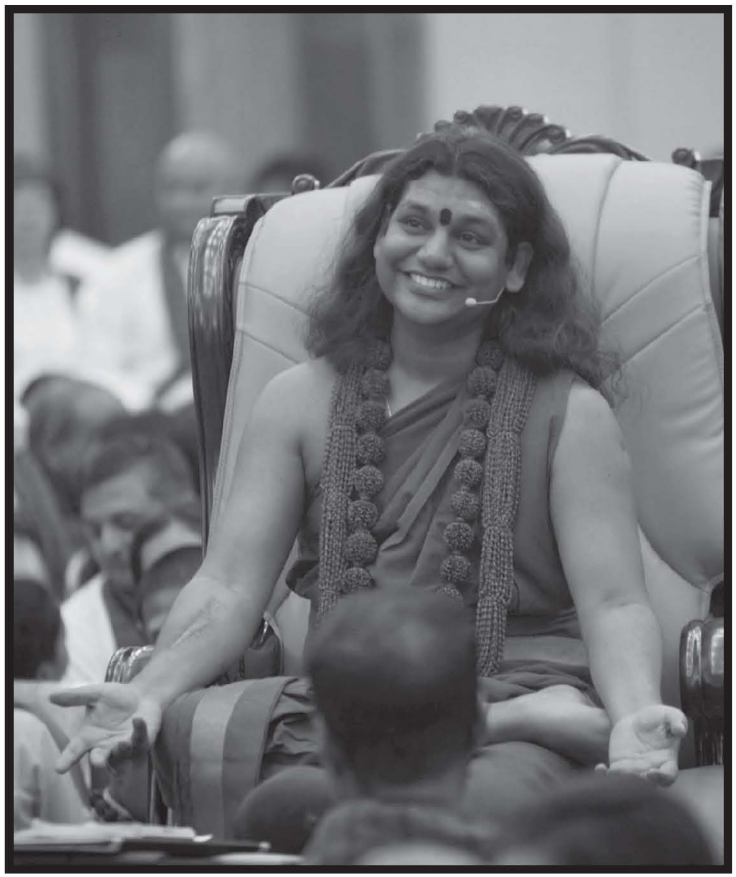
Activity

Below is a powerful meditation for expressing gratitude towards others:

Decide consciously that you will respond with pure love and gratitude for the next couple of days, whenever you encounter or deal with people, situations; whenever you speak or do anything, whatever the situation may be. Just for two days, decide not to react the way you have been reacting all these years. Decide that you will respond only with pure, unassuming love.

You will see that all of your relationships take a turn for the better. Automatically you will start seeing each and every person as a unique creation of Existence, as a reflection of the Divine. You will feel deeply connected to everyone and everything around you.

You will also find tremendous compassion towards everything around you. If you were a person who gets angry easily, you will find the anger disappearing. All the energy that was invested in other negative emotions will get released with this growing gratitude. You will be a compassionate and loving person.



Whenever you feel grateful to the people in your relationships, you will never try to possess them. You will look at them as beautiful individuals and leave it at that.

20

Gratitude can take you beyond pain

I will speak on this fracture that I had on my arm and the lesson to be learnt from this whole thing. The lesson I lived and the lesson all of you can learn, pick up. First thing, first question, everybody asked 'Why did Swamiji get on to the horse? What is the need?' See life is not supposed to be just waking up from the same bed, and walking through the same floor, and getting in to the same vehicle, going to the same office, coming back, and lying down in the same bed.

Life is learning. So I also thought why not pick up horse riding. And after all this horse riding, swimming, all these things are inside our bio-memory (memory in our physical body). Just if you awaken it, it will come up. 'Hmmm'. So I thought 'why not try?' That's the reason I tried.

The horse riding was going well. Everyday it was going well, and everyday I was going around the ashram on the horse; morning and evening. I think on that particular day loud music was played in the ashram and all our ashramites (people who live in and ashram) have started cheering. So the horse got a little excited and I fell off the horse.

And the moment I fell, the first thing I thought is 'ohh these fellows (ashramites) should not suffer.' All the brahmacharis, ashramites who were around me they should not suffer. First thing I told is 'I am ok. Don't worry.' That is the first thing that I said. After I got up, I saw the fracture in my hand, and I told them 'maybe there is a fracture. Lets go to the hospital and do what needs to be done.'

We went to the hospital. At 7 o' clock I fell and only at 2:30 they performed the surgery. Till that time I had no pain killers and no anesthesia. It was a compound fracture, two fractures. The bones had gone piece-piece and doctors were shocked and surprised. They were again and again saying 'what do you mean by no pain Swamiji?' I said 'I don't know.' Actually, the fracture did not have any impact or problem to my body.

There was no suffering and there was no pain. The doctors were saying impossible. The doctors were saying it must be excruciating pain Swamiji, because the bone came out of the skin and made a hole in the skin. The bone was two fractures and three to four pieces of bone with bleeding.

And you may ask 'why no pain?' See, there was no suffering. I did not look back to think why did I get on the horse. I could have just avoided getting on to the horse or this brahmacharis could have avoided the music. I did not think about all this or look back at what had happened and question why.

The time shaft (past, present or future) should not be looked at with the why. You should not look at the time shaft with a post mortem mood. I did not do post mortem. This is the way life is; that's all. Either see time with a deep complete acceptance or with gratitude. I looked with gratitude. 'Ehh fortunately there was no injury on the head. There was no injury on the back. Usually when people fall from the horse they have injury on the head. They break the collarbone. Nothing of that injury has happened. 'So I looked at time only with gratitude.

Do not look at life with a post mortem mood. I could have thought 'oh these fellows could have avoided the music. These fellows could have avoided the shouting, cheering up. I could have avoided getting on to the horse. What is the need for me to learn horse riding in this age? Who asked me to learn horse riding?'

In thousands of ways you can ask 'why' towards life. But 'why' towards



life always brings suffering. Why and if and wife! All three bring suffering. The 'why' does not give any answers. It just brings more and more suffering.

So I always say look at life either with complete acceptance or with deep gratitude; that's all. Then there will not be any suffering.

Come on sit with this one idea for a few minutes
'let me approach life with a deep gratitude
or full acceptance. No 'why' to life.'

21

Gratitude in Thanksgiving

Thanksgiving is one of the wonderful things that I learnt from the west. Understand, I am very open and honest, whatever is said and done somehow the thanksgiving idea was not there; the very idea did not get engraved so much in India. Only in the west, especially this function, this thanksgiving function, I saw so much of importance and respect given to it.

Yes, there are some wonderful things we need to learn. So this was one of the great things at least I learnt from this country, from this tradition. And not only that, even verbally thanking is given so much of importance in this culture, which is needed.

In the Vedic tradition thanksgiving or gratitude has become more of a spiritual quality. It was never a social quality. It was there, but more or less a spiritual quality. But here (in the west) I saw, it's vibrant, alive in day-to-day life. It is a social quality that we need to really learn and imbibe.

Maybe I can say, this is a kind of constant meditation; everyday meditation. Whenever you say the word 'thank you' it is like meditation everyday, reminding yourself how gratitude becomes a spiritual practice.

Today a very funny, but mystical incident happened. Today during the performance of the rituals and offerings, I was in such a deep silence and Samadhi. I saw, behind me the group that was sitting, one or two people were a little uncomfortable. Of course, I did not see physically, but because I was in Samadhi, I can see very clearly what is going on in the minds of people around me.

I saw that a few minds were a little unsettled, a little irritated. I was

thinking, 'arey, this presence anybody will fall in tune so beautifully, so wonderfully. What is the problem?' I saw a few guys were a little agitated, because that preist who was chanting the mantra, he chanted the name Nithyananda also along with the mantra. These few, one or two people did not understand that in the traditional chants there is a word Nithyananda. It is another name for Shiva (a Hindu God).

I was just casually seeing what was happening. Another funny thing is, I did not even remember or hear it is as my name, because I was in such a deep Samadhi. I never felt that it was my name.

And there were a few intelligent guys, maybe who had the click or initiation, who had the gratitude or the love, I saw, the more they heard that word, they were able to feel more and more connected. And the few people, it did not happen never knew or never had any blessings or never had any benefits from the Master. The gratitude, the thanking attitude has not started yet. If that starts, you will stop judging.

The Master is like a window or a door, feeling connected to Him or being grateful to Him will open a new door of being grateful to everything, feeling connected to everything.

Thanking or gratitude is one of the very powerful qualities. In our first meditation program, the seventh technique, the quality to open the sahasrara chakra, the ultimate chakra, is gratitude. In gratitude, you will stop judging and fall in tune more and more and more. I saw today beautifully the power of thanksgiving consciously.

22

Gratitude is going beyond the mind

Your mind always stands between you and Existence. It prevents you from hearing, seeing, feeling and emoting with Existence. Once you go beyond your mind and see the beauty of Existence, gratitude will become your prayer and bliss your being! You will enjoy liberation and permanent joy!

When you drop the mundane logic of your mind, you will flow like a river – choicelessly, effortlessly, joyfully with the flow of the current. You will then play your role and enjoy every moment of it. You will understand that you are part of a wonderful drama, where the most sensitive you are to the director, the more effectively you can play and enjoy your part!

When you go against the current, you need to put in effort and exercise choices. When you go with the current, you don't need to make any effort; you will not feel tired; you will not feel frustrated; you will only feel a flowing lightness. Everything will then appear beautiful.

Instead of feeling gratitude towards everything around us, we are asking and questioning all the time. We need to get back this connection with Existence again. Gratitude can help bring back this lost connection. It can help find your roots once again. It can help you commune with nature and with Existence.

23

Gratitude makes you a nobody

Somebody once asked me, 'why should you be there and we should be here?' I told him very beautifully; actually understanding these few ideas will really give you the deep insights about gratitude. Where we miss and what we miss.

I told him 'because I am nobody, I am here. Because you are somebody, you are there'. Understand, if you are somebody, even if you are made to sit here, you will think, 'I think for my qualification, it should be little better'. Wherever you go, whatever way you are respected, you will feel that something more has to be done, should have been done. If you are nobody, whether you are respected or not, you will never be bothered, you will be in such easiness, comfort, there will no disturbances.

A person who has become a 'nobody' wherever he is he will be comfortable. A person who has become 'somebody', wherever he is, he will have some complications, some misunderstandings. Gratitude will make you a nobody; just you will be a flowing energy.

I have seen that flowing energy in the poems of Sufi mystics. Sufism is completely the tradition based on gratitude. And the way in which they flow, it was such a wonderful flow, it was such a gratitude-based tradition. It does not take any training at all to have the divine experience through Sufism. With all other traditions to have Divine experience the mindless, the experience beyond mind, it takes quite a lot of time.

So understand this one great quality; it can really transport you to different plane.

24

Gratitude can burn your Karmas

Understand, whenever the one simple quality of gratitude, if it starts, gratitude is like a small fire which can burn all your karmas. What is Karma? It is an unfulfilled action on your part that pulls you again and again to fulfill it.

In order to fulfill and exhaust all such karmas that we have accumulated, we take birth again and again on this planet. Just by being with the energy of gratitude, these karmas get burnt!

All the karmas, anything which you carry on; which you brought, which you are accumulating, anything can be burnt.

A simple remembrance of gratitude; not only to the Master, to every being, to everything, it brings so much of sensitivity. It brings so much of love and so much of settled feeling, so much of connected feeling. It can burn away all your karmas.

Such is the power of gratitude.

Gratitude will make you a nobody;
just you will be a flowing energy.

25

Gratitude can make your body language change

When we work with expectation all the time, we will carry a subtle violence in our body language. It is not deliberate violence, but inherent violence. If we become a little sensitive to our body language, we will be able to catch this.

Watch yourself when you type or on the computer, when you handle phone calls, how you place the phone receiver back in its cradle, with what aggression you walk, how you close the door behind you, how you hold your child's hand...everything. You will see that everything carries a subtle violence in it.

With gratitude, your entire body language changes. When you start experiencing deep gratitude, your responses to situations change. You start resonating with Existence. Your body will flow with that resonance, with a cool grace and softness. All your actions will arise out of this grace. There will be no violence.

Only joy will be flowing. Then everything you do will only make life sweeter.

When you start experiencing deep gratitude, your responses to situations change.
You start resonating with Existence

26

Activity

Try the simple experiment below to see how gratitude changes your body language :

The next time you close a door, remember and observe how you closed it. Now open the door and close it again softly, with tremendous gratitude and awareness, until it closes completely. Feel yourself when you do it.

You will observe the difference between the two experiences. The second time, you will suddenly soften inside yourself! This is the effect of gratitude has on you.

You can try the above with any activities and see how you feel!

27

Gratitude is a powerful ingredient for Authenticity

Authenticity is something more than honesty. It is not authenticity by itself. Please understand, honesty is only one ingredient for authenticity. Authenticity is something more than honesty. I will give you the difference between honesty and authenticity.

For example, if you are angry with somebody you will express directly to that person 'I am angry with you' - it is honesty. But that is not authenticity. Authenticity means really two beings may understand each other, where even the anger will not happen.

Understand, there is a difference between honesty and authenticity.

Honesty is a socially good quality. Authenticity is a spiritual quality. It is not a socially good quality. Honesty is only the first step, the initial step. Authenticity is the spiritual quality. Authenticity means living the spiritual truths authentically.

See, a husband lying to his wife - neither there is honesty nor authenticity. A husband telling the truth to his wife that he is a womanizer is honesty, but not authenticity. A husband living just as a husband is authenticity. So each person's role if he or she is completely living, it is authentic. When he is failing and revealing the failure to the other person it is honesty. Revealing the failure is not living successfully; understand. Revealing the failure is revealing the failure. It is honest no doubt, but not authentic.

You may be keeping your balance sheet properly with the country or nation. Are you keeping your balance sheet properly with the cosmos, with the Universe? What is the meaning of the word 'keeping the balance sheet in tune with the cosmos'? Means just remembering continuously you are not qualified for anything, everything is showered on you.

Understand, remembering everything is a gift given to you by the cosmos in your life is what I mean by keeping your balance sheet straight with the cosmos. You don't need to pay anything back. The attitude that everything is a gift to you, is keeping the balance sheet authentic to the cosmos.

You do not know that gratitude is such a powerful ingredient. The moment you add gratitude, honesty becomes authenticity. I have seen many times people making mistakes from honesty into authenticity. No! Honesty is not authenticity. Honesty is more like hot love. Authenticity is like a cool stream. Understand, honesty will always be demanding. Authenticity will always be flowing – 'I am flowing, I don't bother about you'.

Authenticity fills you and others. Honesty burns others and you. Many times I have seen the people who are honest, within few days or few weeks or few months they will torture and kill the other person in the name of honesty. God! Honesty is a foolish substitute to authenticity. So gratitude makes you more authentic.

28

Gratitude is flowering from form to formless

We relate and we worship through the idol; not the idol, understand. When you see the deity the idol is not remembered. If you remember the idol, the deity is not remembered. When you see a stone elephant, you will not see the material. If you see it as a material, you can't see it as elephant. An artist will see it as an elephant, but will not see it as a material.

If there is a wooden elephant, a elephant carved on the wood, a person who is involved with the wood business, if he sees it, he will say 'oh sandalwood, wonderful wood, high cost, this must be the cost.' He will be talking about the wood, but he can never see the elephant. If an artist, if he sees it, he will say 'oh beautiful sculpture, beautiful carving, elephant, amazing.' He will not see the wood.

So the moment you see the wood, you will not see elephant. The moment you see the elephant, you will not see the wood. It cannot happen at the same moment. It can happen only in the next, next moments. Even if you see wood-elephant-elephant-wood one moment you can see only as elephant, only in the next moment you can see it as wood, the next moment you can see it as an elephant.

When you see this as God you will not see it as the world. When you see this as the world, you will not see it as God. If you see this whole cosmos as the world giving you fear and greed, you cannot see this as God. If you see this whole thing as God, you can't see this as the world; there won't be any fear and greed.

The whole thing happened in Ramakrishna's life; just an ordinary deity, statue, he started seeing it as God. He was never able to see it as a stone or a statue. And it might have started in a very raw level, but slowly, slowly, slowly, just because of his very intensity, the whole thing became alive and led him to ultimate enlightenment.

In India in the villages they burn the dead bodies using a big stick to turn the bodies. Once the whole body is burnt, they will throw the stick also in the same fire and that will also get burnt. Same way the Master's form or God's form is used to burn the attachment with all other forms.

When all the other attachments to the form is dropped, this form is intelligent enough to disappear by itself or to guide you beyond the formlessness. The Master's form or the God's form is intelligent enough to lead you to beyond all the forms, and to lead you to the very form itself.

This is the moment of ultimate gratitude. The Master's or God's form has liberated you from everything and liberates you from himself also. Then suddenly you will see that His form will not be there anymore in your inner space; but you know He is there, He is there, He is there, intensely present, intensely present.

As long as you feel connected with the form, sometimes you will see that He is present, and sometimes you will see He is absent. You will struggle to feel connected; maintaining that feeling connection continuously. You will struggle to feel the connection continuously.

When you are able to feel connected to Him beyond His form, you are liberated even from that form, you will suddenly see His presence is there intensely, continuously and guiding you and radiating.

29

Gratitude to Guru

Question: What is the reason we do puja at the Gurus feet? Why do people want to touch the Gurus feet?

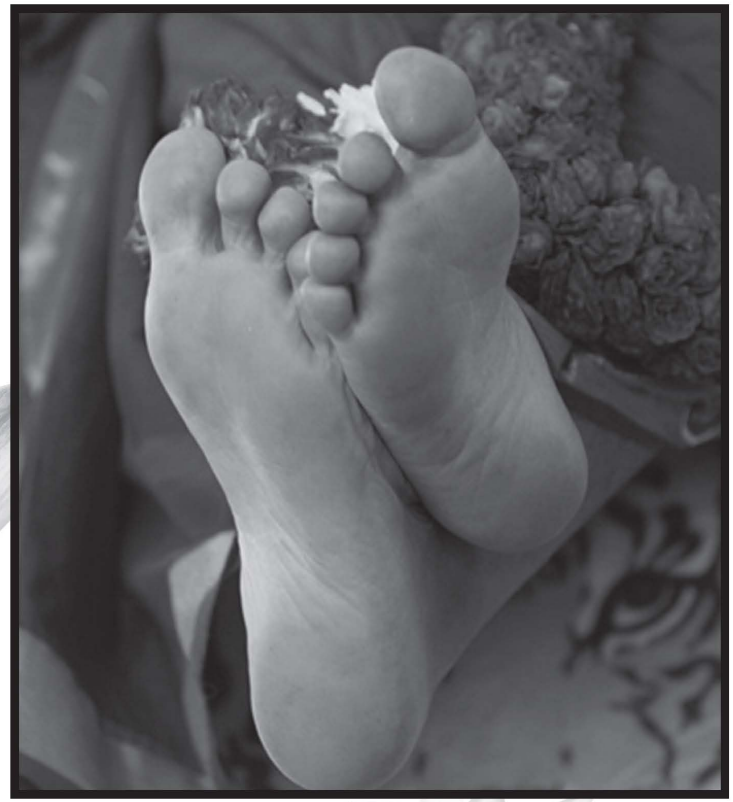
Swamiji answers: It's an ancient tradition in the Vedic tradition. When you are showered so much by the Guru with His knowledge, experience, love, blessings, and everything. When He showers you, out of overflowing gratitude, you don't know what to do, so you offer whatever you have at His feet. That is the way the tradition of Guru puja started in the Vedic tradition. This is the oldest ritual.

Understand, the oldest and sacred ritual is Guru puja. The moment the first disciple was initiated; Parvathi-Adi Shakthi is the first disciple. The moment she was initiated with the experience of Shiva, in that extraordinary gratitude she fell at Shiva's feet, and offered whatever she had at His feet. So the first ritual of Guru puja started

Because of the overflowing gratitude you pour yourself at the feet of the Master. And the same way touching the Guru's feet is also the feeling of offering yourself at His feet. There is no logical reason for why Guru puja is done, why people touch the Guru's feet. It is an emotional feeling connection. For some people it looks like why should I do it? For some people it is life; they can't live without it.

Understand, it is the individual's emotion. I also wanted to tell you one more thing. Do all this only if you feel intensely connected to it; not otherwise. It should not be done as a ritual. See, as far as yoga is concerned, whether you want it or not, it has to be done, because you are working on the body. But when the Guru puja comes, it is in your mind. Your mind itself should feel it. Out of ecstasy and joy, you should be pouring it.

So there is no logical reason for – 'what is the reason we do puja at Guru's feet? Why do people want to touch the Guru's feet?' There is no logical reason. Just, that's the way it is; that's all. That is the way it is.



30

Gratitude is Prayer

Gratitude is Prayer. Generally our religious life starts in prayer and ends in gratitude. Prayer has got different dimensions. It gets matured as you get matured. Prayer is the bridge towards your higher Consciousness. Prayer is the bridge to take you beyond the sufferings of the planet earth. Prayer is the technique, is the method to lead you to the Super Consciousness state. Let us understand the various dimensions of prayer step by step. Prayer has many different forms. Nothing is higher, nothing is lower. Whatever way you can start, you can start. But naturally you will be growing towards the higher level of consciousness.

First thing prayer starts in the physical level – going to the temple, praying to God, praying to the moorthis of Gods and Goddesses and doing some puja, doing some havan. The first level of prayer is the physical thing. Prayer should be started in a physical way. First prayer starts in the level of physical worship.

Then next it goes to the level of verbal worship - you chant the stotras, you chant the mantras, you do the naama japa - chanting by words, you worship the Divine, you pray. Now you come to a little higher level. First puja then japa - stotra and repetition of mantra. All these things are verbal prayer.



Verbal prayer plays a major role in keeping the mind in higher form, in the higher level - remembrance of some sacred syllable - continuous repetition with awareness. That is an important thing; without awareness repeating will become an unconscious habit. Please don't do that.

The more your mind is filled with some sacred syllable, sacred words the more your inner chattering will be cleansed. Your inner chattering has almost become like junk. So much unnecessary things you throw into it. So much suppression, so much anger and violence you suppress inside your being. Where will all that go? It will go and disturb your inner chattering.

Your inner chattering is made out of the stuff that you suppress inside. If you suppress too much of violence, if you suppress too much of sex, if you suppress too much of anger, those things only will come out in your inner chattering unconsciously.

All your inner chattering is made of the same stuff that you suppress inside. What you put inside, that only will come out. If you put mantras inside, the sacred syllables inside, the Divine words inside, the stotras inside, good words inside, you will see you are radiating the same beautiful words, the same beautiful feeling, the same beautiful bliss. The more you chant the right words; less you will be chanting the wrong words.



31

Gratitude is experiencing oneness

The third level of prayer is mental prayer - when prayer reaches the third dimension it becomes mental. First it is physical, second it is verbal and third it is mental. In the mental level it is called meditation.

In the physical level it is called worship or puja.

In the verbal level it is called japa.

In the mental level it is called meditation – dhyaana.

When you reach this level neither your body needs to be involved nor your inner chattering needs to be involved; just your being will start relating. In japa it's a communication, in dhyaana it's a communion. In prayer it is communication between you and God, in meditation it is the communion with you and God.

You start experiencing the taste of the Divine, you start experiencing the glimpse of the Divine, you start experiencing the glimpse of bliss.

The Important thing – as long as you do puja or japa, you and God are different. The moment you enter into dhyaana, you start realizing godliness in you, you will start experiencing the Divine in you, you start getting the glimpse of what you worshipped all these years. A unique communion starts between you and you; it is not even between you and God, because God becomes part of your being, you become part of him. The drop merges into the ocean, the ocean merges into the drop. You start experiencing the glimpse, you start feeling you are the part of the whole, the advaithic experience; advaithic means non dualistic - a feeling of oneness starts happening inside your being, a different kind of experience.

As long as you do japa, you are worshipping. The moment you enter into dhyaana you merge with the object which you worshipping, with that you become one, you start experiencing the consciousness. The final step comes the fourth thing, where neither you nor God exists. Both disappear into one experience; that is what I call gratitude.

In the fourth level - the spiritual level, you experience not only the oneness, even the idea of oneness disappears. There is only one thing remaining, gratitude; towards whom? Towards nobody! Just gratitude! Not even addressed to somebody. As long as the gratitude is addressed to somebody there is two person; person who gives, person who receives.

But at the ultimate level it is not even addressed to somebody, it just overflows. Energy expresses itself in the form of gratitude; energy expresses itself in the form of bliss, deep feeling of fulfillment. That is what we call Samadhi.

Samadhi means, the Being after getting totally fulfilled, expresses itself in the form of energy. There is nobody who expresses and there is nobody who receives; just experience. In this level, the experiencer and the experienced merges into experience. In that moment only one thing exists, that is simply the experience; neither the experiencer nor the experienced. Both merges into one Being. That is what we call experience.

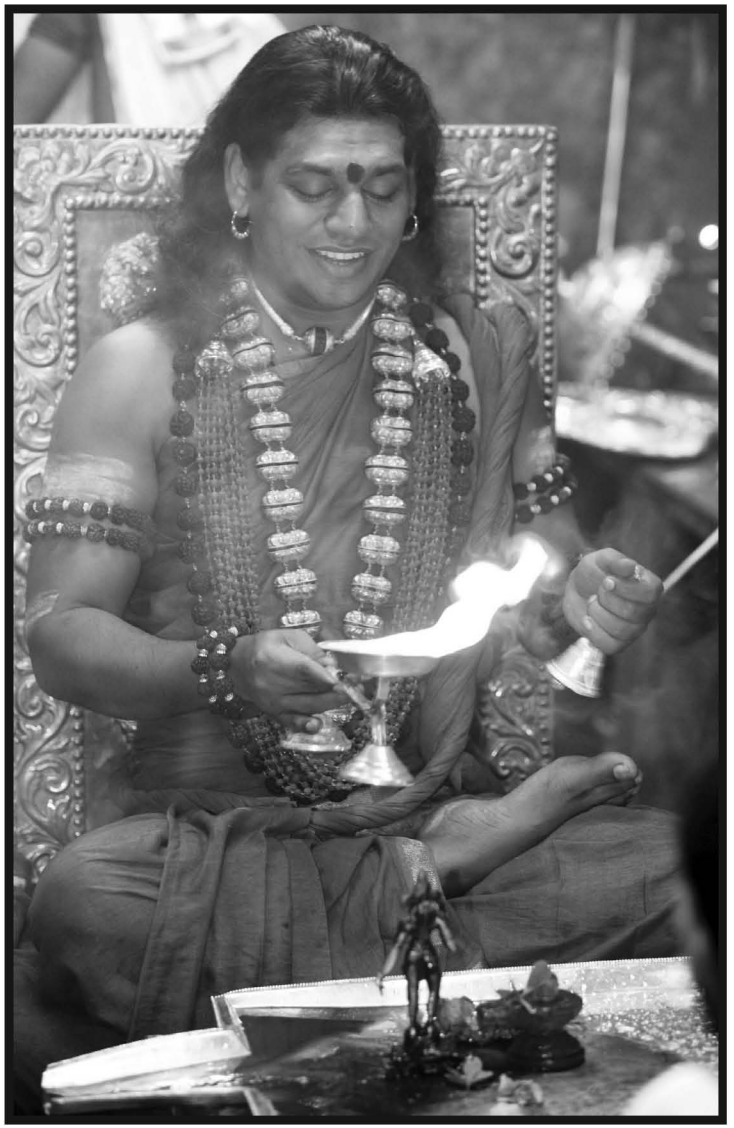
You feel so much life is showering on you, you feel 'it is too much, I can't tolerate any more', it is so much of joy, so much of ecstasy, you start losing your identity. You start losing your boundary. You can have identity as long as you have a trace of suffering. The moment suffering disappears you lose your boundary.

An important thing you need to understand, you can have ego only if you have suffering. Your ego cannot exist without suffering. Suffering is the root for your ego. It's an important thing you need to understand. We always think the other way - Ego is disturbed by suffering. No! Ego is enriched by suffering. One important thing – if your suffering is less your ego is less.

You feel you are too small, so you increase your suffering. You increase your suffering so that you can feel you are somebody. When the ego disappears you will merge inside the bliss. When you merge inside the bliss, ego disappears. When you go really deep into your being, when you become one with the existence, when you experience, only gratitude flows, only grateful feeling overflows. It is just gratitude.

There is a beautiful meditation in Sufism. They say - the only way to relate with God is gratitude; because with gratitude you start experiencing Him. With prayer you only start relating with Him. With gratitude you start experiencing Him; the deeper level of your Being, you spiritual layer starts experiencing with gratitude.

Understand a few things. How many things you are showered with in your life. How much God has showered? But we never look into the things that are showered on us. We will always look 'what next?' When you really live with a deep sensitivity, with understanding, without taking things for granted, you will experience a new space in your Being. You will experience deep joy in your being, you will experience different gratitude towards life, towards people, towards situations; ultimately towards the whole existence.



32

Gratitude is having faith in existence

Whether you accept it or not, Existence is taking care of you and all you need to do is place your faith in it and do your duty with gratitude. You will then be showered upon by Existence. We are simply not ready to place our trust on Existence! The very quality of trusting the universe in your being will make you live like God on earth!

If we consciously feel a sense of continued gratitude towards the cosmic energy, we will be able to feel ourselves being take care of it in its very lap. We will feel ourselves being cradled by this energy, like a child is by the mother. Whether you accept it or not, this is the truth.

You have to just become gratitude! The best way to become gratitude is to learn to enjoy without a reason. Enjoy everything that you see, everything that you hear, and everything that you do, with the supreme confidence that Existence is taking care. Life will then simply transform in front of your eyes and you will be overflowing all the time because you are always enjoying it.

Learn to enjoy life without questioning, although I don't mean that you should drop all your work and only enjoy all the time.

You need to work, no doubt. No one is going to give you everything if you only enjoy. I am only saying don't look for reasons to enjoy, that's all. Simply enjoy everything without questioning. Let enjoying become your very nature, and then gratitude will become you very being.

Existence showers. If you choose to enjoy it, you will. It is purely your choice. You choose wrongly and then complain or blame someone else. Remember, no one is responsible for anything that happens to you. Everything is a conscious choice that you make unconsciously. Because of the lack of awareness in you, you make unconscious and monotonous decisions and land up complaining about life.

Remember heaven and hell are not geographical locations in the outside world. You create them within yourself. The moment you lose trust over Existence, you alienate yourself from it and carry hell with you wherever you go.

Just remember - try living with gratitude and watch the miracles happen. Existence gives, if you are ready to receive without a question, with just a brimming heart.

33

Gratitude is living in auspiciousness

One thing has to be understood very clearly: the whole of Existence is an auspicious happening. You are part of Existence, so everything happening around you is also auspicious. This is the truth of existence. Nothing that happens in Existence is inauspicious.

Everything is a only a blessing for which we have to feel grateful. If this is understood clearly, your very eye becomes a grateful eye. It sees everything as extraordinary. Nothing appears mundane. Everything appears as a miracle.

Miracles are continuously happening in front of our eyes. But we continuously miss them! Only because we miss them, life itself appears to be dull sometimes. When we start perceiving them, our entire life becomes a miracle. The truth is, there are too many miracles happening around us in our lives.

Just accept and celebrate Existence with all its different dimensions and paradoxes. Don't judge anything. You continuously judge what is going on: something is right or something is wrong, something should have happened this way or something should not have happenened that way. Become aware that whatever happens in Existence is auspicious. In the whole world there are only two kinds of people. The first kind feels that whatever is happening in the world is auspicious. The second kind feels everything is happening against their will, and things have to be slightly altered all the time.

Such people will try to alter, judge, criticize, and develop the things happening in the world according to their ideas. These people continuously suffer because of trying to change things all the time.

Everything has a message for us including death and disease. Everything has something to teach us. Every incident raises our intelligence, raises our frequency of consciousness. Existence wants you to be here. You are not an accident here,; you are an incident. You are a miracle of Existence. This is the straightforward and simple truth.

Don't think this is positive thinking. No. This is the plain truth. If you trust this truth, you will automatically become positive, tat's all.

Understand that you are a fulfillment for Existence. If you are not here, Existence will miss you. All your wealth, relations, etc. are not an accident. Existence wants you to have all these; it wants to live through you, fulfill itself through you! Understand this.

Existence is not an accident. It is independent intelligence. When you understand that it is an independent intelligence, when you understand that it is a profound mystery to be experienced and not solved, everything in your life will open itself and reveal to you the lesson it has brought with it.

The best way to express deep gratitude is to live your life in this way (as described above)!

When you live with overwhelming gratitude in you, you have found a space wherein nothing else is needed. It means that you have fallen into mediation. Then you will not worry about anything else. You are on the right track.

34

Activity

This is a powerful meditation technique to experience gratitude as a prayer:

Sahasrara Dhyana (Gratitude as Prayer)

Heals the chakra (energy center): Sahasrara ('thousand petalled')

Location of chakra: On the crown of the head

Chakra locked by: Discontentment

Chakra unlocked by: Gratitude & Bliss

Duration: 30 minutes

Sahasrara Dhyana is the simplest possible meditation technique! It involves the effortless process of paying our gratitude to Existence for everything we have in life, and which we have taken for granted till now. Although the meditation is deceptively simple, it has profound effects on our conscious and subconscious minds.

When we recognize that we are part of the total scheme of Existence, and that we are

lovingly being taken care of by Existence every minute, we are overcome with gratitude.

We become truly thankful for what we receive every moment, even if it is as basic

as the use of our very limbs and senses.

Gratitude is your response to recognizing the abundance of Existence. It is a wonderful flowering energy within you.

Everyday, just sit by yourself for half an hour. Close your eyes and allow any thought, person or situation to come to your mind.

If it is a positive thought, a person you love or a situation that you cherish, feel deep gratitude for it and see it go away. If it is a negative thought, or a person you don't like, or an unpleasant situation, feel gratitude for that too and bless it. Anything that comes to your mind, bless it with deep gratitude.

You will see that in a few days, your whole attitude becomes soft and compassionate. You will start seeing things with great compassion and receptivity.

Gratitude is the Ultimate Prayer. Gratitude is the Greatest Attitude.

Gratitude is the Greatest Attitude that you can have towards God, towards human beings, towards life, towards people, and towards situations.



When you live with overwhelming gratitude in you,
you have found a space wherein nothing else is needed.
It means that you have fallen into mediation.



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 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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