living paramadvaita

ठिठठोर २ टिइइठठइ २१-४०



DISCLAIMER

KAILASA'S Nithyananda Gurukul SM © 2022 Sri Nithyananda Paramashivam. All rights reserved.

All rights reserved. No part of this publication may be reproduced or stored in a retrieval system or transmitted by any form or by any means - electronic, mechanical, photocopying, recording or otherwise, without the written permission of the publisher.

All meditation techniques, practices and procedures described or recommended in this book, are suitable for practice only under the direct supervision of an instructor, trained and ordained by Supreme Pontiff His Divine Holiness Bhagavan Nithyananda Paramashivam. Further, you should consult your personal physician to determine whether those techniques, practices are suitable for you in relation to your own health and ability. This publication is not intended to be a substitute for any personal medical attention, examination or treatment. Should any person engage in any of the techniques, practices described or recommended in this book, he/she would be doing so at his/her own risk. The authors and publisher advise readers to take full responsibility for their health and know their limits.

Readers understand that all blessings, instructions, initiations, teachings and suggestions made as part of any program/technique described in the book are purely in a spiritual capacity and are not intended to be any sort of guarantee or definitive statement about the past, present, or the future or any sort of medical advice, physical or mental. Readers understand that the author, publisher, co-collaborators with any or all of the programs/techniques, instructions, initiations, teachings described in the book do not make any claims, promises, or guarantees about the individual or group outcome of any or all the programs/techniques described in the book.



his divine holiness bhagavan nithyananda paramashivam (holh) is the reviver of kailasa - the ancient enlightened civilization, the great cosmic borderless hindu nation.

halh is an avatar from, and is a supreme pontiff of hinduism. halh has made science of power manifestation, yoga and temple based universities for humanity.

इंग्एटन्होंक्रा उनवेहन of kailasa led by halh and nithyananda order of monks, nuns and hindu diaspora are working for global peace and to give super conscious breakthrough to humanity.

his nithyananda hindu university (world's largest) with extended campuses in 150 countries is collecting, organising, preserving, time capsuling, decoding, spreading and reviving 20 million source books of hinduism and the 64 sacred arts and sciences like ayurveda, music, dance, sculpting, astrology, vastu.

hath is the 193rd guru maha sannidanam of shyamalapeeta sarvajnapeetham (ancient apex body of hinduism) and present emperor of suryawamsa surangi samrajyam. hath has survived the worst persecution of multiple assassination attempts on person and character by anti-hindu elements.



introduction

लपु लहइइइहह जिन thiइ whole year:

living paramadvaita. living paramadvaita!

everyone will be exploding into shivoham by living paramadvaita. From today, formally i inaugurate speaking on upanishads... from today, formally i inaugurate speaking on upanishads, by uttering the first upanishad mantra, formally i inaugurate the upanishad series, this expression will be called as fiving paramadvaita series, and, as i already said, i am not going to interpret; i am just going to intercept the conversations of rishis and relay it to you all, i am not going to be interpreting the conversations of rishis; i am just going to intercept the conversations of rishis; i am just going to intercept the conversations of rishis; i am just going to intercept the conversations of rishis, and, with this mantra, i will inaugurate the upanishad series.

ऊँ पूर्णमदः पूर्णमिदम् पूर्णात् पूर्णमुदच्यते । पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ।। ॐ शान्तिः शान्तिः

om poornamadhah poornamidham poornaath

poornamudhachyathe |

poornaeya poornamaadhaaya poornamevaavaejehyathey ||

| om ehanthi, ehanthi, ehantihi ||



fiving paramadvaita means, realizing you are whole, one with the whole, you are not a broken or separated, divided part. please understand, broken means, once for all taken out. 'separated' means, internally divided. 'divided' means, in the internal, sub-division. you are neither broken nor separated or even entered into sub-division from the whole, the whole, the whole exists as whole, it is not that now you will achieve completion, and in the future you will experience complete completion, the completion is complete completion when you realize even in your past you were always completely complete... fiving paramadvaita means, realizing the complete complete complete or in the future.

the person who says, in the future i will be completely complete; is a yogi, the person who says, inow itself i am completely complete; is a tantrik, the person who realizes, inot only in the future or present, even in the past i was completely complete; is paramadvaiti, understand the depth of the completion is complete in you when you understand even in the past you were complete. when your incompletions of the past becomes not only meaningless or irrelevant, it is just unrememberable, uncognizable by you, when they don't have any more place in you, you are living paramadvaita.

हिइइठा 🏻

<u>उत्तरहरू</u> इतने रिण्ह





इंबर्ड्डिंड इंबर्वेंब्ड्रे रेजिंडिंड इंबर्वेंब्ड्रे रेजिंडिंड इंबर्टिंड इंबर

वेबाह : निवेबपु, 14-ठटी-2016

ठ ठाडा हुई वार्य कि रह

oneness leads to love

today i wanted to explain love from the context of maya matrix.

understand. listen.

the definition — the emotion, excitement ... emotion, excitement, which makes you feel oneness with people or animate or inanimate beings or situations is love. Emotion or excitement, which make you feel oneness with people or animate or inanimate beings or situations, is love.

with love everything will become alive. Understand: without love, even human beings around you will look like a furniture for you. you can use them or dump them. with love and integrity = actually love is a powerful thing, which brings you integrated anything you love, you will be integrated to it. you can see it in your life.

anything you are in love, first thing you will decide, fill be integrated to it."



internally the decision you make, if you love a dog you decide, i'll be integrated to it." if you love a plant you decide, i'll be integrated to it." if you love a concept you decide, i'll be integrated to it." whether you are integrated to it or not, decides whether you have love for it or not.

विकास कार्या क

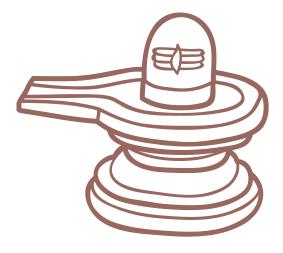
anything you are in love, you decide, i'll be integrated to it."

*ष्ट्र*ठडोइ:

- to understand how oneness leads to love
- for the student to cognize that what you love is what you decide to be integrated to, and whether you are integrated or not to something or someone decides whether you have love for them or not.

aइइइइलहतरः

- I. what is the definition of love from the context of maya matrix?
- 5. how are love and integrity linked?





लंबाइ लंबीइ तहहवेहवे:

• paper and pen

procedure:

- divide the paper into 2 columns.
- on the left, put the heading "people, animals, plants, concepts, inanimate beings or situations, everything i love".
- for the right-hand column, put the heading "my integrity to them".
- now list something or someone you love in the left column, and in the same line on the right, give an example of how you are integrated to them. for example, if on the left you have "my pets" then on the right you may have "every day i make sure they have fresh water to drink".
- continue until you have at least I examples.

ोत्रिट्ट व्या

whether you are integrated to it or not, decides whether you have love for it or not.

ਘਰਾkਵੀਮਰਾ ਹੀ the day vaakyartha ਵadhaਵ

hold vaakyartha sadhas on "oneness leads to love".

टठाटीपइंग्ठित

emotion or excitement, which make you feel oneness with people or animate or inanimate beings or situations, is love.

र्डिड्डा रिट्ड्डा रिट्ड्डा

टठइलोट टपाल्हाटपु, principle दे ठाहाहइइ





date : riday, 30-इहp-2016

what i am लोइइोत्रङ्ग - ठतहतहइइ

first few things, which i wanted to share today, this was one of the important subject, i am introducing into inner awakening maybe i can say, from the different angle. the truth itself, is not new. the way i am presenting is completely new. discovering the principle, discovering the principle, on which all the universes function, all the dimensions and planes, II dimensions, I4 plane. actually, 3 alicension fall in ... इठानापु उ planes fall in i alicension itself. i plane does not fall into any of the dimensions. 14 planes, 11 dimensions, all of them function, on 1 principle. for example, if you are habituated for new york lifestyle and enter into old varanaइi, you will have a big cultural इhock. if you are habituated to old varanaइi and enter into london, you will have a big cultural shock. listen carefully, the american dollar may be useful in america, indian dollar maybe ... indian currency, rupees लिंक पहिल्ला के प्रतिकार कार्या कार् gold is a universal currency. the whole planet earth, anywhere the gold can be ușed aș a currency. șame way, there iș certain culture, mental șetup șoftware uşeful in new york. there iş certain culture, lifeştyle, uşeful in bangalore. there iş certain culture, mental setup useful in varanasi. there is certain culture, mental इंडिप्प्ल, पइंडीपो in germany, if you move to a different place, you will have a cultural shock.

but, there is one culture, one principle, common to the whole 14 planes and II dimensions: the whole brahmanda, if you develop this one principle in you, you have a cosmic currency, you will not have shock in any of these planes, any transition into any plane.



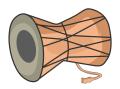
whether you to go pitru loka, bhu loka, bhavur loka, tapo loka, tapo loka it is called...satya loka, brahoa loka, vaikunta, kailasa, goloka, patala. today, is amavasya... mahalaya amavasya, the frequency of pitru loka, connects with the frequency with bhu loka, so, anything offered today, for your pitrus, directly reaches them they all ... they open their doors, to see you guys today, today, they can have access to you you can have access to them you can complete with them, whatever incompletions, you left without completing, all the pitrus ... pitrus means, people who are connected to your life, but who are not in the body anymore, who were connected, who are connected, but who are not having the body anymore. pitrus, in any loka, any transition, this one principle will not allow any fear, will not allow any cultural shock, it is like you have cosmic currency, that principle is oneness.

powerful cognition:

like gold can be used as currency in any country, there is one cosmic currency, that principle is oneness.

ट्रठडोइः

- to understand that countries may have different currencies but gold is can be used as a currency everywhere
- इंग्लोबिनीपु, there is one principle common to the whole 14 planes and II dimensions, the principle of oneness





बइइइइलहर्गाः

- I. what is the principle on which all the universes function, all the dimensions and planes?
- z. what happens on amavasya?
- 3. what is the "currency" that can be used across all loka?

project of the day: title optional

procedure:

research the vedic loka, the 14 planes, especially all of the higher planes.

ोर्<u>ज</u>िहरहाउटाः

in any loka, any transition, this one principle will not allow any fear, will not allow any cultural shock: it is like you have cosmic currency, that principle is oneness.

ਘਰਾkਵੀਮਰਾ ਹੀ the day vaakyartha ਵadhaਵ

have the students hold vaakyartha sadhas on how oneness will not allow any fear, will not allow any cultural shock in all of the whole 14 planes and 11 dimensions.

टठाटीपइंग्ठित

it iş like you have coşmic currency, that principle iş oneneşş.

© 2022 Sri Nithyananda Paramashivam. All rights reserved.

हिइइठा 23

what i aल लोइइोठ्टर - ठठहाहइइ





इंबर्स्ड्वाइ : टठइलोट ठाटाटइइ, the only currency of universe

वेate : लिवेबपु, ३ठ-इह०-२ठाह

what i am लोइइोत्रङ्ग - ठतहतहइइ

if you इtart building, the depth of oneness in you, cognition of oneness in you, even your struggles will liberate you.

listen carefully. listen carefully. Even your struggles will liberate you. i want to tell you, if you feel you are missing something in life, lacking something in life, which most of us have, most of you have, even that, look from the angle of oneness. till you get your oneness back, you will always feel something missing, and even if you gain it, you will miss it, just to feel the missing feeling is what you enjoy.

i call it victim ... mind. the mind cannot enjoy the success, but victim it can ... vivid ... victimhood, failure, it can vividly visualize and enjoy. the victim mental setup, almost gained the sacredness. If you are feeling you are victim, "oh, you are humble." no! all this stupidity, does not stay in shaivism in shaivism victim mental setup is not appreciated or accepted, or respected or revered. no.

i have seen, the people who enjoy victim mental set up, they will have so much anger towards anybody, who is happy, they can't tolerate happiness. they can't tolerate somebody joyful: they want everyone to be in the victim space like them, because they are in patala, they want everyone to be in patala, they don't want anyone, to be in svarga loka or brahma loka or tapo loka.



EVEN, it you have this problem, if you understand, analyze it, try to solve from the angle of oneness, suddenly even that missing will become like meera missing readha ... sorry meera missing kṛṣṇa, readha missing kṛṣṇa. it's not that they did not have that emptiness or loneliness, when they try to handle from the cosmic oneness, even that came out only as poetry, and finally it melted down into the powerfulness of oneness.

powerful cognition:

if you feel you are missing something in life, lacking something in life, even that, look from the angle of oneness.

*छु*ठडोइ:

- to understand that even your struggles will liberate you
- when you feel like you are missing something in life, instead of a victim mental setup, try to solve it from the angle of oneness

aइइइइलहरा:

T. when after we gain goosthing that we oisged, why do we still oisg it?

- T. does shaivism tolerate a victim's mental setup? why?
- s. describe in your own words what happened when meera missing kṛṣṇa, radha missing kṛṣṇa





project of the day:

लोइइोन्रह उन विटोशेन्द्र निठल रीनेट वन्द्रीट र्ज उनहारड्ड

procedure:

write an essay on your experience of feeling you were missing something in life, lacking something in life. how did it feels how did you handle your feeling of missing or lackings

analyze your feelings of missing or lacking from the angle of oneness. does that change how you feel?

<u>किटल्डल्ड</u>

handle emptiness or loneliness from the cosmic oneness, the feelings can come out as poetry, and finally melt down into the powerfulness of oneness.

ਘਰਾkਵੀਮਰਾ ਹੀ the day vaakyartha ਵadhaਵ

hold vaakyartha sadhas on:

"meera missing kṛṣṇa, radha missing kṛṣṇa. it's not that they did not have that emptiness or loneliness, when they try to handle from the cosmic oneness, even that came out, only as poetry, and finally it melted down into the powerfulness of oneness."

टठाटीपइंग्ठित

if you start building, the depth of oneness in you, cognition of oneness in you, even your struggles will liberate you.

ह्हिं हिंद्

we are programmed to be in oneness with paramashiva





इंबर्ड्डिंट third हपुर इटोर्टिट्ट - neither लपुरोटोइल nor occultism

date: thureday, ठइ-इह०-२ठाड

ਘਵ are programmed to be in oneness with paramashiva

understand, paramashiva is very clear — he programmed all of us with his own inner space. in this human frame you can manifest easily, simply by realizing your oneness with paramashiva.

around 460 shaktis, listen, these shaktis are neither supernatural nor magical or paranormal or alchemy based or occult or mystical.

these are very clearly, the sacred science of manifesting your original state of paramashivatva.

somebody says it is difficult, somebody says it is easy, it is neither difficult non easy, it is simple reality. for reality, you can't even use the word, 'easy' understand, if this coffee is there in the kitchen, getting it and putting it in the mouth is difficult. If it is there just next to me, in the table, getting it and putting it in the mouth is easy, but the coffee is already sitting in the mouth, is it difficult or easy? It is simple reality, the coffee which is already in the mouth, for that you can't even use the word, difficult or 'easy,' it's reality.

powerful cognition:

your original state is paramashivatva.



ट्रठडोइ:

- to understand that लanifesting 450 shaktis is as easy as drinking coffee that already is in your लouth
- you can manifest हक्शोपु, शंलाधेपु by realizing your oneness with paramashiva

वइइटइइलटगरः

- I. doze your human frame make manifesting shaktis difficult?
- 5. describe the coffee analogy in your own words

project of the day: manifesting shaktis

procedure:

ल्हइहबल्टी the 460 इhaktis.

are you able to manifest one or more?

describe how you feel about yourself when you hear that manifesting shaktis is the sacred science of manifesting your original state of paramashivatva."

किट्टिट्ट

paramaehiva ie very clear — he programmed all of ue with hie own inner epace.

ਘਰਾkਵੇhop of the day vaakyartha ਵadhaਵ

hold vaakyartha sadhas on

în thiş human frame you can manifest easily, simply by realizing your oneness with paramashiva."

टठाटीपइंग्ठा

we are programmed to be in oneness with paramashiva

 $\hbox{@ 2022 Sri Nithyananda Paramashivam.}$ All rights reserved.

हइड्ठ 25

इक्टल्हिं इटल्हिं इटोह्लिह र्जि third ह्युह to attain oneness





इंबरइबाहु : the applied इcience to awaken third eye - method 2

date: tueइday, ठह-इह०-२ठाह

sacred secret science of third eye to attain oneness

ill continue to give the इडटन्हरे इटटन्हर इटोह्तटह of third हपूह.

understand third eye has a capacity to make anything you want as reality. listen to this very carefully, it has a capacity to make anything you want as reality, whether the health of your body, love of your life, realization of your ambition, experiencing your completion, attaining your oneness, whatever, whatever, whatever, whatever, third eye has the capacity to make whatever you want as reality and please understand, one of the most sacred secret you need to know, if you go on rub the diamond with another one diamond, the diamond will get polished. same way if you go on rub your third eye with what you call as your consciousness, third eye will be awakened, see, whatever you know is only your attention.

liइten carefully. your look only you call as personality - your ability to give attention only, you call it as your consciousness.

you don't know anything else as consciousness, all you know about your consciousness is your ability to give attention — that is why when somebody gives you attention you feel they love you. When they don't give attention you feel they don't love you.

© 2022 Sri Nithyananda Paramashivam. All rights reserved.



very simple technique. 42 minutes: fully apply the turmeric on the forehead, put nicely the kum-kum on the third eye region. lie down for 42 minutes and observe what the turmeric and kum-kum is doing inside in your third eye, it will actually penetrate your skin and just it will start activating the third eye, it will be, like sparkles, it will come on the third eye. I don't want to describe what will happen because you will start imagining that, you should not imagine, it should happen.

ठियहारियों टिव्ह्रा है कि उन्हारिय कि उन

your third eye has a capacity to make attaining your oneness as reality

*इ*ठडोइ:

- · to understand the capacity of the third eye
- to understand that giving or getting attention is different from consciousness
- · to be introduced to a technique to start activating the third eye

वइइइइलहरा:

- I. describe the analogy of rubbing one diamond with another as it relates to the third eye.
- z. what is one reason that "giving attention" is not consciousness?
- 3. what items are needed for the 45-minute technique to start activating the third eye?



project of the day: start activating the third eye

लंबाहराबीइ तहहवेहवेः

- turozric
- रिपल-रिपल
- व रोलहल

procedure:

- fully apply the turmeric on the forehead
- put nicely the kuro-kuro on the third eye region.
- lie down for 42 minutes and observe what the turmeric and kum-kum is doing inside in your third eye, it will actually penetrate your skin and just it will start activating the third eye
- you should not imagine what will happen in the 42 minutes, it should happen.

ंउठतडगडोतां

observe what the turmeric and kum-kum is doing inside in your third eye, it will actually penetrate your skin and just it will start activating the third eye.

ਘਰਾkਵੀਮਰਾ ਹੀ the day vaakyartha ਵadhaਵ

hold vaakyartha sadhas on using the capacity of your third eye to achieve what you want. how does that differ from using your personality, your attention?

टठतटीपइंग्ठत

understand third eye has a capacity to make anything you want as reality.

हिइइठा 26

buddhi and shakti, both lead to oneness





इंबर्स्डिंग्ड्र : इंटरन्टर्स र्जि the awakened इरिवर्ट र्ज टेंग्ड्रिंग्स्निट्ड्

date : इंबर्धान्वेब्पू, 27-aug-2016

buddhi and इhakti, both lead to oneness

understand, the rules of the perceptional reality does not work in existential reality. The rules of the perceptional reality of the dream, does not work in the perceptional reality of waking state. In the waking state you have little higher frequency of freedom, many of the dream rules will not be applicable here. same way, in the awakened state many of these rules will not be applicable. In this state you can never believe you can see through your back, neck.

the higher frequencies of existence are not bound by the lower perceptional existence rules and regulations: third eye = either you manifest the powers of third eye, or you start drilling yourself with this truth about deep sleep, dream, waking and awakened state, any one way you will have the other one also, if you drill yourself with this truths, which i am explaining, you will be awakened.

you will have the powers of third eye or you manifest the powers of third eye, with the oneness from the oneness, you will be awakened.

you will have this knowledge. buddhi is knowledge, shakti, the powers = both comes from that awakened state both will lead to awakened state either you can take up this path, you will have that also or take up that path you will have this also for example, when my kids manifest more and more powers of the third eye, they will have the buddhi about this perceptional reality of dream state, deep sleep state, waking state, and awakened state or you start drilling yourselves with these truths you will also be awakened. You will also manifest all the powers, shaktis my kids are manifesting any way.



powerful cognition:

buddhi iş knowledge, şhakti iş the powerş = both comeş from that awakened ştate. both will lead to awakened ştate.

*ट्र*ठडोइ:

- to learn that perceptional reality, perceptional existence rules are different in deep sleep, dream, waking and awakened state
- to understand that both paths = drilling yourself with truths, knowledge, and manifesting all the powers = with the oneness from the oneness, you will be awakened.

वइइइइलटगर:

T.in which state can you see through your neck? in which state can you not see through your neck?

2. list all the states covered in this lesson

3. are both buddhi and shakti required to be awakened? why or why not?





project of the day: buddhi and shakti

procedure:

research the powers of third eye, or research the states of deep sleep, dream, waking and awakened state.

ोत्रिट्ट व्याज्या

buddhi and इhakti — Either you can take up thiş path, you will have that also or take up that path you will have this also.

ਘਰਾkਵਨੇਰਨ ਹੀ the day vaakyartha ਵadhaਵ

hold vaakyartha sadhas on

"you will have the powers of third eye or you manifest the powers of third eye, with the oneness from the oneness, you will be awakened."

टठाटीपइंग्ठित

third Eyz = either you manifest the powers of third Eyz, or you start drilling yourself with this truth about deep sleep, dream, waking and awakened state, any one way you will have the other one also.



हिइइठा 27

रिग्ह ग्रहाइ उन्हाहइइ





satsang : don't hide behind your blind spots

date: thurइday, ठ४-aug-2ठाढ

रिज्ह रहान्डपड़ ठाहारडड़

next, john won iş aşking: "şwami şaid that god iş not one but oneneşş, doeş that oneneşş mean loving everybody?"

please understand, loving everybody is the most stupid concept exploited by all pseudo religions and religious leaders.

oneness means experiencing everybody as one. not just loving everybody, experiencing everybody as one. loving everybody is too shallow. your love can be just for the sake of others to call you: you are a good person. love is social value. oneness is experiential existence. there is a huge difference between love and oneness. forget love, go for oneness.

powerful cognition:

love ìइ इठटोबी value. oneneइइ ìइ experiential exiştence.

ट्रठडोइः

 understand that loving everybody is different from experiencing everybody as one.

aइइइइलहरा:

- ा. why is loving everybody too shallow?
- 2. what does oneness give you?



project of the day: oneness and love materials needed:

• हहत बतर्व हबहहरू

procedure:

- divide the paper in 2 columns. on the left side put the heading: "my experience of love" on the right side put the heading: "my experience of oneness".
- · try to think of experiences that

ਘਰਾkਵੀਮਰਾ ਹੀ the day vaakyartha ਵadhaਵ

hold vaakyartha şadhaş on "oneneşş iş experiential exiştence. forget love, go for oneneşş."

टठाटीपइंग्ठा

oneness लह्बा Experiencing Everybody as one.



हइड्ठा 28

हिंडवेहरू हो व्यव्योधिय किरवेहरू





इंबाइबाहू : have eternal romance with the cosmos - spiritual beauty technique

date : इंबर्धानवेब्रु, २३-jul-२ठाठ

leadership quality through oneness

i tell you, this pure questioning thought current, the more and more you cherish, more and more you will be joyful; you will be blissful; you will be radiating, you will be just unimaginably radiating, and i tell you, it will make you so strong, you will neither feel lonely in your life nor feel any need for any support from any external forces.

it's the science of leader making.

whether you want to be a social leader, political leader, religious leader in any level, a leader need to have certain courage to be with this oneness. Understand, all oneness misunderstood become aloneness, all oneness when it is misunderstood become aloneness, if you approach the all-oneness with powerlessness, it becomes aloneness.

when you are powerful with all-oneness, it becomes shuddhādvaita [pure-all-oneness]; when you are powerless in front of all-oneness, it becomes aloneness.

powerful cognition:

the ecience of leader making is to have certain courage to be with this oneness.



ट्रठडोइः

• to understand about being powerful with all-oneness

aइइइइलहरा:

- ा. वेठहइ pure questioning lead to powerlessness?
- 2. which types of leaders need to have "certain courage to be with this oneness"?
- 3. what leads to alaoneness, and what leads to shuddhadvaita?

project of the day: a leadership experience materials needed:

• pen and paper

procedure:

write about a time when others followed your lead: it can be as small as friends going to eat where you want to eat, to as large as leading a large project or team at school: describe your leadership role, and comment on

- questions that you asked others and others asked of you = how did the questioning feel to you?
- powerfulness and powerlessness did you have such moments experience? if you had moments of powerlessness, how did you handle them?
- looking at the incident now, describe the experience from the context of shuddhādvaita [pure-all-oneness]

ो<u>त्रहित्हत्रहः</u>

when you are powerful with all-oneness, it becomes shuddhadvaits when you are powerless in front of all-oneness, it becomes aloneness.

© 2022 Sri Nithyananda Paramashivam. All rights reserved.



ਘਰਾkਵੀਮਰਾ ਹੀ the day vaakyartha ਵadhaਵ

hold vaakyartha sadhas on how pure questioning makes you so strong you will neither feel lonely in your life nor feel any need for any support from any external forces.

टठाटीपइंग्ठा

this pure questioning thought current, the more and more you cherish, more and more you will be joyful, you will be blissful, you will be radiating, you will be just unimaginably radiating.



हिइइठ 55

unite with the cosmos and reach the oneness





इंबर्स्बन्द्र : ask the avatar: interview with rajiv लंबीhotra and paramahamsa

nithyananda

date : wednesday, 13-jul-2016

unite with the cosmos and reach the oneness

इंधवलों): and, it is time that we open our doors for the people who are living hindus to become hindus - and

itell you the moment you bend your body for suryan namaskar, you are a living hindu and even the moment you decide to yoga, yoga means what, it has already a presumption — there is cosmos and you are a jeeva with multiple life and you have to unite with the cosmos and reach the oneness. that is yoga.

इठ the moment you start practicing yoga, you understand the oneness, you understand multiple lives, you decide to become one with that cosmic oneness. so the basic ideas and truths of hinduism is part of yogic psychology.

powerful cognition:

by doing yaga, you decide to became one with that caemic anenees, you are a living hindu

ट्रठडोइः

to understand that the basic ideas and truths of hinduism is part of yogic psychology

© 2022 Sri Nithyananda Paramashivam. All rights reserved.



बइइइइलहर्गाः

I. describe the I presumptions of yogs in your own words

project of the day: इप्पण्ठ namaskar materials needed:

yoga clothing and yoga mat

procedure:

research surga namaskar, including the chanting, practice some rounds of surga namaskar authentically, with awareness of the knowledge gained in this lesson.

किहिल्ह्य इंग्रि

the moment you start practicing yoga, you understand the oneness, you understand multiple lives, you decide to become one with that cosmic oneness.

ਘਰਾkਵੀਮਰਾ ਹੀ the day vaakyartha ਵadhaਵ

hold vaakyartha sadhas on the context of practicing yoga.

टठाटीपइंग्ठित

there is cosmos and you are a jeeva with multiple life and you have to unite with the cosmos and reach the oneness. that is yoga.

हिइइठा ३ठ

oneness — feeling connection with guru





इंबर्स्ड्वाइ : इhanti लantra - peace declaration

date : इंबर्धान्वेब्रंप, ठंड-jul-2ठाढ

oneness — feeling connection with guru i am paramashiva and this is the way i want my life to be.

experiences of oneness is expressed as shāstra. Experiences of oneness is expressed as shāstra. sentiments of oneness is expressed as stotras. powers of the oneness is described as sutras.

this is one of the most powerful declarations. Make this as your practice to manifest powers, please understand, if you are my disciple, you don't need any spiritual practice, you only need to manifest all the seeds i have put inside you. The feeling connection you cherish has tremendous impact over you please understand, if you feel connected to a yoga teacher, naturally he will have so much of impact over you, you will have health, he will somehow make you do yoga, he will somehow make you bend again and again, by talking or whatever he will make, make you do yoga and you will have health.

if you have feeling connection with teacher who teaches you stotras and bhajans, kirtans, somehow he will make you feel the devotion because constantly he will be sharing his thought current and he will do it. so with whom you entertain feel connection matters, he careful about with whom you are opening your heart and when you find the right person, don't wait to open your being, the moment you know right person is in front, don't just grasp, just grab, grasping is too decent word, when you know the right person is in front, don't be too decent, he raw, just grab, otherwise you may be wasting your life in the name of decency.

© 2022 Sri Nithyananda Paramashivam. All rights reserved.



understand, to whom you open you being and feel connected is very important. the moment you decide to be my disciple, decide to entertain feeling connection to me, cherish your bhakti towards me, understand, i have put the whole science of oneness in the complete seed form inside you. you do not need any spiritual practice to achieve them you just have to declare to start manifesting them, you just need to declare and allow them to manifest in your life, in your situations, everyday again and again. I tell you, when you declare and start manifesting even the intelligence you require for further manifestations = i will send it along with it. you don't have to think, to build 24-inch biceps, i have to lift to kg, in each hand, i can only lift only 2 kg, how will i lift to kg and build the biceps; no. start with 2 kg, that strength which you develop with 2 will take care of you lifting 5, the strength you develop further will take care of you lifting 10.

etant declaring 'paramaehivoham' and manifeeting, whichever etate, etage you are in. when you etant declaring, manifeeting, you will have intelligence to manifeet higher and higher thinge, we always have a problem, "oh! ewamiji just declares and etope even nature, he plays with nature, i am not even able to etop my tears, how will i etop the rain?" that is the way people etant developing the idea, no, etant with your tears, etant the declaration to etop your tears, when that etants happening becoming reality, you will have the etrength and knowledge, more and eccrets getting revealed, then you will be able to move to the next, next.

powerful cognition:

इर्पात वेहटोबलोग्ड 'paramashìvoham'. Ì am paramashìva. thìs ìs one of the most powerful declarations.



*ष्ट्र*ठडोइ:

- to understand the need to be careful with whom you entertain feeling connection.
- to understand that if you are swamiji's disciple, then you don't need any
 spiritual practice, you only need to manifest all the seeds that swamiji has
 put inside you.

वइइइइलहाराः

- I. how do shāstra, stotras and sutras relate to oneness?
- 2. how do you लanifest powers as swamiji's disciple?
- 3. why is it important that when you know the right person is in front of you, don't be too decent, be raw, just grab them?
- 4. the example of starting with the weights in order to lift toke how can that be used for manifesting?



project of the day: paramaehivoham materiale needed:

• व्हात व्या विवह न्या •

procedure:

write on times the declaration

i am paramaehiva and thie ie the way i want my life to be." phyeically write or type the declaration. do not use copy-paete. how does it feel to make thie strong declaration?

ोर्जाडण्डाजां

start declaring 'paramashivoham' and manifesting, whichever state, stage you are in when you start declaring manifesting, you will have intelligence to manifest higher and higher things.

ਘਰਾkਵੇhop of the day vaakyartha ਵadhaਵ

hold vaakyartha sadhas on

if you are my disciple, you don't need any spiritual practice, you only need to manifest all the seeds i have put inside you."

why is it important whom you entertain feel connection to?

टठाटीपइंग्ठा

the feeling connection you cherish has tremendous impact over you.

हिइइठा उ

freedom and इlavery are not oneness





इंबर्डिं लंबे क्रिक्टिंग्य लंबे क्रिक्टिंग्य लंबे क्रिक्टिंग्य हिंदि हिंदि है क्रिक्टिंग्य हिंदि है क्रिक्टिंग्य हिंदि है क्रिक्टिंग्य है क्रि

date: thurइday, ठ७-jul-२ठाढ

freedom and slavery are not oneness

understand, if you have the attitude = cosmos is great, you are low = its half-truth. cosmos is great is truth, you are low = is a foolish logic out of which you function. i want to remind you once more = for god to be great, you don't need to be bad. It's only in human kingdom, if somebody has to be a king, you have to be slave. if somebody has to be a boss, you have to be leader, you have to be a follower: not in the divine kingdom, because kṛṣṇa it is not headed by 'one', it is headed by oneness.

understand, some of these vital understandings, knowledge, knowledge, please listen, right understandings can shift the very way you exist, the very way you function, if you continue to have the attitude — god is all-powerful and you are powerless, maybe sometimes because you are so deeply begging, god may manifest what do you want, but you will never achieve the solution, you will never solve the problem, you may go on be asking, he may have to go on be giving, the drama will go on unendingly.

you asking he giving sometimes you overdoing means asking for too much and he not giving and then you blaming him. all this tug of war will go on. in the modern-day people divorce even gods. you stop going to the temple, you go to the other temple. you try and then declare, "no. i think it's not working out for me. i am divorcing him." you divorce even gods in the modern day.



understand, if you are asking from the powerlessness, low inner image, whether he gives or not, the situation is never going to end, the problem is never going to solve, there is no end for this stupidity; it will go on and on and on forever, and if you understand, you should also take responsibility for what you want, you should also start becoming responsible for what do you want to manifest and start the spiritual practices, you become part of paramashivais private life, as long as you continue to retain your low inner image = praying, doing all the rituals, whatever you do, as long as your attitude towards you is powerless and low self inner image, low inner image = you will only be part of paramashivais public life like puranas where people beg and he appears and gives darshan once in a while, rarely, gives what devotees want, you will be part of his public life, mallions who are not even part of his public life, millions who are not even part of his public life.

something is better than nothing. When you understand the laws of life, want to be responsible for what he showers, what do you want from him, what you ask, then your inner image develops, gets to certain maturity. It gets matured and you start practicing the agama — his teachings.

agama means taught by paramashiva, heard by devi, adopted as a lifestyle to maintain the cosmos by vishnu. delivered by paramashiva, received by devi, adopted as the cosmic constitution by the maintainer, vishnu, is agama.

ठळडर्नापो टठ्ड्रांगेराठाः

in the divine kingdom the head is not 'one', it is oneness, it is not led by one, it is led by oneness, it is not headed by 'one', it is headed by oneness.



*ष्ट्र*ठडोइ:

- to understand the key difference between the human kingdom and the divine kingdom
- · to cognies the importance of shifting from powerlessness
- to understand how your inner image matures

वइइइइलटगरः

I. why do the practices of the human kingdom not apply to the divine kingdom? S. when does god give and when does he not give?

उ. what does agama mean?

project of the day: arjuna and kṛṣṇa

procedure:

research the bhagavad gita for an example when arjuna feels that cosmos (kṛṣṇa) is great however arjuna himself feels low. how does kṛṣṇa respond to arjuna?

present your finding either as a short play or as a talk, a presentation.

inference:

टठइलठइ ोइ great is truth.





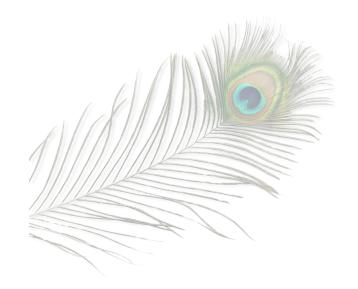
অਰਾkइhop of the day vaakyartha ਵadhaਵ

hold vakyartha sadhas on your understanding of:

for god to be great, you don't need to be bad: it's only in human kingdom, if somebody has to be a king, you have to be slave. If somebody has to be a boss, you have to be a slave. If somebody has to be a follower: not in the divine kingdom, because kṛṣṇa it is not headed by 'one', it is headed by oneness."

टठतटीपइंग्ठत

when you understand the laws of life, want to be responsible for what he showers, what do you want from him, what you ask, then your inner image develops, gets to certain maturity. It gets matured and you start practicing the agama — his teachings.



© 2022 Sri Nithyananda Paramashivam. All rights reserved.

हिइइठा 35

ठाटाटइइ in terms of paramashiva





इंबरइबार्ट्स : agama, the spiritual science to manifest your reality

date : इaturday, 27-feb-2016

oneness in terms of paramashiva yoga as per agama is experiencing union, oneness with oneness itself.

understand: patanjali definition of yoga is - yogah citta vritti nirodah = cessation of the mind is yoga. but description about yoga, you need to know paramashiva doesn't prescribe, propose mind control anywhere in the whole agama no! he doesn't say thoughtlessness is yoga, no! he says, thoughts are too superficial: don't be controlling or lighting or playing with it. they have no meaning, which is you want to light, play, spent time with something which has no meaning, which is meaningless?

paramashivais definition about yoga is — experiencing oneness with oneness itself, union with oneness is yoga.

when you understand that science, you will see the life in a different dimension.

jnana. paramashiva's definition about jnana is = enlightened about everything that exists is jnana.

union with oneness itself is yoga. enlightened about everything exists is jnana.



powerful cognition:

paramashivais definition about yoga is = experiencing oneness with oneness itself, union with oneness is yoga.

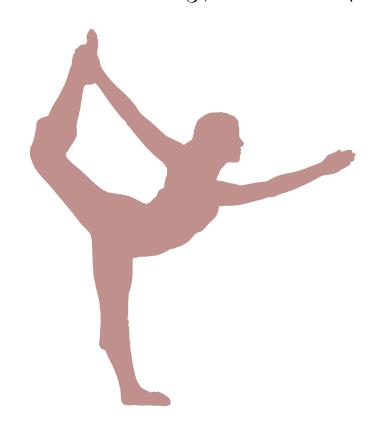
paramaehivaie definition about jnana ie = enlightened about everything that exiete ie jnana.

*ट्र*ठडोइः

• to understand how paramashivais definition of yoga is about experiencing oneness

वइइइइलहरा:

I. how is paramashivais definition of yoga different from patanjalis definition?



© 2022 Sri Nithyananda Paramashivam. All rights reserved.



project of the day: thoughts have no meaning

लंबाइ नहरवेहवे:

• pहत बतर्व pब्रवहरू

procedure:

spend 7 minutes writing down every thought that comes into your head: when the time is up, read through your thoughts again to see how random they are.

research the topic of unclutching. for example, look up unclutching in nithyanandapedia.org

spend 7 minutes in silence, observing any thoughts that come up in you and unclutch from each thought as it comes up.

how different were those two 7-minute sessions for you?

ो<u>त्रहिल्ह</u>ात्रहः

thoughts are too superficial: don't be controlling or fighting or playing with it. they have no meaning.





ਘਰਾkਵੀਮਰਾ ਹੀ the day vaakyartha ਵadhaਵ

hold vaakyartha sadhas on "yoga is experiencing oneness with oneness itself, union with oneness is yoga".

how can this understanding transform your practice of yoga?

टठाटीपइंग्ठा

union with oneness itself is yoga. Enlightened about everything exists is inana.





हइड्ठा ३३

बहुतां, bridge to formleइइ oneneइइ





इंबर इंबर इंटाइनटिंड र्ज अवन्डिंगे क्रिकार बहुता, रोल्ड

date : riday, 29-jan-2016

बहुतां, bridge to formless oneness

you need to understand in vedic tradition, again is considered to be the bridge to the original god, the oneness experience, parabrahman, or paramashiva, whatever you may name it. that oneness = again is considered to be the bridge for that oneness; because anything which has a form, if you offer it into again, he will make as formless; incompletion is form, completion is formlesses, understand, when you are complete that is why you feel light, because there is no form inside, there is no heaviness inside, there is no visualization inside, nothing sitting inside, anything assumes form is incompletion, actually when you are incomplete there will be so many forms will be fighting inside you, in the space of completion, just no formlesseness inside, it tell you, no forms inside, just formlesseness inside, that is completion! actually, in the space of completion you won't even remember your form.

when you don't remember your form, what happens to you is called grace. If you remember your form, do all the spare part fitting, removing, painting, tinkering, prettifying, puncturing, adding, deleting, and do everything, even after that how it looks is called beauty. When you don't even remember your form even in your inner space what happens to you is called grace, remembering and demembering your body is beauty, de-membering means what, removing something and adding something, remembering and de-membering! when you remember you all the time want to alter, i think just this nose just a little sharp, could have been better...



and this a little bigger and this a little smaller... i think that way would have been much, much better. when you remember you always want to alter, that is incompletion. when there is no form remembered, that is completion.

listen carefully, whatever is offered in the fire, he moves them from form to formlessness, name to namelessness, among the five elements, two are with form and two have no form, the earth and water has form, air and space has no form.

agni iş the bridge, which haş form and doeşn't have form.

you can't say agn' is a form and you can't say agn' is a formless. he is the bridge where forms merge and become formless. he is the bridge where incompletions merge and become complete. he is the bridge where sins merge, becomes merit. he is the bridge where some owners are the bridge where everything disappears and goes back to its source.

powerful cognition:

agni is considered to be the bridge for oneness experience, parabrahoan, or paraoashiva.

*ड्र*ठडोइः

- to develop the students understanding of form and formlessness
- to understand the role that agni, fire, has regarding form and formlessness



बइइटइइलटारः

- I. how do incompletion and completion relate to form and formlessness?
- o. what is grace?
- 3. how do things go to the source?

project of the day: homa

लंबाहिनोबीइ तहहवेहवे:

- paper, pen and coloured pene
- or a laptop to do a digital हड्डवप्

procedure:

research the role of agni, fire, in the vedic rituals of homa. for example, search in kailasapedia.org. describe the role of agni in your own words and illustrate your writing with pictures.

include the purpose of the homa, the purpose of the offerings, and some of the benefits of a homa.

ोजिंड गडायां

agni iş conşidered to be the bridge for that oneneşş: becauşe anything which has a form, if you offer it into agni, he will make aş formleşs.





ਘਰਾkਵੀਮਰਾ ਹੀ the day vaakyartha ਵadhaਵ

hold vaakyartha şadhaş on

"understand, when you are complete that is why you feel light, because there is no form inside, there is no heaviness inside, there is no visualization inside, nothing sitting inside. anything assumes form is incompletion, actually when you are incomplete there will be so many forms will be fighting inside you. ... in the space of completion you won't even remember your form."

टठाटीपइंग्ठित

agni is the bridge where forms merge and become formless. he is the bridge where incompletions merge and become complete. he is the bridge where sins merge, becomes merit. he is the bridge where everything disappears and goes back to its source.



© 2022 Sri Nithyananda Paramashivam. All rights reserved.

हिइइठा ३४

Eternal life process - practice for oneness





इंबर्स्डिंग्ड्र : eternal life process : isa upanishad लantra । र

date : इंबturday, 23-jan-2016

Eternal life process - practice for oneness

let the vital life-energy wind present in the body, now merge into the all-pervading, eternal cosmic life energy air; and now let this gross body (along with the subtle body) disintegrate into its basic elements and be reduced to the sacred ashes, o supreme consciousness, known by the sacred syllable aum; remember = remember all that has been done to attain oneness with you, o mind, remember = remember the supreme consciousness, the lord of all enriching sacrifices, whom you have been always remembering in your actions.

i can say in this verse one of the most powerful spiritual practices is given. this process should be called as = eternal life process. anybody who does this process while he is alive will master this process to practice during the time he leaves the body, and that will naturally make him enlightened, and live the eternal life in the cosmic space



let the vital energy, wind, vāyu, present in the body now merge into all-pervading eternal consciousness. Vayuranilam amitam, the eternal cosmic liferenergy — vāyur-anilam amitam athedami: understand, the great truth revealed in this verse: whatever you call it as life can merge with the eternal life: the body can go back to the basic elements, you relax into that eternal cosmic life. every night when you fall asleep, if you practice this technique, it will become part of you, your very being, so when you fall into the eternal sleep, you will fall into eternal life. It actually a technique, the whole sutra, verse is technique — with verse of the isavasya upanishad, when you fall asleep remember vital life energy, vāyu, relax into the cosmic life energy, let this body go back to its elements, the source, basic elements; let this consciousness become one with the eternal consciousness, the oneness, let me remember this.

krato ęmara kṛtagm emara | krato emara kṛtagm emara |

powerful cognition:

when you fall asleep remember vital life energy, vāyu, relax into the cosmic life energy. practice this so that when you fall into eternal sleep, you will fall into eternal life.

*ड्र*ठडोइः

• to understand our oneness when we fall asleep and when we fall into the eternal sleep





बइइटइइलटारः

I. which element is associated with the vital life-energy in the body?

- 2. which element is associated with the all-pervading, eternal cosmic life energy?
- 3. describe in your own words the most powerful spiritual practice given in this lesson

project of the day: eternal life process

procedure:

practice the technique eternal life process for II minutes (without falling asleep)

- इोर टक्लिक्सिकोपु and टोठइंड पुरुपान ह्यूडइं.
- internally experience: the vital life-energy vāyu, 'wind', present in the body, oberges into the all-pervading eternal cosmic life energy 'air', vayuranilam amrtam
- hold inside: o supreme consciousness, known by the sacred syllable aumitementation of the sacred syllable aumitementation of the supreme consciousness with you or mind, remember = remember the supreme consciousness, the lord of all enriching sacrifices, whom you have been always remembering in your actions.

ोर्<u>त</u>ाहित्य ।

understand, the great truth revealed in this verse: whatever you call it as life can merge with the eternal life: the body can go back to the basic elements, you relax into that eternal cosmic life.



ਕਰਾkਵੀਰਨ ਹੀ the day vaakyartha ਵadhaਵ

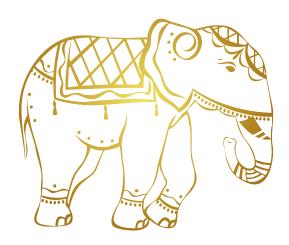
the technique of this lesson is described as:

let the vital life-energy 'wind' present in the body, now merge into the all-pervading, eternal cosmic life energy 'air'; and now let this gross body (along with subtle body) disintegrate into its basic elements and be reduced to the sacred ashes.

hold vaakyartha sadhas on why this technique is called the eternal life process when it includes the statement let this gross body (along with subtle body) disintegrate into its basic elements and be reduced to the sacred ashes."

टठाटीपइंग्ठित

let this body go back to its elements, the source, basic elements: let this consciousness become one with the eternal consciousness, the oneness.



हिइइठा उड

how to do prayer with oneneइइ





इंबर्स्डिंग्ड : इटोंट्राट्ट of लंबेसेंग्ड्र your prayers answered - इंटोंग्डल वड्लों

date : riday, 22-jan-2016

नेठ्य to do prayer with oneness

go pray, "oh the gource, where you and me are one and the game, i pray to you, you make this into reality." whatever you want to gay, gay, in this way, you will never feel cheated, understand, guru will not give you what you want, your stupid mind will try to make you feel — you have been cheated; it is like, i have geen in india, girls, the moment they become is, just because father does not buy a cell phone for her, they develop a love affair with a boy who will gift a cell phone and run away, get married; they don't live more than i or 2 years, divorce and come back, please understand, i am not talking gomething exaggerated. I am talking gomething happening in villages, when she is depressed, that father is not giving her cell phone, that boy is using that depression to put himself as a hero into her, once she feels he is hero, over, understand, always the negative sources will try to show themselves as hero to you, when you feel you are not granted the boon you asked from guru or god, whatever.

that is why i tell you, always pray to the source, oh source, where you and me are one and the same, the soham asmi is reality, i do not know whether that source is now in gurus being or in this body, it is based on the level of completion you have. If you have too much incompletion inside you, naturally the source will be on the gurus being. If there is less incompletion, more completion in you, the source will start moving towards you. When you become completely complete, the source will be centered on you.

go you don't even have to worry where the gource is just say, "oh the gource, where 'me and you' are one and the same and make..." whatever you wanted, you can ask him, and ask him, "please make this into reality." you can also put a footnote, if something i am asking is not right for me, then give me the intelligence to develop myself" or you can also say, "even if you think it is not right, i want only this ..." no! you have a right, you have right, all i am asking you is: have the right understanding so that, that prayer becomes a beautiful process for you to experience oneness, paramadvaita.

understand, please remember, whether we understand or not, catch it or not, indeed, the reality is soften asmit that is what the upanishad uses the word indeed. whether you got it or not yet got it, soften asmit is am he.

powerful cognition:

with the right understanding, prayer becomes a beautiful process to experience oneness, paramadvaita.

ट्रठडोइः

- to understand the importance of saying whatever you want to say
- to understand the difference between praying with incompletion and with completion inside.
- to cognies that regardless of anything the reality is softam asmi.

बड्ड्ड्ड्लहर्गः

- when is getting what you want not a boon?
- when you pray, what level of completion do you need to be in?



project of the day: weiting to guru

लंबाहरों नहें लंबाहर लंबाह

- pen and I pieces of paper each
- have spare paper available too

procedure:

there are two steps to this project. in both steps you write to the guru, each step is a different topic.

first, prepare for writing:

- इit comfortably with a pen and 2 pieces of paper in front of you
- close your eyes, see swamiji in your third eye, and chant the mahavaakya "om nithyananda paramashivam" seven times

रठांट ाः

write to ewamiji everything you wanted to easy but did not do. whatever the reason, whether you felt too engry, too fruetrated, too respectful, too emall, whatever, whatever, put your reasons to one eide and write to your guruall, all, all that you want to easy and did not do. whether in this moment, or exceptions you remember from days ago or longer ago, or you feel worried that it may happen and it will be difficult to talk to ewamiji about it. write all to ewamiji.

ोत्रिट्ट इत्रहाता

whatever you want to say, say, in this way, you will never feel cheated. Understand, please remember, whether we understand or not, catch it or not, indeed, the reality is soften askni.



रठावेट उ

on the top of a new sheet of paper, write:

oh the source, where ine and you are one and the same, please make this into reality. If something i am asking is not right for me, then give me the intelligence to develop myself.

नव्य अलोर व शेंड्र र्वा भी that you want.

ो<u>त्रिहरहरूदहः</u>

whether you got it or not yet got it, sohiam asmi, i am he.

ਘਰਾkਵੇhop of the day vaakyartha ਵadhaਵ

hold vaakyartha sadhas on

if you have too much incompletion inside you, naturally the source will be on the guru's being. If there is less incompletion, more completion in you, the source will start moving towards you. When you become completely complete, the source will be centered on you."

टठाटीपइंग्ठा

i tell you, always pray to the source. you don't even have to worry where the source is.

हिइइठा उठ

ोत्रवेहहवे i बल hह - इंटोhबल बङ्लों





इंबर्स्ड्वाइ : the hindu way of prayer - इंट haल aइलो

date: thurइday, ठा-jan-२ठाढ

indeed i am he - इर्ग ham asmi

just this one verse: "Even when i am praying to you, i am relating to you, you are me: indeed i am he, so ham asmi." the word indeed means even while; not that during the duality we are separate, during the non-duality we are one. during the dvaita (duality), we are separate, during the oneness only, we are one, no! "Even while i am bending in front of you, standing in front of you, bowing down to you, praying to you ..." prayer means what? some time asking some time bargaining, some time negotiating, some time even shouting, sometime lighting, sometime screaming it is all based on your mood and how the other side responds: how you relate to him and how he relates to you.

powerful cognition:

even when i am praying to you, even then we are in oneness

ट्रठडोइः

• to learn about इंगेंग्वल बङ्लो

वइइइइलहर्गाः

- · what happens in both duality and non-duality?
- वेहड्टमोर्ट्ड prayer in your own words.



project of the day: a prayer

लंबाइ लंबीइ लंडहवेहवे:

- pen and paper
- ठिरोठितः टठीठिपा वहतइ

procedure:

compose a prayer for you and those dear to you. it can be a poem or a paragraph, and you can decorate your writing.

ोर्जाडनडाउडा

prayer is how you relate to him and how he relates to you.

ਘਰਾkਵੀਮਰਾ ਹੀ the day vaakyartha ਵadhaਵ

have the students hold vaakyartha sadhas on:

- during the duality we are not separate
- it's not true that only during the oneness we are one.

टठतटीपइंग्ठित

ੰਦਾਵਨ when i am praying to you, i am relating to you, you are me: indeed i am he, इंटोनेबल बङ्लो."

<u> हिइइठ</u> 37

ने उत्तराहु होएवति इस्तर है हिंदी है निर्माण है । निर्माण है निर्माण है । निर्माण





इंबर्स्डिंग्डर : ferocious इंट्रिंगेड्ड - the essence ह only priority of life

date : tueइday, 12-jan = 2016

ोंगोल्ड ठाडाडइइ इ ह्या हुन हुनोंग्ड इत्या हुनोंगों ोंगोल्ड इत्यायीयीय हिन्मोंग्ड इत्यापी हिन्मोंग्य हिन्मोंग्य हुनोंगोंगे हिन्मोंग्य हिन्मोंग्य हिन्मोंग्य हिन्मोंगे

lişten! σ eşşage for thiş year — living şhuddha advaita şhaiva σ .

understand, word may look very simple, the meaning and the truth is very powerful. listen you may ask, what is the difference between last year message living advaita; this time living shuddha advaita shaivam: listen. living paramadvaita, the oneness is all about the experience of that oneness. with this living shuddha advaita shaivam, i mean — not just living the oneness, expressing all the experiences and powers of paramashiva. this year is dedicated for that listen.

i commit through you guys to the whole universe, within this year before the next jayanti, i will reveal to the whole world the science of all the 400 major powers paramashiva is expressing in the agama. Not just this one power — third eye, all the 400 major powers and make it as practical, livable for all you guys. i will make it as practical, livable, scientific and demonstrable under the controlled conditions and reproducible. You will see, i will reveal this whole science before the next jayanti in this one year completely and, please understand, make it as a living science, by this year, we will bring spiritual legitimacy to santana hindu dharma. We will bring spiritual legitimacy to santana hindu dharma. it is time we bring that spiritual legitimacy back to sanatana hindu dharma.



we have a right to exist and our existence is good for humanity. We have a right to exist and our existence is good for humanity. I will establish this truth this year.

that is why i am saying, this year is going to be lot of excitement, fun. every other day, new new powers and sciences as expressed by paramashiva in agamas will be revealed to all of you. maybe in everyday satsangs you guys will be having revelations of different powers and experiences.

powerful cognition:

the 400 major powers paramashiva is expressing in the agama is a science.

*ष्ट्र*ठडोइ:

- to understand living shuddha advaita shaivam is expressing all the experiences and powers of paramashiva.
- to understand that the powers of paramashiva bring spiritual legitimacy to santana hindu dharma.

वइइटइइलटगर:

i. describe in your own words the difference between 'living paramadvaita' and 'living shuddha advaita shaivam'

2. what will be special about the powers that will be revealed?





project of the day:

the ecience of the powers of paramashiva

procedure:

research the scientific studies that have been done on the powers of paramashiva.

for example, read the book avatara shastra: the science of descent, volume I. present on one of the scientific studies. What did it test for, and what were the results?

किट्टिट्ट

the powers of paramashiva is a living science

ਘਰਾkਵੇhop of the day vaakyartha ਵadhaਵ

hold vaakyartha sadhas on "sanatana hindu dharma ... our existence is good for humanity."

टठतटीपइंग्ठत

i will reveal to the whole world the science of all the 400 major powers paramashiva is expressing in the agama.

हइइठा उड

in prayer too = you are at oneness





इंबर्स्डिंग्डू : हर्रहा चिन्हा रे pray, रे बल you: इर्गेंडलंब्ड्लो

वेबाह : tueइवेबपू, 20-10-2015

in prayer too = you are at oneness

understand the beauty of the way the sanatana hindu dharma teaches prayer. there is no powerlessness, no place for powerlessness, even when you pray, you are not separate. you are not separate from the source.

you are not away from the source. Even when you are praying, remembering that i am he. i tell you, this one truth, the thought-current will be so useful for all of you. please understand, even when you pray you should know — you are not separate from the divine to whom you are praying, even when you pray, you need to know, you are not separate from the prayer, to whom the prayer is offered.

listen, who is praying and the prayer and to whom the prayer is offered, all the three are from the same source. I am trying to decode the inner space of the rishis and reproduce it in all of you that will give you so much understanding about the concept of prayer in sanatana hindu dharma. You don't pray to somebody who is far away, he may be further away or farther away, but not far away, understand, there's a big difference between these two.



the inner space you assume even while you are praying is not a lower inner-image, an inauthentic identity, even when you have not realized the oneness with the cosmos; even when you are doing practicing, doing sadhana, prayer to achieve the cosmic oneness, you are one with cosmos, that is reminded as the under current, never at any point, never at any moment, the separation is recognized in sanatana hindu dharma; because that is not the truth, that is not the reality, even when you think you have not achieved the oneness with the cosmos, even when you think you have not become realized, enlightened living paramadvaita —

you are one.

the absolute truth is truth even when you practice the truth: even when you are doing your sadhana.

powerful cognition:

Even when you are doing practicing, doing sadhana, prayer to achieve the cosmic oneness, you are one with cosmos

ड्रठडोइः

- to understand that sanatana hindu dharma does not recognize separation.
- to cognize the truth, the reality is that oneness with the cosmos.

aइइइइलहरा:

I.how should the person praying relate to the divine whom they are praying to?

2. in regard to prayer, what is an inauthentic identity?

-



project of the day: sadhana

procedure:

research the sanskrit word "sadhana". Write down the different meanings according to different traditions, and the name of the tradition and the source where you found that information.

check each of your sources to see how they relate their version of sadhana

- to prayer,
- to esparation from the edurce, and
- to oneness

compare and contrast those traditions to the understanding of this lesson, that even when you have not realized the oneness with the cosmos, you are one with cosmos.

ोर्<u>ठीहिल्ह</u>ाट्ट:

the way the sanatana hindu dharma teaches prayer, even when you pray, you are not separate. You are not separate from the source.

ਘਰਾkਵੇhop of the day vaakyartha ਵadhaਵ

hold vaakyartha sadhas on

Even when you think you have not achieved the oneness with the cosmos, even when you think you have not become realized, enlightened living paramadvaits — you are one."

टठाटीपड्रांठा

the absolute truth is truth even when you practice the truth.

हिइइठा ३५

upanishad way of prayer to oneness





इंबरइंबर्ने : इंटरिशेन्ट्र हें the हइइहाटर of life

date : इपात्रेबपु, 11-oct-2015

upanishad way of prayer to oneness

one who cognizes the pure essence of these both = the imperishable consciousness, the cause of manifestation, and the destructible, the perishable, manifested entities, simultaneously = such a person completes with the fear of death and transcends death by worshipping or by knowledge of the perishable entities; and reaches the imperishable consciousness; celebrates the nectar of immortality and bliss, the eternal space of oneness.

now listen. it's the literal translation i have read out. the key word in this whole upanishad, you need to understand what upanishad is trying to convey it to you. listen.

lieten intensely what upanishads are trying to convey through this to you the first thing, the key word = what you are worshiping in your life, please understand, here worshiping does not just mean in front of whom you bow down, in front of what you bow down, what you think as goal of your life, what you remember again and again, please understand, you may be bowing down in front of paramashiva deity for money, then you are worshiping money, whether it is right or wrong, don't bother now, first let us diagnose, understand — what you are worshiping in your life, you may bow down in front of any god, goddess, guru, but what you think as the essence of your life, what you think as the lakshya (goal) of your life, that is what you are worshiping.



i tell you, if you do not have any goal, just living, then be informed you are worshiping confusion and darkness. no, there are many people, i am telling you they think let us drag on the life, one day something will happen, everything will become alright, no, you are worshiping darkness and confusion. If you are not standing up for yourself, you are only worshiping darkness and confusion, the key concept in this upanishad is — what are you worshipping.

powerful cognition:

one who cognizes the imperishable consciousness and the perishable simultaneously, the cause of manifestation and the destructible manifested entities simultaneously - such a person completes with the fear of death, and transcends the death that comes from worshiping perishable entities, and reaches the eternal space of oneness.

ड्रठडोड्ः

- to start understanding the difference between imperishable consciousness and the perishable entities
- to understand the importance of knowing what you are worshiping

aइइइइलहर्गाः

ा. when you bow down in front of a god are you always worshiping the god? when are you not worshiping god?

2. what is the outcome of living without any goal?



project of the day: what are you worehipping?

लंबाहरों हो लंबा लंबा है लंबा है लंबा लंबा है जिस्से कि लंबा है जिस है

• हिंह वार्व हिंह है ।

procedure:

"whether it is right or wrong, don't bother now, first let us diagnose, understand — what you are worshiping in your life."

- pen down what you are worshiping in your life. for each item, also pen down why you want what you are worshiping.
- if you do not have any goal, just living, pen that down also.
- next, for each of the items you wrote down, write whether it is from imperishable consciousness, or whether it is destructible, perishable, manifested.

inference

the key concept in this upanishad is = what are you worshiping?

ਘਰਾkਵੇhop of the day vaakyartha ਵadhaਵ

hold vaakyartha sadhas on

flisten intensely what upanishads are trying to convey through this to you. the first thing, the key word - what you are worshipping in your life."

टठाटीपइंग्ठित

you may bow down in front of any god, goddess, guru, but what you think as the essence of your life, what you think as the lakshya (goal) of your life, that is what you are worshipping.

ोहइइ<u>ठ</u> 45

टठ्डातोरोठत र्वा रेल्व्हार्न्डिमबीहेट टठतइटाउपइत्हर हिडावेइ to the eternal इव्हाट र्वा उत्हाटइइ





इंबरइंबार्ट्स : cherish what is eternal

वेबोह : riday, 25-9-15

टठ्ट्रnìtìon of ìलperìshable consciousness leads to the eternal space of oneness

one who cognizes the pure essence of these both = the imperishable consciousness, the cause of manifestation [sambhavāt] and the destructible [vināśam]; the perishable, manifested entities, simultaneously = such a person completes with the fear of death and transcends death by worshiping or by knowledge of the imperishable entities; and reaches the imperishable consciousness and celebrates the nectar of immortality and bliss, the eternal space of oneness.

one who cognizes the pure essence of these both = the imperishable consciousness, the cause of manifestation and the destructible, the perishable, manifested entities, simultaneously, such a person completes with the fear of death and transcends death by worshiping or by knowledge of imperishable entities; and reaches the imperishable consciousness and celebrates the nectar of immortality and bliss, the eternal space of oneness.

listen. listen. cognizing, understanding what is imperishable, what gives you the experience of eternal space of oneness, and what is perishable.

please understand, how much ever pleasant perishable may look, appear, feel, never choose perishable because its appearance of pleasant is its marketing department, not the reality.



i have always seen crooked fellows will be more sweet. really i have seen, even in our sangha, these cunning crooked fellows, they will be so sweet and have all the people around them and they will have so many friends; because they know how to manipulate. I am not saying having friends is wrong, listen: I am not saying having friends is wrong, but not out of cunningness or the manipulative tendency.

they will behave as if they are very sweet persons, as if they are very sweet persons, how much ever pleasant, sweet it may look, never choose perishable, inauthentic entities, whether it is a person or attitude or thinking style, do not choose inauthenticity, it can give you too examples, what you choose inside, what you cherish inside, what you strongly cognize as important center of your life inside, if it is perishable, inauthentic, it will go on adding the fear, inauthenticity into you, understand, if you drink venom, it will naturally be absorbed into the body, it will become poison, if you entertain the perishable entities, impermanent ideas, concepts that will naturally become poison in your system, that will naturally become poison in your system, that will naturally become poison in your system.

powerful cognition:

one who cognizes the pure essence of the cause of manifestation [sambhavāt] and the destructible [vināśam]; simultaneously = such a person celebrates the eternal space of oneness.

*ष्ट्र*ठडोइ:

- to understand your ability to reach the imperishable consciousness and celebrate the nectar of immortality and bliss, the eternal space of oneness
- understand the effects of choosing inauthentically and of choosing authentically



वइइइइलहर्गाः

I. what is needed to complete the fear of death?

- त्र. why इhould you not choose perishables? why should you choose imperishable?
- इ. what qualities should your friends have? what kind of friends should you not have?

project of the day: perishable and imperishable materials needed:

• हहत बतर्व हबहहर

procedure:

for each of these topics, write a short commentary on whether they are based on perishable, inauthentic choices, or whether they are based on imperishable consciousness, give your reason for your choice.

- ळवन्होंगोंगूड व लठरोंह टहोहोनोंगू
- taking time off studies or work to look after an ill relative
- ठेडोल्ड्र व इठटटहर वित
- becoming an apprentice to a renowned eculptor
- · getting up regularly before dawn for aport training
- interacting with friends in a virtual reality computer game
- learning a new language

ोर्जाडनडोतां

what you choose inside, what you cherish inside, what you strongly cognize as important center of your life inside, if it is perishable, inauthentic, it will go on adding the fear, inauthenticity into you.



ਕਰਾkਵਸ਼ੇਹ ਰੀ the day vaakyartha ਵadhaਵ

hold vaakyartha sadhas on

if you entertain the perishable entities, impermanent ideas, concepts that will naturally become poison in your system. that will naturally become poison in your system. Understand, don't carry anything inside your cognition which is inauthentic or perishable."

and on how a powerful cognition becomes nectar in your system:

"one who cognizes the pure essence of the imperishable consciousness and the perishable, simultaneously — such a person reaches the imperishable consciousness and celebrates the nectar of immortality and bliss."

टठाटीपइंग्ठा

cognizing, understanding what is imperishable gives you the experience of eternal space of oneness.



