

BEYOND THE BEYOND

ARTICLES EXPLORING TRUTH
BEYOND KNOWN



A New Age Spirituality Book

Swami Aaron

(Dr. Aaron Thomas)

Psychotherapist | Author | Spiritual Master

BEYOND THE BEYOND

A book on Scientific Spirituality

by

Swami Aaron

(Dr. Aaron Thomas)



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- Science of Holistic Healing
- Science of Transforming Painful Relations in Bliss
- Spiritual Soteriology

Dedication

I dedicate this book to my mother
who always remains worried about me;
who I have been always troubling like anything.

About the Author



Swami Aaron

Author | Artist | Spiritual Master

About Swami Aaron

Swami Aaron is a very unconventional writer, spiritual scientist, psychotherapist and self-taught artist. He is a secular, new age spiritualist who belongs to no worldly religion. He helps people afflicted with problems of stress, anxiety, depression, suicidal tendency, addiction, fear, chronic diseases etc. through his spiritual training of as how to evolve to and realize. Super-Consciousness, the Infinite Eternal Bliss.

Right from his childhood, he was crazy to know about God. Since, he was quite analytical and logical in his approach, so, the established belief of the society about God and religions could not satisfy him. Since the belief of different religions were just the belief, not the realization achieved through search, so, he decided to proceed in his uncharted journey to the unknown in his own logical and scientific way.

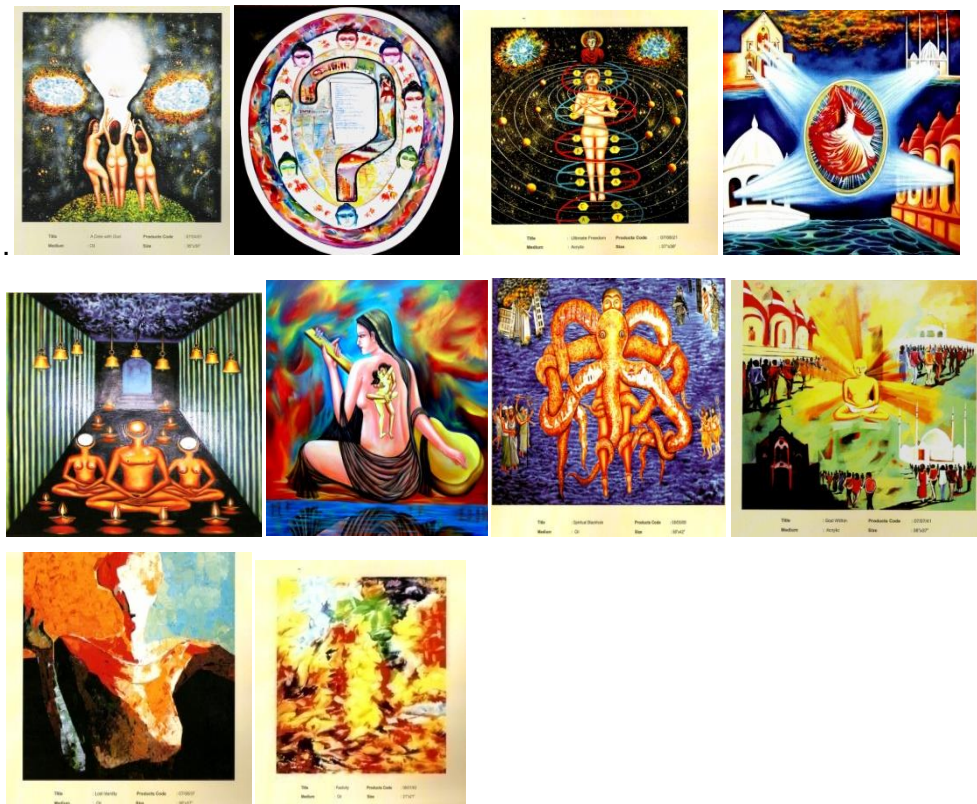
He had studied almost all spiritual literature of all major religions of the world. The real journey started, when he started doing meditation. Meditation helped him to transcend the domain of mind and step into the realm of super-consciousness. The realization of Super Consciousness made him have the crystal clear realization of the eternal quest of the mankind i.e. God.

Now, he does not belong to or practice any religion, but, the core of his being is the spirituality. He does not accept any sort of confinement whether it is religion, region, sect, community,

caste, creed etc. He says - The Absolute Truth is always objective and universal; it cannot be realized through any faith or blind belief; rather, Absolute Truth can be realized through the path of search and objective approach only. Now, he conducts spiritual and literary workshops; gives training to people about as how to realize the Super Consciousness.

Artistic Journey

During his spiritual exploration when he ventured into the subtle realm of higher truth, he realized the importance of art as the medium of expression of higher and vivid dimensions of inner existence. The bliss of the realization of Super – Consciousness made him impregnated with the bliss of a profound joy and compelled him to look for other artistic ways of the self expression. During this course, he took paintings as his language for the expression of the self. Some of the painting displays his poems too. Swami Aaron has created near-about 100 paintings in oil and acrylic on canvas. You can have view of some of his paintings on his website <https://UltimateBliss.in>.



Academic background

Swami Aaron is a Post Graduate in Management Science. He commands good knowledge of Science, Spirituality, Literature, Fine Art, Political Science, Sociology, Management Science, Journalism, Media, Advertising, Film Making etc.

Present Plan of Action

- To set-up a chain of educational institutions like schools, colleges universities etc. under the aegis of Ultimate Bliss Foundation to promote education, art, music, dance, literature, vocational studies etc.
- To set-up a wide network of meditation centers across the globe, through which people could be trained to realize Super-consciousness, so that, people could be free from sorrow, pain, frustration, depression etc. and the humanity could be an eternal saga of divine bliss and celebration.

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Author's Note

Basically I wanted to name this book as "Beyond the Beyond and Within the Within"; but, because of the length, I shortened it to "Beyond the Beyond".

Truth can be explored from the outside as well as from inside. In general parlance, when I say from outside, it means science; and from inside, it means spirituality. But, when I say beyond the beyond or within the within, my approach is different.

Most of the time, we try to know something through our mind. But, mind being a deterministic and finite tool, it cannot know the infinite, the truth, which lies beyond the realm of known. So, we need an instrument which itself is infinite, pervading this entire existence. This instrument is Pure Consciousness. Or, you can call it - Cosmic Consciousness.

Through cosmic consciousness, we can explore beyond our body- mind system, beyond the space-time continuum. When you explore something through Cosmic Consciousness, you feel that the truth beyond the beyond and within the within is same. This truth is universal and objective. This universal and objective truth is God.

My endeavor through this book is to give the glimpse of God. But, when I say God, it is not the God which people create through their assumptions, conjectures and beliefs. By God, I mean the Ultimate, Absolute, Universal, and Objective truth, which can be explored only when you are free from all assumptions and beliefs. When you are unbiased and free from all prejudices, when you are beyond thoughts, theories, dogmas etc, then only, you will have the direct perception of the pristine truth called God.

In this book 'Beyond the Beyond' I have tried to take my readers transcend beyond their present matrix, so that, they can have direct crystal clear realization of truth in a very easy and logical way.

About the book

Our realization and understanding of truth is always according to the matrix in which we live. The factors and parameters involved and present in our matrix shape and determine our realization and understanding of truth. That's why, all religions, despite of claiming to have the realization of same God & Truth, they differ so widely in their approach and beliefs, resulting into so much violence and hatred against each other for the sake of their individual religion and God.

Anyway, if we are honest and sincere in our approach towards the exploration of truth, the moment we proceed from our smaller matrix to a larger matrix, our understanding and realization changes and becomes clearer. So, when we place ourselves in the vastest possible matrix, our understanding and realization of absolute truth becomes crystal clear.

Realization of God is possible only when, when you are in the biggest possible matrix. Religions like Hinduism, Islam, Christianity etc are smaller and divided matrices; that's why, people belonging to these matrices are forced to grope in the dark. Because of their unconsciousness and ignorance they claim and project their assumption and beliefs as absolute truth and they resort to violence just to impose their assumed truth onto others. Everybody is busy to convert everyone into one's belief system resulting into a total chaos, disputes and war.

Truth always leads you towards peace, tranquility, love, bliss and celebration. If violence and duality are the part of your so called truth, it means you are pole apart from the absolute truth.

This book "Beyond the Beyond" tries to make readers transcend their present matrix; so that, they can have direct crystal realization of truth in a very easy and logical way. Though, it is the collection of Swami Aaron's articles, each written at different point of time. So, don't expect any coherency with the progression of all chapters.

Contents

1. Introspect yourself in the mirror of these thoughts
2. Are you a handicapped person in spite of having all organs working perfectly well?
3. Analyze your analysis and spiritual understanding
4. Coming out of spiritual quagmire
5. Some fundamental questions for proper spiritual exploration
6. Does your knowledge of spirituality make you light and playful? Or, it makes you a serious person?
7. Do you live your life? Or, your life lives you?
8. Does your spiritual pursuit lead to higher-consciousness? Or, it leads to delirium and unconsciousness?
9. Why are you just a Hindu, or a Muslim or a Christian?
10. Do you need God's blessing; or you wish to bless God?
11. Beyond Your Worldly Intelligence
12. Do you really have the courage to live your 'Self'?
13. Take benefit of sorrow and pain in your spiritual evolution
14. Why do good people lag behind and mostly remain unhappy in the world?
15. Feel privileged if gloom and sorrow has descended in your life
16. Making yourself free from slavery of brain hardwired & programmed by nature
17. Come out of the cocoon of your limited self
18. Live your life king size and like a king!
19. Unveil the core of yourself
20. The journey of life
21. Re-engineer the universe within you
22. On the path of scientific spirituality
23. Ultimate goal of life
24. What is God?
25. What is Consciousness?
26. God explained for atheists and simplified for theists
27. Pre-requisites to realize God
28. How to realize the Absolute Truth
29. How to realize God directly without believing in any religion
30. Freedom from God's frenzy

31. How to realize God through Sex?
32. Freedom from the slavery of the localized self
33. How to make a quantum jump into the highest possible level of eternal bliss
34. Our ultimate goal of life
35. Determinism v/s Free Will: Astrology and Beyond
36. Change your destiny, translate your desire in reality through Law of Attraction
37. Why Most of Spiritual Masters Fail?
38. Journey of Life
39. If a religious head is found enjoying sex, should he or she be condemned for this?
40. Even lust is divine; our social conditioning perverts it and makes it ugly
41. Enjoy money, sex and all materialism and realize God that way only
42. Spiritual benefits of desire
43. An easy and effective way to freedom from all craving and aversions
44. Recognition of True Love
45. If you depart from this world without living your life like a king
46. Does prayer really lead us to God?
47. Ultimate Truth
48. True meaning of Neti-Neti (Neither this; Nor that)
49. True Meaning of "Here and Now"
50. How to combat the real problems/challenges of life?
51. How does Mantra Therapy work in the realization of God?
52. Making sex divine by adding consciousness to it
53. Evolution of Lust to Love: Journey of Man becoming God
54. Would you dance with me in rain of love on the last threshold of the universe?

Introspect yourself in the mirror of these thoughts

1. If I ask you who you are, just explain yourself, what might be your answer? Most probably you will come up with something like you are Mr./Miss/Mrs. so and so; spouse of so and so; son/daughter/parent of so and so; your profession is so and so, you are resident of so and so etc.

When you say you are Mr. /Mrs. so and so you are just naming a word used for your identification, but, you can't be just a word; word is used just to identify you. The problem still remains: who are you?

When you say you are son/daughter of so and so or parent of so and so, etc., you are telling about others, and others cannot be you. When you say you are a doctor or a lawyer or an engineer etc. you are just naming a profession, a set of activities. You can't be an activity. Activity does not have a tangible existence. When you say you are a resident of some place, you are naming a place and you can't be a place, place can't be you. The question still remains unanswered – who are you?

Don't you find it amazing when you try to explain yourself; you explain everything that is out of your being? If you see the entire endeavor of your life, it is about outside factors, it is not about factors or constituents within you.

In this whole gamut of worldly engagements you are lost; you, in fact, don't exist anywhere, despite your existence.

If someone asks you –why do you exist, you may answer that you exist to support your family; and if one asks your family members, why do they exist, they may answer that they exist to

support you. It is really very bizarre that you exist for those who are not aware of themselves, and they exist for you, who are not aware of him/her self!

Where are you? Who are you? Still, you don't feel to unravel the great mystery about yourself?

- 2) You unconsciously think that you love your child. Just ask a question very honestly, from yourself – had your child been born in someone else's house, had your child been someone else's son or daughter, then also, whether you would have had the same intensity of love for the same child? Certainly not! If you say 'no', then it is clear that you don't love your child; rather, you love yourself present in your child's existence. You love just yourself.
- 3) You might be of the impression that your family members or others love you, or you love your family members and others, just do some experiments. Whatever you do for them, just stop doing so. Make them convinced that you are not going to do anything for them. Then, see whether your relationship still remains the same, whether they still love you the same way as they used to do earlier. Have the same introspection about yourself. Whatever others do for you, if they stop doing the same, then, whether you will still remain the same towards them?
- 4) You unconsciously think that your spouse loves you. Just think – had he/she been married to someone else, then also, would he/she love you in the same way as he/she loves you now?
- 5) Having been born in a certain religion, you may be of impression that you love and pray this or that God. Again ask the same question- had you been born in some other religion, then also, would you worship the same God?

Now just think honestly. You have been living your life so far in fallacy and illusion. Come out of your age old illusion; discover your real self now. Your present reality is that you don't exist despite of your present physical existence. When you don't exist, then, what is the meaning of other's existence; what is the meaning of your wealth, your relatives, your friends, your power, prestige etc.?

This truth may appear very harsh; that's why, most of the people don't wish to encounter these facts of life. But, that way you miss the opportunity to live and enjoy the glory of your real self. In fact, you don't live your life; rather, your life, your society, your situations etc live you.

Just stop..., stop being a just a cog in the whole worldly system. Learn to be yourself, but, that you can do only when you know your real self.

Are you a handicapped person in spite of having all organs working perfectly well?

How do we define being handicapped? Perhaps as the state when our physical organs don't work properly or we lack them. But, what is the purpose of having all the physical organs working perfectly? The purpose is - being independent. When our legs are working perfectly, we can walk on our own. When our hands are functioning properly, we do our work on our own. When all our physical organs are working properly, we are not dependent on any outside support, whether that support is in form of a person or may be gadget or other paraphernalia. When we are not handicapped, we can live an independent life; we can live on our own. The strength of living life on our own lies within us. Remaining compelled to be dependent on outside factors is being handicapped.

Now, let us peep in our own life. May be you are physically fit; you don't need the help of others to do your work. You have a lovely family, lovely spouse, lovely kids and other good relations.

Now, go inside; watch yourself; watch all your family members and ask an honest question to yourself – can you live as happily, without your family members as you live now with them?

Don't react instantly! Go inside; have an honest introspection of yourself; and try to find your answer.

Now, what is that answer? Most probably, it is 'no'.

When you can walk on your own, do your work on your own, you say – You are a normal person, not handicapped; but, when you can't survive on your own without family members,

then also, you think you are a normal person, you are not handicapped? Doesn't it sound strange?

Most of us cannot live our lives happily without others; even then, we think we are not handicapped. Perhaps, we have not yet evolved to our pure individuality; we are still constrained to live our lives in collective terms. Our collectivity seems to be natural because of our inability of having overall requirements fulfilled on our own. But, I am not talking about the outside requirements of physical goods; rather, I am talking of our inner self dependency. Are we self- dependent for our inner requirements?

Humanity has not yet evolved to this extent. You can count the number of persons on fingers, who are self-dependent for their inner happiness. The fact of our present life is that we are dependent on outside factors for our inner happiness, whether these outside factors are relations, money, power, society or anything else. And being dependent on outside factors is a big misery. That's why, don't you see - we get married with all pomp and show, but, after some days, months or years of marriage there is constant rattling in our marital life. We celebrate the birth of our children, we sacrifice ourselves to bring up our children, but, when they grow, we start feeling the gap in our relationship with our children or parents. Some people may have an illusion that all their relations are perfectly alright and complete. But, the fact is that they have not yet developed the inner vision to see the reality across the apparent.

Let me tell you a small anecdote - Once a mother and a daughter were somnambulating in a garden in their sleep and were talking to each other. Mother said - because of you, I have lost my youth. The daughter retorted - Because of you, I am not able to grow young properly. While walking, they collide with each other and they happen to awake. When they come out of their sleep, they see each other in the garden. They ask each other, what they have been doing in the garden. The daughter says - you will catch cold and gives her shawl to her mother.

If you can see the under current reality, you will come across the fact that in our system of relationship, everybody is using others as a part of one's security. Since, they are not aware of this fact, the relationship appears rosy from outside.

Anyway, my purpose here is not to make any comment on the truth of relationship. I just want to make you aware of the fact that because of lack of consciousness, we all are in fact

handicapped. More you gain consciousness; you get fully filled up from inside, you become total from inside. Then, you don't need anyone for your real happiness. When you evolve to this maturity, then, you will be able to enjoy the real relationship. In this state you don't need anyone for your own requirement, for your own purpose, rather, now you relate to others, for their purpose and benefits.

Our present relationship is quite messy because of the fact that we need others for our own purpose. But, when you evolve to higher consciousness you relate to others because of their purpose, not for your own purpose. This is the qualitative difference between relationship in the state of delirium and that in the state of higher consciousness. When you are total from inside, you will create opportunity for others to be total in their existence.

The present relationship is the state of delirium, demands everything, while the relationship in the state of higher consciousness gives everything. This color of consciousness adds a totally new spectrum to our system of relationship. Relationship in the state of delirium brings bondage for each other. While, the relationship, in the state of higher consciousness, brings freedom to each other. This is the major difference.

While talking about our present system of relationship, don't draw conclusion that I am talking against relationship. I am just talking about the selfishness inherent in the relationship. And this selfishness is because of our unconsciousness. Since everyone is selfish, that's why, our relationship becomes ugly. There is a big scramble in our worldly relationship; everyone is focused on one's own center, one's own purpose; that's why, there is too much agony in our relationship. We all are handicapped and expect others to carry our burden.

But, the moment we evolve to the higher state of consciousness, the same relationship becomes rosy and we all enjoy the real fragrance of human relationship based on sensibility, love, compassion and respect for each other. So, put effort to evolve to higher consciousness, so that, no longer you remain handicapped.

Analyze your analysis and spiritual understanding

All human and other beings are knowingly or unknowingly proceeding on the path of spirituality. Some people are drifting, some are moving, some are running fast making quantum jumps and a few have reached the destination, for them the spiritual peregrination has come to end. Now, they have nowhere to go, they have got merged to the super-consciousness. Though, majority of people are drifting very slowly on the journey of evolution, but, are unconscious, hence, they are not aware of their grand journey to the infinite.

Evolution is a process of expansion of our intellectual matrix. More evolved a person is, bigger is his/her matrix. As our matrix keeps expanding and we keep evolving in our consciousness, we keep moving from understanding of relative truth to the realization of Absolute Truth. In a localized matrix of space-time continuum, our understanding is small and relative within the frame work of limited factors present in our matrix; and when our matrix expands to the maximum possible extent of expansion in such a way that it accommodates the entire manifested and un-manifested existence within, in that matrix we realize the Absolute Truth.

There are two ways of expansion of our matrix - from outside as well as from inside. Expanding our matrix of investigation and understanding from outside is the way of science; while expanding one matrix of direct realization from within is the path of spirituality.

Now, try to understand two terms – direct perception and indirect perception. When we perceive something in terms of verbal language, as we do most of the time, it is indirect perception. All scientific studies and investigation leads us to have the indirect perception of the relative truth. When a newly born child feels hunger and starts crying, s/he does not know anything of our worldly language, but s/he still have the perception of hunger; it is direct perception of reality. Real and right pursuit of spirituality bestows a direct perception of Absolute Truth to us. Scientific investigation takes place through the instrument of mind, logic and intellect; while spiritual realization takes place through the instrument of consciousness.

The word consciousness has different meaning to physical scientist and meta-physical scientist. By the word 'Consciousness', physical scientists mean the ability of cognition and thinking; while by the word 'consciousness', spiritualists mean totally different. It is a process of being aware of self.

Most of the seekers try to proceed on the path of spirituality through indirect perception i.e. reading spiritual literature, listening the discourses of Guru, having discussions on spirituality as we do here; but, all these are just like we have never seen a flower, we have never smelled its fragrance and we are trying to know about its beauty and fragrance through discussions. That way, beauty and fragrance of flower can never be known directly through our own realization, no matter, however much we organize seminars on this subject and set-up committee to give its report about the beauty and fragrance of flowers. Unless and until, we open our eyes and smell its fragrance through our nostril, we realize it directly through having direct perception of it, we can not understand the beauty and fragrance of a flower. Most of us are doing the same thing about our realization of God. God can never be realized through our verbal exercise. We all keep talking about God day and night, but, let us ask very crudely and honestly from ourselves – Have we ever had direct perception of God?

Before we answer this question, let us understand three words - Belief, Hypnotic feeling and Actual realization. Belief is just like borrowing information from our surrounding and imposing these information on our mind without taking pain of going in its investigation. This is what most of us do and all we claim to be spiritual experts on the basis of this information. No, we are just like priest and pundits who are very mechanical in their religious activities.

Hypnotic feeling is having perception of relative truth when our matrix is small and space is still left for our matrix to expand further with more and more factors to be incorporated in the present matrix. Since, our perception is based on a few limited factors, hence, we have not got complete picture of the reality; and our perception and understanding of truth is limited and shallow. In this state of hypnotic feeling, we opine of knowing the truth; but, the fact is, our understanding is still to mature and evolve. In this state of hypnotic feeling, our knowledge of truth is nothing, but bundle of assumptions and egoistically we claim our assumption as knowing the truth. Let us have some examples to understand the reality of hypnotic feeling.

We all are of the view that God has created this existence. Let us consider it true just to proceed in our investigation and understanding of hypnotic feeling. If God, or some power someone

sitting in the sky, has created this world, including all creatures, then, what does it mean? It means before he or she started the process of creation, just God was there, nothing else was there except God before the process of creation God had started. Right? So, from where he/she must have brought the materiality required to create this world? He/she must have brought it from his/her own existence. Right? If, this is right, then, we all are the part of the existence of God; means we all are partially God, the God as you view and think of. And, when we are partial God, then, why and how do we kill others, why and how do we rape a helpless woman? Why do we have hatred and jealousy for each other? Be honest to yourself. Do you really think from the bottom of your heart that you are God, if not completely, then, partially at least? Answer this honestly to yourself. If no, you don't feel that divinity in yourself, then, why do you subscribe to the view that God has created each and every thing?

You believe God creates and sustains everyone, then, why so many people die of hunger, why so many people are forced to live a wretched life? If, you are of view God is very kind to all, then, why is mass of our population subject to exploitation, affliction and misery? Some people put useless arguments that since we commit sin, so we face these adversities. Why do we happen to commit sin, despite being the so called children of God? Just think, think and think profoundly about this. Be honest at least to yourself. If you fail to answer this vital question, at least admit that you don't have any answer. But, most of us remain rigid to our blind belief; this is the hypnotic feeling.

Third is Actual Realization of Absolute Truth. Actual realization of Absolute Truth is possible only through direct perception by stepping into the realm of Super-consciousness. As I told you, Actual realization of Absolute Truth can be had only through direct perception of the Absolute Truth, so any discussion about it is useless, until you have realized it directly. But, you can't realize it just by listening the discourses of a Guru, or, showing incense sticks to the statue of your created God.

You will have to do some experiments yourself. A Guru can tell you only what experiments you need to do in order to have the actual realization of Absolute Truth. Be aware, if any Guru gives you readymade knowledge of it – it will be just like telling a blind man about the color of a flower. So, the description by a Guru about God will not help you and unfortunately day and night this is what is happening around us.

Coming Out of Spiritual Quagmire

When I was just in ninth class, a question sparked in my mind – If the Gods or Goddess of different religions are the absolute realities, then, how come they are confined to only one sect? As all Hindus believe that Lord Bhrahma has created this universe, Lord Vishnu sustains it and Lord Shiva destroys it; if these are the absolute truth, then, if even a Muslim or a Christian tries to explore this the genesis of this universe, he or she must come across the same facts, but, it never happens. This question was the starting point of my spiritual journey. Before this I had the same orthodox belief which every Hindu child inherits from his or her family. This question started an exploration in me. I was forced to analyze all my beliefs and my logical mind convinced me that most of our faiths are just illogical assumptions.

My neighbor used to organize 'Satyanarayan Puja' every month. The priest would narrate the story (Katha) of Lord Satyanarayan (A Hindu God). When I heard the Katha thoroughly for the first time, I was amazed to see the whole story preached about the generous donations to Brahmins. It lures as well as inflicts a fear in innocent devotees that if they organize 'Satyanarayan Puja' at their home, it would bring prosperity to their houses. There are so many examples given in the story that the person who did not organize 'Satyanarayan Puja' despite of having made a promise to do so, they ultimately lost everything and they had to live a wretched life. I was really shocked to learn all these. I thought even if somehow Lord Satyanarayan is there in reality and if he is so vindictive that he punishes those who deny to worship him, he is certainly not worth being worshiped.

Then, as I grew old, I saw the real face of religion in the society. How every year there used to be horrible communal violence in the society just in the name of religion; how the poor were exploited, using religion as an instrument, how society was deeply divided on communal lines. Seeing all these, I developed a serious doubt in my mind about the existence of God. Most of the blood-shed took place on earth just in the name of religion.

When I came in tenth class, I came to know about Marxism. My perception about the religion matched with the dogma of Karl Marx. Real miracle happened when I happened to read one article of the then very controversial Spiritual Master – Osho Rajneesh. The title of the article was “God is the creation of man”. This title startled me and when I read it thoroughly I was really impressed with the very logical explanation by Osho. Then, I read Nietzsche and so many great philosophers of the world. It always amazed me to think that God is the Ultimate quest of the mankind and to discover the ultimate truth it needs a very burning curiosity and a sharp analytical mind; but, as far as the mass is concerned they don't have that sense of exploration and inquisition. They have never taken pain to explore the truth, then, how the mass can be theist? Only a very very few people should have been theists, had they taken the pain of undergoing the rigorous process of exploration.

How one can be a theist, without the realization of 'God'? The induced hypnotic belief can never be the basis of real knowledge. When I made further investigation into the mind and heart of people, I came to know in a very crystal clear terms that a common man's belief in God is just the outcome of fear, avarice, inertia and delirium. God, for a common man, is not a subject of quest and exploration; rather, God is an instrument for them for the realization of their vested interests and fulfillment of their hopes and desires. If you go to Siddhi Vinayak Temple in Mumbai in general days, it is always over crowded. People have a belief that when there is solar or lunar eclipse, your prayer is not fruitful. So, nobody goes to the temple when there is a lunar or solar eclipse.

A common man is so un-conscious that he or she is not aware of even this fact that how he or she is using God as a tool for his / her consolation, fulfillment of his / her hopes and desires.

The path of search of Ultimate Truth is very painful; that's why, most of the people follow the path of belief. Following the path of belief means that you shirk the responsibility of taking the burden of search. Then, how can you claim of having realized the truth just on the basis of borrowed belief?

Since most of the so-called religious man is not sure of the reality of his belief, that's why, they try to convert others into their own belief system in order to reinforce and secure their beliefs. These all are just the play of unconscious mind. Just think about the height of unconsciousness. They were the so – called theists, not atheist, who crucified Jesus, who gave poison to

Socrates.

Anyway, the simoom which I had in my heart and soul to unravel the mystery of the greatest mystery that we call God, made me wander a long way on the path of search and exploration. My actual spiritual journey started when I had started different meditation techniques to transcend mind and to step into the pure consciousness zone of silence. My knowledge of Quantum Mechanics and the background of science helped me a lot in the realization of Truth. It had been a very long painful way to have the realization of Truth. And after enlightenment when I see back the whole process of struggle for the exploration of truth, I am amazed to see how simple the truth is.

Truth is always simple and that is its beauty. Because of our unconsciousness and conditioning of mind, we fail to see and realize the truth in its simplicity. Truth is very simple and to realize truth, you also need to be honest and sincere. Since, you are complicated because of your undue desire, that's why, you fail to realize truth in its simplicity. Truth is very simple, but people, particularly so called spiritual gurus or masters, they have made it complicated just for the sake of their marketing and vested business interest. Simplicity of truth challenges their relevance and utility of as a Guru or master. In fact, guru is not required. You need to be your own guru, your own master. Unless and until you have the capacity of being your own master, you can never search and find a right master for yourself from outside world. Today most of so-called Gurus have created their business empire, they have been minting money. And you are so blind that you fail to understand a very simple thing. These Gurus preach you about abstinence, contentment, simplicity etc. and they themselves are minting money. They may remain naked or in simple clothing, but, they enjoy all luxuries, they travel in expensive luxury cars.

Why are you so blind that you fail to see their sanctimony? These Gurus have created a vast spiritual quagmire of false hopes, assumptions, beliefs, rites and rituals and it is very difficult for even educated people to come out of this quagmire, not to talk of the lay man.

Truth always liberates. Your so called spiritual knowledge creates bondage for you. The only acid test of truth is that it always gives you freedom. If your knowledge does not do so, it means you are the victim of false beliefs. Most of the so called theists whether they are Hindus or Muslims, they are bounded to remain so. Tell me how can knowledge create a bondage for you? After I realized God, the ultimate truth, since then I have no more been either a Hindu or

Muslim or a Christian. I don't belong to any religion and at the same time I enjoy all religions. Do you have the same freedom? Analyze yourself honestly. Free yourself from the thick quagmire created by all religious institutions and Gurus. Then only, you can enjoy the open sky of vast pristine glorious truth.

Some fundamental questions for proper spiritual exploration

On the path of spiritual exploration our spiritual beliefs are the biggest barrier; because through our beliefs we in-fact don't discover the real God; rather, we invent superficial God. Since these invented superficial gods are based on beliefs and every society and human race has different beliefs, hence these invented gods differ from each other and we get indulged in violence in order to impose our invented god onto others. Communal riots, Talibani terrorism, World Trade Tower devastation, bloodshed between Christians and Muslim fundamentalists etc - what do all these things show? It simply shows that we have not discovered and realized ultimate absolute truth. We project our conjectures as expression of ultimate eternal truth. Forget about these religious fundamentalists who have been groping in dark. Even those people who have some spiritual realization, they are not very much clear on following spiritual questions.

If you are a true spiritual seeker, just introspect your spiritual knowledge on these following questions that whether you have very much crystal clear realization of absolute truth on these following points or you have just borrowed some beliefs from your gurus or scriptures. You can't have perfect liberating enlightenment unless and until you have very crystal clear realization on following aspects:

Questions:

1. If some extra-terrestrial super-power called God takes care of all gentle, kind and honest people as every religion believes, then, why God did not save Christ when he was being crucified?
2. Is there thought, thinking, perception and consciousness available beyond the realm of living beings?
3. Does actual God have mind, plan, thinking process, emotion and intelligence?
4. Every religion teaches of total surrender before God. If we really surrender ourselves totally before God, then, can we get our desire fulfilled? In this case of total surrender

when we even give up our desire, how we will verify that total surrender has resulted in the fulfillment of our desire? Or, this is the path of just complete sacrifice of our desire?

If anybody is able to give up all desires perfectly, then, why does he need any God? Because now he will be totally free from all problems, tension and frustration of not getting his or her desire fulfilled? Is it possible for a man at lower consciousness to perfectly give up all desires?

5. Are we really pre-destined; or we have some free will?
6. Does world exist beyond our mind?
7. Can prayers by others change my reality?
8. Whether each and every thing and being in this cosmos has some purpose? If I cease to exist, will it change the ultimate reality?
9. Can a perfectly enlightened man in the state of super-consciousness be action oriented and indulge in war like as we have seen in Mahabharata Krishna passively participates in war; or Prophet Mohammad wages war with non-believers?

Here I am not giving any view or comment of mine, so, please, don't brand me as in opposition to Lord Krishna or Prophet Mohammad. I have got utmost reverence for them. I am just asking for your opinion, because if you really deliberate on this question objectively and comprehensively, it may take you to the realization of noumenon behind all phenomena making you realize the totality of truth.

10. What is the actual reality? To have spiritual enlightenment, we firstly need to give up our all negativities; or reality is other way round – when we are in the state of higher consciousness, all negativities become impossible? If first case is the reality, then why do we need to seek God when we are already free from all negativities?

If you think that you are really on the path of true spiritual exploration; if your goal is nothing less than realization of ultimate, absolute, universal, objective and eternal truth, then, you must sincerely ponder over these questions. I have interacted with so many spiritual masters, but, I have found most of them are having just conjectures on these questions, not the direct crystal clear realization of the truth.

**Does your knowledge of spirituality
make you light and playful?
Or, it makes you a serious person?**

Let me start with a real incidence of my life. I came across a very intelligent woman during the course of my spiritual interactions with people. The language that lady speaks, makes her appear quite intelligent. Her pursuit of knowledge and way of thinking makes me have an opinion that she is the epitome of sheer intelligence. When I look at her, I feel a divine light coming from infinite and grazing and illuminating her entire being. Just a gaze at her makes me expand in infinite beyond the beyond of all confining periphery of the existence. Just visualizing her in my mind, makes me feel a divine light emanating from her being, envelops and shrouds me, bring my all sense of perception to a complete standstill. To me she is the epitome of divine beauty, brilliant illuminating light of intelligence. Anyway, this is any perception, my problem (benediction), so, I don't wish to burden you anymore.

Let us come to the main issue. Being charged with my perception, I wrote to her "I appreciate and admire your spiritual maturity and intelligence". But having been conditioned in her stereotyped Indian style of action and reaction behavioral pattern, she wrote back to me, "What is the meaning of your message? What do you mean?" She was a little bit aggressive.

Again I visualized her, felt that she is frozen in her consciousness.

This incidence made me think – What is the parameter of judgment whether a person is on the right spiritual path or a wrong spiritual path? I would like to put my answer as following:

If your spiritual pursuit makes you playful, it makes you expand in the infinite space of cheerfulness, you are on the right path. And if your so-called spiritual engagement makes you a serious person, if it confines you in a fixed pattern of behavior, making you a material entity, then, you are certainly on a wrong path. If your spirituality makes you traditional stereotyped

person, then, you need to have a crude honest investigation of all pros and cons of your realization and if your spiritual exploration makes your every moment a nascent, fresh, chirping and smiling spirit like Krishna, then, be sure that God has got imbued in your being; you are the manifestation of divinity. If you can't tolerate appreciation, then, how will you tolerate sheer criticism? Even Jesus had to be crucified.

A spiritual person is beyond the selective judgment. Spirituality makes you accept everything. It makes you Shiva who accepts even poison; it makes you Socrates.

O beautiful divine lady, I am in love with you. I am such a person who every moment be in love with every person (you may read it beautiful women). That's why, I happened to write a book titled "In love with all beautiful women".

Dedication and gratitude:

I dedicate this article to my beautiful Ex-wife who took the pain to type this article, as I am very poor in typing. I wrote this article in the morning at 5am, so, I could not have got it typed by my staff. I really admire my beautiful Ex-wife who had great courage and stamina to tolerate such an idiot like me.

Do you live your life? Or, your life lives you?

Most of people are having ignorant belief that they are living their life happily or with problems. But, when you look into their reality deeply, you will come to the conclusion that it is their lives that are living more than 99.99% of people on this earth.

What is the meaning of life living a person?

As most of us are concerned, how do we have certain perception of living our life either happily or with some tension and problems? It is limited field of consciousness in us, which perceive the perceptions we have when impulses received by our sense organs including our mind from outer or inner stimuli from our surrounding or from within our body are processed by our brain in the form of certain deterministic patterns. When these deterministic patterns are exposed to our consciousness, our consciousness decodes the meaning of these patterns and sends the meaning to our brain and our brain operates accordingly. If the consciousness interprets these deterministic patterns developed by our brain as positive, we become happy; and when the consciousness interprets these deterministic patterns developed by our brain as negative, we become unhappy. Our brain translates the interpretation given by our consciousness in form of thoughts and these thoughts are so powerful that they possesses our entire body-mind system in their clutches and this way we lose our free existence as we remain oblivious of our original existence free from the effects of thoughts in our mind.

So, even if you are happy or unhappy, in both ways you have been possessed by your mind having relevant thoughts and these thoughts had possessed you completely. This way you are a slave of your mind. Your mind craves for positive impulses and it keeps dictating you and making you run from pillar to post in search of happiness. But, even if you find happiness by having positive impulses, you are still a slave of your mind as you don't any freedom of having your own choices. Your mind exercises choices, not real you as your whole perceived existence have become a tool of your mind.

Your real existence is in the domain of your consciousness, the pure awareness. In normal course, you may be cognizant of yourself; but you are not conscious of your actual self. Cognition is a very gross and elementary level of Consciousness. This way your mind is living you, no matter, you may be a very rich, powerful, wealthy and famous man. Even in this case you are devoid of your freedom. The moment your worldly possession, prosperity, power, fame, relatives, friends leave you, your life becomes a hell. In both the cases when you are either happy or unhappy, you are the prisoner of your mind. Your mind rules over you; you are not in the control of your mind. Your mind enjoys your being; your being doesn't enjoy your mind.

When you are possessed by your mind, you are governed by desires, emotions, lust, attachment, anger, envy, hatred, appreciations by others, fame, relationship, worldly social conventions, your beliefs, thoughts etc. You behave and react according to the conditioning of your mind. So, in fact, your mind is doing everything and the consciousness in you, which is an instrument bestowed by God in you to feel infinite eternal divine bliss is tortured by your mind as it does not get opportunity to feel the actual divinity. This way, you fail the very scheme and purpose of God to create you. God succumbs before your ego and ignorance.

Now, try to understand what the meaning of you living your life is. Now, try to understand this esoteric truth through an example of physics experiment. When you keep two mirrors parallel just opposite to each other, infinite images are formed in each mirror. This fact can lead to the realization of God, the infinite, the eternal bliss and supreme consciousness.

God is a very homogenous field the infinite eternal bliss and supreme consciousness free from all deterministic patterns and this field pervades everywhere through-out the whole manifested and yet to be manifested existence. God is not a super human being controlling each and everything. Had God been a super human being controlling each and everything happening in this universe, then, there would not have been any violence, human cruelty, exploitation of poor, misery etc.

We are not able to experience this Godly field because the limited consciousness of ourselves is always busy in decoding the deterministic patterns developed by our brain through the inputs of stimuli collected by our sense organs and mind. Our limited consciousness is never free; it is all the time shadowed and clouded by our mind. But, if we anyhow either free our consciousness or expand it, then, it will get exposed to the omnipresent infinite field of God and

we will happen to realize the infinite eternal bliss and beatitude, the inherent reality of Godly field. This is the state of Super-consciousness which is free from all deterministic patterns. When you realize this state of Supreme-consciousness, you feel- 1. An unknown infinite peace, bliss and joy has transcended in your being. 2. You are free from all desires, negative emotions like fear, hatred, grief, anger etc. 3. You realize eternity as time ceases to exist in this state. 4. You feel that you exist in each and every bit of the universe, or you can say that the whole existence is within you.

In this state of super-consciousness, you transcend the space-time continuum and your body-mind system which is a localized phenomenon in the space-time continuum. This is the state of ultimate joy as beyond this there cannot be a bigger joy than this. Even if you possess all wealth, power, worldly privileges and fame of this earth, all this earthly happiness cannot match the intensity of the divine bliss which you realize in the state of super-consciousness. In this state you come out of your limited self and evolve to the actual Cosmic Self, Cosmic Awareness or Supreme Consciousness.

When you realize the Super-consciousness, then, you can say that you live your life. When you live your life, the reality of your outer surrounding is not able to affect you or your inner bliss and joy. You are in your own inner intoxication of joy; you are no more dependent on outside situation for your own inner happiness. This is the real freedom. Now, your consciousness is using your mind, not your mind possessing your consciousness.

Now, the question is how to expand your consciousness or how to free your limited consciousness from your impulsive thoughts? To know this, please, write to me at swami.aaron@gmail.com

Does your spiritual pursuit leads to Higher Consciousness? Or, it leads to delirium and unconsciousness?

God is the supreme-consciousness. And the purpose of all spiritual pursuit is the realization of and evolution to this Supreme-consciousness. Now, the question is - Does your spiritual pursuit leads to higher-consciousness? Or, it leads to delirium and unconsciousness?

Before you answer to this question, first of all we must understand that what exactly the Supreme-consciousness is. Cognition and perceptions are the elementary form of consciousness. Thinking and creativity are the next level of consciousness. But, these two levels of consciousness are gross levels as these two levels of consciousness are available in every sentient being. These two levels of consciousness are available in even animals too to some degree. Self-awareness is the higher form of consciousness which is available only in spiritually evolved persons. The moment you are aware of your self, your self in form of ego falls down. Till the first two levels of consciousness, your consciousness was directed outside. But, as you evolve to the next level of consciousness, your inner journey starts. The moment you become aware of your-self, your spiritual journey starts as you transcend Time. Till you are aware of your-self, you are out of the domain of time.

Even on this plane of higher consciousness, there are two possibilities. Initially, your self-awareness is localized; it is confined to a small portion of infinite space continuity. You exist within the area of your consciousness. As you grow deeper in your practice and realization of self-awareness, the area of your conscious existence expands and when you evolve to the supreme-consciousness, you pervade the entire existence in terms of space-time continuity. You are now beyond the body-mind system as well as the space-time continuum. Now, you exist everywhere in the whole cosmos, in the whole existence. You become infinite; you become eternal; you become the epitome of the highest possible bliss and freedom, you become God, the supreme-consciousness.

Now, coming back to our proposition, if your spiritual practice, this may be your prayer, religious rituals, meditation, idol worship or whatever, if these things, do not lead you to the self-awareness, then, your spiritual practice is a failure. As we proceed to the state of delirium and unconsciousness, we proceed towards the state of materiality, far from godliness.

Your spiritual practices may even become deceptive and illusionary too as they may lead you to a state of hypnosis. When you are in mental turmoil, or in daily course of our life, you are in the state of high mental frequency of your brain. Your so called spiritual practices like prayer, religious rituals, meditation, idol worship etc. change your mental frequency from higher to lower. The lower mental frequency of your brain gives you a feeling of comparative peace, tranquility, contentment and may be happiness too. But, you have not yet begun your actual spiritual journey. This journey starts when you become self-aware. Though, this lower mental frequency of your brain is the first pre-requisite of the spiritual journey as it is easier to be self-aware if your mind is calm. But, most of people are contented with just the first step of the feeling of lightness only. They don't proceed forward for actual spiritual practice and journey. Moreover, this feeling of lightness is momentary and it does not bring any transformation in your being and consciousness level. After some time you get back in the same mental disturbance and turmoil. **This first state of lower mental frequency of brain is just like a double edged sword. It may lead you to the higher-consciousness; or even to the state of delirium, unconsciousness and hypnosis too.** It all depends upon your knowledge and understanding of right spiritual path and goal.

Unfortunately, most of religions come to stop at this very first step. They don't proceed towards the realization of the ultimate goal of Supreme-consciousness because of the lack of the crystal clear understanding of spiritual exercises. Because of this lack of the crystal clear understanding and realization of spiritual goal, most of the spiritual seekers just remain sectarian, within the realm of unconsciousness and delirium.

Remaining stuck to the first step only has one more a very dangerous repercussion. It creates attachment with falsehood. It creates attachment with the path and the instrument of your spiritual tools itself. That's why, you see bloodshed caused by different religious groups in the name of religion. In maximum cases, the religious practice till the first step only creates more unconsciousness, fear, superstitions and finally a very strong delirium. It means that your

religious practices have become a shackle for you, which could have been an instrument of liberation. All around I see most of people indulged in their religious practices, but, there is no blissful transformation in them. Rather, they become more fanatic, sectarian and fundamentalists in their religious dogma and idealism. This has been the most pathetic aspect of religious practices all around the world.

If they proceed to one more step ahead to the realization of infinite self-awareness, they will lift themselves as well as to the whole humanity beyond the dividing lines of religions, caste, creed, nationality, regionalism etc. The realization of Super-consciousness creates true unity with cosmic consciousness. Now, it is up to you to ascertain where your spiritual practice stands.

Why are you just a Hindu, Muslim or a Christian?

Manifestation has a very important attribute – i.e. paradox. Manifested reality needs a contrast of opposites for self-expression. On the one hand as consciousness is a very glorious attribute of the human race, on the other delirium and ignorance too is very stark reality of our existence. Religion which is meant to be a vehicle of ultimate liberation, because it claims to give you the realization of the Ultimate Absolute Truth and truth always liberates. But in reality, if we see in our society religion has become the strongest bondage of the mankind.

Even if a person is an atheist born in a Hindu family, he remains a Hindu. He forgets about his atheism at the time of marriage of his or her son or daughter. Religion has possessed our subconscious entity so strongly that the so called enlightened spiritual leaders also remain confined to the cocoon of their religious sect. Enlightenment means the stage of ultimate liberation from all sorts of bondages. Then, how an enlightened master can remain subject to a deterministic pattern of a certain faith or practice?

Enlightenment happens in the state of zero, when you transcend the domain of your mind. The moment you step into the zero state of your mind, you expand into the entire existence, you belong to the entire cosmos or the entire existence belongs to you. Both are one and the same thing. And in this state you come out from all the deterministic patterns of material manifestation. Only a partial reality can be deterministic. The wholeness, the absolute total truth can never be deterministic, rather, it annihilates all determinism in its own entity. So, all the so called religious masters who are confined to a particular sect, or who represent a particular sect, or community, I doubt their enlightenment. Or, may be, they lack the courage to speak truth before the orthodox society, despite being enlightened. Even if they do so, it challenges their spiritual maturity and the degree of the realization of truth.

Sometimes because of our vested interest and ignorance we fail to understand very simple realities which even a child can understand very easily. All religions have some very beautiful methods of spiritual realization of Absolute Zero or the wholeness and totality of the supreme existence, then, why should we restrict ourselves to the method of only one sect? Why should

we confine ourselves to only one community? Why should we label ourselves just as a Hindu, a Muslim or a Christian? The end realization is more important or the method? We, because of our gross ignorance, have stuck to the method and forgotten the ultimate purpose. Through, your conditioned mind you can never realize the unconditioned supreme reality. So, I urge the humanity to shed its impotent pseudo intellectualism and proceed towards the vast ocean of wisdom and prudence. When the whole sky is yours, then why should we settle for a narrow dirty alley of a ghetto?

Do you need God's blessing?

Or, you wish to bless God?

In spite of all advancement in our material knowledge, we have to still go a very long way as far as the evolution of our wisdom and consciousness is concerned. Because of our low consciousness, very often we do such things which are totally irrational. Or, sometimes even if we do rational things, but, its rationality is lost when we are not aware of the purpose of doing the things that we usually do. For example, during our prayer to God we show candles or lamp before God's idol; or we burn incense sticks before God for fragrance. Or, we offer food before God's idol. Do you think that God needs light; or we need light in our life? Whether God needs to be fragrant; or we need to bring fragrance in our inner life? Is God dependent for food on you; or you need God's blessing for food to be always available in your life?

Mind it that I am not criticizing these practices. These practices have some purpose. But, since you are not aware of purpose, the whole purpose of such practice is lost because you fail to transport yourself to higher consciousness. These practices are meant to transport you to higher consciousness; but you basically create more delirium within yourself through these rituals because of the absence of clear understanding of the real purpose of such rituals.

Moreover, because of the absence of the understanding of the purposes of such rituals, we perform such rituals for wrong reasons. For example, when we have to do something illegal, we perform such rituals for having blessing of God for our success in our wrong endeavors. In ancient India, there have been rituals of sacrificing of human or animal's life before the idol of God or Goddesses for the success of mean material goals. Some robbers pray before God for the success of their robbery. Political leaders get religious rituals performed by priests or astrologers for winning elections.

When you burn candles or incense sticks for fragrance, it activates your brain creating an environment of silence in you. But, are you really being able to be silent in your within? Or, for whatever purposes you perform your religious rituals, are you even having crystal clear awareness of the purpose you have in your mind? Just have an honest introspection if you really wish to proceed on the true path of real spirituality.

Beyond Your Worldly Intelligence

If you are in your center, you will be in bliss; if you are meandering in periphery, trying to expand your periphery, you are far from bliss, and you are always stressed, depressed and agonized. Happiness exists in the center, at the core, while stress is always inherent in the periphery, because periphery itself is a separation from the core. Though, stress inherent in the periphery is a restoring form too, because that ultimately makes you put efforts to explore and move towards your core. All worldly knowledge is the effort to expand the periphery.

Now, what is the ultimate destination of mankind- the periphery or the core?

Primitive man existed in the core; hence, they were more close to nature, free from stress, tension, worries, depression, etc. Modern man expanded the periphery, accommodating all modern comforts and luxuries of life. We have comfortable beds, air conditioned rooms, but, we don't have natural sound sleep. All the times we keep doing calculations. In fact modern man has become an automated calculating machine. His every move is a calculation. Now, we don't do research about diseases and its cure to make humanity free from diseases, rather, we do so in order to have patent rights in our names and thus have maximum financial returns from it. Now, we organize music concert, the purpose behind is money, not enjoying the bliss of abstraction. Every day we have been we have been becoming more and more prosperous, but, at the same time we see that happiness has not been increasing in the same proportions. On the contrary, violence, hatred, anguish, incidents of suicide, divorce has been increasing in phenomenal proportions. Through our every effort we endeavor to reach happiness, but, we land somewhere else.

Now, there arise two questions-if the primitive man existed in the core and they were far from all tensions, stresses and frustrations of life, then, why did they need to move from the core? Because they were confined in core, in delirium, in unconsciousness and the modern man too is constantly constrained to live at threshold because of unconsciousness only.

The right destination of mankind is to live in the consciousness, making core everywhere in every part of the existence. The moment you get established in the consciousness, you exist at your core, making core existing at every point of the existence. This is the miracle of consciousness. If you are at core but unconscious, then, you are confined to a point. Though apparently you may appear free from stress, tension, anxiety, you are still deprived from bliss, the nectar of this magnificent divine existence. Living in unconsciousness is like living in the dark. In fact in unconsciousness, you are deprived of life itself. You are reduced to a living system, a living machine. You become happy sometimes, you cry sometimes, and in both these situations you get possessed by these impulses. You lose your ability in unconsciousness, in core though you may be free from the tensions of day to day life; you are not free from the dangers of life that challenges your survival.

The primitive men were free from today's complexities of life, but, were affected by deadly diseases, natural calamities and disaster etc. They were deprived of comforts of life as well as bliss of life. Modern man has made the way to live life comfortably in the physical level. But, at the mental, emotional and spiritual level they have become bankrupt. They are not living life, rather, life is living them. Both ways you miss the glory and bliss of life. Hence, ultimate destination of mankind is super – consciousness. You don't have to become devotee of God, but, rather you have to develop God in your every bit of your existence.

Do you really have the courage to live your 'Self'?

The whole ambiance is shrouded with thick layers of fog and mist. The gap filled with this cloud of fog between the two rows of trees, seems to be going to an unknown world, pulling and carrying me to a new space where I find myself, just myself all around. Of course, this multiplicity of me is an illusion in full awareness; but, I enjoy to be hypnotized with this illusion. What is the difference between the illusion and the reality? Just of the perception only. When you are unable to have the perception petrified in gross, it may be an illusion. For the world, the perception of subtlety is illusion and the solidified perception of the crude and gross, the world considers it a reality. What a paradox? No, maybe I am wrong; but, I enjoy being wrong.

When my illusion of multiplicity of myself subsides, I find myself shrouded by space. A space, open and empty! In this space, there appears a shape, a very delicate feminine shape with beautiful contour which defines a woman from the world of dream. A pretty woman..... . My physical body is getting stretched to interact with this woman of the world of dream and effortless fantasy; my mental body is trapped between the act of interaction and watching. And my core..., may be it does not exist for the time being.

Anyway, I close my eyes, but, I find the woman dissolving in every bit of my being – my physical being, and then disappearing in a tunnel inside me. She.....? I watch unconsciously in delirium. Watch what? Oh, ignore it. She has disappeared in the tunnel inside me. Again the empty space! The space which shows my true 'self'. My 'Self'..... a being in whom many dreams float, a writer in whom words float and blow in a three dimensional space! My 'Self' a being in whom a woman, no women from the world of dreams appear and disappear. The world of fantasy in delirium! My real world May be, maybe not.

Now, the space around me pushes me to the present of harsh realities. I get to see time in my wrist watch. Time now to prepare myself for my office; Office... a place of routine, lifeless mundane mechanical works. What to do? To be a slave of the practical world? I make myself sit in the car and start it. The car accelerates and starts running. The whole surrounding also has

started running back. May be my 'Self' is also running away back, leaving me, leaving me.....
Do we really have the courage to live our 'Self'?

Take benefit of sorrow and pain in your spiritual evolution

Watching the watcher is spirituality and watching the watched is the worldly journey. When you watch the watcher, you evolve from your limited self to infinite Self. This Self is the totality of existence which contains everything within; it contains the creator, creating process and the whole creation. This Self is actual God, Infinite, Eternal and the Ultimate of all Ultimates. Nothing lies beyond this.

In our daily course of life, we are always focused outward. When our consciousness is engrossed in outside reality most of the time, we are at the lower level of our consciousness. When we are utterly biologically happy, most probably we are unconscious of ourselves in that moment of hormonal happiness. But, when we are in grief and sorrow because of emotional and physical pain, diseases, financial and social insecurity etc., we get the opportunity to understand the limitations of outside world and all material things. This sorrow, misery and pain propel us to look back inside ourselves.

And if we are intelligent enough, we finally begin our inner journey to delve into the infinite world of consciousness. Though, because of our limited intelligence we crave to remain engaged in our outside reality and try to preserve our outer world and when we fail to do so, then, finally either we accept our misery as our destiny; or if we are intelligent enough, we try to explore the deeper truth of our inner and outer existence. If it happens, then, the same sorrow and misery enhances our sensibility and perceptibility enabling us to realize the ocean of infinite bliss inside our own being.

In this course of exploration of truth, we realize that all outside happiness are firstly hormonal, limited and shallow and most importantly based on certain conditions. When this condition changes, then, our perception results in mental and emotional turbulence. When we realize the limitations of our mental realm i.e. the outside world, and if we succeed to delve into the world of higher consciousness, we discover the true treasure of our existence i.e. the infinite eternal field of supreme-consciousness. Once we realize this divine realm of super-consciousness, we

realize the ultimate infinite and eternal bliss, joy and freedom for which we are no more dependent on any outside reality. This treasure is within us. We don't even need to go to temple or church to beg for our happiness to man invented god and goddesses. Now, we are free; utterly and truly free. The whole sky of joy, exuberance, bliss and beatitude is totally ours.

From the above explained description you should not conclude that for the realization of higher consciousness, misery and sorrow is essential. No! Misery and sorrow just forces you to have a break from the day to day ruts of the outer world and go inside your being. If you are intelligent enough, then, you go for the exploration of deeper truth of the existence even when you are not facing any serious problems in life.

So, if there is any grief, sorrow or problem in your life, take benefit of this situation. Go for the inner journey to the self and find out the treasure of infinite eternal divine bliss. Just discover and realize your true self, the true essence of the existence.

Why do good people lag behind and mostly remain unhappy in world?

When I was in 8th standard, I had written a poem titled “O God, I hate You”. That time, since, I was a child, credulous to believe anything very easily without doubting anything; so, I was innocent in my belief in God that God is omnipresent, omniscient, omnipotent but very kind and just to everybody as was taught to me. That time I had the same concept of God as God is a very powerful entity, without His mercy nothing happens.

At that point of time, I had a belief as imposed on me by my family and society that we should be a good person in order to live a happy life; happy people are sent to heaven after they die. I was told that bad people are punished by God; they go to hell where they are scalded in a cauldron full with boiling oil.

But, I was a keen observer and had developed the skill of fundamental thinking in later years to come. When I started observing the reality of the society, I had discovered that most of the so called good and honest people were always under one worry or another. They were not so successful in the society as corrupt bureaucrats and politicians were.

Rather, I saw that gross, insensitive and ignorant people were happier than so called good people. I hardly found any cruel, gross, apathetic and insensitive people ever sad and upset; though, they could be angry, fierce and quarrelsome. So, does it mean that we should not be a good person? What is the reason that good people are more prone to be unhappy than the blunt people? Are gross and blunt people more privileged than good people?

Good people are generally good hearted, more sensitive and sensible. Their ability of perception is generally better than that of unconscious and blunt people. Since, they have finer sensitivity and have the ability to understand and feel the subtleties, so, when they are exposed to positive and negative things around themselves, they are affected by both things. When they come across positive things like art, literature, music, philosophy etc, since they have finer perceptibility and capability to understand the finer nuances of these things, so, they can enjoy

themselves thoroughly through these aesthetics. Gross and blunt people don't have these privileges.

Moreover, when good people are happy because of their perception of aesthetics, the quality of their happiness is totally different than that of gross and blunt people. When gross and blunt people are happy, their happiness is hormonal, hence shallow, conditional and transient. Their perceptions lack the element of consciousness. They are just biological robots and grossly programmed biological machines. They are not even worth of being called human beings. While, the happiness which more sensible persons feel, it is quite enriched and of finer quality. Their happiness is not just hormonal, rather, it is the reflection of the consciousness too; hence, more divine if consciousness is inherent in their perception and realization.

Since, good people have finer sensitivity and perceptivity, so, when they are exposed to negative things, they are easily affected by these negative things too, hence, they appear to be unhappy. Gross and blunt people don't have finer ability of perception, so, they don't even feel the negative things in their environment; hence, they are not affected by negativity. Their chance of getting unhappy is lesser than that of good and sensitive persons. But, it does not mean that gross and blunt people are more privileged. They are quite lagging behind on the path of evolution to higher consciousness in comparison to nice, sensitive and good human beings. Moreover, the unhappy situations for good sensitive people may be an opportunity for them to have a quantum jump in divine bliss and super-consciousness. Because of this reason only, Gautam Siddarth could become Lord Buddha.

So, good sensitive persons, though, in this mundane world may be more prone to unhappiness than blunt people, but, if they develop the ability of self awareness which is the state of higher consciousness, they have better chances of being Buddha. If good and sensitive persons are intelligent, they could enjoy even negative situations of life. This privilege, blunt people don't have.

Here, you must understand very clearly that just being sensitive and good at heart is not enough. You must have the power of consciousness too. Power of consciousness means the ability of being self-aware; it is an inward process. While, being sensitive is the ability of being aware to the outside world. Finer sensitivity makes you able to have cognizance and perception of even subtler things of the outside world. Higher consciousness makes you to be aware of your inner world all the time.

If are just sensitive only, you will be easily affected by your outside situation or reality. Outside situations will possess you better; you will lose your actual entity; you will remain just an instrument of perception and manifestations of those outside factors onto you. Just being sensitive only and not being aware of yourself intensely will make you a loser in the mundane world; because you will just become a prisoner of the outside world. The key of your happiness will remain in the hands of other people. Your mind will be your master. And your sensitivity will be your disqualification; just a burden for you.

But, if you are empowered with the ability of higher consciousness, means the ability of being aware of yourself, your inner dynamics, then, the outside situations will not be able to affect you so much. The state of self-awareness will make you dissolved in divine bliss and ultimately, be Buddha. The key of happiness will be there in your hand. Your mind will at your command. We will be the master of yourself and your mind too. And then, you will be in the position to enjoy your fine sensitivity. Fine sensitivity will be your qualification and asset. So, my dear friend, be sensitive but, at the same time self-aware too to rule the roost.

Now, let us come to the question that why good and sensitive people lag behind in the world, why they are not as successful in the mundane world as they gross and insensitive people are. This observation may be true in materialistic terms; but, success can not be defined only in terms of material possession. Actual success is whether you have been able to live life as you wished to live. Actual success in life is whether you have been able to explore the finer aesthetic realms of this existence or not. Actual success of human life is that whether you have been able to realize the Ultimate Infinite Eternal Bliss of this universe or not.

Gross people have only one business, i.e. to earn money, power and fame. That's why, they are ahead in material possession and worldly affairs. But, in reality, they are big failures. They are just the play of hormones and mind. Outer realities define their existence. From inside, there are devoid of substance. In fact, their biological body including mind and outside situations live their life. They are just a pawn of situations.

Good and sensitive people having understanding of finer aesthetics have their own priority than to just earn money. They have to enjoy art, music, literature, philosophy spirituality etc. they are

busy in living and enjoying their life, rather than trying to remain just alive like gross and sensitive people.

Whether you are successful or not, it depends on only one fact that whether you have been able to explore different finer dimensions of life or not, whether you have been able to live your life with perfect awareness or not; whether you have been able to realize the Ultimate Bliss of the Supreme Consciousness or not. Good and sensitive people have better chances to realize all these than the gross and insensitive people have. So, even if you have been lagging behind in the worldly affairs, don't bother about it. Just see whether you have been able to pursue your inner world or not. That is the only success.

Feel privileged if gloom and sorrow has descended in your life

You had been living a very good happy life, you had a good business or job, and your children had been going to good schools. Your wife was quite happy, passing her time by watching daily soaps, or by extravagant shopping, she had all the jewelry to show off. But, now your business has come to the edge of ruins all of a sudden. Now, you find it very difficult to pay school fees of your kids; now you are unable to pay EMI of your bank. Your life has come to a standstill. Agony, tension, depression, sorrow, pain has possessed your life. Has it happened so? If yes, don't lose your heart, don't panic at all. You may be a privileged one whom God has chosen to communicate with.

Now, analyze your previous life. Though, you were happy, passing a good time. But, life was just happening, or you had been living life with your mastership over it? Did you have time to live your individual life? Did you have space and time that was meant for just you? Had you been living a conscious life or you were just absorbed to live your so called happy life unconsciously? Just think, have an honest introspection and retrospection of it.

If you had been living a totally unconscious life, you had been then wasting it; and you would have wasted it completely, had there not been a sudden change in your pattern. God, the nature, the conscious existence wants you live your life profoundly with a profound bliss. Earlier, of course, you were happy, but it was shallow and this was the height of unfortunate that you were not even aware of it. You would have wasted this precious life living unconsciously with shallow pleasure. Your happiness was just hormonal. You were deprived of the profound bliss which this kind of existence wants to bestow onto you. God wants you to be profoundly blissful eternally. So, S/he has applied a break on your blindly running vehicle of your life. In fact, earlier you were not living; rather life had been living you. But, just because of inertia and delirium you wish to continue in the same rhythm.

Remember, inertia is the inherent property of matter. Do you wish to live your life like a matter? No, God does not want you to be just a matter. He has given the glory of consciousness, and you want to waste it? You want to waste his grand scheme for you?

Come out of your deep slumber. Awake, awake, O man, awake! See the beauty of nature; the sun has come to the zenith and moving towards the horizon with its majestic horses of golden rays. Wind is oscillating, birds are chirping; flowers are dancing in its full grace. The whole existence is celebrating its divine pristine beauty.

Why are you forced to live a wretched life of a laborer – getting up in the morning, rushing to your jobs and business and getting lost in the crowd? You are the part of the Divine, the Bliss; why will the divine let you keep running blindly in intoxication? No, God wants you to be tremendously happy.

So, now, you need to explore the noble divine dimension of your life. The change in your spectrum is not an adversity; rather, it is a great opportunity for you. Now, forget the worldly affair and discover your real self. So far, you have lived on outer periphery; now, go to your core and discover the vast, the source of eternal divine bliss in you. You are privileged that God has taken care of you. God has selected you to aboard his dazzling chariots of consciousness. Have a flight to heaven of divine eternal bliss and beatitude.

Making yourself free from slavery of brain hardwired & programmed by nature

When we think of slavery, we immediately visualize slavery by outer force, factor or situations; but, the inner slavery is more dangerous and enslaving than outer slavery. Most of us are enslaved by our own beliefs, dogmas, confining religious practices, our own attitude, taste and preference, whims of mood, instincts and the whole domain of mind.

Out of the above mentioned enslaving factors, some are caused by our social and climatic environments; while, some factors, particularly our inner instincts like lust, jealousy, hatred, anger, greediness, ego etc are programmed by the process of evolution of nature. The factors of outer slavery can be managed and controlled as our individual and social intelligence evolve with the passing of time; but, as far as our inner factors of slavery are concerned, most of people remain enslaved till their death as these factors are deeply embedded in our psychic and genetic constitution. So, this is the worst kind of slavery as it confines and restrains you in a certain kind of behavioral patterns. It robs you of the opportunity to explore and enjoy the whole sky of freedom and joy.

Now, let me make it clear that when I say hardwired brain programmed by nature, what I mean by it. There are some many situations in life when we immediately respond and react to our situation in a certain fixed manner without even thinking about them. Let me give you some examples of it:

1. When we come across attractive persons of opposite sex, we immediately develop lust for them. There starts turbulence in our whole body-mind system creating a strong desire to get into interaction with those persons. Our joy and freedom of being with our inner self gets disturbed. Now, whether you get that person or not, in both the cases you are a person forced to be in compromising mode.

2. When you see useful gadgets and lots of luxuries around you and if you are deprived of them, you develop craving for them. Same way your inner equilibrium gets disturbed until you get the same.
3. When you see powerful and famous people around you, you develop the same craving for fame and power disturbing your inner peaceful composition and making you forced to get engaged in the worldly rat race.
4. When you see your own people or people around you don't give attention and respect to you, you get bruised from inside of your heart and soul. When people don't give respect to you, it should have been their problems, but, unfortunately it becomes your problems.
5. Because of the dictation of your mind, you get engaged in so many activities in spite of knowing that those activities are simply waste of time, energy and resources. In spite of your inner voice of coming out of those engagements or addictions, you fail to come out of it because of the addiction and slavery created by your mind.
6. We are attached to so many material things, relationship, concepts, beliefs, dogmas etc. all these things, somewhere or the other, create bondage for us.

Like these things, there may be so many innumerable cases where our brains are programmed to behave in a certain fixed manner creating bondages for us. When you see a beautiful or handsome person of opposite sex, you start craving and heaving a sigh, here it is not your fault. You have been in fact programmed by nature for behaving in such a manner. Your free consciousness gets marooned by the deterministic patterns developed by your mind through stimuli and impulses. Actual freedom is realized when your consciousness is totally free without having any deterministic patterns; then, you are a free soul soaring high in the infinite sky of bliss, joy and ecstasy. But, our hardwired brain programmed by nature robs us of this very precious freedom and joy.

So, now the question is how to be free from the slavery caused by our hardwired brain programmed by nature. The answer is by evolving to higher consciousness. When you are at lower consciousness, outside stimuli easily possess you in its deterministic patterns created in your mind and you lose hold of your actual self. But, when you are at very high consciousness, outside or your inner mental environment fails to create those deterministic patterns in your consciousness. The reason of this is that pure consciousness is a field having zero amplitude and frequency and with infinite wavelength. So, when pure consciousness is focused on those

deterministic patterns in your mind, it dissolves those patterns and you become free from the confining possession of those stimuli and impulses.

You can do one experiment to understand this. When you touch an attractive person of opposite sex, initially you feel thrill; but now you direct your awareness on that touch, just be aware of the sensation of touch, all thrill will vanish because your consciousness has dissolved all the deterministic patterns developed in your mind by the stimulus of touch. And now you are free from the mania of sexual ecstasy.

So, higher consciousness is the only door to the infinite sky of freedom, joy and bliss. Your all spiritual pursuits must be directed to transport yourself to higher consciousness. And when it happens, you are free from all attachments and confining division lines of humanity like religions, castes, sects, nationality, regionalism etc. and you get merged with the unified cosmic and ultimate blissful consciousness. Now, you are a free existence.

Come out of the cocoon of your limited self

Have you ever thought - what is the difference between you and me, or you and him/her? Of course, you can point out numerous differences. But, basically there is no difference at all. There is no difference at all among all manifested realities of this existence. All these so pinpointed differences are there just because of our thoughts.

You are a bundle of some specific thoughts; I am a bundle of some specific thoughts. Just imagine- if no thoughts were there in our mind at all, then what difference would have been left between you and me, or you and him/her? Whatever perception you have about yourself and others, these perception are nothing, but, just thoughts only. You are so and so, I am so and when you perceive something in terms of words, it is indirect perception. A newly born child does not have any word, but, when he/she feels hungry, he/she cries. Perception is there; but, words are not there in that perception. This is the direct perception. Though, child may have very limited consciousness.

When you transcend to the highest possible peak of consciousness, you are utterly aware, but, you remain free from all words or thoughts. In this state just direct perception is there and when you are operated thought just direct perception, in that state the entire existence is just one unit. This grand unity is God which contains each and everything existing in the universe- manifested as well as yet to be manifested realities. So, the moment you land in the realm of direct perception, all is one and only one spontaneous reality. When you exist as this grand unity, you yourself are God. In fact, it is wrong to say “when you exist as this grand unity”, basically you and everyone always exist in the form of this grand totality.

Since our consciousness is limited and localized, that's why, we fail to realize this supreme truth. The world is nothing, but, is just the play of words. Just think of yourself and the entire world once again.

Have you ever felt, wondered and thought that though we are married or in relation to one person with purity and honesty in our heart, but, then also, when we come across other woman (or, the gender of your interest), we feel attracted towards them. Stereotyped approach would suggest – that happens because of lust in our mind. But, tell me who we are? We are not here as the selection of our choice. We are just one reality of this vast existence. Whatever attribute we have in our being, these are not just because of our selection. They are just there as a part of the grand scheme of the vast. So, how we are responsible for this lust? This lust may appear negative in our deterministic consciousness, but, in absolute terms, whether they are really negative? They are neither negative, nor positive. They are just as they are. Positive or negative is just our interpretation. Will you blame God for those so called negativity? Even this so called negativity insinuates to a grand divine truth that we all are just one unit a perfectly inherent unit, not just co-integrated. We are one and only one perfectly united inherent unit, not as a combination and summation of our individual localized self.

Let me share one of my real life incidents. Once I was attending Osian Film Festival event in Siri Fort Auditorium, New Delhi. There was a huge gathering of beautiful girls and women around me. I felt attracted towards them. When I became aware of this fact, I introspected myself – Is there sensuality in me? There was no sensuality in my feelings at all at that point of time. Then, I asked question to myself- Why I am feeling attracted towards these women? I thought about it and ultimately I got answer. Just then I wrote a poem titled “Ocean of Faces” expressing that answer.

Ocean of Faces

*The vast ocean of faces,
the high tide of impulses all around,
each face
despite being so different from each other,
I don't know –Why I search my face in them.*

*How strange it is –
I could not find myself in my own face,
Then, why I am looking for in others?*

*May be, individuality is not the total truth,
May be, many are present in me,
Or, I am present in many.
Every bit yearns for the whole,
that's why I search my whole face in others .*

So, if you are interested in total truth, then, come out of the cocoon of your limited self. You are basically the vast, vastest of all vasts. So, why not live the glory of that vast? But, how we can come out of our confinement? The only one way to come out from our confinement is to get rid of our beliefs. We are slaves of our beliefs and beliefs can never lead you to the realization of absolute truth. Your theism is nothing, but, just the strongly imposed belief in your subconsciousness. That way, you remain just as a prisoner and you can never relish the pristine beauty of the vast infinite sky.

Live your life king size and like a king!

What makes our life miserable?

We want to change our present situation, but, we are unable to do. We wish to live in a bigger house, in a better posh colony. We wish to buy better and more luxurious car. We wish to send our child in a better school, but, we fail to do so. We wish to buy some more jewelry, better designer clothes; we wish to change the decoration of our house; or, we wish to buy our own house if we are living in a rented one. Or, even if we are living in our own house, we wish to buy a bigger house. Or, we have to make payment to someone and presently we don't have money to honour our commitment. We wish to get our daughter or son married in a very good family, but, we are not getting a better match. Or, we lack money to arrange a decent marriage.

In short, whatever we crave to do, situations do not allow us to do so. And this makes us sad, miserable, and unhappy.

Our illusion

We think that once our desires get fulfilled, we will be free from problems; we will be free from anguish, tension, frustration etc that we have been facing because of our unfulfilled desires. But, the fact is that our life is a constant progression of desires. Our desires never come to the end finally. The infinite tentacles of desires keep us chained and keep fleecing our vital energy making us robbed of our peace, joy, happiness and contentment.

Our second illusion is that we think that we are in misery because of the outside factors and situations in our environment. **While the fact is that disturbances are within our body-mind system because of the low level of our consciousness.** When our level of consciousness is low, we are very susceptible to the outside factors as they can very easily disturb our inner equilibrium.

If our consciousness level is high, nothing of the outside world can affect and disturb our mental state. Desires make you weak and miserable. I don't say that we should not have desire; or having desire is bad. But, when our desire becomes bigger than us; then, we are certainly in a miserable state.

Now, what is the solution?

When the desire makes your life miserable; just look at yourself. Just think- You are bigger or your desire is bigger than yourself? Just watch yourself; watch your inner being! Watchfulness is a great mystery. Watchfulness is a quality of God. When you start watching what is going inside your mind, the energy of your consciousness dissolves the disturbing pattern that your thought, emotion or desire create in your mind.

Watching is not thinking. **Watching annihilates the thinking process.** Just watch yourself! When you watch yourself with your full consciousness, then, you realize how the impulses created by outside impulses used to dominate you, possess your entire being in its hold, turn you into just a biological system, robbing you of your power of a sentient being.

Just keep one thing in your mind that you are big not because of any outside factor whether they are money, power, wealth, fame or what-so-ever. **You are big and powerful because of your intrinsic qualities.** When you forget this fact and try to make yourself big with outside factors, then, you make yourself a slave of that outside factors and you lose your entity, dignity and existence. So, always remember this that what you are, you are that because of your intrinsic factors, not because of outside factors.

Reality of Bliss

Your bliss too depends on your intrinsic factors, not on outside factors. Your money can give you happiness for a moment; but, it can not make you blissful. Happiness is temporary state of your mind; while, bliss is the reflection of your ever shining soul. When you are connected with your soul, you be blissful.

Happiness is a relative process; while, bliss is an absolute state, beyond all relative frames. Happiness is shallow; while bliss is profound. When you learn the art of watching yourself, which is possible only in higher consciousness, you can make yourself blissful in any state, no matter what the outside conditions or realities are. So, look for bliss, not for the happiness of your mind and ego.

When you learn the art of watching yourself; when you get established in higher consciousness, then, you stop bothering about outside realities and outside activities happen on its own. Then, you realize that you are not a doer; rather, the nature makes you do; nature gets things done by you. You are just a tool in the whole process. So, what happens outside, you are not responsible for this, when you are no more dictated by your mind.

Keep one more thing in your mind that through outside factors like money, wealth, power, fame etc. whatever you are, you will not remain same all the time. Earlier Bill Gate was the richest person of the world; now, someone else is and tomorrow someone else will be at that position. But, once you have learnt the mystery of being in higher consciousness, you will be the most blissful person in this universe, because, blissfulness is always an absolute reality, not a relative reality; so, there is no comparison.

Only in the state of higher consciousness, you can live your life king size like a king; otherwise, if you are a king because of external factors, then, there will always be a bigger king than you and there is no guarantee that you will always remain a king. Tomorrow, you may turn into a pauper from a king. But, if you are a king because of your inner intrinsic factor of higher consciousness, you are an eternal king. So, if you are intelligent, go for eternity; go for ocean, not for a bubble in an ocean.

Unveil the Core of Yourself

What a great irony it is that we try to reach from a corner to the other corner of the world, from one planet to another planet of the galaxy; but, we never try to reach the core of ourselves. Our core, which is pristine consciousness, is hidden under the different layers of clouds. We draw wrong identity and references of ourselves from these clouds. How sad it is that throughout our lives we keep groping and wandering within these layers of the superficial clouds.

What are these layers? How these layers develop screening our real self?

These layers of clouds develop during the course of material and biological evolution. Following are these layers of clouds:

1. Basic instincts
2. Mechanical habits and automated thinking process that gives rise to desire, lust, ego etc.
3. Innate emotions
4. Borrowed and imposed knowledge which conditions our mind giving rise to social aspirations
5. Nostalgic intellectual, creative and positive emotions that give rise to subtle ego

These five layers of clouds rob us of our self-consciousness. When we are under the layers of these clouds, we are unconscious of our true selves. We are born with first three layers of cloud. Fourth and fifth layers are developed when we are in our worldly learning process. The fifth layer is very subtle and it gives rise to subtle ego. Most of the so called intellectuals, good and creative people are trapped in this layer. When we think of doing philanthropic activities for the society; despite of having positive intension, there might be very subtle ego in our subconscious mind and it is this subtle ego which may be a driving factor of having the idea of doing good for others.

These five clouds are the barriers that we need to transgress in our journey starting from the point of being a living system to being a Buddha, the epitome of super consciousness. If we see the whole process of evolution of manifested realities, it starts from gross materiality of totally inanimate world. Then, this gross materiality evolves to the biological materiality, making a journey from the world of inanimate to the world of animation.

When we are born, we are just the living system as we have limited consciousness and the self-consciousness is totally absent. We might be conscious of the outside factors or realities, but, we are not aware of ourselves. Even our ability of being conscious about outside reality is limited. As we grow, we develop ability to be conscious of more and more realities of the outside world; but, this is just the worldly journey. The spiritual journey starts, when we start developing consciousness about our inner realities, about the inner self, the core of our being.

So, life has three aspects-

1. The development of consciousness about outside world, which is a totally worldly process. Ability of this consciousness makes us living systems distinguishing us from non-living.
2. The development of consciousness about our inner world like our emotions, basic instincts, lust, ego, desire etc. When, we are conscious about these things, we become free from all these that confine us into localized events in the space-time continuum. The ability of having this consciousness evolves us from being living system to living being.
3. When we are conscious about very consciousness itself, this is a quantum jump into divinity. Here the watcher, the object being watched and the process of watching, all become one and the same. The moment we are conscious about our consciousness, we immediately come out of the confinement of our body-mind systems and pervade in the entire existence. We happen to expand till the last threshold of the universe. When this happens, we don't meet God, rather, we ourselves become God. God is what? The totality of the existence! So, in this third state, we expand and get merged with the totality of the existence i.e. GOD. This state is our true self. This is such a blissful state that nothing of the whole world, whether, it be sex, wealth, power etc can match this bliss and joy.

The journey of life

As most of intellectuals say 'Life is a continuous journey'. But, journey for what? Does the continuity of journey not mean absence of destination? If there is no final destination, then, how come it is a journey? All journeys aim at some destination; all evolutions have its finale, the ultimate evolved state. So, evolution and continuity of journey are meaningless, if life is circular. Even if life is linear, then, this journey, somewhere or the other has to come to an end. So, a perpetual continuity does not fit in the logical frame of one analysis of the absolute truth.

When I see my evolving mind, the highest possible state of consciousness seems to be the ultimate evolved reality. But, again this supreme-consciousness manifests itself in the material reality.

What is the need and purpose of this manifestation? Maybe the divine bliss is the highest attribute of the super-consciousness, but, to perceive and enjoy it, a gradient is required, which is not possible in the uniform, homogenous field of super-consciousness; that's why the super-conscious field needs to manifest itself in the vivid lower state of consciousness, so that it can enjoy the ultimate ambrosia of the existence, i.e. divine bliss. The circle of this continuous flux of metamorphosis at the periphery of our being may seem to rob the truth of eternity, but, if we remain established in the moment of 'here and now' by raising our level of consciousness to a fair extent, we may succeed in delving the ocean of eternity relishing the nectar of divine eternal bliss. So, let the natural periphery of existence churn continuously leading us to the core of our existence i.e. consciousness, so that we can enjoy the fragrance of eternal bliss.

Re-engineer the Universe within You

Let me start with one of my very old experience. During my college years, I used to travel in bus. In Delhi, during those days, buses always used to be over crowded. Though this overcrowding used to be a nightmarish experience, but, sometimes it would be pleasant too, particularly when I would have beautiful women around me.

One day when I was travelling in the crowded bus, I saw a very beautiful lady getting into the bus from the front gate. I was standing just near the first row of chairs. When that lady came near, my heart wished may that lady stand near me, so that I could enjoy the touch of her body, I could see her very clearly. Though that lady came near me, but, did not stand in my row, rather she turned back in the opposite row. Now, I could not see her as my face was just opposite to her face. But, she was standing behind me, and I could feel the touch of her body with mine. The touch of her body from back to buttock was so exhilarating that I thanked the overcrowded bus for this horripilation. I could feel that each touch of her body was just a premium event creating orgasmic sensation throughout my body, mind and soul. This downpour of ecstasy continued for near about 15 to 20 minutes.

When my bus stop was about to come, I turned back to make myself move towards the gate. As I turned back, I got shocked to see that lady was nowhere around. Rather a man was standing just behind me. The touch which made me roam in heaven, that touch was not of a lady, rather, it was of a man and I was constantly in illusion that my body was in constant touch with the body of that beautiful lady. I got disappointed to confront the reality. When I came back my home, I contemplated about it. And this incidence gave me the realization of a very important truth.

When you are exposed to your environment, your sense organs draw stimuli from the environments and these stimuli create impulses in the nervous system of your body. Your brain interprets and perceives these impulses according to its previous experiences and beliefs. So, the perception of outside world is according to your prior perception, experience and beliefs

stored in your sub-conscious mind. Your entire body reacts to the stimuli according to the beliefs stored in your body-mind system. Outside world simply creates stimuli, but, the quality of perceptions of the impulses created by these stimuli is created in your body-mind system; outside world has nothing to do with the likes or dislikes of the person. That's why you see that different people react differently to the same situations outside.

When two persons, one girl and another boy, both having same delicate palm, touch you and you are in your closed eyes, then, quality of the perception of touch would be according to the belief which you have as a boy is touching you or a girl.

All these descriptions made it amply clear that we create our universe ourselves within us. We feel the world outside, but, perception is inside. If there is no perception inside, then, there is no world outside. When we find the situation outside as adverse, we blame others. But, in fact, we are the creator of those pleasant or unpleasant perceptions.

Now, the question is whether we can create perception in the way as we wish. Or, we can at least have neutralized perception of the outside world within us, no matter the world outside is favorable or unfavorable. Of course, here comes the consciousness in play. The impulses caused by this outside stimuli create a deterministic pattern in your nervous system. This type of pattern decides whether the perception is going to be pleasant or unpleasant. Through your consciousness you can mitigate all patterns created by impulses in your body mind system. When all the patterns in your body mind system created by thoughts are demolished, then, neutralized and unbiased perception take place in you. Our perception of the world, in our lower consciousness, is totally biased, no matter these perceptions are pleasant or unpleasant. World outside is as it is, whether it is good or bad, these are our interpretations, our perceptions. So, world outside is not responsible for the types of perception we have within. Only we are responsible for it because we unconsciously add the color of happiness or unhappiness to these perceptions.

When we learn how to evolve higher consciousness, in higher consciousness, we have unbiased perception of the world. When we come to this state, then we enter the kingdom of God, in higher consciousness only we can perceive the actual world as created by God. Otherwise, because of our unconsciousness we smear our muck on the beautiful creation of God.

On The Path of Scientific Spirituality

For ages spirituality has been much talked about subject everywhere throughout the world. Everyone has been preaching as how one can realize the Ultimate Truth in order to get dissolved into the divine bliss. But, the world has not witnessed any meaningful change, maximum number of wars have been fought in the name of religion, there has not been any blissful transformation in anyone's life except in the life of a very few great masters. What is the reason?

The whole world has followed the path of words without having the spirit of search and analysis while the great masters had followed the path of action with the untiring spirit of search and analysis without much bothering about the belief of the society in present and past; hence, they could achieve the ultimate bliss. But, the mass simply opted to remain at the periphery of spiritual exercise, just listening discourses and reading scripture without trying to go into its true meaning. To them, listening discourses and reading scripture are not the ways to explore the truth, but, these are just the ways for them to earn blessings. Hence, the mass has remained groping in the dark.

Unless and until one proceeds in a very scientific and rational manner forward, one is not likely to step into the essence of true spirituality. Firstly one should have crystal clear understanding of the objective of spiritual search and should be equipped with the parameter to judge the result. And this parameter to judge the result of the whole spiritual exercise and search may be the divine bliss. If one realizes the bliss, the ecstasy from inside without any direct reason, if one feels that he has reached to the spirit of celebration, it means the path is right. If one simply gathers some more information and gets more serious, more burdened with ego in attitude and demeanor, it indicates only one thing that the path is wrong and elusive.

Now, the question is how to step into the true spirituality, how to attain the ultimate bliss, the very objective of all spiritual seeking? For this one shall have to be the part of the vast existence

because in this vast existence every object, everything like plants, trees, river, breeze, every particle is in the state of highest ecstasy except man. Because man has tried to isolate himself from this vast existence, he has tried to develop into a separate entity that is why he has got diverted from the stream of beatitude. So, if you want to attain the highest level of bliss, you will have to get dissolved into this vast existence.

But, how before death? How has man evolved into a separate entity from this nature? How to go back to the origin before death?

Man has evolved into distinct entity from the nature because the mind has become the master, it has not remained merely an instrument of perception and analysis. It has possessed man, rather than man owing it and using it as a tool of rationalization. Man has descended from the status of master to merely a slave of mind. Man has got confined to its own trap. So, one and only one way of being the part of the vast existence in totality is to attain the capability of being in the state of total thoughtlessness in complete awareness. And that is the true objective of every right spiritual path and exercise.

If one is in the state of total awakened thoughtlessness, then only, one can be the part of this vast existence again; then only, one can be back to its origin. And in this state only one can have crystal clear perception of that 'how blissful is everything in the nature'. In the state of total thoughtlessness only one can enter the kingdom of God. The true meeting with God is possible only when man gets dissolved into this vast existence.

Death does the same. But, before death also it is possible in the total awareness. Meditation is the key; it is the only solution of all spiritual searches. In the traditional method of eastern meditation like Vipassana and others, the stress has been given on observation, on being witness to everything, remaining detached and without being associated to anything by defining the experience into words or language. One should be just a 'DRASHTA' (Watcher).

But, as simple it is to explain, very difficult it is to attain as feasibility of an absolute 'DRASHTA' (Watcher) is very minimal. So, one very scientific method may be through dance and music. But, one needs to understand the golden rule. And the golden rule is - "If you are physically tired and exhausted, you will be mentally tired too. When you are very much physically tired and exhausted, to think something or to attend to any idea which comes to your mind without any

purpose is very tiring. So, physical tiredness slows down your mental process; it curtails the useless flight of thought. So, one very effective meditation technique may be you just dance as fast as you can continuously for at least forty-five minutes closing your eyes, and after that, lie down for fifteen minutes and just watch yourself, watch your thought if any, watch your mind. You will be in the state of comparative thoughtlessness. Then, you can realize that you have become the part of this vast existence, you are back to the origin into total awareness. After dancing when you lie down with your eyes closed, you may feel that your jaw has become stiff, don't get afraid; just watch it. Second possibility is that you may fall asleep. Here you need to be careful. You will have to remain awaken. Though, even if you fall asleep, that also will give you very blissful experience. But, if you can remain aware watching yourself without trying to define the new experience in your words, just being an absolute 'DRASHTAA (Watcher),' an alert watcher than interpreter, that is the true meditation. If you have any serious ailment, then, please, avoid doing this experiment.

You will feel the bliss from inside without any reason. When this process is a little bit deeper, then only you can understand what consciousness, love, religion, spirituality are, what God is; otherwise, these words have been used since ages by everybody, but, only a very few people have been able to understand the true meaning. You can meet God in your total awareness. It is a very scientific process, you don't need to believe it, just try it. Anyone can try it, whether one is a Hindu, Muslim or a Christian. When the world of material facts does not discriminate people on the basis of caste, sex, religion, then, how come it is possible that the divine truth of meta-physical realm, the truth of ultimate consciousness what we call God can make that sort of discrimination?

Ultimate Goal of Life

Your present reality

- Right now you feel that your existence is confined to your present physical stature. Your existence means your physical body with your mind having certain thoughts, feeling, beliefs desires etc.
- Right now, in-fact, you don't live your life; rather your mind lives you. Your mind has possessed your entire existence totally. Your mind inflicts certain thoughts and desire onto you and your physical and mental body is engaged to follow the dictation of your mind.
- Your mind either lives in past or in future. It never or very rarely lives in present.
- Your mind makes you crave for hormonal happiness which you draw either through the satisfaction of your sense organ or through the appeasement of your ego. This hormonal happiness is temporary and condition based, dependent on outside factors. In fact, this sort of happiness ultimately creates a sort of stretch and stress in you, which you may not be aware of. The reason is all physical manifestation takes place in wave form which consists of crest and trough or contraction and rarefaction both. Happiness is the expressions of crest and sorrow is the expression of trough. Crest and trough, they both complement each other. Your happiness and sorrow are basically a physiological mechanical process that happens when you exist in comparatively unconscious state.
- Right now your existence, as you perceive it because of limited consciousness, is a localized phenomenon in the vast space-time continuum.
- Your physical body is a temporary phenomenon. It is bound to deteriorate with the passing of time.
- Your thoughts and desires are just like bubbles, subject to constant flux and bound to bust and get annihilated in the vast ocean of time.

- Right now your existence is an isolated phenomenon in the vast space-time continuum. You feel that you are different than I; I am different than you. Others are different than you and me.

In short, you are just your physical body, thoughts and perception only now, nothing beyond these.

Ultimate Reality

- You are neither a localized nor an isolated phenomenon in this vast space-time-continuum. Rather, you exist beyond your physical body, thoughts and perceptions. You exist beyond this space-time-continuum. You pervade the entire existence.
- The entire existence is perfectly one united unit. There is no disintegration anywhere in the actual and inner constitution of this existence.
- The real happiness is the eternal divine bliss which you realize when you evolve to the super-consciousness. Eternal bliss is the inherent reality of the super-consciousness. This bliss is neither mechanical or physical, nor dependent on any external factor. It is not temporary; it is eternal. This bliss is not a deterministic pattern. Rather, it manifests itself when all patterns get dissolved. It is an infinite and perfectly homogenous field without any localized deterministic pattern. This infinite field is actual GOD, the source of all manifested reality. It is the genesis point of the entire physical universe and it is very this omnipresent, omniscient and omnipotent field in which the whole physical universe gets ultimately annihilated.

What is God?

The entire manifestation and yet to be manifested existence are nothing, but just the play of 0 and 1. Since 0 is the stratum of the entire process of manifestation, so, 1 can exist only when -1 comes into play. That's why, there is always an inherent paradox present in the manifested existence. Matter has to be complemented by anti-matter; crest has to be associated with trough; and contraction has to co-exist with rarefaction. The entire manifested existence is nothing, but, it is the different infinite possibilities of manifestation between 1 and -1. 1 and -1 are the opposite extremities of zero. Zero always equilibrates all additions and subtractions of one to itself. Zero is the equilibrating agent of the whole manifestation dynamics. That's why, zero is not just zero, it is not pure nothingness, but, on the contrary, it is pregnant with a driving force, that we call consciousness. Consciousness is the perfect driving force of zero to oscillate from any infinite positive extremity to any negative infinite extremity.

So, the entire existence is nothing, but, it is the sum total of everything from any positive extent of infinite to any negative extent of infinite and this summation always equates to zero. Zero is the sea-bed of the whole creation; it is the stratum where the whole existence annihilates itself into nothingness. So, the absolute can be represented by the following equation:

$$\begin{array}{l} +\alpha \\ \sum \alpha = 0 \\ -\alpha \end{array}$$

Zero is the ultimate reality of the manifested existence. At zero, consciousness is at the best of its potentiality. It is this ultimate potentiality, that we call GOD. Zero is the outside apparent reality, while consciousness is the core of the reality.

Consciousness is not only the driving agent but it is at the same time the driven substance too. Consciousness is absolutely uniform field where wavelength is infinite and amplitude is just zero. In the vast infinite field of consciousness, where coagulation takes place, some

deterministic patterns develop, making wavelength finite and creating some value of amplitude and giving rise to the physical manifested reality. This way the physical manifestation is a localized phenomenon in the space-time continuum and this localized physical manifested reality seems to be distinct from its original form i.e. conscious field.

The appearance of distinct entity gives rise to ego to this localized physical manifestation. All the physical manifestation is always gross and it will have an inherent craving to come to its original form of the zero fields. This craving creates a deterministic pattern in the remaining limited consciousness of the gross physical manifestation. Because of this craving to go back to the original fundamental state of zero field, all physical manifestation is bound to annihilate back to zero.

In zero fields, consciousness is at the supreme state. In this state, it is pregnant with all possibilities of creation. In this state the entire conscious field is just one unified field. This grand conscious unified field is GOD, from where the entire universe, all physical manifested realities emanate and in which the entire physical universe again gets dissolved back to zero.

This zero field of consciousness i.e. GOD has following attributes-

1. It is totally non-deterministic. There is no deterministic pattern in this conscious field.
2. It is vastest of the vast, great possibility of all possible possibilities.
3. It is totally desire-less. Desires take place where some possibilities outside of the present matrix exist; that's why, the limited matrix craves for expansion to acquire the outside possibilities within its domain. Since in the zero state of conscious field everything is already present, nothing is beyond its matrix; it is the vastest of the vast matrix, so, it is totally desire-less. Desire is a deterministic pattern in the limited consciousness; so, GOD is totally desire-less, because it has already everything in its matrix.
4. The zero field of consciousness i.e. GOD is the highest possible state of bliss and beatitude, because it does not have any deterministic pattern of desire or craving. So, it is an eternal saga of bliss and divine celebration.
5. The consciousness of the conscious field makes it eternal, because it is the aboriginal as well as the ultimate state of existence. The unconscious state is temporary, but, the moment it transcends to the supreme state of consciousness, it becomes eternal.

Eternity is an inherent attribute of GOD. Since it is eternal, hence, free from all fear, because fear, again, is a deterministic pattern in the limited consciousness.

6. GOD is the most powerful entity, because it is the possibility of all possibilities. At the same time, it is the most humble entity, because it is always grounded to zero.
7. GOD, in the manifested form, is the paradox of all paradoxes, while its core is totally free from all paradoxes.
8. This supreme consciousness is free from all emotions and thoughts as emotions and thoughts again are deterministic pattern in the limited conscious field.
9. GOD, the highest field of supreme-consciousness, is totally attribute-less; while at the same time, its manifested reality is inherent with the attribute of all possible attributes.
10. GOD, the highest possible field of supreme-consciousness, is totally shapeless, while its manifested reality is having all possible shapes.
11. GOD, the genesis of the entire creations, is all pervasive, while it exists in totality even in a smallest possible point.
12. GOD is beyond all beyonds; while at the same time, it is the core of all cores.

What is Consciousness?

Cognition - It is awareness focused to outside reality, losing connection with self. It is the result of action – reaction mechanism. It consumes energy- biological or physical as the case may be.

Biological Consciousness and Spiritual Consciousness are different.

Biological Consciousness - It is a process of cognition, differentiation, perception, thinking and reaction. It is a pure biological and physiological process. This process too is based on action-reaction mechanism. It consumes bio energy.

Spiritual Consciousness - It is an inward self awareness beyond cause & effect interaction mechanism. Following are attributes of Spiritual Consciousness:

1. It is awareness directed inside on the self i.e. self awareness.
2. It starts from localized self awareness to non-localized omnipresent self awareness. It is a paradigm shift from localized to non-localized phenomenon. When you get established in this consciousness, you turn into a non-localized entity, ultimately it becomes a beyond space–time continuum phenomenon. It is opposite of concentration (which is a shift from non-localized to localized process).
3. It is a beyond a cause and effect system or action – reaction framework phenomenon.
4. It is a very blissful reality. Consciousness is not a process, because no activity is involved in it. It is not a phenomenon, because it is not incidence of something.
5. In the state of this consciousness, there is no desire left; it is a highly nutritiously enriched contented perception.
6. In the state of this consciousness, there is no negative emotion like hatred, animosity, jealousy etc. possible.

7. In the state of this consciousness one appears totally inert from outside, but, totally live from inside; that's why, we can say - When life turns inside, it evolves into consciousness.
8. It is an egoless reality. Ego develops when the vast confines itself into a boundary and acts as a distinct localized entity; while, consciousness means breaking all boundaries and getting dissolved and expanded into vast, a grand shift from localized affair to a non-localized reality. Ego is a separating process; while, consciousness is a uniting process. Ego is a shrinking process; while, consciousness is an expansion.
9. It is a beyond thinking or thought process. No - thinking process is required and involved in it.
10. It is the absence of all deterministic as well as non-deterministic patterns.
11. Despite being a super intelligent reality, no intelligence is involved in the reality of consciousness; because intelligence is a selective process, while consciousness incorporates all possibilities of each possibility. Though, all knowledge is imbedded in it, then also, it is not intelligent; because it is neither a process nor a phenomenon of selection. It is wholeness; while intelligence is relevant to only a partial reality. Intelligence is the attribute of a mental / thinking process or faculty when it has to make a choice or selection. When all choices are inherent, then, intelligence becomes an irrelevant proposition.
12. Since consciousness is the possibility of all possibilities, hence, it is a vast and all-pervading entity, encompassing all space-time continuum in itself and at the same time, it itself remains beyond all space-time continuum frameworks. But, the moment it manifests any of its possibilities, it gives rise to materiality which is a localized event, producing a space-time continuum framework. So, consciousness is a basis, a stratum, a genesis platform for the origin of all material and non-material manifestation. Consciousness is an un-manifested reality having potential of all possibilities; while, manifestation is the expression of consciousness of its one or two or any limited member of possibility or possibilities. Space- time continuums are minute parts of consciousness; just as an ice berg is a small part of the vast ocean. As ocean itself is a vast entity, possessing and incorporating all icebergs in it, same is the case with consciousness. Consciousness is the vastest of the all vast fields conceiving, incorporating and possessing all manifestations within it. This universe is nothing, but, a localized event in the vast omnipresent ocean of consciousness.
13. Only in the state of consciousness, the realization of love is possible. Love can never be subject to any condition from outside or anybody. If someone says that he loves a woman because she loves him; it means there is no love there. Love cannot be focused on any person; it is not subject to any condition except that it is possible only in the state of consciousness. When you are in love, you are in love with the entire existence, including your enemies too.

14. In consciousness, neither cognition, nor perception nor thinking is involved.
15. It is not an energy consuming process; rather, it takes you to the very source of energy making you totally rejuvenated, reinvigorated, vibrant and fresh. It is the highest possible height of contentment. It is the highest possible degree of bliss and beatitude. It is an eternal divine celebration. It is a dance of silence. It is the state where Buddha and Krishna dance together playing a divine Holi (Hindu festival of color) with the entire cosmos and manifestation.

GOD Explained for Atheists and Simplified for Theists

Whether God exists or not, before we ask or answer this question, we must be very clear about the fact that what actually we mean by the word 'God'; otherwise, both the question and all answers are meaningless.

In layman's language when we use this word 'God', we mean the creator of this existence. Whether this creator is a person, a power or a process, we will discuss this aspect later. One thing is certain that if the existence is there, then, there must be the process of creation and the driving factors that initiate the process of creation. So, if we consider God as a process of creation, then, even atheists also should not have any problem with this explanation. So, if anyhow, we understand the process of creation, then, we will be able to understand God better that what God is and what God is not.

As far as this process of creation is concerned, there may be two possibilities – first, that this process may be linear and second that it may be cyclic. Again there may be two possible aspects of this process of creation – first, that it may be automated, spontaneous and regulated from within and second, that it may be initiated at a certain point of time scale by an external agency and this whole process of creation may be regulated and sustained by that external agency from outside.

If we observe our nature very acutely, we can very easily see that in this nature, the process of creation and destruction, both are happening simultaneously. Moreover, creation takes place at the platform created by the process of destruction. We see - whatever is created, one day or the other it is destroyed - whether it may be man-made material or natural thing. So, if we consider the process of creation as a linear process, it does not go with our observed reality; because, in this case the amount of materiality required for the process of creation must exceed the

materiality created in the process of destruction. And we see the creation and destruction are just the opposite faces of the same coin (process / reality).

All materiality is nothing, it is coagulated energy as explained by Einstein famous formula $E=mc^2$. Today, we are well aware of the fact that the matter and energy both can be inter-converted into each other. Everything in this universe is made of these basic things – mass, force of attraction and force of repulsion. Mass and force of repulsion are positive energy; while, the force of attraction is a negative energy. Scientists are amazed at this finding that sum total of all energy existing in this universe is always zero as expressed by the mathematical formula –

$$\begin{array}{l} +\alpha \\ \sum \alpha = 0 \\ -\alpha \end{array}$$

This formula means that from any point if we go till infinite in all possible directions, the sum total of the energy of everything existing in this universe is always zero. So, we reach to two very important conclusions – first the process of creation is not linear; it is cyclic. Since it is cyclic, so it is an eternal process. Because the linear process has two distinct points – point of starting and point of end. Since the process of creation is cyclic, hence, it is eternal. It means - this existence will exist forever till eternity, only its form is subject to continuous flux.

Second conclusion we draw from the above fact is that the genesis of the whole existence, the manifested reality, is zero. Everything has emanated from zero. Since everything has come from zero, so, God, the creator, cannot be an external agency. Such a vast existence cannot be regulated and controlled by any external factor from outside.

If God is an external agency, then, a very natural question come, what is the genesis of God? Who has made God? It means that there is a more powerful agency than God. And this way, this question is extended to the point of no answer at all. So, God, the factor to start the process of creation, has to be an intrinsic factor, not extrinsic. This intrinsic factor is inherent within the process of creation. Hence, God is not a person sitting somewhere in the space. This way, the creator and created both are one and the same thing. This is the theory of non-duality, the gist of Vedanta. It's quite scientific and logical.

Even the quantum physics have come to the conclusion that quantum particles, which are the base of materiality, pop up from nothing. Secondly, empty space is not static; rather, it is

dynamic, having potential of quantum activities. So, absolute zero is basically the sea-bed, the stratum, of creation. From this absolute zero, positive and negative energy, both originate, maintaining the sum total of whole energy as zero. The positive field or energy which is the first outcome of zero, and this positive field is a conscious field (consciousness). Since, this conscious field has come out from zero, so, it has an inherent tendency to go back to zero. This inherent tendency gives rise to the negative field or energy. Spiritualists call this positive field i.e. consciousness as Brahman. Because of the negative field, the conscious positive field coagulates spinning at different locations in the form of strong vertigoes. This strong coagulation (spinning) in the conscious field gives rise to materiality. Because of the coagulation (spinning) in the conscious field, so many other fields like electromagnetic field etc. are produced giving rise to the whole process of material evolution. So, the entire space is pervaded by the conscious field and wherever this coagulation of the field takes place, that conscious field is turned into matter losing its quality of consciousness. Stronger is the materiality, weaker is the consciousness. What are the attributes of consciousness?, to know that, please read my article titled "What is consciousness?"

So, this way we see consciousness pervades the entire manifested space and materiality is the localized event in that Omni-present conscious field. This conscious field is basically God which mothers the entire manifestation. We all are the products of this material evolution process. Man is blessed, because it has the potential of realizing this consciousness. We all have the same constitution and origin and this entire manifestation and yet to be manifested reality are a perfectly united together as one unit. This grand union, in which the entire manifested and yet to be manifested realities exist, is God.

We can understand God, matter, our superficial identities and ego from this following example: God (Super-consciousness) is like an ocean and the world is like frozen iceberg. Consciousness is vast non-deterministic entity pervading the entire cosmos as like the ocean; while the world or material manifestation is a localized deterministic pattern in the vast space-time continuum as the iceberg and it is a confined localized phenomenon in the vast ocean. The ocean is dynamic and all united; while the icebergs have different shapes and size and each iceberg having different shape, size and view, appear to be separate and distinct entities. This distinction creates "Ego", while the fact is their constitution is same as that of the ocean. So are we. When our consciousness is trapped and limited to our outer appearance, we feel we are separate and distinct from each other and we get afflicted with the problem of "Ego". But, when

our consciousness turns within, we realize that the whole universe is one united reality as the ocean is. Remaining confined to the limited consciousness petrifies us as matter; but, when we rise in our consciousness, we get merged with the Vast called God; as the iceberg gets merged with ocean.

Because of our material existence, we are mostly un-conscious, but blessed with the ability of consciousness. Since our conscious is low, that's why, we can see only the partial localized reality. But, we are blessed with the potential of raising our consciousness and the moment when we evolve to the highest possible extent of consciousness, we come out of our body-mind system and feel that we have expanded in the entire cosmos. In this state we realize that the entire existence is one perfect united unit and this realization of the perfect vast united existence as one unit is the realization of God. In the state of consciousness we don't meet God; rather, we ourselves become God. Because God is not an outside reality; it is an inherent reality. It is the most blissful realization. Realizing this ultimate bliss is the ultimate destination of the humanity. In this state, you have following realization:

1. It is a very blissful experience. Nothing of the world can give you this level of happiness.
2. In the state of this consciousness, there is no desire left; it is a highly nutritiously enriched contented perception.
3. In the state of this consciousness, there is no negative emotion like hatred, animosity, jealousy etc. possible.
4. It is an egoless phenomenon.

Whatever I have explained earlier, same is the finding of quantum physicists and any one can realize this ultimate truth in a very crystal clear terms. Whatever I have written or spoken, that is not a bookish theory; rather I have spoken them on the authority of my own direct realization. Remember, truth is always objective and universal; otherwise, it is not truth. Truth liberates, it doesn't cause bondage. If you are really passionately interested to realize this truth directly yourself, then, contact me. I can't give you a readymade solution, but, I can at least guide about the path.

Pre-requisites to realize God

Everybody is directed to explore and realize God, either consciously, or unconsciously. When I use the word 'God', you may mean something else and I may mean something else. So, just to proceed with our communication with each other, let us have a common meaning of God as the highest possible level of bliss and beatitude. I don't think there may be any difference between us on this meaning, irrespective of the fact that what else we mean by this word 'God'.

Whatever one does, the conscious or unconscious purpose behind one's activities is to feel good, to feel happy. That's why, I say everyone is always, day and night, all 24x7 hours, engaged in realizing the supreme truth. If your effort is conscious, logical and passionate, you can make quantum jumps, otherwise, you will keep drifting for ages. Sometimes your path may be circuitous, sometimes straight. Since, we have intelligence, so, we must endeavor to make a quantum jump to our ultimate destination. And this ultimate destination is God; because God is nothing, but, it is just the highest possible destination, which humanity can think of. God is the highest possible level of bliss, intelligence, consciousness, virtue and power and to evolve to this state of Ultimate is and should be the ultimate goal of all intelligent being.

Now the question is how to realize this Ultimate, called God? What are the prerequisites to proceed on the path of this supreme evolution?

There are three pre-requisites:

1. First –the logical and analytical mind to proceed on the path of search. Search, not the belief! The path of belief and blind faith can never take you to the ultimate truth. The preaching about belief and faith is nothing, but, the instrument of exploitation or self-deception.
2. Crude honesty with the self. Most of people try to be honest with the others, but, they keep ignoring the self. Unless and until you are honest with the self, how can you be

honest to others? You can never be. If you are not happy, you can never make others happy. By 'Crude honesty with self' I mean - during the journey of exploration, whatever belief and faith you have, if you come across just opposite reality, you should have the courage to abandon your old belief and accept the new self-perceived reality. Clinging to the old belief is biggest barrier of truth realization. So, if you are honest, honest in your venture to explore the ultimate truth, you must have the power to abandon your old belief instantly as you come across a new reality. Don't be slave of anyone, even of yourself too. Free yourself from all bondages, because God is the ultimate freedom; and if you remain confined to a cocoon, how you will realize the vastest of the vast, that we call God? He is beyond all confinements. Labeling oneself as a Hindu, Christian, Muslim etc. is nothing, but, just putting our self in confinement. Truth is universal; it is not confined to any matrix.

3. The third pre-requisites to realize God is a burning passion. Most of people wish to realize God on their own terms and conditions. God is not too cheap to be realized on petty conditionality. God is a totally unconditioned reality, so, you will have to free yourself from your nonsense conditionality. In Hindus, one looks for auspicious moments for prayer or other spiritual rituals. What nonsense it is! All moments are His creations. How any moment can be inauspicious? People who are not passionate in their search, they put their terms and conditions before they start for spiritual exploration. These people are certainly not looking for the ultimate reality. They are just trying to seek their own crafted reality.

If you have these three qualifications, then, I welcome you to this grand sojourn to the ultimate level of highest possible bliss and beatitude. I welcome you to this ultimate destination of the infinite sky of freedom; freedom from all agonies, freedom from all bondages and limitations, freedom from all compulsions and compunctions.

How to realize the Absolute Truth

There is a golden principle of the existence – Things happen as it should happen in the existence. Whatever happens in the existence, for that there are some factors available in that matrix and those factors manifest themselves in the form of that happening. When we say – it should not happen that way, then, we are present in a different matrix and the incidence happens in a different matrix. So, making any comment being in a different matrix about an incidence happening in a different matrix does not make any sense. 'Should' is a relative word used for a comparative frame of reference.

Within a matrix whatever happens, that is bound to happen so because of the factors present in that reference framework. For our opinion to be meaningful, it is essential that we must change either of two frames of references- either the matrix in which the incidence happens or the matrix in which we are present.

For evolution to take place it is important that the matrix must expand in order to accommodate more and more new factors within the matrix, so that those new as well as the old factors manifests themselves in a new way. Depending upon the size of the matrix, we define the relative reality or the absolute reality, or the virtual reality or the actual reality. The reality apparent in the smaller matrix is the relative reality for other matrix; though, it may appear an absolute reality for that particular matrix. The reality apparent in the smaller matrix may be the virtual reality for another matrix; while, the same may be the absolute reality for that particular matrix.

So, ultimately what is that which we call an absolute truth? When we expand our matrix to such highest possible extent that beyond which no expansion is possible at all, in this vastest possible matrix whatever happens that is the manifestation of the absolute truth.

Now, the question is how to proceed to the vastest possible matrix in order to reach the absolute truth. All material matrices are in-fact localized events in the space time continuum. So, all material matrices are always limited matrices confined to a particular space and time frame. The material matrices are nothing, but, the world in which we are living presently. Since these material matrices are limited and confined to a localized space time continuum, so, these matrices can never lead us to the absolute truth. As far as our own present existence is concerned, our body-mind system, to a larger extent, is the reflection of materiality. So, does that mean – we can never realize the absolute truth? No, it is very much possible. It is possible through consciousness. Consciousness is a non-material phenomenon from which the whole material existence originates. Consciousness is infinite, pervading everywhere, beyond the space-time-continuum. As explained earlier, we need to go to the vastest possible matrix in order to realize the absolute truth. So, we need to delve in the shuttle field of Super-consciousness. When are established in the field of super-consciousness, we are in the vastest possible matrix of the existence. And, in this matrix whatever we realize, that is the absolute truth. This is the Godly realization. God is nothing, but the infinite field of the Super-consciousness. And, whatever is manifested in this Godly field, which is the field of super-consciousness; that is the absolute truth. All evolutions come to the rest when we evolve to this field of super-consciousness.

All truths of the material existence are relative truth, and they are bound to disappear in zero, they are bound to get engulfed by the demon of time, they are bound to get annihilated into nothingness. So, evolving to the vastest possible infinite matrix of the super-consciousness in order to realize the absolute is the ultimate destination of all evolutions.

How to realize God directly without believing in any religion

Before I explain to you how to realize God; it is firstly essential to discuss whether God exist or not. This must be your question if you have not realized God yet and if you are sincere about truth. If you are an atheist, you have better chances to realize God than if you are a theist. Those people who are in the habit of challenging the established belief are closer to truth than those people who simply believe in anything because the world believe in that. Such people live the whole life with apparent contentment and happiness on borrowed and imposed belief; while on the other hand, so called atheists seem to live a life full of remorse and discontentment. But, then also I say their discontentment and unhappiness is better than the apparent happy life of theists, because the void in atheists can be a path to the absolute eternal truth; while the imposed and borrowed beliefs act as a blockage in the path of exploration of the absolute truth.

Anyway, before we discuss whether God exists or not, it is essential to discuss that what exactly we mean by the word 'God', otherwise this question that God exists or not does not hold any meaning.

In general parlance by the word 'God' we mean the creator, the genesis of this whole existence, the source from where this universe emanates and finally gets annihilated in. This creation exists, no one can deny this, not even atheists; because they are the part of this creation, this beautiful existence. And when the creation exists, the process of the creation also must be there, because this creation has not popped up out of nowhere all of a sudden. Now, when this is clear that the creation exists, the process of creation exists; now the question is left whether creator also exists or not? Whether this creator, if exists, is it like us, a super human being? Or this creator is some sort of power having will and plan to create this universe?

If we consider that this creator is a super being like us, it means that it is distinct from this creation and the process of creation. This is not possible because for such a vast infinite

universe the creating process and creating force/s has/have to be an inherent reality of this system, otherwise, such vast system can not be sustained by external force or agency. Even when we make a plan for creating something, the plan also is an outside reality of the things that we create. And for such vast universe nothing can be an outside reality, otherwise, such vast system can not sustain with the help of any external force or factor. So, the creator, distinct from this creation, with a clear plan and intention for creating a vast system is not possible. The creating force has to be an inherent part of the frame in which the process of creation and the creation exist/s and that also without any prior plan, otherwise that plan also will be an outside reality of the creation. If this universe has to be created according to a plan, then, evolution of this universe was not required. The universe so far should have been a final product without having any scheme of evolution. So, now we get rid of the blind notion that God is a super-human being sitting somewhere in the sky, having emotions, intelligence, thoughts and plans like us, regulating and controlling this universe and demanding prayer and worship from us.

God has to be an inherent reality, not an outside reality.

I explain God in a very simple and logical manner as following.

As every religion believe that God has created this universe. So, what does it mean? It means that before God had started the process of creation, there was nothing except God. And to create this universe whatever materiality was required, God must have brought this materiality from His / Her own existence as there was nothing else than Him / Her before the process of the creation had started. So, logically it means that this whole universe is the expansion of His / Her own existence. So, this way we come to the conclusion that God is nothing, but, the sum total of each and everything that exists in this universe including the creator, the process of creation and the creation. It means that the creation and the creator is/are one and the same thing. This totality is the God. This is what even the Eastern philosophy of Vedanta also preaches. One of my painting defines God same way with a mathematical formula.

$$\begin{array}{l} +\alpha \\ \sum \alpha = 0 \\ -\alpha \end{array}$$

This Grand Totality or Unity what I call God is not just a theoretical or logical proposition. This totality can be realized in reality without subscribing to any belief or following any religion. And

realization of this state of Grand Totality is such a blissful experience that nothing of the world whether they be all wealth, power, luxuries, sexual pleasures etc can match this divine experience of ultimate bliss and beatitude which you realize in the state of realization of the totality of the existence, i.e. God. That's why in eastern philosophy God is also called as Ultimate Bliss. The whole purpose of spiritual pursuit is to realize this Ultimate Infinite Bliss.

Unless and until you realize this Grand Totality of the existence, you can't say that you have realized God, no matter how intense and world famous devotee you are of any personal man created God.

Basically saying this that you are a devotee of such God is meaningless. Because when you say that you are a devotee of God, it means that still there is a gap between you and your believed God and when there is a gap between you and your God, then, how you can be a devotee of such God? And if something exists beyond your believed God, then, how you can call him/her God? So, unless and until you realize infinity and eternity, you can't say you have realized God.

I am not a logician or theorist. I am an existentialist having practical methods to realize the infinity. Through these methods anyone can realize God if one has passion and preparation to put sincere efforts. But, before you proceed to realize the God as of my explanation, you must understand in a very crystal clear terms that what benefits you will have of such realization. In the state of realization of this Grand Totality of the infinite existence, you will realize that:

1. It is a very blissful experience. Nothing of the world can give you this level of happiness.
2. In the state of this consciousness, there is no desire left, it is a highly nutritiously enriched contented perception.
3. In the state of this consciousness, there is no negative emotion like hatred, animosity, jealousy etc. possible.
4. It is an egoless phenomenon.
5. This is the state of Beyond Body-Mind system and Beyond space-Time Continuum.
6. In this state you will feel that you exist in the each and every bit of the whole existence; you pervade the whole existence; or you can say that the whole universe is within you.
7. In this state you realize the infinity and eternity, both together.

I call this state as the state of Super-consciousness, the state of Godliness.

Freedom from God's frenzy

We are just the reflection of our physical, mental, emotional, behavioral and intellectual constitutions and whatever is our physical, mental, emotional, behavioral and intellectual constitutions are not our choice. The permutation and combination of genetic factors, environmental factors, socio-economic and cultural factors etc. all have cumulative effects on our physical, mental, emotional, behavioral and intellectual constitutions and on the process of our evolution. Most of effects work in terms of a long chain of causes and effects relationship. We are cumulative result of all these factors existing in our nature and environment. We don't have any choice in our material existence of body-mind system.

Sometimes you feel that you can exercise your choice and discretion; but, in absolute terms this is not the reality. Because whatever is your choice of your actions and activities, there are factors related to those actions and activities in the matrix of your being and because of those factors in the matrix of your being you behave, think, perceive, emote, opine, react and respond the way you do these things. Though, you appear to be selecting your choice, but, in fact, you are not selecting any choice because your choice is just the result of those factors present in the matrix of your being and these factors manifest themselves mechanically in terms of your actions and activities according to their intensities using the instrumentality of your body-mind system.

For example if you are given the choice of selecting your food, most probably you will select a Bengali dish if you are a Bengali. Why? Because in your mind a certain circuit of neurons through which bio-electrical current produced by stimuli present in your environment and impulses generated by these stimuli inside your body-mind system runs forming a certain deterministic pattern in your consciousness. Then, your consciousness interprets this deterministic pattern into a recognizable thought. These thoughts express itself in form of perception, emotion, opinion or action. When the current of certain impulse passes through a

certain circuit of neurons very frequently, it creates an archetype in your brain and the collectivity of all archetypes form your mind. So, your mind is nothing but certain deterministic patterns engrained on your consciousness. We behave, think, perceive, emote, opine, react and respond as according to these archetypes present in our mind. Our whole activities and personality are nothing but the expressions of these archetypes.

Since there are multitudes of factors with variegated intensities present in our mind in form of archetypes, there are variations in our expression and it gives impression of us having a choice. But, whatever choice we make, it is the result of a deterministic and mechanical process going inside our brain. We behave, think, perceive, emote, opine, react and respond as according to the outcome of the deterministic processes going inside our brain. No-where in this whole process we have any choice of exercising our discretion till we are totally governed by our mind. We and our whole set of behavior and actions are the mechanical expressions of factors like fear, greed, anger, hatred, jealousy, lust, liking present in our physical and mental constitution in form of archetypes. All these factors are the cumulative effects of factors present in our environment outside our body-mind system.

We all believe that this existence is the creation of God (nature), so, we being the creation of God is just a tool of His expression. This way, we are nothing but the expression of His frenzy. We are not what we are because of our choice. Here I am using the term God in the limited sense of nature, not in the sense which I understand God as a vast infinite field of Super-consciousness pervading everywhere and which manifests its partial self in the form of this universe. This field of Super-consciousness i.e. actual God is the source and stratum of the origin and annihilation of this universe. Nature, your whole body-mind system including your karma is a part of this manifested reality of God in form of this universe. You must remember that the creation and creator both are one and the same reality.

But, if we let our existence remain confined to just a material manifestation of God (nature), then our this existence is useless and meaningless because then we don't have any freedom at all. So, we need to come out from the ambit of materiality.

Consciousness is the final solution to our problem. When we are self-conscious, we become free from the bondage of materiality and our karma and then, we can enjoy the ultimate freedom and divine bliss.

Our happiness or grief should be our choice. It should not be dependent just on our situation created by God (nature). We should not remain a slave to emotion in a fixed way as according to our situation which is the result of whole material existence driven by the cause and effect dynamics. This freedom is possible only when we are in the state of super-consciousness. When we are governed by just our mind, we have no choice. We are just a pawn of God. To be free from God's frenzy and monopoly, we need to evolve to super-consciousness.

How to realize God through Sex?

Sex and love are the most precious gift of nature to all living beings. It is a beautiful mystery; but, only a very few people understand its dynamics and mechanism. Because of lack of knowledge, society makes it a bugbear. Sex, in spite of being the most pious and beautiful gift of nature to living animals, man has made it perverted and ugly because of ignorance, blind belief and stupid superficial morality.

Sex is the bliss bestowed by nature to even an un-enlightened man. Society can never be more intelligent than God. In the manifested existence of God i.e. this universe, paradox is an inherent reality. So, when a society condemns sex because of its delirium, even in that opposition there is a reflection of attraction for sex in the psychology of the society.

When a man starts relationship with a woman, he is very possessive about her and I suppose same is true about a woman too. Man wants that his woman should remain loyal to him. Try to understand why a man or woman expects loyalty from one's spouse. For a man sexual ecstasy is very important and for a woman sexual satisfaction and security about future are very important. When a man and a woman enter into relationship with each other, they try to get their expectations fulfilled through each other. Since they are instrument for each other for getting biggest pleasure of life from each other, hence, they are very possessive about each other. Our sub-conscious mind feels that if we lose our partner, we will miss a very important source of enjoying biggest pleasure of life; hence, it develops fear and insecurity feeling. So, we expect our partner to be loyal to us. It is because loyalty assures continuity of sexual and other enjoyments in our life. That's why, in every society so much stress is given on loyalty as it assures emotional, economic and sociological security of a family. This is one aspect of sexuality.

Now, let us analyze other aspect of sexuality. After some months or years of relationship when sexual thrill and intensity starts getting diminished, because our sub-conscious mind looks for novelty, some people experiment with spouse swapping, group sex or extra-marital relationship.

Some men even enjoy the fantasy of his wife having sex with other men. I don't know whether a woman also enjoys such fantasy about her man or not. Now, think about the phenomena deeply-same person enjoying and practicing opposite polarities. Though, both situations seem opposite to each other, but, they are basically same as in both cases we look for sexual enjoyment only. Most of women depreciate sexuality, but, at the same time they give priority to loyalty. It is because of unconsciousness. Through loyalty also you are trying to assure the continuity of sexual gratification only. So, now I would like to suggest you that don't depreciate sexuality. Rather enjoy sexuality thoroughly as much as you can, otherwise, throughout your life you will remain attached to sexuality.

Sexual contentment leads to spirituality. If you are sexually unsatisfied, you can never be genuinely interested in true spirituality. Sexuality is not man's creation; rather, it is creation of God, the nature. So, sexuality can never be a sin or vice. Sex has power to lead you to the realization of God. You know that there is stream of meditation called Tantra Meditation. Tantra meditation is just based on sex. If you go to temples in Khujarah, Madhya Pradesh, India, in that temple you will find statues of cohabiting nude men and women in sexual postures all around. They all are in sexual posture, but, then also, you will not find the expression of sexual lust on their face. Rather, you will find a sort of divinity on their faces and in their sexual acts. So, don't condemn sex. Sex is also an expression of divine.

When a male and a female get sexually united, the male energy and female energy get annihilated into each other; the cycle of energy completes itself landing our consciousness to zero. And it is the zero from which the whole universe emanates. **When you are at the height of sexual orgasm, you are at the last threshold of the universe.** Only problem is that your eyes are closed, that's why, you fail to experience the Infinite. If at the height of the sexual orgasm, if anyhow you manage to open your eyes, means you become aware of your inner self, you can make a quantum jump into God. You will have direct realization of God, the Infinite, Eternal, ultimate Bliss and Beatitude, the ultimate reality of your Self, the ultimate reality of the manifested and un-manifested existence. When you are at the height of sexual orgasm, if you become self aware in that moment, you will have an instantaneous jump into God. God is the totality, the infinite in which creator, creation and the whole process of creation, all three are included. God is the totality of the existence. So, my suggestion to you is enjoy sex to the hilt. Adore and worship each and every sexual part of your body. But, do the whole act with full

awareness. In fact, the attraction for sex is an inner unconscious urge in our being to realize God.

If you understand the truth of sex energy, you will get astonished. All types of love, whether it is love between a mother and an infant, are basically the expression of same sexual energy. When this sexual energy gets transformed, we feel different perceptions of love. As according to Osho, if you see an infant in the lap of his mother, he, unconsciously, tries to draw pleasure by playing with breasts of his mother. Mother because of social taboo stops the child to caress her breasts. Since the baby is stopped to play with breasts of his mother, through-out his life he remains attracted towards breasts of other women. If you see any man, the part of woman's body which a man likes most is her breast. And I believe every woman understands this fact very well, that's why, they directly or indirectly exhibit their cleavage and breasts partially in order to draw attention of men towards her. Man's attraction towards woman's breast is basically his search of his mother's breast unconsciously through which he got nutritious milk for his survival and growth in manhood. If a woman does not stop her infant to play with her breasts, man will be free from breasts mania.

Our body has its own intelligence and consciousness and it does not know anything of our social rules, regulations and morality. The mental complex and blocks created by social conditioning is superficial, not real and natural; that's why, it fails to stand firm when even close relatives of opposite sex get opportunity to have sexual interaction with each other. If you scour the world of sex on internet, you will come across the actual under-current reality of our society, i.e. incestuous sex, group sex, spouse swapping and what not. If you keep even a hard core moralist sexually deprived for some days and give him opportunity to be alone with his own sister or daughter, he will happen to have sex with them also, if his or her body is still producing sex hormone actively. You already must have come across news of rape by father on his own daughter. The society in which free sexual interaction between opposite sex is not permitted, in that society you will find more incestuous sex; though of course it is all done secretly. In such society you will find that sex deprived people tries to have sex even with animals. You may have heard that women get fucked by their pet dogs as dog's penis is very hard and it remains erect for a very long time. Sex is just like a hunger. As you feel hungry for food, same way our body feels hungry for sex. That's it.

The concept of sin and morality is not a natural truth and moreover it changes from society to society. Let me share a fact about an African tribe. Right now if you come to know about a man having sexually indulged with his mother, you will react very contemptuously to him. In Africa, there is a tribal community where if a woman's husband dies and if she has got a grown up son, it is expected from the eldest unmarried son to marry his own mother. If the son refuses to marry his own mother, people abhor and hate him as you hate a man having been sexually involved with his mother. What does it convey? It conveys that social morality is not an absolute truth. Social morality is practiced to regulate society. Morality is not a spiritual concept. It is just a social concept and it varies from society to society as according to the need of the society.

All love relationships are in fact the expression of sex energy. The same sex energy finds different expression with different level of consciousness. When the level of consciousness is very low, the sex energy is just a gross attraction between opposite sex. When a person rises to higher consciousness, the same sex energy transforms into love, compassion and even prayer. You must understand that even prayer to God is the expression of the same sex energy. Since at the time of prayer, our consciousness is at different level, hence, the expression is different. Sex energy is our basic life energy. Because of this energy we have come into this world.

If you accept your sexual interaction with pure heart, this sexual urge will become divine. You must have heard about Tantra Meditation. It is totally based on sex and this meditation is a very powerful method of realizing God. In India, Lord Shiva is considered a very important God in Hindu community. If you go to any Lord Shiva temple, you will find statue of a huge penis inserted in a vagina. This statue is a symbol of Lord Shiva and his wife Parvati. People worship this statue with utmost reverence and devotion.

The level of energy and consciousness keeps vacillating in a person and because of this vacillation a person keeps oscillating between the two extremities of sex and prayer. So, no one can be totally full of sexual lust all the time. Similarly, no one can be in the state of highest conscious state of prayer all the time till a person is in the physical body. So, when you come across even a spiritual person engaged in sexual activity, apply your understanding of natural truth. Don't simply condemn him or her because of his or her sexual pleasure. At the same time the so called spiritual person should have courage to admit his or her attraction for sex, if he or she is really a true spiritual person.

In a sexual act, an excitement is there because of interaction of one materiality with another. The intense sex is just material interaction. But, when the same sex is done with pure consciousness, it gives the glimpse of divine.

When you evolve to higher consciousness, the quality of sexual intimacy will change from being gross biological to a new divine experience. So, whenever you feel horny about any one, just accept it without applying your mental conditioning of social morality, with totally innocent heart and soul thinking it as the scheme and play of nature and enjoy it thoroughly with pure honesty just like doing prayer; the same sexual horniness will turn into a divine experience.

So, now let me suggest you a meditation based on sex to realize God. You and your sexual partner proceed for sexual interaction with feeling of going for a prayer. To transform the sex energy into divinity, you have to openly accept the sex energy in present form. If you hesitate, you will miss something very precious.

Have a deep hug of each other; feel the touch as intensely as you can, see your breathe getting into the body of your partner and the warm breathe of your partner getting into your body; your lips exploring the lips of your partner, and your partner's lips exploring yours; feel warmth of the body of your partner inside your body, whole body of both partners melting into one; now, both having a single same common breathing, same common perception, same common existence dissolved in same common consciousness. As you reach the climax of your orgasm, just stop, get freeze and start watching your inner self. If you practice this meditation whole heartedly without any guilt feeling, you will happen to have an experience of beyond body-mind system and beyond space-time continuum. So, practice it sincerely without having any guilt feeling. As intense would be your orgasm, more quickly you will have a quantum jump into God.

Freedom from the Slavery of the Localized Self

Slavery, whether it be physical, emotional, intellectual or of any other type is the worst misery of life and freedom is the highest possible goal, which the human consciousness can comprehend of. During the evolution of society from feudal era to the modern era, humanity has faced the anguish and pain of even the physical slavery which was just worst. Nothing more worst can be thought of than this. Today physical slavery may not be any more; but, almost we all are the worst victim of mental, emotional and intellectual slavery.

Why is slavery worst?

If you see this existence, it is quite vast and infinite pervading everywhere. This vastness is the supreme glory of this magnificent existence. If you proceed towards vastness, you proceed towards God. Being a material entity means getting confined to a fixed deterministic pattern in a localized periphery of this space-time continuum. Getting confined to a periphery is the biggest slavery, misery and sin, because it robs you of the opportunity to live the vastest spectrum of life which lies beyond the confinement of your localized existence. When vast space is available, then why to confine yourself to a cocoon?

So living the vastness is living the life to the ultimate.

When one exists at the lower state of consciousness, one's existence is confined to the just body and mind; and in that state one is just a living system with innate basic instincts like emotion etc, not a living being. One is just the conglomeration of various physiological units, an automated robot. When you evolve to a little bit of higher consciousness, the horizon of mind expands with some esthetic emotions. Further evolution expands one's intellectual faculty. In this state you expand till the periphery of society, nature etc., but, one still remains prisoner of the localized being.

When one expands further in consciousness, then, consciousness expands your being beyond space time continuum. You pervade everywhere, not physically, but, from within of your being. Your mind, soul and God all gets merged in one, and then you become a living being sparkling with the radiance of super-consciousness. God reflects in you, you reflect in God. God is there in you, and you are there in God. There is a perfect merge. You exist everywhere with the center of your being present in every bit of the existence. When wind blows, your inner being wavers in the wind of gaiety. When it rains, your inner being dances with the melody of the existence. When a tree fuddles, you get romantic with the whole existence. When a child smiles, you smile in God. When a beautiful lady yawns in drowsiness, you rest in zero. It means being evolved in super-consciousness you enjoy and relish the ambrosia of the whole existence. You are no more confined to a dark blind dungeon of your limited existence. You become God, God becomes you. There is no duality left behind. Everything becomes one. This grand union is God. So, when you are enslaved to a small cocoon of your life, you miss the opportunity of living and being God. So, all slavery and bondages are the worst misery of life.

What enslaves you?

- a) Your belief
- b) Your confinement to a fixed pattern of life
- c) Your hormonal emotions
- d) Your idealism
- e) Your lust, desire and attachment
- f) You yourself

Most of people are shackled with lots of beliefs. Their whole knowledge is nothing, but, the bag of assumptions and they project their assumptions as their knowledge. Just test yourself. Whatever is your so called knowledge is about spirituality or about God, have you ever questioned your such belief, have you ever cross checked them, have you ever challenged them? No, you simply borrowed the so called knowledge without having the self realization of that information. Your society your family, your teachers, all of them just imposed their information on to you and you are afflicted to live your entire life with their bonded beliefs. Why?

Because you never questioned them!

I am not saying whatever they taught were wrong. I am saying what all of them taught to you, those were never your realization. So, these information can never enlighten your life. It can never become your wisdom. Without testing your borrowed and imposed knowledge on the anvil of logic and analysis in a vast matrix of truth, if you have accepted something as your knowledge, you have enslaved yourself for whole life. You have shut down the door of further evolution into the absolute truth.

I have seen so many people, they are stuck to a fixed pattern of life and they feel arrogant about it. When the existence is so varied, then, why are you so fixed? If you are a so called intellectual, you have a fixed pattern of life. When you are free, most probably you water your plants and trees in your garden. You never dance, you never sing because you are a slave of your subtle ego and inertia. Life is a continuous flow, let it flow freely unrestricted in the beautiful river of the nature. Don't be a long bearded jhola and kurta clad (carrying a cotton bag on shoulder and wearing a cotton or khadi Kurta) intellectual with disheveled hair. That way, you will miss the glory of life.

Most of the people are enslaved with the hormonal emotions. The so called love, jealousy, anger, hatred etc. are nothing, but, the hormonal emotions. These hormonal emotions possess you, you lose your life; you just become a gross matter. With these emotions as being the driving force, you are just a driven tool or machine. You lose your own existence as being. You remain just as a living system. These hormonal emotions are codified in our genetic constitution. You just behave like a genetic machine as per your genetic code. When you are possessed by these emotions, be aware of the fact immediately that these emotions are always ephemeral, hormonally driven. Be conscious of these emotions and you will be free from the confinement of these emotions. See "Saas Bahu serials (a very popular TV soap in India, depicting family drama between mother and daughter in laws)" are nothing, but, the commercial portrayal of these hormonal emotions making women as their tool to earn money. Don't be a customer of these "Saas Bahu soaps".

So many so called intellectuals label themselves into certain idealism. Idealism or clinging to a certain philosophy means to lack totality in your approach; your knowledge is partial. Being a Hindu, Muslim, Christian or being Indian, American, Pakistani etc., a dualist or non-dualist, Marxist or liberal, all these show that you have not evolved to the totality of the truth. We all know that our lust, desire or any sort of attachment ultimately create bondages to us. Having

attachment to your relatives whether they be your son, daughter, wife, husband, brother, sister, mother, father etc. all these attachments force you to live your life with lots of compromises. When you are forced to live your life all the time in a collective frame, you will have to live with lots of compromises and every compromise will create a distance between your actual you and your present you. Don't live life with compromises; don't force others to live their life with compromises because of you. Give freedom and enjoy freedom. In the present system of relationship everybody tries to encroach upon others life by giving unsolicited suggestions and in that way creates bondage for other. Don't encroach upon others life, nor let anyone do the same with you. To be free from the slavery of lust, desire and attachment, you will have to raise the level of your consciousness. In the state of lust, craving or aversion, you become unconscious of yourself.

You, your present self are the biggest slavery if you just analyze how you define yourself. Whatever way you define yourself, that is your confinement, because that is fragmented reality. Come out of the cocoon of your being. Life is beyond your confinement too. Let yourself gorge into the outer space of your present self. If you are enslaved by someone else, this can be forgiven. But, if you are enslaved by yourself, this can never be forgiven. Making yourself as your own slave is the biggest misery of life. Make yourself free from your own confinement and see how the existence is out-stretched outside in the infinite sky of joy, unrestrained freedom and divine bliss. Expand yourself to the highest possible matrix of the existence. Let the whole existence be your identity. And this is possible only when, you are established in the infinite ocean of super-consciousness.

How to make a quantum jump into the highest possible level of eternal bliss

I welcome all of you to this spiritual exploration session. The proposition for today's talk is as "How to make a quantum jump into bliss"? Today most of us stand on the big island of discontentment, glooms, despair and sorrow. And we have to make a quantum jump from this extremity to the opposite extremity of divine eternal bliss? Before we discuss the way as how to make this jump, firstly let us discuss what our agonies are. What are the causes of our sorrow and pain? If I have to make a list of problems of the mankind, though they seem to be infinite, but, then also all these problems can be summarized into just four categories.

- We feel that we don't have sufficient material possession like money, wealth power etc. We all feel that we can be happier if we possess more.
- We all, in one or other phase of life, come across some physical problems, like diseases, depression, frustration, the fear of getting old, the fear of death etc. We feel something is slipping out from our hands; we are losing control on our own lives.
- The third category of our problems is that we all face problems from our system by relationship. We look for love from others, we have set of expectations from others and we feel that our expectations from the relationship are not being fulfilled in totality.
- The last category of problems is that we all expect others to live their lives according to our concept of what is right and wrong. But, everybody has his or her own definitions of right and wrong, and this big difference in our opinion leads us towards complain against each other. In-fact, the third and fourth category are one and the same.

These four broad categories of problems, in fact inkle towards four greater truths and hence the ultimate solution of all these four categories of problems lies in the problems itself. Paradox is an inherent attribute of the manifested reality; that's why, in reality, problems are not just the problems, but, they themselves carry the solution too. These problems are realized by our body

mind system. Our body mind system is an automated system having its own consciousness, through deterministic. On the surface, our body – mind system appears to be an isolated system, but, in-fact it is a part of the vast macrocosm, hence, the perception of the above mentioned problems by our body mind system indicates towards the vast realities of this existence.

The first problem as I said earlier, that we are not satisfied with our material possession, no matter our possession may in surplus of our requirements. We look for more and more. No matter however much you preach about contentment, your inner being always remains discontented. What is the reason? The perception of this problem indicates toward a higher truth that our own physical existence is not confined to the just our physical body, in-fact, we are a part of a vast continuum of the material existence, hence our body mind system which is just a small part of this vast existence looks for the whole, the total existence. I repeat once again – we are not confined to our own physical body, but, in-fact, we are a part of the vast grand scheme of God. We exist as one unified material and non – material cosmic existence.

Now, let us come to the second problem.

The realization of second problem that when we start facing some physical problem, our feelings of growing age becomes stronger, whether we admit or not we get terrified with the notion of proceeding closer to death. Death is imminent, we all know, but, then also, we are terrified. Why? Why are we scared of death? Why?

Because there is a vast truth of this existence - that is eternity. Eternity is an inherent attribute of Absolute truth. Absolute truth is always eternal. Life is an opportunity of the cognition of Absolute truth and death seems to rob us of this opportunity. That's why, we are scared of death. So, the second grand truth we come across is eternity, Absolute truth is always eternal.

Now, come to the third and fourth problems. Our system of relationship does not give us a total satisfaction and the fourth problem is we all expect others to follow our path. When we expect love from others or we expect others to follow our path, it indicates towards the higher truth that others belong to us. Same thing others expect from us, it means we belong to each other. So, the third and fourth category of problems push us towards a vast reality that we all belong to

each other, we are not isolated entities, but, on the contrary we all are the part of the unified reality.

All these problems insinuate us towards higher truth. Since because of our lower consciousness, we are not able to realize these truths, hence, these problems appear as problems. If we expand our level of consciousness, the same problems can be the doorway of the realization of Absolute Grand truths and we can dive into the realm of eternal bliss.

Let me make the things clear once again – at this lower level of consciousness we feel that –

1. We are a distinct isolated body mind system from other material system.
2. Our life is limited and temporary.
3. I am a distinct living being and others are different than I.
4. My matrix of realization reflects this final truth.

Our lower consciousness isolates us from the vast truth; hence, we become the victim of ignorance and delirium. If we raise our consciousness to the level of super-consciousness, we happen to realize the vast grand eternal Absolute Truth that:

1. We all, no matter living or non – living, are united together as one unified entity. Everything in this existence is perfectly united together as one unit and the basic constituent of this existence is bliss.

2. Everything in this existence exists simultaneously. There is no past, present or future. This division of this time scale is on account of our limited, localized and confined consciousness. When our consciousness is free, we can feel the eternity in a very crystal clear term. Then, there is no death or life. Just the eternal existence is there.

3. The concept of good or bad is a partial relative and localized reality. Vast absolute truth is always non – localized. So our belief that we are right and others are wrong falls down.

All concepts of right and wrong are selective, relative and apparent realities. Absolute eternal reality can not be categorized as good or bad. Truth is just truth, bad or good are irrelevant. Truth can never be fragmented; it is always whole, inherent with this quality of being always

total.

Now, you tell me if anyhow you realize this grand truth in a very real manner having the direct perception of it, not in just in a logical or verbal manner, do you think then also your problem can sustain?

No, not at all!

Now, so far what we have discussed, let me sum them up in one sentence. **The cause of all problems existing in this world is unconsciousness and the solution of all problems of this world is Super-consciousness.** Now if any way you realize Super-consciousness, you will realize God. You will make a quantum jump into divine eternal bliss.

Now, the question is how to raise ourselves to the level of super – consciousness so that we can realize the divine bliss? To know this we need to understand why do we exist at the lower level of consciousness? Most of the time our consciousness remains occupied or shadowed with thoughts; or we can say our consciousness remains encrypted with deterministic patterns. What is this deterministic pattern? All material manifestation, thoughts, emotions, feelings etc are deterministic localized patterns in the vast ocean of the basic constituents of this existence i.e. consciousness. Because of the development of deterministic localized patterns in the consciousness. The continuity of the unified existence seems to have been broken and we seem to be distinct entity. But, when consciousness is free from all deterministic patterns, it is always unified and is in the state of super – blissfulness. So in order to realize Super-consciousness, you need to free your consciousness from all thoughts, emotions, all outside attachments, so that your consciousness can be aware of the self. And when it is aware of the self, it realizes the continuity of this unified existence and realization of this unity is the realization of God.

When you are in the Super-consciousness state –

1. You feel that you are united with the entire existence.
2. You are in the state of highest possible level of blissfulness. Bliss is the inherent quality of Super-consciousness.
3. You are free from all desires.

4. You are free from all fear, even free from the fear of death. In fact death ceases to exist, because in this state you very easily feel that you exist beyond this body which is a localized event in the vast infinite space-time continuum. Your body is in fact a localized event in the space – time continuum. When you are merged in the ocean of consciousness, you no more remain a localized event in the space – time continuum; rather you get merged with the vast boundless, eternal existence. Hence there is no death in this state.
5. You are free from all negative emotions like hatred, jealousy, enmity etc. Rather in the state of super – consciousness you can embrace even your so – called enemies too.

When you exist in the state of super – consciousness, you exist in each and every bit of the entire existence, at the same time the entire existence exists in you. You become God, God manifests himself in you. You become the saga of divine eternal bliss and celebration.

Now again the question comes how to get into state of Super–consciousness? So far whatever we have discussed were the logical and theoretical explanation of truth. But, in fact truth cannot be realized through verbal discussion and arguments. If you are really passionate about the realization of this supreme truth in reality, then, now you will have to proceed through action. You will have to do some experiments. Those experiments can not be discussed here, because if you try them without having complete knowledge of the mechanism, you may put yourself into problems. But, I assure you, my whole and sole concern is to make you realize that divine Super–consciousness, so if you are really passionate about it, please, have an individual session with me, so that you can proceed toward the Absolute Truth through your action, not merely by discussion. No matter however much I discuss verbally about the fragrance of flowers, you can have some guess, but, you can never have actual realization. So, ultimately you will have to be prepared for the effort to smell real flowers and thus realize the fragrance. So, if you wish to step into actual realization of bliss or God, you are welcome to have an individual session with me. You can come to me or invite me at your place.

Our Ultimate Goal of Life

Our ultimate goal of life is to evolve to the super-consciousness, so that we can realize our ultimate reality of omnipresent and infinite field of divine bliss i.e. GOD. We have to realize our actual existence beyond our physical and mental body, beyond the space-time continuum. We have to realize that how we exist as an omnipresent, infinite and eternal field from which this entire physical universe emanates and in which ultimately this entire physical universe gets annihilated. Realization of this eternity is our ultimate goal of life.

What you realize in this state of Super-consciousness?

When you are in the Super-consciousness state:

- You feel that you are united with the entire existence.
- You are in the state of highest possible level of blissfulness. Bliss is the inherent quality of Super-consciousness.
- You are free from all desires.
- You are free from all fear, even free from the fear of death. In fact, death ceases to exist, because in this state you very easily feel that you exist beyond this body which is just a localized event in the vast infinite space-time continuum. Your body is in fact a localized event in the space – time continuum. When you are merged in the ocean of consciousness, you no more remain a localized event in the space – time continuum; rather, you get merged with the vast boundless, eternal existence. Hence, there is no death in this state.
- You are free from all negative emotions like hatred, jealousy, enmity etc. Rather, in the state of super – consciousness you can embrace even your so called enemies too.
- When you exist in the state of super – consciousness, you exist in each and every bit of the entire existence, at the same time the entire existence exists in you. You become God, God manifests himself in you. You become the saga of divine eternal bliss and

celebration.

Determinism v/s Free will: Astrology and Beyond

Age old question

Are we pre-destined? Or, do we have the privilege of exercising our free will? Are we doer? Or, we are just a small cog in this vast pre-determined automated cosmic machine?

The ground of assumption

If you believe that man and everything in this universe is pre-determined and subject to mechanical determinism, then, this whole universe must be the result of a vast chain of causes and subsequent effects relationships.

If we believe that man is free to do whatever s/he is willing to do, then, there must be a cause which itself must be causeless. If we are free to exercise our will, then, we must be able to do something which does need a cause to be present in our present matrix. Only causeless cause can form the basis of free will.

Argument in support of determinism / pre-destined future

As scientists have explained the origin of the universe through a Big-bang; before the big bang, the whole universe was perfectly united together in one unit called "Primitive Atom" and this primitive atom, when went through blast (big bang), the whole universe came to its present existence. This big bang was the first cause which, in turn, created a chain of infinite chain of cause and effects. If the present universe is the expression of this long chain of cause and effects, then, we being the part of this vast oceanic web of the cause and effect chain, we are pre-determined. We are a slave of determinism.

Astrological explanation

Whether you believe in astrology or not, but, if you really study Astrology properly, you will come to realize that astrology is a pure statistical science. Just gather some data of people belonging to different profession or personality. You will find many similarities in their horoscope. The impact of planetary dispositions is not only on our physical constitution; rather, it is on mental constitution also to a fair extent. Through proper knowledge of astrology, you can make a good guess of physical and mental constitution of not only a person, but, you can make prediction about his/her relatives, friends and foes too, to a fair extent. Though, astrological reading being a subjective analysis and depending upon the experience and knowledge of interpreter, the interpretation of horoscope may differ from one interpreter to another. But, if really a deeper study is done properly in a very comprehensive framework, you can make a good prediction about the material reality of a person to a fair extent.

Certain events mostly take place in a certain planetary disposition. For example, most of people go lunatic on full moon night. The veracity of astrological impacts can be verified through statistical study of predictive astrology.

Limitation of Astrology

Though, professional astrologers firmly claim that a man is the outcome of planetary dispositions only, as they either refute other determining factors of man's physical and mental constitutions; or, claim that other factors too come within the ambit of those planetary dispositions. But, this is not true. For making the horoscope of a person, only three basic data are required- time, date and place of birth of a person. If, only astrological factors are the sole determinant of one's existence, then, all persons, born at the same moment, on the same date and at the same place, must be same in every respect. But, it is not so. So, this proves that other factors too are important determinants in the manifestation of personality and future of a person.

Beyond matter, determinism and astrology

Though matter is subject to the cause and subsequent effects relationships, hence, enslaved by determinism; but, as we proceed from gross materiality to non-materiality, we come across the

fact that something is beyond determinism, beyond cause and effect chain. For example, sub-atomic (quantum) particles don't follow the deterministic pattern in totality. They are unpredictable. Bell Theorem and its experimental verification by David Bohm have proved this unpredictability of quantum particles beyond doubt.

The theory of determinism claims that this universe is just the expression of the vast chain of cause and effect relationship, thus, whatever was the first cause of this cause and effects chain, there must be a cause behind that cause and so on. This way, we don't find any initial point of the origin of the universe. There must be causeless cause to start this long chain of cause and effect relationship to make the universe a totally deterministic and pre-determined reality. So, the axiom *ex nihilo nihil fit* (nothing comes from nothing) does not go with logic. Heisenberg experimentally proved that things may happen even without any cause.

So, we come to the conclusion that there must be a factor beyond this matrix of cause and effects. And this matrix is consciousness. Consciousness is a stupendous phenomenon which lies beyond the predictable matrix of cause and effects chain. Astrology is applicable to the matrix of determinism only. Astrological prediction can be made about only those things that are the expressions of the cause and effects relationship chain. Something, which is the outcome of causeless cause, cannot be predicted.

Man, destiny and free will

As far as man is concerned, man is not only a material entity in the form of body and mind; but, consciousness also is a very important constituent of the human existence. Materiality can be predicted, but, consciousness can't be. So, if a person who is not conscious, s/he is just a matter, hence, totally pre-determined and predictable. S/he is deprived of freedom and free will. But, a person who is hall-marked by higher consciousness, s/he is beyond materiality. S/he is privileged to exercise free will. Freedom from all bondages is his/her identity. Astrology does not apply to him/her as far as his/her inner world is concerned. Though, astrology can make prediction about his/her physical constitution.

Conclusion

If you are asked to predict whether a person will go outside or not, and you find the climate outside as very cloudy, most probably, you will predict that the person will not go outside as it is likely to rain. But, the exact reality depends upon the determination of a person. If the person is determined to go outside, s/he can go even in the condition when it is raining. So, your prediction might be wrong, though, it may be true in majority of cases as general mass is deprived of higher level of consciousness.

So, you must remember one thing that astrology is the prediction of possibilities. It is not the prediction of exact happening of an incidence. If a person is determined enough, s/he can go beyond the determinism of planetary disposition.

If pre-determinism had been the sole reality, the process of evolution would have been redundant.

If a person is just a materialistic, not having any element of self-consciousness, s/he is just a matter; hence, totally predetermined and predictable, deprived of ultimate freedom and free will. Self-Consciousness transcends you beyond materiality, give you freedom, make you free from all bondages, making you float in the infinite ocean of divine bliss. Hence, the realization of the super-consciousness is the ultimate destination of mankind.

Change your destiny; translate your desire in reality through Law of Attraction

This whole universe is made of different waves of different frequency, amplitude and wavelength. The gross solid objects that you see are made of waves of very short wavelength, high frequency and high amplitude; while the subtle things are made of waves of very low frequency, low amplitude and high wavelength. Our thoughts too are waves. When frequency and amplitude becomes zero and wavelength becomes infinite, it becomes a godly wave. **God is a self aware field of zero frequency and amplitude, but of infinite wavelength. That's why, we say that God pervades everywhere. Because of zero amplitude and frequency God has potential to manifest itself in infinite definite as well as indefinite possible forms.**

The Law of attraction says that similar waves attract each other and get imposed with each other, magnifying their effects. What this law means in our everyday life?

When a person keeps thinking and feeling that he or she is financially poor; he or she doesn't have sufficient money, wealth, property etc., then, he or she is attracting the waves of more poverty and the person will become poorer. So, instead of thinking negatively that he or she is financially poor; he or she doesn't have sufficient money, wealth, property etc., the person should think, visualize and intensely feel positively that right now he or she has some money and more and more money is likely to come to him or her very soon; more and more money has been coming to him or her. This positive thought will attract the waves of affluence and prosperity and money will start coming to that person making her or him affluent and prosperous.

Every person is a transmitter of mental waves. Whatever you think and feel, the waves of those thoughts get relayed and they start attracting similar waves, resulting into the magnification of the situation as thought and felt. So, if you keep thinking that you had been going through very painful experience in your life, this thought will bring more pain to you. Everything can be

thought and explained in positive as well as negative way, conveying almost the same meaning. So, one should adopt the way of positive expression instead of negative ones. If you keep saying to a person that if he wishes to go back from relationship, he will certainly go off one day or the other. So, always be positive.

Using this law of attraction, we can manifest the desired reality whatever we want in our life. We can change our destiny as we wish by consolidating our positive thoughts with the corresponding actions.

Why Most of Spiritual Masters Fail?

There are two terms - phenomenon and noumenon. Facts that appear are phenomena and factors that cause phenomena are noumenon. For example: a man afflicted with lust faces grief, this is a phenomenon. But, if you analyze the cause of lust, the factors that develop lust in you are noumenon. Now, what is the factor which develops lust in you? It is unconsciousness. Unconscious souls are afflicted with problems of world like unhappiness, grief, tension, anger, lust, greed, attachment, bondage etc.

Now, come to the approach of most of the so called spiritual gurus. In morning, just switch on your television, you find lots of spiritual masters just sitting, preaching and doing their business. Now a days, spiritual masters operate through media, particularly through television. They all teach you that because of your desire and lust, you face grief in life. Because of hatred, there is so much violence and blood-shed in our world. Our mind keeps thinking all the time; that's why, we face tension. They teach you that we should always think positive and good for others. We should not greed; we should not be attached with worldly things. We should not hate any one. Who doesn't know all these that these spiritual teachers preach?

What do you think- we have control on our mind and on ourselves, so that we should not think negative of others, we should not hate others, we should not greed, we should not have attachment, we should not keep thinking all the time? If we had control over our mind, we would not face all these problems. What is the cause of all these problems? What are noumenon behind these phenomena?

It is unconsciousness. So now the question is – how to evolve to higher consciousness? But nobody teaches you this. All gurus keep delivering long lectures about darkness; but, nobody teaches you how to lit a lamp of light, so that darkness automatically gets dispelled. In fact, they themselves are unconscious. They preach of non-attachment; but, they themselves are strongly

attached with luxuries, wealth, power etc. Have you not seen – all these religious institutions and gurus have vast wealth?

All spiritual teachers ask you to have strong belief in God. How can you believe in something which you have never realized yourself directly in your life? Beneath your belief there will be a strong non-belief always because you have never realized the truth yourself directly.

Don't you see- almost everyone thinks of oneself to be a theist; but, in-fact, nobody relies on God. **Let me tell you very frankly the spiritual guru who asks you to believe in God without making you directly realize God, he/she can never make you realize God.** In fact, they themselves have never realized God. Why do you need to believe in something which is the supreme truth? You need to realize it directly with your own perception; you don't need to believe it blindly.

So, think of the ways of realization. **Belief is the strongest and biggest barrier in the realization of God.** Because through belief you create your pseudo-reality which may be just opposite to the actual reality. Truth is self-manifesting. Most of religious teachers teach you what you know already. And since your so called knowledge has not solved your problems; that's why, these gurus also can not solve your problems, they can't serve any purpose to you. They are just selling their products to you making you more miserable and poor. These religious gurus have just divided humanity on communal lines. They have just inculcated superstitions.

Only those spiritual teachers can be useful to you, who teach practical ways of how to evolve to the higher-consciousness. As you get established in super-consciousness, you yourself automatically become the epitome of divine bliss, ultimate freedom, ethics and morality.

Journey of Life

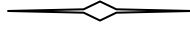
Life! A most beautiful opportunity to experience the Ultimate Ecstasy, Bliss and Beatitude, if you have vision and positive attitude towards Life and Truth! When you ascend the crescendo of consciousness, your soul expands having the whole cosmos immersed in your being. This is the state when you realize God. Rather say, you yourself become God. In this pristine solitude, you become a grand saga of eternal infinite bliss. This is the crescendo of Life. This is the state of your being which defines God. This state of your being gives ultimate glory to human life and intelligence. This is the state of Ultimate, the Ultimate of All Ultimates.

In this state, you are the supreme love; you love with yourself; love with the whole existence, love with everyone; love with even your enemy of your state of low consciousness as in the higher state having an enemy is impossible. You love the whole cosmos. You jump high to touch the sky. Your heart tickles with the sight of all beautiful women, children and flowers. The zenith and horizon start dazzling, spreading the radiance of Godliness all around. God starts dancing with you. God becomes thankful to you.

O man, why are you wasting your precious time in stupid petty things? Come, get into love. Love with yourself so that you get in love with the whole cosmos, whole existence-manifested or yet to be manifested! Birds start chirping; peacocks start dancing; the sun starts smiling; clouds start hovering; wind goes mad and intoxicated. This is the state God raises in deeper love with you; God gets indebted to you, because through you, God has experienced the supreme euphoria, pristine nectar, the ultimate ambrosia of existence.

Oh dear, get in Love. Leave the shore and let us dive into the deep ocean. When you ascend the crescendo of divine consciousness, love happens on its own as love is the inherent reality of Supreme-consciousness, the God. When you transcend your mind in full awareness, God approaches to you to have you to dance with. Dance! Celebrate! See, all musical instruments of the cosmos have started playing and dancing. The Ultimate Symphony! Lord Buddha closes His

Eyes and the whole universe gets immersed in His simmering Oceanic Consciousness. You have reached the Ultimate Goal of your life.



If a spiritual teacher like Pope was alleged to enjoy sex with women, as reported in media, should he be blamed for this?

As is Pope considered sacred in Christianity, almost same is or was the position of Shankaracharya in Hinduism. You may have read the report in the newspaper or may have seen the same on T.V., in which it was alleged that Kaanchi's pontiff Shankaracharya Jayendra Saraswati used to enjoy sexual pleasure with women. What the truth is, that we don't know; nor are we concerned to go into individual's private life affairs. But, taking the Shankaracharya as an institution into consideration, we must investigate the approach of the society assuming that if the reports were true.

Acceptance of reality v/s sanctimoniousness

If Pope or Shankaracharya is to be blamed, he should be blamed for the hypocrisy, rather than being blamed for getting indulged into sex or any other way of carnal pleasure. The ultimate result of all the true spiritual exercises is the freedom; freedom from all bondages, freedom from the Karmic laws. If a man is on true spiritual path, he should be quite bold and courageous. So, if a true spiritual seeker feels lust for something whether it be sex or anything else, he should have the guts to accept the reality. Only cowards try to escape from the reality and a coward can never become a true spiritual person. He should have been bold enough to accept what he did or he intended to or wished to do.

Spirituality is a process of going deeper into the subtle mysteries of this vast existence and when a person is not able to understand and accept the stout facts of this nature, how can he perceive and live with the subtle realities. Spirituality is a step ahead of the material world. So, only those persons whose boldness is capable to transcend the futility of the material world, only they can step into unknown and yet to be explored world of vast majestic spiritual reality.

As far as our worldly existence is concerned, a common man is so coward that despite knowing the fact that everyone knows the reality about him, he is not able to accept the reality, just to preserve his vain ego. If Pope or Shankaracharya used to enjoy sex, he should have been bold enough to accept this fact, rather than getting indulged into sex secretly. He is not bold enough to stand confidently against people's false and foolish pervasive belief about sex.

Let us analyze our approach

Most of the people believe that they are religious people. They believe in God. They believe that God is omnipotent, omnipresent and omniscient. They believe that nothing can take place without the wish of God. They believe that God can never do anything wrong. Why won't they apply the same logic when they think of sex? If everything is created by God only, same should be true in regard to sex too. And when instinct of sex has been created by God, how can it be wrong? And if it is not wrong, then if Shankaracharya or any so called religious teacher enjoys it, what is wrong in it?

If people consider sex as a sin, as it is considered not only in Hinduism, but, also in Christianity and so many other religions, so what does it mean? They are more smart and intelligent than God. Secondly, if they themselves enjoy sex, then, how it can be justified to expect your religious teachers not to do the same? Why are there two standards, one for self and another for others?

If a man is greedy, aggressive, dishonest, he is so, not because of his own reasons. But, in fact a person has got the instincts for all these from this nature, the vast existence. And if existence has given something, how it can be wrong? We are really very strange people. On the one side we worship Lord Shiva who gave an entire stream of meditation based on sex called Tantra Meditation; moreover we worship the union of genital organs of Lord Shiva and his wife Parvati, and on the other hand we condemn sex, we consider it a sin. If Shankaracharya has got lust for sex, it is the manifestation of this vast existence in him. So, not only people, but, Shankaracharya too should accept this truth. Whether people accept it or not, it is not so important as it is for Shankaracharya. Being a religious head, he still has got the opportunity to start his true spiritual journey. Vast can still unfold its divine mystery upon him, if he becomes a traveler of the path of search.

Even lust is divine; our social conditioning perverts it and makes it ugly

Before I start, let me make you something very clear. If you are a person having the wish to reinforce your beliefs through spiritual discussion, then, please, don't read it; because it will save your time and energy too. If you are a person who tries to investigate and experiment into a matter on the basis of its own facts, rather on the basis of society's notion about it, then, you must go through it. Truth can never be realized through the instrument of faith and blind beliefs. It is realized through logical investigation by going beyond all frontiers of confining mind. Mind is a stored limited experience in our sub-consciousness. So, our mind traps and confines us to a limited frame and in that confinement, absolute truth can't be explored. So, if you have guts and patience to listen and to take pain of understanding to the unconventional ken of wisdom, you are welcome here. I don't ask you to fall in my line, or subscribe to my faith. I don't have any faith at all. I have just the realization always. Some realizations may be relative and shallow, but, I try to keep analyzing and understanding them in order to march forward to the ultimate reality.

Now, let us come to our main issue. I would like to start my point with one of my real life experience:

Once I was attending a meditation session. Just next to me, a very beautiful woman was sitting. When I happened to have a look of her, I lost my sense. Her captivating beauty possessed me and I happened to ask her – “May I dance with you.” (Dance meditation was to be started). Generally I am very shy by nature and don't have guts to propose to a woman; but, that day I had lost my sense so strongly, that I dared to propose her to dance. When I proposed her for the dance, let me honestly admit to you, it was just sensuality in me. I was just struck in her beautiful dazzling body. I asked to her, “May I dance with you?” She replied, “Yes, why not”. I would not have dared to touch her on my own. But, she herself took me in her embrace and

started dancing. When I felt her touch, I just tried to have profound feel of every bit of her touch and watching of my feeling of every smallest possible bit of every moment made me expand in the sky of consciousness. You won't believe- I started with sensuality in my approach; but, when I continuously danced with her taking her in deep hug, at the end, she appeared so divine to me that I can't express her divinity in words.

When meditation was over, we proceeded to dining hall. We were having dinner together. Then, I told her very clearly, "When I proposed to you for dance, I was just stuck in your beautiful body; but, now, you appear so divine, that I wish to touch your feet." And without waiting for her response I literally touched her feet. Years after when I came across literature about Tantra Meditation, then, I was able to understand that phenomenon.

Lust too can take you to divinity. To realize God, the first pre-requisite is that you have to transcend the domain of your mind. Getting possessed in lust takes you beyond diverse thoughts and when you are beyond thought and then, if you try to regain your consciousness, be watchful of your lust, you will transcend lust and land into the divine field.

Remaining stuck in lust is bad; but, using the power and energy of lust to go beyond it, is the shortest way to divinity. The Tantra Meditation, whose lord Shiva was the exponent, is a powerful method to realize God. So, even lust and intoxication can be the golden gate to divinity. May be, that's why, most of people have unconscious urge of having alcohol or drugs, because they take us at least to the gate of divinity, if you remain watchful.

To enter the kingdom of God, consciousness is required. If you have the direct understanding and realization of consciousness, then, very easily you can exploit the power of lust and you can transform the same dark energy of lust into a divine realization.

If you are explorative and courageous, try to do this experiment. Perhaps, Mahatma Gandhi's experiment of Truth was also in the same direction. Please, don't respond to me if you yourself have not gone through the same experiment. I am not the follower of ethics, nor, I am interested in just verbal discussion. If you are really interested in exploring the truth going beyond all traditional conventions, then, certainly I would like to accompany you in the uncharted peregrination to the absolute truth.

Enjoy money, sex and all materialism and realize God that way only

When a man who is blind since his birth is asked to explain a colorful flower, what will he do? He will most probably explain his assumption about flowers that he has never seen, that he has never realized. He will merely play with his fantasy of imaginations. This is the situation with most of us when we talk about God. We claim that we are theists, but, have we ever realized Him ourselves?

Our knowledge of God is nothing, but, the borrowed belief from scriptures, religious institutions, families and societies. God is not our knowing, it is not the outcome of our own search, research and realization. And until, we have our own realization, we will keep groping in dark like that blind man. Our religious and spiritual exercises, in most of the cases, are nothing but merely verbosity, juggleries of words; while the God is the ultimate speaking silence. The right spiritual journey is possible only when you go beyond the domain of words and your mind; but, present day spirituality is nothing, it is forced blaring beliefs in terms of beautiful assurance. If you analyze your beliefs carefully in depth, you will get astonished to know that how your beliefs are contradictory to each other. Let's go through the beliefs of a common so-called theist. A common man has following beliefs:

1. The God is a causeless cause of this universe; means, God has created the universe and everything existing in this universe.
2. God regulates and sustains this universe.
3. God controls everything, all developments and movements in this universe. Without his wish and mercy nothing can take place.
4. God is very kind, just and impartial to all.

If this universe was created by an external agency that we call God and who was or is very intelligent, super-conscious, omnipotent with unlimited powers, then, why our universe is going through a process of evolution or devolution? Whatever the ultimate final design God had in mind, He should have made the universe that way only forever. Since, we are undergoing a process of change / evolution, which suggests that the process of creation of the vast universe has been because of the gradual interactions of several unconscious fields and consciousness developed during the course of evolution. Super-consciousness is the ultimate end of the evolution. Had this existence been the result of a super conscious process or entity, we would not need to undergo through a process of evolution. If everything came into existence because of God, a divine, pious and super conscious entity; then, from where evils, the negative thought came into being. If God is omnipotent, he controls everything, then, this world should have been a paradise. The so-called theists consider that everything takes place because of God; nothing can happen without his mercy or will. If they really subscribe to this view, then, they should be very satisfied beings without any complain, because if everything happens with the plan and desire of God, then, whatever is happening in the life of a theist, that also is there because of his plan; then, a theist should not wish for the things to happen in other way than happening as presently. But, if you see a common man, the so-called theist, he or she is full of thought and view as how things should happen. He is full of suggestion to God. Their non-acceptance of the things as they are in their lives, suggests that deep down in their being they don't subscribe to the view what they seem to believe at the outer surface of their being.

If you believe that God is omnipotent, very just and kind to all, then, why different people have different destiny, different talents and different physical and mental strength? So many people die in various natural disasters like Tsunami, earthquake, flood, and storm etc.; then also, how can you sustain the belief that all these things are being governed, controlled and regulated by a super-conscious entity called God? Most of the so called theists try to escape this question, but tell me how your escapism can lead you to the ultimate eternal truth? You may answer this question in any way to support your believe; but, deep down, this question remains alive in your being, isn't it? All these things suggest that our understanding of God and this existence is immature.

Right now my concern for this writing is not to go into a philosophic deliberation of God, but, my purpose is to free you from the duality in your approach. You wish to enjoy money, sex and all

material and secular pleasure inside your heart, but, on the surface of your being, in your mind you seem to be full of condemnation of all these things. I just wish to tell you that even through enjoying all these you can have a grand journey towards that vast divine and eternal blissful phenomenon called God. In this universe whatever exists, they have some positive purposes, no matter it is the craving for sex and money, or it is the negative approaches like hatred, violence, greediness, falsehood, ego etc., they all have some positive purposes, otherwise, they would not have existed in this universe. You can reach to the Godly state even proceeding through negative polarity. You just need to have a deep understanding and to develop this understanding you need to go through some experiments. If you do these experiments with the totality in your approach, you will reach to a totally new understanding, a totally different realization. Please, do following experiments to explore your deeper self-

1. Close your room; sit alone comfortably in a comfortable posture. Gently close your eyes. Think about a person whom you hate most, abuse that person as intensely as you can or express your hatred towards this person as intensely as you can. Keep abusing, keep beating him in your imagination, and utter the ugliest words against this person as ugliest as you can. Do these things in totality without letting your mind interrupt you. Do it as intensely as you can. During this whole process your eyes should remain closed. Do it continuously for at least ten minutes, then, stop and now watch yourself. Your eyes should remain closed in the whole process. Watch yourself constantly for five minutes. Just watch, don't think and don't interpret. Now, after five minutes think again of that person whom you abused in the first phase. Can you see any negativity now in your being towards this person? You will be amazed to see that now you don't have any negativity towards this person. If you have gone through this process of catharsis intensely with the totality in your approach and without letting your mind interrupt you, you will be amazed to see the nascent positivism in you.
2. Whenever you come across a beautiful girl or a handsome boy and you feel sensually attracted towards her or him, go and ask politely her or him if you can touch her or his fingers and if she or he allows you, touch her or him gently with your closed and watch the sensation of the touch. Don't do anything, just be in that state. After five to ten minutes see the changes in your inner being. Do you still have sensuality in your being or that girl or boy appears divine to you?

If you feel divinity in her or him, then, how sex can be a sin? Does it not indicate that sex also can be a doorway to the kingdom of God? In fact, this proves that everything that exists in this

existence can lead you towards God. You just need super consciousness and super intelligence towards everything. When you exist in highest possible state of super consciousness, that is a Godly state and any can reach there if one has dedication and a strong passion. So, the approach of condemnation towards materialism is a stupidity. You have to take just one care that you should be the master and money should exist for you rather than you existing for money.

Spiritual Benefits of Desire

Paradox is the inherent reality of this manifested existence. If you see any wave, whether it be transverse or longitudinal, they consist of paradoxical realities i.e. crest and trough, condensation and rarefaction. Without opposite paradox manifestation of the existence is impossible. I quoted this reality just to explain on fact that though in spiritual realm people emphasize on freedom from mind, but, the fact is that the mind is the only vehicle which will take you beyond mind. In spiritual world the realized masters emphasize on the freedom from desire. Again I say it is very desire which will make you free from all desires.

Desires drag and push you out and ahead from your present cocoon in which you are confined. Desires give you impetus to explore further, to explore beyond. Unless and until you explore beyond your present confinement, you will not evolve to the higher plane.. Evolution has two aspects – evolution outward from your core to the outer physical world of gross as well as refined and the second aspect is evolution within your core i.e. involution. You have to evolve both the sides – outside as well as inside. The reality of your outside world is materiality, emotion, thoughts, relations etc. The more you explore these outside realities, more you come across their limitations. Whether it is money, power, prestige, ego emotions, thoughts, relationship etc, they all try to possess you, they all try to squeeze out the consciousness from your being and consequently you lose your existence. In spite of being living, you are devoid of life. You just remain as a living system not a living being. You turn into just a material and mechanical reality in absence of consciousness.

But, then also this outside exploration is important when you come to know the limitation of these outside world in a very crystal clear manner through your own realization, then, you come out of the possession of these outside realities. If you try to remain unattached from these outside temptations forcibly, then, you'll never be able to be free from these temptations. That's why, you have seen – all spiritual Gurus these days who keep on preaching you about non attachment, freedom from lust and material possession, they themselves live in palatial air-conditioned ashrams, and in their ashrams you'll find donation box kept everywhere. They teach

you about non-attachment, but, they themselves are more attached than you are. And you are so blind that you never ask any question from your guru that why they need to live in such palatial ashrams equipped with all modern gadgets and facilities. You are blind in your own greed and temptations; that's why, you don't go to these gurus to seek knowledge; rather, you go to them for their blessings, so that you can have bigger and bigger possessions.

Anyway, truth is truth. One way or the other it always manifests itself. Temptations and limitations of the outside world are clearly manifested. You just need basic intelligence to realize them. If you simply run away from the outside world because your guru has preached you about the illusion and uselessness of this outside world, then, you'll never be able to experience their limitations and you will always remain attached with the enchantment of the outside world and your inner journey will never start.

Even if you have realized the limitations of the outside world, it does not mean that outside world is totally meaningless. Had it been totally meaningless, then, the existence would not have manifested itself in these outside realities. We also are the outcome of the outside manifested realities. But, the fact is that we are not just confined as an outside manifested object. We contain a vast infinite endless world within us. When we turn inside, realize and get established in higher consciousness, then, we feel how the entire existence is same both the outside as well as inside. Then, we realize how the entire existence is a perfectly one united unit. Then, there is no difference between the outside and the inside world. Then, there is no difference between the evolution and the involution because both the phenomena have culminated to its final destination i.e. super-consciousness, the genesis of this entire manifested, un-manifested and still manifesting realities. But, you can have this grand sojourn to this magnificent absolute truth only then when you fly on the wings of desire, but, with intelligence and consciousness. Remember one thing that desire is not bad. You should possess the desire; don't let the desire possess you. Without desire even this material manifestation would not have been possible. If super-consciousness is the ultimate reality and the ultimate goal, then, why this field of super-consciousness manifests itself into this material existence?

An easy and effective way to freedom from all craving and aversions

Very recently I attended a 10 days course in Vipassana Meditation at Dharmashala, Himachal Pradesh, India. It is a 10 days residential course. Students have to remain here in complete silence and follow very strict discipline. They can't communicate to anyone even through gestures. Males and females are not allowed to interact with each other. The session begins at 4 am and continues till 9.30 pm everyday including two hours break for breakfast and lunch. After 12 noon, no one can eat anything except a tea break with some fruits and light snacks.

The technique:

The technique is very simple. There are 3 steps.

First step

One has to practice to observe the normal breath touching the nostril. One has to focus just on the nostril, observing the touch of air during breathing. During this process after watching a few breaths one may get carried away by thoughts. One is not supposed to suppress thoughts. When one comes back realizing that one was carried away by thoughts, one should just give a smile and start again watching breathing.

Second step

After a very good practice of focusing at nostril and observing the breath, one has to observe the sensation caused by touch of the breath inside the nostril.

Third step

After a good practice of first two steps for first three days, now, one has to start Vipassana. The first two steps were just preparatory. In the third stage, one has to observe the sensation, gross or subtle, throughout the body and one doesn't have to react to these sensations. One has to just watch the sensations in every smaller part of the entire body. Then, one has to keep observing oneself from head to toe, penetrating each and every part of the body together with the mental awareness. The third step has to be practiced for remaining seven days. Here the most important thing is to maintain equanimity to the sensation by not making any judgment about the sensation whether they are pleasant or unpleasant. One has to just watch the sensation with perfect equanimity without making any positive or negative opinion about them. One does not have to react to any sensation whether gross like itching, pain or what so ever, or subtle. One has to watch sensations thinking that these sensations are momentary. Soon or later these sensations have to get dissolved and vanish. They are not eternal.

During the entire session one has to keep sitting in a squatting position with eyes being closed, back and head straight. One is not allowed to change the posture and have any movement in the body. Continuous practice for whole day and sitting strictly in the squatting position with back keeping straight and without having any movement in the body and not reacting to any pain or itching one may feel really tortured and tormented. During the entire process of observation there should not be any mental verbalization or visualization. One has to maintain purity of the technique by observing oneself, remaining within the framework of one's body.

My observation about the technique

The technique is very simple and very scientific. During this entire process I observed two things very powerful and beneficial. The first step when one observes breathing, one easily gets carried away by thoughts. These thoughts are basically suppressed thoughts in one's sub-conscious mind. I came across even those thoughts about which I had never thought consciously earlier. So, by the rigorous practice of the first step one gets free from all suppressed thoughts. It is really like a deep surgical operation of inner mind. When one is free from all suppressed thoughts, one really feels lighter and fresh.

When one practice the third step very rigorously, it makes one free from all aversions, craving, lust and all negative thoughts. During the first step when I used to get carried away by lustful or revengeful thoughts, after the practice of the third step when I thought about those thoughts

again, I had found that later I was free from all those thoughts of lust, aversion etc. Those thoughts had lost their intensity totally. It really brings a person to a very tranquil and blissful state of mind. It raises awareness level. If one really practices the technique properly even after the completion of the course, it may lead to the realization of the super-consciousness. After all this technique taught by Gautama Buddha has produced maximum number of enlightened persons.

My suggestion to everyone is – practice this very simple, effective and wonderful technique without torturing yourself. Practice this technique for one hour in the morning and one hour in the evening every day. Don't torture yourself by maintaining just one posture. There is no need to sit in the squatting position. You can practice this meditation technique by sitting in a chair also in any comfortable posture. Don't torture yourself by not reacting to the gross sensations like itching or pain. React to them with equanimity in full awareness.

Vipassana is a really very wonderful technique. It is the greatest gift to the mankind by Lord Buddha.

How this technique works

This technique is totally based on the interaction of the conscious mind with the matter. Whatever the thoughts of lust, anger, desire, emotions etc we have got, they are basically deterministic patterns in the sea web of impulses in our nervous system. These thoughts are ripples of disturbances in the ionic equilibrium and these disturbances create their own electromagnetic fields with certain amplitude. Higher the amplitude, higher is the disturbance. While the super-consciousness is a homogenous field with zero amplitude without having any ripple of disturbance. When we make our consciousness move throughout our body, it dissolves and destroys all the disturbing patterns in our ionic equilibrium and neutralizes the electromagnetic field of the disturbances in the ionic equilibrium of nervous system. When the field in our nervous system loses all amplitudes, we come to the tranquil field of mind realizing peace and blissfulness.

My recommendation to all husbands and wives

If you really want to teach a lesson to your spouse (to torture her/him) and at the same time to bring a positive transformation in him/her, make your spouse attend this 10 days Vipassana course. You will get more bliss than your spouse.

Recognition of True Love

Door can be used for the purpose of confinement as well as the gate way to freedom too. It all depends upon you how you use it. Same is true for all relationships too, whether it be with your spouse or friends. If you have true love, you will give freedom to everyone who-so-ever you are related to. But, in most of the cases what happens that our relationship becomes a confinement and bondage. We frequently use terms love, God etc, but, we rarely do have the realization of these terms. Our condition is same as that of a blind man who has never seen a flower, but, he tries to give several interpretations of flowers.

For a common man what is love?

In most of the cases we use the term 'love' for our 'liking' or 'passion'. For example when you come across a beautiful woman or a very handsome man, you feel that you love that woman or man. But, that is not your love, but, it is your liking, no matter you can be prepared to give up your life in order to get that man or woman. Here you like someone for your own reason with your selective approach. Since that man or woman is handsome or beautiful, that's why you like them. So, you have got your own reason and the purpose, as others being handsome or beautiful created a stimulus in your body-mind system and you want to get them to satisfy the urge, the disturbance in your being. Your unconscious mind wants to nullify the disturbance in the equilibrium within you, created by the stimuli present outside of you, in the form of the man or the woman. So, you have your own reason and purpose to like someone as through someone you wish to calm the disturbance in your inner equilibrium.

That's why, you see after marriage or long relationship with the man or woman for whom once you had a very strong craving, now, you don't feel same intensity about the same man or woman. Everyone, after a few days or months or years of marriage, feels attraction for other person now. Some people even proceeds to have extramarital affairs. And so many times we have seen the so called love marriages end in divorces. What does it mean? It simply means

that what you once thought of love, it was not the love but your liking. Had it been your love, marriage would not have been essential. This seems to be contradictory, but, you will realize that there is no contradiction at all, once if you understand and realize the mechanism, dynamics and mystery of love.

How can we differentiate between liking and love? The differentiation can be done on the basis of the following factors-

- a. Consciousness v/s hypnosis
- b. Factors existing inside v/s outside
- c. Without purpose v/s with purpose
- d. Universality v/s selectivity.
- e. Indifference v/s disturbance and disappointment
- f. Freedom v/s bondage
- g. Intensity gradient v/s uniformity

In most of the cases when you think you love someone and it is not love, but, merely your liking, what happens in that state is that you are in a strong state of hypnosis, you are simply in the state of unconsciousness, while the true love is the manifestation of a highly conscious state. In the state of liking you exist outside of your being, while in the state of pure love, you exist within you, with yourself. The stimulus of liking exist outside of your being, while in case of true love that exists within your being, it is a journey from inside to outside without the intensity gradient. When you are in the state of love, there is no intensity gradient; it is uniform in intensity irrespective of time flux. In case of liking you have a purpose, you have a need to satisfy and the man or woman for whom you feel you love, is just a tool required to offset the in-equilibrium caused in your being. Since he or she is a tool to nullify disturbance in your being, so, you are scared of losing him or her when he or she interacts with other woman or man. Your liking makes you possessive about him or her and when he or she interacts with other women or man, you become jealous. Just think how is it possible when the person whom you think you love, he or she has physical relationship with others, you lose your temper and peace. You cannot tolerate your spouse having physical relationship with others despite knowing that when your spouse is having physical relationship with others, that way he or she is enjoying a lot.

If your liking is a true love, how is it possible that you cannot tolerate when the person, whom you think that you love, tries to pursue pleasure from someone else than you. How the pleasure of the person whom you think you love, can be your agony? What does it indicate? It makes it clear that relationship between you and the person, whom you think you love, is not based on true love, but, it is simply your liking. Hence there is the sense of possession.

Liking makes you selective, but, when you are in true state of love, you come out of the selective attitude, because selection is the game of mind and love is not the affair of mind, rather, it is a deeper alchemy of your 'entire existence'. In the state of love, you are beyond all calculations; you are just out of the domain of mind. Selection shows the narrowness of liking, while, universality is the essence of love. When you love someone, you simply happen to love one and all without any reason, without any purpose.

Love and liking can also be distinguished on the basis of indifference and perplexity. When you like someone, you remain disturbed and perplexed until you get them. And in most of the cases you remain disturbed, even after you get them. While in the state of true love since you remain with your self, so your love is not subject to the presence or absence of someone. When you come across someone, you show kindness and good gesture to them, and when no-one is there, and then also you are in a blissful state. You enjoy not only your own being, but, the entire existence, entire cosmos, the whole universe. It is the state of plasma. You simply flow from inside to outside, without being bothered about the taker, or the person in front.

In most of the cases your relationship creates bondage for the person whom you think you love, while the true love gives freedom. You become the gateway to the freedom to a person whom you love. It gives freedom not only to the person you love, but it also liberates you. And this is the Godly state, that's why we call love as God.

Now, the question is how to proceed from liking to the love? How to be in the state of love? Unless and until you realize love yourself, you cannot understand the difference between love and liking. I suggest you here a method. Do this experiment if you want to understand the phenomenon of love.

Love and sex also are two different things, but, sex can be the gateway to love too. Just do one experiment. In most of the cases where a couple undergo the process of sex with each other, in

that interaction everyone tries to satisfy one's physical need using other's body as a tool. You touch your partner because your body wants to enjoy the touch of other's body. That's why, you must have observed - most of husbands retire from sex immediately after they reach orgasm, without being bothered whether their partner is satisfied or not. What I mean to say that in the sexual interaction, priority is the self-satisfaction and see, the paradox, people call it love.

If you do following experiment, then, you can realize the bliss of love. Approach towards sex should be wholeheartedly without being in a hurry. Firstly sit together and gently take out your clothes in full awareness. Be aware to each and every movement. When you are totally naked, just watch each other for some time without touching. Just watch, don't interpret it. Don't talk to each other at all throughout the experiment. After watching each other for at least five minutes, then touch each other's palm gently and watch and feel the touch without making any interpretation. Remain in this state again for at least three to four minutes. Then, gently make your whole body touch the entire body of your partner. Feel the sensation, the touch without any interpretation. Be watchful for each and every moment and movement and for your-self also. After at-least seven to eight minutes start kissing each other without getting excited. Watch the sensation kissing each other. Remain in this state of tight hug and kissing for at-least seven to eight minutes. Be totally aware of the sensation.

During the whole process don't let your breathing be fast, keep it as slow as possible. If for the first twenty minutes you have remained cool and watchful to every sensation, you will observe alchemy in yourself. You will start having the realization of true love. Now, proceed for intercourse. You will observe that now what-ever you are doing, you are not doing it for the pleasure of your-self, but, rather, for the pleasure of your partner. And this way being totally devoted for the pleasure of your partner, you yourself are in the state of divine bliss. In this state only you can realize the meaning of true love.

If you depart from this world without living your life like a king

If you depart from this world, without living your life like a king, then, what is the meaning of your life; what is the utility of your wealth, property, money and power? If you are not there, then do your society, relationships, your prestige etc. have any meaning?

Remember you have one and only one life, which is right now available to you. Who knows about the next birth; whether next birth is there or not? Enjoy your life like a grand-celebration. Enjoy all possible happiness of life with totality. But, what may be bigger joy or bliss than God? Since God for you is the statue fixed in your temples, you do all prayer, you genuflect before the statue, but, in fact, you don't have any glimpse and realization of God. That's why from inside of your heart and being, you don't rely on God. And, you are right if you don't rely on your God, because if you don't have direct realization of God, then, why should you blindly rely on it? But, have the courage at least to accept this fact.

I have enjoyed all happiness of life, whether it is wealth, money, sex, lust, love, relationships; and I have even realized God also. That's why I speak on the authority of my own objective experience that there can not be bigger bliss than God. Even sex with thousands and thousands of beautiful women, all the wealth and power of this world can't match that bliss, joy and happiness which you experience when you realize the ultimate divinity called God.

I don't ask you not to enjoy wealth, sex or any secular pleasure, but, always remain conscious of the fact that these all worldly things are for you, your existence is not confined to these material things. The purpose behind all material possession, sex, power is to realize the happiness and if bigger happiness is available than these secular happiness, then, why should we not go for it? Live your life king size. You live your life on your own terms; don't let your life live you. There is no bigger misery in life than slavery and bondage.

The ultimate purpose of life is the ultimate freedom; freedom from all bondages. And the ultimate freedom is to get dissolved in the vast infinite ocean of the ultimate divine bliss i.e. God. But, you can't experience this ultimate bliss without realizing God directly.

Remember, God is not that you have created out of your beliefs as your saints and priests explain. If you have not known God through your own experience, then, you have no relation with God. You are just deceiving your-self. The whole crowd of the world is doing the same. They are running blindly in crowd. They are chanting all mantras, doing all prayers, but, peace, happiness, divinity, all seem to be elusive from this planet.

Be honest with yourself at least. If so far you have not experience God yourself, accept this fact at least and put the first honest stride in this direction. When whole sky is your, then, why to remain confined behind a window?

Come forward, Realize God, the Ultimate Objective, Universal, and Absolute Truth through your own realization. Realize the ultimate ecstasy.

Does prayer really lead us to God?

Before we ask or answer this question- “Does prayer really lead us to God?” we must be very much clear that what exactly we mean by the term ‘Prayer’ and by ‘God’. In common parlance, most of people mean by ‘prayer’ – request made to God and by ‘God’ we mean the creator, the sustainer of this world. Since we believe that prayer leads us to God, that’s why, in every nook and corner, we have opened different prayer centers, whether it be temples, mosques, churches, synagogues etc.. In all these prayer centers, prayer has been going day and night. Resonating the entire atmosphere with our prayer, we have installed loud-speakers in these prayer centers. But, we still see that despite all these efforts, violence has been constantly increasing on this earth. Drought, famine, flood, natural disaster etc. have still been plaguing our world. Why? It suggests three things:

1. Either there is no God, that’s why, our all efforts go in vain, because there is no-body who can listen to our prayer.
2. Or, our prayer is wrong, that’s why, it does not yield any result.
3. Or, our belief is wrong that prayer leads us to God.

What exactly is the reality? Whatever be the truth one fact is there, somewhere or the other, there is something wrong in our understanding; otherwise, our earth would have been a paradise. When we do our worldly prayer, means, when we ask for something from God, it means that God and we are two distinct realities, there is a gap between God and us, that’s why, we are trying to approach to God. Had we been the part of God, we would not have needed to do prayer to God at all. And when there is a gap, how can we communicate to him? If we are the part of God, then who would do prayer to whom?

God is all pervading omnipresent and totally non-deterministic and non-localized entity and process; while our prayer is our thoughts and emotions, a localized and deterministic pattern in the space-time continuum. God is a beyond space-time continuum reality, while we are localized reality in space time continuum. Both seem to belong to different domains of realities.

Then, how the communication is possible? And if there, is no communication, then, our all efforts of prayer are useless. Will you not like to investigate the truth?

Ultimate Truth

You were born alone, will die alone. Then also, why are you never with yourself? Most of the time, you are occupied by worldly relationships. You are always surrounded with the crowd, even when you are physically alone. Remember the whole unified existence gave you the birth. After death, you will get merged with this whole vast boundless existence, so this vast unified existence is the only reality, only this is your true relative.

The worldly relationship of your mother, father, brother, sister, son, daughter etc are just the working and partial relationship. Whomsoever you consider as your true relative, whether he/she or you can get merged into each other totally? No, never. If you want to see the true face of your relationship, then, just stop performing your responsibilities towards them, then also, whether they remain same? No, they can never. That's why, I call these relationships as the working relationships or the relationship of convenience in which everybody is using each other as a tool. When this convenience is lost, your relationship is lost.

I don't condemn these relationships, nor do I ask you to run away from these relationships. I am just showing the limit of these relationships to you. Don't get confined to small petty things. Don't remain confined to the relative realm of relatives. Live your life in absolute terms, relativity confines you into an instrument. The moment you live in absolute term, you expand till the last threshold of this existence. You pervade the entire existence. You evolve and get merged into God.

Your relativity petrifies you into a matter. So, expand into the vast. Discover the vast. Learn to live with the vastness of this existence and with the vastness of yourself. Remember this life is the only opportunity which this vast existence has blessed you with. Don't let it go waste. You deserve the whole ocean of infinite bliss, not just a few drops of the hormonal joy.

True meaning of Neti-Neti (Neither this; Nor that)

With an instrument of limited ability, only the fragmented truth can be perceived. To realize the whole truth with totality, a perfect tool with unlimited ability is required. When our consciousness is not total, we perceive only the fragmented reality. For example, the division of time into past, present and future takes place because of our limited ability of perception, or limited consciousness. But, when we transcend to the apex of consciousness, the whole truth, whether manifested or still to be manifested, can be perceived even in the countless fraction of a moment with entirety. **With the instrument of Super-consciousness the whole eternity can be realized in even the smallest possible bit of a moment.** Since our consciousness is not total in our mundane life, hence we perceive only the fragmented reality in terms of past, present or future.

Even the distinction between the creator and the creation appears on account of our limited consciousness. When, we are established in Super-consciousness, we have the direct perception of creator and the creation, both being the one and the same reality. This can be understood through logical conclusion also. We all are of the view that God has created this existence. If God has created this world, including all creatures, then, what does it mean? It means before God started the process of creation, just God was there; nothing else was there except God before the process of creation God had started. Right? So, from where God must have brought the materiality required to create this world? He/she must have brought it from his/her own existence. Right? If, this is right, it means, this entire existence is nothing, but, his/her being, his/her own extension.

Man has talked a lot about God as who, how, what etc. the God is. But, again when we make any statement about God, the total reality, with our limited consciousness, that statement can not depict the whole reality. That's why, the golden rule of Upanishad says – Neti-Neti; means Neither this, nor that. If you say -God is this, then, God is certainly not this. And if you say – God

is that, then God is certainly not that also. God is so vast, that H/She can not be defined with any limited attributes. If, God is the genesis point of the entire manifestation, then, the whole manifestation is His / Her reality; all possibilities are His / Her possibility. Upanishad says- Neither this, nor that. I say- even this and even that. Everything is the manifestation of God. Everywhere is His / Her signature. God is within every paradox; at the same time beyond all paradoxes. I depict this situation through one of my following poem titled "God- a divine polarity":

God, a divine polarity

*God,
it's a divine polarity,
a boundless eternal expansion,
an expansion of expansions,
at the same time
it is contraction,
a sudden shrinking into unity,
contraction into nothingness.*

*It's the infinite periphery,
at the same time,
it's the essence of core.
What a beautiful paradox
it is!*

*It is a speaking,
a song of majestic silence.
It is on the one hand,
a craziness, the lunatic glory,
at the same time,
it is the height of prudence,
a profound ingenuity.*

It is a painful birth,

*at the same time,
a beautiful death.*

*It is an intense sex,
at the same time,
an innocent pious virginity.*

*It encompasses all contradictions,
It is the whole polarity at every count,
except in one case,
It is a pure bliss,
the boundless profound ecstasy,
the height of beatitude,
there is no polar opposite to it,
that's the God.*

In fact, God is the sum total of everything existing in this existence. Nothing is beyond God.
Hence I define God through a mathematical formula as below:

$$\begin{array}{l} +\alpha \\ \sum \alpha = 0 \\ -\alpha \end{array}$$

True Meaning of “Here and Now”

Most of us though keep talking that true spiritual path is to be “Here and Now”; we all suggest to others that we should neither remain stuck to our past, nor we should float in future. We should always be in the present. Though this is absolutely right, but, a very few people understand the true essence of this verbal jargon. Before I deliberate further, I would like to share one excerpt from one of my books titled “Ultimate Ecstasy”. Here goes the excerpt:

“Good morning Sir,”

“Hey Jennifer, very good morning! How are you?” Raj asked.

“Fine, thank you, Sir.”

“Jennifer, I want to share something very important with you. Can you spare some time with me?”

“Why not, Sir? It’s rather my pleasure.”

“Not here. Would you mind going with me on a long ride?”

“Not at all, Sir.” She replied with smile.

He took her to the car and asked her to sit inside. He drove towards the outskirts of the city. As he drove hardly for 15 to 20 minutes, he found the traffic jam ahead. There was a huge gathering at the crossing. A man, who appeared like a lunatic fellow, was abusing the crowd, and people had simply thrashed him down. Raj came out of the car and went inside the crowd to inquire about the fuss. He protected the bearded man, asked the crowd why they were beating him. They replied that he was abusing everyone without any reason. When Raj asked him why he was abusing everybody, the man started laughing.

He said, “I am not abusing anyone. I am just muttering some words. It’s you who are drawing that abusing meaning from the words. The word in itself does not have any meaning. You associate a feeling, certain interpretations with a word. If the meaning, which you associate with a word, is offending, what can I do? You try to confine this vast life into few words, how can one reach the Ultimate Truth, which lies beyond all interpretations, beyond all expression?” the man asked.

Everybody was stunned with the philosophic question of the so-appeared lunatic man. Raj felt like to have been thrown into an unknown space. He set the man free and asked the crowd to disperse. He narrated the whole incident to Jennifer, but she could hardly understand anything.”

Now, think who is more prudent? The apparent lunatic fellow, or we, the part of a big crowd? Basically, unconscious people, though it appears that they remain either in past or in future; but, the fact is that they remain neither in past, nor in future. In fact, they don't even exist in true sense. Unconsciousness petrifies them into matter. Of course, some movements and actions are there in them; that's why, they seem to be living. But, the fact is that unconsciousness makes them just a biological material system. They are not 'being', a conscious entity. Somewhere, Anne Besant has beautifully explained the word consciousness: 'Consciousness turned inward' by the name of life and 'life turned outward' by the name of consciousness.”

In fact, it is the consciousness which makes us living; and unconsciousness makes you a matter. I am not talking about biological meaning of life. The only difference between God and the world is – God is the apex of consciousness and matter is totally unconsciousness. Though, some scientists say matter too has some degree of consciousness as concluded by the experiment of Bell Theorem and others; but, it is in fact a totally deterministic and rudimentary consciousness. A totally deterministic consciousness is nothing better than unconsciousness. We being the biological system are in fact deterministic consciousness to a larger extent; and we are on the path of evolution to the un-deterministic consciousness. When we fully evolve to the state of Super-consciousness, we ourselves become God. Because in the state of super-consciousness, though we appear to be in the body –mind system from outside; but, in fact, we are dissolved and merged with the entire existence from inside. We are no more confined to our body-mind system. This evolution to the highest possible state of super-consciousness is the ultimate destination of the mankind.

When spiritual teachers ask us to be in the state of “Here and Now”, this is just the opposite approach. Unless and until we are in the state of consciousness, we can never be in the state of “Here and Now”. Being in the state of “Here and Now” without consciousness is not possible; otherwise, it will lead us to the delirium, which again makes us non-existent. So, the right approach is firstly to endeavor to learn as how to be in the state of consciousness. Once we are in the state of consciousness, we will be in the state of “Here and Now” without doing any effort.

Now, how will you test that whether you are in the state of “Here and Now”, or not?

Just imagine – if a person starts abusing you, how will you react? Most probably you will retort. If you are bound to retort, it means, you have drawn the meaning of those abusing words from your past memory stored in your sub-conscious mind. It means that you have been dumped into the dark valley of past. If you are really in the state of “Here and Now” and a person abuses you, the euphoria of your consciousness will not let those abusing words touch your inner core and you will remain unaffected. So, just have a true test of yourself and judge- where you stand in the path of consciousness. Whether, you exist in the state of “Here and Now”, or you don't exist at all?

Even this word “Here” is not right. When you exist in consciousness, you are not confined to a geographical location; rather, you pervade the entire cosmos. That's why, I have coined the word “Now and everywhere simultaneously”.

How to combat the real problems/challenges of life?

It is about 11 p.m., I am in Rishikesh, sitting on the bank of the river-Ganges. The light coming from the lamp post is making the night visible. The whole ambience is shrouded with the thunder of the strong flow of the water current. I am amused to watch the strong gorge of water current. As more it roars outside, stronger it creates silence inside. As strongly water gushes ahead, I also turn into a flow backside, the trail of memory is flowing out from past to present. The recurring of past is flowing out one by one from the forgotten core of mind to the known realms of present perception. How far the life has flown out! Past was a long hill of crisis, struggle, and cry in which a few laughter and hopes were embedded between here and there.

When I see back in my past life, there were many moments when I craved for something and that thing was out of my reach. When I achieved those things, my life was marooned with bigger expectations. And so on life continued. I craved for more money, comfortable, luxurious life, stable career, better relationship, with all family members, and so many other things. I was so absorbed in my life that I never had clear perception of the struggle.

Even now I am sitting still today; those recurring pop up ad flow out eliminating on the dark surface of flowing water. Looking back at those moments of pain, or joy, I feel that the man who faced these moments of pain and joy was different than who and what I am now. Worldly developments take place at the periphery of the existence, while the core remains unattached and unaffected. Since we are associated with the periphery of our existence, most of the time, hence, we get affected by the outside developments. This association with the periphery of our existence happens because of our low level of consciousness. When we transcend to the higher level of consciousness, we shift from periphery to core. When we are established in our core i.e. self-awareness, then, no problem of the outside world is our problem. We remain unaffected from the outside world and the inherent bliss of core keep seeping through our real existence. Only this is the real solution of all superficial problems that exists outside of our being.

Our actual problem is not those problems that exist outside of our being; rather, our actual problem is that we exist outside of our being most of the time. And happen to associate ourselves with those outside problems.

Some of the rationalists may think that this is an ostrich approach; but, the verbal logic does not explain the real situations of life, all the time. Through verbal logic you can solve only small problems of life. But, in our actual life, we encounter some such vital problems that challenge very our own existence. Such problems demand wisdom and experience of life to solve the problems. Through just theoretical approach we cannot solve the vital problems of life.

In actual life there are some situations when you, despite of all logical options to solve the problems, you are unable to solve your problems. Basically there are so many inherent factors that remain undercurrent and invisible. Since, we are unaware of these factors, so, we are unable to solve these problems. As these undercurrent factors change, the problem disappears. Even if you are aware of these factors, since these factors are not there because of you, so, you can't change them on your own. The factors causing problems originate because of outside and other reasons, so, you cannot eradicate those factors in order to solve problems.

Let us take some of the real problems of life. You are married, but, the wavelength of your spouse does not match with yours. The difference in the basic approach often leads to the domestic altercations. The continuous dispute has poisoned your life, now, how will you solve this problem? Your spouse is not capable of understanding you at all? You both will keep trying to change each other, but, nobody will succeed. Separation may be one of the solution, but, is it really so easy? You have to think of your children, your parents, and your society etc. Even if you separate, whether the separation will bring peace and happiness in your life? I doubt.

Sometimes, a solution seems to be a solution, but, in fact it is not a solution. The so apparent solution may bring a cosmetic change outside, but, the question is whether it brings a permanent solution? If solution brings a temporary change outside, it is not a solution. If a solution brings a change in your inner being, and your natural permanent being, which nature has designed, then, it is the real and permanent solution.

Always remember one thing – the actual solution of all vital problems of life lies inside of your being, not outside. The actual solution establishes you in the core of your existence. Since most of the problems have its origin in mind, so, till you are possessed and governed by your mind,

you can't come out of your problems. When one problem disappears, another will appear. And this way, you will remain affected with one or the other problem throughout your life. So, the actual solution is to transcend the domain of your mind so that you should possess your mind, not the other way round. This is possible only when you evolve to higher consciousness. In the state of super-consciousness, you become a rational human being; otherwise you remain a living mechanical system, controlled and regulated by your mind. In this state, you don't exist, only your problems exist. When you are conscious, highly conscious, you are attuned and merged with the whole existence. Problems arise because you are confined to your apparent fragments. When you are total, there is no problem at all. This totality of existence is possible only through higher consciousness. So, the problem of our world may be innumerable, but, solutions of all problems are just one i.e. super-consciousness.

How does Mantra Therapy work in the Realization of God?

The first pre-requisite for the realization of God is a super-conscious state. This is a state when you are totally aware of yourself and without any thought in your mind. Thought is a totally deterministic pattern while consciousness is a field totally free from all patterns. In ocean, when freezing into solidity takes place, icebergs appear. These icebergs have a certain size shape appearance, etc. and it gets isolated from its source i.e. water in the ocean. Ocean in liquid form is vast outstretched in infinite. So when ocean is aware of its oceanic form, it enjoys the divine bliss of being an ocean, the infinite, the source of manifestation. But, when ocean focuses on its outside reality of being an iceberg, it loses its perception of its ultimate reality. Iceberg is a localized temporary phenomenon, in the non- localized reality of the ocean. When iceberg is aware of just its outside reality, it develops the ego of being solid (power), shape and size. But, this ego is as temporary as the iceberg itself. Same is the truth of man and God.

God is the vast, infinite and eternal field of super-consciousness and man and all materiality is the condensation and localization of a fraction of the vast. Since, alternative reality is the vastness, so even the fractional reality yearns to realize its actual truth of existence either consciously or unconsciously. Have you ever thought – why even richest of the rich are crazy are crazy about earning more and more money and wealth despite the fact that they know that they don't need to earn at all? They have enough money for a comfortable living for many generations to come. The reason behind this cynical craziness is that the fraction yearns for totality, because it is inherent in the under current reality of the localized manifestation of the eternal, omnipresent and non- localized reality. If a man is unconscious about this ultimate reality, he/she will keep struggling with self. If the iceberg keeps struggling to expand till infinite, from the outside path, it will never be able to realize totality, no matter the iceberg expands into Himalayas, then also, it will remain a localized phenomenon in the vast space-time continuum. But, anyhow, if the same iceberg turns inward and realizes that it is basically water, instantly it

will realize its vastness. Now, the same iceberg is no more confined to its finite shape and size, rather, it immediately realizes that it is vast pervading everywhere. Now it is no longer affected by confinement in a cocoon, rather, it will enjoy living the glory of living vast, infinite and eternal. For a common man, the only instrument of realizing the immediate truth is the brain and mind. Brain is the hardware while mind is the software, storage of information in the hardware of the brain. Hence, brain and mind are finite tools, thus, it is unable to experience the infinite.

So, if you wish to realize the infinite, the God, you need an infinite instrument, i.e. consciousness. Because of our underdeveloped or limited consciousness, we are unable to realize the supreme truth of the existence, i.e. God. But, when we evolve to the state of super-consciousness, we start realizing truth and one day, when we evolve to the highest possible extent of consciousness, we get pristine clear perception of our ultimate truth that now we ourselves become God. That's why, all realized spiritual masters have said – "Aham Brahmasmi" (I am God).

Now, the question is how to realize this Ultimate truth, because we are governed by our mind all the time. So, the solution is to have freedom from mind and thoughts. Here comes the Mantra therapy to your rescue. Whatever thoughts we have, all the thoughts exist in the form of words. When you recite a mantra loudly or silently continuously with attention, we snatch the opportunity of our brain and mind to create another thought in terms of words.

Whatever mantra we recite, most probably, we don't know the meaning of these words. If you don't know the meaning of the words and you are constantly repeating the same words, the process of mind to generate thoughts gets blocked. And within 15-20 minutes, you will come out of the domain of your mind. You can choose any word as your mantra. It is not that only one or any religious words work. Rather, the reality is that the word which is totally meaningless for you work better. When you recite a word which has some meaning for you, then, that word will evoke a certain emotion in you. Emotion again is a condensed thought. That's why, in gibberish practice, we utter meaningless words, which come out without any mental effort. When the thought generating process stops in you, you gently proceed to the realm of void with consciousness. When you come to this state of thoughtless consciousness, you immediately jump to the highest consciousness field, which is a Godly field. In this state, you are no longer confined to your body mind system. In fact, you are in a state of seeing beyond your body-mind

system, pervading everywhere and the entire creation. In this state, you are not only merged with God, rather, you yourself are God.

Making sex divine by adding consciousness to it

Why is sex condemned throughout the world? Because, it leads you to the height of unconsciousness. Same is true with all drugs and intoxications. When two partners are at the height of orgasm, they both tend to consume each other's entire bodies. Though sex is an interaction between two (or more than two) individuals, but, in fact, it is an interaction between two materiality. Each individual tries to satisfy the hunger of the beast in oneself by squeezing, consuming and engulfing the body of one's partners. Everyone's interest is to satisfy one's own hunger through the bodies of the others. That's why, you see, just after sex, when one reaches climax, and gets free from the orgasm, they immediately find each other's body as burden. Now, they want their own space, that's why, they turn their faces away from each other. At the time of sex if you can see the impulse inside a person, you can feel how that impulse makes a person a beast like; if not a beast, at least self oriented. One is bothered about one's own pleasures only.

Today, since we have been a little bit civilized, that's why, we may not act and behave like a beast; but, our inner composition of our mind is the same. That's why, at the surface we seem to have been changed, but, our inner mental constitution still manifests itself in the act of rape, lust, sexual exploitation, prostitution, perversion etc. This small poem depicts the animal in the sex partners:

***After sex, a couple talks together
to assume an identity,
assuming there is a further
dimension from which interest
starts again in one another.***

***They then, turn away
with an animal need
to eat and drink.***

Now let us come to just a new dimension of sex. We can make our act and experience of sex very divine and blissful, if we add consciousness to the whole act. Just try this experiment and proceed to sex in the following steps:

1. Don't get involved in sex all of a sudden without prior plan. Make a plan and proceed accordingly.

2. As the planned time approaches, both of you proceed to the room very religiously. There should be complete privacy without any disturbance in your place. You should be mentally free from all your engagements and works. Don't forget to switch off your mobiles and telephones.

3. Now as you enter the room, light an incense stick, which you use in your prayer room. Deo or perfumes will not do. Use a very soothing incense stick which you use during worship.

4. Now, both of you sit at a distance from each other in a relaxed position. Now, look into the eyes of each other, gently gaze each other.

5. Now gently, very gently, take off your own clothes and sit in a relaxed manner. Now, start watching each other and every part of each other's body very calmly. Keep watching each other very gently, very religiously. Keep a very important thing in your mind that during the whole process of this entire experiment, don't talk to each other at all, otherwise it will become a worldly activity. Don't talk to each other at all. Watch each other from top to bottom. Just watch and don't interpret. Simply watch without talking or interpreting. Sometimes, in between, close your eyes for a moment, then again open your eyes gently and start watching each other again.

6. Now gently touch each other through palms. Touch each other gently, very gently, and watch the touch. Just watch it, don't interpret it. Remain in touch for a while and keep watching the touch without interpreting it.

7. Now, come closer, move closer to each other. Touch each other's body, not using palms, but, though body to body and feel the sensation. Watch the sensation. Just watch it, just watch it and don't get excited. Just watch the sensation of touch of each other's body. Just watch, keep watching; don't be in a hurry. Do everything slowly, gently and in a very relaxed manner.

8. Now ask your lady partner to sit on your lap, facing each other and keeping the breasts and chests in touch. Embrace each other making the maximum part of your bodies to be in touch of each other's. Touch the entire body with your whole body and watch the touch. Just watch it, whether it is hot or cool. Watch the touch; just watch it without interpreting it. Breathe very slowly. Don't let your breath to be fast at any time during this experiment. Be very, very slow in this entire act. Never be in a hurry. Remain aware of the sensation, and remain aware of yourself.

9. Now gently penetrate if you wish or remain in contact with each other as previously. If you are penetrating, just watch the sensation of the penetration when your genital organ enters that of your partner. Just be aware of the sensation and keep your breath very slow. Watch the sensation and be aware of the sensation.

If you are very slow and watchful, during the whole process, you can prolong this act for hours. When you retire, then also, keep maintaining your self-awareness.

Now, analyze the whole experiment honestly and objectively.

If you have gone through the whole process slowly and watchfully, you will have the following experiences:

1. Now, you are not trying to consume the body of other's. You are not self-centered. You are not simply trying to draw happiness for yourself. Rather, your whole endeavor is to give happiness to you partner. This is the qualitative difference.

2. When you had been doing sex earlier, it used to be the interaction of one materiality with another. Now, it is the interaction between the consciousnesses. Since, there are, in fact, no two different consciousness, so, though the instrument of body one entity is meeting with its totality. In fact, our partial reality is meeting with the self, the totality of the existence. The whole process leads to the realization of God. God is nothing, but, the totality of the existence.

3. Earlier your sexual act used to be for a very short period of time. But, now through this method you can enjoy sex for hours. And this sex is divine leading you to the realization of God. In this state only, you can understand the real meaning of love.

Lord Shiva was the exponent of this tantric meditation. That's why, we worship Lord Shiva as the God of Love and Marriage. Go through the whole process very religiously. This will be the true worship of Lord Shiva.

Would you dance with me in rain of love on the last threshold of the universe?

I am sitting atop a hill surrounded by chain of mountains all around. Wanton clouds are hovering and thundering. Topsy vapor surrounds me and lifts my spirit transporting my soul to infinite. The sudden gush of breeze mixed with fine drizzle horripilate my whole body. I am overjoyed and possessed with thrill.

Silver lines crackle and sparkle on the horizon. Clouds open the gate of heaven. As I enter, I see astonishing beautiful danseuses dancing in exquisite posture and with enchanting gesture. Chords of sitar, lute and lyre are resonating the whole ambience. Divine fairy bathing with milky rays appear from behind, walks on clouds, comes to me, titillates my heart and soul, takes me in her embrace, enters my being and finally gets merged in each and every bit of my existence. I go mad in ultimate ecstasy. My feet start dancing. She dances in my each and every bit of me, in complete synchronization with my soul. The whole universe starts jingling with cosmic music. The whole ambience too starts dancing. The whole universe is in the grand cosmic celebration of ultimate ecstasy, bliss and beatitude.

As I happen to close my eyes, and the whole universe gets submerged in me. Finale of cosmic festivity comes to the total standstill. Silence! A blissful silence! Each and every bit of the whole existence dazzles with pristine consciousness. I pervade the whole existence and the whole existence is within me.

As the ignited perception settles down, I open my eyes. She is in front of me. Brooks of love inundate from all sides. Aroma of solitude grazes pristine water and shrouds both of us. I have got my soul mate.

Friends, whatever I have written, it is not my mere imagination. It is my wish, the longing of my heart. My soul yearns for my lady love.

I am looking for my wonderful woman, who can walk to countryside with me, who can roam to garden, river and hills with me, who can trot the whole globe with me, who can relish literature with me, who can enjoy soul nourishing music with me, who can accompany me to dance concerts, who can expand with the fragrance of divinity with me, who can explore beyond the beyond with me.

O all wonderful ladies, would you like to dance with me in the rain of love at the last threshold of the universe? Write to me if you wish to go on uncharted journey to the unknown, beyond the horizon.

The End