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HIS HOLINESS PARAMAHAMSA NITHYANANDA

*The Essence
of Living Enlightenment*

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of Living Enlightenment*



HIS HOLINESS
PARAMAHAMSA NITHYANANDA

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Final Blessing

The Next Step: INNER AWAKENING





You are a space for Creation



Listen: You always think that Life just happens to you.

*No! Every moment, whether you realize it or not,
you are constantly creating your future out of your past.*

Like a spider that weaves its web out of its own body,

you are constantly causing

the environment, emotions, problems and results

that you experience as Life.

The place where this creation happens

is the present moment.



You are a space for Creation

Consciously or unconsciously, every moment, you are weaving the web of your life out of your own cognition. Unfortunately, most of the time you are doing this unconsciously. That is why Life brings so many surprises and shocks to you.

Wake up! Life is not about success, or making money, or creating great relationships, or becoming famous, or any of that. It is just about creating the space where the life you desire becomes your reality effortlessly. Space is like a vacuum that can suck happenings into your life. When you create the right space, all events flow into it as you want.

Creating the right inner space is not a big spiritual practice or achievement. All you need to do is just stop believing it is impossible, that is enough! Whatever you carry in your inner space is a possibility.

If you are carrying sadness, understand that you are commanding the Cosmos for greater sadness to come into your life. If you are carrying joy, you are waiting for greater joy to come into your life. If you are carrying fulfillment in you, if you are carrying completion in you, you are ordering the Cosmos to bring more completion into your life.

How often do you feel that just because of the wrong inner space, you

missed something in your relationships, your business deals, your expansion in life, your growth in life, your many possibilities in many dimensions? So, now you know the importance of having the right inner space. Now, start creating it!

When you cognize that YOU are creating everything in your life, two



things happen. One, all your struggles aimed at achieving something in life, or escaping from life, will lose meaning. And two, you are left with no option but to wake up to the enormity of your own power.

The good news is, whether you accept or not, believe or not, understand or not, you are God! Your inner space is all-powerful! With the right inner space, you can change the world through your word.

I bless you all to imbibe the four sacred principles, and experience the extraordinary power in your life called YOU!



Your Four Inners Powers

What would you do if you knew there was a way to eliminate conflict, stress and suffering from your life forever?

Listen: you can do it!

You actually have the power to simply manifest the reality of your choice!

You have the potential for self-transformation that will enrich every aspect of your life, bringing you everything from health to wealth to meaningful relationships to lasting happiness.

Listen: inside each of you is an enormous potential energy known as KUNDALINI.

Kundalini is nothing but your own inner potential energy, which you have never used, and which you may not even know about!

Kundalini expresses through you in four different streams, known as the FOUR INNER POWERS. All these inner powers are the different expressions of Kundalini energy in your life.

Though you actually use these powers everyday in your life, you don't

use them consciously, with a clear intention.

Please understand, all these powers are great energies, just like electricity or wind-power. If you handle them properly, they can shower you with everything you want. If you don't handle them properly, they will continue to impact your life in negative ways.



The key is to create the right space inside you to express your greatest and highest possibility. When you create the right space inside you, all the events of your choice will simply flow into your life without any effort! Everything you do will be successful. When you learn to use these powers in the right way, you will immediately transform not only your own life, but the lives of all those living around you.



Meet your Four Inner Powers

To be able to unlock these great powers inside you, you must first understand a little more about yourself.

Your four inner powers are related to the four major dimensions of your life - your words, your thinking, your emotions and your living. When you awaken your peak possibility in each of these dimensions, it becomes a great power and support in your life..

Your four inner powers are:

- ❖ The Power of Words or vak-shakti in Sanskrit
- ❖ The Power of Thoughts or mano-shakti in Sanskrit
- ❖ The Power of Feeling or prema-shakti in Sanskrit
- ❖ The Power of Living or atma-shakti in Sanskrit



What happens when you unlock the four powers?

- ❖ When you unlock the Power of Words, you will have the spontaneous intelligence to use the right and most effective words towards yourself and others
- ❖ When you discover the Power of Thoughts, you will be able to focus your thoughts to achieve success in your job, relationships, education, finances and life itself
- ❖ The Power of Feeling teaches you how to launch yourself to the next level of life through empowered responsibility
- ❖ You are truly enjoying the Power of Living when you realize that the greatest rewards come when you live your life for others.



Essence of Living Enlightenment

Living enlightenment is nothing but constantly expanding your inner space beyond whatever you know and feel and identify as YOU, by aligning with the flow of limitless expansion, inside you and outside you.

Understand, the natural flow of life is towards expansion. All you need to do is allow yourself to flow with that expansion. Living enlightenment is realizing and living at your peak in every dimension of your life, whether you call it material or spiritual.

When you start living enlightenment, you move into more and more expanded states or spaces, inside and outside you.

I can say, you will clearly experience four distinct spaces, four ways in which you experience yourself and Life.

- ❖ You believe in you (Space of Positivity)
- ❖ You expand beyond you (Space of Possibility)
- ❖ You experience yourself as the source of all happenings in your life (Space of Leadership)
- ❖ You become a source of power in the life of others around you (Space of Enlightenment)



Each of these four spaces is governed by one spiritual principle which I call a TATTVA.

Understand, a tattva is not a commandment. Each tattva is a powerful key for again and again bringing yourself back to that space.



Tattvas: The Universal Principles

The Sanskrit word TATTVA (literally, 'thatness') represents an unchanging principle or an aspect of reality that forms the basis of our life experiences. Tattvas range from the purely material (eg. the principles of sight, sound, taste, etc.) to the purely metaphysical (eg. Advaita tattva, the principle of non-duality).

While some tattvas (like the material tattvas) are a part of the universal experience, others like the spiritual tattvas are experienced to the extent that we engage with them and allow them to govern our thoughts and actions.

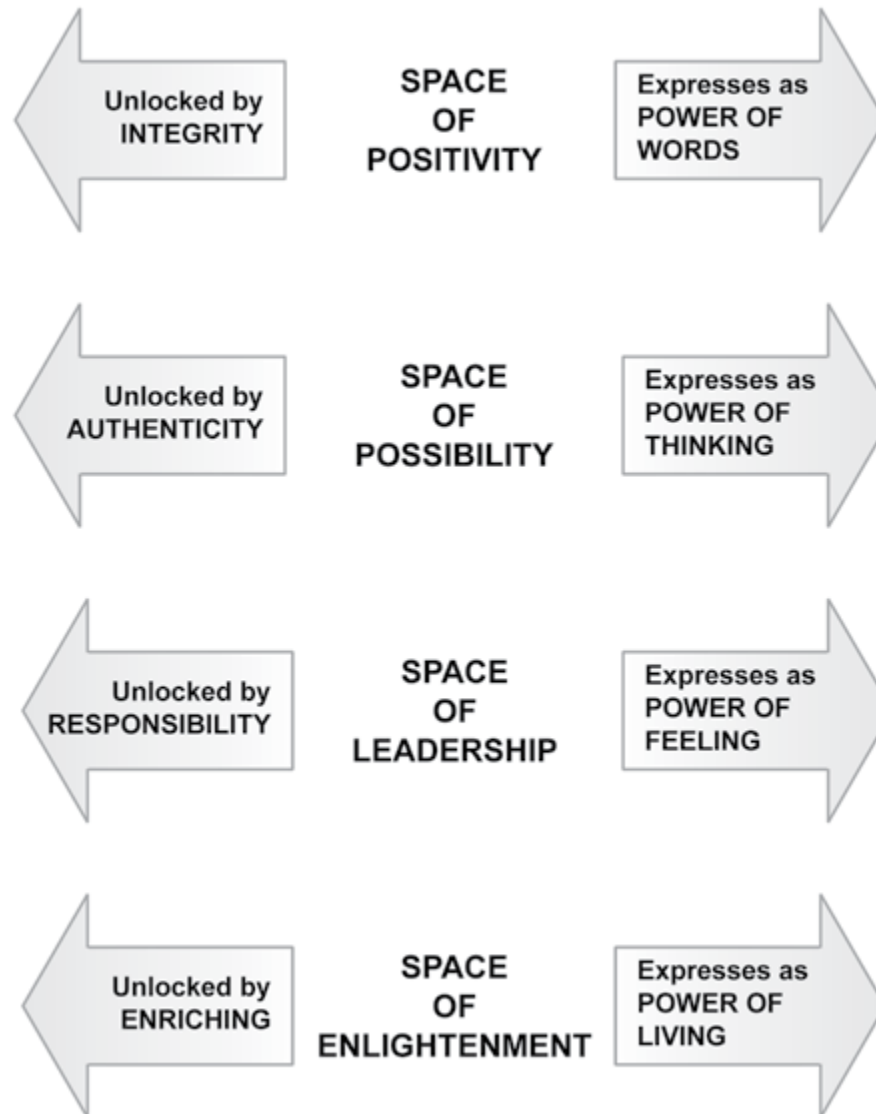
In our context, a tattva is a set of words which can awaken a certain capability which is already in you, and make it into reality. When it becomes reality, it is known as satya. The words given to you by the master to awaken certain realities in you is a tattva (principle). When you use that word, and awaken certain realities, the tattva becomes a satya (truth) for you.

Listen: when a tattva is practiced sincerely, it becomes a part of your reality. Then the tattva is no longer just a tattva; it becomes a satya for you. You are established in it.

- ❖ INTEGRITY is the tattva that governs the space of Positivity
- ❖ AUTHENTICITY is the tattva that governs the space of Possibility
- ❖ RESPONSIBILITY is the tattva that governs the space of Leadership
- ❖ ENRICHING is the tattva that governs the space of Enriching

Each tattva is also the key to unlock the corresponding power in you.

- ❖ The Power of Words will be available to you when you practice Integrity.
- ❖ The Power of Thinking will be open to you when you practice Authenticity.
- ❖ The Power of Feeling will be possible when you practice Responsibility.
- ❖ You will have access to the Power of Living the moment you decide to Enrich others.





What is happening with you?

Even before we look at how the four powers can transform the way you experience life, let us first look at what is happening in your life right now.

Do you feel that you are living at your peak in the major areas of your life – like health, wealth, relationships, career, personal growth?

If you look deeply, you will realize that you carry a constant thread of discontentment in you – a sense of non-fulfilment, the feeling that something is missing. You do not know the reason for this discontentment, but you go on blaming life – everything and everyone around you - for this! It is so unfortunate – almost all of humanity carries this thread of discontentment. Even the so- called successful people – the rich and the famous, top celebrities, powerful statesmen, leaders, politicians – almost everyone suffers from this discontentment. It is a deep incompleteness that you feel within you about YOU!

I tell you from my experience of working with more than a million people, a million minds, every year – almost everybody feels that they could have lived better, done more, reached higher.

So what is really stopping you from living your life at its peak? Where does this incompleteness come from? It comes from the way you have lived your life so far – the way you *understood* life and *responded* to it.

The truth is, no matter what the unique experience each of us receives from Life, almost everyone has faced situations where we are left feeling powerless in the face of something larger and mightier than us.

Unfortunately, these are the very situations that gradually shape our beliefs about ourselves, our world and God - trapping us in self-fulfilling negative prophecies and an incomplete experience of Life.

Contrary to what we believe, we owe our life-experiences not as much to any external situation as to the unique way in which we choose to receive it and make it our internal cognition. Life is not just happening somewhere out there; it is happening to us inside us!

Each of us has blind spots - areas where we are 'stuck' in our relationship with Life. These blind spots (about which we are usually unaware), draw us again and again into making unconscious choices and creating a vicious a cycle of unfulfilled action, which we call karma.

As Life itself is ever-changing, any attempt to alter our life experience by altering our external circumstances is only bound to result in failure. But we can certainly be masters of the ways in which we choose to receive and engage with Life.



THE World & MY World

Life is continuously happening to you. As life happens to you, the *experience* of life is also happening in you! This is your *personal* experience of Life.

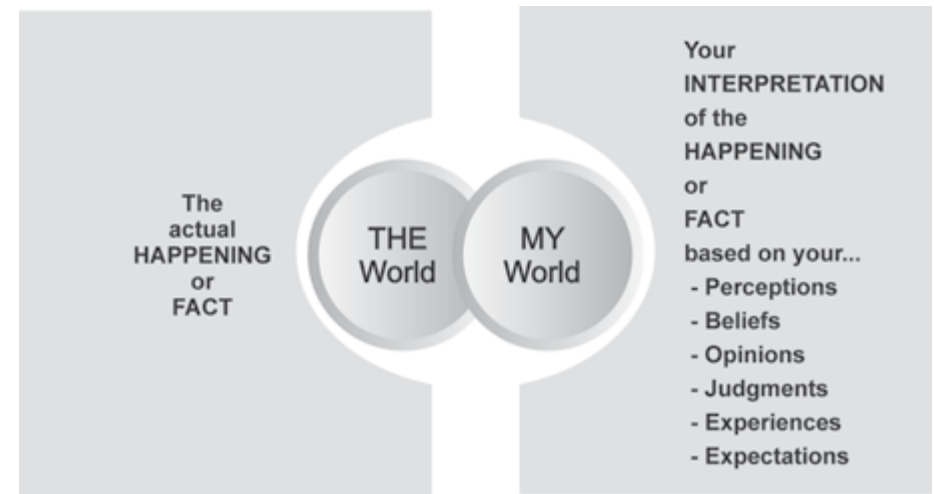
So there is Life that is continuously happening out there – let us call it THE WORLD. Then there is our unique experience of life – which is MY WORLD. My World is the filter that each of us applies to life as it happens to us, based on our past experiences, and which shapes our present and future experience of Life.

For example, suppose a snake suddenly enters this room! That happening would of course be in THE world. But each person's unique individual response to it would be part of each one's 'MY world'! Your response will be based on your cognition, which is the complex result of your life experiences and responses. Your fears and your expectations are the filters through which you receive Life.

Understand, at all times, there are two things that are happening constantly in your life – 1) A happening 2) The *perception* you carry about what is happening. There is always something or the other happening in your life, and you have your own perception or cognition about whatever is happening.

'The World' or the actual happening is just a set of facts. Your perception of 'The World' – which is your 'My World' - consists of judgments, labels, ideas, opinions, notions, interpretations, beliefs, experiences, expectations and memories which may be related or unrelated to the happening.

The perception you carry about what is happening in life is given by your basic cognition. Your cognition is nothing but the way you receive, process, interpret and respond to any information entering your system through your five senses. Unfortunately, you are never in touch with the actual happening in your life, because for you, *your perception* of the happening is the actual happening!



As a very young child, you did not have this separation from Life. Your life was not fractured into THE World & MY World, because you did not have any incomplete cognition, any fears or any expectations which stopped you from absorbing life as it happened.

As you grew older, especially after you developed the abilities of language and cognition, this separation and distortion gradually happened in you.

Language is a tool which tries to arrange Life neatly into boxes! These boxes are the thoughts and words you create inside and outside you, which define the way you understand life. Since each person experiences a unique MY world, we are all ultimately living in different worlds, created by our own fantasies, that are likely to be quite disconnected from THE world – which is Reality, which is Life!

All your expectations from life are built on 'My World', because you rarely contact 'The World'! Expectations are nothing but the fantasies you carry about life. Based on your fantasies, you constantly relate with and try to chisel people in your life. Your cognition is the filter which is responsible for the way you relate with life and with people in your life.



The day the world ended for you

Why do we start applying our own filters to life?

What is it that first makes us separate life into pleasant and unpleasant, known and unknown, welcome and unwelcome?

As an infant, the only thing that existed for you was yourself. There were no two separate experiences identified as 'me' and 'not-me'. Everything was part of the same undivided experience of reality. An infant knows only one world - no separate outer world or inner world. Then, slowly, you started learning the signs of communication as a baby. With this started the world of duality for you – the experience of what is you and what is not you. When there is no cognition of separation, you always experience life from a state of completion.

But for most of you, SOMETHING happened one day in your life that caused a dent in this completion. It could be as small a happening as a harsh word from a parent or teacher, or a fight with a friend. Or it could be a shattering event like a loved one's death or childhood sexual abuse. When it happened, it felt as if death was happening to you. It simply shook your whole world.

Such events are the defining moments of your life. Those are the moments when you created the deep-rooted instinctive cognitions or root thought patterns that control you for the rest of your life without your knowledge. For example, you decide: *I can't trust anybody, so I have to be strong and protect myself.* Or – *I am going to become wealthy so that nobody ever disrespects me again.*

Even all your so-called strengths come from such weak moments of your life. No wonder, even if they give you success, they cannot give you completion.

And this doesn't happen just once. As you move through life, different situations, different cognitions, create more such 'holes' in you, draining your life energy. The holes become the breeding ground for your depression, your mood swings, your addictions – all your incompletions.



You are living with a constant hangover

Listen: any action that is unfulfilled as per your expectation, either because of a hindrance outside or a hindrance inside, forms an incompleteness in you.

Let us take an example. As a child, you would naturally have longed for your father to be loving and caring, but for whatever reason, let us suppose he did not honor that expectation. From this experience, you create a casual cognition or idea about yourself – *I am not lovable!* This may have been your experience only with your father, but the cognition settles as a strong experience in you, leaving you incomplete. It leaves a hangover in you.

And you carry the hangover of this cognition all your life! - *I am not lovable!* This becomes your experience of you - not just with your father, but with life itself! You create, act and respond to life from this incomplete cognition you have about you – *I am not lovable!*

So you will find yourself constantly attracting people, places, events, circumstances and situations that strengthen this wrong understanding in you, this wrong cognition in you - *I am not lovable!* Again and again,

your experience of life will be this – *I am not lovable!* This becomes a dangerous pattern in your life – a root pattern that governs your entire life!

Ironically, your entire life is a struggle to fulfil that incomplete part of you – but because it is an unconscious effort, what happens is exactly the opposite. You continue to make important decisions in your life based on this root pattern, and end up attracting more such situations into your life. It becomes a vicious cycle! This will continue until you become aware of your pattern and break it.

So, how can you turn this vicious cycle into a virtuous circle - where you attract the best people, places, events and situations you want, to create the life you truly desire – to create fulfilment in you? It starts with completing all the incompletions inside you.

In our programs, through a process of ‘conscious past life regression’, you are helped to identify the incomplete cognitions that have created the root behaviour patterns governing all your responses.

Because you enter into the past from a state of high awareness, you are empowered to alter your past cognitions and liberate yourself from the pattern.

Once you find your root pattern, you will complete with that pattern, so that you are released from its influence over your life.

By living these four tattvas – the sacred principles of Life – you will not only become aware of your patterns, but you will develop the tools, techniques and intelligence to break free of your patterns. With completion, life be freshly experienced again.



Freedom from the Past

*Right now, you are nothing but a bunch of
programmed actions and patterns
that never let you contact Life as it happens.
So question all your ideas, all your responses.*

*Don't even bother about whether
that belief has served you well in the past or not.*

*Continuously break free
of all your beliefs, all your patterns.*



What is a Root Pattern?

Any cognition you make out of unawareness, which comes back to you again and again in some form or the other, is a pattern or samskara. A cognition is any idea, perception, understanding, opinion or statements you create inside yourself.

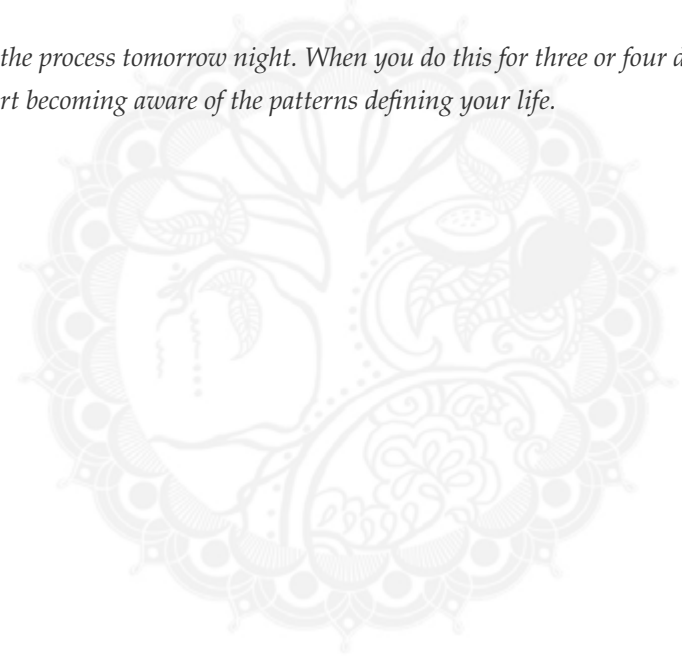
If you look in, you will see that your life is nothing but a bunch of patterns. From waking up in the morning to working in office to meeting people to going to sleep, most of your actions are pre-programmed ! There is very little space for Life to happen to you spontaneously, because you start defining the boundaries of your life with your patterns.

For example, if you feel you lose your patience very quickly, that is a pattern. If you feel you have stage fear, that is also a pattern. If you feel you always fail in everything you do, that is also a pattern. **Anything that stops you from expanding and making progress in the inner world or the outer world, is a pattern.**

••● Activity ●••

Tonight, before you go to bed, take a few minutes to make a list of all the patterns with which you have responded to life today - where your immediate response to a situation or an event was unconscious and coming from a pattern. For example, when you wake up in the morning, you want to sleep an extra hour! Or when you are under stress, you feel angry or tired.

Repeat the process tomorrow night. When you do this for three or four days, you will start becoming aware of the patterns defining your life.





You are not born with your patterns

One of the biggest problems that people face is, 'I understand what is right and what is wrong, but I forget and do my own thing!' This is the one complaint I hear from everybody every day! You understand what is right and what is wrong, but when it comes to actions, you act as per the old patterns. You always feel powerless in front of your patterns, because you feel that they are who you are.

No! Please understand, you are NOT born with the patterns with which you are living now! When you are not born with a certain pattern, it means that it is created in you. Anything that is created can be changed. You CAN destroy the old pattern and create a new one. But constantly, for years and years, you go on complaining – 'I know what is right and what is wrong. But I cannot do, I cannot understand, I cannot change..!'

For all the people who think like this, I have a story:

One guy, during lunchtime in his office, opens his lunch box and says, "Oh God, today again the same potato, brinjal and tomato rice." Anyhow, he eats it.

Next day, he again opens his lunch box and starts crying, "Same potato, brinjal and tomato rice!" All his friends feel sorry for him.

Third day, he again opens his lunch box and exclaims, "Oh God, same potato, brinjal and tomato rice!"

His friends started asking him, "Your wife doesn't like you? Is there any fight going on between you and your wife? Why is she sending you the same food everyday, knowing that you don't like it?"

The guy says, "Wife? What wife? I am not married! I cook for myself."

Buddhi (intelligence) means knowing clearly, "Anything I created, I can destroy and create something new." Every time you think, "I cannot, I cannot, I cannot", you are giving strength to your ignorance. When you say, "I can, I can, I can", you are giving strength to your buddhi. Clearly recognizing that your patterns were created by you, and can be destroyed, is acting from buddhi.

••● Activity ●••

Every morning, look at the patterns you have identified the previous night. Make a conscious decision to not act out of that pattern today.

If you have a pattern of losing patience easily, decide, 'I will have tremendous patience with myself and others today. I can do it.' Consciously decide that you can do it.

As you practice this for a week, you will find yourself acting more and more out of awareness, and less from your patterns.



All your problems are one problem

Every time you think, “It is okay, what is the need for transformation with so much of struggle?”, you give strength to your tamas (unwillingness to act). Establishing yourself in intelligence means, at every step you are trying to change yourself one inch, trying to transform yourself just one inch extra – making progress with your transformation inch by inch.

Please understand, whenever you go to the root of the problem, whenever the root pattern is attended to, all major problems are attended to. Only on a superficial level it looks like there are many problems; when you go to the root, it is only one problem. Then when you go deeper, you will find that there is no problem other than your belief that you have a problem!

First you will have one thousand problems - waking up on time is a problem, traveling to work is a problem, eating is a problem, sleeping is a problem... when you see superficially, everything is a problem. When you go deeper, you will see that only a few patterns like boredom, tiredness or laziness that are making you experience everything as a problem.

When you go deeper and deeper, you understand there is only one problem – your resistance to the flow of life. If you go deeper, you will realize, even that is not there. Everything is just your own imagination.

When you don't know the root cause, or the first time you started responding the way you are responding now, you are called ignorant. If you know when you started the responses you are having now, and the root cause of those responses, you are called enlightened. When you can live beyond all the beginnings of all your responses, you are called an incarnation!

When you go to the root of your problems, all your problems are attended to.

●● Contemplation ●●

Only on a superficial level does it look like there are many problems. When you go deeper, you will find that there is no problem other than your belief that you have a problem.



You can change your patterns

Understand: the moment you associate yourself with a pattern, it teaches you to suspect everything other than itself! Pattern becomes independently intelligent the moment your presence graces the pattern.

When the pattern is not touched by you, when you don't associate with it, suddenly you see that the pattern doesn't have life. Please catch the truth. When it doesn't have your presence to infuse life into it, the pattern cannot exist. The moment you associate yourself with it, the pattern gets life. Now it becomes independently intelligent. It starts playing, making you suspect everything other than itself.

That is why, when you find somebody else with a problem, it is very easy to lift them out of that problem. But when you are facing the same problem, you will be struggling. You are not even able to remain balanced. Because when you are facing the problem, you will not be able to see outside of the problem, outside of your pattern. The doors of your intelligence shut down when you are operating from a pattern.

Listen: anything which is extension of your personality is your own muscle. Anything which is forced out from you suddenly is cancer!

Beware of patterns. Even your suffering is a pattern, even your depression is a pattern. The moment you decide to support a pattern, you have handed over the control of your life to the pattern. The first two days, you will be lying down in your couch saying that you are in depression. By the third day, you will find that the depression has overwhelmed you. Now you are not possessing the depression; it has possessed you.

Breaking free from your patterns is living enlightenment.

••● Contemplation ●••

A pattern becomes independently intelligent only when you associate yourself with it. When you don't associate with it, suddenly you see that the pattern doesn't have life. The pattern cannot exist anymore.



No excuses for unawareness

Patterns can be dropped only by three methods:

- ❖ Through intelligence and awareness
- ❖ Through simple straight inspired will
- ❖ Through initiation

Only with these three 'I's can you drop your patterns.

The technique of completion uses the first method of these three.

Listen: a pattern can never ever be completed by going into it, never by struggling with it. Don't work WITH the pattern, work ON the pattern. When you work with the pattern, you get caught with the pattern. Working with the pattern means respecting the pattern! Working ON the pattern is the way to come out of the pattern.

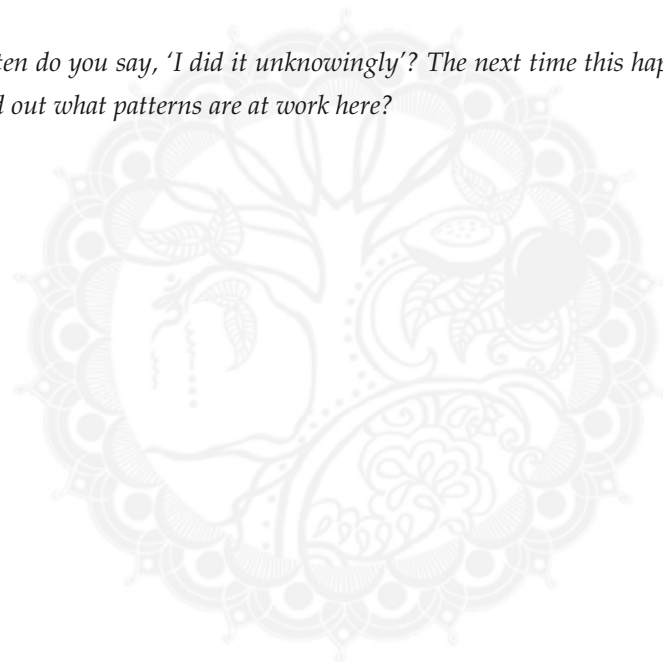
The most cunning escape route that the human mind uses is – 'I did not do it knowingly.' This is the continuous unconscious pattern with which human beings suffer. Who said you did it knowingly? But you did it on purpose! Understand, you may be doing unknowingly, but still with a purpose.

Being unaware of your purpose is no excuse for irresponsibility. Not knowing only means that somewhere, secretly, you are still comfortable with your patterns.

You are not yet feeling the suffocation of your patterns.

••● Activity ●••

How often do you say, 'I did it unknowingly'? The next time this happens, can you find out what patterns are at work here?





Try a new response!

Trying a new response to a pattern weakens the hold of the pattern on you.

Even for your physical patterns or problems, start trying out new ways of responding. Start responding to them newly. When you are feeling really tired, when you are sick, when your body is hurting, just jump out of the bed, go for a run. See, actually, when you do that kind of thing, all your muscles and your bio-memory will simply wake up, just out of the survival need!

Same way, when you are cornered, put into depression, criticized, shattered, just go into meditation and unclutch from it, detach yourself from it. Because that is the response you have never tried before! Start a new way of responding.

See, the new way of responding is always very juicy. For example, when you are depressed, you usually pull your blanket up to your nose and sleep! Instead, just decide, *I will jump out of the bed with energy and power.* If you can do this once, even if your depression comes up again, you will not allow the old way of response anymore.

Breaking just one pattern makes it easier to break all your patterns! If you

break your depression pattern, when anger, lust, greed, insecurity come up, you will respond to them also in a new way.

••● Activity ●••

- 1) *Write down three patterns which you regularly see in yourself. Recall your characteristic response to each pattern. See how your characteristic response causes damage to you and the people around you.*
- 2) *Now, consciously decide upon a new conscious way of responding to each of the patterns. At least the next eleven times you encounter the same pattern, consciously choose the new response.*
- 3) *You will see, by the time you make the new response for the eleventh time, your pattern will already be gone!*



Every new response is a new birth

Let me first define the concept of rebirth.

Listen! You have had many bodies and many minds. You have had many bodies through many minds, and many minds through many bodies! Just to pass through one pattern, you would have taken twenty bodies. Just to pass through one body, you would have taken many minds. Sometimes, with one body you go through twenty minds, sometime without even changing a single mind, you would have gone through twenty bodies.

Understand, I am not talking only about many bodies. So many bodies have passed. You need to understand that in so many bodies you lived with one mind, and with so many minds you lived in so many bodies. Sometimes, with many minds, you are still not liberated. Sometimes, with one mind, you are liberated from so many patterns. The moment you understand this, you have the power to transcend this bondage, this vicious circle. Now you have the power to be liberated from this.

Whenever a new way of response starts in you, one new *janma* (birth) starts in you. For example, suppose in every situation of your life, you always made the response of fear, withdrawing, non-confrontation or non-involvement. Suddenly you decide, from today I am taking the

response of facing, acceptance. I tell you, from today your next *janma* starts!

Every time you start responding to any pattern in new way, your new birth starts. For example, there was an anger pattern in you which is 20% of you. If you respond to it in a new way, 20% of you takes a new birth. There is a lust pattern in you which is 80% of you. If you respond to it in a new way, 80% of you takes a new birth.

You respond to only ten or fifteen patterns per day. If you have started making a completely new response to those patterns, your old mind is dead, and a new mind is created. That is why we say, every day with the Master is a new life. Every new response I teach you is a new life for you.

Listen: do you want to be the friend of the jailor who can liberate you, or do you want to be the friend of your fellow prisoner? You can be the friend of your co-prisoner, but can he liberate you? Instead, work with the jailor. He can liberate you when the time comes. But people are always more comfortable with the fellow prisoner! To be friendly with the jailor, you have to be intelligent and raise yourself to his level. Or you can be the friend of your fellow prisoner and be in the prison forever.

Constantly, you are either changing the body or changing the mind. In one body you can take new-new minds, or in one mind you can take new-new bodies. Which do you want? Decide now.

If you decide to put an end to the old ways of responding that are binding you now, naturally you will be liberated from taking new bodies.; you will be liberated from the cycle of rebirth.

For the next 48 hours, try responding to every situation you encounter in a new way. In some situations, it will be easy. In others, it will seem impossible. The responses that you are struggling to change point to where your patterns are hiding.



Never believe your beliefs

Never ever believe your beliefs. You respect your beliefs too much! Listen: all your beliefs are just a result of your patterns. All your beliefs are based on only one or two incidents of your life. For the remaining part of your life, you simply hang on to your beliefs and refuse to see anything that falls outside of your beliefs. After some time, you even stop acknowledging anything that doesn't align with your beliefs!

Infuse awareness into all your beliefs. Become aware of all the ideas you carry about you. Become aware of your typical responses. Question all your ideas, all your responses. Don't even bother about whether that belief has served you well in the past or not. Continuously break free of all your beliefs, all your patterns. One month is more than enough to see a change in yourself.

••● Activity ●••

Every time you question a strong belief that you hold, you will start creating a new idea about you. Just by cancelling all the wrong definitions you have created about you, you can go on creating a new you.



Are your patterns taking your decisions?

Look into how you make decisions in your life. Ask yourself - *is it out of my mental pattern or will power or discrimination?* Ask yourself - *am I doing this out of an honest, truthful, right space?* *Am I taking decisions out of consciousness, out of spiritual strength?* *Or am I at least acting out of discrimination?*

The poorest way of taking decisions is from your mental patterns.

Discrimination is, seeing the larger truths of life and making decisions. It means you will be completely honest and integrated to the highest truths of life in that situation. For example, someone has stolen something. If he is trying to hide even after being caught, he is strengthening that pattern. But if he says, *let me be honest. I will be punished once, but at least I will be out of this pattern for lifetimes!* - this is discrimination.

So move from one step to the next. If you are taking decisions out of mental patterns, move to intention. If you are taking decisions out of intention, move to discrimination. If you are in at least in the level of discrimination, then I can move you to Consciousness!

••● Practice ●••

How often do you act out of your patterns? How often out of discrimination? Watch yourself continuously, and you will see how simple awareness can move you towards conscious decisions.



Go to the root

Go to the root of every response. Find out when you started creating that particular response in you.

There may be ten qualities in you, positive and negative qualities, like courage, depression, insecurity, confidence – so many qualities. When did you start developing those qualities? Means, when did you start responding in this way to these problems?

Go to the root. Find out when that pattern took birth in you. That was the time this version of you took birth!

•● Activity ●•

Go to the root of every pattern you have and see when you started responding in that way. Now decide, from now on, you will not assume any pattern. You will assume only the flow which liberates you. Make a conscious decision to respond only from consciousness, from pure spiritual freedom.

See, when you function in a liberating way, you will radiate all auspicious qualities, but you will not even know it! You will not think you have those qualities, but others will think that you have those qualities! But you will radiate all of them!



Start with the easier patterns

When you start the war with your patterns, you unconsciously plan to play a losing game! One fine day you say, *I will break my drinking habit of 25 years.*

You can break a drinking habit even if it is 25 years old, but only after having enough tools and weapons to fight with your mental pattern, to complete with your mental pattern.

When you begin your relationship with you, don't start fighting with the bigger patterns. First start completing the patterns that you find relatively easy to drop, the patterns that are yet to be roote; you will have courage, you will have confidence. The relationship with you will start getting built. You will have the space to listen to you.

Once you develop listening, you can work on your stronger patterns.

••● Activity ●••

1) Make a list of all the patterns you are struggling with, and classify them as 'strong', 'medium' and 'weak', based on the hold they have over you.

2) Now, start working first through the weak patterns. Resolve to stop responding through these patterns. After a few weeks, you will see that you would have broken many weak patterns and are ready for the next level.

3) Now move to the 'medium' patterns and repeat the process; lastly with the strong patterns.

In this way, you will be successfully breaking your patterns, and you will also the courage and confidence in yourself to break stronger and stronger patterns.



The Power of Completion

*The idea that something outside you
can complete you, can add to you, can fulfil you,
immediately reduces you to the level of matter.*

But you are not matter - you are Life!

*Whether you realize it or not,
you are complete unto yourself.*

*Then why do you look to something external
to complete you?*



You are searching in the wrong place

What is incompleteness?

Any action that is unfulfilled as per your imagination, either because of an outer hindrance or an inner hindrance, is incompleteness!

If your expectations are not met by you or by others, they remain as an incompleteness in you.

Incompleteness is anything that leaves you with an experience of low energy, 'low' emotions, a feeling of unfulfilment.

As of now, your life is nothing but a journey from incompleteness to incompleteness. Even the so-called positive happenings in your life are a result of incompleteness. Your success, your relationships, your wealth - everything is triggered by a sense of incompleteness.

Incompleteness is the worst inauthenticity you can carry as a conscious being. Incompleteness comes out of the assumption that something larger than you exists out there for you, which can complete you.

The idea that something outside you can complete you, can add to you,

can fulfil you, immediately reduces you to the level of matter.

But you are not matter - you are Life!

Only Life can infuse life into matter; matter cannot infuse life into Life! Only you can infuse value into anything that is outside you; nothing that is outside you can infuse value into You. Whether you realize it or not, you are complete unto yourself. Then why do you look to something external to complete you?

The only incompleteness you are really carrying is not knowing that you are already complete! It is this one incompleteness that expresses itself as your fear, your greed, your anger, your jealousy and your depression.

I am not saying that success is wrong, wealth is wrong. But pursuing them out of a feeling of incompleteness is wrong.

Incompleteness is poison in your life. It is incompleteness that drives you to take one birth after another. **Any incomplete action is karma.** It will pull you again and again to repeat that action till you achieve completion.

••● *Contemplation* ●••

Completion makes you tremendously powerful, too powerful to be intoxicated by success or defeated by failure.



What's wrong with the present moment?

Understand, incompleteness can never exist in the present moment, because life happens in the present moment. At the moment of happening, there is no reference point to measure whether you are less or more successful, less or more wealthy, less or more happy. Against what can you measure all this in the present moment? All references and inferences can be made only from the past. That is why all your negativity is rooted in the past.

Past, by its very nature, does not have life. But if you indulge continuously in the past, it swallows the future also. All negativity is rooted in the past. Negativity cannot grow in your inner space if your past memories are not supplied as evidence. Each of us is dragging along a precious bag of memories filled with our past perceptions, our past beliefs, and especially our past failures.

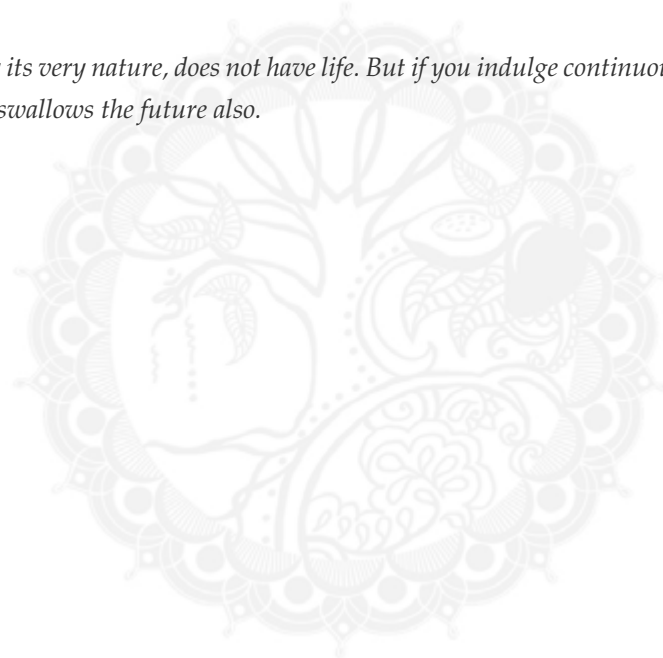
Life opens up new possibilities for you at every moment. But no, you are happy to be stuck with your past record! At each point of life, who you are is a reflection of what you cognize of the future! Yet you think you are a result of the past.

Why? Because the past is not sitting in the past - you carry it forward into your future!

This is how we live the same life again and again and again. Life is so boring, because it is not being lived in the now. It is the past which is constantly getting into the present and flowing into the future. The past is sitting in the future and giving us our experience of the present moment, so the present moment is never fresh - it is just a replay of the dead past.

••● Contemplation ●••

Past, by its very nature, does not have life. But if you indulge continuously in the past, it swallows the future also.





There is no such thing as a sweet memory

Understand: the best happenings of your life are those that don't leave behind a trace of memory. If a past happening causes a stir inside you, whether sweet or sad, understand that there is an incompleteness there. Either there is an unhealed wound, or an unfulfilled craving.

A really complete happening will present itself to you just as it happened, with no charge of emotion, no load from the past. Both sweet and painful memories are hangovers.

Anything that comes from the past as a constraint in the future is a limitation and a bondage. It destroys your ability to respond freely and spontaneously in the present moment.

All the pain you experience is the incomplete past projected in the future. If you complete it, you will have the awareness that it is from the past and you won't indulge it.

The past repeats itself in the future only when there is incompleteness. When your experience in the present moment is complete, it no longer bothers you. It does not get added to your already loaded past. You don't have to forget your past itself. Just break the boundaries that it has created on your future. Disconnect from the bondage of the past.

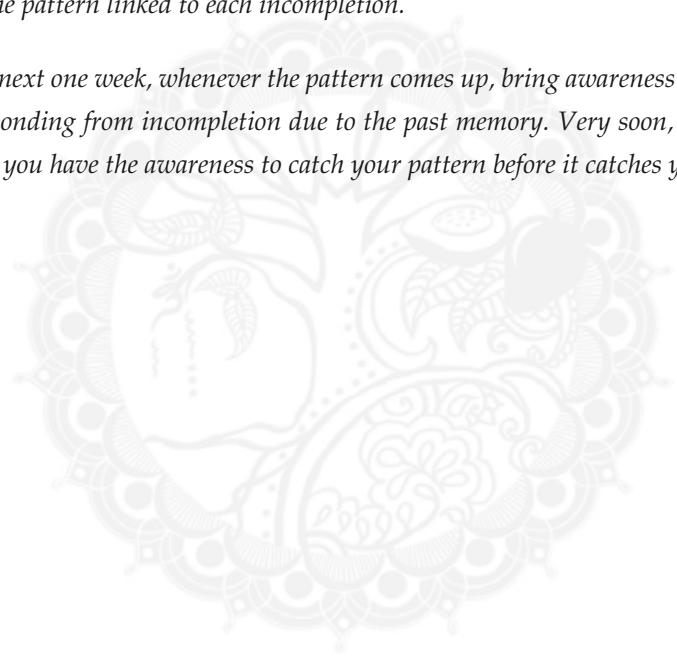
••● Activity ●••

Make a list of 5 incidents from the past which leave you with an emotion - sweet or painful.

All these memories are incompleteness, and create a pattern in you.

Trace the pattern linked to each incompleteness.

For the next one week, whenever the pattern comes up, bring awareness that you are responding from incompleteness due to the past memory. Very soon, you will see that you have the awareness to catch your pattern before it catches you!





Inner & outer incompleteness

Any action performed from a state of incompleteness will only lead to more incompleteness. Anything done from a state of completeness will lead to only completeness in others also.

If you feel disturbed by a woman outside, understand: the disturbance is not from the outer woman. It is from the inner woman - the fantasy called 'woman' you carry inside. It is nothing but an incompleteness inside you.

There is a beautiful story in the sage Narada's life. Before he was conferred the honored title of '*Chiranjeevi Deva Rishi*' (Immortal celestial sage), he was offered all possible pleasures in wide varieties and wild quantities - beautiful women, rivers of *soma rasa* (the drink of the gods) and what not! Because he was not touched by any of it, he was given the title.

So, completeness lies inside you, not outside you. If you are complete, no outer event can cause incompleteness in you.

••● *Practice* ●••

When a happening disturbs you, look in and see: you have a choice not to let it make you incomplete. Do you want to make that choice?



Completeness is not blind acceptance

Understand: completeness does not mean accepting everything that happens in life. Completeness is not blind acceptance. NO!

What is the difference between 'resisting', 'accepting' and 'not resisting'?

For example, just imagine that you are sitting in your garden one morning and sipping a cup of tea.

Suddenly you see your neighbour rushing towards you with a knife!

Now, you have three ways of responding to this unexpected happening in your life:

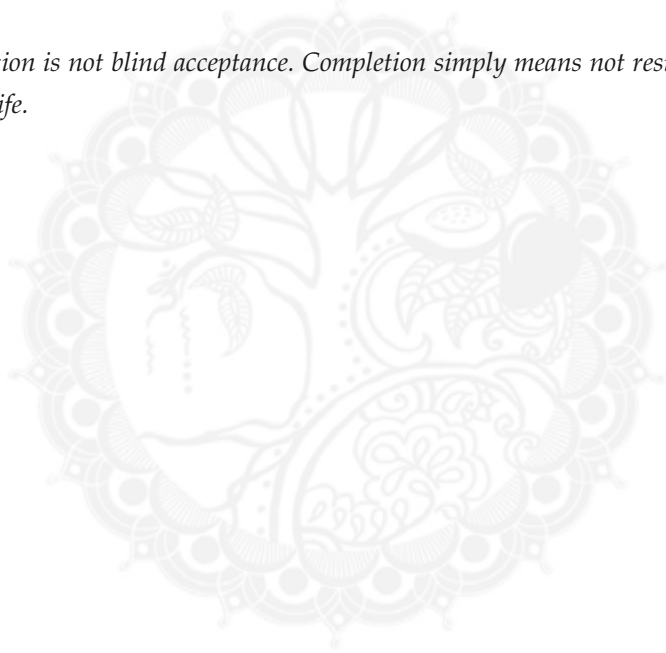
One, you can resist the moment, and get angry and panic and say 'Oh, this guy has been my neighbor for ten years, I did so much for him, he even borrowed money from me and never returned it, now how can he do this to me?' and so on - getting caught in your own perceptions, and in the process, completely losing sight of what you actually need to do in the situation.

Or you can just accept the situation and feel like a saint, saying, 'After all, this is life!' - not even making an attempt to change the situation.

Understand: neither of these two attitudes is completion. Completion means simply assessing the situation as it is. A man rushing towards you with a knife is a man rushing towards you with a knife – that’s all. When you assess the situation without applying your personal filter to it, you will know exactly what action to take – just duck, run away, or stand there and fight him!

••● Click ●••

Completion is not blind acceptance. Completion simply means not resisting the flow of life.



Completion is your nature

The Sanskrit word poornatva means ‘the state of completion’.

Completion is the state which leaves nothing left to be desired, either in the inner world or in the outer world.

In completion, there is no space for fear, greed, anger, doubt, envy or any of the hundreds of low-energy emotions and conflicts you create for yourself. Completion is an unclouded inner space. In such a space, irrespective of what is happening in the outer world, completion alone remains.

What we don’t realize is that completion is our innate nature. The shanti mantra (peace chant) drawn from Hindu Upanishads says that the whole cosmos resonates with completion:

Om poornamadah poornamidam / Poornaat poornamudachyate

Poornasya poornamaadaaya / Poornamevaavashishyate

There is completion here, and there is completion there. Completion is born out of completion. If you remove completion from completion, completion alone remains!

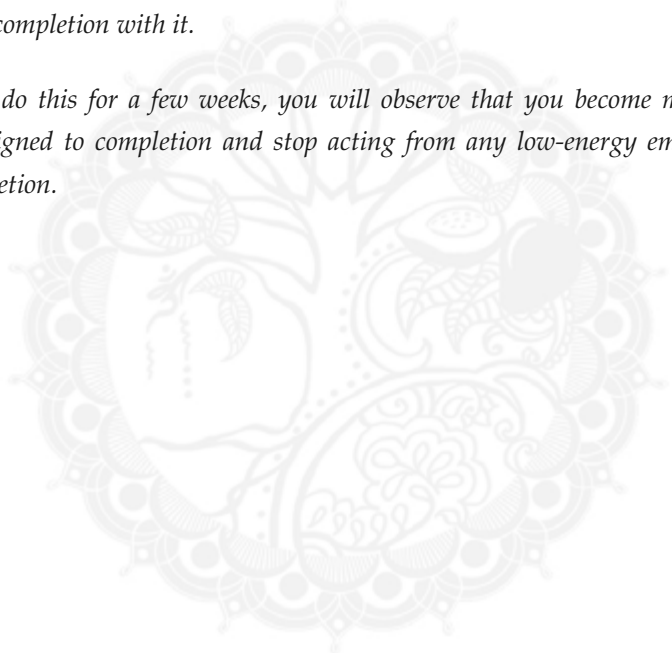
Completion is a state of positive choicelessness. It is destroyed when

you start identifying and aligning yourself with certain happenings and rejecting others. When you start the game of accepting and rejecting, your experience of Life becomes fragmented.

•●● *Practice* ●●•

At the end of each day, make a list of all the low-energy emotions that expressed in you that day. Find out the incompleteness that each of them comes from, and declare completion with it.

As you do this for a few weeks, you will observe that you become more and more aligned to completion and stop acting from any low-energy emotion or incompleteness.



*Are you running away
from you?*

Understand: since completion is your innate nature, you are never comfortable with your own incompleteness. But for the very reason that they remind you of your incompleteness, you never want to face them! All your life, you keep running from the ghost of your incomplete self. The more and more you run outside of you, the more you are haunted by the incompleteness - through life and across lives.

The only way to be free is to face the incompleteness directly. Identify the source of incompleteness, which is rooted in an incomplete cognition of some situation in life. That is the only way to restore completion.

•●● *Practice* ●●•

At a moment of deep incompleteness, stop and look: can you see the demon that is making you feel this way? It is NOT you! Just relax and let the pattern drop.



Keep on completing with yourself

Incompletion lives inside you in your muscle-memory and your bio-memory.

Listen: incompletions of taste and smell stay in your muscle memory. But incompleteness in the eyes and touch stay in your bio-memory. It is at a deeper level. This is a deep truth.

Do completion with all your patterns. Continuously do completion and unload the effects of your past from your inner space. I tell you, feeling powerful inside will make everything a success for you. When you are feeling powerless inside, nothing will be successful. If any success happens when you are feeling powerless, understand that it is an accident, not success! When you are feeling powerful inside, failure never enters your breathing space.

Just decide to live the tattvas. Soon you will start tasting the miracles of the space of completion - today I tried integrity; it clicked, it worked! Today I tried authenticity: it worked, but when I am in incompleteness, it is failing. Just this understanding can shift your space and keep you constantly in completion. I tell you, with just this one completion process, humanity can walk out of depression.

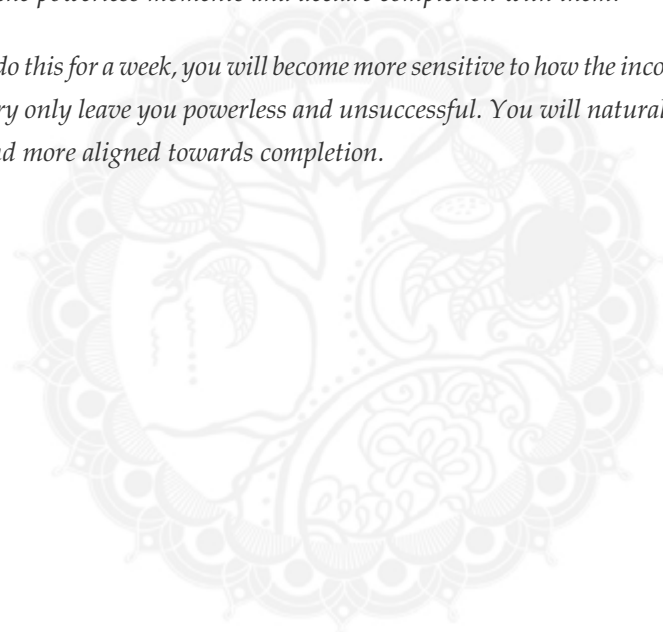
••● Practice ●••

Every night, just before you go to bed, make a list of incompletions you carry, the patterns you carry.

Now see how each pattern creates powerless moments in you.

Re-live the powerless moments and declare completion with them.

As you do this for a week, you will become more sensitive to how the incompletions you carry only leave you powerless and unsuccessful. You will naturally become more and more aligned towards completion.





All karma is incompleteness

According to Vedic metaphysics, there are three kinds of karmas.

- ❖ **Prarabdha** - the karmas you brought with you to exhaust in this life.
- ❖ **Agamya** - the karmas you accumulated in this life.
- ❖ **Sanchita** - the karmas you have accumulated for janmas, for lifetimes.

All three are the result of past incompleteness. Similarly, every moment of incompleteness that you carry now is going to add to your karma bank.

Let me be very clear - you cannot do anything with sanchita. Sanchita can be melted only by my working directly on it. But you can work on both agamya and prarabdha.

Prarabdha is more like your passing thoughts and mental patterns. Agamya is more like your muscle-memory and bio-memory, which have become part of you.

Agamya itself has two parts – the first is, doing actions in unawareness which brings suffering; the second is, the pattern of doing such actions continuously and accumulating agamya, even after knowing it brings suffering! For example, you know that whenever you get angry or irritated,

you are going to suffer a state of incompleteness, but you still do it. This constant pattern of doing action and accumulating karma, even though you know it is wrong, is also agamya. This what I call as Agamya² - the pattern of doing action and accumulating karma, even when you know it is dangerous for you.

If you look into your sexual habit patterns, if you look into your drinking and addiction problems, you will understand! So work on this strong pattern of knowingly accumulating agamya. Break that one pattern. Stop the agamya of agamya, that is the essence of handling all karmas. That is the only way to save yourself from all the karmas.

And go on completing. Go on completing every moment. Complete with you, complete with others, complete with the world, complete with God. Don't let anything remain in your inner space as an incompleteness, as future karma.

••● Contemplation ●••

You have a constant pattern of doing actions and accumulating karma, even though you know it is wrong. Just break this one pattern, and you can stop your karma cycle.



Restoring completion

In our programs, through a process of 'conscious past life regression', you will be helped to identify these incomplete cognitions, which have created the root behaviour patterns governing all your responses. Because you enter into the past from a state of high awareness, you are empowered to alter your past cognitions and liberate yourself from the pattern.

Once you find your root pattern, you will complete with it, so that you are released from its influence over your life.



Two techniques for completion

The process of completion starts with swapoornatva: completing with yourself. First, you will learn to listen to yourself. When you start learning to listen to yourself, then you will know how to listen to others. Listening, listening, listening - that is where completion starts.

Sit with a mirror and listen to yourself as you talk. Just keep talking about whatever is hurting you right now, or whatever it is you want to change in your life. Listen to your heart's complaints about yourself and about others. Don't sweep anything under the carpet. By listening, millions of incompletions will become complete.

If you have knee pain or can't sit straight, it means you must continue the technique even more intensely! Because many of the pains you carry inside you in different parts of the body are nothing the incompletions you are carrying with YOU.

Talk to your reflection - your chaaya. You will be surprised - your shadow will start talking to you, advice you, listen to you, heal you and relieve you from many of your fears, many of your lust patterns, many of your attention-need patterns, many of your guilt patterns.

1. Swapoornatva Kriya: Technique for Completion with Yourself

Be seated comfortably in front of a mirror. The mirror should be large enough for you to see your entire reflection.

Maintain a deep eye-to-eye contact between your body and your reflection.

Please understand - both put together is YOU! I will call it as 'kaaya' and 'chaaya' - the body and the reflection. Both put together is you! So let the 'kaaya' and 'chaaya' have a deep eye-to-eye contact.

The moment you have a deep eye-to-eye contact, the first thing you will have is tears! Allow it. You are waiting just to cuddle and cry with yourself. Cuddle yourself and cry with yourself, for so many things you did to yourself and others did to you, for the injustice you did to you and others did to you... You are waiting to cry.

Cuddle, cuddle your chaaya. Hold your chaaya. First, learn to listen to your own heart's cry. Most of the time, you not listening to yourself!

Sit in front of the mirror and talk; say whatever you want to tell yourself. Spend time with YOU. Talk. Talk.

As you talk, listen - as the person inside the mirror. Listen, listen and listen! Talk to the person in the mirror, listen to the person in the mirror. Authentically listen to the cries of your heart. Your heart is crying for

your listening. Complete, complete, complete.

Now, try to identify the earliest memory that created this incomplete cognition in you, forming the root pattern of your suffering.

Go back to the first few situations in your life when you first experienced conflict. This situation would have happened typically between the third and fifth year of your life. Relive that situation.

If the tears come, let it come; if the anger comes, let it come.

Standing face to face with your past, the pain disappears, the anger disappears! When the anger disappears, it turns into love. Please understand, when the energy expresses as anger, if the anger is removed from the energy, it just completely turns into love, because the chili component of the energy is removed.

The completion will not happen if you just work on the root pattern alone: every incident which stems from the root pattern must also be completed. Please understand: you need to go back to the very earliest memory you have had in your childhood and complete this memory. And, then complete each and every pattern that you've had up until today. At the end of the session, you will feel the pain of many years fall away.

Continue this practice every night as long as you feel the need to do it. When it is no longer necessary for you, it will drop from you on its own.

2. Poornatva Kriya: Technique for Completion with Others

When you are ready to listen from a space of listening, start completing with others also.

Identify the significant people in your life whose words or actions have had a negative impact on you. Meet them, call them, find some way to speak to them.

Go on completing with each and every person. If you cannot complete with that person directly, complete with the mirror, visualizing yourself talking and completing with them. Keep on practising this with each person; complete with every pattern, every incompleteness, every memory of pain.

Completion has to be done as a spiritual practice for at least one year! Whenever you feel any disturbances in you, just sit with the mirror and complete. Whenever you experience a conflict with another person, complete with them as soon as possible.



Technique for spontaneous completion

Completion does not mean blindly accepting everything that happens in your life. It simply means not resisting life as it happens to you.

The root of all our incompleteness is the idea we carry - Life should not be this way. That is why we spend our whole life asking, 'Why, why, why?' Why is life so bad? Why did this happen to me? Why do bad things happen to good people?

Spontaneous completion or instant completion means simply dropping the wrong understanding that is creating conflict for you in a particular situation. It is possible!

Don't ask, 'Why is life this way?'

Instead, decide: THIS IS LIFE! SO, NOW WHAT?

1) Do I want to **accept** it and move on?

2) Do I want to **reject** it and move on?

3) Or do I **change** it to the way I want?



Power of Declaration

To strengthen your decision to be integrated and complete, declare it to yourself and others.

Whenever you declare a decision, it helps gather your scattered energies and focus them towards making your declaration into reality through responsible actions.

When you continuously and consciously align your words to the right actions, your words become powerful. You achieve vak-shakti or vak-siddhi, the power to make anything you say into reality.



Completion is the space of miracles

How will you know when you are complete?

If you have a doubt, you are not yet complete!

Step by step, I want you all to experience this space. Most of you are too busy with nothing! Busy with the confusion of your mind, the chaos of your mind, the insecurities of your mind, the disease of your being! Too busy! You are so busy with your disease that you don't even want medicine! Because to take the medicine, you have to sit up, and you don't want to!

Come out of your self-imbibed sickness and live - live life! I tell you, just this swapoornatva kriya heals you so much - it makes the miracle space available in you. Ananda Gandha is what I call miracle space!

Only when you are complete, will extraordinary powers be unleashed for you and through you. All the creativity, all the natural knowledge available in the universe, and all the extraordinary powers of the universe will be at your disposal. Only then can you realize the truth that you are indeed the favorite of the Cosmos, BRAHMANYAM BAHUPUTRATAM!



The Art of Listening



Listen first.

People don't have a place to pour themselves.

Nobody is listening on planet Earth.

Understand, nobody is listening.

Even if you pay psychiatrists to listen to you,

they are not listening completely.

So listen first.

Just listen.

Listening IS God.



Are you listening now?

Listen!

When was the last time you listened to anyone?

When was the last time anyone listened to you?

So much talking is going on in the world.

But who is listening?

If you look closely, everywhere in the world, people are talking.

Everybody is busy talking.

In any conversation, both parties are either talking, or waiting to talk.

Don't imagine that you are listening when the other person is talking!

No! You are only using the gap to make your next statement ready!

We have invented better and better devices for communication, but we have forgotten how to listen to one another.



Be desperate to listen!

Why are you always desperate to speak?

Be desperate to listen!

Listening - what a powerful tool for transformation!

Listening is the only way to receive life. Listening is the only way you can truly relate to you and to others.

Please understand: the hidden, unresolved, incomplete parts of you are crying for your listening. Just listen. When you listen to yourself, your awareness reaches such a peak that there is no space for conflict; there is no space for non-integrity and inauthenticity to live in you. When you listen to yourself, all the unconsciousness in you drops away.

When you listen to others, you will transform them just by your listening. Remember, when people come to you, they almost always don't want solutions. They just want your listening. In the space of your deep listening, they will find the answers they need. And out of that deep listening, even if you speak, it will be always what the other person needs to hear.

I always say what you need to hear, because I listen when you speak! I know what you need, and I speak exactly that. When I listen, I listen to everything - what you speak and what you don't speak and what you want to speak! I can transform you because I listen to you.

•●● Practice ●●•

At the end of the day, just sit down to spend some time with yourself. Listen to yourself.

Listen to whatever your body and mind are telling you. REALLY listen. Don't imagine that you should not have thoughts, or you should not have physical discomforts. Just listen to everything.

As you practice this, you will find your body and mind finally fall into peaceful silence.



Listening means not having an answer ready

We really never ever listen at all in our life.

When your spouse or your boss or your friend is talking to you, see exactly what you are doing. You are not listening; you are preparing your answer to them! Even before they start talking, you are preparing your answer. That is why your answer never matches their question – because you never heard the question!

Listening needs three things from you:

- ❖ A passive inner space that invites the other person to pour themselves into your listening
- ❖ A deep patience that can wait for a solution to emerge on its own
- ❖ The courage to respond spontaneously, without a prepared answer or a readymade solution

Listening means just dropping your mind and being available for the other.

•●● Practice ●●•

The next time someone talks to you, find the space inside you to just listen. Drop your inner chatter, just be still and let the other person speak. When a word comes up inside you, let your listening just swallow it.

Keep practicing this till listening becomes part of you.



***Understand from where
the problem is coming***

Please understand, people don't always mean what they say or say what they mean. If you are expecting that, you have not learnt the art of listening.

Usually when two minds talk, neither listens and neither understands. The ordinary meeting of two minds is just double confusion! So at least from your side, let the confusion disappear. Then you will see, from your side there will be only solution.

Understand, communication can happen only if at least one side is ready to listen. If both sides are just preparing arguments and answers, how will each one understand where the other is coming from?

If your wife is talking to you about some problem, don't jump to the conclusion that she needs an intellectual solution! If you listen, you may discover that she just wants a little attention from you. She is coming from the heart center (anahata chakra). If you start giving a logical solution, she will make the problem much bigger. Just give her some attention and support; the problem will disappear on its own.

••● Practice ●••

As you learn to listen to others, you will see that you start to listen not only to the words that they say, but also to the words that are left unsaid.

Don't jump to any conclusions when someone is talking to you.

Just be still, and you will hear the unsaid or unspoken words as well.



Listening and practicing

Usually many teachers say again and again - however much you listen, only if you practice you will achieve it. I want to reverse it. However much you try to practice, you can achieve only if you listen!

I am not saying – ‘however much you practice’. I am saying – ‘however much you TRY TO practice’!

Because, without listening, however much you practice, it will only be TRYING TO practice! Only when you start listening, the possibility for practicing happens.

••● Click ●••

Listening gives life and authenticity to your practice.



Listen & face your incompletions

When you start practicing integrity, all your inauthenticities are going to start boiling!

Your inauthenticities are nothing but your incomplete understanding of you and life. All your low-energy emotions are inauthenticity. Your anger, your guilt, your suffering, your low confidence, your memory of past failures - anything which drops you down from expressing your peak capacity is inauthenticity.

When you sit to listen to you, when you are constantly integrated with you, all your inauthenticities will be exposed to you. You will start seeing the dimensions of yourself which you never wanted to see. Be prepared! At those moments, never move back or move out! When the churning is happening, stand up and face it.

It is not as if only the problems will come before you. If you are listening with integrity, you will find the solutions also. Because the solutions are already there; it is just that you didn't want to see them earlier. Not wanting to see the solution is also lack of integrity.

If you have a certain incompleteness, and you decide that you will complete it tomorrow, because you are too busy with some other work today - that is lack of integrity. Whatever other work you are busy with, because it is done from a space of incompleteness, will only result in incompleteness.

Lack of integrity is nothing but putting all your problems under the carpet and postponing the solutions! Integrity means getting ready to face your lack of integrity and transform it.

••● Contemplation ●••

Listening opens up your incompletions to you.

Face it; it is a cleansing process, it is happening to make you stronger.



Just listening can dissolve your conflicts

Listen.

Constantly listening to your own inner space is beginning of integrity.

When you start listening to your inner space, you start practicing integrity. When your inner space says there is nothing more to listen, only silence - then it is end of integrity. You have achieved integrity. It means, all your blind spots have been brought before the light of your awareness; all your incompletions, all the conflicts in you, have dissolved in your listening.

As long as you are hearing something from your inner space, there is still some lack of integrity. When you hear only silence in your inner space, you have achieved integrity.

Go on listening. When you are talking, listen to you talking; when you are sitting, driving, walking - listen to that also. Tireless listening brings integrity to your life.

There is no separate practice to achieve integrity. When you listen deeply, whatever is there in you, but which is not YOU, is automatically destroyed.

Integrity may seem like a big word now. You may be thinking – *can i achieve integrity?* I tell you: just by listening, you can achieve integrity.

Understand: only if you see the tangible result of these tattvas, these spiritual principles, in your life, you will be inspired to live them. You will be inspired to make them as satyas, truths, in your life. All your doubts are nothing but your fight with the *tattvas*. If you can experience the result of even one *tattva*, you will start living all four *tattvas*. You will be inspired; I tell you – you will be terribly inspired!

•● Practice ●•

Constantly be in the space of listening in whatever activity you are doing.

When you are talking, listen to your talking. When you are sitting, listen to your sitting. When you are walking, listen to your walking.

Practice this for five days or more.

You will catch the space of listening and integrity.



Listening is the first step to unclutching

Question: Dear Swamiji, the moment I sit and try to unclutch from my thoughts, I have more thoughts, more problems! How can I sit for meditation or unclutching?

How will you not have more thoughts and problems! Unclutching is not like switching off the electricity to your house. It is like cleaning, sweeping and scrubbing your house! First, listen to your inner space. That is the first step for unclutching, for meditation, for your life.

But even to unclutch, you need to be in a space of completion. When you are drowned in your past, when your past is sitting on you as a dead weight, you will never be able to listen. Only when you want to responsibly work on your future, you start listening. Please listen! The dead past never lets you listen. The past, by its very nature, does not have life, and if you try to indulge continuously in the past, it destroys the future also. Only when completion with yourself happens, you learn to listen.

••● Click ●••

Only when completion with yourself happens, you learn to listen.



Do you need a listening aid?

Let me share a joke I read about how we listen -

A man felt that his wife was having a hearing problem. He thought she might need a hearing aid, but he was not quite sure how to approach her. If you tell your spouse that they have a problem and need a hearing aid, who knows what can happen!

So he called the family doctor to discuss the problem. The doctor told him that there was a simple informal test the husband could perform to give the doctor a better idea about his wife's hearing loss.

'Here's what you do,' said the Doctor, 'Stand about 40 feet away from her and ask her a question in a normal conversational tone; see whether she hears it or not. If not, go closer, maybe to 30 feet; if she still can't hear you, go to 20 feet away from her - and so on, until you get a response.'

The man thought that the test was harmless, after all, and decided to try it.

That evening, the wife was in the kitchen cooking dinner, and he was in the doorway. He said to himself, 'I'm about 40 feet away, let's see what happens.' Then in a normal tone he asked, 'Honey, what's for dinner?'

No response.

So the husband moved closer to the kitchen, about 30 feet from his wife, and

repeated, 'Honey, what's for dinner?'

Still no response.

Next he moved into the dining room, where he was about 20 feet from his wife, and asked, 'Honey, what's for dinner?'

Again he got no response.

So he walked up to the kitchen door, about 10 feet away and asked, 'Honey, what's for dinner?'

Again there was no response.

So he walks right up behind her and asked loudly, 'HONEY, WHAT'S FOR DINNER?'

His wife turns around and yells, 'For the FIFTH time I am telling you - PASTA!!!'

So understand who needs the hearing aid here!

And all our life we keep thinking that other people never listen to us!

I tell you: If your listening is impaired, you need authenticity. Authenticity is your listening aid.

When you bring authenticity, you simply start listening, listening, listening.

••● Click ●••

We always think that other people never listen to us.

The truth is, it is we who are not listening.



Listening is the best marketing tool

All successful marketing philosophies & ideas are based on listening.

Modern-day marketing is no more aggressive. It is based on listening, not on shouting.

Don't not force yourself on other person – pushing your product, your belief, your experience. Communication starts only when you start listening.

Don't go with evangelistic arrogance. No! Go with compassion. Listen to the problem the other is facing. When you land on others with evangelistic arrogance, by your very arrogance you create a barrier.

Most of your relationships involve some marketing! So whether you are marketing yourself (as in a family relationship), marketing your different qualities (as in business relationships) or marketing your products (supplier-consumer relationship) - if you are handling a mind, be passive and learn to listen.

Then, even if you don't offer any solution, the problem will be resolved.

If you practice right listening, it will fulfil your outer and inner world needs. The art of right listening, and the practice of right listening, will lead you to the outer world and inner world fulfilment.

••● *Click* ●••

When your listening is complete, even if you don't offer any solution, the problem will be resolved.



Power of 'just listening'

Authenticity starts with listening, continues with listening and continues with listening. It never ends! Spiritual life itself starts with listening. Human beings miss life when they miss listenin.

J. Krishnamurthy says, 'Listening is God.' Buddha's first teaching is 'Right listening'. In Vedanta, the first principle is 'shravana' – listening! The second principle is 'manana' – internalizing. The third principle is 'nidhidhyasana' – living it and radiating it.

Sit with authenticity, and listen. Listen. Listening is GOD! Just by listening, you experience God! If you are just listening to the sparrow's sound without giving any meaning to it, it is God. Pure listening is God. Only if you learn pure listening, you will be able to get the right meaning of anything. Listen, listen and listen! You will see miraculous transformations happening in your body and mind.

••● *Practice* ●••

Learn to sit with nature and simply listen – to the river, to the birds, to the wind. Pure listening, without a need to gain information, can deepen your listening immensely.



Integrity : 'Sampoorti'



Integrity
is you fulfilling the word and thought
you give to yourself
and to others
and experiencing a state
of Poornatva –
completion with yourself
and with life.



What is Integrity?

Listen!

Integrity is the first sacred principle of life. Integrity is the principle on which the cosmos runs!

The sun rising every morning without missing a day is integrity. Your heart beating continuously without missing a beat is integrity. By nature, God built you with integrity. Your inherent nature is integrity. That is why, whenever you are not in integrity, you feel so uncomfortable and incomplete.

Understand: Integrity is neither honesty nor morality. It is beyond both.

We all know honesty. But with the tattva of integrity, I am taking you a step deeper than honesty. With honesty, you only have to honor the words and commitments that you give to others. With integrity, you have to honor even the words and commitments you give to you!

Honesty is not integrity. Integrity is honesty also. Integrity is neither morality nor ethics. It is beyond both.

••● Contemplation ●••

Integrity is neither honesty nor morality. It includes both, but it is beyond both.



Your words are your Life

Why is it so important to honor your words?

Whether you realize it or not, your life is built on your words and commitments. The words you give to yourself and others is the structure on which your life-building is built! If your life can be compared to a building, the words you give to yourself and others is like the foundation of this building. It has to be free from dust and rust, which means that it has to be free from unconscious patterns.

The unconscious words you give to yourself and others is the dust and rust on your building. A building built upon a rusty, dusty structure cannot last long! It has to be made of pure, authentic, strong steel. In the same way, your life is built on the words and commitments you give to you and to others. It has to be without any unconsciousness or unawareness.

I tell you, the strength of your life is based on the words you give to you and to others. If your words are conscious, your life will be conscious. If your words are unconscious, your life will be unconscious. When you utter unconscious words in your

relationships or in your business, you will be unaware of what consequences life is going to bring to you. When you are unaware of the consequences of your words, life will always bring shocks to you. If life is continuously bringing shocks to you, understand – you are not living in integrity!

Integrity forms the basis for your life. Integrity is part of your very life energy. It is the energy on which you and the whole cosmos run!

••● Activity ●••

At the end of the day, write down all the words and commitments that you have given to yourself that day. No editing; just write everything that comes to your mind. For example: I am going to meet my mother this weekend, I am going to quit smoking in a month, I will get to work on time tomorrow, etc.

Writing brings to your awareness what you think about yourself and your commitments you make to yourself. Do this exercise for eleven days.

You will realize how your words and commitments shape your life.



Integrity is not just in actions

Integrity is also not about your actions alone!

For example, going to work on time every day, or coming on time to morning satsang – all these are good, of course, but integrity is much more and much deeper than that.

Coming on time is not integrity. That is the side-effect of integrity. Your very *thinking* should be integrity. I tell you - a person who lives in integrity will always be on time – because punctuality is just a side-effect of integrity!

If you are thinking in integrity, you are in the space of unclutching, continuously freeing yourself from the negative mental patterns that you create and suffer with. Integrity has to be practiced continuously. Your very internalization – your manana - has to be with constant integrity.

Today, throughout the day, continuously try to think with integrity. That means, be very aware of the words you say to yourself and others, and the consequences of your words. Remember: in order to be in integrity, you *have* to fulfill the commitments you give to

yourself and others! You have to live it as if your life depends upon fulfilling those words. It does! Be very clear about this. So think and speak only in a way that allows you to fulfil the words which you give yourself and those around you. Create the space of integrity within you in that way. Constantly create that ambience, that atmosphere of integrity inside you.

•●● Activity ●●•

In the previous activity, you had made note of all the commitments you give to yourself. Now, bring awareness to the commitments you HAVE NOT fulfilled. See how you could have kept each commitment, instead of dropping it.



Why non-integrity hurts you

Listen: when you give a commitment to yourself or to others, it becomes the bone-structure of your very life itself. If you continuously break the bones of your life, can you imagine how your life will be? Full of pain, distorted, and perverted!

The words that you give to you are the bone-structure of your inner personality. The words you give to others are the bone-structure of your success in the outer world. If you are constantly breaking the bones of your life, naturally life will be painful!

You function based on the words and commitments you utter to yourself and to others. Am I right? Everything in your life starts with these two things. So the words you give to you and to others is life, literally Life! They are the basis of your actions, inaction and reactions. In order to be successful in your relationship with yourself and with life, you must keep your word. It is your very life!

If, for some reason, you are really sure you can't fulfill your commitment, at least do bone-transplantation! Don't fracture the bone. Do bone transplantation, which means completing the word by declaring that you will not be able to fulfill it. When you do this with yourself and others, it is called completing with that original

commitment. By completing, you free yourself and the person to whom you committed, so that they are released to find another way to fulfil the commitment you made to them.

For example, suppose you give your word to someone that you will give them one million dollars within a certain period. Now you must do everything to fulfill it - as if your life depends on it! You have to fulfill that word. If, for some reason, you are very sure that even with all your sincere efforts, you will not be able to fulfill that commitment, then at least complete with the person. Let them know that you will not be able to fulfill it: *'I am taking that word back. Please look to some other source for the money.'* This is also integrity - your taking the responsibility to communicate about the commitment you gave.

But this second choice should be used only as a last resort, as a 'bone surgery', not as a way of life. Will you do bone surgery on yourself everyday? No! Only rarely would you even consider doing bone surgery. Bone surgery cannot be done every day. In the same way, completing a commitment you gave by taking back the word also cannot be done every day!

Whether with yourself or others, the habit of not keeping your word creates one more negative pattern in you that will erode your confidence in yourself and your reputation in the hearts of others. Only rarely is the bone surgery of completing with the person and not fulfilling allowed.

Fulfill your word, or complete if you can't fulfill your word. These are the only two choices available to you when you want to live in

the space of integrity. There is no room to leave anything without fulfilling or completing.

••● Practice ●••

Today, fulfill the words or commitments that you give to others - as if your life depends on it! Don't make excuses for yourself. Just decide to do whatever it takes. You will take a leap to a whole new level of living.





Incompletion is unconsciousness

You should be aware that when you give a commitment, your life has already started getting built around that commitment. You have started building your life based on the commitment, and your life-energy has already started flowing to make that commitment a reality.

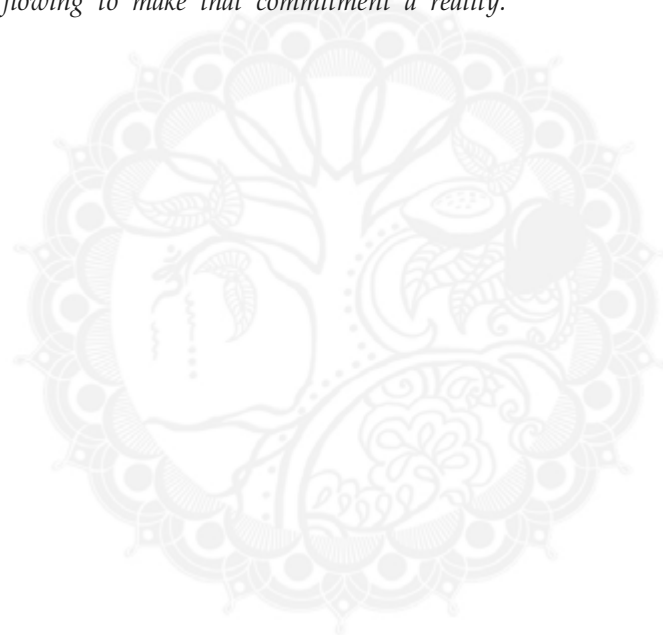
If you find yourself out of integrity continuously, look into you to see what pattern you are carrying. It could be a lot deeper than just having issues with managing time. It could mean that you are living in utter unconsciousness, because when you give the word, you are not aware of what you are doing! If you give one hundred commitments and ninety-nine are not kept, what does that mean? It shows that you are not even aware of what you are doing, or how you are abusing the energy of your life. Eventually, even you lose respect for your word, because you don't even remember by afternoon the commitments you made in the morning.

Not caring to keep your word is also a subtle sign that you have no respect for life. When you carry too many incompletions with yourself or others, one of the first things you drop is integrity. This is a highly dangerous pattern, because you entire life's natural flow is

towards integrity! Being out of integrity is like you fighting your own life-energy. Drop this pattern immediately and restore completion and integrity in your life. Experiencing a state of poornatva - completion with yourself and with others - is the only natural way to live life.

••● Contemplation ●••

When you give a commitment, be aware that your life-energy has already started flowing to make that commitment a reality.





You are blessing your words!

Take the words you utter in your inner space very seriously, very sincerely. Whatever the words you utter, the most powerful being in your life is responding the saying, 'Tathaastu, tathaaastu! So be it!' Who is that being? YOU!

You are sitting inside you as the antaryaami, the inner Divine, and continually blessing whatever you are saying inside, and making it the reality of your life. If you keep saying, 'I am sick. I am tired. I am not good enough. I am broke. I really can't do the work, and even if I work they will exploit me', then your Being is saying, 'Tathaastu, tathaastu, tathaastu! So be it! So be it! So be it!' Then, when you feel tired, sick, broke and exploited, you wonder, 'How did this happen to me?'

Listen! You are the source and you are the solution. So bring integrity to every thought, word and action in your life.

••● Activity ●••

Sit and write down all the words that you say to yourself about yourself. Do it without editing and changing anything.

Read what you have written.

Now rewrite any negative words that you say to yourself in positive words.

For example, if you think, 'I am not good enough', change it to 'I am good enough.'

Keep repeating these words to yourself for at least one week.

You will see that what you think about yourself will change - and life will bless you with that.



Awareness: Your key to peace

When you take the responsibility for the words you utter to you and to others, what do you think will happen? A sharp reduction in the words in your inner space will happen. The amount of inner chatter that goes on continuously inside you will lessen considerably.

The father of yoga, the sage Patanjali says, *Yogasysa pratamam dwaaram vaang-nirodhah*. The first step towards yoga is the reduction in the words you create inside you. When you bring integrity, the words inside and outside will drop drastically. When you bring awareness to what you are saying and committing to, automatically your authenticity will increase, and your capacity to fulfill your word will also increase. A beautiful, enriching virtuous circle begins when you practice integrity.

•●● *Click* ●●•

When you take the responsibility for the words you utter to yourself and to others, your inner chatter will drop on its own.



Integrity kills inner chatter

Words that are clearly expressed with awareness create fulfilment. The word that is perverted and hurting yourself is guilt. The word that is hurting others is violence. The word that goes on expanding you is desire. The commitments that constantly keeps you in a state of completion and expansion is integrity.

If you just decide, 'From this moment I will honor the words I utter to others and me as my life!', the inner thoughts and inner chattering will drastically reduce. A huge breakthrough in your thinking process will happen, because the moment you become aware of the thought or word you give to you and others, you will know whether your thought is from ego, jealousy or arrogance, and immediately you will complete it, correct it. You will create so much good health in you with this breakthrough in your thinking. Each new cell created in the space of integrity will transform your body so that it expresses vibrant health.

•●● Practice ●●•

Every morning, the moment you wake up, decide consciously and repeat to yourself: 'From this moment, I will honor the words I utter to myself and others as my life!' This will act as a powerful mantra and a reminder throughout the day.



Integrity increases with awareness

With integrity, not only will you honor the words and commitments you give to you and others, but you will constantly live in a space where less words are created.

You must learn to make commitments consciously, so that you have enough time and energy and space to fulfil those commitments. The great enlightened saint, Ramakrishna Paramahansa says again and again, 'mann mukh ek karo' - unite the heart and speech.

Integrity is not just about living as per your word - it is also about creating a space where you carry less words, so that the words you commit to yourself and the words you commit to others can be fulfilled by you.

Listening - shravana – has to be done with awareness. Internalizing - manana - has to be done continuously with awareness. When you use words with consciousness, you will naturally use fewer words, because you will be aware that those words are shaping your life.

•●● Practice ●●•

For just 24 hours, work on carrying less words within you. Whenever you become aware, consciously stop the endless flow of words inside.



Dissolve your self-doubt

Living true to your word means living without your mind. You may not have destroyed the mind, but you will use the mind when you need it. You will be moving through your life in an unclutched way. Being unclutched means you will not be tossed around by a constant flow of random thoughts. You will be in an inner space of restful awareness that expresses as integrity and high achievement.

If you are truly integrated, you will not give a single false promise to yourself or others. With integrity, you will literally wipe clean your inner space of all the unwanted beliefs that you constantly carry. The strong belief you carry that you are a failure will continuously lead you to failure. When you start living in integrity you will diagnose those self-fulfilling negative prophecies that you constantly feed to yourself, and remove them from your inner space. By continuously consciously cognizing this, your incompletions get healed.

•●● Activity ●●•

Write down all the self-fulfilling negative prophecies that you constantly feed yourself with. One by one, cancel them out and make a conscious declaration not to allow them into your inner space again.



Integrity is a basic requirement for life

If you have integrity - nothing else matters. If you don't have integrity - nothing else matters! No technique, no method, no technology, no meditation, no kriya will work for you unless you bring integrity into you. Only with integrity does any technique, any kriya, any spiritual teaching, any life start happening in you. Constantly digging out the root pattern which makes you powerless, which makes you struggle with life, can happen only with integrity.

Authenticity can be practiced. We can allow a certain practice period for authenticity. Integrity has no practice period. And it does not need any practice period. You just have to start living it!. A man without integrity, even if he says 'I am surrendering', you cannot believe him. He doesn't have the integrated being to be able to really surrender. Whether you live a spiritual life or ordinary life, integrity and authenticity form the basis for life.

••● *Click* ●••

Integrity has no practice period. You just have to start living it!



Energy minus Integrity is fantasy

Having desires is not wrong. Not having the integrity to fulfil those desires, which are the words you have given to yourself, is wrong!

When you are integrated, you will either work to convert your desires into reality, or if you are not able to fulfil those desires, you will complete with yourself and accept the reality as it is. When you don't have the integrity to convert your desires into reality, they remain hanging as unfulfilled fantasies and incompletions in your life.

The mooladhara chakra or root energy center is the energy center that controls your ability to create the reality that you want to experience. The energy flow to this center gets blocked when you are filled with fantasies and unfulfilled expectations about life. When you lack integrity, your life will be nothing but unfulfilled expectations from you and others.

The mooladhara or root center chakra has a certain innate energy. A vast reservoir of inner potential energy lies dormant in the mooladhara. When you have integrity, this energy will become a powerful visualization which can manifest as reality. When there is

no integrity, your desires will remain as unfulfilled fantasies.

Whether what you visualize is going to become reality or not depends on your ability to live integrity. Your verbalization or inner chatter becomes visualization only when you have integrity. Only then can your words be transformed into reality.

••● Practice ●••

Today, choose a desire you would like to fulfil.

Throw your whole energy into fulfilling that desire.

At the end of the day, if you are unable to fulfil it, then complete with yourself that you are unable to complete the task and accept the reality.

Try this practice for a few days.

You will see that you will become integrated in your thinking and words, and the right energy will flow to fulfill your true desires.



Awaken your creative capacity

Without living in integrity, which reduces your inner chatter, you cannot clearly visualize the highest vision for your life. You will only be filled with irritation and useless verbalization.

What is verbalization? One way to think of verbalization is to use the analogy of thread being created out of cotton. Visualization is like the cotton, the base material. Verbalization is the thread, the product, made out of that base material. If you have cotton, then it is easy to make thread out of it. If you have only thread, it is not possible to make cotton out of it!

When you add integrity to your life, suddenly the visualization power in your mooladhara awakens. Right now, you have only verbalization. Unless it becomes visualization, it can never become reality! Can anything be made into reality if you don't visualize it? No!

If you clean out your inner space with integrity, you will have powerful visualization. Then picking up the right verbalization is very easy, and you will create what you want in the world.

••● Activity ●••

When you are practising integrity, try a small test to see the powerful effects of visualization. Try visualizing something and see it happen. For example, visualize that a friend is going to call you and see if that person calls you!



Visualization leads to creation

Verbalization is the cosmic feminine energy known as naada. Visualization is the cosmic masculine energy known as bindu. When they both meet, creativity happens - kalaa, the creation of the cosmos.

The science of creating requires visualization. If your inner space is overcrowded with verbalization, how can you visualize anything? You can't! There is no space for the visualization of what you want to happen in you. Only if you are continuously completing with yourself and with others, retaining the space of integrity, will you have proper visualization.

The energy of your mooladhara, your root chakra, is the raw material out of which you carve your life. If it is a pot of molten gold, you will be able to make a golden deity out of your life!

••● Contemplation ●••

Integrity has the power to awaken your visualization and make whatever you want into reality!



Integrity makes you a super-achiever

If you have Integrity, every word the Master gives you will just become reality in your life! Even the instructions I have not directly given to you, but which exist in my visualization, will be realized in your visualization!

I have some disciples who know exactly what to do in a given situation, and they take responsibility to do it without ever being asked or guided. They simply pick up on the energy which I am radiating. And there are others - no matter how many times I give them instructions, it doesn't happen! They may have many reasons, but in the end, it is the burden of unfulfilled verbalization and incompletions in their inner space that doesn't allow them to visualize and follow through with the instructions.

So bring yourself to a high level of integrity through completion with yourself and others. You will become an amazing high-achiever in your work, in your relationships and in your life.

••● *Click* ●••

Integrity can make you a fast learner and a high-achiever!



Awaken your Kundalini through Integrity

Your inner potential energy known as Kundalini is like a big fountain full of water ready to gush out, but your negative commitments, the energy clots in your system, are big rocks stacked on top of that fountain, blocking the path so that no water can flow.

When you choose to live with integrity, you will continuously align your thinking with your being. You won't create any confusion, contradiction or conflicting thoughts and actions. Practicing integrity and doing completion clear those rocks away. It means that there will be a clear path for the Kundalini energy to travel through your body and express in your life. It is like having all the blockages in a hose cleared so that the water flows easily through it to nourish all the plants and flowers in the garden.

When you bring integrity into your life, your fantasies of how life should be will disappear, your fears will disappear, your habit of worrying will disappear, your need for attention and approval from others will disappear, your jealousy or comparison will disappear, your serious ego will disappear, and your discontentment with life will disappear. Integrity will dissolve all of the energetic blocks and open up all your seven chakras (energy centers) for the Kundalini

energy to flow freely! Your health will be at its peak and your life will be beautiful!

- ❖ Integrity will clear the path for your energy flow
- ❖ Authenticity will awaken the latent Kundalini energy in you
- ❖ Responsibility will send the awakened energy into the world so that the world will listen to you, the world will take you seriously
- ❖ When you enrich yourself and life around you, the world just follows you! Not only will others listen to you, but they will just follow you!

When you are integrated and authentic, your Kundalini is awakened very safely. With responsibility, it flows into the world to fulfill your inner visualizations. It will make whatever you want into reality. With enriching, your peak potential in every dimension will become reality. You will create heaven on earth for yourself and others.

•●● Contemplation ●●•

When you bring integrity into your life, your fantasies, your fear, your habit of worrying, your attention need, your jealousy, your ego, and your discontentment will disappear.



All your negativity is rooted in the past

The first thing integrity will do is remove all the weeds rooted in your past failures that you are constantly cherishing. As I said earlier, when you become aware of your inner chatter, you will see so many negative tracks playing inside you: 'I'm a loser.' 'I can't get things right.' 'I'm so stressed.' 'I can't fulfil all my responsibilities.' 'Something is wrong with me.' 'I'm not good enough.' 'I can't have what I want.' 'Everybody hated me.' These are just a few examples of the negative tracks that constantly play as the background music of your thoughts. They all have their source in your past.

Negativity needs some past evidence as a support for it to survive. Remembering the past with a negative, limiting story creates negative weeds. Please be very clear: negativity cannot be based in the future. Negativity can be rooted only in the past! The events of the past are the seeds for negative weeds to grow. So when the weeding happens through integrity - by keeping your word with yourself and others and completing with your past, you and your future are free from the past.

Listen! All your negative thinking, your fears, your anxieties - everything is rooted in the past. If you look a little deeply into

yourself, you will understand. When you become aware of your thinking, when you become integrated with your thinking, your past no longer has power over your future or over your inner space. You will not hold onto your memories of your past and project it onto your future, limiting your possibility. Even carrying fears for your future is a direct result of harboring wrong ideas from your past and forcing them onto your future. You abuse your future with the wrong impressions from your past.

•●● Activity ●●•

Write down all the negative inner chatter or thoughts that you have about yourself.

One by one, start completing with them, saying goodbye and letting go of them, because they belong to your past, not to your future.



Stop your negative self-fulfilling prophecies!

How does negativity take root in you?

Listen: any negativity can only become strong in you if you constantly remember your past experiences through the filter of failure. They become your thinking habits. Negativity cannot grow in your inner space, cannot have power over your inner space, cannot have strength in your inner space, if your past memories are not continuously supplied as evidence.

It is through your unconscious commitment to your thinking habits and behaviours that you keep the negativity alive in your system. Again and again you supply your thinking with negativity as evidence of your limited story of you and your possibility. You create a small life and look around at all the 'proof' that exists to support the negative beliefs you carry about yourself.

For example, let's say you have the negative thought pattern, 'I'm not good enough'. You continuously support that belief by judging yourself by what you haven't accomplished; what is missing and what has yet to be done. You have a long 'To Do' list, which is a burden to you; you spend more time worrying about it than actually

creating and following a plan to successfully complete it all.

This creates a vicious cycle or self-fulfilling prophecy of failure that proves your idea that you are not good enough! It is as if you take a weed, find a special plot of land for it, fertilize the soil, plant it, water it regularly and then after a few years wonder, 'How did this garden become so full of weeds?'

When you become integrated, the first thing you will understand is that your past failures are not actually failures in the way that you think. **Your failures do not make you a failure!** The number of times you remember your failures is the real problem, not the failures themselves. If you just learned from the situation and moved on, everything would be fine. But instead, you are caught brooding over it, sometimes for years! There is an emotional hangover from the event, so it doesn't leave your system. It is like you go on vacation for only one or two days, but for months afterward you show those photographs to everyone and keep on enjoying them! You bring so much importance to those memories, that it makes the vacation look too big for you – much bigger than it actually was!

•●● Activity ●●•

In a diary or book, write down your most frequently occurring negative thoughts and ideas about yourself and life. Repeat this task for the next four days. Each day, just write down everything without editing and close your book.

At the end of five days, open the book and read what you have written. You will realize how you are replaying the same negative thoughts in your inner space!



Drop your past failures

Every moment, the load of your past does not allow you to progress in the future. The load of your past is like a huge iron ball chained to your leg! How long can you drag it and expect to move forward?

Listen: you are capable of taking responsibility only for your future. You cannot do anything with your past! When you practice integrity, you will not allow your past to come and interfere with your present moment. What I am sharing is the most practical principle of life.

Negativity has its roots only in your past. Most of the time you are caught in fear, jealousy, anger, lust, without even being aware. When you start practicing integrity with integrity, you will be aware of every thought you are having.

•●● Contemplation ●●•

If you don't remember your past again and again and again, the first thing that will happen is that you will be free from your past, and your inner space will be available for your future responsibility and responsible future.



Positive thinking is always negative

I have received a question: *Swamiji, can you please clarify the difference between complete cognition and the so-called positive thinking?*

Listen: the so-called positive thinking is always positive/negative thinking! Usually your thinking is negative/positive thinking. In positive thinking, you shift to positive/negative thinking, that's all!

Your ordinary thinking is usually negative, because you rarely think positively. Positive thinking is like consciously trying to be positive, but falling into negative, then again starting with positive and falling into negative, and so on.

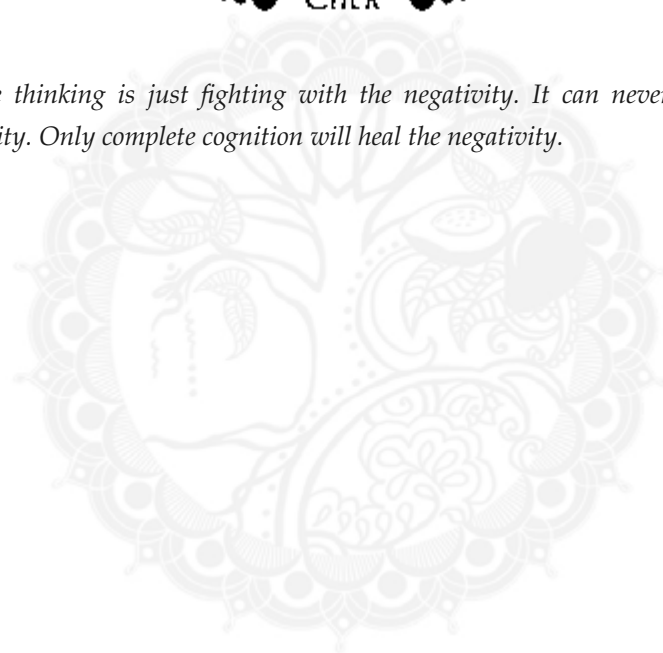
Positive thinking is just fighting with the negativity. It can never heal the negativity. Only complete cognition will heal the negativity. The deep wound, where you start believing that negativity is going to be your permanent lifestyle, can be healed only in complete cognition. Positive thinking cannot heal your strong belief that failure is always going to be part of your life. Only with complete cognition, you can have the totally positive experience. Complete cognition is poornatva or completion.

I have one more question here: *Is positive thinking a deliberate conscious ego-building?*

I tell you, it is a deliberate conscious ego-building - without a foundation! It can collapse anytime, and when it collapses, the damage will be too much! A small earthquake is sufficient for the whole thing to collapse, and the damage will be too much.

••● Click ●••

Positive thinking is just fighting with the negativity. It can never heal the negativity. Only complete cognition will heal the negativity.





Your only enemy

Many times, people come and tell me, 'I am not able to get out of my fear.'

Please listen: why you are not able to get out? Because you already committed with that negativity many times! For example, you tell yourself again and again, 'I am going to be destroyed. I am going to be destroyed. This is the way it is going to happen. I am going to be a loser, loser, loser.' It means that one hundred times you have committed to yourself you are going to be a loser. Then, naturally, your whole energy will work only to fulfil that concept - the commitment you gave to yourself that you are a loser.

After repeating this to yourself a hundred times, if you once decide to say, 'I am a winner', that will look too silly even to you! You yourself won't believe it. Making a positive affirmation a few times will not be enough to compensate for the hundreds of times that you declared that you are a loser. You don't even really believe it, because the past incompletions are still alive in you. It is only for the sake of argument that you say, 'I am a winner.'

Sometimes, when you have an argument with your spouse, you

know for sure that your spouse is going to win the argument, but just to record your opposition, you make some statement, knowing that anyway you are going to lose the argument! That is the way it will look to you when you try to convince yourself that you are a winner, after you have uttered a hundred times to yourself that you are a loser!

I know the space of utter positivity, complete positivity. I know the space, I cherished that space, I am cherishing that space. I am exactly in the mood of the Vedic *rishi* (seer) when he roared:

Shrnavantu vishve amrtasya putraaha

Vedaahamekam purusham mahaantam

'Oh Sons of Immortality, I know the path to it. Wake up and achieve it!'

I tell you, other than your own negative beliefs about you, you don't have any enemy in your life! Just understand this truth and liberate yourself! I am not teaching you; I am not inspiring you; I am not ordering you: I am *requesting* you to do this.

••● Click ●••

Other than your own negative beliefs about you, you don't have any enemy in your life. Just understand this truth and liberate yourself!



Plan for success, not failure

Many times, you plan for failure because you want to be 'prepared' whenever it actually happens!

Drop that planning!

Your mind may say, 'If I suddenly fail, what to do? At least if I think it through beforehand, I will be ready for failure.'

There is no such thing as 'being prepared for failure', because failure will always come from some unexpected zone! Use your logic. If you prepare and prevent your failure, then how can it happen? It can only come from some unexpected angle; something you didn't consider or were not able to plan for. So your precaution and preparation cannot protect you. It is not going to help you in any way.

First, because of wanting to be well-prepared for failure, you visualize that situation so strongly in your mind that you actually create a possibility for it. And thinking that you won't be able to handle failure if it comes by surprise is one more negative commitment you give to yourself!

See the layers and layers of negative commitments you give to yourself. It has gone on for so long that it is second nature for you to think and feel in this way. You really know only suffering. Unfortunately you persist with it by planning to protect yourself from imaginary failures in the future.

First of all, failure is not going to come if you don't create self-fulfilling prophecies. Second, even if it comes, you have the capacity to face it. Whether you believe it or not, accept it or not, understand it or not, there is no such thing as the idea that you cannot face the failure if it comes suddenly. Preparing for possible failure is just one more negative commitment you give to you! It is the logic you use to constantly create negative patterns in you. Are you getting it? That idea itself is one more negative commitment you are giving to you!

Negativity only leads to more negativity. It cannot lead to joy. It cannot take you to fulfillment. Negativity itself is a strategy for failure. Do you want to succeed at failing in your life? If not, root out the negativity so that your natural positivity and integrity express through you.

••● *Practice* ●••

The next time you plan something, remind yourself not to plan for failure, even unconsciously. Create the space for success, and it will happen.



You are facing it everyday

What is the biggest fear of all human beings?

Death!

Understand: even your biggest fear - death - is going to come suddenly and you are going to face it!

Everything you consider as a failure is going to come only suddenly, and you *are* going to face it. There are millions of times when what you call failure came to you suddenly and you faced it. Draw courage from that! See the strength in you and support that.

Once you drop the negative commitments you gave to yourself, you cannot justify your planning for failure. You cannot justify your negative plans in any form, in any way. So, drop fantasizing about failures! Drop visualizing about failures. When you do, integrity will simply flower in you.

The burdens from the past are the roots of the tree of failure. The negative commitments and negative self-image are the leaves and branches. Weed them out with integrity. You will start experiencing the space of Positivity.

••● Practice ●••

Sit and undo the negative commitments that you gave to yourself layer by layer and complete with them.

You have to remember them, complete with them and drop them. Only then can you really conquer them. Only then can you release the blocked energy and make it available for you to create your new life with integrity.

You can't just say, 'I hereby drop all the negative commitments I gave to me' and think that it's over. No! First you need to know all the negative commitments that you gave to you, and only then drop them. That will happen only when you start investigating your thought patterns and complete with them.



Technique to cancel past negativity

I am teaching you the Mathematics of Life. You need to listen intensely. Every negative commitment you give to you is alive! It has energy. Each negative commitment has to be nullified. Until it is nullified, it continues to give fruit.

Nullifying it is simple mathematics! Bringing integrity to your inner space and life is simple mathematics.

Imagine your life as a mathematical equation, with all the negative statements you continuously make to yourself placed on the equation as the pluses and minuses, multiplications and divisions.

Now what is the equation of your life at this moment?

You don't know.

Assume that it is an equation like $A+B-CxD^2xF/G+HxI+J^3-K$ – a complicated mix of negative commitments like this. Looking at this equation, you don't even know which negative commitment has been multiplied by some other negative commitment, resulting in some other negative commitment!

But there is a way to cancel out all this negativity in a single stroke!

If you multiply any mathematical equation by zero, what do you get?

Zero!

However big and complicated the equation may be, the moment you say 'x 0' (multiplied by zero) at the end, the whole equation is reduced to zero.

Similarly, integrity is the 'zero' that can cancel out the equation of all your multiplied negativities.

Even if your life has been any number of negative prophecies and negative commitments till now, just put 'x integrity' (multiplied by integrity) at the end of your life equation from now onwards; the whole thing is reduced to zero!

But some people say, 'No, no, Swamiji! You don't know the complications I created in my life! $A+B-CxA^2/C^2xB-Q/ABCDE =$ what?? My life is that complicated! You don't know!'

No! It doesn't matter. Whatever the equation, if you just put 'x 0', at the end, the whole thing is zero! Similarly, no matter what negativity, lack of integrity, negative commitments, self-fulfilling negative prophecies you have created in your mind in the past, just say 'x Integrity' from now onwards! Over! The whole thing becomes equivalent to positivity and integrity.

Just declare it and start living! This is a foolproof solution.

••● Click ●••

Integrity is the 'zero' that can cancel out the equation of all my multiplied negativities.



You are struggling with three realities

When you are not living in integrity, there will be a conflict between the three realities you are living with - the reality you want, the reality you need, and the ultimate Reality.

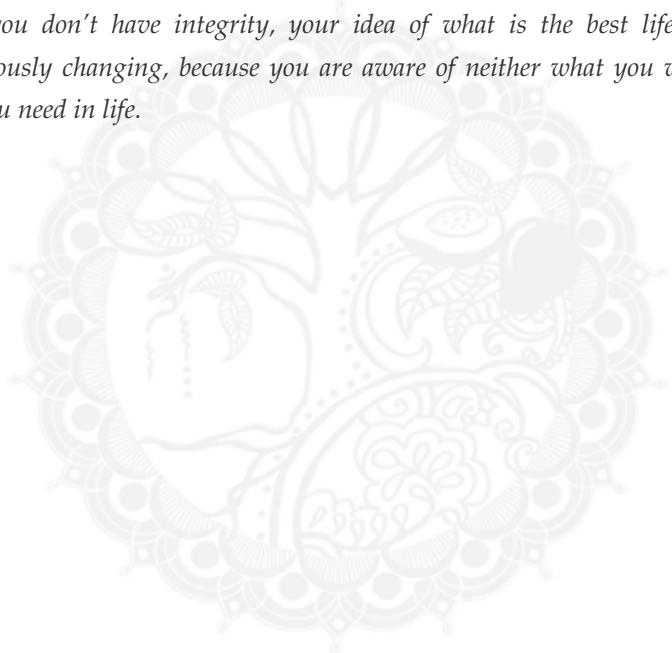
When you don't have integrity, your idea of what is the best life will be continuously changing, because you are aware of neither what you want nor what you need in life. Whatever you see or experience around you, you will pick up some ideas from that and create your idea of the ultimate life. So you will have a certain idea of the ultimate life in the morning, a different idea in the evening, and a totally different idea the next day! And none of these ideas will be in tune with what you really need to progress in your life. So you will be pushing and pulling and struggling with these diverse realities.

Listen: any struggle is a defeat for all parties involved in the struggle. Any reconciliation is a win for all parties involved in the reconciliation. If there is a struggle between you and you, all your desires are doomed for failure, and none of your realities can be fulfilled.

When you are established in integrity, you will be completely focused on experiencing the space of positivity. There will be no incomplete cognitions or negative prophecies conflicting with this space. When there is no conflict inside you, the reality you want, the reality you need, and the highest Reality, will all fall naturally into alignment.

•●● Contemplation ●●•

When you don't have integrity, your idea of what is the best life will be continuously changing, because you are aware of neither what you want nor what you need in life.



Integrity frees your energy

Your distorted cognition of life is the filter which keeps you in maya (illusion). When you establish yourself in integrity, this filter between you and life is removed, and you will start cognizing a new reality.

All your energy, which was blocked by these negative cognitions and negative commitments, is now freed to experience life and to manifest the reality you want. Instead of being bound by the reality you experience, now you are free to create the reality you choose!

The brain that is established in integrity and authenticity can read any book and understand the truths from that book. Just as a Paramahansa swan can separate water from the milk in a mixture of milk and water, the brain established in integrity can separate truth from untruth effortlessly. The brain established in integrity and authenticity is what I call Paramahansa, supreme swan.

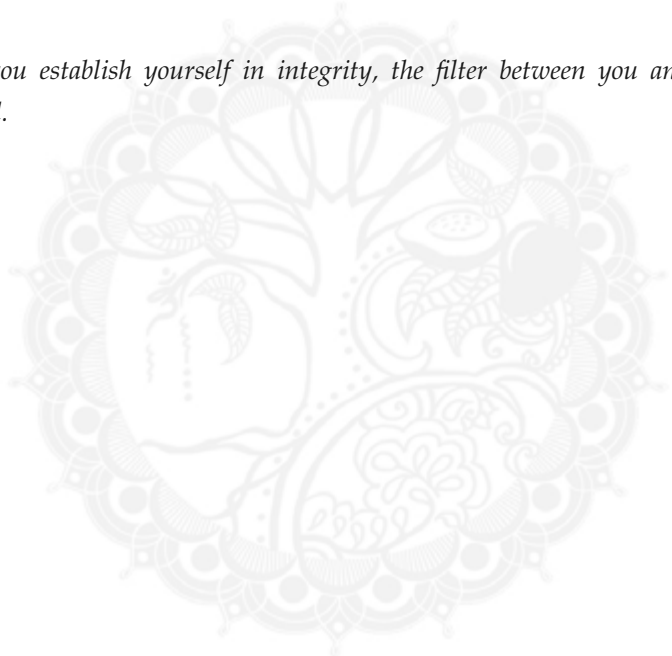
When integrity expresses through your head, it expresses as intelligence. When it expresses through your heart, it expresses as sympathy. When it expresses through your being, it expresses as peace.

With fresh eyes, look at everything in your life - your business plans,

your relationships, your decisions about your future, your decision about your age - everything. Listen! You can even decide how long you want to live on planet earth; you can decide what you want your reality to be! When you practice integrity and authenticity, your Kundalini energy is so alive and awakened, it radiates and fills anything you touch!

••● Click ●••

When you establish yourself in integrity, the filter between you and life is removed.



How many people are living inside you?

Listen: when you are not integrated, you are like a bunch of people living inside one body!

Sometimes, I have seen ten people or personalities living in one body! And each of your personalities is running its own show inside your body. Imagine the chaos and confusion!

When a group of personalities live in one body, the problem is that all of them need to share your body! So one person owns your hand, another person owns your brain, another person owns your heart. So all of them are incomplete, as no one owns the whole! Tell me, if twenty incomplete people are put together, can they do the work of one complete, integrated person? No - because only one person owns the brain!

When you align yourself to integrity by practicing Swapoornatva Kriya and completion, you suddenly become one being. You become integrated, whole, complete.

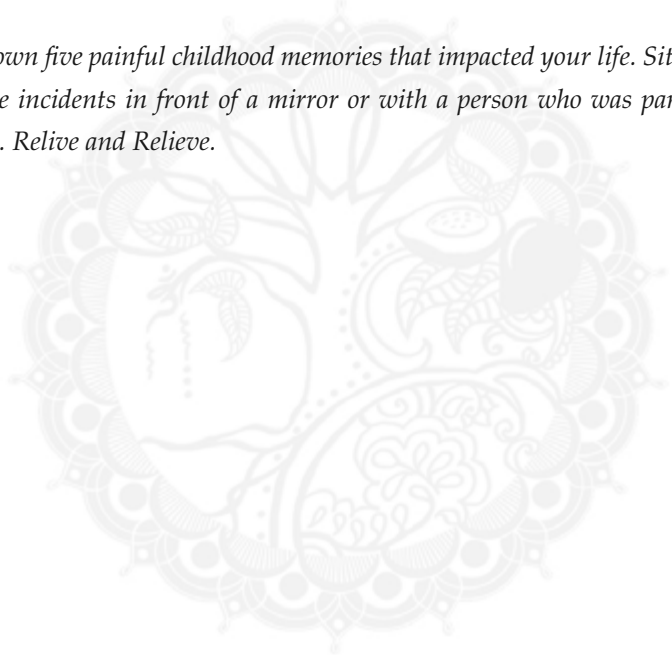
When you integrate YOU, you can just declare whatever you want to achieve and do it. You will see - when you experience integrity

inside you, the whole word co-operates with you. When you maintain integrity with others, others' confidence in you increases.

When you maintain integrity with yourself, *your* confidence in you increases. When you have confidence in you, you will realize that you are the ultimate doer, the causer of reality!

•●● Activity ●●•

Write down five painful childhood memories that impacted your life. Sit and talk out these incidents in front of a mirror or with a person who was part of that incident. Relive and Relieve.



Your confusion is just lack of integrity

Your confusion and forgetfulness are nothing but lack of integrity. It happens because one of your personalities makes a commitment which the other personalities don't remember or don't feel the need to fulfil! When you lack integrity, you even forget what you really want.

You not having what you want in life if forgiveable, but you not even knowing what you want in life, is not forgiveable! Not having what you want is poverty. Not *even* knowing you want is 'horror-ty'!

When you bring integrity in your thinking, you become aware of every anxiety you go through, every fear you go through, all the forgetfulness you go through. You become aware of how you are responsible for creating negativity in your life; how you are *anxious* to create negativity in your life! You also understand how you can align to yourself, and the world will just align itself with you.

•●● Click ●●•

When you bring integrity in your thinking, you become aware of how you are anxious to create negativity in your life!



Your first cosmic right and responsibility

Integrity is not just ethics - it is your constitutional right and your first responsibility!

In any constitution, you have some rights and some responsibilities. Here, integrity is your right *and* your responsibility! If you understand how much integrity adds to you, if you understand the powers given to you by integrity and how much you will achieve through integrity, then you will understand that it is not just your responsibility - it is your right!

When you understand that integrity is your responsibility, you are in the zone of practicing – as a seeker. When you understand that integrity is your right, you are in the zone of enlightenment! Whatever you want to achieve, you can simply declare it to yourself and do it.

••● Click ●••

Integrity is not just your responsibility - it is also your right.



Your space has a ripple-effect

Never think that you are so small that your personal integrity is not going to have a big impact on the world! All the poverty, corruption, calamities - whatever you see around you today - are the ripple-effect of some individual's lack of integrity. There is no such thing as 'group integrity'. The integrity of a group can be only as high as the integrity of the least integrated person in the group.

Listen: even others' lack of integrity cannot be the reason for you not being in integrity. In fact, when someone else is being non-integrated, that is the time for you to raise them with your own integrity.

Only when you bring integrity, your relationship with another starts. Whether it is with God, your Guru, or your family and friends - the relationship starts only when you bring integrity, not before that!

You can receive all the boons you want to receive from God, only when you maintain the bridge of integrity. You can receive all the blessings you want from your Guru, only when you maintain the bridge of integrity. Otherwise, it is impossible!

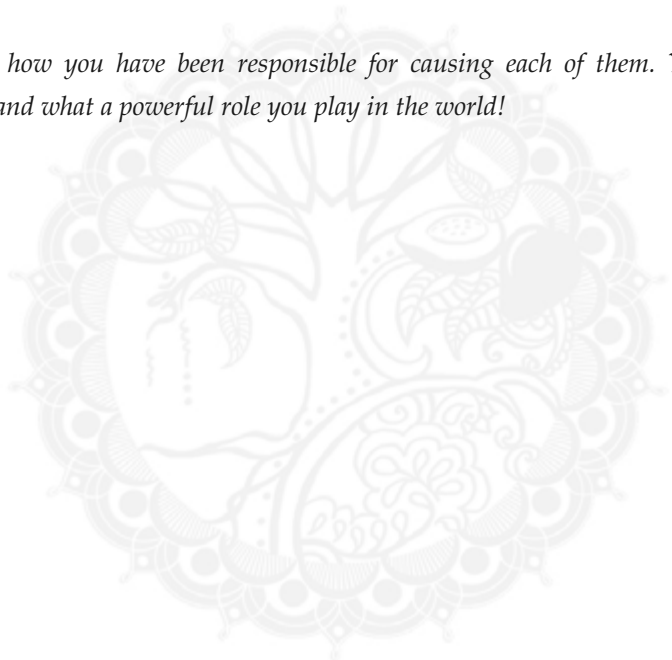
Even if two people are sitting next to each other, God can reveal

Himself to one person and not to the other - because He reveals Himself in Space, not in Place!

••● *Activity* ●••

Make a list of 5 significant issues the world is facing today, like tsunamis, corruption and so on.

Identify how you have been responsible for causing each of them. You will understand what a powerful role you play in the world!



***Just one declaration
is enough!***

The space you create inside is so powerful that it can straightaway affect the way you experience life and others experience life. The space you carry inside is not an effect of the happenings outside, but the order you give to the Cosmos!

The space you are in is the order you give to the cosmos to prepare your future. Whatever you carry in your inner space is a possibility. If you are carrying sadness, you are ordering the cosmos to bring greater sadness into your life. If you are carrying joy, you are ordering the cosmos to bring bigger joys into your life. If you are carrying completion, you are ordering the cosmos to bring more completion into your life. Even your powerlessness is an order to the cosmos! When you say, 'Yes, yes, I want to transform, but I don't know how to transform,' you are ordering the cosmos to keep you in a state of confusion and powerlessness.

The good news about your inner space is that you can change it this moment if you wish! Space is not gross; it is subtle. Gross things take time to clean. Subtle things can be cleaned immediately!

See, it takes just one thought of danger to unsettle you. Just one

thought of lust is enough to excite you. Just one thought of your enemy can bring up anger in you. The same way, just one thought of completion can purify your inner space! One thought of completion is enough to transform your space.

But somehow, we don't believe the last statement! You say, 'No no. You are an enlightened being. It is easy for you, not for us.' Whenever you are cornered into transformation, you use this excuse to run away. Many people use devotion to escape my teaching! Understand: even devotion has to be for the right reason! It has to be for the purpose of raising yourself to my space.

Your inner space is nothing but the words you repeat again and again inside you. Now decide consciously that you will repeat the right words. Your inner space is such a subtle thing – one right declaration is enough, and you are free. One completion is enough, and you are out of conflict. You are out of the low mood you are carrying. You are out of the deep negative cognition you are carrying.

•●● Practice ●●•

For the next few days, consciously repeat the words that you wish to carry inside you. Keep reminding yourself throughout the day. If you feel sadness coming back, be aware, and replace it with joy. Do this till you experience a lasting change in the quality of your inner space.



Transform your inner space: Awareness exercise

Now I will guide you into a very simple process to transform your inner space.

Sit straight and close your eyes.

Just take a few moments and look in. What kind of a space are you in?

Is it peaceful or sleepy or dull or agitated?

Be sensitive. Be aware of that space.

Just for two minutes, close your eyes and try to be aware. Bring your awareness to your inner space.

Take a few moments to understand your inner space through deep awareness and listening.



Whatever you resist persists!

Please understand that only what you resist persists in your life!

If you look inside, the reason for your powerless inner space will be some root pattern that you have not cleared and completed with.

Your inner space carries the DNA of Aham Bramhasmi – I AM God! All you need to do is trust this. Your inner space is so powerful, but you never looked in even once. It is an undiscovered territory for you. Many times I express mystical powers, not to show you that it is possible for me, but to show you that it is possible for you also!

To learn swimming, you just need to cognize, ‘When he can do it, I can do it.’ It is just a knack. It is just a skill. There is nothing wrong or less about you. It is just that there are some skills you need to learn. In the same way, the space of possibility is just a knack. You need to know that space of courage and possibility, ‘When he can, I can!’ That is the first step.

The next step is, ‘Let me jump into the water and do what he is doing.’ But then you get scared and start crying, ‘Oh, no, no, how can I jump?’

A small story:

Once a disciple and his guru were walking near a river. The disciple fell into the river and started shouting in fear, ‘Master, please save me! I don’t know how to swim! Save me! Save me!’

The Master said, ‘Save yourself.’

The disciple panicked and screamed - ‘No! No! No! The water is up to my head. I don’t know how to swim. I’ll drown if you don’t help me now! Please save me, Master!’

The Master again calmly instructed the disciple, ‘Save yourself!’

The disciple flopped around in the water, screaming and crying, while the Master stood on the bank waiting for him.

Finally the Master shouted at the disciple: ‘FOOL! JUST STAND UP!’

The disciple was so startled by the Master’s voice that he immediately stood up - and realized that the water was only waist-deep!

I tell you, all your problems are just like this. It is just your decision to stand up in your inner space. The fears you are carrying look so real to you. You are afraid of your fears! The negative commitments that you have cultivated in your inner space are like the river that only comes up to your waist!

Instead of following the master’s words, you offer, ‘I will listen to you, I will worship you also, but I cannot stand up! I am too weak, too ignorant, too stupid!’ You believe that you are powerless, and so

you want to settle for the easy way out – pseudo devotion.

Understand, the master will always point out exactly what you don't want to do - because that is the spot where your inauthenticity is hiding!

•●● Contemplation ●●•

Only what you resist persists in your life.



Your inner space can change the world

You always feel powerless in front of your patterns, because you have never known the immense power of your inner space.

If you trust your inner space with the same intensity that you trust the power of your patterns, you will see miracles happening in your life!

Start with small things that will build your courage in yourself. Today, just tell yourself, 'I am declaring and creating the right space for my spouse to listen to me. I am creating the space for my boss to be happy with me.' Try it. If you try ten times, at least eight times you will see miracles happening. Only then you will understand the power of your inner space.

Only a banyan tree seed can become a banyan tree. Don't plant a mango seed and expect a banyan tree to grow from it! Carry the right seed, the right space, where all the root thought patterns are destroyed, where your inner space is prepared for experiencing the space of positivity and possibility.

If instead you have the attitude of failure, 'I will go with this space,

but still I will be a failure,' then that is the miracle you will create! The Cosmos is always saying, 'Tathaastu! So be it!' You held the space of failure and attracted failure!

Understand, your inner space is no different from hiranyagarbha – the cosmic womb where whole worlds get created! You may be an individual, but your inner space is well-connected to the whole cosmos. Anything you carry in your inner space becomes a reality in your life. It is a cosmic law.

So create the right inner space, and you can change the world through your word.

•●● Practice ●●•

Start with small things that will build your courage in yourself. Today, just tell yourself, 'I am declaring and creating the right space for my spouse to listen to me. I am creating the space for my boss to be happy with me.' Try it. If you try ten times, at least eight times you will see miracles happening. Only then you will understand the power of your inner space.



Your cognition creates your muscle memory

Listen: every action that you perform, based on a certain cognition, is going to add a certain layer of muscle-memory in you. Even if you want to move out of that cognition later, the muscle memory will not allow you to move out. That is why you always struggle when you want to change your lifelong cognition.

For example, if you have lived your whole life with the cognition that there is no rebirth after death, even if you come to know later that rebirth happens after death, you will not be able to accept it. You will keep the old cognition alive in some part of your mind, and you will be stuck in that conflict.

Or suppose you live fifty years of your life supporting a certain principle like atheism, and in your old age you realize that it is not right, it is not the truth. But you know that your whole life has been you built on that theory - your social relationships, your actions, your personality - you have invested too much in this belief. So, even when you know, you will try to keep a certain ambiguity alive.

Listen: your beliefs form a deep layer in you. If you retain confusion and ambiguity as your belief, that becomes independently alive in

you. It is going to keep you in confusion forever, so that it can continue to flourish.

I tell you, this is the worst miss a human being can have - forgetting the long-term possibility. Throughout your life, if you have believed that there is only one birth and no life after that, even after your death you are going to be lying down in your tomb waiting for Judgment Day, when God will call you. You will actually remain stuck like a stone in your dead body for ages, and you will not be able to move to the next body, because all your beliefs and cognitions have been based on that. You are caught in the causal layer – like the traffic in Kolkata! - you can neither go forward nor backward.

Causal body is like that – you can neither move further nor go back, because of the cognitions with which you held your body while you were alive, and all the actions you performed based on that cognition. You are not going to give up your beliefs so easily, because you lived with them all your life.

So before you perform actions, be clear about the cognition from which you are performing them. The ordinary man who builds muscles will not become enlightened, even though he may develop a yogic body. Only the man who does body-building listening to the truths for the sake of enlightenment is going to achieve enlightenment.

That is why Nithya Yoga is not just a body-building workout. It is also a muscle-memory, bio-memory and bio-energy workout! Blessed are those who get these great tattvas as a parental cognizance. Blessed are our gurukul kids who get conscious cognizance as parental cognizance!

When you are about to perform an action, stop for a few seconds and think about the intention of your action. Is it coming from the correct cognizance? If not, change the cognizance.

For example, if you practice yoga, then set an intention for your practice, such as health or bliss. As you practice yoga, keep reminding yourself of your intention. That is all - you will see that intention will manifest itself into reality.





Integrity: Language of Conscious Cognizance

When you think and speak with integrity and authenticity, the language you speak is deva bhaasha – the language of the gods! Conscious cognizance is deva bhaasha.

In ancient India, the common man's language was Prakrit or Pali. During the Vedic age, the common man's language was Prakrit. During the age of Buddhism and Jainism it was Pali. Sanskrit was the language of only the initiated ones; it was the consciously created soul's language. The word 'Sanskrit' means well done, perfectly created. Sanskrit is not just a language. It is the source of language. When you take conscious cognizance of everything, the Deva Bhaasha happening in you is Sanskrit.

That is why German scholars today are saying that Sanskrit should be used as the base language for translation into other languages. Sanskrit consciously carves your speaking and thinking. With integrity as the chisel, authenticity as the hammer, responsibility as the polish and enrichment as the radiance, you can create a conscious-cognizance language. When you think and speak in this language, the very cognition which happens in you is deva bhaasha.

Listen: I am creating a deva bhaasha in English - the world's largest spoken language! When you learn and live these tattvas as satyas, your conscious cognizance becomes a new language, and the new language happens, expresses and radiates through you. How many of you feel the new language is actually happening in you? How many of you have become very conscious and aware in your thinking? It will evolve, it will evolve! It will evolve.

Each master created his own dialect of deva bhaasha. We will call the deva bhaasha we create though our conscious cognizance 'eN-glish!' The hyphen is a gap - which is consciousness. Just give the gap of consciousness to English, and it becomes eN-glish! eN-glish will be the name of our deva bhaasha, the language of conscious cognizance. You can now catch any master's language, because conscious cognizance happens in the same frequency for all masters.

The language you use very strongly impacts the consciousness you have! A man cannot be continuously saying, 'God will take care of me, God will take care of me', and not believe it in one corner of his heart! It is not possible. When you live in conscious cognizance and communicate this conscious cognizance, the language which happens is deva bhaasha.

••● Contemplation ●••

When you think and speak with integrity and authenticity, the language you speak is deva bhaasha – the language of the gods!



Mystical powers need integrity

Bring integrity into your thinking, and you will see so many extraordinary powers expressing through you.

When you continuously live in integrity, your bio-memory becomes so subtle that it stops asking for food from outside and starts absorbing food directly from space! Anyone who has practised the nirahara samyama (technique for going beyond the need for food) would have experienced this. If you have done this samyama and failed, know that you are not in integrity.

When you bring integrity into your thinking, you do not waste energy in your inner space, and your bio-memory stops asking for matter and food from an external source.

••● Click ●••

When you bring integrity into your thinking, your bio-memory stops asking for matter and food from an external source.



Authenticity : 'Shraddha'

Authenticity

is the state where you are established

in the peak of your capability

and respond to life from

who you perceive yourself to be for yourself,

who you project yourself to be for others,

and what others expect you to be for them.



You have multiple dimensions

Listen!

You don't have just one identity, as you imagine. You have four identities! At all times, you carry four identities or dimensions together inside you. All these four dimensions put together is your personality. You are responsible for all these identities.

The first of these three identities is **MAMAKARA** or inner image.

It is the inner image and experience you carry about yourself: *I am healthy - I am ugly - I am intelligent - I cannot tolerate hard work - I love people - etc.*

We carry many such mamakara about ourselves. Unfortunately, the idea you carry about you is always less than what you project yourself to be for others!

The second identity is **AHAMKARA** or outer image.

It is how you project yourself to others. We may try to project ourselves as powerful, talented, honest, helpful or whatever. Unfortunately, what you project is always far more than what you believe yourself to be.

Apart from these two, there is a third identity you carry, which is the image or expectations that others have about you.

This is called **ANYAKARA** or others' image.

How others perceive you may be different from how you project yourself to them, because people create their opinion about you from the subtle signals you give them, rather than what you openly project. Human beings are intelligent enough to catch even what you don't say - or especially what you don't say!



The fourth identity is very subtle, because it is not directly related to you.

It is called **SVA-ANYAKARA** or life image.

Sva-anyakara is what you experience life to be for you. For example, you may feel - *Life is lonely*, or *Life is complicated*, or *Life is sacred*, or *Life is scary*, or *Life is always showering me with everything I need*.

Please understand, this is also your identity, because it defines the exact experience you will be receiving from the people and situations in your life!

•● Contemplation ●•

You don't have just one identity, as you imagine. You have four identities!



Authenticity means living at your peak

Authenticity means living at your peak in every dimension.

- ❖ Whatever you believe as you - take that to its peak, stretch it, raise it, expand it!
- ❖ What you project as yourself to others – take that to its peak, stretch it, raise it, expand it!
- ❖ How you fulfill others' expectations about you – take that to its peak, stretch it, raise it, expand it!
- ❖ How you experience life for yourself - take that to its peak, stretch it, raise it, expand it!

Stretch yourself to the peak of fulfilling all your dimensions!

Bring yourself to the peak, whether it is related to your body, your profession, your relationships, your whole life!

❖ When you are performing at the peak capability of your body, it is called HEALTH

❖ When you are performing at the peak capability of your profession, it is called SUCCESS

❖ When you are performing at the peak capability of your relationships, it is called FULFILMENT

❖ When you are performing at the peak capability of your whole life, it becomes ENLIGHTENMENT!

Bring yourself to your peak possibility continuously, without allowing tiredness or boredom to enter your life. Don't bother about whether others are doing it or not. When you are authentic, you expand, that's all.

❖ If you are willing to stretch only if the other person is also willing to stretch, it is a business transaction.

❖ If you are going to wait for the other person to stretch first before you stretch, it is cunningness.

❖ When you try to stretch those around you without stretching yourself, it is violence!

❖ When you stretch yourself without bothering about whether other people are stretching or not, it is authenticity.

❖ When you stretch yourself and also stretch those around you to their peak possibility, that is true leadership.



Tune in to your peak identity

Listen: your mamakara has experience-power. Your ahankara has expression-power.

Your mamakara has the experience-power - experiencing what you think and feel as you. Your ahankara has expression-power - declaring yourself and asserting yourself. When there is lack of integrity, both of them are separate, and when you are integrated, both of them are the same.

Again and again, strengthen your mamakara with the qualities you project as ahankara. Strengthen your ahankara by using all the thinking -power that mamakara has. Integrate both of them - whatever you think of as you, and whatever you project as you - and you will become that! Infuse all the qualities of ahankara into your mamakara. If you are declaring to the world you are strong and intelligent, make that your mamakara too.

Aligning your mamakara to your ahankara is integrity, because what you project as you will always be higher than what you believe as

you. Aligning your ahankara with anyakara is taking responsibility. Continuously expanding your mamakara and ahankara and fulfilling anyakara is authenticity.

Exercise to align your Inner Image and Outer Image

Make two columns in your workbook titled INNER IMAGE and OUTER IMAGE.

In the first column, make a list of your top ten Inner Images - beliefs you have about yourself eg. I am weak, I am friendly, I am unlucky, etc. In the second column, write the corresponding Outer Image that you project to others. For example, you may project yourself to be strong, friendly and lucky.

Now compare each Inner Image and Outer Image you have noted down. If both are the same, ignore that point and move to the next.

Wherever there is a conflict, start tuning your Inner Image and Outer Image - what you perceive as you and what you project as you to others - by always choosing the higher idea. For example, wherever your Outer Image is higher than your mamakara, decide to tune your mamakara to your Outer Image. Don't reduce what you project yourself to be for others, increase what you perceive yourself to be for you. Let the benchmark be what you project.

Repeat this for each point. Compare both identities. Whatever qualities are best in both, choose those. Draw a star against all your best inner perceptions. Draw a star against all your best outer projections.

If there are some great qualities in your Inner Image, you need to raise your Outer Image to match that. If there are some great qualities in the Outer Image you project, you need to raise your Inner Image to match that which you project. Use the worksheet to continuously tune yourself to your peak identity.

TUNING INNER & OUTER IMAGES		
INNER IMAGE	OUTER IMAGE	PEAK IMAGE
<i>I am weak.</i>	<i>I am strong.</i>	<i>I am strong.</i>
<i>I am unpopular.</i>	<i>I am popular.</i>	<i>I am popular.</i>
<i>I am responsible.</i>	<i>I am responsible.</i>	<i>I am responsible.</i>
<i>I am smart.</i>	<i>I am stupid.</i>	<i>I am smart.</i>



Are you responsible for others' expectations?

Many people ask me, 'Swamiji, I understand that I am responsible for what I feel as me, and how I project myself to others. But why should I take the responsibility for others' expectations from me?'

Listen!

I wanted all of you to understand a very subtle truth.

You are responsible even for what others believe you to be for them.

Whether you realize it or not, you are continuously, subtly, co-operating with others' perceptions about you, so you become responsible for them. For example, you may be thinking of yourself as an ordinary man, but you may project yourself to others as a great saint. Now, some people may believe you to be a saint, some may think you are an ordinary man, and some others may believe you to be a fraud! But for each one's belief, you are responsible, because you subtly cooperate with it.

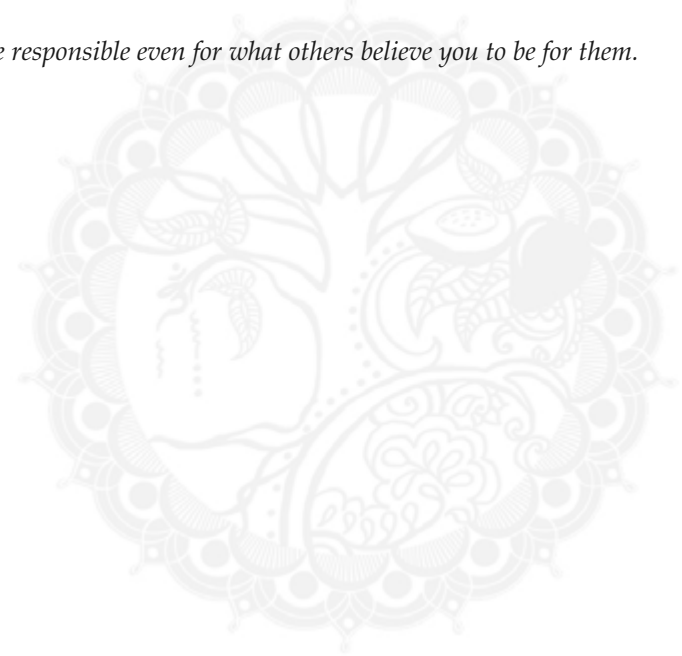
A girl may unknowingly respond to all the signals of a boy through her body language. But when he approaches her, she says, 'I never encouraged you!' You may not be saying anything in words, but even if you are

subtly co-operating in any way with the other's expectation, you become responsible for it.

In marriage, for example, there are many vows which are not verbally expressed, but are implicitly understood. When you marry somebody, you become responsible for fulfilling those commitments also.

••● Contemplation ●••

You are responsible even for what others believe you to be for them.





Your desires are reflected in others

This is an even more mystical truth!

We are all separate only at the level of the physical body. As you go deeper and deeper, we are all completely connected and part of one universal Consciousness. It is just one mass without any separation.

Some part of you, which is suppressed by you, which wants to realize itself – that part goes and sits in others' hearts and becomes their expectation about you, so that the suppressed part is realized. It is your own desire which becomes an expectation in the other person!

At the root of the mamakara, all of us are connected. So if you suppress the desire in one body, it simply comes out in another body. It is like this: if you squeeze the air out of one side of a balloon, the same air is going to rush to another side of the balloon and create a 'bump' there!

So, when you are not ready to listen to your own heart and expand in a certain direction, the Divine helps you by creating the same expectation in others, so that you can expand.

Please listen, you yourself are sitting in the inner consciousness of

everyone who has expectations from you, and making them having that expectation! Some of your words, or your body language, is responsible for their having that expectation from you. Knowingly or unknowingly, you have given a commitment to them, for which you are responsible.

Until you understand this, you will be carrying your protest against others' expectations like a thorn in your flesh. The question *Why Why Why Why Why Why?* will be constantly going on inside you like an ambulance siren!

This one understanding will take away all the suffering and agitation you carry about fulfilling others' expectations.

••● Activity ●••

Write down the several things you have done because of someone else's expectation, but later found that you have yourself longed to do the same, although you dared not make an attempt e.g. swimming in a pool forgetting your phobia; singing your favourite song in front of a crowd.



So what is making you feel powerless?

It is always others' expectations from you which makes you feel powerless. So today, I want you to meditate on the word 'anyakara'. Anyakara means what others believe as you, independent of what you project as you.

The effects of anyakara, whether good or bad, always surprise you – because you are usually never aware of what expectations you are subtly creating in others!

It is the confusion between your ahamkara and mamakara which is responsible for anyakara. If you are surprised by anyakara, there is some unconsciousness in you. Work on how you are responsible for anyakara.

I am neither surprised by a devotee who is ready to give his life for me, nor a devotee who is ready to take my life for his own purposes. I am complete with both, because I know the possibilities!

Today, contemplate on anyakara.

••● Activity ●••

1. What are the sufferings you think are caused in your life by anyakara, which are independent of your ahamkara?

First, look at your life and pen down all the good and bad things that you feel happened in your life due to the expectations that others carry about you, which is independent of how you project yourself to them.

2. Now, see how you are responsible even for what others hold as you. For each incident, write the corresponding mamakara you have about yourself. For example, if someone has an expectation that you will take care of them financially, look in and see how you hold yourself for yourself. Do you feel yourself as rich, generous, compassionate? Something in your mamakara has triggered that anyakara in the other person.

Do this for all the anyakaras for which you feel you are not responsible.

A thread will emerge from this, where you can clearly see your own mamakara, and how you are responsible for others' anyakara for you.

3. Now, complete with all the anyakaras, and with the people who hold that anyakara for you. Restore your integrity and authenticity in all these relationships.



Joy of stretching

Others' expectation from you is not your enemy. Please understand, any expectation from others is only a wake-up call which you set!

The alarm is not your enemy; YOU requested it to wake you up. So when others have an expectation from you, bow down to them as the embodiment of the antaryami, the innermost Self, who is waking you up!

How many of you, when you started stretching yourself to others' expectations about you, realized that it was exactly your expectation about you also?

You are travelling on the path of self-realization. As long as you think you are stretching just because of others' expectations from you, you will carry a continuous irritation, agitation, heaviness.

When you realize that this is also your expectation about yourself, you will have fulfilment, joy of vairagya (sacrifice), joy of tyaaga (renunciation).

You may ask, 'How can renunciation be joyful?'

I tell you, if renunciation or sacrifice is done because of another's expectation, it will only be painful. When you realize that you are

fulfilling your own expectation about you, then it is no more anyakara, it is mamakara! Now nobody else is forcing you. It is your own choice.

I tell you from my own experience - when I decided to fulfill others' expectations about me, I realized that it was also my own expectation about me.

When you fulfill others' expectations about you, and realize this is also your own expectation about you, you reach the space of self-realization.

••● Activity ●••

Today, commit to fulfill everyone's expectations about you, with the understanding that it is your own expectation about you. You will see the resistance and suffocation simply fall away.



Completion with anyakara makes you God

Authenticity gives you a deep and vast clarity about Life.

With authenticity, because there is no more space for unconscious living, you will always be aware of the causes and effects that are playing in your life. You will be aware of the possible consequences of your actions. When you are authentic, life can never bring shocks to you.

Only when you have the clarity that nothing can take you by surprise, will you have the guts to take the responsibility for everything in your life. When you don't carry the fear of being exploited by life, you will have the courage to enter into others' life with conscious clarity, and stretch yourself to transform others. With authenticity, you will never give up on people.

Anyakara is the expectation that Life has of you – in the form of other people, situations, events, actions. When you are complete with anyakara, life can never bring shocks to you.

The history of Lord Shiva describes how he swallows the poison that was going to destroy the world. It is a tremendous sacrifice, but Shiva makes it, because that is what the world expects of him. Poison is not a surprise

to Shiva, because he is complete with the anyakara of the world - even if it seems unjust to us!

Completion with anyakara is where people miss authenticity. It is easy to be authentic with mamakara and ahankara, because both are in your control. With anyakara, you never know what might be demanded of you!

I tell you - if you are complete with anyakara, you can declare you are God! You can authentically declare you are God.

••● Contemplation ●••

When you are authentic, life can never bring shocks to you.



Kill the old way of living

You need to have the courage of authenticity before you give a word.

Integrity ensures that you keep your word. Authenticity ensures that you keep your word with enthusiasm. Authenticity brings excitement into your integrity, because it kills the old way of living and thinking. Authenticity is death for your boredom, your laziness and your cunningness. It brings an intense excitement for life. It is an intense commitment to live life at its peak.

In the Shaiva tradition, devotees apply sacred ash on their forehead as a declaration of their commitment to the ultimate Truth. The devotee commits - *Everything but this is only ash, because it is going to turn into ash one day. So all these things of the world, which are going to become ash one day, are not my life's ultimate purpose. My strategy for my life, even my strategy for my relationships and my success, everything, should come only from authenticity.*

Applying the sacred ash is a constant reminder to base all decisions on this one thing - authenticity to the Ultimate.

••● Activity ●••

Write down all the occasions when your thoughts, words and actions have been authentic; recall how much trust you were able to build in people around you during such times.

List the occasions when you stretched your inner image to the level of outer image, and mark the ones where you experienced completion because of this.





Why do you say 'It's okay'?

All your attraction towards pleasure is nothing but an incompleteness in your senses. When you see a person or object or situation which is going to give you pleasure, a kind of an incompleteness wakes up in your bio-memory which pulls you towards choosing that pleasure. For example, when you decide to have a drink or eat meat, even after you know it is wrong and inauthentic, the incompleteness in your tongue wakes up.

Desire is nothing but this incompleteness in your bio-memory, which is a result of some incomplete experience in the past, where you have tried to enjoy that pleasure but were not fulfilled in it. You have not completed with the visualization of that food, with the taste in your tongue, the mood it gives you after you eat, with the touch of it in your hand. It leaves incomplete bio-memories in you. Those incomplete bio-memories are responsible for your choosing inauthenticity.

Tell me, why do you choose to eat pizza, even when you know that it is not the healthiest food for you? Because of the incompleteness in the eye, in the tongue, in the touch, in the smell. The incompleteness in your senses make you blind to goodness, and you choose pleasure instead.

Because you are still carrying incompleteness in your bio-memory, the danger of inauthenticity always exists in you. Nothing is wrong with pizza - but you choosing pizza for the wrong reasons is inauthentic.

Every moment, life presents both choices before you - the authentic and the inauthentic. It is your responsibility to make a conscious choice.

••● Activity ●••

- 1) *Make a list of the small and big temptations which follow you like a shadow.*
- 2) *Name the temptations you easily gave in to; also name those you could effortlessly win over.*
- 3) *What exactly is stopping you from winning over a particular temptation? Write it down in a few lines.*



Root of inauthenticity is the idea of pleasure

Why do we have a problem with being authentic?

Because inauthenticity is always rooted in pleasure, while authenticity is rooted in Truth!

The beginning and end of inauthenticity - both will be pleasure. It is out of the pleasure memories that the inauthenticity arises, and it is towards pleasure which inauthenticity drives you.

The memory of pleasure is the journey to inauthenticity. The length of inauthenticity is from the earlier pleasure-memory to the next pleasure-experience. Each pleasure becomes a memory on which we feed, and which drives us towards more anticipated pleasures in the future. It is a vicious cycle - the circle of Maya (illusion).

If you put an end to either of these, inauthenticity will disappear, Maya will disappear. If you remove the idea of pleasure either from the past memory or from the future action, inauthenticity shrinks and disappears.

When you justify your inauthenticity, you create a twist in this cycle – making the Maya infinite! How many of you feel, *God! The Maya in front*

of me is so big, it is infinite! When will I ever cross this?

Your inauthenticity becomes infinite when you twist it with justification. The Sanskrit word Maya literally means 'that which does not exist'. So Maya is actually only an endless illusion, an endless zero. But when you justify an inauthentic action, you create a twist in the circle, making Maya infinite (∞), impossible to cross.

When you drop either the memory of past pleasure, or the anticipation of future pleasure, you make a break in the circle, and destroy Maya. When you stop justifying your inauthenticity, infinite will become zero!

Real renunciation is this: moving away from whatever drives you towards inauthenticity. Dropping the attachment to inauthenticity is real renunciation.

••● Practice ●••

In the last three months, how many times has your mind given in to pleasures, even though your inner being warns you against it? e.g. swiping the credit card at a restaurant to an amount beyond your means, knowing fully well the extra financial burden it will create?

Make a note of every time this happens, and work towards bringing the number down to zero.



Enter the space of Possibility

How can we achieve the space of Possibility?

Listen: you first need to understand what moves you away from the space of Possibility.

As I said, you have multiple identities.

Usually, our inner identity or inner image will be much lower than the identity we project outside to others. But if you can project a higher identity to others, it means that the higher identity is already there is your chidakasha, your visualization space!

Understand, whatever you can imagine, whatever you can visualize as yourself, you already have the capacity to make that into reality! Otherwise, it would not be there in your cognition at all. For example, if you feel yourself as foolish, but to others you project yourself as intelligent, it means that you already have the capacity to be intelligent. Otherwise, you will not be able to visualize it continuously.

So if you have a higher visualization which you project outside, but inside you don't feel the same way, you are rejecting your own space of Possibility! This is inauthenticity.

Very rarely, you have a high inner image, but we project a lower image outside. For example you may feel strong inside, but you project yourself as weak for some reason, maybe to escape from certain responsibilities. Not owning up to what you know yourself to be is irresponsibility.

When the conflict is not between your inner and outer image, but within the same image itself, that is lack of integrity! At least, with inauthenticity and irresponsibility, your inner and outer images are fighting with each other. With non-integrity, it is an internal fight.

For example, many times you are confused about your own inner image. Sometimes you feel you are strong, and sometimes you feel you are weak, in the same situation! When you feel you are strong enough to handle a certain situation, you give a certain commitment to yourself, but later you feel that you cannot handle it, and you back out of your commitment.

In the same way, you may project yourself in conflicting ways to others. You may give confidence to others about your capabilities, and later let them down by not living up to it. When you break the commitment you give to yourself, it is non-integrity with yourself. When you break the commitment you give to others, it is non-integrity with others.

When all your identities are aligned, when you are in tune with what you are doing and what you want to be doing, when what you feel as you (mamakara) is in sync with what you show as you to the world (ahankara), what others perceive about you supports you! When your identities are aligned, the whole cosmos rushes to support you. This is the space of positivity, possibility, leadership and enlightenment. This is the space of miracles!

When your inner image and outer image are in sync, others' image of you continues to enrich you and support you in your ventures.

•●● Practice ●●•

1) Scan your whole life and identify the specific aspects of your inner image (mamakara) which leave you with a conflicting experience of yourself.

2) Identify areas of your life where you feel powerless or experience conflict with yourself, because of certain ideas that you carry about yourself.

For example, you want to be successful in your life, but you are not able to achieve success. If you look in, you will see deep within, in your inner space, you may be believing again and again that you are a failure, and you may be thinking and uttering the words that you are a failure and you cannot be successful.

Understand, whenever you feel powerless or experience conflict in your life, there is surely some non-integrity and inauthenticity in that aspect of your life.

3) Identify the words you utter about yourself to yourself, which are not according to the peak of your capacity - ie. what you think of as your peak capacity, and what others think of as your peak capacity.

4) Look deeply within and identify the non-integrity and inauthenticity in those conflicting aspects of you that you carry inside you.

5) Now sit and complete with yourself (do the svapoornatva kriya). Restore integrity and authenticity in those aspects of your life.



Avatar is the space of Possibility

When I happened on this body and grew up in this body, I only saw the VAST possibility in front of me as Life. I never had the idea - *Oh, it is difficult, it is impossible!*

I still remember, when I started my life, when I started developing the feeling that I am the individual self, I started seeing life as a vast possibility. When I saw a temple pond, I knew I can simply jump in and swim, even though I have not learnt swimming. When I saw a huge piece of land, I knew I can grow a flower garden or a fruit garden or whatever I want there. When I entered my school for the examination, I just knew that I can pass the examination, even though I had not worked hard for it. When I saw the deity in the temple, I just knew I can reach Him! Everything I saw in front of my eyes was only a huge Possibility, or the reminder of Possibility – never an obstruction.

Authenticity means being in the space of Possibility. Cognizing the space of Possibility is the return to authenticity. One who is ever established in this space is an avatar.

•●● Practice ●●•

Sometime in your childhood, in some situation, you would have first cognized Impossibility. At that moment, you would have slipped from authenticity. You would have made the decision not to stretch, because you are up against the Impossible. And that would have become a pattern in you.

Now, go back to that incident and relive it. Find out who, what, when, where, it happened. Complete with that incident.

Next, do this for all the incidents in your life where you recall taking the side of impossibility.

Just for the next three days, do spontaneous completion every time you catch yourself doing this.



Contact your 'rubbing point'

Today I will speak on the unique equation that exists between authenticity and the reality of your life.

Listen! This is a subtle truth.

When you expand what you think of as you, you directly expand what you *project* as you, and also expand and fulfil what others *expect* from you.

Just as a film placed in front of a projector light is seen as reality on the screen, your *mamakara* (inner image) placed in front of your Consciousness is seen as Reality in your life! Authenticity expands the *mamakara*, which is the slide placed in front of the projector of Consciousness - so naturally, that transforms your life also.

When you start working on authenticity, you are constantly reminded every day about expanding your *mamakara* - what you perceive as you, what you experience as you and what you feel as you. Understand, Life has innate intelligence; when your perception of life changes, Life responds spontaneously to the change. Because we don't know that life is intelligent, we find this miraculous!

Understand, life naturally supports expansion! It is programmed that

way. Your life itself is nothing but a space to expand your consciousness! So life always supports us to expand – it is we who are so afraid of expansion!

Even when you try to expand, you will touch a subtle 'rubbing point', a point of friction where your patterns of laziness, fear and stubborn resistance will be colliding with the expansion demanded by authenticity. Authenticity means again and again contacting that point of friction and expanding your comfort zone to include that also.

•●● Practice ●●•

- 1) *List out the top five 'rubbing points' of your life, where you continuously experience resistance to your own expansion.*
- 2) *Relive the major situations where you have faced this friction, and complete with those incidents*
- 3) *Now visualize yourself being comfortable in that expanded space*
- 4) *Whenever you encounter those situations again in your life, bring back the visualization to support you to expand smoothly*



Are you expanding or dying?

Listen!

Not working on expanding yourself is equivalent to death - because anything that is alive must constantly expand just in order to stay alive!

Expansion is life, stagnation is death. Understand, I am not saying that contraction is death! I am saying that stagnation itself is death, because it is against the law and flow of life.

As long as you are expanding whatever you feel as you - your inner image - you continue to have life! Even if your body drops, you will simply take another body, another birth, and continue your expansion. The day you think you cannot expand your inner image anymore, you are dead - even if your body is functioning.

What can be more exciting for you than your own self? So working on expanding your inner image is the ultimate excitement you can experience. Thinking that you cannot change your inner image anymore is the worst boredom and depression that you can suffer.

When you work on the inner identity, life is exciting. When you decide that you can't transform your inner world any more, it is death! It means that you have given up on you. When you give up on you, even if you have the body, you are dead.

Even spirituality can be exciting for you only when you start expanding your inner identity and see that it brings results in the outer world. What is spirituality? When the transformation you make in the inner world is

••● Contemplation ●••

seen as a result in the outer world, it is spirituality!

There is nothing in life called 'staying in the same place'.

If I am not expanding, I am dying.

Have I expanded in some way today?



What's your customer feedback?

Consider your life as an industry.

Your inner image is the product, how you project yourself to the outer world is your marketing and what others expect from you is the feedback you receive from customers.

If you were running an industry, how important would customer feedback be for you? Invaluable - because that is what is going to help you improve your product. But do you feel the same way about your life? Anyakara is your customer feedback! You need anyakara to develop your life.

So constantly get feedback and develop your product. Only then will you be relevant to life! That is how you will be alive and survive in the market. If you're working with humanity, this is the law of life! The moment you stop allowing feedback from the customers and developing your product accordingly, you are dead.

However big or established a brand you may be, if you stop receiving feedback from society and develop your inner identity, society will start rejecting you. Understand, if you don't take feedback from your customers, they will be giving their feedback to others - which is very

dangerous! If you don't take customer feedback, others will get the feedback. It is very dangerous! Even without your knowing, your brand will be destroyed.

So anyakara is the most precious input for your growth.

•●● Contemplation ●●•

Others' expectations from me is the most precious input for my growth.



Authenticity destroys your fear of failure

When you become authentic, you will forget that you even had a past!

Listen: this is not just ordinary forgetting! Normally all our forgetting is out of incompleteness. Its root is either unconsciousness or suppression.

We usually forget the past incidents of our life either because we never faced them consciously, or because we found them too painful and strongly suppressed them. But authenticity brings forgetting out of completion! You will forget because it is completely wiped out from your inner space, because it is no more a part of your inner space.

The moment you decide to bring authenticity into your life, you will see so much happening in your inner space.

Understand, it is your past memories of failure that do not allow you to be authentic in the present. You are carrying the wounds of too many past failures and disappointments. Even when you want to stretch yourself, you have too many ideas about failure that come in the way. Sometimes, even the fear of failure – without any actual failure – makes you feel like a failure!

Why do you become inauthentic? Because your past very powerfully tells you, 'You can never be authentic, I know all about you! I know how many times you gave a word and broke it; I know how many times you set a goal and missed it!'

Your past is like a comedian sitting inside you and making jokes about you and making you feel like a fool! You always want to be a hero. But so many times, you become a comedian instead, because your inner space constantly makes fun of you by quoting your past.

Courage to face your past, no matter what, is authenticity.

Listen: a man who is not tired of his own past is a jeevanmukta – he is living enlightenment. The day you start living without becoming tired of your past, without becoming inauthentic due to your past failures, you are a jeevanmukta.

••● *Activity* ●••

What are the memories of past failures that you are carrying inside?

Today, recall them and complete with them.



Put an end to spontaneous lying

The first effect of the sun rising will be that you will see the fog disappearing.

Then the temperature starts rising, then the flowers start blooming, and so many other effects will be seen. But the first effect of the sun rising will be that the fog will disappear.

In the same way, the first effect of authenticity will be that you will stop lying spontaneously in any situation to save your skin.

You may be thinking, 'What, me, lying?!' That is what we usually think about ourselves! The truth is, most people, most of the time, resort to spontaneous lying out of the fear of facing their inauthenticity.

What is spontaneous lying?

When you are cornered, caught, questioned for a mistake, simply blurting out some lie to escape from the situation is called spontaneous lying.

Spontaneous lying is by its nature unconscious, so people are often unaware that they have a pattern of spontaneous lying. That is why, till they are proven wrong, they will hide their inauthenticity and continue

to use words to defend themselves!

Listen: if you are still spontaneously lying to save your skin, it means that even the first step of authenticity has not happened in you.

Understand, spontaneous lying may look harmless, even 'cute' sometimes, but it is far more dangerous than planned lying – because it shows that lying has become part of your nature. If your first response to a stressful situation is a lie, it shows that lying has become natural to you!

Actually, it is very difficult to tell a lie during a moment of crisis, because the logic no longer works at such times. If your lying pattern has become stronger than your logic, that is very dangerous for you.

Think about it.

•●● Activity ●●•

List out at least 10 incidents you can remember where you have lied spontaneously.

Be very honest with yourself, even if it hurts.

Spontaneous lying is a direct by-product of fear. So now, go back and see which fear has created this pattern in you.

What is the root incident which created that fear?

Even if you cannot trace the incident, you can still complete with the fear.



Running from yourself

When you look into the pattern of spontaneous lying, you will see that the reasons why you lie are not always very big. Many times, you lie just to avoid some uncomfortable situations, conversations or people. It is usually only to avoid some situation which you know will force you to face the truth about yourself.

Instead of changing the reason why such a situation occurred, you think you can escape it with a lie. This is the basic thread of dishonesty running in your life.

And the biggest problem is that society conditions you to believe that this is okay. You start believing that it is a smart way to get yourself out of uncomfortable situations.

A small story:

A pickpocket was pronounced guilty in court and sentenced to a jail term of 8 months with an option of paying a fine of \$200.

His defence lawyer, knowing that his client could not pay the fine, pleaded with the judge - 'Your Honor, my client can afford only \$50, but if you allow him a few minutes in the crowd...'

What you are doing is no different from this! You are trying to get out of your problems by using the same method which got you in trouble to begin with! It can never bring you peace.

The truth always hurts, because it requires you to change something, transform something. That is the reason why lying is so convenient! You try to avoid a short-term problem and end up choosing a permanent problem! Any act which is rooted in non-integrity becomes the cause for adding more suffering to your life.

••● Click ●••

Spontaneous lying happens out of a space of deep unconsciousness.

When you bring awareness to the words you are uttering to yourself and others, spontaneous lying will drop away on its own.



Don't kill your transformation

Spontaneous lying is the pattern that never allows any transformation in you. It stops your transformation at the very first step.

Listen: in any zone of your life where you lie spontaneously, you miss Life in that zone! Spontaneous lying takes away Life from you.

For example, if you carry this pattern into your relationships, it just destroys your relationships.

If you have this pattern with your wife, she will never be able to add what she is supposed to add to your life. You may expect her to add love and romance to your life, but as long as you carry this pattern, she will never be able to add that to your life. In the same way, even though you want your husband to add security to your life, you will never be able to feel secure with him as long as you carry this pattern.

If you have the pattern of spontaneous lying with your mother, you will miss everything that can be added to your life by your mother's presence. And spontaneous lying is the unfortunate and most silly pattern with which you simply stop the Master's grace from showering on you.

Spontaneous lying is a complicated pattern, where you hide your

inauthenticity with your non-integrity! Lying is a direct act of non-integrity. When you use lying to hide your mistake, you are using non-integrity to support your inauthenticity.

Since spontaneous lying is an inauthenticity that arises out of non-integrity, you have to first work on restoring your integrity. Integrity happens with conscious thinking. If your thinking is conscious the whole day, it will continuously align with the commitments you make.

When you are not integrated within yourself, that is when you need to defend yourself through spontaneous lying. If you are not complete with the idea you carry about you, you go on lying spontaneously. Spontaneous lying carries the smell of your non-integrity.

Spontaneous lying is the biggest hurdle in your transformation. Every time you utter a lie, you are moving against the very flow of your life that can take you to the Ultimate. Spontaneous lying is your 'armor' that does not allow even the Master's energy to work on you. Your spontaneous lying pattern stops me from giving any blessing to you.

Break this pattern of spontaneous lying! It is like the tough skin of the seed which does not allow the seed to become a tree. Only when the seed is ready to break out of its skin and expand its identity, it can become a tree!

Getting it?

So, will you do it?

••● Activity ●••

Examine your life and identify in which zone of your life you most adopt the pattern of spontaneous lying.

Next, put that aside and look deeply into your mamakara.

Lack of integrity is closely linked to internal conflicts in your inner mage. Are you incomplete with some part of your mamakara? What is that that drives you to the unconscious behavior which you call 'mistakes'? You urgently need to complete with that!

Complete and take the responsibility and align yourself to authenticity again.



Spontaneous lying is casual crime

A small story:

There were once two naughty brothers who were uncontrollable and troubled everyone in their village. The whole village decided that they were tired of the brothers and won't be able to handle the hell created by them anymore. The villagers went and complained to their parents. The parents, not knowing what to do, went to the village priest. The priest decided to take the responsibility and said, 'Don't worry, I will reform them.'

So the priest first called the younger brother and started talking to him. He asked, 'My son, have you seen God?'

The child started crying and ran away as fast as he could. He found his brother and told him that they should quickly hide themselves. So both of them ran away and hid themselves in a hut outside the village.

The younger brother said to the older one, 'We are really in trouble!'

The older brother asked, 'Why?'

The younger brother replied, 'We made a big mistake by stealing money and food from the houses in our village! Now GOD is missing, and the priest was asking me where He is!'

Listen: we are in the same space as these children!

First we keep saying, 'Not me, not me', whenever we are questioned about something. Then comes a point when that becomes your response to every life situation. Even when you don't need to lie, you blurt out a lie without even thinking!

Just with this one pattern, you lose the very trust that forms the basis of any relationship.



Are you afraid of your possibility?

Understand, it is because you carry the fear of your possibilities that you get into the space of 'impossible'.

Your patterns, your anxieties, everything, is directed only in one line – fear of your possibilities.

I can share an example from my own life.

I first had the experience of enlightenment at the age of twelve.

At that time, I was in love with the joy that I experienced from that state. Beyond this, there was no cognition of having reached the state of 'ultimate truth'. For something as huge as the experience of enlightenment, this cognition was incomplete.

After this experience, it still took ten years for my bio-memory to believe that what I had experienced was the ultimate truth, and settle with that possibility - because the biggest roadblock was the vast possibility that would follow the first experience!

It is not easy to believe in your own importance, the possibility you can actually be!

At a superficial level, you may believe that you are confronted by your patterns and the limitations imposed by your patterns. But deep down, it is the resistance to your own expansion that limits you.

It is due to this 'fear of your possibility' that you get into the space of 'impossible'! Because, if you believe in your possibility, then your bio-memory loses its power over you, your laziness loses its power over you - and because of this, you feel that 'you' will lose power over yourself!

Listen: You strongly believe that you can run your life successfully only if you continuously manipulate the people and situations in your life - including yourself.

You feel life is too vast and unknown and dangerous to be contacted directly.

So you take all the support you can – laziness, resistance, spontaneous lying - to make a small safe comfortable island for yourself in this vast life! These are all the ways in which you manipulate life to make it safe and comfortable for yourself.

But you forget - you are a lion, not a fox!

You do not need manipulation to survive and succeed. You do not need the help of your manipulative mind.

No! It is integrity and authenticity that are your strength, not your manipulative mind.

Let go of the manipulative mind-set and declare your commitment to an authentic life.

••● Contemplation ●••

It is the resistance to your own expansion that limits you.

It is because you carry the fear of your possibilities that you get into the space of 'impossible'.



What is stopping it?

One day a young man prays to God, 'God, please make me win the lottery!'

He goes to sleep that night full of hope, but the next morning, nothing happens.

Again, that night, he prays, 'God, please bless me to win the lottery.'

Next morning, nothing happens.

Again that night, he prays, 'God, please let me win the lottery, I pray to you!'

He cries bitterly.

Next morning, nothing happens.

This goes on for sixty years!

The man prays, prays and prays, but never wins the lottery.

Finally, one day, he is on his deathbed.

That day he really cries to God, asking God to appear before him.

So God appears and asks, 'My dear son, what do you want?'

The man says, 'God, I always asked you to help me win the lottery, but you never did it!'

God says, 'My son, I am always ready! But why didn't you buy a ticket even once?'

Listen: expansion is possible when you are ready to stretch yourself a little for it!

Many times, many times, you go on retaining your ignorance as a blockage, holding on to your ignorance and laziness, and continue to expect that miracles will happen in your life.

Expecting the other to stretch, without stretching yourself, is nothing but violence. Stretching yourself to the maximum and expecting the same from life is Authenticity.

•●● Activity ●●•

- 1) *Note down five situations in your life when you were very bitter about not getting something you wanted.*
- 2) *Now go back to those situations and honestly see in which of these situations you had NOT done your authentic best to make it happen.*
- 3) *Complete with that pattern of laziness and inauthenticity.*



'It's okay' is not okay!

How many times have you stopped yourself from achieving your highest potential, just out of the attitude of 'it's okay'?

'It's okay' are the words which can ruin your life! *It's okay if I miss my tennis practice just today... it's okay if I have one more chocolate... it's okay if I cheat on her just this once... it's okay if I miss only one spiritual vow... and then finally, one day, anything is okay.*

Don't think that you will directly start with big crimes! Loss of integrity always starts with a small 'It's okay'. Unconsciousness enters into your system only through small actions.

One of the great disciples of Sri Ramakrishna - Swami Brahmananda - asked a young monk to leave the monastery simply because of the unconscious way in which he was found peeling potatoes in the ashram kitchen! Sannyas (monastic life) requires the highest degree of integrity, because once you take sannyas, you become responsible for the whole world.

Even if you feel as if you are having your own way when you say 'It's okay', be aware: it is just a state of powerlessness. Not performing to your

maximum is certainly not power! And never trust the decisions that you make when you are feeling powerless. While you are feeling powerless, you can cause irreparable damage to you, which takes years to repair, and even the will to repair can disappear.

'It's okay' is the termite which will eat away your integrity and destroy you without even you knowing about it. After some time, this attitude will settle in you and you will even forget that you are living in non-integrity. The power of inauthenticity is such after two days it makes you forget you are inauthentic. Remembering it is very painful; that is why you forget so easily.

Never think that a little inauthenticity is okay! You usually keep a little inauthenticity in reserve, justifying to yourself that you will use it ONLY in any extreme situation, when you have no other choice. That is like storing a little poison in a corner of your house, because you may need it after two years or five years!

No! Declare clearly now that you will not allow 'it's okay' to destroy your possibilities. Post-mortem is of no use to your life! Do future-mortem; throw out the 'It's okay' attitude from your inner space before it destroys you.

•●● Practice ●●•

Next time you find yourself saying, 'It's okay', catch yourself – which incompleteness is awakening inside you?

Whenever you feel the pattern of 'it's okay' rising in you, simply respond with 'it is NOT okay'! Every time you choose 'it is NOT okay', you become more and more authentic. Authenticity stabilizes your being.



Want a holiday from life?

Don't think that your hatred of work, and your constant desire for a holiday, is a simple thing!

Understand: that part of you which asks for a vacation from the flow of life is your biggest enemy. The hangover of the need for a holiday is nothing but that perversion in you which is fascinated by death, which constantly entertains the idea of death in you.

Please understand, there is one part of you which has a constant desire to shrink, to die. One part of your bio-memory carries some pattern of hatred of life. It is that anti-life hangover which expresses as the deep desire for a holiday.

When you are fulfilled in life, you never ask for a holiday. You don't need a holiday from life. And even if you take a holiday, when you do it out of fulfillment, you will enjoy it and return rejuvenated to your routine life. In fact, you will not even feel that your routine life is different from a holiday!

But when you try to take a holiday to escape from life, you will never be fulfilled. Even if you take a holiday, you will see, you will be restless in

a few hours or a few days. I tell you, till you are just tired of the idea of holiday, life does not start for you.

I feel I am alive, joyful, radiating, when I go on enriching people. If people are not there, it is not as if I am going to miss them. I just sit in my samadhi, in my kevalatva – in my aloneness.

But even in that kevalatva, I am enriching somebody who is asking for my help! Even in my aloneness, I am only going to enrich people who are asking to be enriched. Then why not use this body also to enrich people?

Commitment to others gives you a bone structure to run your life. It is like having a road ready for your car to run! Holiday is like rocky terrain where you cannot run your life.

Desire for holiday is a poison pattern sitting in you - constantly making you break your integrity and authenticity.

•●● Activity ●●•

- 1) *Write down all the times when you were working on a project dear to your heart*
- 2) *Ask yourself - did boredom and tiredness bother you at those times?*



You need completion, not contentment

Listen: society teaches us about contentment in a wrong context. The contentment taught by society is only a hindrance to the huge possibility of expansion that a human being already is. Human beings need completion, not contentment. In the context of completion, contentment may happen, but not the other way around.

You are so comfortable with your negativity that it feels more natural to you than the state of completion! It feels more natural to remain where you are than to explore your actual possibility.

Understand, while on the surface you believe that you are confronted by your patterns, and the limitations imposed by your patterns, deep down inside you, you actually resist expansion. Your so-called ignorance is also only due to the fear of expansion. Many times, you *pretend* to be ignorant due to fear of failure!

Life *is* a huge possibility for expansion.

Unfortunately, you are afraid of this possibility!

Being content because you do not know about the possibilities of

expansion, or are afraid of the possibilities of expansion, is not real contentment! Contentment happens when you have touched your highest possibilities of self-actualization. This is contentment that comes from completion, not incompleteness. This is real contentment.

••● Click ●••

Contentment is only a hindrance to the huge possibility of expansion.



Responsibility : 'Upaayanam'

*Responsibility
means living and responding to life
from the truth that you are the source of,
and therefore responsible for,
all happenings in and around you.*



Three kinds of people

Listen: there are three kinds of people on planet Earth - those who feel responsible for everything, those who feel responsible for some things, and those who do not feel responsible for anything!

Those who feel responsible become leaders, and those who do not feel responsible remain slaves.

There are some people who do not even take responsibility for their own actions, their own existence! Because they are not able to gauge the results of their actions, they remain slaves forever.

The second type of people take responsibility for their own actions. They live a middle-class life with one house, one car, one wife, two kids - what I call the neo-middle-class happening in India. But can a life lived on a mediocre middle-class level be fulfilling?

The third type of people are those who take responsibility even for other people's actions. When you take responsibility even for others' actions and others' irresponsibility, you become a leader.

Here is a small story which everybody knows!

Once upon a time there were four people named Everybody, Somebody, Anybody and Nobody.

Once there was an important job to be done. But who was to do it? Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did it.

Somebody got angry about that because it was Everybody's job.

Everybody thought that Anybody could do it, but Nobody realized that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done!



A person who does not feel responsible even for his own actions is an animal – he lives at a very low level of consciousness. A person who feels

responsible only for his own actions is a human being – he lives in middle-level consciousness. A person who takes responsibility even for others' actions is divine – he lives in leadership consciousness, ishwaratva.

Even though your actions are not responsible for something, taking responsibility even for others' inauthenticity and irresponsibility makes you a leader.

•●● Practice ●●•

From today, declare that you will start taking responsibility for your own actions and the actions of those around you.

Write down which actions you will take responsibility for. Review this every day, and the next time you see somebody making a mistake, take responsibility for it.

See the difference in

a) The way you feel about yourself

b) How the other person responds to you.



Reason versus responsibility

When we hear about taking responsibility for everything, the biggest question we have in our minds is, 'How can I be responsible for everything happening around me? I understand that I can be held responsible what is happening inside me. How can I be held responsible for what is happening outside me? For example, if an accident happens in my life, how can I be responsible?'

Everybody asks this question!

Let me answer you.

There is an important difference between being the *cause* of something, and being *responsible* for it!

Sometimes you may not be the *reason* for a certain happening, but if it is affecting your life, you *are* responsible for that happening. For example, you may not be the cause of political corruption in your country, but as a citizen of the country, you are responsible for it. You may not be the reason, as per your logic, but that doesn't mean that you are not responsible for it in truth.

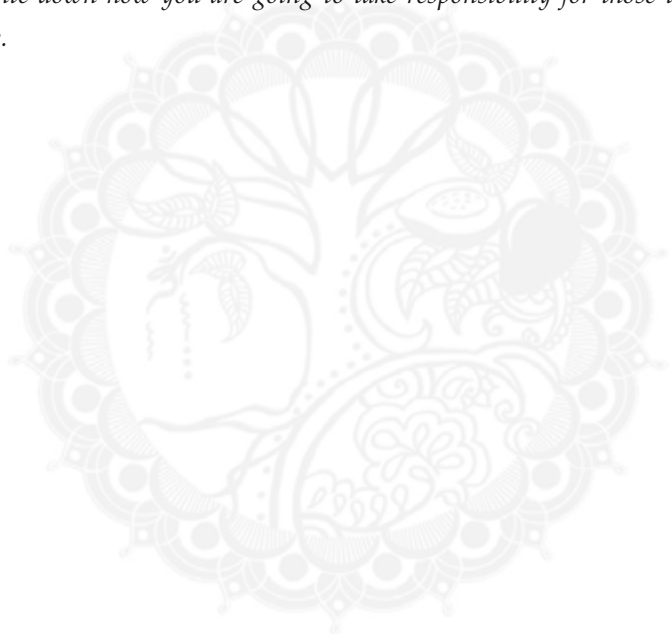
You need to know that unless you take responsibility, you are neither

going to improve the situation, nor are you going to expand your inner space.

••● Activity ●••

Make a list of the things in your life for which you are not the cause, but for which you know you are responsible.

Now write down how you are going to take responsibility for those things in your life.



Do something about it

Understand, even if you are not the *reason* for a certain happening, if it is affecting you, you are *responsible* for it. And you can solve it only when you take responsibility for it.

A leader is responsible for making everyone responsible. That is why I tell you, feel responsible for whatever you see. If you see a slum, feel responsible for it, if you see a beggar, feel responsible for it. Feel responsible for everything. That is what Prince Siddhartha did - and became Gautama Buddha!

The story of Buddha's life describes how the young prince Siddhartha was travelling outside his palace for the first time and was shocked to see poor, diseased and dying people for the first time. We also feel shocked when we see diseased or dying people - but do we do anything about it? When Siddhartha saw an old man, he felt responsible for it. When he saw a diseased man, he felt responsible for it. It is his sense of responsibility that made Siddhartha take to the spiritual path to understand the cause of human misery. It is responsibility that transformed him into Buddha, the enlightened one.

Responsibility not only makes you a leader; it can make you divine.

•●● Activity ●●•

Make a list of things in your day-to-day life that you are not directly responsible for, but which affect you - eg. the garbage dump near your house, your co-worker not doing well at work, etc.

Now see how you can take responsibility for it. List down what you can do about it, and take it up as an authentic practice.



Are you a lion or a fox?

Please understand, if you are not taking responsibility, you are going to become lazy and manipulative. Because you have to do *something* with your energy, your intelligence, your capabilities! If you are not going to stand up as a lion, you will end up being a fox. This is the truth.

There was a sign on a company bulletin board that said:

'This firm requires no physical fitness program. Everyone gets enough exercise jumping to conclusions, flying off the handle, running down the boss, flogging dead horses, knifing friends in the back, dodging responsibility and pushing their luck.'

Holding somebody else as responsible is not going to solve the problem. Plan for success! The problem is that when you plan, you get a thought - 'What to do if this fails?' You immediately think of whom to hold responsible! Do not do this! Holding someone else as responsible is not going to bring you success. When the thought comes to hold someone else responsible, cut it! Instead, see to it that he is educated to make things successful.

If you are not willing to take responsibility, in all your relationships, you will be planning about how to manipulate the other person. At work, you

will be planning about how to please your boss, and shift the blame to your co-workers for anything that goes wrong. Understand, retirement does not happen when you stop going to work - it happens when you stop taking responsibility.

A small story:

A patient in a hospital accidentally knocked over a cup of water, which spilled on the floor beside his bed. The patient was afraid he might slip on the water if he got out of the bed, so he asked a nurse's aide to mop it up.

The patient didn't know it, but the hospital policy said that small spills were the responsibility of the nurse's aides while large spills were to be mopped up by the hospital's housekeeping staff.

The nurse's aide decided the spill was a large one and she called the housekeeping team. A housekeeper arrived and declared the spill a small one. An argument followed.

'It's not my responsibility,' said the nurse's aide, 'because it's a large puddle.' The housekeeper did not agree. 'Well, it's not mine,' she said, 'The puddle is too small.'

The exasperated patient listened for a while, then took a pitcher of water from the nearby table and poured the whole thing on the floor. 'Is that a big enough puddle now for you two to decide?' he asked.

It was, and that was the end of the argument.

Do you cognize the foolishness of this? Holding someone else as responsible is not going to make your work happen!

Listen: WORK NOT DONE + VALID REASON is not equivalent to WORK DONE! Only work done is equivalent to work done.

When you don't want to take responsibility, you will naturally fall into cunningness to get your work done.

•●● Practice ●●•

Every time you catch yourself trying to get out of some responsibility, just ask yourself, 'Am I being a lion or a fox right now?'





You attract your life-situations

There is another beautiful story that happened in the life of Buddha:

Once, when Buddha was teaching a group of people, a person in the group started abusing him angrily.

The Buddha listened patiently while the stranger vomited all his anger.

Then he asked, 'If someone gives you a gift, and you refuse to accept it, with whom does the gift remain - you or the other person?'

'With the other person, of course! Any fool can see that', said the man angrily.

'Now', said Buddha, 'If I refuse to accept your abuse and your anger, where will it go? Who is going to suffer with it?'

The man was so shocked that he just fell silent.

His anger was gone. He was suddenly in the space of pure listening.

Into that space of listening, Buddha then poured the teaching about taking complete responsibility for all the effects of one's actions.

Listen: you are responsible for all your actions, the reactions you attract from others and all the happenings of your life. When you become aware of your words and thoughts, and understand how they impact your life, you will naturally become aware of your actions and their effects as well.

That is why I say, integrity will automatically teach you responsibility. Integrity is not just a simple vow, a simple word or a simple thing. It is all about ironing out your thinking and aligning it.

When you clean your inner space with the power of integrity, you will realize that you are responsible for all the contradictions, conflicts and confusions you carry inside. You will realize that even the 'accidents' happening in your life are attracted by you. Whether it is wealth, poverty, right or wrong - you attract everything - *everything* - into your life. You are responsible for everything happening in and around you. You are responsible for your very life!

••● Activity ●••

Make a list of everything that you have attracted into your life – wealth, poverty, right, wrong, accidents, success – everything.

Now contemplate and write down how you have been responsible for attracting them into your life through your thoughts, words or actions.



Empowering others

Listen! Having makes you naturally responsible for sharing. This is the natural law.

A person with eyes is responsible for giving the benefits of vision to a blind person. A person with wealth is responsible for guiding a poor man to wealth. A person with power is responsible for making powerless people become powerful. A person with high energy is responsible for inspiring people with less energy. A person with knowledge is responsible for making ignorant people knowledgeable.

You become responsible for sharing anything you own *and* making it grow. If you are powerful, you become responsible for making the powerless powerful. If you are wealthy, you become responsible for making the poor wealthy. I am not saying, 'Distribute your wealth!' No! If you pick up ten poor people and distribute all your wealth to them, we will have eleven poor people, that's all! I am asking you to take responsibility for educating them and making them rich.

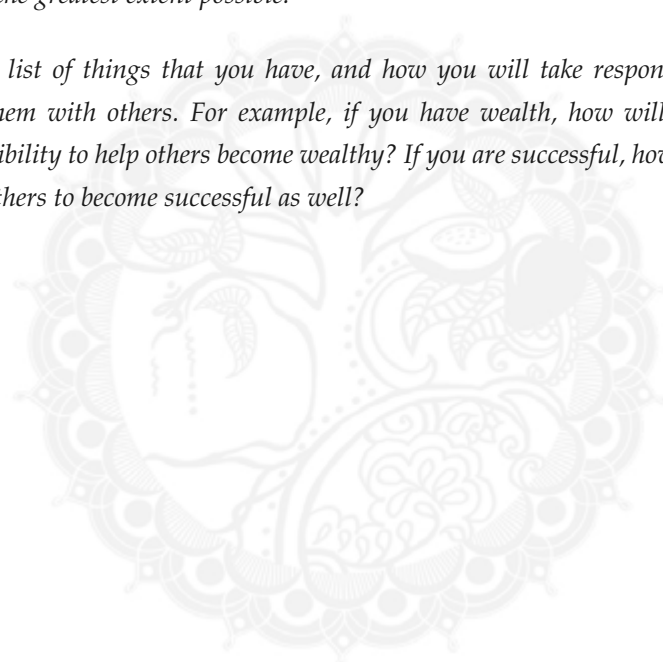
The Vedic tradition beautifully says - '*Annam bahukurveeta!*' Let us create food and share it! The Vedic civilization is a grain-based civilization. So sharing food has been our lifestyle. That is why no ritual, festival or celebration is complete in Indian tradition, without sharing food.

When you own, you become responsible to raise everyone else also to the same state. Because I own 'responsibility,' I have the responsibility of making everyone else also own 'responsibility!'

••● Activity ●••

In the true spirit of Vedic tradition, take responsibility to share everything you own to the greatest extent possible.

Make a list of things that you have, and how you will take responsibility to share them with others. For example, if you have wealth, how will you take responsibility to help others become wealthy? If you are successful, how will you guide others to become successful as well?





Understand the context

When you understand the truth that you are responsible for everything, the possibility for expansion starts happening in you.

This tattva, this principle of responsibility, is taught by many organizations as a method to make you more productive, more useful in the organization, or sometimes to make you a better citizen of the country.

Listen: feeling that you are responsible for everything is not just a methodology or a technique to increase your productivity or make you a responsible citizen. I am not funded by any state or corporation. I am supported by the Cosmos! I teach only the laws of the Cosmos. I am not teaching responsibility to make corporate staff training easy. I am not against you being a responsible employee, but I am not teaching responsibility just to make you a responsible employee or citizen. I am teaching responsibility to make you an enlightened being!

What I really want you to achieve through these principles is jeevanmukti - the space of enlightenment. I want you to understand these principles and experience the possibility of ultimate expansion.

You have to understand the context from which the teachings are shared. For example, climbing a hill - if it is seen from the context of the amount

of work you have to do, it will just tire you. But if it is a hobby, a picnic, it rejuvenates you. The same action with the right context gives a different result.

I tell you, you are the source of everything! And you are responsible for everything. Only when you understand that you are responsible, the possibility for expansion happens.

Please understand, when a seed is ready to take the responsibility of becoming a tree, it grows; it transforms itself. When an egg takes the responsibility of becoming a chick or a hen, it grows, expands and transforms itself. It is the decision to take the responsibility that is the breakthrough point.

In any field, whether it is economical, corporate, social, relationships or spiritual, when you decide to take responsibility, the breakthrough happens, the opening happens, the possibility opens up for you.

••● Contemplation ●••

Only when I understand that I am responsible, the possibility for expansion happens.



Leading from within

Leadership is not a quality. It is an experience radiated by an individual in whom transformation has happened. This is the simple truth.

These days, there are so many books about leadership and so many leadership gurus who train people to 'develop' leadership. But leadership cannot be developed as a strategy. A true leader is a person who is ready to take responsibility consciously. He is ready to handle life consciously and respond spontaneously to life. He approaches life with tremendous awareness, sensitivity and maturity.

A small story:

There was once a great war between two countries. On a hot afternoon, a man in civilian clothes was riding past a small group of tired soldiers digging a huge pit, doing a seemingly impossible task. The group leader was shouting orders and threatening to punish them if the work was not completed within an hour.

The man riding the horse stopped and asked, 'Sir, why can't you help them yourself?' The group leader replied, 'I am their leader. The men do as I tell them. If you feel so strongly about it, you go help them!'

The man calmly got off his horse and started working with the soldiers till the

job was finished.

Before leaving, he congratulated the soldiers for their work, and said to the group leader, 'The next time your status prevents you from supporting your team, inform your higher authorities and I will provide a more permanent solution.'

At that moment, another soldier came running up and saluted the man and spoke a few words to him. The man nodded and got onto his horse and rode away.

'Who is that man?' asked the group leader.

'Don't you know?', said the soldier, 'He is the Army General!'

••● Practice ●••

Every time you get an opportunity, demonstrate your leadership qualities by doing and motivating; not merely delegating.



Leadership is a state, not a status

Most of us achieve the status of a leader, but not the state.

State is totally different from status. Status comes from society. State is an expression of your inner space. Leadership is simply a conscious choice made by an individual to act out of deep sensitivity and awareness to one's situation and surroundings. Once the choice is made, the inner space will automatically start transforming and send out the right words and actions.

Look into your own life. What are the reasons you have taken responsibility at various times of your life? If you have been forced to take responsibility, you are being led by fear! If you have taken responsibility expecting some reward, then you are being led by greed.

As long as you are being led by fear or greed, you are a follower! The experience of leadership has not yet happened in you. When you operate out of responsibility, your every action expresses leadership.

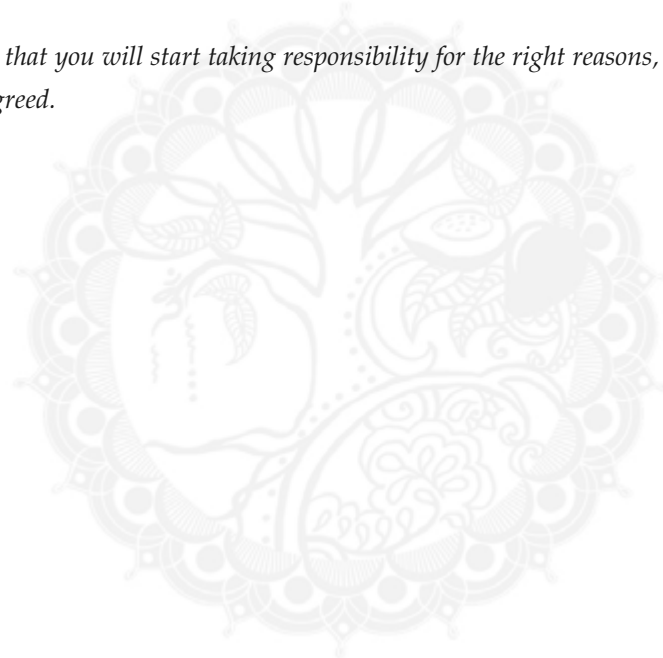
When we grab the status without experiencing the state, we have to suffer all the problems which usually exist in the corporate world - stress and tension at the personal level; backbiting and politics at the level of the team.

The problem that corporates are facing is not too little leadership, but wrong leadership, immature leadership. When you focus on the state, not the status, all the good things that come with the status of a leader will also naturally flow to you.

••● Activity ●••

Write down what motivates you to take responsibility for anything in your life.

Declare that you will start taking responsibility for the right reasons, not out of fear or greed.





Shift the focus

We always think that managing others is responsibility.

No!

Serving others is responsibility.

When you become responsible for others, you no longer are focused on yourself. You move towards serving other people. Serving other people is leadership. Shifting your focus from yourself to others is true leadership.

You usually take decisions unconsciously through your past memories and habitual negative patterns. As long as you are caught in your unconscious patterns, you can never achieve the state of a leader. You may achieve the status of a leader, and that too with a lot of and struggle.

Listen: when you sit in the leader's seat after a lot of suffering and struggle, you will create the same suffering and struggle for your subordinates.

True leadership happens as a direct expression of a sense of responsibility. An enlightened being vibrates at the highest frequency of responsibility, because he has experienced himself as the source of everything happening in and around him. That is why an enlightened being can draw millions

to himself without effort, and inspire them to follow his teachings just by his mere presence.

It is said that whenever Buddha went out to beg alms, He would appear like a king, and the kings who gave Him alms would appear like beggars! This is the power of taking conscious responsibility.

So work on the state, not the status. Start shifting your energy towards achieving the state of leadership. Only this can make you complete, not the status of a leader.

•●● *Practice* ●●•

We always think that managing others is responsibility.

No! Serving others is responsibility.

For the next few days, consciously make efforts to joyfully serve those who serve you. See how it makes you feel. This will make you complete; make you a true leader.



Inspired Leadership

How is it that some people can inspire thousands with just a few words, or sometimes even with their mere presence, while most others need long-drawn arguments to make even a handful follow their vision?

What is the difference?

That difference is called *inspired leadership*.

Whether it is your personal life or professional life, whether you are a boss, mother, teacher or friend, you are constantly playing the role of inspiring change in others.

Now I give you a straight and direct solution to inspire positive transformation in others.

1. Live it first

Whatever passion you want to see in others, first let it happen in you. Only then can you inspire others. I can say for myself that only when I am inspired to speak in satsang, will whatever I speak inspire you!

People are not fools, they can directly see whether your words are an overflowing of your experience or not. That is why professional motivational speakers can never have a lasting impact on people, unless they keep pace with their own words, unless they evolve as fast as they speak!

The key to this is to bring in authenticity along with capacity. Stretch, stretch and stretch - not as duty or a chore, but as a choice you make to expand yourself. When you work out of inspiration, inspirational leadership flows through you!

2. Don't let anything shake your highest ideal about you

What you feel as you is a very important thing. I know that my highest outward expression is as an embodiment of compassion. Nobody can shake that expression of mine. When you carry self-doubt, a single word from another person can shake your idea of yourself. If you are hiding from yourself or hiding from others, it takes only a single word or look to shake you.

When your *mamakara* (your inner image or idea of yourself) and your *ahankara* (the image that you project to the world as you) are not in tune with each other, you will be in constant fear of others' opinions, because they will be more powerful than your own highest opinion of you. When your *mamakara* is strong, others will not be able to put their ideas about you inside you!

Constantly sit and iron out any conflict between your *mamakara* and *ahankara*. Then you will have a strong experiential clarity about you which nobody is able to touch. Only a person who has a powerful clarity about himself can be a leader.

3. Let your actions be in tune with what you believe as you

Be integrated to the words and thoughts you say to yourself and others. In other words, be integrated to your own highest *mamakara* and *ahankara*. When you are established in integrity and authenticity, responsible leadership will express naturally.



Break from the inside

As they say, if an egg is broken from the outside, a life is destroyed. It is the end of life. A life is killed! If an egg is broken from the inside, life is happening. A life starts!

In the same way, if your cognition is broken from the outside, you shrink, destroy yourself and fall into depression. If this happens, you are irresponsible. But if you stand up with responsibility, the egg breaks from the inside and life starts! Breaking the egg from inside means taking the responsibility for your own expansion.

Not only should you take responsibility for your own actions, you should also take responsibility for everything which affects your life - even if it is others' actions! Only when you feel responsible and decide that you are going to take responsibility for a problem, you will even look in the direction of solving the problem. Till you take responsibility, you will only keep blaming others for the problem.

Usually, we claim responsibility for anything good that happens, but we don't take responsibility for anything bad that happens!

Some years back, there was an epidemic of tuberculosis in South India. Finally, medicines were found and the epidemic was contained. The officials responsible for eradicating it proudly claimed that they were the ones responsible for curing it. But did they take the responsibility for the fact that it was allowed to spread all over the town in the first place?

No! They were actually responsible for allowing the tuberculosis to spread also, right? They should have prevented it to begin with, and not just taken credit for managing the crisis!

It is easy to take credit and give blame.

Responsibility means doing just the opposite - from an empowered space.

••● Practice ●••

Make a note of how you can take responsibility not only for the good things that happen in your life, but also for the bad things, which may or may not occur as a result of others' actions. See how you stop blaming others when you take responsibility. Watch the transformation that takes place in you.



Get back in control

Responsibility gives you control over your own life. As of now, most people live their life like slaves – without even knowing it. For example, when you work eight hours in your office just following orders, you will feel dull and tired. Instead, if you take up responsibility and initiative, the same eight hours will become fulfilling for you. When you take up responsibility, a huge cognitive shift happens in you.

Take the case of a person who is running his own business, and another person who is working for a company. The owner of the business has the full responsibility of his business, so he always feels alive. The person who is working for the company does not really feel the full responsibility, so the whole job becomes like a burden on him. There is little or no self-motivation. He keeps looking at his watch to see if it is time to leave! For him, only the last day of every month is sweet, since it is payday! In a month, he sacrifices twenty-nine days for one day of joy.

Do not think you have a certain amount of energy and you will work according to that energy. No. Whatever work and responsibility you take up, the energy starts expressing accordingly. You will see that your inner space expands to that extent and energy flows through you!

You only need to do two things for this:

- ❖ Trust that life is good
- ❖ Know that you *can* expand to the responsibilities that you take up

If you feel responsible for whatever is happening around you, you suddenly become a leader. You start transforming your life and others' lives. Responsibility is the way to grow consciously.

•●● Activity ●●•

Today, take three additional responsibilities with the understanding and trust that life is good, and you can expand to take up those responsibilities. Watch the transformation in yourself.



Create your reality

The straight way to make all the accidents of your life into possibilities is by taking responsibility for them.

When you can't take responsibility, even the air that goes inside you can be an accident and stop your heart; it won't come out! If you are ready to take the responsibility, even if poison goes inside you, it can become part of you and make you stronger!

When you take responsibility, you have the power to construct the reality of your choice.

I am neither talking about some corporate values and principles, nor about the truths that the ancient rishis have uttered in the Upanishads. No! I am talking to you from my direct experience, about what *you* can experience. I am talking from the context of responsibility, for the purpose of making YOU responsible. I am responsible for making you experience responsibility as I experienced it!

You need to know this truth. When you cognize that you are responsible for everything, including what you think as accidents, the way you perceive and experience the world becomes different. When you are able

to perceive the world differently, you will even be able to change the facts of the world! When you perceive the truth of the world in a different way, you can change the facts of the world.

No revolution can change the world. Only *evolution* can change the world! When you evolve, you can just sit with responsibility under a banyan tree in a forest, and a city will happen around you! People will come who want to learn the truth from you. Nothing else is required.

••● Click ●••

Taking responsibility for whatever happened in your life can make the accidents in your life into possibilities.



How ordinary people do extraordinary things

What is the secret of ordinary people who do extraordinary things?

Listen: just the willingness to take responsibility and stretch yourself simply opens you to the whole cosmic energy. No matter what the situation, when you declare that you will do whatever it takes, when you stand up with responsibility, you become a channel for the divine energy to flow through you.

Can air flow through a solid bamboo pole? No! A bamboo pole can only help carry a dead body to the graveyard! When the same bamboo becomes hollow, it becomes a flute!

As long as you are self-centred, you will serve like the blocked bamboo. When you stand up with responsibility, the expansion happens, and you become like the bamboo flute. Then, just as the air that enters the bamboo expresses as music, the air that enters you will express from you as energy, and great things will happen through you! When you feel responsible for whatever is happening around you, you spontaneously start transforming your life and others' lives.

••● Click ●••

When you declare with responsibility, you become a channel for divine energy to flow through you.



Responsibility is a Power

We always think responsibility is a burden.

No!

It is a power.

Responsibility is the means to create an expanded life for you and others.

Why do you not take up responsibility?

Usually, people think, 'For the salary that I get, I am already taking more than enough responsibility! Why should I take any more?'

Don't be foolish! Taking responsibility is going to help *you* live an expanded life. It is not a favor that you do for your boss. By not taking up responsibility, you are destroying *your* possibility, not your boss' possibility! You destroy *your* possibility, and you think your boss will be suffering! It is like you drinking poison and expecting your boss to die!

Only when you break the pattern of not taking responsibility for your own expansion, your life begins. Until then, even if you are alive, you are no longer living. You are just waiting to be buried.

The Hindu caste-system is based not on birth, but on the type and amount of responsibility the person is willing to take. A person who feels responsible for the community's wealth becomes a Vaishya. A person who feels responsible for the community's security becomes a Kshatriya. A person who feels responsible for the community's knowledge becomes a Brahmana. And person who feels responsible for the whole world becomes a sannyasi, a monk.

When you take responsibility for all the happenings in your physical layer, you become healthy. When you take the responsibility for your body, suddenly you will see that your organs have become alive, your body is in tune with health.

In the same way, when you take responsibility for all happenings in your breathing space, you become a team leader. When you take responsibility for all happenings in your mental layer, you become a social leader. When you take responsibility for all happenings in your emotional layer, you become the leader of a country – setting the trend for the mental makeup of future generations. When you take responsibility for all the happenings in your bliss layer, you become the leader of the Cosmos!

•● Practice ●•

Do not measure your level of responsibility with the rewards it brings. Look at your life and note down how you can expand to take responsibility for all your dimensions – physical, mental, emotional and spiritual.

Practice this with authenticity.



Understanding past and future

Listen! Today I want to share a truth honestly with you.

Please understand, you are NOT given the power to correct the past!

Please listen.

You have no power to correct your past. You only have the power to build your future!

The more and more you think and brood about the past, the more suffering you will have, and the more powerless you will feel - because you have no capacity to correct it. And any struggle, any effort you put into correcting it, will only be a failure.

In the same way, you should also know that your past has no way of influencing your future!

You are hypnotized to believe that your past has an influence on the future. No! As long as you believe that your past can influence you, you are in delusion.

Please listen: even if somebody has been a sinner till this moment, he *can*

become a saint the next moment. In the same way, somebody who has been a saint till this moment can become a sinner the next moment. That is the beauty of Mahakala – Time.

Your cognition about you and about life depends on what you think of as *your* time. You usually think of your time as, say, about 100 years. And you think of the past as your time, and of the future as your time. No! This is not completely right. The first cognition you need to have is that the *whole* of time is *your* time, not just 100 years. Second, whatever is past is *not* your time. Third, only the future time is YOUR time.



The past is not your time - it has no power over you, no influence over you. You think of it as *your* time based on the delusion that any time spent while you are in your body is your time.

No! The past is not your time, as it was perceived by you with your broken, beaten, confused and abused cognition! So you cannot plan your future based on the idea that whatever happened in the past is your time. The past has already dropped you, but you are still holding on to it!

••● Click ●••

The past has no influence on your future. Let go of it.



Own only what you can own

Not owning what you cannot own, and owning what you *can* own, is intelligence. Unfortunately, you constantly try to own what you cannot own, and you do not own what you are supposed to own! You are supposed to own your future, but you do not take ownership for it; you do not take responsibility for it. Instead, you continuously try to own your past, which you cannot own!

Why do you feel comfortable owning the past, but not the future? This is because your mind teaches you to always own the known. The unknown is always frightening, so the mind rejects the unknown and clings to the known. But just because the past is known, do not think you own it! You only *know* it; you do not *own* it! You can only own the future. And you are supposed to own the future!

When you are ready to move out of your comfort zone and face the unknown, that is freedom. Understand: freedom from the known is the real freedom!

Just look in. 90% of your thoughts are all about the past!

When I see a person, I can tell from his eyes whether he is lost in the past

or working towards the future. Eyes which have no power indicate that the person is lost in the past.

Understand, you might have lived with your wife for 50 years. She might have been your first and last love. And you might have had the most romantic relationship with her. Even then, you *cannot* keep her dead body with you for more than a few hours!

This is exactly how you should behave with the past. No matter how beautiful the past was, remember it is dead now! Wake up! Just because she was your beloved, she fulfilled all your dreams, she was part of you, you had a romantic relationship and an amazing life together, do not forget the truth - you cannot keep her dead body! It is time you bury her body. It is time you give her a good farewell!

And there is another funny thing: if you are clinging to your past because it was happy, at least that can be understood. But you keep clinging to your past even if it was a torture while you were living it! Your energy hardly ever flows towards the future, because it is locked in the past.

When you constantly brood over your failures, you are only empowering them! When you give so much significance to your past failures, you have already planned that your future is also going to be a failure.

One of the delusions that human beings suffer from is that the future comes out of the past. I tell you, future comes 'OUT' of the past! That is why, when you take sannyas (monastic vows), you just break from the past. If you are still brooding over your past failures, sannyas has not yet happened in you. Even if you are wearing the monastic robes, the space of sannyas has yet to happen in you.

Trying to own the past is abusing Time, Mahakala! Not owning the future is shutting the door to Mahakala! Owning your future means receiving Mahakala. Brooding over your past means living with your own dead body, and not looking at the possibility of life!

If you take ownership for your future, your eyes will be shining and bright - anticipating the future, ready to receive it, planning for it, taking ownership for it. Take ownership for your future, and Time will bless you.

••● Click ●••

You can only own your past, not your future.



Let go of what is over

Listen!

By nature, you are hardwired to move towards the future. The only mistake you make is that you move towards your future without taking ownership for it. Just move towards your future with responsibility. Then you are on the right track - you are moving towards enlightenment.

Because you moved towards your future with so many fantasies, but without taking the responsibility to fulfil them, you have faced failure in the past. Now, the failures of your fantasies occupy your inner space so much that you are lost in the past and the guilt of the past. When you do not move with responsibility towards your future, your past will naturally be filled with guilt - like the wasted pages of your biography.

I tell you, your smile and laughter mean that you are taking ownership for your future! Your long face means you are lost in trying to own your dead past! Whenever your face has a smile, your consciousness and cognition are moving towards the future. It means that you are reminded of the possibility of life. The truth of your Possibility is constantly there in your cognition.

Hold on to the forward-moving foot of Kalabhairava, the Lord of Time. Don't hold on to the back leg and try to pull him back! If you hold on to the back leg, Kalabhairava will simply kick you away and move on. Instead, hold on to the leg that is moving forward - Kalabhairava will bless you and take you forward.

Listen! Do not commit the crime of holding on to the past and trying to own it. Keeping a dead person's photograph is okay - not the dead body itself! Each incident in your past that you are clinging to is like one dead body clinging to you. If you own twenty such dead bodies, what will happen to you?

Listen: your past has no future. Don't waste your life holding on to it! The more you realize that your past has no power over your future, the more you are free. When J. Krishnamurti says, 'Freedom from the known is real freedom,' this is what he means. Freedom from the past is the ultimate freedom!

You need to feel responsibility towards your future, not fear. Fear of the past destroys your future. Fear of the future happens when you are not aware of the results that your actions can bring. When you take responsibility for your future, you will neither have fear nor have greed, because you will be aware of your actions and their consequences.

••● Contemplation ●••

Each incident in your past that you are clinging to is like one dead body clinging to you. If you own twenty such dead bodies, what will happen to you?



Who's in charge of your future?

A small story:

Four co-workers were sharing a table at lunchtime.

One of them, a young man who had joined the company recently, opened his lunch box and saw that it contained tomato rice. He made a face and ate it.

The next day, the same group was sitting at the table, when the young man opened his lunch box, saw that it contained tomato rice and grumblingly ate it.

The third day, the same thing happened, and this time the young man complained loudly, 'Oh no! Not tomato rice again!'

The fourth day, when he saw that the box contained tomato rice again, he quietly walked over to the waste bin and emptied the box into it. His co-workers marvelled at his patience, but didn't ask any questions.

The fifth day, when the young man opened his lunch box, his co-workers watched anxiously. And sure enough, it was tomato rice again!

'If I have to see tomato rice ONE MORE DAY, I am going to walk off the balcony!', he announced grimly.

'But why don't you just tell your wife to stop packing tomato rice for your lunch every single day?' asked one of the co-workers in panic.

The young man looked startled.

'Wife? What wife?,' he said. 'I am not married! I pack my own lunch.'

Understand, this is exactly the way you behave with your life! After working hard in the past to create all possible negative situations, you are shocked at what is happening in your life! After smoking every day for twenty years, you wonder where the cancer came from!

Not taking responsibility for your own future is nothing less than slow suicide.

••● Activity ●••

Outline all your actions that lead you to a predictable failure, but for which you don't take responsibility eg. waking up late, being late to work and then blaming the traffic for it!

Make a note of top 5 similar actions in your life and course-correct them.



Never retire from Life!

You need to know this truth: your cognition about your future is your kundalini, your highest potential energy. If your cognition is fully engaged in the past, you are energy-dead! You are building a dead future.

If you plan your future with responsibility, it becomes your Possibility. If not, it is just a probability!

Every moment that you spend brooding over the past, you are traveling towards death. That is why people start clinging to the past as they grow older. The aged are full of the past, because they know that they do not have a future.

Yesterday, I got the news that an international celebrity had died. The question I asked was, 'Oh, was she still alive?' This means that for the last part of her life, that celebrity was no longer 'alive'! She was no longer living; no longer useful to life.

I tell you, this is the only thing people should not ask when you die – 'Oh, was he still alive?' As long as you are alive and enriching life, you are useful to life. There should be no gap between your retirement from your work your retirement from the world! I tell you, even after retiring from

this body, I am not going to retire from humanity. This is my commitment to humanity!

When you are caught in the past, it means you are retiring from life even when you are alive. But this is how you are living! Usually, it takes 21 days to break you from your past and move towards your future. In 21 days, you go through one cycle of transformation. This is what I am doing during our 21-day program, Inner Awakening. In this program, I open every door that can move you out of the past and into the future – talks, techniques, processes and 21 powerful initiation sessions - because this is how much it takes for you to be able to drop the dead past!

Usually, we think that we will build the future and then move out of the past. No! Unless you are ready to drop the past at every step, you will never free up the energy to create your past.

••● Activity ●••

Make a list of 5 negative mental patterns that you are clinging to, even though you know they are impacting your major decisions.

Write down how they influence your decision-making and planning for the future.

Consciously drop them and declare that they will no longer have an influence on your decision-making.



Just own it

Never think that becoming a leader will make you responsible.

Being responsible will make you a leader!

Ownership always creates leadership, because ownership always expands you.

There is no moment in life when you are not taking ownership anyway, for whatever you are doing – whether it is cooking a meal, or crossing a road, or signing a big business deal, or ruling a country. So why not take ownership consciously?

When you take responsibility consciously, it becomes a power and a joy.

Whether to flourish as an individual, or maintain a stable family, or work as part of an organization or support each other as a community, you need to take ownership.

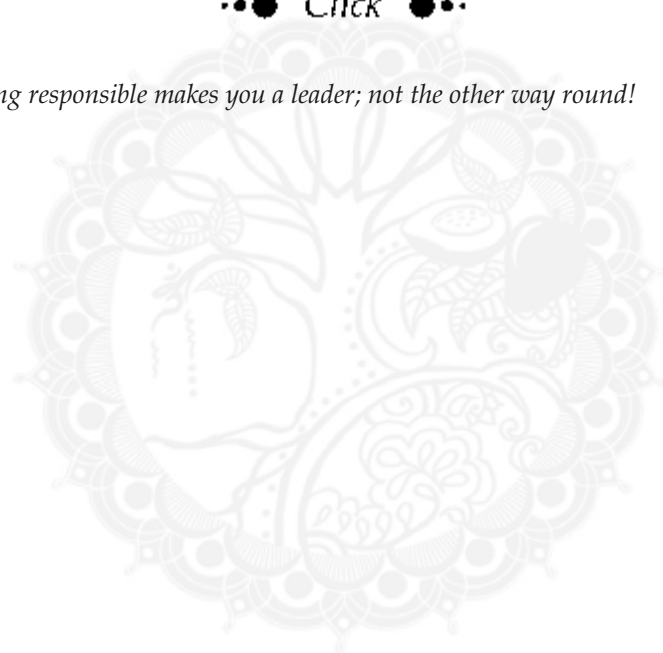
If you are a housewife, take responsibility for that. If you are a professional, take responsibility for that! If you are a father, take responsibility for that. If you are a student, take responsibility for that. If you are a son, take responsibility for that. If you are a sannyasi, take responsibility for

that! Take responsibility for all the dimensions you have in your life - for everything.

I have seen many people who serve their whole life, but never become leaders. Understand, the person who feels it as his own naturally becomes the owner! The person who does not feel it as his own remains a worker. Which one you choose to be is up to you.

••● *Click* ●••

Becoming responsible makes you a leader; not the other way round!





Your bigness frightens you

You always believe that you are suffocated by your smallness. NO! You are suffocated by your bigness! Whenever bigness is demanded of you, whenever you feel you are being 'forced' to expand, you shrink even further into your comfort zone. Your tiredness, your boredom, your weakness, your powerlessness – all these are nothing but the resistance you have to seeing your own bigness!

That is why, when someone tells you that you are weak, poor and a sinner, it is so easy to accept it. But if someone tells you that you are divine, you are powerful, you are complete, your whole identity starts trembling with fear!

But life always demands your expansion, because expansion is the natural law of life. That is why you carry such a deep fear of life, especially life in the form of other people – because people are the most living expression of Life! The more you engage with life, the greater the expansion that will be demanded of you.

You think all your responsibilities are like a solid hill sitting in front of you. No! They are just like a big balloon floating in front of you. You just need a little bit of authenticity or a small needle called *initiation* to burst

it! The feeling of powerlessness is nothing but your fear of your bigness. So just weed out all the powerlessness, all the weakness.

Whenever you are feeling weak, tired, powerless, the first thing you should do is this: immediately take on ten responsibilities and commit to fulfill them within a certain time! Shake your inner space so powerfully with that commitment that there will be no way for tiredness and boredom to grow inside you.

•●● Practice ●●•

When you feel powerless, simply declare and take on additional responsibilities. Make a list of additional areas in which you will take responsibility, in your life or others' lives.

Discover how this practice can shake your inner space and help you grow!



Even your thoughts are in your control

Understand: **mind is an action!** It is not a solid thing as you imagine. It is changing every moment – like walking or talking!

Suppose you are walking.

If you don't want to walk, what do you do?

You just stop walking, that's all!

If you are talking, and you don't want to talk, what do you do?

You just stop talking and remain in silence.

In the same way, mind is also an action. If you don't want to 'do' it, don't do it, that's all! *When you can stop walking, stop talking, why not stop thinking?*

But we never believe that we can stop our thoughts when we want! Especially the 'professional seekers' - they come and tell me, 'No, no, no! I have tried for years! Controlling the mind is impossible!'

Please understand, mind is a very subtle action of yours. YOU are doing

it. Is there anybody else sitting inside you and doing it? No! It is YOU who is doing it. When it is you who is doing it, why can't you change the flow of thoughts, or stop them at your will?

So look in a little. It needs just a little shift in the approach, a little shift in the attitude, a little shift in the understanding – that's all. Empower yourself with this one understanding.

••● Activity ●••

- ❖ *Write down all the areas of your life where you shrink from expressing yourself fully eg. in a relationship*
- ❖ *For each of these areas, write down the thoughts you have, the words you utter and the actions you take.*
- ❖ *Identify where you are not taking responsibility for that aspect of your life; where you are waiting for the external situation to change instead*
- ❖ *Choose any one area and declare your responsibility for creating that new situation. Identify what has to change for that to happen.*
- ❖ *For one week, follow up with yourself and record your progress.*



Enriching : 'Aapyaayanam'



Enriching

*is you taking responsibility,
with integrity and authenticity
that you are committed
to continuously enriching,
which is expanding life
in and around you!*



What is Enriching?

Enriching!

The highest of all the sacred principles, because it infuses life into all the all the other three.

What is enriching? It is going one step further than integrity, authenticity and responsibility. Enriching alone can burn any lack of integrity, inauthenticity or irresponsibility in you! Because enriching means taking responsibility for everyone. It means taking responsibility to remove everyone's inauthenticity and lack of integrity.

About enriching, there is not much to say, because enriching is all about doing! Enriching not a theory; it is a way of life that you choose consciously.



Why should I enrich others?

Understand - you do not live in a cave or a forest!

You live with other people. Life is happening outside of you. Life is happening to you with others!

You are involved with hundreds of others, and hundreds of others are involved with you. Naturally, when so many people are involved in your life, for any transformation that you want in your life, you have to work and transform others' lives as well!

Otherwise, you may sit and meditate for months and raise yourself to a high level of joy and bliss, but the moment you come back home, your spouse can bring you down in less than ten minutes! Ten minutes is more than enough! A look, a word or even a phone call is enough. Only when you enrich others can your life go through any real transformation.

Whether you know it or not, you are constantly imbibing the qualities of your environment. You are constantly exchanging vibrations with those around you. So if you want to be wealthy, you should either be in the company of wealthy people, or make the people in your company wealthy! If you want to be healthy, you should either be in the company

of healthy people, or make the people in your company healthy. In the same way, if you want to be spiritual, you should either be in the company of spiritual people, or make the people in your company spiritual!

When you are practicing these tattvas by yourself, you will remain only in practice mode. But when you are enriching, integrity and authenticity simply become a part of you. When you enrich, you start living the tattvas effortlessly. Only then can these tattvas become satyas or truths in you.



When you want to work with your life and transform it, you have to work with others also. Enriching means taking responsibility for everyone! When you start enriching others, the cosmos flows through you. The joy happening in you, the inspiration happening in you, is pure cosmic energy. If you want to taste cosmic energy, just start enriching others today.

When you enrich others to live integrity, authenticity, responsibility and enriching, your karmas are simply burnt away. That is why, in Hindu tradition, we have this great truth as a faith – if one person takes up sannyas, the monastic life, seven generations of his family on all sides have the possibility of liberation. If one person in your family becomes a sannyasi, seven generations can be straightaway liberated!

A sannyasi's life is dedicated to enriching. So when a person takes the sannyas vows, just the power of his commitment creates so much punya (merit) that it brings down a shower of blessings from the cosmos, and the karmas of seven generations are simply wiped away.

When you enrich others, not only your own karmas but their karmas are also burnt away.

•●● Activity ●●•

1. *List down all the areas of life where you feel that you are not enriched.*
2. *List down on all the ways in which you can enrich others in these very areas.*
3. *In each case, find out how enriching others is also going to enrich you.*



Enriching is a mirror

Enriching is like a mirror, because it holds your own mind up to your awareness.

Understand, human minds are not very different from one another! Though each of us would like to believe that we have unique and incomparable sufferings, the truth is that almost all human beings are caught in the same five or ten patterns! So the solutions are also similar for all.

For instance, if you are struggling with a problem, and you know the solution but your heart is not accepting it, start giving that solution to others; your heart will start accepting it! By enriching others, your own heart starts imbibing those truths.

Understand: your life is not just yours! This is the truth, whether you want it or not, whether you understand it or not, whether you believe it or not. This is the truth as long as others are involved in your life and you are involved in others' life! Only when you decide to continuously enrich yourself and others does life flow through you.

We have a very wrong idea, 'Let me first experience this truth, then I

will start enriching others!' This is like saying, 'Let me first get cured; afterwards I will take the medicine!'

Understand: enriching, enriching, enriching, enriching is the cure! Enriching is the experience! Enriching is the technique. Enriching is the path *and* the goal. It is enriching which unclutches you from your past incompletions. It is enriching which makes you grow.

•●● Activity ●●•

1. *List down all the areas where you postpone enriching others because you are waiting for your own transformation first*
2. *In each case, find out how you can take responsibility of enriching others in those areas*



Choose the right cognition

Listen!

When *you* try to drop your problems, it is a lifelong struggle, and it never really happens. But when your problems drop *you*, it is for good!

How can we ever make our problems drop us?

The truth is, you can't!

You can only grow beyond them, and they will drop away on their own.

Understand this example: Suppose you try to forcibly take a toy away from a child, he will be crying and screaming, because he feels that his whole life is being taken away! The toy is the only existing thing in his world at that moment. But when the same child grows up, he automatically goes beyond toys, and the toy will automatically drop him! It will simply fall away from his life. In the same way, enriching simply expands you beyond your small identity and all its incompletions.

Expansion is a choice you have, every moment of your life. In every significant decision in your life, you have a choice to make a 'bondage cognition' or a 'liberation cognition'. You have a choice to continue

struggling with your drinking problem or your depression or your relationship conflicts - or you can grow beyond them, so that they themselves drop you and go away. Choosing the liberation cognition which enriches you and others is the right intelligence for life.

Everything that happens in your life is a result of your cognition about that part of your life. Irrespective of what life gives you, your experience becomes your cognition, driving your future experiences.

- ❖ Cognition has the power to either liberate you or bind you
- ❖ Bondage cognition is the cognition that drives you to take decisions or actions based on external reasons
- ❖ Liberation cognition is the cognition that helps you respond to life based on YOU.

Listen: all the regrets in your life are nothing but the past situations where you feel that you did not stretch to your ultimate potential! Whenever you regret something, it means you *know* that you did not do your authentic best. And if you are carrying regrets in your old age, it means that your life is a failure. I tell you - enriching others is the only way you will feel that your life has been a success, because enriching expands you beyond your limited identity. In every step, at every level, whenever you enrich others, Life enriches you!

•●● Contemplation ●●•

All the regrets in my life are nothing but the past situations where I feel that I did not stretch to my ultimate potential.



Enriching is a healing power

No philosophy is more immediate than enriching. No philosophy is more effective, more powerful, than enriching.

If you have a disease, just start enriching everyone around you and heal yourself! Enriching others will enrich the forgotten parts of you. Disease is nothing but forgetting or disowning some part of you. So the straight method to be healed of any disease is to enrich all the people in your life - especially those who don't listen to you, who don't accept your words!

This is not a joke! The disconnection you experience inside you and the disconnection you experience outside you are not separate! Both are just reflections of each other. The diseased part of your body is the part that has become disconnected from you, which has stopped 'listening' to you. When you complete with and enrich people with whom you experience disconnection, the same disconnection is healed inside you as well.

Especially with the chronic diseases with which you are struggling, diseases that are just not healing, understand that you are suffering from a deep disconnection from life. Enriching connects you back to life. It restores life-energy to the diseased part.

And it not just physical diseases; enriching can lift you out of depression, lethargy and all your mental problems as well. Because that part of your mind which fights with you and refuses to wake up in the morning is no different from the minds of the people outside whom you are experiencing conflict with. Inside you or outside you, it is the same mind!

In the same way, if you have relationship issues, if your investors don't trust you, if your boss is not giving you a raise, if your teacher is not giving you good grades - whatever the problem you have with others, you can solve it by paying attention to that part of your body or mind which is not listening to you. Complete with that part, enrich that part, and you will see the change in all these dimensions of your life.

Actually, it is easier to work on the minds outside you than the one inside you! So start with that. Continuously enrich others and enrich yourself. You will see, just through enriching, even your chronic diseases can be healed.

••● Activity ●••

1. *List down five relationships where you are facing a conflict.*
2. *List down five ways in which you can enrich each of those relationships.*
3. *Be committed to not giving up on others till they feel enriched by you*



You are not separate as you imagine

Listen: as long as you see a separation between yourself and others, you can never enrich them.

Your normal love or friendship are like this. You first see a gap, a separation, a difference, between you and the other person, and then you struggle to bridge the gap with love. This is the biggest foolishness! You first create a gap that doesn't exist, and then you work hard to close it.

ADVAITA or non-duality is the ultimate philosophy of Hinduism. It is also the most practical world-view! Please understand - whether you believe it or not, whether you understand it or not, you are NOT separate from others! You are separate from others only at the physical level, but as you go deeper, you will see the distance reducing, the differences dissolving.

For example, at the level of the physical body, you are separate from the other. If you eat spoiled food, only you are going to get sick, because the physical body-boundary is so strong. But if you have a cold (or any airborne disease), all the people around you may also catch it and fall sick. And if you are carrying a negative thought or vibration, even the people

you interact with at a long distance can be affected by it! As you get subtler and subtler, there is less and less separation between you and others. Ultimately, at the level of Consciousness, it is all just ONE - Advaita!

All our conflicts with others arise from not being aware of this truth. In fact, just as the painful parts of your body are just the forgotten parts of you, your painful relationships are also just the forgotten parts of you!

This is not just a philosophy to think about. It is an immediate solution for all the conflicts in your relationships. So try it today! If you need to bridge the gap between you and your spouse, apply Advaita! If you need help from your brother, apply Advaita. If you need your boss to trust you, apply Advaita. You will see that the neglected and forgotten parts of you, which are present in others, will be enriched.

Enriching is a plan for miracles! It is the most powerful way to keep your inner being awakened to this truth, to continuously experience that everything is part of you. Enriching makes sure that your inner being does not fall asleep and forget or disown some part of you!

Your own inner awakening is ensured by being committed to the inner awakening of all beings in your life. Enlightened beings are enlightened beings because they stand up and continuously cause enlightened beings around them. Incarnations are incarnations because they stand up and continuously cause incarnations all around them!

••● Activity ●••

1. *List down the top 5 relationships in your life.*
2. *Write down which aspect of each of those relationships you want to enrich e.g. you may expect your loved one to give you more time.*
3. *Find out which is the unattended part of you which is waiting to be enriched e.g. in the above case, there may be a part of you which is constantly seeking attention.*
4. *Do completion with the unattended part of you. Find out how you can take the responsibility to enrich the unattended part of you.*



Let Life flow through you

Do you feel life is unfair? Are you slow to trust people? Are you afraid of being exploited?

Fear is the worst kind of cancer which stops us from expanding and enriching ourselves and others.

Please understand, fear is nothing but carrying an inadequate cognition about yourself and life. If you feel that life is manipulating you, it is not just a wrong cognition you have about life; it is a wrong cognition you have about YOU!

Feeling disconnected from life and powerless before others is nothing but selfishness – because it arises from a high level of self-centeredness, from a limited cognition you have about yourself and life. The truth is that you are NOT separate from others as you imagine. So any idea which stops you from expanding out of your limited identity is selfishness and self-centeredness.

That one wrong cognition or inadequate cognition is like one cancerous cell in your body, but you infuse all your energy into the growth of that cell! What will happen? If you go on feeding that inadequate cognition, you become self-destructive. The way you walk, talk, live, think -

everything is corrupted!

Self-centeredness out of completion, out of enlightenment, out of the understanding that you are the Source, is different. Once you understand that you are the Source of everything happening inside you and around you, there is no space for individual self-centeredness to exist. Feeling everyone as yourself and then being self-centered is the ultimate enriching!

But unfortunately, your self-centeredness comes out of deep fear and incompleteness. The more you encourage it, the more it is strengthened – and the more it is strengthened, the more your thinking becomes based on self-centeredness. It is a vicious cycle! You can come out of this vicious circle only through enriching. When you start enriching, your fears, incompleteness and self-centeredness will dissolve spontaneously, because enriching opens you to your expanded self, to your bigger self.

••● Activity ●••

- 1. Recall the most challenging thing that you accomplished in your life e.g. facing an exam, a job interview, a competition or solving a simple math equation.*
- 2. List five ways in which you can enrich others to overcome this challenge in their life.*
- 3. Take responsibility for them and be as intense as you were while overcoming your own challenge.*



Your life is as great as those around you

A small story:

A young man comes up to his father and shares, 'Dad, I'm in love with the pretty young girl next door, and I'm going to propose to her!'

The father immediately says, 'Oh, no! You can't do that!'

'But why?', asks the son.

'Because she's your half-sister!', says the father.

The son is shocked to hear this, but he obeys his father's words.

A month later, he comes to his father and says, 'Dad, you remember the girl who stays opposite us? I plan to start dating her.'

Again, the father cries out, 'Don't do that! She's your half-sister! And please don't tell your mother about it!'

The son is really mad at his father, but he shuts up and listens to him.

The third time, the son finds another girl, and his father repeats the same thing.

This time, the son decides that it is too much. He rushes to his mother and tells her everything.

He says, 'See what Dad has done! He has ruined your life, and now he is ruining my life also. Whichever girl I choose, he says she is my half-sister!'

The mother says, 'Don't worry, son. You can marry any of the three girls, because he is not your father!'

Never imagine that you can live a good life when the people around you are living without integrity and authenticity! Any completion, any fulfilment, any success, is possible in your life only if the people in your life are also living these principles.

Understand, you are the totality of your many dimensions. You are a father, a friend, a spouse, a son, a boss, and more. All the people in your life contribute to one of your dimensions. Only when all the dimensions and commitments in you are complete and honored, you can experience fulfilment. When they are complete, automatically you will be complete.

For example, the success of your marriage depends on how much you can enrich your spouse. Even if you live with integrity and authenticity, your marriage cannot be successful unless your spouse is also living the same way! Only then can you experience restful awareness.

You forget that *life is happening for you with others!* When you disown the responsibilities you need to take for others, you are taking the people in your life for granted. You think your wife has to behave like a wife, your brother has to behave like a brother, your

father has to behave like a father, your friend has to behave like a friend, your son has to behave like a son, your student has to behave like a student, your teacher has to behave like a teacher, and your guru has to behave like a guru - but you don't take the responsibility to fulfil your role in the relationship!

Why should your wife behave as a wife, if you are not taking the responsibility of enriching her as a husband? Listen: when you don't enrich the other, even what you receive from that person will not be useful for you. When you are enriching life, you will constantly be enriched by life.

So enriching others is a direct way of enriching your own life. Whatever you enrich others with comes back to you as more enrichment.

•●● Contemplation ●●•

All the people in your life contribute to one of your dimensions. Only when they are complete, you can be complete.



L.I.F.E. – Life Is For Enriching!

Enriching is the Constitution of Life. Once you know the constitution of life, you can make anything happen.

The equality of the cosmos is not based on the lowest rung of the social ladder, but on the highest rung! Understand, the equality of the cosmos is different from the equality of the communists. Communism maintains equality by pulling everybody down to the level of the lowest member of society. The cosmos maintains equality by pushing everyone to the highest possible level.

Communists also want equality, but they sit at the lowest rung, saying, 'You have, but I don't have. Why don't you come down to where I am? Then we will be equal.' The right way to help the have-nots is by taking the responsibility to educate and enrich them, not by pulling everyone else down to the same level! I tell you, life is only worth living if it is lived at its peak in every dimension.

When enriching expresses through your heartt, it is empathy, which is the ability to put yourself in the other's shoes and feel what they feel. You reach the space of oneness.

When it expresses through your intellect, that is the space of Ishvaratva or leadership consciousness. When it expresses through your being, it is the ultimate space of enlightenment, incarnationhood.

- ❖ When you achieve the peak of integrity, you become the ultimate teacher.
- ❖ When you achieve the peak of authenticity, you become the ultimate leader.
- ❖ When you achieve the peak of responsibility, you become a powerful enlightened being.
- ❖ When you achieve the peak of enriching, you become a powerful god, an incarnation!

I tell you, it is enriching that made me an incarnation. Integrity gave me *satori* or a glimpse of enlightenment, authenticity gave me the ultimate enlightenment experience, responsibility made me a guru - but it is enriching which made me an incarnation.

•●● Activity ●●•

Identify three people with whom you have experienced conflict in the past. Today, enrich them with an understanding of the four tattvas, and how it can transform their life.



Giving back to Life

There is a beautiful verse in the Bhagavad Gita, which says:

*Ishtaan bhogaan hi vo devaa daasyante yajnaabhaavitaah
Tairdattaa apradaayai'bhyo yo bhungktestena eva sah (3.12)*

“Satisfied with selfless service, the celestial beings certainly award you the desired necessities of life. He who enjoys the things given by them without offering to the celestial beings is certainly a thief.”

This verse beautifully explains how anything you receive without enriching is stolen from the Cosmos! If you don't perform the ritual of 'yajna' and give back whatever you can to the Divine energy, you are a thief! When Krishna talks about selfless service, he does not mean that you just have to pour offerings into the fire; he means performing right action.

For example, if you are cutting a tree, plant at least five more trees to enrich your environment. If you are taking water from a river, make sure that the water is purified and recycled and added back to the river. *Constantly enriching the source and keeping it alive for the next generation is real yajna.* Do not touch anything which is or will be irreplaceable. Don't

use non-renewable energy sources. Use only renewable energy sources.
That is yagna, enriching.

Krishna is very clear - if you are not enriching, but only receiving and enjoying, you are a thief! Asteya or non-stealing, one of the most important vows of sannyas, can be maintained only by enriching.



Only when you continuously enrich others, non-stealing is maintained. Enriching is where life happens to you. Enriching makes the other three tattvas (principles) into satyas (truth).

••● Click ●••

Constantly enriching the source and keeping it alive for the next generation is yajna, enriching.



*Life happens to you
with others*

Whether it is basic food or the ultimate luxuries, everything happens to you with others. It is the people around you who create your world. When you enrich everyone by living and teaching the highest principles, in a just few months you will be surrounded by gods and you will be living in heaven!

Whether it is sannyas or samsar, the joys of spirituality or the joys of the world, the joys of authenticity or joys of inauthenticity, everything happens with company - with sangha. Understand, whether it is a satsanga or dussangha - good company or bad company - you need sangha, you need people.

I tell you – it is impossible for the common seeker to live the life of a sannyasi alone in a forest or cave, without the company of other sadhus and sannyasis. I have seen young seekers misguided by the wrong ideas that they can do it on their own. They go and sit in a hut in a corner of the forest, and come down to a nearby village just for food. In two years, they end up marrying some old widow from the village! When you don't see anybody, you will just fall for anybody you see.

Even if you are in a remote forest, with only with a river and a hill, your

life happens to you with these two. Even if you are a Naga ascetic in the forest, life happens to you with the forest.

Listen: with whatever life happens to you, you should start enriching it. You should start protecting it. That is why the Hindus are so devoted to the rivers Ganga and Yamuna, and the Himalayas, because life happened to them with the Himalayas, Ganga and Yamuna. That is why they are so sincere in keeping them alive and enriching them.

Integrity and authenticity are the way you relate with the avyakta, the unmanifest part of God. Responsibility and enriching are the way you relate with vyakta, the manifest part of God.

Please understand, if you are not consciously enriching, you unconsciously create selfish patterns. Be very clear, you are either giving or you are swindling. There is no middle path. So go on enriching with these tattvas. Enriching is en-reaching, reaching out to Life. Enriching Life is life! And remember, whatever you enrich enriches you in turn.

•●● Activity ●●•

1. *List down the top five fields where you are active - your job, your relationship, your passion, your business etc.*
2. *Find out five ways in which you can enrich the stakeholders in each of these areas beyond what you receive from them.*
3. *For next one month take up enriching as a lifestyle. Try your best to do good to everyone you see.*



Enrich for no reason

Listen: when you start looking beyond what you can get out of life, greater and greater creativity expresses through you.

Only when you look beyond the possible returns, great things are born out of you. Only when you enrich for the joy of enriching, great things will be accomplished through you. If the mother's womb is constantly thinking about what it will gain by giving birth, it can never produce the baby!

When a Master looks beyond what a disciple is going to contribute to him, he makes him a Master. When I look beyond what you are going to contribute to me, I make you a Master.

When your inner space looks beyond what is going to be returned to you, the impossible becomes possible. When you start enriching, you just play with extraordinary powers!

Just try this exercise.

Just sit under a tree and go on blessing whoever comes into your breathing space. Go on blessing and enriching. Just feel and think, 'Let you be blissful, let you have health and wealth!' Don't think, 'I have not done any spiritual practices,

any tapas! How can I bless someone? How can it work?' Don't worry about all that.

Just decide that for the next one month, enriching is your life-breath. Whoever you see, always try to do what best you can for them. I tell you, all your past karmas will be washed away. You will have vak siddhi, the power to make your words into reality.

This exercise is the solution for any problem that you are facing in your life. Whether you have marital problems, business problems or wealth problems, just decide to go on blessing people from your heart for the next one month. It will change your very aura. It will change the way the cosmos responds to you and the way you respond to the cosmos. When you become part of the constitution of the cosmos, miracles will start happening to you, through you and around you.

Please understand: integrity is the root, authenticity is the tree, responsibility is the fruit and enriching is sharing the fruit which creates more fruit. In enriching you also enrich yourself. So, enriching is enjoying the fruit *and* sowing the seed for more fruits to happen!

Go on enriching, go on enriching.

I tell you, extraordinary powers will support you and express through you.



Final Blessing



*I bless you all
to discover your Inner Powers,
and Achieve, Experience, Live, Express,
Radiate, Share and Explode
with Integrity, Authenticity,
Responsibility and Enriching,
in Eternal Bliss - Nithyananda!*

~ His Holiness Paramahansa Nithyananda ~



The Next Step : Inner Awakening



Now that you have seen the possibility of living a extraordinary life, the natural step forward would be INNER AWAKENING.

Every month, his Holiness Paramahansa Nithyananda conducts this 21-day transformational program that unlocks your inner powers through practical teachings, interactive sessions, root thought pattern analysis and 21 powerful initiations for kundalini awakening.

This program is designed to take your transformation still deeper, and make the Four Powers really start working in your life.

Find out more about Inner Awakening at www.innerawakening.org or mail your question to support@innerawakening.org





About His Holiness PARAMAHAMSA NITHYANANDA



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

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

A spiritual genius with an enlightened insight into everything from management to meditation, relationships to religion, success to spirituality, Paramahansa Nithyananda brings to us a wealth of practical

wisdom and techniques for lasting inner change.

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

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

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

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

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



OUR WEBSITES

- ❖ *Visit the official website of Nithyananda Mission*

nithyananda.org

- ❖ *Watch the live stream of Paramahansa Nithyananda's satsang every day*

nithyananda.tv

- ❖ *Find out more about our flagship meditation program - Inner Awakening*

innerawakening.org

- ❖ *Watch over 4000 free videos*

www.youtube.com/lifeblissfoundation

- ❖ *Discover the science of Nithya Yoga*

nithyayoga.org

- ❖ *Visit Nithyananda University online*

nithyanandauniversity.org

- ❖ *Discover the Vedic science of painless birthing*

enpregnancy.nithyananda.org



OUR WEBSITES

- ❖ *Yogic solutions for physical and mental ailments*

nithyananda.org/nithya-kriyas

- ❖ *Over 300 free meditation techniques*

meditationisforyou.org

- ❖ *Enriching lives with spiritual solutions and products*

www.nithyanandagalleria.com

- ❖ *Meditate for global peace and bliss*

www.minute4peace.org/addminutes.jsp

- ❖ *Simple solutions for everyday problems*

www.youtube.com/ GuaranteedSolution

- ❖ *Our online magazine*

nithyanandatimes.org

- ❖ *Over 250 books for free reading*

lifeblissprograms.org/books

- ❖ *Creating an enlightened new generation*

en-education.nithyananda.org

11 Years

of NITHYANANDA MISSION 2003-2014

- **Yoga, meditation and spiritual counseling centers and camps** touching over 15 million people in 150 countries
- **Over 9000 ordained spiritual healers healing 20,000 people globally every day**
- **Over 1000 ordained teachers guiding thousands** in yoga, meditation, spiritual sciences and life solutions
- **Live online morning satsang by Paramahansa Nithyananda** via live streaming and video conferencing, viewed in thousands of places in over 40 countries every day
- **Annadaan - 10,000 free meals distributed every day** at ashrams, schools, medical camps and to the needy
- **Weekly medical camps** offering conventional and alternative medical care, oral health, eye surgeries, prosthetics, etc. – including free consultation, medicines and follow-up.
- **Over a dozen Vedic temples and ashrams worldwide** housing 3720 energized deities, including some of the tallest deities in the world.
- **Free kriya & meditation programs in prisons and schools**
- **Nithyananda Lakshmi, a non-profit micro-financing scheme for rural entrepreneurs**
- **Nithyananda Grama Seva Yojana (NGSY)** empowering over 300 villages in Karnataka by creating opportunities for their socio-economic development.
- **Nithyananda Vidyalayas - Schools blending modern education with the Vedic system of learning**
- **Support for schools in rural areas**, including school uniforms, books, stationery and infrastructure



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11 Years

of NITHYANANDA MISSION 2003-2014

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



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TAKING *Vedic Hindu Tradition* INTO HOMES ACROSS THE WORLD

- Protecting, preserving and promoting Vedic Hindu tradition through **Vedic Temples** in India, USA, Canada, Malaysia and other countries
- Inspiring families to live the Vedic tradition through over 400 Paduka Mandirs housing **3720 energized deities** where daily worship is performed in the authentic Vedic tradition
- **Thousands of people worldwide simultaneously perform Vedic rituals** during the daily morning satsang, creating powerful positive vibrations
- Reviving India's pilgrimage culture by regularly leading **yatras to spiritual energy fields** like Kailash-Manasarovar, Char-Dhaam, Varanasi, Bodh Gaya, Angkor Wat, Kumbh Mela, etc.
- **Nithyananda Sacred Arts** to promote, support and preserve ancient temple arts and sculpture as the largest producer of metal, wood and stone deities in India



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INSPIRING A GLOBAL Vedic Renaissance



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



 www.nithyananda.org
www.nithyananda.tv

Reaching Out to Serve the World

ANNADAAN : FREE FOOD FOR ALL

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



FREE MEDICAL SERVICES : HEALTH WITH CARE


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



DISASTER RELIEF : HELPING TO HEAL

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



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Scientific Research on Mystical Yogic Sciences

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

KUNDALINI AWAKENING & LEVITATION

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



TELEPORTATION & MATERIALIZATION

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



LIVING WITHOUT EATING — NIRAAHAARA SAMMYAMA

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



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www.nithyananda.tv

Kalpataru Kshetra - Bidadi



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



ANCIENT BANYAN TREE

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

NITHYANANDESHWARA- NITHYANANDESHWARI TEMPLE

- Deities of Shiva & Devi measuring 7 1/2 feet in height and weighing 2 1/2 tons
- Deities are made out of panchaloha (combination of five metals)
- A rare ancient swayambhu lingam found under the banyan tree is consecrated here
- Thousands gather for worship here on special occasions



NITHYANANDA LINGAM & VAIDYA SAROVAR

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



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What would you do if you knew there was a way to eliminate conflict, stress and suffering from your life forever?

Listen: you actually have the power to simply manifest the reality of your choice! Hiding inside you is an enormous potential energy known as Kundalini.

Once awakened, Kundalini expresses through you in four different streams, known as the Four Inner Powers.

The key to health, success and lasting happiness lies in unlocking the **FOUR INNER POWERS** that are continuously available to you.

I bless you all to awaken your inner powers and manifest the reality of your dreams!

www.nithyananda.org

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



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