**ADHYATMA**

* There are many elements to consider in the physical world like **earth**, **water**, **fire**, **air**, **ether**, **mind**, **intellect**, **ego**, **mind-stuff**, **unmanifest**, **imperishable**, **death** etc.
* In body lies the **unborn**.
* A body is made from these elements only & comes in contact with these elements too, but these elements are **unaware of the unborn** residing withing them.
* This unborn within is pure and unaffected, is the supreme **God Narayana**.
* By devoting self to **Brahman**, a wise man should **mentally detach** from the physical body.
* Know yourself to be the **witness** of **intellect** & **its working**, the experiencer.
* Reject the ideas and beliefs that the **world**, **body** & even **Shastras preach**; to remove the pre-occupied biases about nature of self.
* Know self to be the **common consciousness** of collectively all beings.
* The mind of a **Yogin (experiencer)** fades away as he stays focused on the self alone & understanding it through **reasoning**.
* Without spending time on **talking** or even **sleeping**, meditate on self.
* When a baby is born, it starts from **stage zero** & seeks fulfilment by becoming a **Brahman**.
* Supreme self has endless bounds of energy, to whom one should be merged with.
* Become aware about the fact that physical variance in size of various universal matters **doesn’t** matter, because they **aren’t** real.
* Know yourself to be a **reflection** of your true nature, but **not** visibly looking the same.
* By liberating from ego, one attains the true nature of self.
* Destruction of **action** leads to **thought** & destruction of **impulses** to act leads to **liberation**, which is highest form of **freedom** in life.
* By seeing everything everywhere as **part of same soul**, one’s innate impulses are controlled because he now thinks everything in terms of **universal goodwill**.
* One must pay full attention while devoting to **Brahman**. Not paying full attention is **death**.
* **Maya** quickly clutches even a wise man when he **averts** from the truth.
* One can achieve **absoluteness** while being **alive**.
* The thought of non-dual self brings the enlightenment.
* See your existence as something **inevitable**.
* One’s self is **Brahma**, **Vishnu**, **Indra** & **Shiva**.
* Other than self, **nothing** else exist.
* After disagreeing with objective belief of **one’s physical appearance** by others, one becomes firm with the supreme state.
* Whether the world exists or **not** **doesn’t** affect the truth.
* The supreme reality is **not** different from the **deep sleep state**.
* Mind creates the differences which **doesn’t exist**, and it is **not** present without the mind.
* One tastes the timeless bliss after knowing self to be the supreme goal itself.
* **Detachment** from **fruit** results in **knowledge** & **fruit** of **knowledge** is **detachment**.
* Experiencing self as the bliss leads to **peace** & **peace** is again the **fruit** of **detachment**.
* **God** has **Maya** with it as adjunct.
* **Tvam** is the word used to represent feeling of "**I**", which is the blend of **consciousness** and **logic**.
* Through **exclusion** of **Maya** & **Avidya**, a person with/as **God** becomes complete.
* Meditation is focusing on **doubtful questions** while **listening** & **thinking** about it.
* Concentration means focusing highly on the **object of concentration**, diverting all focus from **meditation** and **meditator** to the object alone.
* **State of focus** is known as ***samadhi***.
* **Concentration** flourishes **virtue** in living beings.
* Best knowers of this Yoga call it **thousands river streams** of virtue.
* **Innate impulses** are **dissolved** when one does this meditation of virtue, **dualities** like **good & evil** are totally **vanished**.