

DATE	1 August 2013			LOCATION	Nithyananda Dhyanapeetam, Bidadi Ashram, Bengaluru, Karnataka
START TIME	AM	END TIME	AM	DURATION	33:42
TITLE	Conquer eating disorders with Nirahara Samyama				
Transcribed by	Mahesh Iyer			Checked by	Sri Nagesh

<https://youtu.be/betjRVaZw0s>

I welcome all of you with my love and blessings.

Today we are going to start the 16th batch Nirahara Samyama, Level-1, first day. People can join till day-after-tomorrow. From today we will start the registration. Today, tomorrow, the Samyama will happen. Day-after-tomorrow morning, after the satsangh, we will break fast, and then after twenty-four hours break, we will start the Samyama again, second level. So, till the second level, first day, you can join and take part in Samyama.

Please understand, I want to take a few minutes to explain about this Nirahara Samyama, the importance of Nirahara Samyama.

One of the biggest disorders human-beings are facing is over-eating and over-sex. Over-food and over-sex! I tell you, over-sex does not create any big physical disorders, but the over-food, over-eating straightaway destroys your health!

I am not promoting over-sex! I am very clear, please understand! All I am trying to tell you is, over-eating is worse than over-sex. The whole of humanity is suffering from this one big problem, one big disorder about this over-eating.

Human-beings are the only species suffers with over-eating. Even if ten beasts are dead, lying, their flesh is available, a tiger will never think of over-eating, the lion will think of over-eating! Even if the whole forest is available, the elephant will never think of over-eating ! But, unfortunately, the human-beings always suffer with over-eating. And, all of you need to know, more number of people die due to obesity than due to malnutrition. More number of people die on the Planet Earth due to over-eating than without food!

I can say, just like famine where food scarcity happens, In the modern day, scarcity of the knowledge of right eating happens. Obesity is nothing but knowledge-scarcity, knowledge-famine, not knowing what you really need, not knowing why do you really need, not knowing why do you need to eat, Experiencing

vengeance and anger, you try to take Revenge, you try to complete through eating. So over eating, as far as I am concerned is a psychological disorder which becomes physiological disorder also.

Nirahara Samyama is the process of helping you to complete with all incompletions, which you are trying wrongly to complete through eating. Please listen, only the one, two and three levels of Nirahara Samyama, I am not even trying to reduce the food supply to you, I am trying to complete all the incompletions you are trying to complete through food. Please understand, if you need 1000 calories to run your day, you are dumping 10,000 calories into your system not because you are tired, you are hungry, you need energy, just because you are trying to complete some other incompletions by eating.

So aim of Nirahara Samyama, in the first level samyama, second level samyama and third level samyama, is not denying the energy supply to your body through food, I awaken your intelligence, so that you can complete with all the incompletions you are carrying. You can complete with all the incompletions you are carrying. If you have incompletions about powerlessness, anger, education, complete them by going through a completion process, not by dumping food into you.

Emptiness you experience in your heart cannot be fulfilled by the food. Food can fulfill or fill only empty stomach not empty heart. It is unfortunate you go on dumping food into your body to fill the empty heart which is not possible and which is not right.

Nirahara Samyama first level, second level, third level, is basically to teach you to eat only for your hunger, not for your anger. Feed your body only for your hunger, not for your anger. Feed your body to become powerful, not out of powerlessness.

HINDI

Understand, in the Nirahara Samyama, I am initiating you and educating you and make you experience different mystical powers. One, first thing, by making you to do completion with all your food patterns and food-related patterns.....in Nirahara Samyama, the first thing you do is do completion with food patterns and food-related patterns. Due to this completion you will start eating only for hunger, not out of anger or any other powerlessness. You eating due to any powerlessness leads you to more and more suppression, leads you to more and more suffering. Don't eat out of powerlessness. Don't eat out of anger. Don't eat out of suffering. Don't eat out of vengeance. Don't eat out of any incompletions.

First thing I wanted you to learn about Nirahara Samyama is, many of your incompletions related to food, food patterns and patterns related to food, makes you Obese. Above all, a deep loss of self respect happens to you when you are Obese. Please understand, obese people always lose self-respect for themselves. They lose confidence about themselves. First thing I am trying to do is bring completion into all your food patterns, food habits, patterns related to food. In the next level of the Samyama, I try to awaken your innate intelligence to create energy directly, innate intelligence to create energy directly from space.

Understand, when the life is oozing from your body, when life is happening in your body, Life is so pure, it can give life to anything. Listen, life is so pure, it can give life to anything. It can awaken the intelligence of any bio-memory. It can awaken the intelligence, knowledge, Spiritual strength.

HINDI

Understand, just by completing with all your food patterns.....if you are brought up in poverty, or if you are brought up....if you carry patterns like your brother or sisters have been given more preferences in the common sharings in the house like sweets, food..... All Indian middle-class families will have this pattern. The upper class families will have obesity, because freely available. The middle-class people will have the pattern of being deprived of food; and when they become rich, the first thing they do is eat, eat, eat, eat, eat.....! It is so unfortunate! It is so unfortunate!

HINDI

In every school, we should teach the science of completing with food patterns. Being in completion with food habits, being completion with food-related patterns, we can save humanity from obesity and obesity-related diseases and obesity-related deaths. Please understand, on Planet Earth, more people have died out of over-eating than for need of food!

You may think, 'What is this Swamiji? In famine periods, killed millions of people!'

I tell you, other than the famine period deaths, all deaths are related to over-eating! All other deaths, whether you die out of heart diseases, anything other than the famine period deaths, are due to over-eating! There are recently-published articles in "The Telegraph" newspaper -- obesity is killing three times as many people as malnutrition! Please understand, obesity is now killing triple the number of people who die from malnutrition! Every year, thirty lakh people die out of obesity! Thirty lakh – three million – die out of obesity all over the world! Can you imagine?!!

You cannot stop over-eating till you complete with all the incompletions, patterns related to food. I tell you, this completing with the the food patterns and patterns related to food is ten times more effective than any intestine surgery! And no cost, no side-effect, most easy! This will be more effective, powerful than any intestine surgery! Even in intestine surgeries, after sometime you start dumping, dumping, dumping, and you die in that incompleteness with food-patterns. You die with incompletions with food patterns. Listen! This is a very important thing you need to know. The starvation deaths are much, much, much less – only 33% of obesity deaths!

Continuously you have to complete with the food patterns and food-related patterns. Complete with food patterns and food-related patterns. That completion is enough, will automatically heal you. You will be in the space where you will eat only what is required. You will be able to eat only what is required. Listen! You will only be able to eat what is required. This is the best weight-loss technique – no side-effect....and permanent! Permanent, and no side-effect!

Nirahara Samyama is a very powerful process to help you complete with all the food-related patterns. So, today, by initiating all of you into the first level of Nirahara Samyama, the first thing I want to tell you

all, from today start completing with all the food-related patterns, with all the food patterns and food-related patterns.

HINDI

So, this first level, second level, third level Nirahara Samyama is mainly to reduce the over-eating, unnecessary food being supplied into the body and becoming a load on the body. When you complete with the patterns related to food and food-related patterns, the unnecessary load put on the body will be reduced.

HINDI

Nirahara Samyama is a powerful process to awaken your Kundalini energy also.

See, in the first level, second level and third level Nirahara Samyamas, you can drink liquids like buttermilk, milk, juices, as much as you want. Just don't give the job of digestion, means, grinding, chewing to your teeth, tongue and your stomach. This will make you recognize your food-related patterns and food-related engrams. This will make you recognize your food-related root-patterns.

Please come to this Nirahara Samyama, because it will bring health to you, it will bring completion in you, it will awaken the Kundalini energy in you. The Kundalini energy in your system will be awakened through this Nirahara Samyama.

HINDI

With this, I will guide you all into the Nirahara Samyama. You can join till tomorrow, day-after tomorrow, and even the next day. See, today, tomorrow, we will be doing the Samyama, till the day-after-tomorrow morning. Means, first level Samyama is only forty-eight hours. You can drink a lot of juices, milk and any liquid.

The second level Nirahara Samyama that will be seven days.

Third level will be eleven days.

The Samyama instructions are same:

- Every day, continuously do completion, morning and evening, especially before going to bed, all the food-related patterns and food patterns.
- And Never miss the satsangh. Please come to the satsangh every day.
- And you have to attend the satsangh and do the Nirahara Samyama Kriya.

So, till 4th morning, till 4th August morning you can join, enroll yourself for the Nirahara Samyama. It is a free program.

HINDI

I request all the Nirahara Samyama participants to sit straight. Close your eyes. Cognize you have become Bidadi Kalpavruksha. With this same cognition, inhale through both nostrils and the mouth as slowly as possible. Hold inside as long as possible. Exhale only through both nostrils as slowly as possible. Continue this Kriya for the next twenty-one minutes.

With my Integrity, Authenticity, Responsibility and Enriching, I bless you all! Let you all become Niraharis! Let you all experience Kundalini awakening! Let you all produce the energy directly from the space! Namah Shivaya!

Let you all Achieve, experience, Live, Express, radiate, Share and explode in eternal bliss, Nithyanandam!

_____ **END OF SATSANGH** _____