

<b>DATE</b>	01 APR 2013			<b>LOCATION</b>	NithyanandaDhyanapeetam, Bidadi Ashram, Bengaluru, Karnataka
<b>START TIME</b>	AM	<b>END TIME</b>	AM	<b>DURATION</b>	
<b>TITLE</b>	Are You Limiting Your Expansion?				
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<https://youtu.be/NWvfcLBBOYY>

0:19

Nithyanandeshwara Samaarambham Nithyanandeshwari Madhyamam

Nithyananda Paryantaam Vande Guru Paramparam

iss samay hamaare saath upastith sabhi darshakon aur bhakton ka main prem  
evam aashirvad sahith swagath kartha hoon.

aaj ham jeevan ka doosra tattva shraddha kaise aapke vaastaviktha ko parivartith  
kar saktha hain uske bare mein baath karenge.

I will expand on the second principle, how second principle, Authenticity,  
transforms the reality of your life. First line, first tattva, you need to know is  
whatever you experience as reality is only possibility.

Please listen, if you are experiencing your reality as rich, everything good, that is  
also only a possibility for great which is supposed to come. If you are experiencing  
your reality as bad, poor, suffering, suffocation - that is also is a possibility for the  
worst which is going to come.

2:34

Listen whatever you experience as reality is only possibility. If you are experiencing  
as good - the great possibility for better, if you are experiencing as bad - the  
possibility for worst. But do not ever think the reality you are experiencing is  
reality. No it is just possibility.

If you are experiencing fear, be very clear, it is only a possibility for greater fear  
which is going to come. If you experiencing courage be very clear, it is only the  
possibility for the greater courage which is going to come. Everything you  
experience as reality is just possibility.

pehli jo baath aapko samajhni chahiye who hai ki aap job hi vaastaviktha ke roop mein anubhav karthe hain, vah keval ek sambhavana hain, aapka vastaviktha keval ek sambhavana hain. vah vaastav mein vaastaviktha nahin hain.

4:17

As you are only a possibility not yet become reality, what you experience is also only a possibility not yet become reality. You realize your reality - anything you experience is not reality. As long as you remain as a possibility still need to be opened, experienced, explored, your reality also remains as possibility.

If you live authenticity you will strengthen the right possibilities to happen, if not, you will allow your unconscious possibilities to open. That's all is life.

Understand the essence of life. Dhyan se suniye. You are only a possibility. Your experience is also possibility.

jab tak aap apne astithva ka asli vaastaviktha se parichay nahin hothe hain tab tak aap keval ek sambhavana hain.

One of the biggest mistake you do in your life is you think you are still a possibility but your life is a reality. That is why you feel weak. Your life is not a stone wall already built. It is a wax model getting ready. The reality you experience is not a stone wall already built. It is only wax model getting ready. Authenticity is the intelligence to alter your possibility consciously in a right way. Listen authenticity is great possibility to alter your life in a right way.

7:03

Let me expand on authenticity. Authenticity means the state where you are established in the peak of your capability, your possibility and you respond to life from who you perceive yourself to be, the inner image and peak in the outer image and establishing yourself in peak in others image about you. Whatever you perceive about you is only a possibility.

If you think you are a swami, good person, nice person; even that is only a possibility for the greater saint to happen. If you think you are filled with jealousy, dirt, junk and what not, disease, depression; that is also not reality. It is a possibility for a greater disease, greater depression, greater disorders to happen.

Now almost all of us experience our self as a mixture of both. How many of you cognize what I am saying? You experience yourself as a mixture of both - little health and little disease, little goodness and little badness, little joy and little depression, little reconciliation and little fight, and little wealth and little poverty.

So you are a possibility for any extreme. In a way you are a possibility for any possibility. When you are in a state of possibility for any possibility you are called seeker.

Seeker is a person who is possibility for any possibility. If you already became sinner you can't be a seeker. If you are already a saint you can't be a seeker.

If you are perceiving the possibility for both as a possibility in your reality, you are seeker; means do not know which side you are going to take, do not know what is going to be your life.

9:47

aapke jeevan mein ho rahi sabse baDi galathi yah hai ki aap sochthe hain aap ek sambhaavana ho. kinthu aapka jevan vaastav evam yataarth hain. Keval shraddha se hi aap apni vaastaviktha ko sahi disha mein parivartith kar sakthe hain.

Most of us experience ourself as a possibility for both possibilities and every possibility. I have seen even at the age of 60 planning to enter into politics and thinking that they will become Prime Minister. Of course in India anything can happen, that's different. I have seen people at the age of 70 want to start some business and still imagining that they will become Ambanis or Birlas.

We all think we are a possibility for all possibility. Please listen, you yourself a possibility for many possibilities and your life is also possibility for many possibilities. Nothing is yet become reality. It is not yet become reality. But all your suffering is because you think life has become reality. It is not. Because still you are in the mode of trial and error, life is also giving you time, waiting. Authenticity is the right way of making your life's possibilities.

12:07

Listen if you have not yet built the building, you are just sitting, waiting. This land, empty land, is a possibility for any type of construction. This land can become a engineering college, hospital, school, ashram, temple, house, residential complex; it can become anything.

Empty land is a possibility. Same way your life is a possibility. Authenticity is the right architect. Understand if I can compare your life as a empty land, bring authenticity as the architect or the empty land will become waste land.

In Tamil we have the word **porambuk**. Bring authenticity as the architect so that empty land can become the ultimate possibility. Let it not become waste land.

saadhak vah hai jo sambhaavana ki stithi mein har pal stapith hotha hai. shraddha sahi maarg hai jo aapke jeevan ki har sambhaavana ko vaastav mein parivartith

kar sakey, suniye, shraddha sahi maarg hai jo aapke jeevan ki har sambhaavana ko vaastav mein parivartith kar sakey.

agar aap shraddha ki antah stithi mein jeethe hai aap sahi sambhavana ko khulne ke liye anumathi dethe hai. anyatha aap apni achet mana stithi ko khulne ki anumathi dethe hain.

14:32

Listen! If you are feeling you are working more than last year, you are thinking more than last year, you are feeling more than last year, you are active more than last year, you are energetic more than last year - you are becoming younger. If you are thinking you are tired than last year, you are sick than last year, you are depressed than last year, you are not energetic than last year - whatever may be the age, you have started travelling towards death, you have started aging.

Aging can start happening even from 18 or anti-aging can start happening even at 90. Aging or anti-aging has nothing to do with the calendar. When number of years passing is not making you tired or retired you are kaalakaala.

Listen authenticity will make you better and better everyday passing. Every passing day will make you only better and better. Authenticity has so much power. Listen authenticity has so much power every third day you will feel you are becoming new, new, new. The new possibilities are opening, new experiences are happening. Authenticity will make you feel stronger and stronger every day, will make you experience the new, new possibilities. It will open up new, new possibilities continuously.

17:01

agar yeh khali bhoomi hain us bhoomi ke kahi sambhaavanayen hain. us bhoomi mein ek building ka nirmaan ho saktha hain, us bhoomi mein ek hospital ka nirmaan ho saktha hain. shraddha va upakaran veh saadhana hain jise vah bhoomi ki koi bhi sambhaavna vaastaviktha mein parivartith ho jaaye.

Bring the right architect. Bring authenticity. You will continuously expand. You will grow in your health, you will grow in your energy, you will grow in your possibility, you will grow in your thinking, you will grow in every level. So you will be growing younger.

Authenticity is the direct technique for growing younger. Authenticity is nirahara samyama for your consciousness. How nirahara samyama makes you grow younger authenticity makes you grow younger in your inner space because every day the way you think about you is expanding. The way you perceive you is expanding. The way you experience you is growing.

shraddha aapko har din adhik aur adhik mazbooth banaathi hai. shraddha aapko har din adhik aur adhik mazbooth banaathi hai.

I have seen during the election, if the election is announced suddenly all the small local rowdies will become possibly MLAs and MPs. From the day election is announced till the result is announced each constituency will have at least 25 MLAs. These guys will be roaming around literally as MLAs. Of course it is their fantasy not authenticity.

19:42

When authenticity happens to you, your possibilities continuously expand; your mamakara gets newly built. When the mamakara is newly built, possibility is completely new.

shraddha ek seedha maarg hai jisse aap har din yuva ke stithi mein reh sakte hain.

With authenticity, the very source, how you cognize you is transformed. How you cognize you - when it is growing you are growing younger. You become kaalakaala.

jab aap me shraddha hothi hai tab aapki sambhaavanayen lagaathaar baDthi hain aapka mamakar ka navin roop se nirmaan hotha hain.

Authenticity has the power to continuously expand you. I can give you 100s of examples. Today how you perceive you, if you achieve something what you think you can't achieve, again how you perceive you - it just completely transforms itself. When your perception about you is transformed your possibility in the life is transformed. When the possibility in the life is transformed possibility of everything is transformed.

22:10

shraddha mein stith hone se aapke swayam ke baare mein aapka jo samajh hain vah parivartith evam vistaarith ho jaatha hain.

Just yesterday I was asking my sanyasini who is responsible for enriching temple, I was asking "how many people do you think will be enriched through the May Inner Awakening?"

She said "No, now I am very clear any number of people you say will be enriched; that's all Swamiji. Because again and again everyday my cognition of possibility is broken to pieces. So now I know only one thing. Whatever you say will happen!"

Listen when your cognition is broken to pieces from inside, life is happening. Life is happening! If it is broken from outside death is happening.

If you are inauthentic, listen, if a egg is broken from outside life is killed, it is death. If the egg is broken from inside life is happening, a new life is happening.

Listen if the life inside the egg is not authentic to life, even a breeze can roll the egg and break it from outside. Grass can beat that egg and break it from outside. The grass which is moving in the breeze can break the egg from outside; death will happen.

If the egg is authentic, if the life is authentic, from inside it will grow and break the shell and come out; then no grass no breeze can kill it.

It will eat the grass and walk through the breeze!!

24:40

Authenticity in your life, the amount of authenticity you carry in your cognition, makes the shell break from inside. Continuously new, new, new possibilities happen. Your old cognitions about you is broken for good.

Sometime your cognitions will be broken by failures then you are inauthentic, you are shrinking, you are getting destroyed. If your cognition is broken by goodness you are becoming authentic.

jab swayam ke baare mein aapka vichar dhaara parivartith evam vistaarith hothi hain tab aapke jeevan ke vaastaviktha bhi parivartith evam vistaarith hothi hain.

agar aapke baare mein swayam ki vichar dhaara andar se TooTthi hain tab aapme jeevan vikasith hothi hain. agar aapke baare mein swayam ke vichar dhaara aapke bahar se TooTthi hain tab aap mruthyu ka anubhav karthe hain.

Umra ka baDHna ya umra ka na baDHna isska sambandh calendar ke saath nahin hain. jab varshon ka beethna agar aapko thaka raha hain ya nivritthi ki aur DHakel raha hain, dhyan se suniye, jab varshon ka beethna agar aapko thaka raha hain ya nivritthi ki aur DHakel raha hain, shraddha aapko din pratidin behthar aur behthar banaathi hain.

shraddha mein itni shakthi hain har teesre din aap anubhav karenge aap naye naye naye ban rahe hain, nayi sambhavanayen khul rahi hai, nayi anubhav ho rahe hain.

27:43

Inauthenticity is the corruption can happen in your soul. Don't allow.

A corrupt official takes away your confidence on the whole system.

A corrupt politician takes away your confidence on the whole country.

A corrupt leader takes away your confidence on the society.

Corrupt Consciousness takes away your confidence on life itself.

Don't allow the worst corruption which can happen on Consciousness which is inauthenticity.

ashraddha aapki atma ka brashtaachaar hai.

Listen if you don't bring authenticity, inauthenticity is waiting to take over you. Because you trained yourself for so many years with inauthenticity, inauthenticity is waiting to take over you.

agar aap shraddha ki stithi ko nahi laathe hain ashaddha aapke andar aajayegi.  
agar aap shraddha ki stithi ko nahin laathe hain ashaddha aapke andar aajayegi.

Bring Authenticity continuously. Expand how you feel about you, how you project to others and how others experience you. Go on expanding, go on expanding. Authenticity is the possibility of life in you.

30:13

When you don't bring authenticity, listen, it is authenticity constantly opens the possibilities in you. New, new, new doors of life, opens in your wealth, health, relationships. Whatever form you perceive your life – power, energy, how many ever forms you perceive your life, how many ever forms you measure your life - Authenticity brings life into everything!!

lagaathaar apne andar shraddha ko layiye.

Authenticity literally makes you being with many hands, many heads; Sahasra sheersha purusha sahasraaksha sahasrapaad; being with 1000s of eyes, heads, legs, hands. Authenticity can make your life with so much of possibilities. In every step, when your cognition about you changes, the way you project yourself to others changes and way you fulfill others expectation about you changes.

lagaathaar aap swayam ke baare mein jo aap mehsoos karthe hain, anya logon ke saamne jo swayam ko prastuth karthe hain, evam anya log jo aapse apeksha rakthe hain, in teeno vishay mein shraddha laayiye. tab aapki jeevan sambhaavanaayon se bhar jaayegi. tab aapki jeevan sambhaavanaayon se bhar jaayegi.

32:52

What is Authenticity? Bringing your perception about you to peak, bringing the way you show to others to the peak, fulfilling in a peak the way others want you to be for them.

Shraddha ka parabhasha punah suniye. jab aap apni uchchatam kshamatha mein stith hokar apni jeevan ki sabhi pratikriya karthe hain us stithi se jo aap swayam ko swayam ki drishTi mein samajhthe hain, jo aap swayam ko anya logon ke saamne prastuth karthe hain, aur jo aapse anya log apeksha rakhthe hain tab aap shraddha mein stith hain.

Without Authenticity life is dangerous, with Authenticity you are dangerous even to dangers. No danger can come to you. With Authenticity death will say you are dangerous to him.

See that is what has happened in the case of Nachiketa. Death was folding the hands and standing 'you take any boon you want but don't torture me'.

When you go to Prahlada's level it is one step further. Death is killed.

If your cognition about you is broken by failures, your cognition is shrinking. If your cognition about you is broken by goodness your cognition is growing, expanding. Life is happening.

agar aapki anubhoothi vifaltha se TooT rahi hai, aap sankuchit ho rahe hai.

agar aapki anubhoothi achche se TooT rahi hain, aapki shraddha mein vriddhi hothe hain.

jab aap shraddha main rehthe hain tab aapse mruthyu bhi bhay bheeth ho jayega. jab ap shraddha mein rehthe hain tab aapse mruthyu bhi bhay bheeth ho jayegi.

35:53

How you perceive you, how you project to others, has to expand just like Universe.

Listen, constantly Universe is expanding. Constantly it is expanding into expansion itself. It is not expanding into something else.

**EXPANDING INTO EXPANSION!**

You may say how can Universe expand? Then into what it can expand? Into what it can expand? It is expanding in the expansion. The expansion is the space it is expanding.

Listen either today or tomorrow the scientists who are doing research in this field will come to this conclusion. There are many conclusions Vivekananda delivered were proved later on in those fields of physics and psychology. Same way some day



in future people who do research in this field will prove what I am saying, but now itself I am giving you the conclusion.

Universe is expanding into expansion itself. It is expanding in expansion. No separate space.

You don't know where the things sucked into the Black Hole goes. It goes into the Black Hole itself. Black Hole goes into Black Hole; Big Bang explodes in Big Bang. Whatever comes out of Big Bang, from where it comes nobody knows. Whatever goes into Black Hole where it goes nobody knows. The whole Universe with their Big Bangs and Black Holes where they are expanding nobody knows.

I tell you it is expanding in expansion itself. It is expanding in expansion itself. In course of time scientist will prove what I am saying scientifically.

38:57

Expansion is a space in which expanding can happen.

Listen! Authenticity is the space where life can happen.

Here because of the air, the voice - the words I am uttering is travelling and reaching your ears. Listening is happening.

The space of air makes listening possible.

Space of expansion makes expanding possible.

Space of authenticity makes life possible.

LagaAthaar poora brahmaand apne andar hi vistaarith ho rahi hai. Black Hole Black Hole mein hi adrishya ho raha hain. Brahmaand ka har vasthu lagaathaar vistaarith hoke brahmaand me hi samaahith hoke adrishya ho raha hain.

Possibility of authenticity makes life possible. Continuously expanding you without any limit in front of your eyes is universal life.

If you see the end in front of you life you are atheist.

If you see the end in front of your mental eye you are materialist.

If you are able to see your end in front of your emotion, visualization, you may be called a seeker.

If you don't see the end, go on expanding with Authenticity your life is universal life. You are a jeevan muktha!

41:36

Bring this possibility of expansion in your cognition first about you; not as imagination or visualization.

I just know I don't have death!! I have a guts to tell this in a national television, which is getting live relayed through the internet and seen by the people all over the world. I just know I don't have death and I will go on expanding, doing for what I assumed this body. I will go on be delivering for what I assumed this body. I tell you this can become your experience also; just remove tiredness and boredom. Over!

Shraddha ki sambhavana jeevan ki sambhaavana ko har pal sambhav kartha hain. har kadam mein jab aapki swayam ke baare mein anubhoothi badalthi hain aap swayam ko kis tarah prastuth karthe hain vah badal jatha hain aur aap doosron ki apekshaon ko kaise poora karthe hain vah badal jaatha hain.

Its loooong time since somebody openly comes out and declares the power of the Vedic truths which human beings need to listen. I tell you, even if you listen somebody declaring these Vedic truths your consciousness feels the sweet, the taste. The authenticity of the declaration does not even need to be verified. The very declaration brings so much of sweetness to your consciousness. The authenticity brings inspiration to your consciousness.

44:16

vistaarith hona vistaarith hone ke antariksh mein hotha hain. jeevanth hona shraddha ke antariksh mein hotha hain.

Shraddha ki sambhaavana jeevan ki sambhaavana ko har pal sambhav kartha hain.

Bade lambe samay ke baad koi aaya hai jo hamaari vaidic sathya ke rahasyon ka ched kar raha hain.

Shraddha, continuously connects you with you and your highest possibility. Life is for realizing the possibility. Life is for realizing the self. Life is for realizing itself. Tiredness and boredom are your enemies. Tiredness and boredom are your enemies which stops, listen, which stops authenticity happening in you.

Drop this two bring Authenticity in whatever you are; how you feel you, how you project yourself to others and how others want you for them. In all this three bring yourself to your peak.

jeevan swayam ko saakaar karne ke liye hain. Jeevan swayam jeevan ko saakaaar karne ke liye hain. Jeevan swayam ki yataarth ko samajhne ke liye hi hain.

