

## **Vedanta, realization, meditation for Nirvana/Moksha**

The more 'I' meditate read Gita, Vedanta, the more it feels like psychology and understanding working of one's mind which apparently does not exist.

It is just play of Maya (Vikshepa, Avarna)

One which causes false identity and other hides the real nature.

Who do you think first person to land on earth?

May be cells and if you look at Darwins evolution theory, may be big bang is just theory.

We are all material from Stars.

Can you trace back your ancestors, information lost because of not being written?

If one Upanishad is enough, I would say it is Mandukya written by Acharya Gaudapada.

Fantastic, absolutely brilliant.

It says we live in loop/cycle/Algorithm of Jagrut (Waking/outward world), Swapna (Dream world/inner world), Ssupthi (Nothing/Blankness) and says the real you is none of these but witness/sakshi/Fourth/Turiya/Observer

This cycle happens again and again with earth rotating around sun and we observing sun sets and sun rise with light appearing and disappearing

In Jagrut(Waking world) you have mind, identity, people , objects with external lights with external world.

In Dream you have mind, identity, people, objects etc with mind lights the dream and creating it.

In Dreamless sleep, there is no mind, there is no one 'I' has disappeared with losing body consciousness and it is bliss which is called Ananda with no light

This light is called Jyoti

Dreamless sleep or more general sleep is bliss and escape to all suffering at least for temporary and everything comes back the moment we wake up and first thought is 'I'

You may think of 'I' as thought in fact it is Brahman and seed of everything.

Obviously, there is part of me which believes what if it is just brain but our Rishi, Muni, Dasa can never be that stupid. They did have out of body experience

Recent ones could be Dnyaneshwara , Sadashiva Brahmdendra , Matsyendranath to name few.

Then there are Dasa's who are not into psychological aspect of working of mind rather believe just like people have names, forms say God has name, form and say he will take form and appear just like he did for Gajendra, Dhruva, Draupadi and ask for salvation by dwelling in name, form

There are lakhs of composition written in various languages be it in Kannada by Purandara , Kanaka , Vijaya Vittala , Telugu by Annamacharya , Hindi by Meera , Brij/Avadhi by Surdas

The quest or journey for Nirvana or Moksha is filled with such devotion, stories with all kinds of people who are born and lived, have their own stories about divine.

Who knows some may even be distorted and lie.

Life is going to lot more fun in coming years.

Out of longing they started composing

### **1. Karedare OO enabarade**

Which is funny when you look at it in not seriously.

Usual people unless dead when you call them with name, they respond so they are hoping with dwelling on name longer and longer, within and outside that something will happen and he will come.

I did ask lot of people, some say he will come, some say he will not come, some say how will you identify it, some say whether it is he or she.

### **2. Nin yako ninna hangyako**

Same with examples from Bhagavatha saying

Valmiki dwelled in rama or mara

Draupadi dwelled in Krishna

Ajamila dwelled in Narayana (Actually his son at time of death)

Dhruva dwelled in Vasudeva

Prahalda dwelled in Hari

All devotees had their own journey but Dhruva is special, he had such courage. Did Tapas for months.

The key is to sit for longer, longer duration obviously closed eyes and to shut one's mouth.

Mind is bundle of thoughts, desires so from many thoughts you focus on one single thought with no end, they even sing and did Nadopasana, not to be under estimated great Dasa like Surdas , Meera all sang and had realization.

Job of mind is to think about past, future.

Dwell it in now! Which is to stop thinking

As long as you dwell in name, form you still have mind and your thinking.

The moment you realize you must stop thinking, you will have total blankness with feeling of body left.

I have even tried this path, it feels extremely good to dwell in name, sing!

May be, I must write in detail.

Thoughts arise from mind, there is gaps between rising of thoughts which is moments of blankness which is indication of no mind when you can have prolonged gaps or you learn the method to not to think you will realize there was never mind.

Go to source of rising of thoughts

Fortunately, I got used to not thinking and it has become extremely easy to switch

Then there are people who say it is Nirguna Nirakara, empty space with no hands, no legs, no eyes etc

Which is exactly the nature of Atman!

If you ask what is Atman and where it is?

'I' itself is atman superimposed by ego or false 'I'

Shri Krishna says ahandakara , Ahamkara

Aham atma gudakesha sarvabhuta....

Aham is cause of suffering

My journey has been blessed with grace, with new methods to mediate by combining name with breath, holding, stopping, have blank mind at ease.

There is no more meditator it is just blankness or emptiness with feeling of body left.

Next task is to meditate more intensely for more duration, you must even lose feeling of body.

There are many ways to communicate

1. Vaikari which is outward talking
2. Madhyamika which is inward talking or thinking
3. Pashyanthi which is watching your thoughts like observer/witness
4. Paravak

May be losing feeling of body could be achieved either by singing or dwelling in name or dwelling in blankness, do not know which works but

Singing makes you forget, gives trance, Try everything

Story 1

Father gives son a stone and ask him to go to different places and ask price for it, he goes to different kinds of people, people mention all kinds of prices starting from highest to lowest to average.

There is range of price starting from lowest (who do not know value of it) to highest (who know its value)

Similarly, Nirvana, Samadhi could mean different for different people for me it is always been SAT-CHIT-ANANDA, getting rid of all false identity and becoming Ananda Swaroopa

It is becoming iccha marini like Dnyaneshwara that is highest

If you look at what Sant Tukaram writes, he says dwelling in Vittala that is only Vittala in mind is Samadhi for him.

If you look at what Acharya writes he says Ssupthi is like Samadhi with losing everything

Story 2

Today I will write about story of Janaka which shows people knew about cycle of life, Jagrut , Swapna , Ssupthi during time of Ramayana as well and upadesha given to Janaka Maharaj in form of Ashtavakra Gita.

May be the book Yoga Vashishta is not popular like Bhagavad Gita where it also mentions this cycle of life.

Janaka is Videha muktha and is mentioned in Gita as example.

Janaka happens to be father of Sita is king and ruler of Mithila, He sleeps and enters dream world and is in battle field, He is bruised and is on losing side and starts running away and is unrecognizable.

He is thirsty and starts looking for water, he goes home to home but there is no hope. The same subjects whom he treated so well are not there for him.

Finally, door opens and is handed over pot of water, to his bad luck crow comes and drops it.

Suddenly he wakes up and dream world which looked so real disappeared just like waking world disappeared when he entered dream world.

There is change of identity, creation.

He is shocked at this nightmare and is sweating; all his kingdom is intact and his family is safe.

He calls his minister next day and asks question

Whether Truth is him living as King now or him living in dream? Because both will come to end

The moment he sleeps, the identity of king goes away and mind creates random dream which feels to be real.

Yesterday, I had some random dream felt so involved and finally woke up, Alas

No one has answers, Ashtavakra arrives and says

None of these is true, Self/Atman alone exists

Atman does not have Jagrut , Swapna , Ssupthi

These are just like movie appearing on screen

The moment you start being everywhere, there were never people it was just Brahman everywhere.

False identity of Guna (body) , mind was superimposed and made you believe it was you.

14 February 2023

This what Gita mentions

Eternal, everywhere, permanent.

Yesterday I heard Guru speak on occasion of Malahanikareshwara , spoke of 8 names of Sadashiva and its meaning starting with Shiva , Maheshwara , Rudra , Samsara Vaidya , pitamaha , Paramatma , Vishnu

Guru has also composed, his first sloka on Sadashiva.

He also spoke of importance of Pradosha , earlier was holding it regularly and going to Kadri in evening and was even regular with fasting on Ekadashi must restart all lost habits due to living in not so good atmosphere.

He also spoke of Saguna , Nirguna upasana.

Manifestation of Saguna is hard with no end to dwelling in name and having form right in front of you and later placing it in heart

I wonder, how earlier rishi were able to meditate for years and years.

Must practice sitting for longer, must do 1008 gayatri from 108

There is nothing bigger than gayatri , Dhiyo yon aha prachodayat

Can sit for 2-3 hours, once you get back to fasting may be longer, longer with closed eyes.

Nirguna is dwelling in silent mind with total ekagartha , It is sticking to Guna , samskara everything must go off and one day being everywhere will happen.

People usually relax after getting ekagaratha in name and blankness , thinking that is it but Nirvana is being everywhere and realizing there was never you

16 February 2023

Shri Krishna mentions to Arjuna to get over Guna , He also says in one of slokas about senses being higher than sense objects , mind being higher than senses , intellect being higher than mind , atman/self being higher than intellect/buddhi.

He says one's enemy is his desires.

The silence after Aum or ram or gap is itself self, so having prolonged gap or having no mind is achieved.

No thoughts, no mind so it is like background but the problem is getting over feeling of this body still remains which is made up of flesh or Guna which is eaten.

It will take few more years of dedicated practice , dwelling in no mind for hours with ekagratha

Do not worry earlier stopping mind was difficult now it is easy , similarly you will achieve it as well

Patience , belief it will happen

17 February 2023

Gita calls it sometimes Brahman & Maya, sometimes Purusha & Prakriti, some even call it Shiva & Shakthi

How will Nirguna Nirakara look , Nothing , being everywhere , like empty space , everywhere.

Do Gayatri every day, from 108 to 1008.

May be wake up at 6 , Gayatri is mantra of mantras and most of Swami or even Guru cannot do they do Narayana Gayatri which is tanno Vishnu prachodyayat

That is what Guru told , although no end but keep listening.

There will be end , Very few had sakshat kara of Gayatri

Even Hari when took human form did gayatri

February 20, 2023

Todays sloka from Gita is about giving example of Tree which is Ashwata and Shri Krishna asks to identify the source of tree which is inherently invisible

Beja or Seed which has transformed for years. Similarly one may ask source for this fleshy body and reason it is parents and than go backwards in time and no answer to the first person.

May be it is cells , amoeba and so on later fish , gorilla and theory of evolution

But Nirguna Brahman is world is non-existent or it is empty just like vast space, creation is because of Maya and you do not exist it is just superimposition.

May be with realization of being everywhere, all answers will be answered.

From tomorrow , car festival begins and 6 more days of fun and holi again :D

February 21, 2023

Today's sloka from Gita

Shri Krishna mentions it many times to fix mind on him, but there seems to be no end.

Many people in temple believe he will come, do both meditate on form and formless

Later he says Nirguna Brahman is hard for many people because most identify themselves with the body

Mind can be made no mind but make body no body is little hard and requires more practice.

Earlier they say people did parakaya pravesha which is quite unbelievable during present time.

Let me listen to what Meera has to say and her longing and waiting in her Piya tose

25 February

It is difficult to find devotees like Meera or any dasa, but Meera has written so nicely expressing her love to her husband (bhakthi bhava for some father -- Prahlada, son, friend –Arjuna)

Listening to it, feels how intense her desire was and he came for her.

It is not that I do not like form to meditate but to lose feeling of our own body will only make us truly liberated

Do both

First name, form and stop it be blank nameless, formless

Yesterday I met some guys who are into all this as well, it was funny when he told theory and practical which is very true

Lot of funny people in temple, all kinds unique in their own way

They added me to some group where likeminded people discuss

March 12, 2023

Travel teaches you a lot.

Kanchipuram is done but will visit again

Tamilnadu is most historic state with nayanars , alvars , so much architecture , heritage.

I am planning to spend 15 minutes everyday to learn tamil , only tamil I know is wanakum , sappad , tanni , pal , per ,thalaiva and devotional hymn written by Agastya which is Shri Chakra raja simhashewari.

Tamil is quite ancient some people date it even behind Sanskrit

It is sad unlike the place I live where there is Anna prasadam every day for all, there are no such things in majestic temples of tamil nadu , it brings unity among people.

I sang hara hara shankara, shri chakra within myself at Kanchi

Tamil women's are most traditional they have their own way of wearing saree , they even sing melodiously and quite god loving

Next is Srirangam