

## **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 Brahmendra , 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

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.