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12/18/16

The ‘magic seed’ has been shown.

![A close up of a flower

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From your own awakening must arise the seeds of ‘AKHALAQ’

MORALITY and DISCIPLINE MUST EMERGE from Innermost of depth of our evolved self.

NO IMPOSITION.

![A close up of a flower

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ZC:

* Zones should be further divided so as to increase reach out for better management.
* Local language is preferred.
* Video program on 2/3/4 in college- which they can use later as well.
* SOP = Standard operating procedure.
* Break UP into multiple zones.
* Pratima Sreevastaav

Nrapendra

* To inspire and motivate individuals
* Administration must be changed. This cannot happen by simply changing functionaries.

![A close up of a flower

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1. H = Yellow Various levels – Responsive, childlike
2. A = Red Reactive, Childish
3. F = White
4. W = Black
5. E = Green

\* F

Chapter 6

44-45 25+2

10

64 - 13th, Point 13 is the 65th.

![A close up of a flower

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* Chakras = Halting places in spiritual ascent.

Brackets

Barzak

Mugham

* Knowledge is transferred
* Directly
* Continuously
* Sequentially
* Tattva Sambhodhini [by Lalaji]

Fruit of ignorance

39 Nakshatra

# Quick Journey within 2-3 days before entering Central Region:

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4

# Points we bypass during spiritual journey

5

H 27 AGNA Chakra ( 6th pt)

Brah 27 SDK

54 Brahm Randhra

OR

Brahmarandhra

These **3** points all bypassed in our system.

6

![A close up of a flower

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HEART drowned in prayer, absorbed in prayer, keeps us alert about our Goal, this absorbency helps us recognize our defects and the possible solution to get rid of such defects. Prayer heartfully offered creates a vacuum in the heart triggering the inflow of Divine transmission from the source. One begins to further down from the mere idea of Divine light to actually being drowned in the flood of transmission.

![A close up of a flower

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1. SANCHITA Karma: From past lives. These accumulations are removed during the Bhandara or can happen during group satsanghs like Sunday or it can happen in the presence of the Master. It can also happen when a devoted abhyasi remains in total absorbancy.
2. PRARABDHA Karma: From the current birth, can be cleaned preceptors, while giving individual sitting
3. AGAMI Karma: Daily accumulation, can be removed through daily cleaning

![A close up of a flower

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Generosity is not possible without compassionate heart.

![A close up of a flower

Description automatically generated]()

वासना (passion) – परितोष (compassion)

(\*NOT करुणा)

![A close up of a flower

Description automatically generated]()

प्रार्थना तो जीवन को प्रेमपूर्ण ढंग से जीने का ही नाम है

# Living in tune with Nature Means:

* Adjustment or adaptation
* Expecting not
* Efficiency
* Simplicity
* Creativity
* We are plagued with past
* They do not postpone
* Only animals who are unhappy are in circus and that too because of us
* No future or past
* Planning until you get headache… etc.
* They do not blame others

# Spiritual Anatomy

Possible chapters:

* Knot formations 10 1/17 MMC
* Samskara
* ABCD
* 13 knots
* 23 circles
* Vestibules
* Kaal / Dayal Shakti
* Daily maintenance
* Koshas

![A close up of a flower

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Next series should be on consciousness.

As how meditation / cleaning / prayer and certain lifestyle influence consciousness.

![A close up of a flower

Description automatically generated]()

Dhruvadhipati = after crossing the circles of egoism.



Logic / Thinking 🡺 Feeling

Aggression 🡺 Receptivity

Conflicts 🡺 Cooperation

# Identification

13 2/17

Ahmedabad

Identifying oneself with the body, there is nothing wrong if it remains limited to the extent of maintaining and upkeep of health.

Identification with intellect, mind and ego.

One can identify oneself at only one level, to itself

I = I 🡺 Intelligence 🡺 Wisdom

With M = T & F Means moving from thinking to feeling

E = I, me and mine 🡺 and go beyond

 OR transcend this association or identification.

![A close up of a flower

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13

Blind Fakir 🡪 his friend gives him lantern so that no one collides. Someone does collide with him at night. He could not see that his lantern was off.

Sadhak can also miss out the inner lantern if it is not lit and one is not aware of it.

Blind fakir having lantern or no lantern did not make a difference but it did help other people from bumping into him.

![A close up of a flower

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ANgel of death comes to pick soul of sculptor who had made *murthis* like himself. Angel is confused God sends him back with an advice to speak to each *murthi* that something is missing here. When he reaches the sculptor, he is curious to find the defect in the *murthis* …

![A close up of a flower

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It is one thing to sing a song and altogether a different matter to sing a bhajan. It is like the dimensional difference between Whitney Houston and Meera.

One can appreciate the criticality of the presence of lifeforce by comparing dead body with the body that was just alive few minutes back!

One can see the importance of tiny little candle that is lit. Of what use will be the candle that is not lit! You will see only darkness all around despite of walking around with the candle.

![A close up of a flower

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Escaping call of duty and to rely falsely on the capacities of Master amounts to Spiritual escapism.

![A close up of a flower

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अगर आप चाहे तो अपनी तरफ से लिख दे कि अगर उनकी ाहीलिया (wife) womb पर meditation करे तो भट आरजू पूरी हो जायेगी, और जो शाम वाला मुराकबा हम लोग करते हैं, उसको इस तरीके से करे की जितनी खराबियां womb में है, घुस (smoke) की शकल में बहार निकल रही है, बल्कि अपने ख़याल से उनको ‘धुंआ बनने’ के लिए बाहर फेंके I

Womb पर ध्यान करते वक़्त मकसद तालीद बच्चा (बच्चे की पैदाइश) होना चाहिए, मगर रुलानीयत इससे कोसो दूर है I मकसद – बरारी (लक्ष्य पूर्ति) के बाद मुझे रोहनिया पर लोहे के चने चबाने को मिलेगा I

बाबूजी

From a letter to Ishwar Sahai’s MOTHER

![A close up of a flower

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Prayer: is the inner call of the heart. It is the last resort of a pure true Karma-Yogi. The feelings of the heart cannot be manipulated by the logical mind. To pray under dire circumstances when we can bear no more is natural. Prayer is the expression of feeling of one’s heart. When such is the case it is easily heard.

When one is happy and overjoyed, this when referred to God with gratefulness is also an act of prayer. In India, various dances were developed expressing inner feelings of the heart via dance; music; bhajans etc. … Thus, prayer represents the essence of one’s own inner status which we share with God.

Prayer is all about melting, softening, expressing itself with gratefulness and reverence. It is done in utmost silence. It must never be done in such a way that it disturbs the Divine silence that is prevailing.

This inner state is unique. It has no external face or any external principle to be followed. Prayer is the inner call highlighting the pangs of separation from beloved. It is in a way an inner cry when flowers/ pearls of tears slowly flow down which purifies the inner complexities of the heart.

Prayerful heart carries the eternal essence wherever it goes. It is an expression of love; which can only be shared with beloved. It expresses our helplessness in the beginning and later resolves what is the possible solution to prevailing helplessness.

![A close up of a flower

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* Sweet surrender.
* Blessings to the willing.
* Sahaj Marg is advanced system of Raj yoga.
* Distribute the divine nectar to all, very generously, with no limits. Do not think of postponing the distribution for later occasion.
* Expectations restricts possibilities.

Moment we start expecting, we begin to sow the seeds of disappointment and frustration. Frustration would not have been there had there been no expectation.

![A close up of a flower

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When sadness grips you, become alert to know the cause which has affected this sadness. Once the cause is recognised, the solution is very close. One must not weep over the love lost, since s/he is already married to someone! Solutions in such circumstances are not worth pursuing. You are simply hammering your head against the wall.

![A close up of a flower

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What can block the conduit?

Water pipe…by some stone OR debris!

In a preceptor as a conduct, it is DOUBT and doubt only.

![A close up of a flower

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Maxim 9

* Harmony between things of our making and those of the Divine.
* Uniformity of Nature’s dealings – VYAVAHARA [ NO Favouritism]
* Cynosure of His eyes. That means we ought to transform ourselves.
* The diversity of colourful flowers receives their due attention.

![A close up of a flower

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Quality of a bad disciple.

Always expecting to attain things cheaply. For example, I wish Master would give me everything in one sitting or few seconds. But on their own, they despise even minor inconveniences.

![A close up of a flower

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Life is not just for the sake of going on living without any higher purpose. It has something unique to offer, not just going on eating, sleeping and making merry – but this must not be misunderstood that we ought not enjoy life, enjoy the life but try to at least think that there is a higher call than mere living, surviving.

Life is a means to fulfil the greater cause. Ordinary life at an animal level is restricted to lower three chakras, namely – *Muladhara, Swadhisthan* and *Manipur*

![A close up of a flower

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|  |  |
| --- | --- |
| Superficial Trait | Core of the Center |
| Character | Awareness |
| Rituals | Essence |
| Loving | Love |
| Behaviour | Being |

![A close up of a flower

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WE ARE FORTUNATE TO PRACTICE SUCH A SYSTEM UNDER THE EVER-WATCHFUL EYES OF THE GREAT HIERARCHY.

WE WILL/ MUST ENSURE THAT WE REALIZE OUR TRUE POTENTIAL OFFERED UNDER SUCH A SIMPLE and YET EFECTIVE SYSTEM.

![A close up of a flower

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ANY WRITE UP ON SUCH A JOURNEY CAN NEVER BE Sufficient SINCE IT IS the individual journey and related experiences that matters. THE EXPERIENCE is individual, unique as well as can be so contradicting at times if we try to compare various nuances between our previous encounter with the present one; let alone comparing with others.

POTENTIAL persuading at each KNOT can be actualized with sincere and continuous spiritual practice. In fact, the efforts needed at each succeeding incoming knots or region is always more demanding.

The efforts we make at each knot # 1 will not suffice; in fact, the next stage demands more and more from us, not just the practice but the level of inner commitment, resolution, refinement …

![A close up of a flower

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On traditional chakras:

1. MULADHAR: MOOL + ADHAR: ROOT SUPPORT TO OUR PHYSICAL EXISTANCE AS WELL AS CONTINUATION OF IT VIA PROCREATIVITY.
2. IT IS ALL ABOUT FULFILMENT SO AS TO REMAIN COMFORTABLE AT PHYSICAL, MENTAL AND EMOTIONAL LEVEL.
3. NABHI: WILL POWER, LOWER MIND ACTIVITIES, THOUGHTS…
4. HEART: is all about love, discrimination…
5. KANTH: communication, creativity, expression…
6. POWER distribution:
7. Divine Abode: Multi- dimensional possibilities of expanding consciousness.

Muladhara: Limbs, bones.

Swadhisthan: Lower back, genitals, abdominal

Manipur: Liver, stomach, pancreas, gall bladder, spleen.

Anahat: Immunity, heart, lungs.

Kanth: Speech, throat, mouth, hearing.

Ajna: vision, Head, face, sleep/ dream.

Sahasrara: Brain and Nervous system.

Each traditional chakra has natural role manifested via consciousness intertwined in the particular organ OR organ system. Thus, the consciousness flux can be felt with altering condition of each organ’s health condition and vice versa.

**Muladhara:** Issues related to the skeleton system, normal daily functions of moving, walking, sitting can suffer if mutation is compromised.

**Swadhisthan**: Mutual nurturing within family, ability to exchange

love, affection, ideas … Also, issues related to fertility. Person who cannot exchange ideals and remains locked up inside can develop psychological build up, which if not addressed can affect the lower back.

**Manipur:** is all about will-power and assertions. Power politics, lacking harmony as a result, OR provider of immense comfort to the self as well as others if the will is used in right direction.

**Anahat**: Significant as far as immunity is concerned. The heart chakra plays a pivotal role. The chakra under stress cannot boost immunity. Chakra displaying gratitude, joy has greater chances of building immunity. That is at a physical level. It has far reaching impacts in reaching out to divine plane and positively affect the higher chakras. It can also affect the lower chakras by individual feelings leading to animalistic behaviour.

![A close up of a flower

Description automatically generated]()

Muladhara – dictates material existence

Anahat – dictates spiritual existence

Swadhisthana – Individual harmony within

Visuddhi or Kanth – harmony with the external via body language, speech

Manipur – will-power, lower mind or gut feeling

Agya Chakra – Higher will power, higher mind, intuition form the higher realms

![A close up of a flower

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As ones observes, one can notice the energy moving outward at times and energy moving inward at some other time. These phases go on alternating.

Our body seems to alternate this rhythm. It follows a certain principle of alternating polarity.

Outward polarity can be depicted as masculine in nature.

Inward polarity can be depicted as feminine in nature.

Outward flow of energy and inward flow is also a play of rhythmic activities prevailing at each knot.

In general, alternating right or left nostril rhythm is always there. At times right dominates over the left nostril and at times it is the left nostril that dominates over the right. It only means which nostril is freely flowing.

🡸 Thinking of the goal with loving anticipation OR the art of absorption in the beloved can nourish this process of course, pranahuti plays a catalytic role.

I-ness – Grosser

Is-ness – Subtle

Am-ness – More subtle

# Subtler can understand the grosser

Grosser cannot appreciate the subtler.

Subtler can penetrate the realms of the grosser and thus can acquire the knowledge of the gross.

The ultimate being the subtlest remains beyond our mental grasp and understanding.

More and more divine revelations descend as one becomes more and more refined and subtler.

Thus, the spiritual journey is all about becoming more and more refined and subtler.

POWER 🡺 POWERLESSNESS

Ensure that

we don’t add samskaras on

those who do not know how to clean

To the

make the world subtlest

a better place

Prapannatva. self 🡺 selflessness

Remains undisturbed

empathy making of despite of thoughts

true during meditation.

Devotee

Compassion Remain calm and ever grateful

in the midst of daily struggles

Avoid entertaining the idea maintain FIRM character

that your guide OR God would FIRM and GENTLE

demeanour

do everything and that one need unflinching STOIC

not do anything.

**The above is not**

**Philosophy OR sociology but a REALITY.**

There is a systematic formation of each knot. As the current descended and formed its energy of vortex, unique in each scenario, partaking the essence of panch-bhutas plus its amalgamation with consciousness masterfully created vibratory field, in which now resides our particular/ specific impression in a particular sequence.

Our march towards each higher plexus is the purpose of our spiritual journey. At each plexus we experience particular condition which one must secure. **E** enlivens it, **I** imbibe it and eventually ensure ones **M** merges into it but.

Without this merger at each knot, it would be like visiting the pilgrim sites without staying there for considerable period.

The process of **E**, **I** and **M** is mandatory at each plexus. This is easily made possible under the useful training offered with the help of Pranahuti.

The journey is impossible without pranahuti and its effective application in timely manners. This demands dynamic relationship between the seeker and the trainer.

Before starting to create the spiritual edifice, it becomes necessary to clean the ground of thorns and thistles. (Idea of cleaning –purification)

Unlike traditional chakra system, we take up heart as the launching pad for our onward yatra – which goes beyond Sahasra dal kamal. The lower primal chakra viz, Muladhara, Swadhisthana and Manipur are taken up only in the last.

Bhog: can be undergone in few ways. One is where one undergoes the consequences of one’s karma OR samskara either in the real world OR allowed to experience in the dreams OR remove the impressions via cleaning OR through the process of unravelling OR unfolding of the complexities, intricacies at each point.

The bhoga period can effectively create more samskaras if one is not able to accept the bhoga.

Various actions and reactions also in the form of thoughts, intentions can create impressions. It is noteworthy to emphasize the impressions created by our INACTIONS. Our encounters at so many levels, conscious, subconscious, intentional or unintentional creates cognates.

In the absence of such cognates, it is difficult to re-cognate them in our mental frame.

We will deal with philosophical, metaphysical, psychological and above all very practical demonstration of one’s spiritual journey through knots, koshas, regions and rings. Sincere seeker through personal dedicated practice can verify the writings.

Heart contracts (C) and relaxes (R). In between this phase of **C** and **R**, there is minor pause, a state of balance, a mid-point.

Between the response and the stimuli too there is a brief period, if used wisely, can either dissolve the response that may arise OR one can expand this period so as to solicit inner analysis. If one does not respond with full awareness, it is not appropriate. One must respond with complete awareness, even if it means no action was taken.



Panch Bhutas Corresponding Senses

Aakash, Space Shabda, Sound

Vayu, Air Shabda and Sparsh – touch

Agni, Fire Above plus roop, vision

Prithvi, Earth All

Find the sloka from Upanishad where it mentions:

“OM” is the bow

“Mind” is the arrow

“Brahman” is the aim

But we go beyond Brahman or Parabrahman.

Expect NOT = Acceptance = Love.

PRAYER:

“we are yet but slaves of wishes

putting bar to our advancement”

The purpose of wish is that having it fulfilled one would rejoice some level of happiness.

So, it is this craving for happiness, is questionable. Mind remains restlessly occupied with the craving. Moreover, lifetime experience of not only one but almost all shows that fulfilment of one desire in its trail creates more and more desire.

**Reset your heart,**

**Centre yourself**

**and**

**Then PRAY.**

Expectation:

On a particular day like birthday or 1st when you two met, on the anniversary day, some gifts are always possible. That’s how this world operates.

But, if you surprise your loved ones with a surprise gift, you can witness the explosion of joy.

Expecting certain behaviour day after day bores us. Same greetings… as one would expect.

Expectations creates the routine of boredom; if fulfilled creates boredom and still feel some level of unfulfillment.

Worse is if not fulfilled, there will be frustration.

Expectation is the fore runner of frustration. Expectation is the seed and frustration its harvest.

# Message of Babuji is S.A.

“I appreciate my associates.

PROCEED TOWARDS UNKNOWN.

LOVE HIM WHO LOVES ALL.

DESTINATION IS NOT FAR OFF.

REMEBRANCE IS THE INSTRUMENT.

Bless you all.”

* Babuji.

When we are moving towards unknown, what can one expect?

When we expect nothing and things happen, there is so much of involvement of our heart filled with surprise, joy, excitement…

Expecting something spoils the joy. Expecting certain experience OR thoughtless state OR absence of bad thoughts…

Expecting nothing also includes the any fancy for future. You are immersed in the ‘now.’

All complaints will disappear.

One remains in total acceptance.

This leads to gratefulness.

Look at it differently:

How can you surprise anyone who expects nothing?

At times we expect certain answers OR certain level of solution from dear one. Once you have an answer, do not ask.

ASK only if you are clueless. Otherwise these will be marathon of arguments on agreement and disagreement; especially with Master, if you already know the answer, there is no need to waste your time or his. Worse would be to prove that you are so RIGHT. Then why ask? EXPECTATION is extended into future.

HAPPINESS belongs to NOW.

Seeds of expectations are buried under thousand and one number of desires. One who has accepted the fact as it is OR have accepted the God gives situations, will not trouble oneself to fight with her own enemies called desires.

Expectations 07/00/16

Desires gives

BIRTH To Hopes/ hopelessness 00/7/16

One will be freed from the trap of desires once we understand that desires in their fulfilment gives birth to many more.

Secondly, fulfilling even one truly does not really fulfil our hearts. It demands for better and more intense encounters of another bout of joy or pleasure OR excitement.

If dreaming in the past has created so much of suffering, should I not stop building dreams of tomorrow? Dropping expectations or desires gives one tremendous freedom and a true spiritual approach.

During meditations, all our expectations are supposed to die down OR disappear or we arrive at some resolution (inner). Imagine what sort of meditation that would be which fuels our expectations and ultimately the frustration.

How long to remain unmindful of inner demons that only prevents us from flying high?

Demons of confidence and assurance in wrong aspects under the name of modernity, technology, freedom that comforts us…

# Acceptance

Acceptance removes the ‘Fear’. Acceptance dissolves discrepancies. If one does not accept, the conflict can remain ad-infinitum.

If I face, for example, fear of dark, only way to realize that darkness is not my enemy, or it is not going to kill me is to pass through the darkness. Thus, one becomes wiser through acceptance and taking a next step of facing the challenge.

Saying ‘yes’ or ‘no’

Acceptance = YES

Non – Acceptance = NO

YES= submission of Ego.

At the same time, one must be careful in not making anything and everything acceptable. It must not become daily ‘mantra’.

Even though we accept situations, persons, processes…we should accept all that with complete inner awareness.

Preceptors sometimes tend to look at you with an eye of disapproval OR speak in a tone of disagreement. Thinking oneself an inch above others can weigh upon oneself and if such a person is sensitive, he will regret to be judgemental. He will slowly develop more agreeing temper; acceptable gesture will shine. When we make unjustified criticism, we actually are hurting ourselves as the other. And for what reason?

If one cannot accept, cannot relax either. There will be tension. Per contra having accepted, it brings about closure, tranquillity and calmness.

Multiple choices mean somethings have to be rejected and something has to be accepted. This non-acceptance creates some level of mental exercise.

Also, the problem starts once we start identifying ourselves with the mind instead of remaining a WITNESS.

So, in true acceptance one is not completely aware of either acceptance or non-acceptance due to refinement of self or ego.

Thus, in true acceptance, both the sphere of good/ bad, one is neither attracted towards good nor is having any aversion towards bad. Both are accepted as part and parcel of existence. This level of acceptance promotes natural changes with सहजता, naturally.

For such a change to be made possible

* 1st step will be not to deny the other’s opinions just like that.
* The second step is to recognize the importance of both the facets – like two wheels of a cart.
* Observe the above with alertness.
* Simply witness. Witness both the sufferings as well joys if one chooses or rejects opinion. Observer becomes the witness once he is able to detach. In a state of non-acceptance there is disruption and discontinuance of usual flow. Acceptance allows OR keeps the flow running.

After relaxing the body, mind, heart and spirit, do not be in any kind of rush. Be tranquil in all that is done. Walk, eat, speak, remain silent … in utterly relaxed style.

Who can relax?

One who is in a state of acceptance.

Is acceptance at cross-roads with responsibility?

If one accepts God’s ordains OR believes in past karmas or samskara burden which is a genetic map of someone’s life, then all that happen will be un-interruptable. Nothing can be done and so no action will be needed.

This is the reason, why The East has not progressed much, due to this fatalistic way of acceptance.

So, if you are responsible for your troubles and miseries, you are also responsible for your bliss, your joys. Miseries can be stopped, interrupted – here and now. Become responsible. You have a chance to allow your potential of becoming flower to yourself as well as for others, and also one has similar potential to become painful thorn for yourself as well as others.

# Fake it till you make it!

Rahein talab mein aise bekhabar ho gaye

Manzil pe aake mazil ko dhundh te hein!!

At least make believe that you have reached the destination. By and by this will become reality. Pretend walking with utter silence of Buddha, walking OR sitting with keen absorbency of Babuji OR even joyful and bubbly state of Lord Krishna.

Acceptance of each other in the world will prevent wars, communal riots … rivalry.

Under the protective canopy of humility, one is able to accept his own greed, defects, anger, good and bad … with such a humility deeper acceptance becomes reality sooner. One is able to quickly transform oneself with such altitudes.

# Expectation

Is it possible to entertain desire / expectation if you are content?

Lack of content 🡪 unhappiness

Expectation 🡨 Birth 🡨 Finds means to

Hope etc. of Desire establish happiness

क्षमा

आर्जव

दया

संतोष

सत्य

Generosity of heart is a must for anyone to forgive OR be compassionate OR be accepting in nature.

Don’t we rejoice when some drug is found that could supress some part of genes, which if expressed can become cancerous?

Why not then be impressed with the methods that can alter the thinking pathways of mind by dissolving its cognates or samskaras.

![A close up of a flower

Description automatically generated]()

Problem with Bliss

When in bliss, one must dissolve. If he cannot, then purpose of bliss has failed.

![A close up of a flower

Description automatically generated]()

Asatmo sat gamay,

Tamaso ma jyotirgamaya.

Before I seek truth & light, I must be aware that I lack both.

Imagine an adult person refusing to ever try to learn new language OR new hobby.

Adults suffer from the idea that I do not need to learn anymore & hence they do not grow/learn at the rate children learns. Well, there are other reasons as well which prevents adults from learning more like children.

Acceptance of our ignorance makes new learning possible.

1st come to the neutral ground, away from the negative ground. Then there is possibility of slowly moving toward acceptable positive ground.

So, the need is to accept our ignorance.

Jana to ye jana ki kuch nahi jana Jisko jitna hosh hai, utna hi woh behosh hai.

![A close up of a flower

Description automatically generated]()

Total acceptance:

When your business partner creates such a situation where you have no other choice but to split, let it happen. Do not fight. You accept what your partner is pushing you into some sort of choiceless situation. One will have to accept. Otherwise, there is so much of bitterness to be handled on the daily basis. Your system will be drained on a continuous basis.

Similar is the case when in a family there is rift between two brothers. Wise one will have to give in and tell other brother, may God bless you. Take whatsoever you like.

So without generosity of heart, acceptance cannot happen.

Some examples:

1. Kabir story: day of marriage, as per his wife’s wish he is taking her to her parents place in the middle of rainy night.
2. Business world where manager is stealing.
3. Babuji’s wife pushing him into a corner with a broom-stick.
4. Being slept by your wife.
5. Man goes for haircut.

PAUL TURNIER on acceptance:

Acceptance of one’s life has nothing to do with resignation; it does not mean running away from struggle. On the contrary it means accepting it as it comes… To accept is to say ‘yes’ to life in the entirety.

(P.T)

Though you are unable to accept your personal growth in the field of spirituality, dissatisfaction expressed by either the preceptor OR Master is rarely accepted with honesty. In fact, one reacts to this glaring truth.

The above attitude is due to what lies within us as our enemy who demands self-recognition, approval of others that we are unique and must be praised. Are we still children who goes on demanding statements: my darling, you dance well, or you are so good…

This approval of others is already dragging us backward – let alone we demanding the praise even when we are wrong.

You can only imagine a situation where in disagree with wife on some point of discussion, she would immediately start blaming husband for not supporting her view point. She expects support from the other even when she is wrong.

We demand/ expect such support from our near and dear ones, which when absent; one feels rejected and hurt.

The expectating the change is NOT about myself, but we demand change in others. We demand approach of from others whom we consider as our own.

# Yogic Chakras

## 1st Knot, The Heart Chakra

Earth element: HEART : Five hooded snake. ADISESHA is a symbolic presentation.

Presence of God felt within and outside as well. Equal eye on all is appreciated here.

One remains equanimous, unmoved, composed even during the hour of calamities or troubles as well as during the time of joy and excitement.

Sense of balance is paramount. This means no undue OR extra OR less attachment to anything.

Feeling of all pervasiveness of God kindles the feeling of acceptance.

Cleaning of A and B also trigger or influences the resultant experiences in Heart. Depth in meditation is experienced once the pulls and pushes of VRITTIS prevailing at A and B are slowly disappearing OR let us say: transcended.

The lower chakras derive the WISER influence from the higher points until then one must try to cultivate pratyahar. The Kama and Krodha are tackled in the most unique way in Sahaj Marg.

One feels Divinity spread all throughout. One becomes emotionally charged up. The inner eye perceives this infinitely / infinity. The infinity felt in the beginning collapses in another infinity at each successive chakras and finally by one reaches Bhuma where both time and space collapse.

The feeling of presence of Divinity all around creates in turn:

* Great admiration and feeling of reverence
* Nothing else matters since HE is all and is everywhere
* The above state triggers vairagya. Journey here need to be accelerated
* Restlessness start to dominate.

At this level, one must further nourish intensify the condition of viveka and vairagya with the help of systematic, dedicated PRACTICE.

The lack here in the beginning stages will have some level of repercussions at higher level at a later stage.

The restlessness that one feels at every successive Knot arising out of immense love for God is quite natural. A discriminative mind will be able to decipher the difference between such restlessness and disturbance arising out of mental VRITTIS like thoughts arising due to mind being disturbed by inner impurities, complexities, vikshipa…

The restlessness even if it arises out of mundane TRIGGERS must be deflected and allow them to merge in the steam of flow of love for God.

The influences arising at A B and D are understandable and curable. But, the very presence of many anomalies at these chakras, one can become discontent, heartbroken, irritated, angry…

Per contra, its opposite is also felt, where one feels overjoyed, elated and in simple awe. So, one should try to associate NOT only the feeling of contentment, joy, peace but also those feelings which are disliked by heart. All feelings- good or bad – should be offered to the LORD.

During this phase, one tends to look forward to a constant craving to receive more and more sittings. Also, every lover of God seems to love echoing impact on the heart.

One must remember the often-repeated solution by Babuji to multi-fold problem is to attach ourselves to the Goal and automatically detachment from temporary, unworthy and useless will happen in its trail in the most natural way.

Selflessness predominates love and so is selfishness. Since we are in the region where the dwandwas dominate. The qualities of heart come to fruition. The feelings of empathy, compassion in its train give rise to other qualities like altruism, sharing, caring come to flower and manifest in the most magnificent way.

HOARDING, BEING POSSESSIVE are also some of the negatives of this knots.

## 2nd knot - ATMA CHAKRA - Spiritual Heart

Intensity of our craving and increased devotion makes our path clearer and brings us to this refined world of finer vibration.

Our consciousness finds newer expression having loosened up most of annamaya Kosha. One feels immense peace, indescribable, as if one dwells in the realm of God. Feeling of removed from shackles predominates here. One feels utterly simple and one remains at peace. Compassion matures here to its zenith. The limitation imposed by selfishness are broken. One tends to offer prayer for one and all. Spirit sees no imitations. Mine and his or hers seem meaningless. Everything is divine and from divine. There exists peace within and without. One feels as if one has fully been engulfed by Divinity.

A note for the preceptors: The *atma chakra* can be connected with chit-lake from the very beginning of sadhana.

ATMA being replica of Param-atma, this point displays all those qualities in miniature style. So, some get trapped with false sense of having achieved the Higher state.

We are here at the 2nd ring out of 23.

The effect of Anamaya Kosha, and its pre associated tendencies of ‘physical’ are greatly minimized. The others start appearing as yours. Their joys and sorrows are felt in a more realistic way. Oneness and uniformity is experienced.

Not only God is all pervading, but one feels oneself all pervading; nay all are all-pervading.

There is on one side immense calm and peace and other side, very subtle level of yearning still remains.

## 3rd point:

* Hallmark of devotion.
* One likes to feel purity all the time.
* Restlessness truly develops here.
* OR intensifies here.
* Henceforth, the practice will no longer be dry practice, but it becomes ever absorbing in love.
* The fire of love and devotion here purifies our intents, new level of resolves emerge here.
* Position

## 4th point:

* Total dependence with confidence and courage takes hold.
* The facing of surrender is a newer beginning here.
* One feels as though you are now being pulled towards almighty. This assurance cools down the fire of devotion that was lit earlier at 3.
* One feels calm and settled as a result of this feeling that Almighty is pulling us towards Itself.
* position.

## 5th point:

* point of discrimination [between collar bones]
* There is clarity when it is clean.
* If it is not pure, it can make one hallucinate/ or in a dreamy state.
* Due to sharp sense of discrimination, one is able to have finer and more penetrating insights.
* Colour
* Position
* Visudhdha [pharyngeal plexus] {Quality of communication

{communication with clarity and love

## 6th point:

Ajna chakra [cavernous plexus]

Before reaching here, it would be important to ensure thorough cleaning of lower Vrittis, establishing moderation.

Energy is distributed from here to various lower chakras.

* Tinge of shadowy darkness, kind of dawn colour, greyish, neither light nor darkness is felt.

Let us assume each point as grade **1** to grade **13**. If minimum passing marks are obtained in all the subjects, then one is allowed to move upward. The common educational subject in each grade, here at each knot, would be the aspect of ‘character formation’. If one lacks this precious quality, it is difficult to have minimum passing average and one remains bereft of spiritual nectar even though he may have excellent situation with other subjects.

It is OK to take lot of time in mastering the conditions at each knot. Pranahuti makes the passage very fast.

As we move higher, each higher knot becomes MAGNETIC, it pulls the vibrations upward.



## B.M.

## Brahmand:

* + Empathy develops-naturally. It becomes automatic. No efforts are needed.
  + Selfishness turns to selflessness.
  + Generosity of heart developed which is Pind Pradesh helps us enter B.M.

What prevails where all opposites end?

What prevails where all colourfulness of life in pind pradesh end? There exists colourlessness uniformity. (grey) No dazzling light OR colourful experiences.

## 6th point:

Where begins the Brahmand Mandal, domain of Divine. Effect of dwandwas DIMINISHES purity prevails.

After entering the Beloved’s chamber, one awaits profusely with enormous restlessness to have proximity with the Beloved; as how one would feel without the lap of Beloved. You are no longer anxious about the pulls and pushes which were eating us away. One feels a great relief 1st time in life.

* Now we are in realms beyond liberation. The idea of forced reincarnation is completely gone. One will have a free choice here whether to be reborn OR NOT. This is the only benefit [NO BIRTH].
* This freedom is the beginning of true spirituality.
* Purity of lower **1** affects the higher region of point **6**. The greater the purity at the chakra 1, the flow of energy from the source as well the flow of higher inspiration become natural [Distribution of power]
* Sixth knot is where from the supra-mental sphere OR B.M begins.

## 7th knot

is completely in super-mental sphere OR B.M., also known as VIRAT.

* Holiness/ purity is predominant.
* The great power prevails here, it is charmingly attractive and that’s where one comes to a stop at it and further

67

progress arrested.

The condition here is so great, yet it is like a toy for a child to play with, indicative of pleasure and merriment.

* Durvasha.
* The region storehouse of inexhaustible energy.

Page: 317 CWRC

Include all the description from CWRC and add only that is needed in the end of description at each point.

IMPORTANT

I’m Brahman

All is Brahman

All from Brahman

Power Centre \* Power Corrupts

program halts/ avadhoot is very much possible.

7th knot, refer to page 170, path of grace by KV Narayana.

Narration of autobiography.

Going DEEPER INTO THE STATE WITH THE ABSENCE OF OUTSIDE FEELINGS is LAYA-AVASTHA.

How one feels at noon.

1. Do you feel inward pull to meditate deeply? 🡪
2. Shadowy darkness OR darkness even in bright sunlight

Shadowy darkness

To remain unaffected by the outside impressions lessness is the mark.

Point **6** and **7** are almost intertwined forming the little doll like structure – or number eight, with its lower circle smaller than the upper.

The upper circle due to it being the powerhouse, one feels intense vibrations at the upper part of this formation.

Even a person not following any spiritual practice can sense this feeling prevailing at the point **7**.

The lower circle which represents the point **6** is slightly in front of the circle representing the point **7**.

**Point 7** = Power house.

**Point 7** = Meeting of Divinity with full intensity creates very pleasant ecstasy.

One feels as if have reached the destination and feels at home. Master must act here to wake us out of this comfort.

The power that prevails here is not for individual to enjoy for oneself but is made available for the overall good; universal good; Universal welfare, *vishwashanti* and not VYAKTI- SHANTI. It helps yogi to restore and establish universal order.

Whisper: 4 15/17

Everything must change, chiefly minds, otherwise nothing great can develop.

Babuji.

Path to Divinization is through

MIND.

KDP.

Animal instincts To Human instincts to Divine state.

Reactiveness to responsiveness.

Responsiveness arises from the womb of the pure heart and a balanced mind.

Transmission does the tuning of mental tendencies; besides cleaning of the intention of the heart.

Once self becomes universal self, moving from selfishness to selflessness, one now starts to gain the benefits of Divine potential.

If you never committed any mistakes, isn’t it great?

Now, at least learn from my mistakes.

~ KDP 22/04/17

## Brahmand: [6-7]

* Where the self-centeredness is dissolved
* There does not exist possibility of prayer for self-gratification. There will be greater interest in welfare of all.
* Vairagya is already in full swing having transcended the opposites OR the dwandwas of pind-pradesh

Charms,

7th knot Pleasant feeling

Powers (abundant)

## 8th knot

As we have experienced so simply in the material world that once you have in your hands the cherished object, it loses its meaning or earlier passion that was associated with it.

*दुनिया जिसे कहते हैं जादू का खिलौना,*

*मिल जाए तोह मिटटी है I*

*खो जाए तो सोना है I*

So/then enamoured by this powerhouse, one realizes worthlessness of it and quickly adjusts oneself to remain perfectly in tune with the Great Master. For such a devotee vairagya crosses its limits to uparati where the aversion of negative and passionate possession of the positive becomes “SAHAJ”.

While in remaining the limits of dwandwas one feels how irrelevant one is in this equation, after arriving in the Brahmad, one realizes how even the objective world is so irrelevant. Thus, the hold of the worldly stuff is completely removed here. The world no longer remains a playground or mayavic.

## 9th Knot:

The image of cows around Lord Krishna is the apt one. Also, the image of Hanumanji comfortable and prayerfully seated in the company of Lord Shri Ram Chandraji conveys the condition prevailing here.

In this utter prayerful and humble state, everything seems as fine as it should be. Neither attraction nor aversion can hold of us here. The Lord’s sight is always in the heart.

One looks forward to all guidance coming from Him, since one has now come to terms with the world and that one is neither attracted or in aversion, remain fully surrendered like Hanumanji towards…

Or

Cows for all their succour on Lord Krishna.

6-7 B.M.

8-9 P.B.M.

10 Prapanna

11 Prapanna Prabhu

12 Prabhu

13 Center Bhuma.

Righteousness 🡪 Duty

Holiness 🡪 Renunciation

The Chit Lake is right behind the Knot **8**.

Ref: Babuji’s works as seen in Preceptor’s guide 1960.

The total cleansing of Chit Lake or consciousness results in gaining its original state just like any other knot which when is cleansed thoroughly refrains originality.

All that happens henceforth is in tune with the Divine.

Saraswati Centre: The Centre of the higher wisdom.

Passion Point: It is closely attached with Saraswati point.

Both are slightly below the point 8, few millimetres inside, forming a wide angle triangle with the 7th point.

Henceforth it is all about more and more of HIM and less of lesser of the self (individual). Heart gains enormous purity. The atman takes the lead in palpable sense

Ibd – humility

Piety – insignificance prevails supreme

Traits

Prayerfulness

Subdued condition or Abudiyat

Above traits takes hold of heart.

Thoughts and Will, will be in total synchronicity with that of Master.

“Hanuman” …

The world appears as dream, maya – neither real nor non-real.

One completely depends upon Master in totality. Individual will here merges with that of Master. One feels complete osmosis between two. One arrives here at the state of *fana*.

The idea of self or atman related consciousness now merges with Master’s.

Generally, at this stage when love for Master is so intense that one is reborn in the B.W. Here the breeze of divine consciousness starts flowing. This is in reference to S.E.

One truly feels the dominance of Master, with extra-ordinary love. There is perfect sense of naturalness all through. Reverence towards

Master simply takes hold of us.

## Prapanna Gati State:

The real attachment starts here. Once one oneself with the real, the

false starts automatically dropping. Every moment remains pregnant with His being. Any moment that is spent away from this mental togetherness is regretted. This is true sin. Sin means being separate from the noble connection we ought to have. When all the efforts to remain absorbed in Master are naturally dropped, one dwells in the state of surrender in true sense.

One can appreciate the various levels of association here in very clear terms. OR with lots of clarity. Being attracted towards this universe or try to establish attachment, it happens or not is of no consequence VERSUS to develop working relationship with some powerful politician have different reasons and such things conspires to fulfil different levels. One is all about the 1st five circles OR the 1st five chakras while the other scenario is all about the 11 circles.

One drops both, maya as well as Ahamkar while approaching Lord at this stage in spiritual journey. One tolerates not anything other than precious goal in mind.

Of course, such pains also find settled ness within due to clarity. This clarity fuels our DHIRATA which is the ability of an individual to face circumstances with courage, respect and reverence. The feeling of dislike OR hatred is too remote to worry about.

The play of Ahamkar in the higher realms can be very torturous and if successfully resolved grants us with extra-ordinary bliss. This successful resolution is possible only if one has effectively started merging.

To consider oneself as one notch higher than fellow brethren throws one to dungeon of darkness. Here one realizes that no one can punish him worse than himself. God OR Nature’s punishment is nothing, in comparison to the punishment granted by one’s conscience.

While one is relishing the freedom offered under the dispelling of layers of ego, even to think of achievement and to talk about one’s association with beloved, displays vanity. Would you talk about your intimate moments you had with your beloved? The reverential and holy relationship between Guru and Shishya finds true nourishment between 10-12 knots.

The earlier investment of time and effort in keeping heart and its intentions now pay off infinitely. It is more than winning a trillion-dollar jackpot.

Point 9 is about the surrender to the Lord where one finds closeness OR nearness, but here at 10, it changes to extreme proximity. The feeling that you are in my heart and yet so far and separated dissolves due to this proximity experienced here.

10-11-12 = all about various spectrums of me versus HIM.



As one is able to transfer the Karta Bhav [doership] to Him, the consciousness now dwells in Him.

All good, bad, likable, non-likable etc are settled within. There are times when it was all about me. Later, there is this mixed spectrum of intermingling until He remains in view; in the most natural way, out of Love.

One cannot force oneself in make-believe that He is the doer.

But, such a state truly develops where one feels all his Karmendriyas and gyanendriyas, they all belong to the Lord.

The entire system becomes sacred. One tends to take care of this body as the abode of the Lord and refrains from indulging in acts that would hamper consciousness.

PRATYAHARA: GITA **2/58**

CWRL II 124

I experienced within, that this is the play of PRAKRITI and PURUSHA. This is the great celestial union of MAYA and MAYAPATI. The entire joy, beauty, sweetness, elegance and brilliance are only due to that original union. Everything emerges only from there. That is the original source that is Truth Eternal. The result of Kakabhusundi’s sadhana is also the same and it is the same as I had received i.e. the basis of heavenly Grace.

When a participant experiences a divine and happy feeling within, the result of it is seen in his behaviour. He rises above love and hate and becomes lover of the entire humanity. He sees his beloved in every human being and feels exhilarated.

Finally, as ego evaporates, the burden is lessened, the desire to compete, compare, prove/disapprove etc dies down. All of a sudden, you find yourself kind of ‘what am I doing’!! The ‘I-ness’ resurfaces with another sublime shadow with it. Sublimated ego can trouble us a lot.

7/10/17

One who has somehow annihilated ‘i-ness’ or ego gets to experience this stage of ‘Aham Brahm’.

Devotion is synonymous with Hanuman. ‘HANU’ means ‘to extinguish’ and ‘maan’ means ‘ego’. So, it is evident that one has to give up his ‘ego’ to become devotee.

Whosoever wants to attain the stage of ‘Aham Brahm’ should 1st understand the significance of ‘HANUMAN’ and sacrifice his ego. This is the main step to devotion.

# Paradox

* To attach yourself in order to seek detachment,
* To remain remorseful or restless for the sake of peace.
* To lose balance for the sake of Samadhi
* To hate non-believer for the sake of love of God
* To renounce this Godly creation in order to gain access to yet another Brighter world
* To remain celibate for/to secure virgin mate in the heavens
* To refrain from all those God given freedom, punishing oneself in order to gain holy access elsewhere ….

In science, one need not know everything about telephones, atomic energy, electrical energy, fertilizer… even a farmer is able to make use of knowledge from science in its practical application.

With spirituality, individual will have to know and experience all those intricate states. It will not do if someone learns and other one benefits.

DEVOTEES EVERYWHERE ABANDON THIS WORLD FOR THE OTHER WORLD. WHEN ONE IS ABLE TO RENOUNCE/sell away THE WORLD TOO, THE REALITY ALONE SHALL PREVAIL.

* Spiritual path like Sahaj Marg is by no means an insurance against health, wealth and happiness but a path that helps us prepare ourselves against certain odds by imbibing calmness and creativity.

Should one invent more methods of meditation and cleaning?

Should we invent more prayerful words?

Best would be go on improving upon our inner attitudes.

If you keep searching for new alternatives without truly exploring the existing one, we tend to lose a lot in the process.

Consciousness:

20/5/17 Kanha

When one is under the spell of passion, when one is under the spell of anger or greed or love or fear or unparallel courage or peace or restlessness or discontentment or contentment, what happens to our consciousness?

If you need to attend to only one thing that you love, what should that be?

After paying attention to the above, now think of possible trajectory… where will such actions lead you!

Is it possible to perform KAM without KAMANA? But, truly speaking that very KAM performed without KAMANA truly become NISHKAM and thus propels us towards KARMAYOG.

The motivation to feel happy in itself becomes impediment towards our spiritual advancement, since the craving for happiness will lead us to fulfilment of wishes! How to feel happier while transcending wishes. The riddle can be solved only with the blessings of a real Guru.

Thus, we see that based on this corollary from Gita, our prayers second line that “we are yet but slaves of wishes, putting bar to our advancement” prove so true, so correct, just right.

When flower blooms and smiles, expresses its joy through its beauty, its fragrance, the moon lit nights promoting so much of happiness, stars glittering away, the rising and setting of sun with such splendid beauty, the very being of sky, they are all un-motivated.

None of those acts aspire for any future OR any fulfilment of any KAMANA … it is in the here and now. Overflowing of life force, promotes such joy. If it was left for future, then the entire art would fall to its lower level.

Imagine the example of Sangit Samrat Tansen whose Guru sang…. For the sake of love for God with no further motive. Akbar was surprised and confused when he saw how well HARDAS sang. He kept crying listening to him. Such is the effect of the environment created by KARMA YOGI who serves for the sake of service- NISHKAM.

Both the dimensions extrovert and introvert, science and spirituality must come together.

After the religious persons deny the external world and denounce it as illusion OR maya to be protected from! In that case, such an individual has no chance to explore scientific discoveries- and vice versa. Vedas and Upanishads did not denounce ecology, astronomy, maths, medicine ….

1. Copernican
2. Kepler 🡪 1571-1630
3. Galileo

In their times, the priests and popes challenged the science. These days it is reversed.

1. Nicolaus Copernicus published in 1543 COPERNICAN heliocentrism i.e. to place the sun at the centre of the universe. Previous belief was PTOLEMAIC system where earth was considered at the centre of it all.

GEOCENTRIC VIEW

3. Galileo: 1504-1642

Believed in Copernican heliocentrism against the their belief

* Pope URBAN VIII was offended and he was tried by the inquisition and was found “vehemently suspect of heresy” and was forced to recant. He spent rest of life under house arrest.

Spiritual man becomes happy if he finds scientific support to prove his belief systems.

1. Johannes Kepler: Proponent of Copernican theory

Heart and Mind:

Mind can understand, grasp all that is external us. The objective world is easily understood by the mind- philosophy, technology, farming, medicine, all that is scientific.

But all that is beyond mind can become available through meditation. When we are relaxed where no thoughts trouble us or no theories are there to be churned out. In that utter relaxation, new frontiers which are beyond mind opens up.

In such depths during meditation, everything becomes clear, all that is science and all that is spirituality. They all meet up there.

**Our Responsibilities**:

To spread Sahaj Marg- hearticulture with joy and not out of burden of even duty.

The joy that resonates our primary experiences rather than Sahaj Marg dogmas OR theories of transmission / Med / Cleaning / Prayer and CR.

Religious mind of India where the idea of destiny is in full swing, does not fully challenge us to think that we are also free to choose and change the patterns.

Would you ask poet for medical help OR skin specialist to perform heart surgery though both are doctors?

Why would you ask person like me how to fix puncture of your bicycle OR how to fly aeroplane?

Scientist may not have spiritual answers and vice versa. It need not be a fight either.

But it would be a grand synthesis if one could solve the riddles of everyday life with openness of heart and simplicity? Dear ones, when one is really open-hearted and simple, why in the world would such a soul attract any misery in the 1st place?

# What can be done? Can anyone answer?

4500 Towns in India on an average we have built minimum 5 complexes in each town in last 2 years. Each complex taking bribes of at 5L

BRIBE AMOUNT

4500 \* 5\* 5L = 11,25,00 L (only from construction industries.)

should have been collected by development authorities as their bribe.

This figure does not include other formalities like registration of land, conversions … permits …

This does not include government contracts of public buildings/ roads/ military etc.

So, what is the solution to hunger, tiredness, anger…?

Once you take meal, the hunger will go away.

Tiredness dissolves once you have rested well.

Anger: it remains mysterious, even to the evolving individuals. One easily imagines that anger would disappear OR would not arise if certain inner conditions were met.

So, what are those conditions.

Calm mind can get disturbed under adverse situation. Happiness or joy or bliss have their limitations. Though bliss seem to be more promising at theoretical level, practical matter is all too different. Let is visit the

battle scene of Mahabharata.

Lord Krishna, the Yuga Purusha and a bestower of bliss loses His temper and in that moment picks up the wheel of the chariot in order to retaliate against Bhishma, though he made it loud and clear that he would not pick up any arms during the war!

So, we see here not very encouraging situation.

DR. James DOTY

Sympathetic response:

1. Adrenaline and Noradrenaline rush
2. Cortisol Rush
3. Musculoskeletal Activation
4. Blood diversion from GI track
5. Dilation of pupils to see things clear.

Sympathetic “Threshold” varies from person to person.

Medicines marks the system.

Is parasympathetic increased response a solution?

PS engagement = PARA SYMPATHETIC

* + - Healthy
    - Increased immunity
    - Frontal Executive control area works at best when PS is working
    - Discerning and more thoughtful
    - Creativity, productiveness, thoughtfulness increases
    - Benefits in interacting with others and other activities

OXYTOCIN

* Receptors are varied in nature and creates neural pathways.
* Connect to alleviate suffering
* Empathetic
  + - * That helps decrease violence.
      * Increases receptivity

Mindfulness ability to attend or to remain present and if absent,

You cannot connect to another person

* Perception of future is unique to us.
* Past regrets, mistakes or even success
* Future anxiety versus confidence
* Both affect our present
* Being present is one
* Two is to observe the inner dialogue without losing mind or disturbing normal physiological play.

One must Know/Feel that there is –ve physiological response going on. If one is not aware then how is one to act to rid of such a turmoil.

We all have ability to move from –ve to +ve, hyper criticality to one of +ve affirmation, to compassion towards yourself: self-compassion actively effects being compassionate towards others.

* Ability to open heart makes us human
* Ripple effect of love, affection, compassion can be contagious
* If I perceive the world as threat and react accordingly, then this mutual encounter reinforces each other.

So, if I see the world with compassion, the wold will reciprocate accordingly.

i.e. if I change, the world changes with me.

* If one can act/practice compassion with intention, it will tell upon your health, as good as doing exercises.
* C compassion

D dignity of others

E Equanimity. Evenness of temperament

F Forgiveness/ anger dissolves anger and hostility affects only you.

G Gratitude

H Humility: None of us are more important than others. Superiority complex. No comparison

I Integrity/values, you do not deviate from.

J Justice

K Kindness: Act of caring.

L Love.

PS is generally our default mode. That is how our neural circuit is designed. So, when we remain calm, peaceful, quiet, the physiology works at its best.

* + - Authentic Google
    - Connect

Leadership Quality

Interruption of bonding between mother and child can be chaotic, resulting in increased health issues, chronic illness, intense sickness… longevity is affected: significantly.

Are fathers rewarded oxytocin?

Mother: response to pain of husband as well as other is same. Similar responses cannot be talked about in case of men.

* When PS is engaged, CORTISOL level drops

Connection improves PS [PS = Para Sympathetic.]

is better by bonding.

* Centurions:
* Community people
* Love in the community
* Acceptance in the community despite of other weaknesses.
* Authentical / acceptance / connectivity.

Worries about being judged cannot be authentic. Though such individuals may connect, it is not genuine…

If a sick one goes on saying she is healthy, how can one cure such an individual – who denies help?

To have some profound experience of divine nature, at least one must feel that she/he had never encountered any profound experience – and now having realized such a lack, one ought to search out for fulfilling that lack.

If a prisoner believes he is free and needs no visits to shop or restaurant or meet friends and relatives… then for such an individual the question of being released from such a jail is a moot one.

Imagine Sahaj Margis who reads ‘Towards Infinity’ and claims now he has finished The Spiritual Journey!!

The infighting is not due to people who do not believe in God. They are the most harmless individuals. The story ends there. One does not argue and fight over superiority of one non-believer over the others.

The fighting is always when one belief tends to prove its superiority over another believer. If one recognizes the presence of other belief system, then comparison becomes inevitable. When we compare, who is going to say mine is inferior?

Now – begins the war. It starts with such logics.

Is one blind wrong when he claims the elephant like a strong pillar of the temple? OR another claims the elephant like a rope? OR other claims as softly swinging “*pankha*” giving breeze? The blasphemy lies in denying the other possibilities.

When we transcend religion, spirituality, reality, bliss… nothing is useless. Religion was my beginning, so after reaching the top, how can one say that my beginning is useless! Or my meditation is useless! Be grateful.

All facets have contributed something. The worship of the form has culminated in to formless and beyond; *sakar* to NIRAKAR.

Worshipping Him as SAGUN has beautified itself into NIRGUN and beyond.

Worshipping Him as DWAIT and cultivating it into ADWAIT and beyond….

It is a journey. Journey cannot deny the entry point. Without the entry point, there is no journey.

Finally, let it be known that the starting point (Heart), the pathway from the heart to the centre and the centre, they all are within me.

When this too matures, another ballgame begins…!!

# Reading Condition:

1. Observe body language.
2. Style of communication.
3. The way one salutes
4. The way one makes eye contact.
5. The eye movement.
6. The way one sits
7. The way one meditates.
8. Disposition of seeker post meditation
9. During meditation:

* Observe the abhyasis inner condition with heart’s eye.
* One must remain extra-focused and still with a prayerful heart to reveal any work to be taken up.
* Remote sitting: Mentally think of the other present in front of you
* 1st transmit and wait with a silent pause with an intention that inner condition be revealed.
* Advanced cases has to be studies and worked upon in person.

Cleaning of the heart must be undertaken number of times. The heart chakra is connected with all the chakras, higher and lower, regions and dimensions. Hence, it is MUST.

**It is commonly observed that lovers do not react to the harsh words from the Beloved and accept them happily upon realizing that every word of his conveys the tidings of His grace.**

**Lalaji.**

When one is so pleased and grateful even with the harsh words of Beloved, imagine what music the words of Beloved can create in the heart of Lover, if these words were well chosen to put the healing balm; the magic will be instantaneous. K….

30/5/17 Kanha.

They tell me: Master you know everything, I need not tell you. You may do as you please.

It conveys: That such a devotee has either tremendous faith OR so much of ignorance plus the idea that the Master will facilitate thus making something available in their lives OR helps them rid of some problematic situation they dare not speak.

Let us visualize lives of Great personalities:

Lalaji Buddhaji

Lord Krishna Mahavir

Swamiji

Babuji

They are portrayed as Omniscient by the devotees. Did they know really everything?

Did Babuji know which medicine to take for a particular disease? Did he know how to cook OR trim his beard? Did he know how to drive?

The fact that he was able to communicate and knew what he had to know is a different subject matter. But surely it proves that to claim Masters as all-knower is incorrect. He had no prior knowledge and hence need to refer to someone who knew.

The greater truth is that whatever he knew was so profound to his heart that after that there was no need to know anything else. Further acquisition of knowledge adds no more value to existing knowledge NOR does it fuel extra understanding NOR would it add further joys. What ‘ONE’ had to achieve is already achieved, after that nothing more is needed.

22/7/27

One who has reached needs no confirmation. Confirmation means some sort of search. Search is going on and has not ended.

There are two scenario:

* One whose search has ended after reaching, arriving at the destination.
* Another search is where the person has not even begun as yet.

There is big gap between the two: One is yet to decide there is God or NOT. Second is yet to experience the presence once the question starts in his mind.

# Niyama

31/7/17, KANHA

Babuji: Discipline should be there. But, it should not be at the cost of LOVE.

LOVE means joy in some way. Love elicits joy. If in that discipline there is lack of joy, it is no less than a torture, self-torture OR if something is imposed on someone beyond ones like or dislike, it is dictatorial OR at worse, a rape.

Enforced discipline either upon oneself or on someone else is like imprisonment. So, such NIYAMA, discipline cannot become the liberation force.

What happens when I enforce NIYAMAS on others: Enforcer + Enforced being. Both remain opposed to each other. There is no joy in being together.

Likewise, my temporary conscience or a brief moment of inspiration coined me to format some rules or NIYAMAS. But, fun begins when I become dry of any inspiration. I will be torn apart between my earlier resolution to follow some principle, discipline in life and/versus my weakness OR unpreparedness OR lack of interest OR lack of joy OR lack of love!! I end up giving birth to two of “me”. One that cajoles OR taunts, that let us do it and other ‘me’ says – I am bit sleepy and need to rest little more. I can always postpone something I was supposed to do!!

When discipline brings joy, you do look forward to a certain rhythm and when for some reason, you are unable to go to GYM (MARG), you feel terrible!

So, in some way when there is joy in implementing something, such joy in its trail establishes discipline. Such a discipline is enriching, ennobling, showing freedom. Since it is done with so much of joy, how can it make you feel trapped?

YOGA means union. Union of my lower self with the higher self, an art of listening to your deeper self.

When self imposes some rules versus someone imposes can have very different outcome.

When I’m united with the higher, integrated with the higher, life then is guided by conscience. Integrity of such an individual who is somehow floating with joy arising out of following inner conscience can become a disciplined individual – now. One is fit to become disciple.

Shamelessness OR being profligate OR someone parasiting cannot become an act of freedom OR free will.

Think for a moment:

Walking on a trail..

Cycling on a trail..

Driving on a single lane..

Driving on a highway like TURN PIKE..

Aeroplane flying..

Rocket soaring in the open sky..

Who has greater freedom to move? You may say a rocket with the infinite sky left to itself! But is it?

Imagine someone waking up early in the morning because he has to go to airport by 5:00 am to fetch his beloved versus you ask this guy to get up early and ask him to do something he resents.

NIYAMAS must be followed out of tremendous joy and more importantly without feeling enslavement. Otherwise it will not serve the purpose of bringing about higher order in order to have higher level of osmosis with the Higher Being.

ACTS

Suppression Prolific Indulgence

under the name of freedom.

Both are against the evolutionary scheme. Both approaches violate the true freedom.

True freedom is: To do what is right.

Viveka

Act of suppression promotes inner slavery. Limits expansion of consciousness. Acts of super and uninhibited indulgence in its trail also sows the seeds of desires for greater fulfilment, which again enslaves us.

Aversion OR indulgence both are culprits. (sadhana chatusthaya)

How to rise beyond aversion and indulgence?

That’s why NIYAMA to be established in one’s life. Let the flow of river of life keep moving towards the infinite ocean, checked by two sides, two banks – guiding it to its Destination. Niyamas are to a yogi what banks are to a river.

Meditation + Cleaning imposes us to respond to all kinds of situations in life, including…

Military discipline flourishes under the name of patriotism, courage, obedience.

Religious discipline: Flourishes also under the carrot of liberation or heaven or from the fear of hell.

True discipline: Must flourish out of love, out of joy. Otherwise it becomes slavery.

The 1st two type of discipline makes one rigid, stubborn and such individuals make other’s lives also miserable.

# God is not for sale.

Also, we must understand that He is not cheap either. He can be had or realized. He can be realized by the heart that asks for nothing, desires for nothing. In fact, one who has completely submitted himself at the altar of the Lord easily acquires…

For That Infinity to enter the heart, the heart must become infinitely empty.

Individuals lacking awareness can be unpredictable. Some may worship you unconsciously and some may resent you, hate you for you are trying to awaken the individual from sleep.

If one tries to wake up a person from sleep, mostly there is some level of reaction. Imagine awakened individuals trying to awaken the unconscious mass in total slumber! Most will continue to remain in comfortable slumber of pleasant unconscious. Some will wake up with some level of grumping and some will wake up with rare smile on their face.

Lord Jesus tried to wake up multitude. Most resented. This resentment became cause of crucifixion.

When someone tries to take up the entire society, it is always not without troubles. Here, the Lion hearted will go on with their trajectory.

I recollect something from NITI shatak of Bhatrihari:

Weak hearted do not work at all. Common person will work but seeing the obstacles, he will desist. Lion hearted will face obstacles and still continue to go on working….

Four pillars in life based on YouTube: Emily Esfahani

* There is more to life than being happy.

1. Belonging [with love, care]
2. Purpose in life [ NOT purpose of life]
3. Transcending beyond your daily self
4. Story telling about yourself

POST-MORTEM Teaches us what to avoid and how

PRE-MORTEM It is like pre-meditation.

* Hippocampus has space related memory: of where things/buildings/person/trees are…
* DESIGNATE a spot for important things.

Make cities /averse / adverse / unfavourable to your advantage:

# Patanjali Ashtanga Yoga - NOTES

ASHTANGA = ASHT + ANGA

= 8 + ANGAS

8 LIMB SYSTEM

8 Limb of approach.

They can be steps. But all are integral part like what ‘anga’ is to the ‘body’. It is one organic unity. All the steps are performing in one coherence like eyes, ears, nose…

Steps can be combined OR eliminated. Can you eliminate any ‘anga’?

* All ‘angas’ are inter connected.

YAM To negate.

To give direction.

To restrain all other direction but to remain mindful about what matters.

ASAN with ease is possible with a person who is not restless, who is master of directing his resources in one direction, one who does not jump around.

Mind and Breath have deeper relation. Sometimes thoughts can disturb meditation. It would be good have short ‘Kumbhak’

When couple who loves each other has special harmony with their breathing…… it further improves quality of physical relation.

Breathing is as unique as your IRIS-scan or your Thumbprint. Relate your breathing pattern with your MOODS.

PRATHYAHAR: Withdrawal of attention inward to face the ‘home’ within; returning home. Energy flows inward and not outward – on things to spoil point A and individuals to spoil point B.

Samadhi: point of no return!!

YAM/NIYAMA harmonizes us within and in the society with others.

Training mind and heart to follow Yam/Niyam builds bridges with others. While the same regulated mind and heart build bridge with the Higher Self.

Others myself mind

Bridge

Bridge

higher self

YAM / NIYAM

Samadhi leads to samadhan. All becomes one.

It is impossible not to use 5 senses. In Sahaj Marg, CR trains us to see, hear and perform all our actions as if HE is seeing, hearing, performing… so, all the attention is moving towards inside instead of remaining peripheral or circumferential.

Pranayama: Breathing or seeing the harmony or uniformity or feeling all to have absorbed in CR, some sort of coherence or tuning established. Oneness is felt. In oneness, there is no EGO. In oneness, there is no individuality, in oneness, there is universal existence… EGO thrives in non-acceptance. In acceptance, ‘I ness’ or EGO melts away into rest.

Concentration is merely one element of it

DHARANA

to hold/contain/attend

Womb/ dhara

Can you hold

multiple things in Mental womb of

your mind? the Master

That’s why pratyahara

PATANJALI:

(Just) like destroying of light-barrier:

Barrier removed does not mean seeing light. Having removed the barrier, now there is possibility of seeing / witnessing light.

There comes total regulation/control over all the senses.

This is through PRATYAHAR:

Desires will take us in all direction.

Swami is the one who has mastered himself.

“How like God” Shakespeare in Hamlet Element of it.

One attitude as described by Osho. “How like Dog” say Pavlov – due to conditioning.

It is up to us to become God like if we go inward OR go outward and become doglike as per Pavlov.

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S.C. sheer curiosity

3 4/80 3-daughters M.C. Mutual consent

D.C. Damn carelessness

# VIVEKA

Is to know the difference between the following.

|  |  |
| --- | --- |
| Real | Unreal |
| Permanent or Eternal | Temporary or Transient |
| Cause | Effect |
| Evolutionary processes | Detrimental causes |
| Right | Wrong |
| Good | Bad |
| Reality | Maya |
| Extrovert | Introvert |
| Thinking | Feeling |
| Love | Logic |
| Subjective | Objective |