



Why GURU?

HIS HOLINESS PARAMAHAMSA NITHYANANDA

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Introduction

GURU in Sanskrit means, 'Remover of darkness and ignorance.' Guru removes the mental blocks and obstacles that stand in the way of our awareness and realization of our true Self. The scriptures, the shastrapramana, again and again, mention the need for a Guru.

Gurus use different ways to remove the mental blocks from disciples. It can be by personal guidance, scolding, instructions, teachings, action. Regardless of the method used, the goal is to raise the disciple to higher awareness. Because the Guru resides in the highest state of awareness and consciousness, he is able to see where we are, and guide us.

It is essential that the Guru is a true Guru, one who is fully enlightened and with the highest vision. The Guru appears in your life when the time is right.

Today, there is a great need for an authentic, living Master who can impart and transmit the knowledge and experience

of super-consciousness. The 10,000 year old Brahma Sutras and Shiva Sutras, the 5000 yrs old Bhagavad Gita, the 3000 year old Patanjali Yoga Sutras, the 1000 year old Hatha Yoga Pradipika, all the way to recent history with Ramakrishna Paramahansa and his disciples, including Vivekananda, Ramana Maharshi, or Paramahansa Yogananda, again and again, stress the importance of the guidance of the Guru as a vital component of any spiritual path.

Like water is to the fish, and air to the animals, the Guru is the pulse of the spiritual aspirant and yogi. With the help of modern-day technology, Paramahansa Nithyananda has become the most accessible Guru and profound source of knowledge and wisdom.



Who is a Guru?

Understand who is Guru

The Guru or Master is not a vyakti (person) as you imagine. He is a tattva (principle). He is simply a physical representation of the Divine. In the vedic tradition, the spiritual teacher, the Guru or the Master, is said to be more important than God! God is always and everywhere, but it is the Guru who opens the disciple's eyes to the existence of God. The Master is the doorway to one's own experience of the Divine.


A Guru knows you more than you know you. He loves you more than you love you. He can sacrifice even more than you for you. Sometimes you become tired of sacrificing, so you give up on you, but he doesn't tire of sacrificing, so he doesn't give up on you. He reminds you till you remain, and he reminds you till he remains.

A person who does not have a Guru in his life doesn't know what he is missing out in life. Master is a new language in your being. Master is a 'new consciousness' that you have that you didn't know you have! He is the mirror that helps you recognize the truth that is already within you. In fact, the Master is the only scripture that is alive! Surrendering to God is difficult because you don't know who or where God is! God is a mere concept to you. But the Master is real. Through his form, you can take the quantum jump to the

Divine. Understand, life itself can be your Master - if you have the intelligence to pick up the right things from it! Life itself can be a wonderful teacher, if you know how to learn from it. If you can hear with utter clarity the voice of your own being, you don't need an external Master.

You don't have to surrender to anyone outside. Just surrender to your own highest consciousness, that is enough! The Master is not really an individual. The Master is intense Life! If you see him as just one more form, you will try to relate to him as you relate to other people. You will miss the chance to have a direct relationship with Existence – which is what the Master is.

So don't get caught in Guru-personality. Just make yourself available to the Guru-principle! Ultimately, your real Guru is your own inner Self. The outer Guru exists only to guide you to the experience of the inner Guru. The Guru exists both outside you and within you! From the outside, he gives you a push inside, so that your extroverted mind begins to look within. And from inside, he starts pulling you, so that no matter what the distractions, you stay in your own inner space. Recognizing the Guru as one's own highest Self is the most beautiful experience that happens with enlightenment.



Why do Gurus happen on planet Earth?

Listen! When there is a huge water body, and breeze flows over the water body, small waves happen, or some drawings or figures appear on the water, and in that figure there is no perishable component.

That figure, the source, cause, effect, everything, is just water. When the breeze flows again, that same wave happens, and when the breeze stops, the wave settles down into the water. In the same way, whenever a strong devoted sammyama (breeze) from a disciple happens over the conscious water (pure consciousness), the Master's form appears and blesses you, graces you, and again it relaxes back into the same water. There is no perishable component.

An enlightened Master is a person who does not have a perishable identity. Because of this, he has an Eternal identity. Understand, his identity is made out of a material which is imperishable. There is no perishable component in the identity he created for himself.

He is a being whose all seven shareeras (bodies) do not have any perishable component. Any engram (samskara or engraved memory) that you carry is a perishable component. When all the engrams have disappeared, that body becomes such a pure liquid that it creates different shapes, shades, waves, visuals, based on the breeze blowing over it. The lake has no interest in taking a particular shape. The flow of the breeze decides the shape.

Master is just a beautiful rhythmic play; the pure non-perishable experience happening in the source. That is the reason any Master who existed on the planet Earth is available to planet Earth forever.



How to identify your Guru?

In this whole Vedanta Sampradaya, the only requirement is a proper Guru.

Beautifully Vedanta sampradaya describes how to catch the right Guru.

Peel away all the things which are common to all the Gurus.

For example, if I have an organization, somebody else is also having an organization. There are so many spiritual organizations. Remove that part from my glory. If I have a body, then many of you also have a body. Remove that part from my glory. If I have an amazing orating power, many others also have that. Remove that part from my glory.

So go on peeling. Finally, at some point, your logic will not be able to peel further, but still you will feel - He is something more than all these things!

When your logic feels - I cannot peel further, I have peeled everything; even after all these things are removed, he has something more than all these things put together - when you have this understanding with somebody, he is your Guru.

If that does not happen, if you feel - No, after I peel three or four things he is not worthy - then forget about him. He is not worthy of being your Guru. You are not worthy of being his disciple.



The Living Guru



All scriptures, all literature, all method of teachings can only inspire you; it cannot give you the experience. Understand, this is the first law. All books, all DVDs, all cassettes, everything, can only create inspiration in you - it cannot give the experience. When I say all, I mean capital letter A-L-L, including mine.

Experience is like a lamp, only from a burning lamp or light, you can pick up, catch. Only from a burning lamp you can light another lamp. Same way, jivanmukti (living enlightenment) can be transmitted only from a living body to another living body. If that body has to catch jivanmukti, it has to catch it from the same material source, which is already living enlightenment.

Please understand, I am describing very clearly the need for a living Master. If that body which is made out of muscle and has a mind made out of thought, needs to catch living enlightenment - jivanmukti fire, it has to catch it only from another body which is living enlightenment of the same frequency, which means, having the same flesh and bones. Be very clear Mahavatar Baba cannot give you living enlightenment. Please understand, I am making a very strong statement, but truth. He cannot give you jivanmukti. He can only give you inspiration, experience, some glimpse. But if he wants to give jivanmukti he has to guide you to a person who is in the physical body. .

Ramakrishna or Ramana Maharshi or Mahavatar Baba or Osho or J

Krishnamurti, are all still in the cosmic plane because with whoever they committed while they were in the physical body; for example if you lived during the time that Ramakrishna was there and you had direct connection with him and he blessed you; now that he passed away and you are still here, he will still take care of you. But no new addition is possible after the body has left. Now, Mahavtar Baba; all of you I think understand what I am saying?

Now, if you are a seeker praying to Ramakrishna or Ramana Maharshi, they can guide you to a living Master, that's all. They themselves will not be able to give; because it has to be transmitted from this plane; from flesh and bone. That is why the need for a living Master comes back. Understand, that is why no huge organization is able to own spirituality than a living Master. Seekers are around me, the reason is, it has to be, it can be transmitted only from flesh to flesh; the person who is living jivanmukti through his muscle memory and muscles.

See I will be living jivanmukti without muscles after I leave the body. I will be living jivanmukti that is not a problem. But because there is no muscles I will not be able to transmit it to the person who is with muscles. If I initiate you now and give you the assurance only then I can handle you even if I leave the body. So if you had assurance from Ramakrishna, Ramana Maharshi or Osho, somebody, when they are in the flesh, then you don't need to go to new Master.

It may not be needed. But even then usually they guide to a living Master; because living around the Master is not only living enlightenment, it's a joy. It's an ecstasy, it's a way of life. Its for this reason that they guide.

Understand thoroughly. Otherwise, if you had no connection with them physically when they were in the body, even they can't do anything. Mahavtar Baba will not be able to give you enlightenment or the spiritual experience; he can only guide you. This is the reason why living Masters are still a necessity, it is not replaced at all. The necessity for a living Master existed even when the whole thing was started by Shiva millions of years ago. The only thing which is not yet outdated which can never be outdated is the necessity for a living Master.



When and why to surrender

Q. To surrender to a living Master fully is almost impossible for me. What is the best way to attain enlightenment for a seeker who cannot surrender completely?

This is a wonderful question. It's like you are asking, 'Achieving enlightenment is almost impossible for me. What is the way you give for me to achieve enlightenment?'





Actually there are some possibilities. You can surrender to a deity. You can surrender to the Master who left the body.

Understand, Masters who left the body are not dead as you think. The dead Masters are not dead as you think, living Masters are not alive as you think. They are still available. Their presence does not have a body; you can still connect with them. The only problem is it takes lot of time.

Living Master is the first choice, the second choice is Masters who left the body - trying to connect with them and the third choice - some deity whom you don't even know existed or not; that is the third choice.

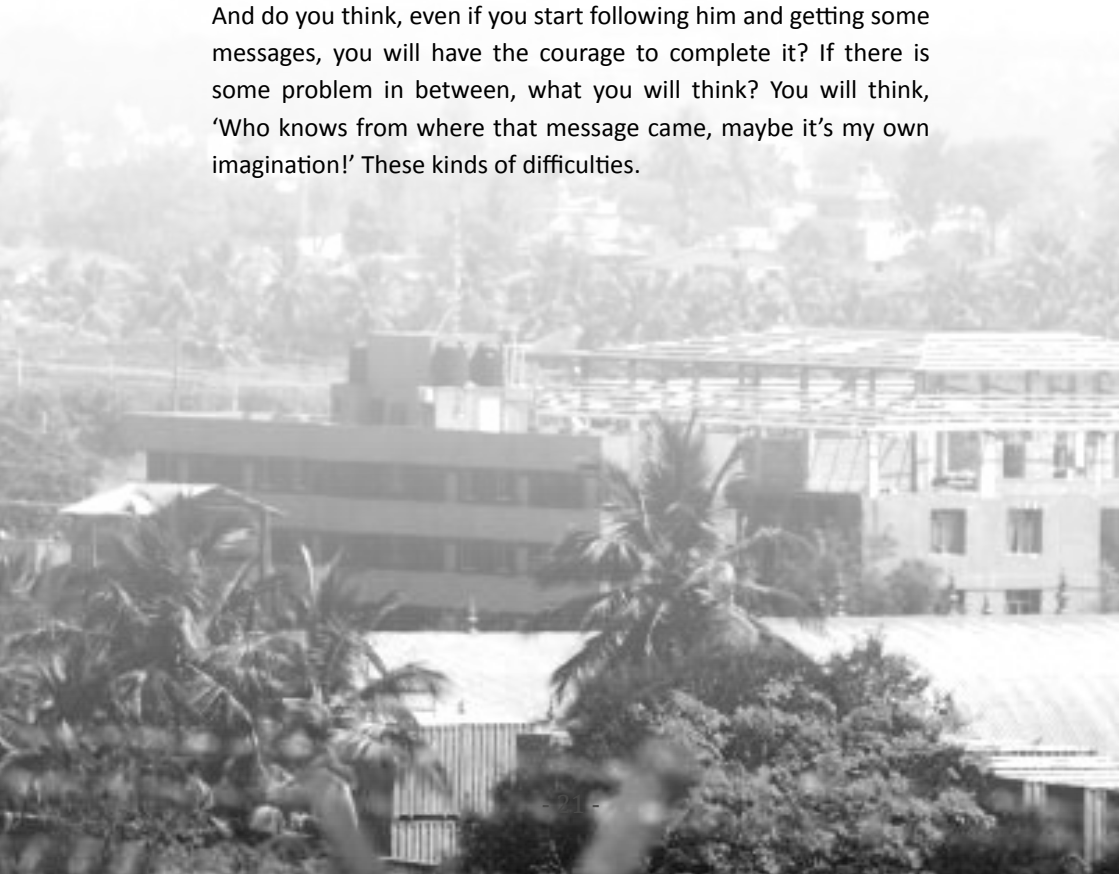
Of course last choice - try to connect or surrender to anything - even to a hill or river or ocean or a small stone; the very surrender will raise you to the deeper and higher and higher frequencies.

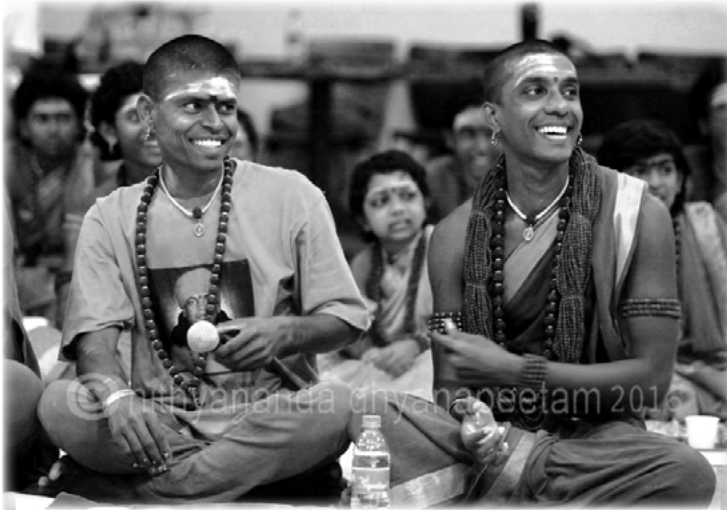
When you say namah - let the 'I and mine' be relaxed, let the 'I and mine' be surrendered, that itself will raise you to the higher states of consciousness, higher frequencies. But whatever is said and done it will all take its own time and only second or third choices.

Dangers of connecting to 'dead' Masters

Even when I am sitting directly in front of you, and making a statement clearly in English, which you can understand, you are not able to catch the thread and catch the message. Now if somebody is sitting somewhere, in some other consciousness, some other space, how do you think you are going to connect with him telepathically? And even if you get some message from him, how are you going to find out how much is from him and how much is your mixture ? And how are you going to classify, how are you going to understand?

And do you think, even if you start following him and getting some messages, you will have the courage to complete it? If there is some problem in between, what you will think? You will think, 'Who knows from where that message came, maybe it's my own imagination!' These kinds of difficulties.





That is the reason we always say the living Master is lot more easier.

Forget about dead Masters, even with the living Master, in few days, if you try to remember my words, it will not be exactly as I uttered - it will be as you wanted to hear it! Even with the living Master, again and again you need to correct your notes, you need to update your notes, update your understanding. Even with a living Master it becomes such a big task.

But with the living Master, straightaway away he will work. I have always seen, the karma which the disciple would have exhausted after years, or the clarity which they would have got after years, it suddenly happens. The whole being opens up in just one or two days of working with the Master. Even in one or two days, so many things will open up, so many things will be cleaned, so much of purification will start happening. That is the reason there is so much of emphasis on the living Master in the Vedic tradition.

Practicing the Guru's presence in your life

Whatever you experience as God, you will experience with me.

Some will have thirty percent fear and thirty percent love, and thirty percent confused emotions. Some will have maybe fifty percent fear, forty percent confused emotions. Some will have one hundred percent fear, and some will have one hundred love, no fear. You will be experiencing the Guru in different ways.

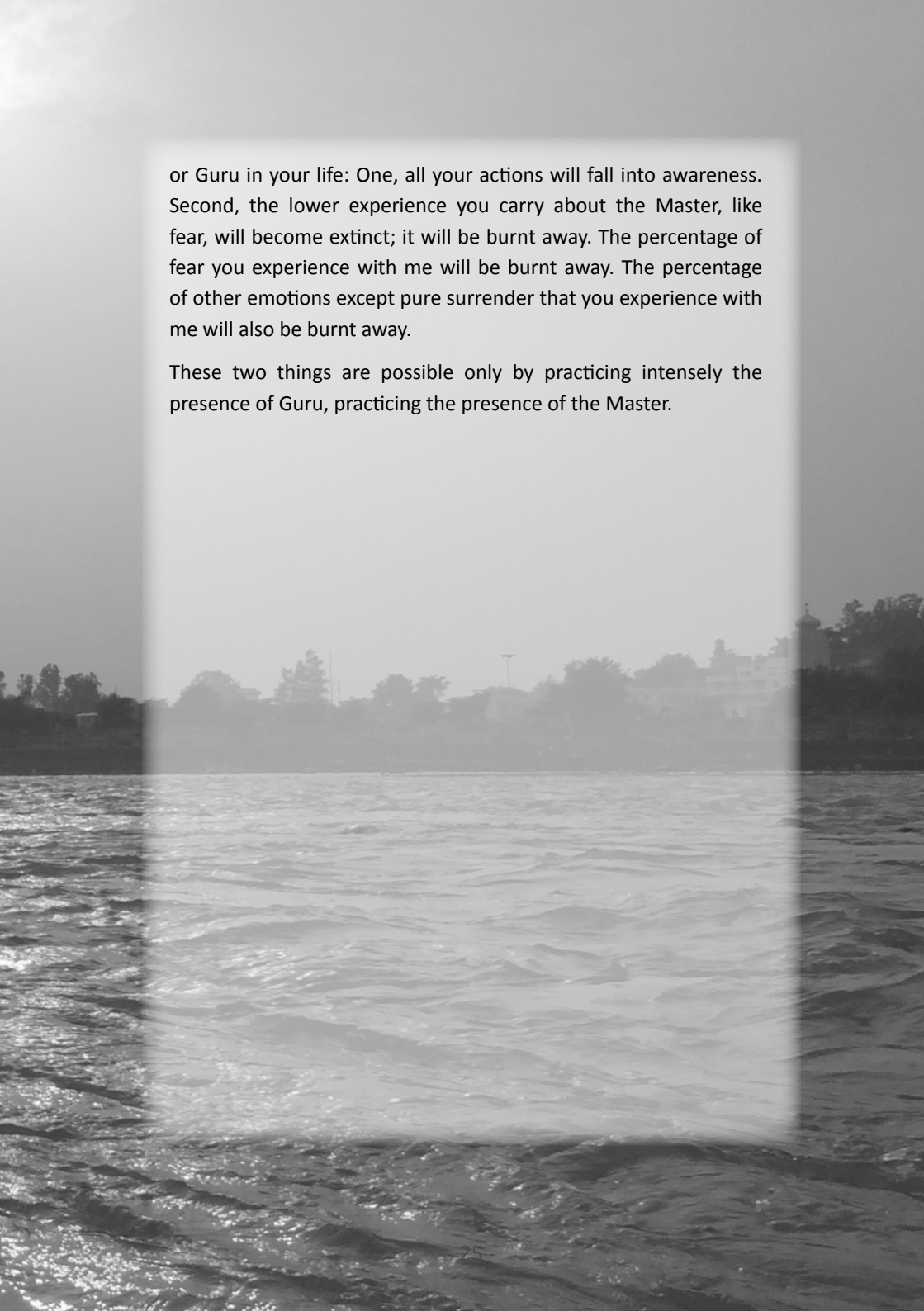
Whatever you experience as Guru, that's what your experience of God will be. Whatever may be the experience you have about Guru, whether it is with fear or the attitude of Master and disciple or the attitude of father and son or the attitude of mother and son or the attitude of friend or the attitude of beloved, practice his presence around the clock.

An air bubble in a copper wire will not allow the copper wire to be a conductor. Electricity will never flow in it. The hypocrisy which you carry is like the air bubble. It will not allow the Guru-disciple relationship to happen. It will never allow the presence to permeate you, penetrate you. Practicing the presence with tremendous respect is the only way.

Two things will happen by practicing the presence of God



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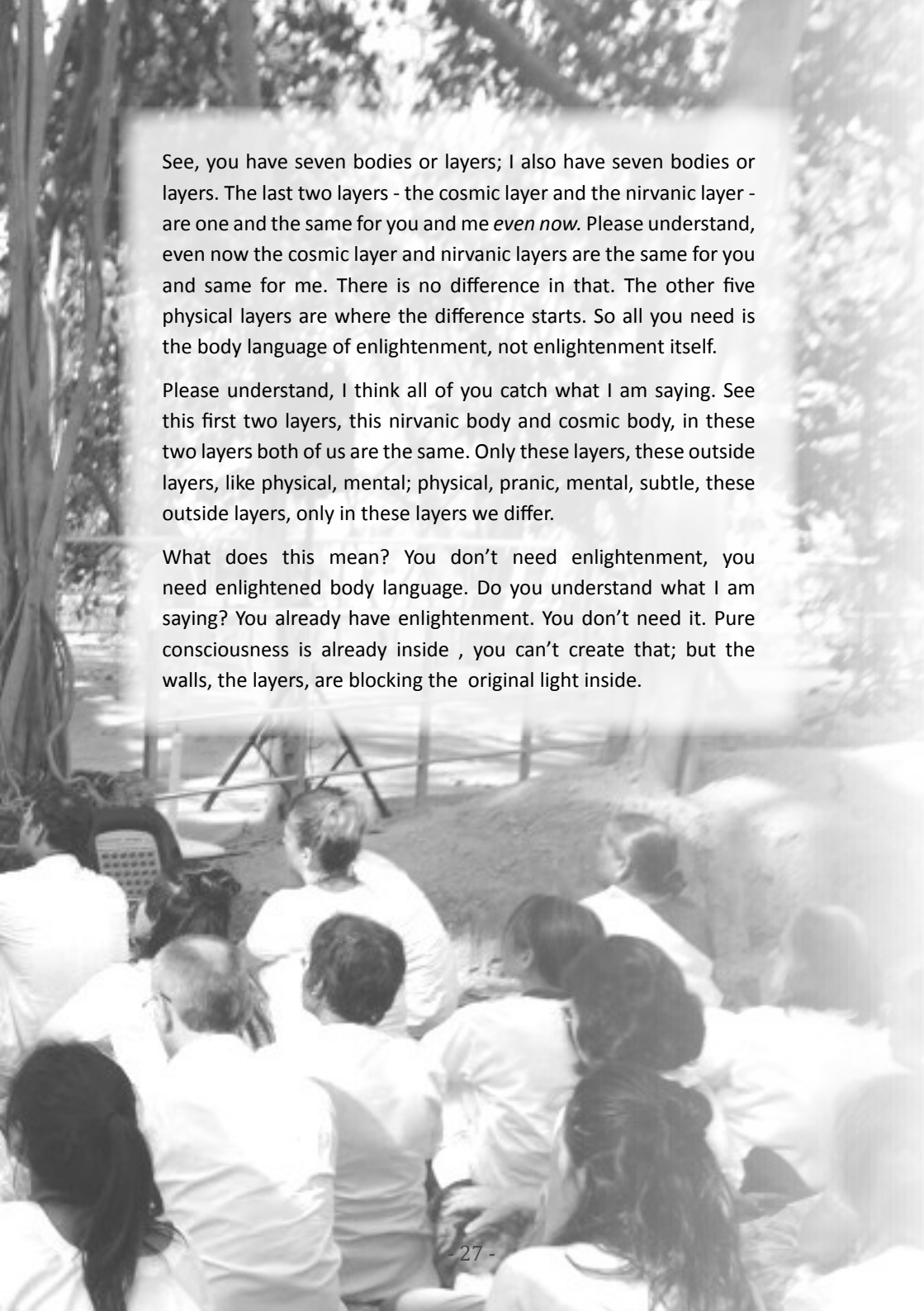
or Guru in your life: One, all your actions will fall into awareness. Second, the lower experience you carry about the Master, like fear, will become extinct; it will be burnt away. The percentage of fear you experience with me will be burnt away. The percentage of other emotions except pure surrender that you experience with me will also be burnt away.

These two things are possible only by practicing intensely the presence of Guru, practicing the presence of the Master.

What is the difference between the Guru and you?

See, the difference between you and me is not enlightenment; because you also carry that!

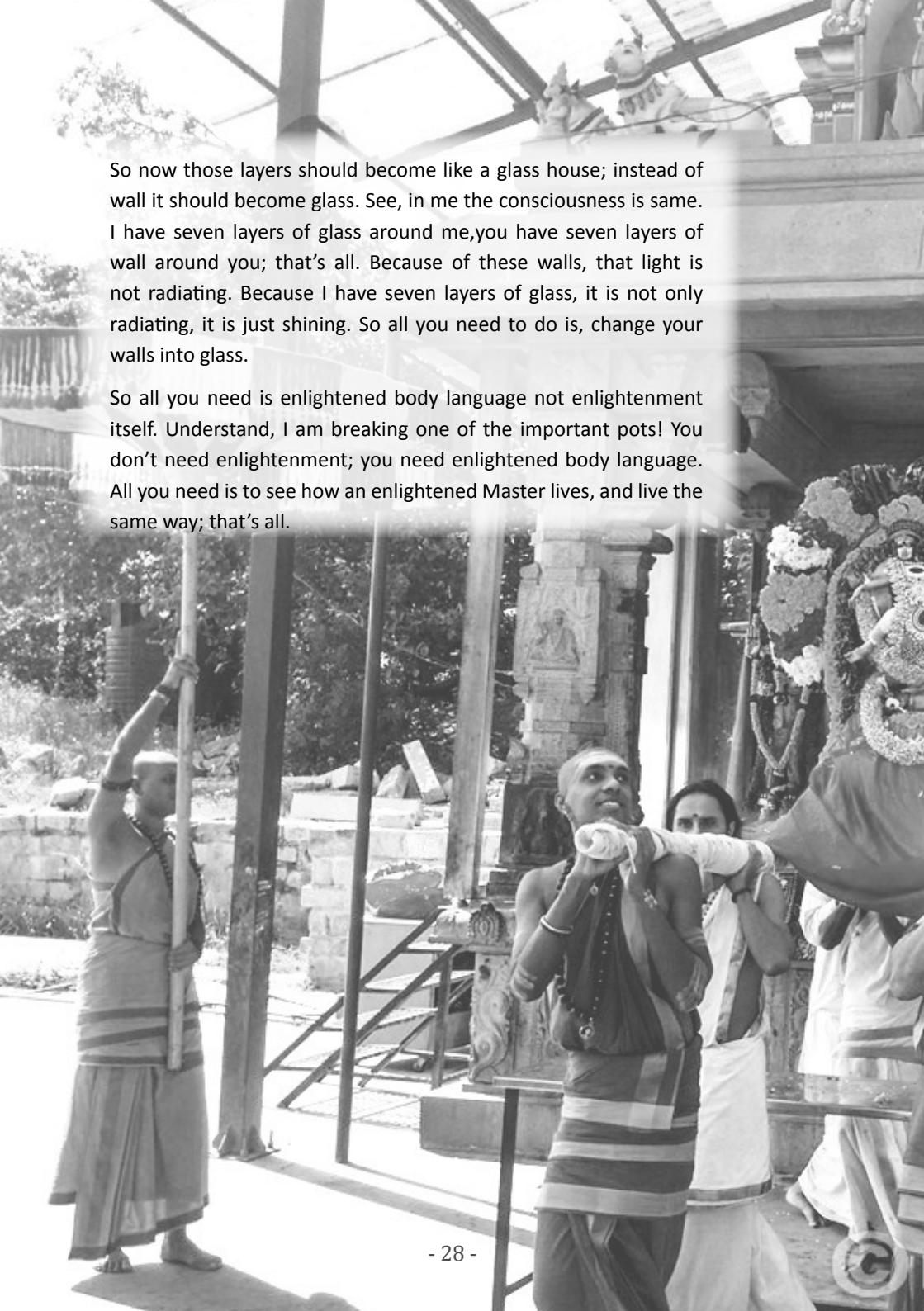




See, you have seven bodies or layers; I also have seven bodies or layers. The last two layers - the cosmic layer and the nirvanic layer - are one and the same for you and me *even now*. Please understand, even now the cosmic layer and nirvanic layers are the same for you and same for me. There is no difference in that. The other five physical layers are where the difference starts. So all you need is the body language of enlightenment, not enlightenment itself.

Please understand, I think all of you catch what I am saying. See this first two layers, this nirvanic body and cosmic body, in these two layers both of us are the same. Only these layers, these outside layers, like physical, mental; physical, pranic, mental, subtle, these outside layers, only in these layers we differ.

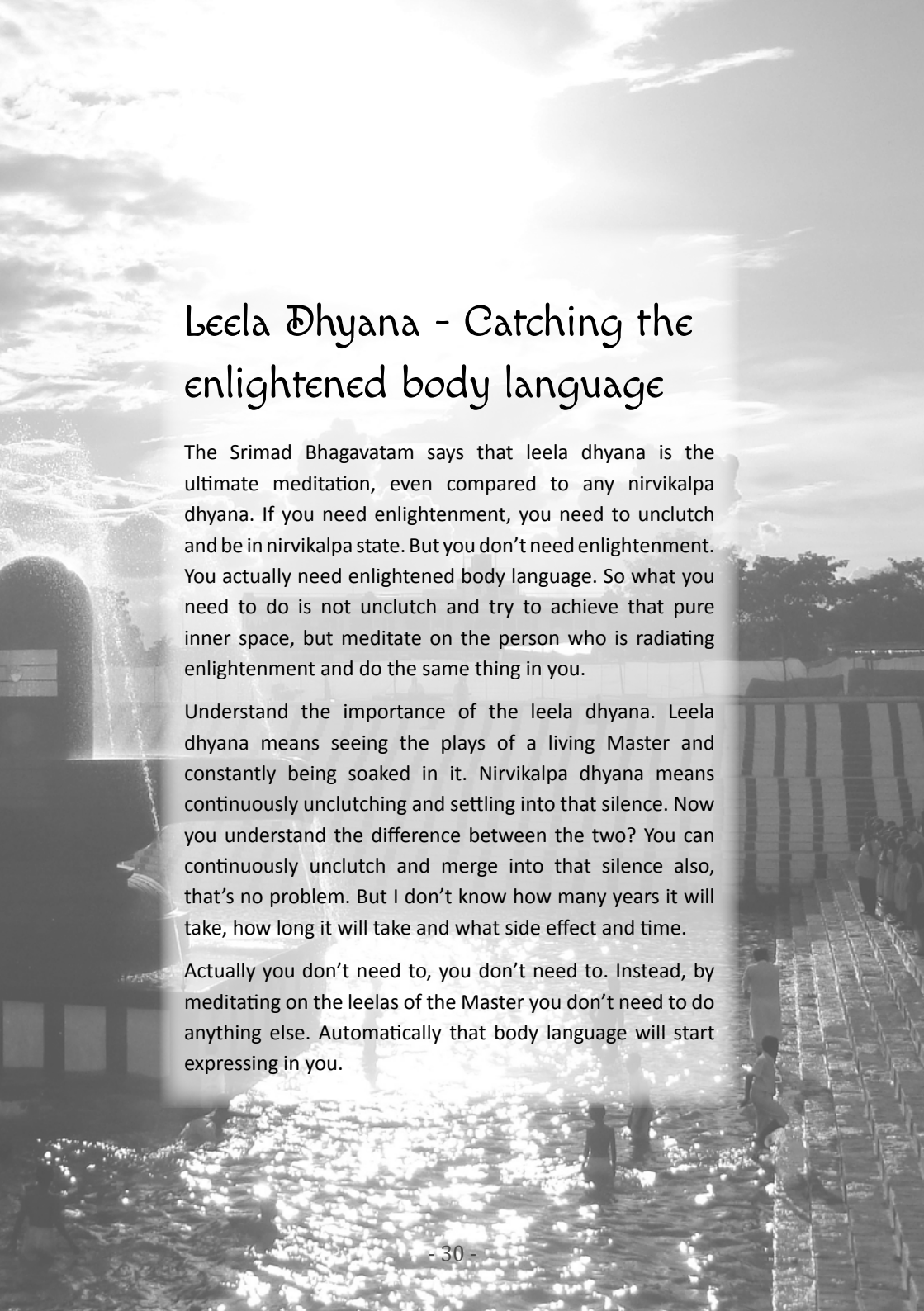
What does this mean? You don't need enlightenment, you need enlightened body language. Do you understand what I am saying? You already have enlightenment. You don't need it. Pure consciousness is already inside , you can't create that; but the walls, the layers, are blocking the original light inside.



So now those layers should become like a glass house; instead of wall it should become glass. See, in me the consciousness is same. I have seven layers of glass around me, you have seven layers of wall around you; that's all. Because of these walls, that light is not radiating. Because I have seven layers of glass, it is not only radiating, it is just shining. So all you need to do is, change your walls into glass.

So all you need is enlightened body language not enlightenment itself. Understand, I am breaking one of the important pots! You don't need enlightenment; you need enlightened body language. All you need is to see how an enlightened Master lives, and live the same way; that's all.





Leela Dhyana - Catching the enlightened body language

The Srimad Bhagavatam says that leela dhyana is the ultimate meditation, even compared to any nirvikalpa dhyana. If you need enlightenment, you need to unclutch and be in nirvikalpa state. But you don't need enlightenment. You actually need enlightened body language. So what you need to do is not unclutch and try to achieve that pure inner space, but meditate on the person who is radiating enlightenment and do the same thing in you.

Understand the importance of the leela dhyana. Leela dhyana means seeing the plays of a living Master and constantly being soaked in it. Nirvikalpa dhyana means continuously unclutching and settling into that silence. Now you understand the difference between the two? You can continuously unclutch and merge into that silence also, that's no problem. But I don't know how many years it will take, how long it will take and what side effect and time.

Actually you don't need to, you don't need to. Instead, by meditating on the leelas of the Master you don't need to do anything else. Automatically that body language will start expressing in you.



During the NSP program, I got letters from devotees telling me that 'after two or three days I feel I am talking like you Swamiji. I feel my face is like you! When I close my eyes I feel you are me and sometimes when I see your photograph I feel it is my photograph'

So that hole started happening in you means leela dhyana dwaara. That initiation of leela dhyana started happening in you. Understand if this happens then you are done. If that same feeling starts staying inside you without your effort you are done; that's all. I think now you understand living around the Master what it does inside you, what it does inside you.



Don't be a Guru widow

Who is a 'Guru widow'?

Suppose you have been a follower of a Guru, and that Guru has left the body.

When he was in the body, what did he really want? He wanted you to grow continuously. So if you don't catch a living Master, only then you are disloyal to a Master who is no more in the body. I don't think any Guru wants his disciples to be a widow or widower. Your Guru who loves you, does not want you to be a Guru widow or Guru widower.

I tell you, no Guru expects his disciples to be a widow or widower. You need to understand - discipleship is for you to grow. That is what Guru expects, and you also expect! This is the official agreement between Guru and disciple. So only if you DON'T take up living with a living Master, you are disloyal to your Guru, to your very discipleship.

Please understand, the moment you have a Guru and get initiated, the discipleship itself becomes an independent intelligence. So now the discipleship needs to be kept alive. It can happen only if you go to a living Master.

When a Master is in the body, the whole organization is missionary. It is alive; it has a mission, it has a purpose. Once he leaves the body, it is just machinery! Be part of a mission, not a machine. You are not a nut or bolt or gear— a dead Master's machinery. Be a liver, intestine, heart and brain - means, part of a living Master's sangha.

See, when I am in the body, all of you are my liver, intestine, brain, heart, head - sometimes headache! Even if you are headache, you are part of a living organism. Being a part of living Master's



organism, a living Master's mission is the best way to live.

Unfortunately, human beings need someone in the human body to tell what needs to be told. And even when I am sitting in this human body, screaming in such a loud voice, people do not listen! Then how do you expect that you will continue to grow when your Master is no longer in the body?

So when your Master leaves his body, the first thing you need to do is pray to him to guide you to a living Master. You will see how beautifully he guides you, through a dream or vision, in some way. And once the living Master happens, the form of the old Master disappears even from your visions and dreams, because he is now constantly available, guiding you, through this living Master.

Guru-Disciple Relationship

Catching the Master, Missing the Master, Abusing the Master

Catching the Master means, you understand straight away, relating, having vitarka, experiencing, catching the fire and start living it, living enlightenment jivanmukti, this is catching the Master. Catching that fire and having that strong vitarka, catching



that living enlightenment fire and start living it is what I call catching the Master

Missing the Master means being unable to catch that fire, but understanding that Master has compassion, but it is I who am not able to catch it - this is missing the Master. Understanding that you are responsible and you have to catch it. Trying to alter the space inside you is missing the Master.

Abusing the Master means trying to alter the Master, trying to correct the Master, trying to judge him. Abusing the Master is accusing him, saying that he is not giving.

See first thing if you catch the Master that is the ultimate, best. Even if you miss the Master, don't worry you will come back again. But never ever do that abusing the Master; gone, once for all.

Understand, it is like how in the cine field, if a person produces a movie and does not pay the artistes, the artistes will complain and his file will be closed, and that person will not be able to do any further movies. Whichever movie he tries to produce, this file will be there. No artiste will agree to act in his movie. Same way, if you abuse the Master once - please understand that I am not threatening you or anything - consciously it gets recorded into your system. To whoever your file goes after that, they will say 'wait'.

Your logic cannot grasp the Guru

Somebody once asked the enlightened Master Nisargadatta Maharaj, 'Bhagawan, you say enlightened beings do not have karma. Then how are you moving your body? You cannot even move your body without having some karma.'

Understand? You need to have some karma, only then you can even move your hand or you can talk or perform any action.

Nisargadatta Maharaj said, 'I am not doing anything.'

The disciple said 'No, you don't understand my question. How are you even talking to me? Even that is an action. How are you talking to me if there is no karma?'

Bhagawan said, 'I am not misunderstanding; you are misunderstanding. Again I am telling you, I am not talking to you.' Very difficult to talk to these enlightened guys! I understand, many times, what my disciples go through!

The disciple was really confused, because he is talking and saying *I am not talking*. Another big problem is that we have to believe they are telling the truth! We can't say, 'Why are you lying?' That is another difficulty.

The disciple asked, 'Bhagawan, please explain that!'

Maharaj says beautifully, 'Understand, because there is a movement in you, you think there is a movement in me. You can never understand that talking can happen without any

movement in the inner space. That is why you think that when a sound comes out of my mouth, there is the same kind of a movement in my inner space also.'


Maharaj says 'In you, you never had a moment where your body or your mouth can move without your being moving. In me, I have experienced my body or mouth or even mind or anything can move, but inside me, in my inner space, nothing moves.'

Guru is beyond his thoughts and actions

I wanted all of you to understand, do not think enlightened Masters don't have thoughts. I can say that the inner space is so big, so vast, that the thinking is a negligible part, that's all.

In a normal mind, if you have ten acres of mind, all ten acres are jumping like a zoo. With an enlightened being, he has a million acres; only ten acres is zoo. In million acres, can you consider ten acres being a zoo as something disturbing, some movement? No! It is negligible; it is practically not there.

That is why Ramana Maharshi says that normal persons carry the idea, 'I am the body', but an enlightened being feels, 'I am also the body.' It's not that the idea that I am



body disappears; it just expands - I am also the body. This is also a part. So I have nowhere to go. Understand: having such a strong, clear peace inside you that even your thoughts cannot disturb it - that is enlightenment.

udging the Masters based on their physical movement is the worst thing that can happen to a disciple, because he will judge the Master's action from his own idea. If he does that particular action what logic will go through in his head he thinks that same logic is going through in his head. Especially the people who live around few days or few years or who claim I know Swamiji for so many years.

That's a big problem, that's a big problem. I always tell people, these people who claim I know Swamiji for so many years, what do they know? Nothing! First of all they don't know themselves, and they think they know me. They think with their logic, the logic with which their head functions with the same logic my head is also functioning. If the same logic, with the same logic if my head is also functioning, then why I am sitting here and why you are sitting there. There is no logic which you can understand logically with which Master's system functions.

Guru is just your reflection

There is no logic with which you can understand logically how the Master's system functions.

But slowly, you say same way only he walks, same way he talks, same way he eats, same way he laughs; sometimes much more than us and almost looks same. You start thinking the inner space, inner programming is also same. That is where you miss. That is where you miss. Inner programming is not same. That is where Nisargadatta Maharaj says I am not talking to you. He says what you understand by the word





talking is not happening in me. Just I am reflecting the movements which is happening in you. Whatever you want to see you are seeing it in this body like a mirror reflecting.

Raise yourself instead of bringing Guru down

People come and ask me 'Swamiji, many times I feel that you are talking exactly to me, directly to me. It is not the public discourse. You know you are talking only to me.' They ask me 'Did you read my mind? How are you answering all the questions which I am having? Did you read my mind?'

I tell them first thing - I never do that job because I respect your privacy. Second thing - who wants to waste time with all the nonsense which goes on in their head. Neither I am interested nor willing to read somebody's mind.

What exactly happens is, the Presence of the Master is so intense, any mind which comes and sits in front of it just by the very Presence, heat, your questions are answered; that's all. Whatever questions you carry just answer comes out without even me logically reading and answering.

Many times, I ask people to talk, so that *they* will understand what their problem is; it is not for me to solve. Because the Master's mind, enlightened mind, does not work with the logic with which *your* mind is working.

If you think the enlightened Masters logic work in the same way your mind is working you missed the whole truth. You missed even the Master. You will not be able to understand the truth, you will not be able to raise yourself to his level; you will bring him to your level.



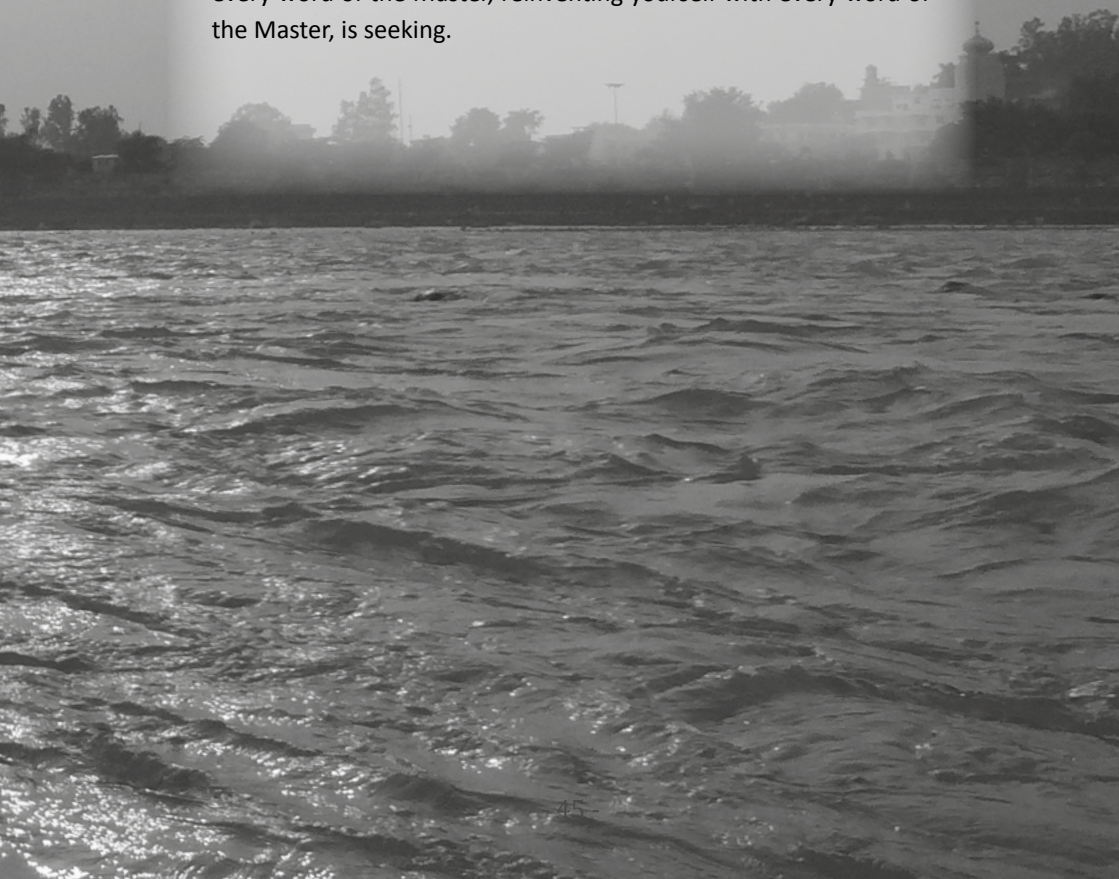
Never take Guru's words for granted

Taking the Master's words for granted, not taking them into your heart and making your life align to it, not using the words of the Master and reinventing your life and restrategizing is the worst thing can happen to you because, listen, because, other than the Master's words, there is no anchor available to planet Earth. Please understand, anybody who has drowned in the ocean of samsara, the ocean of delusion and bondage, the only anchor available to raise yourself to the next level is Master's words. From the other plane of existence, the only bridge available to this plane, this universe, is an Enlightened Master's words.

The first time when you hear Guru's words, with so much of seeking, interest, excitement, you enjoy it, start picking up many things and internalizing as part of your life, and then after some time, your seeking comes down, you listen but take it for granted, "Ok, Ah, like this only he talks, it's ok, I have heard enough." Slowly, when you take Guru's words for granted, for many years you may listen to satsang, but you still create a huge iron wall around you, the Guru's words never penetrates and becomes part of you, because with

each word you created a pain pattern, how not to allow that into you to get internalized, how to keep that away from you. Either your earlier failures, or thinking that - *I tried but it's not working out, he is great but it's not going to work out for me*, developing some kind of these patterns, thought trends, and seeking also, when it is lost, even if you live around the Master for years listening to satsang for years nothing happens to you, you have become a dangerously un-trainable & non-transformable.

If you don't catch that and raise yourself, nothing else- no puja, no meditation, no spiritual practice can help you. The highest spiritual practice is catching the Master's words, constantly reinventing yourself and re-strategizing yourself. Reinventing and re-strategizing yourself is the only way, re-strategizing yourself with every word of the Master, reinventing yourself with every word of the Master, is seeking.





Dropping from the Guru

The Guru disciple relationship is sacred; it should be started after thorough study and research and should never be ended. It should be started after thorough research and should never be ended. Ending the Guru disciple relationship in your life is the worst crime you will do to yourself, worst punishment you are imposing upon yourself, worst conspiracy against yourself.

One more thing I want to tell you: change of Guru is perfectly alright; nothing wrong. For example you go to one Guru, after sometime you grow out of him or you get more matured, you feel connected to some other Guru. That is perfect; nothing wrong.

At some point if you feel you have grown out of me, please carry on with your life if you are feeling connected to somebody, great! But dropping from the Guru and not having some other Guru is the crime. It means you did not drop from this earlier Guru because you are advancing, you dropped because you have fallen.

How the Guru works on You

Guru goes on pushing you

I can only give this one scale to know if you are with the right Guru - maybe this can guide you. After you come in contact with that person through initial introduction or initial exposure, do the techniques of that person add intelligence, awareness and bliss to you. In these three qualities, even if one quality increases if you go behind that person, surely you will be helped. Or in this three, if you are not growing in this three, forget about him. Even if he brings fortune or wealth in your life it will only be danger for you.

Right Guru will go on pushing you continuously to move forward, will never give you the feeling you are done. Real peace is the explosion of the mind which is asking for peace, into pieces.

Understand. What you think as real peace is the tamasic, tiredness, chronic fatigue. That is why when life comes in front of you, you just jump into some cave; wanted to have a cozy cave. No, even your cave is inside my Himalayas! Even if you catch a cave, you do not understand I am the walls of the cave. A real Master will go on pushing you.



Guru blows away your mind

A real Master will not encourage any fatigue or tiredness in you. He will never run a resort. He will run only a commune. Maybe after his death, his disciples will change the name into resort. He himself will never run a resort. Person who ask for the peace of the resort out of fatigue, tiredness, wanting to rest, will never be allowed in the presence of a living Master.

The mind which asks once in a while 'I think I need rest, I think I need a break' yes you need; not from the situation, you need break in the root. You need to be broken. The mind which asks for the break need to be broken. That is the break it needs.

Samadhi happens to a person whose non-mechanical parts of the brain are alive, awakened. The mind which asks you for vacation, for rest, for peace, for tiredness, has to be blown away; it should explode to pieces, only then peace happens.

A real Master is a person who goes on pushing you. The ability to receive as nectar even what you feel as poison, and stand with it, is what I call tapas.



Guru is continuously polishing you

Living with a Master is just living with a dynamic dynamite diamond. When a dynamic diamond is made to work on any stone, other than the diamond part of the stone, everything else will be completely removed. See the quality of diamond is, when it is dynamic and made to work on any object, all other particles in that object, except its very strength diamond, it will all be removed. That's the way the diamonds are polished.

Only diamonds are used to polish a diamond. It is like, any stone has some component of diamond in it and some component of ordinary carbon in it. When the moving dynamic diamond is made to work on that object, all other particles except the diamond component, carbon or anything, is burnt away.

Same way, when you live with the Master, everything other than the Master component in you, everything other than the cosmos in you, everything other than the enlightenment in you, is burnt away. This is the greatest fortunate and unfortunate thing! If you identify yourself with enlightenment, with the highest reality, this is the most fortunate thing. You don't need to do anything, just be around, hang around, that's all. Enlightenment simply happens. But if you identify yourself with that perishing components, the carbon component or the non-diamond component, this is the most torturous suffering.



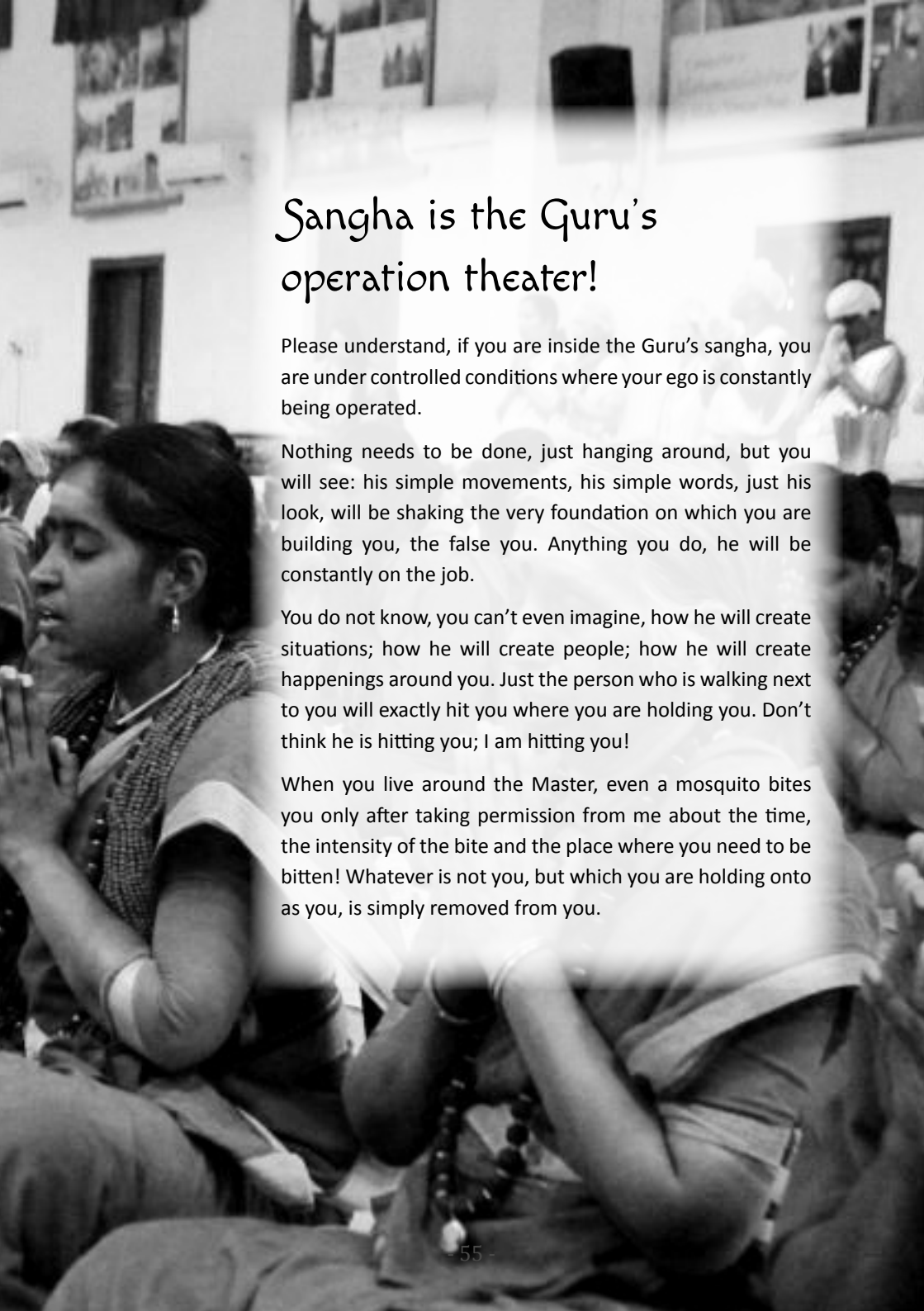
Suffering comes only from separation

Very beautifully George Gurdjeif, one of the greatest modern revolutionary Masters says - only if you identify yourself with me, be around me. If you think you are separate, I am separate, then this is not the place for you, because constantly you will feel threatened by me. If you are blissful around the Master, be very clear you are enlightened.

There is a very beautiful Nithyananda Zen koan written by one of my disciples: "If you are living with the Master and still he is not driving you crazy, up the wall, either he is not enlightened, or you are not living with him!"

As long as you think you are a separate entity other than your highest reality, he will be driving you crazy; constantly shaking the very roots on which you build your foundation. But if you identify with him, with your highest reality, this is the most fortunate thing can happen on the planet Earth, because without any effort the Ultimate will just happen in you. The Ultimate will just happen in you without any effort.





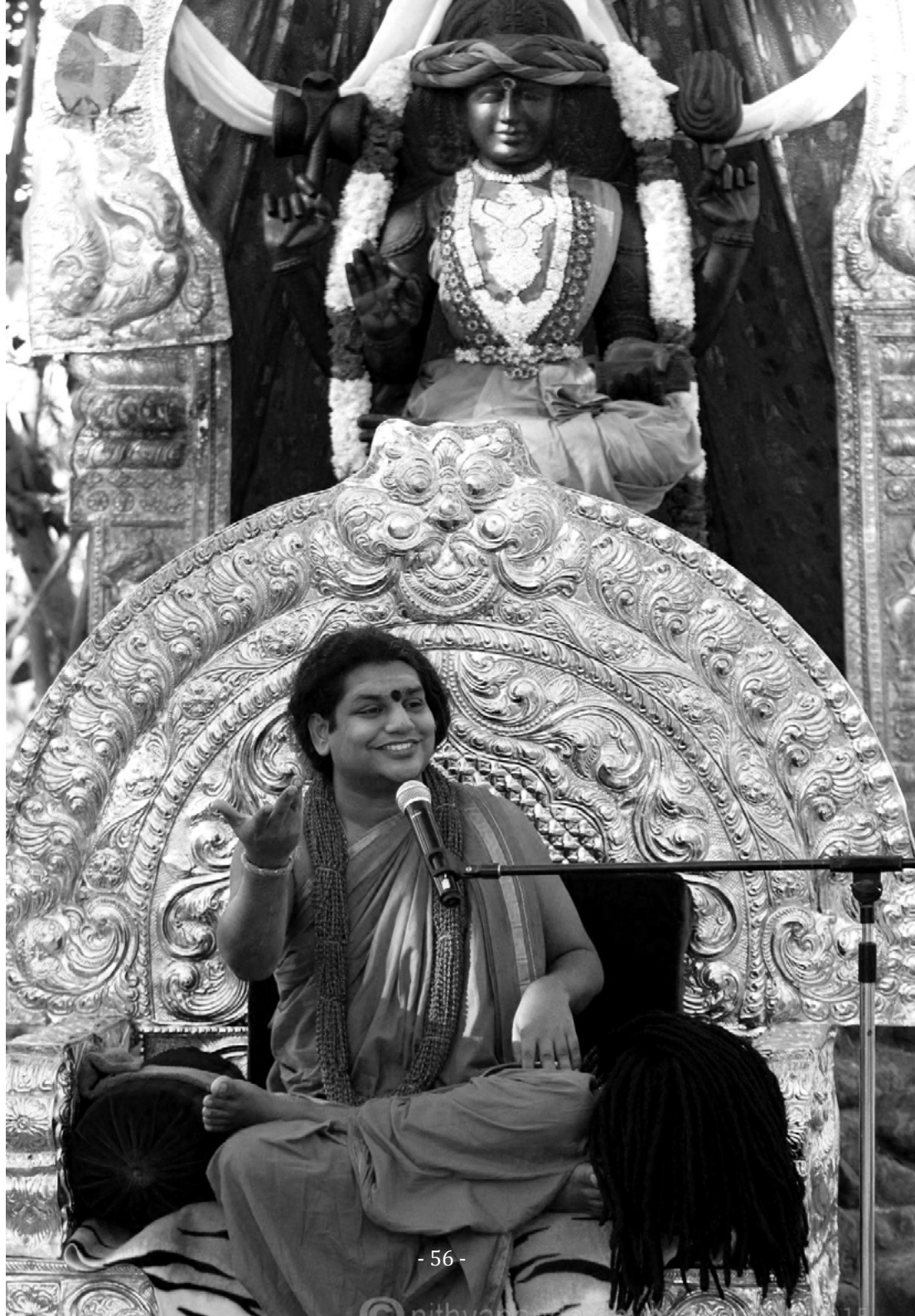
Sangha is the Guru's operation theater!

Please understand, if you are inside the Guru's sangha, you are under controlled conditions where your ego is constantly being operated.

Nothing needs to be done, just hanging around, but you will see: his simple movements, his simple words, just his look, will be shaking the very foundation on which you are building you, the false you. Anything you do, he will be constantly on the job.

You do not know, you can't even imagine, how he will create situations; how he will create people; how he will create happenings around you. Just the person who is walking next to you will exactly hit you where you are holding you. Don't think he is hitting you; I am hitting you!

When you live around the Master, even a mosquito bites you only after taking permission from me about the time, the intensity of the bite and the place where you need to be bitten! Whatever is not you, but which you are holding onto as you, is simply removed from you.



Guru asks for nothing but your co-operation

I can say, living around the Master without resisting is the definition of living enlightenment process. All you need is this: whatever you think as your intellect, your efficiency, your energy; just cooperate with that; that's all. If he asks you to sit and unclutch, how much you can, just do that, nothing more.

See, if you fall into unconscious, means if your mind drifts away somewhere or if you fall asleep it's not under your control; then don't worry about it; don't have guilt. But as long as you are aware, as long as you have back bone to sit, as long as you have awareness to unclutch, do it. That's all, nothing more. If he asks you to chant the mahamantra, as long as your energy is there in the throat, as long as you can hum, do it; that's all nothing more.

See when you feel you can't do anymore, just your body falls, either falling asleep or your mind has drifted away somewhere, then nothing can be done. It's not under your control. So you are not asked to do things which are beyond your control. No. Just do the things which are under your control; that's enough. Whatever is beyond your control is under His control. Whether it is handling your anger, handling your hunger, handling your fear, handling your greed or handling your life, anything, do as much as you can, with the clear intention that you will do as much as you can, that's all; nothing else, nothing less, nothing more.

As long as you identify yourself with the higher reality, living around the Master is the ultimate celebration and liberation. But when you identify yourself with the lower realities other than the Master, the big problem that happens is, the intellect starts developing very logical principles to go against the Master.



Deeper Truths about the Guru

Guru is your own ultimate possibility

Whenever I speak about some incident from my life, some manifestation happening through me, I am not declaring *my* glory; I am declaring *your* possibility. My glory is your possibility. Trying to open you to your possibility is my greatest glory.

What other glory you can give me, attribute to me? No! I am not glorified by anything other than seeing you open up to your possibility. So, whenever I talk about some incident, I am just reminding you about your possibility. Constantly, an enlightened being reminds you about *your* possibility. Constantly, he reminds you about your highest existence.



Please understand, I am your father, mother, friend, beloved and something more. I am father and mother of your possibility. I am father and mother of what will happen out of you. I am friend and beloved of your possibility.

Please understand, I am not father and mother of you. I am father and mother of your possibility. I cannot reject your love; it is so beautiful, even though mixed with a lot of ignorance and innocence. When a cub brings grass to the lion, the lion cannot eat the grass. It will be laughing inside, but it cannot reject the grass, because it is mixed with the possibility of you. I cannot reject your love. Same way, I cannot accept it.

If I accept your love, you will accept you as you are now; which is not the right thing. You will not look up and grow into your possibility. Understand, so I need to accept your love, but I need to constantly remind you that you need to become your possibility.

I am friend and beloved of your possibility, not you. Whenever you expand towards your possibility, you will always see me just taking you to my heart as a mother, father, friend, beloved and more.



Neither you nor Guru exists!

First of all, there is no you and me. Especially once you become an ashramite, only one thing - the relationship between you and me - lives through you. If the relationship is flowering, you are joyful. If that relationship is shrinking, you are in pain.

I tell you: there is no you actually. Of course, since long ago, there is no me. I have disappeared. The moment you become an ashramite, you are also disappearing. So there is no separate you and me.

Then what is living in you? Only the relationship between you and me is living in you. If the relationship is flowering, you are happy; if it is not flowering, you are suffering - because you not only have no other source to enlighten you or entrain you, in the ashram you don't have any other source even to entertain you!!

Whenever you raise to the level of your possibility, the relationship becomes very sweet and beautiful. Whenever you go down, shrink from your possibility, the relationship becomes bitter. Understand, that bitterness goes to your core. Whether it is my love or my anger, it goes to your core; my smile or my stare, it goes to your core.

My smile can make your very being flower, your root flower. When I stare at you, your very gut will shiver. Try your best to say, 'Eh, what is there, it's just the usual.' My stare will never be 'usual'! I might have stared at you 100,000 times, but the 100,001 stare will be fresh, alive and making you shiver, frightening you. My love will never be usual; it is alive, living. You might have had 10,000 hugs from me, but the 10,001 hug will be new and fresh and alive.



Guru neither accepts nor rejects you

Understand: I have to do the job of neither rejecting you nor accepting you. A human being cannot do this job. He either falls in love or hates; that's all. Here, I have to completely keep you in my heart, and just cut and do the surgery, removing the cancer, removing the tumor.

I cannot reject your love and I cannot accept it. Hot love always turns into anger. Your love is too hot. The hot feeling of security always turns as a deep insecurity; means the hot fear – 'if I have all this, this, this only then it is security.'

Security with legs always will become handicapped, love which is hot will always become hatred.

Love should have tremendous coolness like Ganga, flowing. In some puranas they say Ganga is one more wife of Shiva. No. Shiva made Sati into Ganga and keeping it.

Sati is too hot, Dakshayini is too hot. He makes her like Ganga. Then you can always be ardhangini, part of Shiva, whether you are in a male body or female body, understand once you are ashramite, nothing else lives in you except the relationship between me and you. When that is flowering you are flowering, when that is shrinking you are shrinking; that's it.



Exaggeration is your mind's nature

Exaggeration is inevitable in your life. You cannot kill it. I challenge! Record any of your conversations for ten minutes. You will see constantly exaggeration erupting!

Even in a negative way – if you hate somebody, you will exaggerate negatively about that person. Exaggeration is the way your mind functions. So, till it dies, let your exaggerations be centred on your God or Guru, your Ishta. Your Ishta!

The continuous process of exaggeration, need for hope, asking for more, cannot be taken away from you directly. When you divert that to Mahadeva who can never be exaggerated, all your hope, all your need for more, everything settles down on him.







Guru is the statement of God

Guru is nothing but the expression of God, demanding that you shift that hope for exaggeration on Divine. Guru is nothing but the statement given to you by God, 'Hey, shift!' Guru is the statement of God. God is the state of Guru.

State just gives the statement – 'Shift! You have suffered enough with your exaggerations on yourself. Shift now! I am here to liberate you from this need for exaggeration, to wake you up to the reality which can never be exaggerated, which is too big.

You need to experientially see something with "Aaah!" to shift your pattern of exaggeration centered on you to centered on something else. That is when Guru appears and gives you the feeling "Aaah!"

Even after Guru happens in your life, don't miss that opportunity of "Aaah!", that shift. Blessed are those who experience that shift, because they wake up!



I tell you, if you don't have anything other than you to exaggerate, hope for, feel more about, feel the quantity, quality, more need, you are the poorest person! I declare that as "spiritual poverty", "conscious poverty", "depression".

The moment you open your mouth, if all your exaggeration is moving around either God or your Guru, you are one of the richest beings on planet Earth! Because all your hope, all your need for qualitative and quantitative difference, your greed, your exaggeration, everything, is centred on something other than you, will wake you up towards Oneness.

Devotion is the antidote for delusion

Moving away from you, you wake up to the Oneness, because, you are constantly waiting to wake up for the more, Ultimate! As long as you think that is going to be you, you will be so poor, struggling, suffering. When that hope, more quantity and quality, is on something which is beyond you, your whole bio-memory for more settles down on him. That is what I call "feeling connection", or "love", or "devotion", or "bhakti". Your need for more, and exaggeration, settling down on God or Guru, which is other than you, is "devotion". When it settles down on him, your life becomes so alive, rich; and, because it is away from you, you break the delusion, illusion.

Antidote for delusion is devotion!

Antidote for "maya" is "leela".





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Exaggeration is the basic quality with which you function. That getting diverted towards the being who can never be exaggerated is "devotion". That is the only way you wake up, you wake up to the reality! If it is centered on God, you will experience him in deities. If it is centered on Guru, you will experience it living.

Guru is the very easy way to shift. See, how much ever you try, directly shifting your whole exaggeration on God will very difficult; because, you don't know Him; it is not your experience; and you will be going on struggling. To help you get out of that struggle and to support you to experience and raise you, Guru happens. He happens just to give you that shift.

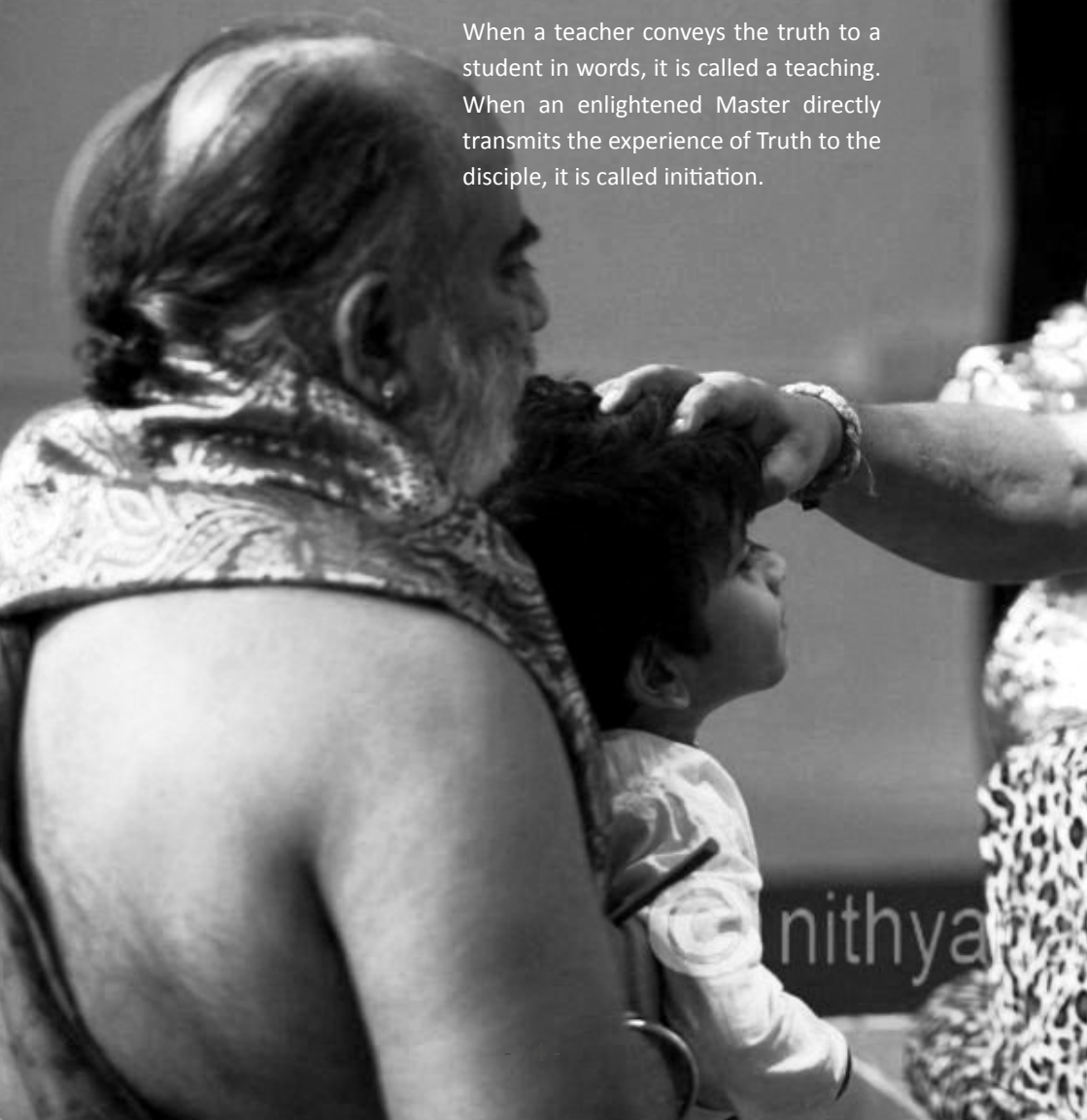
So if you are poor enough not to have a Guru in your life, let all your exaggerations be centered on God. If you are rich enough, luxurious enough to have a Guru, shift everything to him, centre it on him. He will centre it on God. If you shift all your exaggeration towards his statement, statement will shift it towards his state, because, statement and state are finally one and the same!



Power of the Guru's Initiation

Initiation is the direct transmission of Truth from Master to disciple.

When a teacher conveys the truth to a student in words, it is called a teaching. When an enlightened Master directly transmits the experience of Truth to the disciple, it is called initiation.





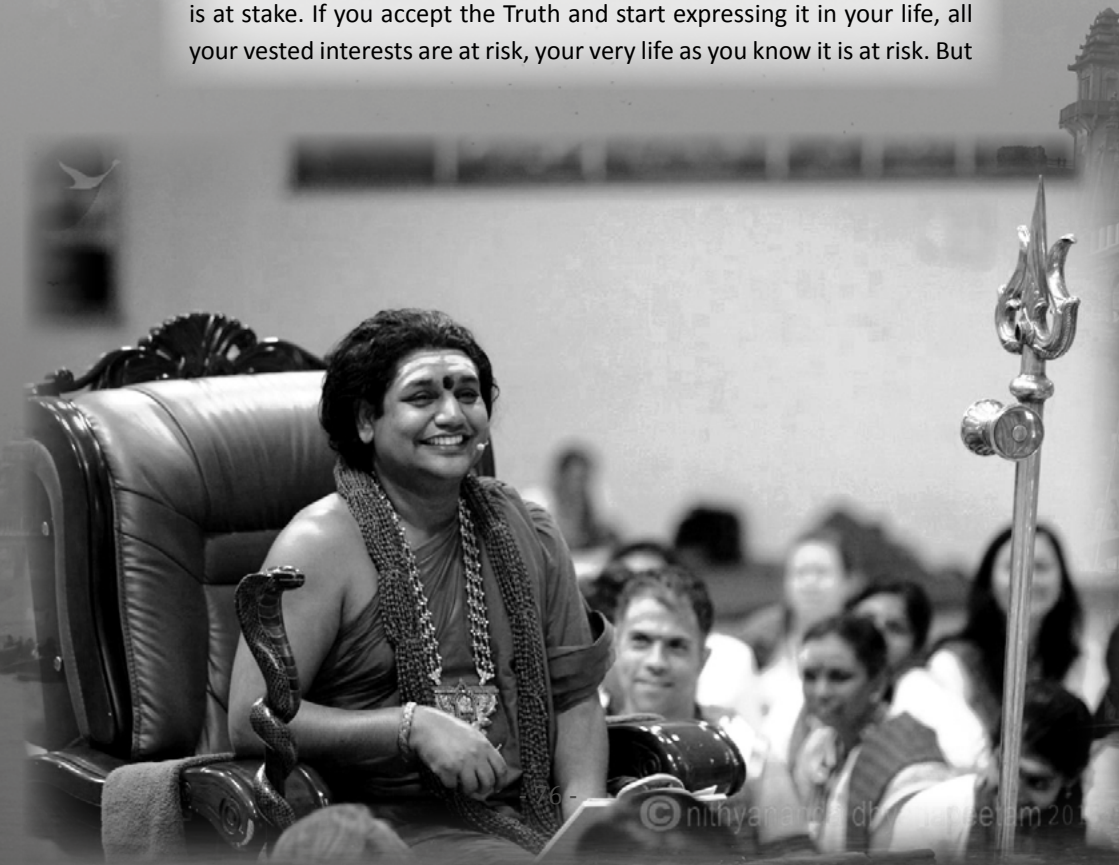
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When the Truth is experientially transmitted, the disciple straightaway gets a glimpse, he has a powerful spiritual experience that is beyond his logic. He gets a 'click'! If this click happens in the disciple, it means the initiation has happened.

When the Truth comes from the enlightened experience, from the pure inner space, you do not know why, how or what, but you suddenly see it is true! It clicks, even though one part of your logic continues to fight.

The initiation need not be in a form of a mantra. It can be just a few words, a clear expression of the truth that sinks deep within you and lifts you into its own space. It literally explodes in you, in your consciousness. Truth has the power to shake you! As you listen, you start to live by it. You cannot forget it. Your life changes without any effort. This is the power of Truth.

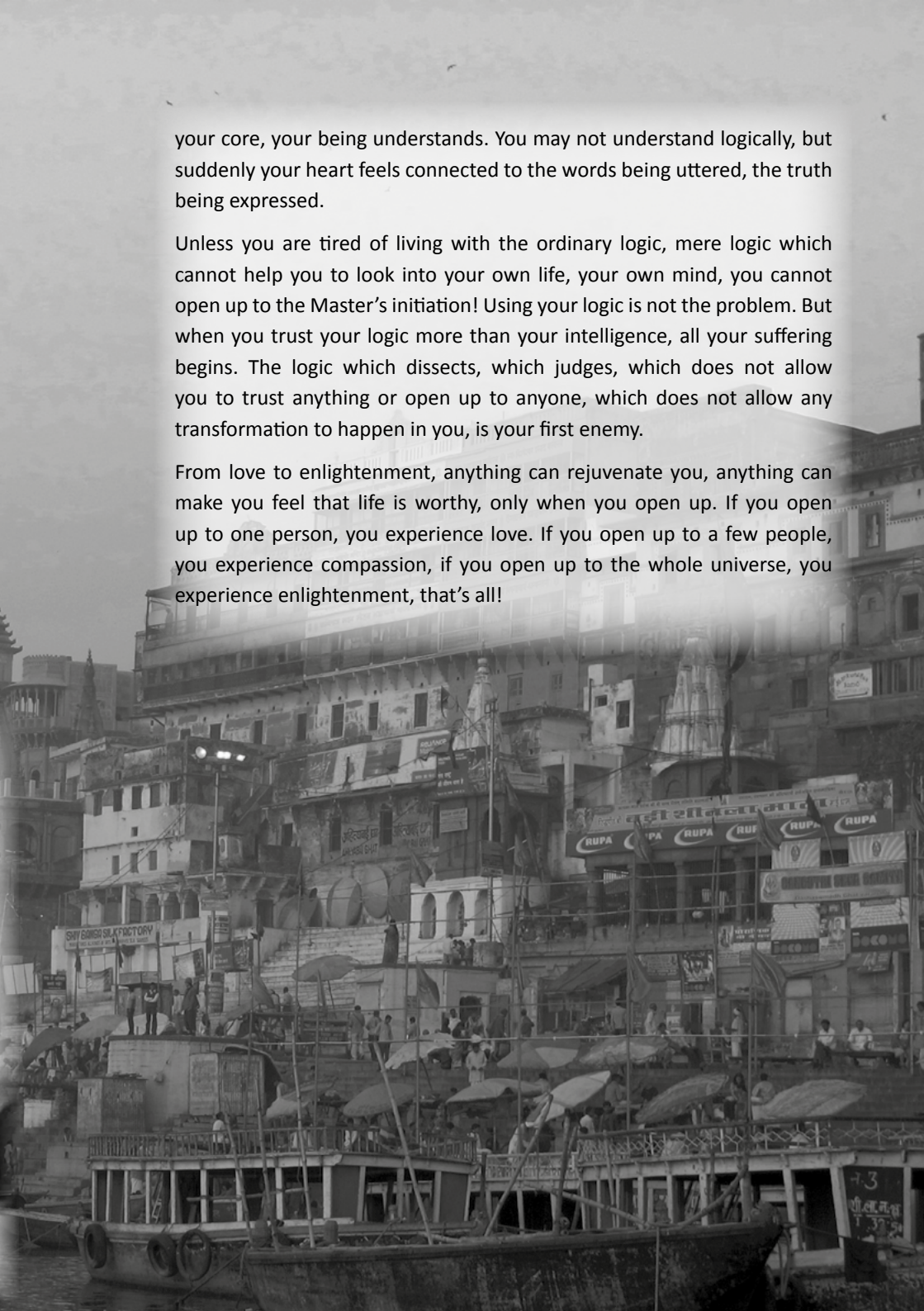
Initially, a part of your logic continues to fight with it, because too much is at stake. If you accept the Truth and start expressing it in your life, all your vested interests are at risk, your very life as you know it is at risk. But



your core, your being understands. You may not understand logically, but suddenly your heart feels connected to the words being uttered, the truth being expressed.

Unless you are tired of living with the ordinary logic, mere logic which cannot help you to look into your own life, your own mind, you cannot open up to the Master's initiation! Using your logic is not the problem. But when you trust your logic more than your intelligence, all your suffering begins. The logic which dissects, which judges, which does not allow you to trust anything or open up to anyone, which does not allow any transformation to happen in you, is your first enemy.

From love to enlightenment, anything can rejuvenate you, anything can make you feel that life is worthy, only when you open up. If you open up to one person, you experience love. If you open up to a few people, you experience compassion, if you open up to the whole universe, you experience enlightenment, that's all!



Q & A with Paramahansa Nithyananda



Master, Mystic, Avatar, God

Q. Dear Swamiji, can you clarify the difference between the words Master, Mystic, Avatar and God?

The word 'mystic' and word 'enlightened Master', 'avatar' there is no much difference. It is just reference; different reference. Please understand, there is a big difference between difference and reference. Here the word enlightened Master, avatar, Bhagavan, mystic, God, atma, paramatma, between all these words there is no difference; but they are all different references. Mystic is the word usually used for creators.

Please understand, person who uses energies which are beyond five senses and creates, is a mystic; for example, materialization. If somebody uses the powers which are beyond the senses, beyond five senses, those energies, using those energies and creating something which is beyond five senses; for example when I materialize a diamond or certain object, there, there is no normal human power is used. The powers known to the five senses are not used. The powers which are beyond five senses are used. Anybody who uses the powers beyond five senses and creates something is a mystic; don't mistake.

Person who creates is a mystic. A mystic constantly creates. Even in you, when the transformed you is created you become a mystic. Mystic is a person who is constantly creating so many new things continuously using the extraordinary powers. Actually anybody who creates, contributes to society will be a mystic; otherwise you



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are a mistake. In society only there are two kinds of human beings - one who is a mystic another one who is a mistake.

Mystic is a person who goes on creating, using mystical energy.

Enlightened Master is a person who constantly showers enlightenment on others.

Avatar is a person who is a direct descendant, who has directly appeared from superconsciousness, and who radiates all the sadgunas, all the auspicious qualities.


Bhagavan is a being who radiates all the qualities, including giving enlightenment.

God is the formless energy.

Atma is the formless energy reflecting on the form.

Paramatma is the formless energy in its original existence, and all its reflections put together.

I have defined all the technical terms. As I said, there are no differences between all these terms; they are only different references.




Guru is a Black Hole and a Big Bang

Q. My dear Swamiji, I was just blown away by what you said in Dial-the-Avatar the other day, about the Guru-disciple relationship being like a Black Hole & Big Bang! Can you please speak more on this?

When you enter into me, you disappear into something beyond you. That's what we call black hole. Black hole means all these planets everything disappearing into something which is beyond your comprehension, beyond your understanding. So when you disappear into something which is beyond your comprehension that is black hole.





I made another statement - when I enter into you it is big bang. Whatever you see appearing from something which you can't understand is Big Bang.

Understand when I enter into you it is jivanmukti, living enlightenment. When you enter into me it is videha mukti, enlightenment beyond body.

So what is Big Bang? Initiation. Me entering into you, you experiencing a new you. Some day, suddenly, you will feel that even a trace of your old identity is not there in you.

When you enter into me, you disappear into something beyond you. That is what we call as black hole. When you disappear into something beyond your comprehension, that is black hole.

Whenever you see something beyond your comprehension, it is Big Bang. When I enter into you, it is jeevanmukti (liberation). When you enter into me, it is Videha Mukti.



Big Bang means initiation... Someday, suddenly you will feel even the trace of old identity is not there in you.

I felt this when I left the house and went to Ramakrishna Mission. Just within a few days, I can say a week, I felt like as if I was washed. I forgot many of the dear things in my life. I forgot Arunachala temple, the dearest thing for me in my life. I forgot the structure of Arunachala temple!

After a month, somebody asked me about Arunachala temple. I realized, Oh, God! I forgot about it. First thing in the morning I would jump into the temple, and last thing in the night I would jump from temple to my bed. But I just forgot! When your identity moves away from you, something completely new happens in you, something completely new takes over you. The new taking over you is Big Bang.



Buddha's enlightenment is black hole. Shankara's enlightenment is Big Bang. Shankara or Lord Shiva constantly talks about Poornatva and Buddha constantly talks about shoonyatva. But both are one and the same, and you cannot understand both!

I will be constantly speaking. You will never be able to hear anything, but your heart will be listening. Me speaking and you not hearing. But whatever I am saying, your heart will be listening. That is what is Upanishad.

I tell you, working with the Master and directly doing work as per his guidance and instructions is an extended and continuous learning process. That clarifies many of the spiritual truths, makes you understand Living Enlightenment and makes Living enlightenment possible. Live it!

So even though you don't understand, I will make one more statement: Black hole is making you whole, Big bang is bang to wake you up! Black hole is making you as whole, Big bang is Inner Awakening. Understand, biggest bang on your consciousness is Inner Awakening!

Receive that biggest bang, and you will become whole.



Rahula and I are your hidden
astrological secrets

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Rahu and Ketu – your hidden astrological influencers

Q. Beloved Swamiji, is it already written in the stars who will be my true Guru?

Yes. You can have many Gurus, but only one will ultimately be your sadGuru, who guides you on the path for many lives till you reach enlightenment. But your own astrological influences can postpone that happening - if you allow it.

For example, Rahu brings distance between you and Guru. Rahu erodes feeling-connection, bhakti. Ketu creates intense feeling-connection with the Guru.

When Rahu takes over, he separates you from Guru, and he also doesn't give you anything other than suffering. Ketu brings Guru's grace, takes you closer and closer to Guru. Constantly keeping you in the space of Completion is the job of Ketu. Ketu brings passion for ultimate reality.

Continuously, sincerely, be a cause for others to realize their reality. Continuously, sincerely, be a cause for others to realize their reality. Go on enriching everyone's life. I tell you, your life will be enriched! Your life will be showered. Come back to ketu and Guru's feet.

Anything can be missed for the sake of Guru. You will have Guru and what you missed for the sake of Guru. Guru should not be missed for anything, because then you will neither have Guru nor what for you missed Guru. When Guru takes over, he gives you Guru and all the best things of life, all the good things of the life.

Why Gurus are persecuted

Q. Swamiji, does every Guru go through religious persecution?

First thing I want you to know - do not go to a Guru who has not gone through religious persecution! I tell you, any Guru who is an authentic enlightened Master, will have a unique integrity and strength which cannot be tolerated by collective negativity and ignorance and the collective unconsciousness. They will try to persecute him. See an unconscious man who possesses even the ten rupees he has, who is greedy for money, cannot even understand I am not attached to this gold rudraksha or this golden throne. He cannot understand.

See, many times when a man comes out and does so much good, the collective negativity cannot tolerate it. It will persecute that man. Understand: if somebody is not persecuted, he has compromised with enlightenment. He doesn't have that integrity, that strength. So I tell you, don't go to a Guru who is not persecuted. Being persecuted is one of the basic scales to find out whether somebody is real Guru or not. That is the truth; that is the truth. Gurus go through religious persecution because of the honest, truthful contribution they make to the world.



Sacred Glimpses: Learnings from my Gurus

Advaita with the Guru dissolves fear

It is my Guru Arunagiri Yogishwara who taught Advaita to me personally!

Understand: when I found Advaita, when Advaita clicked with me, the first solution I found, the first thing I experienced, is that I do not have any more anxiety, fear, or cause for fear! I do not have anything which can make me powerless or frighten me. That Completion was like a bomb exploding in me! I fell in love with Advaita! I fell in love with the person who introduced Advaita to me! Understand, I fell in love with Advaita, and I fell in love with the person who introduced Advaita to me, and who was the embodiment of Advaita for me.

I tell you, that Completion, and I know for sure, anything in life, I know this dharma, the Advaita, is there. I can never fall into powerlessness, and I am always powerful, and powerlessness

has lost meaning for me. Even Fear cannot frighten me, Death cannot kill me! The whole thing, the powerlessness, fear, anxiety, everything, lost meaning in my life. The Completion with Dhamma, the Completion with Advaita, when that clicked into me, I know I have experienced that space of falling in love with.....I can say, "rising in love" with dhamma, and rising in love with the Master who gives that dhamma, who is the embodiment of that Advaita.

Guru moves the Cosmos for you!

When I was seeing Arunagiri Yogishwara every day and listening to him, learning from him, experiencing from him, every night I had to leave the temple to come to the house. I would leave around eleven o'clock, because by twelve they will lock the doors, all the watchmen.

Actually, in those days, the temple used to be very free. The watchman will.... just if I say, 'I will sit here some more time', they will adjust, and allow me; they will not have any problem. And, by night eleven I will come back to the house, and early morning four o'clock I will run back to the temple. But those four hours used to look too much! I used to feel it is like ten days, those four hours. And, I will be constantly used to be watching the clock, 'Why this clock is not moving? This stupid clock, why the time is not happening?' And I used to suspect whether the clock has stopped.

I sometimes used to run and see the next room clock to see whether that clock is also showing the same time, or whether my clock has stopped running! I used to have this cranky thing. I just



want to run back to be with him, with Arunagiri Yogishwara. It used to be so strong, may be, after ten-fifteen days I told him directly, 'I feel that every night the time is too long.' I am trying to get the exact words, Tamil words I said. I told him — the conversation I was having with him, I am trying to translate exactly that. I told him that, 'Every night it is too much!' I will repeat in Tamil. I will say in Tamil; then I will translate. I don't want to miss that original statement as it happened.

I was sitting with him holding his knee, the right knee. Whenever I sat with him, I will always hold his hand or his leg or some part of his body. I used to feel some energy is coming from him! I was putting both my hands on his knee and I was saying, 'Saami, Saami, dhinam raathiri indha watchu nagaravey maateyngudhu! Indha time-piece (alarm-clock) nagaravey maateyngudhu! Raathiri pogavey maateyngudhu! Naalu mani neram, naalu naal maadhiri irukudhu! Indha time-piece ah naanum nagathi nagathi paakiren, timeay nagara maateyngudhu! Time-piece ah nagathina, time nagara maateyngudhu! Enna pannaradhu Saami?'

Please understand, I was telling him that 'Even if I move this time piece, the time is not moving. So I don't know what to do! The time lookstoo much! These four hours look like four days! I don't know what to do!'

I remember exactly what he said: 'Unakku mattum allada! Enakkum appadi thaanda irukku! Adhunaala thaaneyda kaalatthaye surukkidaren unakkaaga!' He told me, 'Not only for you, even for me it is like that only! So, that is why I am reducing the whole Time for you to be with me!' He said these very words!

He said...then he expanded: 'Nee vandhu enna paaka, Sooryan, Chandran, ellaatheyum naan maatha veyndi irukke!' Means, he said, 'For you to come quickly and sit with me, I have to move the





Sun, Moon, everything, and change the whole timing, and quicken the process of time movement!’ Then I know, it is not that only the disciple feels, the Master also feels!

If you guys are moving only small things to be here, I am moving bigger things for me to be here with you guys! Understand, if you guys are moving only small things, whatever you know, to be here with me, I am moving bigger things for you guys for you to be with me! I am trying to move only the stupid time-piece, alarm-clock, to be with Arunagiri Yogishwara; he is moving the Sun and the Moon for me to be with him!

Understand, what we move is toys; what he moves is Cosmos! You move your toys to be with me; I move the Cosmos for you to be with me! I moved my toy alarm-piece to be with him; he moved the Sun and the Moon for me to be with him! Understand, he also celebrates....I understood. I wanted to tell you guys, I also celebrate you being here... I also celebrate you being here!







Guru challenges your microcosmic bio-memory

It's a very revolutionary technique which I saw with my other Guru Yogi Ramsuratkumar; a very revolutionary process. It's a little unconventional, untraditional.

I have seen he would always keep a bunch of rope with him. When somebody went to him for liberation and all that, he would completely tie them up with that rope! He would tie their legs, he would tie their hands, and he would make them sit, sometimes even 24 hours. He would make them sit. And these poor fellows would be sitting five-six hours, and the dedication would be there. You see, for five-six hours you think, "Oh this swami is making me do this"; that dedication would be there and you will sit with patience.

He would tie their hands and legs very tightly. They couldn't move. And after that he would put their hands on their legs and tie them there. And those fellows would be sitting.

But after ten hours, naturally the patience will wither away; completely the patience will wither away. Just imagine - ten hours your hands and legs are tied and you are made to sit, and you don't know when he is going to release you..!

See, if you know that in 24 hours he is going to release you, you will not have a problem. You don't know when he is going to release you, so within first five-six hours the dedication will be up. That part will be up. Everything is okay. But after ten hours what will happen? That is when the suffocation will start - and especially physical tying up is such a survival thing. Nobody can tolerate more than maximum ten hours; ten hours is the maximum. You can't tolerate more than that.

Especially the people who come to him for enlightenment are civilized people. They are not traditional trained criminals who are habituated to prison or handcuffs and all that. They are all civilized, cultured people. So ten hours was too much. Then that microcosmic bio-memory, the dedication which they carry in microcosmic bio-memory, will be exhausted.

How you recognize the Guru

Let me give you an example of this microcosmic bio-memory and macrocosmic bio-memory. From when you were in the fish body till now, whatever you collected is microcosmic bio-memory. That part only' the scientists are able to analyze and understand as 'known DNA'. Let us call that as 'known DNA'. And the other part' which I call 'jeevatma DNA', the individual self DNA, that part is macrocosmic bio-memory.

Please understand, macrocosmic bio-memory means whatever has happened in the Cosmos. Whatever has happened in your body - when I say 'your body', it means not only just this six feet - whatever ingredient has been added to make this six feet, that memory will be there. When you were a fish and you had a fight with your spouse fish, that memory will be there!

Whatever you collected from the fish body will pass to the next body, next body, next body. From that body till this body, whatever was collected and transmitted, is what I am calling microcosmic bio-memory, and whatever has happened in Cosmos is macrocosmic bio-memory.

A certain dedication or love will happen in microcosmic bio-memory. With that only you recognize my microcosmic bio-memory. You see, something extraordinary expresses in my microcosmic bio-memory. So your microcosmic bio-memory's dedication recognizes that. Your microcosmic bio-memory's dedication gets attached to my microcosmic bio-memory's expression.

But in ten hours, that microcosmic bio-memory dedication would go away. That devotion would go away. That would be exhausted. After that, when the suffocation started, he would just sit and wait. He would watch how they got irritated, and by ten hours they would start telling him, "No, leave us! It's OK."

And then he would ask, "So this is your dedication for enlightenment."

He would make them very clearly understand that their microcosmic bio-memory strength was only this much, only this much spiritual experience could be acquired by them.

Whatever you don't have is God!

Now I want to define God. Whatever you don't have is God. All that you don't have, put together, is God! That is why you are attracted to God. Whatever your microcosmic bio-memory does not have, my microcosmic bio-memory has it. That is why that attraction.

But the funny thing is, how much dedication your microcosmic bio-memory's attraction has, that much only I can pour. I can't pour more than that. But your greed demands more; more pouring is demanded. So within that ten hours, he will make them understand that this much only can be poured; understand?

And there are a few people, very intelligent I have seen, two cases who just withstood for more than ten hours! Maybe they withstood fifteen hours, one full day. And by night they started, that regular thing started happening. He sat patiently and made them understand, "Now your microcosmic bio-memory dedication is exhausted; look."

Very simple awareness; nothing else; he brought them to awareness and told them, "Don't go for dedication, don't go for anything or you will have fear. Go for love and go for awareness."

You see, when your microcosmic bio-memory is exhausted, don't go for dedication. That's a wrong step you will be taking. You will be pressurizing yourself. You will be forcing yourself, because you will have tremendous fear.

You see, I have a deep concern for you. When your microcosmic bio-memory is exhausted, don't think I am angry with you. I have concern for you. Only I don't know how to express it, because any

word I express to you, you will not experience that as a concern. You are in fear. A person who is in fear can't experience love. Whenever your microcosmic bio-memory is exhausted, when the dedication dries down, go for love. That is why I make you do this puja, deity, Guru and remembering sweet memories and the beautiful times, beautiful experiences. It strengthens your feeling-connection with the Master; the love with the Master.

Yogi Ramsuratkumar would suddenly release all the ropes when they were not expecting; all the ropes. And he would tell them to lie down, lie down and feel the difference between the suffocation mood and this free mood. Understand, when the microcosmic bio-memory dedication was exhausted, the love which he showed was like a drilling.

You see, it is two layers; microcosmic bio-memory dedication and macrocosmic experience; macrocosmic DNA. When that got exhausted, that dedication was exhausted; he would drill them with love. That drilling opened up the macrocosmic experience. When they lay down I really saw, completely, not just their brain... pulse rate would become zero. I saw at least two people whose pulse rate became zero.

I have seen he made a person lie down on that Samadhi, tomb, in Tiruvannamalai. In Tiruvannamalai, there is a burial ground where he used to live regularly. He made a person lie down on that tomb after removing the rope. I have seen that person becoming zero, the pulse rate becoming zero. It's like a step-by-step process. That bio-memory he would agitate it, then exhaust it. The dedication, the bio-memory would go away. And the funny thing is, he knew exactly where that person was stuck. He would not use this process for everybody. He knows exactly where the person is stuck, and somehow he would agitate exactly that samskara by talking.



Withstanding the Guru's tremendous love

One fellow gave the promise to him. I saw in this too, it's a very beautiful process. One fellow gave the promise to him that, "I will not move till you leave me. I won't bother." So he sat and really, really, he sat whole day and did not get agitated.

Yogi Ramsuratkumar had a dog. Through the dog he sent word to Narayana Swami. When he came, Yogi Ramsuratkumar he said in a very casual way, "Eh... show him what is happening in his house with his wife."

Narayana Swami applied the anjanam on the mirror and showed that that lady was having an affair with somebody. This fellow's only attachment was with his wife. So Narayana Swami showed that the TV showed very clearly that his wife was having an affair with somebody. So immediately that engram got agitated, that agitation happened, got awakened, and this fellow immediately wanted to go to the house. He started telling, 'Leave my rope, leave everything, I want to go there!'

Somehow Ramsuratkumar was able to slowly talk to him, "Now tell me, you gave the promise that you will work till the end. Now, I only brought and awakened this agitation. Now even if you go, what are you going to do? What can be done? Nothing can be done. So understand, this is the bio-memory in which you are stuck."

Where this microcosmic bio-memory and macrocosmic bio-memory meet, that area will be very thick. That microcosmic bio-memory's last layer will be very thick. It is like a coconut; when you grind the coconut, finally the shell will be very thick. The white part will be very soft. That will all come away. That is what is dedication part. That coconut part is the engram. When you start

digging there, it will create a sound. That is the layer he is caught. That layer for him was his deep attachment to the wife; that social conditioning, 'My wife has to be only for me.

Please understand, the concept of rape, concept of sex, concept of child abuse, concept of brahmacharya, concept of multiple relationships, concept of polygamy or monogamy, all these things we have now are completely European civilization's concepts. Ramsuratkumar explained that somehow.

Decision to stand with the Guru

Another important thing is, that devotee decided to stand by the Master's words. It is actually fortunate I tell you, that last tip is always fortunate; because which side you jump, that's all. There is nothing else. I will tell you guys - you guys are fortunate. All of you had the tipping point. Blessed are you guys; don't take the blessing for granted; you are fortunate. You tipped this side; my side. I can say, the word 'fortunate' may look too mystical; decision to decide.

This guy decided to decide. So I could see very clearly, Ramsuratkumar was able to drill that layer; that macrocosmic bio-memory was exhausted, and the thick layer also, he drilled it. The moment the drilling happens, the moment the microcosmic bio-memory's drilling happens, the macrocosmic bio-memory rushes into it.

This is what I do in a very subtle small way, in a very small scale, through the Ananda Gandha chakra. When you close your eyes and sit in Ananda Gandha chakra, it will lead to that macrocosmic experience only. In life itself, when all that fruit part is taken away,



and only the coconut shell is there, that is what is microcosmic bio-memory. If I make one hole in that shell and macrocosmic bio-memory gushes through that one hole, it is called Ananda Gandha chakra. If the whole shell is broken, it is called jeevanmukti.



Grinding from both sides

If you are living with me, I will break the whole shell and put you in sahaja samadhi because I am a macrocosmic bio-memory. I will grind you from both sides. See my form, the microcosmic bio-memory of me, is only grinding the fruit side; the white side. My macrocosmic bio-memory, Me who is present everywhere, that will be grinding you from the shell side. Both will be grinding.

This macrocosmic bio-memory obeys prayer. If you feel the grinding is too much, pray immediately. Macrocosmic bio-memory will stop it. Or if you say, “No, I want this to go on, let it be done, let me be done with it!”, then it will go on.

Please understand, this microcosmic bio-memory which is responding to you is only cleaning the fruit side; the white side. It will be drilling, drying the fruit thickness which is only the dedication. When all the dedication is exhausted; when that engram crushing is happening, that’s where the sound will come. The sound is coming means that engram crushing is happening; engram crushing is happening.

See when that sound comes, this microcosmic bio-memory will not move further. It cannot move further. The macrocosmic bio-memory only will be pushing further – means, only your hand will be pushing! Understand this coconut drilling, and you will understand exactly. This macrocosmic bio-memory will only be pushing – means, the Cosmic Nithyananda only will be pushing. If you pray, it will stop, it will stop, and it will relax. It will give you the relaxation.

Another thing: the macrocosmic Nithyananda pushing will not

even be known to the microcosmic Nithyananda. I do not know. But I know the pushing is happening, that's all. I do not know how it is happening.

Understand: if something like that happens, be very clear that the Cosmic Nithyananda is concerned about you. The macrocosmic bio-memory is concerned about you, otherwise it does not need to send information to microcosmic bio-memory and make it express that to you. If you are sitting hiding from me, and I send somebody and call you, be very clear the macrocosmic bio-memory is calling you, because with so many things, where does the microcosmic memory have time? Where is the place or time for all these things?

And sometimes - not sometimes, many times! - I do the actions which I do not logically think. But you exactly know why it happened. Many times I do not know the reason for what I do, but you know the reason. The problem is, you think I know the reason! That is where the problem happens. When you think I know the reason, you start abusing me, thinking that I am drilling you. No! Microcosmic bio-memory is innocent. Leave me. It is the macrocosmic bio-memory playing this game.

But one great thing about the macrocosmic bio-memory is that it listens to your prayer immediately. If you say, "No, it is too much! Please wait!"

It will just wait. But delay is a waste of time, but it will wait... it will wait for as long as you want. If you say, "No, go ahead", it will open up.

When the microcosmic bio-memory exhausts, the layer which needs to be opened is that second layer DNA, what I call as jeevatman portion of DNA; the self DNA. I call that as the jeevatman, because it is still connected to microcosmic bio-memory. When

that microcosmic bio-memory is completely exhausted, then this unknown DNA, what they call junk DNA, shadow DNA, opens up.

That part can be called as the parabrahman or God; the macrocosmic bio-memory or paramatma. You don't need to call that as jeevatma.

As of now, the microcosmic bio-memory in you is known DNA. the macrocosmic bio-memory in you is jeevatman. In me, the microcosmic bio-memory is jeevatman and macrocosmic bio-memory is paramatman. There is no known DNA in me. That is why I defy all the known DNA rules and philosophies.



Importance of trust and love

There is an information about Ramsuratkumar showing through Narayan Swami's mirror to this guy. He made that person experience the silence - he calls it as a mouna - means the pulse rate becoming zero. He would check it from this point and that point and I saw that person, that devotee, experienced mouna. You will be surprised - after one day that devotee went back to the house; the wife was not in the house which the mirror showed. At that time and that day which he saw, his wife was not even in that house! The mirror showed a lie!

Understand, what that mirror showed was a lie. So that guy came back. Fortunately I was there when that guy came back again for next darshan.

Then he asked, "Neither she was in that place nor that affair was going on, it was a lie. Why did you do it? How did you do it?"

All Ramsuratkumar did was, he was laughing; that's all. That was his answer. I don't know what understanding you will have out of this. Means, he simply created the whole scene! That's the punch line! And he had one assistant to create that line. You understand? He simply created the whole thing in that mirror through Narayana Swami's help, because Narayana Swami is well known for this; he can show anything. So finally it boiled down to what? He just worked on his engram, and the information shown to him was not even a fact. It was not even a fact.

But of course, to play these kind of risky games, you need a tremendous understanding between the Master and disciple. If something cracks even in one place, what will happen? If that fellow had rushed there and suddenly seen that neither she was there nor the other person was there, he would lose complete trust



over this person, the Master and everything, and it would become a big ruckus. And when you lose trust after these kinds of scenes, you will not only never come back to this Master, you will never go to any other Master for three-four janmas - like a cat which once boils its tongue with hot milk will never go near the milk again. It is a big risk only. But he was successful. He was successful. He had an infrastructure, a dedicated disciple. In one day he put that guy into the mouna, nirvikalpa samadhi .

One beautiful thing is, when he went back and understood it was false information, he was not angry. He was so grateful, he was so grateful; he was with tears of ecstasy. "You went to any extreme to put me into this experience!"

He appreciates the risk taken by the Guru. See, otherwise anything can become irrelevant. Suddenly the whole thing can become irrelevant. And another thing: this guy also had that kind of attraction to the microcosmic bio-memory of Ramsuratkumar. So that love plays a major role. Love acts as a lubrication when microcosmic bio-memory and macrocosmic bio-memory are drilling the coconut.

One important thing: everybody behaves very intelligently till their own coconut is grilled! That is most unfortunate thing. When other coconuts are grilled, these guys have so much of consolation, love, promise, words, inspiration, lifting, elevating... only when their coconut gets drilled...

What about you guys - even for me this has happened! When my coconut was getting drilled in 1999, before 2000, even I had to go through such a thing.

See, when you do the weight-lifting, how the nerves are seen as green. When I went through that drilling, all my nerves were seen as red; that kind of a drilling! Whenever you are able to see the

nerves as red, just understand that the drilling is going on; the drilling is going on. That's what happened in me. It will not be seen in green or other colour. It will be very intense pain.

Physically, these are the symptoms to find out whether the drilling is going on. Choosing to choose, deciding to decide. It's almost like this - when you are standing in the waves, the sand under your feet will be washed away, taken away. If you decide to push, you can stand. If you just slip one step, what will happen? You will just go with the wave.

During the grinding you need a love of a person who does not support your negativity that is important thing. See sometime you will get a wrong company they will give you the love and support but they will support your negative side; that is the most dangerous thing. You need somebody who will give you the love but who will constantly remind you to stand up on positive side. Stand up on positive side; stand up on the Guru's side.





The lion and the cub

(A story I love to tell)

Once there was a lioness in a forest. She was pregnant, about to deliver, but she is hungry, she only has to work and get the food! So she went hunting. When she jumped to attack a sheep, it became a little too much. Instead of killing the sheep, she fell on the ground. The blow was so much that she delivered the baby and died. The cub was born and the mother died.

All the sheep ran hither and thither, but suddenly they found that nobody is attacking them, and no sound! They turned back and saw that the lioness was dead. And near the lioness there was a small cub, a cute cub, trying to look here and there and play around, roll on the mud and all. These guys go there near to see what it is and they say, "Baaaaaaaaa". And they see a small baby that doesn't know what to do. That baby just started jumping and trying to bite some female sheep and trying to drink milk. And the female sheep, really she felt compassionate and she allowed the cub to drink. And the sheep took the cub with them and the fellow started growing there. Slowly, slowly, he started eating grass just like any other sheep and started making the same sound – bleating - and he was growing. Everything was going smooth, he was even about to fall in love with a female sheep and start his new relationship and life. Everything was going well, nothing wrong.

Suddenly one day, a big storm happened! A lion saw this whole





flock of sheep - and one lion cub running around with the sheep! He was shocked; surprised. But before he could do anything, the whole flock of sheep ran away. Next day, the lion again came back to the same place, waited for this flock to move, and he just jumped and caught only that cub. And that fellow started bleating same way, "Baa, baa, leave me, leave me!"

The lion caught the neck and said, "Ey! What are you doing in this group?"

This fellow said, "I am a sheep, where else will I be? What am I doing? I am grazing and eating grass."

This lion looks and understands that nothing can be told. And this fellow is begging, "Leave me, leave me, leave me!", so the lion takes the hands off and this fellow runs as fast as he can and goes and joins the sheep. And next day again he waits, again he jumps and catches the same cub, holds him by neck and say, "Look, you are a lion. You are not sheep. Don't be stupid."

That fellow starts screaming, "No, no, no, I am a sheep! I am a sheep! Leave me! Leave me to be with my people!"

The lion says, "Alright."

He takes his hands off, and the cub runs as fast as he can, joins his team, and goes back. But that night he was not able to sleep. That night that cub was thinking, "What is this? That fellow was talking something stupid, but he seems to be compassionate, otherwise why he did not kill me and eat me? He left me (experience after seeing first day satsang, or Kalpataru touch). Hmmm, he did not kill me, he left me, why? No, no, no, he is telling I am lion, he has some big plan, he has some conspiracy. Maybe he is going to take five lakh out of me and make me do Inner Awakening. He has some larger plan. No, no, no, he is not a good guy! Come on, let me be with my mother sheep, father sheep, brother sheep, girlfriend sheep and everything."

Come on! Pull the blanket and try to sleep! But those eyes which looked into your eyes, coming again, not letting you sleep. Next day morning, you try to get up and join the whole team. But before coming near the region where the lion was there for last two or three days, when you are coming near that area, you have a doubt, "Should we go again in that same area? Why not we tell all these fellows to change the route? But will they listen to me? We have come all the way! I'll quickly run before he catches me! Run as fast as you can, but again he runs faster than you, because he is a lion you are a cub - and he catches you!

"Ey, did you think about what I told? You are a lion."

"No, no, no! I did not think about anything! Don't talk to me! I am not interested in what you are saying! I have my father, mother, new girlfriend. Did you not see my selfie with her on Facebook? I am getting engaged soon. Don't disturb my life! Everything is going smooth."

This fellow, now, holds his neck in such a way it was more the touch of love than the touch of harshness and he says, "Alright, but listen. At least once, try to look into the mirror, see my face and see your face in the mirror."

The cub does not understand what is mirror. He runs along with the team, goes and sleeps. That whole night he is thinking, "What is mirror? What is mirror? What he is telling me to do? Why should he everyday catch me but not eat me? Why is he letting me go every day? What is mirror?"

Next day, the cub comes with the group on the same route. This time he stands at a distance and asks, "Can you tell what is mirror?"

"You can't get mirror in the forest, go and see in the river water or in the pond water in the silent night! That is only thing you can do!"

The fellow from there itself runs, doesn't want to come near.





Runs! By now the touch, two three time has made his bio-memory believe he is a good guy. Logic says no no, you have a girlfriend, boyfriend, mother, father, so many things; your business. And you are the largest retailer of grass.

And, come on! What is this? And that fellow looks so arrogant, he is sitting on such big throne and with the large hair! When he opens the hair, looks terrifying! Forget about it.

Then in the night you slowly open up a conversation with your girlfriend. "See I saw that fellow, and he told me like that. I am confused." As if she is going to give the solution..!

"What! What do you mean by talking to all of those fellows? Why are you talking to everyone? Is he a male or female?" (arey insecurity)

And this fellow understood, he opened the wrong subject with the wrong person. And he said, "Ok, ok, ok forget about it. What is there, it's ok. Come on, let's talk something good. What happened yesterday? Did the grass was nice? How was your day? Let's talk nice things." t slowly, in the midnight, he thinks' Why not try to go and see that pond water in the moonlight and see how I look, because now I know how he looks?"



He slowly goes, he sees the moon, he sees the silent water, he puts his head - "Waaaaaaaaaaaa! Lion is there!"

And he jumps back. "That fellow is sitting here to catch me and eat me! Because we were all as a group he was afraid to kill me, because my father, mother, girlfriend, boyfriend were there, they will protect me, that is why he is now calling me alone! To kill me! He is calling me alone to finish me off. No!"

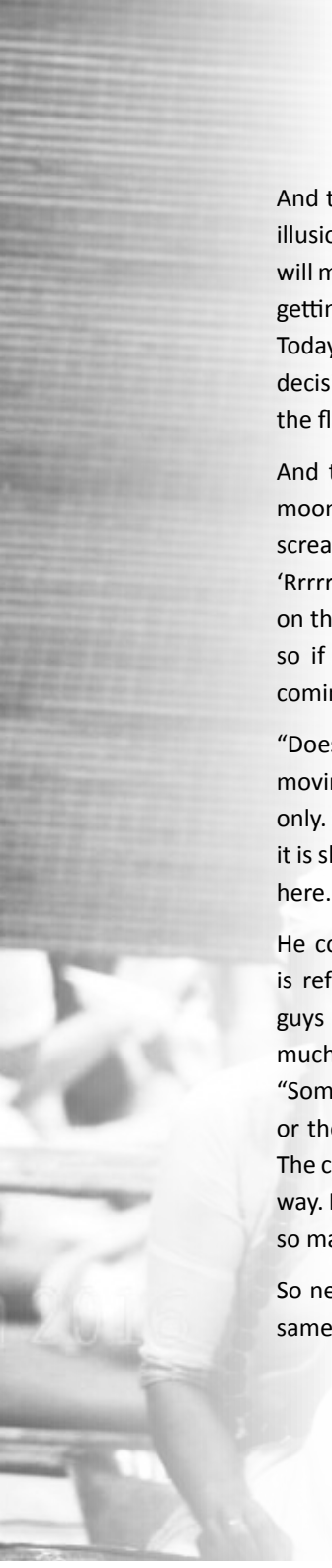
Then he thinks, "But there is no sound, how can that fellow be inside?"

He is brilliant, so he looks around for the footprint. But he sees no footprint. No footprint.

But it is Atma Murti, how will that have footprint??







And this fellow, “Did I get confused? Am I hallucinating? Am I in illusion? Eh, after all I am a young man, if I am so frightened how will my girlfriend respect me? I think I should have a clarity before getting married, I don’t want to get married in this confusion. Today I should decide this way or that way! (that is almost the decision I think I should buy a ticket for Varanasi, I should book the flight ticket for Varanasi)

And this fellow slowly putting one leg, one leg, looking at the moon, looking at the water, once more stretches, this time not screaming but seems the fellow is inside. And he creates sound, ‘Rrrrrrrrr! Nnnnnnnn!’ and puts a little mud, throws a little sand on the water. And now he sees that form is distorted, disturbed, so if he is inside by now he should have come out. He’s not coming out. Then what it is? Slowly puts the face once more.

“Doesn’t seem to be he is inside, let me check. The mouth is moving. Let me show one hand. Oh! Seems to be my reflection only. Maybe this fellow has conspired and did some magic here, it is showing his form as my form. No. No, there is some big game here. There is some game. No.”

He comes back. That much he is convinced that his form only is reflecting there but he doesn’t know why he is having that guys form, not his mother’s or father’s or girlfriend’s. So that much he is confused. And comes back. What to do? He feels, “Somebody is lying to me, trying to cheat me. Either that fellow, or these fellows. Who is trying to cheat me? Society or Guru?” The confusion. “These fellows tell in one way, he tells in the other way. He seem to be nice guy, because he doesn’t need to lead me so many times.”

So next day morning, he comes in the same group, same team, same road. At a distance he stands and waits -but that day the

lion did not come. And he is standing there and waiting, thinking, "What is this, today he has not come! The whole flock of sheep is moving and they are walking as usual, and the cub is thinking, "Ey come quickly, I have to talk to you and go, my team is waiting.

But the lion did not come; he is hiding behind the rock and seeing what is going on here.

The cub looks this side and that side. These fellows are walking, and he is afraid to be alone here. "I have to now choose whether I should join them or wait to see him!"

And suddenly he hears the sneezing sound, "Achoooo!" He knows the lion is standing there behind the rock.

"Eyyyy! Come out! Why are you hiding?"

The lion slowly walks out and asks, "What? Did you see in the pond?"

"Yes, yes I saw! I saw that you are trying to play a trick! You have put your form there in the water!"

The lion says, "No, that is not my form, it is your form!"

"No, no, no, I know you are trying to cheat me!"

He says, "No! Then go and try to put your feet on him, hands on him, then you will understand it is your form."

The cub runs to the team.

That day he is trying to check out (that is the next level of initiation, experiencing deeper level of completion). And that night he goes, up moon, down water. He put the leg and he sees yes, oh God! He is not there under. Then, am I? No, no, no! I know thoroughly.

And by today his girlfriend recognizes that he is not normal, he is not as usual, and she is screaming, "Why are you not picking up my call! Why are you not answering my call! Why are you not

responding to my message! You are not on Facebook, you are not watching TV, you are not on the phone what is going on in your life? Are you planning for engagement or not! What do you mean!" (drill, drill, drill, drill, drill)

And this fellow says, "Leave me, for two days. Give me a few days, I just want to be myself."

"And I know from the day you saw that fellow from Bangalore you are doing all these crazy things. And have you not heard about so many scandals about him?"

And drill, drill, drill, drill, drill, drill goes on. And this fellow actually kept the phone like that and he is in peace. After that when she sees that there is no response she disconnected the phone. He drops the phone and he is not able to sit with himself.

Today much before that sheep arrived he came to that spot and he is waiting.

"I checked yesterday! I went to the pond."

From the other side, only a voice is heard, "Did you listen? I told you it is not me."

From there he shouts, "Then who is it?"

"Arrey, whether you understand or not, it is you!"

"How can that be?"

By now this fellow developed a little courage. Asking all these questions, he slowly started walking towards where the lion was - but not too close! And this fellow is sitting, maybe under a Banyan tree. And this fellow from a little distance ready to run with that high alert, ears up, legs straight, tail straight, "Then who is he?"

"Ey. It is YOU. How many times I am telling you, it is you."

"No no! From the time I am born I know I am a sheep!"

"Ey, find your root pattern. First moment you started feeling you are a sheep, when you started thinking you are a sheep."

"What is root pattern?"

"Find the moment when you started thinking you are a sheep, and who told you that you are a sheep."

"My uncle told me!"

"Is your being is comfortable and ok with you believing you are a sheep?"

"No, no, there is always discomfort, but I don't know why. Maybe because I don't have enough grass stock for my future, and my girlfriend's mouth is a little long and she is not that beautiful. If that can be done by plastic surgery and I accumulate enough grass for my whole life, then I will be comfortable and settled."

He says, "No, you cannot. You will not be able to settle with the plastic surgery or all the wealth accumulation. You need to understand who you are."

"I am confused! For last three days my girlfriend is not talking to me, my business is not going well, I have left all my business and came here to see you."

"Ok. Can you try to find out when you started believing you are the sheep."

"Ok, ok."

By that time, he feels a little bored, and he is afraid that the flock of sheep has gone a long distance and he is all alone. The moment he realized he is all alone, he ran! And the lion is just sitting. relaxed.

Next day, for the first time he comes without his whole team, all alone, a little early, early morning 4.30 or 5 a.m. itself. But again he maintains a safe distance.



"I was thinking the whole night. But there are many questions about it."

The lion says, "Alright. Come on, ask the questions. Give the mic to him!"

"You are saying I am a lion. But all these years I grew up along with the other sheep, they gave me food, I ate like them, I slept like them, I bleated like them, I did everything like them. How can you say that? How is it possible? I think you have some other plan. What is your plan? Why are you telling me all this?"

The lion says, "I have no plan and I have no vested interests. If you want, every night, go and see in the pond, in the moonlight who you are and meditate (means practice completion on your own). Then you pick up the mirror, put your face into it, "When did I first think I am sheep?"

"There was a day, I was trying to sleep outside, the sheep, my uncle who really cares for me came and slapped and dragged me inside the team and put me to sleep with my mother. But he cares for me no."

"No, did you feel that at that time?"

"Ok. It is still confusing but not convincing."

Whole night he does completion with the root pattern.

Second day, he comes without the sheep – a little closer, but not to the level where he can touch the lion.

He says, "I think I trust you, because every day I come... if you want, if you have any vested interests, you could have killed me and eaten me on Day One, but you did not do so. I trust you, but still, I am confused about what you are talking. Yesterday whole night I remembered that many times I have seen in my life that my friends feel that I am different, and they can't handle even if I slap them in a



friendly way. I am thinking through all that from last night. And I also started doubting that I may not completely belong to that society and what they are trying to tell me. I am not completely convinced about them, but I am also not completely convinced about you! But today, I just want to tell you that I brought something.”

The lion smiles and asks, “What did you bring?”

“The best grass! I am a grass retailer, I brought the best grass, we all enjoy it. I’ll leave it here, will you also eat little bit?”

And lion says, “Why? Why did you bring grass?”

This fellow, feeling little fear and shy altogether, just drops the grass and runs to a certain distance and says, “I brought it because I love you!” and runs away.

And the next day when the cub is back he sees lion is sitting on that grass, wow! Then the cub asks, “Did you eat that grass, was it nice?”

So the lion just picks up one or two blades of grass, so that the cub feels, “Wow, then my love is accepted!” The lion has to act as if he is trying to chew the grass and eat it. And the cub asks, “Was it nice? Shall I bring a little more every day?”

The lion smiles and says, “Ok, but bring organic grass!”

By now the cub has become a little comfortable with the lion, and now he comes and hands over the remaining grass in his hand itself. When the lion took the grass, he slowly put his hand on the cub, and even then he was conscious of whether he is grabbing his neck or hugging him. Ok. And slowly his nervousness settles down and puts his hand around and says, “Ey, I am telling you, I have no vested interests, I am not here to cheat you. I am not here to waste your time, waste your life. I am here to reveal the real you to you and that’s all matters. ”

The cub looks into the eyes of the lion and sees the powerfulness and compassion. His being has already started listening to the lion.

Now the cub knows he cannot deny the lion completely, but he is afraid –“What will happen to my business? And I am the largest organic grass seller in my whole area! What will happen to my mother, father and so many other things I left, and am I? Am I? Am I?” And he is sitting with all that.

‘If, if, if I become lion what will happen to my life? Who will give me food? Who will give me whatever I want? Now the sheep is there, my business is running well and my family is taking care of me, my girlfriend shouts when I don’t pick up the phone or whatever, but she is always there whenever I have a problem, always she is there standing by me. If somebody bullies me somebody makes fun of me she is there supporting me (husband is the person who always stands by you during all the problems which would have never happened if he is not there in your life) and he always stands by me.

And then today he comfortably sat next to him and it was a very nice feeling, without that crowd disturbance, he is just sitting. And suddenly the lion roars, “Roaaaarrrrrr!” (Shivoham sound... Shaaaambhavi!)

And the cub says, “Hey! See your voice is different, my voice is different!”

Lion says, “Don’t worry, wait. Come for a few more days.”

“No, no, no, maybe what you are saying is right, but that is not right for me.

And lion says, “Ok. Come back tomorrow. ”

And then again the next day..! By now this fellow has become very comfortable, he has started bringing all the best things he can

collect - a little sheep milk in a flask and the best grass, imported grass, from the other part of the mountain, the other part of the hill. And by now he started coming secretly, because he was afraid of all the sheep - *what they will talk about me if they know I am going to this Swami?!*

And he comes and puts all his offerings before the lion and touches his feet.

"What did you bring today?"

"The best sheep milk, and imported grass."

"Ok, ok, leave it there. And today I have something for you to eat."

"What?" asks the cub.

This lion brings out a plateful of meat.

"Arghhhhh! How can I eat this? I am a sheep!"

"Ey, let's both of us eat together, come on, sit."

"Is he trying to poison me? Oh, he is eating from the same plate... then ok." So this fellow picks up a little and puts in his mouth - from the same side where the lion picked up!

The meat goes inside, and slowly the digestion happens (means the first initiation after Shivoham). Once that food went inside, before he picked up the second piece, he tried to bleat, but the sound came out as "Rrrrrrrrr!" What! The sound looks like a mixture of bleating and roaring. He puts the second piece, and by the third piece it was almost like roaring.

He gets frightened. "No, you are trying to do something, you are up to something. You have a plan."

Now the lion feels responsible, and he just catches him by the neck. The cub is not completely frightened that he will be killed, but he feels, "Hey why are you catching me so tightly, leave me!"



But the lion has kept a mirror, and he just puts the mirror in front of the cub and says, "Look and see who you are!"

"Oh! That is your photograph?"

The lion shakes his head and says, "Look who you are! Do you see it is shaking?"

"Yes, yes, you are shaking na?"

"See, I am stable. See the mirror. See!"

"Actually, I am shaking."

Then he throws the mirror and turns, "LOOK INTO MY EYES!"

The moment both eyes met, merged, (awakening of the third eye), the fellow roars, "YES! IT IS ME!"

Both go for an evening walk by the banks of the Ganga.






About His Holiness Paramahansa Nithyananda

His Holiness Paramahansa Nithyananda is recognized today as a clear, legitimate, apolitical voice of Sanatana Hindu Dharma, and revered as a living incarnation of superconsciousness by millions worldwide. He is a Mahamandaleshwar (spiritual head) of Mahanirvani Peeth, the world's most ancient apex body of Hinduism. He is the most watched spiritual teacher on YouTube.com with over 19 million views, and the author of more than 300 books published in over 20 languages. His lectures are watched live every day on <http://www.nithyananda.tv>, as well as on multiple international television channels and via video conferencing.

Paramahansa Nithyananda is considered the foremost authority in the world today in the field of Consciousness and Kundalini awakening. He has successfully demystified yogic sciences like Third Eye AwakeningSM, spiritual healing, levitation, teleportation, materialization, anti-ageing and going beyond the need for food.

A spiritual genius with an enlightened insight into everything from management to meditation, relationships to religion, success to spirituality,





Paramahansa Nithyananda brings to us a wealth of practical wisdom and techniques for lasting inner change.

Paramahansa Nithyananda is the spiritual head of several non-profit organizations worldwide which enrich lives through personal transformation programs and courses, publications, spreading Vedic sciences and wisdom, spiritual healing and humanitarian services.

As a global humanitarian, Paramahansa Nithyananda is working to promote global peace through the transformation of the individual. His spiritual mission includes ashrams and centres worldwide, which serve as spiritual laboratories where inner growth is profound and outer growth is a natural consequence.

Service activities include conducting meditation and de-addiction camps, free medical camps and artificial limb donation for the needy, support for education and vocational training, support for children in rural areas, conducting meditation camps for prisoners and disaster relief activities.

Paramahansa Nithyananda is also deeply committed to creating international awareness about Indian culture and the ancient Vedic tradition. As an enlightened mystic, a spiritual evolutionary, a trained yogi, a powerful healer and a siddha, Paramahansa Nithyananda is an inspiring personality for millions of people worldwide. His authenticity, depth of experience and his rare gift for making spirituality both practical and enjoyable have allowed His teachings to reach far and wide.

Paramahansa Nithyananda has healed thousands of people of a wide range of diseases, often with a single touch. Working and sharing with over 10 million people worldwide every year, Paramahansa Nithyananda and His mission are committed to help humanity make the next big breakthrough: into Superconsciousness.

Our Websites

- ❖ Visit the official website of Nithyananda Mission

nithyananda.org

- ❖ Watch the live stream of Paramahansa Nithyananda's satsang every day

nithyananda.tv

- ❖ Find out more about our flagship meditation program Inner AwakeningSM

innerawakening.org

- ❖ Watch over 4000 free videos

www.youtube.com/lifeblissfoundation

- ❖ Discover the science of Nithya Yoga

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❖ Meditate for global peace and bliss

www.minute4peace.org/addminutes.jsp

11 Years

of NITHYANANDA MISSION 2003-2014

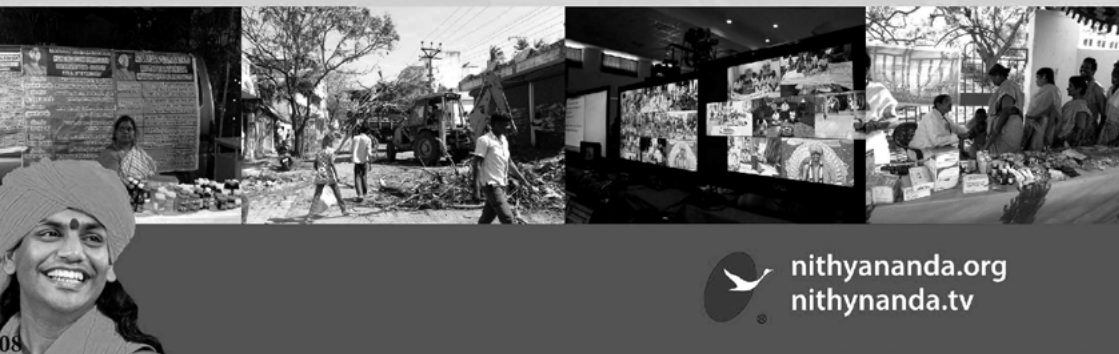
- **Over 300 books of Paramahansa Nithyananda's teachings** published in 20 languages
- **Over 2000 free talks by Nithyananda** on www.YouTube.com/lifeblissfoundation crossing 18 million views
- **Over 250 e-books and 600 meditation techniques and solutions available free online**
- **Nithyananda University offering courses in meditation, spiritual sciences and life skills** being established across the world
- **Breakthrough research on mystical yogic sciences** like kundalini awakening, levitation, teleportation and yogic age-reversal
- **The Nithyananda Order** - Hundreds of aspirants from various religions and walks of life receiving intensive spiritual training and sannyas
- **Ananda Yogam** – free one-year residential program for youth aged 18-35 years, offering vocational and spiritual training for excellence and personal growth
- **A dynamic volunteer force, including over 1000 full-time resident volunteers**, offering services such as disaster relief, counseling, initiatives for youth and women's empowerment
- **Nithya Kriyas and Sammyamas - 108 authentic yogic solutions** for physical and mental ailments
- **Holistic-lifestyle aids** including devotional music, energized jewelry, sacred arts and sculpture, and natural siddha medicines



11 Years

of NITHYANANDA MISSION 2003 - 2014

- **Yoga, meditation and spiritual counseling centers and camps** touching over 15 million people in 150 countries
- **Over 9000 ordained spiritual healers healing 20,000 people globally every day**
- **Over 1000 ordained teachers guiding thousands** in yoga, meditation, spiritual sciences and life solutions
- **Live online morning satsang by Paramahansa Nithyananda** via live streaming and video conferencing, viewed in thousands of places in over 40 countries every day
- **Annadaan - 10,000 free meals distributed every day** at ashrams, schools, medical camps and to the needy
- **Weekly medical camps** offering conventional and alternative medical care, oral health, eye surgeries, prosthetics, etc. – including free consultation, medicines and follow-up.
- **Over a dozen Vedic temples and ashrams worldwide** housing 3720 energized deities, including some of the tallest deities in the world.
- **Free kriya & meditation programs in prisons and schools**
- **Nithyananda Lakshmi, a non-profit micro-financing scheme for rural entrepreneurs**
- **Nithyananda Grama Seva Yojana (NGSY)** empowering over 300 villages in Karnataka by creating opportunities for their socio-economic development.
- **Nithyananda Vidyalayas - Schools blending modern education with the Vedic system of learning**
- **Support for schools in rural areas**, including school uniforms, books, stationery and infrastructure



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TAKING *Vedic Hindu Tradition* INTO HOMES ACROSS THE WORLD



- Protecting, preserving and promoting Vedic Hindu tradition through **Vedic Temples** in India, USA, Canada, Malaysia and other countries
- Inspiring families to live the Vedic tradition through over 400 Paduka Mandirs housing **3720 energized deities** where daily worship is performed in the authentic Vedic tradition
- **Thousands of people worldwide simultaneously perform Vedic rituals** during the daily morning satsang, creating powerful positive vibrations
- Reviving India's pilgrimage culture by regularly leading **yatras to spiritual energy fields** like Kailash-Manasarovar, Char-Dhaam, Varanasi, Bodh Gaya, Angkor Wat, Kumbh Mela, etc.



- **Nithyananda Sacred Arts** to promote, support and preserve ancient temple arts and sculpture as the largest producer of metal, wood and stone deities in India



INSPIRING A GLOBAL *Vedic Renaissance*



- **Daily morning live satsang by Paramahansa Nithyananda** viewed online in over 40 countries through two-way video conferencing and Nithyananda TV.
- **Daily spiritual talks by Paramahansa Nithyananda** viewed on various TV channels
- **Over 20 different types of meditation programs** at various levels offered in corporates, schools, prisons, etc.
- **Nithya Yoga & Nithya Kriya** – authentic yogic solutions for 108 physical & mental disorders
- **Scientific & safe initiation into mystical yogic sciences** like kundalini awakening, levitation, hunger-free Sammyama etc.
- **The Nithyananda Sannyas Order** for spreading and continuing the sannyas parampara (tradition)
- **Nithyananda Gurukuls and eN-Vidyalayas** offering holistic traditional and modern education in a healthy environment
- **Inspiring the youth to be the ambassadors of Vedic tradition** by enriching them through scripture study, rituals and kriyas



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Reaching Out to Serve the World

ANNADAAN : FREE FOOD FOR ALL

- More than 10,000 free meals served each day in Nithyananda ashrams and centers worldwide.
- Nutritious vegetarian meals cooked using authentic sattvic methods in a hygienic environment
- Chanting of vedic mantras or keertans while cooking infuse high-energy vibrations into the food.
- Free meal schemes are also offered in schools, prisons and temples.



FREE MEDICAL SERVICES : HEALTH WITH CARE

- Fortnightly and monthly multispecialty medical camps offering all services
- Weekly mobile medical services including free consultation and medicines in rural areas
- A 100% free dialysis clinic with 47 dialysis machines catering to 250 patients per day in the pipeline
- Free 100-bed hospital with all amenities planned for the needy

DISASTER RELIEF : HELPING TO HEAL

- Emergency relief to victims of natural calamities such as tsunami, earthquake, floods etc
- Distribution of free through various relief measures, by offering clothes, food, water and most importantly, psychological support and trauma counseling.



Kalpataru Kshetra - Bidadi



INTERNATIONAL HEADQUARTERS OF NITHYANANDA DHYANAPEETAM
located near Bangalore, Asia's fastest growing city



ANCIENT BANYAN TREE

- A *kalpa vriksha* (boon giving tree) that has manifested millions of sincere prayers till date
- Body and mind are calmed and refreshed by the powerful positive vibrations here
- Thousands experience miraculous healing of diseases by meditating under this tree
- Lord Dakshinamurti graces the space and radiates blessings to all



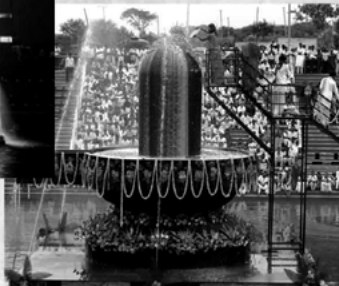
NITHYANANDESHWARA- NITHYANANDESHWARI TEMPLE

- Deities of Shiva & Devi measuring 7 ½ feet in height and weighing 2 ½ tons
- Deities are made out of *panchaloha* (combination of five metals)
- A rare ancient *swayambhu lingam* found under the banyan tree is consecrated here
- Thousands gather for worship here on special occasions



NITHYANANDA LINGAM & VAIDYA SAROVAR

- Majestic 21-foot shivalingam which has been made using *Nava Pashana* (a strong natural medicine made of healing herbs) and 1008 sacred herbs.
- Water from six fountains bathes the lingam and falls into Vaidya Sarovar, the healing pool below
- Even a single dip in this medicinal water can heal many diseases



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