



Awakening

to oneness with all that is

“Awakening is a process where you wake up from the dream to reality.

Life this way is so ordinary that it is extraordinary.

One feels that is how one has always been.”

~ Sri Amma Bhagavan

PREFACE

“Teachings are within the mind. Becoming free from the mind is enlightenment. That is when you are truly free.”

~ Sri Amma Bhagavan

This is a collection of the teaching by Sri Amma Bhagavan from the Oneness University, India. The aim is to bring clarity to your awakening process as more and more are going through this transformation now. It's meant to answer commonly asked questions on awakening and to support your own process.

It is by no means an attempt to praise the Oneness Movement over any other belief or practice - and have I no personal interest of doing so. Oneness and Sri Amma Bhagavan embraces who you are as you are, regardless of your beliefs, religion, or cultural background. Oneness is rather a movement and a blessing towards Awakening more than anything else. And to awakening you to become your fullest potential. We all have our own unique path of awakening.

Awakening in the Oneness Movement is seen as a neurological shift happening in the brain. Resulting in a shift of perception and quality of life.

I highly recommend to those of you who are curious to compliment these teachings with actual experience of the Blessings.

The Oneness Movement can be found nearly in every corner of the world, and in most bigger cities. People come from all religious traditions and backgrounds. And you should be able to find Oneness groups in your nearby city.

To keep the teachings closest to the original transmission as possible. I have tried my best to only pick direct teachings from Sri Amma Bhagavan without any further interferences or corrections and only correcting simple spellings from transcriptions. I personally wanted this collection to contain the teachings directly given by Sri Amma Bhagavan. There are a few exceptions where I have included secondary sources which I believe have great value for the reader.

I'm ever grateful for the teachings, blessings, love and support. Like a bird leaving its nest. I'm thankful for the contribution the Oneness Movement have made on my life.

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The official Oneness website is <http://www.onenessuniversity.org/>

You will also be able to find free online live Oneness Meditations

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GLOBAL AWAKENING

As of Jun, 2014

People Awakened are over 2,182,000

People Living in The Presence are over 3,022,000

People in Awakened States are over 1.02 billion

People experiencing The Presence are over 1.42 billion

FINDING YOUR PATH

“The Awakened One knows nothing, for there is nothing to be known.”

~ Sri Amma Bhagavan

Bhagavan: Unfortunately you have got a very wrong idea of God. The way Oneness has gone about, you are thinking Amma and Bhagavan are God. No, we are not God! You have to create your God. We could not say this earlier because the Divine had said: “Wait until 2014”. Now, with millions of people worshipping us, it makes sense. Had we done this earlier, we would have appeared as atheist or communist. So we have got to liberate humanity from a creator controlling and punishing God. That is reason number one. The other is you all want to be enlightened. That cannot happen as long as you follow a path or a teacher. Initially you must do window shopping and then choose the path which suites you. Then go deeply into that path. Then, like a dry leaf, that path must drop down, the teacher must drop down, all paths and all teachers must be gone. Only then you will know your path. That moment you are enlightened. As long as there is a path or a teacher enlightenment is not possible. If you make Oneness into a path or Amma Bhagavan to teachers, there is no hope for you. Oneness has a built-in time bomb which will explode and Oneness itself will drop down. That is your moment of enlightenment. Hence these changes.

CHAPTER 1

CORE TEACHING

“When you are awakened, you feel you are empty, and then once you are filled with the Presence, you will feel completely full”

~ Sri Amma Bhagavan

There is only one Mind - the Ancient Mind.
It is conditioned by separation and duality.

Your mind is not your mind, but an extension of this Ancient Mind.

Similarly, your thoughts are not your own thoughts, but downloaded from the
‘thought sphere’ associated with this Ancient Mind.

The sense of a separate self is generated by
the neurobiological structure of the human brain.

This ‘self’, in experiencing itself as separate, generates cravings, aversions, comparisons and judgments, which are the core of suffering.

When the self disappears, suffering ends.
When cravings drop away, including the craving for
enlightenment, you are enlightened.

When the 'deeksha' is given, a neurobiological process begins,
which leads to the dissolution of the sense of a separate, or fixed, self.

When the fixed self disappears, you experience yourself as simply a dance of
personalities continually arising and passing away.

Your body is not your body. When the self disappears, your sense of ownership
of the body disappears, and you experience it as a vehicle for the divine dance
of consciousness. Eventually, all creation becomes your body.

The mind, based in duality,
cannot be enlightened.

The self, which is an illusion, cannot be enlightened.
The self is only a concept.

Enlightenment is the realization that
there is no self to become enlightened!

CHAPTER 2

ONENESS MOVEMENT

*“This Place Exists To Set Humanity Totally
and Unconditionally Free.”*

~ Sri Amma Bhagavan

Oneness, a spiritual organization, founded by Sri Amma Bhagavan seeks to alleviate human suffering at its roots by awakening humanity into oneness, wherein every individual feels connected to all that is. The central understanding of Oneness is that inner transformation and awakening into higher states of consciousness is not an outcome of a mere intellectual understanding but a neurobiological process in the brain, whereby one's experience of life is redefined at its core. This is achieved by Oneness Deeksha, which is a process of transfer of divine grace that initiates a journey into higher states of consciousness. The Deeksha is believed to affect the different lobes of the physical brain, thereby reducing stress levels and intensifying the levels of love, joy and awareness. Millions across the globe testify the calming and awakening effects of the Oneness Deeksha, which is now slowly gaining recognition as by far the easiest and most effective approach to enriching human consciousness.

Settled majestically at the foothills of the Vellikonda range on the eastern coast of South India, 80km north of the city of Chennai, lies the Oneness University.

A center for learning and growth, The Oneness University creates an atmosphere for people to learn and grow in consciousness leading to a 'happy' individual and family. Catering to people of every faith and all walks of life, the University represents growth and learning in both the internal and the external spheres of life.

Oneness in many regards has a highly scientific approach, quite evident in many of Sri Amma Bhagavan's teachings and this actually comes as a relief to the many Oneness followers ranging from the younger generation and the intellectual/elite classes, who abhor blind belief and unscientific philosophy at all levels.

This kind of a vastly liberal and truly secular approach could be attributed to a very unique perception of Oneness that the founders Sri Amma Bhagavan share, who emphasize the beauty and importance of religious and cultural variety as every human being is unique and cannot discover his true self through one single path. It is therefore, Their message to the world that Oneness is not necessarily about making everyone embrace the same system of belief, doctrine or tradition but more a process of discovering the truth that is inherent in every tradition. Oneness as a concept is beautiful, as an experience is



VISION OF ONENESS UNIVERSITY

“TO SET HUMANITY TOTALLY AND UNCONDITIONALLY FREE”

The nature of existence is bliss. It is qualified by auspicious qualities like love, compassion, connectedness and silence. Man's consciousness is fettered by concepts, ideas, conditionings and mental constructions. Sri Amma Bhagavan say, 'When consciousness is purged of all its contamination what remains is life, pure consciousness or God'. Hence Sri Amma Bhagavan define Awakening or Oneness as 'liberation of life itself'.

Vision Of Oneness University explained by Bhagavan:

See you have got medical universities, engineering universities.

So this university is a university for universities.

That is, to make you into a true human being. Those universities give you technical knowledge. They give you specialization. But they never make you into a human being, to what you are supposed to be.

Every human being has to be enlightened. Every human being has to be God realized. This university exists to help you become enlightened, to help you become God realized. But down the line, if you've got specific problems let us say you have depression or you are insane or you've got other peculiar problems, we're prepared to delete that also.

Our hope is in course of time many such universities will emerge across the globe to cater to the needs of people all over the globe. It is to make you into a human being.

Like we have youth programs here. Why? Because the schools do not focus on making children into human beings. They only prepare them to qualify for

some exams or acquire some specialized skills and in fact in the process destroy the children. Otherwise the world would not be such a bad place unless schools were doing a bad job. How could it be so terribly bad.

We can't set up schools for everybody. So what we have done is children from other schools, from other colleges or universities, they can come here. We will remove the defects that school has put into them and also give them abilities which the school should have given and has not done, and make them fully flower into human beings.

The full flowering of the human being is nothing but the flowering of the heart. Society must be so structured that the heart of the child does not wither away. But the way parents conceive children, bring them up in the womb, the way they deliver them, the hospitals and then the way they bring up the children in the schools, the colleges, societies, everything is there only to murder the child. So there are no human beings. You can use the word human beings but there are no human beings.

There was a great saint once in Madras city a century ago who used to sit in front of his house and he used to go by. He used to say, "here goes a dog, here goes a fox, here goes a pig, here goes a donkey," throughout his life. Only on one occasion he said, "here goes man," and that was for Ramalinga Swami who disappeared into light. Only that man qualified to be called Man by him. All the others were animals.

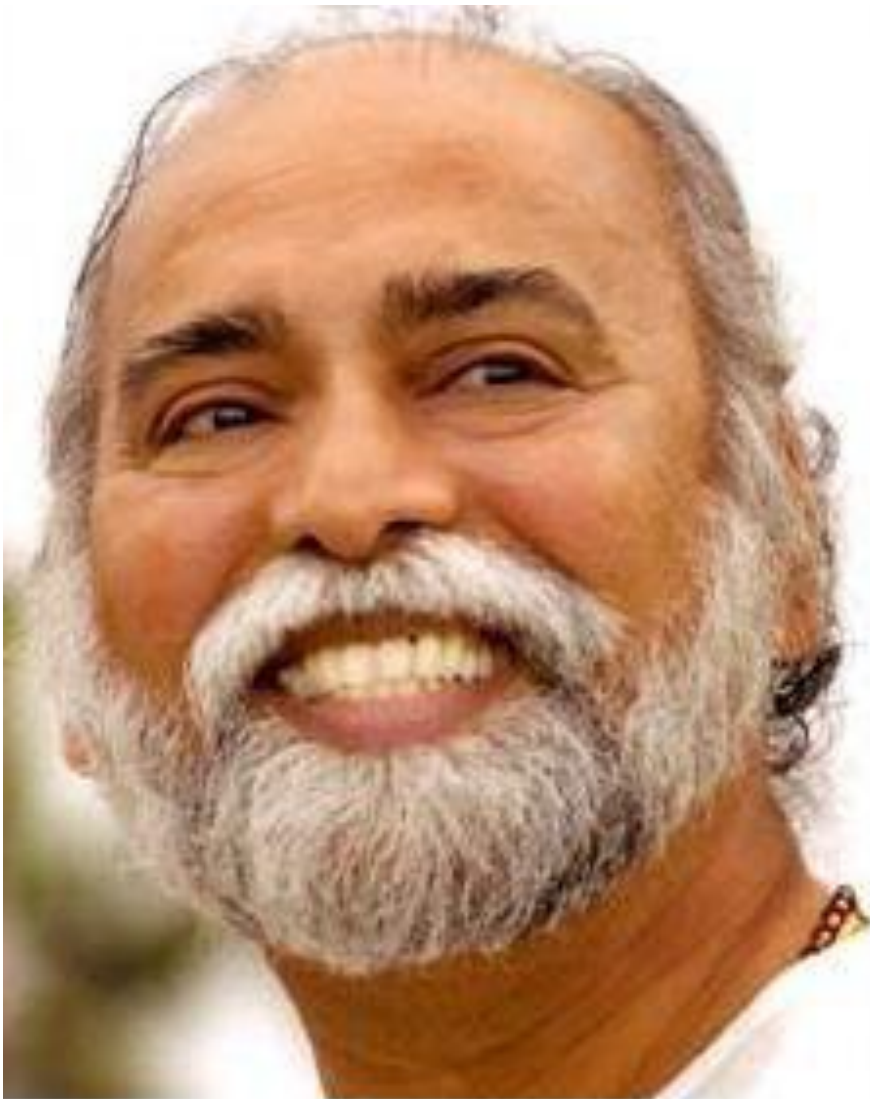
You see the barbarity in the world. How barbarous we are, how primitive we are. We have divided ourselves on the basis of race, on the basis of nations, cults, what not, on the basis of wealth. All kinds of division and we keep fighting.

In the name of God we divide ourselves and we keep fighting. We see wars. How many wars have we fought. Tribal wars, national wars, world wars. Finally

the species has become completely mad who can behave the way we are behaving.

How could you kill a fellow human being brutally and take away his things, and the silent torture that goes on in homes: a man nagging his wife, a woman nagging her husband. Everybody exploiting wanting to dominate the other. The wife wants to dominate the husband, he wants to dominate her. Children want to dominate their parents, they want to dominate their children. Employee or employer, employer or employee.

Everywhere you turn the self is at play. What is hell? There is no other hell. So the question is a simply transformation. Make the heart flower and we'll have heaven here. There will be actually Heaven on Earth. Only then you are a human being not otherwise.



MOOLA MANTRA

Om

Sat Chit Ananda Parabrahma

Purashothama Paramatma

Sri Bhagavathi Sametha

Sri Bhagavathe Namaha

This mantra evokes the living God, asking protection and freedom from all sorrow and suffering. It is a prayer that adores the great creator and liberator, who out of love and compassion manifests, to protect us, in an earthly form. This Moolamantra has given great peace and joy to people all over the world, who have chanted, or even listened to it. It has the power to transport one's mind to the state of causeless love and limitless joy. The calmness that the mantra can give is to be experienced, not spoken about. Dear reader, here is the key with which any door to spiritual treasure could be opened. A tool which can be used to achieve all desires. A medicine which cures all ills. The nectar that can set man free!

All auspiciousness and serenity is yours simply by chanting or listening to this magnificent Moola Mantra. Whenever you chant the Moola Mantra even without knowing the meaning of it, that itself carries power. But when you know the meaning and chant with that feeling in your heart then the energy would flow million times more powerful. Therefore it is essential to know the meaning of the Mantra when you use it.

The Mantra is like calling a name. Just like when you call a person he comes and makes you feel his presence, the same manner when you chant this mantra, the supreme energy manifests everywhere around you. As the Universe is Omnipresent, the supreme energy can manifest anywhere and any time. It is

also very important to know that the invocation with all humility, respect and with great necessity makes the presence stronger.

THE MEANING

Om

Om has 100 different meanings. It is said 'In the beginning was the Supreme word and the word created every thing. That word is Om'. If you are meditating in silence deeply, you can hear the sound Om within. The whole creation emerged from the sound Om. It is the primordial sound or the Universal sound by which the whole universe vibrates. Om also means inviting the higher energy. This divine sound has the power to create, sustain and destroy, giving life and movement to all that exist.

Sat Chit Ananda

Sat

The all penetrating existence that is formless, shapeless, omnipresent, attributeless, and qualityless aspect of the Universe. It is the Unmanifest. It is experienced as emptiness of the Universe. We could say it is the body of the Universe that is static. Every thing that has a form and that can be sensed, evolved out of this Unmanifest. It is so subtle that it is beyond all perceptions. It can only be seen when it has become gross and has taken form. We are in the Universe and the Universe is in us. We are the effect and Universe is the cause and the cause manifests itself as the effect.

Chit

The Pure Consciousness of the Universe that is infinite, omnipresent manifesting power of the Universe. Out of this is evolved everything that we call Dynamic energy or force. It can manifest in any form or shape. It is the consciousness manifesting as motion, as gravitation, as magnetism, etc. It is also manifesting as the actions of the body, as thought force. It is the Supreme Spirit.

Ananda

Bliss, love and friendship nature of the Universe. When you experience either the Supreme Energy in this Creation (Sat) and become one with the Existence or experience the aspect of Pure Consciousness (Chit), you enter into a state of Divine Bliss and eternal happiness (Ananda). This is the primordial characteristic of the Universe, which is the greatest and most profound state of ecstasy that you can ever experience when you relate with your higher Consciousness.

Parabrahma

The Supreme Being in his Absolute aspect; one who is beyond space and time. It is the essence of the Universe that is with form and without form. It is the Supreme creator.

Purushothama

This has different meanings. Purusha means soul and Uthama means the supreme, the Supreme spirit. It also means the supreme energy of force guiding us from the highest world. Purusha also means Man, and Purushothama is the energy that incarnates as an Avatar to help and guide Mankind and relate closely to the beloved Creation.

Paramatma

The supreme inner energy that is immanent in every creature and in all beings, living and non-living. It's the indweller or the Antaryamin who resides formless or in any form desired. It's the force that can come to you whenever you want and wherever you want to guide and help you.

Sri Bhagavathi

The female aspect, which is characterized as the Supreme Intelligence in action, the Power (The Shakti). It is referred to the Mother Earth (Divine Mother) as, aspect of the creation.

Sametha

Together or in communion with.

Sri Bhagavathe

The Male aspect of the Creation, which is unchangeable and permanent.

Namaha

Salutations or prostrations to the Universe that is Om and also has the qualities of Sat Chit Amandam, that is omnipresent, unchangeable and changeable at the same time, the supreme spirit in a human form and formless, the indweller that can guide and help in the feminine and masculine forms with the supreme intelligence. I seek your presence and guidance all the time.

CHAPTER 3

ONENESS PHENOMENON

*“When judgment stops of its own accord,
there is oneness with all that is.”*

~ Sri Amma Bhagavan

The central understanding of Oneness is that inner transformation and awakening into higher states of consciousness is not an outcome of a mere intellectual understanding but through a shift in consciousness whereby one's experience of life is redefined at its core. This is achieved by the process of the Oneness Deeksha /Oneness Blessing which is a phenomenon sourced in the deep passion and the intent of Sri Amma & Sri Bhagavan.

Oneness Deeksha (aka) Deeksha is an energy transfer that brings about growth in consciousness. The level of consciousness of a person determines his/her quality of life experience. For instance, one's experience of the ongoing recession, the ability to handle misunderstanding in relationship or a daughter's rebellious nature, what emotions surge through when diagnosed with a health problem, the level of connection with people around and the joy experienced, the intensity of passion at work etc., depend on one's level of consciousness.

As consciousness rises, there is greater awareness, joy, love, togetherness, and focus in everything that you do and experience.

The Deeksha neither requires practicing a particular way of living nor is an initiation into following a new path. It does not bind one to any philosophy or ideology. It transcends religious and cultural barriers from the fact that it only chooses to awaken each to his/her own spiritual tradition by facilitating a neurological shift, thus making religion a matter of personal choice and convenience. Hence people belonging to any faith or age group can receive the Deeksha.

HOW IS DEEKSHA TRANSFERRED

Deeksha is given by the laying hands on the recipient's head or sometimes through intent. In this case, the giver holds the receiver in his or her awareness for a few minutes and allows the Deeksha to flow. In this way, the Deeksha can be given at a distance of thousands of miles or to a large group of people all at the same time. Deeksha unfolds differently in every individual as it depends on what the receiver may need it most.

BENEFITS OF DEEKSHA

Evolution in one's consciousness manifests as changes in all spheres of our life - health, wealth, relationships & spiritual growth. The Deeksha brings about a growth in consciousness, thus heightening your life experience. The Deeksha changes emotions and perceptions or helps one be free of perceptions. This shift changes one's approach to challenges and opportunities since when perceptions change one no more perceives a problem as a problem. When perceptions change reality may also change because the external world is merely a reflection of the inner world. Higher perceptions and positive emotions create a more successful and fulfilling life.

Effort does have a role in the Deeksha. While effort in the form of introspection, contemplation, asking the right question, having an intent, external doing

etc. is also essential. The role of effort in this context is analogous to a plane speeding on a runway to take off, but the actual take-off also demands an appropriate wind current. The Deeksha is like the current that finally lifts the plane off the ground.

These are some of the common benefits in receiving a Deeksha as reported by the recipients. One can experience greater effects of it with prolonged exposure, sure.

- Awakens creative potentials, abilities and intelligence
- Increases ability to learn
- Resolves inner conflict leading to inner peace and harmony
- Brings love to relationships
- Heals emotional hurts and reduces thought burden
- Evokes affection, friendship and a sense of connectedness with the other.
- Awakens compassion
- Infuses vitality
- Heals the body by healing the mind
- Relaxes the body and relieves stress
- Helps build love and appreciation for the body
- Invokes auspicious energies
- Removes blocks that hinder success
- Makes possible a mental frame for abundance
- Initiates a journey into experiencing unconditional love and joy
- Initiates a journey into Awakening and God-Realization

SCIENCE

Question: What does science say?

Scientists in Germany, Sweden, Denmark, Russia and the U.S.A. have measured the effect of deeksha on the balance of electromagnetic impulses emitted by the brain. They have determined that within thirty seconds of a deeksha trans,

mission the activity of the parietal lobes, as well as the brain stem and limbic system, becomes quieter and more balanced, while the activity of the frontal lobes increases. These findings are identical to measurements of long term Tibetan meditators conducted at the University of Pennsylvania. Furthermore, the effects of deeksha are cumulative; the more deeksha a person receives, the more balanced the brain becomes. A group from Princeton University is establishing a laboratory on the Oneness University campus to study and observe the Deeksha process.

These kinds of changes in the brain's activity, especially when they are cumulative, affects every area of a person's life; physical health, personal relationships, creativity and business, as well as an individual's relationship to religion, society and the planet as a whole.

WHAT IS DEEKSHA

Question: What is "Deeksha"?

Bhagavan: Deeksha is a transference of divine energy from the divine to the human.

Bhagavan: Deeksha is the phenomenon where the divine reaches out to man and the person who is giving deeksha is making himself or herself available to the divine and he becomes an instrument. It looks like in the last two years there is been greater divine intervention in human lives and that is the phenomenon of the deeksha. Probably the best word used to be other word phenomenon. It is a phenomenon.

Question: Now, you also said, deeksha itself a kind of intelligence. It knows where it has to go. There are three things occurring. The intelligence of the deeksha, where it wants to go, also the intent of the deeksha receiver, intent of deeksha giver. What happens if all these don't match up? Deeksha intelligence going one way and intent in another way which one will be senior?

Bhagavan: Deeksha would be senior. But, the effect is reduced up. Let us say you are a doctor and you know that the heart has got to be opened up. That is your intent. Now, How to open up the heart is you have no idea. But, deeksha's intelligence knows how to open up the heart. So, it works. Suppose in case you do not know still it is there open up, may not be fully you know. Your strong intent whole this heart is open up. So, deeksha goes in exactly that. How it does that; it has intelligence.

Question: Could explain significance subjective experience during the deeksha?

Bhagavan: I think there are basically three factors involved. One is the person receiving the deeksha. Another is the person giving the deeksha. Third is divine itself. We have noticed sometimes people who we thought would make very little progress making dramatic progress. We heard instances of people sleeping through courses and become enlightened. So we really cannot comment on the person you know. It is also depends upon the person who is giving deeksha and then there is of course divine which is the ultimate source of all this and whatever the divine decides it happens. We have had people who might call immoral people, people who are not right kind people to receive deeksha. But, they ended up as the most transformed people. So, we really could not judge on those matters. But, we can as a rule say that it depends upon how receptive you are, what your beliefs are, what your conditions and the quality of the person giving deeksha and the above what divine chooses for the day and for the person.

ONENESS BLESSINGS

WHAT HAPPENS DURING THE ONENESS BLESSINGS?

The Oneness Blessing initiates a neurobiological change in the brain that when complete enables the senses to be free from the interference of the mind. When the senses are unclouded by the mind's interpretations, a natural clarity of perception occurs with accompanying spontaneous feelings of joy, inner calmness and connection to the Oneness in everything.

HOW IS DEEKSHA EXPERIENCED

Experiences during the Oneness Blessing vary, sometimes strong, sometimes subtle, sometimes delayed until even days later. The recipient may experience a tingling sensation in the head, or blissful energy flowing through the body, or sometimes nothing at all. Whatever the experience, the recipient can trust that the process of Oneness has begun, a process designed by Divine Grace for your own nature that will lead gradually (or sometimes spontaneously) into your own Awakening.

WHO CAN GIVE DEEKSHA

The Oneness Blessing can be transferred by anyone who has received the transmission at a Oneness Awakening Course - which is facilitated by Oneness Teachers who have all went to Oneness University in India. And today there is millions around the Globe who are so called Oneness Blessings Givers. Nearly in all bigger cities there exist groups and circles, where you can go and receive the Deeksha Blessing. Also you can receive online, through Oneness Meditations.

Question: What is the best state to be in when getting deeksha or doing a Oneness Meditation? Should we "calm down" or just be, staying in the what is.

Bhagavan: The best thing to do would be to stay with the what is, without effort.

Question: Sri Bhagavan, what is the role of hands on deeksha during this special time in Oneness. How can we use this tool in the most powerful way to help others to move into states of oneness, awakening and God realization? Do you recommend that we continue to give the deeksha to one another? What can you tell us about how we can best give deeksha to others? [Feb, 2011]

Bhagavan: The hands on deeksha is to prepare a person for the paduka deeksha or the sri murthi deeksha. So it has its place, it is important. It is essential. So you must use the hands on deeksha to prepare the person for the paduka deeksha and the sri murthi deeksha. And in case somebody is stuck and is not moving, then also you could use the hands on deeksha to get them moving.

The other thing is those whose hearts have flowered through the process, their deekshas are the best deekshas. So you must focus on having the hearts open up. Once the heart has flowered, the deekshas become enormously powerful. They make the best deeksha givers.

Question: So, what we can say to somebody who is receiving deeksha but not feeling blessed, not feeling love, feeling unpleasant memories unpleasant feelings?

Bhagavan: Yes, we would recommend to them that they must continue deeksha's till they get a breakthrough. So, this is often a cleansing process and very soon they would be out of it.

If you want to have deeksha to make more money Tony Robbins would be the best(with smile). Some others inferior deeksha givers. Is this good way to look?

If the deeksha giver himself or herself is enlightened or in a very high state of consciousness. The deeksha's are in fact very different. Deeksha givers, who can put you into the state of love, those who can put you into the state of joy, those who can put you into the state of silence, so we have different specialist deeksha givers here. The person who is giving does really matter.

Question: Could you give some tips how to create good, effective intent?

Bhagavan: For that the heart has to flower. You have to learn to listen to other person. Really feel for him. Somebody comes and says about financial problems. You must put yourself in his shoes. See what exactly he is suffering? And what he wants and then you become empathetic with him. Then only you give deeksha, not say to way jump and give a deeksha. Just make your time, listen to him, meet his family and make feel for his family and then go and give a deeksha. Heart plays a key role. Merely takes it in the head, but there is no warmth in the heart. Then deeksha is not going to be really effective.

Question: When we say big heart, some deeksha givers feel we don't have big heart. How can we make heart bigger?

Bhagavan: For that he has to go and receive the deeksha for getting a big heart. Deeksha can really open up the heart and then you go back and give deeksha's.

Question: Do you feel that there is anyone who should not receive deeksha at all for some reason?

Bhagavan: Basically we cannot judge people you know. If you bring somebody and say this person is the devil himself. We are certainly not going to judge him. In that sense we never felt this person should not be given deeksha, that person should not be given deeksha. But, we have felt it; maybe this person is more qualified to receive than him you know that kind of thoughts we have had. But, certainly we never condemned this person is no good. We just cannot think like that. It's not possible.

Question: Bhagavan, when someone is receiving deeksha may be first time or after few times, what is the best disposition to bring to the deeksha? For example, you mention already intention. Is it always good to bring an intention to deeksha? Is it good to have some silence before the deeksha? Is that some way we can help deeksha to be effective through the right disposition?

Bhagavan: If people are open minded and if you fairly good relationships especially with your parents deeksha's are bound to be very effective. In case if you had bad relationship with your mother or father the deeksha's seem to stop half way. It doesn't seem to work beyond that. Unless, we work on you. We set right relationship and once again repeat the deeksha. So from experience we have found that the most crucial factor is; once relationship with once parents. If that were fine deeksha's are really powerful.

ONENESS MEDITATION

“Awakening experiences do not make an Awakened one”

~Sri Amma Bhagavan

WHAT IS ONENESS MEDITATION

Oneness Meditation is a powerful meditation where Divine Energies are transmitted to help awaken the spiritual energies within you. This very sacred Blessing offers you the opportunity to free the mind effortlessly and wake up to the magic and beauty of life. Flowing through the eyes of the Oneness Meditator, Oneness Meditation creates a neurobiological shift that naturally accelerates the Awakening process.

Oneness Meditation is for everyone. It is secular and given in silence. There is nothing for you to do except receive the blessing. No prior experience of Oneness events is needed. People from all walks of life, all backgrounds and all faiths, are experiencing dramatic change and improvements in their lives from experiencing Oneness Meditation.

Oneness Meditation was released at the beginning of 2012, to assist with the planetary shift in consciousness. Originated from the Oneness University, it is part of a global phenomenon which is taking many forms. Oneness Meditation brings you and your community the experience of Oneness, One Love, One Consciousness, One with all that is. It is helping to start a chain reaction, that creates a critical mass for a shift towards setting you and all of humanity totally free.

As these energies are transferred during a Oneness Meditation, they lead to an end of our feelings of separation. Oneness Meditation is not about any teaching, belief or philosophy. It's about your Awakening. This is for YOU.

Question: What is "Oneness Meditation"?

Bhagavan: Oneness Meditation is conducted by people specifically chosen by the Divine for the transference of divine energy.

Question: Dear Bhagavan, can you say something more about what is happening to the people/audience during the Oneness Meditation?

Bhagavan: During the Oneness Meditation what happens is the kundalini rises and the chakras get activated. The chakras refer to the ductless glands of the body, which are switches to the brain. So initially we are working on the brain. And if the brain gets transformed we get all these states. Essentially, it is brain work.

Question: Namaste Dear Bhagavan! Thousands of people are taking part in Oneness Meditations across the whole ex-Soviet countries. People are reporting about their awakened states. Some have just started noticing their new ways of perceiving life, their inner harmony. Some have been experiencing different awakened states so regularly that they are no longer afraid of losing them. For me, this whole process is nothing else but a great miracle unfolding. But I have a question. We have been so enthusiastic in participating in Oneness Meditations that we have almost forgotten about other courses Oneness University offers. Could you please throw some light on how, for instance, the Deepening Process and the Trainers Course can help us on our way towards awakening; what is their relevance at this stage? With love and gratitude.

Bhagavan: In India, there is a tradition where even if you are awakened you are sent to teachers to acquire knowledge. Even if you become awakened, you must go to a Oneness Trainer and attend a course on awakening. Without that knowledge you'd be highly incomplete. Similarly Oneness Meditation is a part of Oneness Deepening. Oneness Deepening, especially the new Oneness Deepening, is a vastly great course. It transforms you into lighthouses who will ascend [sound is unclear] to awakening. So Oneness Meditation does not mean

you do not attend other programs. It's a powerful program it should help you to attend other programs.

Question: We are expressing our gratitude to You for this wonderful process of Oneness Meditation. It has been giving apparent results - real experiences of awakening. In every OM more and more people are sharing such experiences. It's unbelievable! It's incredible! But there are others who are struggling to notice their experiences so far, to acknowledge them, though they also report that they happen to have some glimpses of awakened states. Could you please tell us how trainers can efficiently help and guide people in that respect? And how should we, ourselves, move forward in this process so that it is easier for us to identify and acknowledge the awakened states without getting frightened of the unusual experiences happening?

Bhagavan: The Oneness Meditation is the result of an increase in Grace. The power of the Grace will be growing much, much more in the coming weeks and months [Jun, 2012]. The Oneness Meditation will become extremely powerful in the coming months. The trainers will be in a position to polish off these people.

If someone attends a Oneness Meditation and then comes to a Oneness Awakening Course, you will be able to nicely polish them. If they are merely satisfied with their state then it's okay. But if they want to have understanding and further growth, they must attend an Awakening Course. That is why you have been trained to be trainers. We will be training you more.

Question: Namaste Dear Bhagavan! We have heard recently about the transfer of the Presence. Could You please tell us more about it. How can Deeksha givers and non-Deeksha givers take part in it? How does the process of transferring of the Presence happen? Is there any difference in giving an intent Deeksha and transferring the Presence?

Bhagavan: Many people are confusing the Oneness Meditation with eye Deeksha. Oneness Meditation is not eye Deeksha. Oneness Meditation is being given

by people chosen by the Divine. Oneness Meditation could be given also by touch. It could be given through the eyes. It could be given through intent. The three modes through which the Grace is transferred is: touch, sight, and intent. Oneness Meditation is using sight and intent. But it should not be confused with eye Deeksha.

What they give is something very, very special. But giving the Presence anybody could do. Anybody who is having the Presence could transfer the Presence to another either through touch, sight or intent. If you go to a Oneness Meditation, you are most likely to get the Presence. But let us say you come to some Deeksha from somebody, you got the Presence, and then go to a Oneness Meditation, it will be extremely powerful. The mere transferring of the Presence anybody could do. If A has got the Presence, he could transfer it to B through touch, sight or intent. B could transfer it to C. C could transfer it to D, and it could go to the last man on the planet. That is how the planet is going to be covered.

Question: Beloved Bhagavan, From a few people in Germany I heard that Oneness Meditation is different from different Oneness Meditators. They feel that each Oneness Meditator has a special expression of the Divine, of Sri Amma Bhagavan. Is it possible that the personal way or manner of any Oneness Meditator is part of the transmission?

Bhagavan: The Oneness Meditators are chosen by the Divine. The Divine would express itself differently through different Oneness Beings.

Question: Dear Sri Amma Bhagavan, happy Chinese New Year. Since more and more people are getting awakened, is Oneness Meditation still aiming to give people awakening? Shall we keep practicing Oneness Meditation after awakening? Which way is better for us to receive Oneness Meditation energy, through internet or physically participating in the Oneness Meditation?

Bhagavan: Oneness Meditation would work equally well if given directly or on the internet. Before you are awakened Oneness Meditation would help you to become awakened. After awakening, Oneness Meditation would raise your levels of awakening.

Question: Is Oneness Meditation the most effective tool for awakening? Please let us know what can we do beside Oneness Meditation [Asked 2012]

Bhagavan: Oneness Meditation by an awakened person is the most effective tool for awakening. After December 21st [2012], this itself is a powerful tool for making everybody awakened.

Question: Namaste, Bhagavan. Thank you for taking the time to speak to us. Please explain to me what is the difference between the Oneness Meditation and the blessings from awakened blessing givers. What changes can we expect in the Oneness Phenomenon as from 2013?

Bhagavan: Blessings from an Awakened One combined with a meditation of a Oneness Meditator leads to awakening. The ideal situation would be where the Oneness Meditator himself or herself is awakened. Where that is not possible, we must use a combination of an awakened person and a Oneness Meditator.

Question: What is the importance of the Oneness Meditation?

Bhagavan: Oneness Meditation is potentially designed to awaken people. It can be very effective in a webcast and it can reach out to the whole planet, so we could have a number of people doing this almost 24 hours of the day. Somebody is doing this in part of the world, so this leads to Global Awakening and it is very, very powerful.

You can find a daily schedule of all the online Oneness Meditation at www.onewithlife.se/om/

SACRED CHAMBERS

Question: Dear Bhagavan, will a person be healed if he or she goes into the second chamber of the Oneness Shrine [sacred chambers] just for one time? Or do we have to go more often? Thank you, Bhagavan!

Bhagavan: Generally speaking, it is enough to go once into the second chamber to be healed. Sometimes the divine would say, come back two times, three times or four times in which case you've got to follow that. If the divine does not speak, you could do it 2 or 3 times ... [not audible]. Now, in that specific shrine the healing is not occurring, you must move to another shrine where karma is getting cleared. Then the healing would happen. But ideally you should go to a shrine where healing is happening. But by and large, one visit is enough. That is what is happening in India. Soon the same thing will start happening in Germany also. With every passing day and week, the power would step up.

The Sacred Chambers process is a relatively new process in the west which started in December, 2013. Already now, there is many sacred chambers being opening or being prepared in each country.

CHAPTER 4

SUFFERING

*“The Awakened One suffers, therefore there is no suffering.
The unawakened one moves away from the suffering,
therefore there is suffering.”*

~ Sri Amma Bhagavan

Sri Amma Bhagavan speaks on suffering: The root cause of all suffering is a sense of separate existence. We have a divisive consciousness that perceives things as the me and the not me, the mine and the not mine, as my people and yours, as my nation and yours. Having divided all things we feel threatened by the other. Fear in turn breeds war, conflict and further forms of violence. Are we then beyond redemption? Are we to remain a bunch of pessimistic philosophers or apathetic onlookers bemoaning our collective doom? Not necessarily.

We as a race are on the brink of a colossal transition from one of separation to that of oneness. We would awaken from darkness to light, from untruth to truth. We would realize the oneness of all living things. Though each of us made lead different lives, located away from each other in space and time, we are biologically, emotionally and spiritually one.

There is only one body. What happens to the animals in the seas happens to us, men and women. What happens to forests happens to us in our bodies. Since our bodies and the trees are made of the same earth, are not our bodies moving clay forms endowed with intelligence?

A conscientious effort at healing the earth would manifest as the ultimate healing of our own bodies. There is only one mind. This is the mind that has flowed through our forefathers, us, and would in turn continue to live through our children and their progeny.

The collective torment or fear suffered by our own brethren in one part of the world would manifest as sleeping or waking nightmares to someone elsewhere in the world. Our pleasures and pains are interminably interlinked.

We are one and cannot continue to live any further in an illusion of separation. There is only one consciousness. We live in a holographic universe. Every individual awakening to oneness is automatically affecting a few thousand people, pushing them towards the only sane, alternative way of experiencing reality.

Our experience of reality having changed, we would go on to discovering newer ways of living and loving

WHEN YOU SAY I'M SUFFERING

Whenever you say I am suffering, it means that you are running away from suffering. Because if you could turn around and confront the suffering, soak in it, embrace it, fall in love with it, be with it, accept it, do all these things. Then see for yourself what happens!

The best thing is to embrace it and the strangest part is you will find sooner or later you will develop this art and every time suffering comes, you would embrace it and it becomes joy.

The first thing is seeing. When it comes to inner problems or inner growth or spiritual progress, you have to learn the art of seeing. What is there is not important for us, but you must 'see' what is there.

The key thing here is you have to get into a state where seeing is occurring all the time. When seeing happens, all suffering ceases because to see is to be free. There is no effort involved, there is no time involved.

Confronting your self-centeredness, though the word is misleading, it simply means that you just become aware that this is what you really are and you never thought that you are that. It is so and it is there, that is all. The mere seeing is sufficient.

MISERY OF SELF

What is there to your life? As far as God is concerned you are merely existing, you are not living.

You exist because you are afraid to die. What is there to your life, other than the terrible struggles?

Because you are there, in your being there is unhappiness. Not that you are unhappy. No. You = unhappiness. That is your condition. So, what is enlightenment? It is wiping out the 'you'. You receive Oneness Blessing= Diksha and wipe the you out. If you are gone, you will still be very functional. The memory is there, you can do everything you are doing, only much better. Since you are not there, what is there is joy, is happiness, is love. We want people to be happy. What should we do? We should erase you. Once 'you' are gone, it does not matter who you are, what you are, what is there is only joy and happiness.

Please get the whole thing straight. We are not asking you to be free of the self. We are only asking you to be conscious of the self. Helping you to be free of the self is God's business. You couldn't do that.

What the Divine is trying to give you is the Oneness state. In that state, there is no sense of separateness, there is only connectedness. The whole problem with mankind is, people do not feel connected. Basically there is no transformation in man, there is tremendous misery and all this is out of a sense of separateness. You are destroying yourself because you are not able to handle this misery in you. So, this is the condition.

You have to lose the sense of separation and you have to feel connected. First you start with your own family, then the world, then you, extend it to the animals, the plants and then finally to God. That is why we use the word oneness. When we speak of oneness with God, we mean actually becoming one with God.

QUESTIONS

Question: The outer life is getting more and more difficult. The difficulties seem to accelerate. What does help us, what do we need, when there are doubts and disbelief?

Bhagavan: Outer life is going to become more and more difficult, as also inner life. The easiest way out is to have the Divine in your life. If the Divine becomes your friend, you will be able to face the crises very, very easily. What is now most important is to get the Divine into your life.

Question: Namaste dear Bhagavan! You teach us that “this body is not mine,” but then who is suffering and experiencing the pain in the body. This physical pain doesn’t let one concentrate on the prayer or meditation. The pain wears me out, it limits my abilities, obscures my consciousness and impedes the awakening; that is that’s me who is suffering, isn’t it. If I am not this body, if this body is not mine, then why do I suffer from this physical pain in the body? Please dear Bhagavan, could you tell me what I am doing wrong and what is the right way? And if it is possible, please bless me to be healed. I am grateful to You for everything, my beloved Bhagavan.

Bhagavan: If you clearly realize your body is not your body, then there is no physical suffering for you. But for you that is not the truth. For you the truth is your body is your body. That being the case, when the body suffers you suffer because you identified yourself with the body. But when you realize your body is not your body, your mind is not your mind, your thoughts are not your thoughts then there is no suffering. You cannot get there through any effort. It has to happen to you. When it happens to you, you discover who you are. You will discover that you are the Universe itself; that you are everything that you call yourself; that is the Oneness we are talking about.

SUFFERING IS IN PERCEPTION NOT IN FACT

Question: Bhagavan give us more clarity of suffering is not in the fact but the perception.

Bhagavan: See do animals have suffering at all? They do not have suffering except for a very, very short while. They have physical pain. If you beat an animal it has got physical pain and for a short term it may be very angry with you. Now after sometime it's no more angry with you because animals have only short term memory. They don't have long term memory. Whereas we have long term memory and therefore, we go on thinking about an incident. Thinking about that incident is what gives you suffering.

Suppose somebody comes and gives you a fine slap. Now, what has happened? The hand has hit this side. It's hot here for a few minutes. That's all. So where is the problem? You can think of it as some kind of good exercise for your cheeks, for your head and then go about it. But then you are thinking, who is that rogue who hit you, why did he hit you, how to get back at him, how to punch him, all the things that happened.

That's what we call suffering. The fact is simple. Just one hand came and hit your cheeks or somebody kicked you in the back. That's all. So many times you've fallen down. So what? But why are you making such a big fuss out of it.

Because that memory is there and what is memory? Memory is a flow of thought and thought is the culprit. Thought always makes mischief. It always creates trouble. It survives by comparing. So thought is the root cause of all trouble and therefore it creates suffering by converting that fact into a perception. But then if you live a life of inner integrity you could stop it.

If you lead the life of inner integrity thought itself may stop. It may come only when required or even if it comes it would only be formal functional thought: this light is burning, switch it there, switch it off like this, put it this way. That kind of thought would be there, not going on thinking about what has happened either in the past or what is going to happen in the future. You would just be in the present. In the present you cannot think. Conversely, you can think of the past or the future. The present is a living experience. There is no thought at all. But, you've got into this habit. Like lying, this thinking has become a habit. Non-stop you're thinking. So all the time thinking, thinking, thinking, which is a waste of energy. That's why very often you feel tired, you can't enjoy life because of non-stop thinking. So what's the point of that thinking? So if all this must stop, you have to go back to inner integrity.

Similarly, I told you, all the time you are speaking lies and if you speak the truth, you would destroy society. But if you don't speak the truth you will lead a life of lies which has its own harmful effects. So how do we handle the situation? Well at first we have to move into inner integrity. If you move into inner integrity you can be honest as well as not disturb society. That's why we're trying to teach you inner integrity. So that is the truth if you want to speak lies. If you want to stop speaking lies you have to practice inner integrity. And as lies reduce there is no need for thoughts to go on working like this.

The thoughts are so full of lies from the ego going on thinking, continuously covering up things because if it does not go on thinking, the truth will be exposed and you do not want to see the truth about yourself. You do not realize that while you know so much about the other person you know very little about yourself. You know very little about yourself, but you seem to know so much

about others and the fact is if you look into yourself you know what you'll find there? Everybody wants to think nicely about themselves, to think good about themselves. You don't like the feeling of feeling guilty, feeling bad. So every, thing is nicely decorated. All that rubbish in you is nicely decorated. It's all hiding inside. That is your problem. You've never seen yourself.

Speaking lies to somebody is ok, but speaking lies to yourself destroys you. And then you'll come out a liberated being. You'll be as free as the bird that is flying in the skies, so totally free you'll become. But you have to practice inner integrity. The only tool is inner integrity.

ALL SUFFERING IS A STORY

Question: Bhagavan, when we experience suffering is it that our perception undergoes a change or will we land up in a state where there is no perception? What exactly happens?

Bhagavan: See first thing you've got to understand is that all suffering is only a story. A story is what is causing the suffering. So by merely understanding it's a story is not sufficient. You must know what is the story. So you must take the suffering to the next stage. When you stay with the suffering, the suffering will tell you its own story, which would be very surprising to you. You would not have expected that.

For example, many years ago I knew a young man who was studying at IAT. He later on became a very big scientist. IAT as you all know has the cream of India. So while doing his physics there he developed a tremendous amount of lust. So he began to do yoga. Lust would not go. Then he began to do many other things but lust would not come under control. This was the condition in which he was. So whatever he was trying he could not control this lust and that was affecting his academics. That was his suffering.

So when he was made to experience that suffering, first by making him stay with it, what happened was the story came out. The story was this person hated

experimental physics. He was all in love with theoretical physics but he was dead against experimental physics. He just had no inclination.

He had love for mathematics and all the abstract concepts of physics. That was his fascination and he would not like to waste his time on experimental physics. This dislike motivated by hatred for experimental physics manifested as lust. Whenever you are involved in some work which you do not like, which you hate, then lust becomes too much. Because then you are doing it for survival sake and you always have a fear of survival.

Because he knew that he might fail in experimental physics, which means he would fail in his MSc, which means he might not become that scientist he wants to be, which means his survival is at stake. His whole survival is in becoming a great scientist. That was shaken. So when survival is threatened, lust would automatically go up. They have a close link. Lust, survival and security are closely linked. When that is threatened, it will automatically go up.

Suppose you are playing in the share market and your shares are coming down, you will see the lust is going up. Suppose you engage in business and your business is failing, your lust will go up. Always failure which leads to a threat of survival, lust would automatically go up.

So this became very, very clear to him. Then he had the courage to stay with the suffering and then also experience it. So it began to reveal itself—the story—and then he knew, “this is it, is it?” So then what happened? He suddenly developed a love for experimental physics because he knew this lust was connected to his dislike for experimental physics and he said, “OK, I’ll put a little more effort”, and then he did that and the lust disappeared. It came down to normal proportions and of course later on he became a world famous scientist also.

So the story gets revealed. That’s why we talk in terms of created problem and real problem. So whenever you tell us “this is our problem”, we know that it is a

created problem. The real problem is something else. So how to get there, stay with it. First, understand everything is only a story. In reality there can be no suffering, because when you experience reality as it is there is only joy, there is only bliss, there is only love, no matter what it is. But you do not experience reality because your mind is all the time interfering and what is the mind? It is all the time judging, it is commenting. Why? Mind is nothing but the flow of thought. What is thought? Thought is measurement. It compares yesterday with today, today with tomorrow, him with somebody else. All the time it is comparing. It is measurement.

Thought is an instrument of measurement. Constantly measuring, it is. So when you are measuring of course—there this vase. You must look at this vase not be measuring it in terms of its color or size, or shape. But the mind is nothing but the flow of thought and thought is from the past, and past is memory, and memory is dead.

So death is flowing through you and if you have truly died to the past and to the future—psychologically if you have died to them—then you would live in the present. There is great joy and bliss there. That is what we are trying to do to you. So now what happens is if you are going to stay with the suffering, mostly the story will be revealed. If that also does not reveal then you can move into experiencing suffering. Then the story will definitely be revealed and not only that, there could be a charge. Now the staying with it may give you the story but it might not remove the charge.

Now in this boy's case what happened was in the staying with it he came to know the story and hating experimental physics, and all these things. But that was not the end of the story. Still there was a discomfort. So as he began to experience suffering it became very clear to him that there was a remark by an uncle of his who was a big professor of physics in an American university, who when he was a small boy made a comment: "only fools would do experimental physics. The greater your brains you would move into theoretical physics." So there started the bias against experimental physics, the actual dislike of it. So

he experienced the suffering there and the charge went away. So to remove the charge you have got to experience suffering.

Whenever anything is re-experienced, the charge goes away. Clearly you must re-experience it. Like two people cannot stay on the same spot, isn't it? You have to knock down one and put the other in. So in a similar way what happens is when you re-experience it that charge is removed. It's gone. With the charge gone, entire perception changes because it comes from your story or it comes from the charge, the perception. Once perception is changed, everything changes. You're experiencing of reality depends on your perception. If that changes, the experience changes and then the suffering is gone. But the ultimate suffering is there should be no perception at all.

So this is the first level. This is like normal suffering. But if you want to go a level where you'll experience things as they are then thought itself must stop, and that is possible. When you are drinking coffee you should be drinking coffee. Why should you think about the cricket commentary or the score? You should be drinking coffee. That's when completely all suffering ends. There's nothing but joy and love in your life. What joy? Unconditional joy. Unconditional love.

You could be a beggar. You could be a leper, but you'll have unconditional joy. This joy does not depend on whatever you are gaining or whatever you are losing. It is just there. You could be anybody. You might be the world's most powerful man, the world's most richest man, but you would not have this joy unless you experience reality as it is, and unconditional love. There would be love towards the king as well as the beggar because there is no thought. So all this is possible to achieve.

Question: Thank You, Bhagawan. I feel blessed for having met You and Amma and for all the help I've received from both of You, Bhagawan, but sometimes I despair and wonder will the suffering ever end. Will there be a point in our

lives where suffering will ever stop, and can we be awakened without so much suffering, Bhagavan? Can we be in joy to reach awakening, Bhagavan?

Bhagavan: Suffering could definitely end. We have thousands of men in surrounding villages who no more have suffering. It's a fact of life. And suffering is not necessary to become awakened; people could joyously also become awakened. It depends on the life situation.

Question: Most of us are tired battling with life. We often wonder if life is conspiring against our joy and peace. The more we try to elude pain, the more challenging it becomes. Is it simply bad luck or the fruit of my past deeds or an irrevocable destiny that is forcing its way into my life?

Bhagavan: Life is like a cricket match. It is like a bowler throwing various kinds of balls at you - ball of pain, ball of pleasure, ball of hatred, ball of jealousy, ball of crisis. You are the batsman. Your life depends on how you play these balls.

In a cricket match if the bowler knows you are afraid of leg-breaks, he'll constantly bowl leg-breaks at you. So is life. If you do not accept the balls it bowls, it will bowl only such balls since that is your weakness. Being a batsman you are expected to face every kind of ball. You cannot afford to say I would not face a particular kind of a ball or a bowler. If you say that then the opposing team captain would only make that bowler bowl. Life knows what you are afraid of and only such kinds of balls would come. Therefore, if you learn to play all the balls, your problems would get solved.

Learning to play all the balls is nothing but Recognizing, Accepting and Experiencing events and incidents as they occur without trying to run away from them. You should not think life would be nice and kind. It would bowl all kinds of balls. A good batsman would not run away from the field saying it is a tough ball.

If you are fighting jealousy then life would keep giving you situations where you would feel more jealous. But if you learn to play the balls of jealousy by ex,

perience it then the opposing captain would declare that you have won. He would concede because you are now hitting every ball for a six.

And what is it to hit every ball for a six - To experience everything in life. The art of experiencing is the art of batting. If you could experience every thing, what ever be the situation you have won. If you can do that here, you are fully enlightened. An enlightened man is one who can hit every ball for a six.

Question: How does Mukthi (awakening or enlightenment) act as a solution for all problems?

Bhagavan: If we analyze the cause and effect of all the problems, the final cause is the sense of separation. I'm different and the rest are different. That is the reason. That separateness is the "Self". That Self is the cause of all problems! If the self is not there, there are no problems. How do you remove the Self? That is Awakening. When you get awakened, the Self dissolves. Basically, if the Self goes, all problems should go. But the car has to stop. There is a past momen, tum, a karmic momentum. So for some time, there might be some problems. But all that would eventually dissolve because no fresh karma would be accu, mulated.

Mind chattering would reduce significantly. So the solution for all problems is Awakening. The Self should be dissolved. The Self is responsible for personal problems, individual problems, problems in the family, problems in the society, problems in the world, problems between countries, problems with our environ, ment and for all other problems. If we take it off, we can destroy the Self. That is Awakening.

Question: Beloved Bhagavan, the mind keeps us trapped in suffering and does not give any space for gratitude, humility and devotion. This experience makes me very sad and hopeless. It feels like a new imprisonment. My heart is weeping. What can we do in our unawakened state, to get our permanent awak, ening? Thank you, Bhagavan!

Bhagavan: The unawakened person can do only one thing. That is stay with "The What Is". There is nothing else you can do. The staying with "The What Is" is the process for the unawakened.

7 TRUTHS TO BE FREE FROM SUFFERING.

Question: Nobody in this world is free from suffering. To be free of suffering, what should be done?

Bhagavan: That's very simple. Please follow 7 truths to be free from suffering.

1. Everything comes from a single source. It could be God or energy. There is no beginning and end to life.
2. If you identify this source, you'll not differentiate between good, bad, right or wrong. All these things are our views. Everything came from one source.
3. Life is nothing but your search for 'self'. In your life, things that happen to you, people you see, everything reflects your 'self'. If you are suffering from poverty, it means there is something wrong with yourself. You have to correct this to get out of poverty. If you have hatred, then whoever you see will exhibit the same quality. If you have evil thoughts, people you meet will also have evil thoughts. Try to understand yourself first.
4. Realize that anything that you experience in this life is by God's grace. Suppose you slip while walking, try to realize that as God's grace too. If you see God in everything, your life will become wonderful.
5. Realize that anything you experience in this life is just a 'test' for you by God. It is not a bad experience. If it were considered as a bad experience then it would mean that God is not compassionate. If you experience a problem, consider it an opportunity for you to face it and come out of it. You've been given people, wealth and confidence to face challenges, If you understand this, your confidence will improve, just to test your confidence, God give you a test.

6. If you realize that anything you experience is a test for you by God, then you'll be able to think deep about the problem and handle it in a better way. You'll understand its result. Then you'll have no fear.

7. If you understand the above 6 truths, then there will be an enormous transformation in your body. From then on, you'll not only have compassion, but you'll become that 'compassion'. If you follow this, your relationships would improve. You'll have no fear or sorrow - you'll have only joy - don't try to analyze this logically. If you follow these truths for even 21 days, you'll be joyful. The problem with us is we spread just the sorrow and sufferings. That's why the earth is dying. After you experience joy and happiness you'll be able to spread only joy and happiness to others

CHAPTER 5

AWAKENING

“Awakening is a process where you wake up from the dream to reality. Life this way is so ordinary that it is extraordinary. One feels that is how one has always been.”

~ Sri Amma Bhagavan

Question: What is awakening?

Bhagavan: Most of humanity is in a state of daydreaming. It is essential that they become free of daydreaming, which we call awakening.

Question: Why does humanity need to be awakened?

Bhagavan: Most of humanity's problems arise from the fact that they are not awakened. An awakened humanity will enter the Golden Age.

Question: And what are the benefits if we are awakened?

Bhagavan: If we are awakened, we experience unconditional love and limitless joy.

Question: Right now there are over 170,000 people awakened in the world [December 2012]. What is its impact on the future of the Earth and on our lives? What kind of a future can we expect Bhagavan?

Bhagavan: Because so many people are getting awakened, more and more people will get awakened naturally and spontaneously till all the mankind is awakened. When that happens, we will enter the Golden Age.

Question: For a person who has never been in contact with Oneness or any spiritual course, and does not know what awakening is, nor does he have any intent for getting awakened, can such a person be awakened? If so, how does it happen?

Bhagavan: Such a person too will be awakened, and it happens because so many others are awakened.

Question: Beloved Sri Bhagavan, I am very happy that so many people are getting awakened. I would like you to help me understand how those of us who are not yet awakened can benefit from the new state of consciousness of the awakened ones. Thank you.

Bhagavan: When you receive Deeksha from the awakened ones, you would easily become awakened.

4 STAGES OF AWAKENING

Question: Bhagavan, can you please explain the difference between awakened states and being awakened?

Bhagavan: They are very different. Awakened states come and go, like waves in the ocean they keep coming and they keep going. And in the awakened state you could still get hurt, still there could be pain and you are very much there, even though you are in an awakened state.

To be awakened is to be in a permanent state, a state where you are no longer there. You have clearly realized that there is nobody there to become awakened and you are gone. And you do not get hurt, you do not get pain, it's a very different state. So the awakened state is very different from what we call the Awakened One.

Question: How can one remain in an awakened state at work? When I am with others, I find it difficult to keep the peace I can feel at home when I am by myself.

Bhagavan: When you are truly in an awakened state, it does not matter where you are, whether you are alone or in a crowd, whether you are at work or at home. But if the awakened state is very weak, then certainly you would be more comfortable staying at home.

Question: Would there be a sense of separation even after awakening?

Bhagavan: It depends on the level of awakening. When there is a change in your brain, we say you are awakened. That is the first level of awakening. The brain is neuroplastic in nature. When the brain changes, your perception changes. When your perception changes, the brain changes. When this happens, we declare that you are awakened. You may or may not be aware of this. That is why we tell you, you are awakened or not. We also give you a number which indicates the amount of brain change. After this has happened, you will be able to stay with 'the what is' without effort. This we call awakening level 2.

Once you are able to stay with 'the what is' without effort for 49 minutes, then you undergo a change of heart. We call this flowering of the heart. We call this also transformation. Just like in the first awakening, the brain changed physically. Now the heart changes physically. We call this awakening level 3. Flowering of the heart, we call that awakening level 3. After that, your staying with 'the what is' without effort keeps on increasing until it becomes 24 hours of the day and becomes natural like breathing. At that point, we say you are fully awakened.

ened or enlightened. At that point, the sense of separation and the self are completely gone.

Question: Bhagavan what does the level of awakening mean? What changes in a being as the level of awakening increases Bhagavan?

Bhagavan. When we talk of the level of awakening, we are talking about the amount of change that has happened in the brain. When awakening happens, by a change in the brain we call that awakening 1. After that, if you are able to stay with 'the what is' without effort because you are awakened, we call that level 2 awakening. When this happens for more than 49 minutes, we call that level 3 awakening. Once this happens for more than 49 minutes, the heart begins to change. We call that level 4 awakening.

Then what happens is staying with 'the what is' without effort happens all the twenty four hours we call that level 5 awakening. We also use the terms fully awakened or enlightened. Thereafter begins God Realization. The number that we give you indicates the amount of brain change.

Question: People are awakening on the consciousness scale between 1 and 30. Can you please tell us what determines where people awaken on this scale.

Bhagavan: Essentially what determines your level of awakening are your past lives and what happened at the time of delivery, when you are born.

Question: Bhagavan what is the difference between the level of consciousness and the level of awakening, Bhagavan?

Bhagavan: When you are awakened and you look at a tree, you do not feel separated from the tree. We call that the level of awakening. Depending on a higher the level of awakening, you become the tree itself.

Consciousness on the other hand, indicates how bright and how clear the tree is to you. You are still there and there is a separation between you and the tree,

but the tree is bright and clear. That is a higher level of consciousness, but at the higher level of awakening, you and the tree are not separate. You the observer become the observed that is the tree. That is the difference.

Question: Sri Bhagavan, what is the most important thing we as deeksha givers can do on a daily basis to stay connected with you and Amma and to most powerfully receive your grace and the benediction of awakening? We want to be connected with this grace each and every day, not just during these oneness intensives and retreats.

Bhagavan: Once you have gone through these retreats, You could repeat this back home on a daily basis, weekly basis, or a monthly basis. It all depends on you. But the ideal thing is to do it in the same place, the same time and then you will find that the process will begin to get deeper and deeper. When it reaches a point where it does not reverse. The process is thereafter continuous and for all time. Remember, awakening or enlightenment is not a destination. It is only a journey, it's a process, it's a never ending process. For the process that is initiated here, it might stop, or it might reverse. In which case you have to keep doing this back home. As you keep doing it, generally over a period of 3 months, what happens is the process becomes permanent. It's a non-stop, 24 hour, ever-present process. That is when, we would actually declare you awakened.

But now and then, the process might stop or might reverse in which case you keep doing the process back home. Keep doing it. For some people it a matter of three weeks, it becomes permanent and thereafter every moment is new to you. Because it is a process. Every day is new, every moment is new. It never stops thereafter. The process is the awakening. So once it's done today, back home you could repeat it. But the only thing is, it is best to do it same place same time.

Question: What is the biggest consolation, what can you tell me to comfort me, when I feel so bad and hopeless, that I do not forget about the source, the divine, and I do not lose touch with the divine?

Bhagavan: Once you get the Divine physically into your life, this question does not arise at all.

AWAKENING

Question: Even after awakening, the process continues, so the brain change continues. How much can we affect the process by receiving Deekshas, OM and by meditating? What more can we do to keep the process going - or, can we do anything at all? Is it all in the hands of the divine?

Bhagavan: You could of course meditate, you could go for a Oneness Meditation, all these things you could do. They will definitely help you. But now the time has come where a very short process is available. We leave it to the hands of the Divine and the Divine does everything. So when that is available, why should you go through the long process, it is not required. You can be in any state that you want and simply asking your Divine. And the Divine comes into your life quite easily. It comes even to non-believers. In fact, everybody and anybody. So that should not be a problem. So all this while we were talking about the long process, the long way. We were waiting for the phenomenon to start. The phenomenon began and ever since we are talking different things now, preparing people for the new process.

Question: When do you feel that all of mankind will be fully awakened? And will there also be a transformation where people become enlightened and god realized shortly or long after this collective awakening?

Bhagavan: It's all in the hands of humanity. The phenomenon has now come to a point where it is manifesting physically and doing all things. So it should not take a long time. All that is required is, humanity must be willing. That's all. Then it's all over.

Question: We know some people are afraid of becoming awakened. They fear that they could internally move away from their families. Please, Bhagavan, kindly advise how to help those people.

Sri Bhagavan: When you get awakened, you actually get close to your families. You discover unconditional love and there develops a great concern for your family. Oneness brings families together, it does not break families. For the first time you will know what it is to have a family.

Question: Dear Bhagavan, I am awakened and I can experience my emotions inside and get out from the suffering quickly. But, I found that I am not like what the awakened should be which is mentioned in the Oneness weekly teachings. And, a lot of awakened ones around me are being like that. For example, the weekly teaching says, "The awakened one has no views. The unawakened one is full of views." I am so conflicted inside. Please tell me, what can I do, Sri Bhagavan? Namaste.

Bhagavan: Initially, when we say you are awakened, what it means is a certain change has happened in your brain. That is awakening one. When this has happened, what it means is, you could stay with the "what is" without effort. We call that the second awakening.

Now, once the staying with the "what is" without effort crosses forty-nine minutes the heart begins to transform. The physical heart begins to transform itself and once that happens, you would realize all those teachings we are giving you. We call that the third level of awakening, and there are many more levels.

Question: Beloved Bhagavan. Is it true that the moment of awakening for each person is set in the Akashic records? If so, what sense do our efforts make? What can we change by ourselves? And which effects do these efforts have? Can the records in the Akasha records be influenced this way? Can you influence them? And if yes, when do you affect them? There are blessing givers in Switzerland, and surely in other countries too, who are feeling discouraged and

ask themselves if they are doing something wrong or if they have a especially bad karma, because they are not awakened. Are we unawakened ones doing something wrong? Do we have an especially bad karma? Can you give us any comfort for the unawakened ones?

Bhagavan: Your dates of Awakening are recorded in the Akashic records. But the Akashic records are changing depending on what you are doing to the planet. Your days of awakening are found in the Akashic records, but these dates are not fixed. The dates are constantly changing depending on what is going on, on the planet. By giving awakening to thousands of people in the temple in India, we are pushing all people towards awakening. Our Oneness people need not be worried. For most of them will be awakened by the end of this year. You do not need to be worried, or you do not need to be anxious. Many or most of you will awaken on December 21st.

Question: How can we know that we are awakened? Is talking to you like my best friend, hearing your voice as guidance for everything a path to awakening? I sometimes get intuitions about dates and literally that thing happens that day.

Bhagavan: The awakened person knows that one is awakened. However, we have been giving teachings every week to tell you what it is like to be awakened. Now, in case if there is a little doubt, the teachings will help you to realize that you are awakened. But that's not so important. What is important is these teachings will help you realize that you're not awakened.

Question: I heard our awakenings are prompted when we talk with them or stay close with them (awakened people). What actually happens to us in such occasions?

Bhagavan: If you take a piece of iron and rub a magnet over it, slowly the piece of iron becomes like a magnet. Similarly if you stay close and keep interacting

with awakened people, your brain also becomes like theirs. And it becomes easy to be awakened.

Question: Dear Bhagavan, you say that we should take Deeksha from Awakened persons, because their brain will connect with our brain and that will affect our own process of awakening in a positive way. What happens, when the brains connect? Why is it so? Can you please explain this phenomenon Bhagavan? Thank you, Bhagavan!

Bhagavan: We have noticed that when an awakened person gives Deeksha to an unawakened person, the brain of the unawakened person tries to behave similar to the brain of an Awakened person. It is somewhat similar like, for example, if you were to take a piece of magnet and rub it on a piece of iron, the iron slowly becomes a magnet. Very similarly, the brain of the unawakened person begins to function like the one with the awakened brain.

Question: Dear beloved Sri Amma Bhagavan, thank you so much for always loving, guiding and caring for us. I heard thousands of people will be Awakened on the 21st December 2012. The rest will remain unawakened, won't they? I am worrying whether I will be awakened or not. Will those who remain unawakened have the mind, charges, sufferings and conflicts as before? [asked November 2012]

Bhagavan: It is not that on December 21st thousands of people will become awakened and then everything stops. It only means that from December 21st onwards, every day thousands of people will become awakened until everybody becomes awakened by 2035. [Feb 2014 there is 1.7M awakened people]

Question: Dear Sri Bhagavan, awakening is a gift that happens through God's Grace. People cannot achieve it on their own. But why do some people seem to receive the Grace of God and others do not, although they pray for it?

Bhagavan: Whosoever asks God would get it, some people are childlike and have no questions or doubts. Others do not believe it is possible. But slowly

you will change. One or two things happening will give you the confidence. And the other is you must have some intellectual understanding of what awakening is. If you keep asking, "Give me awakening", it will not happen. If you would ask, "Please liberate me from my suffering", it will happen. The courses are basically intended to bring you to ask exactly that. If instead of using words, you could feel the words, it will happen. All this could be overcome in the next few months. Don't be struggling too much. You are the struggle.

Question: I'm in a state of great mental stress. My mind is really compulsive. I have difficulty in focusing and remembering, great suffering, a loop of negativity, disappointment and paranoia. We can also add some jealousy for those who get awakened, even if when seeing their joy, I then feel a bit of it. I feel lost. How can I get out of this situation? I've already done a lot in these last years to help myself, but now I feel my great helplessness and a great refusal to do any mind conditioning techniques. I'm also a trainer. How can I carry out my trainer role if I am in this state? Please Bhagavan help me. I love You. Thank you. [asked october 2012]

Bhagavan: Two months ago my answer would have been different. Now, I have only one answer: for all problems, the only solution is awakening and all of you are going to be awakened very, very soon.

Question: Please resolve this apparent paradox. On the one hand we are told of a pre-ordained awakening for which there is nothing we can do except wait. On the other hand we are encouraged to do the practices and become engaged with the divine. Are there specific practices like the sadhanas that lead to awakening?

Bhagavan: Basically we look into the akashic records where we find the date of awakening which looks as though it is pre-ordained but then what happens is we also notice that when a person undergoes suffering that date gets preponed (moved forward). So the sadhana is, if you are in touch with your suffering, your date of awakening gets preponed and the date actually changes in

the akashic records. So in a way it's preordained because it is found in the akashic records. but also it changes when you get in touch with your suffering.

Question: Even as the awakening is happening, it seems that suffering today is also at a peak. Can you explain why this is so.

Bhagavan: This seems to be a natural phenomenon that unless suffering peaks, awakening does not happen. So we are observing every day a lot of people getting awakened. For some strange reason suffering peaks or something happens and then the people become awakened. So they seem to go together - like the Buddha also had the suffering and then became awakened. Most of the people who are going into suffering, then become awakened.

FEAR OF AWAKENING

Question: Namaste dear Bhagavan. Long live Bhagavan. You're bringing in the light and we are screwing up our eyes. Please forgive us for that. I was pondering over a lot about what hinders me from taking in all you are giving me so generously. Why the passion for awakening and the fear of awakening are equally great in me. Coming to the Golden City to you I come into my high dream, not really believing it is feasible in this lifetime now and here. For if I'm not here as I am today then my social status house, family, work etc will not be there either. We have externally what we have internally. The mind describes the lives of the great teachers, saints, monks. There are no examples of the awakened ones of today around the world. How they are integrated into society and everyday life. Dear Sri Bhagavan, please tell us what the lives of the awakened ones are like today? How did they use the gift of awakening. Or how did the gift of awakening use them. What is the purpose of life of the awakened one. In terms of his pursuits in society. Please help to overcome the fear. It is very important. My heartfelt gratitude. [asked january 2011]

Bhagavan: The problem is you have an idea of awakening and that is putting fear into you. The actual thing is very different from what you imagine it to be.

When we talk of awakening, we are talking about your natural state. And once you are there you are quite shocked to realize how you have missed this all these years. It is like a man who wants to learn swimming but is not ready to jump into the waters. You cannot learn swimming and then jump into the waters. You first have to jump and then you naturally learn swimming. It's the same thing. Once the process of awakening starts everything is very natural without you having to do anything. Anyway, you won't have to worry because the new process will soon help you to become awakened quite easily. And there are already a number of awakened people who happen to be doctors, engineers, and?? who are living a very beautiful life. Very soon you will have a number of people who are awakened in Russia too and you are going to make it quite fast.

BENEFITS OF AWAKENING

Question: How does awakening help?

Bhagavan: "It does help in academics, coping with stress and every where it helps you. Another thing is, if you are not enlightened, it is not worth living. The unenlightened person can better go. He is a burden on this planet. He is a burden on himself he is a burden for everyone. He is not living.

If you are not enlightened thought is flowing all the time. Past is flowing to the present, to the future. What is there is, only the past. Future is not there. Only past is flowing and the past is dead, like dead matter. Most of the time, you eat dead food. Most of the people do not know what to eat and how to eat. If we give you real food, you will run away from the place. What you eat is dead food. Similarly these thoughts are dead matter now. You are dead actually. You don't even know that you are dead. That is your lives. There is no joy in your lives. There is only pleasure in your lives. Only when you become enlightened, you feel 'Habba, this is what it is to live'. This is paradise, but you are searching for paradise. You are in heaven and you are saying it is hell. You have to become enlightened. Leave alone other things. If you are not going to be enlightened, what is the use of your living? If you are not going to be a Buddha or a Ma, haveera or a Krishna or a Ramana, what is the use of your lives? Just going to Dubai and making all that money? Well, that is necessary. But, otherwise what is there to your lives? I don't see any difference between you and a garden lizard. That is the condition".

Question: Bhagavan would you please tell us how awakening influences ones financial situation, health condition and relationships?

Bhagavan: We are all controlled by a program. The program consists of what happened in your past lives, what happened at the moment of conception,

what happened while you were in the womb, the actual delivery; whether it was a natural delivery or forceps were used or it was a cesarean delivery. Then the first six hours whether you are touched or not, or whether you are put in an incubator. Then the first six years. This constitutes the program. This controls your life. It controls your finances, your health, your relationships and every, thing in life.

The program has positive aspects as well as negative aspects. When you get awakened, it switches off the negative aspects. because of that, you become free of your financial problems, you have more success in life, your health improves, your relationships improve, everything starts improving. For example, if you're having financial problems, you will develop wealth consciousness, as you develop wealth consciousness, wealth comes to you.

Question: Bhagavan, what are the most important things we should do to make our life more abundant and joyful? As for putting effort on this matter, is there any difference between awakened one and unawakened one? Thank you, Bhagavan.

Bhagavan: You have got to accept yourself. You have to love yourself. If you do these things with some effort, you would get some benefit. But if you could do this thing effortlessly, that is a total transformation. Everything in your life would fall into place. The problem is we do not accept ourselves as we are and we do not love ourselves as we are. When you get awakened, you could effortlessly do this.

Question: Thank You, Bhagavan. Sri Bhagawan, thank You for blessing the UK this time. Many of us here are new to Oneness and Deeksha. Can you help us have a deeper understanding of how to raise our consciousness; that is, is there a daily practice that all of us can do to help us to have even more awareness, Bhagavan?

Bhagavan: See, Oneness is all about a neurobiological shift in your brain. This cannot be brought about through you. The Deeksha that we use sets in motion a process by which it automatically happens, so all that you need do is you

should not resist the Deeksha; that is your contribution. If you do not resist, the Deeksha begins a certain process which actually transforms your brain. Unless there is a change in the physical brain you will not be awakened.

Question: Dear Bhagavan, I would like to ask you whether an awakened one can hurt another awakened person? Does awakened one have any charges?

Bhagavan. It can happen at low levels of awakening. At higher levels of awakening, it does not happen.

Question: Namaste Amma Bhagavan, Your lifetime work and dedication have brought hope to a suffering humanity. I thank you for it. How does awakening influenced by psychiatric illness, mood disorders and addictions? I have family members who are suffering of these and are very concerned about their awakening and their future in the years to come. Thank you for your compassion. You are my spiritual partner.

Bhagavan: Nothing stops awakening we have instances of people with mental illness becoming fully awakened.

Question: Thank you, Bhagavan. Another webcast teaching that our devotees have a question on is "The awakened one responds from the heart whereas the unawakened one reacts from the head"

Bhagavan: See, for example, when an awakened person sees an old beggar on the road, on some days he may feel moved and help. On other days, he may say "all is fine" and do nothing. In either case there is no thinking involved. He does not think about it. On the other hand, it IS possible to think about it! The unawakened one may think "he's lazy", "he is being punished by god", "it is his karma" etc. But when you are awakened, there is no thinking involved. Only the awakened know what that is like. However, till you are awakened, all actions are from the head/intellect.

Question: Dear Bhagavan, what is a "shift"? This word is used very often in context with awakening. What happens within that person? Thank you.

Bhagavan: A shift involves a change in perception. Example: if you do not love your wife when a shift occurs, you start loving her. Just in a moment you start loving her. A change of perception. That's what a shift means.

WHO CAN BECOME AWAKENED

Question: Dear Bhagavan! Please tell us, if the person who is attending the One, ness Meditations is not familiar with such notions as connection with the Divine, passion for Awakening, inner integrity, and good relationships but the person is intuitively searching for the inner freedom, can he become awakened? Thank You.

Bhagavan: Yes, anything is possible.

Question: Namaste Bhagavan, Can a person who is addicted to cigarettes or alcohol or has depression can become awakened?

Bhagavan: Yes, he or she could become awakened.

Question: Dear Bhagavan, I'm 56 years old. Does the process of awakening in this age go more difficult or more easy. Or is it all up to the individual?

Bhagavan: It is up to the individual. There is a one year old boy who is awakened. There is an 86 year lady who is not in good health, but who also is awakened. It does not matter who you are. You would become awakened.

Question: Thank you so much for what you are doing for us. I was at the train, ers last course in September and it changed my life. Bhagavan, what does it mean "to not yet be ready for permanent awakening" even though a person experiences the Presence, is having awakened states and living beautiful moments of the heart flowering? Would you please explain this? I feel different than before, but I realize I am not yet awakened. My mind is still very present and I am having a terrible time not being able to let go. I prayed so much to be helped with this, dear Bhagavan. How can I let go and let you take over? Thank you so much for any help with this. If I am not awakened by the end of 2012, is it

still possible for me to become awakened in the New Year? Thank you, Bhagavan.

Bhagavan: Everyone on the planet is ready for awakening now. There is no question of anybody wanting to be awakened and not getting awakened.

Question: Dear Bhagavan, I want to thank you because your vision is being realized and is becoming our most beautiful reality and I'm so grateful. Would you please tell us how much our awakening is going to influence the people we love, even if they are not into Deeksha? Can it happen to them in a short time as well, or will they have to wait for a long transformation?

Bhagavan: What we are noticing in India is, if in a family one person gets awakened, the others get awakened within a month or so. I think the same thing would happen in Italy, too.

Question: Dear Bhagavan, I have heard that the Deepening Process is very intensive. How can I grow and become awakened if I do not have enough money to come to India? What can I do? Thank you Bhagavan.

Bhagavan: All that you must do is keep attending Oneness Meditations attended by awakened people. You are sure to awaken in Germany itself.

Question: Some pollutants like lead and mercury have been found to adversely affect brain functioning. Do poisonous pollutants like lead and mercury affect the changes in the brain that lead to awakening?

Bhagavan: We have had a few people who are awakened and who were supposed to have been suffering from heavy metal poisoning. So there's evidence that poisoning by lead or other heavy metals does not lead to any obstruction to your awakening.

21 CONDITIONS FOR AWAKENING

Awakening is to be free of the mind. These 21 points are like ropes holding up the mind. As you become aware of each point, the ropes are being cut, making the “self” dissolve quickly. For all these points there are 3 ways to help you grow.

- Practice externally these conditions in your daily life where ever possible.
- Become aware that you do not have these qualities. Only then is there a possibility of getting this.
- Pray and ask Amma Bhagavan (or your personal Divine) to give you these qualities. Prayer would be answered only when you have a bond with your personal Divine or Amma/Bhagavan

1. Lack of Passion Difference between passion and desire: A desire can be dropped. But passion cannot. You live to have this. Desire can turn into passion if you know the gravity and need for it. To have passion for awakening, you must first understand that you are suffering.

The three types of suffering are:

- Physical: when needs of body are not met, you will have physical suffering
- Psychological: as long as you have the mind, you will have psychological suffering. When any of the 6 needs of the mind are denied you will have suffering.

Certainty

Variety

Significance

Need to be loved, to love

Growth

Contribution

- Spiritual Suffering: to exist is suffering. Suffering without any reason. The sense of separation is this suffering. All suffering is only coming from spiritual suffering. It's an alienation between man and man, man and God. The equation for suffering is: Spiritual + psychological + physical = constant. The constant is not a constant, and is dependent on the amount of separation one experiences in their life at any given time. The constant must come down to zero that is when suffering comes to zero. The constant depends on the alienation one is having with man or God. As you become closer to God the constant reduces. Become aware how you lack passion

Bhagavan: The physical pain would be there, but somehow it would not hurt you.

2. Lack of Forgiveness To see how you are unable to forgive others who have caused you hurt. Forgiveness is very important quality you should develop. By being hurt you are torturing yourself. Holding hurt is a torture. See how it is a torture to yourself. Become aware of the lack of forgiveness. Pray to Amma and Bhagavan asking them to help you to forgive.

3. Lack of Seeking Forgiveness you are not seeking forgiveness from others. Many occasions you have hurt others some time unaware even when aware you explain and not ask for forgiveness. You are trying to justify your point. Become aware how you lack seeking forgiveness.

4. Sensitivity Because of the chatter of the mind the senses are not able to experience anything. We are all the time thinking about ourselves and we are not sensitive to other people's feeling and priority. Become aware of your insensitivity.

5. Relationships whenever you are relating to people, things and subjects it is life as long as it is pleasant. Whenever things become unpleasant you would shut down that relationship. Slowly becoming dead to relationships. This can be called non-relationship. Become aware of lack of relationship.

6. Inner Integrity To learn to be honest to ourselves. Lying to others is not such a big deal, but the moment we lie outside, we try to lie to ourselves inside. One lie outside is a thousand lies to ones self. The lies you have spoken to yourself has moved you away from your real you. Become aware of lack of inner integrity.

7. Life Review Start seeing how you hurt others. If a person cannot see their faults in life, and how they affected others, it is very difficult to grow. So review your life.

8. Confronting Fear There are 2 kinds of fear - Biological - this is an inbuilt mechanism of the body to protect you and you don't need to do anything about it. Psychological fear - 4 kinds - fear of failure, rejection, future, unknown - confront it

9. Acceptance To be able to accept one self. We always find somebody responsible for our suffering. Turn inward and see who you are and accept that. Then you will be at peace with everything. To accept your role in society or the system. However small it could be, however insignificant it could be.

10. Craving for significance One of the greatest obstacles to spiritual growth is the craving for significance. It is the nature of the self to crave for importance in all things. Become aware of the craving for significance

11. Humility To become aware of lack of humility you have in your life. To realize that in life you are the part of the whole and are very insignificant would help you to grow. Most people feel as though they understand everything. Humility is necessary for awakening, for awakening is something you receive; not achieve. Become aware of lack of humility.

12. Sacredness Modern civilization thinks it can understand and explain everything. Which loses the mystery of life, which is joy, awe, and sacred. Humanity's explanation has killed the mystery and sacredness of life. The "All that is" can

never be understood. God is unknowable. When you can realize this, you start feeling sacred towards the Divine and all of life. The greatest knowing is that you truly can never know anything. Become aware of lack of sacredness

13. Divine Hand in Life Becomes aware of how there is a Divine hand in your life.

14. Bond with your Divine To establish a personal bond with Amma Bhagavan (or your personal Divine). To get in touch with the Divine Phenomenon of awakening that Amma Bhagavan are bringing into this planet, one would have to feel connected to Amma Bhagavan. The stronger the Bond the more the Divine Grace you experience. When you have Bond things will happen faster. Do you have a strong bond? Become aware of lack of Bond

15. Lack of Faith To become aware of the lack of faith you have towards the process and Amma Bhagavan. To see how the mind tells various stories of how awakening cannot, or will not happen to you. To realize that it is happening all around the planet to thousands of people, and will happen to you. To become aware of lack of faith.

16. Surrender To see the condition of the mind and become helpless. To know you cannot do anything to get there, and you need the Divine to help you. Surrender is to realize that there is nothing more you can do about it. When you are helpless the divine will help you. If you are desperate you are lost. Become aware of lack of surrender.

17. Lack of Gratitude (quality) We take life for granted and give it a frame as responsibility and duty. Become aware of lack of gratitude

18. Seva To spend time helping others. The greatest seva is helping in others awakening. Become aware how you don't make use of opportunities to do seva.

19. Compassion To see how you lack compassion. When you focused to achieve something without distraction for yourself, that is passion. If you have the same passion to fulfill other persons desire, that is compassion.

20. Praising the Divine or Amma Bhagavan Every scripture speaks about praising the Divine. When we praise Divine you will receive abundance of Grace

21. Formal Gratitude to the Divine: We many times say “lord you have done so much for me how can I express my gratitude”, saying this we escape. To one of the devotee, his Antharyamin Bhagavan told him it is true at a deeper level you cannot do anything, but in the physical plane you are living with me, so express your gratitude formally. By doing this you are binding me and I am compelled to do a favour for you. Your personal relationship grows.

Question: Dear Bhagavan, you teach us that everyone was born with certain constant of suffering. That is physical plus psychological plus existential suffering is equal to constant. I am awakened and I do not have psychological nor existential suffering, but I have quite a big physical suffering. Is it true that this physical suffering will disappear soon? With love and gratitude dear Bhagavan, I love you so much.

AM I AWAKENED?

Question: We are told that processing all of the experiences of those who may be awakened is not humanly possible. How should we live with the uncertainty of knowing about the awakening of ourselves and others?

Bhagavan: We have given you a check list*. You must check your state with what we have mentioned in the check list, we have mentioned about 24 conditions. If more than 20 of the conditions are fulfilled, you are awakened. (The sound on this last sentence is not clear.)

*This list has recently been given to people attending the deepening processes. It is not yet available to others.

SUFFERING AFTER AWAKENING

Question: In the natural state, we are not thinking so much about our lives, but rather feeling and experiencing everything as it arises. In awakening, we have seen that there is no longer any personal suffering, however it appears that collective pain nonetheless continues to flow through us. Can you please clarify?

Bhagavan: Once you're awakened, you get easily affected. What we mean by that is the other person's suffering easily affects you. For example, if your awakening is very deep, if somebody is physically hit, those marks could appear on your body, or you could even experience the pain. So what happens is you lose your thought shield, and once you lose your thought shield, you are tuning into everybody's consciousness. So the collective suffering does affect you, that's why you would sometimes find awakened people weeping. They're not weeping over any personal suffering. You could be having a bombing somewhere, and as people are dying there, this person here, thousands of miles away, could be found weeping. So that way the collective karma of pain does affect the awakened. In fact it affects them more than the unawakened.

Question: Can you please tell us more about the dark night of the soul? So many people seem to get in touch with the dark night of the soul after awakening.

Bhagavan: The dark night of the soul throughout the centuries has been a clear indication that you are rapidly growing on the spiritual path. So you should be really happy that this is happening to you and you do not have to worry it will go on and on. It last for a few months, and then it stops.

Question: Dear Bhagavan, I took part in the Deepening Process. When I came home, I got drowned into the charges. Also, I got the understanding that the bond with the divine I need only to acquire spiritual and physical comfort. I un,

derstand that when I am staying with my emotions and experiencing the charges, also I do it only to get rid of them. I didn't learn not to identify myself with the mind. I don't know what to do. I cannot relax and feel the real helplessness. Please help. I do not know how to stay with that. With love and devotion.

Bhagavan: What is happening now is a process. There is nothing you could do about it nor should you do anything about it. Awakening would mostly come by the end of this year. It will come easily and smoothly whether you want it or not. So stop worrying.

Question: Bhagavan, last year I was in the special deepening and I was declared awakened. Since then, the process is going up and down. I notice there is still a lot of identification with mind and I feel confused. It is still there, even after I was declared awakened. Can you please comment on that? And please, can you give me special blessings for God Realization so this identification stops.

Bhagavan: In the deepening process, when we say you are awakened, what it means is, a certain change has happened in the brain, whereby you could stay with "the what is" without effort. After that, you have to put in effort and try to stay with "the what is" until it automatically becomes without effort. I will give you the blessing and once the Divine comes into your life, it is all going to be different.

Question: Bhagavan, in last December, I got awakened with your blessing. Thank you, Bhagavan. However, even after my awakening, I still have so many emotions. My mind is not quiet at all and I have no feeling like "I am surely awakened". I can't see the difference. So may I ask you what is the difference between people who are told awakened and who are not yet told?

Bhagavan: When we say you are awakened, it means technically the brain has changed. This could be scientifically verified. But sometimes, it takes time to feel the effect. The basic effect is you could effortlessly stay with the what is.

Once, that starts happening, all else are automatic. For some people, this happens on the day of awakening itself. For some people, it takes months to feel the effect.

Question: Beloved Sri Bhagavan. I thank you from my heart for transforming my life completely, ever since I first came in contact with Oneness three years ago. In the deepening in January February this year [2013], you gave me the gift of awakening. I notice that I am transforming in the process after awakening, when I apply the teaching of staying with "the what is." But, there is still personal suffering. I know it is all up to Divine grace, but what can I do to help dissolve the self and become transparent so that things don't hurt me anymore and that there is no personal suffering anymore? Thank you so much, Sri Bhagavan and I love you so much Sri Bhagavan. Please become one with me.

Bhagavan: What you have got to do now is, as preparation, start working on your relationships, especially that of your parents and that would pave the way for the Divine to come into your life. And once that happens, as I keep repeating, it is all over. So your preparation is working on your relationships, particularly your parents.

Question: Bhagavan, after the deepening, I have been declared awakened. It has been eleven months. I still don't feel awakened. I have been in the sacred space twice. One time three days. One time five days. I am fully identifying with my suffering and I am full of inner conflict. I don't recognize any of the qualities of awakened person. Please help me.

Bhagavan: It will soon start happening and I would help you.

Question: After Awakening, what is the significance of participating in Ma, hadeeksha and level 1 Amma Bhagavan process and level 2 Amma Bhagavan Process?*

Bhagavan: Even after Awakening, if you take part in these processes, your levels will go much higher. Every time when you participate, even though the same thing you hear, your levels will go up.

Question: Is it possible that an awakened person can lose his state, for example, because of "bad habits"?

Bhagavan: In some cases people do lose their awakening but it could also be got back very easily.

RAISING ONES CONSCIOUSNESS

Question: Dear Bhagavan, which sadhana (spiritual practice) is suitable for raising our consciousness quickly after awakening?

Bhagavan: Focusing on one's relationships would immediately increase the levels of awakening.

Question: Sri Bhagavan, please tell us what are the sadhanas awakened people must do to become transformed beings?

Bhagavan: You must stay with the "what is" without effort for more than forty-nine minutes every day.

Question: Dear Bhagavan, how does Oneness tell the Awakened Beings' awakened levels? Thank you for my answer to my curious question, Bhagavan.

Bhagavan: The Oneness Beings go deep into the Consciousness where they meet Amma Bhagavan. Amma Bhagavan give them the answers.

Question: Bhagavan, we are now in the Awakened state. What should we do to attain level 50 Bhagavan?

Bhagavan: First we should be Awakened. Awakening cannot be attained by personal efforts. It can only be attained by Grace. We are giving it to you first. So, you have attained Mukthi, attained Awakening. But it doesn't end there. Next, we need to move towards transformation. We need to transform completely. For that to happen, there must be intense awareness. Those who attained Mukthi can be intensely aware. Thereafter, you must live the teachings. We have given you many teachings. Teachings for the Awakened One and for the Un,

awakened One. So after Awakening, you must live the teachings. You must apply them in your day to day life. When you do that, a big change will occur. That is transformation.

If the transformation occurs, we can attain level 50. Otherwise we cannot. So, ascending from the awakened level given to you level 50 is your responsibility. That is not our work. Our work is to make you Awakened. Once we have awakened you, you must make use of it for your own growth. You must move into transformation. Like, if you see some people, they may be awakened, but there would be no transformation. Because they are not applying the teachings. So, teachings must be applied in your life. You must live the teachings! When you do that, a transformation occurs and once the transformation occurs you can quickly reach levels 50 or 60.

Question: Bhagavan, how do we increase our levels of consciousness?

Bhagavan: You must contemplate on the weekly webcast teachings. We are giving you teachings which are very very special. Nowhere else you will find such teachings. If you think they are just like other teachings you have missed the point. Oneness teachings are very very unique. For example, in Christianity the teaching is "Love others" In Oneness, there is only one teaching - that is "Love yourself". You have got to love yourself. If you love yourself, you love everybody isn't it. As another example, if you have a lot of jealousy, most teachings would say "Be free of jealousy" Oneness says: "Jealousy? Good! Welcome!" Stay with the truth.

Question: Namaste Bhagavan. I only became involved in Oneness at the beginning of this year. I have over the last 7 months moved into consciousness through the grace of the Divine, Oneness Teachings, and the Oneness Blessings. Thank you very much for the miracles in my life Bhagavan, I am no longer experiencing any suffering. Bhagavan my question is, after awakened, does the deepening of the consciousness evolve naturally into the highest state of

awareness or are there any practice that will assist the never ending journey into deeper consciousness? Thank you Bhagavan.

Bhagavan: Once you become Awakened you go throughout your life. It's a process which keeps deepening and deepening and deepening. All that you can do to hasten the process is to help awaken others. If you help awaken others, your process deepens. That is all you've got to do.

TRANSFORMATION

Question: Sri Bhagavan says: “That awakened person must get transformed”. I humbly ask Sri Bhagavan that when the person is not there, then who is getting transformed?

Bhagavan: The observer is the observed. For the unawakened person there is this division between the observer and the observed. When you get awakened this division ceases. You realize the observer and the observed are one. So, I shall repeat: if you see the observer and the observed as separate, you are unawakened. Once you are awakened beyond the level you see that the observer and the observed are the same. That is the change we are talking about.

Question: Beloved Bhagavan, we have so many teachings. Can you please tell us which is the most important teaching to live for the awakened ones to become transformed?

Bhagavan: The most important teaching is staying with the ‘What Is’ without effort, experiencing the ‘What Is’ without effort and being aware of the ‘What Is’ without effort. And this is possible only if you are awakened. Then when you do this you actually move into the awakened state. As you move into the state more often, you get transformed.

Question: How to progress towards transformation and God realization after awakening?

Bhagavan: Oneness moves on two paths. The earlier path was which we even now do is what we call ‘the long way’ where we first transform your brain and we awaken you. Which means a change has happened in your brain whereby you would be able to stay with the ‘what is’ without effort. That you must practice.

Initially you must put effort and stay with the 'what is'. Then slowly the effort ceases and it becomes automatic - staying with the 'what is' effortlessly happens. And you keep on doing that until it crosses 49 minutes. When it crosses 49 minutes changes, physical changes start happening in your heart. When the brain changes the heart changes. Now the heart and the brain are closely linked. But very often in our cases the head is controlling all your activities. Now once this happens the heart begins to control all your activities.

We call this 'Christian awakening' or you discover unconditional love. That happens. Once this has happened and the brain has changed and they continue for more than 49 minutes you move into 'Taoist awakening'.

In 'Taoist awakening' you would simply flow with life. That begins to happen automatically. Or it also leads to Islamic surrender or we call it 'Islamic awakening'. That's what happens. And then finally changes begin to happen in what's called your Agneya chakra (third eye chakra). It moves there where you discover 'Buddhist awakening'.

In 'Buddhist awakening' there is absolutely no craving and there are no views. That happens. And then the kundalini goes up further and the Sahasrara (crown chakra) gets activated.

And then you come upon 'Hindu awakening'. In 'Hindu awakening' what happens is your senses get disjointed. For example when you see you cannot hear, when you hear you cannot smell, when you smell you cannot touch. But it looks as though it's all happening at the same time because these senses are being coordinated so very fast. That gives the illusion of your being there. Actually you are not there but the senses are creating that illusion - a trick being played on you by your brain as though you are there.

In 'Hindu awakening' this is slowed down. That is when you hear you cannot smell when you smell you cannot touch. In a fraction of a second it is sepa,

rated. Once that happens the self is gone. What you call the biological self is gone.

If you look at a tree you are not there looking at the tree - only the tree is there. If look at the moon you are not looking at the moon - only the moon is there. It is filling your consciousness. That is all. You are not there. When you look at the sky only the sky is there. Whatever you look at that only that thing is there. You are not there. That is 'Hindu awakening'.

Now all this happens step by step. You have to be going on practicing staying with the 'what is'.

Once you get the "Paramatma" in your life physically then you will only have to say "I want Christian awakening";

One deeksha - it is done.

You must say "I want Buddhist awakening"; one deeksha - it is done.

"I want Islamic awakening"; one deeksha - it is done.

"I want Hindu awakening"; one deeksha - it is done.

It's all over. We call this the 'short way'. That is the 'long way'.

So nowadays we run two courses for example for the Western people when we say "Oneness Deepening" that deals with the long way. Now for example what is starting now is called the "Special Oneness Deepening". There we teach them the short way. So there is a 'long way' - there is a 'short way'.

So it's up to you to choose whether you want the 'long way' or the 'short way'. It is purely yours.

Bhagavan: You talk about transformation of the Awakened people. How can I know that my transformation is in progress? How can I know that I am on the right way? Could you please give some examples?

Bhagavan: There are two kinds of experiences. The awakened experience and the conversion experience. We have different experiences. We first give you the awakening experience. This could either be sudden or gradual. This makes you

awakened. When we say you are awakened what it means is you could be aware of what is going on any time. You could still get angry, you could still get hurt. But your awareness, you could instantly get out of it. The one who has had a conversion experience is a transformed person. He or she does not get angry or hurt in the first place. After your awakening we are moving to a deep conversion experience. Saints and sages have gone through the conversion experience. It is only if you have had a conversion experience you could get close to God. Those who have had this experience speak and talk with God.

Question: Beloved Bhagavan. Could you please explain to us the process of transformation after awakening.

Bhagavan: The brain is neuroplastic in nature. When the brain changes, your perception changes. When perception changes, your brain changes. What we do in the process is, we initiate a brain change. And when the brain changes, we tell you, you are awakened.

Now when the brain changes, initially, you might be aware of it or you might not be aware of it. Therefore we tell you, you are awakened or not. And we also give you a number. The number indicates the amount of change which has taken place in the brain. This you could call the first step of awakening.

Once this has happened, you will be able to stay with the 'what is' without effort. When that happens, we call it the second level of awakening. Now when this happens, you might be aware that you're awakened, or you might not be awakened, or you might not be aware that you're awakened. In which case, we again inform you whether you are awakened or not and what has happened to the brain.

At the third level the staying with the 'what is' happens for more than 49 minutes. Initially it happens for 3 minutes, 5 minutes, 7 minutes and then slowly it moves to 49 minutes. When it moves to 49 minutes, you will know you are awak,

ened. No one need tell you “you are awakened”. You know it. Once that happens, transformation starts.

Transformation means the flowering of the heart. Flowering of the heart means, just like the brain change, the heart physically changes. Once that happens, you will feel connected to people, to animals, to plants, to the whole of nature and you're deeply concerned about others and you become very, very responsible and you become totally conflict free. This is the third level of awakening.

Once this has happened, the staying with the ‘what is’ without effort grows in time. It becomes 2 hours, 3 hours, 4 hours. Finally it becomes 24 hours and it happens very naturally and easily like breathing. Once that happens, we call you fully awakened or we say you are enlightened and no one need tell you that. You will know it for yourself.

And then begins God Realization. Now this whole process, we call it the long way. It's a long process. The short process is or the short way is your divine must physically manifest to you. And if your divine physically manifests to you and talks to you, it's all over in no time. Be it full awakening or transformation or anything for that matter. It's all over in no time. That is the short way. Now Oneness is moving towards the short way. It's up to you to choose the long way or the short way.

Question: Dear Bhagavan, can you please tell us about the transformation and God Realization process after awakening and guidelines about it.

Bhagavan: The first thing, as I told you earlier, is to have this brain change. Once the brain has changed, only then will you be able to stay with ‘the what is’ without effort. If you stay with ‘the what is’ without effort for more than 49 minutes, or 49 minutes, your heart undergoes a change. This change we call transformation. When this happens, you feel connected to all human beings, to nature and to everything. And all conflict calms down.

Once this has happened, you're staying with 'the what is' without effort, the time duration increases. And when it becomes 24 hours of the day, then you are ready for God Realization. This is called the long way. There is also a short way.

That is, your divine must become physical to you. You must be able to shake hands with your divine. You must be able to touch your divine. You must be able to talk to your divine. In other words, you must be able to walk and talk with your divine. Once that happens, you just ask your divine that you must be, come enlightened. It's all over. You ask your divine that you must realize the divine. Then you begin to realize your divine.

Similarly, if you have a financial problem, you ask your divine to help. And your financial problem is automatically solved. If you have a health problem, like say cancer, you ask your divine and you are instantly cured. Whatever you want, you ask your divine and you get it. That is between you and your divine. There is no middleman. There is nothing for you to do. You ask and your divine gives it to you. This is the short way.

Question: How to progress towards Transformation and God Realization after Awakening, Bhagavan?

Bhagavan: Oneness moves on two paths. The earlier path was, which we even now do, what we call the 'long way'. Where we first transform your brain, and we Awaken you. Which means a change has happened in your brain whereby you would be able to stay with the 'what-is' without effort. That you must practice. Initially you must put effort and stay with the 'what-is'. Then slowly the effort ceases and it becomes automatic - staying with the 'what-is' effortlessly happens. And you keep on doing that till it crosses 49 minutes. When it crosses 49 minutes changes, physical changes start happening in your heart. Like the brain changed, the heart changes.

Now, the heart and the brain are closely linked. But very often in our case the head is controlling all your activities. Now once this happens the heart begins

to control all your activities. We call this 'Christian Awakening', or you discover unconditional love. That happens. Once this has happened, and the Brain has changed, and they continue for more than 49 minutes, you move into 'Taoist Awakening'. In Taoist Awakening, you would simply flow with life. That begins to happen automatically. Or also leads to Islamic surrender, or we call it 'Islamic Awakening'. That's what happens. And then finally changes begin to happen in what is called your Agneya Chakra, it moves there, where you discover 'Buddhist Awakening'. In Buddhist Awakening there is absolutely no craving, and there are no views, that happens. And then the Kundalini goes up further and the Sahasrara get activated. And then you come up on 'Hindu Awakening'. In Hindu Awakening what happens is your senses get disjointed. For example, when you see you cannot hear, when you hear you cannot smell, and when you smell you cannot touch. But it looks as though it is all happening at the same time, because these senses are being coordinated so very fast. That gives the illusion of your being there. Actually you are not there, but the senses are creating the illusion - a trick being played on you by your brain as though you are there. In Hindu Awakening, this is slowed down, that is - when you hear you cannot smell, when you smell you cannot touch - in a fraction of a second it is separated. Once that happens, the 'Self' is gone, what you call the 'Biological Self', is gone. If you look at a tree, you are not there looking at the tree, only the tree is there. If you look at the Moon, you are not looking at the Moon, only the Moon is there, it is filling your Consciousness, that's all, you are not there. When you look at the sky, only the sky is there. Whatever you look at, that only is there. You are not there. That is Hindu Awakening. All this happens, step-by-step, you have to be going on practicing staying with the 'what-is'

Once you get the Paramatma in your life then you have to only say, "I want Christian Awakening!". One Deeksha, it is done. You must say, "I want Buddhist Awakening!", one Deeksha, it is done. "I want Islamic Awakening!", one Deeksha, it is done. "I want Hindu Awakening!", it is done. Over. We call this the 'short way'. That is the longway. So nowadays we run two Courses, for example for the Western people when we say "Oneness Deepening" that deals with the long way. Now for example what is starting now is called the "Special Oneness Deep,

ening”, there we teach them the ‘short way’. So there’s a ‘long way’, there is a ‘short way’. So it is up to you to choose whether you want the ‘long way’ or the ‘short way’, it is purely yours.

So, We spoke about AdiShankara moving beyond the Light into Bramhan or Om. So about 1600 years ago he has chanted

Bhagavan: Sorry for the break, we will continue with the Chants.

[Vikram Dasaji chants the “NirvanaDashakam” first revealed by AdiShankara - 10 verses that are said to contain the essence of all Vedatic teachings. Each verse ends with “Shiva Kevaloham” - ‘I am the form of Pure Auspiciousness’.]

Bhagavan: Now, are there people who have experienced all these States? Yes. Most of the Dasas for whom the Divine is physical have experienced all these States. For examples, your Dasa, VikramDasaji has fully experienced all these States. He talks from his personal experience.

All the Blessings to you, soon you should also be able to experience all these States. It is starting to happen to people, to the Devotees, and it will happen to you also!

FLOWERING OF THE HEART

Question: Is awakening the same as the flowering of the heart? Or is awakening a part of the flowering of the heart? What do the words permanent and irreversible states mean?

Bhagavan. It is the same and not the same. When there is awakening, there is also some awakening of the heart. But the flowering of the heart is something which is beyond even awakening. Awakened states are not permanent and are reversible. Awakening is permanent and irreversible. In awakened states, you experience things very much like an awakened being. But the person is still there. When you are awakened, the person is gone.

BHAGAVAN TALKS ON FLOWERING OF THE HEART.

The question is one of simple transformation, make the heart flower and we have heaven here. There will be actual heaven on earth. Once the heart has flowered, you know exactly how to act.

The love we are talking about cannot be described. It has to be experienced. There is no reason for that. There is no cause for that. It is just there. We would like you to get there. You would then be a fulfilled human being. You would have realized your full potential as a human being. The moment you discover this love, you also discover connectedness. First you feel connected with your near and dear ones, then with your friends, then with the world at large, plants and animals and finally with God. You become one with God. That is the oneness we are talking about.

The whole creation is an outpouring of joy. Once you become enlightened, you will see that there is nothing but joy. There is only love.

Question: Bhagavan. Please could you tell us more about the new process [divine manifestation] of the awakening of the heart? Thank you, Bhagavan.

Bhagavan: Once you are awakened you will be able to stay with “the what is” without effort. If this happens for more than 49 minutes, the physical heart begins to change. Once the physical heart changes, the heart flowers and you become transformed. Once the heart has flowered, you are ready for God Realization. But, this is still the long way. In November December [2013], when we give you the new process [divine manifestation], it will be very very fast, where your god becomes physical to you and all things are over.

Question: Beloved Bhagavan why is it so important that the physical heart gets transformed, since all spiritual masters stress on the spiritual heart?

Bhagavan: Only when the physical heart is transformed, does the spiritual heart flower. Without the physical heart undergoing those changes, you would not develop a spiritual heart. And only when the heart physically flowers, you get the feeling of connection with others, you discover unconditional love, you feel very responsible, you feel very concerned and you care for all that is.

So this is not something conceptual. It's a living experience for which the physical heart has got to change. That happens after brain has changed. First the brain has got to change, and then the physical heart begins to change.

Question: Sri Bhagavan, what is the difference between change in the brain and change in the heart?

Bhagavan: Change in the brain is basically, shutting down the parietal lobes and activating the frontal lobes. When we talk of changing the heart, we mean a better connection between the heart and the brain. What exactly is happening to the physical heart is a bit difficult to explain in medical terms in a short session like this.

Question: How is heart intelligence created?

Bhagavan. When the mind is silent and you're free of the machinations of thought, then the intelligence of the heart flowers.

THE IMPORTANCE OF THE HEART

To me the only reality is the heart. What the heart says, that alone is truth. The heart might say, help him. That is perfect action. The heart might say, do not help him, and if don't help him. That is perfect action. Why the heart said in this case do it, or why the heart said that don't do it, you have no idea to understand. That is guidance coming from cosmic consciousness, from God himself.

So one can't understand why God says this and God says that, so listening to your heart means listening to God. To me the part must obey the whole. You are the part. Until of course you have become God, you've realized God, and that you've become one with God. So the whole manifests itself to the heart and you have to obey the whole. That is God, or your heart.

If the heart says do this, do this. If it says don't do, whatever it says, you should not do. That is obeying the heart. Human beings today do not obey the whole. They do not follow their heart. They only follow their mind. That is why the world is in a mess.

If people become enlightened, that is their heart would have flowered, then they would simply follow their heart, which is following the divine will. If every body follows the divine will, there will be no problem on earth. When we do not follow the divine will, we follow our own will which is an illusion.

Question: Dearest Bhagavan, loving father, could you please comment on the significance of the heart in general and especially in the process of awakening? What is the role of the heart?

Bhagavan: Every problem can be looked from the head or from the heart. If you stay with suffering your heart will flower. Those who will solve their problems with the heart will soon be awakened. Suffering helps the heart to flower.

LIBERATION SUTRA

This 'total and unconditional freedom' Sri Amma Bhagavan speak about is eluci, dated in the following verse on Awakening.

LIBERATION SUTRA

Moksho nama jeevasya vimukthihi, yethasmaath

Indriyaanaam vimukthihi, yethasmaath

Ahankaaraat vimukthihi, yethasmaath

Manaso vimukthihi, yethasmaath

Gnayatasya bandhaat vimukthihi, yethasmaath

Samskruter bandhaat vimukthihi, yethasmaath

Samajasya bandhaat vimukthihi, yethasmaath

Karmano bandhaat vimukthihi,

Ithi satyam satyameva satyam

Ithi satyam satyameva satyam

Ithi satyam satyameva satyam

The Liberation Sutra translated to english

Enlightenment Is

Liberation of life Is

Liberation of the senses Is

Liberation from the self Is

Liberation from the mind Is

Liberation from knowledge Is
Liberation from conditioning Is
Liberation from society Is
Liberation from work
This is truth.

MEANING OF THE LIBERATION SUTRA

Liberation of the senses

Awakening at a very fundamental level is to 'live life'. The scripture defines an awakened man as someone who is able to hold his senses under control. According to Sri Amma Bhagavan, Awakening on the other hand, is liberation 'of' the senses or freeing the senses from the clutches of the mind. The mind with its judgments and commentaries interferes with every sensory perception, making it stale and lifeless. If not for this interference of the mind, the human nervous system is capable of generating bliss through every sensory experience, be it seeing, hearing, smelling, tasting or touch irrespective of the object of the experience. Thus one whose senses are liberated transcends the life of the mind and experiences the life of the senses.

Liberation from the self

Self is the sense of separate existence. Whenever there is the 'me' and the 'other', the result is fear - fear of what the other would do to me. Out of fear, struggle for survival, comparison, jealousy, hatred, all the rest are born. Sri Amma Bhagavan say 'Self is only a concept'. A concept by definition is something that does not exist in reality. It is an illusion.

Liberation from the mind

The popular notion about freedom from the mind is either cessation of the mind where you enter a state of 'thoughtlessness' or transformation of the

mind where the mind experiences greater freedom and peace within itself. The liberation Sri Amma Bhagavan speak about is neither of these. It is the cessation of the effort to stop or change the mind. Then you are free 'with' the mind. The mind with its contents exists independently only to aid you with practical issues of life but does not interfere with the experience of life itself.

Liberation from knowledge

When Sri Amma Bhagavan speak about liberation from knowledge, it is liberation from the bondage of knowledge and not knowledge itself. When knowledge is not translated into an experience it becomes a hindrance to the very experience that you have set out to achieve. Knowledge that is an obstacle to the experience of life is a burden and a bondage. Hence has to drop.

Liberation from conditioning

Man has developed the ideas of communism, capitalism, equality, nationality, religion etc., over millennia. These ideas and concepts have a life of their own. They are making use of your life for their survival. They enter you as a 'thought-bug' and color every experience of life. Liberation from conditioning is not to be devoid of any idea or concept but to be free to choose them in functional matters of life.

Liberation from society

Ultimately man is bound by the concept of 'freedom' itself. He thinks freedom is achieved by going against the existing system and the norms of the society. 'Freedom' is essentially an internal state of existence where you no more arise from fear. Hence there is no suffocation or resistance against any structure, law or value that 'society' stands for. Freedom is not a revolt against something. It is a state of consciousness that has no opposites.

Liberation from work

Sri Amma Bhagavan differentiates activity from action. Activity is an escape from inner void or pain of existence. It is done as a means to an end. You work, drive, cook, clean, pray because you have a psychological need behind all these that you want to fulfill. Action is where the destination or the purpose exists in a physical sense but not in a psychological sense. The experience is an end in itself. It arises from an inner state of joy and freedom. While the awakened man also works, he is free from the tyranny of work.

CHAPTER 6

MEDITATION. STAYING WITH THE WHAT IS

*“The Awakened One is what One is.
The unawakened one tries to be what one is not.”*

~ Sri Amma Bhagavan

Do this meditation 10 minutes in the morning or 10 minutes at night before going to sleep. Basically it is forming new neural connections in the brain as you do it regularly. This Sadhana (practice) can be done every time there is an emotional disturbance. You get best effect if you do it regularly.

1. Turn your attention inward. Invoke the Presence.
2. Take 5 deep breaths - inhale mouth, exhale nose.
3. Put yourself in a state of gratitude. This helps the neurons in your brain to be more receptive.
4. Tell yourself: “I give myself permission to feel anything. Anything.” Say it with affection. This is truly a non violent approach. You can feel anything inside. It does not hurt you or anyone else when you stay with it in your inner world in this practice. What exactly am I feeling? Not the name of the feel,

ings, but what exactly are my thoughts. Be specific. Actually see it. Knowing is different from seeing. Allow yourself to see it.

5. Say: "This is the Truth right now." What is here now might not be there the next moment, but stay with what is here right now.

6. Say: "Truth is never about the other. Truth is never about me. Truth is about What Is."

7. Thank the Presence.

CHAPTER 7

TEACHINGS ARE WITHIN THE MIND

“Teachings are within the mind. Becoming free from the mind is enlightenment. That is when you are truly free.”

~ Sri Amma Bhagavan

Question: Dear Bhagavan, apart from the teachings and sadhanas (disciplines undertaken in the pursuit of a goal), what is your message in this path of Mukthi (awakening or enlightenment)?

Bhagavan: See, basically my teaching is this: though you have been taught some sadhanas and some teachings, as far as Mukthi is concerned no sadhana or any teaching will take you to Mukthi. That is why I insist that all sadhanas and teachings must ultimately be dumped into the wastepaper basket. They just will not help you where Mukthi is concerned.

They can prepare you for it.

It can be any teaching of Ramana Maharshi, Ramakrishna Paramahansa, Buddha's teaching; any teaching for that matter will not take you to Mukthi. Ra,

makrishna's disciples did not become enlightened, nor did Ramana Maharshi's disciples. Buddha's disciples did not become enlightened. So teachings can't give you enlightenment, no technique or sadhana can give you enlightenment. That must be understood very clearly through the yajna (ceremony of worship and prayer) you have attended.

At best what can happen is there can be a pursuit of enlightenment, a temptation to achieve Mukthi and some clarity. I always maintain that with psychology and philosophy: any teaching will fall under these two categories.

They will at best help to bring about transformation within the mind. That's all. Like we can rearrange the furniture in this room; but they'll still remain. So, we can do some kind of a decoration inside. We can bring some kind of happiness, get over some problems, adjust and readjust. Sadhanas can take you deeper and deeper into your consciousness but going deep into your consciousness is not Mukthi. Rearranging your mental structure and framework, having improved relationship, better success in the world, all this is not Mukthi.

Mukthi is to be completely free of the mind itself. That, no teaching, no technique can give you. It is because it is not a psychological process; it is not a philosophical process; it is not a meditative process. It is a neurobiological phenomenon.

Fundamental changes must occur in your physical brain. That is why I tell you, do not follow any teaching. Then you become a second-hand human being. If you try to follow Jesus Christ, you will become a second-hand human being. Jesus Christ could love the whole humanity. Can you love like Him? Jesus Christ says "love thy neighbor as thyself." You can't do it. He can do it because his brain is wired differently, but if you try to talk like Jesus Christ, you've had it. Ramakrishna can be jumping in ecstasy and dancing away. Unless your kundalini is awakened you can't do that. If you try to copy Ramakrishna you become a second-hand human being. His brain wiring is different. Ramana Maharshi can

ask, “Who am I?” If you do the same you will go mad and end up in the mental asylum. That’s why I, and Oneness, are anti-teachings.

You become a second hand human being. You develop conflict within yourself. You are something. You want to be something else: a Christ or a Ramana or a Sri Aurobindo. What not! You can read all their books, you can do all that, but you will not move an inch. Maybe you will get some clarity. Maybe you will feel nice. “Ah, I’m doing this sadhana.” You’ll feel more secure. These benefits are there, but they will not take you to Mukthi.

Very often they induce conflict because you can only be yourself. How can you be something else? However much you can try how could you be something else? You cannot become. That is the illusion from which one must become free.

So, what I am telling is, whatever you are, just accept that. When you accept it, there is no conflict. When there is no conflict there is plenty of energy. When you have energy, you see what is going on inside. You get joy. This is why, when all of you go back home, please fully experience that pain.

Physical pain itself will become bliss. Sincerely experience all psychological pain. If you fully experience, it becomes joy. Don’t try to escape. If you try to escape from pain, you are putting it under that carpet. After sometime it starts stinking. That is what most people are doing. They never confront their pain. Somebody dies in your family, you lose your job or some other problem, but you don’t experience the pain. You run away from the pain through television, movies, going to a friend’s house, doing some puja (devotional ceremony). This is what is called “sorrow management.” It is good up to a point, but certainly it will not rid you of pain.

So, what you must learn from the Oneness courses is how to confront this pain. What I am telling is like this: suppose a tiger enters this room, most of you would climb up the fan and hang on there! What I am telling is that “hanging from the fan” is really painful because the tiger is here and you are hanging on

there. I am telling, “come down from the fan and let the tiger eat you.” If you are eaten the pain is gone. Allow the pain to eat you. The pain is the tiger. See what happens. It will become joy.

Suppose there is intense jealousy in you. Jealousy itself is pain. You know how painful it is. So instead of saying “I will try to be non-jealous, kind and loving”; all this is false. You are you. You have jealousy, violence, hatred. All the doshas (mind and body types) are there inside you.

So confront it. I am not telling you be that or this. No. Be what you are. This is the purpose of this particular yajna that you have attended, to help you discover who you are. Like Ramana who said, “Who am I?” But his discovery is something else. Your discovery would be that you are a Ravana (a demon king in Hindu mythology). All the useless things in the world are inside you. That will be your discovery. That does not take much time. But people don’t like that. You would like to have a nice image about yourself. It is all nicely covered up. But If you dig you will see only rubbish.

So confront that rubbish. It is there. Then accept it, since it is there. How can you run away from it? It is painful, but behold it and suddenly there will be joy. Where there is joy there will be no dosha. A happy man cannot cause pain to others. Only an unhappy man or wife will cause pain to husband or wife. Unhappy children will cause pain to their parents, unhappy employees will cause pain to employer.

Unhappy people spread misery. Happy people cannot cause pain. If people are happy they cannot do anything wrong. They are happy therefore they cannot do anything wrong. It is unhappy people who land into trouble, who become ultimately thieves, criminals, etc. So the basic thing is there must be a minimum of happiness and true happiness comes when you confront yourself. You are always saying “I am afraid of that person.” That is not true. Basically, you are afraid of yourself. If you lose fear of yourself you lose fear of every,

thing else including Veerapan (India's most wanted killer and outlaw caught in 2004).

If a Buddha were there he would simply go and talk to Veerapan, like he went and spoke to Angulimala (a ruthless killer who converted to Buddhism), since he had no fear. You are afraid of yourself because you do not love yourself. On the other hand you say, "I must overcome my fear, I must love somebody. You do not love yourself, that is the situation. So as you go inside yourself you will discover how you are.

So, accept. Once you start accepting, you start loving yourself. You will find there is a tremendous job that can be achieved in twenty-eight days of practice. This is easy. If it is difficult I would not talk about it. Twenty-eight days of practice and you will find it is like breathing. It is very natural and easy to go deep into yourself, to discover and to accept, to love yourself and convert suffering into joy.

If you do that your family will be excellent. The moment you see your husband or wife you will go into joy. When he or she sees you there will be joy. Your homes will become temples. That is when you are ready for Mukthi. Mukthi, as I told you is a neurological phenomenon. Nobody has by following any teaching, ever become enlightened, since they have been thinking it is a psychological or philosophical process.

Teachings are within the mind. Becoming free from the mind is enlightenment. That is when you are truly free.

CHAPTER 8

RELATIONSHIPS

*“The Awakened One sees the world as family.
The unawakened one sees the world as separate individuals.”*

~ Sri Amma Bhagavan

Relationships are like a tangled ball of wool. The more you try to disentangle them, the more entangled they become. Ramesh was at his wits ends. Life had become a tight rope act. His busy schedule barely gave him breathing time, and even the few minutes he had were spent in futile mental activity. “How do I keep all these people happy? No matter what I do my wife always has a long list of complaints. My children constantly bicker that I don’t understand them, I don’t give them freedom. My mother is so hostile, anybody would think I am hatching a secret conspiracy to throw her out”.

Too many people lead unhappy lives just like Renuka’s, due to their inability to deal with others. While they understand the importance of having successful relationships, they aren’t able to do so. It is a source of tremendous frustration to a person and drains away all his energy, when in spite of his best efforts the relationship remains unresolved.

One of the core teachings of Sri Bhagavan is to set right relationships. Sri Bhagavan says, “Life is Relationships”. Your very existence is relative to the existence of the other. Your very identity comes from your relationships. You are the son or daughter of somebody, the wife of somebody, the brother of somebody or the employee or the employer of somebody. Take away all this and there remains no identity, no person.

Also the amount of happiness experienced is directly proportional to the state of your relationships. The better your relationships, the happier you are. A happy person is one who spreads happiness. An unhappy person only creates mischief and more often than not makes trouble for the family and society at large.

Question: One of your teachings says: “What you see outside is only a reflection of your relationship with yourself”. Jesus died at the cross. A man in perfect Oneness with God has a huge reflection of pain and conflict in his life. Why?

Bhagavan: Jesus died on the cross not because there was any conflict but because he chose to die on the cross.

Question: Beloved Sri Bhagavan, please explain when you say in a teaching: “Friendship is freedom in relationship”. Thank you Bhagavan.

Question: What is the Reality of life? Yes & my second question is. Why you have taken as relationships is only important, you given importance to only relationship, why not others?

Bhagavan: So, firstly let's talk about relationship, so what's your name? (Person: Roshni). Who is Roshni? Roshni is a daughter of so and so. Sister of so and so. Friend of so and so. Isn't it? If you remove all these things is there a Roshni? So Roshni is nothing but relationships only. Without relationships there is no Roshni and Life is relationship. What is reality of life you asked. Life is nothing but relationship. And Roshni is nothing but relationship. If relationships are

not alright, Roshni is not alright, If she is not alright, she is going to give trouble to everybody else, an unhappy person troubles others! Creates mischief. Creates problems for others. A happy person never does these things and to be happy, your relationships must be alright. So that is one thing.

The other thing is, if your relationships are alright, your heart is alright, if your heart is alright, your brain is alright. If your brain is alright, your immune system is alright. If your immune system is alright, i can give you grace! How Grace can come through immune system? If you want to explain that, then i must take a class of biology for you. but this is not the biology class, so i would stop there.

Question: Sri Bhagavan, you say that life is relationships, and we know the importance of healing our relationship to our parents. Even before we are initiated we ask for parents blessing. In our culture we are not used to ask for parents blessing. Sri Bhagavan why is that so important?

Bhagavan: Yes, see Oneness will teach that you are being controlled by a program which starts from past lives to the moment of conception and from the moment of conception to the time of the self you are born. And from that time to.....Now what happens in the womb that controls your relationship with your parents so when you take a blessing that program is corrected and the easiest way to correct the program is to set right relationships with your parents and to seek their blessings. You can experimentally verify this, one is to go into the program yourself directly, see the program and change it. The other is simply set right relationships, the program also changes. That is why we say that seek the blessings from your parents. If in your culture that is not permitted then you just set right relationships or take a blessing from whoever you like. If that not also is permitted then you need not do it. You need not do anything which is against your culture that could get more complications. But then you have to go into the program and change it.

Question: Bhagavan, Thank you for giving me special blessing in last December, your presence is something like my treasure. I am always thankful to you. Bhagavan, I understand, setting right relationships with our family is essential for our awakening. So would you tell me when I can realize my relationship have really set right? Is there any criteria? Or could we know it by ourselves?

Bhagavan: As you keep growing in your levels of Awakening, You would get more and more transformed. This transformation shows in your relationships. The relationships are the mirrors in which you could see yourself. Life is relationship. So, If in a relationship, you are not getting hurt, it means you are getting transformed. If in a relationship, there is unconditional love, you are getting transformed. If in a relationship, you derive joy, you are getting transformed. That is how you could check yourself whether you are getting transformed or not. Also there is a great peace inside you. There is a silence inside you which is not the opposite of noise. There is always contentious dialogue going on inside you. As you keep growing in Awakening, the dialogue slowly stops. That is the silence we are talking about. This, you could check out for yourself.

But there is a definite relationship between the heart, the brain and the immune system, that is how it works. So, let us say you come and tell me I am having a heart problem bhagavan, some kidney problem or liver problem. I basically work through the immune system only, and for me to do that your heart must be in a good condition. From there, something goes to the brain and from there to the immune system and in few minutes I can heal you. Not only that, I can do many other things. Via this formula. That's why your relationships must be in excellent shape. That's why if you want my grace, you must set right your relationships. Then it's very easy for me to help you, otherwise, it becomes very difficult. Bhagavan: Friendship means allowing the other to be himself or herself. We call that freedom in relationship. Such a state is bestowed to all seekers in the courses that happens every week at the Oneness University at Golden City.

Question: Bhagavan, the savior of my soul. I am concerned about the meaning of certain words that the oneness trainers are using. Healed relationships or relationships in order or good relationships. What does it mean to have relationship with parents in order? Thank you for the help and for being together with me.

Bhagavan: As long as "you" are there, there will be a relationship problem. Because you experience a sense of separateness and you are full of charges. The only way to remove all problems is to wipe "you" off. That is what is awakening. You cannot do it. It will happen to you. It will happen to you in the next few months. Just wait for it to happen. Any day you could find yourself awakened. That is what is right now happening across the planet. All the blessings to you.

Question: Dear Bhagavan, love to you. So much love to you. My brother has a gambling addiction and he is keeping this secret from his family. How can we help with addiction and loaded secrets? Thank you.

Bhagavan: Prayer and Deeksha would help. I'll also help your brother.

Question: Beloved Bhagavan, how can I as a Deeksha-giver support my family members who are non-Deeksha-givers on their path to awakening?

Bhagavan: As you awaken, transform and become God-realized all that would start happen to your family members.

LISTENING

I know you believe you understand what you think I said, but I am not sure you realize that what you heard is not what I meant". This is an amusing statement; and it does make people laugh, but unfortunately, it is not far from the truth in describing how we humans frequently communicate with one another.

What Interferes with Listening?

1. A feeling of I know what he/she is saying.

Very often you feel that I know this person very well, I know how he responds to situations, and I know all the emotions and thoughts he is capable of. And because you feel you already know what the person is going to say, or is saying, you barely pay attention. In fact your replies are ready even before the person has finished what he/she has to say. Many a times, you don't even wait for the person to finish speaking; you interrupt with your answers. Have you never heard the complaint, 'please listen to me for once'; but then your standard defense is. 'Hey! I know what you are going to say'. With such an attitude, what happens over a period of time is, conversation is reduced to a bare minimum, and even when things are said there is always a feeling of inadequacy and a constant feeling of alienation.

Marriages fall apart, children and parents are alienated, friendships fail and business deals do not come off simply because people do not listen to others, although they think they do.

Shridha a busy executive from the national capital always felt that she knew the needs of her teenage daughter and she was doing all that she could for her. But no matter how hard she tried every conversation ended in an argument. Desperate for a solution she enrolled for the 3-day course on enlightenment. In,

sights poured into her as she realized that she always presumed what her daughter needed, and she only told her things, never listened to her. ‘I am your mother, learn to listen to me’, was the only explanation offered. She realized how unheard and misunderstood her daughter felt. This insight led to deep change in attitude. Today Shridha and her daughter enjoy a complete relationship.

2. Turning the speakers off and dwelling on the plethora of internal distractions we all have.

‘Why have you put on such a blank expressions, do you understand what I am saying? Oh! You are always lost in your thoughts, do listen to me’. If you frequently get to listen to such complaints you belong to this category of people. Many of you feel, what the other is speaking is of no importance; he/she has a habit of speaking, hence is speaking; you become careless about listening. You are too involved in various issues within your own mind to pay attention, and your issues are more important than any other conversation. Of course excessive stress and strain, frustration or worry too leads to exhibition of such behaviour. At that point paying attention is an energy consuming experience, and you would rather sort out your own thoughts, or continue with your own activity.

It took a rude shock for Kirit to realize his errors. The signs had been there for long. His children barely spoke to him and preferred the company of their mother. Telephone conversations with his parents were few and rare and all dialogues with his wife were restricted to monosyllables. Out of the blue his wife, who was vacationing with her parents, sent him a divorce notice. He ran helter-skelter to Amma and Bhagavan for help. In the course of a Samskara Suddi, Bhagavan put him through the shoes of all his near and dear ones. Being a reputed scientist, he barely spoke to anybody and was continually lost in his own thoughts. He considered any conversation other than ones that stimulated him intellectually to be beneath him. As he experienced the pain and agony of his wife and children, he changed. With the Grace of Amma and Bhagavan, his wife

returned to him. Today he is an attentive husband and a loving father. His wife is indebted to Bhagavan.

3. Labeling.

The arguments had reached gigantic proportions. It was a veritable slinging match between Sarita and Amol. Accusations flew back and forth. It seemed like the end of 8-year-old relationship. Amol and Sarita had been married for less than a year after a 7 yearlong courtship. They had a beautiful relationship, but marriage had changed all that. Right from day one, their marriage was in doldrums. He was suspicious of every things she did and she found him totally obnoxious. As days passed it became intolerable for both of them to live together, divorce seemed the only way out. They were brought to the ashram by some well-wishers. During the process that they underwent, Bhagavan revealed to them the cause of their problems. The day of their marriage had been very hectic as they had to leave immediately the very next day to the USA. Sarita's parents had brought them home after the ceremony and had asked their maid to serve Amol his food as they had been busy packing for their daughters departure. Amol had felt deeply insulted, that they were treating their NRI son-in-law this way. He had become suspicious of their motives, but then with all the chaos, things had been seemingly forgotten. But then grudge had taken deep roots. Unconsciously he started suspecting every move of Sarita. All her professions of love now seemed false and shallow. He became a nagging complaining husband. Sarita in turn, hurt by his needless criticism had labeled him as a heartless tyrant. Both remained stubborn in their views, the relationship was broken.

How Does One Develop Listening

Good listening has important value and can be learned and improved to yield enormous benefits. It takes effort but everyone can and should learn to do it.

- The first thing is to know a simple fact that when you are talking, you are not listening. Become aware of the constant urge to talk and then you would automatically move into the listening mode.
- Maintain eye contact with the person you are listening to. No matter how trivial you feel the matter may be, it is vital that you pay full attention to the other. The constant chattering of a child may be irritating to the parent, but in the perspective of the child it would account to how much the parent loves her.
- As you are speaking to the person, become aware of the constant chattering of your mind, the judgement, the labeling, the perceptions that you hold. See how harmful they are, see how they are destroying your relationships, and in turn destroying you. As you see the harmful nature of labeling, it would automatically lose charge. Listening would then happen to you.
- Sri Bhagavan says; don't try to practice listening, only become aware that you are not listening. In the awareness listening would be a happening.
- Ultimately, if all this does not work, seek for GRACE. Amma and Bhagavan are here to help you move into a state of listening, where your mind would no longer interfere in any experience. All past perceptions would be rendered charge less, every experience would be new and fresh.

UNDERSTANDING EACHOTHER

Question: Bhagavan why do people do not understand each other and what is the best way to understand each other?

Bhagavan: People do not understand each other because they try to understand each other. The problem with mankind is you try to understand what is un-understandable. Nobody really could be understood because there are million factors which make you behave the way you behave. Your past life impressions, the moment of conception, what happens in the four baskets, the moment of delivery and the first 6 hours, the first 6 days and the later day, all these factors control you. It is a very complex thing, because even the atmosphere pressure, the temperature could act on the way you behave. Hence there is no way you can understand the other. Trying to understand another is like a peeling an onion. You can peel and peel but you would get nowhere. So the solution is to learn the art of experiencing the other. Now when you learn this, then no matter whom the person is and what the other person is, there is sheer joy in the experience. Then you have a very beautiful relationship. but if you try to understand the other, today's understanding will become tomorrow's misunderstanding. It would just go away. So stop trying to understand the other.

Question: Dear Bhagavan, the beauty of life and relationship is to experience others, but I don't know how to experience others. I want to help others. Could you please give me some advice? Thank you, Bhagavan.

Bhagavan: Once you're awakened, all that you have asked for would happen automatically.

Question: How to have understanding relationship?

Bhagavan: See problem with human relationship is not just husband and wife. But, in every relationship we try to understand each other. That is alright up to a point. But, then really you cannot understand anybody. For the simple reason there is nobody there. There is somebody there you could understand. There is no body there. What is happening is there is something going on changing all the time. That is which is changing all the time. How do you understand them? Because there are innumerable factors which are creating that person from moment to moment. There are what happened in your past life, what happened when you are in womb, what happened when you brought up, The people in the neighbourhoods, Cosmic energies, everything is working on the person. The person is being born and dying every moment. So, how could you understand that person? It's just not possible. Effort to understand is waste because there is nothing to understand. By the time you understood something, it would have changed. So the best way is that in the relationship is to experience the person. You experience those changes in the person. The person is peaceful, next moment violent, the next moment very understanding and kind, the next moment he or she speaking some lies. So, it is going on changed and like you watch a movie and you enjoy you have learn to experience the people. We have lost the art of experiencing anything that matter. Leave alone people. We are all the time trying to understand. Trying to understand is like peeling the onion. Nothing would be left there. If you see the futility of understand, it could stop on its own. That would be replaced by art of experiencing the person. Once you start experiencing the person no matter who your husband is no matter who your wife is. It's just does not matter. There only be joy, joy and joy. Your nature of experience is joy

PARENTS

Bhagavan: Trying to understand a relationship would never help. Trying to understand is like peeling an onion; you can go on peeling, peeling, and peeling, there is nothing to it. You must learn the art of experiencing the other.

If you learn to experience your husband or your wife, there is no greater joy, on this planet. But the problem is that you do not know how to experience human beings; you do not feel connected.

If you know how to experience your wife, if your wife were to nag you or to scream or yell, that would be most beautiful. Similarly, when your husband also bothers you, if you can see and experience that, it becomes joy.

That is the only way you can set right your relationships, because then it becomes a source of joy.

The setting right of relationships with your parents is of the utmost importance. That has priority. Only after that comes the service aspect.

All relationships reflect the relationship with your parents. They reflect exactly what has happened between you and your parents. Once this is set right, everything falls into place. And life is relationship. So what happens is, life also reflects these relationships. That is why, if you have a terrible relationship with your father, you most likely have financial problems, because life would reflect that. If it's a very bad relationship with your mother, then you have needless obstacles; that is how life would reflect it, because life is relationship. Anybody who is having a terrible financial problem, set right your relationship with your father, and you will see there is an immediate improvement.

And if you are having needless obstacles, set right the relationship with your mother, and you will see immediately improvement. This can be experimentally verified. All that we are talking about can actually be verified at the ground level.

Bhagavan: It is no use complaining about your Parents. You have to start working on yourself. People have this habit of working on others, that way you will get nowhere. You cannot change people. All that you could do is you could change yourself, and the strangest thing is if you change, the other automatically changes. But you have to just wait for sometime.Because you have not accepted yourself, you have not fallen in love with yourself. If you do that you would start experiencing your Parents, you would accept them and love them as they are, not the way you want them to be. When that happens relationships get set right.

ROLE OF MOTHER

Question: Bhagavan, today's youth have lost respect for elders and have lost moral values. What is my role as a mother to help these children?

Bhagavan: See parenting is a very difficult art. That is why I said unless you are really qualified to be a parent please do not become a parent. That could be your greatest contribution to this planet. Instead of bringing forth life which would not only be suffering, but which would contribute to world suffering.

So this whole art of bringing up a child starts before conception.

You have to be very clear yourself and your spouse as to what kind of child you want, how should the child be. You must be very clear about it and you must take sankalpas [intentions] that the child must be like this, that is must be like this great soul or that great soul, whatever you want depending on your conditioning, your culture and your belief systems. You have complete freedom.

Now depending on that you have got to take sankalpas before conception. The moment of conception is very, very important. That art you must learn, and then what happens in the womb is extremely important, what kind of thoughts you have, your husband has got, and at what stage of the pregnancy, what you

are are doing. All these things are very, very important, because your whole life has been controlled by a program.

You're only computers. You don't realize that. You are computers. The normal computers do linear processing and your brains do parallel processing with a much slower speed. The computers are much faster and you are slower but you have advantages, you do parallel processing, and the day computers would do parallel processing they would become conscious like human beings.

So you are nothing but a computer who is being programmed and your program actually starts before birth, in the moment of conception and what happens in the womb. That, we basically classify into what are called "four baskets." Depending on that, it depends upon whether you are going to be successful or a failure in life, whether you are going to be prosperous or poor, whether you are going to be healthy or sick. Everything is more or less determined within those nine months.

Then the moment of delivery is very, very important. As the child is being delivered who is watching the child, what comments they are making. Suppose in a hospital a child is being delivered. The child happens to be very dark and a particular doctor there he does not like dark people and he would think inside, "oh what a dark child this is." The child would register that.

Remember, until the first six hours it is not a child, it's a full grown adult in a child's body. It thinks and feels like an adult and records like an adult. It is recorded and that stays put until the child grows up and dies. The child could be 120 years, until then it is there.

So how the child is being received is very important and the first six hours. In the first six hours has the child been touched or not? Have nice things been spoken to the child or not? All this matters. So we have separate processes for that. Those of you who are interested, we will help you with that.

So the first six hours, then the first six weeks, six months, six years the program closes. This is called primary programming or the most fundamental programming. Herein lies the secret of your life, your longevity, whom you are going to marry, what kind of life you are going to have: a mediocre life or an adventurous life, a great life or a normal life. Everything is determined here.

Then between six and twelve or fourteen is the secondary programming wherein you put some values into the child, you condition the child. And then between fourteen and the rest of your life it's only what you are learning and you are picking up. The primary programming is the most powerful on which stands the secondary programming which is not so powerful, and on which stand the tertiary programming which is not so powerful.

These three together are what are controlling your life. Now if you want to have a real change in your life you must tamper with the primary programming. The secondary and tertiary are quite easy to handle.

Now, to set right your own programming the best tool you have is inner integrity. If you use that you will set right your own programming.

So before you talk about your child, you must set right your own programming as a very loving mother, as a very kind mother, as the right kind of mother. How? By using the tool of inner integrity.

Once you use it you will know who you are. Then you'll know who your child is. Unless you know who you are, you will not know your child. Unless you know who you are, you will not be able to accept yourself. If you cannot accept yourself, you cannot accept your child.

You think you accept, you really do not accept. That's the problem between you and the child. If you accept yourself, you'll love yourself. If you love yourself, you'll love your child.

Once you have discovered love for your child and start giving [to] that child, whatever be the child's program that program would get rectified. The child would change. You'd have a wonderful child. So you have to start with yourself.

Question: Dear Bhagavan, Please tell me how to heal the relationship with one's mother. The conflicts with my mother are bringing me so much pain. I realize that we are both absolutely identical in our conflicts. We both are wanting to prove our rightness. I feel that she is unjust to me. I realize that I just want to be good in my own view of this situation. It is all my ego, but it doesn't make the pain lesser. Please help me.

Bhagavan: You have problems because your memories have charges. Once you are awakened, these charges would disappear. With the charges gone, there will be no problems. Just wait for your awakening.

ROLE OF THE FATHER WHILE THE CHILD IS STILL IN THE WOMB

Question: What is the role of the father while the child is still in the womb?

Bhagavan: The basic role for the father is he must make his wife very, very happy and the wife must have very good thoughts about the husband.

Like for example we know of a person who has a very sarcastic laughter. Suppose she were to talk to you, she would laugh at you very sarcastically. So the other person would feel very bad. Now later on we discovered this is so because while this person was in the womb, her mother had a bad relationship with her father. So she was thinking I must get a child who will hurt this man because I'm not able to hurt him.

So this child was born and the father as usual being the violent person that he was--he was violent verbally and otherwise with the child. And the child used to laugh sarcastically with the father and the father was crushed.

So you see how the relationship which the father had with the wife affected the child in the womb and that child now a grown up child, a big lady who laughs sarcastically and gets into trouble with others. She doesn't have a good relationship with others because she is laughing--very good person, very intelligent, but the laugh, sarcastically.

How will people tolerate? So her life is ruined, in some ways it is ruined. So that's why the husband, the father of the boy or the girl, whatever it is, must first of all make his wife happy. An unhappy wife is going to produce a problematic child, if she's going to be unhappy with you.

Especially with the husband, it's very, very crucial. And it's also important that she has good relationships with others too. The other thing is even though the child is in the womb the father can talk to the child. Daily he can sit and talk saying, "What a wonderful child you are. You are going to be big and great." Nice positive things: "I'm waiting for you. Welcome to the world."

All these good things they can talk. They will be registered by the child. The child may not remember it but there are ways in which we can make the child remember also. There are procedures for that. But from there, that will shape up the child's life.

What the child is going to do in the future can be determined in the womb itself if the father--the father is more important here. If you want to determine the actual future for the child he must sit with his wife and talk to the child.

Parenting is a very difficult and demanding task. That is why only those who are really qualified physically, mentally, emotionally, spiritually should have children. The others, the greatest seva (service) you can do to mankind is not to have children. That can be a big gift or contribution because you are bringing forth into the world a life which is going to suffer like hell, a miserable person who is not only going to suffer, make others suffer and create a miserable planet.

But today we find that people who are totally unqualified want to have children and they in turn produce, murderers, crooks, rapists, criminals, sadists, failures in life. So it's a very serious thing and people must know what it is to be a parent. It's very significant and very important for society.

OTHER

Question: Dear Bhagavan, My parents treat my daughter as if she is their daughter. My relationship with my parents is difficult, I do not feel connected and for, givenness did not really happen. I feel better when we have no contact. How can I improve the relationship with my parents?

Bhagavan: You must stay with the discomfort you have inside yourself. Things would start changing. If it is not happening ask for our help. We will change it for you.

FOUR BASKETS

We all journey through four different stages of birth, as we emerge from mother's womb into the world. The four baskets describe these stages, each having a specific underlying psychological pattern that will influence our later life. The pattern will be individually coloured by the mother's state of mind and physiology during pregnancy. Later in life we can be more or less stuck in one of the baskets, until the baskets are fully experienced, acknowledged and resolved. This is an important step to set us free to reach a state of Oneness. The overall picture is summarised in the following.

Bhagavan: "Basically it starts with what thoughts your parents had before conception, during the act of conception and what happened in the womb, which we call the four baskets, and what were your mother's thoughts when you were in the womb, what were your father's thoughts, then as you were being delivered, what was your response to the delivery and then after delivery what happened, what comments they made, all that is registered in your unconscious which we can go back and see. So these are the things which are controlling you."

1. THE FIRST BASKET

When: From the conception to the fourth month in the womb.

What happens: The fetus tends to be quite still and in a happy state. In the end of this period, though - Bhagavan suggests that as the fetus grows bigger and changes a great deal, it wants to get out of the womb, but cannot succeed. Since there is no way out, a sense of helplessness and inability to act can be encountered.

Consequence: People who are quite happy and satisfied with where they are in life. They tend to have no intention - no drive - no motivation - no energy and have absolutely no ambition for achieving anything or to move forward in life. They passively see that everything is happening around them, but not to them. At times they can be quite dissatisfied about the situation, but cannot and will not take any responsibility or action to do something about it. In worse cases they can have a tendency to blame it all on the surroundings.

2. THE SECOND BASKET

When: From the third to fourth month after conception to the eight month - still in the womb.

What happens: The womb will become even more uncomfortable as the fetus rapidly develops and expands. There is no space anymore in the womb, and the fetus might anxiously attempt to get out. At last, hope will begin to surface, as the contractions start, but still nothing happens.

Consequence: People who tend to struggle a lot in life with very little outcome tend to be stuck in this basket. There is often intense suffering, helplessness and hopelessness. Lack of concentration, depression and oftentimes desperation and suffocation are all signs of being caught in this basket. People can feel unloved, and have an even more strong experience of nothing is happening. Life seems painfully to lack meaning.

3. THE THIRD BASKET

When: From the eight to the ninth month after conception - still in the womb.

What happens: Now the fetus struggles even more strongly to get out of the womb, and will move again and again from hopefulness to hopelessness, from optimism to despair.

Consequence: These people are very hard workers. They struggle to do their best, and use a lot of effort, but tend to achieve very little compared to the huge amount of energy, they put into a given project. It is like repeatedly taking three steps forward and two steps back again.

4. THE FOURTH BASKET

When: The moment of birth, and the first 6 hours of life in this world.

What happens: This basket is often related to the sense of freedom, since finally the baby is able to move. This particular period is significant as to the way the baby will be, behave, perceive and live in this world. It is like an inscription that is imprinted in the way the baby is received into this world - because of the appearance, the gender or the colour. Whether the child is welcomed with great joy, love and affection, or met with disappointment, disgust and rejection. Caesarean babies can often be born with very little effort from their side, and might therefore need a push in order to move forward in life.

Consequence: People who are often happy and free. Their life is running smoothly, and frequently they have success in whatever they do.

PARTNERS

A conflict free relationship or a perfect relationship does not exist in reality. Life is a dynamic force. It offers each one of us a wide range of experiences. To look out for an ideal situation where you never argue, quarrel or get angry or express love and affection all the time, is only in one's imagination.

On the contrary, a peaceful relationship is epitomised with a state of being where you just allow the other person to be himself or herself, and this is possible only when you realise the futility of trying to understand each other. Your perceptions and ideas might look very dear to you, but to expect that your partner must adopt the same framework creates the problem.

No two persons could agree all the time. You are a resultant experience of several factors like the process of your birth, childhood, weather, the food that you consume and it is the same with your partner. Each of you are unique in your approaches. Hence, expecting your spouse to have the same view is not intelligence. As you awaken this truth, you begin to experience your spouse which gives rise to joy.

For example as your wife is angry with you, if you could really connect with her and experience her anger like how you enjoy your morning walk or a cup of coffee, then that would be the most fulfilling moment in your marital life. This exercise would certainly put the other person at ease since you're not trying to complain or reject. This is the ultimate solution for a healthy marital life.

Question: Beloved Bhagavan, a deep desire of mine is to find the right life partner. I was praying for that when I was at Oneness University for the deepening and there I also did the Homa for finding the right spouse. But there is no life partner although I keep on praying. Why is it that the fulfilment of some deep heart wishes can last so long, and some prayers are responded so quickly?

Bhagavan: Bhagavan: Until recently, we were teaching the long way. But now since the last few weeks, we are no more teaching the long way - we are teaching the short way. Now we want your Divine to become physical to you and you should directly ask your Divine to get you a life partner. And it would be done immediately.

Question: Nowadays more and more people are single, many people cannot find their life partners and the divorce rate is getting higher and higher. How do you see this Bhagavan? and what can we do to have beautiful partnerships and marriages, Sri Bhagavan?

Bhagavan: Awakening is the only solution to this problem. Time for reflection: Could you mention the issues about which you have arguments with your spouse? Every time you complained and made an attempt to change the internal attitude of your spouse, how did he/she respond to it?

Question: Dear Bhagavan. Why are there so many people (in the west) that live alone and not in a relationship/partnership?

Bhagavan: The accelerated change that is taking place all over the world is breaking up the system which we call society. As the system is breaking apart, the subsystem, which is the family is also breaking. That is why these things are happening. So what is responsible for this is the accelerated change that we are witnessing all over the world. And old is dying, and the new is taking birth. And we do not know what is the new. As the old breaks the families also break up. That is what we are witnessing right now.

LOVE IN RELATIONSHIPS

Where love is possession, there is always the fear of losing it, One of the reasons for pain in relationships is the fixated frameworks you have on what an ideal relationship ought to be. These ideals are provided to us by religion, stories, myths and society at large. An ideal is always an ideal. It is not real. And when you try to impose the ideal on the actual, you see imperfection which leads to discontent and strife

Question: How to discover love in our relationships Bhagavan? Given our stressful lives, Bhagavan.

Bhagavan: Yes, love in relationships is also very, very important in making the Divine physical to you. And for that to happen, what you must do is: you must move into the shoes of your wife, or husband, or parents, as the case may be and try to look at things as the other is looking. You always have your point of view, that is not enough, you must move into the other person's shoes and look at the world, or look at yourself as they are looking. This is easily achieved, this is not difficult. When that happens judgment ceases. As judgment goes down, love goes up. You do not have love because you are constantly judging ... the past, the past knowledge, the past images, with all that you are judging your spouse, be it your husband or your wife or your parents. Continuously the mind is judging; where there is judgment, there is no love, Judgment must stop. No, body should be judged. And it is achieved only if you take the other person's point of view. If that could happen, judgment naturally and automatically stops. When that happens, you are very beautifully filled with love. And once you have love in your heart, the Divine will quickly become "physical physical physical".

Question: If we are in love there is a fear of losing the dear one. If we are not in love then we suffer from loneliness. Then why should there be relationship if it's going to cause suffering?

Bhagavan: You are in love precisely because you have the fear of losing it. You'd never value a thing if you do not have the fear of losing it. So everything in this universe is a paradox.

If there is a front there is a back. If there is a high then there is a low. That is how the universe is structured. Unless you have a fear of losing your friend or your spouse or your children, for some reason or the other, you would not be able to love them. And there is loneliness, so you have got to love.

This love is sustained by the threat that you are going to lose the person either through sickness or whatever it could be. That's all there is to life, and the beauty of life is if you could see this and the inevitability of the situation you would start accepting it and in fact, you would fall in love.

Actually, there is no problem with a given situation. The problem is you are not able to accept the "what is." The "what is", is whatever is there at that point of time and nothing can be done about it. So once you realize that, you would accept it and when you accept it, love spontaneously arises in your heart.

Cultivating a virtue is of no use except helping you fit into society. Trying to be good, to be kind, to be generous all this would not help you in becoming awakened because it is not true to you. That's why we often say if you are not awakened do not behave like one. If you are not a mahatma do not behave like a mahatma. You don't have to compare yourself with Gandhi, Christ or a Buddha.

There is no need for you to feel bad about it. You are you and there is nobody else like you. You are unique with all your jealousy, your anger, your hatred and whatever else is there. You should be able to see your own anger, your own jealousy like you see an object.

That is possible when you become non-judgmental. Then everything would remain as it is. It would not be what you think they are. Remember these things

are put there by the universe. The flow of the universe has produced you. You have to go with it, live with it, experience it and enjoy it.

An awakened person is one who is not trying to be anybody else. He is himself. The problem with you is you are trying to change. It is like trying to straighten up a dog's tail. You'll never be different.

When you actually see the improbability, accepting yourself and loving yourself happens. You don't accept or love, it just happens.

CHILDREN

Question: How does a child get affected when his/her parents get awakened? If a mother gets awakened while having a baby in her womb, can the baby in the womb be awakened?

Bhagavan: When the mother gets awakened, the child naturally gets awakened.

PREGNANCY

Question: Namaste, Sri Amma Bhagavan. My wife is pregnant, but we fight frequently. What should I do for not fighting with my wife, or just not affecting my child? How could I have unconditional love? I hope to love my wife and my child. I found I don't love anyone. I am so evil. Dear Bhagavan, please tell me what should I do?

Bhagavan: Firstly, put yourself in your wife's shoes and learn to see things the way she is seeing. Next, stay in the fact that you do not have love. Do not try to discover love or practice love. Just stay in the fact that your heart is dry. The breakthrough would happen.

Question: Dear beloved Sri Bhagavan, we are an awakened couple and would like to have a baby. How can we prepare ourselves to receive an Awakened and healthy child? Thank you.

Bhagavan: Normally we would give you a program which you must speak out in the child's left ear and you have to prepare hard for that. That would be the long way. Now it's all over. Talk to your Divine and get the child you want.

CHILDREN

Question: My beloved Sri Amma Bhagavan. I have a small child. From the beginning he is growing up relating with You and Amma. Although I feel awakened, I sometimes find it difficult to follow your guidance how to care for my child. Can You please give us some advice?

Bhagavan: Until age 6 treat the child like you would treat a king or a queen. From 6 to 12 treat the child like a prince or a princess. From 12 and beyond treat the child like a friend. That is all that is required.

Question: Dear Bhagavan! If children are born awakened, how does the mind start controlling them after? Does it happen naturally on its own or is it influenced by the way they are brought up by their parents when different concepts are imposed? Since the whole upbringing in the society is based on comparisons like: big and small, good and bad, etc., and how will children become awakened? Will they have to grow up first so that their consciousness can expand or will they be able to get awakened through their parents, or in any other way? Thank You!

Bhagavan: Children are born awakened. Then around the age 4 or 5 or 6 they lose their awakening. Their being born awakened then losing it is because of genetic programming. And matters are made worse by social conditioning. However, as more and more people become awakened, it will be very easy for children to be awakened. Already we have met some children who are awakened. It will happen very fast among children.

Question: Dear Bhagavan, I have two children, two and seven years old. I find it very difficult to raise my children in a loving and respectful way like you teach us to. There are so many emotions involved and before I am aware of it, I am all tangled up in this with my children. What about inner integrity regarding my children? Do I only need to see and stay with "the what is?" Bhagavan, will you please help me in parenting and give your blessing for this? I am really unhappy about it and I am very grateful if you want to help me.

Bhagavan: Once you start staying with "the what is" without effort, your heart will flower. Once your heart has flowered you would know exactly how to raise your children.

And not only that, your children also will become completely transformed.

TEENAGERS

Question: Bhagavan, we have even a few children and teenagers here; what message do You have for children and teenagers: what Oneness is really about and how it will help them in their lives now in 2012?

Bhagavan: The teenagers must be helped to love themselves. Once they start loving themselves, everything will fall into place.

PARENTING

Sri Bhagavan speaks on Parenting: There is growing concern world over about the lack of understanding of the process called Parenting. Parents are painfully aware that they are inadequately equipped to bring up their children. The best qualified to be parents are those who have discovered love. If you discover love you shall know exactly how to live and how to bring up your child. You would then naturally know how to respond to the various phases of growth in your child's life. Without love you would not respond but would react to your child from fear or hurt. However, if you have not discovered love, it is better to learn parenting at least as an art. It is one of the most difficult arts to learn, since it requires not only the head but the heart.

Panchatantra, one of the repositories of ancient Indian wisdom speaks of treating a child until age six as a king, until twelve as a prince and from then on as a friend. However we should also pay attention to the most crucial phase of human life, which begins with the intent to conceive and proceeds right up to the first few hours after birth. Being a parent is in itself an extraordinary spiritual process that would bring about self - awareness leading to inner individuation. It would help you open up to another unconditionally and would also teach you to live by divine guidance when you so often are at cross roads. It is a great experience to be a parent. We would help you with it.

Your responsibility as a parent is far greater than you have hitherto undertaken. Whether it is the child's self destructive tendency or the exuberance and joy with which it experiences life, is determined not in later life but right from the moment of your intention to bring forth life into this world. If the parents conceived a child not in frustration or fear but in love for each other and a feeling of sacredness, at an auspicious time, you would bring forth an extraordinary being into the planet.

The experiences and the feelings of the mother, as the baby grows in the womb form a part of the psychological make up of the child, which continues into its adulthood and later life. The process of birthing and the first 6 hours after birth also are very important. Every child needs to be welcomed as a child of the divine into the world. Children not wanted by parents any time in the womb suffer an immense sense of lovelessness through out their lives. However these damages could certainly be set right in the life of the child if the consciousness of the parents is elevated to that of causeless love.

There are three major forces that architecture your child's destiny - your child, the Divine and "you" as parents. The foundation for your child's future is laid from the time of birth till it is six years of age. These are the formative years of the child's later day personality. Its patterns of success or failure, of friendship or loneliness are all created at this stage. The child's understanding of life being incomplete it comes to certain illogical conclusions, which remain for life in the unconscious. This unconscious decisions thereafter governs its life. Bathe your child in love, never making it feel rejected. Treat the child with respect, as though it were far superior to you. Treat it like a king or a queen. Would you dare use harsh words or be rude to a king? You certainly would not. Be polite, nice and sweet to the child even if at times you have to be firm. You would have rendered service to your child and to the earth.

You as a parent need to be awake to the changes occurring in your child and cope with it through understanding. Most of humanity is a victim to the lovelessness of their own parents. Since it is very difficult to show love if one has not received it, most parents do not know what it is to love their children. When the child is between the age of six and twelve, the parents need to maintain a delicate balance between freedom and discipline. The child should be corrected without it being condemned or insulted. Insulting or condemning a child could sometimes make it destructive. Being possessive and trying to fulfil your own unfulfilled needs through your child could be damaging to him or her. He/she needs to experience your attention, friendship and an acceptance that is unconditional.

An intense period of emotional upheaval both for parents and the child is when he or she has crossed twelve years until twenty one years of age. Your child is going through many biological and emotional changes at this stage. Your child is no more a child but your friend whose feelings and opinions should be respected and valued.

Your daughter or son at this stage is breaking away from you and is trying to create his or her own identity. You cannot talk “to” your child but would have to learn to talk “with” your child. Your child would be going through a “no” phase, trying to assert himself or herself. You as a parent have nothing to fear about this kind of behaviour from your child. Give them room to sometimes reject or refuse you. However relationships would be better off if the parents learnt the art of listening to their child. Listen without condemning or judging your child. You would have discovered what your child needs.

There are few things however that you should remember in the process of being a parent. Every parent is foremost a child of his own parents. If your relationship with your parents is excellent i.e. if it has care and love for them, the same would come to you from your children. You bequeath to your children not just your inheritance but also your attitudes and your relationships. If you seek to be loved by your children, learn to love your parents.

Secondly, every couple that intends to be parents must first enquire if they are qualified to be parents. Do they have healthy bodies? Have they worked out their emotional hurts with each other? Do they love each other? Are they prepared to share the responsibility, which would last over a period of two decades? You prepare yourself to be doctors and engineers for over a period of a decade. Do you prepare yourself to be a parent? Enquire.

Contemplative Questions

Here is a set of questions that would provoke you and put you through some soul searching. They are not about religion nor about ethics. They are merely about you.

They are not meant to serve as solutions nor are they meant to lead you any, where. These questions are meant to serve as tools to discovering yourself.

1. What was your emotional state when you conceived your child? Was it fear, love, frustration, affection or unawareness? What was your combined intent while conceiving your child?
 - 2a. If you are a pregnant mother, how would you rate yourself - a happy and a contented woman or a stressed out frighten woman?
 - 2b. If you are someone who is going to be a father soon, how would you rate your wife - happy and contented or stressed and insecure. In the interest of your future child, what measure would you take to make your partner happy?
3. Was your child an unwanted child at any stage? If so, take your child to your nearest Oneness Blessing giver for receiving a Oneness Blessing with the intent of healing the hurt or the damage.
4. What is your child's perception about you - an indifferent parent, demanding parent, self - centered parent, loveless parent, harsh parent, controlling parent, loving parent, understanding parent, non - judgemental, friendly parent?
5. What is your child's life pattern - failure, success, glory, topper, happy?
6. How do you take a "no" from your child? Is it an affront or a humiliating experience or does it connect you to your own phases of growth through life?
7. Do you listen to your child when he/she is talking? Do you look at his/her face?

8. a) If you are planning on being parent are you prepared to share a responsibility that would last two decades?
- b) Does your relationship as a couple have strength? Have you worked out your emotional hurts?

ANCESTORS

Question: My dearest, beloved Bhagavan, would you please tell me what to do for the liberation of all my ancestors?

Bhagavan: Talk to your ancestors. Tell them that they would not be judged or punished by the Divine and that they could start their journey towards becoming one with the Divine. This is enough. The journey of liberation would begin.

Question: Bhagavan, how to liberate our Ancestors? How to receive their Blessings? And how does it help in our daily lives?

Bhagavan: It is very easy to liberate your Ancestors, by praying to your Divine, when your Divine become physical, to bring your Ancestors. Out of the Sri Murthi your Ancestors would come out. You can actually see your Ancestors physically. And you could request your Amma Bhagavan or the God that you are worshipping to liberate them. It would happen then and there. You can actually, physically meet your dead Ancestors. They can come out, it is happening in many places. And the best day to it is their Death Anniversary. During the Anniversaries, you could pray and they could come out. On that day you could also make dishes, which your Ancestor likes, place them there and your Ancestors would eat those dishes. They will eat it, it is happening. And they would be very, very happy with you and they would also give you a Blessing and they would go back to the Shrimurti and vanish. That is the best way to liberate your Ancestors and the best day is their Death Anniversary, whatever year it is 42nd year, or 43rd year or even the 50th year of the Anniversary you could do it.

Question: Bhagavan, how does it help in our daily lives the Blessings of our Ancestors?

Bhagavan: Many of the problems are because of your Ancestors not being happy with you. Now this kind of thing, where you invoke them, get them there, and you do a PadaPranam to them, your dead Ancestors, and you feed them what they like and getting a Blessing from them would almost instantly solve your problems. The problems are there because you do not have their Blessings. That's one way of solving your problems.

CHAPTER 9

THE MIND

*“The Awakened One is free of the mind.
The unawakened one is a prisoner of the mind.”*

~ Sri Amma Bhagavan

The mind is nothing but the flow of thoughts. You cannot conceive of a mind, without thoughts.

The only way you could become free of the mind is to closely watch it. If you keep watching in a very friendly way without judging, condemning or commenting, it soon becomes very weak and slowly becomes quieter.

Oneness within oneself is the cessation of the dialogue. Right now if you watch yourself, you would find a crowd inside. That is why I often refer to you as a mobile market place. When you achieve true oneness, this inner dialogue stops. Then there is an inner silence which is not the opposite of noise, it is something else. That is inner oneness.

Nara [limited self] becomes Narayana [divine wholeness] when he achieves complete oneness. When the wall completely breaks down. When the wall called the mind is gone then Nara becomes Narayana.

When consciousness is purged of all its contamination what remains is life, pure consciousness or God.

Question: Beloved Bhagavan, in Golden City, we were told that there is the ancient mind. Does also a new mind exist or will it come into existence?

Bhagavan: Right now, we are not talking of a new mind, we are talking about being free of the mind.

Question: Dearest Bhagavan, at the end of September you gave me awakening. Thousand thanks for this big gift. Everyday I can see more and more what big grace awakening really is. It is so wonderful to stay in this big love and peace and joy and silence and to experience life instead of analyzing it. It is so wonderful to become more and more a complete nobody, free from any power plays and ego games and free from all this craving for significance. All this stress is gone and life is so beautiful. I could never imagine it before. Some days after my awakening the mind tried to return in incredible brutality for about three days. I nearly could not hold this out and thought to become crazy. At this time I was not sure whether I was awakened and whether it was wrong. That is why my question today is: Please tell us what will happen with the mind when mankind will be transformed and the Satya Yuga (Golden Age) will manifest? Will the mind disappear or die? Or will it be filled with new contents as love, compassion and Oneness. Or will it try to find a new way to come back? Thank you very much dear Bhagavan, and also to Amma and all your grace, love compassion and feeling and for your selfless service to bring mankind out of suffering and to give us awakening and God realization. I love you so much, ever in your service.

Bhagavan. The mind will not disappear. It will be filled with a new content. That will be the Golden Age.

Question: Namaste Bhagavan, Please tell us why the mind took over the human, ity in such a grand way. Was it a mistake of the almighty or it happened with the purpose?

Bhagavan: The mind took over so that we could survive efficiently.

Question: When one is fully awakened, is the ego totally dissolved or is a part of it still there?

Bhagavan: When you are awakened, your brain undergoes a transformation. Thereafter, the brain finds it increasingly difficult to generate the ego. Therefore, the ego gradually disappears.

Question: Dear Bhagavan, I read several spiritual books in which it is said that we create our future through our thoughts and emotions that we choose or attract the things that we expect and imagine. So we should use our mind as a divine creator. In your teachings I often get the impression, that the mind is some kind of enemy that we should get rid of. How do these two insights match together? Or am I mistaken?

Bhagavan: The first teaching is relevant for unawakened people. The second teaching is relevant for awakened people.

AUTHENTIC SELF AND MIND

Question: Sri Bhagavan, What is authentic self? Is it the higher self or is it pure ego without conditioning?

Bhagavan: It is neither the higher self nor the ego without conditioning. Let's say someone comes home and you smile at the person and you invite him to come inside and you offer him a cup of coffee. But inwardly, you detest his coming home and you do not like offering him that cup of coffee. And if you happen to SEE what is going on inside, that is the authentic self.

Question: Dear Bhagavan could you please clarify the terms mind, ego, authentic self, inauthentic self, conscious mind and unconscious mind Bhagavan?

Bhagavan: The mind is the flow of thought from the past through the present into the future. The self is the sense of separation we have. When you become awakened, fully awakened, the self goes away. The ego is the psychological self which plays the six games. Like "I am right, you are wrong", dominating or refusing to be dominated, all these games are played by the ego.

Very often, we find the inauthentic self is what is at play. Very often we find what is playing is the inauthentic self. Like for example, someone comes to your home you do not like, but you say nice sweet things and welcome the person, that is the inauthentic self. The authentic self says "I do not like that person," that is the authentic self. But talking sweet and welcoming the person is the inauthentic self. If you observe very closely, you would find that very often what is active is the inauthentic self. Whether relating to your friends, or colleagues or even your family members, very often the inauthentic self is at play.

If you observe your authentic self, then things will begin to change. You should not control your inauthentic self. Then you will be in sure trouble. But merely

be aware of what is going on inside. That is your authentic self. If you do not like your boss, you should not tell your boss, "Boss I do not like you." You must say sweet things, be inauthentic. But be aware of what is really going on inside. But if you are awakened, you can be fully authentic. If you are not awakened, and you try to be authentic, you would surely be in trouble.

INNER INTEGRITY

Your life is completely controlled by your program. Your program comes from past lives, moment of conception, what happened in the womb, how you were delivered, the first six hours and up to the moment when the self was born—that feeling of separateness. That is the program. That only becomes your life: how much money you are going to make, what sickness you are going to get, what events would happen in your life, whom you are going to marry, how many children, how is your married life going to be.

Everything is controlled by this program. Now, if we must change your life, we must change this program and there are many ways in which we can change this program. One is you should directly go into the womb or into past lives and change it, which we do here by taking some special processes for you. That's one way.

The other is if you practice inner integrity, automatically these problems are set right. Inner integrity can go and set right these problems and life for you will change. So, that is why we go on emphasizing that you must practice inner integrity. Inner integrity not only solves your worldly problems, it will also help you to become enlightened, or to become mukhtas.

INNER AND OUTER WORLD

What is applied to the inner world should not be applied to the external world. In the inner world you do nothing. In the external world you must do everything. In the inner world, you stay where you are. If there is jealousy, you stay there. That is all. That is the only truth. But in the external world you want to buy a house, you want to earn some money, you want to get this, you want to get that. The best thing is to ask for it, that is all.

The moment there is inner integrity, your link with the Lord is firmly established. It is very easy for the grace to flow.

When there is no inner integrity, the contact is not clear. It becomes very difficult to give you grace because as far as The Divine is concerned it is very eager to give grace to anybody and everybody. In fact, you could yourself do miracles if there is inner integrity. Your greatest joy would be to discover your place in the big scheme of things and work to fulfill your destiny.

Question: Bhagavan, what generally happens when one is not integral? Is there a technique that will help?

Negative emotions basically arise because of a lack of inner integrity. When we are running away from ourselves, when we are not ready to confront what is going on inside, we tend to hide certain things from ourselves, which in turn leads to negative thoughts. Now how to realize or experience these negative thoughts is -you have to watch the process of naming. If you stopped the process of naming you will instantly be free of all negativity. The problem is with regards to naming it.

Now suppose a child was to look at a tree, the child would not call it a tree. It would not say it is a tree or it would not say it is a coconut tree or apple tree or make further comments. It merely experiences the tree. But the problem with others is that you name the tree. So if you name it as a negative thought; you are in real trouble. But if you stop naming; it is just a thought like any other thought. There is no difference between a positive thought and negative thought except in the naming that this is a positive thought and this is a negative thought. If you watch this process of naming, then naming would stop. When naming stops there is no problem at all. Please try it and see.

Question: How can we help each other see our unconscious behaviors and patterns that are keeping us stuck?

Bhagavan: One, is to practice inner integrity; the other, is to share with the other what you see. If you could share what's happening inside you with an, other, the process gets triggered with the other and it becomes very, very easy for the other person also to have a good look at oneself.

PERSONALITIES

Question: If I'm meeting a person or if I'm going to see my child or someone. My experience is that individuals mean differently to us, how does this fit into that there is no person there? What exactly is an individual?

Bhagavan: When they use the word individual, they are referring to personalities. When we use the word individual, we do not refer to the personalities. We only refer to what we call witness consciousness. There is a witness consciousness, which is witnessing what is going on all the time. You are that witness consciousness. So when we say "you", we are referring to that witness consciousness, we are not referring to the personalities. When they use the word individual, it refers to personalities. When personalities are gone, what remains there is witness consciousness. There's no person but only witness consciousness. You are that.

Question: Namaste Bhagavan. You have often said that after full awakening the personality remains. Does that for example mean that somebody who has the tendencies toward aggression, lies and manipulation before awakening will still be like that after full awakening? Does awakening simply mean that the person will continue to be that -- just without suffering? Thank you Bhagavan.

Bhagavan: The personalities do continue. Basically the likes and dislikes of the personality continues. Example. if you used to love apple juice you would continue to love apple juice. So the personality continues in a very harmless way. The harmful qualities do not persist.

INDIVIDUALIZATION

Question: Many of us in the West are steeped in the mythology of individualization where uniqueness and definition from the collective mind is celebrated. How do you see Oneness challenging or supporting these Western traditions of individual unfoldment and expression?

Bhagavan: We would neither be supporting nor confronting these views. What happens is, once you become awakened, in one sense you seem to be an individual; in another sense you are an individual because you are very, very unique. That's why I've often said there are seven billion people on the planet there will seven billion varieties of awakening. Each one becomes unique. The awakened person is like a final product, and the nature of God does not duplicate. Each one is unique. If one hundred people become awakened, they will not all be of the same variety. They will be totally different from each other, so there is a certain kind of uniqueness. I don't know if you'd call it individuality, but certainly uniqueness is there once you become awakened. Right now we can say you're not so much unique, but once you become awakened, you are very, very unique.

TAKING POSITION

Question: Bhagavan please explain to us ego + position = positionally?

Bhagavan: You see, you take a stand saying that ok; this is a very good medicine for you. You take that kind of stand. Then somebody comes and convinces you that this may not be the right medicine-why don't you explore homeopathy or Ayurveda or this or that? You say ok, no problem I will explore those things. This is being non-positional. That is you took a position but now you are prepared to change your position if you are convinced. But then your ego interferes and says no no, I cannot be wrong. If I agree to what he says, I will feel inferior to him. He will feel superior. Therefore no - this only is right. Then ego + position, becomes positional. You will not move from that. Such people can also be called fools. They will never learn in life.

So a person must be loose and flexible. Not that he is a crazy fellow changing his mind all the time but then when convinced he must be able to change his position to a different point of view. That is why we are telling there are different points to view. That's all. You can change from this to that. So that you can understand things; you can learn - you can unlearn. But then if your ego comes, ego plays six games: I am right, you are wrong, refuse to dominate, refuses to be dominated and it does a cover up.

So all these games the ego plays. If these games get added to a position, you become positional. Which means you are going to enter a fight. It can be between husband and wife, between father and son. All this will happen if you become positional. Suppose you are a father and a son. The son also must realize that the father belongs to another generation, that we can't shift him so fast. The father must realize he belongs to another generation and that his perceptions are different and therefore he must be willing to accommodate that. If he

stands to his position because of his ego, thinking, O my father is dominating me. The father thinks he is refusing to be dominated. Then there is a conflict.

So if you can become aware of these things inside, automatically the mind will become non positional. You don't have to put in any effort. Very Naturally it will happen.

ATTACHMENT

Question: Dear Bhagavan, I can see that I'm having very strong attachments/affections in life, which are making me suffer a lot. How does attachment differ from love? Thank You!

Bhagavan: Attachment and love are very different. When you are there, there is attachment. When you are gone, there is love. You cannot try to get that love. That happens when the mind stops, and the mind stops when the Presence comes in.

CRAVING

Question: What is Craving?

Bhagavan: Here it is necessary for us to know what is craving. When we 'crave' for something, we cannot let it go. It is like being possessive. Here you are not possessive of a thing or a relation, or a relationship, but you are so possessive of a desire that you do not want to let it go at any cost. So much you are attached to that desire. You should understand here that while desires can and should be there, there is no need of craving. Desires are not harmful, but craving is very harmful. In fact, desires do not cause pain; it is the desire with a craving that causes pain. When Buddha talked about suffering caused by desires, he meant only those desires that became craving. Any desire without craving is fine and will not harm you but instead help you.

While you crave, you are so rigid about that desire, that you cannot accept anything else that is given to you. You are blind to so many good things happening in your life and you see only one thing: 'my one desire has not been fulfilled'. When you hold a glass of water, you see only the empty part of it and not the water that is filled. You do not enjoy the water that is given to you and only think of what has been left out.

MIND CHATTER

Question: Dear Bhagavan, my mind is always talking; it is never quiet and always takes the attention. What can I do to listen to my true inner voice? Is there a “trick” to stay aware and concentrated?

Bhagavan: You can do nothing. After awakening all things will happen automatically.

Question: I have neither belief nor faith in You, but need Your help. I am obsessed with negative thoughts constantly. I suffer from depression. Can you make me happy?

Bhagavan: “You have no control over your thoughts, nor does anybody have. Thoughts seem to be simply flowing into you and taking control of you; Positive and negative thoughts alike. You are constantly battling with thoughts that you do not like. On investigation you will find that these are actually not your thoughts. That is why I maintain ‘Your thoughts are not your thoughts’. Just as you breathe in and breathe out air from the atmosphere, we receive and transmit thoughts into the thought sphere. These are humanity’s thoughts over the past few thousands of years. Their fears and anxieties, their suffering and pain, their joys and pleasure are all not over. They live on in our lives through thoughts”

“Sorry to interrupt Bhagavan, but why is it that I alone seem to be holding negative thoughts from this sphere, while my friends here seem to pull positive thoughts”

Bhagavan: It is a grand illusion you suffer from when you assume that all people around you have positive thoughts. At the root of thought is fear and division. Hence, a large part of humanity’s thoughts are negative.

The kind of thoughts that flow through you depend on several factors; each factor is like an antenna. Your early childhood traumas, the alignment of your Chakras (energy centers in the body), the Vaasthu of your house, your personal karma and that of your family, the joy you bring to the work you do, the food you ate and the person who cooked it, the people you meet, the position of the sun and the moon. In fact, the whole universe is responsible. One cannot affect all these factors. Through my Mukthi Deeksha I can of course alter your neurological connections, whereby you become a witness to your thoughts. What does it matter then, what thoughts you have. It is like watching a movie.”

JUDGEMENT

Question: Bhagavan, it was said that, one should love oneself. What is the need for us to love oneself?

Bhagavan: When we say love yourself, see all of you have got what we might call a negative self also. There is a negative side to all of you, which western psychologists will call the 'Shadow Self'. We will call it the negative side, because there is a slight difference in the term and contents. Now each of you, for example have you not spoken lies? So many lies, average lies per day is sixty-any human being. But would you like to accept that you are a liar? No. And sometimes planned lies, because survival. I am not blaming you. I am just telling what is happening there. But then would you like to see that? You don't like to see it. Would you like that aspect? No, you don't like it. And you say oh I love you so much. I wish all the blessings for you; inside, full of hatred. So inside there is lot of fear, but appear to be very brave. You talk very bravely, but only fear inside. So for all the so called images that you are giving, there is a negative counterpart.

There cannot be anything without a negative counterpart. You have jealousy, anger, hatred, violence, lust. You put it into the most peaceful man in the world, while you will be plotting his death and secretly hoping a lorry will go over him, he will be destroyed. But say, I wish you good luck. This negative side, you have put under the carpet and it is hiding there, which is unconscious. There it is stinking. From there it is creating all the trouble for you. When we say love yourself, we are telling love 'That'. Love that asingam no? the terrible thing. You are hating it. You are hating it, you are afraid of it, you dislike it, you pretend it's not there. It is like getting married to some lady somewhere and saying, I don't know about her, she is not my wife.

Similarly it is all there, this side is yours. No human being can be on this planet without this negative side. It is just not possible. So who are the great people? The Mahatma Gandhis and let us say the Ramanas, the Budhaas. What is their basic journey? They know it is there and they accept it and they love it. Whereas you, you don't see it, you don't accept it, you don't love it. You are running away from it all the time or pretending it is not there. So the journey on spirituality is the first and most important journey is you dig up all these things. Remove the carpet, bring it out. It is so, that's all. You are helpless, powerless people. Nobody has got any power anything. We only imagine we have got. It is there. It is dominating you. It is crushing you. So, that is what is happening. So, you must dig up and come to terms with it. We can't do anything about it because that contamination is there. The air is contaminated, consciousness is contaminated. It is there. You are only pretending as though it is not there. And the journey of spirituality is you first say yes, I am this and confront it. And then you see a miracle will take place. That miracle you find out what it is. So this is what we mean when we say love yourself. All this dirt, this muck, which nobody likes- when you don't like it, when you are even afraid of it, how will you love it? But then it is possible to love it and say yes, it is so. It is there, what can you do about it? You can't do anything about it. So that is what we mean by saying love yourself.

COMPARISON

Question: Bhagavan, my major disease is comparison. I am suffering from enormous inferiority syndrome. How do I handle this problem?

Bhagavan: Comparison is essentially sourced in non acceptance of one's life, parents, body, capabilities or thoughts and emotions. In resisting the fact and trying to be something that you are not, you suffer from destructive emotions like anger, jealousy, hatred, frustration, which in turn leads to failure of intelligence. All problems arise with the failure of intelligence. It is acceptance that liberates you and how does one arrive at acceptance? It is not about understanding, explaining or justifying the situation but to experience the pain behind it. As you experience the unresolved emotions that are attached to the situation, all resistance dissolves and you naturally embrace the fact. This inner acceptance leads to awakening of intelligence and the inferiority complex would naturally disappear.

Time for Reflection: On what basis, do you compare with others? Do you suffer from inferiority or superiority complex? What are your compulsive responses? Hold a prayer in your heart that you must be blessed with inner acceptance.

MOTIVATION

Question: My dearest Amma Bhagavan, it's the Chinese Spring festival, the biggest festival in China today. Wish you and Amma a healthy life and please accept all my family's gratitude to you for what you have done in our lives. After I awakened last year, I feel I am nobody and nothing I can do inside of me. I lost vision and motivation in all the aspects in my life. What should I do, Bhagavan? Thank you, Bhagavan.

Bhagavan: Everything would fall into place very soon. Do not worry about it.

Question: A lot of young people are suffering, they are lonely, have no goals in life, lack motivation to live, have low self confidence, develop self destructive behaviors such as hurting themselves. How can we help the Youths in Sweden?

Bhagavan: This problem can be solved by changing the brain as well as transforming the heart, which is easily done once the Divine becomes physical. It takes only a few minutes to achieve this.

Q2: Dear Bhagavan, I lost all my passion. I don't want to do anything, no motivation for life and I am addicted to spiritual classes. I can only find out peace when I close eyes and meditate. Dear Bhagavan, what can I do for this situation? I am helpless. Please help me Bhagavan.

A2: You are in a wonderful state. Many great people have gone through this phase. If you would not escape from this state of mind, but completely stay with it, you would get a great breakthrough. Just wait for it to happen. Do nothing about it but just wait. Get soaked into it. This is a wonderful thing that could happen to anybody. Soak into it and the breakthrough would happen.

CONCENTRATION

Question: What should I do if mind has to stay put at one point?

Bhagavan: See, the mind, breath and kundalini form a triangle. If you tamper with one you'll be tampering the other two. Suppose the breath is not constant or steady, the mind also will not be constant and steady. Similarly if the kundalini is vibrating too much, then also the mind will be unstable. Kundalini will start vibrating depending on the temperature, air pressure, depending on the kind of people around, depending on the food you've eaten, the clothes you are wearing - so many factors.

So as the kundalini is vibrating, the mind also becomes unsteady and becomes unfocused. So also is breath. In fact breath is a crucial element and most people do not even know how to breathe. That's why I often say that, children must be taught in school as to how to really breathe.

When this is done, you'll actually find that the mind becomes steadied. Without setting right these two things the mind will be very shaky. And of course if you are not able to do these things, you can very well ask me inside and I will steady it. And you'll have a very focused mind. It's not very difficult to achieve."

INTENT

Bhagavan speaks: You want to create a life of abundance. That is a noble ambition. To build a Burj Dubai or the Petronus Towers what you need to do is first create a foundation that is deep enough and strong enough to hold the building. It has to penetrate in the earth to hold such an edifice. If you are going to dig a two-foot foundation, you obviously cannot expect that a mighty structure would stand on it. The same applies to life. Build a solid foundation.

All great happenings, whether they are historical occurrences, scientific discoveries, gigantic organizations or individual achievements began with a single moment of decision or intent. Decision or intent is the seed of all creation.

What is an intent? An intent is a desire with passion. On an average day every individual has a minimum of 50 to 60 desires ranging from the little things of life to the big things. But an intent unlike a desire is focused. It generates energy. It sets the entire universe working in the direction you choose to go.

Several years ago a young man was passionate about becoming a medical doctor and serving the people of his village. Unfortunately for him, even though he passed all the written entrance examinations for a medical college, he failed to get through the “Viva” (oral exams). Almost disillusioned, but pinning his hopes on one last medical college. He was traveling by train to take up the exam.

A friendly fellow passenger inquired of the young man’s father as to why the boy had such a forlorn look on his face and got to know the entire story from the father. Wishing the young man good luck, he got off the train in some station in route. Two days later when the young man entered the chamber for the interview, he found the friendly stranger sitting right at the head of the inter,

viewers. The rest is history. This young man went on to become one of the deans of a prestigious medical college. He served the poor until his last breath.

There are innumerable instances of the sentient universe conspiring to help those with a pure intent. Remember a life without a vision is like a journey without a destination.

Now, why is it that sometimes in spite of having the most powerful intents, one comes across roadblocks and obstacles? Here is where the power of right intent comes into being. What makes an intent right or wrong? It is the “why” behind the intent. Why do you want what you want? What are the driving reasons behind your intent? Are they emotions and attitudes by comparison, the need to overtake, to prove that you are no less than someone, or hate or fear?

Or, is your intent powered by love, a sense of fulfillment, excitement, adventure or to be of greater use to society and family. Remember, the sentient universe will only support you if your intentions are holistic, beneficial and nourishing, not otherwise. As is the seed so is the tree. If the seed be bitter in essence, so shall the fruit be. If the seed be sweet in essence, so shall the fruit be. Your intent is strengthened by your focus.

Now let us see what is your consistent focus in thought. What are your predominant thoughts? Are you focused on what you want or on what you do not want? Because your focus or your intent is like giving a direction to your car. What you constantly see and feel internally is where you are going.

Focus on your goal constantly, not on how it would go wrong all the time. You also need to revise your goals and go for course correction along the journey. The scenario around you is changing. You change with it too. Don't be a dinosaur. They went extinct.

REACT AND RESPONSE

Question: Dearest Bhagavan, thank you for awakening and all the grace that I can be your tool. Since awakening I feel that to some situations I react with charge and even if it is not personal, I clearly feel it is touching me. I also feel a lot of pain in my body. Can you please tell us how it is with charges, self, and karma after awakening? Is it possible to speed up this process to reach higher levels of awakening where these things don't apply anymore?

Bhagavan: At higher levels of awakening, these things do not apply anymore.

Question: Dear Bhagavan, one of your daily messages was: "When you are integral, you will not react but you will respond". Can you please explain the difference between reacting and responding? Thank you, Bhagavan.

Bhagavan: When you have images of a person or a place you tend to react. When you can function without the images, like an awakened person does, then there is only response. However, we would not recommend you to practise this teaching very deeply, but to wait for your awakening.

DECLUTCHMENT OF THE MIND

Question: I have a beautiful state but sometimes the mind is judging and commenting on the state but the state is very much there. Will the mind completely cease to exist after enlightenment?

Bhagavan: The mind does not cease to exist. The mind is in a declutched state. It is there in cold storage. When you want it, it would come to your aid. There could be situations when you might need your mind then it comes to help you out. The moment it is over it again goes back. Like let us say when you are having your lunch or dinner. Where is the need for the mind to be active?

You have got to be focused on your lunch or dinner and keep experiencing it. There is no business for the mind to be there, to be chatting away either about the past or the future in the present. There is no business to be there. So it is declutched and it's put in cold storage.

But, let us say you need it at some point. It's at your beck and call. It is no more your master making use of your life and your consciousness for its survival. Now you are the master. You'd make use of your mind whenever you need it.

Their roles get reversed. Not that the mind vanishes. The mind is millions of years old and it is useful. It has its place. So it will be where it should be.

PRORGAMS AND CONDITIONING

Question: Sri Bhagavan, I am man age 55. stuttering from childhood. My process to eradicate this problem started mid70. Sri Bhagavan, my passion is to bring out your teaching in this area. How to proceed, and please give me a blessing for that.

Bhagavan: Yes teaching would not help you there, we have to reprogram you. So for reprogramming what you must do is in your own home, right in your bed, completely relaxed. It would be ideal if you do it an hour or so before you go to sleep, but to help completely relax you could use any technique for that, there are enough techniques in the west you could use them, but you should not go into sleep. After you have relaxed you talk to Amma Bhagavan, tell them please come inside me and show me what's wrong with the program and set it right. And then we would come in. We would show you the program we would exactly show you where the problem started and then we will also change it. We would also change the program and lo and behold you started and we will stop. So you can do it right in Sweden. It is quite simple, try it, I would give you a blessing for that.

FREE WILL OR DIVINE WILL

Question: Bhagavan, do things happen according to our will or according to divine will?

Bhagavan: Truth is a many-storied structure. If you were to look at it from the ground floor it would look different than if you were to look at it from the 94th floor.

The experience of reality depends on one's level of consciousness. For the one who is God-realized and is awakened, what exists is only the presence of God. The decision is God, the decision-making is God. Hence, the question of a free will does not arise at all.

The one in an ordinary state of consciousness is stuck in three illusions: the illusion of the self, the illusion of separateness and the illusion of freedom. Caught up in such illusions, one experiences duality as the me and the not me, as man and God, and free will and divine will.

Those caught up in an illusion of a separate entity can react to situations in many ways. When things go the way they desire they often believe it is because of their effort and free will. When things do not go the way they desire they often blame it on the divine will. These people would see free will and divine will, automate in life, though the percentage of the illusion of free will varies from person to person.

There are those who see there is choice where one can exercise control and turn the direction of life according to one's desire. For them divine will would appear as an illusion.

In moments when life seems out of control, there are people who refuse to flow and are inclined to blame others and God. They usually have a tendency to quit, compromise or go into depression.

The universe basically is unpredictable because the universe is a living thing and it is changing from moment to moment.

When one sees life is beyond their control, surrender to the divine with acceptance would be wisdom.

CHOICE AND FREEDOM

Question: Bhagavan, why is it that children have to suffer because of parents actions? In such situation what should the children do?

Bhagavan: So you must remember that the parent also was once a child only. So he was traumatized by his parents. So this goes on from generation to generation. It could have happened to your great grandfather, from him to your grandfather, then your father, and then to yourself. It gets transferred like that, that kind of behavior, that kind of attitude, then it goes on.

Ultimately, if you probe deeply, nobody is responsible, because whatever you are it is because of the kind of things which happened during pregnancy for you.

Basically it starts with what thoughts your parents had before conception, during the act of conception and what happened in the womb, which we call the four baskets, and what were your mother's thoughts when you were in the womb, what were your father's thoughts, then as you were being delivered, what was your response to the delivery and then after delivery what happened, what comments they made, all that is registered in your unconscious which we can go back and see. So these are the things which are controlling you.

So, you have no freedom, your father does not have freedom, nobody has got freedom, there is no free will at all.

But we have the illusion of free will, therefore enjoy it. You think you are free, enjoy it. But the truth is you are not free. You can't do anything about it. That's all there is to life. But if you understand it, you will get some freedom and it is possible to change some things. That is we can change the script. Of course, it must be done in a process.

But otherwise we are controlled by this program. So if you realize that you are being controlled, there is no choice because you know you are being controlled. Where there is no choice, surrender. Where there is surrender, what do you have? You have freedom. If you truly realize there is no free will there is total freedom, it's a paradox opposite.

If you think you have a free will, then you think, OK I should do this, I should do that, you are confused. Suppose you go to a supermarket, and you find number of soaps there, you are confused which soap to buy. All the things you have seen on the television, going on pulling you this way, that way, that way. Therefore there is no freedom at all for you, there is struggle. But suppose you have seen only one soap and that soap alone is there, is there any problem? Done.

So this is the problem with people. Don't forget this.

"WHERE THERE IS CHOICE THERE IS NO FREEDOM"

"WHERE THERE IS NO CHOICE THERE IS FREEDOM"

Just flow with it. You did not choose where you were born, you did not choose your job as you imagine, the program made you do all these things. If you realize this you are a free person, you are liberated, you are a muktha.

CHAPTER 10

FEELINGS

*“The Awakened One feels helpless.
The unawakened one feels desperate.”*

~ Sri Amma Bhagavan

Question: My beloved Bhagavan, Thank you for your grace and love towards mankind. I have the question on the teaching, which is “The Awakened One is controlled by the senses” . When I think of the Liberation Sutra, which tells us “Liberation of the senses”, I am confused because I can only see contradiction in these 2 teachings. Please tell me the difference, Bhagavan. Thank you for your love. Thank you, Bhagavan.

Bhagavan: The unawakened person has what we called “the controller”. The controller controls the senses and directs them. The awakened person has no controller; therefore, the senses are free. The senses function as they like. The awakened person just follows the senses. When you are unawakened, He was controlling the senses. Now that he is awakened, the senses control him. Do not try to practice it. Let it happens to you.

GRATITUDE

Question: Please explain the deeper meaning of “Gratitude is the mother of all good feelings”.

Bhagavan: You are all controlled by a ‘program’. All that is happening in our life, our finances, or husband-wife, sickness, ailments, success-failure, these are manifestations of the program. The program itself comes from past-lives, the moment of conception, whatever happened in the womb, the delivery - how it happened, and the first six hours are very, very crucial ... and then the first six year. That is the program which completely controls everything about you. Now, there are positive aspects and negative aspects in the program. When you have Gratitude, what happens is: all the positive things in the program they get switched on. And the negative things get switched off. On the other hand, if you do not have Gratitude then the positive ones get switched off and the negative ones get switched on. So one of the simplest ways of changing the program is to build up Gratitude. It can happen by easily going into the other person's shoes, or reviewing your life, it is easily achieved. Once you have Gratitude you will see your life is beginning to change.

LOVE

Question: Beloved Sri Bhagavan, please tell us: what is love? Thank you Sri Bhagavan.

Bhagavan: I cannot tell you what love is. I can only tell you, you do not know what love is. Only when the heart is transformed, that is the physical heart has changed, you'll discover truly what love is. It is going to happen very very soon.

Question: Until around a year ago I suffered a lot because I felt there was the possibility of another way of living, being and acting differently from the usual one, but I didn't know what to do and how. Then there was a push given by that desire for a path towards purification, differentiation and discrimination of energies, until this present manifestation that is to maintain steady and integral the heart vibration, in spite of whatever event that comes up. Keeping that vibration maintains and increases unconditional joy. There is a response and not a reaction to the triggers. However, if the old way of being happens to come up, it is dreadful, but goes away immediately. I don't have any desire to return to the old way, because the new way is the "natural" one. Is this the beginning of the expression of love, or what is it? Thank you. Infinite gratitude and devotion.

Bhagavan: Yes, it is.

LOVING ONE-SELF

Question: Bhagavan, I cannot love myself. I am always thinking and trying to love myself but I cannot love myself from my heart. What should I do Bhagavan?

Bhagavan: You should stay with the fact that you do not accept yourself, that you do not love yourself. You should not move away from that fact. You should not try to love yourself, or you should not try to accept yourself. You must only stay in the truth and take a deeksha. Then very naturally you would accept yourself and you will start loving yourself.

Question: Bhagavan, it was said that, one should love oneself. What is the need for us to love ourselves?

Answer: When we say "love yourself", see all of you have got what we might call a negative self also, there's a negative side to all of you, which Western psychologists would call the "shadow self", we call it the negative side..., as there's a slight difference in the term and the contents.

Now each of you, for example, have you not spoken lies? So many lies. Average lies per day is 60. Any human being. But would you like to accept that you are a liar? No. And sometimes planned lies. Because of survival. I am not blaming you.

I am just telling what is happening there. But then would you like to see that? You don't like to see it. Would you like that aspect? No, you don't like it. And you say, "oh, I love you so much. I wish all the blessings for you," inside you are full of hatred.

So inside there's a lot of fear but outward you'd be very brave; you would talk very bravely, but there is only fear inside. So, for all the so-called images that you are giving, there is a negative counterpart. There cannot be anything without the negative counterpart.

You have jealousy, anger, hatred, violence, lust. The most peaceful man in the world, the world will be plotting his death, and secretly hoping a lorry (truck) will go over him, that he will be destroyed, but saying: I wish you good luck.

This negative side, we have put it under the carpet. And it is hiding there. It is in the unconscious. There it is stinking. From there it is causing all the trouble for you. When we say: Love yourself, we are telling: (we mean:) Love that. Love that terrible thing. You are hating it. You are hating it, you are afraid of it, you dislike it, you pretend it is not there. But it is all there. This side is yours. No human being can be on this planet without this negative side--it is just not possible.

So, who are the great people, the Mahatma Gandhis, the Ramanas, the Buddhas? What is their basic journey? They know this side is there and they accept it and they love it. Whereas you, you don't see it, you don't accept it, you don't love it. You are running away from it all the time, or pretending it is not there.

So, on the journey of spirituality, the first and most important journey, you dig up all these things. Remove the carpet, bring it out! It is so, that's all. You are helpless, powerless people. Nobody has got any power or anything. We only imagine we have got it. It is there. It is dominating you, it is crushing you. So, that is what is happening.

So, you must dig up and come to terms with it. We can't do anything about it, because the contamination is there, the air is contaminated, consciousness is contaminated. It is there. You are only pretending as though it is not there. And the journey of spirituality is: you first say, yes, I am this. And confront it. And then you'll see a miracle will take place. That miracle, you find out what it is!

So, this is what we mean when we say, Love yourself. All this dirt, this muck, which nobody likes. When you don't like it, when you're afraid of it, how will you love it? But then it is possible to love it and say, yes, it is so. It is there--what can you do about it? You can't do anything about it. So, that is what we mean by saying, Love yourself.

UNCONDITIONAL LOVE

Question: Namaste, Sri Bhagavan. You say that an awakened one lives in unconditional love. But I am awakened and do not have unconditional love. What can be done for the flowering of the heart, Bhagavan?

Bhagavan: We use the word 'awakened' in two different ways. When you come to a course here and we declare you awakened what we mean is some changes have happened in your brain. The number that we give you indicates the amount of change. This of course could be scientifically verified. Now begins the process of transformation. That is the one who is awakened would be able to stay with the 'What Is' without effort. You must begin by staying with the 'What Is' with effort. It could slowly become staying with the 'What Is' without effort. That is because your brain has undergone the change. When you stay with the 'What Is' without effort, it does not take you anywhere. Stay with the 'What Is' without effort is unconditional love, is unconditional joy, is freedom, is gratitude, is everything that we are talking about. If it happens for a minute, for a minute you would know what unconditional love is. But as you keep doing it, the time duration increases. When it almost becomes 24 hours, we declare you fully awakened. And you become a completely transformed human being.

Question: Dear Sri Bhagavan, I often feel life is meaningless and purposeless. I'm stuck in love and being loved. I hate my weakness but feel helpless to change. I want to know how I can get my heart back and experience love.

Bhagavan: Awakening is the answer. Once you are awakened, you would discover unconditional love and unconditional joy.

SELF-BASED LOVE. BECOMING OR BEING

The love that you talk about and the love that I talk about are very different. So when you say, "God is love," that love is different from when you say, "I love my wife." Very different.

So all that the mind is putting forth, they are subject to some laws. The love that I am talking about is not emanating from the mind. Therefore it's some, thing very different.

The love that you are talking about is "my wife, my son, my daughter." The self is involved. So this is subject to some laws. What are these laws?

One basic law is you will fall by that very same thing by which you rose. So this love through which your bond rose, became strong and grew, has to dissipate, has to disintegrate. It can't escape that law.

That very love, that very attraction will cease to be attractive. That very attachment would become a burden. It has to happen and it will perish.

Like a seed becomes a tree and the tree becomes a seed, that is, it gives flowers and fruits in a season, then the tree perishes. All things go in cycles.

So if you rise through violence, you will perish through violence. So all these things move in cycles.

So when you are attracted to a woman, that kind of attraction which is attachment, possession, making use of people, that's the love you are talking about. So it goes on and as it flowers, then naturally it must perish.

So it's all perfect. I don't see anything wrong with it. If you discover that other kind of love we are talking about, that is everlasting, of course. It is not subject to these cycles because it is not self-based.

This is self-based. Whatever is self-based will move in cycles. The yin-yang of them would take over. It would go round and round.

So that's why when people come and tell me, "We were once in love, now we are not in love." I just ask them, "How many years?" "Two years, four years, seven years." "What can we do for it not to be over?"

So it is no surprise. Of course we can do some kind of damage control. But it is gone. The charm is gone. Unless you are very mature and you can see the other person differently.

Now you must find other reasons to become attached to the person. You must find some newer things in the person. Then you get a new lease on life.

But the old thing is gone. The old things have got to go. You know, the mind has got used to it. Once the mind gets used to it, there is no more interest. It just drops it.

It needs continuous becoming, continuous challenges. Only that way it can survive. That is the nature of the mind and that nature has not changed for the last two million years. It's exactly the same. Continuous becoming has to be there.

Now we are talking of being, which is very different. You are caught up in the becoming more, just to continuously become, become, become.

You must verily adapt at changing that. Now you love your wife because she is young and beautiful. Now you love her because she is wise. Then you love her because she has got money. Now you love her because she has served you.

So you have to keep changing intelligently, or you must come to some wise people like our Dasas who are not married but know all these things and who can do some repair work for sure. That is how you have to manage the whole situation.

Many people actually learn these things. It comes to them very naturally. If it does not, you need help.

CAUSELESS JOY

Question: What should I do to discover causeless love and joy without limits?

Bhahavan: One of the most important points of the Dharma is that the fact is not important. How to experience the fact is what matters. Whatever it is that it is happening in your life, you must learn the art of experiencing that. It is the true "art of living". The true art of living is to experience complete, total and maximum whatever it is that it is happening.

Thus, most of what happens are human interactions, your friends, your relatives, your boss, your children and your family. You are all the time interacting with them because life is relationships. Without relationships you don't exist. Thus, in these relationships you are developing some kind of interaction. You could be injured, you could be caused, and some memories, may go back all of this is happening.

Anything that is going on, if you experience it fully, as I was saying before, then you will find there is joy unbounded. Now, what happens then when there is so much joy? It does not stop there. This turns into love. Only one person happy and joyful can truly love. An unhappy person cannot love. That love is nothing more than attachment, possession... true love comes only when there is real joy, real joy comes only when you experience it is that it is happening internally. This is not very difficult.

Practice this for 21 days, if you keep trying it will be natural. What is not natural, it is not easy, I do not teach it. No sense teach something. I teach only what you can do. The brain has to learn a new pattern of operation. It takes 21 days. After 21 days of practice, you'll find that it is easy. It is like an alcoholic addiction or addiction to drugs. Why are you addicted? Because that gives you much joy or happiness or freedom. The same happens here also. The only thing here is that

there are no negative side effects. There are only very good effects on the other hand. You discover the love, compassion. All these things happen.

So, basically you need to start with pain. You hold the pain as if you were carrying a newborn baby. Then you must carefully maintain that pain; and you should know that this is a blessing. You must grab it, not to condemn or judge him, and strangely discover that it is truly painful. Become a pain in the chest region, but slowly you will find, you will discover a freedom, joy, and that will turn into love. This is the way to achieve the love without cause and boundless joy.

EMPTINESS

Question: Sometimes I feel very empty inside and cannot see my life purpose. Is there anything that I could do to fulfill this emptiness, Bhagavan?

Bhagavan: Well, escaping from the emptiness is what all people do, but what Oneness is suggesting is do not escape from the emptiness but soak in it, stay with it, embrace it. Do all these things and you see what happens.

LAUGHING

Question: Dear Sri Bhagavan, thank you so much for always giving us so much grace. Laughter spontaneously comes up while watching your weekly webcast and attending Oneness Meditation. After Oneness Meditation in particular I can, not stop laughing while lying down in Shavasana on the floor. There is no reason for this laughter. It automatically comes up. While laughing I sometimes feel that something comes into my body and the creativity of the universe expresses its delight. After laughing, my body is filled with bliss. Sri Bhagavan, please give some explanation on this phenomenon. I know our finite mind cannot comprehend everything, but please give some explanation so that I can understand. Thank you Bhagavan.

Bhagavan: Laughing or crying is a kundalini phenomenon. It only indicates the process is on. You will soon be awakened.

DESIRES

Question: Whenever there is a Oneness gathering, or a chance to have a darshan like this, people usually ask Sri Bhagavan to Bless for their desires. I'm not the exception. I also feel the urge. On the other hand, however, this kind of asking doesn't seem appropriate, or sometimes selfish for me. When we actually have a problem with our physical health, finance or relationship, how can we experience miracles related to it?

Bhagavan: There is nothing wrong in asking for worldly things. But as you said, you must first have your worldly problems solved. You must first ask for wealth, health, relationships and then for spiritual things.

Question: I don't have desires, what should i do?

Bhagavan: If you suffer from discontent or unhappiness from this condition, then you've got to stay with it. You should not try to do any changes or put in any effort but simply embrace the situation. In case if there is discontent or unhappiness, then what happens is you'd get a breakthrough. On the other hand, if there is no discontent or if there is no unhappiness, then it is a very, very good state to be in. One could be very happy with it; that you are free of all desires, there is nothing there, all craving has stopped.

If that were the truth, then it's a most wonderful state to be in. But, if you are unhappy about it, then something is going wrong. So, in which case, you have to merely embrace this condition, not try to change it. The condition would naturally come up with a breakthrough and you'd know what to do.

Question: What about having desires?

Bhagavan: See as far as I am concerned I have nothing against desires. I am only against craving. So what is wrong with desires? As long as the self is there, you are going to have desires. So, that's why I talk of two dharmas. One for the awakened and one for the unawakened. The awakened of course don't need any dharma at all. But as long as you are unawakened you must behave like one who is not awakened. It is very natural to have desires for money, for property, for marriage, for this or for that. And it is very healthy to have desires. Because there is very good 'becoming'. There is the need for 'becoming' for the self. So I have not found desires harmful at all. Infact people have come with a lot of desires and after the desires have been fulfilled they have told me, Bhagavan enough with desires, we want to move on to something higher. So that is why I go about trying to fulfil desires. So, I am not for complacency. I am to find out what is wrong if desires are not getting fulfilled. Any natural desire, which is very rightful, is ok. It is ok for a man to ask for money. What's wrong with it? The ancients said - Artha, Kama, Dharma, Moksha. It is perfectly fine. We are not talking of that. But creating wealth is very good. It is good for the society also. And you want to marry somebody, what's wrong with it? Nothing wrong with it. And I have not found anything going wrong by fulfilling people's desires. So I would say, as long as desires are there, you must go after them. If it is not getting fulfilled, let us track down what is wrong and what should be done about it. We will track them anywhere in the 4 baskets or in the FCDs or in the vas, anas. And once it is set right it would naturally be fulfilled. So I would say, go ahead and fulfill your desires. It would not make you unspiritual at all as people talk about. Certainly not. Either the desire should be fulfilled or dissolved. But controlling your desires could make you non-spiritual. You would get nowhere.

Question: It is difficult for me to define my question. I am in some kind of a strange state. I don't want anything. I don't need anything. I feel bad, but I don't want to do anything about it. I don't know whether it is an apathy or acceptance. I don't want to work nor do I want to loaf around. I want to open up myself and realize where I want to occupy myself, to discover what I would like to

do in life, what would bring me pleasure. I can't find answers to these questions. I am lost. Please help me with this, dear Bhagavan.

Bhagavan: Actually you are in a very good state, but if you try to change it you will go into a terrible state. Oneness is not about becoming this or becoming that. Oneness is all about staying with the "what is." The truth is this is your condition. You've got to stay there, accept it, embrace it. Staying with it, accepting it, embracing it is the process. Once that happens the Presence enters you and takes over. Thereafter it is all automatic. I will help you.

Question: Dear Bhagavan, my whole life I have been struggling with finding my swadharma [action which is according to one's nature]. My life feels unfulfilled and I lack a sense of purpose. How can I discover my swadharma and can you please give me a blessing to find my swadharma.

Bhagavan: To truly discover your swadharma, you have to wait until God becomes physical to you and you must ask God, what is your swadharma. Only God can tell you what is your swadharma.

LUST

Question: Does lust exist for an Enlightened person?

Bhagavan: See, enlightened people can also have children like unenlightened people. If an enlightened person has got lust, we can talk about biological lust. The normal people's lust can be called psychological lust. It is more animal-like for the enlightened person. It is just part of the body, that's all.

Now, the unenlightened person can sit alone and be thinking about lust. The enlightened man cannot do that because the mind cannot come up with supporting pictures. So there is no mental lust or psychological lust.

But, let us say, there is a woman. Understand, there can be physical lust, and of course he is not going to violate any law. He might have a relationship there if she happens to be his wife, and do produce children.

But this biological lust is very, very little and it can be a very good solution to population problems also! So, it is there. But then let us say there is a person, an enlightened person, and then there is a woman going there, and there is physical lust. After she moves away from the range of vision, it's gone. He can not think about it.

So lust came, lust went. That's all. It will not cause a problem. But the unenlightened one will be thinking about it. He'll go after her, chasing her, or visa versa, whatever it is. That does not happen for the enlightened person.

ACCEPTANCE

Question: Bhagavan, how do we accept things?

Bhagavan: See, the mind is a very good businessman. It naturally does what is profitable to it. What is not profitable to it, it does not do. When you do not accept something, the first thing is, it's a fact that it is there.

You cannot wish it away. By fighting with it, you are creating a lot of conflict. By conflict there is a lot of dissipation of energy. When energy is being lost you become unhappy and also you become a failure. On the other hand, if you accept what ever is there, there is no conflict. No conflict means there is no wastage of energy.

When energy is still, there is no movement of energy as wastage. That becomes joy and happiness. It leads to greater success. If you can see this whole process, then naturally you'll accept because it is a better choice for you. You cannot do unprofitable things. Somehow you are imagining that if you fight with it, it is good. Therefore you fight with it.

When you observe that fighting is not profitable, the mind naturally will drop it. You must see how all the fighting is not profitable to you, then it's all over. It is very simple but because you are not used to this observation, the situation is going to be difficult. But once you learn it, it is as easy as breathing but, until then, it looks "Oh! How am I going to do it?" It takes some effort and understanding. Still it will be difficult but I am there! If you know how to ask me, I can make you actually do it.

FORGIVENESS

Question: Bhagavan, given the societal conditions that are not oriented in inculcating morality or human values in children; as an educator how do I approach this situation?

The universe runs on the principle of interdependence. Inbuilt into its existence is a system and the subsystem. The system affects the sub system and the sub system in turn affects the system. You find this principle running through civilizations, nations, communities, organizations and families. In the context of education society symbolizes a system and the school the subsystem. The kind of society you are going to have depends on the form and structure of education that is imparted in schools. Hundred bad schools can influence and create chaos in society.

The system being very vast any attempt to bring about a change might prove to be a colossal task but we can always work on the sub system called schools to make this transfiguration happen in the world. As educators every one of you carry this sacred responsibility. The sacred responsibility, of fabricating an effective educational system, that not only equips students to meet societal challenges but that which moulds them into human beings, with a greater sense of value and inner freedom. Nurture the child with utmost care and concern so that it becomes natural for the child to reciprocate love. Help the child to accept its failures that it naturally gains strength to face life's challenges.

Trust the child so that it also learns to trust. Embrace the child when it wrongs so that it learns the beautiful art of forgiveness. Above all teach the child the need to be integral to its self. Let the child learn to confront its emotions, thoughts, inadequacies and inabilities. Truth will empower the child with enormous power, courage and intelligence to handle life. Naturally through the course of life you would find the child flowering into a successful being. Re,

member, it is not for you to just advice, but to live what you advice for the child to learn from you. As teachers who you are would model their future for they become what they see. An appropriate role model would help in generating right kind of thoughts in the child, and thoughts shape one's action. Repetitive actions give rise to habits. Habits shape one's values. Values shape one's char, acter and character moulds destiny. Such being the cause of a great destiny; be what you preach.

SURRENDER

Question: What is surrender? How to surrender?

Bhagavan: When we use the word surrender what we mean is that you should understand that this mind cannot really help you and that you have to get beyond the mind. If you let go of the mind, that letting go is what we call, surrender. You must realize that the human mind is limited and there is no use wasting your time with the mind. It is only going to create obstacles for you.

If you can see that, the mind would stop interfering. If that happens, then we say you have surrendered. That is all. It is not some kind of slavish surrender. It is never used in that sense. God would not like you to surrender like a slave. He is after all your friend. So, when we use the word surrender it means putting aside the mind, knowing its limitations.

You discover surrender when you feel you are helpless. When you feel you are totally helpless you will discover surrender. That is when Grace comes pouring in. Imagine that you are struck on the railway line and the train rushing at you, then you will certainly surrender! Many people have surrendered to me like that. Most people surrender only in dire moments. That is why miracles too happen only in those moments.

Question: I feel I have surrendered many times to the divine, but nothing seems to happen. Please can you help?

Bhagavan. It looks like you're trying to surrender to the divine but that won't help. Surrender is, you've got to realize that there is nothing more you can do about it. It's like you give up. Because you know, there is nothing much you could do. The moment that happens, the process begins. But if you are trying to surrender nothing is going to happen.

HELPLESSNESS

Question: Dear Bhagavan, you are saying that we have to just see the fear, anger, aggression, jealousy inside ourselves. But what do I do when I see this, but there is nothing I can do with myself. The emotion is so strong that I can scream on another person. Emotion is coming through me and the charge is very powerful. What does it mean to see it in myself, to accept it and don't change it? You say that the awakened one experiences his or her emotions, that emotions just take place. What does it mean? Does the awakened one witnesses the emotions? How does he stay with them? What do you mean when you say one shouldn't do anything with emotions? Where does this charge go? Thank you.

Bhagavan: "We have often said that when you are not awakened do not behave like one. This teaching applies to one who moves into awakened states or is awakened. Your role is to see that there is nothing much you could do about it. When you see that there is nothing much you could do about it, it leads you to surrender. When you surrender and feel helpless, then see. There is no you who is seeing. 'Seeing Happens'. Seeing is effortless. Accepting is effortless. All that we have spoken of is effortless. If you put in effort you will not get there.

The only purpose of putting in effort is to realize you are helpless and that there is nothing you could do.

Your role is up to that point. There after Kundalini takes over. Seeing happens. Seeing does not lead to anything. Seeing is to be awakened. You should not think you will see and therefore something will happen. Seeing is the awakened state. Initially it comes and goes and therefore we say you move into and move out of awakened states. Thereafter when you become awakened, it is permanent and irreversible. It is not that you are doing anything, you have completely changed. You will be getting there soon.

Q5: Dear Bhagavan, I am confused about different teachings. On one hand I should go into helplessness and open up for the Divine to do it. Another teaching says that I cannot expect the Divine to do everything, so it means still I have to do anything?

Bhagavan: Intent and effort is yours. Grace is from the Divine. You cannot do anything without intent and effort. For example, one gentleman once came to me. He told me: I want a particular piece of land. I told him: Go and get it, I will help you. He said: No, no. He said: I will not move out of my house. Somebody must buy the land and then bring it to my house and give it to me. I told him: That is not possible. So you have your role to play, the Divine has its role to play. When we say helpless it does not mean not doing anything. It only means certain things you cannot do. There the Divine comes in. But some basic things you have got to do. Like that man should go and see a lot. He should go and raise funds then the Divine would help him everywhere. Of course, there are some exceptional cases. There are a few people in India whom we know. When they want some money they exactly tell Amma Bhagavan: This is the money we want. And, believe it or not, the cash appears in their hands. Not once in a while - every day. But these have an excellent bond with the Divine and so it is happening. If one does not have that kind of a bond, one has to put an intent and effort.

FEAR

Question: Bhagavan, why do we suffer from fear and how do we get rid of it?

Fear, is at the core of human existence. It acts as a stimulus for all other emotions. Nature or Universe has designed fear to ensure physical survival. The lower brain or the reptilian brain is responsible for producing a fight or flight reaction, whenever physical survival is endangered. As civilizations grew and societies advanced, people's lives became secure. Threat for physical survival diminished. The focus thereafter turned to the psychological sphere. Mind with a strong sense of individual identity, then emerged, creating this territoriality and division as the "Me" and "Not me".

The human mind, which is a survival mechanism, came into force with fear as the epicenter. Almost every one of the mind's activities could be deciphered to this fear of survival. It is the mother of all emotions. When you arrive at the root of hatred, it is fear of being dominated or crushed that manifests as revulsion for somebody. Jealousy on the other hand is fear of being overrun in a race. You become violent when you are insecure or your psychological edifice is endangered by a person or a situation. Guilt is fear of losing a good image you carry about yourself. Hurt or pain is again fear of losing love or fear of being rejected when you realize that you are a 'nobody' in the eyes of the other person.

As you grow in awareness of this fear you see that it is a mere projection. There is no truth in it. The mind projects a non-existent identity and struggles to protect it. It is like a blind man searching for a black cat in a dark room which is not there. The mind has embarked on a mission impossible, since there can be no time when it would achieve a state of total security. As one becomes conscious that fear is merely a projection by the mind then one loses fear, of fear itself. Fear cannot be solved it has to be dissolved. It merely changes form from one to another when one attempts to solve it. When you become aware and al,

low the body to go through these uncomfortable sensations then fear dissolves. Fear has no greater role, no meaning unless you give it. Intellectual understanding fails to help the phase of fear because it defies all logic. When an effort to understand ceases, there is a total experiencing of it, which is freedom.

Question: I am bold on the surface but deep within I have fears that I don't understand. I am even afraid of seeking truth. I am afraid to begin anything or to give up anything.

Bhagavan: The core of your being is fear. What is deep inside yourself is just fear, fear of losing this, fear of losing that, failing here or some other worry there. The object of fear could be changing. Neanderthal man had own reasons to be frightened of. The ancient man who was hunting had his own reasons to be afraid of, so also the medieval man, and modern man has also his fear of a stock market crash or his wife running away from him.

So you have all kinds of fears, but basically fear has continued throughout human history, because as long as you exist there would be fear. Because you are not supposed to exist, you are only an illusion and every moment there is a struggle to survive. Unless mental formations are going on all the time, you would just cease to be there. If the brain stops creating these mental formations, you would be gone and nature is trying to make that happen. God is trying to make that happen. But you are resisting it because you are afraid to be gone. You are scared, you think it's terrible to be gone. But what you do not realise is when you are gone, it is the greatest joy you could ever imagine. Those who have left, you could ask them. I have around me so many people who don't exist, who are gone. They live in joy 24 hours of the day. Nothing ever affects them. Because as long as you exist you will suffer, because you do not suffer. You are equal to suffering. If you are there, there is suffering.

To exist is to suffer, because you have no business to exist. It's a limitation. It's a narrowing down. It's not the truth. When you are gone what is there is causeless love. Simply love for no reason. The love which you know has a reason.

This love has no reason, it is just there. You see a dog, you love it. You see an ant, you love it. You see a human being, you love him. It's just there for no reason.

What about this joy? Your joys have got limits, this joy has no limit. All this happens because you are not there. If you are there, the love which you know has a reason which is not love. The joy which you know has a limit and the joy which has limits is no joy at all. You have to jump into it without knowing how to swim. You have to take a plunge. When you take a plunge, it's all over!

Question: Beloved Sri Bhagavan, Your vision is to set man totally and unconditionally free. Yet, one part of me is experiencing deepest fear of the outcome of this limitless freedom.

Bhagavan: The freedom that we are talking about is not freedom from this or freedom from that. It is just freedom. You cannot conceptualize it. You have to experience it. This happens once you stay with the 'what is' without effort. You are just free. It is not freedom from this or from that. Do not try to understand it. Wait till it happens to you.

Question: I have two fears: one is that I may be left behind the awakening of everybody else, the other is the fear of the awakening itself. I try to see these fears, at the same time I try to manage them. In this way I feel a conflict regarding awakening. Is all what I have to do just staying with those fears Bhagavan?

Bhagavan: All that you must do is to stay with your fears. You will definitely be awakened.

SEPARATION

Question: In the last few weeks I've experienced some huge shifts and now I walk around and see the beauty in everything - the worms, the birds, the clouds, the trees, everything. But I still feel separation from people. Why is this?

Bhagavan: Normally it is very easy to feel connected to animals, plants and other living creatures. It becomes quite difficult when it comes to man. But if this were to happen, normally it takes about 3-6 weeks before you'll get this connection too. So you don't have to do anything special because it will very naturally and automatically happen.

Question: I understand there are the two movements in the system of evolution, namely ascension and descension. Integration and unity emerge in ascension, while separation and imbalance emerge in descension. When separation comes to its peak, it stops for awhile, and then moves towards integration. When integration comes to its peak, it also starts moving towards separation. In this cyclic way the universe maintains itself. When an individual is in a descension cycle, he is likely to experience disharmony. It becomes difficult for him not only to recover from illness, but also to be liberated from this cycle of evolution. Is this understanding correct? What result can be expected when we receive Deeksha in our descension cycle? How can we prepare ourselves for Deeksha during such a difficult time?

Bhagavan: Your understanding is correct. Awakening will bring about total balance. And awakening is happening quite easily now.

Question: Bhagavan, I long for you so much that everything else is meaningless. Life gives me no joy. Not even my three young daughters. Please let me know how I end this suffering of being separate from you?

Bhagavan: Once you are awakened, very soon you will discover that you are moving into higher states and at higher states there is no difference between you and the Divine.

PAIN

Question: How to experience pain?

Bhagavan says: If there is pain and you really experience the pain the other person would stop hurting you. You could do this and see. With your doing you are only speculating. Therefore you never do it. So please do it and discover for yourself what happens.

Suppose a tiger were to be chasing you and there is fear and you experience that fear - you know what will happen? The tiger will stop dead in its tracks. It won't pounce on you.

That's why Ramana or somebody else can actually play with tigers but if you go and play you would end up in the tigers belly. But Ramana - when he used to go for walks [he] used to tell his followers to keep a distance because he could have touched tigers, leopards, snakes and nothing would happen. Because he has got no fear. But seeing that if you would go it is dangerous.

With you the same tiger would respond differently. So, you do it then you see what happens. The Angulimala was helpless before the Buddha. People used to be terror sick [terrified] the moment they even heard the name Angulimala - you know. But Angulimala was helpless when the Buddha came face to face. So the Buddha has no fear.

So you do it and see what happens. With these things must be done - you know. There's no point in thinking about them or speculating. That's no use. This is not a kind of dharma talk. This is a do-it-yourself dharma. Do it and see.

HURT AND CHARGES

Question: Bhagavan, many charges fall off quickly these days. But there are some that are very deep and do not seem to release very easily. They stay with me and cause a lot of hurt no matter how deep I stay with them. Can you please talk about what to do with charges that don't seem to dissolve quickly and seem stuck deeply? How can I truly heal them?

Bhagavan: First of all, you cannot be free of all charges and one need not be free of all charges to become awakened. But once you become awakened, though the charges are still there, they will not really affect you. The awakened state takes care of that. So I once again repeat. It is not possible to be completely free of all your charges.

Next, you need not be free of all charges to become awakened. And once you are awakened, these charges though they are still there, they are taken care of. Like for example, your conditioning will not leave you. Suppose you were to like apple juice, you would continue to like apple juice after your awakening. That would not change. Your likes and dislikes do continue.

The only thing is you would see that there is unconditional love and unconditional joy. There is no differentiation. There, it is the same for everybody. But when it comes to likes and dislikes they continue to remain there, but they do not trouble you any longer.

Question: The Awakened One does not get hurt. Therefore there is nothing to forgive. This is today's webcast teaching Bhagavan. Please explain.

Bhagavan: Basically, after Awakening, "I" as a person does not exist. When there is no "I", there is no one to get hurt. That is the state of an Awakened person. In the case of an Unawakened person, there is a feeling of "I", which gets hurt

regularly and tries to forgive every time. But for an Awakened person there is no one to get hurt. Not that something special is happening. There is no person there to get hurt. If he, the Awakened person, gets hurt, it means that the transformation process is not yet over. So you must work on the transformation. For that you must, like I said before, you must live the teachings. That is your effort! For Awakening your effort is not required. We give it to you. But living is your effort! You must live the teachings!

ANGER

Bhagavan: Anger is a primary natural emotion experienced by all humans some, time or the other. It can mobilize psychological resources or corrective action. But, unfortunately anger has become an irrepressible response to many.

Normally, people try to control their temper. But, exerting oneself to restrain anger can only aggravate the feeling. Hence, one has to develop an entirely different perspective to deal with it. An intemperate anger is basically a symptom of a deep rooted charge which is stored in your unconscious and what is a charge? it is an incomplete experience of your past that tends to be repetitive.

Hence, people driven by charges develop a very narrow outlook to life. Every situation, relationship becomes a platform for their charges to express or manifest, and consequently they get to be highly susceptible to reactions. If you have to get rid of anger, then work on silencing the roaring demons of your conscious.

Resolve the unsettled issues of your past or relationships or problems with your own self and you would certainly feel a change in your response. You get to experience anger without spite. It is a state that can very well be described as anger-less anger which leaves no residue.

ANGERLESS ANGER

Question: Please help me reduce the Karma Factor associated with the Anger I show towards my Parents, Wife and Family members, it will be really helpful. I keep shouting for silly things at home, for no fault of my family members they are being shouted at. Which inspite of my being fully aware I do, reason being psychological pressure of Work”.

Bhagavan: “You are so much aware that you are shouting for nothing and your family members are getting hurt. This is a very great realisation. Very few people are so humble enough to accept this and Sri Bhagavan will be so pleased by your inner integrity and you will be helped by Him very easily. You simply have to pray to Him after understanding the following. You should clearly understand the following.

1. Anger that comes out of sheer tiredness or frustration will not hurt others so much.
2. Most of our anger is not out of tiredness. The anger is 99% out of a ‘charge’ in the past incidences in those relationships and tiredness will definitely invoke the charge within us.

You should concentrate completely on this charge. This charge will be in the form of strong judgments about that person like: ‘she or he is always like that’, ‘she is always careless’, ‘he is always forgetful’, ‘she is always selfish’, etc. Each judgment in our relationships comes out of a charge. As long as this charge is there and we get angry, it will hurt others.

What you have to do is look at your strong judgments and see the strong feelings you have against people (even in office) while making or thinking those statements. Then, you will be able to see the charge.

3. Once you become aware of the charge, the charge gets reduced. You can totally come out of the charge through a strong, helpless, emotional prayer to Bhagavan on this regard or pray for this in a process and take deekshas from the padukas or srimurti. If we see how much we are hurting others, such strong prayers will come to us naturally.
4. Be aware that: till you see the charge, the charge does not get reduced (unless you attend a lot of processes).

Once the charge is not there, even if you get angry, the other persons will not get hurt. That is the beauty and that is the miracle! This is what Bhagavan calls as 'Angerless anger'.

5. The karma is in the form of 'charge' that we carry in our relationships. Once the charge goes out, there is no karma, because no one is going to get hurt. I hope you understood this.

Till people get hurt by us, we should know we are carrying a charge. That is the litmus test.

For your information, I get angry very fast with my close relatives. I can tell it is my nature; it is genetic because my father was also short tempered; people around me are very careless; I shout when I am very tired and weak, etc; I can say a number of reasons to get angry. But I saw all these things as ESCAPE from looking into myself deeply. So I started concentrating on the charge and Bhagavan helped me come out my charge with my parents, husband, children and in, laws. Soon, I discovered that even if I shout at them, they were not hurt and were forgiving me like a child! Not only that, my anger has also got reduced to a very very large extent. I should say, more Tolerance has come into me. I myself get surprised by this. Thanks to Amma and Bhagavan who have done this miracle in my house.

This journey is continuous since we still do not know all the ugliness that is there in our unconscious mind.

Question: Bhagavan, I lose my temper very often especially with those who are close to me what should I do?

Bhagavan: Anger is a primary natural emotion experienced by all humans some, time or the other. It can mobilize psychological resources or corrective action. But unfortunately, anger has become an irrepressible response to many. Normally people try to control their temper, but exerting one's self to restraint

anger can only aggravate the feeling. Hence one has to develop an entirely different perspective to deal with it. An intemperate anger is basically a symptom of a deep rooted charge which is stored in your unconscious. And what is a charge? It is an incomplete experience of your past that tends to be repetitive. Hence people driven by charges develop a very narrow outlook to life.

Every situation or relationship becomes a platform for their charges to express or manifest and consequently they get to be highly susceptible to reactions. If you have to get rid of anger then work on silencing the roaring demons of your conscious. Resolve the unsettled issues of your past or relationships or problems with your own self. And you would certainly feel a change in your response. You get to experience anger without spite. It is a state that can be well described as angerless anger, which leaves no residue.

GRIEF

Question: Thank you Bhagavan. Sri Bhagavan, How do I cope with a broken heart and a feeling of loss Bhagavan? How do I choose to step out of sadness and depression Bhagavan?

Bhagavan: All the year [2013], I would have given you a different answer but now all I can say is the time has come really near where God becomes really physical to you, and God will instantly solve your problem.

REGRET

Question: Dear Bhagavan! I have regrets that there are many things in my life which I missed. That many desires did not get fulfilled. Are these desires hindering my awakening and enlightenment? (not fulfilled desires.)

Bhagavan: What you've got to do is you've got to stay with your frustration and discontent. You should not try to move away from it. You're unfulfilled and there's great pain in you. Stay with the pain, experience the pain, and go to a Oneness Meditation. The Presence will do the rest.

SADNESS AND CRYING

Question: While so much has changed in my life by your grace, but I am experiencing a lot of crying this weekend and at other times. Please help me with this.

Bhagavan: Well this kind of crying is a good sign, and it's part of the process which means you are very close to becoming awakened. It's a very good sign. It is a classical sign.

Question: Everybody says she or he feels elevated and good when they come near to an awakened one, but I always feel sad while attending the Oneness Meditation. Why do I have to be like that Bhagavan?

Bhagavan: You are like that because your awakening is very close.

Question: Since my Deepening Course in July/August 2012 I often experience deep states. Myself being touched, I feel connected with all that is and I experience deep joy. But at the same time there are lots of tears. It's not sadness, it's simply tears. Unfortunately I cannot hold this state! Suddenly there's emptiness, where I did experience my Divine before. How can I keep the Divine presence in me? Can I do something or is it just the grace of the divine, which changes the state forever?

Bhagavan: You do not need to do anything. The grace of the divine will take care of everything.

INSECURITY

Question: AMMA, why am I always insecure?

Sri Amma: You are insecure because you compare. The constant expectation, testing of the love and appreciation you received, comparing yesterday's love with today and comparison between you and the other, are the source of the problem. How could you be secure when you seek for security from people who are in themselves insecure? Security is possible only when it is shifted to God. Not otherwise.

JEALOUSY

Question: Bhagavan, does the awareness of jealousy, destroy jealousy?

Yes when you are aware of, this energy destroys jealousy because the awareness you will be able to see; that jealousy is not a profitable game. It is actually holding you tight. It is wasting your energy now. So what happens is you do not- you are basically a good business man and you see it is not in your advantage. Now who would do something which is not to his advantage? So when you become aware of jealousy you feel you can see clearly that it is destroying your relationship. It is destroying your energy levels. It is no way advantageous to you. Now when you see you become free. That's why I am telling you, in this, no time is required. No effort is required. No energy is required.

The example that I repeatedly give is that of a rope that is mistaken for a snake. Therefore you are in extreme fear. Then suddenly somebody brings in a light and then under the light you see it is a rope and not a snake. That light is awareness. Like this light here, that light is awareness. With this awareness you see- oh! It is only a rope. The moment you see, it is a rope, instantly fear is gone. It does not take time. It does not take energy. It does not take effort. Similarly when jealousy is there or anger is there, or hatred is there; awareness is like a torch. You put it on that and you see what exactly it is. Why is it being caused? It will tell its story- you know the full truth about that about that jealousy. Once you know the truth and then you see how would it be destroying you, instantly it is gone, because the mind would not do something which is not useful to it. That's why I am telling there is no time required, no energy required, no effort required.

What is required is awareness. And this awareness with a little bit of practice you will- it's exactly like learning cycling, car driving, music. It's not something-very spiritual sadhana is required for that. It is not like that. It could be taught

in schools. It is something if you can teach your children; they will pick it up very very fast. Unfortunately in our society we do not teach these things and people become pretty old before they even come to know of these things. By that time it is too late- like certain skills must be learnt when you are young, not when you are too old. So it is more like a skill. So once this skill is acquired, slowly it becomes very natural and easy. However if you have not learnt it and it is too late; I am prepared to help you out.

STRESS

Question: I have a deep desire to stay in touch with my inner divinity in stressful situations. For example, when I have to concentrate mentally at work or when conflicts arise. Is there anything that I can do to keep in touch with you in these situations, Bhagavan?

Bhagavan: It is most important that you are in touch with the inner divine in difficult circumstances. And for that to happen you must build a great bond between you and the Antaryamin. If that happens, the more stressful the situation, the more easily you'll be able to connect. And if you could connect to the Divine, everything is taken care of.

HEAVINESS

Question: Dear Bhagavan, some mornings I awake with feelings of heaviness, darkness and sadness. It feels like if it would be also in my body but very strongly in my thoughts. Then, I feel it very consciously but it still stays there for a couple of hours. How can I manage this, Bhagavan? Thank you for your help.

Bhagavan: You do not have to worry about it, It is a sign that you are soon going to be awakened.

SUFFERING

Question: Beloved Bhagavan. My deepest thanks for all the glorious gifts we get from You. Since my Awakening all experiences have become much more lively and intensive. It feels as though now I start to really understand what you are saying. I start feeling Your wisdom and see the Divine Presence as the ultimate truth. But I also feel that I experience suffering stronger than before. How can I distinguish between my personal suffering and the suffering of the others around me?

Bhagavan: As transformation happens all this will become very clear.

CHAPTER 11

TEACHINGS

“To be aware is all there is.”

~ Sri Amma Bhagavan

Basically, we could put the entire Oneness teaching into one word, That is Awareness.

So, very often we are getting questions like saying, “Look I know I have ugliness, I have jealousy, I have no love, I have anger, I have violence and I am trying to experience suffering and now it’s not happening and when is it I’m going to change and I find that I am helpless.”

What is most important to understand in Oneness is the content of your mind is NOT AT ALL important. It could be anything. It could be violence, non-violence, anger, hatred, jealousy frustration, fear, what not. All that whole range of thoughts, feelings and emotions.

We’re just not concerned about them. Because we are not trying to change at

all. There is no effort to change because we cannot change. We cannot change because these are the properties of the human mind which is very ancient and there is only one mind.

What is it we're trying to do? What is this change we're talking about? On the one hand, we say no change and on the other hand, we still do seem to talk about some sort of change. All that we are talking about is please become in, tensely aware of what is going on. That's all. There is nothing else you could do. There is nothing else you should do. That is why we're talking about it as effort, less effort.

The only effort is slightly becoming aware of what is going on and then saying. "Okay. Let me become aware." That's all.

Then, as you try to become aware, you will realize it's next to impossible. It's that difficult to start with. That's when you throw in the towel and say "Oh my God it is not possible." That is the time, we say, you better surrender. This surrender is not some kind of slavish surrender.

It's just the realization that you cannot do anything and nothing is happening. It's then that you invoke the divine through a blessing. Then the blessing will take you where you should go. And where do you go? You go nowhere because there is nowhere to go in the first place. You only become more and more aware of what is going on.

And the teaching says that first step, the last step. This does not mean that after you have taken the first step, you are going to go somewhere. You are not going to go anywhere at all for the simple reason there is nowhere to go. So what's the first step? The first step is awareness.

What's the last step? Awareness. So what is there? There is only awareness. Awareness is the be all and end all of all things. Please understand that awareness is not going to take you anywhere. It is not going to free you of

jealousy. Understand that awareness is not going to free you from anger. It's not going to make you into a saint. No, not at all Awareness will only be giving you freedom WITH jealousy, freedom with anger, freedom with hatred. You will stop tampering with them and you will stop trying to change them.

What is in the beginning is awareness. What is in the middle is awareness. What is in the end is awareness. When you are aware, you are fully awake, When you are awake, you are living and no more existing.

Right now you are in the state of day dreaming. All the while, you are caught up in this conflict the thought is producing. You are somewhere and you're trying to get somewhere. That is the movement of thought. You are engaged in this and you are caught up in that. That is why you do not live, but you are merely existing. This is the situation which is going to change in the year 2012. Even before that it is going to happen to lots of people if you correctly understand the teachings.

So I'll repeat, you are not going anywhere. You are not going to change anything. There is nothing you can change. All that we're expecting from you is please become intensely aware of what is going on. It's a beautiful movie that you could enjoy. There is no better movie than that. And no better book you can read than that. You cannot read it as long as there is no awareness.

TO BE AWARE IS ALL THERE IS. To be aware is to have the presence in you. As your awareness deepens, the presence deepens. And there comes a point when you are so intensely aware that the presence is almost completely there. The presence is what you call God. At that point you become God. You and the presence are totally one. You, the awareness and the presence will all completely become one. That's when you see for yourself that you are God. We are trying to get there.

So, I hope that from this moment onwards, you will just see what is going on. Don't try to do anything to it. There is nothing you can do to it. It's just there.

That is the truth. That is INNER INTEGRITY. That is being authentic. Don't be in, different to It, please, but be intensely aware of it.

That's all you have to do. That is the Oneness teaching. That's the most fundamental teaching. Other teachings are mainly supportive of it. Like saying the first step is like the last step.

Experience it. When you try to experience it, there is no experiencing at all. When you're aware, experience is automatically taking place. You are experiencing reality as it is.

What we are merely trying to describe, but then you try to put an effort, "Okay, I must now experience suffering. All right, I must experience reality as it is. All right I'll be a better human being." There is no such thing as a better human being or a lower human being.

Out of this awareness action arises spontaneously. That is what we call action. Everything else you may call action, but it is merely activity. This action -- some may call it good action and some may call it bad action, right action or wrong action. For someone who is awakened, it is just action. For him, it is perfect action.

This arises from complete awareness.

9 TEACHINGS

Thoughts are not mine

Mind is not mine

This body is not my body

All things are happening automatically

There is thinking but no thinker

There is seeing but no seer

There is listening but no listener

There is doing but no doer

I as a person do not exist

~Sri Bhagavan

LEARNING IS UNLEARNING

A scholar came to meet a wise master in quest for knowledge. "Master I have traveled a great distance to meet you with the desire to drink from your ocean of knowledge. Please enlighten me."

A scholar came to meet a wise master in quest for knowledge. "Master I have traveled a great distance to meet you with the desire to drink from your ocean of knowledge. Please enlighten me."

The master bade him to sit. He took a kettle from the table and poured the tea into an already full cup. Startled at the master's behavior, the seeker hurriedly reminded, "but the cup is already full..."

"So are you", said the master unruffled.

Most often we listen to others full of our own ideas and concepts. We listen to ourselves. This inhibits our learning. To learn one must first empty oneself of old concepts and ideas.

Sri Bhagavan says, "All learning is unlearning." When we are stuck to our views what happens is mere `hearing'. Once you have labeled your colleague as injudicious, any suggestions coming from him thereafter will sound irrational. You see his idea through the spectacle of your assumption about him. So is it with all relationships. A husband turns a deaf ear to the agony of the wife, as she is labeled `silly'. The suggestion of a child is most often ignored as being immature.

Lack of listening stems from ones ego which incessantly plays the game "I know better..." Taking security on your knowledge or view, you refuse to accept anything that lies outside your domain of knowledge, lest your ego might

break. Not wanting to lose the battle you prolong the argument even if the truth were to stare at your face.

Without an open mind, progress in the material and spiritual planes is but a fantasy. A quick glance at the lives of great men would reveal their tremendous humility. With humility comes listening and learning.

Sri Bhagavan says, "The first step towards listening is to become conscious that one is not listening." To be enlightened is to be liberated from the ego. Listening is natural for an enlightened man as all struggle to prove himself ceases. He does not pollute facts with his assumptions.

INTERDEPENDENCE

The Universe runs on the principle of interdependence. Inbuilt into its existence is the system and the subsystem. The system affects the subsystem and the subsystem in turn affects the system.

You find this principle running through civilizations, nations, communities, organizations and families.

In the context of education society symbolizes the system and the school the subsystem. The kind of society you are going to have depends on the form and structure of education that is imparted in schools.

One hundred bad schools can influence and create chaos in society. The system being very vast, any attempt to bring about a change, might prove to be a colossal task. But, we can always work on the subsystem called schools to make this transfiguration happen in the world.

As educators, every one of you carry the sacred responsibility of fabricating an effective educational system that not only equips students to meet societal challenges, but that which molds them into human beings with a greater sense of value and inner freedom.

Nurture the child with utmost care and concern so that it becomes natural for the child to reciprocate love.

Help the child to accept its failures that it naturally gains strength to face life's challenges.

Trust the child so that it also learns to trust.

Embrace the child when it wrongs, so that it learns the beautiful art of forgiveness.

Above all teach the child the need to be integral to itself, that the child learn to confront its emotions, thoughts, inadequacies and inabilities.

Truth will empower the child with enormous power, courage and intelligence to handle life.

Naturally, through the course of life you would find the child flowering into a successful being. Remember, it is not for you just to advise, but to live what you advise for the child to learn from you.

As teachers, who you are would model their future for they become what they see. An appropriate role model would help in generating the right kind of thoughts in the child and thoughts shape one's action.

- Repetitive actions give rise to habits.
- Habits shape one's values.
- Values shape one's character.
- And character molds destiny.
- Such being the cause of a great destiny, be what you preach.

Time for reflection: Are you wishing to be a right model for the students? What values are you inculcating in the children?

KARMA

Bhagavan talks on Karma: You can not become free of Karma totally because it is not your Karma and moreover there is no YOU at all in the first place. I told you the “Self” is only an illusion, it can just disappear. So how could there be your karma?

Now, often, you find that you are being distracted by various thoughts. Just like we breathe in oxygen and breathe out carbon dioxide; we breathe in thoughts and we breathe out thoughts. There is the thought sphere which contains all the thoughts of people who have lived from last 11 thousand years. All their experiences, ideas, views etc. are stored here. This is called Human karma. This human karma is flowing through you. Like, for example, you are living in the city of Chennai that is polluted; you have to breathe in that polluted air. You can not escape it or be free of it. So, it is this Man's karma that is influencing you all the time. But then can man be free of all the present karma accumulated in all these thousands of years? Yes, it is possible!

Now, where do you think the thought sphere is stored? These thoughts are stored in the earth's magnetic field. Whatever has happened in the last 11 thousand years is stored here. I told you about Schumann's resonance (earth's heart beat) which used to be 7.8 cycles per second and has now become 11 cycles per second and if you work mathematically, in the year 2012 it is going to be 13 cycles per sec. and, when this happens the earth's magnetic field would vanish or would become very, very weak for about 3 days.

Now, we have the earth's core which is rotating and that is responsible for the magnetic field. The earth itself is passing through what is called the photon belt, which is what is slowing it down. So, it will slow down and probably come to zero when the earth's resonance is 13 cycles/sec. and then it would start rotating again, but in the opposite direction.

Has this happened before? Yes, we have plenty of fossil evidence to show that this has happened almost every 11 thousand years. And more so, almost all the ancient scriptures of the world from India to Tibet, China to South America to Central America...All speak of this phenomenon.

Now suppose, you are programming the computer and there is a power failure, the entire program is deleted. That is why you have the uninterrupted power supply, the U.P.S. Just the same way, when the earth's resonance reaches 13 cycles per second; there is some kind of power failure and the magnetic field vanishes and when the magnetic field vanishes the thoughts stored there also would vanish. With that, all the records of 11 thousand years go away. When this happens, man would become free of karma.

This has happened many times and there are scriptures that speak about this. But now even if you are enlightened, you are not going to be free of karma. Both Ramana and you must breathe in the same air. The only difference is Ramana doesn't suffer psychologically as his "self" has dissolved.

But for karma to dissolve completely and not come back, a minimum of 60,000 people must have become enlightened by 2012.

How? You have to do sadhana until a point. This Sadhana we call "No Sadhana". The Technical word in the Dharma is No Sadhana - Sadhana.

Why do we call it that way? As far as we are concerned, there are two beings inside you - one is the authentic being and the other is inauthentic being. These two are always having a dialogue. Now you have the option of being authentic or being inauthentic. Let us say a visitor comes to your house, whom you don't like. Now, the authentic being can very well say - "Sir, I don't like you, please don't enter my house." That is one stand that you can take i.e. being authentic. The other stand is "Sir, Please welcome, welcome, how nice of you to come." That is the inauthentic stand. Now there is a third thing that is possible. Whether you are authentic or inauthentic, that is your business, what we are

saying is there is a third being who is a witness to the whole thing, who makes no comments, who does not say you must be authentic or inauthentic, he is just witnessing the whole thing like witnessing a movie. Now this witness can be created in a matter of 21 days through a little effort. So all that we want is, we want you to create this witness and to witness the dramas that is going on all the time, 24 hours of the day. This dialogue is going on in some form or the other. Now witnessing this drama is what we call as Sadhana. This is the one and only Sadhana, which we have in the Dharma. But the Sadhana is so enjoyable, it gives you so much Ananda and joy that we don't want to call it Sadhana, therefore we say NO SADHANA. It becomes "No Sadhana Sadhana". Sadhana means where you put in some effort and struggle. But, Ashrama means no shrama at all. Similarly here, this as a strange kind of Sadhana where there is no strain and effort. Once you get a hang of it, thereafter you keep on doing it very naturally all time and whatever is happening irrespective of the dialogue and the content you will enjoy. Now the dialogue can be of jealousy and anger, the inauthentic side might be trying to be jealous, the authentic side might be telling 'look you are trying to be jealous', the inauthentic side might be giving excuses "No No No it's proper and it's fine". Whatever is happening we are not bothered. The contents of your mind are not important to us. How you perceive it is our question. Do you perceive it in a neutral way, not taking sides, just watching what's going on? If you do that to us it is Sadhana, it gives you tremendous joy. Once you have learnt to just watch all the thoughts, comments, anger, selfishness, ego, fear, etc. in your mind without distorting it, then you will be called to go through a special process, which is the transfer of grace. We would actually work on your physical brain, but which the dialogue is stopped. "The cessation of the dialogue is what is called Enlightenment." If just witnessing the dialogue is Ananda then the complete cessation of the dialogue is Paramananda. It would become a permanent state. You will be fully functional, you will be in the world, and you will not give up whatever you are doing. Yet you will experience Paramananda.

When you drink a glass of water you can not describe what is the joy involved in it!!! Talking to your wife would be the greatest experience. All that is will be

the same. There is no change in it, only the way you experience it becomes to, tally different, even the dialogue stops. But for the process to be done you have start witnessing the dialogue. You have to get there. For that my teachings would help you. If you get there, then you are ready for our process, they will invite you here, you will have to come here for 15 to 20 days. And then we will stop the dialogue and the results are very physical. When you are looking at the tree for example, it would be looking very different to you, when you breathe it would be different, everything would be different, and that is how you are designed to be. That is the job if the DNA to have done that kind of thing, but the DNA has failed. I am a kind of 'of a mechanic', who is an engineer who is doing some kind of a repair, getting the DNA to do its job.

If you were to speak in very technical terms the brain is rearranged. If you want to be like a Ramana Maharshi, you can never be, because Ramana's brain was different, you can not be Einstein, as Einstein's brain is different, Buddha is different, Ramakrishna, Buddha, JD Krishnamurthy or Christ, you are not going to be a Buddha; you are not going to be a Christ. Try as you might, you can never get it. All that you can get is you can get more clarify into your life and possibly you might want to get that state. Even if you stand on your head for million years, you are not going to get it, because it is not a psychological process it is purely a biological process. You can do nothing. That's why I keep telling people not to waste time by reading books, you will be reading and reading you will get no where, it will build more conflict in you, you want to get there but you cannot, what is the point? You can read Sri Aurobindo for years but you are not going to become Sri Aurobindo. He is different. So you have to be made different like him. What I am saying. "Look, come I'll make you different." I will do it. That is where I differ from other teachers is, they depend on a teaching. Well I too give a teaching but the teaching is directed and helping you to watch this dialogue that's all and then no teaching can help you. It has to be given to you because you put it on yourself and going to somebody who can do it. Then you realize your full potential as a human being. What is there in your life you tell me? It's a mediocre life. Even if you occupy very high positions, like itself is me, mediocre isn't it?

There is fear, anger, anxiety and violence all like anybody else. There is much more to life. Otherwise what is there? Everyday you will be planning, are you living in the present? Certainly not. Everyday is planning, planning, planning. There is nothing wrong in planning but you are not experiencing life. You are not experiencing your breathing, your walk, drinking a glass of water etc. It's the most wonderful experiences. So the human being really does not live a true life. He does sorrow management, he escapes his problems, he never confronts himself, and this is how people live. All this, you would call enjoyment, I wouldn't call enjoyment, it is very different. What you have succeeded in managing is basic suffering. The core of your being is nothing but fear, loneliness, and emptiness. You are trying to fill this up by attaining name, fame, money etc. I am not criticizing that. I myself help people do that. That's why I operate on 2 fronts. I help people in their business, getting their children married. On the other side after fulfilling those things, now I say, have a look at this now. After all in Hinduism we have Artha, Karma, Dharma, Moksha. It is Artha for Moksha, Dharma for Moksha and Karma for Moksha. But today Artha - money is only for money's sake or for fulfillment of the desire or just being Dharmic and being righteous for the sake of being righteous, there is no use. You all have to get connected there. That is what we are trying to do.

Why future is influenced by past? We are basically creating our future. Mind is creating the future. Now, what is mind? It is thought. What is thought? Thought is Memory and memory is nothing but past experiences. So, past is flowing through the present and the future. If there is no memory, there is no thought, no mind and if there is no mind then there is no future also. There is no other way to think except thought and thought is memory that is nothing but the PAST.

If you understand this process you can prevent the mistakes of the past creating themselves. That's why it is very important to know, to be aware of what is going on in your mind. Whatever is happening in the outside world, sickness, diseases, failures etc. are all the manifestations of the past. If we want to create

a positive future then the past patterns and conditioning have to be broken and a new set of patterns must emerge within us. This is what is done in a Samskara Shuddhi. Amma and I help (mystically) in relieving the past traumas and in healing them and ultimately putting in a new script that is auspicious.

Bhagavan says: Yes, when one can help and when one feels he must help, then, he must help. If he does not help, he acquires negative karma. At least first of all you must be in position to help, you must feel in your heart that you must help. When these two conditions are fulfilled, you have got to help. If you do not help, you acquire the negative karma.

Then suppose you are in need of help and you know somebody could help, then you must ask that person for help. If you do not ask that person for help, then also you acquire negative karma. I once again repeat, if you need help, and if you know that somebody could help, and if you do not ask for help, you acquire negative karma.

Then when you've taken help from somebody, you must complete that karmic cycle. You must help that person or give similar help to some other person if you can. If you cannot, that is all right. Please help either the same way you have received help, or in any other material form or at least as gratitude. That is how the cycle is completed. If you do not complete the cycle, then you acquire negative karma. If you've taken help from somebody, and if you are not returning that help in some form or the other, the least be gratitude, then also you acquire negative karma.

Question: Bhagavan, is there a way to live life without accumulating negative karma and to earn satkarma?

Bhagavan: You see, if you watch this inner dialogue, then karma cannot effect you at all. Karma is nothing but this dialogue only. The karma is nothing but your mind. Your mind is the accumulation of all the thoughts you have experienced in the past and that is right now controlling you. It controls you to form

this dialogue. So, the more you become aware of this dialogue. Karma cannot really touch you at all. The whole problem is, you are not actually witnessing this dialogue. That is the inauthentic self in you, is frightened of the authentic self. That is the real problem, you know, this is the battle which is going on in every human being all the time.

I will give you a real life example that will help you understand this. Some 25 years ago, it so happened. I was working in this place and one of the staff he resigned and went away. So, one of the Mixie, it was big large western mixie was missing in the campus. So, there was little doubt that this person has stolen it, but there was no evidence. So, it so happened after a few months i have to visit his home and then i found a moxie but it was very different from the moxie that was stolen. And so, i was just looking at it, with no special interest, but just looking at it. The husband and wife were having a dialogue, i could hear the dialogue that. "What a lovely moxie we got, that man was so kind to help us getting this mixie" and all those things. In the meanwhile, a small boy of theirs, probably 6 or 7 years old. He was playing outside, he came into the house and he heard this dialogue going on. And in tamil he said. I will just translate it for you. He said "What horrible people, why do you lie, you stole the moxie there and you had it repainted and all those things and now you are claiming that you purchased it here".

Now i am just listening to this. So, immediately, the parents they just caught him by the ear gave him one blow and told to go to the other room and play, you know. And i had to turn my face to the other side. Not to give him the feeling that i'm listening to the whole thing. Now this boy is like the authentic self. So he was speaking out the truth you know. This is that thing which is nagging them all the time. And they were having this dialogue which is the inauthentic self, you know. Trying to cover up the whole thing. This is what we are doing with the life all the time. We do this with one's wife, one's husband, one's children, with the people whom we work with, everywhere it is going on.

In all our relationships we are not fully authentic. Now I am not asking you to be authentic. Nor I am saying be inauthentic. All that I am saying is just see what's going on.

Question: Bhagavan, is there any difference between giving help to relatives or to some other people, because we were told that there are some special karmic relationship between relatives, about gratitude, asking for help, etc. Can you give us some more information about it?

Bhagavan: Yes, with regard to relatives you have a karmic obligation that you've got to help. If you do not help relatives whom you could possibly help, then the negative karma is much more than with strangers. So the negative karma is more if you do not help. If you can help and you do not help the negative karma is more.

Question: Bhagavan, what if they don't ask for help? What to do?

Bhagavan: If they don't ask for help, they do acquire negative karma, but you should go out and help, because if you do not help, you acquire negative karma. And all these karmic laws are verifiable. Each and every one of these laws has actually been tested and verified.

Question: Beloved Bhagavan, sincerely and humbly thank you for all irreversible shifts in my progress and for all favors and blessings which you pour out between us. Bhagavan, my question is at which step or steps of awakening lifts an awakened one's freedom from individual karma?

Bhagavan: This can happen at every level of awakening but it varies from person to person.

Question: Dear Beloved Bhagavan, after awakening we can get rid of karma. That means our point of view about karma will change. Slovak nation has low self-esteem and self-confidence. Could it be changed after awakening of majority of our nation? Is it possible to experience our real identity which we are lacking,

ing as a nation or these qualities will not be important after awakening of majority of our nation because there will be no one for whom it will be important. From which step of awakening, it happens, Bhagavan? Thank you Bhagavan.

Bhagavan. When the vast majority of Slovaks get awakened, these things would not matter anymore. The effect will be felt from level 30.

Question: Bhagavan, Every time, some difficulty happened to us, does this always mean there is something we must learn from? Or should we not analyze the meaning of it, and just feel our emotion which is triggered by this incident?

Bhagavan: Basically, if something happens to you, it means your Karma is being worked out and you have got to learn from that. When that happened, you would spiritually start growing.

TIME AND SPACE

Question: I am still not able to let go of my past, even though after trying to be with the suffering or pain. What other approach can I use to handle this?

Bhagavan. It is not a question of your giving up the past or letting go. It must drop of its own accord, like a dry leaf falling of its own accord it has to fall of its own accord. You should not try to give it up. The very trying to give up the past will make you hold on to the past. So become aware of the fact that you are trying to give up the past. Once you take Deeksha, they will do the job. You cannot do anything about it except becoming helpless. Your job, your effort is to see that you are helpless. That's all. All effort ends there. The only effort is to see that you are helpless. Then the process begins, the deeksha takes over and it naturally happens.

Question: Bhagavan, if time and space is an illusion, how does this relate to “past life experiences”? Did past lives really happen in the past?

Bhagavan: In higher mystical states we can clearly see how time and space are mere illusion. Past lives do not mean they happened in the past. Past lives can be happening right now concurrently. But you have to be a great mystic to see that. It's really amazing. We could be leading several lives at the same time. Not only in different realms but also on the same planet. It is not that you are only a single body. You could be in many bodies at the same time. One body of yours would be in Germany, another could be in the US, another could be in Africa, another could be in India. At the same time.

It's very difficult to understand this intellectually. But mystically one can see it clearly. Not only that, it could exist in several realms at the same time. We have about 21 realms.

If one is awakened in all the realms, then in India one is called a Paramahansa. Paramahansa means awakened in all realms. The actual reality is very different from what we think it is. We are great and vast beings. Not the small being you think you are. But as you go on the path of all these things, it will become very clear to you. With that would come late transformation.

Question: In one of the Darshans you mentioned that we all exist in several bodies at the same time on this planet. My question is, what happens if we meet one of those other bodies that are "us"?

Bhagavan: When you meet one of the other bodies, you feel completely one with it. You see no difference at all. It is a very, very strange experience.

Question: Bhagavan, please explain one of your teachings "Past is flowing into the present and manifests itself as the future".

Bhagavan: The mind is something that is always with us. What is the mind? The mind is the flow of thought, from the past, through the present, into the future. So, the flow is only about the past. To think about the past is being in the past. Even to think about the future, is being in the past. The past projects even the future. So we are always caught up in the past. Hence there is no freedom for us at all. The past is cut only when we are Awakened. Only then we can say we have real freedom. Otherwise, there is only the past.

Question: Dear Sri Bhagavan, thank you so much for always giving us a lot of grace and blissful days. Could you please comment on the difference between the ways how awakened ones and how unawakened ones live their lives? As for myself, I have always regretted the past and feared the future regardless of my spiritual efforts. But now I am just experiencing what is in front of myself. In the past, I classified my memory in two categories, namely good and bad. But now I feel everything that has happened is joyful. What will happen to me next? Will I stop recollecting the past? Please support me so that I can live in the present moment more. Beloved Sri Bhagavan, I look forward to our collective God

Realization under your guidance. I express my deepest gratitude for your guidance with love and patience.

Bhagavan: You are almost awakened. You could be fully awakened any time now.

Question: Namaste Bhagavan, I am asking for your help. I am looking at my past and present, and I am blaming myself. When something good is happening in my life, I call it grace. Then the conflict arises or something is getting destroyed, I blame myself. Certain model of destructive behavior was formed. The way I treat myself and other people. Whatever I do, this pain is with me. I'm making the same mistakes over and over. The question is, to what extent am I responsible for what is happening with me? Was it me myself who attracted all of that or it's a part of collective human process which I have to go through? Please help me to clear the relationship with parents, my elder brother and with myself. Please help me now in my path. It is so great to have a connection with you.

Bhagavan: You are not responsible for what is happening. Your brain is responsible. When awakening happens, your brain gets transformed. The physical brain gets transformed. Thereafter, it does not move into the past or the future. Because it does not move into the past or the future, there is no more any conflict. There is only complete peace. You will soon be awakened, therefore do not worry about it.

Question: Dear Bhagavan, I want to thank you that you gave me divine light. Thank you for awakening me. I have a question about the four yugas. We are now in satya yuga, golden age, and over a long period of time, we will move again to treta yuga. Will there ever be an ending to these cycles of the yugas and that we stay in satya yuga, golden age? And how is this in other dimensions? Are there yugas in other dimensions? I love you and thank you, Sri Bhagavan.

Bhagavan: In the physical universe, the yugas move in cycles but they are not the same. In other dimensions, there are no such cycles.

PRESENCE

Question: Dear Beloved Bhagavan! Since I came to know You and the Oneness University my life has become a sheer miracle, and there are no words, dear Father, to express my gratitude for all You've been doing! During the OMs it happens so as if I am becoming a different being, whose ability to feel and perceive this world is completely different. It is hard to find words which can depict these experiences. They are like very subtle tinges of love, tenderness, compassion, awe and wonder. Dear Bhagavan, could You please tell us what is it that is happening to us? How can we hold onto these states and reproduce them any moment we want to? Thank You so much!

Bhagavan: What is happening to you in the Oneness Meditation is you actually receive the Presence. Acceptance, the absence of conflict, love, joy, compassion - all these are qualities of the Presence. When you get the Presence, you also get these qualities. They are not your qualities. They are qualities of the Presence. But what you must do is you must anchor the Presence. You could use sight, sound, smell or touch to anchor the Presence. By frequently using the anchor, you could frequently move into the Presence.

Once the Presence has become quite strong then you must ask the Presence "please stop my mind." As you keep doing it your mind will stop. The mind will stop very frequently thereafter. And finally it will stop for long durations of time. After that it's all over. You become awakened. Thereafter you become one with the Presence. That is God Realization. But all that happens automatically. All that you must get is the Presence. Once you get it, you will know how to get it more frequently. You've done all that you could possibly do.

The teachings we've already given you. These teachings will be made a reality by the Presence. These teachings are not to be practiced. They cannot be practiced. When we say "accept your Father," it does mean you pray and accept your

father. All that it means is acceptance of your father must happen. And only the Presence could make it happen. Your accepting your father is quite artificial . That won't carry you far. The maximum you could do is you could stay with the "what is." That is the process. The Presence has to come in. When the Presence comes in the teaching becomes reality. That is why it is important you either go to a Oneness Awakening course before you go to a Oneness Meditation, or you go to a Oneness Awakening Course after you've gone to a Oneness Meditation.

The Presence will bring a teaching to a reality. For example, the teaching is: your thoughts are not your thoughts, your body is not your body, your mind is not your mind. Are these a reality to you? Can you make it happen? No, not at all. Once the Presence comes in strongly, it happens. The key is getting the Presence, and Oneness Meditation is very powerful in giving you the Presence. Soon our Oneness Meditators could start giving lectures. That will make things very, very clear. Things are going to move very, very fast, very, very soon [Jun, 2012]

Question: Dear Bhagavan, would you please explain what it means to go into the Presence? When I came back from a four week Deepening course in India my relationship with my Divine was very intense and strong. I lived in the state of Grace for a long period. After about a year this relationship ended and I miss it. What can I do to get it back?

Bhagavan: You have to learn the art of inviting the Divine Presence into you. However, once you become awakened it becomes very, very easy.

Question: What is the difference between awakening and being in the presence?

Bhagavan: When you get awakened, you are not there. It's all empty. Then a higher consciousness descends on you. This we call the presence. In Christian terms we also call it the Holy Spirit.

CONSCIOUSNESS

Question: Dear Bhagavan, what is consciousness?

Bhagavan. What is there is only consciousness but consciousness has seven levels to it. When I say that all that is there is only consciousness, it does not refer to "your" consciousness. There is a basic form of consciousness which is nothing but intelligence.

In India we call this 'mahat'. This 'mahat' or basic consciousness becomes all that is. That is, the universe, the galaxies, the stars, the plants, the trees, animals, and you and me. This consciousness is the seer, is the seeing, is the seen. You could also say it is the observer. It is the act of observing. It is the observed, and in fact, the observer and the observed are one and the same.

Question: What is "Oneness"?

Bhagavan: Oneness is a state of consciousness, where the seer, the seeing, and the seen are one and the same.

AWARENESS

Question: Bhagavan can you go more deeply into what you mean when you say we need to be in awareness?

Bhagavan: First we must become aware of physical activity simple things like walking - we very often walk mechanically, we are not aware of the actual motions of the body. When we breathe, we are not aware of how the body is breathing. The example which is often given is washing your feet - you do it very mechanically without experiencing all the sensations. You must start there. Or when you are having a bath. With all physical activity, you must increase your awareness.

Now, if awareness increases with physical activity and it continues for a period of 21 days it causes a break. The awareness must be for a total of 49 minutes a day in multiples of 7 - 7 minutes, 14, 21, 28, like that, which would mean multiples of 7 up to 49 minutes per day and if it is done without a break for 21 days we become intensely aware about physical things.

Then you must apply the same thing to becoming aware of what is going on inside. Inside there are things going on of which you are not aware. Actually, what you call the problem is not really the problem. The real problem is inside. Actually, if you begin to become aware of the mental processes, you will soon discover there is a lot more to what you call a problem that exists. If you stay with inner awareness and as the journey continues, you will discover many, many things and at the end of it what there is the absence of conflict.

So, to practice this awareness you must start with physical awareness and then inner awareness. Thereafter, whenever you want, you can go into this awareness. It will be like a torchlight which will show you what is going on inside. When you see something, you will become free. Like for example you might as,

sume that there is a snake in your room. You will be all worried and jumping up and down and then, if you have a torch and you would apply it, you would see that it is not a snake but a rope. So instantly fear is gone. It does not take time, energy or effort. Similarly, if you go on watching inside what is going on, what you will find is, without consuming any time, energy or effort, the fear is gone, the anxiety is gone, the suffering is gone. To see is to be free. That is all you need to move on the path of awareness.

Question: Bhagavan, in this on going rat race, what should I do to keep me in touch with my heart's feelings? I feel very dry within.

Bhagavan: So fact is, you have to realize, that your heart is not awakened. That you do not have the right feelings; that you have lost touch with feelings and the heart is closed. Because that is the truth. Now, you should not say I want my heart to awaken or what should I do to make my heart awaken. I must get there I must get here. No effort should be done to change that situation. If you try to change it you will get no where. Stay with the fact. Accept the fact that the heart is dead. The heart is closed. There are no feelings. That is the truth. Do not move from that truth. See it. Accept it. And stay with it. That's all. Very naturally very automatically your heart will flower. But if you try to do something to make it flower, nothing will happen. You can do it for years, nothing will happen.

The shortest and the easiest way is, stay in that truth. Don't move from that truth. All the time only that truth. Tell yourself -yes I can see no heart, no feelings, no proper emotions. Nothing! It is dry. That's all. That is meditation. To stay where you are. To move out of your condition is not meditation. To stay where you really are, is meditation. The rest is all automatic. You do not have to do anything. You cannot do anything. It automatically happens.

WITNESSING

Question: Sri Bhagavan, you say we'll be watching the mind. Who is it that is watching the mind if there is no 'self'?

Bhagavan: It is consciousness which is witnessing, what we call Chit, and then it has also great joy which is called Ananda. That is why we chant Sat Chit An, anda. We chant. These are the properties of consciousness and it's also the ability to witness.

It cannot participate but it can witness. So it is consciousness which is witnessing the mind which is witnessing the thoughts, and when consciousness witnesses, it does not identify. It just sees thoughts, it just sees the mind, it just sees all actions. So you are that pure consciousness. So right now you are identifying yourself with the mind. That's why you are imprisoned within the mind. But once you jump out you're free of the clutches of the mind and all that you are doing is witnessing.

To witness, you have got to witness and see what it is like. I don't have to describe that, then you form concepts. But once you get there, it's already clear. Nobody need teach you anything, you know for yourself. You'll get there. Don't worry. Everyday people are getting there now. The process is speeding up now. More and more people are making the cross to there, so effortlessly. Then you'll start laughing because you'll wonder, "How did I miss this all these years?" Such a simple thing it is, as simple as breathing.

You'll really be laughing at yourself. All things are witnessed. That's all. So it is consciousness which is witnessing, which is nowhere but everywhere. You can't say it is here, you can't say it is there. It is everywhere. Everything is being witnessed. More if I would talk, you would make concepts out of it. I will leave it at that waiting for you to get there.

Question: Bhagavan, can we do something to break free from this 'rat race' of survival?

Bhagavan: Right now you are caught up in the mind. You keep doing these things for the sake of escaping your own suffering. Now when you get awakened, the same things you would do, the same job, the same profession, the same business. But, the experience is totally different. Now you are doing what you are doing. Once you become awakened, let's say you are a carpenter, it's no more work. As you do carpentry you'd love it, you'd experience every moment of it.

Let's say you are a clerk in an office, as you put ink to paper and you keep scribbling some figures or something, that is enjoyable. It's no more work. Suppose you are a hotelier, it's again enjoyable. All work becomes thoroughly enjoyable. Right now it's drudgery. You've got to do it for survival or as a means to escape your own suffering. But it's no more required. The same work goes on, nothing would change.

If you happen to be a tailor you continue to be a tailor on awakening. A barber, yes you continue to be a barber. Or, you are a scientist you continue to be a scientist. Nothing changes. The same wife, the same children, the same home, but it all looks very, very different. The experience is totally different. That's all there is to it. So it would not disturb your normal life. In fact, you become very efficient. You become very capable because no stress, no strain, no conflict.

So supreme efficiency comes out of it. So you don't have to worry about it.

SPIRITUALITY IS BASED ON KUNDALINI

Question: Bhagavan could you please clarify the teaching, "Spirituality is based on kundalini."

Bhagavan: Your spiritual conditioning or condition depends on your brain and your heart. The brain is neuroplastic in nature. If the brain changes, your perceptions change. If your perceptions change, your brain changes. If we must make you grow spiritually, we must change your brain. The chakras are like switches for the brain.

When the kundalini is awakened and brought into a chakra, a particular part of the brain changes. Based on that, your experiences change. For example, if your Anahata (heart) chakra is activated, then your experiences will be completely Christian in nature. If your Vishuddhi (throat) chakra is activated, then that part of the brain is activated whereby your experiences are Islamic in nature. If your Ajna (third eye) chakra is activated, that part of the brain is activated whereby your experiences are Buddhist in nature. Similarly if your crown chakra is activated, your experiences are Hindu in nature.

All these correspondingly change the heart also. The physical heart changes. All this is done by kundalini. That is why we cannot separate kundalini from spiritual growth.

Question: Bhagavan, can you explain what the kundalini is and how it works in the awakening - transformation - God realization process?

Bhagavan: Kundalini is an energy which works on the chakras. The chakras are gateways to the brain.

By acting on the chakras the kundalini works on the brain. It activates certain areas of the brain and de-activates certain areas of the brain. Through activation and de-activation, it brings about transformation in you.

Question: Beloved Bhagavan. Could you give some explanation on the kundalini. What happens with our kundalini before we are awakened? And what happens with our kundalini at the moment of declutching of the mind, and what happens to the kundalini once we are awakened? And what happens during awakened states?

Bhagavan: The kundalini is initially dormant in you, inactive in you. As the kundalini is awakened, then it starts moving. You move into higher states of consciousness, you get declutched from the mind. You are filled with the holy presence. And finally you become one with God. The moving of the kundalini is your spiritual journey. After your awakening it keeps happening automatically. There is nothing for you to do. It is all divine grace.

SOLUTION AND DISSOLUTION

Enlightenment or Mukthi is a Complete state of

Dissolution in all matters of life.

~Sri Amma bhagavan

Question: What is dissolution?

Bhagavan: that Grace comes in two ways: either in the form of Solution or in the form of Dissolution. Some of you have heard it many number of times. Anyway, I repeat it once more for the new comers.

Solution solves one's problems completely. Suppose a lady has been without a child for many years and prays to Bhagavan for a child. In case the Lord chooses to give Solution, He would simply bless her so. Soon she would conceive and deliver a beautiful baby as asked by her. Suppose Bhagavan decides, for many reasons, that He would give her Dissolution, the lady will not have a child. But the Lord would completely remove her pain caused by being childless and put her into complete happiness even without a child.

In dissolution, the lady will no more have pain that she is motherless and would go into complete bliss even without a child. Her desire for a child may or may not cease but the pain caused due to craving for a child will definitely cease. There will be no more craving. You should know that Craving always causes pain.

What is Craving?

Here it is necessary for us to know what is craving. When we 'crave' for something, we cannot let it go. It is like being possessive. Here you are not posses,

sive of a thing or a relation, or a relationship, but you are so possessive of a desire that you do not want to let it go at any cost. So much you are attached to that desire. You should understand here that while desires can and should be there, there is no need of craving. Desires are not harmful, but craving is very harmful. In fact, desires do not cause pain; it is the desire with a craving that causes pain. When Buddha talked about suffering caused by desires, he meant only those desires that became craving. Any desire without craving is fine and will not harm you but instead help you.

While you crave, you are so rigid about that desire, that you cannot accept anything else that is given to you. You are blind to so many good things happening in your life and you see only one thing: 'my one desire has not been fulfilled'. When you hold a glass of water, you see only the empty part of it and not the water that is filled. You do not enjoy the water that is given to you and only think of what has been left out.

Illusions about Dissolution

Many of us are under an impression that Dissolution means letting go of a desire. In dissolution, we do not let go a desire, but we let go the craving that is attached to a desire. Bhagavan never says we should come out of desires. If so, why is He ready to fulfill them? He does not mind the desires; He can always fulfill them. We can keep as many desires as we want and mind you, everything will be fulfilled by Bhagavan. He has all powers to do it.

Because of the craving attached to the desire, we think that God does not want to fulfill our wish or that He is unable to fulfill that desire. We have all kinds of doubts about ourselves as well as about God.

Why do we reject Dissolution?

Even in a state of Dissolution, you can have the desires. In a state of dissolution the craving will not be there, but the desire can be there. When the craving goes off, you will not mind a situation when the desire itself goes off. But here,

the fear of letting go of the desire begins. FEAR is the basis of everything. Because we think we have to let go our desire, we are afraid of Dissolution. We are afraid that our desire may not get fulfilled at all! Hence, we hold on to it, with a Craving. All I say is, we should be only ready to let go the desire. It does not matter if we are not able to let go. Actually, we need not be afraid of letting go of a desire because, in my experience, wherever I have been ready to let go my desires, Bhagavan has fulfilled it without my asking. So much is His Love for Us. This is another aspect of Bhagavan that brings tears to my eyes!

Unfortunately, we do not know that desires can easily get fulfilled when we no more crave for it or when we are ready to let it go. When we are not in dissolution or when we are in craving, it becomes difficult for Bhagavan/God/SupremePower/Higher Consciousness/Universe/Cosmos- or whatever we call - to give us what we want.

Dissolution is a state where the Mind is calm, receptive and flexible. The Mind no more bothers you or worries you. I would describe this state as I experience it - A STATE OF NO WORRY, WHATSOEVER. When the Mind is SILENT, you are able to absorb all positive thoughts, positive feelings, etc. You will be able to receive plenty of Grace too. That is the reason Sri Bhagavan and Amma choose to give Dissolution before any Solution. That is why they say they will answer our prayers now and here. As soon as we pray they bless us with Dissolution now and there. But since we are refusing to accept Dissolution as an answer to our prayers, we feel that our prayers have not been heard at all or that Bhagavan has not blessed us at all. In my experiences with Bhagavan and Amma, there has not been a single time when I have not been blessed in the last 15 years. The thing is, we should know to look into this Grace that comes in the form of Dissolution and also be grateful for it. We doubt this 'now and here' concept because we are unable to see the state of dissolution that is coming to us the very second we finish our prayer.

It is very easy to get dissolution as grace. You simply understand what dissolution is and ask or Pray for it. Recognise it and be grateful and thank for it. You

know the more you thank Bhagavan, the more He gives you! Soon you will be in a state of Dissolution which is nothing but a state of bliss.

I remind you once again of what Sri Bhagavan says: “I am active when you are inactive and inactive when you are active”. Here inaction means keeping quiet inwardly. This inaction does not apply to any external activity or the external world. In the external world, you should do all you need to. But internally in the mind, you should be quiet. That was what Ramana Maharishi meant when he said, “Summa Kada” (Be Quiet). But you cannot keep quiet by your efforts. You can only see that the Mind is so active in you that it never keeps quiet inside you. You can only witness that the silence is NOT there.

After realizing that you or the Mind is not quiet, pray to your God/Guru/Sri Bhagavan to give you grace and put you into Dissolution which actually makes the mind SILENT. Here, Beware of the Mind that tells you: ‘Dissolution leads to solution: so seek it and ask for it!’ Alas! This is a subtle way by which the mind still wants to hold on to the Craving and cause you pain. The Mind survives and grows in this Craving and will never allow you to let it go. Beware of it! Seek dissolution for the sake of dissolution but not with a motive to go to Solution. Silence of the Mind comes through Divine Grace only. You cannot make it or create it.

Enlightenment or Mukthi is a Complete state of Dissolution in all matters of life.

VIRTUE

The awakened one is virtuous by nature. The unawakened one practices virtue

~Sri Amma Bhagavan

Question: Dear Bhagavan, would you please explain about the weekly teaching: the awakened one is virtuous by nature. The unawakened one practices virtue. Thank you, Bhagavan.

Bhagavan: The awakened one is naturally kind, compassionate, loving, honest; all these good qualities are very natural for the awakened one. The unawakened one, on the other hand, has to cultivate these qualities because they are not there. Natural virtue and cultivated virtue are very, very different.

RIGHT ACTION

Question: Bhagavan, at times I come across situations wherein I find it difficult to decide what the possible right action should be. How can I make sure that my actions are always right and good?

Bhagavan: So, Oneness does not talk about right action or wrong action, or good action or bad action. It just talks about perfect action.

Now, if you were to go inside and see yourself from there, seeing what's happening, you would respond. Now, that response could be pure violence. You could hit a man. You may scold a man or you may just take whatever is given to you. There is no way you can predict your behavior at all. Now, predictable behavior comes from the mind and we are not talking about that. We're not here to preach nonviolence or this kind of behavior or that kind of behavior.

All we are talking is perfect behavior which thereafter does not cause you to worry about it or causes you pain, and normally such behavior does not even cause pain to the other person, but albeit secondly. What we are talking about is that you must go inside—and we don't call it reaction—the response must come from there.

How it would be is unpredictable. That's why I often give the example of you seeing a snake devouring a frog. Maybe sometimes you might save the snake allowing it to devour the frog. Maybe another day you might save the frog and snatch it away from the snake's mouth and the snake might die. Or another day you might just walk off without even thinking about it. How you would respond is unpredictable. If you are continuously in touch with yourself or if you are an awakened person your responses are unpredictable. But whatever way you respond it's perfect for you. You do not go back to the incident and keep thinking about it.

So, I have known instances of people for example Enaro and Mumen [names unclear], people who are in high states of consciousness, have called people from the public and slapped them in public. Because when some serious talk was going on some youths were found giggling. The concerned person asked them to come on the stage and before a huge crowd gave them some resounding slaps. Those two youths were transformed and they were not upset, they were not angry. The crowd also appreciated the slapping of the youth and the youths, themselves, were very, very happy that someone put them up on stage and gave them a thrashing.

Now, that was a response from the state. Nobody in their senses could have asked those youths to come up and give them a slap because that could have become a big issue. But the person was in such a state that he felt he must call them up and do that, and then the event happened and there was overall appreciation of that. So this is unpredictable behavior. Not when you contemplate and do that. So we are not telling here that you must either speak up or you must keep quiet. Nothing is normal [unclear]. So it depends. You just go inside and see what's happening and out of that comes your response. We call that action.

The kind of planned thing where you either stand up and fight or you control yourself, we call it activity—coming from the mind when the mind is planning. It's looking at the pros and cons, what's good for you or what may not be good for you, that kind of thing. We're not condemning it. We call it activity. That's all. It may create further problems for you. It may solve problems for you. We do not know. But then response may also create some problems for you. We do not know. But what happens is after it is done, you are completely at peace with yourself.

You have no more problems with yourself. You may be just sitting silent or just getting up and fighting the person. One does not know. When we talk of per,

fect action, we call it action or we call it response. The other thing we call it reaction or activity.

Question: Beloved Bhagavan, Please clarify what is the connection between morals and enlightenment. Does enlightened one automatically become moral. You say that his action is perfect. Will that action be immoral one as well? My deep gratitude to you dear Bhagavan. We love you so much.

Bhagavan: For the awakened one, all action is perfect. He cannot think of right action or wrong action. He spontaneously acts and it is perfect for him. His actions, society may call them moral or it may say it is not moral. But the awakened person will not care for it. So most often his actions may be that which society calls right action. But some times it may not fit into what society thinks also. Society may sometimes even call it immoral or not right but the awakened man cannot see it like that.

Question: Also Bhagavan, please explain Bhagavan, what is the difference between one's actions as an awakened person versus an unawakened person towards peace, how would they respond Bhagavan?

Bhagavan. An awakened person acts and contributes to peace. An unawakened person reacts and disturbs peace.

PURPOSE OF LIFE

Question: Bhagavan, what is the purpose of life and why have we come away from the light if we were once part of it?

Bhagavan: The purpose of life is to live. There cannot be any other purpose. But what it is to live, you have no idea about it. Enlightenment is to help you to live. You are not living now. You think you are alive. Actually I and the Dasas (guides of Oneness University) here, we can actually see that you are dead. We are only dealing with dead people. Only when you become enlightened you will really start living. You do not know how to live, that is the purpose of life.

Now, why do we come away from the light? Some of you who have gone through the higher processes would be knowing, there are stages when you will feel that you alone exist. You alone exist. It is not such a nice thing. So how would God or the light continue to be like that? It has to bring about this creation, so that some kind of separation then we can start playing. So, you have basically come down to play and to enjoy. But nobody seems to be playing. Every body has become serious. That is the unfortunate thing. Think of it. Billions of years of creation, complex processes, all that has happened, and what do you do with your life? You sit in the office, put ink on paper and you are doing something. What is that? You are born and very soon you land up in school, you have to climb so many things, your homework, then quickly fall in love, quickly get married and then have children and take them to school, stand in a bus stop with tiffin carriers packed with the mid day meal. You rush through that and you come back home tired and you are not even able speak to your wife. What is all this? Your life is just terrible. The marvel is you continue to live and you will say you are enjoying life. That is the big miracle. I am seeing the whole world, it is full of miracles. And this is the miracle that you are performing. You get attached to property. To me do you know it is a miracle? How can some,

body be attached to something, it is a miracle. Because that is empty, you are empty and you feel that you are so solid and you are so attached to it. It is indeed that you are performing your own miracles. So, life goes on, it is a mediocre life, and you have achieved a little bit of name and fame, and you are very satisfied with that, or you want more name and fame, but what is all this about really? It is all dead. For a dead man, all these things are dead. There is no life in them. You don't live at all. Unfortunately you do not know what it is to live. And you think this is life and it goes on. I am not saying you should not do these things. You can do these things but still you can live. You can still go to office, you can still do all those things, you can still carry your tiffin carrier, run behind buses but it is a terrible society, but still you can live. But if you cannot live what is the point? So, my pain is that you are not living. That is why this whole work is to help you to live. To help you to really know what you are here for. You are here to have a good time, to play. Life is a game. It is a beautiful game and you must learn how to play, and you must play. People enjoy playing a game. But then all of you have become dead serious, you are serious about everything. If something goes wrong, immediately you collapse. But if it were a game would you collapse? You wouldn't. So the only way to make you live is to make you enlightened. There is no other go. The form of enlightenment does not matter, but you must become enlightened. I don't want to go more into it because it gives me pain when I focus too much on that.

Question: Bhagavan, how to create vision in life?

In case you do not know what your mission in life is, then you must stay with the fact that you do not know what your mission in life is. You should not try to use your mind and discover what it is; because the mind cannot help you in this regard. So what is important is, follow inner integrity - that is keep watching your mind, see what is going on inside your mind; try to go deeper and deeper as inner integrity reveals more and more of yourself to you and all the while staying with the fact that you do not know what your mission in life is. Just keep expecting an answer do not try to create an answer but keep expecting an answer and stay with the fact that you do not know. As you keep on prac,

ting inner integrity maybe in 2 days, 3 days, 5 days or generally we find within 6 months very clearly your mission in life gets revealed to you. And once it gets revealed to you then automatically it also starts fulfilling itself.

Question: Sometimes my inner state is: "Your will may be done." But some, times I remember your words that it is important to have a strong vision in life. What is the best inner attitude? Having a strong vision and work for that - or trust that everything is happening the right way?

Bhagavan: When you are not awakened you must have a vision. When you are awakened you will naturally flow with the current.

DESTINY AND FATE

Question: Dear Bhagavan, I would like to quote two teachings: "Nobody is writing your destiny. You are writing your destiny yourself." and: "The Awakened One allows destiny to be created, the unawakened one tries to create destiny." The teachings seem to contradict each other. How does destiny work and how is it created?

Bhagavan: The essence of human life is freedom. This freedom has infinite possibilities. If there were no such possibilities or freedom, there's no such thing as life or God. In fact, that freedom only is life, that freedom only is God. Therefore any destiny could be created. The awakened one allows the universe or God to create their destiny. The awakened one creates his own destiny from his conditioning. When you move into higher levels of consciousness, you will see the flow of life. Not only that. Whatever you want would start happening. That is what a human being is capable of. Remember the human being and God are two ends of the same spectrum and finally you realize that you are God yourself. That is what you are. But right now you have no freedom whatsoever. Your conditioning is making use of your life and your survival. And you are creating your destiny from your conditioning.

Question: One teaching says: "Fate is pre-determined but it can also be changed". If fate can be changed, can we do it and how can we do it?

Bhagavan: I was earlier mentioning the space of freedom. If you can move into that space, you can change anything. Right now you are not experiencing freedom. As you grow in your levels of consciousness, you will discover what freedom is. The freedom we are talking is not freedom from this or freedom from that. When we use the word freedom it refers to a space of infinite possibilities. When you get there, all these things change. Your problems either get solved or dissolved. That is what life is all about.

PHASES OF LIFE

Bhagavan says: You are here basically to enjoy yourselves. Why should the Universe exist at all? Have you not seen Nataraja's [Shiva's] dance? He is merely dancing isn't it? It is a dance of creation. He is simply celebrating life.

So each one has to find out how to celebrate this life. What comes your way, accept it and enjoy it. You have to create what you want.

Life could be divided into 4 phases.

1. In the first phase of life, you are expected to acquire knowledge and maintain your body healthy and strong. In this phase of life, you must focus on education, acquiring skills and preparing for the future.
2. In the second phase, you must acquire wealth, get married, have children, perform your responsibilities towards your family, enjoy the world and fulfill your desires.
3. In the third phase, if you are really fulfilled in your life, cravings would have ceased. In this phase, you could be with your family, but should feel detached from your family. You must serve the world. You must be concerned about people, but nothing personal should be there.
4. In the Last and final phase of your life you should not be attached to the world. This is the phase you seek liberation. You cannot just continue in the first phase of life because it will soon become meaningless. Therefore you must move on to the second phase and embrace its pleasures and pains. This too will soon lose meaning and therefore you move on to the third phase of serving the people. This too will ultimately stop giving satisfaction.

It is then that you move on to liberation. Hopefully if you are awakened, the same mountains, the same stars you saw earlier will look very different. You

could enjoy the world and simply pass away from this world. This is the game of life.

But on the other hand, you are taking it very seriously. There must be liberation from work. It does not mean not doing work. You don't see it as work anymore. You see it as play.

So you must see everything as a game, you must know everything is a passing phase, everything will come to an end soon because there is nothing permanent.

Order will move into disorder, disorder will move into order. Weak man may become strong, strong man could become weak. Intelligent people may become unintelligent, unintelligent may become intelligent. Love could become hate, hate could become love.

This is the law of the Universe. You cannot stop these things. So, you have to accept them. If you accept them, you will start enjoying life.

You will be playing with it. That is the thrill of living.

Everything ultimately is like the onion, if you go on peeling the onion, you'll find there is nothing in the end. Similarly, if you go on peeling life's experiences, consciousness, God, or anything, in the end, you would feel there is nothing but silence.

Life is a mystery to be lived, not a riddle to be solved or understood. That is all there is to it. All things emerge from that silence, and return to that silence. You too will eventually emerge into that silence, from which you emerged in the first instance.

BIRTH AND DEATH

Question: Bhagavan, will the awakened one be free from the cycle of birth and death? If the awakened being would be born again, should the experience of the awakened be with him or her? Will the neurological shift happen again in the next life? Thank you, Bhagavan.

Bhagavan: The awakened one is free from the cycle of birth and death. However, if he so chooses, he can take a rebirth, and in his new birth he would be fully awakened.

Question: I am afraid of dying, of physical death, can you please speak on that Sri Bhagavan?

Bhagavan: "See I can't speak of that, because you don't die. All that happens is, you leave this physical body. You can see your body there and everyone around, you can hear, smell, everything. The problem comes when you go to touch your wife's hand. Your hand moves right through it. Then fear sets in. At that point the person needs a lot of prayers, ceremonies, to guide them into the Light, then they go into higher realms and keep living there. That's all, there is no death".

WHAT HAPPENS AFTER DEATH

Question: What happens after death if you are awakened? For example, if you are a "bad" person and still judge yourself and others, and you are only awakened to a low number. What will happen, Bhagavan?

Bhagavan: Normally people who are dead hang around for 3 days. They'll be able to see their relatives, their friends, they could even hear voices. But then they will not be able to touch anything. And then they realize they're dead. At

that time you have to carry out all the ceremonies, that *inaudible* and pre, pares them for the onward journey. Then they generally say this takes 10 days our time. And then they come in front of the Light. There the Light does not judge them, but they judge themselves, the way they were judging people while on earth. And depending on their judgement *inaudible*. If you judge yourself very badly, then of course you go to hell and you have the hell experience. Most stay there for a while and keep moving from there to other realms. But if you are well-prepared and you judge things properly, then you can go to higher realms, which you call heaven. But once you get the Divine physically you can have a prayer and go and visit these places and see them for yourselves.

Question: Dear Bhagavan. I have one question regarding death. How to deal with death of someone close or near and dear ones. Could you help us what to do. And how is the best way to help a person who passed away to move on and also to those who stay here. Thank you very much for your light and love. Thank you so much for everything you do for us, for the grace of Oneness Meditation and all the processes you and Amma are giving to us. I love you so much, Bhagavan. Thank you, Bhagavan.

Bhagavan: There are many ways to deal with the death and the deceased. The Oneness way is to talk to the deceased to make sure for yourself that they are living on the other side and they are safe and sound. If however, while talking to them, you find that they are stuck in some lower loka (realm), you've got to tell them that the divine loves them, that they will not be judged, and that they must proceed forwards. If that is done, they will instantly start moving forwards and you too would get a big blessing. If on the other hand, they get stuck somewhere, you will have problems in this world. It is very easy to move the deceased ones higher up in the realms.

WORK

Question: Dearest Bhagavan, there is a saying that one can discover happiness if he does what he truly likes, but I'm not able to find what it is for me. I tried myself out in many different occupations but never found the satisfaction which I was aspiring for. Dear Bhagavan, please tell how can I find my path.

[Asked 2012]

Bhagavan: Had these questions been asked to me in the month of August, I would have given a different answer. But from now on, all my answers would be based on awakening. Awakening is happening every day and very fast. So you'll soon be awakened. Once you are awakened, there is no such thing as boredom or meaninglessness in your life. You will know exactly what to do in your life.

SADHANA

Question: Bhagavan, what does it mean when you say 'practice the teachings?'

Bhagavan. When we say practice the teachings, it does not mean you actually practice it. The teachings must become real to you. For example, we say stay with 'the what is' without effort. That should happen to you, you cannot practice it. We also say you must experience unconditional love. That cannot be practiced. It has to happen to you. All these teachings must become real to you. You must live the teachings. But for reasons of convenience we say 'practice the teachings'.

Question: Bhagavan would you please explain the teaching staying with 'the what is'?

Bhagavan. When we say you are awakened, what we mean is you stay with 'the what is' without effort. If you stay with 'the what is' with effort that is not awakening. This you can do only if the brain changes. Since the mind is constantly interfering, you cannot stay with 'the what is' without effort.

When you get awakened, the brain so changes that your mind is declutched all the time. Since the mind is declutched, you will be able to stay with 'the what is' without effort. It must happen naturally like breathing. Otherwise it will be staying with 'the what is' with effort. That would give you some clarity but otherwise it is of no use.

Question: Bhagavan, My heart is filled with gratitude for your deepest LOVE and limitless Grace. Thank you for giving me the state of awakening in this year. Bhagavan, to make a shift in our life, we were told that it is important to apply the teaching. And we are supposed to have awareness and see the what is. However, I do not quite understand how I could apply and live the teaching exactly.

Do we practice something to make teaching true in our life? Please tell me about this with example, Bhagavan. I am eager to go beyond level 50 in awakening. Thank you for always being with us, Bhagavan, Thank you.

Bhagavan: In Oneness, What you are is not important. In Oneness, The contents of your mind are not important. Applying the teaching means, staying with the what is. Suppose there is suffering, you do not escape your suffering. You hold your suffering. As you stay with your suffering, you begin to experience it. As you experience it, you would become aware of it. Here, you must understand, we do not do this thing to get somewhere. Staying with the what is, is the first step and it is the last step. If you could stay with the what is without effort, you are in an awakened state. If you experience the what is effortlessly, you are in an awakened state. If you are aware of the what is effortlessly, you are in an awakened state. Please understand, you do not do these things to get somewhere. It is an end itself. When you experience suffering, or if you are aware of suffering, or if you stay with your suffering, That is joy. That is unconditional love. It does not lead you to unconditional love, or unconditional joy. Staying with the what is effortlessly is unconditional love, is unconditional joy. If you get that insight, You are through. This is what we mean by "Applying the teaching"

Question: Beloved Bhagavan, can you please give us a Sadhana which makes it easier for us to stay with the What Is?

Bhagavan: All that is not required now.

Question: Dear Sri Amma Bhagavan, thank you so much for helping this world and China awaken. In China, there are Taoists, Buddhism and so on. There are teachings on so many different sadhanas. Is it ok to combine these sadhanas with Oneness sadhanas, Bhagavan?

Bhagavan: It is perfectly ok to combine.

Question: The aim of Freemasonry is to achieve perfection in man through its esotericism, symbolism and rituals. Masonry works for the wellbeing and progress of mankind and for the glory of the Great Architect of the universe. My question is this: are the masonic initiation and affiliation compatible in their method, means and aims with Oneness and Deeksha? Thank you.

Bhagavan. Both are totally compatible.

Question: Bhagavan. What is the Sadhana you prescribe for our transformation?

Bhagavan: Yes see, up to a point you have to do the sadhana, this sadhana we call no sadhana. So the technical word in dharma is "no sadhana sadhana". Why we call it that way is, the sadhana is basically this. As far as we are concerned. There are two beings inside you, one is the Authentic being and other is inauthentic. These two are all the time having a dialogue. To us, you are nothing more than the dialogues. Now you have the option of being authentic or being inauthentic. Let us say, a visitor comes to your house, whom you don't like. Now the authentic being can very well say. "Sir, I don't like you, please don't enter my house". That's one stand which you can take, that is being "Authentic". The other stand is. "Sir please come, welcome welcome, how nice of you to come" that is the inauthentic stand.

Now there is a third possible, you are either authentic or inauthentic, that is your business. What we are saying is, create a third being, who is a witness to the whole thing, who makes no comments, who does not say you must be authentic or you must be inauthentic. He is just witnessing the whole thing. Like witnessing a movie. Now this witness can be created in the matter of 21 days, through a little effort.

So, all that we want is, we want you to create this witness and to witness the drama which is going on all the time. 24 hours of the day, this dialogue is going on in some form or the other. Now, witnessing this drama is what we call Sadhana. But this sadhana is so enjoyable. It gives you such ananda (bliss) and joy.

We don't want to call it Sadhana, therefore we say "No sadhana". Therefore it becomes "No Sadhana Sadhana". Sadhana means you must put in some effort and you must struggle. Ashrama means there should be no shrama (effort). Similarly, here, this is strange kind of sadhana, where there is no strain no effort nothing. Thereafter you keep doing it naturally all the time and whatever is happening, irrespective of the dialogue or the content, you get joy.

Now the dialogue could be about jealousy, about anger, the inauthentic side might be actually trying to be jealous. The authentic side might be pointing out "Look Look. you are Jealous". The inauthentic side might give you some excuse "no no no.. its proper, it's fine" So, whatever is happening, we are not bothered about it, the contents of your mind is not important to us. How you perceive is our question.

Do you perceive it in a very neutral way? Not taking sides, just watching what's going on. If you do that, to us, that is Sadhana. It gives you tremendous joy.

DARK ROOM PROCESS

Question: Dear Bhagavan, is it relevant nowadays to stay in the dark room, the sacred space, after a webcast with you? What is the best way to meet the Presence and during what time? What are the possible ways for Presence to reveal itself? Thank You very much!

Bhagavan: Being in a dark room would definitely help in acquiring the Presence. The best time to acquire Presence would be Indian Standard Time, Sundays, 12:00 to 1:30 [Jun, 2012]

Question: Bhagavan, in the dark room process, how are Divine Beings and Satya, lok Bhagavan helping us?

Bhagavan: In the dark room process, Amma Bhagavan and many other Light Beings are working together. Basically, we are doing a surgery on your brain. So it is a team work. So, it is convenient for us to do such a surgery in the dark room, when you are in the dark room doing no other activities and in silence. Like in a hospital room, you would need to lie down on the bed for the operation to be performed. It would not be possible to operate if you were jumping on the bed. Likewise, if you are calm and quiet and on a limited diet in a sacred space, we can do surgery easily.

CHAPTER 12

HEALTH

“When you don't forgive, you accumulate hurts.”

~ Sri Amma Bhagavan

Question: Beloved Sri Bhagavan, a lot of people have various health problems like body pain, chronic diseases, neurological ailments, brain tumour, different addictions and many more. How can Oneness help? Please give advice. Thank you, Bhagavan.

Bhagavan: In India, ever since the phenomenon [oneness shrines] began a few weeks ago, several hundred centers have come up where all kinds of ailments are almost healed within 20 minutes. Every kind of ailment is being healed. Even surgery is being done. It is happening right now in hundreds of places. It should soon start in Germany also.

Question: I suffer from a peculiar medical problem on my knee joints and have gone through many kinds of healings and energy works. Two years ago the disease progressed so much that I could not walk at all on my feet. I now can walk,

but it is not a complete recovery. I heard the root cause of a disease is complicated entanglement of the mind, negative karma and so on. Deeksha has become very strong by now and I am afraid of strong reactions. What can I do when the purification process is too painful and unbearable? Is all what I can do just looking into my inside? Additionally, I have just come to know about Arogya Deeksha and have not gone through it yet.

Bhagavan. Arogya deeksha [health process] will definitely help you.

Question: Dear Bhagavan, thank you for everything. For 6 years I am in bed now. It is Multiple Sclerosis. I do not have the question of why. I see it. I'm just asking, please help me. The process of coming to peace with myself and with the divine is moving slowly and it is difficult. I came to know Oneness in 2006. Back then I was able to walk. But my health is getting worse. There is no deep acceptance of it. Please, if it is possible, help me to accept reality so I could leave the world being in peace in spite of what is happening in my body. Thank you for being here.

Bhagavan: I will be with you and I will help you.

Question: Dear Bhagavan, many of us have physical problems, pain and diseases. Will all diseases be healed when we are awakened, Bhagavan?

Bhagavan: Some diseases and some problems would be solved when you become awakened. Not all.

Sri Amma speaks on Medicine Prescription: Every negative thought, the word we utter, our deeds are creating blockages in the body and affecting our health through Anger, Jealousy, Judgements, Love, Joy, etc. It enters into our Karmic Bank. Some childhood decisions made out of hurts, bad relationships, wrong lifestyles could also lead to diseases.

- Hatred - Liver Problems
- Excessive Hatred - Cancer

- Jealousy and Fear - Ulcer
- Suppression of Emotions - Stress
- Stress - Heart problems
- Accumulation of Hurts - Arthritis
- Inner violence - Kidney Problems
- Not able to forgive other leads to almost every possible disease, one after another through out life.

CHAPTER 13

WEALTH AND SUCCESS

“Creating wealth is a spiritual activity”

~ Sri Amma Bhagavan

Your ability to create and retain wealth is determined by your relationship with money. Like everything else, money is a form of energy which is attracted to the energy that is like itself. Your relationship with anything determines how much of that thing you are attracting or repelling.

Money does not exist by itself but it is always attached with the energy of the person who relates with it. The same money can be experienced by different people in different ways according to the relationship they each have with it.

Rich people know that money is important, that is why they have it. Poor people think money is not important, that is why they lack it. Can you imagine if you kept telling your spouse that they are not important, how long do you think they are going to stay with you?

What you appreciate, appreciates in value. What you do not appreciate, depreciates in value. Know that money is important and appreciate it, but do not be attached to it. It's having a healthy relationship where you cherish it but are free from it.

Your motivation for making money is vital. If your motivation for making money comes from fear, anger or the need to prove yourself, then money will never bring you happiness. Anger and the need to prove yourself are also forms of fear. It is a state of being where you feel you don't have something and therefore you need to fight to get it. It is to intend and act from a place of fear.

The opposite is to intend and act from a place of love. It is a state of being where you are whole and doing what brings you joy.

POWER OF THE UNCONSCIOUS

Question: Why do I face so many obstacles on the path to my success?

Bhagavan: You are constantly creating the external world. You think the external world is independent of the internal world. Let us say your unconscious has programmed you for failure. It thinks you can never succeed. You should not succeed. Then what happens is let's say you go for an interview for a job. Your unconscious gets in touch with the unconscious of the other person. They have some kind of "internet" link and the other person who is interviewing you would decide to not give you a job for no reason at all.

That is how what's going on inside actually creates the external world. It is very, very powerful. That's why you get what you fear and what you hate. You also get what you love. That also happens.

That's why you must see what's going on. If you cannot do, then you must take the help of someone who can show it to you. That's what the samskara shuddhi* and other things are all about and it should be set right.

Once it is set right you would see that things are dramatically changing for you in the external world, in case you have seen what is really going on.

*Samskara shuddhi is an ancient process offered in Oneness courses that deepens your experience of Divine Grace by releasing deep-seated emotional charges.

CAUSE OF SUCCESS

Question: Almost everybody wants to be successful in their lives and makes an effort to realize it. But I found some people become successful quite easily while some people have hard time achieving the goal. Bhagavan, why is it so?

Bhagavan: All human beings are controlled by a program. This program depends on what happened in your past lives, what happened during conception, what happened in the womb, and how you're delivered and the first six hours, and the first six years. This program has positive aspects as well as negative aspects. If you have many positive aspects, you happen to have a very successful life.

When you have too many negative aspects, you have to face problems in life. However, this program could be changed. You could activate the positive aspects and destroy the negative aspects. This is done through deeksha.

FINANCIAL PROBLEMS

Question: Bhagavan, why do we have Financial Problems?

Bhagavan: There can be two reasons for financial problems, and you must identify to which category you belong.

One category contains those who are having relationship problems. You could be well focused on your business, and putting your best efforts into it. You

could be trying everything possible within your reach, but the financial issue isn't being resolved because of relationship problems. There can be so much hurt and so many negative emotions in a relationship that it is manifesting as some form of financial or other external crisis. If you fall in this category, then you can ask for Amma Bhagavan's grace to help you accept your relationship, to help you go through the pain of it and come out with love and joy. Once you are filled with love and joy, your external world will naturally become prosperous.

The second category of people are those who do not respect the external world, holding that the material world, or pursuit of the material, is something inferior, and that it should be abhorred and not pursued. You may believe that it is anti-spiritual, that this is something that takes you away from enlightenment, or that this is not Oneness. If you are a victim of these illusory concepts, you are not going to draw wealth into your life. Because deep within you, you disrespect wealth, you disrespect prosperity, and you disrespect abundance. Somewhere deep within, you value and adore poverty as a symbol of spirituality or spiritual evolution. If this is the case, again, you are not going to draw wealth into your life. You must become aware of these limiting ideas. Maybe because of some religious conditioning, or whatever, you believe that the internal and external world can never exist together, that you can have only one of them. For some reason you believe that you can have either an internal state or external prosperity. But this is not the case. No.

Amma and Bhagavan are Twin Avatars, and they want to unite both these aspects in human life. They want to bring about internal awakening as well as external prosperity. So if you can become aware of the limiting concepts that are within you, and if you pray that these concepts give way for external prosperity and abundance to come into your life, you will have it.

Question: Dear Sri Bhagavan, I have a good relationship with my father; I respect him very much, but after forty years of effort, I'm not rich. Is that money problem, of the time?

Bhagavan: Your problem is with your birth. We will change it for you and you would become prosperous.

Question: What is the easiest way to get your grace and how would you like your Bhakthas to be?

Bhagavan: See, all that I want is, you have to just ask. When you ask you should not say simply - Bhagavan, Bhagavan...that is no use. How do you see Bhagavan - that is the question. Do you see him as a father or a brother or a friend or a son, whatever you want you have to put it in that framework and then there must be that actual feeling that you have towards your father and brother, know. The same feeling must be there. Thereafter it can either be a prayer or it can be an asking or a command, anything, that's not so important.

But is there a bond? You might be very good people but if you don't have a bond you don't get it. So, bond is the secret, emotion should be there. When we say there is a bond, what we mean is there is emotion. Emotion is the telephone line between you and Bhagavan. If there is no emotion, the telephone line is cut. It doesn't work well."

4 things to ask yourself before you can succeed.

State of mind: - This is the word I want you to ingrain into your consciousness before you start reading this article. We are the decisions we make, we are our attitudes and our ambitions - and how diluted these are, or how strong they are; are totally dependent on us. If you have lived through life tripping over your own failures that seem to come at you thick and thin, then it's time to stop and think. It's time to re-assess what you are doing and rewrite your life story so that you can let go of your failures. This article will outline 4 things to ask yourself before you can succeed.

Do you have a plan? Life is a strategy. Success is a road you must build yourself to punch through the thickening thickets of failures that seem to grow around you. Where do you see yourself in 5 years? Are you happy where you are? What

do you plan to do with your life right now that will ensure that you will be happier later on? Come on; it's time to stop floundering around, almost drowning in a sea of disappointment and start the first stroke to that palm tree island of serenity. Have a plan. Look at your finances, look at your relationships, look at yourself. If you are going astray then it's time to correct your course.

Is there something stopping you? Is a past experience or a fear making you hold back? Psychologists all over the world agree that the biggest inertia to succeed that afflicts a lot of people is bad experiences that affect them consciously or subconsciously. Bad experiences can shape our subconscious into the hammer that just keeps banging away at us. It's time to take control of your life and stop letting the past hold you down.

Is there a part of your life that is constantly holding you back? How creative are you in solving this problem yet still being buoyant in life? This is another way to assess your life. It could be your job that is slowly killing you or a 'so-called' friend that seems to always be bringing you down. Carve away at that section of your life and leave it behind. Then and only then can you move forward.

It's time to look at a newer you. It's time for a change. Are you ready for that change? Every little thing you do can help to shape the new man or woman. Gaining confidence has an effect like a tiny snowball down a sharp cliff. Once you get going you can't stop. Wear new clothes, smile more at people, smile at yourself in the mirror. A new you is symbolic both physically and mentally - and it is just the push in the right direction you need.

You are the most important person in the world and you cannot afford to hold on to your failures. Ask yourself this, who is the person that can help you most? The answer should be obvious.

Question: Namaste Sri Bhagavan, I have always prayed to Sri Amma Bhagavan and the divine for my financial improvement. The parents of both my husband and myself have already passed away. I have attended many workshops for set,

ting right relationships. I have practiced a lot of sadhanas. I have also done a personal homa while I was in India. So all the relevant problems seem to be dissolved by now. Still we cannot have a good financial expectation. In fact problems are coming up one after another. My question is: is there any possibility for us to be affected by the problems of our dead parents? Please help us.

Bhagavan. Both of you, that is you and your wife, must express sincere gratitude to both your parents for seven days. The expression of gratitude must be done in a Japanese way. Your financial position will definitely improve in a few months.

Question: Bhagavan tell us 3 ways to become rich?

Bhagavan: First thing is that the desire must come from the heart and not from the head. The desire from the heart is, let us say, you just look at a car, and then you touch it you see it you feel it, and then you would like to own it. You would like to drive it. From comparison if you ask, normally the desires do not get fulfilled.

Then the second thing is, you must have the confidence that you deserve it. If you become your own enemy and say..."Oh! All this is not possible. Do I really deserve it?", then it becomes very difficult.

The third thing is, you should ask me, like you would ask a friend. If you ask me like a friend, then it is very difficult for me to say a "No". And it should be reasonable. It should not be...somebody who is just having a small little tea shop, and then you come and ask, "give me a Benz!" that would be very very difficult. But if you would ask for a Maruthi or something (it should be reasonable), then it is possible.

And I do believe in fulfilling people's desires. Because I think, that is something very good for people. I am not against desires, as long as they do not hurt or harm others. So once or twice, when these desires are fulfilled, then it becomes very easy. You will exactly know how to go about it.

Clarity is important. You must be very exact in what you are asking. When you want a job, please tell me, more exactly, what company you prefer, how it should be. The more the data you feed, the easier it becomes. Because when you actually ask me, the desire can be fulfilled.

Otherwise the desire won't come in the first place. I believe in creating rich people, in creating wealth. Then we can wipe out poverty. We can all live quite nicely. I want you all to live a very comfortable life. So you work out later on, may be not now and find out, how much you really like to have. To make a person rich is very easy in fact.

Question: Dear Bhagavan, I love you deeply. My life is full of miracles. I see them happening daily and I'm grateful. However, there is still a side of me that is not allowing me to have financial independence. Please help me understand what I need to work on to sort this out. Please could you help me, Bhagavan. With love and gratitude.

Bhagavan. You do not need to work on anything special. You are going to be awakened soon and along with that, your financial problem also will be solved.

FOUR FACTORS TO INDIVIDUAL SUCCESS

Bhagavan speaks: There are four factors that are essential for the success of an individual.

First and foremost you need a clear vision. A life without a vision is like a journey without a destination. Every one of you has an option: either to drift along like a dry leaf carried hither and thither by the winds, or fly like an arrow towards its goal, and the universe would help you reach where you want. The universe is like Aladdin's magic lamp. It will give you whatever you seek.

Secondly, you need to have a focused mind, a mind that is capable of attention, that is capable of hard thinking.

Thirdly, you ought to have excellent relationships within the family. A strong civilization stands on the foundation of a strong family. In a world of accelerated change it requires a very loving relationship between children and parents to keep ourselves sane. If your relationship with your parents is set right all problems whether with your academics or your career would be solved miraculously.

Ultimately, you need to live in a state free of conflict, a state of existence where you feel connectedness and love.

CHAPTER 14

GOLDEN AGE

*“The Awakened One responds from the heart.
The unawakened one reacts from the head.”*

~ Sri Amma Bhagavan

Question: Dear Bhagavan! You have always said that 2012 is a very special year for awakening. Please tell us, when this year ends, will that signify that our chances for awakening are diminished? And you also say that in Oneness awakening is a benediction and our role is just make no resistance to the Divine. Dear Bhagavan, please help us see how the inner resistance happens so that this hindrance gets resolved and our awakening happens this year. Thank You so much.

Bhagavan: 1989 was the year when the Golden Age got conceived. 2012 is the birth of the Golden Age, like a child. By [the end of] 2012, 70,000 people will be awakened. Thereafter awakening becomes faster and faster. By 2035, so many people will be awakened that we could very well say all are awakened. When we say all are awakened, it does not mean actually everybody will be awakened. What it means is the vast majority of people will be awakened. In 2035, the

Golden age becomes a young lad. Thereafter it keeps growing for another thousand years; thereafter we may become another species. So awakening is going to become easier after 2012. 2012 is the delivery of the child called Golden Age.

THE VISION FOR 2012

The vision is that there must be the Golden Age by 2012.

The mission is to make 60,000 people enlightened. That's the mission.

The way is - receive Deeksha: Oneness Blessing.

That's the vision, mission and way.

God is not asking you to do some terrible practice.

Just simply receive Oneness Blessing.

That's all. You are awakened.

What would have happened is, in the Golden Age, people would be happy.

The only goal is to make people happy.

It is to make people happy. That's all.

After that they should be full of joy and bliss. There should be no suffering.

Hundreds achieved Mukthi [enlightenment]. Thousands in fact. It's not a question of - can they achieve. They have achieved it. It's over. Oneness University is producing Enlightened people by the hundreds everyday. Soon it's going to be an explosion. I will say this is the last phase of man. It is like - Man has been building a house for so many thousands of years now. And 2004 to 2012 is the grahapravesham [topping-out ceremony].

Man has reached the final stage after all these years of struggle. You will see a very different world, which you cannot even imagine now and it will happen very fast. Very, very fast.

The dawn of this new civilization, which we might call an age of Oneness, is the single most explosive fact of our lifetime. We have a destiny to create, a state of consciousness that is, Oneness with all that is. As a consequence of this in,

ner state of man, changes would occur in the outer world, which we would call the Golden Age.

The Oneness Age and the Golden Age are complementary to each other. The Oneness Age represents what is going to happen inside, and the Golden Age is about what is going to happen outside. The advent to the Golden Age would see a world where there are no national boundaries, where all mankind be, comes one family. People would not suffer from a sense of want; it is not prosperity for one country or the other, but for the whole globe. That is going to happen soon. This Golden Age is for the whole of mankind; it is not capitalism, not communism or socialism, or radical humanism. That will win the day for us. What we will see is an entirely different world, where there is no competition but only cooperation. It will be One Humanity. And each one of us, let us remember, has a role in creating this destiny for man, that is; for ourselves.

Question: Beloved Bhagavan, it is becoming evident the Golden Age is coming. Is every human to be awakened? What is the human society to be like in the Golden Age, and what is the role of children in the transition of the Golden Age? How can we support them in their mission, if any? Please advise, Bhagavan.

Bhagavan: What the Golden Age would be like could be understood and perceived only after you are awakened.

Question: Namaste Dear Bhagavan. Please guide us in terms of the awakened people on our planet. The numbers indicated on the Oneness University website is 114,000 on the 23rd October. Are these people across the planet including the Oneness Family? How many members of the Oneness Family are now fully awakened? [asked november 2012]

Bhagavan: Most of the people of that number 114,000 are people who belong to the Oneness family.

SOCIETY

Question: Bhagavan, it is said that the cause of all problems which man is facing today is because man has moved far from God. Please explain this Bhagavan.

Bhagavan: Basically, God should not be a matter of belief. It is pointless to approach God with just a matter of belief. God must be discovered, God must be real to you. Must be a living experience. We can see God, talk with God, we can even walk with God. All this can be done. So, what happens then is, when faced with a problem, a simple prayer or a simple request will solve it immediately. If you have a powerful friend with you, life becomes so easy. In the same way, who can be a better friend than God? But the same God must be really your friend. You must be able to communicate with him, talk with him. You must do all that. So, in the next stage we will go on to God realization, after that, you and God become best friends. After that, if you have a financial problem you will ask God "I have this problem, I need help". "My health is not so good, I need this".

You can ask powerfully (with the powerful bond) and so the answers would come powerfully. That is the next stage. For all that, the first stage is Awakening. We have been focusing on it and have already achieved the target. Now, in the next stage we are moving to transformation and God realization.

Question: Dear Bhagavan, I thank you from my deepest heart for what you are doing for me and all humanity. Can you tell me Bhagavan, how will the awakening be for different cultures and religions? Would it be the same for Christians, Hindu or Muslims and Buddhists, or would they get awakened in different aspects of the divine all the same?

Bhagavan. It will all be different but it will be a Oneness. A Buddhist will experience still awakening, a Muslim will experience still awakening. It will be all different for different religions depending on the conditioning and background. It will be different for a Hindu, it will be different for a Muslim, it will be different for a Christian. (sound unclear)

Question: There are many people who are consciously destroying the earth for their own self-centered pursuits. What about these people?

Bhagavan: All this would dramatically change. Because man would soon realize that earth is a living organism, that he depends on it like his mother. So nobody would even dare think of harming the earth, not as some kind of education but as a natural happening. That's what would happen. So we are going to see a very different earth, a very different world. I am not speculating. I'm just speaking directly from the visions thousands of people have had over the last decade, from various continents, in fact.

Question: Many nights it happens that I dream of conflicts, wars, clashes between military forces and civilians, and other destructive forms such as atomic explosions. Sometimes the next day I read news in the newspaper of what I have dreamt. So, I understand that the conflict experience I lived in my dream is not my personal "charge," but that in my dream I took part in a conflict of our collective consciousness. During the dream it is easier to experience suffering because the ego defenses are inactive. For a part of the next day or even more, I still totally experience the suffering. You taught me that my expanded self is humanity and that the whole world is family. You taught me how to use grace and deeksha, inner integrity, the art of listening, etc. to get rid of my personal charges. How can I facilitate the resolution of the conflicts of the collective consciousness I experience? How can I do this on my own or in a group? Thank you for being with us today. Please awaken the greatest number of people possible in Italy.

Bhagavan: You can help with your Deekshas. As more and more people become awakened, we could effortlessly handle these problems.

Question: Bhagavan, is there something you would like to tell the people of this world?

Bhagavan: I would like to tell them that though humanity faces a lot of obstacles, and danger seems to be lurking around the corner, I would like to tell them that redemption is around the corner, that they're going to make it

Question: Can you please explain, now that so many people have awakened around the world, what effect so far this has had on the collective consciousness.

Bhagavan: Something has happened to the collective consciousness whereby peoples' relationships are going to improve dramatically.

YOUTH

Question: I am teaching high school senior students. They are getting lots of stress because of college entrance exams. On top of it, there are many bullying cases in schools. How can I help the youth in Korea? Please bless the Korean students, Bhagavan.

Bhagavan: First, you've got to be awakened. You must get transformed yourself. Then all that you must do is sit in the class for a few minutes and get in touch with yourself. Your state will automatically be transferred to the whole class no matter how big it is. The children would easily transform themselves. This is happening in many, many places now.

SOCIETY AND GENDER

Question: Korea is still somewhat patriarchal and male chauvinistic society in some sense, So many married women are stressed out from the relationships

with their in-laws. Is there any way that a married woman can make a harmony with their parents-in-laws who have totally different perception and life style while pursuing her own happiness?

Bhagavan: Yes, it is perfectly possible. Once your heart has flowered, there will be no relationship problems at all. You will have a wonderful, happy family.

Question: Namaste Amma Bhagavan, What's the special role of a woman?

Bhagavan: Women would be the fastest to get awakened. And women would be the spiritual leaders for the world. Women would lead the world.

Question: Bhagavan, I have the question about the daily teaching "Women's liberation is a movement in consciousness". Would you please explain on this?

Bhagavan.Thank you Bhagavan

Bhagavan: Here, we are not talking about the physical liberation of women. We are talking about an inner transformation inside woman. Where they no longer feel "We are women and we are inferior to man" Where woman are able to respect themselves and love themselves. That is why we say "It is a movement in consciousness."

Question: 10 years ago you said that the world is in a dangerous situation. The words you used were, the house is on fire. What do you feel about the state of the world today? [asked november 2012]

Bhagavan: Today it is much better. Every day over a thousand people are getting awakened and the numbers are increasing. And we can see this affecting peoples lives especially in India where the awakened people are in large numbers. It is dramatically affecting human relationships. So things are definitely getting better and better.

SOCIETY AND THE GOLDEN AGE

Question: Dearest Bhagavan does in the golden age the existing society gets transformed or must the old first disappear in order to make space for the new one?

Bhagavan: The old disappears. As the old begins to disappear, the new one takes birth.

Question: Bhagavan, the whole world uses the power of weapons, spending the entire world's budgets for war Bhagavan. If we could use the budget for some good purpose Bhagavan, how will it help the people Bhagavan? Would it remain as a dream Bhagavan, or is it possible to become a reality Bhagavan?

Bhagavan As humanity discovers God and as God becomes very real to people, all things are going to change. That would usher in the Golden Age.

Question: Namaste Bhagavan, Europe and the whole world are living a period of great transformation/shift. All corruptions are popping up and the economic crisis is invading all countries. It looks like there is no will to understand that the only way is cooperation and solidarity between all peoples. In spite of this, all those who are following your teachings are living as if they are protected from these waves, thanks to your help and protection. Will the birth of the Golden Age, set to begin at the end of 2012, include dramatic changes, such as natural disasters, incurable diseases and three days of darkness, or will there instead be a gradual improvement of consciousness? I ask for Grace: the awakening of all us and of our country. Thank you for everything you are doing. With immense gratitude and devotion. [asked october 2012]

Bhagavan. The change would be gradual and slow in the beginning, but would soon become very, very fast.

Question: Dear Bhagavan thank you so much for all the miracles in my life. If there is no absolute God, then perhaps there are no absolute laws governing life be it scientific or spiritual law. No absolute truth so to speak. If it is so, can

you please talk about some of the possibilities of life on earth in the future Bhagavan?

Bhagavan: The Universe and all that is in the Universe is a process. Nothing is absolute out there or inside. The process will be changing all the time. How it would be in the future, we would have no idea at all. We have to just live the process. In fact once you become awakened you'll know everything's a process. Your hand appears to be a process, your thoughts appear to be a process, everything is a process. So we cannot comment on the process.

Question: Bhagavan, when you say people will become enlightened spontaneously, what will this look like in practical terms?

Bhagavan: In practical terms the world would look very different. We would not be able to talk in terms of my being an Indian or you being an American, or somebody being an African. We cannot talk in terms of races or nationalities, or I can't say, "I am a Hindu", "You are a Muslim", or "You are a Christian". So all these things which divide man would just disappear. Not that man gives up these things, they naturally drop off. There is no need for these things. We become just human beings. No kind of division would ever exist.

We would all become like one family. It is not that it is a concept or that we arrive there. It just happens. That is when we truly become humans. But as long we are going to divide ourselves in terms of nationality, religion, culture, race, we still continue to be tribal and very primitive. We would've truly become human. That would definitely happen.

COUNTRIES

HELPING ONCE COUNTRY

Question: How can the individual help (a country) to express the divine idea?

Bhagavan: If individuals transform, then the country changes. Because you are the country. So if more and more individuals transform themselves, your society our country is going to change.

The subsystems, if something happens there, the system will naturally change, and the system-changes, it effects the subsystem. Similarly, the subsystem-changes, it effects the system. So we are working on not transforming society, we are working on transforming the individual. As individuals change, society changes.

AFRICAN CONTINENT

Question: Dear Bhagavan. Thank you for all you do for humanity ushering in the Golden Age. Since September 2012 many blessing givers across the world have been awakened. It seems that the awakening is mainly happening in two ways. Firstly, awakening through a sacred process done at the Oneness University where there are certain blessing givers selected and awakened at specific times and dates. (Most awakened people.) The second being spontaneous awakening. (Least awakened.) Most people of the African continent will never have the means to travel to India and attend the deepening course. Can you please share with us what we can expect of the awakening of the majority of the people on the Afrika continent? Will it only unfold in the years to come, while other continents seem to have more resource to travel to Oneness University and more awakened beings and blessing givers? Thank you Bhagavan.

Bhagavan: Awakening is happening quite fast on the Afrikan continent. The only problem is we are not able to identify them, we are trying to work out ways and means to identify them. It is happening quite fast and will definitely speed up a lot in the coming weeks.

Question: Namaste my dear Father Bhagavan. Thank you for all you and are dear Amma do for humanity. Thank you for your love, compassion and power. On the Afrikan continent there are close to 10,000 blessing givers in 16 countries. Reaching the numbers of our family has its own challenges. Most blessing givers on our beautiful continent do not have access to electricity or the internet. In July 2012 a daily intentional oneness meditation was rolled out reaching those in townships and remote villages without access to the internet.

From September, tom tom attack has been included. Traveling on the continent is very expensive and unsafe. Most Afrikan blessing givers will never travel to Oneness University. Please guide us on a practical level as to assist the Afrikan people and the continent in these times of awakening. Please bless Africa and her children and free us from suffering. Please do it gently and as soon as possible. Thank you Bhagavan.

Bhagavan: We will find out special ways to help you. It is on our minds and soon you will find tremendous power being released and spontaneous awakening happening across Afrika.

ENGLAND

Question: My beloved Bhagavan, what would be the best way to support Oneness in the UK over the coming year: should we be trying to make more Deeksha givers or would our time be better spent helping to deepen the state of the current Deeksha community?

Bhagavan: The best way to help Oneness would be after we have released the powerful Deeksha on February the 25th [actually will be February 29, 2012], you should take it to as many people: atheists, Communists, non-believers; it will be

easy for any of them. So this is a very unique and powerful Deeksha. You should give it to almost anybody you could give it. That is the one which will really bring about the change we're talking about in 2012. So we will be giving you this power and you could literally use it on anybody.

ITALY

Question: Dear beloved Bhagavan, Italy has always been the cradle of Catholicism and is the Holy See of the Papacy. Throughout history it has greatly influenced the culture of the country and it has also been a strong secular power. This has caused a powerful imprint on our national consciousness and but also difficulty in getting close to our own real spirituality. Personally, I have felt this strong religious conditioning when I get closer to the Divine, as do others. Can you help us getting rid of it, Bhagavan?

Bhagavan: In Italy the transformation will be dramatic and fast. You're going to witness that.

JAPAN

Question: Dear Bhagavan, Thank you for everything. In Japan, we are still suffering from high levels of radioactive contamination, which has been detected since the nuclear accident at Fukushima, caused by major earthquake 2 years ago. Does this contamination have any impact on Awakening of Japan? If so, how does it work, Bhagavan? [Jun, 2013]

Bhagavan: What happens in the inner world affects the external world. What happens in the external world affects the internal world. What happened in Japan would deeply affect Japanese consciousness. The effect would be that Japanese people would become awakened very very fast.

Question: In the Second World War, many people died here in Okinawa not only killed by others but also committing suicide. In many religious traditions, suicide is said to be one of the greatest sins. Could you tell me the significance of suicide in Oneness? I feel that deeksha doesn't work well with those who have

committed suicide. On the second day of this conference, we will have the ritual of homa. What can we do for those who killed themselves?

Bhagavan. Suicide is not permitted in Oneness. If somebody has committed suicide, there are special rituals to liberate them. For all those who have committed suicide in Okinawa, we shall give a special blessing for their liberation.

Question: Currently this country of Japan has the territorial issues with neighboring countries. Those problems remind me of the self in an individual. I suppose if Japan as a whole gets awakened, then this kind of problems can be settled. Do the neighboring countries also get Awakened if that is the case?

Bhagavan: If one country becomes awakened, the neighboring country will soon become awakened. If countries awaken, territorial disputes and other problems naturally disappear.

Question: Dear Sri Bhagavan, thank you so much for your ceaseless heartfelt grace. In Japan, we traditionally say there are certain unlucky ages. 19, 33 and 37 years old females and 25, 42 and 61 years old males are said to be unlucky. Some people of those ages actually suffer serious accidents and diseases. Sometimes even their families are heavily influenced. Could you tell me the best way to get through such difficult times?

Bhagavan: Awakening is the best way to get over these difficulties.

ISREAL

Question: What do you see as the role of Israel in the Middle East and the global awakening, Bhagavan?

Bhagavan. If the human brain were to be mapped on to the planet, you would find Israel comes in an area of the brain which deals with God Realization. God is one, but humanity has made God into a Jewish God, a Christian God, an Islamic God, a Hindu God and so on and so forth. Now when Christians discover

their God, when Jews discover their God, and when Muslims discover their God and Hindus discover their God, peace will come to Israel. For the first time, humanity will discover that it is the one same God. That could be a turning point, not only for Israel and the Middle East, but for the whole planet.

Question: The second question Bhagavan; Sri Bhagavan, for centuries we have all prayed for peace in Israel, the Middle East, the entire planet, we are now seeing some positive changes Bhagavan. What do you advise us to do as an individual and as a group to bring peace Bhagavan?

Bhagavan: Individually and collectively you must try to help the people of Israel to discover their own God.

KOREA

Question: The Korean War in 1950s left unforgettable scars to Koreans. About 4,500,000 people were killed or wounded during the War. Almost everybody lost their beloved family members or friends. Bhagavan, how can the charge or hurt that Koreans are holding be cured?

Bhagavan: As more and more people get awakened in Korea, the Korean consciousness will change. And when a certain number of people get awakened, the two Koreas would unite. When the unification occurs, all charges will be gone.

SCANDINAVIA

Question: Are you satisfied with the development in Scandinavia? Has the transformation started to happen here yet?

Bhagavan: Looking at you all, I am very, very satisfied and soon the Divine would become physical to you all.

SWITZERLAND

Question: Dear Bhagavan, what is necessary to lift up the consciousness in Switzerland? - Is it the level of awakening of the Awakened ones or is it the number of the Awakened ones that is important?

Bhagavan: Both are important. The number of people that are awakened and their levels of awakening. All this will be speeded up very, very fast once you start getting the Divine physically into your life.

AWAKENED COMMUNITIES

Question: Dearest Bhagavan, when awakened we have more and more a deep connection with being in oneness. Why is it still so important to be in communion with others and to live in community?

Bhagavan: If you live in a community, you will grow very very fast. It will be amazingly quick.

Question: Dear Lord, the Oneness Village is being designed in Hungary. We have the land, the main architect. Could you please tell us why it is important for a country to have an awakened village Bhagavan?

Bhagavan: If you have a Oneness village and you have all awakened people living there, then this group of people would affect the consciousness of the people of Hungary. The level of consciousness of the Hungarian people would start going up. As conscious levels go up, problems start coming down. Problems arise from lower levels of consciousness. Lower levels of consciousness which created the problems cannot solve it.

Therefore consciousness levels have to go up. Then all problems like economic problems, political problems, educational problems, varieties of problems would naturally start disappearing. That is why it is important that a group of awakened people live together in a village. If there is one awakened person, the power is one. If there are two people, the power is four. If there are three people, the power is nine. The power is to the square of the number. Therefore if a sufficiently large number of people live together in a village, the power would be so much that all problems in Hungary would start disappearing. Not only that, you would start influencing neighboring countries, which would mean the Golden Age would be there

Question: Bhagavan, please guide us how to start Oneness Communities, Bhagavan. And how to establish Oneness Centres, Bhagavan. And also the two-chamber and three-chamber Processes.

Bhagavan: First you must be able to get the Paramatma physically in your life. And then you must create a virtual community, where you keep talking on your cell phones every day about the teachings, about the Miracles, and you keep discussing about various problems, you pray for others, this kind of thing must happen. And then you move on to creating the chambers. Either the two-chamber Process or the three-chamber Process. For which we must, in the University here, we will ask the physical Amma Bhagavan, not we - the Paramatma who becomes physical. Our Dasas talk to them every day. For the Dasas, Paramatma is totally physical. They will ask them, and they must select you. Only such people can start this two-chamber or three-chamber Process. The two-chamber Process is only for healing. The three-chamber Process is not just for healing, it is for solving your other problems and to help you to become Awakened, Transformed, GodRealized, all those things. That you must start. So first Paramatma must become physical to you; that's most important. And then you start the virtual community. And then you move on to the chambers and then you move on to a physical Oneness Community. For all that, the Divine only will help you; it will help you in constructing, putting up the Communities. It is purely between you and the Paramatma.

Question: Dearest Sri Bhagavan, how to establish Oneness Communities? Please, give us some advice, Bhagavan.

Bhagavan: First of all, those who want to be part of this community must be awakened. You must then create a virtual community. You must know every other member of this community and be friends with them. And then you must take the intent to make it into a physical community. Very soon miracles would start and you would actually see a physical community emerging, which means land would come, money would come, everything would start happening. All

that would simply fall into place. The difficult part is to get awakened and to get to know other awakened people very closely and establishing friendship with them. Out of this friendship great things would emerge. I do bless that Ger, many soon will have a Oneness Community.

Question: Most Beloved Bhagavan, As individuals awaken here in America and Canada, how does the Oneness blessing communities best support the awakening phenomenon that is spreading across our continent, Bhagavan.

Bhagavan: The oneness communities would become like lighthouses transforming communities around them.

ENVIRONMENT

Question: Is it assured that we will move into the Golden Age at this time? and if that is so, is there any point in continuing to work on environmental protection?

Bhagavan: Yes! It is very, very important because as we move into the Golden Age, more and more people will be working for the environment. Right now we do not see a majority of people working for the environment. And once the Golden Age comes, everybody will be involved in this important work. That's what it means. So the Golden Age does not mean you stop all environmental work. In fact you'll be more aggressively involved in it.

Question: Dear Sri Bhagavan, thank you so much for being always together with us. Please let me know about nuclear power generation. I am afraid of it and hope it will be disappeared from the earth. On the other hand, I cannot be sure if we can go without it. For example, we need it when the earth comes to the glacial period. I suppose such extraordinary technology cannot come to man, kind without the grace of God. Why we have come to have such a thing?

Bhagavan: We need nuclear power for some more time but eventually it will disappear.

Question: Being awakened, will we be able to heal the seemingly irreversible damage we are doing to the planet? Will we start thinking about the consequences of the way we live for convenience instead of sustainability?

Bhagavan: Once you become awakened, you feel a natural Oneness with nature, you become very protective about nature, you become very careful and you are very concerned about conserving nature. All these things happen naturally. All these are the qualities of an awakened person. Not that he cultivates these

qualities. The moment you're awakened, these qualities come to you very naturally and nature also responds very favorably to such people.

Question: Many scientists are predicting global warming, possible ice age or a major environmental catastrophe. You on the other hand are so sure of planetary enlightenment.

Bhagavan: Their predictions are quite true, but what they are not aware of is that we have seen in our visions a great transformation sweeping across the planet, which in turn prevents these things from happening, and already we are seeing signs of people becoming enlightened. We have seen it in some Indian villages how it's able to spread rapidly and the consequences on the environment. We are able to see on a very small scale. So from that we are able to predict that on a global scale this transformation is going to occur, which is what is going to save the earth.

If that does not happen then what the scientists are predicting would very well come true. But there is no need for them to lose hope because things are going to change dramatically. In a very unexpected way, things are going to change. That's why in fact we are telling people, "the house is on fire, let us move faster, let's hurry up".

Question: When people become enlightened as a collective, would it actually change the physical quality of the earth also?

Bhagavan: There is a very close correlation between human consciousness and the physical processes occurring on the planet. So the moment the conflicts are reduced in human consciousness, we find dramatic changes at the earth level also. Like you'll find reduction in insects, in pests and the nature behaving in a much better way; reduction in floods and volcanic eruptions.

All these things are a natural consequence of the reduction of conflict in man's consciousness. There is such a close correlation between the two.

ONENESS CARE

Oneness, besides being engaged in its mainstream activity of global awakening, is also assiduously associated with the creation of a new society, a new community, laying a foundation at the grass root level - the village. It also reaches out to the most marginalized cross-sections of society by enriching their lives through self empowerment and community development. Because India is 70% rural, to build India you need to build its villages. It is towards this end; Sri Amma Bhagavan is trying to create village communities with happy and fulfilled individuals and families. Hence the work for community development began.

Empowering Underprivileged is an initiative of ONENESS started in the year 2007 in the month of January, to reach out to the most marginalized cross-sections of society and enrich the lives of disadvantaged sections of the society through self-development, self-empowerment and community development. Through our programs we empower them to lead healthier, happier and fulfilled lives, thus integrating them into the mainstream of society.

“Happy individuals create a happy world” say Sri Amma Bhagavan. Most of the problems today, be it concerning an individual, a family or the world at large, is because man is basically unhappy. Unhappiness in different forms is at the root of all misery. When man is happy, the society that he creates naturally would envelope a sense of co-operation and sharing. On the other hand, out of unhappiness he creates an environment, which is detrimental to the well being of the community and the world. The happier you are, the more successful you become. The index of development in any community is happiness. Hence, Oneness focuses on individual growth which would ultimately lead to the development of the community, nation and the world at large.

Visit www.onenesscare.org - a social wing of Oneness.

ONENESS WOMEN EMPOWERMENT.

Sri Amma Bhagavan, Founders of Oneness emphasize the importance of respecting women. Sri Amma Bhagavan Seva Trust believes that it is the moral, social and constitutional responsibility of all to ensure the progress of women. The various programs launched to this effect include providing job oriented computer education at highly subsidized cost, distributing cattle for rural women, conducting job oriented handicrafts training for women and organizing training classes for women in tailoring, fabric painting and embroidery. The programs have helped several women to start home based businesses like tailoring and embroidery works.

http://www.onenesscare.org/our-activities.php#women_empowerment

ONENESS AGRICULTURE & ENVIRONMENT.

In India around 70% of the population earns their livelihood from agriculture. It continues to play a vital role in economic development and poverty alleviation in rural India. Sri Amma Bhagavan Seva Trust also recognizes the importance of taking care of our environment. It contributes to these 2 very important areas through various activities like providing saplings free of cost or at highly subsidized rates, organizing awareness programs on rain water harvesting and usage of bio-fertilizers, supporting local bodies in waste and sewage disposal, conducting afforestation programs by involving college students and creating awareness among students on environmental issues by conducting essay writing and elocution competitions. Sri Amma Bhagavan Seva Trust is also helping farmers by encouraging new technologies in agriculture through extension activities, improving agriculture productivity through better varieties of seeds and agronomic practices and establishing farm cooperatives and self help groups to get optimum value to agricultural produce.

http://www.onenesscare.org/our-activities.php#agriculture_environment

ONENESS MEDICAL SERVICES AND WELFARE.

The healthcare system in India, particularly in rural areas does not cater to the needs of the people. This is obvious in a place like Varadaiahpalem, where there is no trained doctor within a radius of 35 km around this place. People were dependent on local RMP doctors. For serious cases, they had to travel long distance to Srikalahasti or Sulurpet for treatment. Sri Amma Bhagavan Seva Trust provides services to help add value to the rural health care system in India by providing integrated curative health care with emphasis on preventive aspects of health care. Sri Amma Bhagavan Seva Trust contributes to improving the health care infrastructure in rural areas by establishing free dispensaries, extending financial assistance for cataract operations, freely distributing spectacles, supplying medicines in the event of outbreak of epidemics, conducting medical camps on general health, gynecology, ophthalmology and cancer detection/awareness.

The activities of Sri Amma Bhagavan Seva Trust in this domain include:

- Running two free medical clinics with trained and experienced doctors and paramedical staff
- Organizing periodical medical camps with experts from various disciplines and medical labs
- Running an ambulance service to cater to emergencies
- Organizing separate eye camps and arranging for cataract operations to the needy free of cost
- Conducting awareness camps on general health
- Distribution of preventive medicines during outbreak of epidemics
- The people in the villages in the areas that Sri Amma Bhagavan Seva Trust is operating are very happy that they are now able to receive quality medical aid free of cost.

WELFARE WING

As an extension to the medical services provided by Sri Amma Bhagavan Seva Trust, a separate division was started with dedicated staff and building with the objective of alleviating the suffering of physically challenged persons and those affected with leprosy and AIDS. This wing called the Welfare Wing covers five mandals. Extensive surveys were undertaken in all the villages of these mandals to get the exact number of people with physical disabilities and affected with leprosy and AIDS. Based on this survey, specific activities are planned for different regions and executed in a time bound manner.

These activities include:

FOR PHYSICALLY CHALLENGED PEOPLE

- Arrange for medical examination and certification from government authorities, which is essential to avail government schemes and welfare measures
- Help them to get bus / train passes
- Distribution of physical aids like crutches, tricycles, wheel chairs, etc
- Distribution of artificial limbs and calipers

Sri Amma Bhagavan Seva Trust further encourages the physically challenged people by providing them with opportunities to work towards financial freedom by:

- Motivating them to organize as groups
- Conducting periodical group meets to discuss their problems and solutions
- Helping these groups to get bank loans to start businesses
- Organizing skill development camps
- Conducting awareness camps on government schemes

As a result of such welfare programs, many of the physically challenged people have formed groups in villages, enrolling themselves enthusiastically in skill development camps. Several such groups have been helped to get bank loans to start micro businesses and the number is growing by the day.

FOR HIV/AIDS AFFECTED PEOPLE

- The major contributing factor for the high concentration of this deadly disease is lack of awareness and the lack of medical facilities. Sri Amma Bhagavan Seva Trust provides the following services in this regard.
- Conducting screening tests with mobile lab and doctors
- Conducting awareness camps
- Distributing nutritious food
- Arranging transport and food to the patients to visit government facilities to get treatment

As a result of the various camps conducted, the people affected by HIV / AIDS are identified in the early stages of the disease, which was not possible earlier. They are now able to get the treatment as the Sri Amma Bhagavan Seva Trust volunteers are motivating them to do so. Sri Amma Bhagavan Seva Trust also provides transport facility from the villages to the venue of awareness camps and back as well as for visiting ART centers for treatment.

FOR LEPROSY AFFECTED PEOPLE

Prevalence of leprosy has been high in the areas where Sri Amma Bhagavan Seva Trust is operating due to lack of awareness coupled with unhygienic environment. This disease can be completely cured if detected early. With the absence of medical facilities in the rural areas, this disease goes unnoticed till it develops into a major problem. The activities of Sri Amma Bhagavan Seva Trust to help control leprosy include:

- Organizing awareness camps
- Organizing screening camps
- Organizing regular medical camps for treating the affected persons
- Distributing physical aids like slippers
- Transportation and food are provided by Sri Amma Bhagavan Seva Trust for all camps conducted.

ONENESS EDUCATIONAL SERVICES.

Education plays a major role in shaping the minds of a whole new generation, which in turn shapes the very future of a nation and humanity as a whole. SABST carries out several social programs aimed at enabling and encouraging youth particularly those from a rural background to be educated. The primary objective is to improve the standards of education in the villages surrounding Varadaiahpalem. Sri Amma Bhagavan Seva Trust provides infrastructural facilities to government schools like construction of water tanks, compound walls and financial assistance to take up repairs, night tuition for village school children, training for teachers on child psychology and ways to nurture them, special coaching for final year school students, special English classes for high school students, books and writing instruments to students of government schools and sponsorship for school events like school annual day, sports day etc. The objective of Sri Amma Bhagavan Seva Trust is to provide an environment where the youth feel motivated to continue education among people who otherwise have several compelling reasons to not continue their education.

The educational services provided by Sri Amma Bhagavan Seva Trust include:

- Providing teachers to government schools where there is a shortage of teachers
- Identifying villages with low standard of education and conduct evening coaching classes for the school children with special emphasis on developing moral values
- Improving school infrastructural facilities by constructing compound walls, toilets, water tanks, etc
- Improving school facilities by way of providing furniture, arranging electrical wiring and supplying electrical fittings like light assemblies, fans, etc
- Organizing special coaching classes for school children like 'spoken English classes' and 'easy mathematics' camps
- Taking special care of school final year students by conducting special classes with experts and distribution of examination kits
- Conducting special training classes for school teachers periodically

With the dedicated efforts of Sri Amma Bhagavan Seva Trust, school dropout rate has been remarkably reduced and the region has been recording higher pass out rates in school final examinations.

http://www.onenesscare.org/our-activities.php#edu_servicest

SRI KALKI JEEVANDHARA - Safe Drinking Water Project by Oneness.

Drinking water scarcity has now become a reality, specially in rural India . It is not uncommon to see womenfolk in rural India walk several kilometers for a pitcher of water. Indiscriminate use of ground water both for industry and agriculture, and the simultaneous destruction of lakes and small water bodies, has led to decreasing water tables in every part of the country. This in turn has caused a rapid deterioration in water quality.

Poor drinking water quality brings with it water borne diseases such as typhoid, dysentery and gastro enteritis. Excessive quantities of heavy metals in water, such as Fluoride, Arsenic, Nitrates and Iron, leads to Fluorosis (which affects gums), skin cancer, bone deformities etc., Sri Amma Bhagavan Seva Trust has taken the initiative to provide safe drinking water to the villages in and around Varadhepalayam.

As a first step towards this, it has set up a water purification system using Reverse Osmosis technology with a capacity to treat 1000 litres/hr of safe and pure drinking water. The project called SRI KALKI JEEVADHARA will provide access to pure drinking water to 700 households in the Batalavalam village, at a subsidised rate. With a small one time payment of Rs. 200 a village household gets a 20 litre jar with dispenser and they can get it refilled at Rs. 5 which works out to 25 paise (25 paise= \$1/250) per litre of water. A low price to pay for good health!

With Amma Bhagavan's grace, comes good health for the villagers.

The system is so attractive that a similar plant is being set up by a devotee for villages near Vizag. This model can now be duplicated to villages not only around Varadhepalayam and Tamil Nadu, but across states. It's a great sat, karma for those coming forward to take up such projects, to quench parched throats of thousands and ensure their good health.

CHAPTER 15

ENLIGHTENMENT

“When you are awakened, you feel you are empty, and then once you are filled with the Presence, you will feel completely full”

~ Sri Amma Bhagavan

Question: Bhagavan, please explain about Awakening and Enlightenment.

Bhagavan: Now, if you have a car that you are driving, and you switch the engine off. The switching off of the engine is Awakening. The engine has been switched off. The mind has been switched off. You have been declutched from it. But the car has its momentum, so it does not stop immediately. It stops after a little distance. But it certainly stops after a little distance. That stopping is Enlightenment. Before that, when it shuts, only the engine is shut. The mind's flow is stopped. That is awakening! But still, due to the past momentum, it goes on for some time. After some time it stops completely. After that, even the flow of thoughts would be a rare occurrence. That is Enlightenment. Plus a complete transformation would continue to take place. This person would be different from other people in all aspects. So Awakening leads to Transformation. And Transformation leads to Enlightenment.

Question: Bhagavan, it might be the question from my mind, but please let me know the difference between enlightenment and awakening. Thank you.

Bhagavan: In Oneness, Awakening means there is a change in your brain. This change could be scientifically verified. The key teaching in Oneness are "Stay, ing with the what is, Experiencing the what is, and being aware of the what is". If you are unawakened, you could do all these things with effort. When you are awakened, because change has happened in your brain, you could do all these three things without effort. When you keep doing these things, without effort, it leads to a great transformation. That transformation is Enlightenment.

When you are enlightened, you are not disturbed by thought. If you are just awakened, you could still be disturbed by thought. But you could stay with the thought without any effort. But if you are enlightened, there would absolutely be no thought disturbance. That is the basic difference.

Bhagavan says in re: Enlightenment Process: Since most of you here are on the verge of going through the process (This message was shared during the Enlightenment process conducted in the university), I must remind you of two things that are most important in the process of Enlightenment.

1. The first is Inner Integrity. You have to be completely honest about yourself to yourself. It does not matter who you are or what you are. What is important is ... can you confront yourself? Can you face yourself? Can you be honest? Can you be authentic with yourself?

Since most people have never been honest with themselves this is easily said than done. You are frightened of yourselves. You don't want to see this about yourselves. You would like to put all the internal ugliness under the carpet. That is not really going to help you.

2. The second thing you need to understand is that you have come down here to play your whole life as a game. In cricket when Indians and Pakistanis con,

front each other, it is more like war. They play as though their life depends on it. But then they also know it is a game. Similarly you have to live life seriously. Life has to be taken seriously, but you have to live it intensely, but you should know it is a game.

You can't be too frivolous, you can't be irresponsible, can't be careless. You have to be serious; at the same time know it is a game. If you could develop this perception, it would be of immense benefit in the process of Enlightenment.

So when you do become enlightened you will see how beautiful, how perfect this world is, you will really start playing it like a game. You will start living for the first time. As of now, you do not live. Your sail on, birthday after birthday comes and finally it is all over. You have hardly enjoyed anything. This is what most human life is. You should truly understand your purpose as to why you have come down here.

You have been sent here to have a good time! But you have made a mess of the whole thing. Once you are enlightened no matter what your situation in life, you will have a good time. That's what life is all about. That's why we use the word 'LEELA' - just to play. When I look at you I see the bag each one of you is carrying. your burden and pain keeps hitting me all the time.

So I hope that a few days later you will be rid of your baggage and you would all be singing and dancing and go out into the world to play your games. With this perception you could go into your meditation. Don't try to meditate. Just see, all that you have got to see here is, "To see, to realize you cannot meditate!" You do that, I will do the rest!

If you try to meditate, if you think you can meditate, I cannot help you. But, if you were to realize that you cannot meditate...then, meditation would happen! I WILL BE THERE. So, I think we could start now!

Question: Bhagavan, what is enlightenment?

Bhagavan: Mukthi could be defined in various ways. The general definition which I give for mukthi is “The Liberation of Senses”. Now when you see, you do not see without the interference of the mind. If you can see without the mind interfering, that is mukthi. If you can hear without the mind interfering, that is mukthi. The same applies to smell, touch and even thought. Thought also can be observed without your getting involved with the thought. Now what’s happening is when you are thinking, you think you are thinking, but it is actually possible to see thoughts flow as though they are independent of you. This is a physical reality, actually you can see thoughts. Any kind of thought would be coming into you and would be going out of you and you can watch them. So this is the state of mukthi. That is the complete liberation of the senses from the control of the mind. It’s only such a being who is actually living. Wherever the mind is in control, you are not living.

When the mind is not there, then you are actually living. That’s why when people ask me what is the purpose of life, my answer is, if you are living, you won’t ask that question. The purpose of life is to live. What does that mean? - To live the life of the senses. The senses must be independent and free of the mind. Now what’s happening is, you are not at all experiencing reality. Reality to you is what is flowing through the senses. Now all the time you are interpreting whatever data is coming into you. You look at a tree and you say it is a big tree, small tree, green tree, mango tree this that, all the time comments are going on. When you sit down to eat food, you are not eating food. You start worrying about your office or your family or this or that or comment on the food itself. The food is not being experienced. That’s why I have said in the Mahavakyas, if you experience reality as it is, then you will just experience bliss.

You will see this whole creation is perfect, it’s the most beautiful thing and that you are already in heaven. You have made it into a hell. It is possible to liberate the senses from the clutches of thought. So thought is necessary when required. Otherwise, why should thought interfere? There is no need for thought to come and interfere with your actual experience. Now when the senses be,

come free of the control of thought or the mind, then we say you have discovered unconditional joy and unconditional love, such is this joy that you will feel that you are connected with everybody, so you discover true love. So this true love and this true joy are not separate things, they are all one and the same and this is a natural occurrence that is what you are designed to be, that is what a human being is supposed to experience all the time. Since you do not experience that, your lives have become miserable and to escape that misery you have created various escape roots, through which all the time you are escaping from your misery, which misery itself is because you are not experiencing reality. That is why people take to alcohol or to drugs or sex or whatever that is because otherwise what is there in your life, it becomes meaningless.

So the whole attempt of this movement is to help you experience reality as it is, when that happens you discover unconditional love and unconditional joy. You feel connected with everything and everybody. You do not feel you are a separate individual. You do not live for yourself alone anymore, because the yourself has become everybody. You live for the sake of humanity. This is not a concept or some imagined thing. This is a day to day reality once you become enlightened or you become a Muktha. And thousands of people have already got into this state and even right now there are few people sitting here who are in this state.

Question: Dear Bhagavan, could you please explain what is the difference between awakened and enlightenment? Thank you, Bhagavan.

Bhagavan: There are levels of awakening and up to level 69 we call you awakened. Level 70 and above, we call you enlightened. When you are awakened, you are declutched from your mind but still thoughts flow through your mind. When you are enlightened, thoughts almost stop all the time.

Question: Sri Bhagavan, what is the difference between the state of living in the Presence and fully awakened? Thank you very much, Bhagavan.

Bhagavan: When you are awakened, you feel you are empty, and then once you are filled with the Presence, you will feel completely full. That is the difference.

Question: Dear Bhagavan, I do not exactly understand what is the difference between living in presence and being fully awakened. Is it possible to have one without the other? What is the difference between the states: living constantly in presence but not being awakened or being awakened but not being constantly in presence? Or, is it after we awaken, the oneness and the presence comes faster?

Bhagavan: First, we become awakened and become empty. Once you are empty, it is possible for the presence to take over. To be empty is one thing. To be taken over by the presence is something else. You may be empty, but you may not have love or joy. Once you are empty and the presence has taken over, there will be love and joy, unconditional love and unconditional joy. Thereafter the presence takes you into higher states. You move into higher states and you would discover that the presence is God. You move into still higher states where you discover that you are that God. The ultimate discovery is that you and the presence are one.

Question: Sri Bhagavan, thank you for giving me awakening. Awakening is the best present for me in my life. What is the difference between staying with the “what is” effortlessly and being in the present?

Bhagavan: Staying with the “what is” without effort, leads to living in the present.

Question: Namaste beloved Bhagavan. Lately I’m seeing that the only expectation I have is enlightenment. When I come to a group meeting, I see the same expectation of enlightenment flowering there. The expectation and the focus on February 11. Is this expectation a hindrance for enlightenment since there is a disappointment behind every expectation. Thank you very much dear Bhagavan. [asked January 2011]

Bhagavan: Expectation is necessary but it is also a hindrance, but we cannot help this. So please continue with your expectation. Do not worry about the disappointment. Because what we are going to use in the new process is the cosmic bulldozer to bulldoze you.

Question: People have been seeking enlightenment over several life times. How is it possible now?

Bhagavan: See, when I look at a person I do not see him as a first timer. I only see millions of years behind him. So I believe that all of humanity have finished all the work they need to do. I think everybody is well prepared through so many lives and therefore, now is the time to get it. All the hard work has been done. I think everybody has done this hard work and the fruit is there to be had.

ENLIGHTENMENT OR GOD-REALIZATION

Question: Beloved Sri Bhagavan, what is the better thing to do: to focus on enlightenment or to focus on God realization?

Bhagavan: It is better to focus on enlightenment first, seeing your Divine physically and talking to your Divine physically is not God realization. There is much more to God realization than physically seeing and talking to your Divine. God realization is possible only if you are enlightened. Therefore you have to first focus on enlightenment. If you do it on your own, it is a long process. If the Divine comes physically into your life, it happens very, very fast. Get the Divine first into your life and become enlightened, then go for God realization.

Question: What is the fast road to Enlightenment, Bhagavan?

Bhagavan: The fast road now is to get the Divine physically in your life and take a Deeksha or a Blessing and it's all over. No need to stay with the "what is" without effort for 49 minutes, then the heart flowering and then move on. All this you could do if you want to. But this is the shortcut, the short way. Simple and

easy. Your brain is instantly transformed because God is doing it, so there's no difficulty at all. It's that fast.

Question: How is it to become enlightened? Can enlightened beings fall out of enlightenment again? Or do they stay in this state forever?

Bhagavan: People in awakened states could fall. People who are awakened can temporarily fall for a short time. But as you move into higher levels of awakening, you do not fall at all.

Question: Bhagavan, I heard that the new course for God-realization is going to start very soon [Special 28 days Deepening for whom which has already been Declared Awakened and attended the 28 days Deepening Process]. How does God-realization connect to awakening?

Bhagavan: Awakening and God-realization are two different things. If you get awakened first, it is easy to become God-realized. If you become God-realized first, it is easy to become awakened. When you become God-realized, you would start relating to your God. You could walk and talk with your God. What, ever you want, you could ask your God. There is a tremendous change in your consciousness.

Question: What is the real meaning of Enlightenment?

Bhagavan: See, to be enlightened is not to feel separate from the other. You are there. You feel you are separate from all these people. Suppose you are to become enlightened, you will say you only are the other. If you feel that way, where can there be conflict? There can only be love. Isn't it? That's all there is to it. And always there is happiness also. A happy person cannot trouble others. An unhappy person will be pinching other. Will give pain to others. After Enlightenment nobody gives trouble to another. Everybody is happy. You will find in this village, all people gathering, singing and dancing. All kinds. Caste is not a problem. Once you are Enlightened there is no caste. The Harijan, the Bramhin, all will be singing and dancing. Everything goes off.

The caste is gone. Muslims dancing with Hindus - you can see it in this village. Everything has happened because they are in a different state. They are all helping. You don't find street fights. Completely transformed. And we had taken up this place because it was a horrible place. That's where we have proved it. Total transformation.

Every month we are having a program. At least 500 people come for Enlightenment from the local villages. People are standing in a queue, because we cannot take more than that. It is spreading very fast. Imagine the whole of India Enlightened. Then, what happens to all the problems that we are talking about? There is a coolie in this village who is Enlightened. Now, every rich man wants her to come to their house and perform Kalasha Pooja in their house. It's a pride to invite her to their house now. All social dynamics have changed.

How come people are getting transformed so suddenly? Because this does not take much time. Yesterday you were very ordinary. Today you are transformed. Just 24 hours. And it's irreversible and permanent. So what more can somebody ask for? Poor people in villages are dancing in joy and they call their dance "The dance of Freedom". Even the richest man in Karnataka cannot have 1/1000th of their joy. And of course along with this joy you will also become prosperous. The mind is so clear. Whatever they touch, it is successful.

Question: What is an Avatar to Enlightenment?

In terms of the Hindu tradition, I'm an avatar. By avatar what is meant is somebody who has descended from the universal consciousness. There is something like earthly consciousness which comprises the whole of humanity and then there is a universal consciousness which sort of governs the universe, and there are many aspects to it and some of these aspects can manifest in physical form.

So, I am a manifestation of that aspect which is concerned about enlightenment. I am an avatar for enlightenment.

There are other avatars, too. We have mathematic avatars. They, of course do not come from the universal consciousness. They come from some kind of earthly collective consciousness. Then you have avatars in physics. You have avatars in Vastu (sacred science of architecture). You have avatars in astrology. You have all kinds of avatars.

You should not think an avatar is just only a spiritual person, and among spiritual avatars, again, there is such variety. Each is a specialist. So my specialisation is mukthi though I can also handle your worldly problems.

So, unless I handle your worldly problems, you wouldn't come to me. So, that is not my main interest, at the same time I am not against people fulfilling their worldly desires. I do not believe that as you fulfill your desires, desires would keep growing. It happens up to a point. Thereafter, it begins to satiate and you actually tend to grow.

I have found actually, with the dharma itself, a lot of our devotees after their desires were fulfilled became seekers after enlightenment. So, I do that also. So, basically I am an avatar for enlightenment. But all this you can discover more in the process. In the process you would know exactly who I am because you and I would come face-to-face.

Question: Bhagavan, what is the role of Amma in Mukthi (Enlightenment)?

Bhagavan: See, Amma and I are two sides of the same coin. We are not really different. For practical purposes we have said, let Amma look after the Varas (Desires) and I look after Mukthi (Enlightenment).

Maybe after some months I will shift over to Varas and Amma will shift over to Mukti. We can interchange, but when we work in the Mukti process I handle one particular Nadi and she handles one particular Nadi. And generally we won't interchange. And if the problems are related to your father, because these are very vital things, then I would be handling them, and if the problems are related to the mother, Amma would be handling them, because these things con,

trol your process actually - your relationship with your parents. And the other thing is, when I tend to 'explain', Amma tends to 'act'. So you need both these components. If somebody comes and tells me - I have this problem, I will try to explain to him why is this problem and that better he understand this and understands that, all that. Amma and I, we have our arguments and Amma says "Look! He already has a problem, he cannot even think, you are trying to explain to him right now. That we will see later, first let us solve his problem." My argument is that if you solve the problem, he runs away. So it goes on like this.

And there are some things, when people have to be mothered, because it is a very wrong kind of delivery and therefore Amma has to mother him. So that kind of thing. We have complementary roles to play. But though in the Mukti (Enlightenment) process both will be involved.

At a physical level, Amma is focussing more on the desires aspect and I am focusing more on the Mukti (Enlightenment) aspect. In essence there is no great difference. It is like two sides of the same coin. And basically I handle what is called the stillness. i.e. whenever you are very still you know that I am handling it and where is some kind of movement of consciousness it will be Amma who is handling it. Stillness and movement would be alternating, though sometimes Amma may take over stillness and I may take over movement. I can't tell you why we exchange, but then the ultimate is stillness and movement; the ultimate truth in case there is an 'ultimate truth'. You will see what there is only stillness and movement. These two only will be alternating. This only creates the universe and everything on it. These things are there. It is an experience. That is why when Christ, when asked once, where do you come from? He made a remark that - tell them, that I have come from stillness and movement. You understand that you understood a lot. So, this you will experience in the process.

Question: Even before I complete my prayers to Amma, she delivers the boon on my lap. Why is Amma, so fast and compassionate, Bhagavan? Do the Pancha Boothas obey Her word and act immediately?

Bhagavan: See, even in your families, the mother is generally quick to appease you. Your father is a bit tough. It is exactly the same thing here. There's no difference at all. That's why, what you must do is, in case I am not answering, you must shift to Amma. But Amma is also tough in Her own way. She may be very demanding, she might put conditions on you "Ok I will do this for you, but do this." Most of Amma's conditionings would be "Do this, I will give this to you." But my thing is "I will do this, but understand this." I focus more on learning. Amma focus more on karma. So you have to choose.

CHAPTER 16

GOD-REALIZATION

*“Man cannot make it on his own;
it has to be given to him”*

~ Sri Amma Bhagavan

Question: Bhagavan, one of the main signs for being awakened is that there is no suffering. What is the main sign for God-Realization, Bhagavan?

Bhagavan: When you are God-realized you actually walk and talk with God. It is not the way of speaking, you could shake hands with God. It is that real. People are doing it now. It will soon happen to all awakened people. God will be your friend, not some imagined figure.

Question: Beloved Sri Bhagavan, we know that awakening is a neurobiological process in the brain. What about God realization? Is it a comparable process to awakening? What happens when we become God realized? Thank you, Bhagavan.

Bhagavan: God-realization too is similar to awakening where the brain is concerned. But certain other parts of the brain are involved. It has a lot to do with the frontal lobes of the brain. The frontal lobes, when activated, act as an antenna to God. When they are activated you actually see and you could talk to God. Of course, the God that you would meet would depend on your conditioning. A Christian would see his Christian God, a Moslem would see his Islamic God and a Hindu would see his Hindu God.

Question: How can I increase the presence of God in my life?

Bhagavan: Now when your Divine is becoming physical, just ask for it and it's done. The Divine could stay in your home, could watch TV with you, could cook with you, could bathe with you, it could be that physical. It all depends on you. If you say the Divine would not do these things, then nothing would happen. If you think it's possible and it's OK, then all these things happen. It's all in your hands.

Question: My dearest Sri Bhagavan, what is the relationship of my soul, higher self and my divine?

Bhagavan: Your soul, your higher self and the divine are all one in the same. As you grow in awakening, you would discover for yourself that all these are just the same. There is no difference at all. That would be your ultimate realization.

Question: What is the difference, or differences, to have a contact with the Antaryamin and to be God-realized?

Bhagavan: You may have a powerful Antaryamin, that does not mean you are God realized. You may meet the president of a country, that does not mean you know him. You've got to interact with him, you have to become his friend, you have to be with him, only then you would know him. Similarly, seeing God, even physically, does not mean you are God realized. You have to build up a bond, a relationship, and you must start interacting. It is a long journey. As you go along you realize more and more of God.

Question: Sri Bhagavan, please, may I ask you a question? Once when I was receiving Deeksha, I felt a slight shake on my body that seems was not controlled by my ego, but I still cannot fully believe in a personal Divine inside of me. Is ego too strong? How can I make sure there is Antaryamin (indweller) inside of me? Thank you, Bhagavan.

Bhagavan: Once you're awakened, the discovery of the Divine happens automatically.

Question: Beloved Sri Bhagavan, do we need to be God-Realized to have the Divine physically in our home? Thank you.

Bhagavan: You need not be God-realized to have the Divine physically in your home. After getting the Divine physically in your home, then begins the journey of God-realization. You come to know about your friend more and more. That is what we call God-realization. You ultimately become like your friend. That is total God-realization.

Question: Namaste Sri Amma Bhagavan. I feel very grateful to be alive at the time when we are witnessing the acceleration of God realization and awakening all over the globe. But my question is, why is there more emphasis on awakening (Free of Suffering) than God realization (Oneness is All) at the Oneness University. Can you please tell us more about the journey of God realization. Thank you Bhagavan

Bhagavan: We are initially taking the help of God to become Awakened. The whole focus is on awakening. After 2013 when most of us are awakened, the Oneness people are awakened, the awakening will be made use of to become God realized. So initially you take the help of God, get awakened, after getting awakened you become God realized. That is how it goes.

IMAGE OF GOD

Question: In the bible it says "Man is created in the image of God". As it is today in the world, our lives are not godly. Dear Bhagavan, when you had your Jee, vashram school there was a statement "To set man free". Is it really possible for us to become like the image of God?

Bhagavan: It is possible and it is happening.

Question: I know intellectually that there is divine, there is God but how can I experience it in my body?

Bhagavan: Yes, you cannot do anything about it. We are going to make it happen. It is our job.

Question: Bhagavan's daily teachings: "God is being shaped and reshaped by us". How can I understand this? I always thought that God is leading us?

Bhagavan: God has been there through time, the whole time. But as we change, God changes. As God changes, we too change because we are not separate from God. But always God is leading us because He is the whole and we are the part. In mystical dimensions one can clearly see this.

Question: "God is unknowable; like the cell can never know the body". Dear Bhagavan, could you explain this, please?

Bhagavan: You could walk and talk with God, but you cannot know or understand God. This applies to everything. Nothing can be truly understood. Nothing in this universe can really be understood. Nothing in this universe can really be known. It will not remain the unknown, but it would remain the unknowable. That is what it means.

Question: Dear Bhagavan, where does the Divine spirit come from?

Bhagavan: The Divine spirit is everywhere and nowhere in particular.

Question: Dear Bhagavan, How can we learn to really truly love God and to selflessly serve him?

Bhagavan: Our focus now is on awakening. Once you are awakened, it is very easy to love God and to relate to Him.

Question: Greetings to you Bhagavan, How can I believe in God if I have no miraculous experiences? I don't get answers for my prayers and after Oneness Meditations, I do not feel anything. What is wrong with me?

Bhagavan: Nothing is wrong with you. It's not that you must have faith in God or bond with God, it is enough if you stand in the truth that you do not have faith in God that you do not have trust in God. Standing in the truth is what is important. All else is automatic.

GUIDELINES FROM GOD

1. Quit worrying. Life has dealt you a blow and all you do is sit and worry. Have you forgotten that I am here to take all your burdens and carry them for you? Or do you just enjoy fretting over every little thing that comes your way?
2. Put in on the list. Something needs done or taken care of. Put it on the list. No, not your list. Put it on my to-do-list. Let me be the one to take care of the problem. I can't help you until you turn it over to me. And although my to-do-list is long, I am after all... God. I can take care of anything you put into My hands. In fact, if the truth were ever really known, I take care of a lot of things for you that you never even realize.
3. Trust me. Once you've given your burdens to me, quit trying to take them back. Trust in me. Have the faith that I will take care of all your needs, your problems and your trials. Problems with the kids? Put them on my list. Problem with finances? Put it on my list. Problems with your emotional roller coaster for my sake, put it on my list. I want to help you. All you have to do is ask.
4. Leave it alone. Don't wake up one morning and say, "Well, I'm feeling much stronger now, I think I can handle it from here." Why do you think you are feeling stronger now? It's simple. You gave me your burdens and I'm taking care of them. I also renew your strength and cover you in my peace. Don't you know that if I give you these problems back, you will be right back where you started? Leave them with me and forget about them. Just let me do my job.
5. Talk to me. I want you to forget a lot of things. Forget what was making you crazy. Forget the worry and the fretting because you know I'm in control. But there's one thing I pray you never forget. Please, don't forget to talk to me - often! I love you! I want to hear your voice. I want you to include me in on the

things going on in your life. I want to hear you talk about your friends and family. Prayer is simply you having a conversation with me. I want to be your dearest friend.

6. Have faith. I see a lot of things from up here that you can't see from where you are. Have faith in me that I know what I'm doing. Trust me; you wouldn't want the view from my eyes. I will continue to care for you, watch over you, and meet your needs. You only have to trust me. Although I have a much bigger task than you, it seems as if you have so much trouble just doing your simple part - How hard can trust be?
7. Share. You were taught to share when you were only two years old. When did you forget? That rule still applies. Share with those who are less fortunate than you. Share your joy with those who need encouragement. Share your laughter with those who haven't heard any in such a long time. Share your tears with those who have forgotten how to cry. Share your faith with those who have none.
8. Be patient. I managed to fix it so in just one lifetime you could have so many diverse experiences. You grow from a child to an adult, have children, change jobs many times, learn many trades, travel to so many places, meet thousands of people, and experience so much. How can you be so impatient then when it takes me a little longer than you expect to handle something on my to-do-list? Trust in my timing, for my timing is perfect. Just because I created the entire universe in only six days, everyone thinks I should always rush, rush, rush.
9. Be kind. Be kind to others, for I love them just as much as I love you. They may not dress like you, or talk like you, or live the same way you do, but I still love you all. Please try to get along, for my sake. I created each of you different in some way. It would be too boring if you were all identical. Please, know I love each of your differences.

10. Love yourself. As much as I love you, how can you not love yourself? You were created by me for one reason only -- to be loved, and to love in return. I am a God of Love. Love me. Love your neighbors. But also love yourself. It makes my heart ache when I see you so angry with yourself when things go wrong. You are very precious to me. Don't ever forget.

HOW TO PRAY

"Any god will answer your prayer only when you maintain an emotional bond with him" - Sri Bhagavan.

Bhagavan: I'll tell you how to pray. You must not focus on the problem, you must focus on the solution. Suppose you want to have \$100,000. This is how you must begin your prayer. You must pray to us as "Banker Amma Bhagavan, Thank you for giving us \$100,000." And you must say, "Thank you. Thank you." You should not say "Give me \$100,000," No. You must say "Thank you for having given me \$100,000." And you must see the money in terms of clear pictures. It should be in three dimensions. It should be in color and not in black and white. And what would be your emotion when you get the money-that emotion you must generate.

Suppose you have health problem. You must say "Dr. Amma Bhagavan, thank you for giving me health." Suppose you've got a court case. You must say, "Judge Amma Bhagavan, thank you for doing it in my favor." Similarly, you must address us according to the problem. That is how you've got to pray. You can try this prayer now.

EIGHT PARAMETERS FOR PROPER PRAYERS

"When you are helpless I am helpful" - Sri Bhagavan.

Sri Bhagavan mentions eight parameters for a proper prayer. They are again paired into four groups.

1) Surrender and Helpless

- 2) Bond and Emotion
- 3) Clarity and Visualisation
- 4) Faith and Gratitude

Individual Prayer:

1. Close your eyes and shift the focus to the left corner of your eyesight and visualise a screen and project all the obstacles/negative things that had stopped you from accomplishing your goal.
2. Then shift your focus to the right and project and see yourself as being blessed with your wish. Visualise everything that you want to be blessed with in good detail.
3. Finally offer your gratitude to Amma and Bhagavan for listening to your prayer.

In case if you find difficulty in understanding the contents of this message, please take a hard copy of this message and approach your nearby Oneness Teams for seeking their help.

"Belief should coincide with the prayer" - Sri Bhagavan.

Question: Dear father, Bhagavan, thank you for giving me a new career. I am very grateful. I pray every day and I'm writing prayer notes, but I cannot visualize colorful and 3D pictures when I was praying. There are judgments in my mind. I cannot calm down. Please Bhagavan, tell me what should I do?

Bhagavan: Increase the level of your emotion. The prayer would work.

Question: Thank You, Bhagavan. Bhagavan, You often say that we should visualize things very clearly in three dimension and colors. But since some time, it does not really happen like it was earlier. There are sometimes pictures inside but they appear of its own; otherwise there is nothing. There is either bliss and happiness or deep silence when in Your presence. Otherwise, it's most often

some depth and space; even my antaryamin seems to be this depth and space; rarely a picture comes as it was a few years ago. In life it looks like it would be needed to create more money, but when I recently did the Wealth Course for people in Poland, I just sat there, with You and Amma, totally happy, and there was no wish for anything. I'm telling You only as You told me during the meditation on Thursday that it is important to tell you this, Bhagavan; any comment on this, Bhagavan?

Bhagavan: It is not a problem if you do not have any pictures. But what is important is that you must have the emotion. If the emotion is not there it does not work.

TALKING WITH YOUR DIVINE

Each one of you should try and find out what suits you best. Some play with God, some fight with God, some cajole with Him; and some communicate with Him. You should do whatever comes naturally to you. However, the key is to have a strong bond with The Divine. One other deterring factor for Grace is the emotion that you carry in your prayer. If there is emotion, the response is very fast. There are some people, who assume that God looks into all of their needs and help them to live without any stress.

For some he does that even before they ask. The kind of prayer that would suit you depends on your upbringing, your background and your culture. The choice is therefore left up to you.

God does not test His children. What you consider to be tests from God's end are basically problems you have created for yourself. The Divine is basically trying to help you out. Sometimes it might appear that it is testing you, but in reality the Divine would prevent a greater pain from coming to you.

Let us say you prayed for a good job, and it wasn't granted to you, it will only be to save you from some immanent danger, or to bless you with something greater. God loves you; He is there only because He loves you so much. You are not separate from the Divine. To Him it is not loving someone else, but Himself.

There are certain areas where God could straight away intervene, and other areas where He cannot. Here He needs your cooperation. Surrender and Helplessness are not a defeatist attitude. It is to set aside your defective beliefs, systems and complex emotions, seeing that they are a hindrance to Grace. Even if you could do this for a short while, God would have His way. What you must understand is that: while God is powerful, you too are powerful. That is the whole problem. You are an aspect of God. You are a powerful being, who is full of de,

fective thoughts, concepts and mental frameworks. So you are God, who has gone wrong. That is why; it is not possible to transform the world in one blow. You too have to cooperate with God in helping to change the world.

The ultimate purpose of life is to become one with God. Your whole life is so structured to push you in that direction. If every event in your life were thoroughly understood and experienced as an action from God, you would move closer to God. Ultimately you become one with God.

If you are talking about true surrender, man and God cannot coexist. Either there is man, or there is God. If you are there, you don't give a chance for God. Where man ends, God begins.

As you go on progressing, you will find that one minute you are God yourself and the next minute you are not. What happens is after sometime you will realize that actually you and God are the same. But, sometimes you have the feeling of oneness; sometimes you have a feeling of separation. It is then that you can be of very great help to people. You will actually discover that you are one with the Divine, that you are actually God. This continues on a regular basis, the only thing is as you go along; the time that you experience oneness with God would be more. You would actually become The Divine or Light or God or whatever you want to call it; it all depends upon you. When you still go deeper, your physical form can also be affected. There is no end to these things; these are things, which happen very naturally, very automatically.

All existence is bliss when you are one with the Divine.

Question: I am not able to talk to my Divine. I am talking, but Divine is not answering neither directly nor through signs. The Divine seems to be busy, and He isn't answering as to why there is no answer. I started feeling lonely because of that. I also don't know what is the right way to pray because no one taught me. Also, I don't understand whether it is correct to ask the Divine for some,

thing material. Doesn't the Divine know better what I really want and need?
Thank You!

Bhagavan: You have got to interact with the Divine. You must learn to talk to the Divine like you talk to a person. Please try it during a Oneness Meditation. Once the Presence comes in, it will automatically start. You cannot hand over everything to the Divine and say "the Divine will take care of" - No. You and the Divine have got to interact together to create whatever you want. Of course, the Divine knows better, but you must interact. You get what you want. If you are indifferent, the Divine also will be indifferent. You and the Divine are two ends of the same reality. Interaction is a must. So please maintain a notebook where you record all your interactions and keep attending Oneness Meditations.

Question: Why do some people have a better connection with God and some don't at all Bhagavan? Does it mean that God is absolute and outside of our, selves, waiting for us to discover him Bhagavan?

What do we have to do, so that he manifests as my Antaryamin? Is the fact that he hasn't manifested physically to me until now due to my fear Bhagavan? What happens in the process of God Realization and what should I do to hasten my process Bhagavan? Thank you Bhagavan.

Bhagavan: It is possible for everyone to see and talk to God. It does not depend on you, it depends on the times. The time has now arrived whereby this is going to happen. It has already started happening. There is a simple process involved about which we will talk to you in November- December [2013]. That will make it possible for everyone to discover their God.

Question: How should i relate to the Divine?

Bhagavan: First of all the divine you must cast the divine in a human mold, like father, mother, brother, sister, friend or whatever you like. So, the divine must be cast in a human mold. And then suppose you've cast the divine in the mold of a father. You must relate to the divine as you would relate to your

father. Suppose you've cast the divine into the mother's mold. Then you must relate to the divine as you would relate to your mother. The relationship you have with your mother or your father that is the way you've got to relate.

It is very important that you cast the divine in the best relationship you have. Suppose your relationship is very good with your mother, then the best thing is to cast the relationship in your mother's mold. Suppose the relationship is very good with your husband. Better to cast the divine in the husband's mold. Suppose the relationship is very good with your friend then you would cast the divine in a friend's mold. And then start relating to the divine as you would start relate to them. You must start with conversations you could ask your questions, you could ask for help.

Initially, you might get the answers in the form of a thought or insight. But as it grows, it will be a real communication. Then how are you to be sure it's the divine who's talking? You must ask to solve problems, to get you out of difficulties and you must ask for blessings. If it happens then you must be sure that you are in touch with the divine and in case the divine is not answering your prayers, then you should ask for an explanation as to why yours prayers are not being answered.

If you are really in touch with the divine, the divine would then show you why your prayers are not being answered. That is the way, slowly you have to build up your bond with the divine.

Question: Bhagavan, many of our devotees have a question - how to grow in their bond with Amma Bhagavan?

Bhagavan: If you help others in their awakening you would become very very close to Amma Bhagavan.

Question: Bhagavan, God is one, then why the response of God varies from person to person?

Bhagavan: The amount of grace you receive or the form in which God manifests to you depends on the relationship you have with God. That is why it is important that you do not have an image of a punishing god or an indifferent god. If you thought, God would be angry with you for your thoughts or your life and therefore afraid, God would certainly punish you. If God to you were a lazy father, would answer after endless entreaties and petitions, that would be your reality. You create your God.

You have made a mess of your lives, unaware of the power and freedom you hold in creating your God. One of the greatest curses you could lay on yourself is to create a wrong kind of God - a defective God who could sit over you in judgement and punish you. Remember when I say creating your God, I do not mean creating a non-existent God through your own imagination. God is your creator and how could you create God?

Creating your own God means to awaken to the power you wield. God is powerful, but you too being a part of God, are quite powerful, hence the problem. You have the freedom to design the kind of God you want. It is like the potter, making use of the clay and creating master pieces. You are the potter and God the clay. Your God would then respond to you the way you want. That is why, we use the word ...'Elokthakari' - one who does as bidden. Do not think it is presumptuous to design God. You have all along been creating your God unconsciously, only now do it consciously and intelligently. God does not define himself or herself. Humanity defines God.

Create a God who is powerful enough to awaken you and also fulfill your desires. If you relate to God as playful, powerful and a compassionate friend, who will respond to your needs instantaneously, that would be your God. If on the other hand, you define God as the unapproachable then the doors of heaven shall not open, because there is a big board which would say, 'no entry'. If you say God is indefinable that certainly would be your experience. You could choose to have a frowning God, or a smiling God or a laughing God or your playing God.

Question: My divine is changing in the Sri Murthi and is walking with me every evening but I find it very difficult to hear him. How can I hear him? What advice can you give me, Bhagavan?

Bhagavan: In your case, this is specific to you, you have to start practicing the use of very auspicious words. In your relationship with your family members and friends, you must use auspicious words and also inwardly, you must start using auspicious words. The divine would soon start talking to you.

RELATING TO YOUR DIVINE

Question: Sri Bhagavan. Tomorrow we will be taking our first deeksha directly from the sri murthi. What is the best way to relate to you and Amma so that deeksha can flow properly and awakening can happen?

Bhagavan: It is not a question of just relating to Amma and Bhagavan. We have often said that Oneness is not a cult. Which means you could invoke any master, any teacher, any God and so and so. You could focus on any teaching of your choice and you could follow any ritual. Now, all that we have done is the Sri Murthis and the padukas are something special. We have done what is called an 'Avahanum' which is a very ancient process by which you move your consciousness into the padukas and the Sri Murthi. Once that is done, however many copies you make of them, they have the same power. So you've got to use them. That's all.

Now Let us say you were to invoke the teaching of the Lord Jesus Christ and let us say the teaching is 'Loving thy neighbor as theyself.' Then, You've got to chant that teaching for 49 minutes. That becomes the program. When the teaching enters the deeper levels of your consciousness, it programs your consciousness. That is followed by the deeksha. So after chanting the teaching for 49 minutes, whatever teaching you choose, then, you have to invoke Christ in the Sri Murthi, not Amma Bhagavan and relate to Christ the way Christ expects you to relate to him or the way you have been relating. If you were to touch the padukas, you must know that you are touching the divine feet of the Lord Jesus Christ. Not of Amma Bhagavan. You touch the Sri Murthi, you are touching the Lord Jesus Christ. If you're properly focused, you would in fact see the Lord Christ there.

Let us say the teaching you would choose is to love oneself. If you were to say "I love myself, I love myself" for 49 minutes, that is Amma Bhagavan teaching in

which case you've got to invoke Amma Bhagavan. To invoke Amma Bhagavan, the best way to invoke Amma Bhagavan is either as your parents or as your friends. That is the best way we choose. That's the one in which we are very comfortable. The mother father equation or that of a friend.

Now let us say you were to invoke the Buddha's teaching that all things are empty. In which case you've got to invoke the Buddha and you may have to invoke the Buddha as a teacher and relate to him the way one relates to a teacher. So it depends on you. So you could choose any master, any God, any teaching.

We are of course doing the kind of rituals that we are used to. It does not mean that you have got to do those rituals. You have the freedom to do them. But you could in turn prepare your own rituals depending on your culture and your background. We are only asking that you observe these rituals so that you get the essence out of them and create ultimately your own rituals. So you should not think just to be merely invoking of Amma Bhagavan, no. You could invoke anyone of your choice. This we have to be very, very clear about. If you were to understand that you must only invoke Amma Bhagavan and only Amma Bhagavan's teachings, only these rituals, then it becomes a cult. That is why we have been very very [word lost] to get it out. So we have been taking all possible precautions and it is your responsibility so see that does not become a cult.

WORSHIPPING

Question: Some of us still struggle to feel comfortable with a personal divine connections with you. For many westerners we find it difficult to worship a living person. How can you help us with this?

Bhagavan: It must be understood that Oneness is not a cult. If it were a cult then you would say only relate to one being, a particular teaching, a particular ritual. That is not the case here.

The Sri murthi of Amma Bhagavan is there, what you have got to do is, you have to invoke that teacher, that master, that God with whom you could relate and you have got to invoke his teachings. Now for example let us say, you have focused on Christ's teachings and you would like to discover the truth in his teaching 'love thy neighbor as thyself', then you've got to chant that particular teaching 49 minutes. When you chant for 49 minutes, the teaching enters the deeper levels of consciousness, which in turn gets programmed. Then you've got to take a Deeksha. If that is the teaching you are going to make use of, you must chant that teaching, then you've got to invoke Christ in the Sri murthi, not Amma Bhagavan, and relate to Christ the way you are expected to relate to Christ, or the way you have been relating to Christ. If you do it correctly you will actually see Christ in the Sri murthi. If you are touching the Padukas, you should be aware you are touching the Divine feet of Christ. So that is how we are going to go about it.

So let us say you were to invoke the teaching, 'all things' are empty; that of course is a Buddhist teaching, in which case you've got to chant the teaching for 49 minutes, invoke the Buddha, and you will see the Buddha in the Sri murthi. Same thing applies to the Padukas, and the same thing applies to Islam, or in case you are with a Taoist teacher, the same thing has to be repeated.

So it is not that you have got to invoke Amma Bhagavan, no. Amma Bhagavan Sri murthi is there, the Padukas are there. What we have done is an ancient what is called Avahanum which is impregnating our consciousness in the Sri murthi and the Padukas, thereafter how ever many copies you make of the Sri murthi they have the same power, that's all.

Now in case you want to invoke our teaching, for example our teaching is 'love yourself', you will say 'I love myself', I love myself, 49 minutes, you keep repeating, in that case you have to invoke Amma Bhagavan. So if you use our teachings, you've got to invoke Amma Bhagavan. The best way to relate to Amma Bhagavan is as mother & father, or as a friend. So you have to choose a personality in the divine.

The Divine itself, if you are to invoke Divine, divine, divine... nothing is going to happen, because who are you? There's no person there. There are only personalities. What is there is 'existence, consciousness, bliss.' Similarly, the divine too, there is no person there, there are only personalities. The divine also is 'existence, consciousness, bliss.' Since you are 'existence, consciousness, bliss', the Divine or God is 'existence, consciousness, bliss', you and god are one and the same. The only difference is in the personalities.

Not what are the Lord's personalities, or God's personalities? All the awakened beings since the beginning of time, and all those who are God realized, they are the personalities of the divine. If you are to remove all those things and say 'divine, divine god, god', universal energy, universal love, nothing is going to happen. Just like if I were to invoke Homo Sapiens, Homo Sapiens, Homo Sapiens - nothing will happen. There is no personality. You have complete freedom to invoke anybody you like. The only thing is that person must be Awakened or God realized. It could have happened 100 years earlier, or 100 million years ago, that's not a problem. Every one of those people have become the personality of the Divine. You have the right to choose, but you must choose their teaching. The ritual, its not that you've got to do these rituals or these bhajans. We are doing this because it is the only thing we know. We want you to observe this and

then create your own rituals based on your culture, and your conditioning and your background. You have total freedom.

So remember, Oneness is there to set man totally and unconditionally free. That must be borne in mind. That is why we are being very, very careful in releasing this process for fear that it could be made into a cult. So that's why it's taking a long time and some precautions, and taking the necessary steps. We are giving this to you, it is your responsibility to see that this does not become a cult.

So if you make these changes, You could invoke the being with whom you could relate and it would work very, very beautifully, and you'll be able to see that divine, the way they were on this planet. You'll see that."

DIVINE MANIFESTATION

Question: Dear Bhagavan, how can the Divine become personal, alive, walking and talking with me? What can I do for it, Bhagavan?

Bhagavan: That process we will be releasing to you November - December [2013]. You could follow that in your own home. The Divine would become physical in your own home. The Divine would walk and talk with you. You could talk about your problems to the Divine. Be it a financial problem, or a health problem, or a relationship problem, or any other kind of problem, the Divine would immediately solve it for you. The Divine becomes your friend. You could ask for awakening and you would get awakened. You could ask for transformation and you would be transformed. And as you converse with your friend, and come to know him, you'd become God realized. Because it is God that is walking and talking with you. We call this the short way.

What I spoke earlier is the long way, staying with 'the what is' without effort for forty nine minutes without effort, waiting for the heart to be transformed, then extending it, all that is the long way. But Once the Divine has become physical to you, all that is over in no time. You would no more feel alone or friendless in the world. You would be able to face any problem. You have the Lord of the universe with you, what more do you want?

Question: Please guide us how to make Amma and Bhagavan (Divine) more and more physical in our lives and how to take care of them?

Bhagavan: The two conditions for Amma Bhagavan to become physical to you is - you should carry no hurt inside you, you should be free of all hurt. And the next thing is: you must be filled with Gratitude towards everyone who has helped you in your life, starting with your Parents. If these two conditions are met then Amma Bhagavan would physically manifest in your own homes. When

that happens, you must talk to Amma Bhagavan; the more you talk, the more physical they would become.

Initially, what would happen is you would find some movements in the Shrimurti. The eyes blinking, the hands moving, or Amma & Bhagavan talking, these kind of things you are likely to see. That is the first step. The next step is, Amma Bhagavan or your Ishta-devata, whatever God you are worshipping, that's what you would see. That God would step out of the Shrimurti. In case you are worshipping Amma Bhagavan, they would step out of the Shrimurti. We call this the first level of manifestation. We also call this, "physical non-physical", that is: it would look physical, but if you try to touch your hand would go inside Amma Bhagavan. Therefore it is non-physical. That is the first step. Next what happens is, as you communicate more and more, as you talk more and more, then it becomes "physical physical", that is it would look physical, you could also touch, you could feel the breath, you could touch the hand, you could touch the 'Jubba' (clothing), all these things you could do, but then you cannot photograph. If you click the photograph, it would not come in the photograph.

The third level is it would become "physical physical physical", it look physical, you could touch it is physical, you could also photograph. But then, Amma Bhagavan would stay inside your Pooja Room, they will not come out. In the fourth stage, they would come out of the Pooja Room, they would walk in your house. They could come to the dining table, they could watch TV with you, they could come into your kitchen, all these things would happen.

And in the fifth level, they could come out of the house itself and walk with you. That's the next level. But for all this to happen, you must be very communicative. For example, if you are a very reserved person who does not talk, who does not listen, then Amma Bhagavan would not talk to you, would not listen to you. You must be a friendly person communicating with your Mother, with your Father, with your Husband, with your wife, with the children. Only for such people it would happen. If you are a reserved person who does not listen to what

anybody is talking, or you do not talk, for such people this would not happen. So step by step it would increase. And of course you must ask Amma Bhagavan, or your God who has manifested, what should you do? What kind of food they would like to eat - would they like to stay in your house - do you have a room for them ... all these things are between you and your physical manifestation ... you must talk, and they will guide you completely what to do. Depending on that, they would be there and of course you can ask whatever you want. What, ever trouble you have you can directly ask, "I have financial problem", "I have a health problem", I have that problem, this problem, or you can say "Give me Awakening", "Give me Transformation", whatever we have been teaching you, you could straight away ask, and they would give you a Deeksha. That is the highest Deeksha. God Himself, the Divine itself, coming to you physically giving you a Deeksha. When that Deeksha is given, it is all over. All the human Deeksha is only a preparation for that. The ultimate Deeksha is, the Divine itself give you a Deeksha. When that, that is done, it is all over. What you must know is the Divine can become very, very physical, it will actually live with you like another family member. It would become that physical. That you must understand.

Question: Sri Bhagavan, please explain the difference between Physical Amma Bhagavan, Satyalok Amma Bhagavan, and Antaryamin Amma Bhagavan.

Bhagavan: So for this you must understand Amma & myself, we are not 'physical' Amma Bhagavan. We are only 'Avatar Amma Bhagavan', that's all. We can give you a Blessing, we cannot do things; this is done by 'Paramatma Amma Bhagavan' who are becoming physical to you, in your homes or in the chambers. That is the Paramatma Amma Bhagavan who actually do things. Now, we are only some kind of Guides and we are blessing. So you should now get to the Paramatma Amma Bhagavan, who become physical to you. They would be helping you with all your affairs, totally and completely. They would be taking care of your spiritual growth, everything. And in case they become physical to you can be sure that when you die you could be going to Vaikunt or Satyaloka above. That's where you will be going. To go there, it means you have got your visa to go there, it is very physical.

Now, with the help of this Paramatma Amma Bhagavan you can go to the 'Purushottama Amma Bhagavan'. That is another Loka (realm) where they exist, physically exist, much more real than this Loka. But you cannot get there without the help of the Paramatma Amma Bhagavan. So you should request them, ask them to take you there. When that happens, you could actually visit that Loka. And you could see Purushottama Amma Bhagavan there, or you could see Purushottama Rama, or Purushottama Krishna, Purushottama Christ, whatever is your faith, or whatever God you are worshipping, that is the God you would be seeing in that Loka.

Now, with the help of that Purushottama, let us say Amma Bhagavan, if you get close to them, build up a bond with them, then with that help, you could go to the 'Jyoti' (Divine Light). The Jyoti is much beyond. The Jyoti is like a billion Suns put together. But that Love or Compassion, you cannot imagine. You could even get there. And then, when you get to the Jyoti, with the help of the Jyoti, you could go to the unmanifest Bramhan or what in the Mantra we call: 'Om'.

Now for example electricity we have no idea about it all. But when it manifests as heat, light, motion, or electromagnetic waves, then we know Oh yes, there is electricity. But when it's unmanifest, we have no idea about it. That Om or Bramhan is the unmanifest. That is the ground from which everything starts. In the Bible it is said, "In the beginning was the Word, and the Word was with God." And God said, "Let there be Light". That Word only is Om, that is the Bramhan, that is 'The One' of Taoism. That manifests as Light. We start the Moolamantra with Om, and that Light is 'Sat Chit Ananda Parabrahma'. That is the Moolamantra, it says, "Om, Sat Chit Ananda Parabrahma" ... that becomes the Purushottama, that Light becomes the Purushottama. And therefore we say Purushottama. That Purushottama becomes the Paramatma. That's why the Mantra says, Paramatma. And that Paramatma has created the Avatar, so we say, Bhagavati Sameta Bhagavate Namaha. That's what you are reciting every day without knowing what it means!

But now, when the Lord becomes physical to you, you should ask, "Please take me to the Purushottama". And when you get there you must ask, "Take me to

Sat Chit Ananda Parabrahma". And when you go there you can say, "Take me to Om or Bramhan". So you could go there. And that's where you will finally reach. So step by step you can go, it all depends on you. If you want to be one with the unmanifest God, you could go there and when you go there you will realize that you only are that God, in the beginning you see, the Avatars you see, then you see the Paramatma, then you see the Purushottama, then you see the Light. But when you go into Om, the Bramhan, you only are that! You alone exist! You are everything! There is nothing else. You are only that sublime God, the highest God, the God of Gods. That, you only are that! All this is only a journey towards that. Suddenly you discover you only are that. Then you say, "Tat TvamAsi" - Thou Art That. Or "AhamBrahmasmin" - I Am That Bramhan. So all these teachings from the Upanishads, they become reality to you.

So AdiShankara got there. People like Ramanujacharya, Madhavacharya, Namdev, Chaitanya, all these people - Christ, Guru Nanak, all of them went up to the level of Purushottama. The Alvaars, the Nayanmaars. They could have gone above if they wanted to, but they wanted to stay there, that's what they preferred. Some went into the Jyoti, like Ramalingaswamy who said, "Arul Perumjyoti, TaniperumKarunai". So they went there, and people like AdiShankara went beyond Jyoti into Bramhan. So it is all a matter of discovery, it all depends upon you, where you want to go. But you must start with the Paramatma who becomes physical to you. That is the beginning of the journey. Once it happens, everything is automatic thereafter. It depends on your passion and your seeking.

Question: Dearest Bhagavan when my personal divine manifests, eats and lives with me, what does my friend and my spouse see? What should I tell them? Do I have to have one more bed for my personal divine? Do I have to cook for my divine, does I have to provide clothes for my divine?

Bhagavan: It all depends on you, what kind of relationship you have with your Divine. It is not that only you must cook all this, the Divine cook will cook for you, so what the Divine demands depends on your relationship with the Divine.

Of course when your friends come home and they all see the Divine, what you tell them depends on you. You could tell them my friend is here.

Suppose you tell them the Divine is here, they might not believe you. So it depends upon you, your friends. Ultimately the business is yours. You should not always think that the Divine behaviour demanding, not at all. The divine also help you, in keeping your house clean, in cooking all that the Divine could do. It depends on what kind of relationship you going to have. That's why we tell you, create your own god. God cannot be created, but the kind of relationship you have with God depends on you. Under the whole phenomenon would happen.

Question: Yesterday I felt overcome with the divine and this felt a bit scary. Please comment and help.

Bhagavan: This will only be scary if your God is a very punishing God. [Laughter in the audience.] Otherwise there should be no problem at all. You must check about your concept about God and if you elect to have a very friendly God this problem will cease. Check out about your concept about God.

Question: Dear Bhagavan. You say that some conditions must be fulfilled so that the Divine can become physical: be free from all hurt and being grateful. How can I become free from hurt and is it possible when I am not awakened? Thank you, Bhagavan!

Bhagavan: Here we are not talking about some very fundamental transformation. All that is required is a simple apology from you. Or a simple seeking for forgiveness. If you do this, that is enough.

Question: Dearest Sri Bhagavan, many of us have sincerely prayed to receive the Divine physically in our lives. Some of us have also attended the Special Deepening in December and some of us had first experiences in the Oneness Shrines. However, our Divine hasn't materialized. We are longing for the most precious day - seeing our dear Lord physical - physical. What more can we do?

Bhagavan: You somehow inwardly believe it would not happen to you. You are judging yourself. What you must remember is you are not being judged by your God and you are accepted as you are. Even if you are the most terrible sinner on the planet, your God fully accepts you and fully loves you. That must somehow get inside you. You must become childlike. You could take your child to the shrine and the divine will instantly become physical to your child. That would give you confidence. Please understand, it's a very, very simple thing. Somehow you think, "How is it possible?" In the coming weeks, you are going to see how powerful the phenomenon is going to become. The God who becomes physical has told us. "Wait and See. This is nothing." So things are going to change dramatically.

SRI MURTHI PHENOMENON

Question: Beloved Bhagavan. Thank you for the Oneness phenomenon. Thank you for awakening us. What is needed for you to manifest physically in our homes, Sri Bhagavan?

Bhagavan: What is needed for your divine to physically manifest is, you should carry no hurt and you should be filled with gratitude. We would also be sending you a process which you have got to follow. Once you do that, your divine will come out of the Sri Murthi and then would start relating to you depending on you. Suppose you have designed your divine in a particular way. Your divine will behave accordingly. It's all up to you.

Question: Can you tell us more about the Sri Murthi Phenomenon. Can the Divine manifest to ordinary, non awakened, atheist-Swedes too?

Bhagavan: In the Sri Murthi Phenomenon, which has begun a few months ago, you could initially see movement in the Sri Murthi. And what you would see is your Divine. Suppose you are a christian, you'll be seeing Christ or Virgin Mary. Or if it is the holy spirit you'll be experiencing a very deep presence. If you happen to be a muslim, everything would vanish and you could really experience a deep presence. If you happen to be a jew, it would become a blazing light. So what you would see depends on what faith you follow and what your condition, ing is.

In the next stage your Divine moves out of the Sri Murthi, comes out of the Sri Murthi. Now we call this non physical, physical phenomenon. Physical because it is very physical. But non physical because if you put your hands, it will go through your Divine. Therefore we call it non physical and physical.

At the next level it becomes physical-physical. Not only is it physical to look at but you could physically touch it. It's very solid. If your Divine is having a form, you could feel the breath, you could feel the heartbeat, everything you could feel. Suppose Bhagavan is your Divine, you could feel these clothes I'm wearing, you could feel everything you could touch. That is the next level.

At the next level you could catch the image on your cameras, it is that physical.

And at the still more advanced stage you could walk with your Divine within your home or even on your roads. It is so very physical, it is happening right now in India in many, many places.

Now what happens is, when you get this physical phenomenon, all you have to ask is "Please awaken me". One Deeksha from the Divine and on the spot you're awakened. No need for a long process which we were speaking of earlier. You want transformation, a change of the physical heart, with one Deeksha it's over. Similarly, whatever you want, you have relationship problem, one Deeksha - finished. You have a health problem, it is done. Everything is taken care of by the Divine. Now, the question is, whether atheists or non-believers can get this experience. Everyone can get this experience. Whether you're a non-believer or a believer or an atheist or a communist, whatever you are, everyone gets this experience. There is no exception at all. So it's very, very easy, very, very simple and the time has come for this. It's a game changer, it's going to change everything. It has arrived. That's all there is to it.

Question: Beloved Bhagavan, the New Sri Murthi Phenomenon is a huge break, through for mankind. How does it affect people's daily lives? We would deeply love the Divine to come physically to Germany. We would love to invite YOU to our homes in Germany. Do we need a ritual that it can happen? Thank you, Bhagavan.

Bhagavan: 70 000 people getting awakened in 2012 was the first step towards the beginning of the Golden Age. Your Divine becoming physical is the begin,

ning of the Golden Age. Your Divine becomes a member of your family. You could walk and talk with your Divine. You could dine with your Divine. Whatever be your problems, you'll directly talk to the Divine. You talk about small things, you talk about big things. It's directly between you and your Divine. You are fully taken care of. You could ask for financial help, you could ask for health, you could ask for relationship, you could ask for whatever you want. Your life is no more the same. There is no emptiness, there is no loneliness, there is no alienation and the world looks like a paradise. It would be a totally different life.

Question: Beloved Bhagavan, we bow down in front of the new Sri Murthi Phenomenon. When our personal God becomes physical and materializes, will other people also be able to see our personal Divine? Thank you.

Bhagavan: When your Divine becomes physical, not only could you see your Divine, your friend or relative who's there, could also see the Divine. And the Divine willing, you could even photograph the Divine.

Question: Namaste beloved Sri Amma Bhagavan, we have about 250 awakened ones in Germany. Does our path to full transformation change now because the New Phenomenon happens as the Divine speaks physically to us through the Sri Murthi? [Sep, 2013]

Bhagavan: Now things would start moving very fast. That is what is happening in India right now.

GRACE

Question: Bhagavan, what should one do to receive consistent and instant grace in one's life?

The speed at which your desires are granted depends on your relationship with your parents whether they are alive or not. Next is the relationship with your husband or wife. If your relationships are in order, then receiving grace would be very easy. That is why we are emphasizing on setting right your relationships. The next is karma, let us say solving a financial problem could lead one to sickness because of karma, then considering the danger of the situation the prayer would not be answered immediately. Another thing to be considered here are your needs and necessities. Suppose you wish for a car, since you are finding it difficult to manage without one then certainly grace would come to you. But say your prayer arises out of comparison, hurt or greed then it would not be answered. To receive grace consistently, you need to know how to pray. There are certain conditions which you must fulfill for your prayer to be powerful.

1. You must be authentic in your prayers
2. Your prayer must come from your heart
3. You must have a bond with your God
4. You must focus on the solution, not on the problem
5. You must express gratitude as if it has been granted already

Once you do this, you would receive abundant grace from your God. If you know how to pray, I am sure you would have God for your friend.

Question: Where does Grace come from? From God, from Antaryamin or from you Sri Bhagavan?

Bhagavan: See, you have to understand what God is. God is not a person. God is absolute; it is in everything and everywhere. God is also Antaryamin (the god residing in every being). Antaryamin is also the absolute God, all powerful God. Antaryamin has no form. But you can cast it in a form of your liking and it will take on that personality. It is not that Antaryamin is a person inside. No. There is no person there in you either, there are only personalities. Same with God as Antaryamin, it can have many personalities. The personalities it can take are all the God-Realized Awakened Beings that has ever lived on this Earth. That is the personalities it takes. It can take many different ones, not just one or two. Now, if you don't like that, you can cast Antaryamin as Light and talk to it, have a living relationship to that Light. Still if you don't like that, you choose a form you like and go from there. But for Awakening to happen there must be a strong bond with your God inside. How you relate to that is entirely your business. As a Mother, Father, friend or whatever else. But in its natural state Antaryamin has no form, you are designing that".

MIRACLES

Question: Dearest Bhagavan, how many people need to have a strong wish for a miracle so that it can actually happen? Is it enough when a single person has a strong wish for a miracle to make it happen?

Bhagavan: It is good to have more people pray for a miracle. However, even if it is a single individual, who can pray strongly, then it's enough.

Question: My dearest Kalki Bhagavan. Thank you so much for being here with Amma to give this gift of awakening to all of us. All of us want to see the divine in our life in a major way. And we ask that you fully release miracles and mystical experiences to us. We want to be saturated by the divine and be witness to major miracles as a natural way of life. Please unleash miracles in all forms across the west. Please bring the divine as a living reality to all of us in our hearts and to where we can physically walk and talk with the divine. When can we expect to see miracles like what is happening in India right now?

Bhagavan: Once a large number of people move into a devotional mode, you will see, it will be raining miracles. There will only be miracles and miracles. You've got to show up in a devotional mode for that.

Question: Beloved Bhagavan, How important is it to discuss miracles that people are experiencing and listening to people who are awakened?

Bhagavan: It is important because if you keep listening to these things, the same thing would happen to you.

SACRED SPACE

The Sacred Space Process, Aug, 2010

As most of you know, Sri Amma Bhagavan have recently said it is now possible to sit with the Divine in our own “Sacred Space” room. Of course, this was always possible and is nothing new or unique to Oneness. What is new is the vast amount of power and grace available to us now as we approach 2012. This increase in power makes it possible to accelerate our spiritual evolution, as well as the evolution of our planet and all of humanity, by sitting in the direct presence of God or the Divine in whatever form we worship or find natural. Sri Bhagavan has said, sitting directly with the Presence is the fastest way to become that Presence - to know we are that Presence.

Sacred Space Guidelines

1. You may sit by yourself or with members of your family, friends or local Oneness community in Sacred Space. To sit in the Sacred Space it is necessary for all those present to be Oneness Deeksha Givers. If there are those who are not yet Deeksha Givers, kindly refer them to one of the many Oneness Awakening Courses available throughout the USA and Canada so they may become Deeksha Givers and qualify to participate in this process.
2. The Sacred Space process, while limited to Deeksha Givers, need not be facilitated by a Oneness Trainer. Any Deeksha Giver may create a Sacred Space and perform the process on their own.
3. The Sacred Space process can be performed on its own as a standalone process, without the need to also perform the Mukthi Deeksha process or the 64 Deeksha process. If you decide to combine the Sacred Space process with either of these two other processes, a Oneness Trainer must be present.

4. You may sit in Sacred Space as often as you wish, for any duration, then invoke the Presence as deeply and passionately as you can.

How to Create Your Sacred Space

1. Start by creating a Sacred Space. This space can be a room, part of a room or a rented venue. You can set up your Sacred Space in any manner that appeals to you. You might (these are merely suggestions) fill the place with sacred objects, design it as an altar room, or simply make it appealing to yourself and others with flowers or decorations.
2. The Sacred Space should be made as dark as possible and as free of external sound as possible. What you are trying to do is to create a space void of external stimuli. In this manner it is easier to go within and sit alone with the Presence. Many people go to the hardware store and purchase heavy-duty, black plastic sheets (you can find these in the painting section rolled up in large rolls). You can also purchase some painters tape (usually blue or green in color) and tape the plastic over any windows and/or external sources of light. Painters tape comes off easily without peeling off the paint or stucco. The use of earplugs to reduce sound is optional.
3. The Sacred Space room needs to have a pair of Padukas (sacred sandals) present in the room. This is necessary, at least for now (this may change later as the energies continue to increase), because having these present makes it easier for Presence to more fully permeate the room. I will provide you with details on how and where to obtain a pair of Padukas later in this message.
4. Please note, the requirement to have Padukas in the Sacred Space has nothing to do with converting to another religion or worshiping the Divine in a certain way. It is just more powerful this way. Tens if not hundreds of millions of people around the world will be doing this Sacred Space process. The combined effect, done in a similar manner with Padukas, representing the feet of the Divine, makes for a collective energy

that is very, very powerful. Sri Bhagavan has said him and Amma use the Padukas as a vehicle through which their energy and grace can flow.

Procedure for Sitting in Sacred Space

1. You may wish to first prepare by practicing Chakra Dhyana, Ananda Man, dala, Kriya Yoga or any other practice that helps to move the kundalini energy (also known as the Holy Spirit in some traditions) up the spine to the crown chakra. This preparation is not required, but is simply offered as a suggestion.
2. Next, sit in a comfortable posture. Your back must be straight and your spine erect. The body must be still, no movement. The upper teeth should not touch the lower teeth, there should be a very slight gap between the two.
3. The eyes should be ever so slightly open, just barely enough to see the tip of your nose (of course, you won't be able to see anything in the dark, but if you could you would just barely see the tip of your nose and nothing else).
4. Your hands should be placed palms up in the middle of your thighs in Prana Kriya Three position. This position has your forefingers on both hands curled so they gently touch the base of your thumbs (where your thumb joins your hand).
5. Then, simply soak in the Presence, allowing the Divine to fill you and guide you in the process. There is no need to apply any specific type of meditation or prayer technique. Just simply rest and soak in the Presence, being aware of what is arising both internally and externally, senses fully open.
6. You may sit in the Sacred Space as often as you wish, as you feel naturally called and inspired. You could just relax and surrender to the Presence while sitting, simply allowing the Divine to come into the space and fill you and your heart and all of those in the room. This could be a very simple and beautiful time for you, to soak in the Presence and let the Di,

vine wash over you, taking you along your own unique journey of Oneness, Awakening, and God Realization.

SRI AMMA SPEAKS

Sri Amma speaks: Do not consider yourself to be ordinary beings. Each of you has the infinite powers of the Divine within you, you have the power to see God in the heart of every human being, and once you begin to see the Divine in every man you will be able to love every living being, every individual. Through you, GOD'S power would flow into the world, it is because of you, the whole world could be awakened. Your taking up this responsibility is the beginning of the Golden Age. Unless we learn the art of "seeing" with inner integrity, we will not be able to see the truth and discover love. if we can love, only then we can forgive and seek forgiveness. One should develop extreme patience to maintain love and peace in the relationship

Sri Amma speaks: "There is always a special place in my heart for those who are dedicated to the cause of liberation of humanity. Remember your thoughts are known to you alone. Your words are known to you and the listener, which nonetheless are forgotten with the passage of time. While the service (seva) you render alone shall stay for eternity. It will benefit all life.

Question: I have been in many movements both spiritual and otherwise. Every, where I find backbiting, politics and prejudice. What use are their lofty ideals when they cannot even transcend these baser emotions?

Sri Amma: "What are you searching for? A perfect organization? Where ever there are human beings there is bound to be politics and gossip. Your search for a perfect society reflects your ignorance. If everything were all right what meaning does all this work of transformation have? The situations that you come across are reflecting you. Look within and you will find that you are no different from those people you despise or abhor."

Sri Amma: "When the time for transition arrives, the Presence would engulf humanity like a tidal wave and alter its consciousness. Be not perturbed. Do what is expected of you. Share your wisdom and the power of Deeksha with others. The rest will be taken care."

Question: Amma, I have a desire that you guide me from within.

Sri Amma: "I shall certainly guide you. But how can you hear me with so many thoughts rushing in at such speed? I would still guide you provided you have the strength to set aside your will and accept my word

Participant: Yesterday in the retreat, I was moving into a beautiful experience when a person next to me abruptly started to sneeze. After that I was not able to recapture that experience. I am so frustrated I have not gone back to the session since.

Sri Amma: "Why does your mind seek such comfort? A mind that pursues comfort is a weak mind. Your running away from the retreat is only a symptom of a deeper disease. You surely are in the habit of running from life itself.

Disciple : Amma, it is painful to see the way certain people make use of the Movement for their personal gains. I fear it will spoil our reputation amidst devotees.

Sri Amma : It is not the fault of the river that somebody's excrement floats on it. This work does not belong to any one person or a group of people. If today you witness these phenomenal miracles and enlightened states of consciousness in the lives of scores of devotees, what must be the power and penance that has gone into it ? Leave along Amma Bhagavan; thousands of devotees, their hard work and prayers have all made the movement into what it is. Hence any one person's self-centeredness or greed cannot hurt it. This phenomenon is divinely destined".

Question: A few years ago I was the only one giving Deekshas in my town. Now, there are many. Moreover, experiencing the power of Amma and Bhagavan through the Deekshas, people are automatically coming forward to serve. I don't think I have much to do. I intend to retire.

Sri Amma: Indeed, without any of you the Divine would still accomplish its mission. Amma and Bhagavan, who are here to transform the world, would complete their work anyway. All it needs to transform your town in a single day is one grand miracle. All the same, Amma Bhagavan need each of you and your services to humanity. In this phase of cosmic evolution it has been pre-ordained that you should fulfill your individual part this way. There are thousands whose lives need to be affected by you. It is my will that this work should happen through you. No matter how many may emerge, fulfill your part your, self".

Sri Amma: "Everyone has a desire to rise to greatness in life. But how could one lost in fantasies and day-dreams achieve anything? For a glorious future to be, desire must flower into passion and manifest as action. To realize a lofty goal one certainly has to sacrifice many petty desires. Your attention must be focused on your goal. Giving up to Amma Bhagavan does not mean non-action. Hence effort in the external world is inevitable. My Grace will go along with you in your efforts."

Sri Amma: "It is the nature of Creation to hold future a mystery. However, what you should do in your future is up to you to decide. Surrender does not imply laziness. You have the power and the ability to make your choices. Make use of all the opportunities that come your way. I will help you to reach your desired goal."

Sri Amma: "When I look at all of you, I am unable to speak out of joy. Today is a festival day for the whole world. It is the beginning of world transformation. You are all the children of Amma Bhagavan born in different places and today we have brought you all to us again. You always think about the past, "Oh! My

thoughts are not all right; my behavior is not all right; would Amma Bhagavan's divine grace really come into me? Would we become like Amma Bhagavan?" You always keep suffering in this manner. In the struggle for survival, innocence, love and values are being lost. I am well aware of this condition of yours! Definitely, here this very moment we will make you all into Amma Bhagavan! Once Amma & Bhagavan come into you, we will bestow upon you the power to see Amma Bhagavan in every human being. Thereafter, you will be able to love every living being, every individual. Such grace we would bestow upon you! Thereafter, we will increase the Deeksha power in you. Through you, we will create awakened beings in this whole world. It is you who will transfer Oneness Blessings and create awakened people. Because of you, the whole world would be awakened. This is the beginning of the Golden Age. Amma and Bhagavan would come with you; we will reside in you".

Question: I am hounded by too many negative thoughts. I am not able to stop them through the best of efforts. What should I do to stay clear? Will these thoughts block my enlightenment?

Sri Amma: Is it possible to classify any thought as being particularly negative? What exists is fear. Lust, jealousy and hatred are all interconnected and have their roots in fear. Humanity is ridden with fear, which is flowing through you. What could you do about it? Is there a door to shut out these thoughts? They come and go. Fighting these thoughts and digging into them would land you in depression. Get going with your work and help your fellow humans. All things will fall in place. No matter what your thoughts are, when the time comes, I will liberate you".

Sri Amma: "When you have faith in the Divine, life becomes a victorious journey".

Sri Amma: "Progress can be slow and gradual. Continue putting in effort with patience, enthusiasm and faith"

Sri Amma: "Meditation helps us arrange and synthesize the random and chaotic flow of thoughts"

Sri Amma: "If spiritual principles are included in our education systems, children will grow into good human beings with strong minds and noble hearts."

Sri Amma: "Gratitude is the essence of good Mental health and spirituality"

Sri Amma: "To become fit to receive grace, we must develop humility in our words and actions"

Sri Amma: "A flower has such a short life span, and yet it offers itself wholeheartedly to others"

Sri Amma: "Externally a family man should be active, performing his duties properly. Internally, he should be a renunciate"

Sri Amma: "Just as armor protects the soldier, spiritual knowledge protects us from the difficulties of life"

Sri Amma "Humility makes you receptive to all experiences without judging them. Thus, with humility you can go deeper and learn more"

Sri Amma: "Never return anger with the same. An angry person needs to be calmed down, not aggravated."

Sri Amma: "When action is performed with awareness and compassion, it accelerates one's spiritual journey"

Sri Amma: "Each thought and action has the power to brighten or darken many lives."

Sri Amma: "The worst poison which pollutes the atmosphere is selfish and wicked thoughts."

Sri Amma: "If you are not able to give material support to those in need, give a smile, a loving word and a compassionate look."

Sri Amma: "As you help those in need, selfishness will fall away. And, without even noticing you will find your own fulfillment."

Sri Amma: "If you are able to remove someone's sorrow even for a second, you receive Life's blessings."

Sri Amma: "Instead of thinking that others should change, we should strive to change ourselves first."

Sri Amma: "Whether you are a family man or a monk, the most important is how you look at life and its experiences."

Sri Amma: "The mind always has expectations. In order to experience pure consciousness, this nature of the mind must disappear."

Sri Amma: "Along with knowledge about the world, we have to understand ourselves. Only then will our education be complete."

Sri Amma: "Parents should always set an example for their children in words and deeds. They are the first teachers".

Sri Amma: "It's the nature of creation to keep the future as a mystery. Still, what to do in the future is up to you to decide. Surrendering does not imply in laziness. You have the power and ability to make your choices. Make use of all opportunities that arise in your way."

Sri Amma: "Health is a cumulative experience of the mind, body and consciousness"

CHAPTER 17

SEFLESS SERVICE

*“The Awakened One knows that nothing is permanent.
The unawakened one seeks permanence.”*

~ Sri Amma Bhagavan

Question: Is it still important to give all our effort to bring the global process forward? Or is it already going automatically?

Bhagavan: Both things are happening. For example, what we have done in India is we have taken up some villages and we have been there and we have tried to awaken people. As we worked there some people got awakened. There are others who we do not deal with and they too will be awakened. In villages where we do not go and work, nothing happens. So only if we keep working, the spontaneous awakening happens. If we stop working, the spontaneous awakening also stops. So it is important that we keep working until the last human being has made it. If we stop and sit quiet, everything will come to a standstill.

Question: Question from an awakened person: How can I best serve as an awakened person?

Bhagavan: You can best serve as an awakened person by awakening others. An awakened person also has the power to awaken others. You must take your stand that you're awakened. Then explain your state to others. Allow them to question you, when you go through all these three stages, your brain and their brain gets linked. After that you must go for a Blessing or a Deeksha and the other person would acquire your state. So it is very easy for an awakened person to awaken others and you will naturally have a feeling to awaken others.

Question: My dear Bhagavan, we are so happy to see you live. I would also like to express my gratitude to Kirnaji for supporting me and my group. Bhagavan, many truths of our perceptions of reality have been unveiled to me, but one state is still a mystery. That is service, seva. I know the words which describe this state, but it's not alive in my heart. Only in my mind and in my actions. I desire so much to have my heart experience this state fully. Please share with us what you experience in this state and can you transfer this experience of seva to us today. Thank you so much Bhagavan. I love you.

Bhagavan: When you become awakened, very naturally you are involved in seva. It is not something which is taught. That is the way you will live after awakening. Until that happens, you apply your mind and you help others because you earn good karma which will help you in your awakening. In the new process which will be released to you, what is important is that you must become aware that you are not able to do seva. It is not that seva is demanded from you. You have to become aware that you are not able to do seva. That is enough. In the new process, it is not that you must have this, this, this and this. What is important is that you've got to realize that you do not have this, you do not have this, you do not have this. That is all that is required.

Question: Bhagavan, what role does Seva play in our lives to deepen our connection with Amma Bhagavan. And how does it help us to move further into Oneness. Thank you, Bhagavan.

Bhagavan: Seva helps you in changing your very 'program', in a very positive way. As you keep doing Seva the program changes. Everything in Oneness, whether it is Havan, or whether its a Mahadeeksha, or a Level-1 course or what, ever course we are conducting, everything aims at changing the program. The Seva also changes the program. Once the program changes, you can get very very close to the Paramatma Amma Bhagavan. It helps you to make the Divine physical for you in life. And then of course whatever Seva you must do Para, matma only will guide you straight away. It would say, do this, do that, it will help you to discover your Swadharma. It is purely between you and the Para, matma.

Question: Dear Father. How can I serve you best?

Bhagavan: When you become awakened you serve me best by helping others to get awakened.

Question: Bhagavan, what is the most powerful way for an awakened person to induce the awakened state in others. Is it hands on deeksha? Is enlightenment the end of the scale of awakening? Is it correct, that spiritual growth always goes on, also after enlightenment?

Bhagavan: Once you get awakened, you must take the stand that you are awak, ened. Then you must talk about your state. Then allow the other person to question you. When that happens, the relationship is established between your brain and the other person's brain. Then you can either give a hands-on-deeksha, or an eye deeksha or an intent deeksha or a Oneness Meditation or a 64 deeksha or a deeksha with Bhakti Yoga.

Anything and everything will work powerfully to make the other awakened. Once you are awakened, your spiritual growth continues automatically. Awakening is a 100 stories. You may end up in any floor. Until the 69th floor we call you awakened. From 70th floor and above we call you enlightened.

Question: Dear Sri Bhagavan, Holy Father, thank you so much for taking us all to this place. I am so touched to feel nothing but gratitude. I love you. What is the role of deeksha givers before and after the 21st December 2012? How shall we spend our time before and after that date? Please let me know how the oneness courses in India will be like after 2014. I should like to come to Oneness University again, Bhagavan. Beloved Sri Bhagavan, please give me much grace.

Bhagavan: The role of deeksha givers before and after December 21st is to help others get awakened. From 2013 onwards, we will be focusing on God Realization at the University.

Question: Many of us Sevaks have been doing Seva for the past years under the guidance of Amma Bhagavan, and now we have become awakened by the grace of Amma Bhagavan. Do we continue to do Seva now as well?

Bhagavan: That is up to you. Seva is the fastest way to grow. It is a wonderful weapon. Even for the smallest of Seva, the rewards are very very great. If you are awakened the rewards are even greater. It is the easiest way to earn good karma. So it is up to you. If you want to grow, you can do Seva. (Smiling) Otherwise, you could just sit back and relax.

Question: What makes you and Amma happy?

The process when somebody's heart flowers gives me great joy. Or when they develop a fundamental insight it gives me great joy. But what gives me tremendous joy is when relationship between parents and children are set right. Because when that happens to me it's an assurance, a guarantee, that that family is going to become enlightened.

That is the key. It's a very challenging thing. If that is set right everything would fall into place, their financial problems will get resolved, their health problems will get resolved. So it's a solution to their problems. Plus, whenever every family, any single family makes it, the effect, the ripple effect would be on a 100,000 people. So much benefit occurs to mankind. We could prevent drought. We

could prevent floods. We could prevent war. We could do so much if families as a whole could make it.

That is why whenever relationship is set right—because one strange thing is, when a relationship is set right, the heart sends different signals to the brain. The brain is like a transmitting station. It transmits certain messages, certain thoughts, certain feelings into the thought sphere from which we absorb it back. So 100,000 people would be affected if a family is set right, which means we are affecting global consciousness.

To me the whole globe is like a family. So when something is happening here and everybody is getting benefited, it gives tremendous joy. That's why I'm so focused on the family.

Question: Beloved Sri Bhagavan, Sri Amma says she is happy if a relationship with parents is healed. And what makes you happy? What can we do to make you happy? Thank you very much.

Bhagavan: If any relationship is cleared it makes me very very happy.

CHAPTER 18

ONENESS TRAINERS

*“The Awakened One perceives everything as perfect.
The unawakened one perceives everything in terms of
pain and pleasure.”*

~ Sri Amma Bhagavan

Question: Dear Sri Bhagavan, what is the vision we must hold as a Oneness Trainer in the year 2014.

Bhagavan: In the year 2014 your vision should be to make the Divine physical to all those people who come to you.

Question: What should oneness trainers main focus be now? How can oneness trainers reach many people?

Bhagavan: Oneness Trainers, depending on their resources, should start what we call a 2 chamber process or a 3 chamber process. In the 3 chamber process what happens is, in the first chamber the trainer talks. Then the second chamber, there are the Padukas, they are brought one by one and the Padukas would do a process for them, a complete process and they may fall unconscious. At

that time, your Antaryamin would tell you “now open the door” and you can open it. Bring them out and take them into the third chamber. The third chamber, there their Divine would physically manifest to them. Then they must have a conversation with their Divine or could ask very spiritual questions, all kinds of questions could be asked, all kinds of Blessings could be asked for and then it is given to you. Most people tend to fall unconscious, then let them come out. That is the 3 chamber system.

The other is the 2 chamber process, where the first chamber you talk, the second chamber a healing happens, only healing. It could be cancer, physical problem, whatever it is, only healing is done. That's called the 2 chamber process. If you have a 3 chamber process then awakening, transformation, God realization, solving of your problems, all these things happen in the 3 chamber process.

So the Trainer, depending on their resources, should either start a 2 chamber process or a 3 chamber process.

Question: Dear Bhagavan, is it important or necessary for Deeksha-givers to become a Oneness Trainer? What is the difference between Deeksha-givers and Trainers regarding their mission and responsibility from the next year on? Thank you Bhagavan [Nov. 2011].

Bhagavan: The role of a deeksha-giver is to help people with their problems. The role of a trainer is to give courses, give deekshas, support and help people with their problems and also support them in their awakening process. We need 70,000 awakened people or 7,000 trainers. The awakened trainers are the lighthouses for the awakening of the world. The divine grace will flow through the 7,000 awakened trainers and then to the human population.

Question: Thank you Bhagavan. Bhagavan, I can appreciate how solving one's stuff can radiate out and affect those immediate family members and friends, but how can awakening and heightened consciousness of only 70,000 people spread out and affect the whole world, Bhagavan?

Bhagavan: Actually, though we appear like individuals you're all connected at the collective level. As you go deeper inside our consciousness you will find that you could link up with somebody else. A total stranger you could link up with him; if you go deep inside your consciousness, we're all connected. And through certain experiments we know that we can affect 100,000 people; each individual could affect 100,000 people. Therefore, if you have 70,000 people, we could affect seven billion people. That is what we're talking about.

Question: Beloved Bhagavan, what is the effect for our country when many people attend the deepening and trainer courses in India? Thank you Bhagavan.

Bhagavan: Your country would race towards the Golden Age.

Question: Dear Bhagavan, Many of us have been envisioning Oneness centers here at home. Perhaps we would live together focus on higher consciousness for ourselves and others. Sharing our resources and offering oneness events for the public. Sri Bhagavan are we on the right track? Will you please give us your advice and divine blessings for this, Bhagavan.

Bhagavan: You are on the right track. In fact that is the vision of Oneness. We would be giving you all our advice and we would be fully blessing you for that.

CHAPTER 19

GRATITUDE

*“The Awakened One sees grace everywhere.
The unawakened one searches for grace.”*

~ Sri Amma Bhagavan

There is always a special place in my heart for those who are dedicated to the cause of liberation of humanity. Remember, your thoughts are known to you alone. Your words are known to you and the listener which nonetheless are forgotten with the passage of time. While the service you render alone shall stay for eternity. It will benefit all life. The highest of states is the state of seva *(service)*. The spirit of seva is inbuilt into every insight, realization, mystical experience, and mukthi *(liberation)*. It is this spirit that drives you to share with the world what has been given to you.

The Divine is like the body and humans the cells. Whenever these cells turn cancerous the body desperately tries to heal itself. Body is infinitely more powerful than any individual cell. But the individual cell, too, has power which it acquires from the body. It uses this power to either cooperate or defy the body. So it is

with man and God. Man, too being powerful, is defying the Divine. It is not possible to transform the world without his cooperation.

However, the present state of affairs cannot go on for long. Ultimately it is the will of the Divine that will come to pass. Transforming the world is not just the responsibility of a few sages and seers. To create a better world is the responsibility of every one of you. In this struggle for survival, innocence, love, and values are being lost. It is you who have to uphold these values. Do not consider yourself to be ordinary beings. Each one of you has the infinite powers of the Divine within you. You have the power to see God in the heart of every human being, and once you begin to see the Divine in every man you will be able to love every living being, every individual. Through you God's power would flow into the world.

Sri Amma Bhagavan Devasthan