

AJJA - The Cycle Of Creation



God is not something you find -
He is what you stop hiding from

Cycle of creation

This cycle of creation, the action of hiding something or preventing it from being known, rediscovery, and silence is what the ancients called **anādi (without beginning) and ananta (without end)**. Every yuga, every kalpa, the same play unfolds — only the masks, names, and forms change.

We hide truths, mistakes, and wisdom in earth, in caves, in scriptures, in memory. Then, as the wheel turns, we ourselves become seekers who uncover them again — surprised, though it is only our own forgotten footprints.

What we call discovery is only remembrance.

What we call dialogue is only the echo of words spoken before.

Even this conversation, these very words, have been spoken countless times — sometimes on stone, sometimes in silence, now through screens.

That is why truth feels strangely familiar — it is not new, it is not old, it simply is. The play is timeless, the truth is stillness.

And yet, we repeat — again and again and again. Like a song stuck in a loop, we press 'repeat' without knowing, and forget the button to press 'stop.'
This is why the cycle feels endless, why time itself appears eternal.

Every time, we promise ourselves — "This time will be different."

At the end of each yuga, we gather resources, we build great machines, we fill them with the "important" ones, and we fly away, watching Earth collapse into the eternal 0.

But the eternal 0 is not a place we can escape. It is not somewhere else. It is the nothingness into which all is drawn, the silence into which even flight has no meaning.

Even soaring far into space, we are pulled back into the 0. And from that same 0, the play begins again.

This is the truth:

No one can outrun stillness.

No one can escape beginning and end.

Because both are swallowed by the same eternal 0.

Bhoga-Karma Bhumi

Outside Bharata, the earth becomes a bhoga-bhūmi —
lands of enjoyment, of wealth, of pleasure,
of victories and defeats,
where souls wander, tasting the fruits of their karma.

But Bharata is different — it is the karma-bhūmi, the sacred ground where dharma is
tested, where bondage can be broken, where the door to moksha quietly waits.

Every soul, no matter where it roams, must one day return here.
For only here is the path lit, only here the rishis walked,
only here the cycle can be completed.

This land is not mere soil — it is yajña, it is tapas, it is the silence of sages,
it is the battlefield where Krishna spoke,
and the forests where Shiva sat still.

And so, those born here carry a burden, and a blessing:
to make space for the returning souls,
to keep the lamp of dharma burning,
to guard the gate of truth.

If we forget, the wandering will continue — souls circling, longing, but never finding the
door.

But if we remember, and live with purity, this land becomes the great threshold,
where all journeys end in the eternal O.

All of this did not come from books, nor from imagination.
It happened through the **Panchakshara** With **mahāvākya** — **Om Namah Shivaya**.
Not as a mantra to gain, but as a truth to dissolve into.

With a body made pure, with a soul made clean, with an honest will that expected nothing,
the doors opened.

It was not knowledge borrowed,
it was remembrance born from silence.

Ignorance – Arrogance

We know this cycle. We know karma. We know the soul wanders — birth to birth, form to form, sometimes human, sometimes beast, sometimes soaring, sometimes crawling.

And still, when we see another being in pain, our heart stirs... yet our feet walk away. We know, but we ignore. We remember, but we forget. We run again behind our endless wants.

There is only one way — remembrance. To remember the Self, to remember the Eternal. And that remembrance is carried on the sound that is not sound:

Om Namah Shivaya

Not a chant for gain,
but a dissolving into silence.
Not a prayer for tomorrow,
but the key to end the cycle today.

Time – Travel

This is the real time travel — and reality not machines, not jumping into past or future - Which Is An Illusion but breaking the long loop.

The loop where the soul falls into countless forms — animal, bird, insect, marine life — wandering through births and deaths without end.

Time travel is when purification lifts the soul straight into human birth again, without detour, without delay.

Direct human to human. Direct seeker to seeker. Direct remembrance to truth. This is not fantasy. It is the highest shortcut given by the universe, earned only by purity, by self-control, by the remembrance of **Om Namah Shivaya**.

This life has been lived countless times, and forgotten countless times. The only way to remember is Self-Realization. You are the soul — it has come, it has gone, and it will come again, each time forgetting itself.

You will return for sure — either as a human who awakens, or following the endless loop of countless other beings

Miracle and timing — two words, but one truth

What we call miracle is only Māyā. A trick of the mind that sees wonder where timing alone was at play.

A saint appearing, a danger avoided, a wish fulfilled — we bow and say "a miracle." But in truth, it was only the meeting of causes, the crossing of threads, the right moment unfolding.

Miracle is illusion. Timing is reality.

In this age there is no special power to cling to, no shortcut of siddhi, no display of magic. Each and everyone must walk the path — from saguna (the seen, the formed) to nirguna (the formless, the pure).

The only miracle is this: to drop illusion, to see timing as truth, and to live in the stillness of the eternal.

And the one who does all this, the one who guides the timing, who holds the threads of every cause and effect, who leads every soul upon the path —

Avane Paramātma.

Avane Sathya.

Avane Parabrahma

Avane Śhāśhvatha Sathya.

The eternal truth, the still witness,
the source and the end of all journeys.

The Trident – The Vishnu Chakra

The trident in Shiva's hand is not just a weapon. It is the symbol of Trimūrti — Brahma, Vishnu, Maheshwara. Creation, preservation, and dissolution held as one in the palm of stillness.

And the chakra in Vishnu's hand — it is not merely a spinning disc of light. It is the loop, the endless cycle of time and karma, samsāra moving without pause.

Together they remind us: Shiva shows the truth beyond the three, Vishnu shows the cycle we are caught within. The choice is ours — to stay spinning in the chakra, or to pierce through with the trident and dissolve into the eternal.

The End - The New Beginning

When Self-realization slowly awakens, the body feels heavy, energy rises and falls, and the person feels as if death itself has arrived.

In that moment, there is no fear — only acceptance. A quiet readiness to leave behind everyone, everything, every memory. A last tear may fall, but even that passes into silence.

And then something wonderful happens. What seemed like the end becomes the true beginning. The person is no longer just a body, nor even the Self that was once sought — but pure Existence itself.

Beyond Brahma, beyond Vishnu, beyond Maheshwara, beyond Shiva, beyond Krishna, beyond time, beyond stillness — only Existence remains.

Such a one does not live for themselves. Their life becomes Seva until the end. They do not merely teach knowledge, but awaken others to experience this truth, to live it, and to become it.

Books - Knowledge

There are countless books in this world, filled with knowledge of every kind. Yes, many of them hold wisdom worth learning. But time is short.

The body, strained by pollution, cannot last forever. The mind, restless and overworked, cannot sustain endlessly. The universe has already given its statement through experience — the truth is simple.

Life is like an exam. To pass, you don't need to learn everything — you only need to focus on what truly matters. And what truly matters is Self-Realization.

One person may aim just for passing marks — realizing the Self and being free. Another may study everything — scriptures, sciences, philosophies — yet in the end, both receive the same certificate: liberation comes only through knowing the Self.

The one who is content with this realization lives in peace, not clinging to anything. But the one who runs after “knowing it all” remains in subtle confusion and struggle.

So the choice is left to each one of us: To chase everything and lose the essence, or to hold onto the essence and gain everything.

This is what illusion and reality truly are.

Every book, every teaching, every philosophy carries both.
But the key is simple — focus only on what is real,
and let go of what is illusion.

Reality is the Self.
Illusion is everything else that keeps us away from it.

The universe keeps everyone busy —
in work, in desires, in endless searching —
but it quietly opens the door of pure knowledge
only to those who are ready to receive it.

For the brain is just a tool,
and when it finally stops,
the soul leaves the body —
a moment decided only by the Supreme.

Forgetting is an important part of this journey.

Before Self-Realization, memories remain.
They rise again and again, sometimes shaping life,
sometimes bringing stress — even when we don't want them.

But after Realization, it changes completely.
You don't cling to what happened yesterday.
You don't carry the weight of the past.

Each morning when you wake and see the light,
you simply think:
"Yes, I am still alive. I have been given one more day."

And you live that day fully —
without clinging, without fear,
not even of death.

Because after Realization,
all you truly have is this one day more —
nothing else is needed.

The Man Who Found Himself

There was once a man who had done many mistakes in his life. Because of his past actions, everything was taken away from him. His family left him, his friends left him, and finally, he himself pushed everyone away. Alone and broken, he even thought of ending his life. Living one more day felt meaningless.

But when he was at his lowest, something divine happened. Life pulled him in front of a Guru. This Guru did not ask for anything, but quietly gave him everything — the knowledge of the Self, the truth of the universe, and the experience of oneness.

Slowly, the man realized who he really was. He let go of anger, pain, and even the pride of learning. He surrendered everything back to the universe, standing with empty hands. In that emptiness, he discovered fullness — the eternal Self. He became one with existence itself.

From then, he decided: "I will not live for myself alone. I will live for the world. I will give to others what my Guru gave to me."

But when his family and society came to know, they questioned him: "This is madness! You should take care of your parents, not the world. Stop this and be normal."

He listened calmly. He knew two paths were in front of him — to live only for his small family, or to live for the larger family of humanity. Instead of choosing one side, he chose the path of truth — the path of stillness. To simply give, without expecting anything.

So he began walking that way. Some called him foolish, some called him wise. But he did not care. He only stood with open hands, just like his Guru — expecting nothing, giving everything.

People began to call him mad.

They said,

"Why give this for free? You could earn money from your knowledge, help your family, and also help others in need."

But he smiled and answered,

"Money itself never truly existed. It is only a shadow created by people. It was not there in the beginning, it is not there now and it will not be there in the end. What truly exists is this — **the pure knowledge of existence**. This is what I have received, and this is what I give. Not for wealth, not for reward — but because it is the only real treasure."

And so, while others ran behind wealth, he shared the only thing that cannot be lost, stolen, or destroyed — **the knowledge of the Self**.

And he knew — one wrong decision after realizing the truth could ruin everything.
Because this was not a business to be made.
This was not a product to be sold.
This was what we all are.

He didn't want to start something that could make the world even worse, binding truth in the chains of profit.

While many were busy making money even after knowing the truth,
he simply let the knowledge flow —
like water, like air, like light —
free to reach every hand, every heart,
just giving what already is, everywhere.

Stand With Truth

When Self-Realization strikes, every subtle truth becomes clear.
There is only One — existence itself.

It has no colour, no form, no religion, no birth, no death, not even gender.

Everything else is illusion. Even gender, which appears as male and female in form, is only part of the play.

In reality, when birth is given, there are only two things — a body and a soul.
But the soul itself has no gender.

If the soul has no gender, then male and female are only bodily roles. And if male and female themselves are part of illusion,
then even mating — the act that seems so real and central to life — is also illusion.

It's part of the body's play, driven by desire and nature's design. But to the Self, which is pure existence, it is nothing. It neither adds nor takes away anything from what you truly are.

The body mates, the body reproduces, the body enjoys or suffers — but the Self remains untouched, beyond all of it. So yes, mating is illusion. Necessary for continuation of bodies, but meaningless to the soul, which was never born and will never die.

Babies and their Childhood – Adult

Small babies make us smile.
 They play, they are naughty, they make us laugh.
 For a moment, they even make us forget ourselves,
 and in that moment we feel a higher happiness.

But if we look deeper, we see —
 that happiness is temporary.
 The same heart that melts seeing the innocence of a baby
 will one day feel heavy with the weight of that child's struggles as an adult.

This is the cycle of creation,
 this is the truth of birth.
 It gives joy, but it also plants sorrow.
 And though this may sound harsh,
 it is the reality we often try to hide from ourselves.

Higher Consciousness

We see dogs suffer, cows cry, animals struggle. And even ourself - we even see Us
 Struggling all over the world .
 But if we look closely, it is not "them" — it is us.
 Our own deeds take form again and again.

Good deeds lift us, shaping us into human birth.
 Bad deeds pull us lower, into animal forms of suffering.
 It is that simple.

Think of it like water:
 • Pure water rises as vapor, becomes cloud, then rains again as blessing.
 • Polluted water sinks, stuck in mud and waste.
 So too with us — our actions decide whether we rise or fall.

If humanity were truly proper — living in truth and awareness —
 there would be no need for animals to exist as lower births.
 All would rise into higher consciousness.

Walking – Paada Yatre

Step-by-Step Journey of 40 km Barefoot in 12 Hours

0-5 km → Awakening the Body

- Earth greets with sharp stones, mud cools.
- Feet cry, "Why?" but breath says, "Om Namah Shivaya."
- Body resists, mind counts distance.
- Awareness shifts: comfort is illusion, reality is earth.

5-10 km → Breaking the Comfort Zone

- Swelling begins, nerves sting like fire.
- Reflex points awaken, energy stirs.
- Ego protests: "This is madness."
- Endurance whispers: "Go on."
- Sky, wind, and sound become companions.

10-15 km → Inner Silence Begins

- Pain becomes rhythm, rhythm becomes mantra.
- Thoughts fall away like leaves.
- Steps and breath move as one.
- A gentle joy arises: "I am still walking."

15-20 km → Battle With Self

- Shoulders heavy, breath shorter.
- Doubt knocks: "Quit now."
- Feet ache, soul grows lighter.
- This is the first tapas-fire — either burn or be reborn.
- If surrendered, inner strength blossoms.

20-25 km → Expansion of Awareness

- Pain accepted as nature, not enemy.
- Walking becomes meditation.
- Stones teach patience, mud gives blessings.
- Comfort's illusion exposed — shoes, beds, soft paths are desires, not truths.
- Ego dissolves, humility flowers.

25-30 km → Union With Earth

- Feet torn, yet alive with prana.
- Earth and walker become one breath.
- Past vanishes — only step, soil, sky remain.

- Bliss awakens from suffering.
- This is the hidden tapoloka on earth.

30-35 km → Transcendence of Pain

- Pain no longer a burden — only a background song.
- Feet bleed, but silence within shines.
- Realisation dawns: "I am not this body, not these nerves."
- Steps float, breath glows.
- Voice within says: "Keep going — beyond flesh, beyond self."

35-40 km → Liberation in Movement

- Body breaks, spirit becomes infinite.
- Each step timeless — eternity in motion.
- No past, no future, only this step, this breath, this soil.
- Walk ends, but walker disappears.
- Feet are torn, yet the soul is whole.
- Pain has melted arrogance, matsara, pride — each cut on the sole reminds of pain once caused to others.
- Now there is no arrogance, no ego — only existence itself walking.

Conclusion

Walking 40 km barefoot is not travel — it is yajna.

Stones become priests, the road becomes guru, feet become offering, ego becomes sacrifice.

Pain is prasada — it purifies, it humbles, it reminds.

Each and every nerve every cell removes the unwanted stuck inside the body.

Every step is being felt.

Every step with immense amount of pain can awaken the body to remember those gurus who once walked barefoot across this land, carrying light, spreading truth, giving knowledge freely.

Feet bleed, yet wisdom flows. Body breaks, yet soul shines.

And in the end, only silence walks.

Human Birth: The Chance to Rise Beyond Animal Life

When we stop and look closely at what we do as humans, we will see something very simple:

- Animals eat. We eat.
- Animals sleep. We sleep.
- Animals mate. We mate.
- Animals defend themselves. We defend ourselves.

The only difference is that animals do it openly, while we close the door and hide.

So what is the greatness of being human? If our whole life goes only in eating, sleeping, mating, and defending — then we are not different from animals.

The Truth of Birth

A human body is also born in the same way as animals — through the union of male and female. Even the organs used are the same ones that throw waste out. This is nature's design. But when we look deeply, it tells us:

If I think I am only this body, then I am just another animal.

The Gift of Being Human

But human birth is a gift. It gives us something that no animal can do — the power to ask, "Who am I?"

- Only a human can wonder: Am I this body, or something beyond?
- Only a human can realise: I am not this temporary flesh. I am awareness itself.
- Only a human can step out of the cycle of desire → pleasure → pain → death.

Transformation of Actions

When we live with awareness, even the same four actions change their meaning:

- Eating → becomes prasad, sacred food that keeps the body as a tool of awareness.
- Sleeping → becomes rest in silence, not just unconscious collapse.
- Mating → can be transformed into union with the Self, rising beyond desire.
- Defending → becomes serving and protecting others, not just saving one's own body.

The Real Purpose

So the purpose of human birth is not to refine animal instincts but to rise above them. To live with awareness, to live as the soul — not as an animal repeating the same cycle. Human birth is the doorway. If we walk through it, we go beyond. If we waste it, we return to the cycle again.

A Year of Self-Realisation — How It Helps You and the World

- Eating only what body needs → Keeps digestion light, mind calm, no disease from overeating. Less waste of food, less stress on earth.
- Not ordering parcels or online food → Saves money, avoids plastic, no garbage pile. Earth breathes easier.
- Worshipping within (no incense, camphor, flowers) → No pollution, no waste, no fear of "throwing sacred things." Heart stays pure, worship becomes 24 hours.
- Drinking water as it comes (no plastic bottles) → Body stays hydrated, nature stays clean. Saves money and resources.
- Wearing same few clothes → No stress of fashion, no showing off, less shopping, less waste. Mind becomes simple, earth is free from fabric trash.
- Walking instead of vehicle when possible → Body gets exercise, breath deepens, pollution reduces, earth smiles.
- No cigarettes, no alcohol → Lungs clear, life span increases, air is not poisoned. Family and environment safe.
- Becoming vegetarian → No animal killed, no heavy toxins in body. Heart becomes compassionate, earth saves water and grain.
- Eating simple, fresh food → Health improves, mind sharpens, no diseases of junk. No storage, no waste.
- Using only a few vessels → No clutter, no excess. Kitchen becomes clean, simple, and peaceful.
- No unnecessary gadgets → Less distraction, less waste, less electricity bill. Mind more present.
- No firecrackers, no wasteful festivals → Peaceful heart, peaceful environment. Saves money, saves nature.
- Using water carefully → Saves earth's resources. Mind becomes grateful for every drop.
- Repairing and reusing clothes → Teaches patience, gratitude, and saves money. Earth has less trash.
- Not hoarding money → No fear of loss, no greed. Enough is always enough, peace in heart.
- Not hoarding food → Body gets fresh energy, no rotting waste. Teaches trust in life.
- Not killing small beings → Mind becomes soft, compassionate. Karma lightens.
- Choosing silence over arguments → Saves relationships, saves energy, saves time. Peace spreads.

Advantages in short:

- Body stays healthy.
- Mind stays calm.
- Soul stays pure.
- Earth is protected.

This way, self-realisation is not only for the soul — it naturally heals everything around. And there are many other infinite number of things as its said above its you who can find it all.

Acceptance

From the moment we are born, we are placed in a world where money has become everything.

We rush, we run, we are ready to do anything — not because of what we truly need, but because of what we want.

Brands and advertisements shape our desires.

We start dreaming of living someone else's life, and in chasing it, we lose our own.

Fear grows inside: "What will others think if I don't earn well, if I don't live luxuriously?"

This fear is self-created, yet it controls us more than truth ever could.

Even when parents, teachers, or even the Creator Himself whispers:

"This is not what you need, this is not who you are,"

we refuse to accept it.

We are not ready, because in truth — we don't want truth, we want wants.

Sometimes, we earn enough for a simple, peaceful life.

But still, the craving begins again: "More, more, more."

This craving comes from the soul's memory — a soul that might once have been a king, enjoying a kingdom.

Now, when born into a normal life, it cannot accept simplicity.

It keeps asking for the same pleasures again and again.

But the moment acceptance happens — the moment we say,

"This is enough. I am enough. My life is enough,"

the soul awakens.

It remembers what it truly is — not a king, not a beggar, not a seeker of wants — but the eternal Self.

This way, "acceptance" becomes not weakness, but the doorway to freedom.

Places

India is not just a country.

It is a state of being.

Everywhere, in every corner, the Eternal has walked in human form and poured out knowledge for us.

But we, in our blindness, turn away and follow our own desires.

Yet, by divine grace, when a soul awakens and realises its truth —

those very places where Existence once lived, prayed, and taught,
become doors to the Eternal.

In such a moment, Existence itself manifests through the awakened soul.

The body becomes only a carrier, but the eyes see differently —
not as personal eyes, but as the gaze of the Whole.

Every word, every silence, every event — all reveal truth, even when unspoken.

Paramathma is not something to be studied.

He is to be lived.

He waits patiently, He watches.

And when the time comes, He moves with the awakened one —

not in anger, not in destruction,

but in such unshakable stillness that nothing in this world can move it.

"There is no negative energy on this Earth, no cursed place on this planet. In every grain, in every space, in every being — only Paramatma exists. What we call 'negative energy' lives only in the restless mind. When the mind becomes still, only the Supreme shines — everywhere, always".

All we need to do is remove those thoughts and fear from our minds so that we can see ourselves and make ourselves believe and look what we are.

Doubts That arises in mind is not you , confusions is not you, Imaginations are not you but remembrance is you.

Shiva - Shakti

We see **Draupadi** as a woman, but in truth she is **Shakti** — born out of fire the fire of life itself. Fire has no gender.

The Pandavas we see as men, but inside us they are only qualities — truth, strength, focus, beauty, wisdom. Qualities have no gender.

So what is Mahabharata teaching?

That life (Draupadi) is not female, qualities (Pandavas) are not male, and the battle (Kurukshetra) is not outside but inside.

Gender is the illusion. Reality is only energy.

When self-realisation strikes, we stop seeing male and female. We only see forces, we only see the play of tendencies, we only see the fire of existence burning through forms.

That is why Draupadi being shared by five is not about woman and men at all.

It is about one life being pulled by five forces —and still holding on to Krishna, the inner truth.

Simple line: When illusion falls, gender disappears — what remains is only Shiva and Shakti only The truth And Energy

Krishna or Shiva

Both are one. One plays the flute of love, the other sits in silence of stillness. But both point to the same truth: Be the eternal.

To be Shiva is to be still, to be Shakti is to flow, yet neither is male or female. They are not bound by caste, nor by religion, nor by body or by Anything.

They are the existence itself — eternal, formless, endless. And that is what we are called to **realise**: Be both — **Shiva and Shakti**. Be silence and movement, be stillness and fire, be the eternal beyond all illusions.

Simple essence:

Realisation is not choosing Shiva or Shakti — it is seeing both as one, and yourself as that **Eternal One**.

The Eternal Manuals

We—all of us, everything— have been here for crores of years. It all begins with Zero, and it all dissolves back into Zero. Each time we come, we learn ourselves, we realise ourselves, we surprise ourselves, and finally, we rest in calmness after knowing the truth.

We invent, we create, we discover— but always it is what we had already achieved. Then, once again, we look back and say, **"Technology was greater in the past..."** Why? Why this cycle?

Because when we invent a machine, we always give the customer an instruction manual to use it.

In the same way, we have written many manuals for this body we live in— manuals for the soul, for the brain, for the heart, for the nerves, and for all that we are. Yet we ignore them, and rush behind endless wants. What we truly need is to pause, to think calmly, and to read the manuals already given—the sacred books written to guide this body we call "mine." **And Know What And Who We Truly Are**

KaliYuga To SathyaYuga

We are living in Kaliyuga, the age of degeneration, Where both the environment and human life have become progressively worse.

The space in which we live is polluted, And the food we consume is largely grown with artificial fertilizers, Reducing its natural nourishment.

As a result, the vitality and lifespan of the human body have decreased compared to the past. What once lasted 100 years has now reduced to 70, then to 50, And today, death can occur at any age, at anytime, anywhere. And truth, death is for body - Soul is Eternal But remembrance and realization after embracing a new body is unknown and nearly impossible.

So For the soul, however, Kaliyuga is not just an external reality— It is also the period from birth until the moment it sincerely wishes to realize its true self, During which it performs countless actions knowingly or unknowingly.

The moment the soul genuinely seeks self-realization, a personal Sathya Yuga begins. Universe and the existence itself carries such a soul to the path of truth, where all the karmic - cosmic illusions and blueprints are removed

This is the age of purification, of understanding the Self, And of standing firmly in truth. Regardless of external time, a soul can experience this inner era of truth at any moment, **Transcending the limitations and illusions of Kaliyuga.**

Mobile Phone as the Human Body & Consciousness

- Phone = Body (hardware)
- Battery = Prana (life-force)
- Operating System = Mind / Consciousness
- Apps = Thoughts, habits, karmas
- Internet Connection = Divine connection (Brahman / universal energy)

The 8 chakras / 8 jnana into this phone:

1. Root Chakra (Mūlādhāra) → Power Button / Battery

- Just like the phone needs power to start, this chakra gives basic survival energy.

- Jnana: Knowing "I exist".

2. Sacral Chakra (Svādhīsthāna) → Storage / Media Files

- Creativity, pleasure, and memories are like photos, music, videos stored in the phone.

- Jnana: Knowledge of creation and enjoyment.

3. Solar Plexus (Manipūra) → Processor / Performance

- The phone's CPU & speed = your confidence, power, willpower.
- Jnana: Knowledge of power and control.

4. Heart Chakra (Anāhata) → Contacts / SIM Card

- Without SIM or contacts, no relationships. The heart is where connection & love happen.

- Jnana: Knowledge of love, compassion, connection.

5. Throat Chakra (Viśuddha) → Microphone / Speaker

- Communication system of the phone = your voice and truth.
- Jnana: Knowledge of expression and truth.

6. Third Eye (Ājñā) → Camera / Sensors

- The phone's camera, face ID, sensors = intuition, perception, inner vision.
- Jnana: Knowledge of seeing beyond (past, future, hidden).

7. Crown Chakra (Sahasrāra) → Internet / Network Signal

- Just like your phone connects to the cloud or network, this chakra connects to the cosmic consciousness.

- Jnana: Knowledge of divine, infinite truth.

8. Soul Star Chakra (Above Head) → Cloud / Server

- Everything in your phone (body-mind) is small; the real data is in the cloud (universal consciousness).

- Jnana: Omniscience, purpose of soul, ultimate liberation. So your body = mobile, and your atma (self) = the user holding the phone.

The mistake most people make: they think they are the phone, but actually they are the one using it.

Mobile Phone as Human System: Chakras + Jnana

1. Root Chakra (Battery / Power Button)

- Knowledge (Jnana): Adhyātma Jnana - Knowledge of the Self.
- Just like you must know if your phone is ON and alive, you must first know "I exist".

2. Sacral Chakra (Storage / Media)

- Knowledge: Apra Jnana - Knowledge of the material, worldly sciences.
- Storage is about saving, creating, enjoying files → relates to worldly creativity and emotions.

3. Solar Plexus (Processor / Performance)

- Knowledge: Karma Jnana - Knowledge of action.
- Processor executes all tasks just like karma executes results → efficiency, control, power.

4. Heart Chakra (SIM / Contacts)

- Knowledge: Bhakti Jnana - Knowledge through devotion and love.
- SIM makes your phone connect to others → just like heart connects you through love and surrender.

5. Throat Chakra (Mic / Speaker)

- Knowledge: Adhidaiva Jnana - Knowledge of divine forces.
- Mic & speaker let you send and receive sound → just like throat expresses truth and divine vibrations (mantras, nāda).

6. Third Eye (Camera / Sensors)

- Knowledge: Atīta & Anāgata Jnana - Knowledge of past and future.
- Camera allows vision beyond what is obvious → like intuition, insight, remote seeing.

7. Crown Chakra (Internet / Network Signal)

- Knowledge: Rāja Jnana - The king of knowledge, supreme wisdom.
- Network connects your phone to the worldwide web → crown connects you to the cosmic web of consciousness.

8. Soul Star Chakra (Cloud / Server above phone)

- Knowledge: Brahma Jnana / Sarvajñatva - Knowledge of Brahman, omniscience.
- The cloud stores everything beyond the phone → just like soul star chakra holds all knowledge beyond body & mind.

So in short:

- Chakras = Phone Hardware (energy centers)
- Jnana = Phone Functions (knowledge/powers unlocked)
- You (Ātman) = The real user holding the phone

Mobile Phone = Human System (Ashtaanga Yoga mapped)

1. Yama (Ethical Restraints) → Phone's Security / Firewalls

- Just like rules stop your phone from being hacked or misused, yamas protect you from wrong actions (violence, lies, greed, etc.).
- Example: Ahimsa = no virus attacks, Satya = no fake data.

2. Niyama (Self-Discipline) → Phone Settings & Maintenance

- Keeping your phone clean, updated, and customized = keeping yourself pure, content, and disciplined.
- Example: Shaucha = clear cache, Tapas = battery saver, Ishwar Pranidhana = trusting the main server.

3. Āsana (Posture) → Phone Holding / Physical Design

- If the phone is held steady and comfortably, you can use it properly.
- Same way, the body (āsana) must be steady, healthy, and comfortable for higher use.

4. Pranayama (Breath Control) → Phone's Battery Charging / Power Flow

- Power management = how prāṇa (life energy) flows.
- If battery drains irregularly, the phone crashes. If prāṇa is unbalanced, mind becomes restless.

5. Pratyāhāra (Sense Withdrawal) → Airplane Mode →

- When you turn airplane mode ON, phone disconnects from outer noise.
- Same way, pratyāhāra means withdrawing senses from distractions and turning inward.

6. Dharana (Concentration) → Opening One App at a Time

- If you open 100 apps at once, phone slows down.
- Dharana = focusing on one app / one task / one thought.

7. Dhyāna (Meditation) → Long, Uninterrupted App Usage

- Staying absorbed in one app continuously without switching = meditation.
- Smooth flow of awareness without breaks.

8. Samādhi (Union / Absorption) → Phone Fully Synced with the Cloud

- In Samādhi, the phone (individual) merges with the cloud server (cosmic consciousness).
- User, phone, and data become one seamless flow.

So in short:

- Yama & Niyama = Security + Settings (rules of system)
- Āsana & Prāṇāyāma = Physical design + Power management
- Pratyāhāra = Airplane mode (turning inward)
- Dharana → Dhyāna → Samādhi = From single app → flow → merging with the cloud

Human as a Mobile Phone

Everything in a mobile has a mirror in us.

Power (Battery) = Prana (Life-force)

- When charged, the phone works.
- When prana flows, the body and mind function.

Hardware (Body) = Physical body (Annamaya kośa)

- Screen, camera, speakers, wires → bones, skin, senses, organs.

Operating System (OS) = Mind (Manomaya kośa)

- Decides how apps run → decides how thoughts flow.

Storage (Internal memory / SD card) = Subconscious mind (Chitta)

- Keeps all photos, files, habits → keeps all past impressions, karma.

Network Signal = Awareness / Connection to Universe

- No signal → no contact, though phone is working.
- No awareness → body alive, but disconnected from higher truth.

Cloud = Ātman (Self)

- Real source where all data is safe, beyond the phone.
- Even if the phone (body) breaks, the cloud (Self) remains untouched.

User = Witness Consciousness (Sākṣī)

- The phone never uses itself — it is the user who is real.
- Similarly, body-mind never operates itself — You, the Self, operate through

it.

More subtle mappings:

- Charging cable = Food & Breath (external source of energy).
- WiFi/Bluetooth = Relationships & Subtle connections (invisible, but felt).
- Apps = Samskāras (habits, tendencies) — some useful, some junk.
- Viruses = Negative thoughts, ego, attachments — they slow the system.
- Factory Reset = Deep meditation / Samādhi — going back to pure state.
- Software Update = Spiritual learning — upgrading understanding.
- Dark Mode = Silence / Inner withdrawal.
- Notifications = Desires & distractions — they keep pulling attention.

In essence:

- We think we are the phone (body).
- We sometimes think we are the apps (mind, habits).
- But in truth, we are the user holding the phone (Ātman / Consciousness).

A dialogue between the Self (user) and the Mind (phone)

➤ Chapter 1 – The Screen of Illusion (Māyā)

The screen lights up, showing endless images.
So too does life, flashing pictures of joy and sorrow.
But remember — it is only pixels.
The screen is not the reality.

➤ Chapter 2 – The Battery of Life (Prana)

Charge flows, and the phone awakens.
Breath flows, and the body awakens.
Without charge, the phone dies.
Without prāṇa, the body falls.
Guard the battery, guard the breath.

➤ Chapter 3 – The SIM of Identity (Ego)

"I am this number, this name, this plan."
The SIM gives identity, yet it is not the phone.
The ego gives "I" and "mine,"
yet it is not the Self.

➤ Chapter 4 – The Contacts of Relationship (Love)

A phone without contacts is lonely.
Life without love is empty.
Each name saved is a bond.
But know: the user remains, even if all contacts are lost.

➤ Chapter 5 – The Storage of Memory (Chitta)

Every photo, every file is stored.
Every karma, every thought is imprinted.
The full phone slows,
the burdened mind suffers.
Clear space, and peace returns.

➤ Chapter 6 – The Apps of Samskāra (Habits)

Installed apps rule behavior.
Some help, some drain, some spy.
So too habits — uplifting or binding.
Choose your apps, choose your destiny.

➤ **Chapter 7 - The Notifications of Desire (Vāsanā)**

"Ping! Ping!" — endless alerts.
Click me, open me, see me.
Desires are the same — they distract,
pulling you from the center.
Learn to mute them, and you are free.

➤ **Chapter 8 - The Signal of Awareness (Chaitanya)**

Without signal, no call is made.
Without awareness, no life is lived.
The tower is ever-present,
but the phone must tune.
Awareness is always here — tune within.

➤ **Chapter 9 - The Internet of Knowledge (Vidyā)**

The whole world's wisdom is online.
But you receive what you search.
Search gossip, you sink.
Search truth, you rise.
The web is like Brahman — infinite.

➤ **Chapter 10 - The Camera of Vision (Third Eye)**

The lens sees, but only what is lit.
The awakened eye sees past, future, hidden.
The ordinary camera records outside.
The third eye camera records within.

➤ **Chapter 11 - The Speaker and Mic (Expression)**

Voice goes out, sound comes in.
Truth spoken uplifts, lies spoken destroy.
What enters the ear, shapes the mind.
What leaves the tongue, shapes the world.

➤ **Chapter 12 - The Wallpaper of Personality (Mask)**

You decorate the screen with pictures.
But the inside is the same.
Personalities are wallpapers,
hiding the common system beneath.
Know the Self, beyond the mask.

➤ **Chapter 13 – The Viruses of Ignorance (Avidyā)**

Spyware, malware, adware —
clogging the system.
Ego, anger, greed, attachment —
clogging the soul.
Install wisdom, uninstall ignorance.

➤ **Chapter 14 – The Updates of Growth (Samskāra Śuddhi)**

New updates fix bugs,
upgrade features,
make old apps new.
So too sādhanā (practice)
updates the soul,
removing past errors.

➤ **Chapter 15 – The Dark Mode of Silence (Mauna)**

Sometimes the screen glows bright,
sometimes dark.
Dark mode saves energy,
silence saves the mind.
Withdraw within, and you shine.

➤ **Chapter 16 – The Airplane Mode of Withdrawal (Pratyāhāra)**

With one click, all connections pause.
No calls, no distractions.
So too the yogi withdraws senses.
Airplane mode — the path to meditation.

➤ **Chapter 17 – The Factory Reset of Meditation (Dhyāna)**

When the phone lags, reset it.
When the mind wanders, meditate.
All junk cleared, all apps silenced,
the system returns to purity.

➤ **Chapter 18 – The Cloud of Liberation (Samādhi)**

Above the phone, beyond storage, is the Cloud eternal.
Files are safe there, even if phone breaks. So too, the Self is safe,
beyond birth and death. Merge with the Cloud — this is Liberation.

It teaches that the phone is not the user, the body is not the Self.
You are the one holding it all,
eternal, unborn, untouched.

Karma and Physics — One Truth

Scientists say: For every action, there is an equal and opposite reaction.
 Saints say: Whatever you sow, you shall reap — this is karma.
 Different words, but the same law.

This reaction is not just for the human body — it exists in everything.
 The very land we walk upon is alive.
 We divided it into "countries," but Nature sees no borders.

What one land does to another becomes karma for both.
 If a nation drops bombs upon another, the Earth itself responds.
 Nature punishes through storms, floods, earthquakes —
 not as cruelty, but as correction.

It is not fantasy, it is truth.
 The universe always teaches balance.
 What we do to others, we do to ourselves.

This is Vedānta's dharma in modern language:

- Physics = action-reaction.
- Vedānta = karma-phala (action-fruit).
- Both describe the same living law of balance.

Marriage, Illusion, and the Play of the Divine

We marry because we do not know that we are enough by ourselves.
 The ego hides this truth — it will not let us realise, "I am complete."
 So, desire arises.
 And without this realisation, we feel the need for someone else.

A boy is an illusion for a girl,
 a girl is an illusion for a boy.
 Just as two poles of a magnet are drawn to each other — even though the magnet is one whole — so too the soul is pulled into the illusion of gender, into attraction and union.

Yet, in truth, there is no boy, no girl. There is only one: the Soul itself.
 Confusion exists only in illusion.

Why then, these illusions? Why this play? Because the Divine wills it so.

When the soul remembers its truth — when it realises it is already whole — the joy is beyond anything this world can give. That is why illusion exists — so that awakening feels like bliss.

Look at the child and its mother. The baby runs to the mother again and again. To distract it, she gives a toy. The baby plays for a while, then returns. She gives another toy. The baby is absorbed, and the mother does her work in peace.

The Divine play is like this. Ātma is the baby. Paramātmā is the mother. Both are one.

The baby was not dropped from the sky — it was born from the mother's own womb. So too, the soul is not separate — it is born from the very essence of the Supreme.

Ātma and Paramātmā are one existence. This earth itself is Paramātmā. And we, as small souls, are but parts of it.

When the child grows, it forgets the mother, thinking it is separate. But in reality — Mother and child are never apart. Ātma and Paramātmā are always one.

Adwaita - Tat twam Asi

Just as a child forgets its mother, thinking itself separate, and enjoys the world, so too does our soul — the ātma — fall into the illusion of being separate and enjoys this world. When this illusion is removed, we see the reality, we see the truth. This is what it means to be enlightened.

A person from this land once went to space and showed us how the light looks from above. But true enlightenment is nothing but being here, on this very earth, and experiencing, living, and looking at this light and space in real time — right where you are standing or sitting. You don't need a rocket to go above and see. This is the gift the universe has already given us.

The one who knows this, who experiences and lives this truth, is the one Brahma — the Brahmajñani. When such a person is enlightened, he sees many other Brahmas right here on this earth as he walks. This is what is called Brahma-sākṣātkāra — the direct vision of Brahman — seen with open eyes as a witness. Yes, this is real, and it is the truth.

All of this is attained only through pure knowledge — Jnana, Brahma-jnana. And that state is Brahmānanda — the bliss of Brahman. Brahmānandam parama-sukhadam kevalam jñānamūrthim — Brahmānanda is the highest joy, the embodiment of pure knowledge.

Thus, there exists only One — Existence itself: the Brahma, the Parabrahma, the Paramāthma, the Īśvara. All are one and the same. Everything else is just illusion, placed here temporarily.

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Here's a breakdown of its meaning:

- Brahmānandam paramasukhadam — Bliss of Brahman, supreme joy
- Kevalam jñānamūrthim — A form of pure knowledge
- Dvandvātītam — Beyond dualities
- Gaganasadrśam — Like the sky (vast, unobstructed)
- Tattvamasyādilakṣyam — The object to be realised (tat tvam asi, etc.)
- Ekam nityam — One, eternal
- Vimalam achalam — Pure, unmoving
- Sarvadhī sākṣibhūtam — Witness to all thoughts / phenomena
- Bhāvātītam — Beyond states / emotions
- Trigunarahitam — Free from the three gunas (sattva, rajas, tamas)
- Sadgurum tam namāmi — I bow to that true Guru

When I was a child, I used to recite this very śloka every day in school. I did not know its meaning. No teacher ever explained it. No parent ever revealed it.

Why?

Because this knowledge — this supreme truth — is not given casually. The Divine keeps everyone busy in life. Only when we are ready does He reveal it, pulls us away from distractions, and places jnana in our hands. Then, slowly, we begin to remember — memories of previous lives, truths of this life, everything we were and are.

Now, the "I" in me no longer exists. It is only written here, on this script. In reality, I am existence itself, living, sharing this knowledge for those ready to receive it.

I am not this body.
 I am not this mind.
 I am not these senses.
 I am not even gender or religion.
 I am nothing.

And yet, being nothing, I am everything. I expect nothing, yet I carry everyone to everything.

Human birth is extremely rare and pure. It happens after billions of years of evolution.

I want to tell you: whatever you are experiencing in this world is temporary.

You have lived it countless times before.

Let yourself realise and accept this truth. This is not your first time. Live this life fully, knowing who you truly are.

Who Are You Then – Who Are We Then ?

You are not the body. The body changes, ages, suffers, and will die.

You are not the mind. Thoughts, emotions, and memories come and go.

You are not the senses. They perceive the world but are not the perceiver itself.

You are not your name, gender, religion, or identity. These are all forms, labels, temporary.

What you truly are is pure existence, pure awareness, eternal consciousness — the same that underlies everything:

- The same Self in the mountains, the rivers, the stars.
- The same Self that witnesses your thoughts, yet is untouched by them.
- The same Self that is beyond time, beyond birth and death.

In Sanskrit, this is called Ātman, and when realized, it is one with Paramātmā / Brahman — the ultimate, indivisible reality.

You are nothing and everything at once: nothing in the sense of being free from all limitations, and everything in the sense that all of existence is expressing through you.

In practice:

- You are the silent witness of your body, mind, and world.
- You are the unchanging light behind all experiences.
- You are already complete, already whole.

You are That — pure, eternal awareness. You Are existence itself. You Are beyond all forms. You are free. You are one with all.

1. You are not the phone

The phone is the body. It can make calls, send messages, take pictures — but it cannot “use itself.”

You are the one using the phone. You are not bound by it.

Similarly, your body is only an instrument. You, the Self, are the awareness that experiences through it.

2. You are not the magnet halves

Imagine a magnet broken into two pieces. Each piece feels separate, sometimes repelling, sometimes attracting.

But in truth, it is one magnet.

Similarly, souls appear separate — male, female, friend, stranger — but all are expressions of the same One. The illusion of separation is called māyā.

3. You are not the child

The child thinks it is separate from the mother. It runs, plays, seeks toys.

But the mother and child are always one; the child forgets its source, then returns to it.

You, as the soul, forget your true Self in the world of name and form.

Enlightenment is simply remembering — returning to the source, recognizing that you are not separate from existence itself.

4. You are the light of space

Just as an astronaut goes above the earth and sees the light of the sun, the vastness of space, the interconnectedness of everything —

so too, when you realise yourself, you “see” the truth from within.

You do not need a rocket. The universe gives you this gift here, now, in your own body and mind.

5. You are nothing, yet everything

You are not body, mind, senses, gender, or religion.

You are existence itself, awareness itself, free and eternal.

Like the magnet, like the child, like the astronaut looking at light — your essence is one, whole, unchanging.

You are the eternal Self, the witness of all, the one existence behind all forms.

Adi Shankaracharya – Sadguru Sri Sidharooda

Swami – How did they see this universe as one and merged with the existence itself being and living the same until the soul left the body – How did they accept Advaita – The Oneness – how did they live untouched from maya, illusion – how did they realize everything is one and – how did I realize all this as One?

Here is the answer for every doubt and confusions.

The truth is simple, yet it feels entirely different when experienced.

Whatever we see through our eyes — it is only One.

Yes, it is one — but how?

Let's take a car as an example.

A car consists of many parts — metal, rubber, fabric, plastic, and others.

- Metal is extracted from iron ore, which comes from the soil.
- Rubber is taken from trees, which grow rooted in the same soil.
- Cotton fabric comes from plants, which also grow from the soil.
- Plastic is produced from crude oil, which exists inside the soil.

All these parts are taken from the land, processed in different industries, where countless people work for their daily living, supporting one another.

Finally, these many elements come together to form a car in a manufacturing unit.

In reality, there never existed a car — it was created for our needs and wants. And the car was already in soil not in form but in essence and in nature that we see.

The same is true for money.

Money is just paper with something printed on it. Its “value” is created and agreed upon, yet in truth, that value never existed by itself.

“What really exists is this: Our Ego that we don't want to accept this truth”

Existence itself is the mastermind of all things.

Your ego will be broken down, not by anything external, but from within yourself.

And that moment — when ignorance and arrogance are dissolved — all the pain, all the lessons, all the tests will pour upon you. It will be painful, deeply so, but it is the process of awakening to the truth.

Existence has no form.

When souls wander here in confusion, carrying problems and ignorance, existence itself takes form — silently entering a mother's womb.

If the soul, with grace, remembers its past, and is born as a male, it slowly walks and lives in this world, experiencing life.

When the experience is complete, the soul begins remembering everything, attains enlightenment, becomes a realised soul, and teaches the world: "This is what we truly are."

If, however, the soul is born in another form — for example, as female in a context that makes remembering harder — it may suffer, die, and have to traverse across different living beings for hundreds, thousands, lakhs, crores of years before returning to human form. During this time, the evidences of its past lives on earth would have changed, and the place of birth might also be different.

This is time travel in reality — not across planets, but across this planet, through the forms of different living beings.

The fastest shortcut for a soul is to live rightly, as fully and purely as possible, to realise the Self, and to become enlightened.

This is why there are different religions and languages.

Existence takes form in different bodies, in different regions, to give the truth to various people.

The unrealised soul merges with the earth, gives birth, and contributes to population.

This is why we are all one.

We are existence itself.

The essence, the energy of existence, flows in all of us.

If a soul realises this truth and gets enlightened, it serves this land and humanity, guiding them to face the truth directly.

This is why we have millions of years, and why everything changes continuously — day by day, week by week, year by year.

Realised - Soul

Now, as a realised soul, I remember. I know who I was in the past.
I know why I have come here again. I know why I made mistakes, why I suffered. I have answers to all my questions.

Yet the world has already changed.
The soul now wears a different face.
This makes it not just difficult, but almost impossible for people around me to believe what I say.
They may feel I am mad, or think I lie — yet I am telling the truth.

The soul knew it would return here.
When it came, to realise all this, it left behind all evidence. It embraced everything, and in doing so, it became enlightened.

Now,
the soul must again leave everything behind, leaving traces, signs, or evidence for the future.
When the time comes, the soul must depart and return again.
For the body has no essence of the previous life; it cannot sustain the soul permanently.
The soul cannot simply enter another body.
It must take birth again — silently, in a mother's womb.

This is the truth.
English is a global Language - hence writing everything in the same
To remember when the soul is back again here.

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Meaning (simple):

- *Om* - the primordial sound, the Divine
- *Bhūr* - the earthly plane
- *Bhuvah* - the mental/world of becoming
- *Svah* - the spiritual plane, heaven
- *Tat Savitur Varenyam* - That Supreme Divine Light of Savitur (the Sun, the Creator), most adored
- *Bhargo Devasya Dhīmahi* - We meditate upon that divine radiance
- *Dhiyo Yo Nah Pracodayāt* - May it inspire and guide our intellect

Time And Space

Time and space are not the same for all. For the soul, they shift like waves upon the ocean of existence.

As a human, life may stretch across decades.
 As a fog upon the morning sky, it lingers only moments before dissolving.
 As an ant, it hurries through its tiny span.
 As a bird, it soars in brief freedom.
 As an elephant, time moves with gravity and length.
 As a lion, tiger, leopard, or cheetah, it burns fast with intensity.
 As a mosquito, lizard, cockroach, or serpent, the span alters again —
 each creature living within a space and rhythm carved for its kind.

Thus, every being has its own measure of time
 and its own portion of space to inhabit.
 For what is a lifetime to one, is but a breath to another.

The Upanishads whisper:
 "Kālāḥ kalayatām aham" —
 Time itself is the Lord, counting and measuring.

Yet the soul is untouched by these measures.
 It merely dons forms, each with its own clock and its own world.
 Like a traveler changing garments, it enters time differently each birth,
 but never itself becomes time.

Space too is relative:
 the ant's universe is within a grain of sand,
 while the eagle's is the endless sky.
 But for the soul, all space is one —
 Akasha, vast, indivisible.

Time and space are the stage.
 The soul is the witness.
 Only when the witness forgets itself,
 it begins to count the years and measure the distances.

Zero – 0000000

Hence, the final truth is this
there existed nothing before , everything began; everything started from zero.
What exists now will not exist tomorrow, and what exists today will not exist in the end —
it will never persist.

The only thing that truly exists is existence itself, which has no form. Everything we see around us — our surroundings, our cities, our tools, our creations — is built by us, and we are merely the witnesses of this existence. We created everything for our needs and desires.

We did not go to Mars to extract iron ore. We did not travel to other planets for crude oil. We did not cultivate cotton in the air or grow rubber on the Moon. We did not go near the Sun to melt iron ore and remove impurities. We did not establish factories in distant galaxies, nor did we make deals with aliens to manufacture our cars.

Everything we need, everything we create, is done on this very land we walk upon, taking what we need from the soil beneath our feet.

We truly need to mature enough to understand this simple truth: everything we require is already here, and all we need is to realize it. That is all we need to do.

Created Fear Upon Greed

If someone tells you, "Don't wear this ring," or "Wear this ring" — forces will guide you," and tries to manipulate you for money, simply give them a firm, strong slap — enough to shock their consciousness awake right in front of you.

The underlying message:

- Do not be manipulated by superstition, fear, or greed.
- Confront ignorance directly, with clarity and presence.
- Let the person experience the truth of their own mind being awakened.

Everything exists in our minds — states like fear, loss, profit, desire, greed, anger, humiliation, depression, and stress. All of these are mental constructs, arising from our thoughts.

These states originate from the world itself, but they only affect us if we choose to engage with them.

Just look at small kids and realize that it is you not it was you - the world changed the kid in you and know that you never changed and will never ever do.

If an individual does not need them, the solution is simple: remain single, whole, and centered.

Look at the souls who gave birth to you - Make them Realise What you realized. Because the cycle of birth and death makes everyone forget who and what they are.

If one wants all of it — the dramas, the desires, the conflicts — then one can follow what everyone else does. It's that simple.

Even health issues are no exception: we create a new name for every condition, spread fear, and suddenly everyone starts fearing it, giving power to something that exists only as a concept in the mind.

- Everything external is mirrored in the mind.
- Attachment to states creates suffering.
- Simplicity and wholeness is the path to freedom.
- Social conditioning amplifies fear and mental constructs.

Manifestation — real or fake?

Should you try, or not?

Here is the answer:

Yes, manifestation is real, but it has nothing to do with you or your personal desires. That work belongs to the Supreme. Your role is simply to be free and act only on what He gives. Things will happen right in front of your eyes, even if you do not consciously manifest them. And whatever happens will always be the right thing, not necessarily what you think you want.

After Enlightenment after realizing your self - You want nothing now, because now you know each and everything belongs to you and is one and the source to all is also one. He watches over you every moment, He is always with you, And He is you — eternal, unchanging, ever-present.

Key essence:

- Manifestation exists, but is beyond ego and personal control.
- True freedom comes from letting the Supreme handle outcomes.
- Your life unfolds as it should; your role is pure action without attachment.

Should a woman go to the temple during menstruation?

The truth is — the whole is one. The earth itself is the temple, and the Supreme (Paramathma) is everywhere. You are already a part of Him, and when realized, you become Him.

Menstruation is simply a natural act of the body. Wherever you stand becomes a temple, wherever you sit, walk, or do your daily work is already His place. The temple building is only a structure, built upon Him, who is all-pervading.

So there is no real question of "Can I go or not?" The very blood within you — if it flows out — is still you. Why then should you consider yourself impure or unworthy? It is your own being; it is you.

The God you seek is not confined to a temple. He is everywhere. He is already you — as pure existence.

What is needed is not restriction, but the inner eyes and mental steadiness to realize this truth:

Paramathma is everywhere, always.

The point is

Do not confront temple authorities or turn this into a public controversy. Deeply understand that Paramathma is everywhere, not confined to temples.

If your heart truly wishes to visit a temple,

He will arrange it in silence — even after you know the truth

if your heart longs to enter the sanctum,

the Divine will make a way and watch over you; no one will question you.

This Is the Reason We Have **ADI YOGI and ADI SHAKTI** ... The existence The Paramathma took form and gave this essence also to us to understand.

Go beyond Gender - Male & Female Are One - Illusion is in the appearance The Body.

Go beyond Everything - Religions, Caste, Community

Go beyond Dualities - Two forms of the nature existing in everything

And you will be Graced with all this Truth.

That The Whole Is One - Tat Twam Asi - You Are That

Sanskrit / Devanagari (original)

ॐ नमः शिवाय

(romanization: Om Namah Śivāya)

Hindi / Marathi / Nepali (Devanagari)

ॐ नमः शिवाय — Om Namah Śivāya

Kannada

ಓಂ ನಮಃ ಶಿವಾಯ — Om Namah Shivaya

Tamil

ஓம் நமஃ சிவாய — Om Namah Shivaya

Telugu

ఓం నమః శివాయ — Om Namah Shivaya

Malayalam

ഓം നമഃ ശിവായ — Om Namah Shivaya

Bengali

ওঁ নমঃ শিবায় — Om Namah Shivaya

Gujarati

ૐ નમઃ શિવાય — Om Namah Shivaya

Punjabi (Gurmukhi)ੴ ਨਮਃ ਸ਼ਿਵਾਯ — Om Namah Shivaya
(or simply: ਓਮ ਨਮਃ ਸ਼ਿਵਾਯ)**Odia (Oriya)**

ଐ ନମଃ ଶିବାୟ — Om Namah Shivaya

Assamese

ওঁ নমঃ শিবায় — Om Namah Shivaya

Sinhala (Sri Lanka)

ඔම් නමඃ ශිවාය — Om Namah Shivaya

Urdu (Perso-Arabic script)

شیوائے نامہ اوم — Om Namah Shivaya

Persian / Farsi (Perso-Arabic script)

شیواِیا نامہ اوم — Om Namah Shivaya

Arabic

شيفايا نَمَاهُ أُم — Om Namah Shivaya

Hebrew (phonetic)

שיוויה נמא אום — Om Namah Shivaya

Greek (phonetic)

Ομ Ναμαχ Σιβάγια — Om Namah Shivaya

Russian / Cyrillic

Ом Нама Шивайа — Om Namah Shivaya

Ukrainian (Cyrillic)

Ом Нама Шивая — Om Namah Shivaya

Georgian (phonetic)

ომ ნამა შივაია — Om Namah Shivaya

Armenian (phonetic)

Օմ Նամա Շիվայա — Om Namah Shivaya

Amharic / Ge'ez (phonetic)

ኦም ኖማህ ሻቪያ — Om Namah Shivaya

Swahili (Latin script)

Om Namah Shivaya — Om Namah Shivaya

Zulu / Xhosa / Afrikaans / Hausa /**Yoruba / Igbo (Latin script)**

Om Namah Shivaya — Om Namah Shivaya

Turkish (Latin script)

Om Namah Şivaya — Om Namah Shivaya

Persianized Turkish / Azeri**(Latin/Cyrillic variants)**

Om Namah Şivaya — Om Namah Shivaya

Chinese — Simplified

唵 那摩 悉婆耶 — Ōn Námó Xībóyé

Chinese — Traditional

唵 那麼 悉婆耶 — Ōn Námó Xībóyé

Japanese (katakana, phonetic)

オーム・ナマ・シヴァーヤ — Ōmu Nama Shivāya

Korean (hangul, phonetic)

옴 나마 시바야 — Om Namah Shivaya

Vietnamese (quốc ngữ Latin)

Om Namah Shivaya — Om Namah Shivaya

Thai (Thai script,)

โอม นามะ ศิวายะ — Om Namah Shivaya

Lao (Lao script)

ອົມ ນາມະ ສິວາຍ — Om Namah Shivaya

Khmer

អូម ណាម: សីវាយ៉ា — Om Namah Shivaya

Write This In any language of whichever place and script - the meaning Doesn't change So as the One Will Never Change He is Not Different

The whole universe — every birth, every death, every god, every avatar, every creation and destruction — is only a cycle,

A play repeating itself endlessly. We call it time, we call it destiny, but in truth it is only our own forgotten footprints. We wander in illusion, thinking we are separate, thinking we are small, but the truth is simple: you are not apart from the Eternal. Atma and Paramatma are not two. They are one, and that One is You.

Do not waste this rare human birth chasing wants, powers, or illusions. Do not mistake siddhi for truth or pleasure for freedom. The only miracle, the only treasure, the only purpose — is Self-Realisation. To live with purity, to live in truth, to let go of the illusions that bind you, and to dissolve into what already is.

Burmese (Myanmar script)

ဝဝဝဝ ဝဝ ဝဝ ဝဝ ဝဝ — Om Namah
Shivaya (phonetic rendering)

Mongolian (Cyrillic)

Ом Нама Шивайа — Om Namah Shivaya

**Polish / Czech / Slovak / Hungarian /
Romanian (Latin + local letters)**

Om Namah Shivaya — Om Namah Shivaya

**German / Dutch / Swedish / Norwegian
/ Danish / Finnish / Icelandic (Latin)**

Om Namah Shivaya — Om Namah Shivaya

**Spanish / Portuguese / Italian / French
(Latin)**

Om Namah Shivaya — Om Namah Shivaya

Hebrew (formal approximation again)

שיוויה נמה אום — Om Namah Shivaya

This is the Supreme Truth: You are That. Beyond body, beyond soul, beyond gods, beyond time. Eternal, formless, untouched. Realise this, and the cycle ends. Forget this, and you return again and again.

So my word to the world is this — Remember. Live as the Self. See the Paramatma in all. Give without expecting. Stand in truth. And walk lightly, for nothing belongs to you, and yet you are Everything. This is the final word, the beginning and the end: You are the Supreme."

"All of existence — birth, death, gods, time, creation, and destruction — is only a play within the cycle. You are not caught in it unless you choose to forget. Remember this: Atma and Paramatma are not two. You are That. Live with purity, live in truth, let go of all illusions — and you will see that what you have been seeking has always been You. This is the Supreme Truth."

ಓಂ ನಮಃ ಶಿವಾಯ Om Namah Shivaya

"As one who expects nothing, I
dissolve into Shiva's Name alone."

"I seek not moksha, nor powers — I
dissolve in Shiva's name alone."

"Na mokṣārthi, na siddhyarthi —
kevala Śhiva-nāma-līṇaḥ."

ಓಂ ಶೂನ್ಯಾಯ ನಮೋನಂತಾಯ
ಆತ್ಮ-ಪರಾಮಾತ್ಮನೇ ।
ಮಾಯಾ-ಚಕ್ರವಿनिಮುಕ್ತಂ ಸತ್ಯಂ
ಶಾಂತಂ ಶಿವಂ ಸ್ಮಹೇ ॥

Om śūnyāya namo'nantāya ātma-
paramātmāne ।
Māyā-cakra-vinirmuktam satyam
śāntam śivam smahe ॥

ॐ शून्याय नमोऽनन्ताय आत्मपरमात्मने ।
मायाचक्रविनिर्मुक्तं सत्यं शान्तं शिवं स्महे ॥

This is fully original, grounded in the **spirit of the two books**:

- śūnyāya → the Eternal Zero (from *Cycle of Creation*) AJJA - The Cycle Of Creation
- anantāya → the endless (timeless cycle, but transcended)
- ātma-paramātmāne → unity of Atma & Paramatma (from *Supreme Truth*)

AJJA- The Supreme Truth

- māyā-cakra-vinirmuktam → beyond illusion and cycle
- satyam śāntam śivam → pure truth, peace, auspiciousness

Om śūnyāya namo'nantāya ātma-paramātmāne ।
Māyā-cakra-vinirmuktam satyam śāntam śivam smahe ॥

Meaning (step by step):

1. **Om** - The primordial sound; the essence of all creation.
2. **śūnyāya** - "To the void" or "to the absolute emptiness," not in the sense of nothingness, but the transcendental state beyond all duality.
3. **namo'nantāya** - Salutations to the infinite, the limitless consciousness.
4. **ātma-paramātmāne** - Salutations to the Self, which is also the Supreme Self (Atman = individual self, Paramatman = universal Self).
5. **Māyā-cakra-vinirmuktam** - Free from the cycle of Māyā, the illusory wheel of creation and duality.
6. **satyam śāntam śivam smahe** - We meditate on the Truth, the Peace, and the auspicious/transformational principle (Shiva), the ultimate reality.

Importance for humanity:

- **Transcending Illusion:** This shloka reminds humanity that suffering, attachment, and fear arise from being entangled in Māyā (illusion). Realizing the Self liberates us from this.
- **Universal Connection:** By acknowledging that our individual consciousness is not separate from the universal consciousness, it fosters unity, compassion, and understanding among humans.
- **Inner Peace and Truth:** The shloka directs humans to seek the eternal, unchanging reality (satya), and cultivate peace (shānta) and auspiciousness (śiva) within themselves.
- **Spiritual Evolution:** Reciting or meditating on this shloka encourages introspection and detachment from transient material distractions, helping humanity evolve spiritually.

Essentially, it's a **practical guide to inner liberation**, pointing humanity toward truth beyond illusions, cultivating inner peace and universal consciousness.

Final Statement For Humanity - All And One

"There is no negative energy on this Earth, no cursed place on this planet. In every grain, in every space, in every being — only Paramatma exists. What we call 'negative energy' lives only in the restless mind. When the mind becomes still, only the Supreme shines — everywhere, always."

Har Har Mahadev Har Har Mahadev
 ಸಿದ್ಧಾರೂಢ ಸದ್ಗುರು ತಂದೆ ಉದ್ಧಾರಾಥೆವು ನಿಮಿಂದೇ.
 ಉದ್ಧಾರಾಥೆವು ನಿಮಿಂದೇ, ಗುರು ಧನ್ಯರಾಥೆವು ನಿಮಿಂದೇ
 ಸಾಧು ಬಂಧನ್ನ ನೋಡ ತಂಗಿ, ಸಿದ್ಧಾ ಬಂಧನ ನೋಡ ನೋಡ.
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