

KUNDALINI AWAKENING – A DAGEROUS DECEIT – A LIE

Man is the repository of sleeping powers of various kinds. Kundalini awakening as a subject figures on top of them. Students have asked of me hundreds of questions regarding Kundalini Awakening which I have been answering continuously – some of the portions from them are represented here: -

I have been organizing studies, research and workshops on subtle energies and Para mental sciences for the last 15 years. I too was very much impressed with terms like Kundalini Awakening like common persons but as I went into its depth I could only laugh and feel pity for this foolishness continued since centuries. Let us understand its truth.

Kundalini means that which is sitting recoiled – in a pit that is a source of massive energy. This has been named as a serpent because it feels rising up undulating and hissing like a snake. This energy lies right below our navel centre at the tip of our spine near sex centre. God's every work is law bound. Sex is a higher order power given to every living being for the purpose of creation, reproduction and evolution. The presence of such a big reservoir of power near the navel centre definitely empowers this centre.

Kundalini is basically the sex energy. It has been used after strongly awakening it and making it more upwards to gain paranormal powers and spiritual experiences than spending it in sex. But some of the facts which have been coming to experience for centuries are the as follows:

1. Kundalini Awakening has nothing to do with spirituality, self-realization or God. It is only a storehouse of massive energy in body that can be used for the development of physical, mental or psychic powers.
2. Awakening of any of the above mentioned powers only boosts ego. The desire for power itself is desire for ego. Because we desire acquisition of power only for making ourselves more superior or more powerful than others, to enslave/subjugate others or make them inferior or to foster our own ego.

The feelings of ego and its assuaging is the greatest hurdle in becoming spiritual. So the desire for awakening Kundalini closes the door of spirituality for ever. Kundalini Awakening has nothing to do with spirituality as far as one can see. So with the notion of Kundalini

Awakening the practitioner becomes even more egoistic than earlier. That is why neither Rama, Krishna, Budha, Mahavir, Jesus, Meera, Kabir, Krishnamoorti nor Osho or Sai Baba ever tried to awaken it or talked about it or gave it any importance. What has happened with Gita the same is happening with Kundalini also. Gita is born of one person's awakening but afterwards for centuries every one has been explaining it in his own way. Gita is not the result of their awakening. They have been only explaining the awakening and taste of others. Krishna awakened, tasted its fruit and then spoke of the experience with much pleasure the taste which only others have felt – this is the case of Kundalini Awakening. May be at some point of time someone awakened Kundalini with the complicated process of Hatha Yoga by going against the laws of nature and then explained it from his experience but afterwards for centuries thousands have attempted it and still go on doing. But seldom it has awakened in anyone. Like Gita every one had been only explaining away the taste of others. And though none has had it awakened but they have been tracking up the description so nicely that for once even the person with awakened Kundalini would be amazed to see how fantastically people can explain the taste of sweets without eating it actually. The same thing is happening with Kundalini also. The purification of body and mind purifies the charka and once that is achieved Kundalini starts to rise on its own accord finding the way up free of blockage. It has not to be led up. Hatha Yoga is the experiment to lift Kundalini force fully. The process of Reiki and natural meditation themselves become the reason of Kundalini's upward motion which is spontaneous and natural. It caused only benefit in place of loss while in Hatha Yoga in place of benefit the chances are more of harms mental abnormality, physical and mental suffering.

When a being comes to Buddhahood, the whole world is blessed with fragrance of his penance and thousands of lives undergo transformation – and the blossoms of Buddhahood abound. But Kundalini awakening is entirely a personal experience and achievement which does not benefit the society or larger world even in one percent, because it is not like this that Kundalini awakening in one can transform thousands of others – nay the truth is not a single person is transformed from the Kundalini awakening in someone else. In India and the world hundreds of saints and holy men, gurus, yoga teachers and sadhaks claim of Kundalini awakening. But what contribution it has in the progress of society – did it affect even an ounce the evils of poverty, penury, religious dogmatism, corruption and immoralities. Not a single person of society became prosperous, healthy transformed or got rid of suffering. Let all the horde of saints awaken their

Kundalini; it is going to do no real good to society or world. The truth of this matter is the world is where it was before their Kundalini Awakening and if they claim of actually having awakened it, since the world remains the same. Kundalini Awakening is merely a trick, an illusion, it doesn't awaken as such.

3. The most interesting and surprising thing is that till date I have not seen or witnessed even in one per cent of the great saints and holy men who claim of having awakened it showing spiritual bliss or power etc. On the contrary, I felt very sorry for them and could laugh only at their terrible ignorance. Because their faces clearly betrayed their ego and they talked of various mental experiences like having the vision of God, meeting Him, talking to him, even playing with him. I feel greatly sorry for at their mistakenness and digression – because such scenes are quite natural in serene states of mind. And however supremely blissful these experiences are the moment the person returns to his normal consciousness not the slightest changes could be seen in his usual nature or reactions. The various kinds of meditation done in the name of Kundalini Awakening remove one to a different world that creates the feeling of some intoxication or addiction.

Kundalini awakening is a process of Hatha Yoga that dangerously does something very opposite to natural laws. God has not kept this supremely powerful energy near sex centre for nothing. The desire or exertion to take it to the crown charka lastly invites only derangement, insanity, terrible physical diseases and sorrows like mental imbalance.

Kundalini in fact is not to be awakened because once awakened it starts its journey to upward charkas naturally. Kundalini awakening is the outcome of awareness, witness attitude and self-realization. By and by as we become aware and thus start to become free from physical, mental and emotional blockages (that we create in our ignorance by going against the body) and start following with the spontaneous laws of nature our being becomes pure and expands in a way forcing thus the Kundalini power to rise and travel up.

If any Mahatma or Guru claims of having awakened Kundalini and promises he will awaken yours then it is a hollow claim and illusion in the

same manner as when someone says he can take you to the trip of moon. First thing is this guru's Kundalini had never been awakened and if you waste your time behind him, this illusion will destroy your complete life and you will lose the great celebration of life and its supreme taste.

The many experiences which the sadhaks relate in the name of Kundalini awakening are in fact the paranormal powers of every ordinary human which start coming to the surface in the extremely relaxed state resulting from meditation efforts of many kinds and these same experiences your Guru fortifies your ego with or satisfies you by terming it as Kundalini awakening and you feel you are on the right way with the right guru and attaining something valuable. Under this dangerous illusion we lose our priceless lives. Why at all we run after such terms as Kundalini awakening because it has been written about with so much exaggeration and since none of the sadhak's Kundalini has been awakened it appears unattainable, mysterious and really difficult penance. Naturalness does not impress - complexities – does that impress the sadhakas!

It is such a mirage that keeps the sadhaka lifelong under the hope that it will certainly awaken one day, if not today then tomorrow.

Thousands of books have been written upon Kundalini awakening. Right from writers to yogis many have explained in such matter as if they have personally partaken of its taste. It is the same imagination like one describing what is the best way to moon travel. All these writers give the description of this fruit in such nice and attractive terms – for centuries they describe with such flavor and gusto that your mouth too begins to water and you decide why not you too should taste this fruit and in this manner one more person is sent in pursuit of mirage!

It is a strange paradox in itself that those who actually experience life do not write books, but those who do not – write books because writing is an art – of putting across any subject attractively and that any writer is able to do. The job of writing is purely a professional work, a commerciality. Writer's work is to write books for which he chooses the subject from time to time or is pressed by the publishers to write on such topics. The writer gathers all the information pertaining to the subject from here and there introduces the subject and we ourselves also believe on the written word as if it was the final truth. The trade of writing has continued in every century. We accept with eyes shut a book written before even hundred or five thousand years, as true and if the book is written in Sanskrit then there does not remain slightest possibility of doubt. Such is our psychological

state that even if a lie was put in Sanskrit words we would take it as true thinking it ancient.

That is why in the treasures of Kundalini awakening the references of Sanskrit verses and pictures of gods (a bit mystic) impresses us easily and we think since given in Sanskrit this must be true. The same game of illusion and blind following we have been playing along for centuries.

Kundalini awakening is a very unnatural sport. What greatness shall we achieve by going against the laws of nature? And what you will get or do with awakened Kundalini?

If your answer is that you will get Para mental supernormal powers (like intuition, clairvoyance, telepathy, past-future cognition, powerful healing abilities or ability to enter deep trance state) by it then you do not need to run after Kundalini awakening. The regular practice of such normal and available systems like Reiki flow of healing pranic energy through hands can result in attainment of these powers very easily. These powers get activated for certain with meditation and mantra chants also.

In hundreds of spiritual ashrams throughout the length and breadth of India sadhaks remain pressed on the task of Kundalini awakening like OY in harness but not a single drop of oil of Kundalini awakening has come from their exertions nor are there any chances in the future.

If these paranormal powers would be had without Kundalini awakening from normal processes like Reiki or meditation then what's the point in playing this unnatural game? And those who have tried have not received any happiness but terrible suffering only.

Man has been desiring so many of powers only to boost his ego. If you say you will find God by Kundalini awakening then please come out of this illusion, since God is not hiding behind this Kundalini who must present himself once the Kundalini has been awakened. God lies in the knowledge of self so with your awakening you start perceiving him immediately in yourself and in surroundings.

First of all the very expression seeking God is pointless since we and He alone is there – whose search then? You do not search for your image in mirror – the moment dust is removed, it appears before you. So honestly speaking no one is searching for God; neither he is a person whom we are to meet somewhere. Man is searching supreme bliss, supreme celebration and this is obtained with either complete submission (by

complete dissolution of sense of I) or in the supreme state of awareness where all our reactions mad race, ambitions, desires, likes, expectations, ego formations are burnt in the fire of knowledge and then we live life like an actor with supreme awareness like a celebration, a worship, a gratitude and a bliss and this state at least he wont get with Kundalini awakening.

If you think Kundalini awakening is a means of spiritual experience or progress then think over it again. Kundalini awakening is a sport of ego and not of spirituality because the outcome of spirituality is love, celebration, happiness, balance, equanimity, devotion from which the sadhaka doesn't distance himself while in Kundalini awakening sadhaka goes on to strengthen his individuality; that is why no one has been seen to exude love, egolessness, spirit of celebration, equanimity, devotion due to Kundalini awakening, for these are not born of Kundalini experience, nor were they ever in past p so we will not achieve anything in our life even with thousands of such Kundalini awakening and shall miserably fail to taste the supreme bliss of life.

And if all your life starts to experience good and blessed changes by following certain Guru then the reason is not the Guru but you yourself because whenever a disciple clings completely over to some Guru (even the most debased one) then it is your unshakeable faith alone which ushers the changing transformation in you and not the grace or goodwill of your Guru. But we think that this change inside us has come due to Kundalini awakening which is the work of our Guru. And that is why if your Guru has the power of awakening Kundalini and you go to him faithless and disbelieving then you will no find any changes happening inside you. Power lies in faith and submission, not in Guru, Guru is only a medium, the peg, the way indicator, not the way itself. If your faith is intense and unshakeable then your Kundalini will rise of its own accord but the "peg" of Guru on which you have been so faithfully hanging and following dependently – his Kundalini at least never opens or rises.

So the basic issue here is of faith. So do not run after any Guru in the name of Kundalini Awakening. Make your faith unshakeable and strong then and hang on to any peg. You will have a lot of awakening on your hands anyway.

OSHO – KUNDALINI

Jagdish brother! Has Kundalini troubled you any way? Let the poor thing sleep which it does so well. Why you are after it? Have you nothing else to

attend to? Why are you bent on awakening Kundalini? When it does so, you will approach saying, “now make it go to sleep!” Because awakened it does not let you take rest. You have heard words and when words are heard desires attach themselves to them. No sane person comes asking why my Kundalini is not awakening because his scriptures do not have this notion. No Buddhist asks this, no Mohammedan, no Christian, no Zoroastrian, no Jew – all are present here. Only Hindus have got hold of this word – Kundalini and that we have got to awaken this Kundalini and if it is not awakening you doubt you are having some mistake.

Hold on, here is no mistake happening here. Neither here is any need to awaken Kundalini. There does exist a system to awaken Kundalini but it is not necessary to follow it that way. Jesus arrived without traversing that path; Mahavir also. It's not necessary to take that route; the route is risky even. Meddling with sleeping forces of body is not free from danger. Better pass by without touching them. The biggest danger in meddling with them is that they explode at you, become unable to control. The explosion becomes so big that it defies your comprehension and when you fail to control it you will become deranged.

George Gurdjiff was a true master of high order in this century. He was very much against Kundalini phenomenon. On account of this disappointment he had given it a new name, “Kunda Buffer”. You may have seen buffers – it is what connects the two bogies of train; so when a collision occurs the bogies do not ride one another. The buffers spaced between them absorb the impact. A car has similar springs – they are buffer.

But Gurdjiff addressed it as ‘Kunda Buffer’. The body has one energy which acts as buffer between body and soul. Or the encasing of soul within the body will become difficult, may be impossible.

A layer of that energy is encasing your soul within the body and soul is separated by that layer of energy. That is why the knocks received by body do not transfer over to soul. That is why whether your body remains youthful or turns old, lives or dies, these incidents do not reach the soul.

Gurdjieff has chosen the right word – kunda buffer – you do not need to awaken it. Its preferring its work so well. You can reach yourself by awakening it but that would be buying unnecessary worries. Its like catching your own ear with backward turned hands. There is no need for

this. But many of the Yogic practices have assumed the approach of reverse. Since reverse is a bit of oddity hence difficult. And difficulties so much appeal to the ego. If you have to stand on your head it seems very appealing like you prefer some great task. If you are standing like an ordinary man you will appear silly but if you are standing on your head then you are executing a great task. You are performing head stand. You are bending body like this and that which others can not perform – and why ? Because it needs practice so, you become the mahatma, the great yogi – because others just cannot do it what you are doing.

--- instance when your kundalini is awakened you can read the thought of others. But are not your own thoughts sufficiently large to read about when even this thought that others have so great number of thoughts is bogging you down, should you venture this ? However some small miracles you might start displaying like someone approached and without his asking what was the time you said its half past wine ! They will be of course started because they had come to ask this very thing. But what's the point in it. Let them have asked it – what was wrong in it. Say ? you awakened kundalini for this. And kundalini awakening would take years but this was the work of moments – better to have allowed them to ask.

A man whose Kundalini has been awakened came to Ramakrishna. He spoke I can walk on water waling on water is a possibility in case of Kundalini awakening. Because Kundalini can set you face from ear this gravitation. But it has risks too because if you broke free from ear this gravitation many of your bodily processes will be thrown out of gear because they function in place only because of this gravitation.

That man could walk on water so right with his entrance he challenged Rama Krishna “people say you are a big Paramhansa Mahatma – if you are a one come walk over Ganges ! I can walk on water.

Rama Krishna said “Very well, how long did it take you to learn waling over water ? He man answered twenty five years. Rama Krishna now laughed as said I feel so sorry for your precious twenty five years, why a boatman could have helped you cross the river with 25 annas only !” That man was filled with ego. Ego greatly relishes displaying something which others cannot perform. Its so easy to disfigure something, its so difficult to rectify.

Kundalini will make you a siddha is only a possibility but your derangement is a greater possibility. That's why you will see many ascetics

and sadhus turning insane. And what's the reason of their turning insane ? Because they broke the --- order of life. The energy which was meant for some other work they took up to their brain.

Kundalini awakening thus means the energy which was sleeping at your sex center – you lift it to your brain. This is a dangerous business. Because your head is already filled up with lot of commotion. That is your mad house. And to bring sex energy too there. You can certainly go mad then. Most of the persons who awaken Kundalini become mentally deranged. Brain almost explodes because you cant control that much energy and it brings you in such a state where you lose the sense of fit and unfit and blabber incoherently.

But our country is one of its kind if someone blabbers out of his mind then we say that he is a mahatma using the language of rustic ascetics. Rustic ascetics ! If the mahatma showers abuses and runs after the people with staff in hand then we think he is giving us 'prasadam'. If he called names then it was a blessing our mahatmas are so unusual but we even surpass them ! We succeed in drawing something out of nothing even. People have definitely become crazy. I know so many people who have become deranged and out of their mind but their disciples think they are in Mahasamadhi ! And if people cant understand what they are speaking its because they are speaking very deep things. But they are they are not speaking anything suppose somebody gets drunk and says whatever comes to his mind or someone is blabbering unconsciously under the influence of brain fever – then you are free to grab his feet whenever you wish. But to speak he has been voicing lofty wisdom ? I have been introduced with so many people who are deranged only and need mental treatment. And their basic fault is same Jagdish that you want to do. And once the energy beyond your controlling capacity reaches your brain then what will you do ? Things will go out of your hands then.

Dance in ecstasy, drawing in it. In more in it in such a manner that your ego doesn't stand separated – then something will happen inside you and you will step clear out of gravitation and then suddenly you will find inside that there is such virgin silence parading inside that you had never known before. You will feel blessed. When you return from it you will not be the same person.

And Swampananda now for your wish – you should avoid interfering with fair sex and you must not especially when she is sleeping now since Kundalini madam is sleeping why you are after her. You have not got anything to do ? And what you will accomplish by awakening her ? You

need to awaken or Kundalini needs to ? These all are methods to escape the need to awaken oneself.

Some say we want to awaken the Chakra ? Find, do that – you will become a spin wheel. Someone wants to awaken Kundalini, someone wants riddhis-siddhis (psychic powers). But what you will do what that ? If you succeeded in producing 'bhasma' from your palm will it charge the world anyway. Don't get entangled in this workmanship. Awakening yourself, your consciousness and cognition, becoming more aware is understandable but awakening Kundalini ? Neither you know what Kundalini is nor you know its purpose and since nothing actually is known about it so foolish thinking too continues about it.

Kundalini is nothing except your sex energy and the natural centre of sex energy is your genitals. Let it remain there. There is no need to lift it up any further. You do that you will become deranged. Then your need will explode.

People come to me who say their heads are exploding. Someone says he listens loud bond music twenty four hours or perhaps the thundering of clouds. Please do something. I say to them please go to the same person who helped you awaken it and able him the method to put it back to sleep. Every centre's energy should be at the centre alone – there is no need to take it to another centre because when it is transferred from one centre to another centre then the natural order and rhythm of your life should be disturbed. God has put everything there only where it should be.

Pt. Gopinath is the biggest scholar of Kundalini and he says that with Kundalini awakening talent is born instantaneously in the man. His has been awakened so he opines like that. But the birth of talent does not appear anywhere in him.

So make discoveries ! Invent something new ! And give something to science then. Give this country vision to end its poverty and helplessness. But their Kundalini awakening does not produce any of these. And what's the evidence that theirs has been awakened ? Simply because they say so ? Neither there is fragrance of spirituality, nor any peace in life, or the ecstasy of dance or celebration in fact any report of bliss or happiness coming to their life. He remains the same head clerk that he was. And what brouhaha is not continuing in the name of its awakening is difficult to estimate. People are taught right and wrong asanas, to bend and break their bodies. And poor people do all such drills in the hope that Kundalini will awaken. And look at them in whom it has

awakened what did it produce in them ? Did anger leave their lives ? Did attachment leave their lives ? Did sensual desires leave their lives ? Did craving leave their lives ? Did ego leave their lives ? Nothing did leave them. They only became more. Since Kundalini awakened their ego too rose to the pinnacle. Now it is flying still higher ?

So, you awaken yourself. Don't get involved in these exertions. Don't get entangled in these vacuous futile discussions. And I am not saying that its not an energy – energy is there but thief is no need to take it to your head. The brain has its own energy which is so enough that is itself causing you lot of trouble. You want to take fresh energy to your brain ? This much gas is sufficient for your brain. It is because much you will come to trouble. This much itself is running your brain well. Infact not well only but much more than needed. Its running twenty four hours. It runs right from birth to death. If at all it stops functioning it is when you are asked to make a speech from the dais. Then, for a moment you are at loss and brain stops working. It doesn't start at all. And even if you took sex energy to brain, you will continue sleeping as much you are sleeping now.

If sex energy reaches brain God knows what type of fantasies you will not energy in ! These stories of your yogic and mahatmas are filled with such fantasies. Whatever you fantasize, you will see that only. It's the magic of sex energy that it fulfils every imagination.

**Priceless Edition on Meditation on the Auspicious
Occasion of Guru – Purnima.**

Yes, you can come to superior and complete wisdom better than achieved in forests and Himalayas here amidst world, family, occupation, and nay crude market while living normal life. You do not need to go anywhere to awaken. --- Dr. Sharma is an example in himself – his is a lively personality living uninvolved, detached, equipoise with supreme bliss and enthusiasm in the buy and sell point of samsara. We are presenting on the auspicious occasion of Guru Purnima the priceless prasadam of his personal experience – Editor.

You do not need to go anywhere to come to the state of meditation or self realization. You can come to better consciousness, even than Himalayas by living in your very family and society doing your trade and occupation – right in the market place the world is ! In Himalayas you come under false illusion that you have become calm because there is no one there to antagonize you. The peace is them not yours but of Himalayas. If you feel the same calmness despite all antagonism and opposing

circumstances even having returned to this samsara and family then it can be said you have been brought to authentic peace. If you remain calm after bearing shovings in buses, listening abuses from rickshaw puller, after being insulted by your neighbor or the taunts of your family members or seeing some work in which you truly exerted coming to naught then peace has definitely come to you. This antagonizing atmosphere is not present in Himalayas or forest so its natural for you to come under this illusion that you have been brought to peace bliss or meditation. That's why I do not call the person silting in distant Himalayas or forest a self realized soul or mahatma.

The true self realized, meditation practitioner or mahatma is he alone who lives life joyously executing his duties, detached and free of reactions, like a skilled actor, fully immersed in this samsara and family carrying on his occupation in the market place of world. He alone is the true renunciate. If the enemy itself was not before you then whom did you Vanquish, how you became the victor ?

Come, let ourselves too become true renunciate like them

If you use the given meditation in your day to day life then in a certain span of days meditation will definitely happen to you. These are the first four steps towards achieving meditation.

Develop the habit of sitting silent, unoccupied with No-doer attitude. In the same manner you root your having of letting your mind run from have and there in so many thoughts and tasks without working on a single thing concentrated, directly opposite to that you can root the habit of sitting in peace and calm also. Peace too is merely a habit in the same way being turbulent is.

To develop the habit of calmness do the following experiment :

1. Make your body statue like immovable : Sit in an every posture and go on to slowly feel the movement of breath. After about three minutes, instruct one by one your organs to relax and imagine them actually relaxing completely. Start with your toes then soles of feet, then ankle, knees, legs and so every organ up till head and imagine its relaxing. Lastly see your whole body as an effigy made of clothes lying on ground or on the chair, motionless like a corpse and acutely feel that you cannot move any of your organs you have become so immovable. Do this experiment for at least twenty minutes.

2. Now stabilize / calm down your breathing. Mind and breathing are connected with each other. Mind is one end of it and breath is the other – if mind becomes turbulent then it will be reflected in breathing also. And mind having calmed the breath too will become unruffled. So we don't have to control our minds but our breathing with breath coming in control – the other end of which is mind too becomes calm, of its own.

After the body has completely relaxed start to watch your breathing with total concentration. Though the mind can become calm with watching of breath merely but the years old running habit of mind is so deep rooted that you cannot watch breath for more than five to ten seconds in ago. And while you have been watching breath your mind will slip somewhere under the impulse of old habits or begin its accepting / rejecting or analyzing work.

So in the beginning inhale on purpose very-very slowly exhaling equally slowly and keep your mind totally engrossed in the motion of breathing if mind runs away order the impact of old habits don't bother just return to your breath. Thus watching the breath for about five minutes purposely slow down your breathing.

Now become Self-Centred

After doing the above mentioned processes to stabilize / center your body and mind experience with total witnessing attitude every sensation of your body without acceptance or denial, choice or analyzing, decision or reaction like someone watching from the bank whatever transpires in the river or someone silencing observing a film in motion. Like you are separate and so is your body. Many things are happening inside the body. Breath is pulsating around nostrils, veins are throbbing somewhere inside the body somewhere it is feeling hot, somewhere cold. Somewhere it is numbs somewhere it is itching and again somewhere it is tense. Environment is affecting the body from all sides as cold, hot or pleasant. Thoughts rise repeatedly like bubbles and then disso me starting a fresh new thoughts, mind is jumping here and there, somewhere it is paining somewhere it feeling very pleasant, somewhere it is light somewhere it is heavy silently observe all that, uninvolved with total awareness. No ---, no mantras, no imagination, no thoughts of your own, no control – only purely witnessing attitude. Do this practice regularly then gradually with nothing to feed on mind will shed its jumping complaining --- and by and by you will come to perennial peace. But its happening is early or late totally based on

this how quickly you get to understand the laws and truths of nature and you continue the regular practice of meditation.

Meditation for short time doesn't help – it must be of ---

Though you should practice meditation for hour or half an hour as per your convenience but it will benefit only little, not much. To derive its full benefit you should speech this witnessing attitude to twenty four hours only then you will come to total wisdom and awareness.

Use the following meditation in your day to day routine

Do every work a little bit slowly : Usually a person has the habit of doing a thing fastly and --- like eating or drinking hurriedly or talking fastly. You should slow down the speed of doing all these things. Do these relaxed, with their natural speed though with witnessing attitude and full concentration as if a film had been running in slow motion. The things that you usually convey fast now do with slow, normal speed. Eat your food slowly and drink your water slowly too. If you are in the habit of walking briskly then walk a bit slow Bathe slowly. Wash your hands slowly. Get up from your bed slowly. Put down a thing slowly. Open the door of car slowly. Sign your cheque slowly write even a letter slowly --- the letters beautiful.

Do this practice for twenty one days at least but beware ! Understand the girt. Do not do a thing so slowly that one gets annoyed or it starts to create tension. But in order to do a thing / work slowly you must be able to remain in witness attitude because attaining slowness is not at all possible without it. You just go on telling yourself that I will do every work a bit slowly. Gradually you will find that meditation is happening to you and you are becoming calm. You have become concentrated and compassed a witness to say.

Do every work, immersed with-full comprehension :

In all the day you will get up from bed, brush your teeth, take shower, sip coffee, have your lunch, do work from office or home, put on your attire, talk with people, listen to music or do any such thing. Immerse yourself completely in the work you are doing at the moment, it sipping tea then become one with it – tea and tea alone. Enjoy its taste in every draught. Like life is about this cup of tea only – nothing else. When doing worship make life worship and worship along – nothing else. When cooking bring down life to this aspect only. So you should become one with whatever work you are doing. Make it your habit.

Do not attempt two works simultaneously :

For the sake of full comprehension, concentration and awareness do only one thing at a time. If you are having tea not trying to listen to music also or talking also or watching television. (If you do not do this your mind will remain addicted to running to ten places at a time and shall not come to experience the state of peace, meditation and witness attitude. If tea then tea alone, if dusting then dusting alone its music then listening to music alone, if driving then mind on driving alone – nothing else to distract. So be present in every work you do, experiencing it all along. Be attached with that work with witnessing attitude.

Turn to music or T.V. but only when the tea is finished – if you want to listen to music while still having your tea then your mind will have to run to ear & one moment and then to tongue to another moment because the mind will be fragmented and you are yourself putting it in the habit of running here and there. If you are habitualising your mind to not stick to one place who can help calm down your mind then ? Whatever we practice, we become that !

Do your every action in this manner that you and your body are two separate things. Your body and mind are performing these works which you are witnessing silently like an onlooker with disinterested, witnessing attitude. This may you will get into the habit of thoughtless void of infinite possibilities with witnessing attitude. Earlier our unconscious mind was using us, now we are using it ourselves.

1. Witness every positive and negative sentiments arising inside you and your reactions to them.
2. In bed see yourself lapsing into sleep (If you can witness sleep taking you in its hold then your witness attitude will become very strong)

The first step towards mastering consciousness or spirituality is to accept completely good and bad, merit and demerit, day and night, thorn and roses without any discrimination, comparison, like or dislike. Selfishness, greed, fear, anger, sincerity, violence, love kindness, shrewdness hatred all are natural traits of ordinary man. There is no evil in them. It's a natural rush, accept it don't run away from it or abhor it a man of sleeping consciousness misuses these but a conscious, wise and awakened person makes right use of

these traits. These traits keep rising twenty four hours in the surface of your mind according to the circumstances. Anger one moment, then greed another, then selfishness still another, silently --- them with witness attitude – you have them in you. Feel the singing flame of anger, keep silently experiencing your change of expression or sentiments and how the flared breathing affects your body long after the fit of anger. To witness that you are angry and burning in its flame too is the beginning to witness – attitude. In the same manner now start observing all your pleasant and painful sensations one by one whether they are of hatred, malice, greed, fear or sensuality.

Know, its not possible to get angry in the state of intense awareness emotions are released in persons unconsciousness. So intense awareness is the first necessity of spiritual practice. Awareness is the enemy of all emotions in the state of awareness every emotion whether its good or bad is dispelled like darkness removed by light. But the truth is when anger rises in us or for that matter any traitor emotion we are not then aware of ourselves though we do get conscious a little afterwards reacting to it. As I have said earlier unconsciously reacting is a habit being aware and reacting with a consciousness too is a habit.

How to inculcate intense awareness

The meditation practice of half hour or an hour or few hours cannot make you an intensely aware person because even in you practice meditation / awareness for four hours you are practicing unconsciousness for rest of twenty hours so being aware every single moment is the only option.

So to achieve this present moment awareness whenever you happen to remember start observing the motion of breath. And see yourself something separate from this. Try to become conscious of every activity you engage in – your eating drinking ways, how you sit or walk or bathe and continue seeing with witness attitude what you are doing, how you are doing it. The old unconscious habits of your mind now running in past, now running in future will keep posing troubles but the moment you realize your attention has slipped bring it back. If you continue with this row even for one month that I will be aware every moment then your awareness will go on to & lengthen and it will become your natural habit even. If the other practices mentioned before too associate with it then within three months you will become an intensely aware meditative personality.

For example, 1. Doing all your daily routine activities a bit slowly
2. Doing one work only at a time with full immersion, 3. watching your every action with awareness whether eating drinking silting, walling, awakening sleeping is only the primary technique of meditation and not the complete practice. With advancement in the above practice gradually you will attain complete silence and Samadhi and supreme witness attitude.

And do not try to differentiate between so called merits and demerits there are only natural human traits bestowed on us by nature. There are our basic traits and the light of awareness and wisdom by and by lifts us above them. For the awakened one there is nothing particularly meritorious or devoid of merits – he makes correct use of all for the welfare of one and all as per his convenience merit are not his ideal for their ideal is awareness, the yardsticks of right and wrong are finished for him.

And before observing all emotions arising inside you keep this unshakeable truth always in your mind that the cause of sorrow and reaction are not outside but inside you only. Whether I become happy or unhappy is my own choice. The explosive fuel of sorrow and reaction is inside me only. If you look with care everything shall become clear to you that the roots of sorrow are inside and never outside. If this fuel is not inside you then the thousand sparks of outside (wrong person, wrong behavior, wrong circumstances) cannot ignite reactions in you and as your consciousness goes on to fortify you will yourself start seeing clearly these wells of petrol / fuel, because there are you fixed notions, preferences, your view of yourself (image that you have formed in your imagination, your insistence that it should be like this and not like that or why it became so), your denial of actual realities your desires, your expectations, your comparing habits your deeply entrenched habits due to repetitive use of five sense organs, your temperament, your narrow vision your partiality, your high and lows, your artificiality your ignorance and hundreds --- sorrows and reactions like this will start getting clear to you but there will present before your eyes only when you will begin your journey with this basic premise that cause of my sorrows reside inside me only. And as you will go on identifying these wells of fuel whether to keep them or get rid of them will be your choice.

See in full awareness your anger, your ---, your greed, your agonies, your tension, your disappointments, your frustrations. By allowing them to grow and remembering them repeatedly by taking them out of store house of memories we are burning down our own houses only. We are poisoning our own blood this way. And by recording these negative waves on the player of our souls we are creating impressions in fact a vicious circle of

ignorance and unconsciousness to be carried over for births upon births in fact we have been doing it for centuries. And we will make it only more dense in life and future with repetitions. But for how long ? So awaken, awaken here and now. And begin the practice of acquiring awareness. As your awareness goes on to deepen even when you slip into sleep will happen with you conscious knowledge. And as you continue with sleep that too will be in your conscious knowledge so our mahatmas have correctly spoken that a yogi never sleeps.

And with the acquisition of awareness all the desires, cravings, merits, demerits, preferences and habits shall become your slave. Money, position, name, honor, dishonor favorable or unfavorable circumstances cannot influence you are enjoying then like the unwet state of lotus every amenity, every facility, every height and every success and happiness from your position.

Make millions and billions, do vigorous trade, make family, enjoy the complexities of practical life, live amidst the best of amenities, use affluence to your fill. Develop yourself and they would be surrounding you to the utmost but with this detached consciousness for such a one alone is a true yogi.

For an awakened person life becomes a pursuit of supreme affluence. Past and future are dissolved for him forever. And what remains is only this present moment. And every action of his whether its taking food, working in home or office or driving his car or operating his computer – even the daily routine of every moment becomes a prayer, a worship, a celebration, a gratitude. His mere act of drinking water too is full of prayer, his walking also is a prayer because he is living in gratitude every moment. Because while drinking water he says its your nectar, while eating morsels he calls them your prasadam and he invariably says voila ! Whether he found good or bad. Because in supreme acceptance that everything is coming from law of nature only he remains seated in supreme bliss.

The practices to control unconscious mind before attempting meditation.

The removal of old, fixed habits, unconsciousness, ignorance and biases poses a little problem. Our sages and ascetics did long penances, sometimes spent even successive births to come out of them. And its only reason was the absence of correct way and guidance or they would not have to spend so long a time to come out of it – did they understand the game of unconscious mind.

An ordinary person today also lives under this same conception that awakening to self and wisdom or attaining witness attitude or liberation is very difficult and calls for extreme penance done over many years or births and necessarily needs blessing of God etc. etc. But honestly spoken coming to self realization is as easy as attaining your education or even bearing to drive a car or cooking. Only what is needed is sincere think for it and right guidance because as under wrong guidance a woman can never learn in life to cook well a person does not get the right taste and only --- to do ever if he experiments with meditation life long.

And like a woman learns to cook very nicely in a short period under right guidance deceptively easy is this game of spirituality also. Only create this craving inside you that you have to get rid of sorrows I have to know truth. I want to meet my self.

So far as the question of self-knowledge is the grace of almighty has nothing to do with it.

Like God is unconcerned with whether roses grow in your garden or thorns whether you spend your incarnation like a devil or supreme Buddha the choice is yours. This is the treasure hidden inside you. If you want to know it more forward and know, if not then be it. Its not going to affect God anyway. So first you should correctly believe that coming to self realization is a simple thing like any other task – and not very complicated.

Experiment : Every day right on getting up in morning and before retiring to bed at night calm down your body and breathing for 15 minutes and either in mind or verbally 'I am aware every moment' and go on to see in your imagination that you are living your life with detachment and complete awareness in its totality, unhurriedly. Go on to sleep with this repetition and awake from sleep in morning too repeating this same thing and practice other methods of meditation also that are taught here and you will find that your witness attitude is gradually deepening.

So for the one who is supremely enjoying the life with awareness every moment death ends forever. Them death can happen to this changeable, mortal body but not of the witnessing supreme consciousness that shall go on to live forever.

Death is as terrible for one as deeply one is living in desires, cravings, ego-generated notions and unconsciousness. We fear death because our desires, notions and ego will have to die then. But the

practice of awareness attitude kills them completely so death as such doesn't retain any fear, meaning or existence for them.

Choose meditation that suits your temperament

If you glance through the spiritual history till date it will become clear to you that every saint and holy man has attained self realization from his own method. Not one holy man's meditation tallies with other and each has his unique system so one should always chose meditations according to one's temperament and he should also go on examining if the given practice is gradually making you reaction less and detached. Day by day you are becoming more loving compassionate and amiable. High and low, caste and creed big and small are dissolving. You are witnessing the play of God's rule in every person, in every object, in every circumstance, in every incident, in every person ! If this all is happening to you then you are proceeding correctly in meditation and these changes should happen to you within few months of first year. Otherwise you are only wasting your time under the illusion of meditation. In old times there was not so much of information means of communication or other arrangement so it took so many years. But the circumstances are not same now, you can come to complete wisdom in few days even. But this seemingly early of late success is also dependent on impressions of your previous births if you have tried chant, meditation or spiritual practices even a little in your previous births you will more rapidly in meditation in this birth. If in your previous birth you have been running purely after material life (eating, drinking, making merry sensualities, wealth, position, name etc. then it will take a while for you to progress in meditation as the weight of old samskaras will bog you a little when you try to rise above – however strengthening your will power a little you can face yourself from this weight.

The two main paths of meditation of Resolve and of Submission

Whatever might be your temperament broadly meditation involves two types of personalities. The emotional natures always attain liberation from the path of devotion or submission, like Heera, Ram Krishna Paramhansa, Nanak, Chaitanya etc and other the rational persons who are more of intellectual than emotional they attain self-realization through the path of empowered will or path of knowledge like Buddha, Mahavir Krishna, Patanjali, Krishnamoorti, Osho etc.

If you have emotional bent then choose the path of devotion. Submission / devotion is the easiest path where you do not try to retain yourself at all. Everything is God alone-nothing else. Everything is his

thorns also, flowers also. Rama is his and so is Ravana --- is his and lotus also, pain issues from him and pleasure also. One supreme acceptance, every form a reflection of God, no likings, no opposition, no denials that same happiness in joy also and sorrow also. This submission looks easy but it is not because in case of opposing circumstances and persons this faith and devotion of yours gets shaken and you start giving evidence of believing more in yourself than on God. You become perturbed and unhappy and go into depression. You get entangled in reactions.

This half hearted faith of yours does not let you submit yourself completely and you never manage to reach your goal. So if you want to go from devotional path then submit with utter faith to God, on his every creation, to every circumstance and let yourself flow with the laws of nature, without any struggle or hurry to reach anywhere – only and only blossoming !

If your petty egos survive undetected then certainly you will keep alive your opinions, your thoughts, your choices, compassions and reactions somewhere. Thus devotion means absolute zero nothing remained – the drop became one with ocean. Everything only God nothing else than Him. All this spell, this play. And the more man is educated, the less emotional he will be and the more path of knowledge will appeal to him and appear reasonable. This does not mean that strong willed personalities are not emotional rather they are so much awakened as to keep their feelings in control or the knowledge oriented become so dry and hard that their emotions get suppressed.

The meditation I am instructing here is for the educated scientific, rational and argumentative personality who can come to total awareness gradually, with its practice.

Whatever form of meditation you are practicing, examine carefully is complete submission happening inside you or is your awareness intensifying by and by and as a result you are becoming more and more balanced, loving, compassionate and living life in bliss, free of any reactions. Honor, dishonor, position and fame, money, right or wrong behavior doesn't move you any more ? The differences of high and low strata rich and poor and of castes have ended for you then only think you are coming to meditation. Otherwise you are only going round and round foolishly like the harnessed or engaged in oil extraction.

**Mantra chant, devotional singing & yagyas
are not the path of self knowledge**

Mantra Chants : Mantra chants are done for two purposes 1. To offer prayer and show gratitude to God, 2. For fulfillment of your wishes or acquisition of special powers or to achieve something or to protect yourself. Mantra chants are done for fulfillment of many such wishes. Mantra chant is the primary foundation on the path of self knowledge but none of the persons are brought to self realization because the moment its awakened you will stop chanting. The desire for any power makes you egoistic only because you want to become special than others by creating certain weight and reputation. Those mantra chants done for the fulfillment of wishes do not lesson your mental faults in the least. Because we remain entangled in the chant induced self hypnosis. Mantra chant too becomes a mechanical habit. But you do not undergo any fundamental change. Your ego, ignorance continues as usual. How ever with mantra chant you do enter alpha or semi conscious state for some time due to self hypnosis which gives us much peace and joy but only for that short period the movement we come out we come out we return to our earlier natures and only to taste this joy again and again we are driven to take because to chanting. Because the mantra chant is the method of complicating your mind and not of knowing your mind so you never get to identify your faults and weakness. In the same way as Ravana did not come to self transformation despite attaining all siddhis our scriptures are filled with examples of so many egoistic and anger ridden sages and saints.

Mantra chant can be used as a primary technique to begin meditation by making mind a little more calm and thoughtless or to expand the energy field through sound waves.

But it is more favorable for simple, illiterate, emotional and layman sort of persons because as much a person is less in intelligence, he will remain absorbed in external mantra chant. And as much a man goes on to liberate from his ignorance his hands will become empty of external crutches.

Mantra chants intensifies physical and mental energy but its benefit is confined to physical and mental level only and not to spiritual level.

Devotional Singing : Mantra chant is a dry practice where on the other hand devotional singing due to its engrossing impact gives great peace and happiness and takes to loftiest spiritual heights, however brief but this too has to be repeated daily and you do not each anywhere. As long we are engaged in singing we fell joy like an intoxication and afterwards we are living again in the same sensualities and reactivities of mundane life.

This too is a primary part of meditation but we cannot be brought to self realization by this also. Though we can certainly feel some lax sprinkles of spirituality due to this. Devotional signing and chants massively increase our physical and mental energies but spiritual level very little. Though we can experience lofty high states by entering the depths of music, but few people could do it actually. Otherwise it ends up as a nice habit only.

Yoga performance & Rituals : These all are external cremation, outwardly directed actions our though all these observances give peace and happiness for some time they are never permanent because they do not us her any big change in our nature, disposition, habits and other cravings. Mantra chanting and devotional singing still, working as the first steps of meditation turn us introvert but yoga performance and rituals are purely ordinary habits actions at physical level, towards special goals which has nothing to do with spirituality or self knowledge. These actions are performed to please God, attainment of wishes or to purify the atmosphere which it benefits to that extent only. These all the good means, the needs of an ordinary man but the man continues to live mechanically all his life under this – and not only in this birth, he doesn't attain liberation in several more coming births.

Complete submission (Devotion) or Total awareness (Knowledge) these two alone are the main paths to touch the pinnacle of self knowledge.

What example can I give you, of men's stone like senselessness ?
He lives in cremation ground and sees not that thing death !

--- Dr. N. K. Sharma