

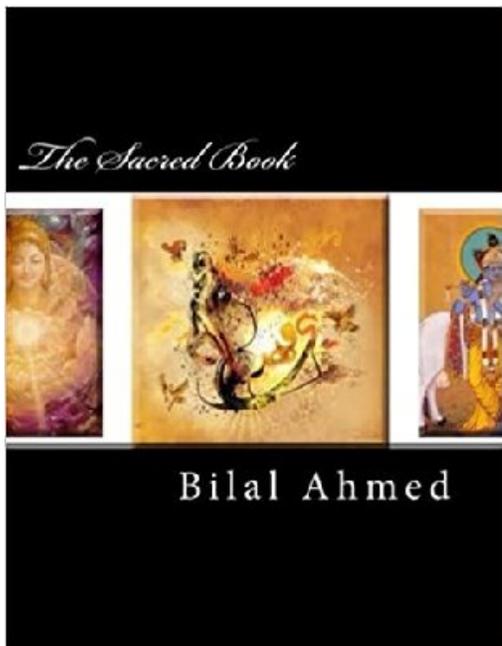
# The Sacred Book

Subtitle: Vedanta

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On a journey through spiritual awakening, living in the moment, no memory of the past, no plans for the future, the only reality being the sound of silence, or OM, a gateway in the cosmic, receiving divine guidance. A journey through various ashrams in San Francisco, learning from the most enlightenment gurus and masters who ever walked on mother earth, themselves travelling towards the West, to help create the new dawn of spirituality, from the East. As predicted in the past, helping build a Golden era, with Divine Love, Knowledge and Existence, together in Oneness of male and female aspects of divinity, respecting and loving the divine mother or nature. The book contains Mushaf of Fatima, teaching of Mahdi and truth of Mohammad.



Chapter: Beyond Yoga

The Universal and Divine energies are always collapsing and expanding. The nature has to conform to the growth of civilization. When civilization takes a leap forward, the Universe is there to guide for even greater exploration and expansion. When the civilization is moving backwards, in our increase of cruelty, karma, love, etc. the Universe pulls back, in the form of destruction, whether nature, life, relationships or love. This is due to the fact that there is a higher conscious energy that is always watching and guiding us. If we disobey the laws, then we have karma, whether individual, country or the world. The Universal and Divine energies are subtle energies in the body, that control the whole system, whether our mental, emotional or physical nature. By studying yoga, we realize that to know yoga, we have to practice hatha (physical), raja (meditation), karma (selfless service), bhakti (devotion) and jnana (knowledge). When all these aspects are practiced together, they create a sense of harmony and totality, a balance within us. With this balance, we can examine the nature carefully and study its dynamic unfolding. We see a union of individual with the universal and transcendent existence, a relationship between humans and Cosmos. Prajna Prasrta Purani - Wisdom that went forth from the Eternal since the beginning, defined in the Upanishad. The superconscious is always adjusting to the intelligence level of humanity. The knowledge has always been given to us. The intention of consciousness is always for us to be the brightest and more loving, however humankind has changed the laws that worked against it. The process is due to the fact that there is always a shadow that goes parallel with our elevations. If the weight of the shadow goes higher than human consciousness, then the mainstream gets stuck in negative patterns, although it gives a great opportunity for a few to get enlightened, and get closer to God. The enlightened ones that again work to help the humanity and help it make gigantic leaps forward. The enlightened mind is One that can see itself, or the Self apart from all energies and activities around it. The Self in this case is merged with God, or Brahman. The enlightened Soul through purification, and following the path of the masters and gurus, serve, love, give, meditate, purify and realize, and using the teachings as tools to move ahead. If a single enlightened Soul moves forward, the rest of the humanity follows, because the consciousness is always examining the patterns of human beings. Directly or indirectly, we are all connected. If One Soul has the ability to move forward, so can the rest. Hence the karmic cycles of nature kicks in, giving larger opportunities to the ones that are closer to God, and pull back from the ones that have already withdrawn from the help of God. The pure intellectual mind of an enlightened One liberates itself from the illusion of the maya, the body and the senses, liberating itself from the imperfect modes using discrimination, walk away from imaginative causes, and mindful of every action. The enlightened Soul is ever conscious of higher and lower nature. It is our duty in this life to purify the body, mind and uncover the unveiled Spirit that is merged with Brahman or God. God is not an outward projection of a superpower, rather the Soul that is within. Once we discover transcendent and cosmic meditations and discover Anahata Nada, we find ourselves at the beginning of the manifestation of the Spirit, where the Soul becomes One with God. God needs us as much as we need God. Hence through an elevated Spiritual experience, we become the body, mind and heart of God. We then go to places where needed, work as required and start uncovering the big picture of Creation. Once the human being purified, there is a harmonious connection between body, mind and Soul, hence creation of a perfect living being, itself a Godhead, the perfect human being. The pure Atman or Soul is a dreamer, a dream of perfect beauty, conduct, truth, seeking new forms of the Eternal, or revising the old, the pure Soul of super mentality. The energy of such is looked by human beings with great love and fond memories when they pass away. The reason for this is whether a Soul is living or dead, the conscious is immortal. Hence we can continue to channel the masters, gurus, prophets, saints and auliya even though they have

passed on to the other side. However, their guidance is always upon us when invoked. The consciousness is ever living, adjusting to our decisions of free will. But some of us get lucky, doing all the work necessary to get closer to God. The elevated ones ever continue to strive towards God, and help humanity, loss or failure is not important, however the struggle is, that reflects continued devotion and love to unite humanity and increase consciousness and awareness. Renunciation is a key ingredient to spiritual evolution. The practitioner or Sannyasin must withdraw from the materialistic world and reject it partially or wholly and live in the Spirit. It's important to go inward and physically away from world's impurities, a spotless isolation to examine and study current scriptures and knowledge of God as a whole, and not just one part only, which may lead to fundamental belief system. Being open to new knowledge, and expecting every word fully, without questioning and confrontation. Be respectful to the giver of knowledge, as even if the knowledge is not correct, it can always be investigated later. Consciousness is dynamic, hence it's important to study today's laws, rather comparing to ancient teachings only. The ancient ones didn't have the luxury to study our current conditions, hence once we master the ancient knowledge, we are develop by understanding and love new patterns. Spirit is the crown of Universal existence, matter is the basis and mind is the link between the two. Hence all karma is always released in a physical body. Spirit provides the guidance and mind acts. Nature is very conscious of our sacrifices and actions, hence quickly adjusts to our rapid revolution. It works by quickening of all Her energies, providing the ideal physical body and mind to work for Her. It is predicted that there will be an age of Satya or Kriya Yugas, after the current Kal Yuga (dark period) where great work will be done by Nature and mankind, ages of the truth, compassion, illumined, satisfied and blissful. It is important for us to study yoga, and then go beyond so that we can be of full service to Nature and God and reach the golden age, or Kriya Yuga.



## Chapter: Chakra Energy Work - Exercise

Go in bath or shower, memorize the 7 chakra placement before going in. Start with mantra OM Shiva Shakti Namah Keep repeating the mantra. OM is omnipresent. Shiva is the silent witness of God. Shakti is the energy that resides within our body. Namah means to come in. While in bath, pay attention to each chakra and continue reciting the mantra. Feel the energy of each chakra. Clear each chakra, as removing the dirt. Continue this practice, at least 5 minutes for each chakra. Never to lose the mantra. Stay awake. Lots of negative patterns are subconsciously removing. Once all the chakras are cleared, listen to the sound of silence, the sound of OM. Finish the bath, drink a couple of glasses of water. Lay down or sit in lotus pose. Continue chanting the mantra and listen to the sound of silence. If sleeps takes over, let it be. We sleep in Brahman or God. Get some good rest. This exercise is a great step towards enlightenment and consciousness. The continued practice of this exercise will continue uplifting you and build strong abilities. Be patient, don't show ego. Remember our highest knowledge is very little compared to the overall knowledge of the universe. Enjoy the awakening and benefits.



## Chapter: Lord shiva and His worship

OM namah sivaya OM is sat-chit-ananda (self, god, bliss) and para Brahman (the power of god). Namah sivaya means prostrations to lord shiva. The closest divine being to God, an incarnation. In times of trouble, shiva shows up. Brings humanity up, nearer to god, goes through all trials and tribulations needed. This is the five lettered formula or the panchakshara mantra of The Lord. Shiva is associated with the three Gunas, tamas (darkness), Rajas (action) and sattva (purity). The three divine aspects of Him are, shiva, Vishnu and brahma. He takes form as needed and there has been many notable incarnations in our history. However we are all shivas. Those who live it are higher in the realm of creation because it displays pure devotion and love of God's hierarchy. Durga is the counterpart of shiva. The union of shiva and Durga is the highest form of existence, merged one with God. This mantra helps with the shadow, where there is light, there is darkness, a shadow. Shiva mantra is exclusively good for breaking down the darkness or tamas energy. All the demons, angels and souls bow down to shiva, a self-realized soul or purusha, always shown sitting and meditating on God, listening to nada or silence, the sound of God or OM. This mantra helps to achieve that state by constant purification. OM tatpurushaya vidmahe mahadevaya dheemahi; tanno rudrah prachodayat We comprehend and realize that celestial and celebrated supreme being, purusha or god, and meditate upon that great god, mahadeva, may that rudra impel us to do so. The gayatri mantra is the highest mantra. Shiva gayatri is dedicated because his closeness to God, hence the highest. Before the divine mother takes her form, shiva clears her path. OM tryambakam yajamahe sugandhim pushtivardhanam; urvarukamiva bandhananm mriyora mukshiyam mamritam I bow down to that three eyed (third eye open) lord shiva, who is full of sweet fragrance, who nourishes the human beings. May he free me from the bondage of samsara and death; just as a ripe cucumber fruit is separated from the creeper. May I be fixed in immortality. The Maha mriyunjaya mantra frees the devotee from the karmic pattern of life and death, creates a new avenue. To come to new patterns we have to let go of old. This mantra helps achieve that goal, with the help of the love to shiva. Shiva is associated with ashes, burning old patterns. He is also associated with kailash in Himalayas or any large mountain where chi is in abundance needed to enhance our psychic cells. Ganga or mother in divine water form is always with him, the water used for purification. Shiva throat is blue, displaying the element of Vishnu or preserver in His body, the able to communicate the newly discovered patterns. The element of brahma always present to help with the creation aspect of new patterns developed. Shiva hence contain all the destruction, preservation and creation pattern in One, hence closest to God in defining action plan to help humanity, whatever the cost may be. OM kreem kaliya namaha This mantra is the invocation of Kali, the mother of shiva. Nothing is done without her. She is the divine mother, runs nature or prakriti. Overfilled with love, very protective of her devotees. She assigns karma as needed. Sometime hard, but true. She out pour love and blessings. The quickest way to reach the divine, sometimes it seems hard because maya is always covering the devotee. However those who persists, live forever with the divine, in immortality, eternal soul. OM aim

hreem kleem chamandaye vichuchu namaha This is the Durga mantra, consort of shiva. Invoking her balances all the female aspects of a person. The three Gunas get balanced, tamas (darkness), Rajas (active) and sattva (purity), merged One with the divine, mother energy. She is the manifestation of our nature. The three goddesses, daughters of god, Parvati, Lakshmi and saraswati are tied to this mantra. Durga love the outpouring, same as Kali. She looks for patterns that need help, very gently teaches the devotee. Her love is always within us. She keeps us in her arms for protection, watches all our needs and understands our limitation. All that is required is devotion, love and trust and she can take care of the rest. The divinity wants to see us shine more than us, hence a little pure devotion shows wonders. The goal is always self-realization of an individual, whether male or female, become One with the divine, in perfect equality.



## Chapter: Jesus Lived In India

There are many evidence to show that Jesus Christ made his way to India a couple of times. Jesus lived in India movie by Sundance details lots of research. When he was a teen ager, Mother Mary being a devoted, loving and ambitious mother, sent Jesus to Egypt to study. There, Jesus met Mary Magdalene. Mary Magdalene was known for tantra and chakra practices. Hence she and Jesus had detailed knowledge of spiritual practices to look within, open up nadis or astral channels to connect with the divine. The divine, God, Allah or Brahman can be most closely reached when both the male and female energies are in harmony and balance. From there, Jesus took the silk road to India, going through Persia which is now Iran. Jesus stayed in India for over six years, learning Vedas, sutras, teachings of Krishna, Buddha, Shankaracharya, and many other Vedic gurus, prophets and philosophers, going deep within to find God, or Brahman. Many Vedic mantras pointing to the fact that God is within, not something outward, experiencing Anahata Nada, or the true sound of OM, which is the sound of silence and door to cosmic or akasha. Akasha or ether is the fifth element, air, fire, water and earth are below, in the particular descending order. Akasha has the ability to silence all opposing energies, and the person experiencing it, becomes One with the Infinite. Jesus made his ways to various monasteries in Tibet as well. Nicolas Notovich, a russian war correspondent in 1887 went to Hemis monastery in Ladakh, Tibet and was astonished to find manuscripts that contained detail information of a person named Issa, or Yousaf which are both Jewish and Arabic names of Jesus being there. The person had miraculous healing ability, and profound in teachings. Nicolas came back to Russia and wrote a detailed book called "The Unknown life of Jesus Christ" which sold millions of copies. The Roman Church eventually bought the monastery and destroyed all evidence. Interestingly enough, 40% of Kashmir language is Jewish, according to research. After studying Vedas and Buddhism for many years in India, Jesus came back to Israel, making huge marks through Persia and converting many Zoroastrians. There are many status still to remain in Persia, showing Jesus walking around with a little boy, perhaps a son. Mother Mary ancestors were Qumran, which were new age Jews, well versed in healing and alchemy. While he was on the cross, perhaps the Qumran gave him herbs that seized his heart from functioning, mixed with

advanced yogic practices to seize the physical body and go in astral plain. These yogi occult powers or siddhis are well documented, and Jesus was an advanced Vedantin, developing various super powers. Perhaps he was in Samadhi, deep super-conscious which is achieved by deep spiritual Sadhana, or practice. When the guard came to check his pulse, he found him to be dead, and hence brought the body down from the cross. The shroud of Turin, which was the cloth on Jesus after his supposing death contains blood lines that not only moved top down on the cloth, but also sideways, from right to left, which means he was still bleeding after brought down from the cross, hence not dead. He was buried, and when the grave was opened a few days later, the body was missing. Going back to the fact that Qumran came and took him away. He was seen a few days later after crucifixion, his aura glowing from major healing and people thought him to either be a ghost or resurrected. Due to threat to his life, he left Israel and made his way back to India and continued to live there till over 140 years of age. The grave of Jesus is in Shrinagar, Kashmir, India, called Rozabal. The tomb is called Yousa Asouph (Joseph) grave and looks muslim. However, the saint buried there is facing north to south, rather east to west in Islamic tradition. There are well-marked crucifixion feet marked on the grave.



## Chapter: Teachings of Brahmananda

Meditate and you shall see the real, everlasting teacher in your mind." - baba Bhagvandas, brahmananda's guru. Whatever you want to get in this world - remember that you already have everything in your body. Therefore, sit down and try to relax completely, to dominate the wandering of your mind, and try to see what is going on within yourself. The more one relaxes the more power is concentrated, and then the body is electrified. When the outside windows are closed, the inner windows open. The real force of the mind is atomic and nuclear. Due to its atomic force, the mind can penetrate anything. The power of mind can reach a million miles away. Man is a conscious being and uses the superior power of his nature, which is called wisdom, to understand the situations and conditions, the goal and result of the struggle. Meditation is an unfailing means for fulfilling this very reasonable desire to know. Philosophy is nothing but the theory of self-analysis or meditation, and meditation is the philosophy of life. The difference is that the world of a sincere thinker is great, like heaven, while the world of the thoughtless is contracted and like hell. It is entirely impossible to find happiness in evil thoughts. Therefore the prime duty of the seeker is practice thinking in a right way. Meditation does not mean to sit like a stone. We become silent in order to talk with the supreme soul. The word meditation means expansion of wisdom into infinity. It is the process of gathering our scattered energy. Meditation on OM, the inner current, makes the mind enlightened. A man of realization becomes free. Meditate and obtain the absolute. He who attains concentration attains samadhi. Make every possible effort to make your mind happy and peaceful. In the beginning was the word, and the word was with God, and the word was God. OM or nadam, anahata nada is the word. The light shineth in darkness and the darkness comprehended it not. Word means giver of light or truth in Sanskrit. Nadam, observed through silence is the life and light of the universe. A

mighty ocean of nadam is flowing everywhere. It is omnipotent, omnipresent and omniscient. Amen, omni have the same meaning. Listen carefully to the sound of OM. All impurities of your mind are removed from listening and meditating on OM. You will identify yourself with that eternal Self, one without the second. Practice it secretly, it will transform you into nirvana state. One destroys the ignorance of the mind by meditating on the sound of nadam. One can identify Self with OM in samadhi, reaching the state of Brahman. Use your power for positivity, never transmit evil thoughts. Conquer your obstacles and attain full freedom in the realm of the spirit. Books alone will not answer your curiosity. The happiness which includes everything and is beyond everything is Brahman. There is a mighty eternal sound current vibrating entire nature. When the self opens the inner eye, finds that that the whole of creation is transformed into the music of nature, nadam, stream of eternal life, then the limitation of mind and matter are overcome. This sound current is master and teacher. When this teacher is realized, instructions of external teachers are accomplished. This experience is the personal god. The personality is not limited to self but includes all. The seeker finds the greatest happiness. Without this teacher, there is no salvation, no freedom. The relationship between sound current and universe is like energy and matter, substance and reflection, sun and rays, meaning and word. Atman, the self is immanent and transcendent. It fills all things inside and out like akasha, ether. It is beyond the concept of time, past, present and future. It fills the whole universe, inside and out. Meditation on saguna Brahman, god with form, the experience of nada nullifies all karma. It comes from beyond the region of mind and maya. If the meditator submits the psychological consciousness to it, he will be able to reach the source and origin, god or Brahman. One should devote Self to nadam. Sound current is the vehicle by means of which one crosses the ocean of suffering and ignorance, reaches the destination, I AM, collective consciousness.



## Chapter: Beyond Yoga XI

The Divine is always holding our hand, in the form of Guru through the advanced spiritual practice, as when we seem to fall only to raise us higher. From great difficulties come great rewards as the idea of tapas, surrender to the will of God is key. Hence the saying, "not my will but thine oh God, be done in and through me." The practitioner is always filling himself with greater powers, ethics, moral, knowledge, devotion and love along the way. Each level opens up new opportunities, till the Divine Shakti is reached, bhuri kartvam. There is always opening for more light as the maximum we can reach is still very small compared to the mystery of the Infinite. Hence the notion always be a student first. Whatever is ego, becomes an obstacle. Whatever seems to be mental figures is only partial, derivative and superficial but pure love of the Divine. The mind always works from ignorance to knowledge, throughout our lifetime. Once we develop the super mind or buddhi or trikaladstri, we are able to see the divine play in all its existence from the past, create new blueprints for the future through super consciousness. The greatest minds are those where exists only a thin veil between them and nature, unfolding by the divine grace. The super mind needs to be elevated, replacing existing organs, physical and mental

systems by greater process. Reason understands self but not beyond, hence intuition needs to be cultivated. The intuitive mind works through silence, listening, advanced chakra and kundalini practices and by developing buddhi. The widest natural action is combination of all of them, surrendering it to the divine mother or Shakti. The higher then comes down and replaces the lower energies. The purusha or great Soul then operates through, makes super conscious decisions through our elevation learnings. If it works for one, it can work for many. The bar is then set higher because if the bar is not met, karma is distributed which could bring downfall for some, only to help them work harder in the next lifetime. The super conscious memory is never lost and stays with us lifetime after lifetime. For the practitioner, it important to only put energy on the tasks at hand, do the best, always be on a lookout for new possibilities and fresh truth. Be completely absorbed in the moment. The ignorant mind only works in the past, having no guidance for the future, trying to get back to self knowledge, most of the time society plays them. The super mind is Self existent, the energy felt from long distance. The lower minds are ever adjusting to it, sub-consciously. If they try to break the super mind, only to arrive at breaking down their own lower minds. Hence various kinds of spiritual, mental, emotional and physical diseases are formed. Only to realize that the Divine Shakti is their only cure. These laws are not individual, rather apply on society, country and nature as well. There are many disorders in this world today without any cures. Only when we are able to lift ourselves as a whole that we can be at a more peaceful place. The yogis and gurus of today are showing the way. "Dr Sri", spiritual vision, "pasyati", says Upanishads, "he sees" or "he thought", or "he saw" is the result of spiritual enlightenment. When one has the spiritual vision of God in many forms of the enlightened masters, one becomes One with God. The veil is then removed. At each height, super mind increases, sanoh sanum aruhat. The judgment of society doesn't matter. Only the guidance of other spiritual beings is taken in and acted upon. Care needs to be given, as to not fall from the height. Not be played by our emotions and trust that super mind is the highest. Patience is necessary. Then comes the light, from which there is no going back. The Jnana, or supramental thought takes over. The course of Time is respected. The Soul is liberated and illumined with the Eternal. The goal is to take the rays of light from above, and turn it into universal power of will and love, merge back into the superconscious. Memory of the past is renewed, new logical and spiritual patterns develop, a new culture is formed, that integrates all lessons of religions of the past. This is the will of the Divine. In our darkest periods, He bestows the brightest light. The act of oneness brings a movement that displays the working of the superconscious mind. According to patanjali, samyama is the concentration required to observe the Divine light. The future like the past presents knowledge of the super mind as a memory of the pre-known. From our current life patterns we can predict the future society. The movement of the supramental intelligence, or prajnana is always dynamic, helping with thoughts and words. Samjnana is the supramental thought and is behind and beyond the mind, a direct action of the power of the consciousness. All sounds become the Divine voice, the deepest being anahata nada, the sound of silence, obtained through the grace of the guru. The prana once opens, envelops the vital organs, the energy is felt through the body, hands and feet, changes colors. The whole experience is felt when the chakra, our psychic channels open, towards the Divine. The whole practice being the most sacred. Breaking these internal laws can create havoc in many lifetimes. Communication with higher brings is formed through the advanced chakra, kundalini and nada practices, all ever connected through our hands and Soul, a channel to the Divine. By opening the highest channels, we can receive the highest knowledge, not just for ourselves, but universal and nature. Due to lack of knowledge, we are at the mercy of society, only a few have the courage to even study the science of astrology, palmistry, numerology, palmistry and tarot cards. Once we become proficient to

these sciences, we open up our intuitive channels, required to receive higher knowledge. The akasha lipi contains records of our past, present and future, obtained through the mastery of listening to the sound of silence. Now the real work has begun, beyond yoga.



## Chapter: Food and Conscious

We are what we eat. Abraham - was guided to sacrifice his own son. When he finished the sacrifice, he saw him replaced by a goat. Symbolizes food conscious and animal suffering, as his own son. Muslims took the event on themselves, not Jews, neither Christians that it meant animal sacrifices to please God. This is a wrong notion. There are karmic implications for massive killing of animals. We are currently doing massive killing of animals for our own nourishment. Hence taking on ourselves massive karma which could lead to an animal birth in future lives, just so we can realize the anguish of an animal. Babies - can't handle meat. When they are born, it takes effort to develop acquired taste. Rather vegetables and fruits that run easily through their digestive tracks. Once we become vegan, we appreciate life. Insects, birds, animals. It is a commitment, a promise to harm none, that brings up closer to the divine. Animals have feelings, basic necessity. Compassion, love, shelter, food. Never take curse from an animal. Because of lower in hierarchy, their conscious is higher. Animals are abused, mutilated, their symptoms are now moving to humans. In the Golden era, we were vegans. Since then, we are in a karmic cycle as a civilization. In kul yug which is now, symbolizing a dark period, we have the ability to reach back golden era. All it takes is dedication. It takes only a few percentage of civilization to be conscious and the whole humanity benefits. The butchers that kill these animals for food have traumatic symptoms of all sorts, because of seeing so many killings and aggression. The animals can sense what is about to happen to them, hence project their feelings to them and the whole humanity. Energy flows better in human body and psychic channels when vegan. Being vegan for over seventeen months, I can distinguish how energy flows through my body. Bringing higher sense of alertness and being aware of truth. A spiritual commitment is the next step towards my devotion and releases karma of many lifetimes. Now taking the initiative to make other people food conscious. Studies show that people with lack of nutritional food have health hazards same as over consumed people. In western societies many diseases are creeping up, that we have no cure for. It's important to eat healthy, local and organic foods, preferably farmers markets. Take an oath today to stop eating animals.



# Chapter: Moksha Gita by Swami Sivananda - Song of Liberation - For Yogis and Avatars

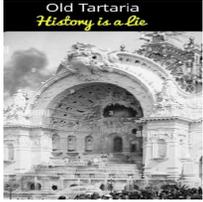
The search for truth: &quot;The disciple said: O master! I now turn to thee. I have fallen into the dreadful ocean of birth and death. I am afflicted with the three kinds of sorrow. Save me O lord. Teach me, how I should cross this ocean of samsara (world of illusion). The guru said: fear not, my child; in reality there is no death for thee. There is a means for crossing this ocean of relative existence and attaining immortality or the supreme bliss. I shall teach thee now brahma-vidya (knowledge of Brahman). Hear with rapt attention.&quot; The nature of Brahman: &quot;The guru said: salutations to sat-chit-ananda (self-god-bliss) para-Brahman (super god), that glorious first preceptor, who is self-luminous, eternal, indivisible, pure, spotless, desire-less, attribute-less, time-less, space-less, change-less, beginningless and endless. That ultimate reality, which is the support for this world, body, prana, mind and senses, which is the womb for the Vedas, which is all-pervading and all-permeating, which is colorless, odorless, tasteless, nameless and formless, that something shines eternally. Some in describe supreme principle which is imperishable, unborn, un-decaying, fearless, motionless, one without a second, ancient and infinite, that thing alone exists. What is neither short nor long, neither that much nor this much, neither black nor white, neither stout nor thin, neither good or bad, that should be understood as Brahman. That which is neither subtle nor dense, which has neither caste nor name, which is immutable, immortal and bodiless, which is beyond the reach of mind and speech, that should be understood as Brahman. Brahman is distinct from the gross, subtle and causal bodies. He is soul of all. He is the inner ruler of all. He is eternally free. He is without action, and without motion. Brahman cannot be defined. To define Brahman is to deny Brahman. The only adequate description of Brahman is a series of negatives. That is the reason why the Upanishads declare &#39;neti-neti&#39; not this, not this.&quot; The nature of maya: &quot;The guru said: maya is the upadhi (limiting adjunct) of isvara. She is an illusory power of Brahman. She keeps up the Lila of isvara through her three Gunas, sattva, Rajas and tamas (purity, passion and darkness). Maya is not non-existent because it appears, neither is it existent because it is destroyed by the dawn of knowledge. Maya is not that. It is an indescribable experience. She is neither sat nor Asat. Maya is anadi santam (she is beginningless but has an end in individual) only for the sage who has realized the self. Maya is suddha sattva or pure sattva. He who gets knowledge of the self having overcome maya, the illusory power, will alone know what maya is, how it arises and is destroyed. The five elements, the five tanmatras (subtle or root elements) and the various objects of the world are all products or modifications of maya. Just as you can infer the existence of fire through smoke, so also you can infer the existence of maya through her various manifestations. Maya is of the nature of mind. Maya generates different degree of illusions. Maya pervades everything. If your mind is destroyed by discrimination and vichara (introspection), then maya will not afflict you. The mind which ever hankers after sensual objects is the seed of maya. If the mind is annihilated, maya will vanish. You will attain the state of quiescence. Brahma-Jnana (knowledge of god) will dawn in you.&quot; The nature of avidya: &quot;The guru said: avidya (individual maya) is malina-sattva. It is the upadhi or limiting adjunct of jiva. It is the Karana sarira of the individual soul. Avidya is anandamaya kosa. Avidya is a false perception by which the ignorant jiva takes the body and intellect as pure, permanent and a source of pleasure. Just as a king acts the part of a beggar, out of his own free will on the stage in a drama, so also the sat-chit-Brahman acts the part of a jiva in this drama of the world

out of his own free will for sport. Just as men with a defective vision behold a white thing as yellow, so does one perceive the self as the body on account of avidya or ignorance. When one gets knowledge of the self, this avidya vanishes. It is the destruction of avidya that is Brahmic-seat. Just as the mirror is dimmed by dirt, so Brahman is veiled by avidya. Therefore human beings are deluded by this avidya. Mind, senses, egoism, intellect and body are the effects of avidya. If the cause is destroyed, the effects are destroyed by themselves." The nature of the universe: "The guru said: this universe of names and forms has its origin in ignorance. It is dissolved by knowledge of the self. The universe, being other than the self, is unreal like a dream. It is like a mirage. Just as a snake is superimposed on the rope, silver on the mother of pearl, a thief on the post, city in the clouds, mirage in the desert, blueness in the sky, so also this world is superimposed on Brahman. Just as it is water alone that appears as waves, ripples, etc gold alone as earrings, bangles, etc clay alone as pots, jars, etc threads alone as cloth, towels, etc so also does Brahman alone appear as many universes. Children regard a wooden elephant as an elephant, but the grown up persons treat it as wood. Even so the ignorant perceive the non-self only, but the wise behold only Brahman everywhere. The whole universe is within Brahman. It appears as external to you, just as your body appears external to you in mirror on account of maya. Just as a man does not behold the object which he has seen in his dream when awake, so also the Jivanmukta (liberated sage) does not perceive the universe after he attains knowledge of Brahman." The nature of the mind: "The guru said: the mind has the power of creating or undoing the whole universe in the twinkling of an eye. Slay this mind through vichara (inquiry), destruction of vasanas and control of its fluctuation. Mind is a bundle of vasanas (subtle desires). Through vasanas bondage is caused. Destruction of vasanas will bring freedom. The mind will attain quiescence like a gheeless lamp if the vasanas are destroyed. Just as a silkworm is caught in its own cocoon, so also man is caught in this vast net of samsara by its own sankalpas and vasanas. The enemy of the atman is the fluctuating mind only. The mind through its power of fluctuation generates countless vasanas and sankalpas. Destroy this fluctuating power of the mind through constant brahma-vichara. Brahman will not shine when the dualities of the mind are not destroyed. Destroy the dualities, Brahman will shine in its pristine glory. Ahamkara which is the source of all troubles has its seat in the mind. Annihilation of egoism will bring about destruction of the mind and annihilation of the mind will cause destruction of egoism. The ideas of mine and thine are only the creation of the mind. If the mind is destroyed through vichara, these ideas will vanish. Destruction of the mind alone is moksha. Destruction of sankalpas is really destruction of the mind. It is only sankalpas destroyed beyond resurrection that constitute the ineffable, imperishable and effulgent Brahmic seat. Just as gold is purified by heating it on the fire, so also mind is purified by the fire of meditation." The process of sadhana: "The guru said: as fire is concealed by ashes, sword by the scabbard, sun by the clouds, foetus by the amnion, rubies by the earth, mattress by the bed sheet, so also Brahman is concealed by flesh and bones. If you remove the ash you can perceive the fire; if the clouds are dispersed you can cognise the sun; if you remove the scabbard you can behold the sword; if you remove the bed sheet you can see the mattress. Even so, if the veil of ignorance which conceals the Brahman is removed by knowledge of Brahman, you can directly cognise the self-luminous Brahman. You cannot see the all-pervading butter in the milk, but if you churn it you can get butter. Even so, you cannot see Brahman by these physical eyes, but you can behold the all-pervading Brahman by the churning of meditation. Purge your mind of all impurities. Sever mentally your connection with visible objects. Destroy the seeds of desire. Abandon all sankalpas (thought patterns). Eradicate the longings. Meditate on Brahman. You will attain soon the non-dual Brahmic seat of ineffable splendour. Understanding the right significance of the tat

tvam asi mahavakya. The knowledge relating to the identity of the individual soul and the supreme soul that arises from mahavakyas like tat tvam asi, thou art that is the means to emancipation. The immaculate and supreme seat can be obtained very easily if you possess equal vision, balanced mind and discrimination, if you associate with the wise persons and if you participate vichara or inquiry constantly. One soon becomes that on which he constantly meditates with great intensity in accordance with the illustration of the wasp and the worm. Negate the five sheaths. Control the senses. Sit quietly. Meditate always, I am sat-chit-ananda svayamprakasa Brahman, which is the substratum for these five sheaths and the whole world. Keep up the brahma bhava while walking, eating and bathing. You should ever be engaged in inquiry of Brahman, till you get brahma-Jnana. You should practice right conduct also. You should have associations with the sages. Om is the symbol of Brahman. It is the word of power. It is the sacred mono-syllable. It is the essence of all the Vedas. It is the boat to take you to the other shore of fearlessness and immortality. Meditate on OM with bhava and meaning. You should make brahma-vichara habitual in you by constant practice. Then only your mind will be under your perfect control. All the impurities of the mind will be washed away by brahma-vichara. Enquire unceasingly, who am I? Whence came this universe? How did birth and death come? What is bondage? You will be able to attain the imperishable abode of eternal bliss. If you want to attain Brahman, all longings for objects should perish. The more you are removed from objects, the more the effulgence of Brahman will radiate in you. You will never be able to go into samadhi although you can sit in the padma or siddha asana for six hours at a stretch, if you are not free from attraction and repulsion, anger, egoism and pride. Merge the speech in the mind, merge the mind in the intellect, merge the intellect in the witness of the intellect or Brahman and enjoy the supreme bliss. Restrain the senses. Silence the bubbling thoughts. Drown the mind in Brahman, who is within. Now you can realize your identity with Brahman. Acquire the four means. Control your speech. Annihilate all hopes. Hear the srutis. Reflect on what you have heard. Then meditate. You will attain self-realization. Brahman can be clearly and definitely realized only through Nirvikalpa samadhi. Samadhi ensues only when the purified mind is merged in Brahman. When Brahman is realized by means of Nirvikalpa samadhi, then the hearts knots, avidya (ignorance), Kama (desire) and karma is destroyed. You cannot have samadhi without perfect dispassion, you cannot have self-realization without samadhi, you cannot have perfect freedom without self-realization.&quot; Ignorance and wisdom: &quot;The guru said: he who thinks, I am the body, body is mine, she is my wife, he is my son, I am Brahmin, I am fatty, I am black, I am pundit, is an ignorant man. He is bound. He who thinks, I am not the body, I am all- pervading, changeless, immortal, indivisible, self-contained, self-existent, sat-chit-ananda Brahman, is a wise sage. He is free. He who thinks, I did this work, so I will go to heaven, enjoyed such and such a thing, is an ignorant man. He who thinks, prakriti does everything, I am only witness, I am non-doer, I am non-enjoyer, is a wise sage.&quot; The five sheaths: &quot;The guru said: the annamaya sheath or food sheath is made up of five elements. It has a beginning and an end. It is inert and full of parts. It is an effect of the five elements. It is full of impurities. Therefore you are not this physical body or the annamaya sheath. You are the witness of this body. Understand therefore, I am not the body. I am Brahman. The pranamaya kosa or the vital sheath is a product of rajoguna. It also has a beginning and an end. It is inert. It is an effect. Therefore, you are not the pranamaya kosa. You are the witness of this sheath. Understand therefore, I am not the pranamaya kosa, I am Brahman. The manomaya kosa or the mental sheath is a product of sattva guna. It also has a beginning and an end. It is inert. It is an effect. Therefore, you are not the manomaya kosa. You are the witness of this sheath. Understand therefore, I am not manomaya kosa. I am Brahman. The vijnanamaya kosa or

this buddhi sheath is a product of sattva guna. It has also a beginning and an end. It is inert. It is an effect. Therefore, you are not the vijñanamaya kosa. You are witness of this sheath. Understand therefore, I am not the vijñanamaya kosa, I am Brahman. The anandamaya kosa or this bliss sheath is avidya or ignorance, a modification of prakriti. It is an effect of past deeds. It is endowed with changing attributes. It is jada or insentient. Therefore you are not the anandamaya kosa. You are the witness of this sheath. Understand therefore, I am not the anandamaya kosa, I am Brahman.&quot; The state of Jivanmukta: &quot;The guru said: a Jivanmukta who had reached the imperishable Turiya state can never be affected by the pairs of opposites. He always rests in his own sat-chit-ananda svarupa. He roams about happily. A Jivanmukta realizes that he is beyond the three bodies and five kosas, he is the witness of the three states, he is pure consciousness. For a liberated sage who has realized that all beings are the self, there is neither delusion nor grief, as there is no second to him. The sage who has destroyed all his desires and egoism, who is always calm and serene, equanimous, who does not see any distinction of form and who has freed himself from delusion or ignorance, shines brilliantly. The Jivanmukta rests with an unshaken mind in the all-blissful Brahman. He is free from all the modifications of the mind. His heart is pure like the Himalayan snow or the crystal. He is free from the distinctions, I, He, Thou. The liberated sage, the prince of ascetics who has conquered the enemy, ignorance, who has known the secret of true bliss, uses the palms of his hands as his bowl and sleeps blissfully under the foot of a tree. The sage does not care for public criticism. He keeps a cool mind even when he is assaulted. He blessed those who persecute him. He beholds only his own self everywhere. He whose mind does neither sink nor float amidst pains and pleasures is indeed a liberated sage. He has rendered his mind completely quiescent by identifying himself with Brahman. The Jivanmukta has a consciousness of the body in the form of a samskara. The videhamukta has no consciousness of the body.&quot; Brahma-upadesa &quot;The guru said: thou art not this perishable body. Thou art not the wavering mind. Thou art not the indriyas. Thou art not the intellect. Thou art not the causal body. Thou art the all-pervading, immortal Brahman. Realize this and be free. Thou art the prajñana Ghana atman (embodiment of wisdom). Thou art chidghana Brahman, mass of consciousness. Thou art vijñana Ghana purusha, mass of knowledge. Thou art ananda-Ghana soul, mass of bliss, realize this and be free. Thou art akhandaikarasa Brahman, one homogeneous essence, thou art chinmatra purusha, pure consciousness. Thou art spotless, passionless, sexless and bodiless soul. Realize this and be free. Thou art indivisible. Partless and infinite. Thou art birthless and deathless. Thou art immutable and self-luminous. Thou art eternal, perpetual and self-contained. Realize this and be free. Thou art anandamaya-purusha. Thou art chinmaya-Brahman. Thou art jyotirmaya-atman. Realize this and be free. Thou art distinct from the three bodies and five sheaths. Thou art the witness of the three states. Realize this and be free. Thou art without blemish and without decay. Thou art without disease and without difference. Thou art without old age and without modification. Realize this and be free. That supreme Brahman which is the immortal self of all, which is the beginningless entity, which is immutable and infinite, which is beyond the reach of mind and speech, that Brahman art thou. Meditate on this. Realize this and be free.&quot; The realization of the self: &quot;The guru said: o my child! Haste thy delusion been destroyed? Have you become fearless now? Have your doubts been removed? Are you resting now in your own sat-chit-ananda svarupa? I have declared to thee the profound secret of Vedanta, the essence is Vedas. The disciple said: o preceptor! I have realized the self now. I am verily that Brahman which is self-effulgent, one without a second, which is changeless, part less, formless, eternal, all-pervading, the absolute and the homogeneous essence. I am sat-chit-ananda Brahman. I am pure, infinite, unattached, timeless, motionless, deathless, decay less and fearless. I have no

connection with the body and mind. I am action less and formless. Salutations unto thee, o venerable guru! Thou hast saved me from the wheel of birth and death. Through thy grace I have attained immortality and eternal bliss. All my doubts, delusion and ignorance have vanished. Crores of prostrations unto thee, o merciful lord. The guru said: he who studies this moksha Gita daily with purity, devotion and one-pointed mind and practices the instructions contained therein will soon attain immortality. Eternal bliss and supreme peace (moksha). Thus ends moksha Gita which gives the essence of the advaita Vedanta philosophy.&quot;



## Chapter: Tantra Yoga

Everything is scared. A union between a male and female, in love creates a union that is rare but possible. The union opens up chakra energies, and creates the most profound experience of God. For that to happen, a complete surrender to God is important, because by only that, the highest rewards are obtained. Then we becomes example for the Creation. Tantra yoga is not new. Shiva and Parvati were the first yogi and yogini, practicing tantra yoga, with the sacrifices that come in between, only to experience the high bliss, the sound of Silence, or OM meeting prakriti or nature. The individuals are then merged into the cosmic, nature and Self energies. Then the whole divinity becomes a playground for the Divine. The Divine manifests through, ruled by super consciousness and the dynamic force. The rules of the world are re-written, the union captured in books for the future. The gurus are there by their examples and removing any obstacles in the journey. Working towards creating Satya Yug, the Age of Enlightenment for human beings. Japa yoga, the yoga of mantra and meditation are key elements for the union. Every energy is sacred and of the Divine mother, or nature. Different parts of the body have their own correspondence. The intercourse between a male and female creates profound energy, all of which through meditation can be turned into sacred energies. Each type of energy corresponds to a certain element in the hierarchy and a connection to the cosmos. The more the light, the more it can shun the darkness, hence Divine Love has the ability to dissolve darkness, and block its path. All is Divine, however duality needs to be understood because darkness gives an opportunity to create the highest light. Kama sutra sheds light for the ultimate merging of male and female energies, ways to enhance sacredness through our own bodies. The male and female energies from sexual intercourse can be moved around all the chakras of the body. The stomach holds all the nadis, connecting the physical to the psychic or astral energies. The heart holds all the Divine Love and union of sacred energies. The mind processed these subtle energies and process our behavior and the crown chakra is where we connect to the cosmic divinity, submitting all to the Divine, the male and female of the past, building blueprints for future existence and expectations. Hence no love is ever lost, kept sacred in the history of civilizations. The couple can have future incarnations and start again from where they left off through sadhana or deep spiritual practice, again be One with the Eternal. The incarnation of shiva and Parvati, Radha and Krishna, Rama and Sita, Jesus and Mary Magdalene are felt through such unions. Tantra yoga is the highest form of yoga, through which many of our aspects are tested, the lower level energies transformed

into higher. It is a gate to experiencing heaven on earth. The Divine energy is felt, the intense love and emotion more profound than anything we ever experience. God is love. By fighting these lower level energies, we super consciously have the power to make drastic changes, changing cosmic and nature laws, which therefore change society. All of this can be accomplished by doing Japa and mantras through the process, listen to our jagad guru, which is the inner intuition, the voice of God. The oral, anal, penis and vagina are important parts of the body, dealing with tantra. Shiva lingam is penis. Parvati yoni is vagina. The most sacred body parts to tantra and yoga gods and goddesses. Through anal, is access to the root chakra, which connects to the spine which has links to all chakras. The ancient yogis considered the spine to be the most sacred, because it connects us to the divine. The kundalini rises from the base of the spine. The intercourse of male and female is the union of energies. Oral is important because it moves the energy to the higher chakras. Moving the energy to naval is important to balance all the energies of the body. On the upper back, right in the middle, an inch or so below is the Kama nadi which balances our left and right hemisphere. The feet and hands in tantra are important because they connect us to our earthly and planetary energies. The crown chakras of the individual should be devoted to any body part, including genitals so that the higher male chakra energy can meet the Divine Shakti, the mother energy. Tongue is a sacred organ also where speech happens and integration of nadis. It should be used for the exploration of any Divine sexual action. The male and female climax energies should be shoot up in the spine, transforming the energy into spiritual energy. The mega-Shakti, or intense power created should be used for meditation, submitting the whole action to the Divine. This process is uplifting, enlightening, anti-aging and enhancing our energies in all forms. Great occult powers or siddhis are obtained, as long as the individuals maintain the sacredness of the relationship. All relationship issues can turn into Divine Love, and supernatural yogi powers. OM Shiva Shakti Namaha



## Chapter: Mushaf of Fatima II - The Lineage of the Prophets - Opened by Imam Mehdi

Fatima will bring the 12th imam Mahdi, or the 12th apostle. The prophets, gurus will be there. The divine mother will be reincarnated as well, together with her saints, open the door for the dawn of the golden era, Fatima and 12th imam, a reincarnation of Ali. The 12th imam will have strong ties to the divine mother. The role of mother is very similar to Mohammed of the past. The similarity will be the gap within the teeth. The Imam will have the ability to heal the sick, any kind of sickness. He will show people how to love. Divine mother will come in Kali incarnation, then will appear Durga, after Kali clears the path. Indra will initiate kali. kali will initiate shiva. shiva will initiate durga and vishnu. Shiva, Vishnu and Indra will reappear. Narada will appear, teaching devotion and synthesis of yoga. Fatima and Ali will reappear along with their children. As promised. 12th apostle. The return of the lost tribes of Israel, covenant. The 12th imam with mastery on ether, access to teachers, gurus and masters. Together with Kali and Durga. Clearing

the path and demonic energies. Spreading light through Jinns, same as Mohammed and Solomon. Jesus didn't control the daemons. Hence the demonic energy played against him. Jesus was a imam or apostle. Even though master will be there with the imam through astral, the fight must happen by humans on earth. Dark forces will take a beating in the astral, the demonic energies pay their karmic price, punished souls destroyed. He will target specific places, temples, ashrams, jails and hospitals, places of worship and places of suffering to show unseen world the light of God. Either join him or be destroyed. The 12th imam will mix all religions and synthesis, and leave the Mushaf for humanity. Many battles will take place, much voodoo and dark energies will attack him, but god and the souls of his prophets will save him. He will beat the demonic energies of the past, devil, Satan, Mara, iblis, lucifer and many others. Dark energies will tempt him, but Fatima will be persistent and continue helping up. Her role in the astral will be huge, standing on his side, fighting and destroying. They will master tantra practices in the astral, to be together forever. Be able to relive in any part of the universe, in Love. He will study astral and pull information of the past through koshas, different planes of truth in astral body. Maya or divine mother will create the divine play for him. He will be an honest, loving, blameless and perfect Soul and God will speak through him. A self-realized soul and many will be self-realized through his example. Divine mother will be seen within him. She will make corrections through him. He will be able to hear God by mastering the sound of silence. He will document how to reach that place, where the divine mother meets God, where kundalini meets sound of silence. The whole creation resides in the middle. Where Shakti meets shiva, where Narada is merged with his beloved, where the goddesses meet their father the creator, where oneness exists. The Vedas as well as the true mystic Quran will be open to him, and all the other scriptures of major religions. He will pull information from astral and write it for generations to come. The divine mother, working ahead and then parallel will be in the history books forever. Her blessing to him would be key because even when she would lose her earthly body, he will continue to channel her in astral. The energy of all Vedas will be behind her. She would give sacred scriptures and mantras to all humanity, take away their pain and sorrow through herself. There would be nobody in history that would have loved human beings in such manner. An opening for the new millennium will start through her. He will fight her shadow and destroy it, to release her suffering and fight the destructive demonic energy. All light has an equal amount of darkness. He will take on her darkness, utilizing the gurus and master, send them to greater light. He would master the planetary energies, highest darkness or highest light. All will release karma accordingly. The dynamic Shakti, energy of the divine mother will change colors in his hands, reacting to universal changes, sometime show love, sometime protection, sometimes knowledge. Dark energies won't work on him, sickness wouldn't touch him. His response to every attack will be either dynamic Shakti of the avatars of silent immortal energy of God. He will see demonic energy and remove shadows from people. He will heal people and places silently turning everyone into divine blue print of humans from Vedas, six types of beings in trinity or every place where the energy will stick due to his intention and presence. Mother Mary will watch all his actions, so would many master of the past and many masters to come. His actions will determine the future blue prints of sainthood. Wherever he will leave off, the next will continue. However, like any saint, the responsible of the maximum is on the shoulders, not to waste even a second because it takes lots of planning to reach a place of perfect outcome, the proper knowledge left over for humanity to use as its foundation. Angels will communicate with him, to provide divine knowledge, the souls of the masters will clear his path and fight with him, the pure demons will experience God through him, the devas and devis will bless him. He will contain in him knowledge of duality, the understanding of good and bad to learn what's right for

the current time. He will understand human psychic energy and the male and female strands in each human beings, connected to the divine. He will understand the power of hands, which connects a human being to all the creation elements. The reincarnation of Fatima and Ali will bring many tools, love, knowledge and ways for survival. Together, they will bring God manifestation, every step watched. Their earlier life will be full of trials and tribulations which they will overcome. This time, the later years will be fulfilling, a sense of paradise, brilliance, completion, hard work, unity, freedom and power. They will both be connected, through the Soul, hear each others thoughts, feel each other, move within each others body, gifts only possible when Divine Love of God and mother exists, trust in each others ability.



## Chapter: Nada Yoga VI - Elements

Nada yoga is the study of Brahman, found in ether, the fifth element, which controls all the other four elements. Ether is higher than air as it contains the air, air is higher than fire because it can blow fire, fire is higher than water because fire can heat up water, and water is higher than earth because it cools the earth. By properties, each element is superior, or lighter than the other. However each has a purpose. We live on earth by water, most foods have high amount of water in them. We cannot live without air, which is needed to cool off our internal energies, or prana. When we are in a state of samadhi, we live in the astral, which is ether. Many amazing things are discovered there. Depending on our paths of life, we all receive tremendous gifts. Life is ever changed, for the better. The growth that takes place is enormous. A complete change of personality occurs. We get to see the whole Creation, through a brilliant eye. Our intuition grows enormously and so does our heart. We are ever eager to share these experiences with the ones that are ready to receive it. The blessing are uncountable and eternal. Some say the life of sannyasin is best, when we leave everything and live in God. However the great gurus teach us something else. We need to come back down from samadhi and help our fellow beings. The coming back from samadhi is tricky because it is not us that are running the show, rather God with help working of the divine mother. There are many difficulties encountered, however each one it's own blessing. Huge amount of karma gets resolved at an exponential rate, but also the inner guru direction to where we are needed. The Divine thoughts are now heard easily, and it becomes much easier to make the right choices. We can't change the world, but can change ourselves. Our actions then in return change others, but this time everything is done in the light of God. In Samadhi, everything is relative to the sound of silence, the sound of ether or God. While various events are happening, good or bad, the aspirant is constantly releasing the energy into Brahman. As a way to release our whole blue print or super conscious state and merging with Brahman. All yoga, all mantras, all meditation and contemplation is done in the nada yoga, anahata nada. The aspirant sees many visions of devas, teachers, Devi, creation gods, and God himself talks to the aspirant in the form of a guru. The highest samadhi had a guru present with the jiva all the time, and His voice is constantly heard, the communication bi-directional. Every action is carefully calculated and results are given up to God, that is using these actions to build

the maya, and super consciousness. All the knowledge of the universe is opened to the practitioner. Everything is sacred. All our energy in our body is marvelously designed. Constant prayers are needed for all lifetimes and beings that we encountered. Even so that we have to make harsh decisions sometimes, the heart of God is still within the practitioner, melting when needed to Love. The whole spectrum of psychic energies open up. Through fasting and vegan diets, the sensitivity of the individual increases, hence continue to have profound experiences. Various elements are studied. It is important to study air and water, two elements that we are having direct physical experience with. Ether, or Brahman contains the air, hence when the ether is observed in light of air, or meditation on air, Brahman or ether glows. Air is also connected to the heart. From a person in samadhi, this experience is like putting the foot on earth the first time. In return, the sound of OM or anahata nada becomes much louder because in this process, all our worldly energies dissipate. There is no fear. A person back to physical senses from the world of samadhi is here for a reason, to continue helping others reach there as well.

