

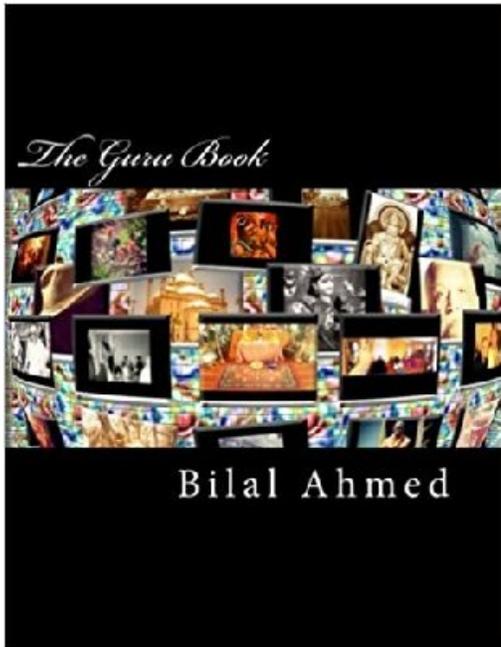
# The Guru Book

Subtitle: Ancient Wisdom

Author: Bilal Ahmed

Copyright: 2021 Copyright, @ Bilal Ahmed

A journey through consciousness and enlightenment. Leaving home, deep practices at yoga ashrams and learning vedanta. From there, moving to work with a zen master and understand cultivation. However, its easy to get lost in words. So much to explain but so little words. Hence follow the trail of pictures and quotes. Learn from the teachers that have done it before. Twitter is one of the most brilliant distribution platforms of all times. The power of content unleashed. Nothing is a secret anymore. We spread the vedanta and zen through books, tweets, blogs and websites. Millions of page views have happened. Many people enlightened. Look for # tags in quotes for search terms. Look for @ symbol in tweets for addressing people. This book is a journey through pictures. The most current year is 2014, hence the date is not written in tweets. Time stamps are critical piece of information, to when the event happens, the location, and who we encountered. Every spiritual journey builds on events, where we meet and see, who and what, at a perfect time to walk our path. We cannot be thankful enough to all the saints, masters, gurus and teachers that have showed us the door. The guru shows the door, the student has to walk in. A good student builds a great teacher. Enlightenment is passed from a guru to disciple.



## Chapter: Sadhana Guru - The Art of any Practice with the Best Teachers in the World

Any deep spiritual practice is sadhana. A sadhana could be yoga, meditation, mantras, Karma yoga or selfless service, bhakti yoga or singing and many others. Any deep practice eventually provide the same results. The goal of every yogi is to reach samadhi or enlightenment. The validation for deep yoga practice is Nada or tao. "It's easier to go with the current rather against. Better yet, more important to tap into feeder of tide than escape." "The Sadhana continues. Wake up every morning, dedicated to Swami Vishnudevananda, founder of Sivananda ashrams." "Sadhana (practice) burns the veil of ignorance. Then the Self reveals Itself in all Its Glory". - Sivananda. "Those who know, speak not. Those who speak, know not". - Anonymous. "It's important to reverse the path sometime to test human qualities like humility, compassion, etc. For Vegan, eat meat. Become non-judgmental." "Truth needs to be present, if we are talking about consciousness." "Buddha didn't meet a person he didn't like. To realize that, he was to leave the palace and experience compassion." "The best service: Guru. When you surrender your life for a teacher. Vishnudevananda, founder Sivananda yoga centers, worldwide." "Abstaining from the opposite sex and the shadow is part of the sanyasi who wants to live in God and surrender life." "Non dualistic is the path of tantra yoga. The shiva and the shakti. Accepting the shadow. All part of the whole yoga." "Superiority or inferiority is an illusion. The key is to be neutral and content. Then focus on opportunity at hand." "Nada is silence or sound of God. This earth we talk on, the food we eat, the world we live in is Shakti, the mother." "The gurus clear our paths, move us to where we need to be, so we can perform spiritual sadhana. No time wasted." "Adi Shankaracharya, a guru of gurus taught the meaning of spiritual practices by going deep within, find God." "The gurus and disciples relationship is the foundation of sadhana. A deep practice to gain higher knowledge and love."



## Chapter: Ancient Wisdom of Dao - Learned from various Yoga and Tao Master, San Francisco, California

"Like water Dao is undifferentiated, endless self-replenishing, soft and quiet but immensely powerful and generous." "Woke up with Dream of Kali asking me to do something for Hanuman. I can't hear. While everyone in Veda is watching." "By your stumbling, the world is perfected.". - Auro Bindu and the Mother. "A book covers less than 1% of what a person really knows. A book is also a window to the soul." "Same problem that existed in time of Buddha still exists today. The priests monetize Vedanta. What about human suffering?" "A yogi always lives in own Sarupa (being), in own Santosha (contentment). If not, that means a future liberation." "Never be attached to illusionary objects, e.g. buildings. As the building goes down, so do we. Attach to the Source." "Live like a boy, act like a man." "History is made by works. Not words." "A Dream that I had at Sivananda Vedanta Center in San Francisco, California that Sivananda is running the show. I am just doing my tasks." "Body comes and goes. The Soul merged with Brahman is ever Immortal. Not just after death, but living immortal." "The gurus run the show. The immortal souls that proved themselves and now give us a hand to uplift, if we listen." "Mount Shasta has the power to start anyone's spiritual journey. Just show up with the best devotion." "The love of Radha and Krishna. Try teaching that to a Brahmacharya. Tantra is the answer, not isolation." "Learning vedanta at Sivananda Yoga Center. The times change but the teachings don't." "Dao as flow of universe, qi, energy of action and existence. Dao is non-dual - from which all elements drive (similar to nada)." "Stomach worms in our body, the urges that make us crave the same food. Letting go fix our vrittis, thought patterns." "Food should be prepared by yourself or people with higher vibration.". - Zen Master. "God make me hatha yogi like Vishnudevananda, raja yogi like Brahmananda, jnana yogi like Sivananda and bhakti yogi like Satchidananda." "God please give me what's mine. And not someone else's." "The prediction is that when the world turns dark, an army of monkeys, will appear. Hanuman, yoga and vedanta etc." "Why do we pray? Don't you think the divinity knows?" We pray till we learn to meditate. The ability to listen." "When the bhava or feeling of love for divinity occurs, the whole Universe fights for us. All in One Soul." "In the golden era, conscious vegan is necessary to raise consciousness and spiritual enlightenment."



## Chapter: The Quran Guru - Millions of page views on Islam and Author of the Quran Book

The Koran or Quran is one of the most incredible scriptures. Mohammad, an enlightened teacher, was able to tap into higher frequency energies and heard voices in the astral. From there, he was guided and received revelation that were documented by people around him. The tone of Koran is that God expresses himself through Mohammad. Bhagavad Gita is another great text where God is speaking through Krishna. "Tao, yin and yang, where action creates counter-actions. And practice: accepting, conforming or working natural outcomes." "Everyone is exactly where they need to be. Based on Karma, according to Buddhist, Vedantins and Muslims." "There are four Quls in Islam. The forth one, Al Kafroon is the hidden and most powerful. The formula, your way and my way." "In Islam, harming people when running and sheltering at a Mosque is the biggest sin." "In the Aquarian age, the battle is of the minds. Google, Facebook, Twitter, LinkedIn are tools. Yoga is the path." "Sharing has to be one of the top Sadhana, i.e. Ibadat or Worship." "Our knowledge of existence and God is so limited right now. A few like Mohammad, Krishna, Buddha with real information." "The Quran is the most magnificent books of all times. The poetry in Arabic is written in the most mystical nature." "Every religion has God. Not just Muslim, Christian, Jew, Hindu and Buddhist. The key is whether we can go beyond?" "Life doesn't really begin unless a teacher genuinely put their hands on us." "Life after death is mentioned plenty of times in Quran. Don't you think same teachers reincarnate again to help?" "The study of gross to subtle energies is not defined anywhere but Vedanta. We know there is a God, how to get there?" "Every human being has to cultivate their higher and lower nature. To kill or destroy is lower. To love is higher." "In every Hindu Temple, there are the Nine Statues of the Planets. However, the planets are also in the palms of the hands." "The Muslim pray with two hands up, not knowing why. The hands by study of Palmistry, have planets, gurus and guides." "The first Surah of Quran is 'The Cow'. The cow signifies the mother aspect. Durga in Vedanta." "It's important to be surrounded by people that allows for advancement. Serve, love, give, purify, meditate and realize." "The guru said by meditation on nada you reach Akasha. Growing up in Pakistan, we were taught about reaching Akash (Sky), through spirituality." "The sacred knowledge can only be opened by the grace of a teacher or auliya as defined by Sufism." "By careful examination of any scriptures, the common denominators can be studied." "The mystic Quran is one of the deepest texts. It has very clear explanations of gurus, angels and daemons."



# Chapter: Quotes From the Guru Book - Published with Zen Master

"The Teachings of Dao: Build Character, always be cultivating and then follow the path." "The translation of Zen is Dhyana. A state obtained through meditation, right before Samadhi. Single point focus." "Hanging out with Zen Master at Harbin Hot Springs for my Birthday, enlightening. 8/17/1973." "Once we get hydrated, it's the water that moves us. Makes us do the things we do." "After two days spending with the Zen Master, Karma Yoga and drinking Tea, the golden nugget is "cultivate". "What's bigger? Half million dollars or half million page views on Yoga and Vedanta? Answer: Spreading truth and Vedas." "An injury is a blessings because it opens up energy points for intuition. Great for Raja or King Yogis." "The love of Radha Krishna sweeter than Himalayan snow flakes". - Sivananda. "I am very mindful when things don't go my way. Because I don't have a way. Hence I can do more." "In Chinese Ancestry, first you build the character, then cultivate your Qi, then cultivate your Soul." "Me: "Master, what do you think of Dalai Lama?" Master: "Fuck Dalai Lama". "There is misinformation: Yoni is fire, lingam is water." - Zen Master. "The wisdom of the Zen Master, "Always be re-calibrating". "Hydration starts when the body can retain water. Build up the drinking volume of tea in a day. Awaken Dragon." "Drink tea till you pee. Measure how fast you need to pee. First leaves impurities from the body. Then hydration starts." "In China, immortality is defined by an Avatar and the Mountain. Symbiology of Enlightenment." "We have been dehydrated for millions of years. Bring the fire down. Water up". - Zen Master. "Zen practice starts today with the master. No animal products. Garlic or onions. Build taste palette. Medicine works." "What you need to know is in the books." "How is Nada found? How does one find the sound of silence?" "A skeptic comes to baba ji, "I am heartbroken, what should I do?" Baba Ji after introspection: "Go travel". "Skeptic: "but I don't have any money". Baba Ji after close introspection again for 30 minutes, "Get a horse". "All great kirtan musicians want to learn about nada yoga. The science of subtle sound opened through meditation." "Although Buddha was Vegan, he would sometimes eat meat offered to him to not offend anyone." "What difference does it make? They go down because of their own karma. They will relive and get a chance". - Krishna. "Self realization is really understanding which path is light and which path is heavy." "For a major work to be done, there are three forms of energies in motion; purity, action and deconstruction." "Sivananda cave in India. A Brahmin boy goes to naked Yogi in Rishikesh. Yogi asks for a cigarette and tell the Brahmin boy to move west for shakti (the mother)." "The Yogi also told the Brahmin boy (that I met) that what he is looking for is not in India. Don't be influenced by robes." "I am the immortal Atman. What do you want to do with me?" "And there are those who mislead by choice. What do they think? We are stupid? Never underestimate the divine shakti." "Showing someone path to enlightenment is very different than showing someone path to yoga." "Unless you fast for a couple of days, you don't know the food energies that affect your higher Self. Om Tara Tatture Ture Namaha (Tara, female Buddha mantra)." "Obedience is more important than sacrifice". - Sivananda. "Walker within the circle, pause. Although they all died of One cause. Remember how their lives were dense, yet differ". "There are four states: Waking, Dreaming, Deep Sleep and awake-dream state, Turiya." "Every action that we take is carefully watched. Especially in the presence of the gurus who are active in astral."



## Chapter: Ancient Wisdom of Dao Part II

"Take words to manifest meaning and you'll obtain 'meaning'. Cut off words and meaning is emptiness. Emptiness is Dao." "Dao is usually described in terms of elements of nature, and in particular as similar to water." "The Way of Heaven, is ruthless; when autumn comes 'no leaf is spared of its beauty, no flower of its fragrance'. - Tao. "Understanding bad teachings is as good as understanding good teachings." "Shut the fuck up and drink some tea". - Zen Master. "On the scale of any spiritual practice, whether priests, mullah or swami. How many have actual nada experience?" "Meditate and you will really find out what goes in the astral world."

"Discrimination of action. To take or not. As a yogi, this is One action we should take. Visit Amma, Divine mother." "The ashram and the gurus are within." "All the tools we need are available once the determination is established for complete surrender to the divine will." "The teachings of the gurus is what brings us here. All experiences, past, present and future are only for realization." "Once the guru obtain nada, he passes on the sacred sound from astral to His true devotees." "Listening to Satchidananda mantra "Om Bheem Namashivaya" trigger an opening where you can start listening to mantra, rather recite." "The prediction whenever human beings forget the truth, Vedanta will re-emerge. Taught by the gurus to disciples." "In the beginning, there was the sound and the Universe was created. Krishna flute is a projection of nada sound." "The silence or nada should never be taken as a sign of weakness. Because the power is in the subtle, not loudness." "The sound of music is an ultimate projection of anahata nada which is the sound of the Soul or God." Arjun Das, a great yogic practitioner. Arjun Das: "You should become a preacher". Me: "No, no. No preaching". "Never fear! The end of something marks the start of something new". - Fortune Cookie. "Any work is karma yoga. Putting a smile in someone else's face, one becomes dharma yogi." "All gurus that have tasted enlightenment believe in One. Arguments are a sign of fragmented knowledge." "After rigorous yoga practices and thirst of knowledge. The gurus voice within becomes very large. The guru becomes the guide." "In the most happiest moment, everyone smiles and everyone wines. Can't force it. It has to be heartfull and mindful." "Trust the divinity and perform our duties. Serve the gurus who are within, not at an external location from us." "The quest is not to die and witness God. Can we be living and have a true experience of divinity?" "Being able to listen is the best respect you can give another. The Self can be absorbed listening to silence and listen."



## Chapter: Jnana Yoga - The Science of Knowledge

Jnana means knowledge. As advanced practices of yoga and meditation start, experience start to develop. The yogi observes these new internal development and need knowledge to validate these experiences. The ancient sutras have defined all our patterns. Through advanced practices, we witness them. "According to many yogic predictions, the next dawn will be in the west. The gurus marched from India to enlighten." "Great Saints Sri Auro Bindu and The Mother. The mother known to come inside people's bodies through the Soul, i.e. astral projection." "The Zen Master, working his magic on the stove. Burning what no one wants. Heating water." "Dream with Zen Master. With hydration and no animal harm, inner nuts and bolts are working. Adjusting perfection." "Tao is not name for thing but underlying natural order of Universe whose ultimate essence is difficult to circumscribe (similar to nada)." "A good teacher or father takes the student beyond and not below. The student is the arrow. Teacher is the bow." "Wisdom is not found in books. It's found in spoken words." "The relentless worship of the gurus creates bhava, a deep feeling of love, a sacred place that activates Oneness." "The guru is what ignites the fire in us. The question is whether we can go beyond our discrimination?" "The gurus, Sivananda and Vishnudevananda are no doubt Shiva and Vishnu incarnations." "In the Golden era, we were vegan. Some how, animal cruelty began and the karma ranking dropped. Now darkest period." "The definition of love is related to Sanskrit bija mantra, La Va, that opens the root chakras, first and second." "Never been in any religion but vedanta that one proclaim to be God or Goddess so boldly by experience of the Soul." "For a male to surrender to a female as divinity or Goddess is essential to becoming a deva or God Self." "The disciples are more important than the gurus. Especially when the guru is not living, as the case with Ramana Mahashri." "The gurus that do wonders on earth become miniature God or Bhagavan. When pass to the other side, have super powers."



## Chapter: Nada (Silence) and Bindu (Creation)

"The soulmate connection. Each person has a male and female side connected like a DNA strand across dimensions." "The art of love. Tantra yoga and connecting with every inch of our being." Nada is silence. According to Krishna in Bhagavad Gita: "The Secret of life is silence". Through the void, the emptiness, through constant practice of meditation, the hissing sound in the ear is found. The sound of the soul. The experience of which throws all books ever found out of the window. Where nada meets bindu, the immortal sound meets manifestation. Bindu is the acting principles. The energy can be felt. The distinction is observed. Once a real experience happens, a validation of creation happens that human beings have the capacity to reach higher states. How we get there is a mystery. However, so much is there to be known. The experience of nada is where it all begins. Nada is the 5th element, ether, akasha, astral where the glimpse of God happens. Bindu as an acting principles, distribute karma. The ever present eye is always watching

us. Aligns soul groups and people where they need to be for the highest good. Now a new Universe begins.

