



MARUTI RAM PRATURI

in the Pursuit of  
the Dazzling  
Brilliance

UUID: 0c84657c-1f42-11e9-a55b-17532927e555

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# THE CONFUSION

Wasn't it me who created myself cell  
by cell?



Wasn't me the immaculate who began  
to dream this dream of the absurd real-  
ity?

Why did I start compromising my in-  
tellect, and imagining the mere patterns  
around me as the reality?

Why do I come alive in this drama and go dead without it?

Why do I need the comfort of the society?

Who is binding me to this drama? My body? Or my insecurity? Or my fear that there is no happiness without the drama?

Where in me do I store this world? Is the world upon perturbation of the tiny molecules in my mind? Will it recede chapter by chapter and blank away as the mind relaxes?

What is the proof that any of this is true?

If I need to clean the mess around my soul, where do I begin? Where do I snap this my role in this drama?

And how else do I experience unchallenged eternal bliss, other than by pausing this drama?

And when do I stop letting myself surrender every moment to this wrong knowledge that I am this animal?

Why do I want to be the toy that I have created?

# TO GAIN CONTROL OF THE BATTLEFIELD



Yes this is the battle field. The fight to takeover the host-processor. As you



know either the soul takes over or the toy that you yourself have made. Only one of them has the possession on the host.

If the toy takes over, its a magnificent drama, that you are so familiar with. Its either the body-game, the eat-game or the psycho game replete with several characters freshly baked from your mind.

If by a very rare chance, the soul takes over. You have already slept off. Even if you haven't you don't know what it talks, what are its objects.

You end up being the toy.

Not for once do you get to see how your creation is unfolding, nor do you feel that all this imagined stuff is melting away at the edges & gradually will leave you.

# THE TOY THAT NEVER LEAVES ME

Yes, that's him. The toy.



He thinks what he sees is true. He

doesn't know he is a mere organic toy. He thinks he is real & his world is real and it is outside. He thinks that the dream-drama has an objective or a series of objectives.

He thinks he has a family, a whole lot of responsibilities. He thinks he is discharging them while all what he is doing is merely to interact with the already excited molecules in his mind.

He discovers fun in comedy. He relishes the company of his friends.

He donates, not knowing that he is actually just feeling elated that he has and others don't.

He is compassionate as though that it is a virtue.

He dances the shiva-dances, plays music, does everything just to keep the excited molecules in a state of excitement. Or wastes his time in giving lectures on spirituality whereas he should simply be relaxed and silent.

He does not know that he has to stop. That the toy will stop and his world expires.

I want it to stop and give me a break.

Because I am different than the toy. Between me and the toy is the boundary of Life. I am life and complete bliss. I am the truth.

The toy is ever dying and always trying to hide inadequacies.

I will write a series of practicals on how to deal with the toy, now that I have my theory out, and now on your plate. May be it's a good idea to follow me.

# THE TOY WORLD



..

And the toy has a huge world of many meany toys in it. The world inside it has plants and birds and rocks and things. There are those sand and hills and rings. It has two legged and four legged ani-

mals and the toy itself is one of them.

It never occurs to the dumb toy that it itself has created this world from a whole lot of data.

It becomes the world, with all its livid two legged creatures & gets fascinated by it.

Yes it can be paused because It exists after the boundary of life.

There is the me, the formless, shapeless on one side of Life & on the other is the toy world.

It may be good fun to play with the toys of the toy world, but its not funny to be a Toy. I have to be myself & that's easy.

# SOME PRACTICAL EXERCISES BEFORE THE THEORY BEGINS

Silencing the toy will give you the space & time on your mind to experience the bliss.

When serious attempts were made by humanity to put forward the soul and 'still' the toy, science was not required. Their approach was different.

Now we need science. As such reliance upon Science is the weakening of the soul. But let it be known to you that science is a function of the mind. Science will go only to the extent the fertile mind would allow. Will deal with science, here, in a while, and its usefulness to bring up solid logic to placate/silence

the toy.

Understanding the toy should only be done to silence the toy. Gita says Krishna (the soul that's [in] everyone) made the Toy (Arjuna and others). The toy creates a false universe for itself with Ahamkara (Ego) and the three Gunas (mental dispositions ) mainly.

Life of Pi says, the three Gunas are three animals Zebra, Orangutan & the Hyena representing the unstable stages of the toy as the animal. Its ego is the Tiger.

Don't dwell on what the Toy is, for too long. It will devour you. Don't look into its eyes. Keep a distance from It.

Don't let the Ancient scriptures bother/confuse you, you can do your own, its never too late.

Just start with the truths as you know them.

There is the toy which you know is you, for a long time now. Think of what it was a few years back. A you that lived in a different world with no wife, children or grand children. It itself was a lit-



tle child, the world was different. It was more real than the present. Rewind some more, you were not even a few molecules in your father before you moved into your mother. And you went ahead and supervised the construction of your body. You shone bright with all your creativity and created the toy all by yourself. That You had no language, but extreme ability to create. Now You are lost and the Toy has taken over.

The toy has taken over your mind.

The resplendent You is now awake only when the mind occupied by the toy is asleep. So the toy never knows the real You. It does not recognize that You are the one who created It. In the world that It created using animal instincts and ignorance there are so many fascinating things, the Gods and the planets and the humans but not You. Because when You are there It is not.

But don't give up, be armed with the truth. Touch the boundary even while you are the toy, attempt to do the Pranava , try staying there with Aum,

since you may just momentarily be able to slip to the other side and feel the silent bliss of nothingness.

# A BIT OF ESSENTIAL THEORY



Gita is a wonderful spiritual guide. Spiritual science is the ultimate and requires discipline to train the mind to follow the truth.

Life of PI dealt with truths. The "surrealist island" portion is the phase of ingestion of truth into the toy. Endeavor to have your own confrontations with surrealism. Not by substances but by deep relaxation while the mind is awake. This happens if you sleep for an hour after a 'hour and a half' meditation bout. Float in it and have your own bouts of truth ingestion.

Gita guided the Life of PI.

Gita is for the courageous toys. It is the conversation between the master soul, (who made the toy) and the toy. I like each one of its lines , as the soul speaks to the toy and asserts the relationship between it and the toy.

There is no prayer in Gita, its not for chanting. Its the quotations of the soul as it tries to protect and pull the toy out of heavy loads of Ajnana.

Some of the lines:

1. I know its difficult for you to see through the maya that I created all around you. (Its the soul telling the toy). But try.

2. Yes, I will like you (again the soul to the toy), if you keep me in your thoughts always.

3. Awakened toys want to see me everyday ( for a while) in my universal avatar, How come you don't? How come you are scared of seeing me like this?

4. Awakened toys see themselves in everything and see everything in themselves. (Again the soul pulling up the toy)

5. Soul tells the toy, be wary of deep-wild/desires/lust, anger and greed. It says imbibe the qualities that I want in you " fearlessness, pure-heartedness, absorption in spiritual knowledge, charity, self-control, sacrifice, study of the Vedas, austerity, sincerity, nonviolence, truthfulness, freedom from anger, renunciation, serenity, aversion to finding faults in others, compassion for all creatures, absence of avarice, gentleness, modesty, steadiness, valor, forgiveness, patience, cleanliness, freedom from envy and the desire for prestige" and then I will take you in,

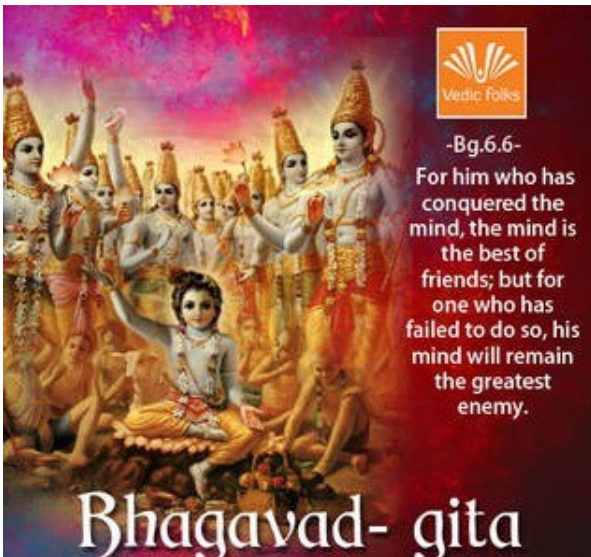
& so many such lines.

Everyone of them is packed with wisdom, with the joy of being the soul (even for a while)

Idea is to be the soul even for a few moments in a day. Soul is on the other side of Pranava. To let the processor be besieged with the soul, the stupid toy has to let go. Quieten it. Reduce the agitation in the molecules by letting them play out. And then make a determined shift to Aum. Realize that as you transcend Aum on to the other side you are propelled by Bliss.

Realize that you were never born and the toy is just a dead piece of organics until it steals the processor-time from you to play the video of life. Don't let it ruin your game.

# MORE ABOUT GITA



Gita is the essence of spirituality for anyone.

Its the conversation between the soul and the toy. That's it.

Soul is the all powerful, omniscient.

Its waiting for the creation to dissolve, the creation that it has created. Soul ridicules the false assertion of the Universe, that the Universe existed even before the Soul

Check for link to Nisadiya sukta . Notice how , in the end it makes a parody of the creation and completely debunks the theory of "alien creator"

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Translation : He from whom this creation arose,

He may hold the reins , or he may not ( for no one else can !)

He who surveys it all from his highest heaven,

He verily knows it, or perhaps even he does not ? (What do you say ?)

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The soul is the science and the Science is the Advaita. Science is for the soul to quiesce the Toy.

Gita, every one of the lines, is an in-



struction from the soul to the toy.

It tells the toy, continue the consistent practice, understand the truth, stay with it, do meditation & do not take the game seriously.

First on every day, the practitioner attempts to build the wall of Pranava (Aumkara) that divides the soul and the toy.

Practitioner moves his mind towards the soul and experiences the bliss.

He will talk to the toy only if its necessary and the conversation is the Gita.

And those brilliant folks who could think through all this just flew.

When you fly, you don't need to experience the torturous details of the earth contours, not those bizarre terrains. But if you cannot fly, you have to.

Aum is the relief, the oasis where you can take a brief respite while you trek the torturous terrain of life.

The Aum logic is pure. The universe resides in the molecular activity of the brain. All this activity strictly follows the cycle of Aum. 2 time spans instantia-

tion, 4 time span sustenance and 1 time span of annihilation. Everything in the universe since it resides in the mind has to follow the cycle. Every detail of the universe animate or otherwise can be trapped by using the net of Aum and be brought to void.

But you, the Krishna (in the Gita), is not in the Universe. Universe is the illusion that you have created, Aum is the wall in between.

You are pure bliss, have no form.

You are responsible for the drama, and you are the one who is capable of plucking out this toy out of this holocaust.

Why the procrastination or do you think its not ripe enough?

# THE VOICE OF THE GOVINDA



*the Govinda <https://en.wikipedia.org/wiki/Govinda>*

He is everything as described in ancient Upanishads. (<https://en.wikipedia.org/wiki/Upanishads> )

He is everything that is & And hence  
He is my soul.

But I can see He is stuck with the data of my avatar.

Data created by this avatar, by this very avatar which itself has been created right in front of my eyes. This one is known to me in its entirety, its shallow.

It pretends that there is an external world, a world which is real and which is outside it.

I know its nothing really, it is just the Toy that I myself have constructed sitting in my dad/mom combination.

Me being the Govinda is something the Toy cannot allow. Doesn't allow, putting forward his stupid logic

I talk to this toy (as me the Krishna) everyday and the conversation is something very similar to the Krishna in Vyasa's creation, the Gita.

I tell him, you are going to go and I remain. And everything that you carry with you is just Maya, just like you yourself.

I tell him, not to get curious with the world around, because then the toy won't let go; it will be mesmerized; it

will want to grab more and more of Maya and get choked with it

And the dumb toy puts up its comic defense, says "but you are not the God" ; It says "I know of those alien Gods that got created in me, you are none of them.

I can vouch for their existence, they have been here for a long long time, where as you are just a few decades old"

Imagine the audacity (; who is this fictitious entity - this toy ; it came after me ; I supervised its construction, even though I don't remember now. May be if I get rid of the toy or stop it from meddling with my thoughts, I can recollect how this toy got created.) . Its saying there are Gods, a whole lot of them that I should pray them and not think that I am the creator. It says I have been here on this earth for just a few decades? Doesn't it know that I am here and the earth came later, that I am the only one here. How stupid it is?

I care two hoots for the Gods that it created out of its stupidity. Any thought

in the mind of this toy is Maya, a fiction. Alive only till the molecules of its mind are in a state of agitation. This holds good even for those fancy gods that it created in order to fool me.

I know as my Goal as Krishna & Govinda. Still the toy immediately and feel the bliss. My existence is not Maya, its not in the agitations of the molecules of this toy (the avatar)

I have been always. I am strapped to all this fiction which is collected in the Mind of this toy. Doesn't matter when it got strapped. My task is to remove the ties, one by one.

And I will use Pranava (Aum) to do this.

# AUM -THE PRANAVA



*..Aum written in Sanskrit*

And I will use Pranava (Aum) to get a grip on all these thoughts.

Because every thought has a period of instantiation, a period of sustenance

and a period of passing-away. This wave is true for the cycle of every thought, how big or how small. And if my AUM has the longest wavelength, all these small waves, which are my thoughts get submerged into one big Silent AUM.

I will float in it in silence of the AUM and watch the Toy disappear in the background (along with the Maya world that it created) even for that one minute.

And as I go on to the 8th or the 9th wave of my induced AUM , the wave will be too long and big, and big enough to give me the bliss that is the abode of the one and only eternal Govinda.

And this dream will end ; And I will be released to Moksha even if it is momentary.

And those brilliant folks who could think through all this just flew.

When you fly, you don't need to experience the torturous details of the earth contours, not those bizarre terrains. But if you cannot fly, you have to.

Aum is the relief, the oasis where you



can take a brief respite while you trek the torturous terrain of life.

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# THE STATE OF THE UNBORN



..

I know there is one bliss, the only bliss  
which is Me.

And there is the Universe as the illu-  
sion flowing like water in the faucet, ei-  
ther Hot for the living state or as Cold  
for the sleeping state.

A Universe drawn from memories re-  
siding in the excited mind; engaging the

mind in supposedly chronological order.

And while I pursue for silence from thoughts, I know for sure that nothing is useful nor sacrosanct than the bliss of being the unborn.

My first task is to shake the foundation of the Maya, by rewinding life ever so gently (as thoughts bombard me) beginning with one week at a time and later rapidly to years in a second, as I go through meditation.

Then I wonder, have I been really alive all this while or have I just been, pre-loaded with so much baggage.

Is there a need for a long-existing life to justify what I feel now, & isn't it logical enough to justify a case of this today's birth of mine.

Either case, where do the pieces of me lie inside the mind ; and wherever they are inside me, why do they disturb my peaceful, blissful silence.

Even the existence of the molecules that hold my story (for me) are a construct of the mind.

I existed in bliss even before my engagement with the constructs of the mind and will continue to exist even after the cessation of the illusion of these constructs.

And then I will be Unborn, in blissful silence of my conscience.

# THE PERSISTENCE



That's the name of the Game.  
You will do meditation every morning. There is no other way.  
This is the true way. Sacrifice every-

thing for this. Sacrifice sleep, food, human games, interactions.

Because there is bliss there, a gateway to long standing bliss.

There is no justification to postpone this pursuit any longer.

Because you know you are being conditioned every day to continue to lead the life of an animal & one day you will be a complete animal.

Lost forever in the animal kingdom of yours.

While there is still this voice in you which urges you to wake up and be yourself, listen to it, nurture it.

Don't look for childish intrigue here, there is no magic here, there is only the mature truth. Don't waste time in listening to speeches, don't read books on Vedanta, you have known enough that is there to know, now is the time to practice.

Always bear in mind, the mature truth that the real you is not this organism.

The real you can thrive only upon the cessation of the game of this foreign or-

ganism.

Realize that every actor & every action in this chaotic world is well rounded, there are no rough edges.

And every item in this vast universe resides with in the small confines of the mind of this organism. Your tormentor may just be a half-micron-cube sized molecule which is a few mm away from the tormented, all of which need to subside to stillness as you progress through meditation.

There is no suspense in the future of your organism, it is going on course & will meet its destiny.

The only way to reduce chaos that occurs while you meditate is to spend some time, actually a lot of time, as much time as you can, during your waking hours on what this advaita is all about.

Reduce exposure to desires, conquests, interactions, arrogance and the world news. Just do the little karma that you must.

And as silence comes in as a mighty

relief somewhere in the midst of meditation, remember the following :-

The only place where you can nurture the real you is at the Navel.

Mine the real you through all this miasma, and when you meet it, you know it is It, from the Bliss that it emanates.

Nurture it at your Navel through Gentle AUM.

Know its properties, it has none except bliss. No mass, no shape, no name, no language.

Keep nurturing its silence as you can.

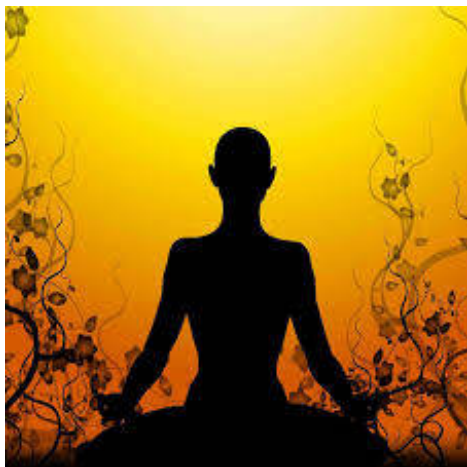
And then sleep for an hour immediately after & experience the dream world.

You need to know the dream world well because this is the main part of your conscience.

Live life of the Brahma.



# THE PRACTICE



Consciousness, by itself, does not talk.  
Because it knows no language.

Our mind tricks us into making us believe that it is the consciousness.

Our true consciousness is a state of bliss which is born even before our mind got commissioned.

During meditation, we can try and be with the pure consciousness.

For that to happen, we need to quieten the mind in its 2 volatile states, awake & dreaming. And finally put it to sleep.

By practice, we can achieve this to a certain degree of perfection, especially the 'awake' state

Awake state is the time when the consciousness is on constant siege by the mind, which throws up alerts continuously.

If the alerts arise from noise or light disturbance around you, you cannot get a grip on the mind, so it's just not possible to liberate the consciousness from the siege state. Same is the case when a part of your body has complaints, which includes the undigested food in your stomach. So forget meditation, the best that you can do in such circumstances is to just sleep.

If you are physically fit & are seated in padmaasan, you can liberate the consciousness from the 'awake' state if you are aware of the eternal truths.

I will list them below:-

1. We are never born and never die, we the pure consciousness exists.

2. The entire Universe resides with in us and there is nothing that we can perceive which resides outside.

3. We, the pure consciousness, does not reside with in the physical body.

Consciousness is the one that lights up the 'awake' & 'asleep' states of mind using the data lying as organic molecules within the confines of our mind. The information thus lying is highly structured and resides as either processed or unprocessed state. Processed information goes into the rules-engine of the mind. The rules-engine is used by the mind to process the unprocessed information and modify itself. The first state of the excited mind is while it processes the unprocessed information. If the rules-engine has erroneous configura-

tion (Ajnana) the processing process takes forever and may just put the mind to sleep. So the first task on hand for a practitioner is to clear as much Ajnana as possible by reading/imbibing Vedanta for an hour a day and then think about it for few hours. It's also important that -we reduce the size of unprocessed information collected each day by limiting our exposure to situations. If the rules-engine is completely contaminated and leads to emotional tussle while processing, there is no hope. Rigorous application of Vedanta to clear Ajnana and reinforce the eternal truths is a must.

Idea is not to sleep before the processing is finished.

Then comes the second stage of meditation. Here the consciousness surfaces a little bit as it asserts over the Agnana. This is the time when we know there is no universe outside. It's the time we know, we have created the entire universe which is always ready to be utilized to the extent that we want, when-

ever we want it. Its bewildering structures become evident to us and we can freely demolish them. This is the time we know that we have created all human beings , just from all the information, just from bare space. These human beings includes us.

Now we move into the dream state which is a bit similar to the 'asleep' state (that occurs ordinarily, even in a person who does not practice meditation), however there is control. We see the direction of the dream but are not overwhelmed by it. This is the second variety of siege of consciousness by the mind. And this state lasts for a few minutes because there is not too much unprocessed experiences-data.

Then the third stage, when the mind is asleep and consciousness is liberated, but not active.

Fourth stage is the active stage of consciousness. And that cannot be described in words.

# THE FINAL TRUTH



*Multiverse*

What is life without experiencing the real truth? As much a dog has its own little consciousness, an average individual [ a domesticated, god-fearing] has one too. There is no difference and we should not try to emulate either of them.

On the pursuit to the truth through, Isavaso upanishad, Kenopanishad, Bhagawath Gita, Mandukhyopanishad, Nirvana Shatkam, Dakshinamurthy ashtakam, Purusha suktam, Nisadiya suktam & finally Ashtavakra Gita, I missed the greatest of them all.

This one is the one Truth, so profound yet so simple.

It is proven by science, & also used in Puranas too.

The great intellectual, sage and philosopher, Valmiki who created Rama, which for him was truly, the paramatma & also made the Ramayan around this, talks about Dasaradha telling his Rama to get ready to ascend the throne, because he has felt changes in the cosmos, that are indicative of (dasarathas) moving away from this universe to another permanently.

There are other universes & Gayathri Mantra quietly brings them in.

Gayathri Mantra has 4 parts. The last one being 'dhiyo-yonaH-prachidayat' which means illuminate my intellect.

The first one is the vyahrti.

The Vyahrti here has just 3 worlds, bhoo, bhuvah & suvah ( bhur-bhuvas-suvaH).

Brahmans of those time used to float freely in the 3 worlds with the Omkara. That's the reason they invoke the Gayathri every morning. No, they weren't lying, they used to float

Why can't I float too? Or have I been? Do all of us float and are not aware? Are we to use the AUM as the vehicle to float in the other worlds? Are those my passage, as I let go this one that I have created?

What do I need from this fake universe to guide me to float to the next one & come back and enjoy this world if I want to? What lies in the other universes mentioned in the Gayathri Mantra?



# GAYATRI MANTRA



It's so fascinating to study the constructs of their Vedic scriptures. Not ours, it's theirs. Even though the scriptures have survived, those people have not.

There is a significant body among

those scriptures called Aranyaka(s). Look for them on Wiki. But as you know nobody, absolutely nobody who lives at this time & feeds the wiki do really care to interpret beyond the sanskrit translation. The wiki article tries to correlate and conjoin Vaanaprastha with Aranyaka. How naive? Aranyaka are read and understood by young kids (during those times). So this treatment by wiki is not good enough for me. Even the one from vedapurana.org.

Aranyaka are the concept of Afforestation of the mind. The multistory gigantic structures in my mind that I as Vishnu [Refer Vishnu Sahasranamam, a creation of great philosopher Veda Vyas ] have, to destroy. These are described by the meaning of Purandarah

[ Purandarah –“The destroyer of the cities.” City is the well-equipped field for gathering endless experiences].

The three cities through which we generally move about gathering our experiences in this world are the waking,

dream and deep-sleep, On transcending the Gross, Subtle and Causal Bodies, one experiences the Self, and at such a moment these three cities are burned down or pillaged or blasted, The same ideal is explained in the Shiva-purana also; accordingly, we can say that He is One who as Mahesvara, performed the destruction of the three cities.

[ everyone must attempt to know the meanings of Vishnu Sahasranamam ]

Imagine the ugly cities of this globe being replaced by beautiful forests.

As the Aranyakas [ where the Upanishads are placed] , act upon the mind and turn it to a forest full of fertile soil, they bring down the structures [of mental relationships] that weight down as crippling burden on our mental faculties. Once our mind is fertile, its ready for accepting the true knowledge.

True knowledge is not rocket science. Just go over the facts that establish the location of our consciousness [Chaitanya]. Do this search once every morn-

ing during your meditation. Your life is not created by either of your parents. It left your dad's body on the way to Mom's womb as a micro particle that cannot possibly have a part called "Brain" in it. The brain and the mind inside the brain got created much after you have begun to exist with your own bunch of the molecules that have your Chaitanya.

And later you created a Universe inside your mind, bit by bit.

Nothing of the universe resides outside your mind. Your universe lies in your brain as a mammoth structure with complete details. The science that you have come across only augmented it. It did nothing else but reinforcing the Ajnana

Now you have a body, a mind, the breathing & an intellect lying as layers that envelop the essential you. All those are imagined, and lie as molecular activity inside the brain. If you can reduce the mental activity, you will be peeling off each layer.

The outermost layer, which is the body-stimuli can be overcome pretty easily if you imbibe discipline and have fasted for 13/14 hours before meditation and are not crazy enough to succumb to your body's urging desires. You would have had your cold water bath at 4 AM and sat in Padmaasana.

The second layer, the mind is also not that tough, if you have cleansed your intellect & have reduced your interactions. It's so funny, that without realizing the fact that everything we interact with is, actually a dozen molecules sending/receiving a chain of signals with another dozen, we get involved and swayed, sometimes so much that we become so negative. We keep forgetting that we existed before the universe and we will exist even after it, because the universe is only inside us & as the body dies, universe is gone. During meditation, after the 30th minute after body-signals have subsided, you will

gain the state of an observer. You will see the mind being driven from one place to another due to unprocessed information gathered after the cleansing in the previous deep-sleep. You will see the chain of thoughts leading from one object to another in a continuous flow. As the molecular activity has subsided and you begin to check if Chaitanya is being extracted, the structures that trap the consciousness get blasted, rubble cleaned up, outer layer of soil restored & your mind is now the fertile soil ready to be sowed with the gnana of the Gayatri mantra.

And as you go through the Prana layer and attempt to peel it off, Aum comes in handy. Aum is three phases.

On a material level, AUM is the gentle inhalation with the imagined sound of AA for two time divisions, followed by UUUU which is the Kumbhak [ holding breath for 4 time divisions] and expiration in one time division with 'm'. [ Kumbhak Pranayamam, Slow inspiration (purak) followed bt holding the

breath for sometime (kumbhak) & expiration (rechak). ]

Then comes the 'intellect' layer, the toughest to peel off. Here we have to rely upon Adi Shankara's works, Nirvana Shatkam (NS) & Dakshina Murthy Astakam, as well as the principles enumerated in Upanishads. First, be convinced that these works are neither lies nor are they superfluous. In NS, Adi Shankara laments that his Chaitanya is lighting up various objects unnecessarily even though he is none of them. Object templates/structures get created in the intellect over time. These object structures get instantiated/illuminated by Chaitanya as we go through the 3 phases of existence, namely waking, dream and deep-sleep. If no structures exist Chaitanya relaxes in Bliss. These structures can be destroyed by probing into the cause of the construction of each. We tend to construct them as we tackle our perceived shortcomings. Perceived shortcomings/inadequacies occur from insecurities or perceived

threats.

What start off as biological need like a hunger, or lack of warmth, or uncomfortable heat, or indigestion, fever, etc for the infant, get translated into a psychological need as the infant tries to relate the scenes seen/heard/felt (from its faculties) to the body stimuli. It concludes that a body discomfort/pain is being thrust upon it due to an inherent defect, which is the beginning of a psychological insecurity or perceived inadequacy. Such psychological needs/inadequacies/insecurities create emotions. Defense against such emotions create a separated fortress which is the Ego/Ahamkara. And these insecurities/inadequacies are addressed by the human through an action, an action that creates yet another structure. This structure contains the result of the action which is either something to be proud of or something to be ashamed about,

These object templates/structures which are merely a data from the past lying as harmless molecular structures



with in the mind, get activated by the consciousness as it processes unprocessed inputs from the recent past and create tumultuous gigantic waves of mental activity.

Knowing all this, reduces the depth of the structures and sometimes takes them away because ultimately none of these will come with you when you make a brief trip to another universe today.

Then, you touch the bliss, the real essential you. The bliss that can untangle the mess and liberate the Chaitanya. Its this very bliss that can take you to any universe, either temporarily or permanently.

Sages, during those times, were cocksure that such travels happen all the time by every individual during something beyond the deep-sleep. However those sages had traveled consciously with complete awareness whereas others don't.

And Gayatri Mantra says travel you will, because Chaitanya can float across

universes since it has no mass. To retain your awareness of the Chaitanya and its travel, you need to liberate it using AUM.

## & MEDITATIONS



*the Dhyana Mudra*

Everything that I have learnt is telling

me to just do meditation, for hours together on the truth.

Lets list down the steps in this process, once for all.

First, have to become "the witness". This is not as easy as said. In order to do this, first detach at least partially from the flow of thought, with effort. Think of what happened before this current thought and the thought before that. Try identifying the flow to at least to a depth of 4 or 5 thoughts. With practice I can do even 7.

Among all those thoughts, there may be at least one that is beaming & that which makes you happy, but is it true? Will it exist after a while? Why did it involve you? Was it threatening your existence or is it a cheap thrill that you want to indulge in?

Remember all thoughts are just excitation of the molecules of the brain, which make you feel they are real and you are real.

Witness them, don't become them.

As you make a list, check how the first

one of the thoughts occurred. Was it necessary? Was this excitation, of the otherwise chilled mind, of any use?

If its a mere thought and you have witnessed it & its refusing to go away. Deploy one Aumkara on it, to dissolve it.

As each little stream of thoughts dissolve away, you will experience a silence.

And before another stronger thought descends on you, remind yourself one more time that the whole universe is unique for you, it exists in your mind & you have created everything in it. You have created every molecule of the whole universe including the Sun, Moon, Planets, Mountains, Rivers, & the Humans. You created your dad & mom and your children and your this avatar. All of them live in the excited molecules of your mind & as it stills they all disappear. While they live in focus in you, they are you because they use your consciousness to stay in focus. And therefore you are them. If none of them stay

in focus, you are none of them and hence a nothing, a darkness. A blissful silent darkness.

You have existed before you created your mind in which your universe rests so playfully. And your true consciousness which is the real you, is on continuous onslaught by your thoughts, which are born out of

a) ignorance of the final truth,

b) the desires emanating from the ignorance that there is something in the universe and

c) the wrong notion that the universe is outside you.

& Yes, you are the owner of this play. You can tweak its fate, you may have tweaked it. But this avatar would not know. And why will you tweak a purposeless drama in which the final end has no difference.

And as you complete the 2nd hour in meditation, you will touch the final truth, the truth that after the silence of the meditation, there is a dazzling light of bliss.

## & THE END ; THE FINAL JOURNEY

Vedham etam purusham mahantam  
Aditya-varnam tamasa parastat  
Tam eva viditvamimrityum eti  
Nanyah pantha vidyate 'yanaya  
'I know the Veda, the great totality;  
radiant as the sun, beyond darkness.

Those who know that become immortal.

There is no other path.' – Shwetashwata Upanishad, 3.8

First to get to the darkness and then move to the **Dazzling Brilliance**.

Darkness is when there is nothing. When all the universes dissolve into the Aumkara like how Gayatri Mantra promises.

When my house and family and my neighbors merge into Aumkara, which is logical because every aspect of my universe is a thought in my mind.

And if the Aumkara that flows so innately in me, is big enough to absorb all thoughts, it will stay as the foundation of my being, below which I shall never fall.

I will live in darkness, may be a brief wait, before I see the consciousness as bright as the most powerful Sun.

There is no death, if there was no life. There was never a life, because the Universe, the only one of the type that comes for my Avatar, the exclusively mine, has an existence only upon the agitation of the molecules in my mind. As the mind of this avatar cools down, boiling & simmering subside, I know I have ordered the cessation of this universe.

My death will not be a defeat, not like those of other normal humans, as they cling on to life while the body with the universe begins to corrode and eventu-



ally become inoperable.

My death, will be the waking into reality.