

DHARMA STHAPANA

OWN YOUR DIVINITY

We have come to earth to live happily and gain experiential knowledge about everything. We are all friends here. Every event in your life is an opportunity to gain experience and increase knowledge. Knowledge is infinite, and it's like a flow. We are all creators. We must understand that our creation is happening within us. We must try to understand the power within us.

The earth is undergoing many changes now, and our consciousness has decided to live happily and joyfully, increasing its limits in unprecedented ways. We must change according to the change in consciousness. We are creating our reality. We must stop searching for solutions to our problems outside and start searching within. Without getting discouraged by karma, fate, or feeling helpless, we must always think that our life is in our hands, and we are the creators of our life.

Instead of trying to change others, we must change ourselves and reach a state of self-realization through introspection. Self-realization means owning complete love and joy. Our soul's essence is unlimited love and freedom. When we change within, our external problems will automatically be solved. If we live in the present moment, the divine moment, we will get what we want without effort, and it will come easily to us. We must incorporate the following principles into our daily lives with this knowledge.

Principles of New Energy Concept:-

1. My life must come into my hands.
2. I want to go beyond Karmic Law.
3. I am erasing the destiny I wrote for myself before I was born.
4. I must live, I must keep living until I achieve liberation.
5. I am creating my own destiny, my own life. Whatever happens, I believe it was created within me, and I will search for the answer within myself.
6. I must experientially know that I am my own doctor, guru, and God.
7. From now on, I will love myself. I will love my body, mind, and heart.
8. I will equally love the good and bad energies or the three gunas within me. I will create love between them.

- 9.From now on, I will move from a dependent state to an independent state.
- 10.The problems come to me only when I can bear it, only when there is a solution and required amount of energy and knowledge within me.
- 11.When a problem arises, I'll first become a witness and then entrust my body, mind, and heart to handle it themselves, allowing the inner energies to take charge.
- 12.From now on, I'll eat with the understanding that whatever I consume will neither give me good nor bad, but will give the divine energy hidden within.
- 13.Change your beliefs in this way: YATHBHAVAM TADHBHAVATHI.' This means our beliefs shape our lives. So, if we want to change our lives, we need to change our beliefs. For example, I believe that eating a lemon will give me a cold, I'll lovingly release that belief and imagine it's gone. Now, I'll adopt a new belief: 'From now on, whenever I eat a lemon, I won't experience good or bad, but will receive the divine energy hidden within.' To change this belief, I must think this way and eat the lemon without fear. If I avoid eating it due to fear, the old belief will persist.
- 14.I will lovingly acknowledge and embrace all the positive, negative, and neutral roles (good, bad, and neutral) I've played on this earth in past lives. I'll talk with these roles and feel the emotions. For example, 'My dear thief role, I've hated and criticized you for so long. From now on, I treat you as divine role. Help me, and merge with me, as I've played this role in past lives.' Then, release all the emotions (pain, anger, frustration, disgust...) surrounding this role until they disappear. After that, create love between this life's role and the thief role, and meditate.
- 15.**Choose the energy (BP, sugar, asthma, fear, etc.)** First consciously choose whatever you desire. For example, I want health, I want money. Then, talk to the negative energies as follows and feel: BP energy, why did you come? What did you come to teach me? Teach me, I'm ready to learn. I'm ready to change. I've hated you, tried to kill you, and seen you as an enemy for so long. From now on, I'll love you, see you as a friend, and experience you as divine. Help me, show me what I need to learn, increase my self-confidence, and take me to a state of blissful health.

By believing in yourself and practicing meditation and feel as described, you'll receive your intentionally chosen outcomes. Lots of people got results doing in this manner. So you love these negative energies in the above said manner, and tell them to shift you to positive energies. Because of this instead of battle love happens between them and they merge permanently. Then you will reach the state of purity, i.e. you will go beyond good and bad; positive and negative; right and wrong; sin and virtue; raaga and dwesha. You will reach a state in which everything is divine.

MEDITATION

Sit comfortably in Sukhasana or lie down, close your eyes, and observe your natural breath, feeling the sensation of the breath moving in and out. If thoughts arise, don't actively participating with them; simply observe both thoughts and breathe simultaneously. If you observe like this, breath himself becomes smaller and stops at third eye point naturally. Then you will get thoughtless state naturally. Because of this, infinite new energy which is present here and now enters within you. And also you attain soul knowledge. If you start implementing this knowledge with the help of new energy, all your parts and thoughts develops and transforms into divine energies. Since new energy has the ability to integrate you with divine, you will transform into divine-human and remain in blissful state. Anytime, anyplace, anywhere you can practice this meditation. Start practicing meditation for at least 10 minutes daily. Whatever you do daily, do those works besides observing your natural breathe. This blend of daily work and meditation increases the creativity in your daily work. You will start noticing that you would be able to do your daily work without tension, with peaceful and Joyful manner.

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