

DHARMA STHAPANA

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OWN YOUR DIVINITY

Knowledge is not static, it is a flow. Experience is knowledge. Knowledge means awareness of the self. Knowing and being with our self. In fact, we are all **creators**! We came to this earth plane to experience everything and live happily, blissfully. We are all Friends here. We have to realize the truth that we are all **Gods**. We are spiritual beings having human experiences here. Unconditional love and unconditional freedom is the nature of self. We have to realize now that our creations are happening within us. Now the earth is changing rapidly and our consciousness is expanding its limitations never before, to live happily and blissfully. We have to adapt to the changing consciousness with the help of updated knowledge. The Fundamental truth which says, '**we create our own realities**', so we have to travel within to create whatever we want instead of searching, seeking outside. The time has come to realize the truth that all creations are happening inside, so find out the truth and be the truth. We can solve all our problems from inside-out approach, and live always in the Divine moment i.e. in the present state, and then everything will follow on its own accord easily. Staying in this understanding apply these principles in your day-to-day life.

Principles of New Energy Concept:-

1. My Life has to be in My hands i.e. the way I want it to Be.
2. I am choosing to go Beyond the **LAW OF KARMA**.
3. I Erase the Fate completely that I have written for myself before taking this birth.
4. I am choosing life. I choose life till I get MUKTHI.
5. I create every moment of my life, so I feel whatever might happen, it happens inside, therefore I will find the answers within.
6. I will know through my practical experiences that I am the **DOCTOR**, the **MASTER** and the **GOD**.
7. From now onwards I love myself. I love my Body, my Mind, and my Heart.
8. I love both the Positive and Negative Energies within equally; I will create love between both the energies.
9. From now onwards, I will move from dependency state to 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. If any problem arises, first I will reach witness state and then I will give responsibility to the **Body, Mind, Heart** to heal themselves. Then only, inside energies starts functioning.
12. From now onwards whatever I eat, I will be in the feeling that I will not get **GOOD** or **BAD** through them. I will get divine energy hidden within them.
13. **BELIEFS CAN BE CHANGED IN THE FOLLOWING MANNER:**
"YATHBHAVAM TADHBHAVATHI": this means our beliefs are driving our lives. Therefore, if our beliefs change, our lives also change. Eg. I have a belief that I would catch cold upon eating a lemon, I release this belief with love. Imagine and feel that the belief is released. After this, put new belief that, from this moment whenever I eat lemon I do not have any positive or

negative effects, this belief should stabilize permanently within me. New belief will activate only when you start eating lemon. With fear if you don't eat lemon, old belief will stay as it is.

14. I will love all kinds of positive and negative characters/roles on this earth as it is, with a feeling that I have taken these characters/roles already in my previous births (incarnations).

Eg. Thief Character: My dear thief character earlier I hated you, I thought it as sin. But from this moment I love you as it is, I treat you as divine role, please help me. I took this role in previous birth, please integrate with myself. Then go on crying, hating and scolding that character inside till clearing all emotions and then create love between present roles with thief role and do meditation.

15. ENERGY (B.P., SUGAR, ASTHMA, FEAR, etc): First consciously choose whatever you desire, eg: Health, money etc. and then talk to the negative energies as said below:

For example to BP Energy: B.P. energy why did you come? What lessons do you want to teach me? If you really intend to teach me something, I am ready to learn from you. I am ready to accept change. All these days I just hated you, treated you like an enemy and tried to kill you. But from now onwards I love you, I treat you as my friend, also I experience you divinely. So please help me, guide me, increase my self-confident and you only take me to blissful health.

Once in a day you say and feel inside above said principles, do meditation and trust yourself you will get desired results. Lots of people god 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 or lay down in a comfortable posture, as you feel convenient. Close your eyes, start observing your inhalation-exhalation. Even thoughts are arriving, without actively participating with them, just 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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