

## INNER JOURNEY

What is inner journey? Inner journey means traveling within oneself to reach the state of the soul, to become “leader of trigunas.” Who can embark on this inner journey? Only those who persons who took births related to Rajas, Tamas, and Sattva gunas, can undertake this inner journey.

In these three types of births, we try to kill problems, or run away from them, or change them, and ultimately face defeat and die due to those problems. In these three births, we remain slaves to the three gunas, meaning we are under their control, and play according to their tune, unable to master them. Finally, we end these births incomplete or in suffering. After experiencing life in these three births, we become eligible to undertake the inner journey and become “leader of trigunas.”

Only the one who has experienced all the characteristics related to the three gunas can become the leader of the Trigunas. Here, characteristics refer to qualities like lust, anger, greed, attachment, pride, and jealousy, as well as their opposites - contribution, kindness, generosity, detachment, gentleness and love. Therefore, only the one who has experienced the births of these three gunas can take the shuddha Sattvic birth, combine all these qualities, and use them together to create, sustain, and dissolve, becoming the “leader of Trigunas”.

Similarly, in pure energy, Trigunas are combined in equal proportions and become one. So, if you have bad qualities, be happy, because only when the good, bad, and neutral energies within you combine can you become pure and unite with God. That means the problem here is separation, and the solution is union. Therefore, according to my knowledge, I want to say that only those who want to become the Leader of the Trigunas are eligible for the new energy concept. Those who continue to live life with the attitude that the qualities I have adopted are great and all others are inferior are not eligible for this concept.

So far, we have been searching for solutions to problems externally, thinking that our troubles come from others and trying to change them. But our troubles are only increasing, not decreasing. The reason for this is that we are trying to change others without changing ourselves, and not looking for the internal cause by neglecting the external cause.

The purpose of coming to Earth is to realize that I am God. Therefore, we need to change ourselves, transform from humans to divine beings, from Jeevaathma to Soul (Atma) and then to SupremeSoul (Paramaathma). So, those who enter the New Energy should not try to change others, but only when they change themselves will they find solutions to their problems. Here Jeevaathma sticks to one guna and spread up to that extent only, and reject other gunas within. Soul uses all gunas creatively, and spread all bodies, all parts, and all states within.

SupremeSoul is formless and spread everywhere, it spreads everywhere and inside every form in this universe, also this himself took every form in this universe.

If you want to embark on an inner journey, where should you start? First, you need to change what's not working in your life. You don't need to change what brings you joy. But where there is no joy, that's where you need to change. I call these 'problems' or 'negatives'. I considered these 'negatives' as my guru and started my inner journey. So, I advise you to do the same. Here we could not find real permanent God, because we are thinking that temporary problems for which we are not getting solution as permanent, means we believe that temporary things will stay permanently. Here temporary problems mean for example knee joint pains etc.....

So, what to do when a problem arises? First, knowingly or unknowingly, I created this problem, so I take responsibility for it and accept it as it is. Then, make a desire regarding it. Because only when you choose desire and practice accordingly, your life will move towards your chosen desire, not according to the designed fate. So, desire to take me from experiencing negative with dislike to the state of experiencing negative divinely or as leader, and similarly, take me from experiencing positive with addiction to the state of experiencing positive as divinely or as leader. Also, desire to spread within me, in all parts of me like soul. Then, without worrying about the problem, just melt away like I said in the ' Melt ' topic, and after becoming pure, spread within and stay in that state for as long as possible.

Then, a solution to your problem may be found. If not, negative thoughts and feelings related to the problem will arise. When they arise, observe them with awareness. These thoughts or feelings will be of three types - they will tell you to escape from the problem or to kill it or to change it. All of these are related to beliefs formed through past experiences or past life experiences.

For example, let's say we died of cancer in a past life. The experience and its related patterns remain within us. This leads to a belief that we will die of cancer, and related thoughts arise. Now, we need to adopt a new belief that even this cancer will take me to the state of the soul. We need to adopt a new belief that everything will take me to the state of the soul.

After entering the new energy, our first goal is to heal or delete or cleanse our past karma. Because an amazing future depends on deleting the past. That is, if we use our mind like a memory bank, past events will repeat, causing boredom. But if we keep our mind pure, we will see wonders.

Therefore, you must fully experience all thoughts and feelings related to the past within yourself. Recognize that they arose from your own right-wrong state in past lives, not from others; and that others words or actions, have helped you uncover hidden pains within you. With this

understanding, accept your thoughts and emotions as they are and invite them to take you to the next state. Then, they will move you from the state of wanting to escape to wanting to killing, from wanting to killing to wanting to change, and finally to accepting as it is state.

If you don't invite those thoughts to take you to the next state, they will keep coming into your mind. So, stay like a ' friend or student' and request them to take you forward. For some days, speak to those thoughts in words and then stay in that awareness. Just check if you are moving to the next state or not.

For example, let's say you're experiencing pain. You might think, "I'll sidetrack myself with other tasks and ignore the pain." Then, try to escape from the pain. If it works, fine. If not, accept the thought of escaping as it is and tell it to take you to the next state.

Next, you might think, "I'll take medication to kill or suppress the pain." If you try to suppress it with medication, if it works, fine. If not, accept the thought of killing as it is and tell it to take you to the next state.

Then, you might think, "I'll talk to the pain and try to change it." Try to change the pain within yourself. If it works, fine. If not, accept the thought of changing as it is and tell it to take you to the next state, which is to accept it as it is and enjoy the pain.

If your mind continues to insist on trying to escape, kill, or change, and you've already tried those approaches and failed, then strongly argue with it and refuse to engage. Tell it, "I've tried what you suggested and it didn't work, so now I'm going to accept and observe what happens if I just remain silent." However, understand that the strength to argue with your mind only comes from having already tried the approaches it suggested and having the awareness to do so.

If you don't have the strength, meaning your thoughts are not cooperating, then do as described in the " Fight " topic.

When experiencing pain, consider yourself to be in a state of 'apadharma' - a state beyond the distinctions of good and bad, sin and virtue, right and wrong. This is because the disease will only be cured when its root cause is eliminated, otherwise, the patient may die. Similarly, the pain within you will only subside when you wholeheartedly accept and experience the roles you played in your past life that caused the pain. If not, it may even consume you.

So, set aside the rules you've imposed on yourself and, even if it feels wrong, try to clear out the pain by crying, scolding screaming, or in whatever way feels natural. This is the only way to overcome it.

Pain usually arises when you're alone, and if you suppress it and push it inside, it will become your enemy and will definitely take revenge on you. It will come at a time when you want to enjoy yourself with others, cause you trouble, make your behavior abnormal, and lead to humiliation by others. Even if you beg for help, it won't cooperate with you. Therefore, instead of suppressing your energies, continue the cleansing process as suggested in the "Guide" topic, without hiding anything.

When we've tried all possible solutions and still fail, we surrender to the problem as it is. We accept it and let go of our resistance. This is because the problem's influence is stronger than us, so we must surrender to the higher power. Initially, you may think, "How can I surrender to this negativity?" But after surrendering and seeing the amazing change that follows, you'll learn to let go of your ego quickly when another problem arises and surrender to it.

At that point, the problem or pain will kill you, means kill impure Jeevaathma, and only the pain will remain. After some time, the "pure Jeevaathma or leader" will emerge from it. This process should happen naturally and not be forced by the individual. It occurs when one allows themselves to be consumed by the pain without resistance. You may wonder how pain can purify the individual? Since we believe that God has come in the form of pain, it removes your attachments and aversions (raaga-dwesa), and this divine problem purifies you.

When we're in a state of wanting to escape, change, or destroy something, we're like a beginner learning to swim. We're filled with fear, tension, and uncertainty, struggling to stay afloat. But when a leader emerges from this chaos, he floats effortlessly on the water, swimming with ease and joy. He has no fear because he knows how to navigate the depths without sinking.

Similarly, every time a problem arises, the impure kindersoul dissolves, and the Leader or pure kinder soul or Higher Self is born. This is because the current knowledge and understanding we have is insufficient to deal with the situation. What's important to note here is that our current experiential knowledge may be useful to others, but not to ourselves. This is because we have come to this earth to help our inner energies grow, to learn new knowledge from God, and to gain new experiences.

### **Leader**

This leader emerges as a combination of pure consciousness and pure energy. He is innocent like a child, without the concepts of right and wrong, good and bad. He is formless, yet

omnipresent, and sees everything as divine. He plays with opposing forces, taking everything lightly, and remains detached, knowing that the problem and he are separate. When this leader emerges, the problem transforms and moves towards resolving itself, aligning with our goals.

The Leader is not affected by the past, so he remains peaceful and follows the suggestions and messages coming from the soul, which is in the form of a problem. As said in 'Guide' topic, the Leader also experiences the qualities related to the problem in a divine way, while remaining a witness. That's why I initially suggested to desire to experience the negative divinely. Similarly, when the desire is fulfilled, one experiences the pure positive divinely.

You may wonder how your problems will disappear and joy will come as soon as this Leader or Higher Self is born. The answer is that this Leader or Higher Self is eternal, immortal, and unchanging. He remains steadfast, unaffected by any problem that comes his way. He has no victories or defeats because he is the only one who exists, and everything within him is his own power. Therefore, there is no opponent to conquer him from within. This eternal being always exists, playing with impermanent things and ever-changing forces, and after playing, he dissolves all impermanence's into himself.

Because, just like darkness⇒twilight⇒light, opposites come and go, this Higher Self has a natural understanding that his union with the illusion⇒divine⇒divine is always easy. Here, everything except God is impermanent, including the body, mind, heart, past lives, external objects, and external matters. All these are impermanent, meaning they are subject to change. It's only because we bind ourselves to things that are constantly changing that we experience suffering.

But all these impermanence's are made of pure energy. Since the Higher Self is pure, he can recognize the pure energy in all forms and see all forms as pure. Therefore, the Higher Self bonds with the eternal pure soul and experiences both the impermanent problem and the pure energy it's made of as divine, simultaneously. He continues this practice until the problem disappears and only the pure energy remains.

Similarly, as mentioned in the topic of Dharma, whenever a thought arises, you choose all three, but initially, you are biased and take sides, hating one aspect. For example, you always wish to be healthy and are attached to it, hating illness and neutrality. This prevents illness and neutrality from helping you. Here, neutrality means, for instance, having a tumor in the body that doesn't bother you, or it's unclear whether it's healthy or unhealthy.

In relational matters, we stay being biased and thinking 'mine is right, yours is wrong'. But our goal is not to win, but to play with the three gunas, become their Leader, and then purify them, making ourselves pure. So, taking sides and hating or trying to destroy the others won't work. If

health says, 'Come, illness and neutrality, merge with me,' they won't, because these opposing forces have their own egos, making them unable to understand each other. This means one form can't understand another, so it's not just about forms, but also about being pure. In other words, it's not just about roles, but also about the one who harmoniously guides them. This means only the subtle and pure can enter the gross. Therefore, it's crucial to let go of attachment to health and give birth to the Higher Self, creating a pure body.

These opposing forces surrender their ego and knowledge to the Higher Self, merging with it. This is because the Higher Self views these opposing experiences as divine, without differentiation. Similarly, the opposing forces understand they are pure forms, and the Higher Self explains the greatness of one to the others, creating love between them. As a result, the opposing forces gain complete understanding and cooperate with each other, growing together in harmony, becoming interdependent, and ultimately dissolving into a unified, pure state.

When trying to resolve a physical issue through saadhana (spiritual practice), the Higher Self doesn't just focus on the problem, but also on all the roles you play daily. This is because physical issues arise from not playing roles correctly. So, the Higher Self considers all the roles you've played so far, related to physical, mental, spiritual, financial, and relational problems, as well as those imposed upon you by others. Then, the Higher Self welcomes and merges these roles into itself, even if they're inferior. This is because the pure energy split into three opposing parts due to your past desires, and only by reuniting can they become pure again, meaning the past gets deleted. For more information on desires, read the topic 'Fight'.

Then, the pure energy created through saadhana and the Leader or Higher Self (you) merge with the pure energy and consciousness within you. This union is called the union of Shiva-Shakti. This consciousness-energy union is referred to as the Soul (Atma). When everything becomes one, you experience Brahmananda (divine bliss). When you remain in the Soul-state and desire a pure solution for the physical problem, then pure energy spread throughout your being, and then problem disappears. Only then does the conviction 'I am God' become firm.

Then, your faith in everything within you grows, including your body, mind, heart, soul, and all past life roles. You realize that you created the problem by dividing your pure energy, choosing one role, and perceiving the others as enemies. You understand that you continued the issue by fighting for so long. Now, you've had enough and have reunited the three parts, dissolving them within yourself. Thus, you experientially understand that you are the creator (Brahma), sustainer (Vishnu), and destroyer (Maheshwara) of your own life.

However, initially, when you're in the process of uniting everything within yourself as the Higher Self, you'll experience results. But then, instead of proceeding towards the Soul, you'll get caught up in Maya (illusion) and lose your way. Later, you'll again become the Higher Self and emerge from Maya. After continuing your saadhana for some time, you'll realize that it's only



with the cooperation of Maya and the Soul that you'll become eligible to attain the Soul-state. In other words, as mentioned in the ' Surrender ' topic, you'll only reach the Soul-state if your problem is beyond one.

This sadhana is like shooting a movie. During filming, there are actors and a director who makes everyone act. The director creates opposing roles and shoots the movie. As soon as shooting ends, the actors forget their roles and go home without thinking about the good or bad deeds they've done. Again, they come back the next day and continue their roles or act in new ones. Similarly, we've played three types of roles so far. Now, it's time to unite all of them and reach God. If you want to win or feel that I did right-wrong, you'll have to continue as an actor and can't reach God. So, without feeling right-wrong, merge the roles you've played and those that others have played with you, and delete them. Spend at least some time every day, as much as possible, only as the director.

Similarly, here, ego means not expanding one's knowledge and creating a form within oneself with the knowledge one has, and staying only in that. It's also ego to think that 'I am correct, and others are not.' So, one who stays in the understanding that 'I am perfect, others are also perfect, and the entire creation is perfect' is the one who becomes leader of trigunas or who is beyond the trigunas.

Don't limit this sadhana to only negative problems that arise in daily life. Even if something positive is happening within you, but you lack divine experience, consider it a problem and tell the positive, 'Make me the Higher Self.' Surrender to it. Only then can you spend time with God daily with joy. Therefore, to transform yourself into the Higher Self or Leader, consider whatever experience you have as divine and surrender to it, and enjoy life.

**Experience** - Once, a man messaged me saying, "When you are a guru to my wife, it is your responsibility to teach her how to behave with others outwardly." I felt angry, thinking, " my job is only to advise her? If she doesn't listen, is it my fault." But then I took responsibility, thinking, "I created this situation."

A message came saying, "In the past, you guided her as a guru, but she didn't follow your advice, so you remained neutral. However, you didn't integrate the three aspects within you - teaching, not teaching, and being neutral. That's why this problem arose from outside, indicating that you need to merge opposites."

I felt grateful to him because my past karma was revealed through him. After integrating these three aspects, even her husband became my friend. This means that until you delete your past karma, the problem will continue.

Another experience - I post topics I write on Facebook groups. A master read my post and messaged me, "Your posts are confusing many people, so don't post." I felt angry, thinking, "What I'm doing is right, and he's wrong." I wanted to reply, "If you like it, read it; if not, ignore it." But then I remembered what I wrote in the "Judgment" topic - "judge both are right or both are wrong." So, after reaching peaceful state I calmly replied, "Yes, my posts may confuse some, but there are also people in the group who resonate with my concept, so I'll continue posting. Not every concept resonates with everyone, so if you're uncomfortable, please ignore my posts." After this, he didn't reply. A few days later, he even liked another topic I posted. Seeing that, I felt happy for my own spiritual practice.

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### Trigunas Saadhana

We usually think that whatever is in our fate comes to us. That is, if there is good, we think that good will come or if there is bad, then bad will come. But change this belief. Now believe that, Trigunas Equally mixed pure energy-consciousness comes to me from fate and from others. Also decide that I will send Trigunas (good bad neutral) equally mixed pure energy-consciousness to everyone. When we unite with this pure state only, we will have freewill. That means, inside and outside, feel that pure energy-consciousness is flowing from everything to everything.

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