

## INNER JOURNEY

What is meant by inner journey? Doing journey within to reach soul state to become “leader of trigunas.” is called inner journey. Who can do inner journey? The persons who took births related to rajas, thamas and satva guna are capable of doing inner journey.

In these three types of births, we tried to kill the problems, or tried to escape from the problems or tried to change the problems, but in the end we got failure and died through problems. In these three types of births we were slaves to trigunas, means we were in their control, played as per trigunas instructions, unable to lead them, and finally we ended those births incompletely or with sorrow. After experiences these three births only we get eligibility for doing inner journey to become “leader of trigunas.”

Person, who took births related to all characteristics of trigunas, is eligible to become leader of trigunas. Here characteristics means lust, anger, greed, attachment, pride and jealousy and their opposites contribution, kindness, generosity, detachment, gentleness and love. So the person who have taken trigunas births, takes shuddda saatvik birth, to merge these trigunas, does creation-operation-destruction using opposites collectively and becomes “leader of trigunas” or soul.

Also in pure energy, trigunas mixed in equal ratios. So feel happy if you have bad energies inside, because after merging of good-bad-neutral energies only, within you will become pure and merge with God. Means here problem is division, and solution is merging. So based on my knowledge what I want to say is, those who want to become leader of trigunas, are only eligible for new energy concept. Persons who want to continue life with an attitude that, gunas that I hold are great, remaining are waste, are not eligible for this concept.

Till now we searched solutions for problems only outside, we assumed difficulties are coming because of others and we tried to change them, but doing like this problems are increasing, not decreasing. Reason for this is: without changing ourselves we are trying to change others, also leaving outer cause we are not finding inner cause.

We came to earth with the aim to know that I am God. So we only have to change, means we have to transform from human to God, from KinderSoul to Soul and then to SupremeSoul. So the persons who enter new energy concept, if they change themselves without changing others, then only they will get solution for their problems. Here KinderSoul sticks to one guna within and spread up to that extent only, and reject other gunas. Soul uses all gunas creatively, and spread all bodies, all parts, and all states within. SupremeSoul is formless and omnipresent, he spreads everywhere and inside every form in this universe, also every form in this universe is himself.

To do inner journey, from where you have to start? First what we have to change in our life? No need to change in happy situations. We have to change where we are not getting happiness. I call them problems or negatives. I felt them as my Guru and started my inner journey. So I advise you to start your inner journey in this way. Here we could not find real permanent God, because we are thinking that temporary problems for which we are not getting solution, for example knee joint pains, are permanent; means we believe that temporary things will stay permanently.

So what to do when we get problem? First take its responsibility by agreeing that knowingly or unknowingly I created this problem and I accept problem as it is. Then put related desire. Because if you put desire and do saadhana or practice according to it, then only your life travels towards your desire, not towards the designed fate. So put desire - take me from the state of experiencing negative with dislike to the state of experiencing negative divinely or as leader. And take me from the state of experiencing positive as normal to the state of experiencing positive as divinely or as leader. Also put desire that I have to spread in all parts of me like soul, then without involving in the problem, you alone melt as said in melt topic and after becoming pure spread inside and stay in that state to the maximum possible time.

Then you may get result. If you don't get result then negative thoughts and feelings related to the problem will come. So observe them with awareness. These thoughts or feelings are of 3 types - to escape from the problem or to kill the problem or to change the problem. All these are beliefs formed through past or past lives experiences.

For example, if we died with cancer in one birth, this experience and its related symptoms will be stored as it is within us. Because of this 'through cancer we will die' belief will be fixed within us and we get its related thoughts. Now put new belief that this cancer takes me to the soul state when I am alive. In this way put new belief that everything takes me to the soul state. After entering new energy, our first aim is: to heal past karmas or delete them or make them pure. Because miraculous future depends on deleting the past. Means if you use mind as memory bank, then old situations only repeat, because of this you will get bored. But if you keep your mind pure, then you will see miracles.

Then within you have to experience the past related thoughts or feelings completely. Stay in this feeling that these have formed: because you were in right-wrong state in past lives; these have formed not because of others; now through words or through behavior, others are helping you to find emotions which are hiding and could not found by you since long time, accept that emotions or thoughts as it is. Then request them to take you to next state. Then they will take you from escaping state towards killing state, from killing state towards changing state, then towards accepting as it is state.

If you won't request to take you to next state, then same thoughts will come into your mind continuously. So stay like a friend or student, and request them to take you forward. Few days request through words and after that stay in that feeling. Only check whether you have reached next state or not.

For example if you have pain, you may get thought, become busy with some other work and avoid pain. Then try to avoid. If result comes, then ok. Otherwise accept avoiding thought as it is, request that thought to take you to next state. After that you may get another thought, use medicines and kill that pain. Then tell that thought that I tried to kill it by using medicines but no result, so accept the killing thought as it is and request it to take you to next state. Then you may get thought to talk with that pain nicely and tell it to change, then try to change the pain within. If result comes then it's ok. If not, accept the changing thought as it is, request that thought to take you to the next state, that means to take you to a state where you can accept it as it is and experience pain joyfully.

Suppose if mind forces you to continue the same known efforts – escaping, killing, changing; then reject it by arguing strongly. Tell the mind that, I implemented your advice and failed, so now co-operate me, I am doing new effort, otherwise be silent and see what happens. But understand that, this strongly arguing energy comes to you only after implementing the advices given by the thoughts with awareness. Suppose if you don't get energy means if thoughts are not co-operating then do as said in the topic "Fight."

When experiencing pain, feel that you are in emergency state. Means keep aside analyzing whether it is dharma-adharma, sin-virtue, and wrong-right. Because disease disappear when the cause of the disease vanishes, otherwise patient dies. So the pain within you melts only when you experience cause, that is past life karma joyfully, otherwise there is a chance that it may kill you. So keep aside rules you imposed on yourself, and clear the pain by scolding, crying or any other way, even though you feel that you are doing wrong.

Generally when you are alone then only pain comes, if you reject and suppress within, then definitely it becomes your enemy and takes revenge. When you want to enjoy with others, in that moment it comes and hurts you, and makes your behavior odd so that others insult you. It won't co-operate you, even if you pray for help at that moment. So don't suppress energies, continue cleansing process as suggested in 'Guide' topic.

In this way if we fail even after doing all known efforts, then we will accept the problem as it is and surrender to it naturally. Because problem is effecting us, means here problem is in higher state, we are in lower state. So perfect solution for this situation is surrender to higher. Even though initially you may feel that why should I surrender to this vulgar negative energy, after surrender when problem is solved and

miraculous change is observed in you, then whenever another problem arises, you will leave ego quickly and surrender to that problem.

Then that problem kills you, means impure kindersoul which is feeling itself as problem is killed. Then impure kindersoul disappear and only problem remains. After some time, from it naturally “pure kinder soul or leader” takes birth. This process must happen naturally. This is not done by kindersoul. This happens only when you allow yourself to melt in that pain, without doing anything. Here you may get doubt that how the pain makes you pure? Since we feel that God only came in the form of pain, that’s why this divine problem can remove raaga-dwesha from you, and makes you pure.

When we are in the state of killing, changing, escaping: we are like in the first stage of learn swimming. Means we sink and float with fear and tension. When leader takes birth from this confusion, then he will float on water and swims joyfully. He doesn’t have any fear, because he know how to float in it without sinking.

Whenever problem comes impure kindersoul melts and leader takes birth, because our present knowledge will not work. So here the thing to observe is: the experiential knowledge we have, will be useful to others but not for us. Because the purpose we came to this earth is to cooperate for the development of energies within us, to get new knowledge from God and get new fresh experiences.

## **Leader**

This leader takes birth with pure consciousness and pure energy mixture. He is like a small kid without having right-wrong, good-bad feeling. He stays formless and within he spreads everywhere and in every part. He sees every part as divine form and plays joyfully with opposite energies. He takes everything lightly and stays with awareness that, I am separate and problem is separate. When this leader births, then problem transform on its own and travel towards the fulfillment of your desire.

The effect of past will not be there on leader, so he stays peaceful and follows instructions and messages which are coming from soul who is in problem form. So as said in ‘Guide’ topic, leader experiences the symptoms of problem divinely with witnessing. That’s why initially I said desire to experience the negative divinely. After the desire fulfillment, whatever pure positive comes, you will experience that also divinely.

You may get doubt that how problem disappear and bliss comes after the birth of the leader? Answer is: this leader is immortal, have no death. In any problem he stays static, without hesitation. For him there is no success-failure because he is the only one who stays, means all forms within are his own energy forms, so there is no opponent to win against him. He always stays immortal and plays with temporary

things or ever changing energies. After playing he destroys ever changing things and merges within him.

Also Leader feels that, like darkness⇒twilight⇒light, one after another opposites come and go, and he also has natural awareness that always his union happens easily with illusion⇒divineillusion⇒divine. Here except divine, remaining things are temporary, means body, mind, heart, past lives, outer objects, outer issues etc. are temporary means changeable things. We experience pain because we always attach with only changeable things.

But all these temporary things are made up of pure energy. Leader is pure one, that's why he can identify pure energy in everything and he can see every form as pure form. So leader makes connection with the fixed soul, and divinely experiences the temporary problem and its basic material pure energy, both at a time. In this way he continues his saadhana until problem disappears and pure energy only remains.

As said in the topic 'Dharma', every time when thought arises, even though you choose all three; initially you will continue partiality mindset, you stay any one side among opposites and hate other sides. For example you hate disease and neutral while you attach with desire, 'to be healthy always'. Because of this, disease and neutral won't help you. Here neutral means for instance lump is present in the body but it won't trouble you and we don't have clarity whether lump is disease or not.

In case of relationship issues, with partiality attitude we stay in the feeling that, 'I am alone right, other person is wrong'. But here our aim is not winning. Staying leader of trigunas, playing with them, after that making them pure and making ourselves pure is our target. So staying one side of trigunas if you wish to win by hating or destroying remaining, then it's impossible to reach our target. Even if health asks disease-neutral you both come and merge in me, then also they won't merge with health. They can't understand one another because these opposite energies have their own ego. Means one form cannot understand another form; so understand that not only forms, there should also be a pure person; means not only actors, there should also be a director who uses actors collectively. Means understand that only subtle or pure energy can only enter in physical matter. So understand that, after detaching with health, it's essential to give birth to leader to make pure body.

Only in presence of leader, these opposite energies leave their ego and leave their knowledge, and then unite within him. Because this leader feels these opposite experiences as divine and won't show any distinction between them. He understands these opposite energies as pure forms, and clearly explains the greatness of each opposite to the remaining once and also creates love among them. Since opposite energies get complete understanding, in the presence of leader they co-operate each other, develops together, become shelter for each other, melts together and becomes pure.

When you are doing saadhana to get solution for physical problem, leader not only focuses on that problem, but he also focuses on all roles which you are playing every day. Physical problems are formed because roles are not desired properly and not operated properly. So leader revises every role which you played and roles faced by you through others, relating to physical, psychological, spiritual, financial and relationship problems. Then by inviting, leader unites them within him. Even if it is ugly role, then also leader searches and finds them and unites them within him. Because of your desire in the past, pure energy is divided into 3 opposite pieces and got birth at a time; so these pieces will become pure when they again unites, that means past will be deleted when they reunites. Read the topic 'Fight', to understand desire deeply.

Then both leader and this pure energy which is formed by your saadhana, unites with the pure energy and pure consciousness which are within. We call this as, union of shiv-shakthi. This union: shiv-shakthi or consciousness-energy is called as soul. In this way when everything gets united then you will experience eternal bliss. Staying in soul state, if you desire pure solution to physical problem and when you spread this pure energy to all parts within you, then problem disappears. Then only feeling that 'I am God' stabilizes.

After that only trust increases towards everything within you, means body, mind, heart, soul and past life roles. Means problem is created because you only divided pure energy, and chosen one role and treated remaining as enemies, these days you only continued the problem by fighting, you only destroyed these 3 pieces as you felt it's enough; so experientially you will know that you are Bramha-Vishnu-Maheshwara to your life.

But initially you will get results at the stage of uniting everything within as a leader. But immediately you will fall in illusion rather than moving towards soul. Again you become leader and come out from illusion. In this way after continuing saadhana for certain period, with the support of maaya and soul only you will become eligible to reach soul state. Means as said in surrender topic, if the problem is beyond one, then only you will reach soul state.

This saadhana is similar to movie making. There are actors and director, who directs them in movie making. Director creates opposite roles and makes a movie. After finishing the shooting, immediately actors forget their roles without thinking that they did sin-virtue and go home. Again next day morning they come and continue same roles or play new roles. In the same way, till now we also played 3 types of roles. Now time has come to unite them and reach God. If you want to win or if you feel that I did right-wrong, then you have to continue as an actor only, also you can't reach God. So without feeling right-wrong, unite roles which you played and roles you faced through others and delete them immediately, and at least daily once plan yourself to stay only in director state for maximum possible time.

Here ego means without developing knowledge, creating form with existing knowledge and staying in it. And thinking that 'only I am perfect, others are imperfect' is also ego. So understand that the person who feels 'I am perfect, others are perfect and total universe is also perfect' become leader of trigunas.

Don't limit this saadhana only to negative problems in daily life. Even though you feel positive within and if there is no divine feeling, then assume it as problem, become leader through positive by surrendering to it. Then only daily you will stay blissfully with God. So to transform yourself as leader, whatever feeling you have, assume it as divine form and surrender to it and enjoy life.

**Experience** – once a gentleman messaged me – when you are Guru to my wife, then it's your responsibility to teach her, how to be with others in outer life. Then I got angry and felt that, what is this, my work is only to tell, if she won't practice then what is my mistake? After taking responsibility that it is my creation, I got this message: being a Guru, you guided her in the past; since she didn't followed your instructions, you stayed neutral. But you haven't united three pieces, that is 'I should teach - I should not teach - neutral'. That's why problem came to you in the form of complaint indicating reunion. After getting this message, I thanked him within, because through him only I found past karma which is stuck within. After uniting those three pieces, her husband also became my friend. Means here understand that problem will continue till you delete your past actions.

**Another experience** - I will post topics which I write, in face book groups. One master messaged me 'your posts are confusing many people, so don't post them'. Then immediately I got angry and felt that whatever I did is right, he is wrong, and I felt to give reply that 'read if you like, otherwise ignore'. But immediately I recollected 'what I said in "Judgment" topic, in every situation you have to judge that both are wrong or both are right. After following this and after reaching peaceful state I replied like this – yes, it's correct some people may confuse reading my posts, but in this group few people are there who can tune my concept, that's why I am posting. Every concept will not tune for everyone, so if my post troubles you then please ignore them. After this reply he didn't respond again. After few days that master liked another topic which I posted. After seeing that, I felt happy for my saadhana.

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