

## RAAGA-DWESHA

Pure energy didn't take any form before beginning of the creation, but it contains equal mixture of trigunas. Which means pure energy has 33.33% tamas, 33.33% rajas and 33.33% satva. But trigunas mixture is different in every energy-form created by pure energy. Because of difference in gunas mixture, many energy-forms are created in nature. Then God or pure consciousness has entered in all these created energy-forms. So it is to be noted that everything in nature contains these trigunas, means Negative-Positive-Neutral or Electron-Proton-Neutron inevitably.

Here tamas means laziness, darkness, inertia and feminine nature. Rajas is opposite to tamas; masculine nature, activity, dynamism, energetic, brightness are the qualities of rajas. Satva means balance and merging between feminine and masculine natures; intelligence, morality, unity, stability, balance, lightness, bliss, contentment, clarity, expansion, love, peacefulness are the qualities of satva.

In the entire existence pure consciousness and pure energy are immortal which are hidden in everything, also every energy-form created by pure energy are mortal. That means energy-forms always transform from one form to another form. That's why it is to be realized that – developing raaga-dweshas on ever changing things in the universe including ever changing body and mind indicates our ignorance.

Trigunas themselves have attractive nature. They easily tempt ordinary human mind. Humans are stimulated by one of these gunas or by the desire to acquire things which represents that specific guna. Because these three gunas are quite opposite to each other, human who attracted to one guna starts showing dislike towards other two gunas. Why because they are opposite to the desired guna.

Usually humans like only one guna out of trigunas. This depends on his nature. But it's compulsory to show dislike towards other two, if any one guna is liked. Because of this reason, raaga-dweshas develop inside. Here raaga means likes, affection, ego, self-respect; and dwesha means dislikes, envy, jealous, grudge, revenge.

A man whose mind is filled with raaga-dweshas does majority of actions which represents his/her favorite guna. Because of hatred, man won't perform actions related to disliked gunas. That's why man could not know the ultimate truth, because majority of actions are motivated by only one guna. But in ultimate truth, there will be equal representation for trigunas actions.

But man particularly doesn't like or dislike any guna, if man doesn't have attraction towards any guna and does actions without raaga-dweshas. According to situation he performs all three types of actions. In this way trigunas get equal representation in his/her life. No one guna dominates remaining two gunas. The ultimate truth is known by the co-ordination of trigunas, where each guna stays in its limited range so that other two gunas have enough space. In this state opposing trigunas become friendly and help each other.

## **Continuation**

Generally every action in turn becomes cause for another action. But actions performed after going beyond raaga-dweshha, won't become cause for another action. Why because the cause for continuation of karma is, having raaga-dweshha in the background while doing karma. These two are like, head and tail of the same coin. Usually we always think about the things or persons whom we love or hate. This like-dislike creates relation between doer and karmic-result.

But karmic-result won't touch us, if karma is performed after going beyond raaga-dweshha. So in this state, we become untouched from respective good or bad actions. If man performs any action in this state, then it can't create same repeated action. Why because there is absence of raaga-dweshha, which is essential for continuation of same action.

So having like-dislike is the main cause for continuous repetition of similar pains and similar pleasures without any newness. We experience raaga if expected things manifest and dwesha if expected things doesn't manifest. Raaga, Dwesha and being neutral are the actions of mind. Comfort-discomfort, excitement-depression happens because of having raaga-dweshha. So if attachment is removed from liked things, then automatically hatred decreases on disliked things.

## **Saadhana**

We are habituated in developing raaga on liked things and dwesha on disliked things. This habit must be overcome by doing saadhana (disciplined & dedicated practice). So do saadhana like this – first identify the things where you have raaga and where you have dwesha. Don't react outside immediately after having raaga-dweshha, guide the feeling to take you beyond raaga-dweshha state, then experience the feeling completely without suppressing inside. Do action after attaining the peaceful state by going beyond raaga-dweshha. If you practice like this, you and your parts merge with god and god energy and everything becomes one. In this state you will stay in oneness without any division. So you have to always keep in mind that, you have to develop new habit of reaching beyond state by using raaga-dweshha as a vehicle and accepting raaga-dweshha as it is without rejection.

For example, after arising desire to eat chocolate within, don't eat immediately, wait till you reach beyond state. If you eat after going beyond state, then your addiction decreases. Also if I get angry on anyone, I will try to react less at the time of creation of unpleasant event, then I take responsibility that I have created it, and I will ask angry energy to take me towards beyond state. After reaching peaceful state I will act. Actions performed, after reaching beyond state may not be same (sensitive/rude) in every situation. Whatever manner I may act, there will be evolution in relationship.

One girl got pregnancy after 6 months of marriage. She aborted, as she decided not to have that much early. But after 2 years she didn't get result with all efforts. Then

they consulted doctor and came to know that she have problems in body and it's almost impossible to get pregnancy. Then she called me and said that she did sin by undergoing abortion. That's why I am not getting result. Then I replied: when two hands meet then only you can clap. Soul also wants to leave, that's why you felt like that and underwent abortion. So here both did mistake. Solution for this is - to go beyond raaga-dweshha, by experiencing the suffering and guilty feeling without suppressing. It may not be possible to you alone, but if you get god and god energy support, then see what happens. By doing what I said, within 1 month she got pregnancy.

So whenever you have a problem, then first decision you should take is to reach peaceful state by going beyond raaga-dweshha, after that you can do whatever you feel. Like this in day to day life for every small problems i.e. all symptoms of the body, thoughts of mind, feelings of heart, if you follow this procedure; then only you can take correct decision when you face big problems. The habit of creating raaga-dweshha will disappear, if you practice this procedure daily.

Also both in pains and pleasures, go beyond raaga-dweshha and develop connection with god and god energy. Because nowadays gods help is required more for rich people than poor people. Poor people are habituated to troubles. But many people doesn't have peace even though they have enough richness and health. They fear eating food also because it leads to diseases and they don't know what to do. Even though they have everything, they can't enjoy anything completely and experiencing hell in heaven. So realize that in all situations, you need cooperation of god and god energy.

Also when you believe that both pain and pleasure energies are born from divinity, and after experiencing pain and pleasure energies inside without suppressing, only then you will reach beyond raaga-dweshha state. Note here that, without experiencing pains and pleasures as I suggested in guide topic, you can't reach beyond state simply keeping this knowledge in your mind and analyzing it.

## **Equanimity**

Materialistic people give value to visible things only and unable to identify god. Spiritual people after realizing that I am the soul, won't give importance to energy-forms i.e. body, mind and this universe, and treat them as insignificant. But if you want to follow new energy concept, you have to give equal importance to all without showing any distinction among soul, physical symptoms, thoughts of mind and everything in universe. Don't create distinction between Materialism-spirituality, energy-consciousness, prakriti-purusha and see both equally. Because Soul means combination of pure energy and pure consciousness.

The relationship between creation through creator and creator through creation must get strengthen; and respect for each other must increase, but not to be decreased. Through one, other has to grow, but should not become slave to other. Because of showing partiality, we get stuck and get addicted to our own creations. Here body and mind are your creations and you are its creator.

If you live with the attitude that, “I will be happy only if I get health or job, I can’t stay without you, if I get success then only I have value,” then you will definitely become weak even if you are successful, definitely outer situations will dominate you. That means here you became mentally handicapped, because your happiness doesn’t depend on you, it’s dependent on external talent, external people.

But if you know the knowledge of going beyond raaga-dweshya, you will get eternal bliss, which is not dependent on anything. In that state outside whatever you achieve, inside you will feel equal importance to both you and your creation. Because of not having dependency you will find creativity in your works. If it happens like this, then only consider that you are moving in right path.

So you will go beyond raaga-dweshya, if you give equal respect to everything. Then only your merging happens with ultimate truth i.e. with pure consciousness and pure energy which are beyond raaga-dweshya. Then only you will get miraculous results to the problems, for which you felt impossible earlier.

### **MELT**

If you want to reach soul by going beyond body, mind and heart, first recognize that you are affected by your thoughts and living in them imprisoned. After that turn your focus from thoughts to “yourself”, and then practice melting. Whatever happens within, without participating in the process, you say that only I am melting, and melt like an ice cube and become pure. After that spread inside. Means without talking, without thinking, not doing anything, only stay in a feeling that I am present in the whole body. Then you will enter into sleep like state, or coming out from your parts you stay in empty space. In this state if you can stay for some time, then thoughts dissolve on its own and silence happens within, and after that soul appears. Then you will experience pleasantness, lightness, freshness and blissfulness. Without opening your eyes immediately, spread this bliss to all your parts. Then you will get solution to all your problems. Also coordination happens among all your parts. This meditation can be practiced by anyone, anytime, anywhere, and no time limit. Daily practice this meditation for at least 10 minutes.