

## **RAAGA-DWESHA**

Before the creation began, the pure energy existed without any form. At that time, the three gunas - Rajas, Tamas, and Sattva - were in equal proportions, merged as one. This means that the pure energy had 33.33% Rajas, 33.33% Tamas, and 33.33% Sattva. However, the energy forms created by the pure energy have varying mixtures of gunas. This variation in the mixture is what led to the creation of numerous forms in nature. The divine or pure consciousness entered all these forms. Therefore, understand that these three gunas - positive, negative, and neutral, or proton, electron, and neutron - exist in all objects in nature.

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.

The pure consciousness and pure energy present in everything in this creation are eternal, whereas the energy-forms born from the pure energy are impermanent, meaning they are constantly changing from one form to another. Therefore, developing raaga-dwesha or attachment and aversion towards the ever-changing body, mind, and everything in this world is evidence to our ignorance.

The three gunas in the world are attractive and easily tempt the ordinary human mind. The desire to attain the guna or the object representing it drives humans. Also, since these three gunas are mutually opposite, a person attracted to one guna starts showing dislike towards the other two gunas, because they are opposite to the desired guna.

Generally, a person likes one of the three gunas, depending on his nature. However, disliking the other two gunas is inevitable, even if he likes only one. This leads to the development of likes and dislikes or raaga-dwesha. Here, raaga means likes, affection, ego, self-respect; and dwesha means dislikes, envy, jealous, grudge, revenge.

When a person acts with a mind full of likes and dislikes, they predominantly perform actions that align with their preferred guna, while avoiding actions related to the gunas they dislike, due to their hatred. This imbalance in their actions prevents them from understanding the truth, as the truth requires equal representation of all three gunas.

However, when a person performs actions without being influenced by the attractions of the gunas, and without likes and dislikes, they do not prefer or hate any particular guna-based action. Instead, they perform all three guna-based actions according to the situation, allowing for

equal representation of all three gunas in their life. No single guna dominates the other two, and each guna exists in a limited scope, allowing for harmony among them. This harmony enables the person to understand the truth. In this state, the mutually opposing gunas become interdependent and coexist in a friendly manner.

### **Continuation**

Usually, every action leads to another action. However, an action performed without likes and dislikes does not lead to another action. That action comes to an end. This happens because the continuation of action is caused by the likes and dislikes behind it. Likes and dislikes are like the two sides of the same coin. When we like or dislike an object or a person, we always think about it. This thinking or these likes and dislikes create a connection between the doer and the karmic-result.

However, when actions are performed beyond likes and dislikes, the result of the action does not affect us. Therefore, in this state, whether we do good or bad, we remain unaffected by those actions. When we perform actions in this state, they do not create another action. This is because the likes and dislikes, which are necessary for the continuation of actions, are absent.

Therefore, the main reason for the repetition of joys and sorrows without any newness is the presence of likes and dislikes in us. When things happen as we wish, we experience likes, and when they don't, we experience dislikes. Likes, dislikes, and neutrality are all mental states. Joys and sorrows, and ups and downs, are all caused by likes and dislikes. So, if we eliminate attachment for the things we like, our hatred for the things we don't like will also automatically decrease.

### **Saadhana**

We have become accustomed to feeling raaga-dwesha when we see things we like or dislike. This habit must be overcome through spiritual practice. The practice involves first identifying the things that trigger likes and dislikes. When likes or dislikes arise, we should not react immediately, but instead, tell that feeling to take you beyond likes and dislikes and fully experience it without suppressing it. Only after reaching a peaceful state beyond raaga-dwesha should we respond. By doing so, the hidden divine and divine power within us will unite with our body, mind, and intellect, and everything will become one. In this state, we will experience unity without divisions. This means that instead of rejecting likes and dislikes, we accept them as they are and use them as a vehicle to reach the transcendent state. So always remember to develop a new habit of going beyond raaga-dwesha using likes and dislikes.

For example, if you feel like eating chocolate, try to reach a transcendent state before eating it, and you will find that your craving for chocolate decreases. Similarly, if I feel angry with someone, I try to respond minimally at the time of the incident, take responsibility for creating the issue, and then respond after reaching a peaceful state. The response that comes after transcending likes and dislikes may vary from person to person (being harsh or soft). However, whichever way one responds, it leads to growth for both parties.

A girl who got married and became pregnant within six months, decided to have an abortion as she felt it was too early. However, after two years, despite trying, she couldn't conceive again. When she consulted a doctor, she was told that there were issues with her body and it was almost impossible to carry a pregnancy. She then called me and said, "I've committed a sin by having an abortion, and that's why this is happening." I told her, "When you clap with both hands, there's a sound, but if you clap with one hand, there's no sound. Baby soul wanted to leave, that's why you felt like having an abortion." I advised her to experience the guilt and pain without suppressing it and go beyond raaga-dwesha. I told her that if she can't do it alone, God and divine power will help her. Within a month of following my advice, she became pregnant again.

So, whatever problem you face, first reach a peaceful state beyond likes and dislikes, and then do what you feel is right. If you do this for even small problems in daily life, i.e., for all the characteristics of the body, all the thoughts in the mind, and all the feelings in the heart, then when big problems arise, you will be able to make the right decision. This will eliminate the habit of creating likes and dislikes.

Similarly, in both happiness and sorrow, go beyond likes and dislikes and cultivate a relationship with God and divine power. Because those who have everything need God more than those who have nothing. The poor are already accustomed to hardships. But many people, despite having wealth and good health, lack mental peace and are unsure of what to do, fearing that eating something will cause a disease, and thus, despite having everything, they are unable to fully enjoy anything and are experiencing hell in heaven. Therefore, understand that God's cooperation is necessary in all circumstances.

Similarly, recognize that the joys and sorrows that arise in your life are powers born out of divinity, and experience them internally without suppressing them. Only then will you go beyond raaga-dwesha. As I mentioned in the topic " Guide ", if you don't experience joys and sorrows and just keep this knowledge in your mind and analyze it, you will not be able to reach the transcendent state.

## **Equanimity**

Worldly people value only what is visible and fail to recognize the invisible God. Those who are spiritual realize that " I am the soul " and consider the visible body, mind, and world as insignificant, not paying much attention to them. But if you want to follow the New Energy Concept, you must give equal value to the soul, all the characteristics in the body, all the thoughts in the mind, and everything in the world, without showing any difference. You should view Materialism-spiritualism, energy-consciousness, prakriti-purusha with an equal eye, without bias. Because Soul means a combination of energy and consciousness.

The relationship between the Creator and the creation should strengthen, with mutual respect growing, not diminishing. One should rise through the other, but not become a slave to the other. So, if you continue to show differences, you are becoming a slave to your own creations. Here, the body and mind are your creations, and you are their creator.

If you live with the mindset that "I will be happy only if I am healthy, I cannot live without you, I will be valued only if I achieve success, I will be happy only after I get a job", then no matter how much you achieve, you will inevitably become weak and dominated by external factors. This means you have a mental disability here, because your happiness depends not on yourself, but only on external factors and others.

If you know the knowledge that transcends likes and dislikes, you will attain eternal, unwavering self-bliss that does not depend on anything. In that state, whatever you achieve, you will develop equal value within yourself and your creation. Similarly, the absence of dependency will bring creativity to your work. This is how you will know you are on the right path.

Only when you honor everything equally can you transcend raaga-dwesha or likes and dislikes. Only then will you unite with the truth, that is, the pure consciousness - pure energy which are beyond likes and dislikes. Only then will you find amazing solutions to the problems you thought were impossible.

In other words:

- Equal honor for all leads to transcendence of likes and dislikes
- Transcendence leads to unity with pure consciousness and energy
- Unity with pure consciousness and energy brings solutions to impossible problems
- This is the path to amazing solutions and progress

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