

GUIDE

Within we have 4 parts: Conscious mind, Subconscious mind, Unconscious mind and Super-conscious mind. Conscious mind suppresses its disliked things and unacceptable things of society into subconscious mind. So the things you consider as bad, sin, immoral stores in subconscious mind.

You and Conscious mind forcefully pushed inside many things which are considered as bad. I call this place as subconscious mind. Conscious mind knows about this. You don't want to take care of it and may not like to focus on it. Because you have fear that it may enter into conscious mind, if you focus on it. You know that till now you are forcefully blocking it in darkness.

The part of mind which you don't know, forgotten and is not in your awareness is unconscious mind. You haven't suppressed it; it's your inner part. Only 10% of mind came into light out of 100% mind. I call this 10% as conscious mind. The remaining 90% is hidden within. Conscious mind is only 10th part of total mind. This conscious mind created its own center, I am calling this as Ego.

It is unreal, because this center is not related to the total mind. This ego is the midpoint of only a small part of awareness. Fraudently to keep you in maaya this ego tells you that "I am the center of your total mind". But it's not real. There is a center for your complete mind; I call it as Inner guide. This guide, who is hidden in unconscious mind come to surface only when your half part i.e. 50% of mind comes into light. So the thing which is hidden is the basic foundation for your existence and vital energy. Means as said in topic Inner Journey, after the birth of leader only, you will have the relationship with Guide or Soul.

So you will experience the inner guide, only after releasing suppressed energy completely from subconscious mind. So my advice is to release stuck energy which is there in subconscious mind. Being in the meditative state, express the suppressed things. Don't express it on others, because you will be trapped in the vicious cycle and also they will become your enemies. Because of this, situation won't be under your control.

If you have suppressed anger, express it in emptiness. Whatever you feel, immediately allow it to move from inside to outside and express it in emptiness. Or you can express the feeling through singing or by dancing or any other ways which you like. Feeling it as meditation, if you keep on practicing this cleansing procedure, your subconscious mind gives you relief and freedom.

Like this after complete melting of subconscious mind then you can penetrate into the real unconscious mind. Up to now you have forcedly stored your disliked things in one place. Like this you have been gathering till now. So immediately from now onwards keep on cleansing your subconscious mind, expressing the ways you like, without storing inside. If you suppress inside you may become ill and also have chances to become mad. If you express you become young, fresh and light.

One person came to me with the same situation. Continuous, uncontrolled thoughts troubled him a lot, as he suppressed his misery. Suddenly he starts crying, behaves like mad. Even though he implemented experts advices he didn't get any result. When he came to me I advised - to cry for an hour per day by listening sad songs and to laugh for an hour by listening happy songs and to create friendship between pleasures & pains. And I advised to keep high volume while listening songs because by hearing his cry others may misunderstand that he is mad.

By following what I said, since 5 years he has been cleansing his emotions. Because of this, now he himself found solutions for every problem he faces. He has been doing job for 8 hours per day. Here important thing is even his wife also don't know that he is facing this much big problem. See how crying is supporting him miraculously and protecting him from insult which can be done by others, if they know the problem. By allotting 2 hours daily for clearing negative emotions, remaining time he is spending happily with his wife and children.

Many are asking me that since scolding is sin, whether the problem increases by scolding and crying? Indecent words are coming from inside on its own, so can they use any type of words, doing in this way won't it become sin? My answer to this is, you get sin compulsorily if you scold others to take revenge and continue enmity. But I am suggesting scolding not to continue enmity but to develop friendly feeling towards trigunas and other people. Here my intention is to inspire even enemies with love.

So if your aim is to create compassion and friendliness inside, even scolding by using indecent words becomes right path. Why because for some people suffering comes out from inside only by doing in this way. After listening my suggestions immediately many people experiencing lightness and freedom. Why because their gurus said scolding others cause sin. Even then within them scolding is happening on its own. No matter how hard they tried, they could not stop it. Because of this they are deeply frustrated. So understand here that, to reach god state, to know practically that all gunas are divine, without troubling others unnecessarily, whatever you do with yourself alone is perfect.

Cleansing:

Now it is compulsory for you to do cleansing. Without cleansing yourself you can't reach inner guide. If your cleansing happens deeply, then you can become fear-free. Then inner guide appears on its own. He comes by penetrating into your conscious mind. Then for the first time you will experience your own spacious mansion inside. You are not a small part, you are vastly expanded existence. This existence has one center. I call this as inner guide. So always keep it in mind that the inner guide appears only after completion of your cleansing process.

Cleansing process happens deeply only when you help it to happen. Why because you have pushed many things inside consciously, that's why major part of mind has been suppressed. Your help is very much required to reach them. So don't wait till it

comes out on its own. Whenever you feel little cleansing process started, co-operate to enhance it so that total stored emotion comes out.

For example if you identify that your hands are trembling, don't continue to wait in same state, help it to increase the shaking. Don't think it should happen on its own, so I'll wait. You have to wait many years to happen naturally, since so many years you are suppressing it. This suppression doesn't happened on its own, you did it intentionally. So remember, since you suppressed it without expressing earlier, now you only have to take responsibility to bring it out and express.

So from now onwards you have to do exactly reverse. Means express all suppressed things. Then only you can bring them up. Suppose if you felt crying, up to now you may have cried with low voice. But from now onwards you co-operate to it. Cry intensely with shouting. You don't know from birth you have suppressed crying. You haven't cried & laughed completely. Crying is essential for child, because through crying he does cleansing process daily; mean urine, motion, sweating etc... happens.

Children have many disappointments, frustrations. They want something but parents may not be in a position to provide it. In needy time mother may not be available there. She might be involved in some other work, because of this she may not take care properly. In that moment as child is not focused starts crying.

Then mother tries to convince and console because all other family members will be disturbed by crying. Nobody likes crying and think it as bad sign. So to make him not to cry they will divert the child's mood. They will show some attractive thing. Mother gives toys or feeds milk.

But crying is more essential. If you allow the child to cry completely then after crying he becomes fresh again. Frustration will be washed out through crying. If crying is obstructed, frustration also stops and then child starts to store it inside.

Like this you have suppressed many things inside from childhood to till now. So if you cry deeply and completely so that every cell of the body involves in it, then the pains which are inside and the sorrows which have been collected will disappear. Then again you become child-like, fresh and innocent.

But crying out loudly won't happen suddenly. You have to support it. Your pains are hidden inside deeply. In the same way many layers are obstructing them not to come out. So instead of waiting it to happen, help the cleansing process.

One more thing is - experience the sorrow and crying cheerfully. Why because if you are not enjoying the experience, you cannot go to the depths. Experience the cry with the feeling that you are doing accurately. If you have little feeling that you are doing wrong at any level or if you feel what others will think or if you feel it as childish behavior then crying will stop. So practice with enthusiastically and happily. You enquire whether crying needs any help to go further deep. Know the details of it. You also do research. If you do like this then only you can support it further.

While you are sitting and crying, if you start crying with active movements, by this it may come from even more deeper levels. Or if you cry by lying on floor and hitting your body then it may come from even more deeper levels. Think yourself, try in different ways. Once you start doing like this, then you will find new ways. Once crying happens naturally then your support is not required. Then without doing anything stay in that flow freely. Whenever natural flow happens then only you will be cleansed completely.

Misery → Ecstasy:

For example you are misery or sad. Go into your sadness rather than escaping into some activity, into some occupation, rather than going to see a friend or to a movie or turning on the radio or the TV. Rather than escaping from it, without showing your back to it, drop all activity. Close your eyes go into it.

See what it is, why it is - and see without condemning it, because if you condemn you will not be able to see the totality of it. See without judging. If you judge, you will not be able to see the whole of it. Without judgment, without condemnation, without evaluation, just watch it, what it is. Look as if it is a flower, sad; a cloud, dark; but look at it with no judgment so that you can see all the facets of it. And you will be surprised: the deeper you go into it, the more it starts dispersing. If a person can go into his sorrow deeply he will find all sorrow has evaporated.

In that evaporation of sorrow is joy, is bliss. Bliss has not to be found outside, against sorrow. Bliss has to be found deep, hidden behind the sorrow itself. You have to dig into your sorrowful states and you will find wellspring of joy.

If somebody has insulted you, feel thankful to him that he has given you an opportunity to feel a deep wound. He has opened a wound in you. The wound may be created by many many insults that you have suffered in your whole life; he may not be the cause of all the suffering, but he has triggered a process.

Just close your room, sit silently, with no anger for the person but with total awareness of the feeling that is arising in you -- the hurt feeling that you have been rejected, that you have been insulted. And then you will be surprised that not only is this man there: all the men and all the women and all the people that have ever insulted you will start moving in your memory. You will start not only remembering them, you will start reliving them. Feel the hurt, feel the pain, don't avoid it.

Unless you go into your suffering, you cannot be released from the imprisonment of it. Just be yourself. Whatsoever the pain of it and whatsoever the suffering of it, let it be so. First experience it in its total intensity. It will be difficult, it will be heart-rending. You may start crying like a child, you may start rolling on the ground in deep pain; your body may go through expressions. You may suddenly become aware that the pain is not only in the heart, it is all over the body - that it is aching all over, that it is painful all over, that your whole body is nothing but pain.

If you can experience it - this is of tremendous importance - then start absorbing it. Don't throw it away. It is such a valuable energy, don't throw it away. Absorb it, drink it, accept it, welcome it, and feel grateful to it.

And say to yourself, "This time I'm not going to avoid it, this time I'm not going to reject it, this time I'm not going to throw it away. This time I will drink it and receive it like a guest. This time I will digest it."

It may take a few days for you to be able to digest it, but the day it happens, you have fallen upon a door which will take you really far far away. A new journey has started in your life, you are moving into a new kind of being - because immediately, the moment you accept the pain with no rejection anywhere, its energy and its quality changes. It is no longer pain. In fact one is simply surprised, one cannot believe it, and it is so incredible. One cannot believe that suffering misery can be transformed into ecstasy that pain can become joy.

In this way try for all types of good and bad emotions including ill-health symptoms. Then only you will find solution for every problem. Even after experiencing the divine feeling some people give more importance to outer things, because of this reason God disappears. Then dissatisfaction arises. So try the above said method to express it also.

Difference:

How to find out the difference between inner guide and subconscious mind? If you haven't cleansed then identifying the difference is difficult. But if you keep on continuing the cleansing process, then you will understand. If anything appears forcefully, horribly and brutally before you, understand that since it was suppressed before, now it's coming out forcefully. But anything comes out easily like bubble without any force and without making noise, understand that it came from the Guide or Soul.

If you did cleansing then only you will expertise in identifying the difference. Anything comes from subconscious mind makes you upset, distress and panic. If anything comes from Guide you will experience happiness, pleasure, lightness and homey feeling. When it comes your total existence thrills. Without any resistance your total existence stays closely and in co-operation with it. You will feel that it is correct, it is the truth and there is no other ultimate solution than this.

What we feel when bubbles comes out from the depths of river, same way we feel its arrival from your existence which is inside deeply. During the arrival itself it gives you deep peace.

The guide stays in non-violent state so he won't force while saying something. He doesn't prove himself, but subconscious mind want to prove and forces when it says. It tries in this way in every moment, but you will push it back. When it says it pressurizes you. It is active. It wants to take you somewhere far. Being skillfully it wants to dominate you. Then you will feel resistance and fight with it.

But your inner guide won't force you. He comes to you as a guest when you pray, when you allow him and when you invite. Once you have been cleansed then only he comes to you. If he feels that you are prepared, you won't reject and you are welcoming then only he comes to you.

So you have to do two things, first one is cleansing the subconscious mind and the second is undergoing training to get surrender to inner Guide by leaving everything. If you do both then you will understand the difference.

No one can teach you the difference, you will know it. Once it happens then you know it. How you know the difference between pain and bliss? You can't define it, you know it, That's it. The real guide always gives you happiness, but subconscious mind always causes headache.

If you lose your control, you know that immediately all suppressed things will take you in control. The suppressed things come immediately to the mind and compel you to do what they want. That's why you feel terror. If you suppress your pains in large scale then there is a chance to lose your control on yourself. So if you want to become fearless and stay in balance it is essential to make yourself cleansed. Then only you can leave everything. Then which is flowing silently, starts flowing into your conscious mind. Then you will experience the bliss, being blessed, and being graced.

Once unconscious or inner Guide releases, you will feel acceptance suddenly. You will feel that you are not bad and nothing is bad. Then you will feel that whole life is blessing. You will experience that you have been blessed. The moment you feel being blessed you will feel all others who are surrounding you also been blessed. Why because up to now your opinion about you is "you are sinner and bad person", in the same way you were thinking about others.

When unconscious flows into you then subtle satisfied state arises in you. You will feel everything as divine. You will feel your body, your blood, your urine etc. all came from the divine. Nothing is felt bad or blamed and you feel like flying in the air. Nothing is heavy in your mind at that movement.

In that moment you enjoy even small things as grander. Even small things also become attractive and beautified. But that beauty is given to them because of you. Whatever you touch it becomes divine because inside you are filled with bliss. In those moments your attraction towards material world decreases. Maximum time you will be with your complete existence in the state of union, by keeping division making intelligence away.

When you filled with bliss, not only expressing it in words but you will also dance. Your complete existence shows the feel, there is no need to tell. You will tremble with love. Whoever comes across to you will experience your love. If they touch your hand they feel that some subtle energy has entered in you and your presence gives warmth and happiness.

The outside master only helps to find inner Guide, that's it. Once you find him inside, then the work of outside master completes. You can't reach the ultimate truth through outside master. With his help you will reach up to inner guidance. Then inner Guide takes you to the God who stays in super conscious mind. Outer master is only the representative of inner Guide, only an alternative. Master always stays union with his own inner guidance. So the Master can feel your inner guidance also, because both are in same frequency and in same dimension.

Once you got bondage with inner guidance, then there is no need of outer master. Then you can move forward alone. So what outer master can only push you from logical mind to the trusting Guide.

Till now many have found mysterious secretes through inner guidance. Inner guidance is part of God. If you follow it, it's like following the God. Where ever it takes you go along with it. Even towards danger, enter into it. Because that way is helpful for your growth. Through that danger you will grow and attain totality. If it takes you towards death, enter into it, because it is the right path for you. Just follow it, trust it and travel with it.

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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.