

PAST LIVES

Before I came into spirituality, whenever I asked anyone about the problems we face in life, they would say it's because of the sins we committed in our past lives, our karma, fate, and that we can't do anything about it.

But after I started meditating, I realized through others that if we understand our past, we can overcome our present problems. That is, if we see our past lives, the problems in our current life will go away. However, I've noticed that even though some people find temporary relief, their problems come back. I've also seen that many people who have seen their past lives are still stuck in their suffering. This is because they saw themselves as prostitutes, thieves, murderers, or deceivers in their past lives, which reinforces the feeling that they did something wrong. This feeling persists and brings them pain whenever they remember it.

Similarly, another thing I learned from others is that if we identify who we hurt in our past lives, ask for forgiveness, and retrieve our past life role from them, the problem in our current life will decrease. However, even though some people who did this found temporary relief, I noticed that their problem came back again.

When I wondered why this was happening and what the solution, I received a message that just seeing the past lives related to the problem isn't enough; we need to see them with a divine perspective, not with the feeling of 'I did wrong.' Only then will we find a permanent solution to the problem.

Another important point to understand here is that the cause of the problem in this life is the sin from our past life. But why did we sin in our past life? Because of the link from our previous past life. For example, if you were cheated in this life, it's because you cheated in your past life. But why did you cheat in your past life? Because you were cheated in your previous past life. Since both parties are at fault, don't just look at one past life and conclude that you were wrong.

In this way, we cheat in one life and are cheated in another life. Here, both are wrong, so there is no need for me to apologize alone, both should apologize to each other or there is no need to apologize at all, understanding that it is a settlement, feel

that I am ending the karma bond within myself. To heal the past, it is enough to end the karma bond within yourself, there is no need to depend on others, understand this.

Also, if we go back to who cheated first, the question arises as to how the cycle of birth started, whether birth is due to karma or karma is due to birth. If you don't take birth, you can't do karma, if you don't do karma, you can't take birth. Then the dilemma arises as to what came first, the seed or the tree. Then it is understood that neither birth nor karma came first, but God is first. Also, we understand that one role is not the cause of another role, but the divine that exists beyond is the cause of all roles.

To resolve problems permanently, you need to stop playing the game of duality. You have taken on opposing good-bad roles in past lives, so now you need to give up the habit of continuing the enmity between them and create friendship between them. That means accepting all good-bad roles related to past lives as they are, loving them, and seeing them with a divine perspective. That is, you need to reach a state of divine consciousness that is beyond right and wrong. In other words, you should act as a representative of both good and bad and use both according to the situation, and live life happily.

Role model

To achieve this ideal divine consciousness state, your current life needs to be ideal. You must become Role model. That means you need to see every event happening in your life right now as divine, and only then will the past life roles related to those events come and merge with you. If someone is troubling you in this life or if you are troubling others, you need to see all of that as divine, and only then will the past life roles come and merge with you. Because only then will you reach a state where you can understand why something happened in past lives.

Therefore, you need to do the spiritual practice necessary to go beyond right and wrong. So, the root of all your problems is that you are stuck in a state of consciousness related to right and wrong. For example, if you cheat someone or someone cheats you, consider both cheating and being cheated as divine experiences, create friendship between them, and experience them as divine. Only

then will the past life roles related to cheating merge with you, meaning they will become pure roles.

When someone cheats you, you become a victim of that problem, and when you reach the divine within you, the divine will show you where this creation is happening and teach you experientially.

How? The divine says, 'Everyone believes that their lives are happening according to their destiny, which is correct. So, it must be written in his destiny to cheat, and it must be written in your destiny to be cheated. Therefore, no one is wrong here. You are creating your life, so take responsibility, find out where the root of this problem is, accept it as it is, change your destiny, that is, make a new choice to come out of this problem, and clear your mind related to this problem. Only then will you get the solution to your problem.' If you practice this knowledge, you will get results.

When you surrender to the divine within you or to the problem, this knowledge is taught to you. When you learn this and achieve results, the idea that the entire creation is happening within you becomes firm in your mind. Then, even if you behave harshly with others in unavoidable circumstances, the feeling of guilt for past mistakes will disappear, and you will feel that you are doing what you want to do in the present, beyond likes and dislikes. After transcending likes and dislikes, the idea that whatever happens is perfect will arise in you. Only after this idea becomes firm in you will you transcend good and bad deeds, right and wrong.

Therefore, act as a mature soul. Take responsibility for whatever happens in your life without blaming others, and understand that it happened according to your destiny. Only then can you dissolve your destiny and move towards the divine. When you think you are the creator, you can continue or dissolve the creation as needed. That is, you can experience yourself as Brahma, Vishnu, and Maheshwara in your life.

The best ones introspect and correct themselves, while the lowest ones blame others and fall. So, if you don't have the idea that you are the creator, you can't achieve what you want. When you don't get the desired result, if you blame others without taking responsibility, no matter how hard you try, your life won't come under your control. You can't turn that failure into success. You will have to continue life as a

victim because then your life will go according to your destiny, not as you wish. So, make the right decision considering everything.

Similarly, some people have stopped practicing in this life, thinking that they were a sage or yogi in their past life. However, regardless of how elevated a master you may have been in your past life, your past life role is still inferior to your current life role. Because God is always discovering new abilities within himself, so focus on what you are achieving in this life. Keep growing and increasing your knowledge by experiencing and realizing that you are God.

Seeing past lives

It's not necessary to delve deeply into past lives because it can lead to new problems. A person became confused after seeing his past life. He found out that he was born in Rome in his past life and even knew his name and his wife's name. So far, so good. Now, he wants to know where his wife is, and then he realizes that his wife in the past life is his sister in this life. He was shocked to know this and told me about it. Then, I told him to limit each life to itself and not try to continue the same relationships in another life. You will understand all this only when you learn self-knowledge. Therefore, I advised him not to delve deeply into past lives and to clear up the thoughts related to them.

After the death of her father-in-law, when the daughter-in-law became pregnant, everyone in the house feel that, 'The deceased father-in-law is reborn.' After the child was born, the mother thought of the child as her father-in-law and kept a distance, thinking, 'How can I see the child's body without clothes? How can I hug the child?' This is not right because the child will lack the mother's love. Therefore, limit each birth to itself, and if you do as I mentioned in the previous examples, you will easily come out of the past births.

What is past lives?

As a living being, you are constantly engaged in the process of self-discovery, seeking answers to the question "Who am I?" This desire has led you to take numerous births. Through various roles and characteristics of duality, you have

created and experienced different personas, gaining a comprehensive understanding of duality. These experiences are what we now refer to as past life roles.

When I asked the divine within me about the roles I played in past lives, the message I received was: 'You have taken countless births, so it's impossible to see all of them in detail. Therefore, assume that you have played all the good and bad roles you see on this earth in your past lives and integrate them within yourself. Similarly, consider every thought as coming from the past or past lives.' Since then, I have been continuing my spiritual practice with this same understanding.

Here, "integrating" means that we have used our pure energy to play numerous roles and create various forms. Now, we need to understand these correctly, experience them divinely, and transform them into divine energy or pure energy or supreme bliss or self-energy. After that, we can merge back into pure energy. To learn how to transform, read the topics "Inner Journey" and "Guide."

What is the importance of present life?

This present birth is not like your past births. Because the purpose of this birth is to merge or integrate past life roles and invite the soul and the supreme soul into the body to transform into a divine being. The main intention of merging everything is to allow all the parts we don't like to come into conscious awareness, create harmony and friendship between likes and dislikes, reunite, and experientially realize "I am God". This means finding the answer to the question "Who am I?" When we bring all these things together, we attain completeness and transform into a divine being. This completes our long journey, which we have been undertaking since eternity, and we enter a new world.

Hence, this birth is very special. But it does not apply to everyone. It only applies to those who have experienced all the qualities of duality in their past lives and are ready to transcend them to attain the state beyond qualities, i.e., liberation. So, ask within yourself if you are eligible to undertake this spiritual practice. According to my understanding, only those who are eligible will read and practice this.

How to integrate all these births?

All you need to do is, while being aware, lovingly invite each past life role into your mind, one by one. That means, you should love and accept all likes and dislikes, both outwardly and inwardly. Only then will they come. Similarly, when you can see everything that has happened in this birth as divine, all past lives will merge into you.

But these past life roles are angry with us. Because when we embark on a new path, we have no awareness of the situations that arise on that path. As a result, we have to face many unexpected situations. That is, when walking on an unknown path, thorns may prick our feet and cause injuries. Similarly, we had to face many humiliations and hardships in past lives. Due to this, some deep wounds were formed inside.

The jiva-atma realized that it couldn't move forward by holding onto each of these wounds. That is, it couldn't get a new birth and a new experience. That's why the jiva-atma neglected these roles for a while. The jiva-atma ignored past life roles to move its journey forward. Now is the right time to merge all these into us again, or to heal the wounds formed in those lives. Because we have chosen this present birth for this purpose. Also, the energies and time currently present on earth are conducive to this.

Especially in this birth, there is a special connection with the soul. Due to this connection, it is possible to have a complete experience of knowing oneself as God by combining all past lives. This is all about getting a complete answer to the question of who am I.

This is the right time to merge all the parts that were left behind. Now they are coming closer to your present reality. All the dreams you are having now are also memories related to the experiences of past lives. You don't need to make any efforts to merge past lives. Just meditate and invite them to come. Because the energies that have been separated for a long time are now coming to you for your pure love and acceptance.

Release

These roles all want to see a gentle smile on your face, know that each role is divine, and know that there is no hatred in your heart towards you or each of your roles. They want you to release them with full love, not rejection. The important thing here is that you can only release them by accepting and understanding them as they are, without trying to change them. You will realize this clearly when you meditate.

But you can ask me like this - 'My body and mind need healing!' But actually, the only things that need healing are the energies of past life roles that are stuck in the same form and unable to evolve. The stagnant energy within you, which has stopped moving, needs to be released, liberated, and freed to attain liberation or resolution. Only then can it travel in a new way and assist you.

For example, let's say you have hatred for anger. When you love anger, it evolves from its state and experientially tells you the use of anger, giving you a divine perspective on it, and it transforms into a divine power. After the past life role related to anger becomes divine, the problem that has been in your body since then disappears. Then you realize that the solution to the problems is to release the energies stuck in the past life roles and help them evolve by growing up.

These past life roles have become fixed on an opinion and stuck. Releasing them means releasing the form in which they have become stagnant. This is similar to releasing the sufferings and hardships of past lives. In reality, you are not denying the existence of past lives here, but only releasing the illusion that has become stuck. That is, you are releasing the emotions related to past life roles and seeing them as pure and divine roles.

For example, if you died of cancer in a past life, that role may think, "Cancer will surely kill me." When you change your perception to, "I can achieve divinity and good health through cancer," and welcome the related roles into your consciousness, accepting them as they are, and giving them the freedom to evolve towards divinity, then they will also change their opinion and help you achieve divinity through that issue. This is how you will regain your health.

The illusion here means it still needs to evolve. It's not false, but it's not the only truth. As it evolves, it will take on new forms and reveal new truths. This means evolving from negative to positive, from positive to neutral, and from neutral to divine.

Now, reflect on the burdens you've been carrying since long, the feeling of "I made a mistake," or your wrong perceptions about yourself and this creation. Give them freedom and release them from yourself. Then, you will clearly see the gift and secret hidden in the things you dislike. When you stop fighting with the parts you dislike, they will reveal who you are. When you look at even the most challenging and adventurous things with complete love and freedom, you will find the truth and wisdom in them, and the past life roles will evolve and bring you joy.

How to invite past lives?

Dealing with past lives is like dealing with children. Because they behave like children. As a mother or father, you welcome them back into yourself. Allow all the past life roles - hurt, fearful, humiliated - to return home, just as a mother prepares her home for her child returning from school. Because when they return, they bring their thoughts, beliefs, emotions, and experiences with them.

Actually, most past life roles are waiting for your loving welcome. They're tired and want to rest now. The past life roles that have suffered, hurt, and struggled - all they want is a safe, comfortable, and accepting place. If you're experiencing fear, pain, or exhaustion, it's all coming from these past life roles. Then what you need to do is meditate with acceptance and love yourself, welcoming them home.

Why some roles are not integrating in you?

Some past lives may have love for you but still don't want to merge with you. Instead, they create hell in your life and drain your energy. Some past life roles are angry with you because, in the past, they were pushed away and left to suffer. They prayed to God for rescue and protection but didn't receive any. As a result, they started questioning everything and are now unwilling to accept you as God.

Even when they return home to your consciousness, they continue to fight with you, causing trouble and making your life difficult. They're seeking revenge for the suffering they endured because you didn't help them in the past. These past lives don't want a loving hug; instead, they create problems in your life, such as financial issues, relationships, or health problems.

However, they only respect true authority. They respond to a commanding voice rather than a gentle or compassionate one. When these past lives start speaking in your mind or causing physical pain due to stagnant energy, recognize that it's time to break free. Tell them firmly that you won't allow this to continue. This command must come from your core, your divine power; otherwise, they'll ignore you. In a way, they're helping your growth, but only after you've reached a higher state of consciousness will they listen to your guidance.

So, you have to deal with each role in a different way; one medicine can't cure all. Only when you use different tools like speaking softly, dedicating, speaking with love, joking, scolding, yelling, crying, commanding, provoking and irritating will you get results. That's when you'll develop a divine understanding of the power of words.

If you try to deal with such past life roles and fail, stop immediately and resolve to reach God. After reaching God, ask Him to teach you how to deal with such roles. Only after you merge with God will the problem caused by past life roles disappear. So, try to solve the problem once or twice with your current knowledge. If it doesn't work, immediately surrender the problem to God and merge with Him. To understand this better, read the topics 'Melt' and 'Surrender'.

Don't keep trying to solve the same problem alone with your current knowledge for years. Many people are doing this. I also did this until 2004. If I say this, many people will say, 'But shouldn't we make human efforts?' Yes, human effort is necessary, but don't waste time trying. Don't keep trying until you die. Try once or twice, and if it doesn't work, reach God's presence.

Yes, loving and accepting are great ways for everything, but loving and accepting yourself is more important than loving others. Otherwise, you'll end up loving past life roles more than yourself or allowing them to control and ruin your life, or suffering their troubles like a victim without saying anything, which is not love.

That means, it's like standing up to them and saying, 'Back off!' with confidence and courage. To say more, it's like telling your past lives 'enough is enough' while loving yourself, and commanding them to take away everything that belongs to you. This is also an important part of infinite love. So, don't be afraid to say 'enough is enough'.

Another thing to note here is that you need to say 'enough' when you are not in a state to understand the pain caused by such past life roles, and they also don't understand you. Means, because of ego you felt that why should I take message from this low cheap fraud role; in the same way, to take revenge by keeping anger on you, fraud role could not explain clearly about its greatness to you, is only the reason for misunderstanding. Therefore, the solution to this is for both of you to temporarily separate and continue your journey alone until you both fully understand each other, and then you will meet again at the right time.

For example, before I practiced as an auditor, I worked under a senior auditor. I brought him many new cases, but he didn't give me the commission he promised. Then I got angry and left him, even though I knew I had to merge everything with love. I started my own practice in the same area and attracted many clients.

When my practice was going well, one day I heard a question from within me. 'How are you succeeding in audit practice?' I said I did it with my own effort and the help of my God. Then I heard from within, 'Yes, you did it with your talent, but your senior auditor also indirectly helped you. If he hadn't cheated you, you would still be working under him, saying "sir, sir".' So, I was told to thank him from within and merge with such past life roles.

After listening to this, I felt a sense of correctness and immense joy. Because my friends who were working under him are still working under him. Immediately, I felt love towards him and the past life roles that were like him within me. It also felt perfect that I had pushed him away in the past due to my ignorance. Then, as my inner voice suggested, I welcomed the past life roles related to betrayal again and merged with them after understanding each other.

Similarly, whenever I depended too much on others, I welcomed the past life roles, saying, 'Come, whoever I depend on, cheat me.' It also felt perfect that God thinks one way, and something else happens. Because if God had not willed otherwise, I would not have been able to rise. Therefore, my dear God, whenever I get caught up in external vision, please guide me through inner voice. Even if I don't listen, please come in some form and create a problem. Because the solution to that problem cannot be found externally. Only then will I turn inward, consider the problem as my guru, gain knowledge from it, and move towards my God.

Therefore, telling past life roles to leave you alone means stopping your focus on them and journeying towards your true goal, your God. Tell them to come only when they naturally develop love for you, and even if they don't come, you won't lose anything. Don't wait for them, and journey towards your God.

In this way you keep on travelling and along the path integrate whatever past life roles you can mingle with. If you travel with the aspiration to see everything with a divine perspective, the roles filled with anger will become delighted with your spiritual practice and merge with you. Here, merging means that when you share each other's experiences with love, you both completely understand each other.

If you succeed in merging all the past lives, the benefits you will get are: you will be at peace with yourself, your mind will also be at peace, the feeling that 'I am everywhere - everything is in me' will be established in you, you will see God in everything, you will end the cycle of duality-related births and enter the new energy world, and when all these come together, you will also experience indescribable supreme bliss.

Therefore, based on my experience, what I want to say is that I advise you to accumulate past life roles, transcend the law of karma, and welcome your individual self and supreme self into your life. By integrating all your parts, you will always be happy and attain liberation.

SACHIDANADASWAROOPA

I explained four levels in the topic 'From Gross to Subtle – Quantum Vision'. 1. Organ level, 2. Bone level, 3. Atomic level, and 4. Formless Energy-Consciousness level. Since the Formless Energy-Consciousness is like an inexhaustible vessel (Akshay patra), I suggested that you unite with the subtle every day and bring what you need into the gross.

This means that if you are at the organ level, you will only see organs. If you are at the bone level, you will only see bones. If you are at the atomic level, you will only see atoms or experience them. If you are at the formless level, you will unite with the formless. Only the Supreme Blissful (Sachidananda swaroopa) remains there.

You are integrating past life roles every day, journeying inward, and reaching out to the divine. But some past life roles, as well as roles present in this world, reject to join you on this journey to the divine. Then what? when all of creation, including you, comes together, travels to the subtle realm, unites, and then returns to the physical world cooperatively with a single intention, only then will your desires come to fruition.

In the physical world, everything must listen and obey your commands, like puppets dancing and singing. Only then can you instantly manifest your desires. To make this happen, you must unite with the one whose words these roles have been listening to from the beginning and bring that one into this physical world. Since everything is happening as if God or the embodiment of truth, consciousness, and bliss is orchestrating it, bring this God into the physical world. Only then will this world always be experienced as a divine world.

Therefore, it is better that some past life roles do not travel with us. They should and will remain fixed in the physical world. So, compulsorily we must bring the supreme self here. Only then can we enter a world of wonder, which is like imperishable vessel, where thoughts become reality in an instant, and directly experience that we are the creator.

Therefore, instead of wasting your limited energy trying to change this gross realm and its contents, use your power and knowledge to bring the divine, who governs this creation, into this physical realm. Only then can you experience the world made of energy-consciousness, that is, the blissful dance of energy-forms, and you will become the blissful dance itself, experiencing it.

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