

## MELT

Although God is one, I feel like there are three aspects within - Jivaatma, Aatma, and Paramaatma. Our purpose of coming to this earth is to realize that we are Paramaatma. So, we need to transform from Jivaatma to Aatma and then from Aatma to Paramaatma.

Here, Jivaatma holds onto one of your qualities and expands only that, rejecting the others. Aatma, on the other hand, uses everything within you together, expanding into all your bodies, parts, and states. Paramaatma is formless and all-pervading, expanding throughout the universe and within all forms in the universe. It is also the universe itself and all the forms within it.

The thoughts within you keep coming and going, and you may wonder how to deal with them. My answer is - there are no actual thoughts, only pure energy exists. But the mind breaks this pure energy into tiny pieces, showing you various forms of energy. Remember that the mind is a wonderful instrument that can make you see what's not there and hide what's there. Always keep this in mind and learn how to use it for your growth through practice and understanding.

That means, as mentioned in the topic "From Gross to Subtle - Quantum Vision", the mind is like X-ray and PET Scan. They are not showing the original, but showing duplicates. Here, the original is formless, and the duplicates are good-bad forms, good-bad experiences. Therefore, we must melt and become subtle, and see the world with a subtle mind or through quantum glasses, only then can we experience the original reality.

For instance, when we watch certain entertainment programs, we see disco lights flashing in multiple colors on stage. But are they really there? No, there's only one bulb emitting a single color. Around it, a globe-like object rotates with numerous holes, each covered with paper of different colors. That's why we see various colors. But we forget that there's only one color actually present. Then, we make decisions like 'I like this color' or 'I don't like that color'.

Similarly, the mind also takes a single energy and divides it into fragments, showing us multiple aspects. We've been selecting some of these fragments and fighting against those that seem opposing, gaining numerous experiences. But understand that all this was not unnecessary, and we've been doing it to gain insight into duality. Forgive yourselves and let go of those

experiences, realizing they were just an illusion. Also, recognize that the mind can be used for bondage or liberation, and it can take you towards diversity or unity.

So, how do we deal with the mind that shows us nonexistent thoughts as existent? You should learn to view thoughts lightly and humorously. But it's not always possible to see them that way. When you're in the mind, you inevitably grab onto some thought that's making something nonexistent seem existent and fight against its opposites. Similarly, you let go of old thoughts and grab onto new ones. This is why various problems persist in your life.

But you can't do anything about these thoughts because they don't actually exist. They're like shadows, lacking a life of their own. So, recognize that you're unnecessarily fighting with nonexistent entities. To easily liberate yourself from thoughts, stop identifying with the mind, ignore thoughts, and focus on yourself. Cease observing thoughts and let go of the elements - earth, water, fire, air - and the experiences of pleasure and pain. Turn your attention towards yourself, transforming and redirecting your focus inward.

Then, just as an ice cube melts in heat, imagine yourself melting away, becoming formless, and spreading throughout all parts of yourself like the Soul. This is because only the formless can penetrate and spread into everything. Without actively participating in the processes happening in your mind and body, remain peaceful and focus on the thought 'I am melting away' like an ice cube melting away, spreading inwardly, and staying in that state. You will either enter a sleep-like state or experientially realize the empty state within you, beyond the body and mind.

Put another way, melting away means simply being in the thought 'I exist' without talking to yourself, thinking, or doing anything else. Stay in the feeling of 'I have melted away and spread throughout' for as long as you can without doing anything. Then, you will experience immense joy, lightness, freshness, and bliss. If you're unable to feel light in your body and mind, then continue the practice of melting away without trying to do anything else. You will achieve amazing results. Continue this practice until you naturally reach a state of observation, unaffected by anything.

If you can spend some time observing your thoughts naturally, without being affected by them, the thoughts will dissolve on their own, and silence will arise within you. Following this, the Self (Aatma) will reveal itself. Similarly, harmony will be established among all your parts.

When you unite with the Soul, you will understand - you haven't lost anything, but you've gained new experiences by choosing a different path, which made you feel separated from God. Also, the reason for not achieving this state earlier is: 'Expecting different results by dealing with problems in the same old way repeatedly.'

When you realize that you haven't truly separated from the Soul, tomorrow will be unlike yesterday in an unexpected way, because harmony has been established among all your parts. Therefore, I advise you to let go of your habit of holding onto thoughts and experiencing them, and instead, reach the state of the Soul, use pure energy, and show enthusiasm to have pure experiences.

When thoughts are coming to you intensely, you can't sit peacefully, so you can't do the 'melting away' practice. Therefore, express those thoughts through song, dance, or any other method you like. After the intensity of thoughts subsides, start the 'melting away' practice.

Similarly, the mind is also transforming itself. It is leaving the principle of storing memories within itself and embracing the principle of creative flow. Through this, we gain new knowledge and understanding. This new mind responds to the feelings, instead of thoughts coming from stored memory. If you give freedom to the mind, it will also heal itself, release unnecessary memories, and help new abilities emerge within you.

If you do as I suggest, you will be in unity, not separation, meaning you will be in divinity. This allows pure, divine energy to flow into you. Then, you will dance with joy. When you are in unity, no matter how much pure energy flows into you, you will not feel any discomfort. On the other hand, if you hold onto thoughts, energy will be divided, fragmented, and cause suffering, fears, and difficulties in your life.

Finally, what I want to say is that holding onto anything creates separation. So, hold onto the eternal Soul and playfully engage with things that change; similarly, I advise you to do both observing breath meditation and practice melting daily for at least ten minutes each.

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