

MELT

God is one, but I feel that he present in three parts within. They are KinderSoul-Soul-SupremeSoul. We came to planet earth, to know that I am SupremeSoul. So we have to transform from KinderSoul to Soul, from Soul to SupremeSoul. Here KinderSoul sticks to one guna and spread up to that extent only, and reject other gunas within. Soul uses all gunas creatively, and spread all bodies, all parts, and all states within. SupremeSoul is formless and spread everywhere, it spreads everywhere and inside every form in this universe, also this himself took every form in this universe.

You may have doubt that within why thoughts always comes and goes, and how to deal them? My answer is, really there are no thoughts, only you have pure energy. But mind divides it into maximum possible pieces and shows you as different energy forms. Always keep it in mind that the mind is a superb instrument which shows you, real things as unreal things and unreal things as real things. So you have to understand it properly and with regular practice you must know how to use it for your development.

For example we see disco lights in entertainment programs. We see different color lightings on the stage. But are they really present? No, there is only single colored bulb and surrounding it is a moving globe-like structure. It contains many holes and different color papers are sticked to them. Because of this only different colors are seen. But we forget that there is only single color and we will come to the judgment that – ‘I like this color and I don’t like that color.’

In the same way mind shows multiple pieces by dividing pure energy. Till now we have chosen some among them and fought with other opposites. We gained many experiences by doing like this. But understand that whatever happened is not unnecessary, we did this to get deeper understanding about duality, so forgive yourself and release all experiences. That means understand that everything happened due to maaya effect. Also mind is the cause for having attachments and also for salvation; it has the capacity to take you towards duality or towards oneness.

So how to deal the mind which shows illusive thoughts as real? You should be able to see thoughts lightly, jovially. But always it is not possible to see it in the same way. Once you are in mind then you will definitely hold one thought among the illusory thoughts and then start fighting with the opposite one which is also illusory. In this manner you keep on holding new thoughts and leave the old ones. Because of this habit, various problems get settled in your life.

But you can’t do anything with these thoughts why because they are unreal, which mean they are like shadows and there is no self-existence for them. So understand that you are fighting with them unnecessarily. So to get liberation easily from these thoughts you should not identify yourself with mind, ignore thoughts and concentrate on yourself. That means stop observing thoughts and to transform yourself, turn your focus from thoughts to yourself.

Then imagine that you are melting like an ice cube in heat and becoming formless, and after that only spread to all your parts like Soul. Because only formless has the capacity to penetrate and spread in everything. In this way, you means KinderSoul, whatever happens in mind and body, without actively participating in the process, Staying in a feeling that only I am melting, and melt like an ice cube, spread within and remain in that state, then you will enter into sleep-like state or experientially you will know that you are in empty space which is beyond body and mind.

In other words, melting means without talking, without thinking, without doing anything, and staying in a feeling that I am present. In this way without doing anything, allot some time and stay in a feeling that I am formless and spread everywhere within. Then you will experience pleasantness, lightness, freshness and blissfulness. In whatever situation body and mind is, within if you can't stay pleasantly, then do nothing with thoughts, keep on practicing melting. If you do like this you will get miraculous results. Continue this practice till you reach unaffected observing state naturally.

If you observe thoughts unaffectedly for some time then thoughts get melted away on its own and silence happens within, and after that Soul appears. At the same time coordination also happens among all your parts.

Once merging happens with Soul then you will understand that actually you haven't lost anything, you felt separation only because you selected different path to get new experiences. The reason why this state is not experienced before was, you again and again selected the routine way of dealing the problems and expecting different results.

When you realize that you are not separated from Soul then tomorrow won't be like yesterday, it's unimaginable!! Why because coordination happened between all your parts. That's why my advice is to leave the habit of holding thoughts and getting experiences; reach pure consciousness state, use pure energy and be enthusiastic to get pure experiences.

One more information; mind keeps on transforming on its own. It give-up memory storing nature and develops creative flowing nature. Because of this we get new type of 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 repairs on its own and releases unnecessary memories and helps to arise new potentials.

If you follow what I said, then you will be in union not in separation, that means you will be in divinity. Because of this, energy flows purely and divinely within you. Then blissful dance happens. Understand that when you are in union even though abundant energy flows, it won't troubles you. If you hold your thought then only energy gets divided into many pieces and this becomes cause for troubles and fears in your life.

At last what I want to say is if you hold on anything, then immediately division appears. So my advice is hold on to the Soul which is fixed and play with all your parts which always changes; do both meditation and practice melting daily for at least ten minutes each.

OBSERVING BREATH

Sit or lay down in a comfortable posture, as you feel convenient. Close your eyes, start observing your inhalation-exhalation. Even thoughts are arriving, without actively participating with them, just observe both thoughts and breathe simultaneously. If you observe like this, breath himself becomes smaller and stops at third eye point naturally. Then you will get thoughtless state naturally. Because of this, infinite new energy which is present here and now enters within you. And also you attain soul knowledge. If you start implementing this knowledge with the help of new energy, all your parts and thoughts develops and transforms into divine energies. Since new energy has the ability to integrate you with divine, you will transform into divine-human and remain in blissful state. Anytime, anyplace, anywhere you can practice this meditation. Start practicing meditation for at least 10 minutes daily. Whatever you do daily, do those works besides observing your natural breathe. This blend of daily work and meditation increases the creativity in your daily work. You will start noticing that you would be able to do your daily work without tension, with peaceful and Joyful manner.

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