

SECRET

Past is lifeless, it is never active. Even though it is lifeless, it becomes burden to you. So you have to understand why it is active even though it is lifeless. The past forces you because it is known thing and experienced thing to you; and mind always afraid of unknown thing, secret thing and the thing which is not experienced till now.

How can you desire the secret thing? You can't desire the unknown thing, you can desire only known thing. So desires means doing work again and again in the same procedure. You are continuing same method. Mind becomes an instrument which desires known thing again and again. If one thing is done in the same known method then it becomes too much burden because instrument roots more deeply.

So the thing to observe here is, lifeless past is forcing you to desire the known thing. Doing works with known method is easy, mechanical and comfortable to you. If you do all works mechanically like this then there is no need to be in awareness. You can stay in sleep and mind repeats same works mechanically.

But being in awareness will not be comfortable to you. Unless you are in total awareness you can't go beyond desires. In secret there is no desire. We can't grasp, we can't imagine and we can't know the secret. That's why even if you want to become god, then also you desire only known thing. Means you desire known bliss and peacefulness. If you don't have desires that means if you go beyond raaga-dwesa, then god who stays secretly appear in front of you. You cannot desire it. Staying beyond desires is the doorway for the entry to secret thing.

Another important thing, activeness is in your consciousness and not in your mind. When your consciousness is identified with your mind then mind becomes active. This activeness is your own energy; it is not part of your mind. You will be active in the mind. So if you identify yourself with your mind, if you think you are the mind then mind works actively. Then your life become burden with collected memories of past. If you don't identify yourself with mind then mind becomes peaceful.

So remember that energy and activeness belongs to you. If you become mind you have to flow through that instrument only. You can't escape from it. So how to stay without identifying yourself with the mind, how to always remember that you are different and your mind is different? This is difficult but it is possible. It's not impossible.

At least for a moment if you experience the existence which is beyond mind then new thing raises within you. When you come to know that mind is not active; activeness and liveliness only belongs to you, if you come to know that you are boss at least for a moment then your mind never becomes boss to you again. Only then you can enter into secret.

So don't try to make everything into information or as formula or knowledge which can be followed always. If you don't do like this then mind becomes active and it will control you. Even if you have information it should open more secret doors for you. Unless you change informative things into secret things, you can't stay in spirituality.

Scientist unlocks the secret and transforms it into information. But spiritual person transforms even normal things into secrets. If you ask this person what happens in future or where god stays? Innocently he answers that 'I don't know, secret'. Even for small known things also he responds in this way. If you ask what happens when you eat dal, he answers that I don't know, anything may happen and without any protection he stays openly.

Also mind is created from known things. So it can't move into secret. That's why mind never knows the truth; it can't know God, freedom and life. You may feel mind forces you, but in fact it is not forcing you, it gives you only known, easy and old comfortable methods. Then you will fall in illusion of comfortable methods, deceived by them and become victim. Why because if you travel only in old path then dissatisfaction always remains.

But leaving old path, creating new path and travelling in it is very difficult and uncomfortable. So if you are traveling in new path created by consciousness means you are in deep saadhana. It will be tough. But once if it completes then definitely you will experience bliss.

For example when you are hungry reject taking food and allow body to suffer. Don't suppress that hunger, don't fight with it, don't try to change it and don't run away from it. Don't force body not to be hungry. It is with hunger, and you know it. Even then you tell hunger that today I will not satisfy your desire and stay fasting. Staying with hunger, suffer the pain. Tell yourself that today I don't travel through known path, I will do nothing. Once you stop doing, on its own something happens naturally.

Why because in every work we do, doer and the witness who does nothing, both will be there compulsorily. Once you stop doing then situation occurs where divine who always witness must become doer. That why in everything, first you try to do something, if you don't get result then give opportunity to divine, then only miracles happen.

If you do like this, you will experience the gap. Body will be in hunger, but you will identify the gap which is formed between you and your body. Means you have gone beyond body and entered consciousness. Then you will meet your god. But to forget hunger, if you go to temple or sing songs or watch movies etc. and occupy

mind then you can't experience the distance. If you don't feel hunger, then you can't reach your goal.

Another practice – because of others insult, you got angry. Immediately after getting anger stop for a moment. Immediately stop breath for a moment. In this way stop breath till maximum possible time and take breathe again. Then connection is removed and gap will be created between you and your anger. Then you will come out of anger and observe it. Means you are obstructing the normal mechanical process.

In this way from whatever thing you want to detach stop breath. So if you identify that somebody is angry on you and ready to scold you, if you stop breathe then gap is created between you and him, because of this you will get miraculous results.

But mind forces you to scold that person. Then you reject mind by saying “this time I won't react, I won't scold and I won't travel in known path. Let anger be there. Do the procedure followed with hungry. Then you will experience that anger is somewhere. It stays around you, but it won't be within you. It's not yours. It comes again and again and waits for your support. It tries to tempt you and want to attract you. You reject the mind sensitively by saying that I only observer and won't travel through old path. Then anger dissolves on its own.

Also in any situation don't do routinely, try doing differently. If anybody insults you then laugh, express gratitude and give a hug. Do the thing which is not done earlier. If anybody scolds you then laugh and observe the difference in you.

In this way when you are happy, act anger. In this way try something new. Also again and again change these new methods also. If you do like this then you will come out from old habits. Don't become victim to old habits. If you respond newly then you will become boss for your life. The effect of past decreases on you.

When you are in anger always same old path! Discover newness, new methods and apply it. Use your imagination. Be creative and confuse mind and old habits. Mind should not understand what you are going to do. So become unimaginable. If you are predictable then you are living like a thing, not like a human. The more you become unpredictable that much you become alive.

So overcome the general logic: responding with anger when someone insults you, responding with happiness when someone praises you. Why because known thing will be logical, expected, normal. So general expected thing becomes logical. If you want to overcome mind, past, old methods and old habits then definitely you must have courage to become illogical.

If you understand life, death, love, god then definitely you will identify that they are illogical. So within create illogical nature. Staying logical is the base for old mind, traditional mind and conventional mind. Staying illogical has to become starting point for new mind. But don't hate logical mind accept it and according to situation use it.

But, initially start being illogical with yourself, when you are alone. Once you become expert being in this way and after getting results through it then have courage to be illogical with others. Otherwise you will face troubles in supporting what you did. Others think that you got madness. So don't be in hurry, take decision after going beyond raaga-dwesa.

In this way if you continue this practice suddenly change occurs in total situation. Without your support mind becomes silent. Because only your support makes mind active. This is your energy. If you do like this then first time you will be aware of your energy which belongs only to you and not to the mind.

This energy is pure energy and through this energy you can enter into the secret. When you don't have relationship with mind, when you are not with desire, this energy without moving in single direction, spreads in all directions and moves into secret. Suppose if you have relation with mind then it moves into known path. If it travels in known path it takes the form of a desire. If it travels into secret then it takes the form which is beyond desire. Then pure movement happens. This overflowing energy moves into secret.

Even when you separate from your mind then also energy has to move. Without moving, it can't stay at one place. Moving is the natural attitude of energy. Momentum is its life, so it moves. Even if you don't respond to mind, then also it moves. But it moves in new path. This journey is like a play, leela and creative. This moment is spiritual and without desire. You are moving because other than that you can't do anything, but you are not moving to fulfil your desire. You are the energy and momentum. So observe this difference.

When you go beyond mind that means when you leave the past then movement becomes fresh and freedom. Energy moves not for something, since it is energy so it moves. Remember this difference clearly. After travelling into secret, finally you will reach god. If your movement is pure then definitely you will reach god. If you yourself become pure energy, then every step travels into secret. Then only your life becomes blissful. Because old will not recur again and again. Then every moment is thrilling. Every moment something new will be created. Because of this freshness continues and you will not get bored.

Also change the way you talk. Don't tell it's my thought, if you say like this then you have identified yourself with your thought. Say that "This thought belongs to my mind, my past mind". Then feel the distance created only by words, by language.

If you say – “I am confused” means there is no distance at all. If you say my mind is in confusion then little distance is created. If you say I am in awareness that my mind is in confusion, then more distance is created. If distance is more then the feeling of confusion is less.

When you don't have desires then you will be inactive for some time. If you stay patiently, after completion of that period you will take rebirth in the same life. Then energy moves without desires. To increase your awareness if you practice new methods which I suggested, then activeness won't reduce suddenly, it reduces gradually. Actions decreases slowly. Gradually change manifests within. Desires and actions reduce, but nobody identifies that you became lazy and you are not doing anything.

This is gradual process so don't be in hurry. Here mind, old paths, old habits takes time to fall down on their own. Old ones have to fall and everything has to become new. So suddenly don't desire to reach God. Without transformation of inner if divine energy enters within, you may not bear it and situation may arise where you may go into coma. This happens if you go away from the mind completely. When you have relation with mind then only you can stay in physical world. So take only one thought from mind and understand it completely and replace that thought with divine energy and not with new thought.

Continue like this and fill your mind totally with divine energy, pure energy. So tell yourself that only bearable energy should enter within. In this way continue journey enjoying each and every step. According to your eligibility you will get results.

So create distance between you and your mind. Even If you are aware mind will be there but you will stay outside mind. When you come out of mind and do inner journey deeply then you will enter your personal consciousness. Also you come out from your personal consciousness and enter universal consciousness. That means through inner journey you will discover soul and supreme soul. After that allowing soul and supreme soul to this physical world, you transform into divine-human and live life blissfully.

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