

ALCHEMY

Reality stays alive through opposites. Means through positive and negative, through male and female, through sun and moon; reality manifest when the opposites work towards for single goal. Even though they look like opposites, they create intimacy. This intimacy becomes reality.

Both male and female work together and help for the creation of humanity. Because of inner tension, tightness, thrilling, suspense etc... formed between these two, energy is created, and process starts to grow further.

This works in all dimensions. If you observe internal structure of atom, there also you will find opposites working. Electrons have negative current and protons have positive current. Because of having opposites like this, matter creates. Suppose if only single positive current is there, then this world disappears. Suppose if only negative current exist then nothing remains.

Same thing happens within human. Health and illness both work together, for the manifestation of your desire, that is staying blissful. If you desire God, for that both good and bad work together within, to fulfill your desire. In this way opposites work together with cooperation and takes you to your destination.

Inner sun is the symbol for positive, masculine nature. Moon is symbol for negative and feminine nature. Positive is hot, active and with movement. Negative is cool, silent and without moment. So don't see human as a single entity, nothing can't stay single. Everything is divided into two and stays alive. Your body and also mind is divided into two.

Masculine nature is with powerful expressive nature, aggressive and quick. Feminine nature is with receiving attitude and pleasant. In you, sun is active part and moon is inactive part. If these two stays in deeper balance then suddenly you will get Liberation, you will reach Oneness. Means you will know that division and enmity is only at outside appearance, but if you travel inside them, you will find that both support each other and stay friendly, and if you travel further deeply then you will know that both are originating from same energy and only one is present.

Awareness works in two ways, it creates sun as well as moon. In the center of rotating wheel there is rod which is not revolving, unmoving. In the middle of moving things definitely immovable thing will be there otherwise movement is not possible.

If you become awareness, means if you go beyond raaga-dwesa, or stay purely, heat travels towards periphery. Every cell becomes warm in your body, because awareness encourages energy to flow penetratingly on its own. In the same way second opposite result is, center of your existence becomes cool. Means here understand that moon is also working.

When energy is stagnant in Centre, overflowing temporarily only when it is unable to hold, then it becomes fire. Suddenly energy is released towards body, this is worst situation. You are accumulating energy inside. Then one day when it overflows, you through it out. Then it comes out through characteristic like desire, angry, misery, hunger etc.. In this way you stuck in the vicious cycle of collecting and throwing, again collecting and again throwing. But because of awareness change occurs in this situation. Not releasing temporarily, inner center sends its energy continuously to every cell of the body.

Your inside sun releases energy into ways. If you are not in awareness, he will release energy through desire, angry, misery, hunger, diseases etc.. or if you are in awareness through this conscious state, fire transform into light, release as light. Then you will be filled with the flow of light continuously. Cells within bath in it. When it happens, your inner center start becoming cooler and cooler. Finally it becomes the coolest place.

When your consciousness grows and expands, then your fire transforms into light. When body is enlightened, when every cell in the body illuminates, when they awake and come to awareness, inner moon evolves. In this way when inner moon grows then you will experience the full moon in your inner environment. Remember here full moon means which is beyond sun and new moon.

When inside fire completely transforms into light then there is no heat. That's why we are using full moon as symbol. Moon has light but no heat. That's why its light is cool. So when you start inner journey, first experiences will be with Rebellion attitude. Even then if you continue inner journey, only silent moon with cool illuminating light remains. Then only you have known completely about dualities. You will know Sun-moon, birth-death. Like this if you know both at once, you will go beyond them.

So only one solution for all problems, transforming fire into light. Don't use fire as it is, use as light. Means when fire is spread in one direction then it stays as fire, but if it spreads in all directions then it transforms into light. Means use fire like a bulb not like torchlight. Here note that light is not opposite to dark, it is pure light which is beyond light and dark.

So when you get anger, close your eyes and meditate on anger. By digging deeply find from where anger is coming. Normally we do opposite. When we get anger we think about outer cause, the person who created it externally. But from now onwards leave outer cause and find its center within.

When you are in anger then only it becomes easy to travel towards its inner center. Why because you are with emotion at that movement. Use that fire as path, thought it easily you can travel towards its inner center.

While travelling don't participate in anger, because if you participate, it will be thrown out without getting transformed. And don't suppress it because if you suppress energy is thrown again to the center. But center can't absorb it. Again with more force center throws it towards body. So don't participate and don't suppress. Just be in awareness and travel towards its inner center.

How you will know that you have reached inner center? Because of staying only in outer view and holding outside things, till now you didn't travelled towards emotional center. Now release outer cause, shift your focus to inner center which is in opposite direction, and reach it. In the center you and anger only both remains. You will not find thoughts which belongs to outer cause like outer things, outer persons. Why because you will realize that, cause for angry is within. Since you have found the center of anger, then there is no need to do inner journey, remember this.

Then staying beyond raaga-dwesa, enter anger and with silent observation sit without moving in its center which is in the middle of anger. Anger and silent observing, are opposites but effective. When silent observation enters into anger it changes energy. The chemical mixture of anger will change and fire becomes light. Then this energy doesn't travel towards outer cause, and also it won't be suppressed at inner center. By observation energy spreads. It moves towards periphery of the body as light. If it spreads then it travels as light and this light itself become nectar.

We call this science, Alchemy. In this way transform everything which is inside you into pure energy or into nectar. By this nectar you will become immortal. Because you will go beyond both birth and death.

If you don't succeed doing alchemy, then surrender problem to your divine and you also reach divine and learn how to do alchemy from him. To know how to reach divine read the topics melt, inner journey, surrender.

Experience

Once heat came out from my navel and circulated throughout the body. Then at third eye wheel started revolving and from it also heat came and spread throughout the body. I suffered that heat for some time by crying mummy mummy. Coming out from it for some time I observed, then entering inside I did Alchemy. Then I felt I can't bear the heat. After that from third eye coolness started spreading total body. I felt discomfort staying in this coolness also. In this way I suffered 4 days with heat, 3 days with cool. After 7 days I felt freshness in the body.

During these 7 days in my mouth gums swollen and pus formed. From it blood and pus started releasing. I consumed blood and pus. For 7 days my food was blood and pus. I advised not to consume, then I replied it doesn't harm me because it developed within me. Suppose if it forms in throat then definitely it will go inside, so I

consume. For 7 days I didn't had meals, only I drank water. After that my teeth became white, since then I am eating everything as usual.

See what a miracle happened because of doing adventure. My weight reduced upto 5 kgs, dental cleaning happened. When same problem came to my friend, doctors removed two teeth, put lot of food restrictions, and also he paid thirty thousand rupees.

In this way so many are doing adventures. Delivering babies at home without others help with very less pain. They are having deliveries in water tubs, in commode, in standing position..... in so many ways they are delivering babies. You can watch these videos in YouTube by typing 'unassisted home delivery' in search box.

After reading many books, applying book knowledge and after getting miraculous results only, I am giving my experiential knowledge to you. Don't trust blindly whatever I said, do practice and know practically. So my advice is, if you try with persistent determination and with courage, then anything is possible. You can get solution on your own for every problem. Be prepared to suffer minute pains and solve your problems on your own and increase trust on yourself and live life blissfully.

DONATIONS

Anyone inspired by new energy concept or whoever wants to donate, please deposit in the following bank account. Your help will encourage us in spreading this concept to huge people. Name: P. Sreedhar; State bank of India, Saving bank account number: 30603897922. Branch-name: Hanumakonda; City: Hanumakonda, Warangal District, Telangana, India. IFSC Code: SBIN0003422. My Mobile No: 9390151912. Your generosity and support is appreciated! This mobile number also has GooglePay and PhonePe.

HOW ONE SHOULD MEDITATE?

Sit or lay down in a comfortable posture, as you feel convenient. Close your eyes, start observing your natural breath. Even if thoughts are arriving, observe thought and breath simultaneously. If you do like this, even though the thoughts are coming, you will become aware of infinite new energy which is present here and now. And also you attain soul knowledge. If you start implementing this knowledge with the help of new energy, your thoughts and your total being develops and transforms into divine energies. Because this new energy has the ability to show you the taste of the divine feeling which is here and now, you will also transform into divine-human. Anytime, anyplace, anywhere you can practice this meditation. Start practicing meditation for at least 10 minutes daily. Whatever you do daily, do that work besides observing your natural breath. 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.