

ALCHEMY

Reality is alive through opposites. Meaning, through positive and negative, female and male, sun and moon; reality is created when two opposites work towards for the same goal. Even though they appear as opposites, they create interdependence. This interdependence is what truly creates reality.

Male and female come together to create humanity. The tension, stress, and excitement between the two leads to the creation of energy, and the process of growth and evolution begins.

This principle works everywhere. Even if you observe the internal structure of atoms, you'll find that opposites are at work there too. Electrons have negative charge, while protons have positive charge. It's because of these opposites that matter is created. If only positive charge existed, this world would immediately disappear. If only negative charge existed, nothing would exist.

Similarly, this happens within humans too. The right side of the body represents masculinity, while the left side represents femininity. Both these aspects work together to achieve the intention you've set for yourself to live a happy life. If you intend to reach God, the good and bad, healthy and unhealthy aspects within you will work together to achieve your intention. Thus, opposites unite and work together to help you reach your desired goal.

Similarly, the inner sun represents inner positivity and masculinity, while the inner moon represents inner negativity and femininity. Positivity is hot, dynamic, and energetic, whereas negativity is cool, quiet, and still. So, don't look at a person as just one entity - nothing exists as just one. Everything is divided into two and is alive. Your body is divided into two, and so is your mind.

The masculine mind is intense, fast, and energetic, while the feminine mind is receptive and calm. The sun represents the energetic part of you, and the moon represents the calm part of you. When these two deeply unite, you suddenly attain liberation and unity. This means that although there may be division and enmity on the surface, as you journey deeper, you'll find that they cooperate and become

friends. And if you go even deeper, you'll realize that both arise from the same power, and that there is only one existence.

Awareness works in two ways. It creates both the sun and the moon. In a turning wheel, there is a central axis that doesn't turn, but remains still. Similarly, in the midst of movement, there is always a point that remains still. If this still point didn't exist, movement wouldn't be possible.

If you become awareness, transcending likes and dislikes, and merge with the pure space, heat will travel to the periphery. Every atom in your body will become warm. Because awareness excites energy to penetrate and enter into all things. Similarly, the second result is that the center of your existence becomes cool. This means that the moon is also at work, understand?

But when energy is suppressed or stuck at the center, it builds up and eventually bursts out, releasing temporarily, like a fire. Suddenly, the energy is released towards the body. This is a chaotic situation. You keep suppressing energy inside, and one day, when you can't hold it back, it bursts out, and you emit it out. Then, it comes out through some trait, like lust, anger, greed, or attachment. You're stuck in this cycle of suppressing and releasing, suppressing and releasing, like a toxic vortex.

But with Light, a change occurs in this situation. Due to Light, the inner center doesn't just release when it's too much, but instead, it constantly supplies its power to every atom in the body at every moment.

The sun within you releases energy in two ways. If you're not in a state of awareness, it releases through desires, anger, greed, attachment, diseases, and extremely good-bad emotions. Or, if you're in a state of awareness, meaning you're peaceful and united with the space, this conscious state transforms the fire into light, and it's released as light. Then, you're constantly filled with the flow of light. All your cells and atoms bathe in it. When this happens, your inner center starts to become cooler and cooler, eventually becoming the ultimate coolness.

As your consciousness expands and grows, your fire transforms into light. When your body is enlightened and all the atoms in your body become luminous, and they

awaken and come to awareness, the inner moon rises. After the new moon rises, you experience the full moon in your inner nature. Note that the full moon here means beyond the sun and the new moon.

When the fire within you completely transforms into light, there is no heat. That's why we use the full moon as a symbol. The moon has light but no heat, so its light is cool. That's why when you start your inner journey, the initial experiences are turbulent and rajasic in nature. However, if you remain calm and continue your inner journey without reacting to them, the fiery element dissolves, and eventually, only the cool, silent, and luminous moon remains. That's when you truly understand the duality. You understand the moon and the sun, birth and death. When you understand both simultaneously, you transcend both.

Therefore, there is only one solution to all problems: transforming fire into light. Use fire as light, not just as fire. When you channel fire in one direction, it remains fire, but when you spread it in all directions, it becomes light. Understand that you should use fire like a bulb, not like a torchlight. Note that light here is not opposed to darkness, but is a pure, self-luminous light beyond light and darkness.

Saadhana

There is only one energy or power, manifesting in various forms. Just as we melt old, damaged jewelry into gold and give it a new form without throwing it away, similarly, we shouldn't consider negative energies as useless, but recognize them as costumes of divine power and transform them back into pure energy.

Similarly, you can only transform negative energies when you transform positive energies. If you only focus on transforming negative energies, they will resist and refuse to change. However, when you transform positive qualities, negative qualities will become willing to change, as they will see the benefit of transformation.

So, when you feel anger, close your eyes and meditate on the anger. Dig deep to find out where the anger is coming from. We usually react oppositely. When we get angry, we think about the external cause of the anger and the person who triggered it. But from now on, let go of the external and find the internal source of the anger.

It's easier to journey inward when you're angry because you're already in an emotional state. Utilize the heat of that emotional state as a pathway, and firmly hold onto the inner space, without getting stuck to the anger, and continue the journey. You'll easily discover the inner core through this process.

When you're on this journey, don't participate in the anger, because if you do, it will be thrown out without transforming. And don't suppress it, because if you do, the pent-up energy will be pushed back into the core, but the core won't absorb it. Instead, the core will push it back out into the body with even more force. So, don't participate and don't suppress. Simply remain calm and peaceful, merge with the space, and steadily move inward towards the inner center.

How will you know when you've reached the center? Until now, you've been focused on the external, holding onto external things, and haven't traveled to the inner-center. Now, release the external cause, turn your attention inward, which is in opposite direction, and journey towards the inner center.

When you reach it, only you and your anger will remain. There will be no thoughts of the external person or thing that triggered the anger, because you'll realize that the cause of the anger lies within you. Remember, once you've discovered the center of anger, there's no need to continue the inner journey.

Remain beyond likes and dislikes, and merge with the space that pervades your entire body, at the same time, peacefully enter into your anger and sit at the center within it, observe without moving, in complete silence. This means being one with the moving anger and the still space within the anger.

Anger and silent observation, movement and stillness, are opposing yet powerful forces. When silent observation enters anger, when the impermanent anger meets the permanent space, a transformation of energy occurs. The chemical composition of anger changes, and the fire transforms into light.

Then, this energy doesn't move towards the external cause, nor is it suppressed back into the center. Due to witnessing, this energy expands. It moves as light towards the

periphery of your body. If it expands, it moves as light, and then that light transforms into nectar.

This is what is called Rasavada Shastra or Transformation Science or Alchemy. Similarly, transform all the good and bad energies within you into pure energy, into nectar. And through this nectar, you will become immortal. Because you will transcend both birth and death.

Doer-Witness

In all the actions we perform, the doer and the witness are always present. Normally, God is the witness, and we are the doer. But if we surrender our problem to the God within us, who has created us, our body, and our mind, and has secretly dwelled within us, and ask Him to solve the problem, and then remain calm and silent, without doing anything, then the God, who was not doing anything, will start doing. Like how Lord Vishnu appeared when Prahlada didn't do anything. This is because both the doer and the witness must always be present. Therefore, if you remain a witness, the God, who is secretly present, will appear and start doing. This is when miracles happen, when God takes care of the problem.

Therefore, remain still, more still, and even more still, calm and peaceful, to merge with God. Only when you remain this way will God complete His work easily and quickly. Just like how you need to remain still when a doctor operates on you, so that he can do what needs to be done. So, trust in the God who is present within you and remain calm and still.

To put it simply, experience your body, mind, and heart as a whole, made up of the five elements and three gunas, all at once. That means experiencing 50% of the static space and 50% of the dynamic earth, water, fire, air elements and the three gunas simultaneously. By experiencing in this way, the body will be filled with cosmic bliss, and solutions to all problems will be found.

If you want to easily transform your suffering, first put your suffering aside and become one with the space, remaining calm and peaceful. Then, consider the evil forces and enemies as friends, and only then begin this practice. Just as you apply oil

to your hands before cutting a jackfruit to prevent the sap from sticking, similarly, merge 50% with the space that pervades everything, both inside and out, and then enter into your suffering, transforming it into supreme bliss.

Similarly, while merged 50% with the space, live your life in this illusory world. Only then can you remain like water droplets on a lotus leaf, experiencing this illusory world as divine and seeing it as divine.

If you fail to transform, surrender that problem to God and also surrender yourself to God, and learn from God how to transform. To know how to reach God, read the topics - Melt, Guide, Inner Journey, and Surrender.

Experience

In 2017, I once experienced a heat rising from my navel, spreading throughout my body. Later, a wheel-like chakra at the third eye started spinning, and heat spread throughout my body again. I suffered the pain for some time, crying out 'Amma, Amma'. After some time, I came out of it, observed, and then re-entered to perform alchemy. I couldn't bear the heat anymore. Then, coolness started flowing from the third eye, spreading throughout my body, which was also uncomfortable. I experienced heat for 4 days and coolness for 3 days. After 7 days, I felt refreshed in my body.

During those 7 days, the gums in my mouth swelled up and developed pus. The pus and blood started oozing out, and I was swallowing it. For 7 days, my only food was the pus and blood. I was advised not to swallow it, but I said, 'It's coming from within me, so it won't harm me.' If there's an swelling in my throat, it will eventually go inside, so I might as well swallow it. I didn't eat anything during those 7 days, only drinking water. After this experience, my teeth became white. Now, I'm eating normally.

See what a wonder happened when I took a bold step! I lost up to 5 kilograms, and my teeth got cleaned. When same thing happened to my friend, the doctors have removed two teeth, costing 30,000 rupees, and he had to avoid many food items.

Similarly, many people are taking such bold steps. They are giving birth to children at home without anyone's help. With minimal pain, they are delivering at home without any assistance. In bathtubs, commodes, standing... in many such ways, they are giving birth. You can see these on YouTube. Type 'Unassisted home delivery' in the search bar.

After reading many books, practicing, and achieving wonders, I'm sharing this experiential knowledge with you. Don't blindly believe what I say; instead, practice and experience it yourself. With effort, determination, and courage, you can overcome any challenge and solve any problem on your own. Be prepared to gradually tolerate hardships, reduce them yourself, and build trust in yourself. I advise you to live a blissful life.

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