

## **PROBLEMS**

### **Comfort**

Currently, a person is like a seed, not fully aware, not conscious. But many people think, 'I am conscious, I am the Atma, I am God.' This is the most dangerous and poisonous belief of all. Because if you think you are already conscious from the beginning, then you will not become God. If a seed thinks, 'I am a tree, and I have been blooming flowers,' then the seed will not grow. In this way, the seed is completely deceiving itself.

But if you think, 'I am not conscious,' then it destroys your ego. You become shattered. Even then, if you accept that you are not conscious, then the goal is very near.

Man's all beliefs are favorable, convenient, but also dangerous. Because they make the possibility of growth impossible. So, you must realize that you are also a prisoner in the body and mind, like a prisoner in jail. Only then is growth possible. You are not in a conscious state, you are living in an unconscious state. You are working like a robot, like an object, like a machine. What is the difference between you and them? So, bring to your awareness the fact that you are not conscious. This is the first step towards awareness.

But if the seed transcends its state, it brings danger upon itself. The seed is safe, but the tree is always in danger. The seed is lifeless, while the tree is alive, sensitive, and vulnerable. The tree must withstand the changes that come in nature.

Growth is only possible when you choose to take risks, face dangers, and do fearful things while being aware. That is, you only grow when you travel on an unknown path. You only grow when you take risks. The first birth is coming out of the mother's womb. Being born from your own unconscious state and becoming aware is the second birth. Only when you take this second birth in the same body can you know God. The one who is reborn in this way is called a 'Dwija' (twice-born).

### **Sensitivity**

Sensitivity depends on consciousness. The more conscious you are, the more sensitive you will become. But being conscious is dangerous. Because consciousness creates sensitivity to what's happening around you. This means that meditation expands consciousness, and so sensitivity also increases. This growth is adding to your existing problems. Because sensitivity means experiencing everything with total intensity.

Whatever is within you, all parts of you must experience it together. So, whatever feeling you have, be sensitive to it and spread it to all parts of yourself. Be ready for everything, only then can you become conscious and realize God.

A meditator feels humiliation more intensely than an ordinary person. This is because the ordinary person's awareness is not clear. But when you start meditating, the qualities of a child re-emerge, and sensitivity becomes fresh again. All the fog clears, and everything becomes clear, and whatever happens, it goes deep. As a result, you respond intensely to both suffering and pleasure. You not only feel your own suffering but also the suffering of others, which causes you immense pain. Similarly, you also feel the pleasures of others, which brings you joy.

This state creates problems for you, your family, and your friends. They cannot understand the changes happening within you. Because their assumption that meditation makes a person peaceful is contradicted. What needs to be understood is that the peaceful state doesn't come immediately, it's the ultimate goal, and meditation is like a vehicle to reach it. Only when you gain knowledge through meditation and transcend attachment and aversion, can you attain a peaceful state.

Therefore, the easy solution is to take responsibility for your life, considering yourself the creator, and assume that you have played all the qualities and roles in this world in your past lives. Experience them all alone, without troubling others. For more information on this, read the topics of Director, Guide, past lives, and Alchemy. Only when you experience the world with complete intensity will you be able to experience the ultimate reality fully.

Awaken to the truth that you are the creator of your life. Experience and purify each past life's karma, which may take two days, two years, or two lifetimes, depending on your dedication. I have experienced the consequences of my actions, transcending good and evil, and realized that I am everything and everything is me. I am formless and form, omnipresent, and all reflections are mine. I have come to Earth to experience this truth,

so assume and blindly believe it, then attract all qualities, not just good ones, and experience them intensely to transcend them quickly.

Similarly, if you experience joy and sorrow, victory and defeat simultaneously, including still space, you can remain balanced. When you fully understand the process happening within yourself and the process happening in this universe, the sensitivity that causes joy and sorrow will disappear, and compassion will awaken.

However, lacking sensitivity can be advantageous for you. Because you can remain inert, ignoring others and this creation, halting your growth and continuing in the current state, without intensely experiencing the joys and sorrows of yourself and others.

Due to this advantage, humans are remaining like seeds, not growing. In my view, renouncing only this advantage, this comfort zone, is true sacrifice. Leaving home and family is a small thing, but giving up a mind with advantages or comfortable mind, is the most challenging task of all.

### **Dharma-Sankata**

Even with a comfort mind, not taking risks, and carefully planning your life, there is still a possibility of facing severe problems in every person's life. Solutions to those problems can be found either mentally or by turning to God.

On one hand, there is God, and on the other hand, there is a comfortable mind. Meaning, on one hand, there is Dharma, and on the other hand, there is a familiar path. This is called a Dharma-Sankata. Practicing Dharma becomes difficult, and giving up Dharma might bring you happiness. That is, traveling on an unknown secret path becomes difficult, and traveling on a familiar path seems advantageous to you.

Dilemmas of dharma-sankatas arise in everyone's life, but many people fail to recognize such situations as their own dharma-sankatas dilemmas. They don't even realize they're in a conflict. Like a fly attracted to sugar, such individuals are unconsciously drawn to pleasures and advantages.

Actually, consider the moments of dharma-sankatas dilemmas as opportunities for transformation into God. If you stand firm on dharma without running away from problems or getting attracted to temporary pleasures, it's not impossible for you to transform into God. With a comfortable mind, you may attain happiness and longevity, but your personality will be lost, you'll become weak, and you'll move further away from the divine state. So, not taking risks might itself be a risk, think about it carefully.

Here, Dharma means cultivating divine qualities and realizing oneself as God. Adharma means considering oneself as good or bad and fighting against the opposite, without trying to cultivate compassion, and getting entangled in worldly illusions and dualities. For more information on Dharma, read the topic 'Dharma'.

### **Black Magic**

This entire creation is filled with infinite power. You can access it through meditation. So, don't try to extract good energy from others. Similarly, don't absorb others' bad energy out of sympathy. If you do, those problems will surround you and come to you. Therefore, send others' happiness and sorrows back to them. In other words, resolve that if it's mine or from my past life, let it transform into pure energy and merge within me; if it's others', let it return to them.

Similarly, some people may intentionally try to harm you by sending negative energies your way. In such cases, don't wish harm on them, but simply redirect those energies back to their source. Then, the divine within them will decide whether they deserve punishment. Also, understand that you don't need to know where it came from. So, neither absorb good or bad energies from others nor impose your good or bad energies on others. Instead, meditate and tap into the pure energy present in this creation.

### **Difficulties-Sorrows-Problems**

Experiential knowledge provides growth and deeper understanding. Through knowledge, you expand. Sufferings and hardships support your growth. Sufferings are not against growth. Hardships may cause you pain, but they also give you deeper understanding. The more types of sufferings you experience, the deeper you reach.

When the mind starts to experience pain, thinks about it, wants to understand its meaning, and thinks about how to overcome it, then it becomes pain and after that become pure. If you just experience the pain without thinking of overcoming it, it will remain superficial and impure, then mind is filled with thoughts, without becoming pure.

Spirituality is not about escaping from suffering, but about living with it. If you live with it, one day it will definitely disappear, and your awareness will also increase. Accept suffering as a part of growth and training. When your consciousness transcends suffering, suffering will disappear. If you run away from it, you are escaping your destiny. Similarly, by not using suffering as a vehicle to transcend, you are missing the opportunity to reach the beyond. Note that destiny here means realizing that God is all-pervading and that I am God.

But human nature is always anxious to ensure happiness for oneself and one's family. That's why we always try to avoid hard work and difficulties. We strive to increase our comforts and conveniences. Observe what you're doing in your life. Are you thinking of providing constant comfort and convenience to your children? But have you ever thought about what benefit comes from just comfort? How will their lives be if they only get comfort and convenience?

Just as exercise increases physical strength, and only the person who has worked hard can sleep soundly, similarly, the body remains healthier when it works hard. The mind also becomes sharper when it faces challenging problems. This is our common experience, perhaps we forget it. If we experience the pain in our minds properly, we become more efficient. That is, if you try to keep your children away from hard work and difficulties, aren't you actually blocking their path to Bliss? So, think about this carefully.

Actually, problems and their solutions are born at the same time. Whether it's an individual or the universe, recall your past life and look at history. In every situation where a problem arises, you'll find that the power to solve it also emerges. This power drives creation. In reality, problems give rise to new power. Every person who faces a problem and overcomes it takes a step forward in the process of evolution. Their mind expands. Not just the individual but the entire universe evolves with self-confidence and perfection.

Don't you think this is true? When a problem arises, an opportunity also arises. An opportunity to change ourselves, to evolve our thoughts, to transform ourselves into a powerful and knowledgeable being. Those who utilize this opportunity will have no

problems. But those who don't, will become a problem not just for themselves, but for the entire universe.

But when you are awake and even when you are in dreams you are always overly thinking about problems. Instead of just thinking about the problem, start dreaming about new solutions too. You're wasting all your energy by focusing more on the problem than the solution. This is not right because you're blocking new creative possibilities from emerging by limiting yourself.

You must utilize all aspects of yourself, using each part to the extent necessary, otherwise, the energy flowing into you will go to waste. Therefore, stay with the problem only as long as necessary, and when you feel overwhelmed, recognize that you're overthinking and immediately seek a creative solution by asking the problem itself and meditating.

When speaking with others, especially New Energy Masters, discuss the problem for a while, and ask how to find solutions. Don't waste time talking excessively about your problem. Being overly attached to the problem will cause you to lose the energy you've gained, and the problem will become a permanent fixture in your life.

Since 2004, I have been treating problems as teachers, gaining knowledge from them, and finding solutions to all kinds of problems I face. Here, even good things can become problems because our goal is to accept both hardships and happiness equally. However, we tend to break down during hardships and get carried away during happy times. We need to change in both aspects, so we must consider both as problems and teachers, gain knowledge from them, and reach the divine hidden within them.

The world was created with divine energy. This means your body, thoughts, emotions, experiences, health, and the external world are all made of divine energy. So, fear is not just fear, it's divine fear. First, you must experience both fear and divinity simultaneously. Then, you can experience it as just divine energy. When this divine energy expands to all parts of you, you'll find the solution to your problem. Here, the problem is getting stuck in name, form, and action, and the solution is transforming it into divine energy. You're analyzing everything, experiencing only the name, form, and action, and stopping there, but not experiencing the divine energy within. For more information, read the topics 'Inner Journey' and 'Guide'.

I realized that many people are overly reactive to their emotions, blaming others without taking responsibility or introspecting. I thought of not sharing this concept, as it's not being understood or implemented correctly. However, my divine guidance said: 'You're not troubling anyone unnecessarily, and it takes time to develop a mindset that takes ownership, as I'm the creator.' Only those who are worthy will practice this, and only by implementing the solution you offer will they find answers to their problems. So, share this knowledge with those who are given the opportunity.' That's why I'm sharing this knowledge now. Although it takes time, those who practice it are experiencing amazing results.

To read divine human book topics click this link.. <https://darmam.com/englishtopics.html>