

## **FIGHT**

Man is like a seed. He needs to grow into a tree. If the seed dies as a seed, it means it hasn't grown. Similarly, if the seed doesn't grow, it's heading towards death. So, you either need to grow or die. There's no other option.

A seed can die in two ways: it can die without growing, or it can die to grow, meaning it can die as a seed and be reborn as a plant. Therefore, dying to grow is a doorway to living longer. Dying to grow means dying to be reborn in a higher state than the present one, disappearing from one state and reappearing in a higher state.

A person should die as matter and be reborn in the soul every day, or as mentioned in the topic of inner journey, the Leader should be born. That is, one should become pure or die in what is known and be reborn in what is unknown. Here, what is known is matter, and what is unknown is the mysterious soul. If unknown knowledge becomes known, it also becomes matter.

Similarly, matter means form, meaning ego. In other words, you, who are playing many roles in this illusory world as the jiva-atma or as doer or as an actor playing many roles, should die as the role player and be reborn every day as the formless or the Leader or the witnessing self or the Director.

Dying in what is known and being reborn in what is unknown should be a continuous process, only then is development possible. Remember that it is not the body that needs to die, but the jiva-atma residing in it, that is, you.

Keep in mind that you should use the three gunas, people, and everything else in this illusory world as a tool, a vehicle, to discover the eternal home within, and then purify all worldly things and enter the eternal home. Let this be your daily routine.

Now the question arises, how to die and be reborn again? You choose many desires every day. For example, when you desire to do something good and meditate, 100% of your energy doesn't go towards the good, but also towards the bad and the neutral. That's why we start to worry whether our desires will be fulfilled or not.

As mentioned in the topic of Dharma, the mixture of gunas within you is, for instance, 60% good, 30% bad, and 10% neutral, then opposites attract energy accordingly. This mixture is not the same for everyone, and it's difficult to pinpoint exactly how much each person has, and it

also changes according to circumstances. Then, one should try to balance this mixture through spiritual practices. When this mixture becomes balanced within you, you will experience supreme bliss.

Similarly, understand that whenever you choose a desire, three opposing roles are inevitably created. Meaning, if you desire to have a good guru, you are also unknowingly desiring to have a bad and neutral guru, and accordingly, you are also desiring good, bad, and neutral disciple roles. That's why a guru appears to be of three types to the disciple, and a disciple appears to be of three types to the guru.

So, understand that all this is happening according to your desire, and think, 'I created this, I nurtured it for so many days, so now it's my responsibility to dissolve it.' Therefore, dissolve all three - the guru and disciple roles - related to that desire, meaning, purify them.

The opposing forces can be dissolved either by instigating a war between them or by creating friendship between them. Therefore, what you need to do is, while experience symptoms related to desire divinely, decide to die to be reborn as the Leader with the help of the qualities related to those experiences. Then, create friendship between the opposing forces and unite them, for more information on this, read the topic called 'Inner Journey'.

But some roles don't cooperate with friendship because they were created when there was enmity between good, bad, and neutral. They are programmed that way, so they only know how to fight. Meaning, you continued to associate with those roles while thinking of opposites as enemies, before following the New Energy concept, so they don't want to merge.

They will also obstruct your meditation, and even if you ask them saying 'I will surrender, help me purify,' they won't agree to anything except war. Similarly, if you are confused, it means their influence is on you, and there is a fault in you too, and you are also trapped in the role here, and you are not pure.

So, after becoming pure by doing 'melt' saadhana, instigate a war within yourself with the role you have taken on and the other roles within you, and destroy all the opposites. By doing this, the destroyed forces will transform into pure forces and will be useful for the new desires you are going to make.

You may have a doubt here that energy cannot be created or destroyed, right? My answer to this is that we are not completely destroying the energy, but transforming it into pure energy by being harsh and not loving. Similarly, you may also have a doubt about the New Energy

concept, whether new energy can be created. My answer to this is that God has infinite pure energy, and this is what I call New Energy. It will be available to you only if you are pure.

### **Saadhana**

For example, let's say the wife's words are not being heard by the husband, but he is listening to his brother's words. Then, the wife's spiritual practice should be - 'You are not listening to my words, but listening to your brother's words, which means my words are not having an impact on you, that's why you are listening to him.' So, I will come out of the wife's role and accept things as they are without trying to change you, and you also accept the wife's role. Try to create friendship between the roles or try to become pure with their cooperation.

Suppose if those roles don't co-operate – then sit alone, do within like this: support wiferole then fight with husband and neutral roles, support husbandrole then fight with wife and neutral roles, support neutralrole then fight with husband and wife roles. By sitting on one side and destroying the others, ultimately become a pure jiva-atma and destroy the good, bad, and neutral opposites at once. Because they originated from pure energy at the same time. So, they grew together, entangled, and later die or merged together at once, returning to the pure energy.

This means that only one cannot remain here, and the three opposites always exist. Through meditation or sleep, energy is always available to all three. So, even if one becomes weak, it will regain energy and continue the battle. Similarly, there is no guarantee that energy will always be more on the side you like, so there will be both victories and defeats. Even if you always win by fighting from one side against another, you will never reach God, but will remain entangled in Maya. Therefore, the solution is to destroy all opposites through war or through friendship.

Similarly, remember that creation is happening within you, and you have played all kinds of roles in past lives and had all kinds of experiences. This life is taken to transform all of them into purity and attain liberation. Keep in mind that the war is with the roles of your past lives, and fight within. That means you are fighting with yourself. If you feel unable to fight, melt away to be reborn in the state of the soul, as described in the topic of Melt.

After spending some time in the soul, return to the body. Then, a new person enters the body because you have known death. What you know is the soul beyond the body. So, after having every experience enter into God kingdom, then only you will become proficient in traveling back and forth. You will have the faith that the kingdom of God is always accessible. Also, since God has solutions to all worldly problems, ask God, and by following His guidance, you will solve your problems and live happily.

Every day, through war or friendship, purify everything and then meditate. Before getting up, intend to be friendly with opposites, or remain untouched by all situations, or play all kinds of roles like a director, or intend as you wish. After some time, open your eyes. Using your creativity, die and rebirth in the same body, transforming all past experiences into pure experiences. Only then will the past not affect the present. Only then will you transcend the law of karma.

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### **MELT**

If you want to reach soul by going beyond body, mind and heart, first recognize that you are affected by your thoughts and living in them imprisoned. After that turn your focus from thoughts to “yourself”, and then practice melting. Whatever happens within, without participating in the process, you say that only I am melting, and melt like an ice cube and become pure. After that spread inside. Means without talking, without thinking, not doing anything, only stay in a feeling that I am present in the whole body. Then you will enter into sleep like state, or coming out from your parts you stay in empty space. In this state if you can stay for some time, then thoughts dissolve on its own and silence happens within, and after that soul appears. Then you will experience pleasantness, lightness, freshness and blissfulness. Without opening your eyes immediately, spread this bliss to all your parts. Then you will get solution to all your problems. Also coordination happens among all your parts. This meditation can be practiced by anyone, anytime, anywhere, and no time limit. Daily practice this meditation for at least 10 minutes.