

DHARMA

Each person thinks about Dharma. Discussions about Dharma-Adharma goes on continuously. I questioned myself, actually what is Dharma? Then what I came to know is – whether you call Dharma, or God, or SupremeSoul, Prakriti-Purusha, or Pure conscious-Pure energy; all means the same. All these are synonyms for God.

One more thing I came to know is that, in God trigunas are mixed in equal ratios, means 33.33% satva, 33.33% rajas and 33.33% tamas. But this gunas proportion is different in every energy-form created by God. Many forms are created in nature because of this difference in mixture. So understand that everything in nature definitely has these three gunas, means positive-negative-neutral or proton-electron-neutron.

God means bliss or eternal bliss. He is always in bliss, because in him trigunas are mixed in equal proportions. There are so many ways to reach this blissful state. You can reach God through practicing melting or observing natural breath.

We feel bliss after meeting God, but once we open our eyes, again we are falling in maaya or illusion. Means we are unable to hold the bliss in body, mind and heart. I asked myself what is the cause for this? Then I got this message: after coming out from meditation, immediately you are choosing one among trigunas and start fighting with the remaining two; Because of this only you are unable to hold divine feeling in body, mind and heart; so choose all trigunas and mix them into one, in these states also.

Body

Generally we wish to always stay healthy at physical level. Within I felt that this decision is adharma. Because in dharma, three opposite energies are mixed in equal proportions. Means health-illness-neutral energies are in equal proportion, so choose all three. Since illness symptoms like cough, sneeze, pains, numbness and drowsiness etc are necessary for us in daily life. If they work daily then only unnecessary things formed in the body will come out.

Body always evolves and tunes itself to the changes happening in nature. To Update 2G mobile to 4G, only changing SIM is not enough; hardware means mobile also has to be updated. In the same way, if you want to grow then your parts - body, mind, heart etc.. must evolve. So to manifest higher states in your body, it is necessary that illness-health-neutral energies must unite and work together simultaneously. So choose all three in physical level and create friendship among them. Otherwise establishing Dharma in the body becomes impossible. To get more information read the topics - “Inner Journey and Body”.

Mind

Choose three in psychological level also. In mind we get only one single thought at once. It may be good thought or bad thought or neutral thought. If you choose this single thought immediately, then it means you did adharma, because you didn't choose all three.

Means in mind if you get scolding thought, without choosing it immediately, you say that you are choosing pure energy which is mixture of three: scolding-praising-neutral. In the same way if you get praising thought, then also don't choose it immediately and say that you are choosing pure energy which is mixture of three: scolding-praising-neutral.

In this way daily whatever thoughts you get, choose all three energies relating to that thought and wait for some time. Only after reaching peaceful state or balanced state, accept to do something. If you do like this, then connection with God happens, when you are in psychological state itself. Like this if you continue practicing at psychological level, then definitely you will establish Dharma in mind itself. There is no need to leave mind and reach god. He himself enters into your mind, because your mind became pure peaceful, because of mixture of trigunas.

Heart

In heart you will find good-bad-neutral feelings. When you get fear, immediately if you think that fear should vanish totally, then you did adharma. So tell to fear that you must stay inside but only 33.33%, remaining energy distribute to other two energies and you all three become equal, then integrate and become one. Like this when you have more courage, tell that energy also to stay only 33.33%. So if it is less than 33.33% advice it to grow and if it is more than 33.33% then advice it to reduce and always maintain trigunas in equal ratios and establish dharma in heart.

When bad gunas like desire, anger, greed, lust etc generate within us, generally we feel that - we are not evolving spiritually, we are not doing saadhana properly, something wrong we are doing and with this victim feeling increases. But as per my advice if you do saadhana with a feeling that everything should be there in equal proportions, then guilty feeling disappears.

Maaya or mind showing undivided pure energy as three separate parts. So within all three must present, but in equal ratios. So enthusiasm increases to become representative for thigunas and to become leader for trigunas. Because of this, feeling becomes fixed that it is not wrong to have 33.33% bad gunas.

Even though five fingers are separate, we can use them simultaneously by creating friendship among them. Or we can also use them by uniting them into one. Then only they get strength. In the same way even when three opposites gunas are separate, use them simultaneously by creating friendship among them or use them as one by integrating. I call this energy which is formed from integration or friendship as New Energy.

This three gunas mixture is different every individual. So without expecting that if you do like this, if you mix like this, you will get this result; focus only on how to mix these three gunas within. Like this if you keep on mixing opposite energies inside, then you will get three types of results outside. By experiencing them divinely, if you mix the outer resultant energy with the mixture inside, then changes occurs in your mixture. If

you continue this practice then three gunas comes to equal proportion and become one.

One more information, those who already experienced three gunas separately in the past, they are only eligible to implement this knowledge. So Dharma for those who are only experiencing tamas is, giving importance to tamas and ignoring remaining two gunas. Dharma for those who are only experiencing Rajas is, giving importance to Rajas and ignoring remaining two. In the same way Dharma for those who are only experiencing satva is, giving importance to satva and ignoring remaining two. So note that Dharma changes according to their individual state.

Results

In this way by practicing 'melting' when eyes are closed and choosing trigunas when eyes are opened, many people are getting miraculous results. In vizag both husband and wife practiced this technique for 1 month, could sell their land which was pending since 10 years. Other in vizag found gold which was stolen. Pain came very less to a lady, who suffers with severe menses pain every month, by telling to that pain to stay 33.33%. One person has addiction towards gold, doing this practice his addiction decreased.

Wife was pressurizing husband to travel up-and-down daily for 20 K.M. Husband had hatred towards pressurizing. After knowing this knowledge husband said to pressure energy to stay, but only 33.33%. By this, change came outside in wife. She said to husband that "daily if you do journey then you will become week, so come only on holidays." Also many people saying that within them it is peaceful and blissful. So you also establish Dharma within and get solution for all types of problems.

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