

DHARMA

Many people think about dharma. Discussions about dharma and adharma (righteousness and unrighteousness) keep happening. I asked myself, what is dharma, actually? Then, I realized that dharma, God, Paramatma, Prakriti-Purusha, pure consciousness, and pure energy are all the same. All these are synonyms for God.

Similarly, another thing I understand is that in God, the three gunas (qualities) - sattva, rajo, and tamo - are mixed in equal proportions, 33.33% each, and become one. However, in the energy forms created by God, the mixture of gunas varies. This variation in the mixture is what has created numerous forms in nature. Therefore, understand that these three gunas - positive, negative, and neutral, or proton, electron, and neutron - are present in all objects in nature.

God is synonymous with bliss, supreme bliss. The three gunas being mixed in equal proportions is the reason why God is always in a state of bliss. There are many ways to attain this blissful state. I suggest that you can also reach God through the 'melt' sadhana or by focusing on your breath. After reaching God, we experience bliss, but as soon as we open our eyes, we fall back into maya (illusion).

This means we are unable to retain bliss in our body, mind, and heart. I asked myself, what is the reason for this? Then, I received a message that as soon as we come out of meditation, we choose one of the three gunas and instigate war against the other two. This is why we are unable to experience divine bliss in our body, mind, and heart. Therefore, it is also necessary to choose and unify the three gunas at these levels.

33.33% Trigunas Saadhana

Body

We generally wish to be physically healthy all the time. But I realized that this is an adharmic (unrighteous) decision. Because in dharma, three opposites - health, illness, and neutrality - coexist in equal proportions, 33.33% each. So, I received a message to choose all three. This is because symptoms like cough, sneeze, fever, dizziness, and intoxication are necessary for our daily lives. If they work every day, all the unnecessary things in the body will be expelled.

Just as the body constantly adapts to changes in nature, it also evolves by tuning itself. Just as a mobile phone needs to update its hardware, not just the SIM card, to upgrade from 2G to 4G, similarly, to evolve, all aspects of yourself - body, mind, heart, etc. - must also evolve. Therefore, to establish a higher state within your being - illness, health, and neutrality - these

three forces must work together in harmony, simultaneously. So, choose all three at the physical level and create friendship among them. Otherwise, it's impossible for dharma to be established in the body, meaning it's impossible for God to enter the body. For more information, read the topics 'Inner Journey' and 'Body'.

Here, neutrality means a state where the outcome of a game is unclear, like a draw, where there's a possibility of winning, losing, or a tie. In this context, a draw means both players win or both lose. This is what I mean by neutrality or sattva guna. So, neutrality or sattva guna means a state where illness and health are balanced and united. Similarly, tamoguna and rajoguna should also be balanced and united. Therefore, think of it as health being 33%, illness being 33%, and the combination of health and illness being 33%.

Mind

Choose all three at the mental level as well. This means that only one thought comes to your mind at a time - either a good thought, a bad thought, or a neutral thought. If you immediately choose this thought, you will be doing adharma, because you haven't chosen all three.

This means that when the thought of 'scolding' comes to your mind, don't immediately choose it. Instead, think that you are choosing the pure energy of 33.33% scolding, 33.33% praise, and 33.33% neutrality combined. Similarly, when the thought of 'praising' comes, don't immediately choose it. Think that you are choosing the pure energy of 33.33% scolding, 33.33% praise, and 33.33% neutrality combined. Similarly, when the thought comes that I am the soul, then choose I am 33% body, 33% soul, and 33% neutral. When the thought comes that this is the world, then choose that this is 33% world, 33% divinity, and 33% neutral.

Whatever thought comes, choose the related three and wait for a while. Only after reaching a peaceful and balanced state should you proceed to do anything. This means that by doing so, you will establish a connection with God at the mental level itself. If you continue to practice at the mental level, you will definitely be able to establish dharma in your mind. You won't need to leave your mind to reach God, as God will enter your mind itself. This is because the combination of the three gunas will purify and calm your mind.

Heart

In the heart, there are feelings of good, bad, and neutral. If you try to completely eliminate fear as soon as it arises, you will be doing adharma. So, tell the fear to stay within you, but only at 33.33%. Distribute the remaining energy to the other two, and let the three aspects be equal and united. Similarly, when courage is high, tell it to stay at 33.33% as well. If any aspect is less

than 33.33%, tell it to increase, and if it's more than 33.33%, tell it to decrease. This way, you will establish dharma in your heart by balancing the three gunas.

However, this will only maintain the current state. To upgrade from 2G to 4G, all aspects must grow. This means that the positive, negative, and neutral aspects must all grow. So, if one aspect is high, increase the other two to match it. If fear is high, tell it to stay the same and increase courage and neutrality to match it. Similarly, if courage is high, tell it to stay the same and increase fear and neutrality to match it. This way, you will establish dharma in your heart.

Thus, separately, Experience that everything inside and outside of me, including myself, has been created by the union of the three gunas in equal proportions. Similarly, experience the entirety of the world, which has been created by the union of the three gunas in equal proportions, as a unified whole, all at once.

Conquer Trigunas

When we possess ordinary bad qualities like lust, anger, greed, attachment, pride, and jealousy, we feel that we haven't spiritually progressed, we're not doing our spiritual practice correctly, and we're making mistakes. This thought makes us feel like we're suffering. But if we follow the spiritual practice I mentioned, with the idea that everything should be in balance, the feeling of guilt within us will disappear.

This is because the pure energy, which is one, is being divided into three by the illusion. So, the three gunas must exist, but in balance. Therefore, the desire to be the representative of the three gunas, to be the Leader of the three gunas, and to conquer the three gunas will grow within you. As a result, the idea that it's okay to have 33.33% bad qualities will become firmly established in you.

Just as five fingers, though separate, can work together and be used simultaneously, or can be combined to form a fist and used, similarly, the three opposing forces within us can be united and used together. Or, they can be combined and used as one. Only then will they gain strength. I call the power that arises from this union and friendship 'New Energy'.

The mixture of the three gunas exists in each person in a unique way. So, focus on how to mix the three gunas within you, without expecting a specific outcome. As you continue to mix the three opposing forces within you, you will experience three types of results externally. As you experience these results divinely, and merge the externally manifesting powers within your mixture, a change will occur in your mixture. If you continue this practice, the three gunas will eventually balance and become one.

Another point is that only those who have experienced the three gunas separately in the past are eligible to practice this knowledge that I am sharing. So, the duty of those who are only experiencing tamas is to prioritize tamas and ignore the other two. The duty of those who are only experiencing rajas is to prioritize rajas and ignore the other two. Similarly, the duty of those who are only experiencing sattva is to prioritize sattva and ignore the other two. Therefore, understand that one's dharma varies according to their 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, a couple practiced this for a month and their land, which was unsold for ten years, got sold. Someone in Vizag found their lost gold. A woman had unbearable menstrual pain every month, but when she told herself that the pain was only 33%, the pain reduced significantly. A man was obsessed with gold, but after practicing this, his obsession reduced.

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 weak, so come only on holidays." Many people are saying that they feel peaceful and happy inside. So, you also establish dharma within yourself and find solutions to all kinds of problems.

16.66 % or 50:50 Saadhana

After practicing the 33.33% tri-gunas sadhana for some days, as mentioned earlier, and becoming proficient in balancing between opposites, you will experience that there are Jiva-atma, Atma, and Paramatma. Here, Jiva-atma refers to a single guna within you that takes hold and expands, neglecting the others. Atma refers to utilizing all aspects of yourself together, expanding into all bodies, parts, and states within you. Paramatma is formless and all-pervading, expanding throughout the universe, and is also present in all forms within the universe, and all forms are itself.

When you understand the existence of negative, positive, neutral, Jiva-atma, Atma, and Paramatma, start the 16.66% or 50:50 sadhana. This means that 50% should be related to Paramatma and 50% to the world, in your body, mind, and heart. Also, within the 50% related to Paramatma, 16.66% should be related to Jiva-atma (me), 16.66% to Atma (myself), and 16.66%

to Paramatma; similarly, within the 50% related to the world, 16.66% should be positive, 16.66% negative, and 16.66% neutral.

Thus, inside and outside, separately experience that, everything including yourself, made with equal mixture of positive-negative-neutral-jeevatma-atma-paramatma. Also, experience the entire world, made up of these six - positive, negative, neutral, Jiva-atma, Atma, and Paramatma - as a whole, all at once.

99%:1% saadhana

After becoming proficient in the 16.66% sadhana, start the 99%:1% sadhana. Everything in the world, including humans, is made up of atoms. According to quantum physics, 99% of our body is empty space, and only 1% is matter or form. Therefore, experience that everything in this universe (positive, negative, neutral) is made up of 1% form and 99% formless, pure energy consciousness. Also, always experience that the three gunas are merged in equal parts within this 1% form.

Thus, separately experience that everything inside and outside me, including myself, is made up of 1% form and 99% formless, pure energy consciousness. Experience the entire world, made up of 1% form and 99% formless, pure energy consciousness, as a whole, all at once.

For more information on this, read the topics 'Belief-Instant results', 'Duality-ZeroState-Oneness'

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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.