

## Dagda Karmas

From the moment we are born until we die, we perform many actions every day. But what is karma? How do we perform actions so that we go beyond karma and transcend the cycle of sin and virtue? How do we burn our accumulated karma and attain a blissful life? We don't know these things. Without clear understanding, every day we perform actions as we like, and if things don't go as expected, we blame it on karma and fate. Now, I will explain these things to you experientially.

Every soul has the qualities of Brahma, Vishnu, and Maheshwara. But as a living being, we have forgotten this and are living incomplete lives. Just like an atom has electrons, protons, and neutrons combined, every action has the three qualities of creation, maintenance, and destruction in equal proportions. Every atom in this universe is filled with these three states. We can call them good, bad, and neutral, or the three gunas of tamas, rajas, and sattva. Brahma is the lord of sattva, Vishnu is the lord of rajas, and Maheshwara is the lord of tamas. Therefore, only when these three work together in harmony can human life be complete.

Brahma's work is to create karma. For example, the thought of scolding someone comes to me, which is created by the Brahma within me. Similarly, Vishnu's work is to maintain karma, i.e., he provides the necessary power and ability to execute that thought and maintains it. And Maheshwara's work is to destroy or burn that karma.

But if you act on a thought as soon as it arises, that karma gets stored in your mind. And due to this single action, some people experience good, while others experience bad. For example, if you are a vegetarian and hate non-vegetarians, you will have affection for vegetarians and hatred for non-vegetarians. This leads to making some people enemies and others friends. This means that at the same time, you are doing good and bad karma and getting stuck in them, receiving the corresponding results.

The solution to this is to ignite the Gnaanagni or fire of knowledge and burn all past karma in it. To do this, you must also use the Shiva principle. But in your life, you are only using the principles of Brahma and Vishnu, not the Shiva principle. This means you are focusing only on creation and maintenance, but not thinking about how to dissolve or destroy what has been created.

Shiva destroys anything that has reached its end. He is the lord of the principle of dissolution and plays that role. The delete option or Shiva principle is very necessary for us, because whatever is born must perish, this is the law of creation. But in ignorance, you are hating the Shiva principle itself. From now on, start using it. The delete option is within us, meaning the Brahma-Vishnu-Maheshwara principles are within us, realize this.

If you want to be pure, you must know how to use the delete option. When you get the thought to scold someone, immediately without scolding outside, choose these 3 - I will scold, I will praise and neutral options within. This means choosing Brahma, Vishnu, or Maheshwara simultaneously. Similarly, tell that thought to wait, after reaching the state of unity with the Trimurtis (Brahma, Vishnu, and Maheshwara), and after attaining a peaceful state, do what you feel like doing.

People who meditate every day in this way will inevitably reach a state where they do not react to any thoughts that come to mind. When you transcend likes and dislikes and perform actions without attachment, meaning you direct and play your roles, then all the actions you perform will become Dagda karmas.

When I'm teaching a class, I scold everyone, I appreciate everyone, I use all kinds of words. There are all kinds of people in that class - patients, doctors, scientists, teachers... everyone takes it lightly. Normally, if we scold someone, they get angry, right? But even when I scold, everyone takes it lightly, because I am pure and perform actions without attachment. I scold from the state of unity with Brahma, Vishnu, and Maheshwara. My scolding or appreciation is created by Brahma, operated by Vishnu, and dissolved by Shiva, all at the same time. This is what is called Dagda karmas.

Meaning, nothing related to Dagda karmas is stored in my memory card. If I don't perform actions from this state, then they get stored internally. I recognize this and repeatedly recall and experience those actions until I reach a state where I can see them peacefully and divinely, and then I burn them. Because internally when we don't delete the actions we've done, the related actions repeat externally. Only after deleting them does the problem disappear. Read Inner Journey for more information on deleting.

Yogis perform actions but don't get attached to them. They remain beyond actions, and no actions stick to them. They are like water droplets on a lotus leaf. Meaning, nothing gets stored in their memory card. But when you perform actions, they get stored in your memory card immediately.

For example, you store some songs in the memory card of your mobile, right? To store new ones, there should be space in it. If not, you have to delete the old ones! Similarly, our mind is also like a memory card. We need to delete the unnecessary things stored in it, and this is what I mean by destroying by igniting fire.

We can give the example of a mobile's memory card in a worldly sense, but spiritually, we need to know how to delete past karma. Whatever you create, you have to operate it, and then you have to destroy it. If you don't create, there's no need to destroy. Meaning, if you perform

actions from the state of unity with the Supreme Self, i.e., after the three gods (Brahma, Vishnu, and Shiva) become one, then it doesn't get stored anywhere.

What should we do to perform actions without storing them inside us? It means we should experience everything, but not store it in our memory card. To achieve this, having a 24-hour internet connection is enough. When we feel like listening to songs, we listen, but nothing gets stored in our memory card. This is what I mean being untouched even doing karma or Dagda karmas.

Since the Supreme Self pervades the entire universe just like empty space, we can connect with Him anytime, anywhere, just like connecting to Wi-Fi. So, you should perform actions while connected to Him. Meaning, whatever actions you do or roles you play while being with God, they become Dagda karma. That is, the pure form of the Supreme Self's energy takes shape, stays for a while, and immediately merges back into the Supreme Self after the work is done, without getting stored anywhere in between. If you practice this, all your problems will disappear. Try this technique and see the difference for yourself.

We said that performing Dagda karma yields results, right? Many people are doing this practice expecting those results, and that's why they're not getting any results. So, when you catch yourself expecting something, recognize it and say, "I won't expect anything, I'll just do the practice" or "I'll expect all kinds of results" or "I don't know what result will come from this practice, it's a secret." Then, continue the practice and see what happens.

When creation, existence, and destruction happen simultaneously, they are called Dagda karma. Dagda karma doesn't come back to you because it's not stored in you. Even if the result of that karma comes back, it won't affect you in any way, because you remain pure.

When you perform Dagda karma, you achieve miraculous results. Till that moment you might felt it's impossible to get solution or its karma, but solutions will come by doing Dagda karmas. This is because Shiva is also supporting you. Suppose for every problem if you get solution, do you still say it's karma or fate? No, you don't.

When all your karma gets burnt, you become like a small child, innocent and carefree, jumping around with joy. When your current problems get cleared, the past life roles you played will notice this and realize, "I only used Brahma and Vishnu but didn't use Shiva," and they will burn their karma too. Even the stored old karma gets burnt through this knowledge spark. By doing so, you come out of the entire karmic cycle, attain liberation, and remain in a pure state, living a happy, joyful, and contented life.

So, from now on, you also start performing Dagda karmas. If you continue this practice, you will reach a pure state, use pure energy, and live a joyful life. As a result, you will be released from the trapped sin and virtue cycle, and no matter what the external circumstances are, you will remain peaceful inside without getting attached to them.

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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.