

ENERGY

At the beginning of creation, only the pure consciousness and pure energy of the Supreme Self existed. Pure energy remains in a state of Nirguna (beyond Gunas). It always flows continuously and knows about itself through gaining experiences. Everything in this creation is a form of energy. So, understand that energy is not always in the same state. Every state is temporary. For example, just as the landline phone gave rise to the mobile phone, energy also constantly evolves and grows, never remaining in the same state.

Energy likes to constantly evolve and grow. But when we try to suppress it and not let it grow inside, it gets stuck. Then, it tries to find a way out in some form - through suffering, pain, wounds, troubles, or diseases. The old energy inside us comes out in these forms. Unaware of this, we fight against them. Therefore, we should help energy to keep flowing and growing.

We can't create or destroy energy, but we can transform it from one form to another. So, we can't kill any energy. That means, we can't kill energies like lust, anger, greed, attachment, pride, wonder, anger, pain, fear, suffering, pity, selfishness, selflessness, health, and disease. We can only change their form. Therefore, if you think that pain killers will kill your pain, you are wrong, because it will come back to you in another negative form, like suffering or some other disease, or many small pains can come together to form a big cancer.

When we choose positive desire and fight with negative energies, all the energy we attract through our desire is grasped by the negative thoughts, making them stronger, and preventing us from getting the desired results. That's why, in the end, the negative wins, meaning everyone eventually dies due to diseases or problems. The crucial thing to understand here is that the problem is not with the negative, but with our perception of it as an evil force that harms us, and our attempt to fight it. This approach prevents us from ever achieving a peaceful state, because constantly fighting against what we don't like within ourselves creates fear and anxiety. Even if we win, the fear of the enemy still lurking persists, denying us peace.

So, the permanent solution to live peacefully is to realize that problems or negatives are not created to destroy you, but to help you, awaken new abilities within you, and assist your growth. Think that you are creating your life, take full responsibility for it, understand the nature of energy, and cooperate with it. Only then will it help you. If you think of yourself as a victim, believing that others are the cause of your problems, energy will not help you. Therefore, acknowledge the negative energy as it is, and understand that it too will help your desires come true.

In this creation, there will always be people who are inferior and superior to you. So, forgive, respect, and understand those who are inferior to you, offer them your love, and help them grow if possible. Similarly, worship and adore those who are superior to you, take them as role

models, and strive to reach their level. That is, give up the habit of dominating and winning over those who are inferior to you, because there is a possibility that they can become superior to you. Also, stop trying to win over those who are superior to you, because you will surely fail in their hands.

If you put poison in milk, the entire milk becomes poisonous, or if you add curd to milk, it transforms into curd. Similarly, if you consider anger as evil and offer hatred towards it, it transforms into rage, like pouring oil into fire. Or, if you consider anger as divine and offer love towards it, observe it with love, it transforms into love. So, only when you observe all good and bad energies with love and help them transform into divine energies, then only you are implementing new energy concept, otherwise, you are not following it.

Therefore, if anger or other negative energies are high, don't be dissatisfied or restless. The fact that they are high indicates that you have a lot of energy. So, be happy that you have negative energies. However, use them wisely, don't misuse them. Fire can be used to burn down a house or to light up a house with lamps.

What needs to be understood here is that every energy is neutral and innocent. It doesn't tell you how to use it, you have to decide. All forms of energy, including food, have the potential to help and harm. If you consider something as an enemy, it will harm you, if you consider it as a friend, it will help you. So, guide all good and bad qualities, characteristics, forms, health, and illnesses towards a blissful healthy state or blissful relationship state or to any other state. If you don't guide them, they will take you in the direction of your previous thoughts about them.

Similarly, if you decide to take medicines, take them with love and suggest that they take you towards joyful well-being. They will also help your growth by creating love towards the bad. So, observe all thoughts, qualities, characteristics, forms, health, and illnesses within you with love and suggest that they give you eternal joyful results.

Recently, all the gums in my mouth swelled up and started bleeding. Then, I guided those unhealthy characteristics towards joyful well-being. For seven days, I experienced all the symptoms in my body with love and affection. After that, my gums returned to a healthy state. I didn't get busy with other things, I didn't try to escape from the problem, but by staying with the problem and offering my love to it, I got the result.

So, what I want to say here is that we should stop trying to escape, kill, or change the negative energies within us out of fear. Instead, we should accept them as they are. I've been doing this since 2004. Many difficult situations have come my way, but by becoming a master of those situations or assisting the energies related to them to grow, not only did any energy not destroy me, but those difficult situations also increased my faith in myself.

So, it's not just about intending positivity, meditating for it, and attracting new energy, but also about transforming the old energies that are already within us. Only then will we see amazing results. Therefore, I suggest that you learn the art of transforming any energy, whether it's unhealthy energy, psychological energy, or any other energy. If you learn this one art, your entire life will come under your control.

I'm sharing this experiential knowledge with you after many people have achieved wonders by practicing it. Don't just blindly believe what I say, but experience it for yourself through practice. With effort and determination, you can achieve anything, and you can solve any problem on your own. Start with small problems, and gradually learn to tolerate the pain they cause. Reduce them on your own, and increase your faith in yourself. Then, live a joyful life. After that, it's up to you.

Trigunas Saadhana

We usually think that whatever is in our fate comes to us. That is, if there is good, we think that good will come or if there is bad, then bad will come. But change this belief. Now believe that, Trigunas Equally mixed pure energy-consciousness comes to me from fate and from others. Also decide that I will send Trigunas (good bad neutral) equally mixed pure energy-consciousness to everyone. When we unite with this pure state only, we will have freewill. That means, inside and outside, feel that pure energy-consciousness is flowing from everything to everything.

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