

## ENERGY

At the beginning of the creation only pure consciousness and pure energy which belongs to Supreme Soul existed. Pure energy will be in formless state. It always flows continuously and knows about itself through gaining experiences. So here it may be noted that the energy will not be in the same state. Every state is temporary. For example, mobile evolved from land phone, in the same way energy will not stay in the same form, but continuously grows, evolves and transforms.

Energy always prefers to evolve and transform. But when we try to stop evolution of energy within us, then it gets stuck and decomposed. Then that energy somehow tries to come out of that state. It comes out through distress or suffering or pain or annoyance or illness. The old energies inside us come out in these forms. Without knowing this fact we are fighting with these energies. So we should help for the constant flow of energy and its evolution.

We can neither create nor destroy energy. But we can transform energy from one form to other form. Therefore we cannot kill energy. Which means we cannot kill energies like desire, anger, greed, pain, fear, sorrow, pity, selfishness, health, illness, etc., but here it may be noted that we can only transform these energies. So you are doing wrong if you want to kill the pain by using pain killers, because it again comes back to you by taking another negative energy form. Which means it comes to you in the form of suffering, or other forms of disease or all these minor pains may collectively appear in the form of major health issue like cancer.

If you choose positive desire and fight with negative energies, then whatever energy you attracted for your desire is completely absorbed by your negative thoughts, and they gain strength and won't let your desire to fulfill. That's why in the end only negative is winning. Means finally all are dying because of illness or problems. Here it is important to notice that, the problem is not in the negative energy, problem is in your treatment. You are treating it as bad energy and believing that it is coming to destroy your life and trying to kill it. If you do like this then you never reach peaceful state. Because whatever work you do, there is always tension in you, because of fighting with negative feelings within. Even if you win, you always have fear that the enemy is hidden within and this doesn't let you stay peaceful.

Therefore permanent solution to stay peaceful is, experientially knowing that 'these problems or negatives are coming not to destroy you but, to support you and to help for your progress by awakening new potentials within you'. Energy

only helps to the master, who firmly believes that 'I create my own reality' and take complete responsibility of his life and one who understands the nature of energy and supports for its growth. Energy does not support to those persons, who feels himself as victim and believes that others are responsible for his struggling. So if you accept the negative or bad energies as it is, then they will also help you in fulfilling your desires.

In this universe you will always find people who are superior to you and who are inferior to you. So you have to forgive, respect inferior people. Understanding their state you have to give your love and if they allow help for their development. Also you have to worship superior people. Inspired by them you have to make efforts to reach their state. Means you have to drop your habit of winning and dominating inferior people, because there is a possibility that they can become superior to you. Also drop the habit of winning over superior people, because you never succeed. Means with anybody with any energy, for example with anger if you can stay relaxed then give your love to it. If you cannot control it, if you can't stay balanced, then understand that it is superior than you, and treat it as divine representative. Then surrender to anger and request that energy to take you to a state where you can stay relaxed with it.

Milk turns poisonous if you add poison in it, or if curd is added then it transforms to curd. In the same way, if you add hatred feeling to anger by treating it as an evil then it changes into rage, it's like pouring oil in the fire. Or if you treat this anger as divine thing and add love to it and observe it with love, then same anger transforms to love. Therefore notice that, when you observe all good and bad energies with love and help them to transform into divine energies then only you are implementing new energy concept. If not you are not following it.

Therefore if you have overflowing anger or other negative energies, don't get dissatisfied or shattered by them. If you have these negative energies abundantly, it indicates that you have more energy. So be happy for having negative energies. But use them properly, don't misuse them. We can use fire either to burn the house or to lighten up.

Here what we have to realize that, every energy will be in neutral and innocent state. It doesn't tell you how to use it, you have to decide and give direction to it. All energies including food items have both helping and killing nature. It will kill you if you treat it as an enemy; it helps you if you treat it as a friend. So guide all good-bad qualities to take you to blissful healthy state or blissful relationship state or to any other state. If you don't guide then they will take you towards the old belief which you are carrying about that energy from the past. Also if you decide to use medicines, take them with love and guide it to take

you to blissful healthy state. If you do like this then even medicine also helps you in initiating love towards negative energies and support for your growth. So watch all thoughts, qualities, forms, health, illness and other energies with love and guide them to provide solution with eternal happiness.

Recently I faced problem with teeth gums. Pus and blood started oozing from them. Then I guided those ill health symptoms to take me towards blissful healthy state. Seven days I experienced all the symptoms that took birth in my body with love. After this process all my teeth and gums again reached to healthy state. I got this result because during this process I was not busy with other tasks, didn't try to escape from the problem and stayed with the problem offering my love to it.

So here what I am saying is, instead of getting scared by seeing the negative energies within and trying to run away from them or trying to kill them or hating and trying to change them, accept them as they are. Since 2004 I have been accepting energies as they are. I faced many difficult situations. In those situations I stayed like a master or I surrendered to those energies and helped them to evolve. Because of this instead of killing me, those difficult situations itself helped me to increase trust on myself.

Therefore choosing positive and then not only attracting new energy through meditation, but also if you could able to transform the old energies which you already have within, then only you can achieve amazing results. So I am advising you to learn transform any energy, means any illness, any psychological energies or any other energies. Your entire life will be in your hands, only if you learn this skill.

Persons who are implementing this concept practically achieved many results. Only after getting amazing results I am sharing this practical knowledge. Don't trust blindly what I said, practice and know it experientially. With effort and determination if you dare to practice this concept, you can solve any problem on your own. First practice this with small problems, and prepare yourself to tolerate the suffering caused by those problems. I am advising you to solve your problems on your own and with that confidence live your life blissfully.