

## POORNA (COMPLETENESS)

Om Poornamadah Poornamidam Poornath Poornamudachyate|  
Poornasya Poorna Madaya Poornamevavasishyate||  
Om Shanti Shanti Shantihi|||

### Meaning:

God is poorna.

Even if the poorna is added to the poorna....

Even if you subtract the poorna from the poorna....

Then also poorna remains.

This is divine sentence. If this sentence is properly understood.....

All life is hidden in this. The path to salvation is hidden in it.....

It contains the essence of all sadhanas.

$0 + 0 = 0....$

$0 - 0 = 0....$

But.....

$0 + 1 =$  how much.....

We immediately say 1 as answer.....

Zero here ...

when it added to one, turned out to be 1.

$0 + 2 = 2.....$

When Zero is added to 2, Zero disappears.....

It transforms into two. That means.....

Whatever is added to zero, zero becomes that.

In deep sleep we become the (poorna) Absolute God. We do not have any emotions. Whenever we (poornas) wake up and meet nature.....

We become nature.

What we meet with.....

We are becoming that.....

Note well....

There is a man in front of you.....

He has helped you so much in the past....

As soon as you saw that person.....

You have intimacy with him. You also think to help him in anyway.

One person hurt you in the past.....

As soon as he appears you will also think of hurting him anyway....

If the person comes with love.....

You are falling in love with him too.....

If the person respects you .....

You also have respect for him.....

That means.....

What quality we observe in the other person.....

We unknowingly merge with that quality.....

We are becoming that quality.....

"What are we merging with... We are becoming that. "

Zero that is paramaathma nature in us.....

When meets with anger in the other person, it turns into anger and we get angry.

If you meet with love become love.....

If you meet with hate become hate.....

If you see ego in other person, ego also grow in you too.

Hence.....

In every creature.....

In every human.....

Realize that God exists.....

And make connection with him.

That is the poorna in you.....

Must combine with the poorna of the opposite person.....

Then outcome is also poorna.

When we see the other person if we recognize the flaws in him.....

What we see first in him.....

We become that.

We have to recognize this great truth.

Hence in any type of person.....

If you can see God.....

And if you meet with him....

We also become that divine nature.

Always be in tune with god, who is in atomic nature in every object in this creation.....

That is in good-bad-neutral qualities, in all gunas, in all thoughts, in all emotions, in all feelings, in all unhealthy symptoms, in all health symptoms, you have to experience poorna.

Here Poorna or God means formless, pervasiveness, stillness, beyond characters, completeness, akshyaptra, peacefulness, Satisfaction, eternal bliss.

Hari Om Tat Sat..

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