

Balance-ZeroState-Instant Manifestation

To grasp the deeper workings of balance in the universe, consider the following insights:

1.The Universe is a Single Power Without Form

Before the mind categorizes things as "good" or "bad," everything exists as pure, undivided energy—a formless potential with no labels. This energy contains tamas (inertia), rajas (activity), and sattva (harmony) in equal proportions.

But when the mind steps in, it divides this pure power into three separate forces:

Sattva (good, harmony, light)

Rajas (action, passion, desire, movement)

Tamas (darkness, inertia, destruction, stagnation)

This division is called maya (illusion) because in reality, these forces are never separate—they are part of a single unified power.

💡 Key Point: The mind labels experiences as good or bad, but these are just two sides of the same whole.

2. Choosing One Side Forces the Creation of Its Opposite

If you say, "I want to create only good," then unknowingly, you are also strengthening its opposite: evil.

Why? Because the universe must stay in balance. When you identify strongly with one aspect (e.g., goodness), the remaining forces—tamas and rajas—don't disappear. Instead, they manifest somewhere else, either inside you (through hidden thoughts, doubts, suffering) or outside (through other people, situations, or events).

◆ Example: If you force yourself to always be positive, negativity will surface in some way—either in your subconscious, your body (illness), or in the external world (challenging people).

💡 Key Point: The universe balances energy. If one person chooses extreme good, others must balance it with evil and neutrality.

3. The Cycle of Karma: Attraction Through Likes and Dislikes

If you strongly love or hate something, you become karmically tied to it.

If you love good and hate evil, evil will follow you, because hate itself is an attachment.

If you desire only happiness, suffering will inevitably come, because happiness exists only in contrast to sadness.

If you resist disease, the fear of it actually attracts it, because your energy is tied to what you resist.

💡 Key Point: Whatever you reject, you also create. If you love one side, you must deal with the other. This is the trap of karma.

4. How to Transcend This Duality?

The yogi or enlightened one understands this universal law and refuses to play the game of opposites. Instead, he:

- ✓ Accepts all three (good, bad, and neutral) as natural expressions of existence.
- ✓ Doesn't reject anything or cling to anything.
- ✓ Uses pure energy directly, without dividing it into labels.
- ✓ Becomes a silent observer, detached from the cycle of reaction and counter-reaction.

💡 Key Point: When you stop choosing one side over the other, the cycle of karma dissolves. You become pure awareness, beyond duality.

5. Transcending the Tightrope of Opposites

Most people live like a tightrope walker—constantly shifting from one side to the other:

From happiness to sadness

From health to disease

From good to bad

But a true yogi steps off the tightrope entirely. Instead of moving between opposites, he rests in the center, witnessing everything without attachment.

- ◆ Instead of trying to be "only good," he becomes pure energy—untouched by good or bad.
- ◆ Instead of trying to avoid pain, he experiences all of life without resistance.
- ◆ Instead of seeking happiness, he rests in deep peace beyond emotions.

💡 **Key Point:** When opposites stop fighting, their energy merges into pure potential, beyond good and bad. This is true liberation.

6. The Ultimate Realization

The more you chase good, the more you strengthen evil.

The more you avoid bad, the more you attract it.

The only way to stop the cycle is to stop choosing—not out of fear or suppression, but out of deep understanding that both are necessary for balance.

- ✓ Don't fight good or evil—see them as two sides of the same wave.
- ✓ Don't run away from suffering—accept it as part of existence.
- ✓ Don't identify with happiness—enjoy it without attachment.

💡 **Final Key Point:** When you transcend good, bad, and neutrality, you reach a state of effortless flow. You exist beyond creation, radiating pure consciousness without being affected by karma.

Conclusion: Living Beyond Duality

A yogi doesn't destroy evil or chase good—he transcends both. He:

- ✓ Sees the whole, not just a part.
- ✓ Stops labeling life as good or bad.
- ✓ Becomes free from karma, likes, and dislikes.
- ✓ Radiates pure, undivided energy.

This is true spiritual mastery—living in absolute balance, untouched by the opposites of creation.

Expression of pure consciousness

When you see the body and universe as solid, energy, or information, you are still within duality—within the system of balance where every force creates its opposite.

If you see the body as solid (material), you must deal with health and disease.

If you see the universe as energy, you must deal with high and low energy states.

If you see life as information, you must deal with truth and illusion.

This is because in duality, everything has an opposite. No creation can exist alone—it must be counterbalanced by its opposite to maintain equilibrium.

 **Key Point:** If you operate from the perspective of duality, your desires will always be balanced by their opposites, making manifestation slow and unstable.

Why Duality Always Balances Itself

Duality means that every force creates its opposite—this is how the universe maintains balance.

Everything we experience in the world exists in pairs of opposites:

✓ Light and darkness

- ✓ Health and disease
- ✓ Pleasure and pain
- ✓ Success and failure
- ✓ Love and fear

This constant balancing act is what makes life in the dual world unstable.

How Duality Affects Manifestation

When you desire something from within duality, you are choosing one side of a pair—and by doing so, you automatically create its opposite.

1. If you see the body as material (solid), you must deal with health and disease.

You focus on health, but in duality, health cannot exist alone—it must be counterbalanced by disease.

The more you try to maintain perfect health, the more you fear illness. This fear attracts disease because duality always restores balance.

💡 Example: Someone gripped with perfect health often experiences anxiety about illness, which ironically weakens their body.

2. If you see the universe as energy, you must deal with high and low energy states.

You try to raise your energy through meditation or spiritual practices.

But in duality, high energy cannot exist without its opposite—so you must also experience low energy.

The higher you go, the deeper the crash when balance restores itself.

💡 Example: People who seek constant "high vibrations" often experience burnout or emotional crashes.

3. If you see life as information, you must deal with truth and illusion.

You seek truth, but truth cannot exist without falsehood.

The more you chase knowledge, the more you encounter confusion or deception.

Duality ensures that you never fully "arrive" at absolute truth within the system.

💡 Example: Philosophers and seekers who spend their lives chasing ultimate truth often find themselves more uncertain over time.

💡 **Key Insight:** Why Manifestation is Slow in Duality

In duality, every intention you set triggers its opposite.

If you manifest wealth, scarcity also follows somewhere.

If you manifest love, you may also attract challenges in relationships.

Because of this built-in balancing mechanism, manifestation within duality is slow and unstable—it constantly moves between opposites.

💡 This is why most people struggle to create permanent results in their lives.

The key is to step out of duality and manifest from a place beyond opposites—Pure Consciousness.

Transcending Duality: Seeing the Universe as an Expression of Pure Consciousness

When you stop seeing the body and universe as "things" and instead recognize them as expressions of Pure Consciousness, you step out of the balancing system.

Why? Because Pure Consciousness has no opposite.

- ◆ It is not "something" that can be divided.
- ◆ It is the source from which duality emerges, but it itself is beyond duality.
- ◆ It does not need balance because it is already complete.

💡 Key Point: When you create from this state, your manifestations do not need to be balanced by an opposite.

Instant Manifestation: Why It Happens?

When you create from Pure Consciousness, your creation does not enter the system of balance—it does not trigger an opposing force.

- ◆ In duality: If you create happiness, suffering follows.
- ◆ In Pure Consciousness: You create joy, and it just is—it does not require sadness to exist.

- ◆ In duality: If you try to create health, disease must appear somewhere.
- ◆ In Pure Consciousness: You create a healthy body, and it stays, because there is no counterforce.

This is why creations from Pure Consciousness manifest instantly. They are like the Himalayas in a movie—they appear real, but they are not bound by physical laws. They are simply expressions of the infinite, effortless and immediate.

💡 Key Point: When you create from mind and duality, you face resistance. When you create from Pure Consciousness, there is no resistance, and manifestation is instant.

How to Create from Pure Consciousness?

- ✓ Stop identifying with the body and universe as "things." Instead, see them as expressions appearing in Pure Awareness.
- ✓ Rest in the awareness that everything is already whole. Nothing needs to be balanced.
- ✓ Create from stillness, not from lack or desire. If you desire something, you are still in duality. Instead, let creation flow effortlessly like a dream.
- ✓ Feel your creation as already done. If you know it is already real, it will manifest instantly.

💡 **Final Key Point:** When you create from Pure Consciousness, your creation does not need time, effort, or balance—it simply appears, like a scene in a movie.

"So, stop practicing these 3 practices, that is: 33.33% or 16.66% or 99%. Because this is the practice of the Zero State. Here, there's no need to balance the three Gunas (Sattva, Rajas, Tamas), because we have realized that they are like shadows or reflections or expressions of pure consciousness. When we practiced three Gunas, we truly believed that opposites existed, and therefore we tried to balance them. Therefore, I advise you to begin this practice of the Zero State after mastering the above three practices one after the other."

Stop Identifying with the Body & Universe as "Things" (Made of Panchabhutas & Trigunas)

Most people believe their body and the universe are things—meaning they are made of the five elements (Panchabhutas) and governed by the three qualities (Trigunas). However, this identification keeps them trapped in duality, subject to constant change, suffering, and limitations.

But when you realize that the body and universe are not "things" but expressions appearing in Pure Awareness, you step beyond their limitations.

1. Why Are Panchabhutas & Trigunas "Things" That Keep You Limited?

Panchabhutas (Five Elements) and Their Limitations:

Earth (Prithvi) → Solidity → Brings decay and aging

Water (Jala) → Fluidity → Leads to constant change and instability

Fire (Agni) → Transformation → Creates destruction, heat, and metabolism

Air (Vayu) → Movement → Causes breath, thoughts, and fluctuations

Space (Akasha) → Expansion → Leads to separation and vastness

If you believe the body is made of Panchabhutas, you accept its limitations—aging, sickness, and impermanence.

Trigunas (Three Qualities) and Their Bondage:

Sattva (Purity, Light) → Makes you desire only good, keeping you attached

Rajas (Activity, Passion) → Creates restlessness and suffering

Tamas (Inertia, Darkness) → Brings ignorance and dullness

If you believe you are a mix of Trigunas, you will constantly be shifting between them, never experiencing true stillness.

💡 Key Understanding: The moment you believe you are made of Panchabhutas & Trigunas, you are bound by their limitations, duality, and suffering.

2. What Does It Mean That the Body & Universe Are "Expressions" in Awareness?

Imagine watching a movie. The Himalayas on the screen appear solid, but they are just light appearing as form.

Similarly:

Your body appears solid, but it is just a projection within Awareness.

The universe appears vast and real, but it is just an expression within Consciousness.

When you see the body and universe as "things," you remain inside duality, experiencing birth, decay, and death.

When you see them as expressions in Pure Awareness, they lose their power over you. You remain unchanged, eternal, and free.

3. The Key to Transcend Panchabhutas & Trigunas

✅ Stop saying, "I am the body" → Instead, say:

"The body is an expression appearing in my Awareness."

✅ Stop saying, "The universe is real and separate" → Instead, realize:

"The universe is a projection, like a dream."

✅ Stop believing in balance and opposites → Instead, understand:

"Pure Awareness is beyond balance. It is whole and complete."

4. What Happens When You Transcend Panchabhutas & Trigunas?

- 🔥 No aging, decay, or disease – The body stops following the laws of nature.
- 🔥 No duality, no suffering – You are no longer caught in good vs. bad, health vs. sickness.
- 🔥 Instant manifestation – Whatever you create from Pure Consciousness has no opposite and manifests effortlessly.
- 🔥 Eternal youth and wholeness – Your body remains as it is, untouched by time.

💡 **Final Truth:** The body and universe are not "things." They are temporary appearances in your Awareness. Recognizing this sets you free.

Resting in the Awareness That Everything Is Already Whole

At the deepest level of existence—Pure Consciousness—there is no imbalance, no struggle, no division, nothing missing, nothing to be fixed, and nothing that needs balancing. Everything simply is, complete and perfect as it arises. In Pure Consciousness, there are no opposites—only oneness.

However, the mind creates the illusion of imbalance by seeing everything in opposites (good and bad, success and failure, health and disease). The moment we believe something is "wrong" or "missing," we become trapped in duality, constantly trying to fix or balance something that was never broken in the first place.

Let's explore this concept through real-life examples and deeper insights.

1. Health and Disease: The Illusion of Imbalance

A person believes they need to "fight" disease to maintain health. But the more they focus on disease, the more their mind creates an opposition between "health" and "illness."

💡 **Key Insight:** If you stop identifying with either health or disease and rest in the awareness that the body is an expression of pure consciousness, then healing happens naturally. There is no battle—only flow.

Example:

A yogi who recognizes their body as pure energy may heal spontaneously without effort. Whereas someone obsessed with curing a disease may unconsciously reinforce its presence.

2. Success and Failure: The Self-Created Struggle

People chase success thinking it will bring fulfillment, but because they define success as the "opposite" of failure, they also create the fear of losing success.

💡 Key Insight: If success and failure are just mental constructs, then neither truly exists. When you stop seeking success as an identity, life flows effortlessly, and you naturally create without resistance.

Example:

A musician who plays for the love of music (not for success) is more likely to achieve mastery than someone desperate for fame.

A person who works joyfully without attachment doesn't experience stress because they don't see failure as real—only as a learning process.

3. Happiness and Sadness: Why Chasing One Creates the Other

Most people seek happiness and try to avoid sadness. But the more you seek happiness, the more you fear sadness—and the cycle continues.

💡 Key Insight: Instead of chasing happiness, simply rest in awareness. Pure awareness is beyond happiness and sadness; it is a state of being that does not fluctuate.

Example:

A person who seeks happiness in external things (money, relationships) will always experience sadness when those things change.

A person who rests in presence feels peaceful no matter what happens—because their well-being doesn't depend on circumstances.

4. Love and Fear: The Trap of Attachment

People believe love is the opposite of fear. They try to hold onto love, but this attachment creates fear of loss, which weakens the very love they seek.

💡 Key Insight: Love in its purest form has no opposite—it simply is. When you stop clinging to love or fearing its loss, you experience unconditional love, which is effortless.

Example:

A person who needs love is afraid of being alone.

But someone who recognizes that love is already within them doesn't fear losing it—so they experience love effortlessly, without attachment.

5. The Ocean and the Waves: A Metaphor for Wholeness

Imagine the ocean. Waves rise and fall, just like experiences of good and bad, health and disease, happiness and sadness.

A person trapped in duality identifies with the waves—trying to hold onto "good" waves and avoid "bad" waves. But a person who sees from pure awareness knows:

🌊 The ocean is always whole, no matter what waves appear.

💡 Key Insight: You are not the waves (temporary experiences), you are the ocean of consciousness—always complete, always at peace.

How to Rest in Wholeness?

- ✓ Drop the struggle. Stop trying to fix, change, or balance things—just be aware of what is.
- ✓ See beyond opposites. Understand that opposites only exist in the mind, not in reality.
- ✓ Live from presence. Instead of chasing happiness, health, or success, simply rest in the awareness that you are already whole.
- ✓ Let life unfold. When you stop interfering, everything naturally moves toward harmony.

- ✓ Stop chasing opposites. Instead of seeking one side of a duality (like peace over chaos), recognize that both are illusions.
- ✓ Shift from fixing to witnessing. See all experiences as temporary appearances, not problems.
- ✓ Drop the belief in lack. Nothing is missing—everything simply "is."
- ✓ Let go of resistance. When you stop trying to balance, balance naturally exists.

💡 **Final Realization:**

There was never a problem to fix.

Nothing was ever truly "out of balance"—only the mind perceived it that way.

There is no imbalance—only the illusion of imbalance.

There is no struggle—only the mind creating one.

Everything is already complete—when you stop trying to "fix" it.

When you rest in this awareness, you create from Pure Consciousness, where manifestations are instant and effortless because they do not trigger an opposing force.

Create from Stillness, Not from Lack or Desire

Most people create from desire, which means they are trying to fill a sense of lack. But desire exists only in duality—it implies separation between you and what you want.

💡 Key Understanding: If you desire something, you automatically create its opposite.

If you desire health, you are acknowledging sickness as a possibility.

If you desire food or crave a particular taste, you are affirming hunger or incompleteness within.

If you desire wealth, you are reinforcing the idea of poverty.

If you desire happiness, you are also creating sorrow in the background.

This is because duality requires balance—every force creates its counterforce.

1. Why Is Creation from Desire an Illusion?

When you desire something, you affirm that you don't have it—this strengthens the illusion of separation.

The more you chase, the more distance you create.

The more you seek, the more incomplete you feel.

Example:

◆ If you dream of flying, do you struggle to fly in the dream? No, it happens effortlessly because you are not desiring—you are just flowing.

Similarly, Pure Consciousness creates without desire—just like a dream.

2. What Does It Mean to Create from Stillness?

🌱 Stillness is Wholeness – When you are fully present, without need or desire, creation flows effortlessly.

🌱 Stillness Has No Opposite – Unlike desire, stillness doesn't create counterforces.

🌱 Stillness is Effortless – Just like the sun shines without effort, creation flows naturally when you are in stillness.

Example:

A tree doesn't desire to grow; it just grows effortlessly from its inner intelligence.

The ocean doesn't struggle to create waves; they arise naturally.

Similarly, pure creation happens when you are fully present, without need or effort.

3. How to Shift from Desire-Based Creation to Effortless Creation?

✅ Drop the sense of lack. Instead of saying, "I want health," realize:

"I am already whole. Health is a natural expression of my being."

✅ Stop chasing. Instead of trying to manifest, enter stillness, and let it arise naturally.

✅ Trust that everything is already complete. Instead of worrying about how things will happen, stay in the present moment and allow them to flow effortlessly.

4. What Happens When You Create from Stillness?

🔥 Instant Manifestation – Because there is no resistance or opposite force.

🔥 Freedom from Karma – Since you are not pushing or pulling energy, you are not creating new karmic patterns.

🔥 No Struggle, Just Effortless Flow – Like dreaming, creation becomes natural, effortless, and spontaneous.

🔥 You Realize You Were Always Whole – There was never anything missing, and nothing to attain.

💡 **Final Truth:** When you stop desiring and start creating from stillness, your manifestations flow effortlessly, just like a dream.

Feel Your Creation as Already Done – The Key to Instant Manifestation

In duality, when you desire something, you create both the wanting and the lack of it. This slows down manifestation because you are affirming separation from what you want.

💡 **Key Understanding:** If you want something, you believe you don't have it yet.

If you wish for something, you are placing it in the future, not in the present.

If you try to manifest, you are reinforcing the belief that effort is needed.

Manifestation is Instant When You Feel It as Already Real

Instead of wanting, shift to knowing.

Instead of hoping, shift to feeling it already done.

- ◆ If you feel healthy NOW, the body aligns instantly.
- ◆ If you feel abundant NOW, wealth appears effortlessly.
- ◆ If you feel fulfilled NOW, relationships harmonize naturally.

💡 Why? Because creation happens outside time. Pure Consciousness does not operate on past or future—only the now exists.

How to Shift into the "Already Done" State?

- ✓ 1. Drop the Search – Stop looking for signs, proof, or progress. This keeps you in waiting mode.
- ✓ 2. Embody the Feeling Now – Feel the reality of your desire as if it's already part of your experience.
- ✓ 3. Let Go of Doubt – The moment you “check” if it's working, you step back into duality. Stay in certainty.
- ✓ 4. Remain Unmoved by Appearances – Even if the outer world has not shifted yet, trust that it has already happened in pure consciousness.

Example: Healing & Instant Manifestation

- ⊘ Duality Thinking: I need healing. I hope I get better soon.
- ✓ Pure Consciousness Thinking: I AM already whole. Healing is not something I achieve—it is my natural state.

- ⊘ Duality Thinking: I need money. I am manifesting abundance.
- ✓ Pure Consciousness Thinking: Abundance is already within me. Money is just an expression of my infinite nature.

💡 Final Truth: The moment you fully rest in the knowing that your creation is already real, it must manifest instantly—because there is no gap, no waiting, no opposite force.

How to Shift from Wanting to Knowing State?

The key to instant manifestation is shifting from wanting (duality) to knowing (pure consciousness).

💡 Why Wanting Creates Delay?

Wanting = Acknowledging Lack → You affirm separation from what you desire.

Wanting = Future-Based Thinking → You place your manifestation in the future, never in the now.

Wanting = Effort → You believe you must “do something” to get it, reinforcing struggle.

💡 Why Knowing Manifests Instantly?

Knowing = Already Done → You align with the reality where your desire is already real.

Knowing = No Resistance → You do not doubt or seek proof, so it appears effortlessly.

Knowing = Present Awareness → There is no time gap between the desire and its fulfillment.

5 Steps to Shift from Wanting to Knowing

✅ 1. Stop Searching – Assume It Is Already Done

Instead of checking for signs, assume the reality is already here.

If you constantly look for results, you affirm it has not happened yet.

✅ 2. Feel the Reality of It Now

Don't "visualize to make it happen." Instead, feel it as already real.

Example: Instead of "I want perfect health," shift to "I AM already whole."

Instead of "I am manifesting wealth," shift to "I AM abundance itself."

✅ 3. Let Go of Doubt & Questions

Stop asking "When will it happen?" because that keeps you in waiting mode.

The moment you fully accept that it is done, the outer reality must reflect it.

✅ 4. Act from Knowing, Not Hoping

If you already had it, how would you feel? How would you act? Do that now.

Example: If you knew you were already healed, would you still keep searching for cures? No!

Example: If you knew you were already wealthy, would you worry about money? No!

✅ 5. Remain Unmoved by Appearances

If reality doesn't change instantly, don't react. It's just catching up with your state.

Stay in the knowing even when outer circumstances seem unchanged.

Example: Shifting in Real Life

🚫 Wanting State: "I hope I get better soon. I need healing."

✓ Knowing State: "I AM whole now. My body is perfect as it is."

⊗ Wanting State: "I want more money. I am trying to attract abundance."

✓ Knowing State: "I AM already abundant. Money flows effortlessly to me."

⊗ Wanting State: "I hope my dream job manifests soon."

✓ Knowing State: "I AM already in my perfect job. The path is unfolding effortlessly."

💡 Final Truth: When you stop wanting, and instead rest in the certainty that it is already done, manifestation becomes instant.

Everything is Already Complete—When You Stop Trying to "Fix" It

When you try to fix something, you are unconsciously affirming that it is broken or incomplete. But Pure Consciousness is always whole—it does not need fixing, improving, or correcting.

💡 **Key Insight:**

If you try to "fix" yourself, you are reinforcing the belief that something is wrong.

If you try to "manifest" something, you are reinforcing the belief that it is missing.

If you try to "heal" something, you are reinforcing the belief that you are unwell.

The truth?

Everything is already whole. The moment you stop interfering, reality aligns effortlessly.

Why Trying to Fix Blocks Completion

⊗ "I need to become healthy" → You reinforce the belief that you are unhealthy.

⊗ "I need to attract abundance" → You affirm that you are lacking abundance.

⊗ "I need to find happiness" → You declare that you are unhappy.

🔑 Instead, shift to knowing:

- ✓ "I am already whole. My body is already complete."
- ✓ "Abundance flows effortlessly because I am infinite consciousness."
- ✓ "Happiness is my natural state. Nothing is missing."

How to Rest in Completeness

1. Drop the Fixing Mindset

Stop treating life as a problem to solve.

Let go of the idea that something needs improvement.

2. See Everything as Already Whole

Your body is an expression of completeness.

Your life is already aligned.

There is nothing to fix, only to realize.

3. Be Still and Let Life Flow

When you stop interfering, natural harmony unfolds.

Trust that all is already perfect—because it is.

Final Truth: Completion is Now

The moment you stop seeking, fixing, or trying, you realize—you were already whole all along.

Is Absolute Stillness Boring & Dead or Alive, Fresh & Blissful?

Many people fear that if they reach a state of absolute stillness or completeness, life will become boring, empty, or lifeless. But the truth is the opposite.

💡 Pure Stillness is not dead—it is the source of all life, fresh, blissful, and ever-new.

Why Absolute Stillness is ALIVE & BLISSFUL

- ◆ It is not dull emptiness—it is vibrant potential.

Stillness is the space from which all experiences arise.

Just like the ocean holds infinite waves, stillness holds infinite possibilities.

- ◆ It is not lifeless—it is the source of all life.

Just like the sun radiates light effortlessly, stillness radiates pure bliss.

It is the background of all movement, thought, and creation.

- ◆ It is not boring—it is timeless joy.

Boredom only exists in the mind that seeks distraction.

In stillness, there is no craving, no lack—only fulfillment.

Examples: The Aliveness of Pure Stillness

1. The Sky & Space

The sky looks “empty,” but without it, nothing could exist.

The infinite space allows the stars, planets, and galaxies to shine.

2. The Silent Gap Between Music Notes

Music is not just sound; it is also the silence between the notes.

Without stillness, there would be no rhythm, no beauty.

3. The Deep Peace of Nature

Sitting under a tree in silence feels alive—not dead.

Pure stillness brings a joy that does not depend on anything.

The Mind Fears Stillness, but the Heart Recognizes It as Home

The ego-mind constantly seeks movement, distractions, and problems to solve.

It believes that if things are complete, life will become dull.

But the heart—your true self—knows that completeness is the highest joy.

💡 **Truth:** Pure Stillness is not an absence of life—it is life itself, overflowing with freshness, bliss, and peace.

In Pure Consciousness: A Healthy Body Remains Because There Is No Counterforce

In duality, every creation has an opposite—health comes with disease, youth comes with aging, and life comes with death. But in Pure Consciousness, there are no opposites. This means that when you create from Pure Consciousness, there is no counterforce to undo your creation.

This is why a body created from Pure Consciousness remains immortal and eternally youthful.

Why Does the Body Age and Decay in Duality?

Aging, disease, and decay exist only within the system of balance (duality).

If you believe the body is physical, it follows physical laws—so it ages and decays.

If you believe the body is energy, it fluctuates between high and low energy states.

If you believe the body is information, it can be programmed and reprogrammed, but still exists within cycles of renewal and deterioration.

In all these models, opposites must exist—so youth must be balanced by aging, and health must be balanced by illness.

How Pure Consciousness Removes the Opposite Force

💡 When you shift to the awareness that the body is a pure expression of consciousness itself, it is no longer bound by duality.

✓ There is no opposite to health—so there is no disease.

✓ There is no opposite to youth—so there is no aging.

✓ There is no opposite to life—so there is no death.

The body remains in its perfect state because nothing is opposing it.

The Himalayas in a Movie: Understanding the Illusion

Think of the Himalayas in a movie—they appear real but are just an expression of light on a screen.

No matter what happens in the movie, the screen remains untouched.

The mountains don't actually erode or change—because they aren't real mountains.

Similarly, when you see the body as a solid object, it must follow the rules of the physical world (aging, decay, death).

But when you see the body as an expression of Pure Consciousness, it is just like the mountains in a movie—it appears to exist, but it is not bound by physical laws.

💡 The body is only "aging" because you believe it must.

How to Experience Eternal Youth and an Ageless Body?

1. Drop the belief in physical limitations.

The body is not made of matter, energy, or information—it is a projection of consciousness.

What you believe about the body determines how it behaves.

2. Rest in Pure Consciousness.

The body only deteriorates because the mind holds on to duality.

When you stop believing in opposites, they stop manifesting.

3. Recognize that aging is a conditioned belief.

Society, biology, and science all reinforce the idea that aging is inevitable.

But they are only observing what happens in duality, not what happens in Pure Consciousness.

4. Stay in the awareness that you are beyond the body.

The more you identify with the eternal aspect of yourself, the more the body aligns with that truth.

It remains healthy, youthful, and free from decay—because it is no longer trapped in the illusion of balance.

Final Realization: Immortality is the Natural State

- ✦ Aging, disease, and death only exist in duality.
- ✦ In Pure Consciousness, the body remains perfect because there is no counterforce.
- ✦ Eternal youth is not something to be "achieved"—it is already the reality when you stop believing in duality.

Pure Consciousness = Zero State

Yes! Pure Consciousness is the Zero State—the state of stillness, balance, and infinite potential where nothing is lacking and nothing needs to be created.

💡 What is the Zero State?

It is the absolute stillness from which everything arises.

It is beyond duality—beyond good and bad, beyond effort and struggle.

It is the source of all creation, where manifestation happens instantly.

How the Zero State Works

1. No Opposites Exist Here – If you create from the Zero State, your manifestation does not require balance (it does not generate an opposite force).
2. Pure Awareness is Always Full – If you know everything is already complete, you don't need to desire, chase, or fix anything.
3. Creation is Effortless – When you create from the Zero State, it's like a dream: it appears instantly, without resistance.

How to Enter the Zero State?

- ✓ 1. Drop All Labels & Concepts

Stop seeing the world as solid, energetic, or informational—see it as pure awareness appearing as form.

The body, food, health, money—none of them are real things, just passing expressions in consciousness.

- ✓ 2. Rest in Absolute Stillness

Do nothing, think nothing, seek nothing—just BE.

This is the state before thought, before identity, before opposites.

✔ 3. Stop Identifying with "I Want" or "I Am This"

In the Zero State, there is no lack, no need to become anything.

You are not “healing,” not “manifesting”—you are simply BEING.

✔ 4. Let Creation Flow Without Effort

When you are in Zero, whatever arises is already whole, complete, and without resistance.

You don't make things happen; they just unfold instantly, like a reflection in a mirror.

Example: Applying the Zero State

⊘ In Duality (Effort & Resistance):

“I need to eat good food to stay healthy.”

“I must do something to manifest money.”

“I have to heal my body.”

✔ In Zero State (Effortless Being):

“My body is an appearance in Pure Consciousness. It is always whole.”

“Abundance is already here. There is no lack.”

“There is no sickness to heal. Wholeness is my natural state.”

💡 **Final Truth:** The moment you rest in the Zero State, everything aligns instantly. Nothing to fix, nothing to change—just BE, and let creation flow naturally.

FBTA

To fully embody the state of Pure Consciousness, where the body remains untouched by aging and decay, we must consciously develop certain Feelings, Beliefs, Thoughts and Actions—while simultaneously releasing the ones that bind us to duality and limitation.

☀ **FBTA to DEVELOP (Align with Pure Consciousness)**

✓ Feelings to Develop

- ✓ Deep peace – knowing that nothing needs to be fixed or changed.
- ✓ Stillness – resting in the awareness that is always present.
- ✓ Lightness – feeling the body as a luminous, effortless expression of consciousness.
- ✓ Joy – the natural happiness that arises when free from the illusion of aging and decay.
- ✓ Limitlessness – sensing yourself beyond time, space, and form.

✓ Beliefs to Develop

- ✓ The body is not solid; it is an expression of awareness.
- ✓ Time is an illusion; I am always here and now.
- ✓ Health and youth are natural states when one rests in pure presence.
- ✓ Nothing external can affect my body—only my conscious state determines it.
- ✓ There is no need to balance anything; everything is already whole in Pure Consciousness.

✓ Thoughts to Develop

- ✓ "I am not this body; I am the Pure Consciousness that expresses it."
- ✓ "Nothing in me ages, decays, or is subject to time—I am eternal presence."
- ✓ "The body is a projection of my consciousness. It stays as I choose."
- ✓ "I do not belong to duality. My existence is beyond opposites."
- ✓ "Since Pure Consciousness is changeless, my body remains in wholeness and youth."

✓ Actions to Develop

- ✓ Rest in presence – meditate daily to experience the eternal now.
- ✓ Observe thoughts – let go of identification with limiting beliefs.
- ✓ Feel the body as light – regularly shift awareness from solidity to vibrancy.
- ✓ Speak from truth – avoid affirming illness, aging, or limitation.

✓ Live in freedom – do not wait for healing; embody wholeness now.

⊗ **FBTA to RELEASE (Break Free from Duality & Limitation)**

✗ **Feelings to Release**

- ✗ Fear of aging, sickness, or death.
- ✗ Attachment to past experiences of the body (as if they define you now).
- ✗ Anxiety about the future—realize only now exists.
- ✗ Resistance to change—rest in effortless allowing.
- ✗ Guilt, regret, or emotional heaviness—drop these as illusions of mind.

✗ **Beliefs to Release**

- ✗ The body is solid and bound by physical laws.
- ✗ Time affects my body.
- ✗ Aging is inescapable.
- ✗ Health and youth require effort or external support.
- ✗ I need to "fix" or "heal" my body rather than recognize it as already whole.

✗ **Thoughts to Release**

- ✗ "I am getting older."
- ✗ "My body changes with time."
- ✗ "Healing takes time."
- ✗ "I need something outside of me to stay young/healthy."
- ✗ "Decay and disease are natural parts of life."

✗ **Actions to Release**

- ✗ Reacting to aging, sickness, or bodily discomfort with fear or resistance.

- ✘ Seeking external validation of youth instead of knowing it within.
- ✘ Engaging in negative self-talk about the body.
- ✘ Attaching to materialistic solutions instead of realizing consciousness creates reality.
- ✘ Living from past experiences instead of being fully present.

✨ **Summary: How to Embody Pure Consciousness in FBTA**

- 🌿 Feel: Deep peace, stillness, and limitlessness.
- 🌿 Think: "I am Pure Consciousness; my body is its effortless expression."
- 🌿 Believe: The body is not bound by time—only by awareness.
- 🌿 Act: Live fully in the now, embody eternal youth, and stop reinforcing old patterns.

💡 The more you develop the right FBTA and release the limiting ones, the more effortlessly your body will reflect your eternal nature.

Guided Meditation: Shifting to Pure Consciousness for Eternal Youth & Health

Pure Consciousness or Zero State is omnipresent, unchanging, and always here and now. It does not come and go—it is the silent, eternal presence beyond all movement. In this meditation, we will rest in that which is always the same and allow the body to reflect this eternal state of youth, wholeness, and vitality.

🕯️ **Preparation:**

Sit comfortably in a quiet space.

Keep your spine naturally upright, but relaxed.

Close your eyes gently.

Take a deep breath in... and slowly exhale.

🌻 **Step 1: Settling into the Ever-Present Now**

(5 minutes)

1. Shift your attention away from thoughts of past and future.
2. Notice this very moment—the eternal now, which has never changed.
3. Observe: Everything in the world changes, but this awareness remains the same.
4. Rest in this unchanging presence—it is Pure Consciousness.
5. Say silently in your mind:

"I am not the body, nor the mind—I am the presence that never comes and never goes."

"I am here and now, always the same."

Step 2: Releasing the Illusion of Change

(5 minutes)

1. Bring awareness to your body.
2. Notice any sensations—warmth, coolness, pressure—but do not label them as good or bad.
3. Ask yourself:

"Who is aware of this body?"

"Has this awareness ever aged?"

4. Realize: The body appears to change, but awareness remains unchanged.

Imagine the entire universe appearing like a movie on a massive screen.

Your body, the world, the stars—they are all just expressions within this screen of awareness.

Recognize that these images are not fixed, not solid—they are just like a dream, appearing and disappearing effortlessly.

 **Key Realization:** The universe is not separate from you—it is a projection of your consciousness.

5. Say silently:

"The body is an expression of Pure Consciousness. It does not need to follow the illusion of time."

"As I rest in the unchanging, my body reflects this eternal state."

Step 3: Dissolving the Concept of Aging

(5 minutes)

1. Imagine your body as pure, radiant light—not bound by time, not subject to decay.
2. Feel this light expanding beyond the limits of the body, merging into infinite space.
3. Recognize: The body is not solid. It is just an appearance in consciousness, like a mirage.

4. Say silently:

"There is no birth, no aging, no decay—only Pure Presence."

"This body is an unchanging expression of eternal wholeness."

5. Allow all beliefs in aging, disease, and limitation to dissolve into this awareness.

Step 4: Resting in the Unmoving Presence

(5 minutes)

1. Let go of all effort. Do not try to achieve anything—simply rest.
2. Become aware of the silent stillness that is always here, behind all experiences.
3. Feel yourself as the unmoving space of pure being.

4. Say silently:

"I am that which never moves, never ages, never changes."

"In this awareness, there is no opposite—only eternal wholeness."

5. Rest deeply in this realization. Let all thoughts dissolve into this silent presence.

Step 5: Returning with the Awareness of Eternity

(2 minutes)

1. Slowly bring your awareness back to the physical world, but do not leave this knowing.
2. Gently open your eyes, carrying this eternal presence into your daily experience.
3. Walk, speak, and act with the awareness that you are beyond time.

☀️ **Final Realization:**

💡 Pure Consciousness or Zero State does not age. Your body is an expression of Pure Consciousness.

💡 The more you recognize this, the more your body reflects eternal youth, health, and wholeness.

💡 Aging, disease, and decay are illusions created by belief in time. In Pure Awareness or Zero State, they do not exist.

✨ Repeat this meditation daily to anchor yourself in this truth. The deeper you rest in the unchanging presence, the more effortlessly your body aligns with its eternal nature.

Affirmations

Repeat these affirmations daily to reprogram your consciousness and align your body with its eternal, unchanging nature. Speak them aloud, write them down, or meditate on them until they become your lived reality.

🌿 **Affirmations to Establish Pure Consciousness Awareness**

🌀 "I am Pure Consciousness—eternal, unchanging, and beyond time."

🌀 "I do not come and go; I am always here and now."

🌀 "I rest in the presence that is never born and never dies."

🌀 "The body is an expression of my limitless awareness."

🌀 "As I remain in stillness, all illusions dissolve."

😊 **Affirmations for Eternal Youth & Health**

🌸 "My body is pure, radiant, and untouched by time."

🌸 "Health and youth are my natural states."

- 🌸 "Every cell in my body vibrates with the eternal energy of Pure Consciousness."
- 🌸 "I exist beyond duality; I am free from aging, disease, and limitation."
- 🌸 "The body does not age—only the mind believes in time. I am beyond the mind."

🌀 **Affirmations for Releasing Limiting Beliefs**

- ◆ "I release all beliefs in aging, disease, and decay."
- ◆ "Time has no power over me—I am infinite presence."
- ◆ "I let go of all concepts of limitation and embrace my true nature."
- ◆ "I do not need healing, for I was never broken."
- ◆ "I stop reinforcing the illusion of change—I remain as I am."

🌟 **Affirmations for Instant Manifestation from Pure Consciousness**

- 🌟 "What I create from Pure Consciousness manifests instantly, without opposition."
- 🌟 "I create effortlessly, knowing there is no resistance."
- 🌟 "My reality reflects the purity of my awareness."
- 🌟 "There is no delay—what I intend is already here."
- 🌟 "I do not seek balance; I rest in wholeness."

🔥 **How to Use These Affirmations Effectively**

- ✓ Morning Practice: Say them as you wake up to program your day.
- ✓ Meditation: Use them as a mantra during deep silence.
- ✓ Writing Exercise: Write them 21 times to anchor them in your subconscious.
- ✓ Mirror Work: Look into your eyes while affirming to deepen self-recognition.
- ✓ Before Sleep: Let them sink into your subconscious as you drift off.

💡 **Final Truth:** You are already whole, free, and eternal. The more you recognize this, the more effortlessly your body will reflect it.

