

## **Boredom-Freshness**

The Supreme Soul is eternal (ancient), yet at the same time, the most new. He always remains fresh and unmoving, while giving momentum to his creation.

Similarly, His creation (body, food, mind, heart, thoughts, emotions, feeling, and outer world), including us, is always fresh and continually growing and transforming. If we view everything with this perspective, we will never feel boredom.

By embracing this worldview, we can remain engaged with life, seeing every moment as an opportunity for growth and renewal. Let's break this down and explore each aspect in more detail, with examples.

### **1. The Supreme Soul is Eternal (Ancient) Yet Always New**

- The Supreme Soul is described as eternal or ancient, meaning that it is beyond time. It has no beginning or end and exists beyond the confines of our physical reality.
- However, despite this timeless nature, the Supreme Soul is also ever-new, constantly creating, sustaining, and influencing the universe in fresh ways.
- This paradox emphasizes that, while the essence of the Supreme Soul never changes, it brings forth new expressions and manifestations of life in every moment.

#### **Example:**

- **The Sun:** The sun is an ancient celestial body that has been shining for billions of years. Despite its age, each day the sun rises with fresh light and energy, bringing new experiences to the world.
- Just as the sun is both ancient and always new in its rising each day, the Supreme Soul is timeless, yet it continuously creates new moments, experiences, and manifestations in the universe.

### **2. The Supreme Soul Remains Unmoving, Yet It Gives Momentum to Creation**

- The Supreme Soul itself remains unmoving and constant, but it is the source of all movement and change in the universe. It provides the energy and momentum that drives creation, from the smallest particles to the grandest cosmic phenomena.
- The Supreme Soul is like a silent, immovable force that still manages to stimulate and direct the entire cosmos.

## Example:

- **The Ocean and Waves:** The ocean is vast and still at its core, but the waves that arise are constantly in motion. The waves are the movement of the ocean, yet the ocean itself remains unchanged.
- Similarly, the Supreme Soul is still and unmoving, yet it drives the dynamic processes of creation, like the waves in the ocean. Every wave (or aspect of creation) is moved by this unseen, constant force, even though the ocean itself is at rest.
- **Electricity and Devices:** Think of electricity, which powers all devices. Electricity is a source of energy that makes things move—such as fans, lights, or computers—yet electricity itself is invisible and does not move in a conventional sense.
- Similarly, the Supreme Soul is the unseen source that powers everything in creation without itself being subject to the laws of movement.

## The Paradox of Stillness and Motion

- **Stillness with Momentum:** A magnet remains still but continuously attracts and repels. Its power comes from its inherent nature—its magnetic field. It doesn't need to move to influence its surroundings.
- Similarly, the Supreme Soul remains unchanging and still, yet it creates, sustains, and moves the universe through its silent, omnipresent influence.
- Similarly, we can remain centered and calm (like the Supreme Soul) while our lives are in constant motion and transformation.
- A meditating yogi may sit still for hours, yet their inner state is filled with energy, awareness, and transformation.
- The stillness of the body allows the mind and soul to access higher energies and awareness, driving inner change without external movement.

## **3. Creation (Body, Food, Mind, Heart, Thoughts, Emotions, Feelings, and the Outer World) is Always Fresh, Growing, and Transforming**

- Creation is not static; it is always evolving, transforming, and renewing itself. The body, mind, heart, thoughts, emotions, and even the outer world are in a continuous state of growth and change.
- Nothing in the universe remains the same; everything is part of a dynamic process.

## Examples:

- **The Body:** The human body constantly renews itself. Skin cells regenerate every few weeks, bones are remodeled every few years, and even the blood is constantly replaced.

- Although we might experience aging, our bodies are always regenerating on a cellular level. Every cell in the body regenerates, and we are never the same from one moment to the next. This cycle of renewal reflects the dynamic and ever-changing nature of life.

- The food we consume, even when it appears the same, is processed and transformed into nutrients that sustain and fuel this ongoing renewal.

- We may eat the same meals repeatedly, yet each meal nourishes us differently each time because of the body's ever-changing needs.

- **The Mind:** Our mind is constantly learning and adapting. We gain new experiences, form new memories, and develop new perspectives. No two moments are the same, and our thoughts evolve continuously, shaping and reshaping our perception of the world.

- For example, a person who was once fearful of public speaking may, over time, grow more confident and skilled, showing personal transformation.

- While some thought patterns or emotional experiences might seem familiar, they never remain exactly the same.

- Even in the midst of routine or repetition, our minds grow in wisdom, and our hearts open to new feelings and experiences.

- Just like a tree's leaves change with the seasons, our internal landscape is always growing and shifting.

- **Emotions and Feelings:** Emotions and feelings are temporary and fluid. One moment, we might feel joy, and the next, we may experience sadness, fear, or excitement. These feelings are part of an ongoing process of emotional growth.

- A person might start a difficult conversation with anxiety, but by the end of it, they may feel relief and understanding. Similarly, difficult emotions like grief eventually give way to healing and growth, allowing for new emotional experiences to emerge.

- These aspects of our being are constantly in flux, growing, evolving, and transforming. Emotions we feel are never static; they evolve in response to our experiences.

- The same situation can evoke different feelings over time as we gain new perspectives. This constant change within us reflects the larger cycle of growth in the universe.

- **The Outer World:** The world around us is in constant transformation. The natural world experiences cycles of growth, decay, and renewal (e.g., spring to winter), while human societies and technologies evolve as well.

- Each day brings new developments, ideas, and innovations. The changing seasons, technological advancements, or new social movements show that nothing remains static.

- On a deeper level, even the elements of nature—earth, air, fire, and water—are always in motion, undergoing shifts in ways we may not always notice. This ongoing transformation mirrors the same process within us.

- **Food:** While it may seem like you're eating the same food every day, food itself is not static. Every meal is made up of ingredients that come from nature, and nature is in a state of constant transformation.

- Even if you eat the same type of food every day, subtle differences can arise due to seasonal variations, the freshness of ingredients, or even the mood and energy you bring to the meal.

- For example, think of a tomato you eat in summer. Its taste, texture, and freshness might differ from a tomato in winter, even though they appear the same.

- Similarly, food prepared on one day may feel different because of how you're feeling, your physical environment, or your level of attention.

### **Example:**

- **The Cycle of Nature:** Every year, 6 seasons and 3 main periods (summer, rainy and winter season) change. In each season and period, numerous changes occur in nature. Trees shed their leaves, new leaves sprout and grow, and then they fall again. Flowers bloom, wither, and then bloom again.

- The life cycle in nature constantly renews itself, and each season offers a new feeling and freshness. Even though this cycle repeats itself exactly, the experiences within each cycle have their own uniqueness, newness, and freshness.

- **Personal Transformation:** Consider someone who has experienced a major life challenge, such as a job loss or relationship difficulty. In the moment, it may feel like stagnation or frustration, but over time, this experience can lead to growth—whether through the discovery of new opportunities, the development of flexibility, or the realization of one’s true passions.
- Life continuously presents new opportunities for transformation and growth, even in difficult circumstances.

#### **4. Viewpoint: Transformation and Freshness in Everything**

- When we view everything through the lens of continuous growth and transformation, even the most repetitive or familiar things become new and exciting. Here’s how this perspective can help overcome boredom:

- **Routine is Alive:** Imagine the repetitive actions of daily life—eating, working, or even walking. If we view these routines through the lens of the Supreme Soul's energy—always fresh, always renewing—each moment holds infinite potential.

- For example, you might eat the same food every day, but the process of digestion, the absorption of nutrients, and the ways your body changes and responds are always new.
- Your body is transforming every time you feed it, so no matter how familiar the food seems, it’s always a fresh experience in terms of its impact on your body.

- **Ever-Evolving Relationships:** Interacting with people might feel routine at times, but each conversation and interaction has the potential to grow, to change you and the other person in subtle ways.

- Like plants that seem to be stationary but grow and adjust daily, your relationships are always evolving, even if it doesn’t seem so at first glance. When we view our connections with this perspective, they remain dynamic and exciting.

- **Emotions as an Evolutionary Process:** Emotions, though they may recur in similar forms (like frustration, joy, or sadness), are always evolving and providing new insights. You may feel frustrated in a familiar situation, but the way you treat that frustration can change with time, experience, and reflection.

- The emotional state is never exactly the same, and you are always learning and growing from it. This prevents boredom, as even repetitive emotions can offer new lessons.

### **Example: Viewing a Routine Activity with Freshness**

- Imagine you are brushing your teeth—something you do daily. Without this new perspective, it might feel repetitive.
- But when you recognize that your body is constantly changing, you begin to appreciate how even a simple act like brushing your teeth is part of your ongoing renewal.
- Your teeth are in a constant state of renewal, your gums are regenerating, and you're contributing to your body's health with every brushing.
- When you look at it through the lens of the eternal(ancient), ever-new Supreme Soul, the task is no longer boring—it's part of the continuous process of creation and transformation that is happening at every level of existence. The act itself is a small but essential part of the larger cycle of renewal.

### **5. Viewing Everything with This Perspective to Avoid Boredom**

- When we embrace the idea that creation, including our bodies, minds, emotions, and the world around us, is in a constant state of growth, change, and renewal, we begin to see life as a dynamic, ever-evolving journey.
- Boredom arises when we perceive things as stagnant, repetitive, or unchanging. But when we shift our mindset to recognize that everything, including ourselves, is continually evolving, we can find excitement, wonder, and curiosity in every moment.
- The Supreme Soul, through its eternal nature and constant renewal, provides us with the energy and momentum to experience life as a continuously unfolding process.

### **Example:**

- **Daily Life:** Suppose you are working in a job that feels repetitive or uninteresting. If you focus on the tasks at hand, it may seem like there's nothing new to discover.
- However, if you shift your perspective and understand that even in routine activities, growth is happening—whether it's learning something new about the task, discovering a better way to do it, or developing a new skill—you begin to see the process as fresh and full of potential.
- **Personal Development:** Imagine someone feeling bored or uninspired in their life. They may feel stuck in their personal growth, thinking that things will never change.

- However, if they recognize that every thought, emotion, and experience is part of a growing, ever-evolving process, they will begin to see new opportunities for self-improvement and transformation.
- This could be as simple as learning a new skill, embracing a new perspective, or making small changes that bring about a fresh outlook on life.

## Conclusion

- By viewing life through the lens of the eternal(ancient) yet ever-new nature of the Supreme Soul, and recognizing that creation—ourselves included—is always in a state of growth, transformation, and renewal, we can avoid the trap of boredom.
- Instead of seeing life as a series of repetitive, stagnant events, we can begin to perceive each moment as part of an ongoing process of change and possibility.
- Whether it's our body, mind, emotions, food, or the outer world, everything is constantly growing and evolving, offering endless opportunities for exploration, learning, and personal development.
- Embracing this perspective allows us to remain engaged with life and see it as a dynamic and exciting journey.

## If Creation is Always Fresh, Growing, and Transforming, then why we are not experiencing freshness

When you feel that you're not experiencing freshness, despite the idea that creation is always fresh, growing, and transforming, it could be due to a variety of reasons related to perception, personal experience, or the broader context of life. Here's why this might happen:

- **Habituation and Routine:** Humans are creatures of habit, and over time, we tend to settle into routines. These routines, while providing comfort and stability, can also make life feel repetitive and boring.
- The freshness of life can become hidden when we no longer actively engage with the world around us or when our daily experiences feel predictable.

- **Lack of Awareness:** Freshness is often something we need to actively notice or cultivate. If you're not consciously aware of the newness in your environment, your relationships, or even your own thoughts and feelings, it can seem like things are stagnant.

- Freshness requires a certain level of mindfulness and presence in the moment, and without this, the ever-changing nature of creation might be missed.

- **External Circumstances:** Sometimes, external challenges such as stress, illness, or difficult circumstances can create a sense of stagnation.

- When we're conquered by external pressures, it's easy to lose sight of the dynamic and evolving nature of the world. In these moments, it may feel like life is stuck or that freshness is out of reach.

- **Emotional or Mental States:** Mental health, emotional well-being, and life satisfaction can greatly influence how we experience the world. When someone feels disconnected, depressed, or uninspired, they may not perceive the world as fresh or new.

- Emotionlessness or dissatisfaction can cloud the perception of life's constant transformations.

- **Expectations and Comparisons:** In a world full of constant change, we might expect certain kinds of "freshness" — like a burst of inspiration, newness, or dramatic transformation — but sometimes the freshness in life is subtle and slow.

- If you're comparing yourself to an ideal or looking for major breakthroughs, it can feel like nothing new or transformative is happening.

- **Overload or Information Fatigue:** In the modern world, the sheer volume of information, distractions, and stimuli can sometimes create a sense of being conquered.

- Instead of feeling fresh, we may feel drained or disconnected from the ongoing process of creation. In such cases, it can be hard to appreciate the beauty and newness in our lives.

- **Personal Growth Stagnation:** Sometimes, people go through periods of personal stagnation where they feel disconnected from their own growth.



- Even though the world is always changing, if we aren't actively seeking to grow, transform, or explore new possibilities, it can feel like we're not part of that fresh and evolving process.
- To experience freshness again, it may require a shift in perspective or a deliberate effort to reconnect with the dynamic, evolving world.
- Practices like mindfulness, stepping out of your comfort zone, learning something new, or simply taking the time to notice the small, ongoing changes around you can help reawaken the sense of freshness that is always present in creation.

**With silent still observation only we can recognise and experience freshly transforming universe.**

- Silent, still observation can be a powerful way to recognize and experience the universe's ongoing transformation.
- When we stop, pause, and simply observe without the distractions of our thoughts, judgments, and desires, we open ourselves up to the deeper layers of reality.
- Here's why silent stillness is key to experiencing the fresh transformation of the universe:

**1. Being Present in the Moment**

- In a world filled with noise, hurry, and constant activity, silent observation allows us to become fully present.
- By quieting our minds, we step out of the mental chatter that often keeps us from noticing the subtleties of change. In silence, we can truly witness the shades of transformation happening all around us.

**2. Embracing Impermanence**

- Creation is always in flux, constantly evolving. Silent observation allows us to witness the impermanent nature of all things.
- When we let go of the urge to control or fixate on a moment, we can simply observe how everything is in motion: the cycles of nature, the flow of time, our own thoughts and

feelings. This can help us experience the freshness of life, as we become more attuned to its ever-changing nature.

### **3. Heightened Sensory Awareness**

- When we are still and silent, our senses become sharper. We can begin to notice small details, sounds, colors, textures, and changes in the environment that we may normally overlook.
- This sensitive awareness helps us perceive the ongoing transformation of the world, which might otherwise go unnoticed.

### **4. No Judgment or Analysis**

- Silent observation involves looking at things without the lens of judgment or analysis. Often, our minds quickly categorize or label what we see, which can make us miss the deeper essence of things.
- In stillness, we can experience the world without imposing our preconceived notions on it. This allows us to appreciate the newness and subtle changes in everything.

### **5. Tuning into the Subtle Movements of Energy**

- Creation is not always dramatic or obvious. Much of the transformation in the universe happens on subtle, energetic levels—whether it's the growth of a plant, the change in the seasons, or the evolution of our own inner world.
- Silent observation enables us to attune ourselves to these subtle shifts, allowing us to witness the beauty of transformation in its quietest forms.

### **6. Letting Go of Control**

- Often, we feel the need to control or direct the flow of our lives or the world around us. In silent stillness, we surrender that need for control, allowing the universe to unfold naturally.
- This surrender creates space for us to experience transformation as it is, rather than as we think it should be.

### **7. Connecting to the Flow of Life**

- When we are silent and still, we tap into a deeper, more universal flow. The universe is in constant motion, constantly renewing itself.
- By stepping out of the distractions of the mind, we can align ourselves with this flow and recognize that we are a part of it. This connection can help us feel more grounded and aware of the ever-present freshness that is unfolding in every moment.

## **8. Detachment from the Ego**

- Our ego often demands certainty and control, wanting things to stay the same or conform to a known narrative.
- However, silent witnessing is an act of detachment from the ego's need for structure and permanence.
- When we let go of our attachment to fixed ideas and expectations, we allow ourselves to experience the raw, unfiltered flow of transformation.
- This sense of detachment makes it possible to embrace the freshness and evolution of life, rather than feeling stuck in repetitive patterns or the past.

## **9. Awakening to Subtle Changes**

- Silent witnessing sharpens our awareness to the subtle and sometimes invisible transformations happening around us.
- The universe doesn't always announce its changes in loud or obvious ways. It is in the stillness that we begin to notice the smaller, quieter transformations—the unfolding of a leaf, the shift in the quality of light, or the ebb and flow of our own internal state.
- This quiet awareness is where true transformation can be experienced, as we open ourselves to the unnoticed aspects of creation.

## **10. Aligning with the Flow of the Universe**

- The universe is a vast, interconnected system where everything is interrelated and constantly changing. Silent witnessing connects us to this greater flow.
- Instead of feeling separated or isolated from the world, we become aware of our place within the grand, ever-changing dance of creation.
- In this space of alignment, we realize that the freshness and transformation of the universe are not outside of us but are a reflection of the deeper truth of our existence.

## Conclusion

- In summary, silent still observation is a way to transcend the noise of the world and the mind, allowing us to experience the universe as it truly is—alive, ever-changing, and fresh.
- By becoming more aware of the quiet transformation happening all around us, we can recognize the beauty of the continuous creation and growth that shapes our existence.
- Also, Paramathma means Brahmananda or Satchidananda. Since Paramathma is omnipresence, Silent still observation is a powerful practice for realizing Brahmananda everywhere, because it allows the mind to quieten, the ego to dissolve, and the true nature of the self to emerge.
- When we observe without judgment or attachment, we are able to directly experience the oneness of all things and the bliss of the infinite, omnipresent Brahman.
- In this stillness, the ego is set aside, the distractions of the mind fade, and the individual self merges with the universal self, revealing the ever-present bliss (Ananda) of Brahman.

Thus, through silent observation, we can indeed recognize and experience Brahmananda both inside and outside.

## **Affirmations:**

- Just as the Supreme Soul remains still yet gives momentum to all creation, I remain still grounded while continuously growing and evolving with every moment.
- I am constantly aware of the freshness and liveliness in every moment of my life.
- I see life as an ever-changing and evolving process, filled with infinite possibilities.
- I embrace the continuous transformation within me and around me, and I never feel boredom.
- I am deeply connected to the eternal flow of energy that brings newness and growth to everything.
- Every experience, no matter how small, feels exciting and full of potential.
- I am always open to new experiences, and I greet change with curiosity and enthusiasm.
- I recognize the divine momentum in all of creation, including myself, and I align with its continuous evolution.

- My mind is vibrant and ever-expanding, always seeing the beauty in the unfolding process of life.
- I trust in the ever-renewing energy of the universe and feel a deep sense of peace in the flow of transformation.
- I am grateful for the constant growth in my life and find joy in the unfolding journey.
- Each moment I live is full of wonder and potential, and I am always present, aware, and alive to it.
- I never feel stuck or bored because I embrace the evolving nature of life with excitement.
- I experience the eternal freshness in everything (Body, Food, Mind, Heart, Thoughts, Emotions, Feelings, and the Outer World), and my life is a reflection of continuous growth and transformation.
- I am fully aligned with the Supreme Soul's eternal(ancient), ever-new energy, and this perspective guides me every day.
- I find fulfillment and joy in every experience, knowing that life is always renewing itself, just as I am.
- I am fully present in each moment, open to the constant freshness and transformation around me.
- In stillness, I witness the growth and unfolding beauty of life, embracing change with grace.
- I release the need to control, allowing the natural flow of creation to reveal its infinite potential.
- Through silent still observation, I connect with the evolving universe and experience its continuous renewal.
- In the quiet of my mind, I recognize the ever-changing, ever-growing nature of existence and welcome its growth.

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