

## MELT-2

Through spiritual practice, I think I'm purifying myself, meaning my attachments, aversions, thoughts, and actions are all being burnt away, and I'm becoming pure.

Yet, when familiar thought patterns and emotions resurface, a confusing state emerges, leaving me puzzled. At such times, when I question myself, I realize one thing...

I'm only purifying my own attachments and aversions within myself, but the beliefs, opinions, and thoughts I have about others remain unchanged.

That is, I think I'm becoming pure because I'm practicing spiritual sadhana, but the notion that those around me haven't practiced sadhana and aren't evolving remains within me.

Then, I saw three separate entities within myself. Just as I perceive the external world as separate from me, and God as separate from both, similarly, I saw a clear distinction within myself - I am separate, the world around me is separate, and God is separate.

Meaning, within my inner self...

1. My beliefs related to myself (the individual self),
2. Similarly, my thoughts and opinions in my mind regarding my visible body, the people around me, nature, and all circumstances, and
3. My views and experiences related to God.

I realized that our inner world is reflecting the external world.

Everyone sees the visible world in their own unique way. Each person's perspective is different. Things in this world make sense to them based on their understanding. We know from experience that no two people's mental states are the same! Just as the world appears green to someone wearing green glasses, we can understand that each person's inner world is distinct and varied.

When two people sleep next to each other, they exist in their own separate dream worlds, not in the same dream world. Similarly, in reality, everyone exists in their own unique world. Nobody exists in the same world as others; each person is in their own world.

Consider four people living in the same house. Normally, we think they all live in the same house. But upon deeper reflection, each person experiences their own unique version of the house. For instance, one person might love the kitchen, while another might not care for it. Someone else might adore the prayer room, while another might prefer the bedroom. Due to individual preferences and dislikes, the same house appears differently to each person. Similarly, their experiences and perceptions of the house vary. This illustrates how four people living in the same physical space can have distinct, personalized realities.

Understand that everyone exists in their own unique world, creating their reality every moment. As you change, your perception of your surroundings and even your own home transforms.

Understand that: Everyone exists in their own unique world. Each person creates their own reality every moment. As you change, your surroundings transform.

Because all the opinions in my inner world are related to me. Everything within me, including beliefs about people, situations, and nature, could only become part of my inner world if I accepted them. These are the same things I've understood about the world around me since I was born.

In short, I am the creator of my inner world. I am the reason why all these are stored inside me. That is, through my perspective, through the perspective of the character named Prasanna, I am understanding everything in this world and storing them in various ways inside me.

I realized that I myself have created this world of duality and separation within me, meaning I have created good, bad, and neutral emotions. I have divided myself into many objects, many things, many beliefs, and many souls, and I exist within myself.

I understood that I am all of these, and I am operating my inner world by giving each character, including myself, an emotion. (It means I am like a writer, weaving a story around myself and directing a movie.)

When I wake up, the entire world wakes up with me, and when I sleep, the world sleeps with me. "The truth dawned on me that there is only one fundamental essence, and only one ultimate reality - that's all there is!

In spiritual practice, I understood that it's impossible for just me to become pure alone, but rather, my entire world becomes pure along with me, or nothing becomes pure at all. That means, along with me, all the souls and beings I've created, as well as the world and God, must merge into a single, pure state of 'I exist'.

The universe is said to be encapsulated in a single grain of sand! Likewise, the universe resides within us and all those around us. By confining others to our judgments of good, bad, and neutral, we unconsciously confine ourselves to those same limitations.

I may not be able to change the people around me, but I can change my opinions about others within me. Because I'm the one who held onto them, I'm also responsible for letting them go. That means I can merge with the oneness by purifying all the details related to others within me, along with myself!

Others may not be practicing spiritual growth, but we are! Our goal is to realize that I am everything - everything is me! Then, within me, I shouldn't just dissolve as the individual named Prasanna, but also the entire world I've created around that character, like a movie.

This means that if I'm a daughter, I should dissolve along with my mother's character, and if I'm a sister, I should dissolve along with my brother's character, and all the scenes related to them. Everything should melt away at once and become pure.

It means that all the 'souls, beings, and everything in the world' within me should melt away like ice cubes in a group meditation, and merge into a pure state of 'I exist'.

Since then, I've been feeling that 'whether I'm meditating or sleeping, everything within me is becoming one with the supreme being, meaning the state of 'I exist'.

After realizing the unity, I felt like "everything inside and outside me is refreshing" even when I'm awake and doing tasks. This means that whenever duality arises within me, I use the refresh button to reconnect with the state of unity.

With each inhale, I feel like everything within me, including myself, is becoming one. With each exhale, I feel like I'm entering all the roles in the world with the latest version (like updating from 4g to 5g) and acting in them, along with the state of "I exist".

After doing this, I noticed a change within myself and in the people around me. I felt like I was interacting with everyone freshly, without any past influences, and everyone was interacting with me freshly too.

Then I realized - we are the ones who are dividing the pure energy within us into fragments conceptually and governing it, and we are the ones who are getting attracted to division and pushing away unity, supreme bliss, and the true nature of existence.

Similarly, we believe that certain foods are beneficial for specific body parts and harmful for others. This thinking creates a dependency between external food and internal body parts. We assume that consuming certain foods is necessary for maintaining the health of those body parts. So, let go of the dependency mindset.

Similarly, food items and medicines do not create body parts, nor do they create health or illness. Everything was created simultaneously. In other words, the entire universe and its inhabitants were created at once. This means that these elements are creations, not creators. The Supreme Being (Paramatma) is the sole creator of all these things. Surrender to the creator and seek knowledge about these elements.

To cultivate a connection with the divine, from now on, consider every meal as neither good nor bad. Think of the food residing in your stomach for a brief moment before merging into the infinite, or instantly becoming one with the universe. Envision your body receiving energy through: 1. Meditation 2. Sleep 3. Union with the space 4. Oneness with the divine. Perceive yourself as channeling this energy to nourish your body and all its aspects. By adopting this mindset, your human body will transform into a divine body.

Alternatively, consider that God is omnipresent, and body parts receive energy from the divine who is residing within the body parts. Envision each part nourishing itself from the divine source. Release responsibility for your body and other aspects, As a tiny particle of the divine that is Jeevatma, Confine your duty to yourself, Let go of name, form, and actions, Be peaceful, united with your inner self. By doing so, you become a divine cell. This transformation will inspire all aspects within you to evolve into divine cells.

Similarly, when taking medicines, consider that they temporarily reside in your body before merging into the infinite. This mindset allows your body parts to: 1. Self-repair with divine assistance or 2. Create new body parts.

Every cell in the body, made up of cells, lives for only six months. This means that after six months, the existing cells are replaced by new ones. In essence, you have a new body every six months. Consider your body to be only six months old, and think, 'I am only six months old.' This mindset keeps your body fresh and divine.

The reason we don't experience our body as fresh and divine is due to our beliefs and opinions. Thinking 'I am 40 years old' influences my cells to behave accordingly. But your cells live only six months, regardless of your thoughts. Consider your body:

- Unaffected by swords (unchanged by external harm)
- Unwetted by water (uninfluenced by external circumstances)
- Unburned by fire (unaffected by passions or desires)
- Unswayed by wind (unshaken by life's challenges)
- Beyond birth and death (transcending life's cycles)

Envision yourself as:

- Ageless
- Timeless
- Immortal

Cultivate this mindset to experience your body's divine nature.

By releasing beliefs, opinions, and all else, you'll become pure and experience a divine body within six months. To understand how to transcend your existing beliefs and knowledge, read the 'Divine Human' book.

In the topic 'Melt Away', we initially suggested letting go of everything and just melting away ourselves. But now, we have gained a complete understanding of the five elements, the three gunas, the Atma and the Paramaatma, and Oneness.

So, in 'Melt-2', we can understand that all living beings, all souls, and everything related to the world and God should come together as a collective and practice group meditation, and simultaneously melt away into the state of 'I exist'.

Continue melt-2 practice, until, inside and outside, you can create, sustain, and dissolve realities at will. You become the creators only when your thoughts manifest in reality instantly. Until then, understand that you have no control, and nothing is in your hands. Until your life is in your hands, surrender to the divine force guiding this creation. Inquire about your desires, understand, and implement them.

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