

16.66 % or 50:50 Saadhana

After practicing the 33.33% tri-gunas sadhana for some days, as mentioned earlier, and becoming proficient in balancing between opposites, you will experience that there are Jiva-atma, Atma, and Paramatma. Here, Jiva-atma refers to a single guna within you that takes hold and expands, neglecting the others. Atma refers to utilizing all aspects of yourself together, expanding into all bodies, parts, and states within you. Paramatma is formless and all-pervading, stillness, expanding throughout the universe, and is also present in all forms within the universe, and all forms are itself.

When you understand the existence of negative, positive, neutral, Jiva-atma, Atma, and Paramatma, start the 16.66% or 50:50 sadhana. This means that 50% should be related to Paramatma and 50% to the world, in your body, mind, and heart. Also, within the 50% related to Paramatma, 16.66% should be related to Jiva-atma (me), 16.66% to Atma (myself), and 16.66% to Paramatma; similarly, within the 50% related to the world, 16.66% should be positive, 16.66% negative, and 16.66% neutral.

That means 50% should be related to subjective dimensions and 50% should be related to objective dimensions. within the 50% related to subjective dimensions, 16.66% should be related to Jiva-atma (me), 16.66% to Atma (myself), and 16.66% to Paramatma; similarly, within the 50% related to objective dimensions, 16.66% should be positive, 16.66% negative, and 16.66% neutral.

Thus, inside and outside, separately experience that, everything including yourself, made with equal mixture of positive-negative-neutral-jeevatma-atma-paramatma. Also, experience the entire world, made up of these six - positive, negative, neutral, Jiva-atma, Atma, and Paramatma - as a whole, all at once.

Progression of sadhana

This explanation revolves around the progression of sadhana (spiritual practice) through understanding and balancing the tri-gunas (sattva, rajas, and tamas) and moving towards a deeper realization of the self. Let's break it down step by step:

1. Understanding Jiva-atma, Atma, and Paramatma

Jiva-atma: This refers to a singular aspect of your being where one guna (quality) dominates while neglecting others. It represents individuality, ego, and a limited perspective.

Atma: This is the balanced state where all aspects of the self are harmonized, expanding into different states of consciousness, bodily functions, and experiences.

Paramatma: The universal, formless consciousness that pervades everything. It is present both within and beyond all forms, representing the still, unchanging essence.

2. Transition to the 16.66% or 50:50 Sadhana

Once you have mastered the ability to balance between opposites through the 33.33% tri-guna sadhana, you move to the next level—integrating the subjective (inner) and objective (outer) dimensions equally in a 50:50 balance.

50% should be dedicated to the experience of Paramatma (subjective dimension).

Within this 50%, divide your awareness into:

16.66% for Jiva-atma (me) – recognizing how your personal identity and ego interact.

16.66% for Atma (myself) – experiencing yourself as a unified being beyond personal identification.

16.66% for Paramatma – merging with the formless, universal consciousness.

50% should be dedicated to the experience of the world (objective dimension).

Within this 50%, divide your awareness into:

16.66% for positive forces – light, harmony, and constructive aspects of reality.

16.66% for negative forces – darkness, destruction, and challenging aspects of reality.

16.66% for neutral forces – the balance and coexistence of all things.

3. Experiencing the Unity of the Six Aspects

By practicing this balance, you begin to experience yourself and the world as an integrated whole, composed of:

Positive, Negative, Neutral, Jiva-atma, Atma, Paramatma

This means that inside and outside are reflections of the same fundamental principles. Instead of seeing things as separate, you develop the awareness that everything is an interplay of these six aspects simultaneously.

4. The Ultimate Realization

Through this practice, you reach a state where:

You experience everything as a unified field of energy and consciousness.

The distinction between inner and outer, self and world, form and formlessness begins to dissolve.

You no longer resist or favor any particular aspect but see them all as necessary and equally present.

You recognize that all states—good, bad, neutral—are part of the divine play, and beyond them is the stillness of Paramatma.

Thus, this practice leads to total equilibrium, where duality is transcended, and unity is realized at all levels of existence.

FTBA

To achieve the balanced 50:50 sadhana state, where you experience Jiva-atma, Atma, and Paramatma along with the positive, negative, and neutral as a whole, you need to cultivate certain Feelings, Thoughts, Beliefs, and Actions (FTBA) while letting go of those that create imbalance.

FTBA to DEVELOP

(These will help integrate all six aspects: Positive, Negative, Neutral, Jiva-atma, Atma, and Paramatma.)

1. Feelings (F) to Develop

- ✓ Equanimity – Remaining stable in both joy and suffering.
- ✓ Acceptance – Embracing all experiences (good, bad, neutral) as part of the whole.
- ✓ Compassion – Feeling love and understanding for yourself and others.
- ✓ Surrender – Letting go of the need to control everything; trusting the universe.
- ✓ Stillness – Experiencing deep inner peace beyond emotions.
- ✓ Unity – Feeling interconnected with all beings and the cosmos.

2. Thoughts (T) to Develop

- ✓ Non-duality – Understanding that opposites (light-dark, joy-pain) are part of one whole.
- ✓ Self-Inquiry – Regularly asking: Who am I? Am I Jiva-atma, Atma, or Paramatma?

- ✓ Oneness – Seeing yourself as both an individual and the universe at the same time.
- ✓ Neutral Perspective – Recognizing that nothing is inherently good or bad—it just is.
- ✓ Balanced Thinking – Giving equal weight to both spiritual and material aspects of life.
- ✓ Letting Go of Labels – Not judging experiences as "right" or "wrong" but understanding their role.

3. Beliefs (B) to Develop

- ✓ Everything is Divine – Seeing all things (even suffering) as expressions of the ultimate reality.
- ✓ Balance is the Key – Believing that equal attention to Paramatma and worldly duties leads to liberation.
- ✓ Life is a Play of Energy – Knowing that every experience arises from the same six aspects.
- ✓ You Are Beyond the Mind – Realizing that you are not just thoughts and emotions but the silent witness.
- ✓ Both Action and Stillness Matter – Recognizing that work and meditation complement each other.
- ✓ The Universe is Within You – Knowing that Jiva-atma, Atma, and Paramatma are not separate.

4. Actions (A) to Develop

- ✓ Mindfulness in Daily Life – Staying aware of your actions, thoughts, and emotions without attachment.
- ✓ Balanced Living – Giving equal attention to your spiritual growth and worldly responsibilities.
- ✓ Observing, Not Reacting – Watching emotions without being controlled by them.
- ✓ Sitting in Silence – Meditating to experience the stillness of Paramatma.
- ✓ Selfless Service (Seva) – Helping others without expectation, seeing them as part of yourself.
- ✓ Gratitude for All Experiences – Thanking both pleasant and unpleasant situations as spiritual lessons.
- ✓ Harmonizing the Inner and Outer – Living in the world while staying connected to the higher self.

FTBA to RELEASE

(These create separation between the six aspects and block balance.)

1. Feelings (F) to Release

- ✘ Attachment to Positivity – Avoiding difficulties instead of embracing them as part of growth.
- ✘ Fear of Negativity – Rejecting painful experiences instead of integrating them.
- ✘ Superiority or Inferiority – Comparing yourself with others on a spiritual or material level.
- ✘ Resistance to Change – Holding on to old identities instead of evolving.
- ✘ Over-Identification with Ego – Believing you are only the Jiva-atma and not the whole.

2. Thoughts (T) to Release

- ✘ Dualistic Thinking – Seeing things as either good or bad instead of understanding their unity.
- ✘ Judgmental Mindset – Labeling situations and people instead of accepting them as they are.
- ✘ Attachment to Personal Identity – Believing you are just the body and mind, rather than infinite consciousness.
- ✘ Overthinking and Overanalyzing – Trying to mentally control life instead of surrendering to the flow.
- ✘ Rigid Beliefs – Holding onto fixed ideas about spirituality or the world instead of staying open.

3. Beliefs (B) to Release

- ✘ "I Must Control Everything" – Thinking that you are in charge of all outcomes instead of trusting universal balance.
- ✘ "Suffering is Bad" – Believing that pain has no purpose rather than seeing it as a teacher.
- ✘ "The World is an Illusion, So It Doesn't Matter" – Ignoring worldly responsibilities instead of integrating them with spirituality.
- ✘ "I Am Separate from the Universe" – Believing in separation instead of recognizing unity.
- ✘ "Only Spirituality Matters" – Rejecting material life instead of harmonizing both.

4. Actions (A) to Release

- ✗ Seeking Validation – Depending on others' approval instead of following inner truth.
- ✗ Escaping Reality – Avoiding worldly duties in the name of spirituality.
- ✗ Overreacting to Situations – Letting emotions control responses instead of acting with awareness.
- ✗ Neglecting Either Meditation or Work – Being overly focused on spiritual practices while ignoring responsibilities, or vice versa.
- ✗ Trying to Force Enlightenment – Chasing spiritual experiences instead of allowing them to unfold naturally.

Final Integration

By developing the necessary FTBA and releasing the obstructive FTBA, you will:

- ✓ Achieve balance between subjective and objective realities (inner and outer world).
- ✓ Experience Jiva-atma, Atma, and Paramatma as an integrated whole.
- ✓ See positive, negative, and neutral as equally important energies.
- ✓ Transcend ego and merge into universal awareness while still functioning in the world.

This leads to true spiritual realization, where you experience everything as one unified field of existence—beyond labels, beyond duality, beyond division. You become the silent witness, the doer, and the universe itself, all at once. 🌱🌀

Guided Meditation for Balancing Jiva-Atma, Atma, Paramatma & Choosing Desire

This meditation will help you balance the six aspects (Positive, Negative, Neutral, Jiva-Atma, Atma, Paramatma) and consciously choose a desire from a space of clarity, alignment, and detachment.

Step 1: Preparation (3-5 mins)

Find a quiet place where you won't be disturbed.

Sit comfortably with your spine straight, hands resting on your lap, palms facing up.

Close your eyes and take a few deep breaths—inhale deeply through the nose, hold for a moment, then exhale slowly through the mouth.

Set the intention: "I align my inner and outer worlds, balancing all energies within me."

Step 2: Awareness of the Six Aspects (6 mins)

Now, bring your awareness to these six aspects one by one. Feel each of them within you and in the world around you.

1. Jiva-Atma (Individual Self – “Me”)

Bring awareness to your identity—your name, personality, and personal experiences.

See yourself as a character in a movie, playing a role in this life.

Affirm: "I am Jiva-Atma, the experiencer of my reality."

2. Atma (Higher Self – “Myself”)

Expand your awareness beyond personal identity.

Feel yourself as the energy that flows through your body, mind, and emotions.

Affirm: "I am Atma, the silent witness of all experiences."

3. Paramatma (Universal Self – “All That Is”)

Let go of all boundaries—imagine your consciousness expanding beyond your body.

Feel yourself merging with the space around you, with nature, with the entire universe.

Affirm: "I am Paramatma, the infinite presence within and beyond all things."

4. Positive (Expansion, Growth, Light)

Feel the uplifting energy of positivity—love, joy, gratitude.

Imagine golden light filling your heart and radiating outward.

Affirm: "Positivity flows through me, bringing light and expansion."

5. Negative (Contraction, Challenge, Darkness)

Accept that negativity has a place in the universe. Feel its weight, but do not resist it.

Recognize that struggles bring strength, depth, and transformation.

Affirm: "Negativity is my teacher, guiding me toward deeper understanding."

6. Neutral (Balance, Stillness, Equilibrium)

Visualize yourself at the center of a scale, perfectly balanced between all energies.

Sense the stillness within you—the space beyond emotion, beyond thought.

Affirm: "I am the silent center, beyond all duality."

Step 3: Choosing Your Desire (5-7 mins)

Now, from this balanced state, you will choose a desire that aligns with your highest self.

Bring to mind your deepest desire.

It could be related to health, relationships, career, spiritual growth, or personal transformation.

Hold it in your awareness without attachment—simply observe it.

Ask yourself:

Is this desire coming from Jiva-Atma (ego), Atma (soul), or Paramatma (universal flow)?

Is it balanced between positive, negative, and neutral energies?

Will fulfilling this desire bring harmony to me and others?

If the desire feels aligned, amplify it.

Visualize yourself already living it. Feel the joy, peace, and fulfillment it brings.

Affirm: "I welcome this desire into my life with balance and wisdom."

If the desire feels unbalanced, modify it.

Adjust it so that it serves both your personal growth and universal harmony.

Affirm: "I choose a desire that aligns with my highest good."

Step 4: Surrender and Trust (5 mins)

Take a deep breath and release the desire into the universe.

Let go of attachment to how or when it will manifest.

Affirm: "I trust that what is meant for me will come in perfect timing."

Sit in silence for a few moments, resting in pure awareness.

Step 5: Closing the Meditation (2-3 mins)

Gently bring your awareness back to your body.

Wiggle your fingers and toes, stretch lightly.

Take one final deep breath and slowly open your eyes.


Express gratitude—either silently or aloud: "I am whole. I am balanced. I am open to life."

Final Integration

Carry this balance into your daily life. Whenever faced with choices, pause and check: Am I acting from Jiva-Atma, Atma, or Paramatma?

Trust your desires—when chosen from a state of balance, they will unfold naturally.

Live in flow—embrace the dance of positive, negative, and neutral energies without resistance.

By practicing this meditation regularly, you will deepen your connection to all aspects of yourself and the universe, living with greater clarity, harmony, and purpose. 

Affirmations for Balancing Jiva-Atma, Atma, Paramatma & Choosing Desire

Use these affirmations daily, during meditation, or when making decisions to align with balance, clarity, and universal flow.

Affirmations for Jiva-Atma (Individual Self – “Me”)

- ◆ I honor my unique identity while knowing I am more than this body and mind.
- ◆ Every experience I have is a lesson guiding me toward my highest self.
- ◆ I accept both my strengths and weaknesses as part of my journey.
- ◆ I embrace my desires with awareness and wisdom.
- ◆ I am here to experience, learn, and evolve with joy and openness.

Affirmations for Atma (Higher Self – “Myself”)

- ◆ I am the silent witness beyond thoughts, emotions, and identity.
- ◆ I remain centered in stillness while engaging fully with life.
- ◆ I trust my inner wisdom to guide me toward my highest truth.
- ◆ I am free from attachment, yet fully engaged with the present moment.
- ◆ I integrate all aspects of myself—mind, body, heart, and spirit.

Affirmations for Paramatma (Universal Self – “All That Is”)

- ◆ I am one with the infinite, formless, and ever-present consciousness.
- ◆ The entire universe is within me, and I flow with its rhythm effortlessly.
- ◆ I surrender to divine intelligence, knowing all is unfolding as it should.
- ◆ I see the divine in everything and everyone around me.
- ◆ Stillness and expansion exist within me at all times.

Affirmations for Balancing Positive, Negative, & Neutral Energies

- ◆ I welcome both light and shadow as necessary forces in my evolution.

- ◆ I do not resist difficulties; I transform them into wisdom.
- ◆ I release attachment to labels—nothing is good or bad, it simply is.
- ◆ I embrace neutrality as the center point of all experiences.
- ◆ I remain stable and calm, no matter what life brings.

✨ **Affirmations for Choosing & Aligning Desires**

- ◆ My desires arise from a place of balance, clarity, and wisdom.
- ◆ I choose desires that align with my soul's highest purpose.
- ◆ I trust the universe to bring me what is meant for me in perfect timing.
- ◆ I release the need to control outcomes and allow things to flow.
- ◆ I am grateful for what is, while remaining open to what is coming.

🌀 **Affirmations for Surrender & Trust**

- ◆ I am exactly where I need to be, and everything is unfolding perfectly.
- ◆ I let go of resistance and allow life to flow through me effortlessly.
- ◆ I trust the process, even when I cannot see the full picture.
- ◆ I am both the wave and the ocean—I move with life while remaining infinite and still.
- ◆ I am whole, complete, and at peace in this very moment.

🌟 **How to Use These Affirmations**

- ✓ Repeat them daily during meditation or reflection.
- ✓ Write them down in a journal to reinforce their energy.
- ✓ Use them as mantras when making choices or facing challenges.
- ✓ Speak them out loud with full awareness and belief.

By affirming these truths, you merge Jiva-Atma, Atma, and Paramatma within yourself while maintaining perfect balance between positive, negative, and neutral energies. 🌱🌀

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