

## Duality $\Rightarrow$ ZeroState $\Rightarrow$ Oneness

We are living in a three-dimensional dual world. Everything here is shaped by individuals, objects, places, and time. This is largely a dimension of cells and matter. Through these five senses - eye, nose, ear, tongue, and skin - we experience matter as form, structure, mass, and density. Without senses, we cannot experience anything in this physical reality.

All objects have height, width, and depth. We can see, hear, taste, smell, and feel them through our five senses. Even if we lose these senses or they are removed simultaneously, we cannot experience these physical objects because we will not have any awareness about them. In fact, these objects will not be available to us because, in this three-dimensional reality, we cannot experience them without our senses.

The space or sky is eternal. It has no beginning or end, and it will always exist. But what about time? The way you and I normally experience time is by moving our bodies in the space. For example, when you're sitting in a hall reading a book, you might put the book down, walk to the kitchen, drink a glass of water, and come back, which might take you 5 minutes. This happens because of a thought that arises in your mind. You create an idea of what you're going to do in the kitchen, act according to that idea, and experience time by moving from one point to another in the space.

You experienced a division between the consciousness related to the place where you were sitting and the kitchen, these two points of consciousness. To bridge the gap between these two points of consciousness, you moved your body in space, which took time. The time it takes depends on the distance between the two points. The faster you travel, the less time it takes.

Here's another example: I'm writing this topic, and if I want to finish this chapter, it will take time. Now, I may not need to move my body much in space, but I'm still experiencing time. Why? Because I'm currently at a point of consciousness that represents the process of writing this chapter, and finishing the chapter represents another point. Finishing this chapter indicates a future moment separate from the present moment. We experience time by doing work in this way.

To achieve the goal I set to finish the chapter, I need to do something. I need to use my senses to perform tasks with coordinated behavior and move in space. Again, this takes time. If I put aside the goal I set and do something else, achieving the goal will be delayed. Therefore, to achieve the goal, my actions must align with the goal.

In the three-dimensional physical world, we use our senses to move in space, so we focus more on physical things like people, objects, and places. All these are made of matter and occupy a place in space, and time. Matter indicates points of consciousness (places or spaces) that we experience as division. For example, when you see your car parked at the entrance of your house, you identify the emptiness between you and your car. As a result, you feel separated from it by a distance.

If you have dreams and goals, you will also experience being divided between the place you are in the present moment and the place where your dreams are realized in your future. So, through the knowledge we have gained so far, we can understand these things:

- In this three-dimensional reality, we need our senses to travel.
- The more we use our senses to describe reality, the more we experience division.
- All objects occupy a place in space and time.
- This three-dimensional reality is largely sense-based. Here, space and time create the experience of being separated from everything else.

### **What happens if we spend more time in dual world**

Because we use our senses to observe physical reality, we identify ourselves as the body, thinking that we exist only within the body. This creates the experience of being separate from everything else in this world. Living like this creates many experiences and memories. We then use these past memories to create our future. By living only in this physical world, we become limited to it and are bound by it. This is because we define ourselves as the body and think that we exist in this time and environment. Similarly, we focus more on matter and less on formless energy. In this way, we become deeply rooted in this three-dimensional reality.

It takes time to achieve what we want, and due to comparison and competition with others, we experience pressure. This pressure causes our body to produce chemicals and absorb the necessary energy from the invisible electromagnetic field around us. The higher the frequency and duration of the pressure, the more energy our body absorbs. These chemicals have a nature of accepting the senses, so we focus on matter and what we know.

As a result, the energy field around our body contracts. It's like driving a vehicle in first gear, where we can only move slowly and can't accelerate, because we're not using the higher gears. Here, the first gears represent matter, and the higher gears represent energy. By only using the first gear, we can only perceive forms, but we can't perceive the formless energies inside and outside the form.

If we focus on something to the extent that we should, the truth will reveal itself in our experience. According to quantum physics, the distance between electrons and protons in an atom is 2 miles or 3.2 km, and the rest is empty space. Similarly, quantum physics states that only 1% of the atom is in a particle (form) state, while 99% is in a wave (formless) state. This means that every atom has a dual nature, existing as both form and formless at the same time. But because we focus more on the 1% physical form, we experience the world as more materialistic or tangible, and less as energy or formless.

When we perceive ourselves as more material, the cells in our body vibrate slowly. As the frequency of the body decreases, we feel like we're carrying some weight. This means that when we're in a material state, we feel heavy, but when we're in an energetic state, we feel light, like a cotton ball or a wave. Understand that not using all parts of ourselves causes our bodies to become even more condensed.

Living with stress temporarily during times of danger or crisis is acceptable, but living with stress for every small thing is dangerous. If we get used to these stress chemicals in the long run, we become slaves to them. The more we become slaves, the more we think we are just bodies occupying a specific time and space. As a result, we constantly focus on one person, one problem, one thing, or one place without a break. Because we see our external environment as unsafe, our focus remains on our surroundings. This means that the chemicals that once protected us during times of crisis eventually work against us if we spend too much time with them.

Because the external world appears more real than our internal world, we become slaves to someone or something in our external environment. The longer we live in this state, the slower the cells in our brain vibrate. As a result, we experience pain, anxiety, fear, anger, despair, judgment, intolerance, impulsiveness, and competitiveness. Consequently, we and our brains lose balance.

Understand that where you place your attention is where you use your energy. You react emotionally, thinking that the cause of your problems is someone or something in the external world. When you do this, you unnecessarily give your energy to whoever or whatever is outside. As a result, you can become mentally and emotionally attached to the problem you truly want to change.

By not using your energy correctly, you imprison yourself in the world you know, trying to predict the future based on the past. When you are in a familiar state, the unknown or unpredictable seems frightening. However, if you want real change in your life, you must step into the unknown. If you don't, there will be no change in your life.

If your emotions and feelings are just memories of the past, and those feelings are driving your thoughts and behaviors, you will keep repeating your past, and your future actions will be predictable. This means you are trapped in the three-dimensional dualistic world, where everything is predictable, because you are under pressure to survive. The more you live under pressure, the more you try to manipulate matter to get results. You struggle, force, expect, and control to get results. As a result, it takes a long time for your desires to manifest. This is because, in this dualistic world, you have to move your physical body in the empty space to create the results you want.

The more you live under pressure, using your senses, the farther away your new future seems. You fixate on when and how to achieve a result based on your own thoughts and future projections. But if your imagination is based on what you already know, there is no room for the unknown or new opportunity in your life. For example, if you want to buy a house, you plan to take a loan and pay money every month for 30 years. This takes time and puts you under pressure. You can get what you want, but the more you live under pressure, the more time it takes to pay off the debt. This is because pressure leads to spending money on other problems.

Here, you are trying to affect matter while being matter. If you remain as matter with a lower frequency, you will have limited power available, and your future will not be in your hands.

In this three-dimensional reality, we have fixed everything. That means we have fixed the movements of the planets, the behavior of objects, the travel time, and the future of everything. This means we have agreed that there is a fixed past, present, and future. By fixing everything, we are affected by them, and our future is also fixed. This means we and the world are holding each other captive. No matter how much we fix the future, what we think doesn't happen. Unexpected things are happening more often. This is because you and the world are traveling into newness, rather than what you know.

## **Opposites**

Similarly, we are living in linear time. That means here, we see the past, present, and future as separate and opposite moments. You are here and your future is somewhere else, separate. That means the past and future are like the north and south poles, always apart and never meeting. When we categorize and separate things into distinct and opposing categories (such as time-space-matter, or the three gunas and five elements), we create a sense of division and duality. This separation prevents us from experiencing harmony and unity among these aspects, and instead reinforces a sense of fragmentation and opposition.

In this way, we understand the dualistic world and most of us spend our lives as a certain body, a certain person, owning some objects, visiting some places, experiencing things at a certain time, and so on. When we don't have the things we need, we experience lack. Due to this lack and separation, we live in duality.

Even if we achieve what we want, we only get temporary happiness because new desires arise again, making us feel lacking. If we live like this, we wait for changes to happen in the external world. This is because we think that unless someone or something outside changes, we won't get the inner experience we want.

When what we want doesn't happen in the external world or seems to take too long, we experience even more lack. This is because we feel further away from what we're trying to create. Now, our emotional state, made up of lack, disappointment, impatience, and separation, is pushing our dreams further away. This is because our circumstances are determined by our state.

Since we see everything as fragments, opposites, or differences, even in things that support each other, we only experience duality. Among these opposites, some we like and some we don't. Because we can't completely eliminate the ones we don't like, we always live with unrest.

### **From Dual World to Zero State**

If we can harmonize all opposites and make them walk on the same path, we will be at peace. Since creation is based on perspective, we need to give up our dualistic perspective and see everything with a unified perspective. We should see the characters in this world like a director sees the characters in a movie. To see like this, we need a unified perspective. To achieve this, we first need to enter the empty world or zero state from the dualistic world, and only then can we enter the oneness world.

When we sit in meditation with our eyes closed, and we withdraw our attention from the objects and people in the external world, and when our attention is not focused on our body, and we stop thinking about time and future plans - then we exist as those who do not belong to any form, any role, any object, any place, or any time.

We transition from a limited form to a formless state (From SomeBody → NoBody). This means we temporarily forget our physical body, pain, and hunger. We move from roles to a state of no roles (From SomeOne → NoOne). This means we shift our focus away from our identities as a partner, parent, or employee. We shift our attention from objects to a state of no objects (From SomeThing → NoThing). This means we forget about our possessions, tasks, and plans. We

move from a specific place to a state of no place (From SomeWhere → NoWhere). This means we don't think about the place where we're meditating or where we'll be going this evening. We shift our attention from time to a state of timelessness (From SomeTime → NoTime). This means we're in a state without thoughts or memories of the past or future. In short, it means giving up the name, form, and actions associated with you and this dualistic world, and staying in a state of emptiness.

When you withdraw your attention from your body, you are not the body, nor do you have any connection with your senses, or any use for them. When you withdraw your attention from the people in your life, you are no one. So, your identification with parents, partner, siblings, friends, profession, religion, organization, political party, or nationality disappears. You have no gender, age, or racial differences. When you withdraw your attention from objects and places in the physical world, you are not limited to some objects or just one place. Finally, when you withdraw your attention from time, which has past and future, you cannot experience time.

When you temporarily forget everything and remain in the void state or zero state, you will experience darkness all around. This may evoke fear in you. What you need to understand here is that there is only darkness, nothing else in zero state. If you are experiencing fear, it means you have entered the void state with a form, meaning you haven't completely let go of your name, form, and actions that bind you to the dualistic world. Similarly, waiting for the unified world or oneness world to reveal itself while still being in a form can also lead to incomplete experiences like impatience, disappointment, and dissatisfaction.

When you completely let go of everything, you enter the void as pure consciousness and become one with the void or space. Since everything is formless, peace prevails. Ordinarily, when you close your eyes, you see darkness inside. If you continue to see this darkness for some time, it turns into light. This is because the seer, you, are consciousness or light. When you let go of name, form, and actions and remain silent and still, you realize that you are self-luminous. When your light falls on the dark sky, the sky lights up, revealing the quantum field or divine unified world, which has all potentials. This means the space, which has everything, like Akshaya Patra, is revealed. This is how we are turning our consciousness from the external physical world to the non-physical inner world of the unified field through the zero state.

Here, void, empty, space, and sky all mean the same. Formless, still, and all-pervading are the characteristics of the sky. The space is all-pervading, but it can't think that, "I am the space, all-pervading." Although I have a limited form, I can think, "I am Sreedhar.

This means the space is inert, has no consciousness in experience, but has pervasiveness, whereas we have consciousness in experience but no pervasiveness. When you remain still, silent, and untouched for a sufficient amount of time in the body, you remain as the formless "I". That's when you become one with the space. This means that the consciousness you have and

the pervasiveness of the space merge, resulting in the manifestation of the conscious space, or Chidambara, the divine unified world.

This means that since we and the dualistic world have names, forms, and actions, we are both incomplete. Understanding that we are interdependent and not independent, we should not try to control each other, but rather help each other to become pure. We should surrender to the supreme self and seek its help to transform ourselves to pure darkness-pure light. This darkness and light, or the void and the being, Shiva and Shakti, are formless and pure, so they merge and become one, leaving only self-luminosity. This means that if they remain in form, they cannot become one, which is why we must first let go of the names, forms, and actions of both.

### **Difference between the dualistic world and the eternal non-dualistic world**

Dualistic world, or classical physics, or old physics, or Newtonian physics, relates to the external gross material world. However, the eternal non-dualistic world, or quantum world, relates to the internal subtle immaterial antimatter world.

The dualistic world is concerned with visible external objects, where mind and matter are separate. In contrast, the eternal non-dualistic world, or quantum world, is concerned with the witness, where mind and matter become one through energy. To clarify further, the mind and matter are so intertwined that it is impossible to separate them.

In the dualistic world, there is a division between past and future. In the non-dualistic world, there is no division between past and future. Everything happens in the present moment.

We experience the dualistic world through our body and senses. But we experience the non-dualistic world not through our senses or body, but by being conscious and aware. This world is beyond our senses. You experience it when you are fully present in the moment. There is no past or future in it, meaning the present continues.

In the dualistic world, we focus on the known, predictable material world (narrow focus), whereas in the non-dualistic world, we focus on the unknown, unpredictable, formless world (open focus), where energy, knowledge, light, frequency, and possibilities exist. In the dualistic world, we expend our energy on the known, predictable world, whereas in the non-dualistic world, we expend our energy on the unknown, unpredictable, non-dualistic world.

In the dualistic world, we have access to limited possibilities and abilities. In the non-dualistic world, we have access to unlimited possibilities and abilities. In the dualistic world, we have eternal space, but in the non-dualistic world, we have eternal time.

### Light speed(approximately 300,000 kilometres per second)

In the dualistic world, the forms and matter are solid and dense, vibrating at a very low frequency due to their heaviness. By increasing the vibration of matter, its frequency increases, and it transforms into energy. As the frequency increases, the energy becomes more organized and coherent. When you focus more on the emptiness or formlessness and less on the matter, the energy in the emptiness supplies the matter, increasing the speed and frequency of the atoms in the matter. This is similar to increasing the fan's speed by increasing the current supply.

For example, if you have poor health, focus less on the poor health and more on the formlessness within the poor health. The energy in the formlessness will supply the poor health, increasing the speed and frequency of the atoms in the poor health, transforming it into good health and then into divine energy. Similarly, experience the formlessness in all pleasures and sorrows and transform them into divine energies. If you have any problem, all you need to do is experience the space within that problem. There is no easier solution than this. If you experience it as I said, wonders will happen in your life. Teach children from now on to experience formlessness along with form.

Experiencing space in this way has led to amazing solutions for physical, mental, financial, and other problems, according to Quantum Doctors. To learn more about this, read the book "Breaking the Habit of Being Yourself". Also, note that modern technology (mobiles, laptops, etc.) is being developed using Quantum Physics.

When matter vibrates at a speed greater than the speed of light, it transforms into formlessness, and the dual energies within it, such as electrons and protons, become one. We refer to this unified energy as love or completeness because there is no division in it. Here, positive and negative merge; male and female become one; past and future converge; good and evil cease to exist; right and wrong no longer apply; and all opposites become one.

That means, when you travel beyond duality at a speed greater than the speed of light, you experience supreme love, peace, joy, and completeness. If you experience space and utilize the infinite energy within it, you travel at the speed of light. Or, if you remain calm, pure, and hold a pure thought, you travel to the unified field at a speed greater than light. If you travel at the speed of light, you instantly disappear from the dual world and manifest in the unified field in a moment.



Here, pure thought or formless thought means not being limited to a specific place, but spreading everywhere like space. Since pure thought is spread everywhere, it instantly disappears and manifests anywhere, or rather, there is no need to travel at all because it is already spread everywhere.

We usually believe that pure things exist in the unified field, so it seems like pure things are moving from unity to duality. But when you become pure, you realize that you are everywhere. Then, you also recognize that pure thoughts, feelings, and so on are everywhere. Meaning, you realize that everything is here and now, some are visible and others are hidden. If you experience this, even if you are in the dual world, whatever you think will instantly manifest. For more information on pure thought, read the subtopic "Sankalpa-Desire" under the topic "Sachchidananda Swarupa and Quantum Sankalpa Meditation".

Everything begins with a conscious thought. When the frequency of conscious thought decreases, its energy slows down and eventually takes form and becomes matter (good-bad). At the speed of light, formlessness is divided into dual energies like electrons and protons. When matter travels at a speed greater than light, it transforms into formlessness, and the dual energies within it, such as electrons and protons, become balanced and unified.

So, the speed of light is crucial here. Because here, unity transforms into duality, and duality transforms into unity. It becomes clear why formless energy is fragmented and appears as form. Every atom disappears 7.8 times per second and becomes formless energy, and then reappears as a new atom. That means every atom is spread everywhere while disappearing and reappearing 7.8 times per second.

Similarly, atoms in energy remain formless while traveling in balance and harmony with each other. But the reason atoms appear to us only as form is because we view them with emotions like attachment and aversion. Whenever we look at atoms with emotions like attachment and aversion, the photons emitted from our eyes disturb the equilibrium of the atom when they come into contact with it. This imbalance leads to the formation of form.

That's why it's said that Vision shapes creation, beliefs create reality. When you realize that forms are created due to your own sight, and your happiness and suffering are also caused by your own flawed perception, then your focus will shift from the object to yourself. Meaning, when you understand that duality and opposites are created due to your own flawed perception, and that unity appears as diversity, then your way of seeing things will change.

When you see everything with a pure or divine vision, your divine light touches the atoms, creating harmony among them, and all opposites shine with divine light. Only when opposites within you are in harmony can you travel at the speed of light and re-enter the unified or oneness field. Then, you can create what you want while remaining blissful, joyful, and peaceful. Even while living in the dual world, if you can remain beyond attachment and aversion and see opposites with equanimity, wonders will happen in your life.

So, the more frequency we experience with divine vision, the more power we gain; the more power we have, the more information or knowledge is available to us; the more information we have, the more consciousness grows; the more consciousness grows, the more awareness increases; the more awareness we have, the greater our mind becomes; and the greater our mind is, the more ability we have to influence matter. Keep this in mind.

### Oneness world

When you shift your focus from form to formlessness, from roles to no roles, from objects to no objects, from somewhere to nowhere, and from some time to no time, you exist as pure consciousness in the void. If you stay in this state for a sufficient amount of time, the unified world or oneness world will reveal itself. After the unified world, made of consciousness and energy, is revealed, your consciousness merges with it. Meaning, you become one with everything - all forms, all roles, all objects, all places, and all times. (From SomeBody to NoBody to EveryBody; From SomeOne to NoOne to EveryOne; From SomeThing to NoThing to EveryThing; From SomeWhere to NoWhere to EveryWhere; From SomeTime to NoTime to EveryTime).

Just as a rocket sheds its parts one by one to travel faster in space, if you continue to shed your name and form, you will eventually merge with the state of complete unity or oneness, which is omnipresent and immovable. The unified field has infinite frequencies and infinite abilities. It observes the entire universe with a unified vision, like a director who oversees everything, ensuring that everything happens perfectly. You can call this the Supreme Self, Divine Mind, or the Fundamental Energy, or the Fundamental Consciousness, by any name. In this space, infinite possibilities or potentialities exist as ready-made thoughts.

The unified field is the intelligence that governs everything, always observing and managing the physical world and its forms with harmony. The closer you get to the unified field and the more you surrender, the more you merge with it. Then, you experience less separation and lack, and thus, more completeness. When you recognize the infinite abilities in the unified field with awareness, you start to feel connected to everything - all forms, all roles, all objects, all places, all times, including your future dreams, with consciousness.

However, there is a warning. As mentioned earlier, the only way to enter pure consciousness is to become pure consciousness yourself. In other words, the only way to enter this pure thought realm is to become a pure thought yourself. This means you must transcend your senses, name, form, and actions. Similarly, you must remove your awareness from matter and cells and instead place it on the space, energy, or waves.

Since consciousness is awareness, and awareness is attention, the first step to experiencing the unified field is to know about it, because if you don't know about it, it won't be in your awareness. When you are aware in this invisible, non-physical, infinite realm, and you know that you are aware in the presence of a higher awareness, your consciousness merges with the higher consciousness.

When you come out of the old path (i.e., leaving the habit of traveling from the past to the future and instead being in the present moment's emptiness and then traveling to the unified field), and being consciousness or awareness in this field, if you surrender to this intelligent love, this natural intelligence that creates the universe, it will consume you. This loving mind is both personal and universal. It is within you and all around you. When it consumes you, balance and healing are created in your body, because its nature is to arrange matter in a more refined way.

Infinite new potentials, unlimited new abilities, and experiences await you in this field, beyond the old capabilities you have experienced. When you are a pure thought, in the field of pure thought, the only thing that limits you is your old imaginations, memories.

When you are in this thought field, if you think about your past old life again, your awareness returns to the dual world. Your energy resonates again at the level of the familiar old world. As a result, you will have less impact on your personal life. There will be no change in your life. In this situation, if your dreams are thoughts in the unified field, it will take a long time for your dreams to materialize. So, focus only 1% on your old imaginations and memories.

To heal your body, you have to transcend your body. To create something new in your life, you have to temporarily forget your old life. To change a problem in your outer environment, you have to transcend your memory and emotions related to that problem. Similarly, if you want to create a new, unexpected event in your future, you have to stop predicting the same familiar future based on your known past memories. You have to go into a higher consciousness than the consciousness that created the old things.

So, give up the habit of creating a familiar future based on your known past memories, travel to the present, meaning the emptiness that is here and now, and then travel to the unified field, and choose the unknown new potentials that exist in it, and cultivate the habit of living anew.

If you live like this, your body will be light and happy like a cotton ball. So, you will lead your body, which is like a cotton ball, on the right path even when you are 50% still. Otherwise, your life will be like a torn kite, drifting aimlessly. Lack of proper direction will make life chaotic. So, desire to have 50% experience of being one with the all-pervading sky or the unified field, which is unchanging, unmoving, unborn, and unaltered.

In the unified field, you cannot go anywhere because you are everywhere. You do not feel like desiring anything because you are experiencing a sense of completeness and totality, and it feels like everything is already present before you; you are in a state of "I am all roles", so you cannot judge anyone; similarly, you are in a state of "I am all bodies", so there is no need to be bound to any one body anymore. Also, when you are in the field of infinite time, you do not worry about time running out.

The more completeness you experience, the less lack you experience. This makes you feel like you need less. When you are experiencing completeness, how can you desire or live with lack? If there is less lack, there is less need to create from duality and separation.

When you are complete and want to create something, it feels like you already have it. Desiring, trying, forcing, expecting, struggling, or hoping are no longer there. When you create from a state of completeness, there is only knowing and observing. This is key to creating reality in the unified field: being in the experience of being with everything, not separate from anything.

Time is created by the illusion of space between two objects or two points of consciousness in the dualistic three-dimensional world. The more you are with the unified field, the less distance or separation there is between you and the object. When your consciousness merges with the unified field, the field of completeness and unity, there is no separation between two points of consciousness, so you do not experience time.

When you merge like this, this completeness reflects in your body, hormones, genes, heart, and brain, so your entire system is restored and balanced. Higher energy frequencies enter your autonomic nervous system. Their agenda is to create balance and order, so they give you a constantly peaceful life. Also, this energy brings the message of completeness, as a result of which you become more divine.

The higher the frequency you experience, the less time it takes for what you intend to manifest in the dualistic world. When the illusion of separation is not present in your experience, you notice less distance or no distance at all between you and people, objects, places, materials, and intentions. Therefore, the closer you get to the unified field, the closer you feel to everyone

and everything, and all intentions. This way, your intentions manifest easily, beyond space, time, and matter.

When you are in the realm of unity consciousness, time becomes eternal or stands still, as there is no separation here. Also, remember: When there is infinite time, there are infinite spaces, unimaginable dimensions, and countless realities to experience. You are immediately where you want to be. You are as you want to be. There is no need to try to create here, because what you want to create is already present as a thought in this field, ready-made. All you have to do is be aware of it, observe it within yourself, and experience it.

When your focus shifts from SomeBody → NoBody → EveryBody → AnyBody, you can create any body.

When your focus shifts from SomeOne → NoOne → EveryOne → AnyOne, you can become any role.

When you shift your focus from SomeThing → NoThing → EveryThing → Anything, you can have anything.

When you shift your awareness from SomeWhere → NoWhere → EveryWhere → AnyWhere, you can live anywhere.

Finally, when you shift your consciousness from SomeTime → NoTime → EveryTime → AnyTime, you can be in any time.

By focusing on the unified field, being aware of it - observe it, experience it, feel it, and be with it every moment. As you focus on it, it will manifest in your reality every day. How does it manifest? In unexpected ways: as opportunities, coincidences, good fortune, and surprising moments, showing up in the right place at the right time.

This unified field is a divine, loving intelligence. It is within you and around you. So, whenever you focus on it, you experience the divine within you and around you. When you keep your focus on it, the divinity in your life becomes more apparent.

Consciousness is awareness, and awareness is attention, so when you become aware of it and focus on it, you merge with it. The experience of it transforms you into it. When you dive deeper

into this unified field and surrender yourself, there is always something new to explore and experience.

Since experiences are the ultimate result of feelings, if you travel from duality or separation to unity at the speed of light, you will experience love, unity, and wholeness more deeply. As you experience this, changes will occur in your body and brain.

Similarly, the cause of all diseases is the imbalance of relationships between energies. This leads to a loss of balance and a decrease in their frequency. When the body experiences this new, higher frequency, the energy that comes with it increases the vibration and balance of the body.

The agenda of the autonomic nervous system is to create balance and health. So, when you don't interfere with it, meaning you stop analyzing and thinking and completely surrender to it, this intelligence enters your life and creates health. Similarly, from the unified field, with a higher frequency, it also gives you a message that you can heal yourself. This balanced energy raises the frequency of matter. That is, it is like changing the frequency of a blurry radio station to a clear frequency, a clear signal.

As you and your body receive more balanced signals, you experience deep love, intense joy of existence, higher freedom, indescribable bliss, amazing life experiences, deep gratitude, and energetic humble capabilities. The energy from the unified field, in the form of higher experience, tunes your body to new consciousness and a new mind. Higher experience, through heart responses, provides signals to new genes in new ways, creating the necessary changes to pull your body out of the past.

As you get closer to the unified field, you start to perceive and experience knowledge and information in a new and different way. This is because, by changing the circuits of your brain, you are no longer the same old person. You meet truth at a new level, and even the old things you knew look new. Thus, your inner experience changes the way you perceive the things happening in the outer world. In other words, you wake up.

As you journey inward every day, reach the core, and connect with it, and converse with it, at that moment: your behavior becomes like its behavior, its nature becomes your nature, and deeper love is expressed through you. What are its natural characteristics? You become more patient, forgiving, accepting, aware, conscious, understanding, wise, giving, selfless, loving, and present. I mentioned some of its characteristics. Similarly, you realize that what you are searching for is searching for you. You become like it, and it becomes like you.

If you do as I said earlier and achieve what you intended, that's fine. But if you can't achieve what you intended, understand that you are trying to control things while being a thing yourself, or trying to control other roles while being a role yourself. Understand this and stop trying to control your life, instead, let go of your attachments to your name, form, and actions, and surrender to the Divine that is orchestrating everything and everyone, including you, in a harmonious way.

So, every day, go to the unified field with the help of the divine, or, while remaining in the dual world, experience the void and stay peacefully, allowing the unified powers to enter the dual world. To do this, try to discipline yourself daily in the following way:

- Allow your consciousness to merge with higher consciousness;
- Surrender deeply to intelligent love;
- Trust the unknown;
- Continuously surrender some aspects related to limited consciousness to higher consciousness;
- To experientially realize that "I am everything and everything is me", lose yourself in the void.
- Rest in the infinite, deep ocean of balanced energy;
- With an open heart, surrender deeper and deeper into unity;
- Continuously letting go of control over yourself, stay peacefully in the dual world while experiencing the sky;
- Experience the highest levels of wholeness afresh every day;
- Finally, while being conscious, spend as much time as possible experiencing, being attentive to, and being with this unified field around you, knowing it every moment.

### **Duality⇌ZeroState⇌Infinity**

As I mentioned earlier, to experientially realize that "I am everything and everything is me", lose yourself in the void or zero state. Here, understand that non-duality or unity or complete experience or sat-chit-ananda swaropa means infinity; and the void or sky or space or emptiness means zero state.

I told you that you, with limited names, forms, and actions, can only become infinite (Infinity) after giving up all limitations and becoming Zero first. Thus, while experiencing non-duality or infinite experience, come to the dual world with a new intention, experience it, and then become


infinite again after becoming zero. Continue this journey from duality  $\Rightarrow$  zerostate  $\Rightarrow$  infinity every day.

The Bhavano Upanishad says that when the still space moves, it becomes air, when the air collides or rubs, it becomes fire, when that fire cools down, it becomes water, and when that water solidifies, it becomes earth. Therefore, you must give up everything, that is, the essence of earth, then the essence of water, then the essence of fire, then the essence of air, and finally the essence of space or void, and travel to the world of unity. In this way, giving up all thoughts and experiences related to everything, enter the world of unity. After spending some time in unity, return to the dual world with a new, divine, pure, and renewed intention.

Meaning, in unity world, while remaining still, you should recognize and experience the thought related to the divine intention moving like air, ready-made, right there. Then, you should experience that thought taking the form of fire within you. Next, you should experience that fiery form cooling down and taking the form of water. Finally, you should experience that water form solidifying and taking the shape of the intended form. If you experience it this way, the intended intention will bear fruit in some time. Thus, you should experience the dual world and then travel back to unity.

If you continue this five-fold practice of creation, existence, dissolution, coming out of illusion, and merging into the infinite for some days, you will become expert at traveling back and forth. Initially, it will seem like a spiral journey from top to bottom, from bottom to top, from high frequency to low frequency, and from low frequency to high frequency. Becoming expert here means understanding and merging with the three states of duality, zerostate, and unity. When you merge, the qualities of one will transfer to the other, and eventually, everything will become one.

Meaning, I previously described the characteristics of duality, zero state, and unity as separate. Similarly, I described zero as greater than duality and unity as greater than zero. But traveling back and forth makes the characteristics of all three states permeate each other. After some time, all characteristics will exist in all three states. Then, the three states will become equal. That is, duality = zero state = unity.

In other words, instead of traveling from top to bottom, when the three become equal, you start traveling in the infinite form . That is, like a snake putting its tail in its own mouth. Here, the head represents infinity, and the tail represents the dual world. In this way, you move from head to tail and tail to head, remaining still, yet moving as energy and consciousness in the infinite form.



If you continue traveling in the infinite form, remaining still and spreading infinitely, a state will eventually arise where it's impossible to distinguish between head and tail  $\infty$ . Only then will the complete experience of unity be fully realized. That is, only the experience of unity will remain. That is, the infinite experience without beginning, middle, or end will remain. That is, the experience of "I am everything, everything is me" will remain. That is, the experience of being a mono actor playing multiple roles simultaneously, remaining still and formless, will remain. That is, only the infinite "I" will remain.

Thus, Tamoguna = Rajoguna = Satvaguna = Shuddhasatvaguna = Nirguna;

Positive = Negative = Neutral = Jeevatma = Atma = Paramaatma;

Jagrat = Swapna = Sushupti = Turiya = Turiyatita;

Bhutakasha = Chittakasha = Chidakasha = Brahmananda = Sachchidananda Swaroopaa;

Srishti = Sthiti = Laya = coming out of Maya = merging into the infinite.

Thus, understand that everything should come to the same level, transcending higher and lower levels. Similarly, no matter what word is spoken, when we experience the same meaning and the same experience, like a small child, only then will the complete experience, or Sachchidananda Swaroopaa, or Oneness experience remain.

### **Silence - Stillness**

When you look at your hand, the hand that is seen is the object, and you, the seer, are the subject. You, the seer, must be separate from the object you are seeing. Only then can you see. You can see your body from both outside and inside. You can close your eyes and see your body from inside. Due to the darkness inside, it may be unclear, but you will still experience many things. You can hear your heartbeat. If you are really quiet, you can even hear the sound of your blood circulation.

Similarly, you can see your mind. All its thoughts are available for your observation. You can see the subtle expressions of the mind. Similarly, with a little effort, you can also see the emotions and feelings. That is, you are not the body, mind, or heart, but the witness who observes these. This is beyond all of these.

When there is nothing to see beyond thoughts and emotions, only silence remains. In that silence, a great wonder happens. The power of seeing turns back towards the seer. That's why many religions have adopted the symbol of a snake biting its own tail. It's a circle with a mouth

and tail, representing the energy that radiates outward from oneself and returns in a circular motion, or in the shape of infinity  $\infty$ , back to oneself.

Similarly, I told you to consider yourself as positive, negative, neutral, Jeevatma, Atma, and Paramatma in every aspect, which is 16% of the practice. Here, understand that positive, negative, and neutral are related to the object being seen, while Jeevatma, Atma, and Paramatma are related to the subject, the seer. Even when thinking like this, understand that your energy goes out and returns to you in a circular motion or in the shape of infinity. This leaves only the stillness or silence or witness or Sachchidananda Swaroop.

Here, the witness refers to the eye that has no end, meaning the eye that pervades everywhere without movement and sees the entire universe at once. Nothing obstructs its vision. It can see what's outside the wall. So, if your energy goes out and returns only to your limited self or Atma, you will only experience individual bliss. Similarly, when your energy merges with the infinite Supreme Self that has spread everywhere, you can see the entire universe with a sense of cosmic bliss and complete awareness, understand this here.

## Choice

If you want to experience complete bliss, you must choose the whole, not just a part. Meaning, you must choose not just what you like in creation, but everything in creation, and experience it with love. Only then will you experience complete bliss. That means you must choose the three-dimensional world and the Paramatma that governs it. So, if your choice is incomplete, your experience will be incomplete, and if your choice is complete, you will have a complete experience.

I previously suggested in the 33% and 16% practices that you choose to experience all opposites in equal measure and lovingly. For more information on this, read the topic "Dharma". You are always choosing one thing or the other in your mind, saying "I want this" or "I don't want that". From now on, choose all opposing thoughts mixture at once, as I suggest. Just try it and see, you will understand the state of your mind.

Meaning, choose all opposites mixture at once:

male-female-neutral-jivaatma-atma-paramaatma;

anger-peace-neutral-jivaatma-atma-paramaatma;

health-sickness-neutral-jivaatma-atma-paramaatma;

wealth-poverty-neutral-jivaatma-atma-paramaatma;  
sin-virtue-neutral-jivaatma-atma-paramaatma;  
positive-negative-neutral-jivaatma-atma-paramaatma;  
divine body-human body-neutral body-jivaatma-atma-paramaatma;  
incomplete-complete-neutral-jivaatma-atma-paramaatma.

Only when you choose all these and experience them lovingly at the same time, will you experience the ultimate experience of complete bliss. Always keep this in mind.

To read divine human book topics click this link.. <https://darmam.com/englishtopics.html>

To watch quantum doctors view about body and health issues click this link

<https://youtube.com/playlist?list=PL7sfndcUtXfl9j--lYao-9C2kDISut7kS&si=aMCNLCgJrD6WqZfW>

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### **Oscillations or Vibrations**

Healthy Cells oscillates or vibrates 50-70 times per second; 3000-4200 times per minute.  
Cancer Cells vibrates 20-30 times per second; 1200-1800 times per minute.

### **Emotional Oscillations:**

1. Fear: 0.5-1.5 Hz (300-900 oscillations/minute)
2. Anger: 1.5-3 Hz (900-1800 oscillations/minute)
3. Sadness: 3-5 Hz (1800-3000 oscillations/minute)
4. Joy: 5-7 Hz (3000-4200 oscillations/minute)
5. Love: 7-10 Hz (4200-6000 oscillations/minute)
6. Gratitude: 10-12 Hz (6000-7200 oscillations/minute)
7. Compassion: 12-15 Hz (7200-9000 oscillations/minute)

### **Spiritual Oscillations:**

1. Connection to Nature: 15-20 Hz (9000-12,000 oscillations/minute)

2. Inner Peace: 20-25 Hz (12,000-15,000 oscillations/minute)
3. Spiritual Awakening: 25-30 Hz (15,000-18,000 oscillations/minute)
4. Higher Consciousness: 30-35 Hz (18,000-21,000 oscillations/minute)
5. Enlightenment: 35-40 Hz (21,000-24,000 oscillations/minute)
6. Unity Consciousness: 40-45 Hz (24,000-27,000 oscillations/minute)
7. Cosmic Awareness: 45-50 Hz (27,000-30,000 oscillations/minute)

### **Higher States:**

1. Bliss: 50-60 Hz (30,000-36,000 oscillations/minute)
2. Ecstasy: 60-70 Hz (36,000-42,000 oscillations/minute)
3. Divine Love: 70-80 Hz (42,000-48,000 oscillations/minute)
4. Spiritual Oneness: 80-90 Hz (48,000-54,000 oscillations/minute)
5. Transcendence: 90-100 Hz (54,000-60,000 oscillations/minute)

### **Brain Wave Oscillations:**

1. Beta (thinking): 13-30 Hz (7800-18000 oscillations/minute)
2. Alpha (relaxation): 8-12 Hz (4800-7200 oscillations/minute)
3. Theta (meditation): 4-8 Hz (2400-4800 oscillations/minute)
4. Delta (sleep): 0.5-4 Hz (300-2400 oscillations/minute)

### **Note:**

1. These values are hypothetical and not scientifically proven.
2. Oscillations can vary depending on individual experiences and perspectives.
3. These frequencies are not meant to be taken literally but rather as a symbolic representation.

### **Sources:**

1. Spiritual and metaphysical literature. 2. David R. Hawkins' "Power vs. Force". 3. Barbara Ann Brennan's "Hands of Light". 4. Gregg Braden's "The Divine Matrix".

Keep in mind that these oscillation speeds are a subjective representation and not directly measurable.