

Why transform good qualities into Bliss?

When we wake up in the morning, we are in a peaceful state, united with God. But as soon as incomplete positive thoughts arise in our mind, we consider ourselves incomplete and lose our peace, running after desires and moving away from God. The sweet, delusional words "You are inferior, you must achieve this, you must achieve that to be happy, to gain fame and recognition" - such incomplete positive thoughts, filled with dissatisfaction, are pulling us away from the peaceful state and the kingdom of God.

So, the one who deceives us every day is none other than the incomplete positive thoughts filled with dissatisfaction. It's like showing bait (food placed on a hook or in a net) and catching the fish. It's like golden deer. It gives cookies and destroys our lives on a daily basis. We fall target to its deceptive words every day because it ultimately takes us to negativity. Even if we achieve what it says, the happiness we get is temporary. Because soon, a new desire arises, asking "what's next?" This means that incomplete positive thoughts don't give us eternal bliss; they only give us temporary happiness, trapping us in an illusion.

To say more, negativity is better. Because negativity scares us by saying "I will kill you" frankly, but positive thoughts deceive us with sweet words and betray our trust. We need to understand this correctly and not just focus on worldly things, but also pay attention to God. So, be cautious when positive thoughts arise, and view them as you would view negative thoughts. Don't blindly trust positive thoughts and lose your peace. That's why sages say that desires should not be there. Similarly, if the desire to reach God takes away your peace, recognize that it has become a positive desire and be content with your current state.

Positivity will try to drag you out of your peaceful state in all sorts of sneaky ways. For example, it might say that if you do meditation, you will get happiness. Then you immediately become aware and ask yourself whether this message is coming from positive or divine. Is it a kicking thought or unhappy thought!? If it's with a kick, you get kick as soon as it comes, without doing anything. If you don't get a kick, say to positive that, "you don't have kick, I don't have kick, even breathe don't have kick. That's why I don't meditate when you say, I will do when independent kick says and reject positive." Then, drop all the names, forms, and actions associated with positivity, negativity, and neutrality, and just be peaceful.

I'm not saying that desires shouldn't exist at all. I'm saying that their influence on us should not be too much. We can't avoid performing actions, so perform actions without losing peace.

In all the actions we perform, there are always two aspects present - the doer and the witness. When you remain calm and peaceful, doing nothing, then the situation arises where God, who does nothing, becomes the doer. You are just witnessing, and God, who is hidden, reveals Himself and performs actions. When this happens, miracles occur.

Here, letting go of name-form-actions means that everything has a name, form, and good or bad qualities. So, if you remain unpolluted and unattached to the name-form-actions of everything, including yourself, then harmony or coherence will be established among all things, and they will remain pure and peaceful.

After listening positive words, how much far you travelled away from the divine, the same distance you need to travel back. In the meantime, if negative attacks, you can't deal with it. So, if you can stay still in positive situations, then only you can stay still in negative situations also.

Excess of anything is not good, whether it's talking, singing, or playing. Initially, excess of goodness, cleanliness, and caution may seem beneficial, but eventually, it can lead to mental and physical problems. Therefore, to be accessible to God, you must remain stable, firm, and peaceful in both hardships and happiness. Only then can you easily reach God whenever a problem arises, and with God's help, you can solve problems effortlessly.

But when you use God in times of hardship and leave Him when happiness comes, it means you are using God for your convenience. This is why you don't receive God's help in times of hardship. So, from now on, experience happiness together with God, as one.

Permanent Partner

The happiness you experienced in the past is stored in your subconscious mind. These stored memories force you to desire the same pleasures again. Therefore, you

need to delete them from within yourself, which means transforming them into divine energy, bliss. Only then will you be liberated from them.

You have suppressed your own energy in your subconscious mind, so you must release it yourself. Only after releasing all the stuck energy can you experience God within. That means, express the suppressed things in a meditative state, in the empty space. Do not use this on others, as it will create a bond with them, and the situation will not be under your control.

If you express these things in the empty space, no bond will be formed, because the space is all-pervading, formless, and still. It remains unchanged, unaffected by anything. The space cannot be pierced by weapons, wetted by water, burned by fire, or moved by air. The space is the basis for all names, forms, and actions, without birth or death. Since the space has almost all the qualities of the Supreme Self, consider the space as a permanent partner and hold on to it firmly. Consider everything else that is always changing as a temporary partner and hold on to it loosely, without getting too attached.

Hold the four elements - earth, water, fire, and air - loosely, as they are constantly changing. Hold the remaining element space firmly, because it remains stable and immovable.

Similarly, in everything you see, there is something that moves and something that doesn't. In a fan, there is a stationary rod and moving blades. Likewise, in our body, there is a still space and moving earth, water, fire, and air elements. To remain balanced, peaceful, and stable forever, you must unite with the ever-stable space. Therefore, aim to unite 50% with the still space.

Saadhana

Just as the food we eat every day should be digested and converted into energy on the same day, similarly, the good and bad thoughts, names, forms, and actions (perceived through the senses and mind) should not be stored but converted into divine energy on the same day. If not, there is a chance of encountering various problems. Therefore, transform even good qualities into nectar (divine energy).

When you are experiencing intense happiness and can't sit calmly, express it in the void. Allow it to move from within you to the outside and express it in the void. Or, express that feeling through song, dance, or any other method you like. If you practice this purification process, considering it as meditation, your subconscious mind will give you relief and freedom.

When you can remain peaceful and happy, close your eyes and let go of your name, form, and actions. While remaining peaceful, meditate on your happiness. Dig deeper to find out where this happiness is coming from. We usually do the opposite. When we experience happiness, we think about the external cause, the external person, external guru, external god, or external thing that brought us this happiness. But from now on, ignore the external and find the internal center of that happiness. Consider your body, the thoughts in your mind, and your self-analysis as external causes.

Moving towards the inner center is easiest when you are in a state of happiness because you are emotional at that time. Use the warmth of that emotional state as a path and travel through it to the inner center with ease.

When you're traveling towards the center, various thoughts will come to you. You can't proceed with your inner journey by fighting or rejecting these thoughts. So, accept them as they are, hold onto the space firmly, and hold happiness lightly and continue journey in happiness.

How will you know when you've reached the center? Until now, you've been focused on the external, holding onto external things, and haven't traveled to the emotional center. Now, release the external cause, turn your attention inward, opposite to the external direction, and travel towards the inner center. When you reach it, only you and happiness will remain. There won't be any thoughts about the external person, external guru, external god, or external thing that caused the happiness. Because you'll realize that the cause of that happiness lies within you.

Remain beyond likes and dislikes, and merge with the space that has spread throughout your body. Experience the sensation of being spread throughout your body while simultaneously entering happiness peacefully. Observe the center within happiness silently and remain still. In other words, unite with the moving happiness and the unmoving space within happiness.

Happiness and silent observation, Movement and stillness are opposites but effective. When silent observation enters happiness, that means whenever union of the permanent and the temporary naturally occurs, that changes the energy. The chemical composition of happiness changes, and happiness transforms into amrita, ecstasy, or permanent bliss.

What's the difference between pleasure/pain and Amrit? Pleasure/pain only moves in one direction, relying on external things. But Amrit is stable, moving in all directions, and is always united with the Supreme Self, present everywhere.

Experiencing the same pleasures and pains we know again and again makes life boring. So, we should always evolve. That means we should be able to do many things at once with speed.

For example, a vehicle has a speed limit. If it exceeds that speed, it loses control and crashes. So, if speed is to increase, stability must also increase proportionally. Therefore, transform the pleasures and pains related to the past, enter the oneness state after reaching the zero state, choose new potentials that move more stably, and experience new fresh feelings.

To know more about this, click on the link below and read the topics 'Duality-ZeroState-Oneness', 'Sachchidananda Swaroopa, Quantum Sankalpa Meditation'
<http://darmam.com/englishtopics.html>

Trigunas-Saadhana

We usually think that whatever is in our fate comes to us. That is, if there is good, we think that good will come or if there is bad, then bad will come. But change this belief. Now believe that, Trigunas Equally mixed pure energy-consciousness comes to me from fate and from others. Also decide that I will send Trigunas (good bad neutral) equally mixed pure energy-consciousness to everyone. When we unite with this pure state only, we will have freewill. That means, inside and outside, feel that pure energy-consciousness is flowing from everything to everything.