

## **Belief- Instant Results**

Your beliefs are driving your life, so to change your life, you need to change your beliefs while being aware. Only then will you have new experiences. Otherwise, the same old experiences will continue. So, observe every word you speak and every thought, and let go of the beliefs associated with them, and create new beliefs.

Develop unlimited beliefs like " Vision shapes creation", "State controls outcome ", and "beliefs create reality ". Hold on to them firmly because they will always give you new experiences. As soon as you change your vision, state, and belief, the external result also changes accordingly.

### **Limited Beliefs**

So, limited beliefs or fixed opinions, such as...

BP should be this much; Sugar should be this much;

Body weight should be this much;

As age increases, the body deteriorates;

This is good food, that is bad food; There is no solution to health problems;

We will always have financial difficulties; We cannot transcend relationships;

Anger should not be there; We should always be calm;

This is a good character, that is a bad character;

This is a good thought, that is a bad thought;

This is a good emotion, that is a bad emotion;

This is a good feeling, that is a bad feeling;

I am a puppet in the hands of my body, mind, and characters;

I am the puppet, God is the puppeteer;

I am the creation, God is the creator;

I am limited, God is unlimited;

Nothing is in my hands;

This is sin, that is virtue, I cannot transcend sin and virtue;

Our lives run according to destiny; It doesn't happen immediately when I think;

God appears only when I am good or peaceful;

This is a good place, that is a bad place; This is a polluted environment;

This is a world of illusion; I live in one body, in one place, at one time;

We are all living in the same world;

This is a good time, that is a bad time; This is a good moment, that is a bad moment;

These planets are good, those planets are bad;

This is Kali Yuga; My body is limited, my mind is limited;

My senses are limited to my body... Release these limited beliefs that don't allow for growth and expansion. Because they limit and bind you.

### **UnLimited Beliefs**

We all want our choices to become reality. Therefore, adopt these empowering beliefs that I recommend, which are rooted in freedom and will help you manifest your desires:

My physical characteristics, such as blood pressure, sugar levels, body shape, and weight, should be in harmony with the role I choose to play and the intentions I set for myself.;

My body will always be fresh, new, divine, and full of God particles;

All food is divine, all qualities are divine, all thoughts are divine, all emotions are divine, all experiences are divine, past present and future are divine;

All times are divine, all places are divine, all planets are divine;

All eras are divine; This is a divine atmosphere;

My body, mind, and qualities are puppets in my hand;

God is the creator and God is also creation; or I am the creator and I am also the creation;

God is the cause and God is also effect; or I am the cause and I am also the effect;

God is unlimited and God is also limited; or I am limited and I am also unlimited;

The whole universe is in my hand;

My qualities, attributes, or characteristics do not delay or affect God's revelation; He reveals Himself unconditionally;

We are not all in the same world, everyone is in their own unique world;

This is a divine world, I exist in multiple bodies and places at once;  
My body is the infinite universal body, my mind is the infinite universal mind;  
My senses are spread infinitely throughout the universe;  
There is a divine solution to all health problems;  
I am always wealthy;  
I easily transcend relationships;  
I easily transcend sin and virtue;  
It happens as soon as I think;  
I will remain blissful irrespective of my physical condition;  
I will remain blissful irrespective of my mental condition;  
I will remain blissful irrespective of my intellect condition;  
I will remain blissful irrespective of others condition;  
I will remain blissful irrespective of world condition;  
I will remain blissful even in problems and hardships;  
I will remain blissful in both high and low situations;  
I will remain blissful irrespective of my present situation;  
When I am blissful, what I choose happens, not according to my destiny...

Embrace these empowering, unconditional beliefs wholeheartedly. Because I represent bliss that is independent and unshakeable, relying on nothing external.

So, holding on to fixed beliefs is mere superstition. Because the nature of energy is always changing and evolving. So, understand that all limited beliefs are superstitions. Therefore, always stay with an open mind and heart. That is, Vision shapes creation; State controls outcome; beliefs create reality; Whatever is thought, manifests or dissolves immediately...

Hold on to such unlimited and freedom-filled beliefs strongly.

In short, beliefs like: my name is this, my form is like this, my color is this, my body weight is this, my village is this, I was born on that day, my age is this now, I was born in

this village, I grew up in this area, I am currently in this village, my caste is this, my religion is this, I was born in this country, I am a good person, I have this much wealth, I am on earth, this is my lucky number... and so on are limited beliefs.

On the other hand, beliefs like: all names are mine, all forms are mine, all colors are mine, I was not born, I have no age, every number is my lucky number, all villages are mine, all castes are mine, all religions are mine, all wealth and debts are mine, I have all the qualities and I exist beyond qualities too, I am spread all over the universe... and so on are unlimited beliefs. Understand this here.

### **Original God-Man Made God**

In this creation, 50% is the still energy-consciousness, 49% is the formless energy-consciousness that moves in all directions, and 1% is the names, forms, and actions created by energy-consciousness. That is, formlessness is 99% and forms are 1%; 50% is moving and 50% is still. This combination of formless energy-consciousness is also called Sachchidananda Swaroopam.

This 49% moving energy and the 50% still energy - no one can stop them from manifesting. Because they are subtle and omnipresent, they always manifest. Similarly, this God exists as formless, yet simultaneously acts as the lords of the universe and the living beings (Jeeva, Jagat, Eeswara) (Monism). Therefore, we cannot separate the formless and the formed. We cannot separate good and evil, as they are always intertwined like milk and water, or like heads and tails in a coin.

When we perceive the world, we tend to label and categorize everything - 'this is tangible', 'that is intangible', 'this is wholesome', 'that is unwholesome', 'this is positive', 'that is negative', 'this is a chair', 'that is a bed', 'this is reality', 'we are sentient beings', 'God exists somewhere'. We then bind these labels with fixed notions and blindly accept them as truth. So don't decide and bind everything with names, forms, and actions, and don't blindly believe.

Because no matter how big your problem is, its value is only 1%, and similarly, no matter how great the solution I offer in words, its value is also only 1%. So, when you look at anything... judge that I am 1% form and 99% formless, you are also 1% form and 99% formless. That is, you are 1% limited and 99% unlimited, I am 1% limited and 99%

unlimited. Therefore, do not focus on the 1% duality, but rather focus your attention on the 99% Silence or God or Oneness.

Without the help of God or energy-consciousness, I can't do anything; I am a puppet in God's hands; the infinite I exists; the infinite God exists; the limited I doesn't exist at all, so I can't do anything on my own; due to ignorance, I blindly believed that I was responsible for my sins and good deeds until now. Please realize this.

We strongly believe that our past actions are the reason God is not manifesting. Therefore, do not strongly hold onto beliefs like karma, destiny, and past actions being the reason God is not manifesting. Instead, be detached from them.

Let go of the God who is not visible everywhere, influenced by our limited beliefs. Because we have imagined and created this God based on our limited understanding and experiential knowledge, (Man made God). He is not the original God who created us.

### **Indescribable**

We have beliefs that the creator does not have rights over the creation. Here, the living beings are the creation, and the God is the creator. The God has all rights over the creation. He can create anything at any time and also dissolve it whenever he wants.

He always remains in the thought that everything that has happened, is happening, and will happen is perfect and divine, because he has no otherness. God is the source of all movement, yet we have the misconception that we are the ones acting. Therefore, our life is not in our hands at all. Recognize that everything is in the hands of God, who knows everything about the past, present, and future, and surrender to him.

We cannot clearly describe the original God's state, qualities, reactions, or who He grants liberation to, because He is beyond description. Similarly, His actions are also Indescribable. Therefore, do not strongly believe that you can control or attract God with your actions, intellect, or spiritual practices. It is best to let go of all your beliefs about God and god's creation and remain peaceful and silent.

Since there is nothing but God here, we cannot describe Him in words. Our words should ultimately lead to silence. If we think God created us: then only God comes from God, not humans; Cause produces only cause, not effect; The whole produces only the whole, not the divisions. The Supreme Self produces only the Supreme Self, not the limited self. Therefore, we cannot describe our names, forms, actions, or happiness and suffering in words, because we are also divine.

When there are two, we can understand and describe something in words. But when there is only one, there is nothing to understand or describe. We can only become one with it. We do this in sleep, but we are not aware of it. If we were aware, that would be the state of liberation. So, reach the state that cannot be described in words, and stay there for some time with awareness. Only then will you experience the divine state of Brahmananda or Sachchidananda.

When you reach a state where you cannot describe the cause of your problem in words, as 'him', 'her', 'it', 'me', or 'God', that's when you'll experience a divine state, and the result will also be instant. That means the state where even the Supreme Self is not the cause. If this state does not arise, the Supreme Self becomes the cause, and you become the effect.

When you clearly describe the cause and effect in words, you believe there are multiple realities. This makes you a limited part of the dualistic world. Then, the illusory world plays with you like a puppet.

Therefore, if someone clearly explains the cause-and-effect relationship in words, understand that he is not a complete enlightened being. Judge that limited words are only 1% and infinite silence is 99%. Therefore, to achieve what you desire, you must reach a state where you cannot describe the problem and its solution in words. Only when you merge with that indescribable state or silence for a sufficient amount of time, can you create what you desire. Understand this.

### **Problem - Solution**

When asked to explain how to change beliefs related to specific problem like health or financial issues, my response is that the problem is not health or finance, but the total world itself. Because in this world, there are only problems, no solutions. To elaborate,

the world itself is the problem, not just a problem in the world. If you find a solution in this world, it will only provide temporary relief.

We search for the causes of ill health in this world, blaming bad food, environment, and so on. Similarly, we look for the causes of good health in this world too. But all these are creations. One creation cannot be the cause of another creation; only the creator can be the cause. Good food is not the creator of health, and bad food did not create ill health. This is because all these are creations, and everything, including you, is born, grows, and dies together. It means that in this illusory world, which is like a movie, one character did not create another character. Instead, the scriptwriter or director creates the characters and their joys and sufferings. Understand this here.

The creator who created this world exists before the world was born and is beyond the world. He is not limited to a specific place in the world. Similarly, this God has no birth or death. Therefore, whoever created health and ill health is the cause. Here, everything - health, ill health, positive, negative, neutral - is created by God. Therefore, that God is the root cause. But we cannot describe this root cause in words.

Therefore, to find a solution to even the smallest problem, one must become one with the God beyond; so, without focusing on a specific issue, consider the entire world as a problem, and change your beliefs related to the world. Only then will the God manifest. Therefore, judge that what you see is only 1% limited, and 99% is unlimited.

Similarly, the joys and sorrows limited to the body alone trouble you. This is because you are confining and binding them to the body alone. As a result, you also lose your freedom and become limited to the body. Therefore, consider that all the joys and sorrows I experience, including myself, are spread throughout the universe. Then, the limited joys and sorrows will transform into divine powers.

For example, if there is pain in the legs, you think it's only in the legs and experience it only there, it will trouble you. But if you think the pain is spread throughout the body and the universe and experience it that way, it will give you bliss feeling. Similarly, if you experience good or neutral or divine feelings in one part of the body, it may feel pleasant at first, but it will also bring sorrow later, because you are limiting and binding them, without knowing their natural state of infinity and uniting them with the infinite.

Also, if your son says 'I have pain', and you think 'my son has pain' and hold onto that thought, there's a chance you'll also experience pain. Because you're limiting the thought to a personal level and binding it. So, think that the pain my son has should spread throughout the universe. Similarly, if you hold onto thoughts like 'he's a bad person' or 'he's a good person', those qualities can also come to you. Therefore, think that the good and bad thoughts within me, the good and bad thoughts related to others within me, and all the thoughts in this creation that don't relate to you, should all merge into the infinite.

Limited forms, thoughts, emotions, experiences, qualities, roles, desires, memories, and beliefs are all stored in various places within this creation. Resolve to merge them all into the infinite expanse, and surrender to the Supreme Being who governs this creation. Only when these limited memories dissolve into the unlimited, will we attain complete liberation.

Because, at a subtle level, everything in this creation is interdependent. Only when you merge memories at all levels (including the level of Akashic Records) into the unlimited, can you experience the divine in everyone, including yourself, and everything in the universe.

Actually, all powers, including yourself, inside and out, are simultaneously infinite and yet acting as if they are finite. Meaning, only the infinite exists, the limited doesn't really exist, it's like a shadow. So, if you think any power is limited, it will trouble you. But if you think it's both unlimited and limited at the same time, it will transform into a divine power and also give divine results. Understand this here.

Usually, when we are in duality, we think the problem is inside and the solution is outside. For example, we think a doctor or medicine outside will solve our health problem, or money outside will solve our poverty problem. But in Oneness, the problem and solution are both present here itself. That means the problem and solution both exist within Oneness. In fact, the problem itself is the solution. For example, the world is both the problem and solution, illness is both the problem and solution, relationships are both the problem and solution, and poverty is both the problem and solution.

That means, if you consider poverty as 1% and recognize the 99% formless reality hidden within poverty as the solution, that's enough. It means understanding that everything, including poverty, is limited to 1% and the remaining 99% is formless and unlimited, and experiencing that is enough.



Similarly, God is saying, 'I am the creator, I am the creation, I am what exists, I am one, and I cannot be described or spoken about in words.' So, leave all these words and reach a state beyond description.

### **Divine Will-Free Will**

No matter how I am, how I behave, what beliefs I hold, and no matter how much influence living beings, the world, limited God, and Maya Shakti have on me, none of these can stop me from becoming one with the unlimited God. Because the unlimited God is the one who controls everyone like puppets. Understand this and hold onto this belief firmly.

No matter how you are, what situation you are in, whether you call out or not, and even if you limit yourself with limited beliefs, the infinite God will manifest in your life as he wishes, and also disappear. He will give you unexpected results and also take away what you have in unexpected ways. Here, you cannot control God at all. This is called Divine-Will.

If you are in a state of perfect peace and contentment, feeling that everything is perfect just the way it is, and that there's no need to change anything, including yourself; or if you experience a sense of oneness, feeling that only you exist, or that only the Supreme Being exists; then you will attain free-will. In this divine state of unity, you can instantly create the experience you desire. This means you can also create, sustain, and dissolve creations like the Supreme Being.

So, if the supreme self suddenly takes away what you have, or if you face any problem due to your past karmas, then use your free-will to instantly find a solution to your problem or create what you want. Always remember this while living in this dual world.

This means that if we think we are only a limited part of the dualistic world or the illusory world, we do not have the freedom of choice; we can only have freedom of choice when we are one with the Oneness world or the divine world. This Oneness is like an inexhaustible vessel (Akshaya Patra). Therefore, when you are one with this state, whatever you think, it immediately manifests. Understand this here.

We usually believe that whatever is in our fate or divine-will come to us. We think that if good is written, good will come, and if bad is written, bad will come. But change this belief from now on. Think that the pure energy consciousness, which is a balance of all opposites and three gunas (good, bad, and neutral), is coming to me from everyone and everywhere, including fate and divine-will. Similarly, I will also send this balanced and pure energy consciousness to everyone. Understand here that only when we are in this state of unity will we have free-will. That is, believe that pure energy consciousness should flow from everything to everything, both inside and out.

As I mentioned earlier, in this creation, 50% is the unchanging energy consciousness, 49% is the formless energy consciousness moving in all directions, and 1% is the name-form-actions created with energy consciousness.

Out of these three, who becomes a slave to karma? 50% is not a slave to karma because it doesn't move. Similarly, 49% also moves in all directions, so it doesn't have attachment or aversion. Therefore, it is also not a slave to karma.

Now, the law of karma only applies to the remaining 1%. This is because it has a physical form and can only move in one direction at a time

Here, 99% itself is giving energy-consciousness to the 1% forms. So, first, you experience and become the 99%. Then, offer pure energy consciousness which is the harmonious balance of the three gunas to the 1% forms. When you do this, the forms will return to you what you gave them, because they have no other energy. If you continue to do this, the distinction between 99% and 1% will also disappear, leaving only unity.

## **Saadhana**

According to quantum physics, every atom in this creation is only 1% particle (with form) and 99% wave (formless). So, when you're awake and experiencing the world through your senses, remember that whatever you perceive inside or outside, it's only 1% with form (sound, touch, form, taste, smell) and 99% formless (Independent Bliss).

Similarly, whatever happens in your life, don't try to change anything. Think that everything is happening perfectly, everyone is doing divine work with divine help, the creation is perfect, and everything is happening divinely.

If you think something is wrong or right, or if you feel like your life is not going as planned, immediately change that thought and judge that everything is happening perfectly and divinely.

Remember, only when you continue to have this divine experience and judge everything as perfect and divine will you have the freedom of choice (free-will).

So, in life, outside act accordingly to the situations that arise, but inside, don't give importance to the 1% good and bad, wins and losses. Instead, prioritize the thought that everything is happening divinely. Our goal is not wins and losses, but free-will. We achieve free-will only when we accept everything in God's creation as it is and respect everything equally. So, don't be confused about why you're winning or losing; instead, focus on achieving free will, which enables you to instantly create, sustain, and dissolve creations as you desire. This is our ultimate goal.

When you meditate with your eyes closed, let go of the limited 1% - forms, thoughts, feelings, opposites, dualities, infinite beliefs, problems, solutions, the original God-Man Made God, Divine Will-Free Will, and all the knowledge I've shared with you over the years, and all the knowledge you know.

Spend enough time in silence, or in a state where you're not attached to these things, or in a state beyond description. Then, the blissful state or formless state will reveal itself naturally.

Just as salt dissolves in water and spreads its saltiness throughout, similarly, merge the limited 1% good and bad forms, limited and unlimited beliefs, into the infinite, formless 99% state. By doing so, the forms will also become unlimited. And you too will become one with the unlimited.

As the limited becomes unlimited, the Zero State or Void State or Unity State or Brahmananda State reveals itself. When forms like: time-space-matter, jeeva-jagat-eeswara, past-present-future memories, positive-negative-neutral thoughts, individual

souls, and the supreme soul... all merge with the formless, they become one. This unity dissolves duality, and oneness prevails. In this state of oneness, everything exists here and now, in this moment, in a state of pure consciousness and bliss.

When there's a distance between you and your desires, it takes time for your choices to manifest. But in the state of unity, that distance disappears. Your thoughts become reality instantly. Experience the power of creating instant results and know, in the depths of your being, that you are the creator.

### **SACHIDANADASWAROOPA**

I explained four levels in the topic 'From Gross to Subtle – Quantum Vision'. 1. Organ level, 2. Bone level, 3. Atomic level, and 4. Formless Energy-Consciousness level.

Since the Formless Energy-Consciousness is like an inexhaustible vessel (Akshay patra), I suggested that you unite with the subtle every day and bring what you need into the gross.

If you have the experience of 'I am the organ', you will only see the organs. If you have the experience of 'I am the bone', you will only see the bones. If you have the experience of 'I am the atom', you will only see the atoms or experience them. If you have the experience of 'I am the formless', you will become one with the formless. There, only the Supreme Blissful (Sachidananda swaroopa) remains.

I suggested earlier that you change your beliefs every day, embark on an inner journey, and reach God. However, even if you do this, some problems may not be resolved.

In the physical world, everything must listen and obey your commands, like puppets dancing and singing. Only then can your problem disappear and you can immediately create what you want. To make this happen, you must unite with the one whose words these roles have been listening to from the beginning and bring that one into this physical world. Since everything is happening as if God or the embodiment of truth, consciousness, and bliss is orchestrating it, bring this God into the physical world. Only then will this world always be experienced as a divine world.

Therefore, it's better that some problems don't get solved. They should and will remain fixed in the physical world. So, compulsorily we must bring the supreme self here. Only then can we enter a world of wonder, which is like imperishable vessel, where thoughts become reality in an instant, and directly experience that we are the creator.

Therefore, instead of wasting your limited energy trying to change this gross realm and its contents, use your power and knowledge to bring the divine, who governs this creation, into this physical realm. Only then can you experience the world made of energy-consciousness, that is, the blissful dance of energy-forms, and you will become the blissful dance itself, experiencing it.

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### **MELT**

If you want to reach soul by going beyond body, mind and heart, first recognize that you are affected by your thoughts and living in them imprisoned. After that turn your focus from thoughts to “yourself”, and then practice melting. Whatever happens within, without participating in the process, you say that only I am melting, and melt like an ice cube and become pure. After that spread inside. Means without talking, without thinking, not doing anything, only stay in a feeling that I am present in the whole body. Then you will enter into sleep like state, or coming out from your parts you stay in empty space. In this state if you can stay for some time, then thoughts dissolve on its own and silence happens within, and after that soul appears. Then you will experience pleasantness, lightness, freshness and blissfulness. Without opening your eyes immediately, spread this bliss to all your parts. Then you will get solution to all your problems. Also coordination happens among all your parts. This meditation can be practiced by anyone, anytime, anywhere, and no time limit. Daily practice this meditation for at least 10 minutes.