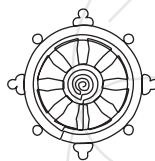


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## CHAPTER 8



### Moksha - Part 1

### Consciousness

### Our real Nature

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Moksha is the fourth classification of human objectives or goals, defined in Vedas.

Attaining 'Moksha' is to Experience 'Eternal Happiness'

## Chapter 08 - Moksha Part 1: Consciousness - Our Real Nature

### Author's note:

In this chapter, we are trying to understand what is 'Moksha' and what is 'Consciousness'. Key to Moksha lies in the comprehension of Consciousness.

Defining the undefinable God or Brahman or Consciousness; explaining silence through words; using forms to indicate the formless; trying to show that which cannot be seen; telling about that which cannot be heard, is an uphill task; yet, attempted by all the knowers of truth.

A word of caution here, Pay attention to that which is being pointed at; not the pointer. This chapter is a bit knotty to understand for people who are reading this book casually or new to spiritual journey. For them, this subject is hard to grasp like a fifth grade student trying to understand the engineering subject.

When inventors claimed that they can transmit voice and images through waves, it was unbelievable. Similarly when it was said mobile phone can be charged wirelessly, it was also unbelievable. In this chapter, we are trying to understand the undefinable 'Consciousness'; and though matter is submitted with logic and relation with science, it may sound unbelievable.

They can either feel that the author is crazy; or, trying to make them crazy. But unfortunately what is mentioned is unalterable and the 'Ultimate Universal Truth.'

### What is Moksha?

Moksha is the fourth classification of human objectives or goals (purusharthas), defined in Vedas.

The goals are Dharma (moral duty), Artha (economic prosperity), Kāma (Desire or pleasure) and Mokṣa (spiritual liberation).

But humans get attracted to temporary objects, and get diverted to insatiable Kāma and Artha beyond limits, keeping Dharma aside and fall into the trap of the cycle of Karma or Samsara. Mokṣa is just forgotten about.

"Mokṣa is known as Mukti or Vimukti or Liberation from bondage, which refers to enlightenment. Mokṣa is

realising that 'your Self and Brahman' are two sides of the same coin; and experience yourself as Brahman and get freedom from cyclic births..."

The concept of Moksha is closely tied to yourself accepting as the 'Consciousness' and oneness with all existence.

### **How to get out of cyclic births or mundane bonds?**

From ' Paths to Liberation' chapter, which is available in website **"LifeSourceCode.com"**, one may select any path out of Jnana, Bhakti, Karma and Raja yoga to achieve this absolute freedom. But, the best results are obtained by the synthesis of the four.

The starting point is 'to stop' the cycle of Karma; by finishing the old ones and not sowing the seeds of new ones. A person cannot opt out of the karma cycle as long as the person has virtues (punyam) and sin (papam). People have to enjoy their virtues and suffer sin altogether, as these two cannot be adjusted for one another, which leads to repetitive births...

But one can bye-pass through the above, if the desire for Mokṣa is strong. Then through spiritual practices like Bhakti yoga or Raja yoga are done to reduce disturbances of mind and for developing concentration. Later, selfless devotion and service is done for purification of mind. When this one pointed and pure mind is employed for hearing scriptures, then one becomes free of ignorance about his real nature. This freedom from ignorance is Moksha.

### **How to get Moksha?**

In 6 th mantra of "Muktikopanishad" -Lord Sri Rama says to Hanuman "If you want to get liberated and become Jeevan Mukta (living as a liberated person) it is just enough, if you read and understand Mandukya Upanishad."

### ***Does Moksha mean 'going to Heaven'?***

Not many people understand- what is Moksha.

You ask among any audience, if anyone wants to go to hell?

I am sure-no one will lift their hand. But, if you ask, if anyone wants to go to Heaven- almost all will lift their hands.

Everyone understands that going to hell is asking for suffering and sorrow and going to heaven is enjoyment and happiness. So people think 'Moksha' is going to heaven.

But none understand, that there is a 'Buy one get one free scheme'; when you buy happiness, it is bundled with sorrow. Like 'Kabhi-Kushi-Kabhi-Gham', happiness is always followed with sorrow; and sorrow followed by happiness alternately.

Moksha is experiencing the absence of 'sorrow and suffering' bringing 'Happiness' by default.

Many people think that going to Heaven is the highest achievement or greatest happiness for a human soul. So they keep doing good deeds, perform worships at temples, conduct rituals, provide food to the poor etc., hoping this will result in getting good karma- by which they will be eligible and ultimately enter Heaven.

But Lord Krishna in Bhagavad Gita says that at the end of the pleasures of heaven, when one's acquired merit is exhausted, the soul has to return to the Earth and take again another form.

The ultimate way to end cyclic births therefore lay in attaining Moksha. This was taught by all men of wisdom who had rejected the pleasures of earth or heaven.

Some say that they are not bothered about future births. Still, if we are interested in having sustainable happiness here and now, we need to ponder about Moksha i.e., freedom from ignorance about our real nature - Infinite Consciousness.

### **Consciousness:**

We have seen in 'Who am I' chapter that 'I' is Infinite consciousness, which appears as 'i' finite consciousness or Jiva/ego in human beings. In this chapter, we shall try to understand what is 'Consciousness'; and how our finite 'i' is the same Infinite Consciousness 'I', since it is said realising that both are same is known as 'Moksha'.

### **Can we define Consciousness?**

Consciousness or Brahman-which is traditionally called Super Soul or Paramatma, cannot be understood in the normal sense, for 'It' is beyond the scope of the senses and mind's power of detection or comprehension.

For Example, the gadget can never notice the existence of its operator. Brahman is like the person behind the camera, who can't be photographed. Similarly, Mind cannot cognise Brahman, because the senses and mind are functioning by virtue of Consciousness.

We cannot define Consciousness because it is not an object. But let us see what science and philosophers say about Consciousness.

**First let us see what science says:**

**Oxford dictionary defines Brahman as:**

The ultimate reality underlying all phenomena in Hindu scriptures. "Brahman is formless but is the birth place of all forms in the visible reality"

**Oxford dictionary defines consciousness as:**

1. The state of being aware of and responsive to one's surroundings.
2. A person's awareness or perception of something.

According to Max Velmans, a psychologist; and Susan Schneider, a philosopher -

"Anything that we are aware of at a given moment forms part of our consciousness"

**Mr. V.S. Ramachandran**, Director of the Centre for Brain and Cognition at the University of California, San Diego:

"We may be forced to admit that consciousness, like infinity and the particle/wave concepts in quantum mechanics, is a property that cannot be made intuitively straightforward. Consciousness – like gravity, mass, and charge – may be one of the irreducible properties of the universe for which no further account is possible."

**Max Karl Ernst Ludwig Planck** (1858 –1947) is a German physicist, the originator of modern quantum theories and, Nobel Prize winner in 1918 states:

"I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness.

Everything that we talk about, everything that we regard as existing, postulates consciousness."

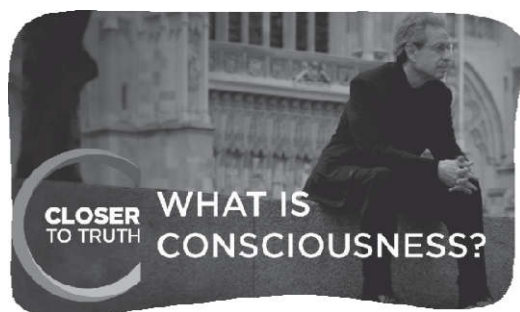
### Dr. K M Rao (in Yuva Bharati)

“Consciousness is all that is, it is existence itself, it is what sustains the cosmos and what make it and us- tick. It is vastly greater and more ancient than the mind, and much more so than our brain. In this perspective, they cannot be the generators of Consciousness.”

Science has made remarkable success in explaining the structure and functioning of the physical outer world, but when it comes to the inner world of the mind consisting of our thoughts, emotions, sensations, intuitions, and dreams – science has very little to say. And when it comes to explain consciousness it self, it has becomes very difficult to explain.

Now Quantum physicists say that- “Consciousness is pure abstract potential, which rises as waves of vibration to give rise to- the particles, the people, everything we see in the vast universe”.

Watch this video, where in, Host Robert Lawrence Kuhn interviewed renowned people from different background on 'Consciousness'



<https://youtu.be/s47EuhlgH4U>



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**Let us look at philosophical answers:****In Kenopanishad it is described as:**

“At whose behest does the mind think, Who bids the body live, Who makes the tongue speak.

That which cannot be expressed in words; but, by the help of which the tongue speaks - know that to be Brahman.

That which cannot be comprehended by the mind; but, by the help of which, the mind comprehends – know that to be Brahman.

That which cannot be seen by the eye; but, by the help of which, the eye sees – know that to be Brahman.

That which is not heard by the ear; but, by which the ear hears – know that to be Brahman.

**Aitareya upanishad :**

“All creatures, those move and do not move, are impelled by consciousness.”

**Mandukya Upanishad 7<sup>th</sup> verse:**

Since Consciousness cannot be described by a language, in ‘Mandukya upanishad’ Sages have used language to describe that which is not 'Consciousness' so that the remainder is 'Consciousness'.

- It is not that which is conscious of the internal (subjective) world
- It is not that which is conscious of the external (objective) world
- It is not that the suspension of conscious of both worlds
- It is not that which is a mass of all consciousness
- It is not that which is simple consciousness(ego)
- It is not that which is unconscious.
- It can neither be seen nor understood (by any sense organ)

- It is not related to anything
- It is not comprehensible (by the mind)
- It is uninferable
- It is unthinkable
- It is indefinable

Thus how Brahman has to be realised.

**Sri Aurobindo:**

“That which is conscious in 'conscious and unconscious' existences, that which is awake in those who sleep”

**In Chandogya Upanishad:**

6.2.1 ||

Before this world was manifest there was only existence, one without a second.

In **Taitreya unanishad**, it is said- Satyam, Jnanam, Anantham as Brahman. Translated as Truth, knowledge and Infinity is Brahman.

**Swami Pathameshananda says:**

“Consciousness is pure mass of existence without intervention of any non existence or unreality”.

Like how bulbs and other utilities perform their individual functions by means of electricity, everything in the universe functions because of 'Consciousness'



**Swami Sarvapriyananda's answer:**

Let us look at the answer given by Sarvapriyananda Swami while interacting with Mr. Deepak Chopra:

Q: What is the definition of Consciousness?

A: Whatever you are aware of - is not Consciousness. Anything you are aware of – right now, you are aware of sights and sounds and smells out there, they are objects of Consciousness and you are aware of them. That awareness itself is Consciousness.

Q: So Consciousness is experience of awareness.

A: Yes, it is awareness in which experience is possible. When we eliminate all the objects which we are aware of physically-like this glass, this table and internally -this mind, this thought – if we eliminate all of them, which shines upon all of them is Consciousness.

**Consciousness is conscious existence - Says Sthitaprajnananda Swami**

“Consciousness itself is existence and existence is known because it is conscious. They are interconnected. When we say conscious – Consciousness is implied.

So Consciousness implies conscious existence. Only Consciousness can be conscious. Unconscious cannot be conscious.

When we say Conscious'ness' –the 'ness' is existence. There cannot be a non-existent Consciousness.

So in Consciousness - existence is inherent.

Consciousness is aware of its existence and since it doesn't have any form and limitations- it is 'Infinity.' So, as explained in Satchidananda – Consciousness- Existence-Infinity are all the same, like the view of a single stone seen from different angles as 'Consciousness', 'Existence', and 'Infinity'- but you are looking and touching the same Reality. The three words are synonyms.

**Other definitions :**

- Brahman (GOD) reflecting in Brahman shines as Brahman and exists as Brahman. It is not created nor it can be destroyed-the appearance of the world is projected in Brahman, just as the waves are seen in the ocean.
- Brahman is the cause of all effects that manifests as this creation, but Brahman itself is Uncaused and eternal. The one Self, which is sole experiencing aspect, is therefore the experiencer of all.
- Brahman is the one non dual Consciousness in the universe which is seen in Past, present, future and here,

there and everywhere in different forms.

- “The Imperishable which is beyond time, which is the very Consciousness that illumines the 'time-space' concept, is the Supreme Brahman.”
- **Consciousness is of 'one nature' because it transcends all nature:** Consciousness, is indescribable. All descriptions only detail the qualities of the thing described. Qualities are not there in the Infinite. The moment properties are seen, it becomes finite.

## SO CAN'T WE DESCRIBE CONSCIOUSNESS CLEARLY?

This is the paradox of Consciousness. Its existence is undeniable; yet, it remains totally inexplicable.

It is neither perceptible nor knowable. Its existence cannot be perceived by the Mind and senses; yet, its presence cannot be denied as perceiver of all perceptions.

## How consciousness is born?

To be born is to change. The changeless can never be born.

Consciousness itself is timeless and therefore does not evolve or take birth; hence, It has no death.

It is always in existence. Since It is the form of awareness; where is birth and death for It?

## How it came into existence:

The existence of Consciousness has no beginning.

Consciousness is assumed to emerge from the world of space, time and matter. But now the conviction of science is that, everything we know, including space, time and matter, manifests from Consciousness only.

Everything you experience is a construct within the scope of Consciousness.

## Generally awareness is No thing or nothing- but how something can come out of nothing?

Sage Vasistha explains Rama “The question of how something came from nothing- can be explained as- water (H<sub>2</sub>O) is manifested from un-manifested gases”. (Hydrogen(H<sub>2</sub>) and oxygen(O)).We do know that

Consciousness is not the body, the brain, the mind, the intellect, or anything else in this universe. It is not a thing; yet strangely it is everything in which things are appearing and observed.

In Chandogya Upanishad, Sage Uddalaka while teaching his son Shwetaketu explains how the un-manifest appears to manifest itself.

Uddalaka said, "Son, Existence is subtle - without attributes, I will now teach you how the gross affect manifests itself from the extremely subtle cause. Please go and get a seed of the banyan tree."

After Shwetaketu had brought it, Uddalaka said, "Now, break open the seed." After Shwetaketu had done so, Uddalaka asked, "What do you see in it, dear son?"

"I see in it numerous tiny specks," Shwetaketu said.

His father said, "Take one speck and break it into two." When the son had done so, Uddalaka asked, "What do you see in it?"

Shwetaketu said that he could not see anything inside. Uddalaka responded, "Nothing? But you just broke something, didn't you? Why don't you see anything inside it? Just because your eyes cannot see it, does it mean that it does not exist?"

Uddalaka continued. "Son, the sprawling banyan tree is the effect of, or was born from the cause that you say is invisible. The eyes cannot see it because it is extremely subtle (or un-manifest), whereas the banyan tree, with its numerous branches, leaves and fruits, are visible. Similarly, this vast universe of names and forms was born from that Extremely Subtle Existence."

Through the analogy of the banyan seed, Uddalaka was trying to guide his son from the gross to the subtle, and from the subtle to the extremely subtle, and from extreme subtle to the ultra-subtle, and from the ultra-subtle to the ultimate cause- the Atma (Soul). Although the senses cannot perceive the Atma-analogous to the extremely subtle and unmanifest essence of the seed, which is the cause of the huge banyan tree- the Atma is the substratum of all that exists. Thus, Uddalaka showed that the Atma was nothing but pure existence and Consciousness, and asserted, "You are That, Shwetaketu!"

(Compiled from Matruvani- AMMA magazine.)

### **How can consciousness which is immaterial, can form into matter?**

“Consciousness is not composed or formed into matter. Matter is conceived from Consciousness by mind. And matter, we assume, does not possess Consciousness” -

Peter Russel (<https://www.peterrussell.com/SG/index.php>)

Schrodinger says “Consciousness is the real substratum for all matter and it is always singular”

When Consciousness becomes as matter in the manifested universe, it appears to be subject to time and undergoes an imaginary evolutionary process. No human mind is capable of comprehending fully the reason for this process.

As answered by Swami Sarvapriyananda on 'How can what is a not a thing – become a thing?'

*“It is a very deep question – it goes to the heart of advaita (non dualism) and the answer is stunning. The answer is-*

- *Subject does not become object*
- *The pure consciousness does not become things*
- *The pure consciousness appears as things*
- *These things are 'not really' out there.*

Pot & Clay – They are not separate. Clay is the cause (material) and pot is the effect

If you see pot – there is clay inside, outside and at the top also, it is clay only and actually there is no pot. But due to the form – we have given a name as 'pot' to identify it in regular life – as we cannot call clay, clay, clay – for pot, glass, cup etc.”

But people ask clay is a thing and pot is a thing where as, Brahman is Consciousness and outside world is of things. So how Consciousness can become a thing?

The answer is : A subject can never become an object. Things we see outside are coming out of our Mind, which is(looks like) a thing. Mind is a thing, because we can see it as an (mental) object with our Consciousness and

experience it. In a 'dream', when we say, "I met my friend, we went to Broad way and saw a show" and later you realise it was all in the mind. Then how did the mind become friend, a Broad way and show?

The answer is – 'it did not – it appeared like that'. It is like virtuality created in the mind.

In the same way Advaita says the entire experience in the world of things is an appearance in Consciousness. Consciousness does not really become out there as a thing or matter, it does not become space, time, energy – it appears as space, time, energy. It is still Consciousness

### **How does the non dual subject appear as the dualistic objects ?**

The answer is ignorance. Due to ignorance, we seem to miss the 'non dual subject' and are lost in dualistic assumptions. But with knowledge, we recognise that the immortal Conscious existence alone appears as everything.

### **How the Consciousness perceives objects?**

With reference to the world of objects, the jiva or living being conceives in Consciousness and perceives them within one's mind, but believes that they are outside.

As a mountain reflected in a mirror is seen as if it were in the mirror; the external objects and activities are seen as if they are outside, but actually it is in one's mind only.

Then the jiva feels as if it is the doer of the actions and the experiencer of the experiences. Experiencing is not different from Consciousness, the jiva is not different from experiencing – both are inseparable.

### **Sarvapriyananda swami explains:**

“Consciousness is ultra subtle, mind is a subtle thing, outside objects are physical things.

Vibrating consciousness is mind. Vibrating mind is the physical world.

So Consciousness is the subject which experiences (perceives) all the objects as things in itself.”

### **But we experience objects with different names and forms?**

#### **Swami Sarvapriyananda explains:**

As per Advaita Vedanta-everything in the world is Brahman alone.

So, when people say objects are not Consciousness and that which is aware of the object is Consciousness-now we are left with objects.

#### **Next question is- what are these objects then?**

Vedanta says-All the things that you are experiencing in Consciousness as objects, are actually nothing other than Consciousness itself.

You, the pure Consciousness, the entirely subjective Consciousness appears out there as a world set in space, time, causation; and full of objects with the attributes of 'Name' and 'Form'.

So, what you are seeing is 'You', the pure subjective Consciousness in yourself appearing as mind and body along with the senses; and senses reveal the universe as objects that (as if they) are out there in time and space, in their specific 'Name' and 'Form'.

#### **But then why so many names?**

What we see in nature like mountains, oceans, plants & trees, animals, humans were just forms earlier. But since there were so many, our ancestors gave names to them for identification.

Large water bodies like oceans and seas were named as Pacific, Atlantic, Indian, Arctic, Arabian, Bay of Bengal etc., other smaller water bodies were named as gulfs, bays, straits, lakes, rivers, creeks, stream, brook, pond etc.

But they all contain water only. But to distinguish them by size and location, we gave different names. We even measure water in as cusecs, gallons, litres, 500ML, 250 ML etc

If you notice, without name, we cannot recollect any form. Without mentioning 'Eiffel tower' – can you recollect its form?

So to avoid confusion, different names are given to different forms to distinguish them, thus duality apparently came into existence. Now we say there is difference in Unity.

## Disciple: How did the Nature and first living beings came into existence from Consciousness?

### Guru explains :

- In making a mud pot, the material cause is the mud, the instrumental cause is the potter's wheel, and the intelligence cause is the pot-maker.
- The spider is 'material cause', and the 'instrument cause', and also 'intelligence cause' for forming its web.
- For a dream, my mind is the material cause, my mind alone is the instrumental cause, and my mind again is the intelligence cause.
- Infinite Consciousness is the 'material cause', and the 'instrument cause' and also the 'intelligence cause' in the creation of beings.

In the same way – 'the Self, in the Self, by the Self', dreams this physical universe, identifies with it and appears to manifest as a limited mortal world and living beings.

**Disciple:** There are different species of living beings; different countries with different looking people of different colours; mountains, oceans, clouds, multi-storey buildings, thatched houses; theatres, bars etc are all different in looks and functionality- how it is possible to say that all these things came from one Consciousness?

**Guru:** It is that Consciousness alone which appears as the objects in nature and as the senses in the people.

The Infinite Consciousness is indeed free of all modifications, but when there arises the notion of 'I am' in it, that notion is known as the 'jiva'. It is that 'jiva' that moves in sentient and exist in insentient bodies ( like inanimate objects ).

When the notion of body prevails, Consciousness appears to be as the diverse objects. However, through the persistence of these notions, the subtle personality condenses into material substantiality.

The same consciousness thereafter thinks 'I am the body' , 'I am the tree' , etc.

Science accepted that universe started with Big Bang.

When we logically interpret science, first Space came into existence in the universe. From Space or Ether, other fundamental elements like, Wind, Fire, Water and Earth were formed. The Space consists of cosmic dust particles made up of atomic and sub atomic particles like electrons, protons and neutrons etc.

The perpetual process of combining and separating of Hydrogen and helium; along with the other 118 elements in infinite permutations and combinations, resulted in different formations like galaxies, stars, solar systems, planets etc;

After the life time of a solar system is over, new solar systems are being formed from that star's dust. Our planet is literally made up of elements which were formed deep within the core of stars now long dead. As such, we are also part of that star dust- which contains cosmic energy.

Later, on planet 'Earth', Cosmic energy or Consciousness started appearing in different forms with the combination of the five principle elements, molecules and Gunas. So everything is made out of atoms and subatomic particles- including humans, plants and animal kingdoms. All the physical solid and liquid objects in Nature in different forms like the oceans, mountains, trees, animals, clouds including you and me, all are made from the same elements.

With that Consciousness in humans, came other things, like what you asked, into existence for their survival and comforts, through their self efforts.

However, this is all said for explanation about unreality, and Hindu scriptures say Universe is just a 'projection' of the Consciousness and no real universe and matter have come out of it; and everything we see in physical world is construct of human mind powered by Consciousness. It changes or adapts to whatever shape and form it desires.

### **How this world can be a projection of Consciousness?**

This universe exists in Brahman or Infinite consciousness-just as reflection of an object in a mirror. It can be said to be neither real nor entirely unreal. Just as light is not seen unless reflected on a surface, even so the Brahman (the unmanifest) reflects through various bodies (instruments to reveal). It is basically nameless and form less, but we have given names and forms to its reflections.



**Swami Sarvapriyananda explains in detail as:**

“If we take two objects -say a table and chair, we know they are separate – how do we know?

Because we can see each independently without the other. They can be experienced as different objects.

But the objects – table and chair, cannot be experienced without your “Consciousness” or “awareness”. Every object is experienced in awareness. That is what is meant by all the objects are a projection (appearance) of awareness.

You never experience anything outside or other than your Consciousness. Think about it...

It is all within your individual Consciousness.

Individual Minds are different, but the Consciousness that experiences the different minds is one and the same. Consciousness is one & unchanging.”

**So am I projecting the world through my awareness?**

**Guru answers the disciple:** “Yes, you close your eyes, there is no world projection. Open, it is projected by you by your awareness.

Let us see this projection subject with an example:

If we go to a movie early, we see a white blank screen. Later the movie is projected on the screen by a projector from behind, which displays different scenes like comedy, love, drama, war etc and we get involved by laughing, emotional or crying, until the movie is over”

**Disciple:** Movie is different-we are watching it in a theatre. But world is visible and scenes are seen by me. I am having direct interaction with people and objects. How to accept that the world is projected by Consciousness?

**Guru:** To understand it better, we have to take the dream world as example-

In our dreams, we experience everything as real, we are aware of objects, sounds and sensations of catching solid substances, feeling wetness in rain etc. We also think and reason, feel emotions of fear, anger and pleasure. We are aware of our bodies and experience other people as separate individuals. The body is felt so real in dreams, people even experience sex.

**Disciple:** But the movie and dreams are examples only?

**Guru** explains that “an example is given to illustrate a point, and is not meant to establish a principle. They are only pointers; pointing towards the real thing.

Daily life examples are cited for the purpose of teaching only; once learnt, we can disregard them. Like when you receive a gift, the content inside is important, not the external packing material. Similarly when we get a newspaper- the shape and colour is not important, the content is important.

So examples are used to convey the point, but they should not be taken for argument. With wisdom, we should catch the right meaning from the example and move forward”.

So who projected those experiences in the dream world?

In dreams, the projection of Consciousness appears as the dream on our mental screen through the medium of 'mind' and we along with other family, friends, enemies, objects and people are players in the dream. And it is so real that we never think it is a dream until we wake up. When we introspect our dream experiences - we realise that we do not have any control on our dreams. The Consciousness decides and make us experience a different theme every time. Only when we wake up, we realise that it was all just a dream—a creation in our mind.

The reasoning given above has to be accepted, since it is experienced by everyone. Still there will be arguments, like 'it is true that we experience in dream world, but that dream is temporary. Also the dreams are different every day, but in physical life, there is life continuation of yesterday's'.

**For this Seers say:**

“The experience in dream world is short and experience in physical world is long. Humans have dreams when they are asleep, but dream of Self or Consciousness is not like the dream of the human being, The dream of Self or Consciousness is experienced as waking state by human beings. Thus, the wakeful state is considered a dream too. It is on account of ignorance that this 'long dream experience' of the physical world, appears to be real, though it is unreal and unsubstantial. Humans who are ignorant, rather end in another dream after long deep sleep called 'Death'.

But when the 'Self' is realised, it is seen that all this is the 'Self' alone.”

**“The Illusion of Reality- All that we see or seen is but a dream within a dream”**

*- Edgar Allen Poe*

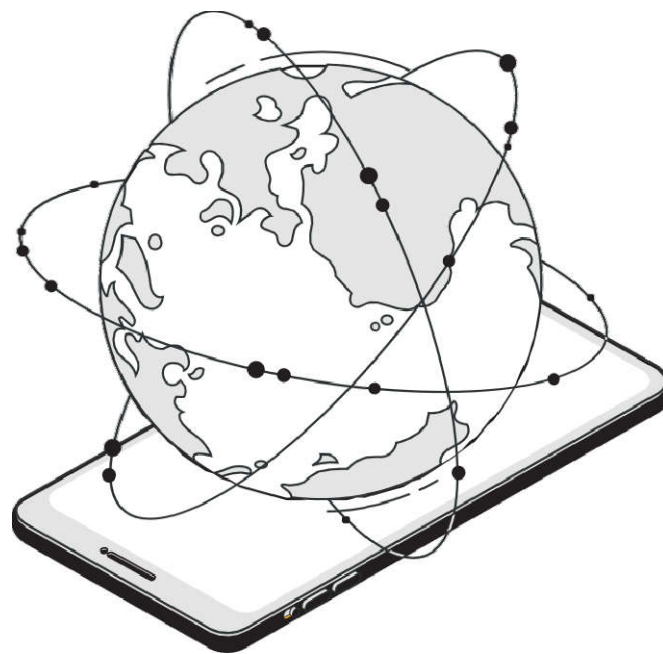
One crazy atheist slaps a Guru and questions “is this also a dream.” Guru pitying him says – “it is a dream of course – but a nightmare”

**What science say on how universe can be a projection?**

The physicist Erwin Schrödinger (1887–1961) is one of the founders of quantum theory. His wave equation represents a world of multi dimensional reality and validates that the world is a projection of mind.

Michael Talbot in his book “The Holographic universe” written in 1991, declares that the Universe is like a Holographic image.

Dennis Gabor, a Hungarian scientist, invented holography in 1948, for which he received the Nobel Prize 20 years later. Today it is used for video conferencing, credit cards and packaging stickers.



A 3D hologram displays products, objects- 'three-dimensionally' (3D) and enables seemingly real objects or animations to appear to float freely in space completely. Unlike a conventional film on a standard screen, a 3D hologram is visible from all sides, which means the observer can walk around the hologram, enabling an absolutely realistic looking image.

The interesting part of it is, though it is a virtual image, it looks very real and solid to our senses. When we look at a hologram, the image seems to have extended out into space, but if you put your hand into it, it just passes, since there is nothing there. This is because a hologram is only a virtual image, an image that appears to be something, where there is nothing.

This gives supplementary explanation to the earlier question on “how something can come from nothing?”

Watch a presentation of a hologram, by Microsoft:



<https://youtu.be/auJJrHgG9Mc>



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to watch video

### **How can Consciousness project this universe on its own?**

We know in a hologram, there is a 2 D photograph and with the help of a light, projection is done. But, the light of Consciousness projects this universe out of its own, like a LCD TV projects all images on its screen.

**But in this world, we are able to see an object, touch it and feel it. Like a rock is solid. How is it possible if it is a hologram?**

Yes, the world appears to be made of solids, liquids, gases etc, what we touch, look and feel very real and very solid. Yes, we can't walk through walls.

To answer to this question –like a movie example where we need a good story, sentiment, comedy etc to have entertainment, similarly in our cosmic life drama, we need many things to have a meaningful living experience.

We need certain solid, liquid and gases. Like if we do not have oxygen in gaseous state, we can't breathe. Also we need liquids to drink. We need solid walls for privacy, solid chairs to sit, solid cars for transport, solid earth to walk.

Solids, liquids, gases are all part of the appearance of this creation and the evolution story.

God has given us four forms of vibration: solids are the densest; liquids are finer; air is subtler; and energy itself is the most subtlest of all.

What is solid is actually material vibration or energy; liquid is simply liquid energy, and gas is gaseous energy. All are forms of energy. All matter is energy in different forms.

When water is in fluid state, One can drink.

When it is frozen state it is solid, One can sit on it.

When it is in gaseous state, it is water vapour. One can breathe it.

Which is truth? It is just water, but appearing differently in different conditions; thus creating different perceptions.

We know our body is solid with skin, flesh, bones etc. The human body, which looks so compact and solid, is in fact nothing but a combination of cells composed of high speed moving molecules, which in turn are made up of atoms, composed of protons, electrons, neutrons, positrons, revolving inside the tiny space of each atom.

When we say wall is solid, it is actually not solid-as it is made out of different materials which have pores or gaps. Though we cannot walk through, microorganisms, electromagnetic waves and radio waves can pass through the wall.

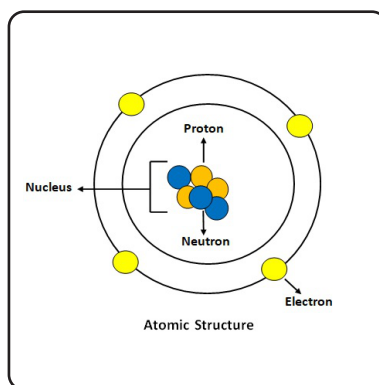
**Let us see what science has found about Solidity in matter:**

As the early 20<sup>th</sup>-century British physicist Sir Arthur Eddington put it, "matter is mostly ghostly empty space as vastly as"99.9999999% empty space, to be a little more precise."

So, Matter is not made of solid matter, but composed largely by empty space. We generally think that space as empty and matter as solid.

As mentioned in Scriptures that the universe is made up of atomic and subatomic particles, science has proved the same. We now know everything in this universe is made out of atoms having electrons and protons.

Science says that an atom which looks like a solid ball, has lot of empty space, with a small tiny dense nucleus part at the centre containing Neutrons and Protons surrounded by Electrons which become visible randomly out of existence.



Dr. Jeffrey Satin, author of “Quantum Brain” book adds, “Even the nucleus of an atom, which we think of as so dense, pops in and out of existence, just as the electrons do. Matter is not what we have long thought it to be. To the scientist matter has always been thought as static and predictable”.

Ever since the last century, when physicists tried to pinpoint the exact location of atomic particles, like electrons, they found it was utterly impossible. They had no single location. This was a shocking news.

Now quantum physics has proved that all 'electrons' – which are the core elements of our solid “physical reality” – are appearing as matter when someone is looking at them. Otherwise, it's a wave, and not solid at all. (Please check for 'Double-slit experiments' on electrons in web for more information.)



<https://youtu.be/A9tKncAdlHQ>



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In his book, 'The Holographic Universe', Michael Talbot said, “There is compelling evidence that the only time quanta [electrons] ever manifest as particles are when we are looking at them. When an electron isn't being looked at, it is always a wave.”

This was double shocking news.

**But I can catch objects, experience them- how it is said 'Not real' and it is a wave?**

*“The truth indeed is stranger than fiction” - Anil*

*Dr. John Hagelin, Ph.D., is a renowned quantum physicist from Harvard, explains it in his 'superstring field' theory.*

*You may watch this link on youtube.com*



<https://youtu.be/OrcWntw9juM>



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*“According to him, science has done a lot of research in the past 25 years in exploring deeper levels of natural laws, and concluded that the core or foundation of universe is a single field of intelligence, which unites gravity with electromagnetism, with light, with radio activity, nuclear force etc and all the particles of nature -electrons, protons, neutrons etc are understood to be one. Planets, trees, people, animals, are all just waves of vibration of this underlying unified superstring field.*

*They are like ripples on a single ocean of existence- whatever it is called unified or superstring field.*

- *It is Non material*
- *It is Dynamic*
- *It is Intelligence*

*It is pure abstract potential, which rises in waves of vibration to give rise to the particles, to the people, to everything we see in the vast universe. This isn't the world of electrons; it's the world of potential electrons. And that's what we're made of- pure, abstract, self aware Consciousness.*

*Physical world is all mere vibration of particles which are in constant motion; or just waves of different frequencies in perpetual motion. This three dimensional world is merely a creation of mind and senses.*

*It is ultimately the unified field of Consciousness. It has been proven by science through quantum physics. He adds we are really united to the core- that there is only one 'Consciousness'. We individualise our Consciousness through the filter of our nervous system. Knowing that and experiencing that single Consciousness is called 'enlightenment' from ages.”*

As of now quantum physics is accepting, that the world is an illusion, made out of potential electrons, Hindu scriptures have declared long ago that the universe is an illusion of mind and just an appearance. So everything is nothing but an appearance in Consciousness.

**Swami Sarvapriyanada** narrates an experience he had at Gangotri. A Guru was teaching vedanta to his disciples in Gangotri. At that time Guru was not aware of video recording and TV technology. A crew came to Gangotri and made a video recording of Ganga river and his ashram and replayed in a TV, in front of Guru.

All were able to see the Ganga river flow, listen to its sounds; Guru was impressed and asked the crew to give a glass of Ganga water from it. The crew said “It is just an appearance on the TV screen Swami, the river, people and



background mountains are not real”.

The Guru turned towards his disciples and said “Hope you now understand when I say that the Gangotri mountains, all the objects you see are just an appearance of Brahman and they are not real”.

**Yet it is tough to comprehend that the world is a hologram.**

More and more scientists are now accepting that we do indeed, live in a Holographic Universe, based on the most recent experiments.

Quantum physics has scientifically confirmed what many Sages have said about - World being an illusion; and secondly, discovered that, like people feel dream world to be real when they are dreaming, similarly people will feel reality of hologram when they are inside it.

“It is relatively easy to understand this idea of holism in something that is external to us, like an apple in a hologram. What makes this difficult is that we are not looking at the hologram; we are part of the hologram.”- Talbot, Michael., author of Holographic universe - Id., p. 46

Yes, for a common person, it is tough to understand. To give an example, it is like, when you are watching a movie in a theatre as a spectator, you know it is a projection of virtual images on the screen. But if you are an actor and also part of the movie and since you will be on the screen as an image, you won't realise about the virtuality.

As long as we are dreaming -we are part of the dream, until we wake up.

As long as we are in waking world-we are part of super(unquantifiable) dream, until we wake up from illusion through knowledge.

The same is explained by Michael Talbot- that “you are not looking at the hologram, but you are part (inside) of the hologram”. Similarly, your Ego is a part of this illusionary Holographic Universe.

**Let us try to understand ‘what is this illusion’?**

God/Eshwara in creation has used 'illusion' to differentiate himself in different finite forms.

Due to this illusion, a finite individual gets deluded.

Illusion at universal level is called Maya and the same at the level of individual is called Avidhya. Ignorance has two major powers

1. Veiling power which conceals the reality-Brahman or Infinite Conscious existence, leading to ignorance about it.
2. Projecting power which gives rise to the assumption that this world of names and forms are real by themselves.

Actually-only Brahman or Infinite Conscious Existence is there-no world apart from it.  
But Maya makes us believe that world alone is there - no God.

When the truth of a thing is not correctly seen as it is, in our error of judgement, we see another object substituted in its place. This is called superimposition.

Water appears to be real in a mirage- which is unreal.

Experiences in dream appears to be real- but unreal.

The phenomenon of imparting reality to the unreal is due to ignorance.

Due to ignorance, 'Reality' is ignored and simultaneously unreal is assumed to be real. Brahman i.e., Infinite Conscious Existence, is ignored and individuality is assumed to be real. There after, the independent entity (body, mind apparatus) started assuming it has an existence of its own and is lost in the charms of the world assuming that they too have a reality of their own.

However, the universe is an appearance of Brahman, in Brahman, by Brahman and for Brahman.

### **Is Ignorance the cause for appearance of the universe?**

Ignorance only veils the Reality or Brahman and makes one assume that this universe is real by itself. This ignorance also is beginningless like Brahman, but unlike Brahman, it has an end as ignorance ceases with knowledge.

## Can Brahman be the Cause and Universe the effect?

### Swami Sthitaprajnananda explains:

*"Generally a farmer puts a mango seed, cultivates and produces a Mango fruit – which we can eat & enjoy. A magician in a show – produces a mango from his hat and we taste and enjoy it. But did magician really produce it?*

*It is just magic or illusion. It appeared that he produced. Same thing with Brahman too; who is neither the cause from whom the whole universe appeared; nor is the universe an effect.*

*A cause and effect are essentially same. Only difference is in their form. ie., Unmanifest form is the cause; Manifest form is effect.*

*Like a pot is in unmanifest or potential form in mud. So mud is not the cause nor pot the effect.*

*Generally for any cause – if we go back for the reason, finally we end up with five fundamental elements – and space being the last one. After that – everyone's thoughts and imagination stops; they become speechless-they can't go beyond.*

*From tatva stand point, there is no place for materialistic logic.*

### So the Universe and the world what we see is- Brahman?

#### As explained by Swami Sarvapriyananda:

*"This universe is neither apart from Brahman – Nor exactly the same as Brahman.*

*If you say Brahman is pure existence- then this universe is not other than existence, but it is not pure existence either.*

*This thing cannot be classified as pure being or non being.*

*This is classical definition of 'Maya'*

*It is beyond expression of pure being or non being. If it is non being – it should be nonexistent – but that is not the case here.*

*Rebecca Goldstein comments in her introduction on the work on Godel's theorem, that there are three greatest discoveries in science in twentieth century. They are*

- 1. Einstein theory of Relativity*
- 2. Heisenberg's Uncertainty principle.*
- 3. Godel's incompleteness theorem.*

*Look at these three words: 'Relativity' – 'Uncertainty' – 'Incompleteness'. These three words actually describe 'Maya' as mentioned in the scriptures.*

*At the deepest understanding of the Universe we see now, it is exactly what vedanta says about 'Maya' – an inexplicable appearance. Anything we say about the Universe is true upto certain level. We cannot express the Absolute truth of this Universe.*

*People question “ How the Universe is Relative, and how that it doesn't exist in the beginning, middle or at the end?” To explain that we have to consider Wood and table example.*

*Example – Wood & table – both are not separate, table is not separate from wood, as I cannot show both individually. Table is name & shape given to wood. If I try to separate it, the table disappears but wood will be there. The 'table' name & form will disappear.*

*So, this table is neither other than the wood itself, nor exactly same as wood itself. Wood – Not wood.*

*Vedanta says-“There never existed an entity called 'table'. When it was log of wood it was not table. When it is sold as wood scrap after use, it is not table. Right now also it is not a table. Even if you weigh it, it is weight of wood. In between, the name and form of wood appeared as table. There is nothing called 'table' apart from 'wood'. Similarly, Nature of universe is like that - it is(appears as) intermediate nature (in a different form- not separate than Brahman). So, “the Universe doesn't exist in the beginning, middle or at the end apart from Brahman. Even now it doesn't exist independently, but Brahman is appearing as Universe in name and form.”*

*Please note, Brahman is 'being' itself – existence itself.*

*Logic is that if there is something separate than existence, then it becomes nonexistent.”*

*People accept this as very good reasoning; yet unable to deny the existence of the physical world, for they see and experience it as real.*

## People see the world as very very real: How real is our perception?

Who says what all we see really exists?

The sky is blue... the sunset is golden -Seen but false.

The water in a mirage -Seen but false.

Dreams and hallucinations -Seen but false.

Fan has 3 blades, when idle. But in motion it looks like one.

Fire lit at the end of a stick, when rotated at high speed, looks like a circle.

We see the Sun setting in the west, but actually it is always stationary.

Five centuries ago people thought that the Earth was flat, but when science found out that the Earth was round, people had to change their beliefs. People still walk flat on the ground, even after knowing earth is round, instead of climbing up or down at any part of the world.

It is a scientific fact that earth spins on its axis @ 1670 kms/hour and earth revolves around the sun @ 1,07,000 kms/hour. But we walk safely on our earth as if it is stationary, without feeling any giddiness like when we feel on a ferry giant wheel or roller coaster.

Hope it is now clear that we take the illusion as real, and lend reality to the objects, which actually are the creations of our mind and perceptions. This is not to deny the existence of objects or our ability to apprehend them, but it is to point out, how we miss the 'Reality' by getting entangled in the name and form.

Let us see a Good illusion created by a magician



[https://youtu.be/t6e1y0\\_UTlw](https://youtu.be/t6e1y0_UTlw)



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All people accept the magician's magic on the stage as unreal.

But unfortunately people do not accept the God's magic of the physical world we see as 'Unreal'.

We have to understand that the world is real only in a relative way, but it cannot be real in the absolute sense.

**Neither are things what they seem or appear to be;  
Nor are they, otherwise:.....Lankavatara Sutra**

**Mr. Peter Russel explains**

“The illusion comes when we confuse the reality we experience with the physical reality, the thing-in-itself. We suffer a delusion when we believe the images in our mind are the external world.

Our assumption that we are directly interacting with physical reality has close parallels with the way we respond to the picture on a computer screen. When I move my computer's mouse, it appears as if I'm moving the cursor around the screen. In actual fact, the mouse is sending a stream of data to the central processor, which calculates a new position for the cursor and then updates the image on the screen.”

(2)(From internet article <https://www.peterrussell.com/SP/PrimConsc.php>)-Reference 2

**Why we are seeing duality in Brahman:**

Actually there's no duality. There is one single entity Brahman only. But to answer the question 'why we are seeing duality?' It is because of our ignorance.

Let us understand by an example.

Best example is Gram flour or chickpea. We can make sweets, hot snacks, facial paste out of one item 'Gram flour'

Snacks: Bhajjis, Bikaner Bhujia, Bonda, Boondi, Chakli, Chila, Dhirda, Dhokla, Khaman etc.

Sweets: Laddu, Soanpapidi, Mysore pak, halwa, kheer, barfi etc.

Hot: Pakoras, Papadums

Used as exfoliate: You can also use gram flour as a body scrub and as exfoliate to remove dead cells.

First of all, many people are not aware that all these items are made from 'Gram flour'.

Now, a person sees duality in gram flour after it is converted into different hot, sweet, snacks etc.

Once a person knows that the base material contained in them is gram flour, his ignorance about duality is gone.

Similarly with knowledge of Brahman, our ignorance will be dispelled and we understand that "Brahman is one but after manifesting as different varieties, we are apparently seeing duality".

**To reemphasise:**

Everything that is formed or manifested in this Universe and on Earth is the appearance of Brahman.

All the different forms and life we see, are just manifestation of Brahman. But since, we have given names to different forms and ignored the 'Reality' of those forms, they are looking different.

### Take example of

- Water in a pond or well or lake or river or sea or ocean is nothing but water. But we call pond water, well water, river water, sea water etc. Similarly waves in a ocean are water only.
- Mud pot, glass, flowerpot, festival lamp though their look and uses are different, they are made out of clay and nothing but clay.
- Cotton is made into cloth, shirts, pants, curtains, bed sheets etc. Uses are different but all are cotton.
- Plastic cups, spoons, toys, chairs, table are nothing but plastic.
- Gold though converted into ornaments like chain, bangles ring etc., they are nothing but Gold.

For example, when a kid is exposed to steel utensils in the form of glass, plate, bowl, spoon, teacups, tray etc from childhood, he knows only the names and forms of steel, but not the base material. So he gets so accustomed, he argues with others that it is plate or glass but does not accept it as steel, until he gains the related knowledge.

This example can be used for different types of articles made out of any base material. Here water, mud, cotton, plastic, steel, gold are known as base material or essence or substratum. But we do not call them by base material, as in day to day use, we are accustomed to understand things based on the function and name given to the items made out of them. Everyone accepts a towel, bed sheet, curtain but don't think them as 'cotton' or other in regular usage.

Since all have the same assumption, there is no argument; as without using those names, there will be a lot of confusion.

Some question- Mud, cotton, plastic can be substratum for parts made out of them- but they are different materials.

If we start searching the background of each base material, we will notice that they are all made out of atoms, electrons etc.



<https://youtu.be/TI6sY0kCPpk>



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on String theory



Still probing further, they are all mined from earth.

- Earth is made from water
- Water is from fire
- Fire from wind
- Wind is from space
- Space is from Infinite Consciousness.

Infinite Consciousness is 'substratum' for Nature including all of us though we use different names for different forms. Due to illusion, humans have forgotten to realise themselves to be 'Consciousness' itself.

God alone is there and there is no variety or duality in God or Consciousness.

**D: If, He is one; then, where did the many of us come from?**

G: This Universe is a laser show of the Cosmic Light of Consciousness, projecting its one beam of Light into different objects as in a hologram.

On a full moon night, we see a bright moon, due to reflection of Sun. The moon has no light of its own! Similarly, if you place infinite pots with water, you will see infinite reflections of the same 'Sun'.

Just like the moonlight being the reflection of the Sunlight, the infinite light reflections in the pots are because of the Sun only.

Just like the lights in the infinite pots, are reflections of one 'Sun'; likewise, the Light in all 'individual Consciousnesses' in all living beings is the reflection of the same 'Cosmic Light of Consciousness'.

Your individual Light of Consciousness

- Illumines your thoughts while you are awake;
- Illumines your dreams when you are asleep and
- Illumines the state of nothingness, when you are in deep sleep.

The same 'Light of Consciousness'; when it illumines my bundle of thoughts and memories, it becomes me; and when it illumines your bundle....it becomes you!

### **When Consciousness is one-why people behave differently?**

**Disciple:** Guru Ji, When consciousness is one, all humans should be the same. Why we see difference among them?

#### **Guru explains with an example:**

When sun reflects in water in say 100 pots – the reflected sun is same. But the water (like minds) in the pots may be different-like pure, polluted, coloured, muddy etc.

Similarly the Consciousness, which is reflecting and experiencing in those bodies and minds is not different. Minds are acting as different due to individual perceptions.

The individual mind is like a tuner of a radio which receives the signals from waves and uses a demodulator to transmit sound. The mind perceives the outside world through senses, what the Consciousness has conceived in the form of waves.

Each individual person selects and develops from the Consciousness wave frequencies, his moods and attitudes, based on his past tendencies formed since childhood.

Accordingly, different people have different perceptions and react or respond differently to particular situation.

#### **For example, if there is a flower**

- 1) One person perceives it as a gift to be given to his lover.
- 2) Second person perceives devotion and gifts it to God.
- 3) Third person perceives it as a wedding decoration.
- 4) Fourth person perceives it fit for rites on a funeral occasion.

Let us see another example: If we can imagine that Consciousness as electricity, it appears to function differently in different instruments. The performance differs as per instrument's capacity and specifications like motors having different HP, computers have different chip and memory size, bulbs have different wattage etc; but the electricity transmission is common to all.

Similarly because of Consciousness (like electricity to gadgets) - our body and mind including ego/intellect are

functioning. The performance differs for each individual due to person's exposure and ability to grasp knowledge. We should realise that Consciousness apparently uses the instruments like our body and mind, as a carpenter uses his tools - but 'ego' makes us feel like we are doing the work. It is like fan, bulb, cooler, heater thinking that they are performing their respective functions forgetting about the existence of electricity in them.

### **This is the reason for people behaving differently.**

Then what are those which are born and dying?

In the example mentioned above, some instruments may have to be changed or discarded due to fault in their components, but when a new instrument is hooked up, it restores its respective function using the same electricity transmission. Similarly, when bodies of living beings get aged, they are discarded and new bodies keep manifesting.

In the ocean, the waves are being formed and merging back into water. Can we question – what are these waves which are constantly taking birth and dying? Waves are just appearing in one particular form and disappearing in water.

Similarly, Nature is appearing as if it is manifesting from Consciousness, in different forms which includes all living and non living beings and merging back into nature.

So Consciousness alone is manifesting as physical bodies and merging back after death.

### **How can 'Ignorance' arise in the Supreme Brahman?**

Unfortunately, we are unable to question Brahman directly.

There is no ignorance in Brahman, for whatever may be the reason; Brahman appears as the beings and world. However this question is asked by us- who are in ignorance.

Ignorance is that which has apparently come from Brahman, covers the Brahman and projects the world to make it appear as real.

Ex: Like clouds which are formed due to the heat of sun, appears to cover the sun itself- as if there is no sun.

The three Gunas and Five sheaths (Pancha Kosas) which are appearances of Consciousness have apparently covered the pure Brahman and projected the Jiva (pseudo self clouded 'ego') who gets bound by body, sense-organs etc, and start viewing others separate than itself and caught up in the world thinking it as real.

Mind creates illusion and apparent differences in one single entity- Brahman. Mind makes individual Jivas (living beings) believe that the world is real; promises pleasure in the objective world and lures people into the trap of 'Samsara'.

**Let us understand how ignorance can develop in us through this example.**

Go through the narration below:

Imagine you are driving a bus on roads of famous city FRANKFURT in Germany.

The bus started at 6 AM with 10 passengers.

At next stop 7 persons hopped in and 3 got off at 6.30 AM.

At next stop 8 persons hopped in and 5 persons got off at 7 AM.

At next stop 5 persons hopped in and 2 persons got off at 7.30AM.

The bus reached the destination at 8AM

First question is - How much time is taking between each stop? Answer - 30 minutes

Second question is - How many passengers are left in the bus? The answer, you will give, if you are attentively following the question is - twenty.

Next question is what is the age of the driver??

This question baffles most of the people. How 'i' am supposed to know the driver's age?

If you read the question again, it starts "Imagine 'you' are driving." So who is the driver? You got diverted with the other aspects of the question, and forgot that you were driver of the bus, and asking yourself- How do 'i' know who is driving the bus? You forgot your own 'self'. Similarly, in regular life, 'Consciousness', the driving force of our body gets diverted into other worldly objects in life, like toys in childhood, love, marriage and job security in adulthood and retirement plans at old age.

Ego'(i), which has deeply ingrained in the mind and has formed individualism so strongly, that 'Consciousness' went out of preview and it started asking Consciousness or Brahman - 'who and where are you?'

This delusion arises in the humans due to ignorance and causes error in their judgement.

### **Let us understand the state of ignorance and error.**

1. Grahnam means a subject is -understood or grasped.
2. Agrahnam means not grasped the subject-ignorant
3. Anyatha Grahnam means not grasped the subject, but also misunderstood it - Error

### **Ex: In a class- Teacher asks students questions on a subject and in response**

- One student gave correct answer (Grahnam)
- One student gave no answer(ignorant) (Agrahnam)
- One student gave wrong answer (Error) (Anyata Grahnam)

We are not only ignorant about Consciousness, but also wrongly understood it as body and senses.

We have not grasped (due to ignorance) ourselves as Brahman but wrongly identified (Error) with Body and mind-ie., made erroneous judgement.

Ignorance is Cause - Error is the effect

Not knowing the rope is Cause - seeing it as snake is effect

In another example-Gold can be made into different ornaments like-Bangle, Necklace, Ring etc.

- In Bangle – there is no necklace or Ring
- In Necklace- there is no Bangle or Ring
- In Ring- there is no necklace or Bangle.

But Gold is there in all three -Bangle, Necklace and Ring items. In fact there is nothing but 'Gold'. It is seen and named as per the form and use of the Gold. We cannot say that 'Gold' is different from these items.

If Bangle is melted - Bangle is gone but Gold is there. Later, because Gold is now made into Necklace-'Gold' will not go anywhere.

Your question is similar to necklace asking 'How necklace got deluded and became ignorant of Gold and why there are varieties and forms like ring, bracelet, bangle etc?'.

Necklace itself is Gold. It got deluded due to its pre occupation with name and form. Once it realises that it itself is Gold, then there will not be any more questions.

Similarly, once we realise ourselves as Brahman, these questions will not arise. So Consciousness or Awareness is your 'Real Nature'. That is real 'You'

You (i) are not your name, body, mind – but you are 'Consciousness', which is Brahman that operates outward through the instruments of intellect, mind, senses, body.

### **D: Can this ignorance ever end?**

Guru answers: Brahman is beginningless. So is ignorance.

Brahman has no end. But ignorance can end.

We know that light and darkness cannot remain in the same place and at the same time.

### **AMMA tells a story about light and darkness:**

Darkness always felt that Light was always chasing and driving it away every day. So it goes and complains to the Supreme and requests to let it live in peace. The supreme summons the light and asks to explain. The light says 'I am sorry, I don't even know who is this darkness and I shall apologise if I had done any mistake unintentionally'. The Supreme looks for darkness, but it is nowhere to be seen.

Darkness(ignorance) is present only in the absence of light(knowledge). The moment a light is brought into a cave which is in darkness, even if it is from the beginning of time, the darkness vanishes. Similarly, when the knowledge of the Self is born, the ignorance non-apprehension with all its misapprehensions will have to end, though it is “beginningless”.

**Sarvapriyananda swami explains with simple example:**

**Person A:** Do you know Spanish:

**Person B:** No

A: Since when you do not know Spanish?

B: Since birth.

A: But did you know before you were born?

B: No idea before birth.

A: So you do not know Spanish since the beginning?

B: Yes

A: Now if you start learning Spanish- will you be able to speak Spanish?

B: Yes

A: So your ignorance about the Spanish language can come to end with learning. Similarly, with knowledge - ignorance will end, though it is from beginning less.

**How do we know or have proof of existence about Consciousness?**

**Guru says:**

“The question asked can be compared to a person who is in a dark room with a flashlight, and then shining it around trying to find the source of the light. All one would find are the various objects in the room that the light falls upon. Similarly, as long as one is mesmerized by objects in the physical world, person will not be able to see the Consciousness with which person is able to perceive those objects.”

Another way of saying is- “You can see all the objects with your 'Eyes'- but you cannot see your own 'eyes'. But you do know, that you have eyes”.

Consciousness is not an object to be known; it is the Knower of all that is known. When there is only one all pervading Consciousness in existence; by whom shall the 'Knower' be known?

The problem is that no one can objectively experience that this Consciousness exists. You can't see it; you can't photograph it; you can't measure it; you can't catch it with your hand.

“The perceiver can't be perceived.”



says the Upanishads

In Hindu scriptures, to indicate Consciousness, an example is given. Fire has neither shape nor form-like spherical, cubical, cylindrical, rectangle etc. Nor heat has any weight like grams, ounce or pound. But when a iron rod is kept in fire, the fire assumes its shape and weight. These are not the properties of the fire, but because of the iron rod, the fire is said to have taken a shape and weight.”

Similarly, Consciousness is known through its expressions in Nature.

**Consciousness can be known only subjectively:**

**Anil Kumar Singh - philosopher says:**

“The faculty of Consciousness can be compared to the light emitted from a LED TV on its screen. The screen shines with the light being focused on it; and we enjoy the movie. Our attention is on the images on the screen and sound from the speaker, but we are not usually aware of the cathode tubes which emit the light. Similarly, we can't experience the physical and dream world without the light of Consciousness”

- Anil

**Guru gives electricity as example,**

“We cannot see it directly, we can only see what electricity does, like it lights up bulbs, makes the fan turn, heats an element, cools the fridge etc., it is expressed indirectly. If there are no power cuts, we generally forget that these gadgets are functioning because of electricity.”

Similarly, we are usually aware of many different perceptions of objects, sensations, dreams, memories, thoughts and feelings that appear in the mind. We are seldom aware of 'light of consciousness' which is illuminating them. Science has not been able to find concrete proof for the existence of Consciousness, but for now they only know and accept that it exists.

**If 'i' am also consciousness, then 'i' should experience it sometime? Guru explains:**

Not some time, all experience it every day- let us understand it.

Let us take a look again at different states we experience daily.

1. Waking state
2. Dream state
3. Deep sleep state (No dream state)



In waking state 'i' experience the physical world only.

In Dream state 'i' experience the subtle world only.

In Deep sleep state 'i' am in causal world(blank) – and remain as the experience of not knowing anything.

Generally, we do not remember the experience of deep sleep state. Only thing we say about that state is 'i slept without a dream and 'i' am Happy'. Deep Sleep is being aware of the existence of nothingness, because Mind is absent or transcended. If there was something; then it would have reflected in the light of Consciousness.

But to tell that there is nothing or no dream- there should be some Consciousness which witnessed it and we are able to say- 'no dreams.'

Our mind is busy with thoughts and emotions during the 'waking and dream' state.

Only in deep sleep state-“Consciousness” or “Brahman” is in existence without any disturbance from mind, and the happiness experienced during that state is recognized only after waking up and is inferred as 'no dream' or 'no thought' state.

Inspite of experiencing three different states, there is only one Consciousness which is knowing the experience of all the three states.

But in 'Who am I' chapter, we have analysed that 'I' is one who remains unchanged like Gold in all ornaments, in spite of different bodies, different states, different lives and declared that 'I' is 'Consciousness' or 'Thuriya' or 'Brahman' or 'Infinite Consciousness'

So 'Consciousness' is not a state, but is the 'Reality' itself which is also called as of the Self or God or Brahman.

Consciousness is the screen on which all the pictures of waking, dream, Blankness -come and go.

The screen is real, the pictures are mere shadows on it. Because of long habit, we have been regarding these three states as being real, the 'light of Consciousness' has gone out of our purview.

(Like we forget Movie or TV screen, as we get immersed in the scenes, once a movie starts.)

All these three states are experienced by all including you.

So every day in our deep sleep state, we are experiencing the Consciousness face to face, but we are ignorant.

### **But that experience is happening when i am not conscious -how do i know consciously?**

Obviously, you cannot experience it because you are not prepared for it.

Ex: We are unable to see the clear “bottom” of a “lake”, as its surface is covered with “ripples” because of the “stones” we are throwing into it. It is only possible for us to catch a glimpse of the bottom, when the ripples have subsided; also if the water is “muddy”, then the bottom will never be seen.

In this example-

The “bottom” of the lake is our own 'true Self';  
the 'lake' is the mind  
the 'stones' are the thoughts, from sense objects  
the 'ripples' are the thought waves and  
'muddy' is impurity of mind.

Similarly the senses and thoughts keep us busy, creating ripples in our mind in waking and dream states. Only in deep sleep, our mind is without any ripples of thoughts, as the mind along with the senses have been temporarily transcended; so you experience bliss in that blankness. But you are not aware of that experience directly, because you were mind less. Only due to Consciousness, you are able to say that you experienced blankness.

So to experience it in waking state, you have to transcend your mind consciously, which can be done through 'Meditation' by eliminating all thoughts and emotions. That is why

**“Mediation is called conscious sleep and Deep sleep is called unconscious meditation.”**

Unless you practice meditation regularly, following the 'paths to liberation', you will not experience it.

**If i am Consciousness 'i' should experience the state of SAT CHIT ANANDA - Existence Awareness Bliss:**

Let us see discussions of Guru and Disciple- a concise from the explanations of Sri Raparti Ramarao and Sthitaprajnananda Swami

D: Guru Ji-You said Brahman or Consciousness is 'SAT CHIT ANANDA- Existence- Awareness- Bliss'. Since i am Consciousness- I should experience these three-kindly explain.

G: You are Satchidananda and you experience it always in deep sleep state. Let me explain.

You have already recognised that you are Thuriya -the Consciousness. It is also accepted that Thuriya or Consciousness is 'existing' in all waking, dream and deep sleep states. Correct?

D: Yes! Guruji!

G: It was also concluded that Consciousness is 'aware' of all the states, including deep sleep state- where we experience nothing

D: Yes! Guruji!

G: What is your experience in deep sleep?

D: Guru Ji- I am always happy in Deep sleep.

G: We have discussed happiness in 'Purpose of human life' chapter and noted that the experience of happiness, should be felt the same way every time and by everyone in the same manner. Also to get happiness we need three factors

1. A desire
2. An object
3. The presence of healthy organ to enjoy the object

Of these three, what are available in deep sleep state?

D: Nothing is available

G: You can say that there is 'nothing'-only when you have some sort of cognising ability, which is agreed as Consciousness. Correct?

D: Yes! Gurujil!

G: So you are also able to experience happiness even in the 'absence of the three factors'- Correct?

D: Yes! Gurujil!

G: Is the experience same whenever you get into deep sleep state or varying?

D: Same Guru Ji -Every time it is the same experience. There is no change.

G: Is that experience same for everybody? Or would it differ from person to person?

D: This experience is same for everybody.

G: So in deep sleep state, the experience of happiness is felt every time and by everyone in the same manner - irrespective of unavailability of the three factors – Correct?

D: Yes! Gurujil!

G: If your experience in deep sleep state is properly analysed, it proves that you are always 'existing'; being always 'aware'; and experiencing 'happiness' every time. So you are Sat (Existence) Chit (Awareness), Ananda (Bliss) – Sachichidananda

### **Now tell me, what are the features of God known to you?**

D: God is Sat (existence), Chit (knowledge) and Anand (Bliss), formless, all pervading, Omniscient, beyond the perception of mind and senses.

G: So the features of God and Consciousness are tallying?

D: Yes Guru Ji all the features are available in “Consciousness”.

It is in existence at all times in all states. Hence It is Sat (truth).

As It is knower of all the things happening in all states, It is Chit (awareness or knowledge).

As It is free from all troubles and suffering and Blissful. It is (Ananda) “Bliss”.

Hence, like God, “Consciousness” in my body is also having same features.

G: So God exists in you?

D: Exists.

G: How can you realise and know Him?

D: In the deep sleep state, where the mind's activity naturally ceases, we can infer the presence of God alone.

G: How?

D: In deep sleep, 'I' remained without any thoughts and slept happily, which is universally accepted by all, the

happiness derived during that state is only recognized in wakeful state. If we reconstruct that state, we can conclude that 'i' remained there (Existence), without any limitations (Infinite), and knowing about the absence of thoughts (conscious)

G: If the characteristics of Divine and Consciousness are found to be observed to be the same, then you are embodiment of divinity.

D: Yes! Guruji!

G: To own that experience in walking state you have to know about it without – any doubt and habitual tendency to identify with the 'body am I' notion.

This itself is 'Self realisation'.

The disciple asks Guruji

**In spite of understanding theoretically all the above-i am not able to accept that i am 'Consciousness' itself. Why?**

**Guru answers:**

It is because once a belief is formed, it cannot be changed easily. The people and society have created an enormous and intricate belief system in themselves over their entire lifetime that all individuals are separate; and formed 'me/mine' individualism very strongly. So this has to change back to Unity again.

This is all play of mind and identification with body and senses. The mind always creates a sense of 'incompleteness' in an individual, which makes a person to develop desires for objects.

The desires in mind make a person want more and more, assuring that one will get happiness from those objects.

The more the desires are fulfilled, person starts comparing with others and again it brings 'incompleteness'. It will be assured by mind, with a promise, that next time happiness will be more than earlier.

Later ownership develops for all the objects the person possess; my car, my house, my spouse, my family and so on. After earning, people feel worried from the thought of losing them. They take insurance, appoint security etc. They invest more to earn more, so that they want to be safe and more secured.

Next comes attachment, which often starts with ownership, stays with sentiment and ends up with bondage. This even includes non tangible things like some Honorary positions in the society as 'President' of some welfare association, colony secretary etc. They get attached to the position & power and feel bad to give it up and try to

thwart efforts of people, who compete against them. This bondage is because of attachment and sense of selfishness.

With these desires, ownership, attachment and selfishness, the individual 'i ness' grows stronger and can end only, when people are totally contended and detached, from whether it is money, property or family relationships. This is becoming impossible due to inherent tendencies inbuilt since childhood.

We always care first about our own self- then family, then friends, then others.

Suppose we are staying in India.

- A blast occurs in Middle east or other Asian countries- we listen to the news and watch on TV- without much emotion- just pity for the families.
- If the blast occurred in Kashmir- to our citizens & soldiers- we express little concern by lighting up a candle and offering flowers.
- If the blast has occurred in next state, we are concerned about the law and order and express our solidarity.
- If the blast occurs in our city, we are concerned about our safety and anxiety grows and enquire about the where about of our family & friends.
- If some tragedy occurs to our friends, our concern level is high- and if it happens to our family members, then the grief is unbearable.

If it is noticed, the blast incident is same killing some people- but the more it pertained to you, more was concern level too.

### **Sri Venkaiahnaidu, present Vice President of India used to tell his experience at ABVP meetings!**

*Dharnas, strikes and arrests were common for him when he was a student and ABVP activist in Nellore.*

*His VR college lecturer asked him-why he was participating in the strike?*

*Venkaiah ji replied that there was a Bomb blast in Kashmir and many innocent lives were lost!*

*For that the lecturer asked Venkaiah ji, "How does it matter to you who comes from a village in AP, if a bomb is blasted in Kashmir"; and warned him to leave such protests and focus on studies.*

*Immediately, Venkaiah ji asked "Sir, what would you do if your foot is hurt?"*

*The lecturer replied that he would treat it by putting a bandage over it. For that Venkaiah ji questioned if your foot got hurt, why should your eyes see it...Why should your waist bend ...why should the hand tie the bandage?*

*The lecturer said, 'It's my body.'*

*Venkaiah ji replied "Then THIS IS MY NATION sir"*

Once we come to the state that all are same- the concern will be same for all.

Knowing that all are manifestations of same Brahman- we have to extend the same love and concern, which we have for our 'self' to others also, feeling everything and everyone as one's own self.

This removes all the worries.

### **To overcome incompleteness, let us learn from the life experience of Buddha- 'The awakened'**

Siddhartha, though he attained the state of the realm of no materiality, He focused on the problem of suffering due to Birth and Death. After many months of meditation, He saw that each cell of his body was like a drop of water in an endlessly flowing river of birth, existence, and death, and He could not find anything in the body that remained unchanged. He saw the impermanence in everything. Nothing possessed a separate, permanent self. - page 101- 'old paths new clouds' book.

By getting knowledge about the 'impermanence' of the physical world Buddha renounces desires with contentment and dispassion thus bringing an end to suffering. So it is said with wisdom and dispassion only, one can reach that completeness or oneness.

### **Let us see this story-**

In a kingdom, young son of the king was kidnapped by robbers and was brought up as a robber. The King's son became robber and was looting public and King's wealth. One day the King's army captured the robbers from the forest and brought them to the King for trial.

During the trial of prisoners, the king and minister identified the young robber as King's son and the young boy was made aware of the fact that he is the prince. The prince having realised he is the heir of the throne, discarded the role as robber. When he was robber- incompleteness was there. But since he is now the prince and as he owns the whole kingdom, there will not be any more incompleteness.

When a person is hungry, he is incomplete. Desire arises to eat. If delayed gets agitated and angry. He eats to his satisfaction. He is now complete.

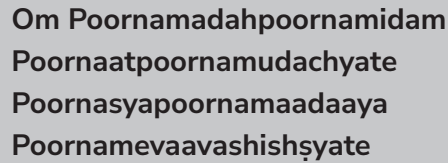
But this is temporary -as he feels hungry again -Desire starts- he is incomplete again.

A realised person also gets hungry and he eats if available or fasts if not. He doesn't feel incompleteness in both the situations or any other thing for that matter. He is always contented with whatever available, no complaints.

This example is given to say that with Moksha, a person's desires and action to fulfil - will be sublated. He is never disturbed in any situation and he is boundless as 'individuality' has dissolved in him. He accepts reality as it is.

Similarly, one has to think and feel the oneness, then when it is realised that everything is you and owned by you, there will not be any incompleteness.

Let us see this Shanthi mantra in Isha Vasya Upanishad from Yajurveda.



**Om Poornamadahpoornamidam  
Poornaatpoornamudachyate  
Poornasyapoornamaadaaya  
Poornamevaavashishyate**

Om, That (Brahman) is complete, This (Creation) is complete, From that (Brahman) completeness comes (appears) this (creation) completeness. Once the completeness is comprehended or understood, then, only completeness remains.

This is one of the explanations given for Brahman.

This can be compared to the law of conservation of energy which states that energy and matter can neither be created nor destroyed, but can be converted from one form to another form. It means that the sum of mass and energy remains constant. You cannot add or subtract anything from it. Let us take space as an example. In an open space, if we construct a building, it doesn't mean that space occupied by the building is subtracted from space or if we remove a building extra space is added. Everything is happening within the space, without affecting it.

Similarly Brahman is the only truth that exists. Nothing can be added or subtracted from it; it only appears to transform itself from one form into another form or energy.



The entity remaining the same, it appears to undergo various modifications.

It is proven that everything is made from atoms and sub atomic particles, and there is only one Cosmic energy, which is divided into 'Kinetic' and 'Potential' energies -which further converts into different energies like thermal, mechanical, electrical, chemical, nuclear, gravitational energies etc.

So all living beings and objects expressed in different forms are made of same energy in different ways.

In ocean- water is appearing as everything, earlier we felt that waves, whirl pools, ripples, bubbles, foam etc were real and different from water. But once we realise everything is water, we now see them as different appearances of water.

Seeking that Reality (Brahman) within and seeing that Reality outside – you become that Reality.

Upon realising you are that Reality, you find Bliss & completeness in that Reality – and never slip away from that Reality.

For a materialistic person- incompleteness will be there due to ignorance.

For an enlightened person- completeness will be there due to knowledge.

That is total completeness.

**Disciple: Guru Ji, what will happen to this physical world after realisation? Will it vanish?**

Guru replies: If there is a world other than Brahman, it will vanish. Since the world is appearance of Brahman, the world will be as it is. Like when the robber realised that he was King's son, did the forest or robbers vanish? Only the misapprehension that he was a robber vanished.

Same as when we understand that Necklace is nothing but Gold- item doesn't disappear. And we still call it necklace, but with clear knowledge in the background that it is made out of Gold.

Same thing with a realised person, he will be doing all activities as usual, but keeping in mind, that everything is Brahman including oneself. The world will remain the same, it is your attitude towards it, that will undergo a phenomenal change.

D: But Guruji, kindly explain why God has created differences in himself? Why so many differences, inequalities among nations and people?

Why some people are healthy and wealthy and some weak and poor?

Why wars are happening between countries? Why innocent people are being killed by terrorists? Why he has created this mind which is creating so many emotions and sufferings?

Guru explains comparing life with a movie and explains to his disciple:

In movies, we see different situations, which look like real life situations, success and failures, fun and tragedy, love and hate etc. We see rich enjoying, poor people suffering. There are wars, bloodshed due to terrorists bombing. We see people robbing, killing for money and ending up in jail etc etc.

We go to movie paying money, involve deeply in the story and cry in the theatre seeing the actors playing emotional scenes. The characters just play their role there, without any permanent emotional attachments, and they get money for making us cry.

The disciple(D) asks Guru(G) - D: But that is a movie for entertainment.

G: Life also should be seen as an entertainment. Our life is similar to a movie, where people act in their roles. Like a projector, God has projected the universe, nature, whole physical world including all living beings on a large screen called 'Space' and we are playing in it like the images projected in a theatre screen, until our life is over. In the movie, all the actors play different roles as decided by director based on their acting capabilities. The actor doesn't have any choice of the role, he has to act as instructed by Director.

### **Bible says:**

It is God who directs the lives of His creatures; everyone's life is in His power... Job 12:10 (TEV)

Similarly in life, we are given different character roles based on our past 'tendencies' and 'karma' by God(director) and we have to just play in the bodies according to the role given.

If you see someone as a celebrity, villain, cheating, jealous, successful – please understand that his role is predefined and that person is acting as per script of God.

D: We see an actor dying in an accident in a movie, but he really doesn't die. He just acts and we see him alive

outside the movie.

G: I already explained how essence of examples should be taken to understand a point. However, let me ask you- 'once an actor dies in a particular movie- does he come back in same role in another movie?'

D: No, same person comes back in another role in a different movie.

G: In our real life also, when a person dies and goes to astral world, he comes back in a different body to play a different role.

He actually doesn't die; same person comes back alive as a different character.

D: In a movie, the story, script is prewritten and action has to be made as per director, but in real life we decide 'what to be done' and act on our own instincts and preferences.

Generally 'i' take decisions in my life, not God. How do you explain that?

G: Frankly, you are assuming that 'you' are taking decisions, which is not true. However to explain your question, let us take TV 'Reality Show' programs as example, where actors are kept in a remote island or a farmhouse and asked to play role on their own without any predefined script or instructions from any director. They keep talking and take actions as per situations they face during the course of interaction with other strangers.

Similarly, in real life also, you are playing your role without being briefed about the story, script, suspense or how it will end. You don't know, your actions and results of tomorrow.

So enjoy your life movie- how it is unfolding in front of you- keeping in mind that everyone is acting as per pre-programmed software for them. Our role is defined by God based on our past Karma.

In our life, all events like birth, parents, wife, kids, friends etc and a person's role in society is predefined as per past karma. We (Consciousnesses) are just following the script written and acting as per God's (Consciousness) direction. But your individual 'i' is thinking it is doing everything on its own accord.

Well, we have been taught that we are independent since we were born. We have deeply ingrained that belief, which says that we are the one in control, that we take our decisions and create our experiences; we are

responsible for actions we do.

**Now let us see if you were in total control for the following:**

1. Did you decide who your parents will be?
2. Did you decide in which country to be born?
3. Did you decide your other siblings and their behaviour?
4. Did you decide your friends and relations?
5. Did you decide educational path you have taken?
6. Did you decide your spouse?
7. Did you decide the gender of your kids?
8. Did you decide your son/daughter in law?
9. Did you decide on which diseases and when they should come?
10. Did you decide your house and neighbours?
11. Did you decide which company to join in a job or which business to run?
12. Did you decide salary you are going to get or make profit in business?

Let us take your own body,

You don't have control on digestion and excretion.  
You don't control your heart beat or breathing.  
You don't control your own dreams.  
You don't have control on your birth and death.

Every day we face situations like this, where we 'think' that we are the real deciding factor. While most of the cases are not in our control, some may appear that we have decided, but in fact it is other way round. Everything is chosen by 'Consciousness'.

But we have invested in a belief that we are the persons deciding everything in our life. So it is not easy to come out of that belief.

Once there is 'Self realisation', then we can see that God alone as 'Infinite Consciousness Existence' who has projected the universe, nature, whole physical world including all living beings on a large screen called 'space' and God alone is playing in it like the images projected in theatre, in all the roles of -Director, Producer, Hero, Heroine, Villain, Comedian, Music director, Photographer etc; including your role.

A 'Self realised' person (Jeevan Mukta) is one who has understood that he is only an actor in the cosmic movie of life and will in no way be affected by the happenings on the cosmic screen of Space. He never gets into bondage with family, friends and others. He acts like an actor acting in a movie limiting to his role, and performs all actions without forgetting his real identity as 'Brahman' in his background, while dealing with anyone in the society.

He realises that the scenes happening in front of him, are nothing but different images projected by the same cosmic light, but giving rise to a sense of duality due to mind and being manifested for his recreation.

**William Shakespeare said:**

"All the world's a stage,  
And all the men and women are merely players;  
They have their entrances and their exits;  
And one man in his time plays many parts.

This is true in our life, we see lot of acquaintances who keep coming and going including family members, friends, enemies etc. And we play different roles at house and outside.

**Jeevan Mukta:**

The concept of 'Moksha' is the comprehension of Self and recognising oneness with all existence. A person realising his true nature as Brahman or Consciousness is just like a wave realising its true nature as a form of water in the ocean.

Once a person reaches this state, he finds unlimited freedom, peace and bliss. He is called a Jeevan Mukta. One who has attained it; gains the capability to 'switch off and on' - his Head-top (mind); just as easily, as he does his Laptop or Desktop; at will.

Any action done by an enlightened person is without the ego 'I', without any intentions or expectations of the result. He is neither disturbed nor elated by any action or incident.

He lets the body engage itself in its natural functions in a spontaneous and appropriate way, without the notion of 'I am doing', 'I am enjoying', thus action becomes non- action.

Ex: One can compare this to actions of a toddler.

For a self realised person, actions and reactions from others, will bring him, neither joy nor sorrow.

Please remove the ego 'i' which has been taking the ownership of Infinite consciousness till now. This brings the threat to your ego or 'i' ness – like for a person, who has built up an organisation from scratch and running successfully, involving and putting all his life time efforts to get name and recognition, is being asked to leave the helm of the organisation.

Now, your ego, the 'i' tries to defend itself at all costs; and convince your mind that the Guru or scriptures are trying to fool you. It will divert your attention, by saying 'who will earn money for your family? How can you get your children married? How can you sacrifice fun with friends? These are all the tricks of the mind. As long as your 'i'- the individuality is there, you will never understand the 'Truth', how much ever it is explained. The 'i' has to cease. Our individual identity is just a myth, a product of our relative imagination and has no absolute existence of its own!

If you want to understand 'Truth' or 'Self realisation'- you have to transcend three things at a time.

1. God - whom you look at as an entity separate from yourself.
2. The physical world
3. The individual 'i'

Here, transcending even one of the above will culminate in transcending all the three. Transcending does not mean to remain as a witness to them, but it implies transcending the name and form by recognizing and remaining as the 'Reality' itself.

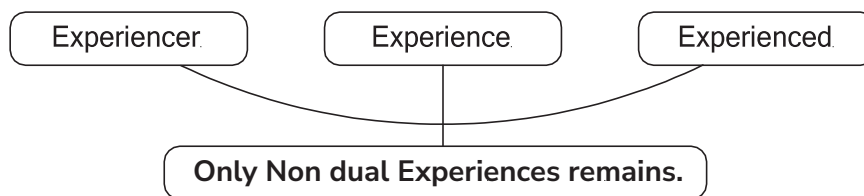
### **Then what is left?**

Then what remains is the essence of Self, the pure subject without an object.

Then what will happen?

Whatever will have to happen, will happen as a spontaneous manifestation of 'Reality'.

There will not be separate



Then 'i' realised its true nature as Brahman. With no 'i'—thereafter there will never be a sense of 'i am this' or 'i am that'. When you remove 'i' from 'i am' -only 'am' remains, which is 'just being'.

In this state, you know the essence of Self, and also that essence to be pure Consciousness, your true identity, Brahman.

You are not a being -who is conscious. You are Consciousness itself.

God himself has awoken to his Real Nature. Then the creator and created is known as one.

This is Mokṣha or Self realisation.

### **Self realisation:**

As Swami Vivekananda says: "After long searches here and there, in temples and in churches, in earths and in heavens, at last you come back, completing the circle from where you started, to your own soul and find that, 'He' for whom you have been seeking all over the world, for whom you have been weeping and praying in churches and temples, on whom you were looking as the mystery of all mysteries shrouded in the clouds, is nearest of the near, is your own Self, the reality of your life, body and soul. That thou art."

### **Why people don't turn towards 'Self Realization' ?**

People having past tendencies and desires, are struck in the wheel of Samsara.

They give excuses about fulfilling responsibilities, in the disguise of fulfilling their desires.

When people are advised to turn towards spirituality to achieve Moksha, they say "we heard it is very tough and takes many lives to earn Moksha". They are mentally prepared that Moksha is not for them, and discourage

others as well.

Some people turn towards spirituality, but get stuck with 'God' with form, performing rituals for their own and others benefit. They help others, donate money for worthy causes, but they are far away from 'Truth', unless they turn to the knowledge of Brahman.

This is natural phenomena that only few look in the direction of Moksha, so that the illusion called samsara continues.

### **Finally Guru advises:**

Dear Disciple, You have now understood theoretically about Brahman and you have to experience it practically. Knowing is indirect knowledge and experiencing is Direct knowledge. Further, knowing the path is different from walking the path.

A person did research studying books, surfing internet and did experiments on 'sugar', like how it is made, what is its taste, how it looks and got Ph D. But unless he eats, he will not experience the taste of sugar directly.

There are certain things, which can be brought near us and shown to us.

There are certain things, where we can be taken and shown to us.

There are certain things which can be drawn and explained to us.

'Self' is an item which cannot be shown by any of the above three means. Even it cannot be shown by Guru objectively, since you are that Reality only.

Self has to be experienced by itself. Actually, this means 'You' have to realise your 'Self' as your 'True Nature.' This looks confusing, but actually it is simple.

### **How far one has to travel to meet one's Self?**

To meet your own 'Self', how far do you have to go, from the place you already are?

No distance – since you have to travel to your 'Self' which resides within you, as your 'Reality' itself no vehicle or efforts are needed.



Self realisation is nothing but rediscovering your true 'Self'.  
What is discovering? It's 'Dis - cover.'

You have to just 'Dis cover' the Self- ie., just remove the cover called 'i' on your 'Self'. When you remove this artificial 'i'- only Brahman remains.

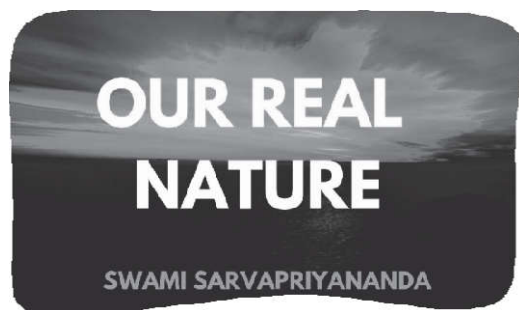
To explain with example, if in the gold ornament name 'ring' is removed, only gold remains.

'Hong sou' meaning 'I am thee'

'Soham' meaning 'That I am'

The moment we shed the 'i' permanently, then it doesn't even take a split second to get direct experience. First we struggle to recognise it, but wonder is, later we cannot get rid of it. For, we are that 'Consciousness.'

It looks like a paradox, but it is the final truth. Self wakes up and owns up its glory of being one without a second, in spite of the appearances of being many. Please watch Sarvapriyanada Swami video on "Our Real Nature"



<https://youtu.be/yIkIS3HE4gQ>



Scan QR code  
to watch video.

# AUTHOR'S NOTE

Unless God decides, you will not be reading this book. You are one of the fortunate people to get this knowledge. This knowledge about Brahman can make some liberated immediately, who are on the path to liberation. For others, it might be a seed or acts as a fertiliser to spur the growth of spirituality in them.

You may read the sequel to this chapter –'Consciousness - The Awakening' which has the Practical methods to achieve “Self realisation”, which is available in website.

There are other chapters like

- Creation.
- The inner engineering of human body.
- Mind.
- Paths to liberation.
- Moksha -The Awakening (part 2)
- Meditation Part 1
- Advanced meditation Part 2
- Articles on Mokṣha
- Questions and Answers.

Since I felt that adding these chapters in the book, may dilute the interest of the reader, I am providing them in Website. I am sure you will like to read them now, because they will give more clarity. Since they are independent chapters, you may choose to read as and when you want.

Please visit : [www.lifeforcecode.com](http://www.lifeforcecode.com)

Along with these chapters, I am preparing videos to show some of the practical methods in multimedia to make readers understand better and help them in achieving their goal. You may subscribe to the website, so that you will be intimated as and when new videos are posted.

## Who is a Guru:

A person is called “Guru” who shows light to a person who is in darkness.

He guides the spiritual seeker on the right path. It is believed that Guru will be automatically sent by God, to one who is serious in seeking liberation.

“When the disciple is ready; the Master appears besides him, by default.” – Upanishads.

Sadhguru Jaggi Vasudev was once asked by an anchor on TV - why people need a Guru.

Sadhguru gave very clear answer infused with a sense of humour:

“When you are going in a car in an unknown terrain- you will be following the voice of a unknown lady in GPS- Global positioning system, who is guiding you to take left or right, and you follow it blindly to reach your destination. Similarly when you are trying to take up the path of spirituality, which is an unknown territory, you have to follow another 'GPS' – Guru Positioning System.”

I was fortunate to meet Sthitaprajnananda swamy, who has guided my last journey and explained Mandukya upanishad in detail to realise 'Self'.

Sarvapriyananda Swami- through his talks available on 'U tube' has provided me clarity for all the doubts through questions raised by his disciples. I have used his answers to explain to the readers of this book. I strongly suggest you to view his Videos.

I am thankful to all my Gurus who have helped in my spiritual journey.

Sarva Gurubhyo Namah

I prostrate at the feet of all the Gurus.

Hari Hi Om Tat Sat.

OM NAMAHA

# EPILOGUE

Life source code is knowing about the secret of the code of “how life is formed in this creation”.

From Creation, the cycle of birth, living, death is being repeated- until a person realises himself as Brahman through knowledge.

When people are made to understand, that it is Brahman appearing as this world within himself, many question-

- \* Why this game was started by God ?
- \* Why God is appearing as this universe and creation?
- \* Why 'God' is cheating and being cheated?
- \* Why 'He' is enjoying as rich and suffering as poor ?

And lot more.

There are many answers given by different Gurus, which may or may not have satisfied them.  
One of the answers narrated by Sarvapriyanada Swami is

*“On one side of the river bank, there are ordinary people having all these questions. On the other side of the river bank are enlightened people who have all the answers.*

*The ordinary people try to swim across the river to find out the answers.*

*To swim they take the help of a coach (spiritual guru) and practice to build up stamina ( Sravana, manana, Nidhidhyasa) and reach the other side.*

*With the practices and guidance, the ordinary person reaches the other side of the river bank ( becomes enlightened).*

*So, on the side of 'Non enlightenment' - there are only questions and no answers.*

*On the side of 'Enlightenment' - there are only answers and no questions.*

*Once the ordinary person gets enlightened, all these questions get dissolved.”*

Also, if a person enquires about “ Who am I” -which is a popular suggestion of Sri Bhagwan Ramana Maharshi, and when it is known 'who is the questioner', then there will be no more questions.

However the best satisfactory answer can be found in 'Mandukya upanishad'-kārikā 9

bhogārthaṃ sṣṣṭirityanye krīḍārthamiti cāpareḥ  
devasyaiṣa svabhāvo'yamāptakāmasya kā sprhāḥ 9॥

It means:

“Some consider that creation is for the sole purpose of enjoyment for Brahman, others say that the creation is like a game or entertainment for Brahman.”

And Upanishad Karika questions

“What desire will arise for Brahman, who is complete and ever-fulfilled one”?

And states “This is just 'Nature' of Brahman.”

Brahman or God alone is appearing in which ever manner 'He' wants, for whatever purpose 'He' deems fit.

I conclude the book, and strongly suggest to read 'Moksha- part 2 - The Awakening' in website [www.lifesourcecode.com](http://www.lifesourcecode.com) and wish everyone attains 'Sustainable Happiness' and enjoys the Eternal Bliss.

