

Live the truth-Atma nirupan

(13/06/04 17.30 to 18.30)

H.P was sleeping on his cot after lunch. At around 3.00 P.M., I went to his room and called his name several times to wake him up so that I can request him to give me a lift up to the main road to catch a bus to return to my house. There was no response from him even after calling him for a long time. So I went near his cot and shook him. Still there was no response. Suddenly he started speaking in Sanskrit. 'ASHWA DWAYAM DHAVANTI', 'SWETHA VARNAHA', 'SHYAMALA VARNAHA', 'AHAM BRAHMAMI', 'SARVAM KHALIDAM BRAHMA', 'DHARMA KSHETRE KURU KSHETRE' ETC., And Then I told him in Sanskrit that I want to go to my house. He replied in Sanskrit asking me to stay back in the same house so that some Spiritual (Adhyatmic) Message can be given to me during Pradosh Kal. Then I asked him to give the Parichay i.e. to disclose the name of the person who was speaking through him. I was told that he is a spirit like me. Then I asked him why he is using Praharaj's body? Then I was told that he loves Praharaj. To talk to me who am an illusory body, he is in need of an illusory body and so he is using his body. Then I asked him whether he is a good spirit or bad spirit? I also asked him did he make any telephone call to me a few days back. I was told that he might have done but he uses a different telephone connection. In spite of my repeated asking for identity, there was no direct answer. So I asked him "Where do you live"? I was told that he lives everywhere in Sanskrit as 'SARVATRA VAASATHI'. Then I asked him why did he select me to convey the message? I was told that it is for 'VISWA KALYAN'.

Then I decided to stay back to get the message. H.P came back to normal state after a few minutes. He asked for tea. After taking tea he was staring at my forehead and telling me that he was seeing Goddess 'Durga' sitting on a Lion. Then he slipped into the state of sleep. In the meantime I also lied down on the floor to have a nap. At that time I suddenly noticed a Sun like thing in my AGNA Chakra. Then I saw Lord Krishna on ALAILAI (THE LEAF OF A BANYAN TREE).

Then around 4.00 P.M, slowly he changed his lying pose and opened his eyes and closed again. Around 4.25 P.M when he opened his eyes again, I asked him about the message. He immediately closed his eyes and started delivering a speech which went on up to 5.30 P.M. Whatever I heard through him at that time, I am trying to put it down below to the best of my ability and knowledge.

There are two horses carrying a chariot. One is white and another one is black. Lord is driving the chariot. White one represents TRUTH. Black one represents phenomenal world which is illusory. God is riding on a chariot with these two horses. As long as you are seeing from the side of the black horse, it eclipses the white horse, so in the external illusory world you cannot see the white horse/ TRUTH. But once you see from the side of the white horse, then the black horse is covered. Once TRUTH rises, the phenomenal world vanishes. Once you see the horses from the front, you understand that all that you see as real is unreal and then you can see the futility of it considering everything is illusory.

It is all due to the Creator' dream and leela (play) that you are presuming the unreal as real. In fact nothing is real except Brahman. It is due to the interference of Bramhan energy at various vibrations with different frequencies at different amplitudes that the five senses like SABDA SPHARSA, RUPA, RASA, GHANDA (SOUND, TOUCH, FORM, TASTE, SMELL) came into existence. Then bodies were made with the organs that can interact with these five senses. They are like sense transducers. Whenever these sense organs come in contact with corresponding sense tanamtras, the resulting resonance produces cognition (a special sensory knowledge). PANCHA MAHA BOOTHAS are nothing but various combinations of these sense tanamatras. All objects come into existence by various permutation and combination of these primary elements (pancha maha bhootas).

Just like YOU SEE YOURSELF IN YOUR DREAM AND THE THINGS CREATED BY YOU IN YOUR DREAM DO NOT AFFECT YOU IN ANY WAY, SO ALSO IS THIS LIFE WHICH IS ILLUSORY WILL NOT AFFECT THE REAL YOU IN ANY WAY. You may ask then what is it that I see, a tall one, or a dwarf one. Or I touch something hard or soft etc? It is all due to sense organs resonating with different mix of sense

tanamatras. It is the same Bramhan vibrating and creating an apparent sense organ and a sense object, which creates apparent sense cognition on resonance with each other. This is Maya, an apparent cognition superimposed over the True Bramhan thus making you feel the unreal as real.

Thus the TRIPUTI- the subject, object, relationship between the two are all illusory. When there is no object, where is the subject and the relationship between them? Without the seen, where is the seer? When you look at a mirror you see your own reflection. You create an apparent seer face and a seen face. Once you remove the mirror, then the seer face and the seen face merges into one and only one, your true face. Similarly there is nothing except the Truth, no seer nor seen.

You experience three states of JAGRATH, SWAPNA, and SUSHUPTHI. In awoken state, whatever you see in the external world, it triggers your imagination and creates an apparent stimulation in you in form of sense cognition. So also in swapna state or dream state things inside you cause a trigger and stimulate your imaginations. Then in deep sleep state you are not having any external or internal cognition, but lay in an inert and ignorant state. The one who witnesses your different incarnations in these different transitory states is the real You. Just like a screen which is showing different paintings remains the screen alone after they are removed, so also TRUTH as Witness remains intact during all the states like the screen. All other phenomenal happenings are like the Paintings done on a canvas.

Pilgrimages and rituals help one to purify one's mind in the initial stages. But once you start going inside yourself deeper and deeper and be the Witness, you have to stop them since you do not need them any more. Do you carry the boat with you once you cross the river?

You exist even after the death of your physical body. So you are not your Annamaya kosa.

You exist even after the Prana/ Life Energy leaves your body (during kumbhakas). So you are not Pranamaya kosa

What is mind? Bundle of thoughts? What is thought? Imagination? Recollected imaginations or Extrapolated imaginations. Once you drop these imaginations, you will be aware that you still exist. So you understand that you are not Manomaya kosa.

What is knowledge? Individual knowledge is stored thoughts and experiences. Universal knowledge is store house of collective thoughts and experiences. True knowledge is source of gross knowledge - the TRUTH itself. What is intellect? One, who chooses, prefers, decides, and discriminates on the basis of individual knowledge? What is intuition? Intuition is the faculty which discriminates on the basis of Universal knowledge. Won't you exist if you stop all the above and just accept things and events as they are? Won't you exist if you forget all the individual knowledge or don't use it? Won't you exist if you do not connect for access to Universal knowledge? You will. Is it not? Then you come to know for sure that you are not the intellect, the Vignana maya kosa.

What is jeeva? Jeeva or Ego is a pseudo entity which takes the body infused by prana, mind, and the intellect as itself and behaves as the real self. Since, you are not the body, you are not the life energy, you are not the mind, and you are not the intellect, how you can be the Ego - an assumed reality out of combination of all these? So you are not the Ego- the self you think that you are.

After discarding all the earlier four layers and the Ego, you come in contact with the innermost Chitta, Anandmaya kosa, the bliss sheath and experience the glimpses of bliss. You come to know that your vasanas accumulated through previous lives are hovering like clouds over the True You. (Bliss sheath causing obscuration of True You is like the clouded sky impregnated with past samkaras). Rising of a vasana blocks the experience of the Bliss whereas when the risen vasana subsides, you are in direct embrace of Bliss. By this knowledge, slowly your stored vasanas rise and mitigate one by one and Vasanakshaya takes place. Your past karmas and vasanas get totally extinguished. With extinction of these stored vasanas, Chitta Suddhi takes place. Once your Chitta is pure then the SUN of TRUE YOU shines. YOU experience that YOU ARE THAT. YOU ARE 'SATCHITANANDA SWARUPA' - 'NIRMALA', 'NIRANJANA', AND 'NIRANTARA'.

So you stop running after things in the external world which is not real. You start a new life from today. Stop running after places of pilgrimages/ people. Try to LIVE WITH THE TRUTH. TRY TO

UNDERSTAND THE TRUTH. TRY TO ABIDE IN THE TRUTH. TRY TO DISCOVER THE TRUTH. GO DEEP AND DEEP INSIDE SITTING IN ONE PLACE INSTEAD OF GOING HERE AND THERE. THEN YOU WILL GET THE KEY TO REALIZATION OF TRUTH. TRUE GURU IS INSIDE YOU ALL THE TIME, WAITING FOR YOU TO COME BACK TO HIM AFTER ALL YOUR FALSE ADVENTURES OUTSIDE.

The purpose of your visit to Rishikulya was to shed off the Pancha Koshas and to realize that you are that SAT-CHIT-ANANDA SWARUPA.

I thanked him again and again and requested him to bless me and tell me how to abide in TRUTH and how to start going inside?

Remember that YOU ARE TRUTH. WHENEVER YOU SEE ANYTHING REMEMBER THAT YOU ARE - THE TRUTH IS SEEING TRUTH. WHENEVER YOU TASTE ANYTHING, REMEMBER THAT YOU ARE - THE TRUTH IS TASTING TRUTH. By doing this you can live TRUTH and ABIDE IN TRUTH.

Then I asked him whether I will be able to do it, practice it and discover it? Do I deserve all this?

I was told that I have done a lot of penance in my previous lives and so I will be able to do it. To put it in his words-"you have done a lot of penance in your previous lives. You are blessed by many saints and evolved souls. So you can do it Prema. YOU ARE BLESSED. YOU ARE BLESSED. YOU ARE BLESSED.

Then I asked whether I will be able to remember everything and put it down on paper?

I was told that I can. I was also told that NOT ONLY THAT YOU CAN DISCOVER TRUTH. BUT ALSO TELL OTHERS AND HELP THEM TO DISCOVER TRUTH AS SEVA TO MANKIND. Then I was asked to tell H.P about all that I heard. To put it in his own words: "YOU TELL ALL THIS TO THIS SOUL THROUGH WHOM I AM TALKING TO YOU. HE IS ALSO AN EVOLVED AND BLESSED SOUL. This time he called me as daughter.

Then I requested him to bless H.P. with Darshan of Santh Gyaneshwer, his Guru and me with Darshan of Babaji Nagaraj. Then I was told as follows: Again you are talking about DWAITHA? Where is the question of existence of two when there is only one SUN? It is only in Darkness/AGNANA that you see many SUNS as reflection in various pots and falsely think them as Suns. Once you get Gnana, then there is only One, and that One is You. When you start going deep and deep inside you, there will be no such urge and if required at that time such Darshans may take place automatically but you will understand that YOU ARE THAT and the Darshan is superfluous.

Then the speech stopped and after a few minutes H.P. opened his eyes and looking at everything as if he has come to a new place. He was telling me that he is seeing that the entire room is filled with light.

First Session: 3.00 P/M TO 3.15 P.M. I was mistaking the voice to be that of a bad force. So I was little rude and rough asking for identity etc., at one stage I was told that "I AM BRAHMAN SPEAKING". When I said that I have to go to my house and requested for the message to be given immediately. I was told to have patience and everything will be told only at the appropriate moment. If I can wait willingly I can wait. Or else I may go. Then only I decided to wait. H.P was totally unconscious. When I asked for blessings H.P. SHOWED HIS RIGHT HAND AS ABHAYA HASTHA FOR A FEW MINUTES.

Second session: 4.30P.M to 5.30 P.M. H.P. was lying in his cot. His body was still. Eyes were closed. Face was so serene and fully bright and full of peace. I was sitting on the floor in Padmasana pose. Sometimes my eyes closed and sometimes open. I was totally undisturbed by external sounds and disturbances. Fully absorbed and dumb-like. The speech was so loving, affectionate like a father to a daughter. The words were flowing like water from a fountain undisturbed with full force. It went inside me without any effort from my side like a nail that goes inside a heap of butter. This time blessings were pouring by rain of Divine - like - words only.

Source URL: <http://divinebuzz.org/live-truth%E2%80%93atma-nirupan>