





Conscious Humans

Insights from my journey thus far.



BHUVAN THAKER

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*Bhuvan Thaker asserts the moral right to be identified
as the author of this work.*

First edition



*Dedicated to Shirdi Sai, without his Inspiration and Grace this would not be written,
this I can tell with 100% surety.*

*Sree Matre Namah:
Aum Sree Sai Nathaya Namah:
Hari Aum Tat-Sat Sree Guru
Datta Aum Saptrishiye Namah:
Aum Hreem Sree Gurubhyo Namah:
Aum Gam Ganapataye namah:*

Bowing down to Triple Gem

*Buddham saranam gacchami
Dhammam saranam gacchami
Sangham saranam gacchami*

*Bowing down to great Satya Narayana Goenka ji.
He reintroduced the lost teaching of Gautama the Buddha to the modern world.*





"In the pages of 'Conscious Humans,' simplicity becomes a guide. Born from a devotion to find my truth, this book unravels ancient wisdom, making it a compass for modern minds. It's a guide to elevate, to lead us toward living consciously—a journey from confusion to clarity, one page at a time."

Bhuvan Thaker





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Acknowledgement

Lord Dattatreya emphasized learning from observing nature and every living life by seeking deeper truth. This is possible when the guru's grace is upon us, and when we are ready he ignites the fire of awareness which allows us to seek the deeper truth and learn from it.

Challenges are a great teacher. It can show up in any form, it can show up in relationships, at work, and in physical, mental, and emotional disabilities we have, when we develop the right perspective, we start seeing the learning it has to offer and we start to grow. I am thankful for all the personal challenges I have faced thus far to help me experience this wisdom.



1

Karma- Understanding Life's Cosmic Law



Karma is a law of nature and a profound philosophical concept in the Vedantic sciences of India. And suppose we're able to understand this at a conceptual level first.

In that case, knowing how it works in our lives becomes much more manageable. Eventually, we can live in harmony with nature and other beings.

For most of us, the gross meaning of karma is "action", but what action? What is the real meaning of action? Let us understand this with a simple example. "Walking" is an action at a gross level. You generating a "Thought of Walking" is also an action but at a subtle level; you generating an "Intent to Walk" is also action at the subtlest level. This is the real action. This is real karma. The three layers of the law allow humans to choose their karma wisely before it becomes a reality, after which it cannot be undone.

Karma = Actions done under the influence of our tendencies.

Let's look at another example. Two doctors in the operating room both take the knife and cut the body; in both cases, the patient dies. The law of karma will play differently for both doctors; one had an intent to kill due to impurities in his mind. And another had the intention to save but, for some reason, couldn't keep the patient alive. The doctor with negativity or impurity in his mind has created bad karma for himself; the law of karma will set in motion the law of destiny or Niyati for this doctor.

The doctor who committed the crime will certainly be rewarded for his karma with a punishment now recorded in his subconscious mind as an impurity. If he is lucky, he might be punished in this lifetime or could be carried to the next birth; the law of destiny will decide how and when to reward for the action(s).

Cause of Suffering

The majority of the living population on this planet is acting or doing karmas on autopilot.

I mean, we don't actually think before acting; since our thoughts are on autopilot, our actions are on autopilot. We act out of compulsive tendencies, called "Vasanaas" in Sanskrit. These tendencies are specific habit patterns formed by doing certain activities. I mean, the action of thinking in a certain way is done repeatedly over time.

Let's understand this with a simple example.

We read about this new beverage called bX; we have the desire to drink it. We also read somewhere it is good for our health only if taken in moderation. So we pick up a large glass of bX (filter coffee or espresso) while commuting to work, and we do this ritual every day for the next 30 days.

Now, on the 31st day, will we not want to have this bX? Our mind will want to have that large glass of bX, and our intellect will tell us it isn't good for us every day, but our newly formed tendency will urge us to have this large glass of coffee on the 31st day. At this point, if we don't allow our intelligence to shine, our tendency will make sure our intelligence sleeps. If we allow it to sleep, we are now on autopilot mode.

Let's understand the consequences of being on autopilot mode.

What has happened is we have willfully given control to our tendencies to govern our life.

In this example, when we continue to strengthen the tendency of drinking bX every day, we eventually get addicted. In other words, we get "**attached**" to the chemical experience of the substance called bX. And our minds will get agitated when we don't get this substance. It will create negative emotions such as anger and frustration. Anyone who might try to help us, our mind filled with rage, will see them as enemies.

When someone gets attached to something, it can be any object or non-object — such as feelings, thoughts, and beliefs. In our example, bX makes it difficult to “**unattached**” oneself. Only when we willfully or forcefully “**Awaken**” our intelligence, and with its help ignite our “**Will Power**”, can we truly become free from this tendency or habitual pattern of the mind. And when we keep giving strength to our tendencies, we eventually “**Suffer**” — we don’t suffer in the process, but we suffer when we lose control, and we suffer for a certain period of time until we recover ourselves. The suffering is proportionate to the strength of the attachment and the effort we have to make to detach ourselves from our tendencies.

These unhealthy qualities of the mind are not bad in themselves, they become troublesome only when they start overpowering us. E.g. Mobile phones are not bad in themselves but when it overpowers us we get addicted and then it has a harmful effect on us.

This could be anything, it can be an attachment to wrong belief systems, ideas, objects, and even people. When we lose control or get overpowered we find ourselves suffering and then the cycle of inertia starts to keep us in this loop which creates more suffering.

*The trick is to not get overpowered, the best way is to not **REACT** when these tendencies come up in your day-to-day interactions or situations or when things get triggered unexpectedly. Take your time to observe and then **ACT** consciously.*

Let us look at our lives, and contemplate on all the mental habits that make us think in a certain way and act in specific ways.

Also, read this chapter titled “*Adding positive karma points in life*”; here, we talk about SIX main impurities of the mind; these are mental patterns or habits that we have formed in our many lifetimes. But, unfortunately, we are unconsciously strengthening them, which is making us suffer.

Side Note -

Sanchita Karma (Stored Tendencies): Tendencies stored and yet to be experienced, akin to a seed of a fruit.

Agami Karma (Forthcoming Tendencies): Tendencies becoming ready to be experienced, comparable to flowers turning into young fruits.

Prarabdha Karma (Matured Tendencies): Tendencies ready to be experienced, like ripe fruits.

Vartaman Karma (Current Tendencies): Tendencies being acted upon in the present moment, similar to a fruit falling from a tree.

Embracing techniques like [Vipassana](#) meditation, rooted in Gautama the Buddha’s teachings, aids in training the mind and burning karmas. Gautama the Buddha illuminated the path to liberate oneself from the cyclic nature of karma, offering a profound understanding of its workings.

“The worst thing you can do to yourself is living in autopilot mode.”



Niyati, the Play of Destiny



It is a fascinating and challenging subject to explain, but we'll explore this nevertheless.

We will first define what Niyati means and then try to explain this concept with simple examples. However, before we define what it means, it would be appropriate for us to understand the other law of nature called gravity. Assuming we did not understand the law of gravity like most children under the age of 5, we would do some crazy things, such as falling from a building. Most people don't do such crazy things because we inherently understand we don't know the art of falling.

However, people who have learned this art and are comfortable doing it are working within the realm of the law and only occasionally get hurt if they aren't careful. Similarly, it is wise for us to know and understand this law of nature called "**Niyati**".

Niyati is a Sanskrit word; in Shaivism, it means "Chit Shakti of Shiva", and in Buddhism, they attribute this force that leads or carries forward something. In the modern English dictionary, it means fate or destiny, and a few years back, an author called it the "law of attraction". But the author did not mention two more attributes of the law of attraction, without which we cannot fully understand how it works.

We'll call this law — Niyati or destiny because it is simple to understand and also the best way to describe the working of this law.

Let understand how this law works with a simple example.

Take a bucket of water and start dropping water droplets; we'll see the ripple waves forming, and these ripples will return to their origin at a certain period of time. It will dissolve slowly but surely depending on variables such as strength and the frequency of the droplets, and this is how Niyati works.

Remember I mentioned Niyati is incomplete without its two attributes. These attributes are (One) the Law of Karma and (Two) the Law of Rebirth. We might ask how these two attributes are interconnected with Niyati; remember the water droplet in the example; the droplets are nothing but our karmas'. *I have explained karma in a separate chapter titled "Karma-Understanding Life's Cosmic Law"*

And the other is the law of rebirth. *To understand rebirth, I'll request you to read the chapter titled "Is there a rebirth" - let me explain it briefly: our mind is the storehouse of desires and impressions, which makes us take birth depending on our quality of mind. Impressions are formed by doing deeds. We do deeds depending on our past beliefs and new influences.*

So, how do we make sense of all of these concepts?

The law of karma and rebirth propels Niyati or Destiny, which aids in fulfilling the destiny of that karma or deed. To understand the workings of Niyati, the Rishis of ancient India discovered mystical science called "Jyotish or Vedic astrology", as we call it in modern times. It is named Jyotish because its job is to "throw light" or find insights from the planets and Nakshatras (constellations) that influence a person and their destiny.

Prediction is a human sport to satisfy the ego of oneself. But the true purpose of the Jyotish is to throw light on "what is" and not "what will be".

“What will be” — is in the hands of an individual. What this means is — we are the creator of our destiny, and if we believe “we can do it”, our mind will find ways to get to the solution. So cultivating a strong mind is necessary; even lord Krishna said so.

“What we believe becomes our belief and our beliefs determine our destiny.”

When one has the right insights into our own birth chart, one can figure out a way to overcome by doing and taking the right actions. For example, let’s say, I am focusing on becoming an actor and have a strong desire to become a star actor.

But my birth charts show i may be good at teaching. So there is a mismatch between my aspiration to be a star actor and what is seen in my birth chart. Does it mean i should not pursue acting or be an actor?

Perhaps, when i struggle with being an actor, i learn so much; in the process, i may eventually become a teacher or a guide for aspiring actors. I may even start an acting school later after many years of experience and struggle in the field; perhaps i may not become a star actor, but still, with constant efforts and the power of my will, i may do many roles as an actor and become a good actor.

“Success is a relative term. We are not born to become successful. Instead, we are born to fulfill our strong desires.”

But there is a good problem, our desire(s) change(s) in the present lifetime, and with every new birth because of our environment, influences, and unique experiences.

The goal is to know oneself well to understand what one really wants, and what our true desire is, and train the mind to listen to it and not get influenced by new and exciting things happening around us; that's where control over the mind is essential. In the Bhagavat Gita, lord Krishna takes over Arjuna's mind so he can do what he is destined to do.

Coming back to the earlier example. Because one has struggled to become an actor in this life and gained significant experience, suppose the desire to be a star actor is still burning bright in my consciousness till the end of my lifetime.

This strong desire will continue in the next life. Why you ask; Because only the body dies, not desires (because desires are stored in the mind); if I have done good deeds in my life as a struggling actor, in the next birth, I might be born in favorable circumstances allowing me to fulfill my desire unless I decide to do something else in the new birth.

On the other hand, if I did evil deeds in my struggling actor life, in the new birth, I would face challenging situations wherein more troubles will come my way to fulfill my desire to become a star actor.

Do you see how Niyati or Destiny plays out in this example? As soon as one dies, the law — “Niyati” takes over and decides how and when you take next birth, what life circumstances you will face, the kind of parents, spouse, children, and relations you will have in life and the type of person you will become, it keeps account and balances all the deeds that are done by you and reward you accordingly at a certain period in time, since we don't remember all the deeds we have done we aren't able to correlate when we are rewarded and for which deed.

There are no punishments; a reward is either amiable or unamiable. When we face unamiable life circumstances, the rishis have advised us to contemplate and act in the right ways, not react but act. These circumstances are coming to teach us something, help us realise something, and move forward, it is indeed very difficult to flow, and if we learn to flow, these experiences will only uplift us.

The rishis of ancient India always gave an example of “tree of life” and “sowing of seed” — you reap what you sow, it is the simplest and most profound statement to understand the working of Niyati or Destiny.

There is, unfortunately, no escaping from the law. Whether we believe in the law of gravity or not, gravity is a reality on planet earth. Likewise, whether we believe in Niyati/Destiny or not, the fact is this universal law exists. Therefore, it is wise for us to understand its working to lead a balanced life.

When we observe closely, the Puranas and the Itihas of the Indian philosophical science are trying to explain to us the working of Niyati or Destiny in the form of stories of deeds of Rishis, Devas, Asuras, and even Gods and how they live, die and take rebirth to face the consequence of their deeds again and again and the wheel of time keep moving forward.

To understand how Niyati works at the level of a family unit, community unit, society unit, nation unit, and world unit, we must simply correlate and compound deeds at each unit level.

Example One — Individual pollution leads to collective pollution, and when collective pollution reaches a certain threshold, it comes back to us in the form of climate change or air pollution, and the consequence is we suffer collectively. But remember, Niyati keeps very accurate records of everyone’s deeds; you will only suffer or get rewarded to the extent of your contribution to the collective wave. The bigger the contribution, the bigger the consequence you will face either in this lifetime or multiple lifetimes. During these COVID-19 times, many people died; we can say these people suffered their Niyati or Destiny. And for many people, COVID-19 did not affect them as much.

Example Two — Businesses or Entrepreneurs, either out of greed or lack of understanding and wisdom, create products and systems that harm nature, animals, and humanity. They have set in motion a wave, and if more people encourage this wave with the influence of money, policies, regulations, media, and over time, this wave will come back and hit us in the form of flu, climate change, or pollution, or unknown diseases, or it could be something else.

Imagine a millionaire/billionaire who wishes to change the world and is looking for a problem to solve; the data shows the world is running out of fresh water, and he fancies cutting-edge technology can help him make an impact on this world and on humanity as a whole by providing fresh water for everyone from the atmosphere. Unfortunately, there is no science that can tell us whether this will impact nature positively or negatively with time; but it will surely solve humanity's freshwater problem.

Do you see how one man's ambition could impact everyone else in the value chain; unless this billionaire stops looking through the lens of making a dent in the universe and start listening to his common sense as well as heart and ask the right questions, such as will this cutting edge technology of extracting fresh water from atmosphere leave the atmosphere dry, what are the chances that it could change the atmospheric composition, what other consequences which we are not aware right now could harm us in the future, Do we really need such cutting edge technology to solve this problem of fresh water and aren't there any other simple solutions to depollute rivers.

About 200 years back, when coal, petroleum, and plastics were first made and used, these entrepreneurs never answered fundamental questions, and humanity as a whole supported the mindless actions; the fact is we are seeing the Niyati or Destiny at play for the consequence of mindless actions of few entrepreneurs which were strengthened collectively.

People and Nations who are higher up in the hierarchy of influence should especially be extra mindful of their deeds in the form of policies, regulations, stories, news, innovation, ideas, and ambitions, the wave(s) they set in motion will have a far more significant impact on lives of every being on this planet.

Does it mean we should stop doing deeds and innovating? Yes and No, we should focus on doing MINDFUL deeds individually and collectively, and this is only possible when we have purified our minds enough.

That's why every spiritual master — be it Krishna, Buddha, Adi Shankaracharya, Ramakrishna, Shridi Sai Baba, Jesus, and many more have acted and given importance to right mindful Karma or right mindful deeds. Because when we develop self-awareness, we perform good deeds and get strength in facing unamiable life situations due to past deeds done with less developed awareness.

Yes, because of a less developed mind, the deeds we do may not be suitable for us and others, and as per the law of Niyati, one will have to face the consequence of those deeds. It is okay to experiment at an individual unit level, but at a greater unit level, experimentation can impact many lives, and hence developing a beautiful mind is a prerequisite to experimentation.

Our Niyati / destiny is determined by our deeds (karma), and like the ripples in the wave, it will come back again and again. Therefore, by purifying our mind from six impurities, we can purify our deeds and lessen the effect of the ripples that form waves. *I have explained these six main impurities in the post titled “Adding positive karma points in life”.*

Speaking in the context of world unit and the six impurities — The times we live in, the majority of humanity is creating and experiencing the world at the grossest level of GAMMA mind pattern; these waves are noisy and sharp. The six impurities we have unleashed on ourselves causes the creation of the GAMMA pattern, which in turn impacts everyone, including the environment, and the outcome is so much suffering; As humanity, our goal should be to reach the level of ALPHA or THETA mind pattern by our individual and collective deeds.

Contemplate

Krishna in Bhagavat Gita said — “Do your Karma without expectation of the reward”.

Do you see why he said so? He said so in the context of the law of nature — Niyati. The game is designed in a certain way that it is impossible for us humans to understand the working of Niyati, let alone keep track of all the waves that are being created and forming continually by oneself and many other units. We can only ride the waves if we are AWARE of our own Karma and if we follow the path of Dharma.

Dharma — In the context of individual beings, it is doing the right thing even when no one is looking.

Dharma literally means Innate Quality/Nature.

*Let's understand it with an example. What is the dharma of Fire - It is Heat,
Water - Binding.*

Earth - Sustain.

Ether - Expansion.

Air - Flow.

*Nature created dharma to create Order in this Universe and we call this order as
Universal Law of Nature. When we align ourselves with the law we experience
stability both inside of us and outside. When we misalign ourselves we experience
instability.*

*Modern scientists should focus on understanding the dharma i.e. order of things
that leads to the law of nature instead of focusing on dissecting and creating
man- made laws. Ancient sages discovered this truth and created a natural
system aligned with the law of Nature and called it Ayurveda - Health System
aligned with the law of Nature.*



Is There a Rebirth?



When we observe nature closely, we realise nature is an open book, and all its secrets are available for anyone to learn. What is needed is the proper perspective and a certain level of awareness. I like to believe rebirth is an experiential reality, and we experience it daily.

Let's explore.

We are made up of a certain mindset, specific mental patterns, and a certain mental impurity, making us behave in particular ways; this defines who we are.

When we are sucked into sleep at night, the world does not exist for us even though the world exists for everyone else. Our minds, memories, and thoughts don't exist; we don't exist; nothing exists when we are in a deep sleep. This is called interim death.

When we wake up the next day, are we different, or are we the same person? For most people, the answer is we are the same person.

That's right, because we woke up from hibernation, all our memories, mindset, mental habits, and mental impurities now start to function as is. We experience ourselves the same way before we were sucked into sleep. This is called interim rebirth.

Remember, our mind never ages; only our body ages. When the body becomes old, and we die, it is similar to being sucked into sleep or death. The law of destiny or Niyati sets in motion and takes over our being and decides how and when we will take rebirth.

It is essential to know who takes the rebirth. The impure mind, with all its tendencies, takes the rebirth, and our current-life personality won't.

Understand this; our current-life personality is the mixture of our impure state of mind + {the genes of our current parents, + our environment}. It is essential to understand that even though our current life personality won't take the rebirth, the law of Niyati doesn't allow us to escape the suffering of our bad deeds.

Let's understand this with an example. When we play a particular video game, we have an unlimited lifeline in our hands. We start playing with level one, and subsequently, we move up to higher levels as we develop skills. We can become better at the game only when our skills improve, and our skills can only improve when we consciously learn with awareness. If we die with a pro skill set, we will start the same game with a pro-level skill and never with an expert-level skill set.

During this process, we die multiple times and are reborn again to play the same game with the same skill sets. We progress only while playing the game.

But, why this process of taking rebirth?

Let's look at a simple example to understand this.

There is a lake full of pure water. Take some of this pure water into a container, and add mud (impurities) to this pure water, and now this pure water in the container has become impure.

Transfer this impure water into a differently-shaped container, this time we have a choice to either add a more impure substance or a substance that will purify the water. Now, we can repeat the process of changing this water into differently shaped containers. If we add purifying substance the chances are we'll get purified water the same as it was when it was first taken out.

(1) Pure water Lake = Pure Consciousness (non-dual state)

(2) Impure water = Impure mind (individual consciousness, or jiva or soul)

(3) Container = Body (it can be human, an animal, or any other species depending on the type of impurities we hold and our willingness to move forward towards the purification process)

(4) Water transfer process = rebirth in different forms depending on the strength and quality of impurity of mind. This transfer process is a cosmic algorithm that decides everything, just like we have blockchain & AI algorithm, once penned it does its work accurately and efficiently.

(5) Impure substances = Mental impurities we imbibe while interacting with society. We make it our own because we are unaware it is impure. Anger, arrogance/unhealthy identity, lust/unhealthy desires, greed, addictions/ unhealthy attachments, laziness, and jealousy. E.g. Alcohol does not feel impure unless it kills our organs and ultimately kills our identity.

(6) Pure substances = Qualities of the Heart. Developing, strengthening and expressing the qualities of the heart is the purifying substance.

Cosmic Algorithm = Spiritual law, i.e. the law of karma along with the law of Niyati aka destiny.

An important thing to understand is that nature has allowed us to reshape our life again to better ourselves. With a newer body, new parents, new environment, and new circumstances, we get a unique chance to change our old mental patterns and work on removing our mental impurities. The process of Yoga practices is to help us become a better humans by identifying our mental impurities and removing them consciously from our being.

"The journey is from creature human -> being human -> divine human -> being divine."

Adding Positive Karma Points in Life



Expanding our minds is the only way to add positive karma points in life. The way to expand our minds is by removing the impurities of the mind. The way to remove the impurities of our mind is by identifying them first, then trying to get

hold of it and removing them slowly by being aware of them in our everyday actions and daily life situations and circumstances.

The next thing you would want to know is, what are these impurities of mind? Broadly there are six significant impurities of the mind; in Indian Vedantic philosophy, they are known as the six Vikaaraas (Shadripus), and they are as follows, (1) **Ka-maa**, which is lustful desires, (2) **Kro-dhaa**, which is rage or anger, (3) **Lo-bhaa**, which is greed, (4) **Mo-haa** which is attachments that bind, (5) **Matsaryaa**, which is envy or jealousy and finally, (6) **Ma-dhaa**, which is egoist or arrogance. Some sub-variants of these major impurities are cravings and aversion, hatred and revenge, negative self-talk, hypocritical and deceitful, and harmful comparisons.

Gautama the Buddha simplified impurities into three categories. (1) Lobha - all forms of impurities that which "sticks", such as unhealthy desires and attachments, greed. (2) Dosha - all forms of impurities that which "spreads", such as anger, aversion dissatisfaction, jealousy. (3) Moha - all forms of impurities that which is "illusive", such as delusion, arrogance, dullness.

Once we start to identify which of these are predominant in ourselves, we could consciously act towards getting hold of them and removing them from our being.

When these impurities slowly start to reduce and be removed from our being, what happens is there'll be a change in our thinking pattern, and because our thinking starts to change, our behavior changes, and when our behaviors changes, our actions changes, and this leads to positive changes in ourselves, and our life situations as well as our circumstances.

So when we take hold of these impurities and start to remove them from our being, we are essentially adding positive Karma points to our life.

How do we remove these impurities?

In the practical everyday sense, there is a handful of approaches. For example, I have identified rage or anger as a predominant impurity of my being. To get rid of it or reduce it, when situations that might make me angry arises, and I'll try not to be angry consciously (Vipassana Meditation teaches this). Another better method could be to consciously find situations that make us experience calm or go to a quieter place and meet more peaceful people. The Vipassana technique thought by Buddha is the sure shot way to eradicate unhealthy mental and emotional patterns of the mind.

Let's look at another example; assuming we have identified "mo-haa" or, in other words, unhealthy attachments as an impurity that we need to get rid of, then donating our skills, money, or different objects in our life can help us reduce this impurity of unhealthy attachments. Maintaining healthy boundaries is good way to manage relationship based attachments.

However, we have to remember that the act of donating is not to pamper our ego or feel good about our generosity. Instead, we're doing this to get hold of this impurity of unhealthy attachments that bind us.

An important thing to understand is that we are doing a significant service to ourselves by reducing and getting hold of our impurities.

*Read the chapter titled "**Being Spiritual and the Path**" to understand how developing the qualities of the "Heart" is the best method to purify the "Mind".*

"Getting aligned with cosmic algorithm, is the only way to live and only way out."

5

Atheists, Believers, and Seekers



A human mind can evolve from being an atheist to being a seeker. These three groups are fundamentally different; an atheist is someone whose mind and heart are closed, and a believer is someone whose mind is open or whose heart is open. A seeker is someone who's mind and heart both is open.

Let us explore further.

An atheist is similar to being a kindergarten kid; they can be influenced relatively quickly, and a believer is similar to being a teenager; they are rebels; since they operate from their heart or from their mind level, they could also be influenced, but not as quickly as an atheist.

A Seeker is someone whose heart and mind are open; it is very difficult to influence them; they will use both their mind and their heart; I mean, use their intelligence and faith and balance them to come to a conclusion. Let's understand this further with an example.

When kids from kindergarten are taken to the ocean, an ocean is nothing more than water to them; they will play at the shore of the sea, and when we take them to the riverbank, it's all the same, simply a water body.

For believers they are similar to the surfers; they will play at the ocean's surface, perhaps take a dive or two, and that's it. Finally, a seeker is like an explorer; they will dive into the ocean, see the world inside, and have a lot of knowledge and perspectives about the ocean.

So for an atheist, an ocean is like water, and beyond that, they don't have much understanding. For a believer, an ocean is more like a playground; they only have some bit of knowledge of the sea. But for a seeker who has gone deep into the ocean, explored a lot of things, and because they're explorers by nature, they have a lot of perspectives.

Let's look at another example to see the difference between the three groups. An atheist is similar to an untrained kid's mind. They would see plants as just plants; for them, a plant is a non-living thing. On the other hand, a believer would have a bit more understanding of plants; perhaps they know intellectually a plant takes in carbon dioxide and gives out oxygen. If they see plants emotionally as living things, they may pray to plants, and trees and connect with them.

A seeker would see plants, trees, and flowers as a whole kingdom in itself. They would look at this kingdom as living, breathing beings just as we humans are. They would see how they take birth, reproduce and die just like every other species on this planet.

And they have their own communication system to interact and communicate with each other, insects, small animals, and even humans; if we can develop enough sensitivity, we can connect with them with our hearts.

To sum up the core difference between an atheist, a believer, and a seeker is; a seeker is an explorer; believers are lazy, they don't want to explore, and this makes them conclude things easily; and finally, an atheist has zero understanding; basically they have little perspective and knowledge. They are mentally shut, and they don't believe in anything.

"Striving to be the best version of oneself is the best type of habit we can inculcate."

Being Spiritual and the Path



Being Spiritual is not an “**Adjective**” but a “**Verb**”. Being spiritual means “loving oneself” or “caring for oneself”, in other words, taking “responsibility” for one’s physical, emotional, and mental well-being. Loving oneself is not self-centeredness or self-indulgence. It also doesn’t mean “being selfish”. Selfishness is the opposite of “loving oneself”.

When our mind is in the expanded state of being, we start to feel love for ourselves, and from that expanded state, all our actions are selfless; we flow to “share” love and compassion. First, we share the love with ourselves, and that same love flows to others who come in contact with us. This love cannot be expressed in words, not because it isn’t expressible, it’s because this expression is uniquely individual. Being spiritual is to experience this naturally expanded state of love with oneself, which then flows to others.

Every human identifies themselves as a spiritual being, whether we are aware of it or not; we long to expand ourselves and want to know things beyond us. But we don’t know how to be spiritual, and we are also unsure if there is a path to being spiritual.

The way to being spiritual is about evolving; evolving the heart and the mind to experience this divine love; this divine love flows only in the types of mind purified of its impurities.

The great Indian scientist rishi Patanjali (Patan-jayly) gave a framework, a structure to this union of love with oneself, and called it “Yog”. He prescribed a path of eight steps explained in detail in Yog-Sutras and Yog-Darshana. Even Buddha; prescribed this and called it the “eight fold noble path”.

We will not discuss these steps; instead, I will share my understanding of the path as simply as I can. I have been meditating and actively seeking to expand my being. I have come to recognize this profound experiential truth.

Our only and only job is the purification of our minds by strengthening the noble qualities of our HEART.

When our HEART is Compassionate and Empathetic; Peaceful and Harmonious; Giving and Generous; Joyful and Forgiving; Truthful and Honest; Grateful, Inspiring, and Radiant. Then, our mind automatically cleanses itself of its impurities. This is the secret to adding positive karma points in life.

The best way to discover, experience, understand, bring forth, and actualize these qualities is through living the qualities of the heart in our everyday interactions with ourselves and everyone around us. In our hearts, the qualities are discovered and experienced. At the same time, our intellect can reflect upon and understand these qualities.

However, the true teacher of our mind is our heart, so the best attitude is for the mind to listen to the heart.

When these noble qualities of our HEART are developed and strengthened sufficiently enough, the spiritual law starts working. First and foremost, the law begins testing us with difficult people and situations as a filtration process; if we endure these tests while developing and strengthening these qualities with awareness and equanimity, a point comes when these qualities become our FIRST NATURE.

Once this happens, our job is over. We don't have to do anything further. The Spiritual law takes over our being and uplifts us into higher spiritual levels or dimensions.

“When you truly realize the qualities of the heart is the gateway, you are enlightened.”

During the cleansing and testing phase, the spiritual law assigns an invisible Guru or Guardian Angel to us who helps us pass through these difficult phases, and they remain with us until needed.

In this journey, the spiritual law will assign many hidden Gurus or Guardian Angels according to our evolving States and Stages. If we are lucky, we might meet and interact with these Gurus and Guardian Angels, but surely we can feel their presence in our life. We sometimes refer to them as God’s Grace or Divine Forces in our life.

You might ask, why invisible gurus or guardian angels? A simple answer could be to help us become the best version of ourselves by developing our faculties to perceive things beyond the sense perceptions.

The Spiritual law is a teacher with a unique style of teaching. “Learning While Doing” is its style. Yes, Learning While Doing. You heard it right; both words “Learning” and “Doing” are “Verb”. That’s why in Yoga, Karma Yog is given utmost importance in this process of purification of oneself.

And, you might also ask, **Why not realised guru in the physical body help us?** A simple answer is “to help us not become dependent”, also, there are many exceptions, but an important thing to remember, an authentic realized guru in the physical body will not keep us under any confusion; there won’t be any ambiguity about their involvement in our life.

Suppose they take up the responsibility to help us become the best version of ourselves. In that case, they will ensure we know who keeps our backside safe.

They are tough masters, just as good and genuine sports, and martial art teachers, or even parents who “Support” us without making us dependent on them.

Keep in mind that this is the most challenging job in the universe one can undertake. Therefore, only the best of the best masters would become the guide to someone in their spiritual journey because to help us move forward, they would have to deal with our

strongest negative tendencies which were strengthened by us knowingly or unknowingly for many lifetimes.

Therefore, to be chosen, we must put in the genuine and sincere efforts required to develop the qualities of the heart, as mentioned earlier. In short, we should become deserving candidates, and the spiritual law decides if we are that deserving candidates or not.

Spiritually evolved people in the physical body are on the journey, undergoing a purification process themselves. Unless their hidden guru or guardian angel instructs them to become a guide to single or many humans, they wouldn't want to distract themselves from their journey of self-purification.

As well as, they wouldn't take up this immense responsibility of guiding others just because they have the desire to do so; in this journey of self-purification, even desires are relinquished. However, there would be a few exceptions always.

An important thing to remember, one can only guide others if one has walked the path till the end, as Buddha said once.

So, yes, as sincere seekers, we can choose to walk along with the spiritually evolved person in the physical body, and also learn from their life experiences and imbibe all the good qualities they have lived as an example to follow.

However, don't expect them to hold our hands. Because, as mentioned earlier, if we are putting in the required efforts and are sincere enough, our hands are held by the spiritual law itself.

Contemplate:

Being selfish means having a belief in "Scarcity". An "Inability" to share things we have as "Surplus". This attitude works at all three levels of our existence.

At the physical level of existence, someone might not want to share their surpluses such as money, wearable, jewelry, food, and many other material belongings.

Furthermore, at a mental level of existence, someone might not want to share their knowledge and wisdom due to the belief of scarcity, such as a fear of perceived self-loss and even a perceived gain received by others.

Finally, at the highest emotional level of existence, someone might not want to share joy, happiness, compassion, love, and many other positive emotions with oneself and others.

This is an error in our mind; we call it a mental impurity of our mind. And the mind can only change when we develop, strengthen and express the qualities of our HEART.

“Self-love is born from the belief and a feeling of abundance, while selfishness is born from scarcity.”



7

Burning Karmas with Meditation



Does meditation burn our karma (deeds)?
Yes, it does!

But let's take a step back and understand what it really means to burn karma with meditation. First, we gradually become aware of our mental impurities and habitual patterns by meditating for a prolonged period. In other words, we become aware of the quality of our thoughts and all the negative mental conditioning we live with.

One example of negative mental conditioning or pattern of our mind is self-sabotaging behaviour. That is, we get in the way of our own personal growth and development or self-improvement or success; this is unfortunate but a common negative mental conditioning and pattern we see within us, and in so many people around us, it is a form of FEAR.

This behaviour could take the form of defensiveness, negative self-talk, or negative gossip. Many people become disengaged after receiving critical or unamiable feedback, causing them to make careless mistakes and repeat them without understanding why negative things are repeatedly happening in their lives; this is our habitual negative mind at play; we can call this our karma because it is our creation.

Once we become aware of our defilement, it is natural for us to change ourselves for good; this change first happens in how we think and feel, then reflects in our behaviour towards ourselves and others. This is the way not only to burn our old karmas but also to make our present and future free from new defilements.

Let us explore this further; there are two types of people. In the First type, imagine someone living in quicksand, thinking they are taking a mud bath. Unfortunately, this is the life of most of us, living with our mental impurities and habitual patterns. However, as soon as we sincerely try to recognize and cleanse these unfavourable mental conditions and habits, we start seeing the truth and make an effort to change our lives.

In the Second type, imagine someone living in filth or gutter and enjoying it. For example, a pig is a creature who likes to live in filth; it is its innate nature to like filth; when we willingly encourage our negative mental habits, we will eventually turn into someone who innately wants to live life with these mental impurities. For example, an evil person would fall into this type and wouldn't change oneself with forgiveness or punishment.

To not get pulled down by our mind, we got to change the automatic negative thoughts playing in our head. At first, this will feel like trying to swim upstream, but with persistence and time, trust me, it can be done. We can also call this exercise adding positive karma points in your life.

Vipassana becomes mindfulness meditation. It is a great meditation technique; you can learn more about it by visiting dhamma.org

This precise technique teaches us to see our thoughts and helps us practice the "let it be" attitude. We don't have to fight with our thoughts, make them go away, or do anything with them. One strategy to effectively work with them is just to let them be. Accept them, and don't give them any more of your attention than necessary.

Accepting the thoughts is not the same as agreeing with or believing in them. Accepting them means letting them exist without investing meaning or importance in them or judging them or yourself for having the thoughts. Instead, mindfully observe the thoughts and realize they have nothing to do with who you are. They are just thoughts – some electrical impulses in your brain. They only have as much power as you give them.

"Mind needs something to hold on to, replace thoughts with breath, and see the magic happen."

8

Layers of Ego



Ego means “Identity”. Identifying ourselves with everything else other than our higher self is an illusion and also the cause of suffering. The spiritual process is about making our ego identify with the higher self and thus coming to realize all is one and one is all.

“Ego is a feeling of having an Identity”

Most people when they say Ego, are either referring to “Being Proud” which is a negative side, and “Filled with Pride” which is the positive side of the Ego.

Depending on our innate quality of the mind and with what we identify ourselves with, one of the feelings will get generated within ourselves.

Example - When we identify too much with our Children then...

(A) If we have a pure mind, we’ll feel pride in their achievements, this will bring happiness and a sense of achievement in our own self because we don’t see ourselves as separate from them.

(B) If we have an impure mind, we’ll “feel proud” of their achievements not because they have done something worthwhile, it is because we have provided for them and because of “I” they have achieved something. We’ll still feel happy though.

(C) If we have a dull mind, we’ll “feel jealous” of their achievements. This is a complex concoction of feelings because one part of our ego identity feels separate and one part of our ego is identified with the child.

Similarly, the human mind will find identities that provide security and start identifying with them.

Humans are capable of identifying themselves with anything and everything. We identify with ideas, beliefs, objects, money, profession, children, spouse, gender, religion, ideology, god, evilness....the list is endless.

That's why the whole spiritual practice is to start identifying oneself with Goodness at every level and keep moving up the ladder of greater and greater goodness.

This is a process of uplifting oneself from being a human creature to becoming a Human being and finally, a point comes when a human being becomes Divine Human and then, Divine.

The process is the same when we choose (knowingly/unknowingly) to become Evil and reach the highest of evilness. Just that instead of goodness we start embracing all the evil qualities and keep strengthening them until one point comes we become evil.

Most normal people are not even aware that they are getting grinded between these two opposite forces every single day.

Every single day we make choices between the two. If one becomes aware and chooses goodness even though it is difficult and more often than not, painful, we are inching towards our natural evolution of becoming divine.

"We become what our mind clings to, cling to higher positive values, objects and personalities."

The first step towards Unchecked Egoism

When someone praises us, do we feel Humble OR Superior? When one feels Superior, remember we have created an ego. Any activity under its influence is shown in our body language and speech when interacting with others; we may not notice it, but unfortunately, others do.

Most people will try to avoid and engage less with people who feel Superior. Many will even try to compete with us to break our superiority. Moreover, one will attract in life only more of those types of people who have a Superiority complex.

Under its influence, we'll feel a sense of false euphoria, mistaken for Self-Confidence. It is addictive, and unconsciously we would want to seek this false euphoria more often. It can also make us feel pity towards others because under its influence we feel invincible.

This feeling is so enjoyable one would find infinite ways and reasons to feel superior again and again to enjoy this false euphoria. This feeling can turn one into Narcissist. And when this addiction becomes extreme, people will label us as having a Superiority complex. We'll feel alone from the inside and have people around for cosmetic reasons.

When we stop getting the dosage from feeling superior, we could start feeling low, depressed, and unloved. Also, unhealthy tendencies such as manipulation, jealousy, and others would surface depending on our strength of attachment towards this false euphoria.

The more we get addicted, the more damage it does to our self- worth; it could lead to inferiority and, in extreme cases, an inferiority complex.

Being aware of our and others' superior tendencies and genuinely feeling humble is the only way out. It is vital to remember feeling humble is the solution, and pretending humbleness is digging one's own grave only much faster.

Although we'll have many people who want to see us suffer our superiority tendencies by falsely praising us. Consciously avoiding any people, situations, or environment to feel superior is one suitable method, which does not mean locking oneself up and not participating in society, becoming aware of this will help us in navigating such quicksand on the path.

Listening to wise men, soul-searching more often, developing a sense of gratitude, focusing our energies on self-development and becoming aware of other people's skills and talent, and appreciating life and nature helps to deal with the feeling of superiority.

A wise man once said, "don't look up and don't look down on anyone is the way to live without feeling inferior or superior, and this is the secret of living a successful life."

How do we transcend Ego? Transformation of our mind with the help of our hearts is a way to transcend the ego. The path to devotion is a way to identify with our higher self. The path of right actions as well as knowledge and meditation is also a way to purify our minds by strengthening the qualities of our hearts and connecting with our higher self.



Is This World a Dream?



There have been many complicated explanations on this topic since the 18th century. Sanskrit is easy to learn but challenging to understand without context. Western thinkers who came searching for knowledge had complicated eastern philosophies in the past, which are always based on a simple truth.

In modern times, modern thinkers have relied mainly on these confused transliterations to intellectualize this simple truth into something complicated, making it out of the reach of common sense of commoners like us. It's time we **demystify the Dream Argument** once and for all.

In 2022, many people are living a digital life; we are also talking about virtual reality and the metaverse. Many people spend four hours or more of their waking life digitally on either web browsers, social media platforms, or Blockchain.

If someone asks where we spend most of our time, it is natural for us to say on the internet. But, **where is this internet?** You would tell me this is a funny question to ask. The obvious answer to this is that it's mostly everywhere.

The internet doesn't have a physical form, nor can we see it. And yet, we acknowledge its presence because we can experience the power of the internet.

Let's take a step back and ask, what powers the internet? Again the answer is simple, the mighty Electric Energy.

When we zoom out and see the reality from the lens of the first principle, that is, the underlying fundamental truth of the existence of YouTube, Instagram, Facebook, Metaverse, Games, Blockchain, and every other digital world, we realize that all of these separate worlds are powered by the internet. And if we don't have the internet, we don't have these digital worlds. And without electric energy, we don't have the internet.

The sages of India were simple but deep thinkers; they looked at the fundamental truth of our world. They zoomed out and asked, what powers our real world?

Let's take another example: look around your space, pause reading this for a moment, and look around. What do you see? You will see so many objects and living things around, but you will miss seeing one essential thing, and that fundamental thing is "Light". Yes, Light.

You missed it because it's obvious. Without light, nothing exists. It's the fundamental truth. Let's zoom out further and ask what the source of this light is; it's the sun; without the sun, life cannot exist; hence he is the power source behind all the life on earth.

Zoom out further, and ask what powers the sun and the universe. Yes, that's what we call the all-pervading consciousness. This energy source is alive, omnipresent, and all-knowing, and this is a fact.

Let's look at this with a few more examples. What is common between all the gadgets you own? Yes, it's polycarbonate plastic or high-grade aluminium. Similarly, what is common between all the authentic jewelry you own? Either it is all gold or platinum or silver. A specific type of mobile phone or a great-looking jewelry design, even though it has its own identity, its existence depends on the material it is made of. Without this fundamental truth, it has no existence.

When we cannot see and realize this fundamental truth in everything around us and within us, it is this illusion called the great "Dream World" to which the sages referred.

Don't try to intellectualize this truth, don't let your imagination construct new meaning to it; let it flow in you and accept this fact.

If we contemplate on this fundamental truth, it will become evident to us that our individuality is powered by the energy source which powers the sun and the universe, just like the electric energy powers the internet, the digital economy, and the digital characters in the metaverse. In other words, they do not exist if the electric energy is powered off. Would they? Obviously, they wouldn't exist at all. ***Does that mean they don't have an existence?***

It will become clear to you that we have been experiencing the great Maya - the illusion that the philosophers have been talking about all along. But, if you understood the core of this fundamental truth, you have now gone beyond the great Maya, the illusion of duality. This is the moment you realize the great truth - The World is indeed a Dream because of the illusion of our intelligence.

Once this realization fills up your being, trust me, it will change you as a person. You will not remain the person you were before knowing this fundamental truth.

Your ego identity will dissolve just like Solid Ice Cube dissolves into a Liquid state, then when Liquid Dissolves into the Gas state, and then when Gas dissolves into all-pervading space.

Think about it.

"In doing nothing mind does something, it starts to look and observe its own qualities."



10

Why Religion?



The Evolutionary Role of Religion

Religion acts as a tool facilitating the transition from an animalistic mindset to a rudimentary human consciousness, nurturing behavioral guidelines for human interaction. The multitude of religions, rather than causing division, adds richness and cultural diversity to the human experience.

The Beauty of Diversity

Humanity's penchant for diversity is mirrored in the abundance of religions. Just as various flowers enhance a garden's beauty, multiple religions contribute to cultural allure.

Regrettably, the current human narrative often overlooks this diversity, engaging in unnecessary one-upmanship.

The Purpose of Religion

The primary objective of human life is evolution and expanded awareness. Religion serves as the initial step toward this higher understanding. Embracing religion opens up endless possibilities for personal growth and spiritual development.

Ancient Wisdom and Guidance

Saints of the ancient Indus land provided guidance through scriptures like Vedas, Upanishads, Puranas, and Eeteaas. Vedas offer scientific frameworks for highly evolved minds, akin to modern scientists. Upanishads present philosophical concepts for less evolved minds, comparable to PhD holders.

Puranas narrate divine stories for even less evolved minds, akin to those with engineering or MBA backgrounds. Eteehaas share human relationship stories for less evolved minds, similar to high school-level understanding. All these are interconnected by the Vedic framework, elucidating the laws of nature for minds at different stages of evolution.

Religion and Spirituality

Religion and spirituality are not opposing forces; rather, they are intertwined. Rituals and systems embedded in spiritualized religions serve as tools to align the mind, body, and emotions toward reaching the pinnacle of human consciousness.

The Evolving Definition of Religion

The term “religion” adapts to its context. For instance, individuals dedicated to the Apple brand are considered religious in their affiliation. Similarly, followers of the Hare Krishna movement or practitioners of Buddha’s teachings exhibit religious attributes.

Paths within Religions

In the ancient Indus civilization, spiritualized religion was categorized into four paths:

Karma Yog (Path of Mindful and Right Deeds): Focused on mindful and Right actions.

Jnana Yog (Path of Right Knowledge): Developing right insights by deeply understanding the knowledge acquired.

Bhakti Yog (Path of Devotion Ignited by Insights): Developing devotion fueled by right insights.

Raja Yog (Path of Deep Contemplation and Meditation): Centered around profound contemplation and meditation.

Diversity in Paths

The segmentation into these paths recognizes the diversity in people’s temperaments and stages of spiritual evolution. Individuals can choose the path aligned with their mental, emotional, and spiritual development.

“Being devotional means imbibing and living the qualities of the subject of devotion every day. Being sentimental doesn’t necessarily mean being devotional.”

The Ultimate Goal

Irrespective of the chosen path, the ultimate goal is self- purification at physical, mental, and emotional levels. Only after the mind is sufficiently purified by embodying qualities of the heart does the true spiritual journey commence.

In essence, spiritualized religion serves as a preparatory phase, instilling discipline and readiness for the profound spiritual odyssey that lies ahead.

The goal of all these paths is “self-purification” at the physical, mental, and emotional levels. Once the mind is sufficiently purified by developing, strengthening, and expressing the qualities of the heart, only then the real spiritual journey starts.



11

Our Relationship with the Nature



In the realm of our existence, we often overlook the simplicity of the profound connection between humanity and our home, planet Earth. While the symbiotic nature of this relationship is evident, its acknowledgment tends to elude us, especially in the formulation of economic and social frameworks.

The Language of Feelings

In essence, our bond with Earth is one rooted in emotions. Analogous to a mother sensing her child within the womb, we communicate with the planet through the universal language of feelings. This emotional exchange serves as the bridge connecting various dimensions of life.

Unveiling Our Interdependence

Consider this analogy: a single bacterium or virus is minuscule, dwarfed by the dimensions of a human hair. Likewise, a human being is significantly smaller in scale when compared to the vastness of Earth. The interconnectedness becomes undeniable.

In our efforts to combat viruses threatening our well-being, we undergo a process of understanding, fortifying our immune systems, and developing vaccines. Similarly, Earth employs its own immune responses, manifesting through earthquakes, temperature fluctuations, and cyclones. Acknowledging this analogy, it becomes evident that our collective negative emotions can disturb the health of our planetary home.

The Impact of Our Emotional Emissions

Regrettably, our society has been structured to thrive on negative emotions like fear, greed, hate, and anger. The consequences of this emotional diet are far-reaching, affecting the very essence of the Earth. It is imperative that we shift our collective consciousness to frequencies of joy, compassion, peace, and harmony, mirroring this transformation in our economic and social systems.

A Glimpse of Positive Change

Reflecting on the extensive lock-down of 2020, a period marked by a significant reduction in detrimental emotions, we witnessed a remarkable response from nature. Brotherhood and compassion replaced greed and hate, showcasing the direct correlation between our emotional emissions and the Earth's well-being.

Aligning with Nature's Signals

Understanding the profound alterations in climate becomes evident when our minds are unclouded by delusions. To those with clear perspectives, it is common sense that Earth communicates with us through these changes. The pertinent question we face today is whether we are attuned to listen and comprehend the messages she imparts.

Contemplate

Our relationship with nature is a delicate dance of emotions and interconnectedness. By altering our emotional frequencies and redesigning our societal structures, we not only harmonize with Earth but also pave the way for a sustainable and mutually beneficial coexistence. It's time to tune in and embrace the language of feelings that binds us to our planetary home.

"The mind can only change when we develop and strengthen the qualities of the heart."

Trust, Truth, and Belief Worlds



The Playful Metaphor of Bubbles

During our childhood, many of us delighted in the simple pleasure of creating bubbles with bubble makers.

Whether big or small, these ethereal orbs provided temporary joy before inevitably bursting. The focus was on creating the grandest bubbles, occasionally engaging in friendly competitions with friends and siblings. Surprisingly, the burst of a bubble seldom invoked strong negative emotions like sadness, anxiety, anger, or frustration. Perhaps a momentary disappointment over wasted effort, but never the profound emotions we associate with life's challenges.

"The nature of the bubble is to live its glory and give us temporary joy and satisfaction before it gets busted and dies down."

Beliefs as Fragile Bubbles

In a parallel fashion, our world of "beliefs" mirrors these bubbles - transient, shaped by our imagination. Each belief constitutes a bubble, ranging from personal convictions to the collective beliefs of societies. The challenge lies in recognizing them as mere bubbles, facilitating the fluid movement in and out of various belief systems. Examples of enormous belief bubbles include ideologies, organizational philosophies, and cultural norms. The key realization is that these are bubbles, neither inherently good nor bad; understanding this marks the beginning of true freedom.

Individuals often create these belief bubbles, drawing others in to expand their influence. However, creators frequently become ensnared in their own bubbles, losing sight of the transient nature of these constructs. Extreme measures may be taken to shield these bubbles from bursting, reflecting the karmic interplay in this dynamic.

Navigating the Belief Worlds

True freedom arises when we can traverse these belief worlds, experiencing them without entanglement. Acknowledging and appreciating beliefs without becoming ensnared is the key. Unfortunately, many remain trapped in their own and others' belief systems, leading to internal conflicts between truth and falsehood, trust and mistrust.

Recognizing these bubbles for what they are underscores their inability to define our true identity. It prompts the realization that the war within ourselves - between truth and falsehood, trust and mistrust - is a construct of our own making. The first step towards liberation is understanding that these bubbles do not encapsulate our essence.

Contemplate

Our journey involves navigating the delicate dynamics of trust, truth, and belief worlds. Just as we once marveled at the fleeting beauty of bubbles, understanding the impermanence of beliefs allows us to move through life with newfound freedom and clarity. Let us embrace the transient nature of these bubbles and discover the profound wisdom that lies beyond their fragile exteriors.

"These bubbles are neither good, bad, nor ugly; they are just bubbles; becoming aware of this is when freedom starts to dawn on us."



Women - reaching her highest spiritual truth



E mbracing Inherent Diversity

Understanding how women can reach their highest truth requires a metaphorical journey with a simple analogy. Envision two square-shaped boxes crafted from a blend of polycarbonate plastic, high-grade aluminium, and steel. Both equipped

with wheels, buttons, powerful motors, and fueled by the same electric source, yet each tailored for a distinct purpose - one for washing clothes, the other for washing dishes. Recognizing and respecting these differences is crucial, just as it is in understanding the spiritual journeys of females and males.

Unique Pathways in Spirituality

Drawing insights from puranic stories, we find rishis and gods engaged in meditation, with their female counterparts nurturing and supporting them. For instance, goddess Parvati attends to the well-being of the universe and its beings, symbolizing the harmonious balance between the masculine and feminine energies in spiritual endeavours.

Rishis, unfettered by societal norms, guide us on the diverse paths individuals can take to reach their highest spiritual potential. Recognizing the inherent differences, they illuminate how males, grounded and inclined towards mental focus, and females, fluid, dynamic, and experiential, can navigate their unique paths.

The Chakras and the Spiritual Journey

Focusing on the chakras - Anahata, Vishuddhi, and Ajna, representing the Heart, Throat, and Third Eye, we discover a methodology devised by wise rishis for females to reach their highest truth. The heart chakra activates through conscious practice of empathy, care, and love. Engaging in right knowledge-seeking activities and creative pursuits expands the throat chakra, while the third eye chakra, representing insights and intuition, activates when both the heart and throat chakras are nurtured.

Nurturing Feminine Qualities

Women, inherently blessed with qualities conducive to chakra activation, naturally stimulate their kundalini through specific actions. Caring for family and community activates empathy, compassion, and care, expanding the heart chakra and fostering a connection with the higher self. Engaging in activities related to learning, music, dance, art, and devotion enhances knowledge of divinity, empowering intuitive experiences of the unmanifested divine. When actions at the heart and throat chakra levels sufficiently nourish the third eye chakra, women can attain profound states of bliss.

The Complex Spiritual Journey for Men

In contrast, men embark on a complex journey involving breaking free from the dominance of lower chakras, predominantly masculine. Once achieved, the more challenging task is to embrace their feminine side, present within every man. Spiritual growth for men involves activating feminine heart qualities without sacrificing their male identity.

Balancing Masculine and Feminine Energies

In the spiritual journey, men must activate heart qualities of the feminine without losing their male essence. Deities like Shiva and Vishnu symbolize the highest form of masculine energy, supported by their feminine counterparts. This balance is mirrored in the chromosomes, where the Y chromosome dominates masculinity, and the X chromosome supports it.

The Role of Women in Spiritual Evolution

Women, blessed with supreme experiences with less effort, are deemed superior in spiritual realms, while men are seen as superior in worldly contexts.

The union of a man and a woman in household life symbolizes a harmonious evolution towards spiritual growth. Women, embodying the higher three realms, guide men through their journey by actively demonstrating and living feminine qualities.

Spiritual Harmony in Society

The societal structure designed by the rishis encourages mutual respect for the fundamental differences between men and women. Women, embracing heart qualities amidst strong masculine energies, play a pivotal role in evolving communities into humane societies. In this context, a woman, representing the Indian goddess in marriage, symbolizes the spiritual harmony achieved when both genders respect and support each other in their unique paths.

Contemplate

Understanding the distinctive spiritual paths of women involves acknowledging and celebrating their inherent qualities. By recognizing and respecting these differences, societies can evolve into spiritually harmonious communities, embracing the unique contributions of both men and women on their journeys to the highest truths.

“Women who embrace the qualities of the heart in spite of strong masculine energies around them are the ones who help communities evolve into humane societies.”



14

Saturn's Energy



Life's Lessons and Spiritual Growth

Saturn, with its distinct energy, makes its presence felt three significant times every 21 years, first in our youth

when we are dependent, then in midlife when we are useful, and finally in old age when dependence returns. Spanning 7.5 years each time, Saturn imparts crucial life lessons, particularly challenging our self-importance often misidentified as self-respect. The bedrock of self-respect lies in the values that govern our lives. Anything beyond this, like status, money, and various forms of intelligence, constitutes self-importance. Understanding and respecting these distinctions is paramount in comprehending the spiritual journeys of both women and men.

Unveiling the Essence of Self-Respect

To comprehend self-respect, we must assess the values guiding our lives and evaluate our ability to uphold them in challenging situations. Others may shake our self-importance, but only we can diminish our self-respect.

The challenge lies in facing difficult situations during the 7.5-year period, causing confusion initially but leading to the sharpening of our ability to make right choices.

Even revered divine energies such as Mahadev, Mahavishnu, Ganesh, and Hanuman do not interfere with Saturn's energies. Consequences are faced for actions rooted in certain belief systems. Invoking divine energies through prayer mantras aids self-awareness, facilitating a proper understanding of life and providing strength to face consequences. This is why Saturn is referred to as Dharmraj or Karma karaka, the lord of justice, in Vedic astrology.

The Evolutionary Cycle of Saturn

As Saturn concludes its 7.5-year influence, it expects us to have learned valuable lessons and become better versions of ourselves. If not, it returns after 21 years, emphasizing the distinction between self-respect and self-importance. Saturn, the lord of justice, relentlessly observes us, rewarding abundantly and punishing harshly. It scrutinizes our reactions to both abundance and adversity, ensuring we stay grounded in virtuous living. Those leading unethical and immoral lives fear Saturn's influence, which spans 19 years, rewarding desires and teaching the significance of hard work, discipline, humility, right thinking, virtues, and values.

Practical Tips for Navigating Saturn's Influence

For navigating the intense seven and a half years, three times in life, consider these practical tips:

- (1) Discard Hypocrisy and Dishonesty.
- (2) Practice tasks you dislike.
- (3) Avoid looking down on any work or individual.
- (4) Listen, Understand, Contemplate, and Speak if necessary.
- (5) Eliminate Laziness in all aspects.
- (6) Cultivate Humbleness.
- (7) Embrace Life, even in unfavorable circumstances.
- (8) Rise above strong likes and dislikes.
- (9) Assist others with resources i.e. effort, skills, money.
- (10) Embrace Discipline and Being organised
- (11) Maintain Cleanliness in body, thoughts, feelings, and surroundings.
- (12) Cultivate Patience through mental slowness.
- (13) Expand the Circle of Belongingness.
- (14) Develop a "Letting Go" attitude.
- (15) Make these tips a habitual part of your being for lasting self-improvement.

Side Note - Understanding the Rahu Influence

Rahu, the shadow planet associated with Sun eclipses, may introduce negative traits like arrogance and selfishness in the absence of a value system. However, being aware of this can balance these traits with positive traits of Rahu such as Ambition, Innovative mind, Futuristic thinking which allows one to navigate Rahu's influence intelligently.

Saturn observes decisions made under negative influence of Rahu, determining justice for actions over a lifetime. Recognizing Rahu's potential negative impact, especially its illusionary "I, Me, and Myself" attitude, empowers individuals to balance and navigate its influence wisely.

Rahu (sun eclipse) = Desires, also takes on the qualities of planet it conjuncts with.

Saturn = Hard work and Discipline

Mercury = Intelligence

Jupiter = Macro Wisdom

Ketu (lunar eclipse) = Understanding, but it also takes on the qualities of planet it conjuncts with.

Mars = Raw Energy

Venus = Micro Wisdom, Beauty, Creativity

Note – All planets have positive and negative characteristics, depending of once natural traits, the planets enhances them during their time period in our life time.

"When we don't accept others talent it becomes jealousy, and when we accept it becomes inspiration." The key is Acceptance.



About the Author



Bhuvan has held significant management roles in Brand Marketing and Innovation for over 15 years, spanning both large and startup companies.

He obtained his Bachelor of Commerce degree from Madras University and later completed his Post Graduate in Marketing Management from Loyola Institute of Business, Chennai. His pursuit of learning continued with an online executive certificate course at Wharton School, University of Anglia, and McKinsey Online Academy, where he refreshed his understanding in Marketing, Branding, and Digital strategy.

In recent years, he has devoted substantial time to deepening his spiritual understanding.

His journey began in 2013 with Vipassana meditation, and he later developed in serious practice, along with an interest in reciting specific mantras.

With the grace of his gurus, he experienced a heightened awareness, leading to clarity on fundamental spiritual concepts. This inspired him to document the wisdom flowing through him, likening it to water pouring from a jug into a glass.

This wisdom is organized into 14 chapters, simplifying core concepts that have caused confusion for both himself, other Indians, and many westerners.

The title's significance is clear: we are entering an extraordinary era, where humans will not only elevate themselves and others into greater consciousness, but also lay the groundwork for conscious societies in the coming decades.

He now also does spiritual counseling, Thank you for buying the book, and please don't forget leave your review too.





