



His Holiness **Paramahansa Nithyananda**

The Book of
Feeling Connection

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What is Feeling Connection?

What is feeling connection?

I will share a few truths about feeling connection.

Feeling connection is nothing but the ability to feel connected to the Divine. It is the ability to melt and merge with the Divine.

Feeling connection with the Divine is the ultimate technique for your life. You don't need any other solution or method to get out of any problem – whether it is your day-to-day problems, or the problems caused by unfavorable planets, or by disease, or mental negativity, or black magic – for any kind of problem, feeling connection is enough to find a solution.

Without feeling connection, even meditation, or the extraordinary powers, or the spiritual experiences you receive on the path, only make you more egoistic and arrogant.

Connecting to your highest possibility

Feeling connection with God or an enlightened being is the subtlest, best gift that can ever happen to a human being.

For anything to blossom, it needs a connection with the highest possibility which it can become.

For the fruit to be completely ripened, it needs to be connected with the tree. Once the fruit is completely ripened, it carries the seed which can become one more tree. The physical connection with the mother tree may not be required. But until it happens, the connection is essential.

In the same way, for a baby in the womb to grow completely, it needs to be connected with the mother through the umbilical cord. Only then a complete body is created. Once the complete body is created, it will not need the physical umbilical cord connection. But until then, it is vital for its survival.

Enlightenment is the highest possibility of a human being. For that to happen in you, it is vital for you to have the feeling-connection to a being who is already in that space, who is already mature, who has already ripened in enlightenment. That is why *vitarka*, the feeling-connection with the Master, is the ultimate gift that can ever happen to human beings.

I call it a gift, because only those who have grown at least to a certain level in the subtle understanding can even smell the presence of the

Master. Only they have the courage to even enter into that great feeling-connection, because the feeling-connection with the Master will just make you into an enlightened being.

The feeling-connection to the being who represents your own highest possibility can simply nullify the constant torture you go through from the patterns of your body and mind. So many problems, which may not be solved by unclutching or meditation, will be solved just by having a feeling-connection. It is the ultimate technique.

If your feeling-connection is so strong, you really do not need any other technique. To solve all your problems and get you whatever you want, from health to enlightenment, just the feeling-connection is enough. Nothing else is needed.

Joy of letting go

Sometimes people ask me, 'Why do I need to learn from a Master? I can learn from life.'

Understand: learning from the Master is a very sweet experience, a very joyful experience. The Master gives you the anesthesia of love before he starts his operation on the tumor of your ego.

Because he showers his love, you will not even experience the pain of going through the transformation. Even if it is mildly painful, you will endure it only with the joy and awareness of being with the Master.

Master is intense life. Not only does he teach you, he also sees to that

you go through the whole transformation blissfully.

A small story:

The father of a young boy was training his little son to move a big stone.

The boy tried his best, but he was not able to move it.

The father said, 'You have not used all your potentiality. Use all your potential power.'

The son was completely tired. He shouted at his father, 'What are you talking about? You are saying I have not used all my potential power. I am tired. Are you not able to see?'



The father said, 'Why, you could have asked me. I am also your power!'

But sometimes, people carry a strong arrogance, 'I know many things, I have seen so many things, I know so many gurus, I know so many things.' Or they are stuck with some moral ideas.

You see, you constantly project to people that you cannot be bent so easily. You take that as a pride. And now slowly, slowly, you start telling that to yourself and cheat yourself also.'

So now, even if you want to bend, one part of you will tell you, 'You are not the guy to bend! Why are you bending?' This is like having a wife inside you, to oppose you at every step! Then live with that fellow, that's all! So just make this decision, 'I want to have it and it should happen.'

Surrender, bhakti and all that - let it happen on its own. You don't ask for that. You ask only for friendliness and the deep feeling connection.

Actually, when a person has vitarka, I see very clearly that there is a tunnel of energy between him and me, like a bridge. So when I bless him, 'Let the experience happen in you,' the energy flows into him just like a ball.

Whenever a person with vitarka comes around me, it is such a joy. You see, in my whole leela, all of you enjoy, my shakti (power), and I enjoy your bhakti (devotion). That is the way the whole leela happens.

Vitarka – feeling connection beyond logic

Vitarka means feeling connected beyond your logic. It is 'just knowing'!

Listen: knowing that something is the truth by your own experience is anubhooti.

Knowing that something is the truth because somebody whom you really feel connected has experienced it is vitarka.

When you have vitarka, all my experiences become your experiences, even before you go through the whole process. Having vitarka is almost like directly downloading all my products, and straightaway patenting them in your name! If you don't have vitarka, you need to pay for every product I patented it and buy it; you need to work for it. If you have



vitarka, it is like a straight free download.

When you have vitarka, all the experiences, all the components of jeevanmukti (living enlightenment)

with which I am living, will straightaway become your life-changing or decision-making strategies, even if you have not yet experienced jeevanmukti.

For example, I do not worry because I know that eternal time is in front

of me. There is no stress. Even if I leave this body, I can take one more body if I want and come back and do my work. Eternity is there in front of me. This is my experience.

When you have vitarka with me, just because it is my experience, you also know beyond doubt that it is the truth. And you can simply become stress-free.

Feeling connection is like a free download

I always tell people that by begging dollar by dollar, you will never become a billionaire. Have you seen anybody becoming a billionaire just by begging dollar by dollar? No. In the same way, there is nobody who achieved enlightenment by meditating every day! Begging one-dollar is like meditating ten minutes every day. What will you achieve? Only through a Master's initiation will the enlightenment be achieved. Initiation is like having a billionaire uncle who dies and leaves everything to you in his will!

How much time will it take for you to work, work, work and have all the experience and powers of enlightenment that I have? It will take too much of time..! Only then can you be stress-free. By that time you will be in your grave!

That is why they say in the yoga sutras that twelve years of sadhana (spiritual practice) is needed for any experience. If you don't have vitarka, twelve years is needed.

By teaching, teaching, teaching, by giving you technical knowledge

and processes every day, I can initiate you into each component of jeevanmukti (living enlightenment) one by one. I can go on transmitting it, component by component. But by the time all the components are reproduced in you and imbibed by you, so much time gets wasted.

For example, if you needed to personally reinvent everything you use in your life, can you imagine how it will be like? First you need to invent a light, then the switch, then the bed, then air-conditioning, then your car, then your house...and by that time you will be in your grave!

Suppose you say, 'No, I don't believe in anybody, I don't accept anybody, so I am not going to accept what anyone else has invented. I am going to reinvent each thing myself. I will not bow down to Edison by using the electric light which he discovered. I will reinvent it myself.' What is going to happen? Edison is not going to lose anything; you will be losing! So vitarka is actually an intelligent game; it is not a foolish game.

When you have vitarka, my experience becomes like your experience for you. Even without the direct experience of jeevanmukti, you can straightaway take thousands of amazing decisions that can be taken only with a jeevanmukta's mental set-up. Straightaway you can start living, radiating, taking decisions from a liberated space. Vitarka helps you live enlightenment without your having to go through all the processes and struggle and reinvention.

That is why so much there is so much emphasis on feeling-connection and guru krpa (grace of the guru) in our tradition. Even though a few people have exploited the tradition by sitting in the guru's seat without

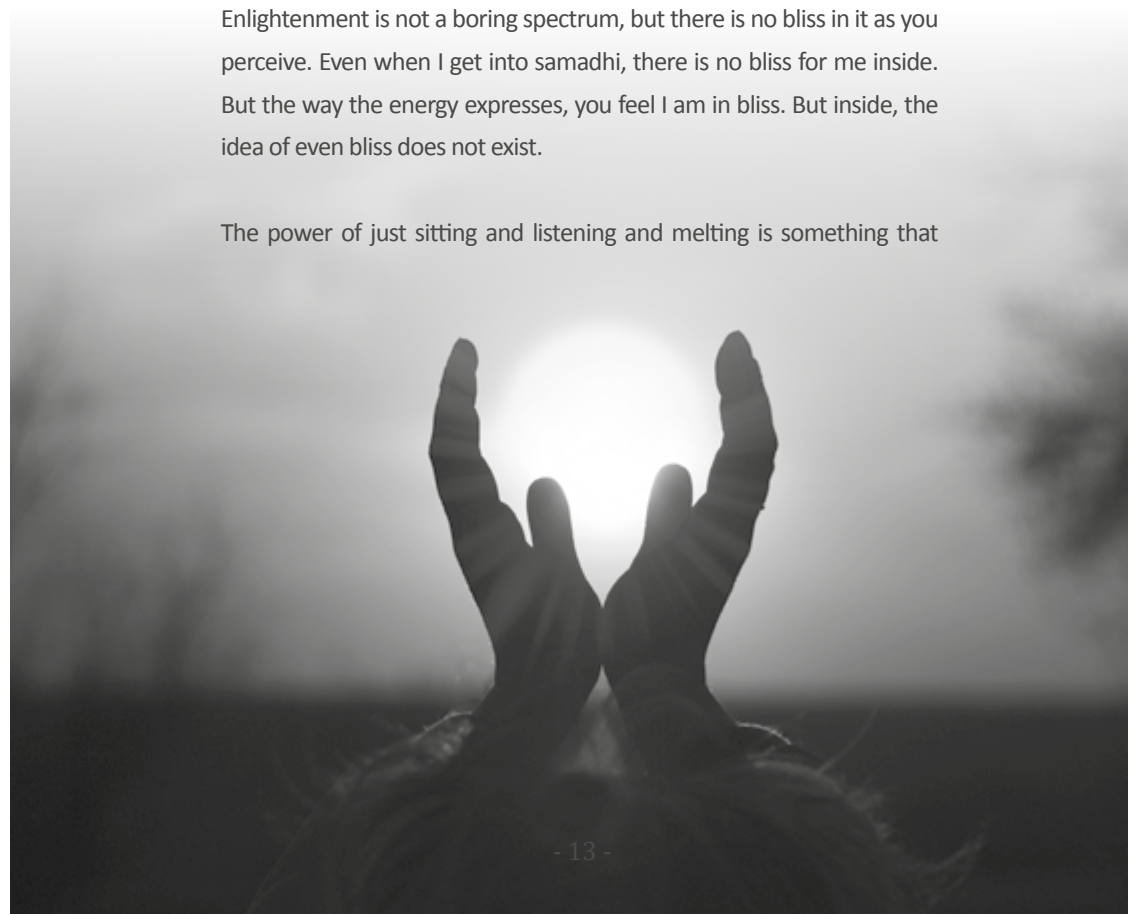
becoming enlightened, the tradition itself cannot be rejected, because it has helped too many people.

The last bliss is disciplehood

The last bliss, the ultimate bliss, the final bliss you experience, is that space of being a disciple. I tell you, enjoy it now itself! Don't miss it. I can say it is the last bliss you can experience on the inner journey. After this, no more bliss! Even enlightenment is beyond bliss. There, the idea of bliss, joy, suffering - everything disappears. You get into a different spectrum.

Enlightenment is not a boring spectrum, but there is no bliss in it as you perceive. Even when I get into samadhi, there is no bliss for me inside. But the way the energy expresses, you feel I am in bliss. But inside, the idea of even bliss does not exist.

The power of just sitting and listening and melting is something that



cannot be described. Just sitting simply with the readiness to listen - understand it is not a joke! Among the billions of people on the planet earth, blessed are those who have the readiness to listen to their heart.

Please understand, I am not even that saying you should listen to me. I am not saying that you should be my disciple. I am just saying that being a disciple, being a receiver, is a joy in itself. Even if you are a disciple of an ordinary stone or a tree, it is okay. It is a joy to be just sitting and melting, hearing some words and missing some words, heart melting, eyes pouring, muscles melting like ice cream, throat choking, hair standing on end, body losing its feeling of being possessed by the ego.

When the joy of receptivity, the joy of receiving, is experienced in your bio-memory, the body loses the feeling of being possessed by the ego. All the time, you feel that your body is being possessed by your ego. See, when your ego possesses your body; your whole body will be stressed and heavy. But when you really sit and melt, the very idea of you being possessed by ego disappears, dissolves.

I can say that is the ultimate auspicious thing you can enjoy on the planet earth in your whole journey - because after this there is only enlightenment. There will be no joy or bliss, and you will be in a different spectrum where the very idea or concept of enjoyment disappears.

So understand, if you are sitting in front of the Master, and you feel that your muscles are melting like ice cream, then it means that you are not being possessed by your ego. Usually the feeling of being possessed by the ego moves from the navel center upwards, till the throat; like a being possessed by the ego. If you are relaxed from that feeling, and your foolish logic is not working, the ego disappears.

When you sit and melt for at least a few hours, that tight grasping logic relaxes its declaration of power over your body.

I tell you, if you experience the space of discipleship, the joy of being receptive, you taste the ultimate. Forget about all your other desires, because anything else will be lower than this. Whether it is having Miss Universe as your mistress or the world's largest palace as your house or name and fame or power in your hand - everything will only be less than the joy of being a disciple.

Vitarka is not blind faith

One important thing to understand is that vitarka is not blind faith.

It is not blind faith, but it is beyond logic. You just know that it is true, even without experiencing it. Whatever you always know was true, Master will express exactly that. That is vitarka.

But there are some people who are very adamant and say, 'I will earn and I will live. I will work, so tapas, get the experience, and only then I will enjoy it.' Then go ahead! There are other people who say, 'Who cares whose wealth it is; as long as it is around me, it is mine! Come on, let us

start enjoying it!' Then go ahead and enjoy it!

So you should find out which category you belong to, and decide accordingly.

Deciding based on intelligence, deciding based on the right understanding, deciding beyond logic, is actually not even a big process. You just need to make a conscious decision - 'I am dropping my ego and my attitude of analyzing, analyzing.'

First of all, do you know what is right and what is wrong? Your very logic that is telling you what is right and wrong is cheating you - but you don't know that.

Sri Ramakrishna gives a very straight truth, 'The crow thinks he is very intelligent and goes around and shouts at everybody, and finally comes and eats filth.' The crow thinks he is a very intelligent guy and goes round criticizing everybody and everything, and finally it comes back and eats filth!

You go on trusting your logic which tells you that everybody else is a cheat, and finally that logic itself cheats you. Many times, you get caught in your own pseudo-logic. Your logic doubts everybody else, but not itself. It is like employing a security guard so that he will protect you from everybody – and finally that fellow kills you!

Solid logic is like polishing, polishing, polishing, polishing, and polishing. What will happen when you polish a knife again and again and again?

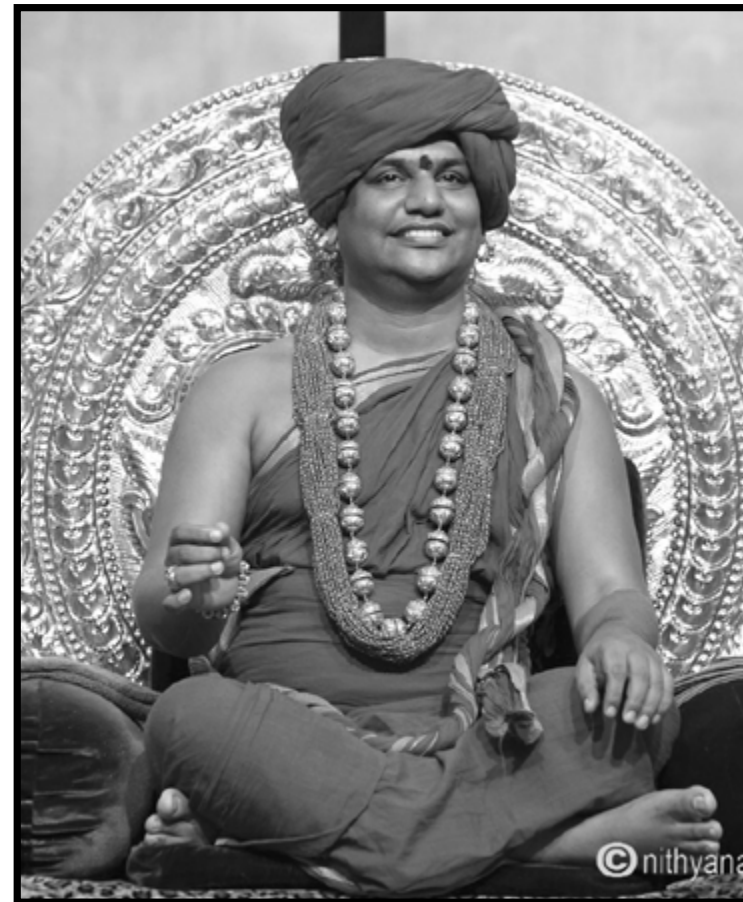


It will become sharp. Actual logic or tarka, by its very existence, will sharpen itself continuously. So naturally it has to become vitarka. Unless you interfere and make it into kutarka, it will simply become vitarka.

Vitarka means having the broad logic that accommodates and is ready to accept even the things which are not taught to you in school. Even for three or four days, if you just sit with tarka (simple logic), without kutarka (without negativity or anger), it will grow into vitarka; it will simply grow into vitarka. Sharpened logic always leads you to vitarka.

Vitarka takes away many sufferings, it eliminates the need for many unnecessary practices, which are not needed for everybody. Many components of jeevanmukti can be transmitted directly into you just through your vitarka, without your going through all the drama and the practices necessary for the experience.

Even if you feel that you don't have vitarka, and you want vitarka, just create a strong prayer. You will see that tarka breaks and evolves into vitarka. But consciously you need to decide, 'Yes, vitarka is right and I want that. It has to happen in me.' You need to make this decision.



Samprajnata Samadhi experience of Sri Ramakrishna

Ramakrishna was deeply connected to the form of the goddess Kali, whom he related to as his mother. He had all kinds of experiences with the deity of Kali. He was living with that deity, with Devi; a very powerful feeling connection.

He used to keep a small thread near her nose just to check whether she is really breathing, and he says she always used to breathe, and he always saw the thread moving with the air with her breathing.

He experienced so many other things with that deity. I will share the story of how he put the conch shell bangle on the Kali deity.

Someone made an offering of conch shell bangles for Kali in the Dakshineswar temple, where Sri Ramakrishna was the priest. The deity had four hands, and they were able to slip the bangles onto three of her hands. In the fourth hand she held a large 'shira' (the severed head of a demon), so the bangles would not go past, without damaging the deity or the bangle. But when Sri Ramakrishna was alone with the deity, he managed to slip the bangle onto her fourth wrist!

Everyone was surprised and asked 'How did it happen? How did you put it on without damaging either the bangle or the deity?'

Sri Ramakrishna said so simply, 'Oh, I just requested her to drop the head for a moment, so she gave it in my hand and I put on the bangle for her.'

Then I told her to please hold the head again, and she held it, that's all!

This is the power of mind over matter! Sri Ramakrishna was connected to Kali that deeply. He was constantly living in samprajnata samadhi.

How I experienced Samprajnata Samadhi

I will tell you the story of how I experienced Samprajnata Samadhi.

When I was a child, I heard a story about a child saint called Nambiandar Nambi. The child was a devotee of Lord Ganesha. Whenever he offered food to Ganesha, the deity would actually eat the food.

When I heard this story, the first thought I had is tarka – when he can make Ganesha eat food, I can also make him eat food! That is tarka, logic. I also had a small Ganesha deity with which I used to play. So I tried to feed my Ganesha, but that fellow did not eat!

So I started thinking about how I can make my Ganesha also eat food.

In Indian villages, if kids do not eat properly, the elders usually threaten them by saying, 'If you don't eat your food, I will put you in the well.' In all Indian houses they have an open well. And that is the usual threatening method!

So I decided to use the same threat on Ganesha. But even when I threatened him, he was not responding! Then I thought, 'I will really put

you in the well, just to show you that I mean what I am saying’.

So I put my Ganesha deity inside a bucket which was used to draw water from the well, and lowered the bucket into the well using a rope. When the bucket touched the water, I yelled, ‘I will really drown you!’

Still there was no response, so I thought that he might not be able to hear me from inside the well. So I took a funnel which was used to pour kerosene into the stove, and started shouting through that, ‘I will really throw you into the water if you don’t eat!’

I think that funnel was the first loudspeaker or mic that I ever used! But there was no response from Ganesha.

Then I realized that I did not put any food in the bucket for Ganesha. I thought that maybe after when he is near the water he would change his mind and eat. So I put the food also in the bucket and put him inside again, but he still did not eat. I repeated this three or four times, but nothing worked out, and I did not feel like really throwing him into the well! So I finally took him out of the well.

Then I thought that maybe he does not like my mother’s food. So I went to the temple and got the same food which they offer to the Ganesha deity in the temple, and put that food in front of him, saying, ‘Okay, your regular diet is here, now eat.’ But again

he did not eat.

Understand, this is what is kutarka. I was torturing him. I was torturing him and trying to force him to eat.

One day, suddenly a click happened in me – ‘Oh, God! Nambiandar Nambi tortured himself, not Ganesha! In my case, I am torturing Ganesha. So I should look in and change myself, not torture him; only then will he eat.’

That click is what I call vitarka, the right logic, the right tuning. It is not even logic; it is beyond logic, it is the right understanding. This is the exact translation of the vitarka – the right connection beyond logic.

With just that click, with a deep feeling-connection, I decided, ‘Yes, I also will not eat till he eats.’

I sat before him without eating for around two and a half days. Finally, I started experiencing a kind of a high state of awareness. I fell into that and lost external consciousness. In that state, I had a vision that Ganesha was really eating the food. I opened my eyes and saw that there was no food in the plate! It was a very strong experience.

People sometimes ask me, ‘Who knows whether Ganesha ate the food or some rat came and ate it when you were in that state?’ I know for sure that Ganesha ate it, because of the

prasadam that he gave me – the joy, ecstasy and bliss which happened in me. Because of the strong trust, the strong vitarka, the strong experience that happened in me, I know for sure that it is Ganesha who ate the food.

The big problem is, we think that emotional people are fools. No. People who can't have the feeling connection are fools - because having feeling connection is like a different channel.

Just intellectually analyzing is the first channel. Any fool can do that. Criticizing and constantly analyzing, any fool can do; you don't need intelligence to do that. But feeling connection happens only for intelligent people. It is a second channel.

So vitarka reduces a lot of your suffering and struggles, and straightaway makes things a lot easier for you.

TECHNIQUE: Experiencing Vitarka

Below is a powerful meditation to experience vitarka:

ABOUT THIS TECHNIQUE

Vitarka is the sweetest and one of most beautiful ways to connect to the Divine. Unlike any other spiritual practice, here the path and the goal are both equally blissful. Losing yourself in the Divine is a joy in itself. It is its own reward.

When you experience deep vitarka with someone, that person becomes

your doorway to the Divine. When you lose yourself in the other, you are taking a leap out of yourself. You experience the joy of going beyond your boundary and merging into another.

This technique is a simple but effective way to awaken the mood of vitarka in you.



DURATION: Not applicable

INSTRUCTIONS

Close your eyes and sit in a relaxed way.

Bring to your mind any person who awakens devotion in you. It could be any person who has enriched your life, to whom you turn for spiritual clarity, who means a lot to you.

It could be a family member, a friend, a teacher or Guru, or even your chosen deity.

Remember him/her clearly. Recall how he/she has caused great transformation in you, in your life. Remember how much he/she added to your being.

When you remember the person, the emotions of joy, reverence and devotion spontaneously arises in you.

Allow this feeling to grow. Experience the connection with the person deeply.

Deeply relax into his/her memory, into his/her being. Just disappear into his/her being, into the beautiful, loving intimate memories of him/her.

Relax and merge into his being.

Master disciple – the eternal relationship

What is a relationship?

A relationship is that which can reveal to you those dimensions in you that you don't even know exist inside you.

It gives you the experience and proves to you that you are also capable of loving someone or something. It shows that you can also love and you can also sacrifice to an amazing extent for the sake of someone.

Relationships have the power to awaken your unknown dimensions.

Your different relationships bring out the various dimensions in you. Your beloved brings out the power of love in you. Your friends bring out the feeling of friendship in you. Your children unleash the motherliness dimension in you. Your parents bring out the child dimension in you. Master is the person who awakens the unknown enlightenment dimension in you. Only the Master can bring out all the dimensions in you.

A relationship with anyone or anything, no matter who or what, will lead you to the ultimate relationship with the Master. When you fall in love, whether it is with a man, woman or child, deity or Master, you will see dimensions of you that you never knew existed inside you. With the flowering of love, you become more responsible. You experience the



very juice of life.

The relationship with the Master, who is one with Existence, is deeper than any other relationship. It is a being-level connection. All other relationships will create bondage, but the relationship with the Master has the power to free you of all bondage. Bondage can never happen in this relationship.

The Master is all forms and no form. He refuses to be captured in a frame, to be turned into a stone or worshipped as an image. The Master is beyond forms, beyond dimensions.

You cannot calculate the transformation the Master-disciple relationship creates in you. The Master reveals himself in various dimensions and makes you transcend those and helps you experience the feeling connection beyond all dimensions and forms.

Need for a living Master

Listen: all scriptures, all literature, and all methods of teachings can only inspire you and cannot give you the experience. Understand, this is the first law.

All books, all videos – when I say all, I mean capital letter ALL, including my books and videos – everything can only create inspiration in you; it cannot give you the experience. Experience is like a lamp. Only from an already burning lamp can you ‘catch’ the flame. Only from an already lit lamp can you light another lamp. It has to be transmitted directly.

In the same way, jeevanmukti can be transmitted only from a living

body to a living body. If a body has to catch jeevanmukti, it has to catch it from the same material source that is already living enlightenment.

Please understand, I am describing very clearly the need for the Master. If a body made of muscles, mind and thoughts needs to catch the fire of jeevanmukti, it can catch it only from another body of the same frequency, a body made of flesh and bones, that is already living jeevanmukti.

Be very clear, a Master who is not in the physical body cannot give you living enlightenment. Please understand, I am making a very strong statement, but it is the truth. He cannot give you jeevanmukti. He can only give you inspiration, experience, and maybe a glimpse. But if He wants to give you jeevanmukti, he has to guide you to a person who is in the physical body.

They will take care of whomever they committed with, when they were in the physical body. For example, suppose you were there when Sri Ramakrishna was in the body, and you had a direct connection with him and he blessed you. Then He passed away, but if you are still here, then He will be there to take care of you. But no new addition is possible after he leaves the body; no new addition is possible.

Sri Ramakrishna and Ramana Maharshi and Mahavatar Baba

and Osho and J Krishnamurthy are all still available in the cosmic plane - to take care of those with whom they committed when they were in the physical body. Even if that disciple takes another birth or many more births, the Master will be there to guide them. But after they leave the body, they cannot directly transmit enlightenment to a new disciple. All of you clearly understand what I am saying?

If you are seeker, and you pray to a Master who has left the body, he can guide you to a living Master, that's all. He himself will not be able to give it to you, because it has to be transmitted from this plane, from flesh and bone to flesh and bone. That is why the need of a living Master. Again and again and again He comes back.

No organization can replace a living Master

This is the reason even a huge organization is not able to own spirituality more than a living Master. Today, seekers are around me, because it has to be it can be transmitted only from flesh to flesh, from muscle memory to muscle memory.

Even in my case, after I leave the body, I will be living jeevanmukti. But because there is no physical body, I will not be able to transmit jeevamukti to the person who is living with a physical body.

Only if I initiate you now and give you the assurance, I can handle you even if I leave the body. So if you had the assurance from Sri Ramakrishna, Ramana Maharishi or Osho, or any Master, when they were in the flesh, then you don't need to go to a new Master; it may not be needed.

But even then, they usually guide you to a living Master, because living around the Master is not only living enlightenment; it is a joy. It is an ecstasy. It is a way of life.

That is the reason a living Master is necessary, and cannot be replaced. Even today the necessity for a living Master is there, just as when Shiva started the whole thing millions of years ago.

The only thing which is not yet outdated, which can never be outdated, is the necessity of a living Master. Thousands of things in the world are constantly getting outdated and replaced, but the need for a living Master can never be outdated or replaced.

You choose your relationship with the Master

When people ask me, 'Are you God?' I tell them, 'It depends on you!'

It depends on you. I am constantly available, open. If you want to connect with me as a teacher, you can connect with me and carry the knowledge. If you want to connect with me as a Master, you can have initiation from me. Only the Master can initiate; the teacher can't initiate. The teacher can teach, but only the Master can initiate.

If you connect with me as God or Divine, the Ultimate energy, you will

carry the experience itself, not just the initiation. It depends on how much your inner space is made available for me, that's all.

Let me tell you one thing clearly, I am not here to prove that I am God. I am here to prove that you are God. I am not here to prove my divinity. I am here to prove your divinity.

If you relate just intellectually, you will carry the knowledge. If you relate with a little bit of emotion, a little bit of love, you will carry the initiation; it means that whatever I can't express through words also will go into you - the software will be transmitted. If you are able to connect with the Being, deeply, you don't need initiation; the very experience will be transmitted. It depends on each person and to what level he connects, to what level he experiences.

Five ways to connect with the Master

There are five attitudes with which to relate with the Master. Through each attitude, a different path unfolds, taking you closer to yourself.

One path is the attitude of the mother towards her child, looking at the Master as your child. This is called vatsalya bhava which is how Yashoda, Krishna's foster mother, related with Him.

Another is the attitude of the child towards the mother. This is called matru bhava. This is how Ramakrishna related with goddess Kali, looking at the Master as mother.

The third is the attitude of a friend, looking at the Master as your friend.

This is called sakha bhava. This is how Kuchela and Arjuna related with Krishna.

The next is the attitude of a servant. It is called dasa bhava. It refers to the Master-disciple relationship wherein the disciple feels like a faithful servant of the Master.

This was how Hanuman related with Rama in the famous Indian epic Ramayana.

The ultimate is the attitude of the beloved, which is beyond body and beyond gender. It is called madhura bhava. Let me be very clear: the attitude of a beloved is in no way connected to whether you are a male or female. It is beyond gender consciousness. It is just a feeling of intense connection.

The last is the maha bhava. It is all the other five bhavas put together and something more! That is what the Master-disciple relationship is all about. You can relate with the Master in any one of these five attitudes or bhavas, or all the five put together.

The Master is like a forest fire that is happening on one side of the river. The disciple is on the other side of the river. The river is the 'samsara', the river of births and rebirths.

Between the Master and disciple, if there can be a bridge made of any material, the fire can move, cross over the bridge and reach the disciple. The material of which the bridge is made is immaterial. It can be made of

wood or with cement, but the forest fire has the capacity to move over the bridge and reach the disciple.

In the same way, irrespective of whatever connection you may have with the Master, just get totally dissolved into that. If you dissolve into that, it will simply fulfill your feelings and lead you to the ultimate state of eternal bliss. If you understand this truth deeply and try to practice this with the determination, 'I will focus on my feeling and get dissolved into the Master-disciple connection', it will lead you to that state.

Don't think that you don't know how to dissolve in that. The sheer determination is enough, it will happen automatically in you. Any hurdle between the Master and disciple will dissolve just by focusing on the dissolution that happens between the Master and disciple.

Levels of feeling-connection

The five attitudes that I mentioned are actually five levels or stages of feeling-connection between Master and disciple.

This really depends on the kind of personality that the seeker has.

There are three kinds of personalities. One, who can intellectually connect, but will take a lot of time to feel connected emotionally. With anything he can intellectually understand, he can intellectually relate, but he can't emotionally have the feeling, the feeling connection doesn't happen in him.

Second, they can connect emotionally immediately, they will straight away have the feeling connection, one sight, love at first sight; they can have a strong feeling connection, but very difficult to intellectually analyze and understand. Intellectually they will be a little dull. The energy will be through the heart. This is the second kind of people.

The third, very balanced, the intellect and emotion will be both parallel lines in them. They will be very straight. They can connect intellectually and experience emotionally. They are called 'Being' level people.

The first stage of connection is usually purely at the intellectual level, based on doubt more than anything else! So doubts keep coming up all the time. You think, 'He seems to be so young! How can he be a Master? He doesn't seem to be highly educated or qualified. How does he get thousands of people to listen to him?' You have your doubts; you are cynical.

In the zone of pure intellect. the relationship never happens. The next step is from intellect to intelligence. From the negativity of doubt you move to, 'Why not attend this program and see what this person is really doing?' Instead of remaining with 'What can he do?' you move to 'I think he means something. But I neither believe nor disbelieve. Ok, let me see.' The intellect starts to become intelligence.

Then, if you continue to look in, you move from intelligence to

intelligence mixed with emotion - maybe 60% intelligence, 40% emotion! You feel that the Master is a good friend. You think, 'He can guide me a little bit here and there, wherever I need guidance. I have an idea of how my life should be, so he doesn't have to teach me everything, but wherever I need to make some decisions, I can take his help.'

This is looking at the Master as a friend. That's what we call sakha bhava, the friendly attitude. This is like using a stick to walk with. You use the stick only when there are ups and downs.

After that, by and by, slowly, when you go through some serious problems like depression and low moods, when you are not able to help yourself with his words, you realize that the stick alone may not be enough; you need more support. So you ask him, 'Your teachings are great, but at this moment I am not able to follow them. What do I do?' Then he supports you mentally and psychologically also. You reach out for his hand and with his help you start walking again.

The gratitude towards him increases while holding his hand. If you have only the stick, then it is a friendly attitude, intelligence-emotion. If you start holding his hand, he will start lifting you, and slowly it becomes emotion-intelligence. In this stage you move from intelligence to 'intelligence with emotion' - 60% intelligence and 40% emotion. This attitude is what I call feeling the Master like a father or mother. From being a friend he becomes a father or mother.

Slowly, very slowly, the relationship deepens. You settle down and think, 'He is not just a friend. He is not just a person who gives me suggestions and ideas. He takes me out of my problems also.' Again and again, when you are helped every moment beyond your expectations, the feeling within you toward him becomes more of emotion. He fills you, he fills your heart. You have a problem forgetting him. That is the moment you feel like bowing down to him like a servant, not with shame, but with reverence and humility, because you have found someone to surrender all your problems to. This was how Hanuman felt towards Rama. He was completely devoted to Rama. A deep connection of high emotion happens with this kind of relationship. This attitude is much more emotional than the earlier one. It is a mix of 60% emotion and 40% intelligence.

Then, by and by, you move deeper emotionally and you become protective of the Master. Instead of asking attention from him and taking help from him, you want to support him, love him and attend to him. Your attitude becomes that of a nurturing mother. This is a state of pure emotion.

In these four states of intelligence, intelligence-emotion, emotion-intelligence and pure emotion, your life is separate and independent from the Master's life. You just take help from him to help your life, to enrich your life, that's all.

When the emotional attitude ripens, you start feeling that your life is no longer separate from his. You then move from

the emotional level to the being level. You feel like sacrificing yourself to take care of him and dedicating your life to him. There is a merger at the being level, even stronger than the emotional connection of a mother and child. It is a connection of deep love, without any gender consciousness. This is what is called madhura bhava, an intense mix of emotional and being-level attitude.

When the madhura bhava becomes intense, suddenly you experience that there is no 'he' and 'you'. There are no two different beings. You and he are one and the same. You start experiencing the maha bhava - experiencing yourself as the Master. You experience the ultimate, tat tvam asi - That art Thou.

This is how, step-by-step, you start experiencing and growing in the feeling connection with the Master. Each disciple's relationship with the Master is unique. That is the beauty of it! Each disciple progresses with the Master in search of his reality, in the path that is best for him to progress.

TECHNIQUE: Living like the Master

Below is a powerful meditation technique to live and feel connected with the Master continuously.

ABOUT THE TECHNIQUE

The mind takes the form of that on which it contemplates continuously.

The most effortless way to experience the space of enlightenment is to meditate on a being who lives and moves in that space.

Bhakti is nothing but holding on to that which never changes – the formless consciousness.

But it is not easy for us to directly feel connected with the formless Existential energy.

The Master is the form that reminds us again and again of the formless.

This is an extremely effective technique for changing your very bio-memory. As you keep practicing it, your body and mind will simply pick up the language of enlightenment.

DURATION: Not applicable

INSTRUCTIONS

Whatever situation you are faced with, ask yourself, *'How will my Master behave in such circumstances?'*

Then do the same.

If your mind brings up the question, *'Who knows how He will behave?'*, or *'It is alright for the Master. Can I do it?'* – just ask, *'How will the Master respond to this doubt?'*



He will simply silence the mind, that's all.

So you also do just that.

Don't bother about any difficulties you might face.

What is the worst that can happen to you? Death?

Then ask yourself, *'How will the Master handle this?'*

Even if death happens, the Master will simply leave the body gracefully.

He will be untouched.

When there is a beautiful way in front of your eyes to handle even death, what other problem can stand before you?

Just this one connection can solve all your problems and run your life.

Understand, this is not just faking.

Maybe in the beginning it will seem like that, but when you continuously follow the expressions of enlightened behavior, you will fall into the experience from which it arises.

Just live the Master; you will live like a Master!

Dimensions of feeling connection

Prayer and feeling connection

Prayer is a powerful way of feeling connected to God or the Master. A sincere prayer has great benefits. When you are connected to the Master, the prayer establishes a direct bridge between you and the all-powerful, compassionate Existence in the form of the Master.

Prayer can directly remove all the physical and mental impurities you carry inside you. It can simply dissolve all the sins you have been carrying. It is an integrated, focused direction of your energy towards the Ultimate energy.

Can the power of prayer be proven scientifically? If you pray for someone, can that person be benefited? Research has been done especially over the last decade to answer some of these questions.

Some of the findings are listed below:

In a 1998 study, some selected practicing healers from a number of traditions including Buddhism, Christianity, Indian shamans etc. were supplied with the first names, blood counts and photographs of twenty

patients with advanced AIDS. Every day for an hour per day, the healers concentrated their thoughts on the pictures of these patients, for ten weeks. There was another group of twenty other AIDS patients who were left without being thought about in this way. An important thing to be noted in this is that the patients had no idea that they were being prayed for.

It was found that the patients who received this distance healing had fewer and less severe new illnesses, fewer doctor visits, fewer hospitalizations and in general were more positive than those who were not prayed for. This was to the extent of fifty percent to almost hundred percent better results than the group not prayed for.

Similar experiments on mice also showed that the distance healing shrank tumors.

Experiments have also shown that heart attack patients who don't even know that they have been prayed for recover much faster and better.

In a similar study in Paris a group of sixty terminally ill patients in a hospital were prayed for while the patients themselves were unaware of this. Another group of sixty terminally ill patients were also monitored who did not receive anything other than the medications. The other groups of sixty patients were also receiving medications.

It was found that the group that received the prayers lived an average of four months longer than those who did not. Not only that, five of the patients who were prayed for even recovered completely. On the other hand, in the other group of sixty patients who did not receive prayers,

none of them got well.

The power that prayer has on one's own self has also been found to be remarkable. Various top universities in the United States have studied these effects.

Some of the benefits found include:

- Forty percent lower death rate from heart disease and cancer
- Up to fourteen times higher chances of survival after surgery for heart patients
- Lesser hospitalization time - as little as three weeks

Some studies done include:

- A study in San Francisco in the eighties was done on about four hundred patients that showed that the group receiving healing prayer not only had fewer deaths, they also had lesser need for CPR (cardiopulmonary resuscitation) and mechanical ventilators as well as antibiotics.
- An interesting study was done in France to study the effect of thought on the growth of microorganisms. In the experiment, a group of people was asked to influence the growth of some destructive fungi just by their intention. The ambient conditions were tightly regulated and there were two groups of fungi, one that received attention and the other that did not. It was found that the growth in over 75% of the fungi which

received the intention to not grow actually showed retardation in growth.

TECHNIQUE: Tuning in to the Divine vibration

You can connect to the Existential energy in any way, as long as you feel sincere and integrated in your devotion. A very easy, powerful and effective way is through the chanting of *mantras* or sacred syllables which have a deep meaning linguistically as well as vibrationally.

Choose the mantra with which you feel most in tune.

If you have a favorite deity, you can choose that name or mantra of that deity.

If you have a Guru, connecting to the Existential energy becomes effortless, as the Guru is the living, moving form of the formless energy. He is your direct connection to the Divine.

Whatever the mantra or prayer you choose, remember that it is only the means for you to connect. The Divine power is always available. You only have to choose the path that is easiest for you!

ABOUT THE TECHNIQUE

Feeling connection to the Master, Guru or any enlightened being through prayer or mantra is a powerful technique that can lead you to the ultimate feeling connection and enlightenment.

DURATION: Not applicable

INSTRUCTIONS

Make the whole being as an 'ear' for the mantra. Sit down and observe the whole being listening to the mantra. If you just repeat the mantra mentally, the mind repeats many things.

When the whole being is made an ear for the mantra, you can feel the mantra coming from everywhere. This will happen naturally with practice. Then you don't need to put effort to chant the mantra.

Finally even the mantra does not exist. You become the mantra – the essence of the mantra just becomes you. The mantra exists as an experience that just fills your whole being and it is no longer separate from you.

The very vibration of the mantra changes the vibration and frequency of the being.

The increase in intelligence also results in the increase in the power of cognition.

Anything that you repeat continuously becomes a part of your very being. When you constantly chant the Guru Mantra, your very inner chatter gets replaced with the powerful *mantra*.

So, instead of the unnecessary, random, meaningless thoughts that constantly arise in our inner space, the *mantra* repeats itself and purifies and energizes your inner space. The energy behind the action of speech, the *vak*, gets completely purified.

When you repeat the *mantra*, be aware of the *mantra* itself and the gap between two chants. The awareness is very important in this technique. You start becoming more and more aware; more and more conscious in everything you do in your daily life.

When you chant the *mantra*, witness it.

Then it will become the center of your consciousness. Any thought that comes will be like *mantra*. It is just like in a water tank, if you keep a blue powder at the base, the arising bubbles will also be blue. Same way, as you continuously witness the *mantra*, you will become the *mantra*.

You become more aware of the thoughts you think; so you can catch negative thoughts at their very source itself. Witnessing your thoughts and emotions thus becomes a much easier task and you fall into the natural state of meditation.

Constantly chant the *mantra*; your awareness and mind will thus be on the *mantra*.

The speed of chanting is not important; awareness is the key. As you continue chanting, the awareness will start staying more and more and the chant will become effortless and the pace will increase as well.

This is a very powerful meditation technique that can still the mind and effortlessly allow only the thoughts that are needed for functioning. You become the Master of your mind rather than the mind being your Master.

Upanishad and feeling connection

People sometimes ask me, 'Swamiji, why should you insist on the physical presence of the Master?'

Listen: the Master is nothing but a 'conscious ball', breathing consciousness. Whenever you are in his breathing space or near him, your muscles are constantly getting programmed to live in the same space that He is living.

The Master is nothing but a 'conscious ball', breathing consciousness. Whenever you are in his breathing space or near him, your muscles are constantly getting programmed to live in the same space that He is living.

Of course, you can listen to my words on an audio CD or a DVD. But when you sit here, the honesty that radiates in my eyes, the truth that expresses in my body language will catch you. You will catch it. You will feel the click, the connection, 'Yes, he is talking the truth.'

Even if you want to suspect, suddenly you will see your logic has no power over you anymore. These words are simply entering you beyond your logic. This will happen only when you sit in the presence of the Master. We call that as Upanishad - just being around, sitting, and opening up to the Master.

When a disciple sits in the presence of the Master with restful awareness and a deep-feeling connection the same experience that happened in the Master is reproduced in the disciple. Sitting again and again with the Master in deep trust makes you established in the same thoughtless space as the Master. Please understand, sitting again and again with the Master establishes you in that thoughtless space, the cloudless sky.

I can say that even reading thousands of books or listening to thousands of satsangs cannot be equated to sitting with me very deeply, very passively, when I am doing my regular activities or training my disciples; when I am in action, not just teaching.

When I am teaching, if you sit passively and listen, you will have these great truths enter into your system.

When I am in action, if you just passively sit and listen, suddenly you will see you are catching even my actions with vitarka; you are catching the

right intention behind my each action.

You will look deeper than the layer that is seen by a normal person. You will look at the whole picture; you will see the whole picture. Learning to look at the whole picture is enlightenment!

Just like how a piece of cotton left in a bowl of honey gets completely soaked in honey, and almost becomes one with the honey, if you put yourself in the Master's presence again and again and soak yourself in the Master's presence, automatically your Self will become established in the Master's no-mind space.

So whenever you are in the presence of the Master, just open yourself with trust and just drop yourself into trust. You will see the Master standing there to hold you. Just drop yourself from your head and fall into the abyss of the heart. The Master will be there to hold you and make you enlightened, that's all.

If you are not able to directly sit in the Master's presence, sit at least with that group where at least seven people are having the experience of kundalini awakening. Such a group will have the collective consciousness of the Master's presence. Please understand, if seven people are having the kundalini experience and levitation in your *satsang* center, be very clear that you have my presence completely. If seven people are experiencing levitation, all the different energies related to the seven chakras are active in that space.

TECHNIQUE: Being in Upanishad constantly

I can give you a simple technique to again and again bring yourself back to that space of restful awareness, even when you are not in my physical presence:

Every night, just before sleeping, watch or listen to any of my discourses for at least ten minutes. Listen with a deep restful awareness, in a relaxed way, and just fall asleep. You will see - the whole night, you are not experiencing the ordinary sleep. You are in Upanishad. The whole night you will be in Upanishad, in the highly elevated state of consciousness. And the next day, you will just feel my presence as a subtle experience, like a fragrance, every moment of the day.

Initiation and feeling connection

Question: Do you initiate only the people who are sitting live with you directly watching the satsang or people like us who can't watch directly, who watch only through the YouTube, the recorded discourse later on. Do you initiate us also who watch the discourses later on through the YouTube through the recording?

Please understand, initiation happens whenever you melt down with the deep trust and feeling-connection with the Master. When you melt down with a trust and deep connection, you are sitting live with me. You are coming alive with me, I am coming alive with you.

When your kundalini is awakened and the feeling connection happens between you and the Master, the distance between you and Him disappears. I am sitting here. People are sitting around the world, thousands of miles away. See the effect of the presence; feeling connection. Hand moves here the vibration starts in San Jose. How many miles away? And it is not that it is happening because we have modern-day technology, No! It can happen just by the remembrance. It's possible.

I am making an important statement here: whenever a sincere seeker, a sincere disciple, sits with a deep melting relaxed mood with a Master, not only Master comes alive with the disciple, disciple also comes alive with the Master. Please understand, not only disciple feels fulfilled, Master also feels fulfilled. The differences of sannyasi, disciple, devotee and all do not really exist; it is just based on your ability to feel connected and experience these truths and radiate them in your life; nothing else.

When a sincere seeker melts down in the deep trust and relaxes, the transmission of the lamp happens automatically, whether you are sitting physically with me in this hall, or watching me live via two-way conferencing, or sitting with me in the webinar, or watching this talk many years later on YouTube! It does not matter. If you are sitting with a deep trust and a relaxed mood, understand, I am alive with you, you are alive with me.

When a sincere seeker sits around me, not only he is fulfilled, I am also fulfilled; my mission is also getting fulfilled. When you sit around me, I don't expect you to do puja or meditate or do any rituals. If you just sit around me, not only you are feeling the fulfillment, I am also feeling the fulfillment. I am also happy. A sincere seeker deeply fulfills a Master.

When a sincere seeker sits with the Master, thousands of things happen in their system. Upanishad completely awakens your inner being, the inner self. Whenever you melt down and sit with a deep trust, the connection happens, the initiation happens, the transmission of lamp happens. It is no way related to sitting with me during this morning satsang. But, if you have the habit of coming and sitting in the morning satsang, not only the initiation will happen, you will practice these techniques systematically, and the next-next-next evolution will be easier.

Healing and feeling connection

Connecting with the things that are lower than you is the ego. Connecting with the things which are higher than you is devotion.

A living, practicing healer is continuously in entanglement with me. He may be wherever he is. A living, practicing healer is continuously in entanglement with me. This is what I call physiology of feeling connection. A practicing healer, a healer who lives whatever I am teaching, as long as he retains the feeling connection, the very physiology becomes different.

Entanglement means two people falling in tune with same thought.

Entrainment means two people falling in tune with same idea.

Enlightenment means two people uniting beyond ideas.

When you unclutch you are in entanglement with me. This opens a huge door. 'Then, are the thoughts of the healer going to affect us?' I say yes! That is why I am telling you; go to a person only who is thoughtless and beyond mind. Only receive healing from an enlightened being and all my healers around the world. During the moment of healing, because they are entangled with me, they represent me and it is equivalent to you receiving healing directly from me, you don't need to worry at all, doubt at all, about my healers.

Understand, this is the physiology of feeling connection. When you have feeling connection, your very physiology is different, and feeling connection has its own physiology. When you have feeling connection your physiology is different, feeling connection itself has its own physiology.

It's the most powerful way of entangling yourself with an enlightened being. The most easiest and powerful way to raise yourself to the higher level and get enlightened. I can give you a simple technique to have entanglement with me. Every morning sit and watch the satsangs, that's all. Every day morning satsang itself is entanglement with me.

In the morning satsang the most important thing is feeling connection.

When you sit and listen, so many things will be clear to you, that beyond my words something else is happening, something else is being done. So please understand, that something else is satsang. Satsang is not pravachan. In Sanskrit we have two words. Pravachana is discourse; satsang is sitting with the truth. Every morning I am asking you to sit in satsang, to sit with me with a deep feeling connection, not just listening to the words. The words are immaterial, whether you listen or not is not a problem at all. Satsang is the main thing. Sitting with the truth is the main thing.

Understanding the science of entanglement, entrainment and enlightenment proves the spiritual healing. In the entanglement level physical healing happens, in the entrainment level mental transformation happens, in the enlightenment level conscious explosion happens. If you are in the entanglement level just physical healing happens. If you are in the entrainment level, means muscle memory, doing what I am saying, the transformation happens. If you are in the enlightenment level just melting, the very mystical doors of life opens and the enlightenment, conscious explosion happens.

Miracles and feeling connection

A devotee recently asked me, 'You said that when we are in love with somebody, we experience the other person as God. Then when we fall out of love with that person, does that person lose that divinity?'

Understand: nobody loses their divinity. You lose the ability to recognize their divinity!

Yesterday I made an important statement, 'When you are in love with the Master, you will not only feel he is God, but you will see that all the miracles which you expect to happen in the presence of God will happen in the presence of the Master also. But when that love is lost, you won't find the same miracles happening in his presence. You may be the same person and he will be the same person, but those miracles will not be happening.'

Somebody asked me, 'Why? Then the Master loses enlightenment or what?'

No. He doesn't lose it. But you lose the ability to connect with his enlightenment.

That is why the miracles are no longer happening for you, though they may be happening for others who are feeling connected.

Understand, just through the feeling-connection with the Master or with Existence, you can simply see miracles happening in your life.

The story of Padmapada proves clearly that just by the feeling-connection with Adi Shankara, he has Mastered Nature.

Here is the story of how it happened:

Once there was a great disciple of Adi Shankara.

He was not an intellectual like the others, but he was highly devoted,

dedicated, integrated to the Master, integrated to his discipleship.

One day, he went to the opposite bank of the river near the ashram to wash the clothes of the Master.

Some of the other disciples of Shankara who saw this were making fun of this disciple, saying 'What is this? This fellow is only washing clothes all the time! Did he come here to become a laundryman? If he is not studying the scriptures, not contemplating, when is he going to get enlightened? How is he going to Master prakriti, Nature?'

Adi Shankara was listening to this conversation and just laughing inside.

He knew that this disciple may be a little less intellectually capable than the others, but he was an amazingly intelligent being who was doing what needs to be done first, who was putting first things first.

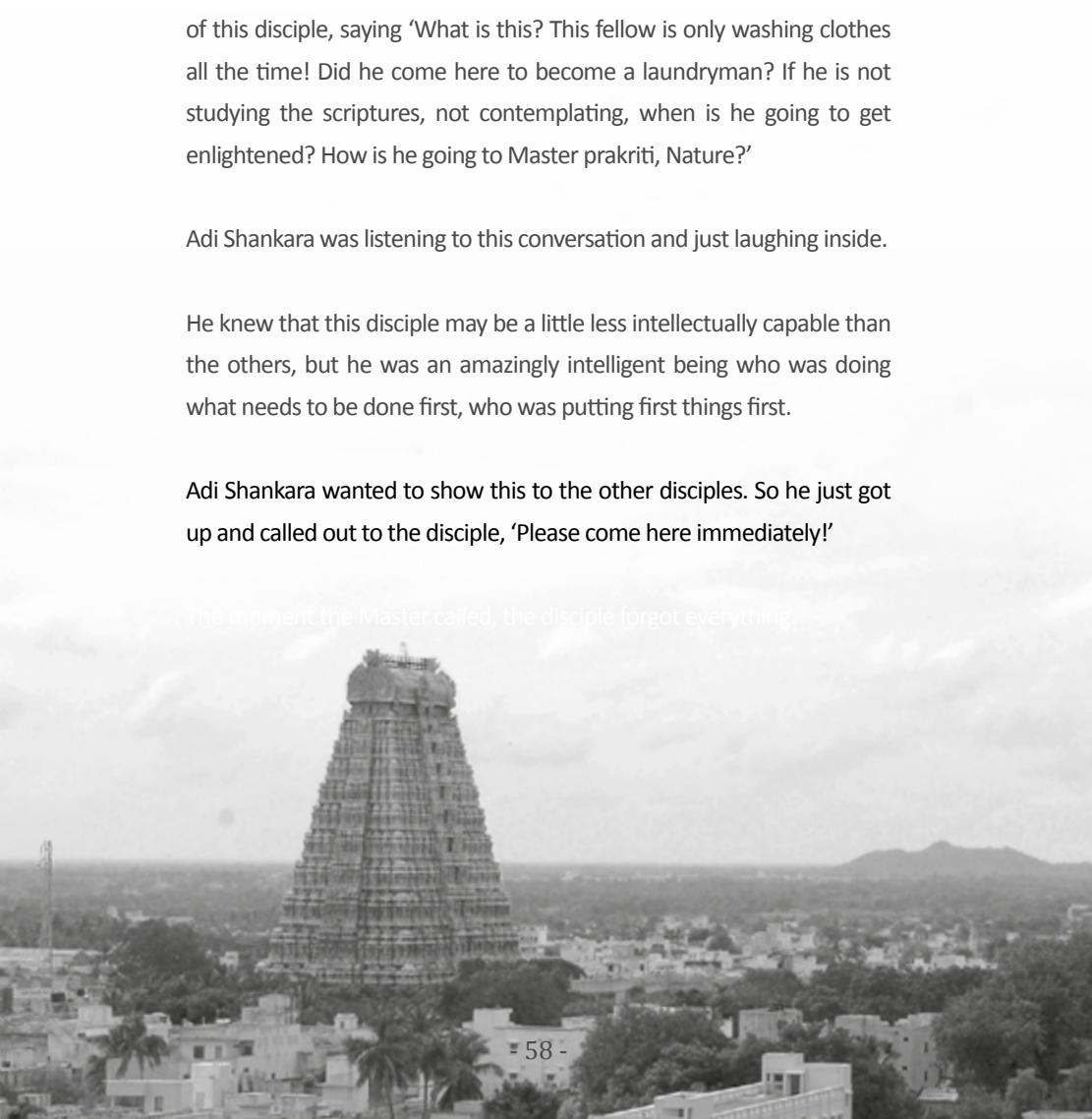
Adi Shankara wanted to show this to the other disciples. So he just got up and called out to the disciple, 'Please come here immediately!'

The moment the Master called, the disciple forgot everything.

Normally, people are anxious when they are crossing a river. For the first time, a river was anxious when a person was crossing, because she has to reach him safely to the other side!

Normally, people are anxious when they are crossing a river.

For the first time, a river was anxious when a person was crossing, because she has to reach him safely to the other side!



Because his feet were held up by the lotuses, the disciple came to be known as 'Padmapada' (Lotus-Feet).

With this incident, Shankara demonstrated to all his disciples the need for the loving space and feeling-connection which are essential for the transmission of the Advaitic truth.

Understand: your birth itself has happened because you denied the truth of Advaita!

A pattern so deep that it made you assume this human body and broken mind cannot be transcended unless you trust somebody more than your human body and broken mind.

So the Master makes himself available for you to experience the completion of the Love Circle. He makes it possible for you to experience the completion of the Love Circle.

Constantly reminding you of the context of Advaita is the constitution of the Master's space.

Please understand, whatever he does, he is constantly reminding you of the context of Advaita, constantly reminding you to stand in the space of Advaita, cosmic non-duality.

Deeper Truth of Feeling Connection

Feeling connection destroys suffering

I will share some of the sacred sentiments from great devotees like Kabir and define the experience of feeling connection and bhakti (devotion).

Kabir very beautifully describes bhakti:

Bhakti winds in a delicate way.

On this path there is no asking and no not asking.

The ego simply disappears the moment you touch Him.

The joy of looking for Him is so immense

that you just dive in and coast around like a fish in water.

If anyone needs

Kabir gives an answer to this question.

Yesterday I was explaining that the base of bhakti is non-suffering. Please understand, in yearning, vyakulata, you will never have hatred towards the Master or God. In suffering, you will have demands, and when those demands are not met, you will have a deep hatred and pain. You can't forgive him.

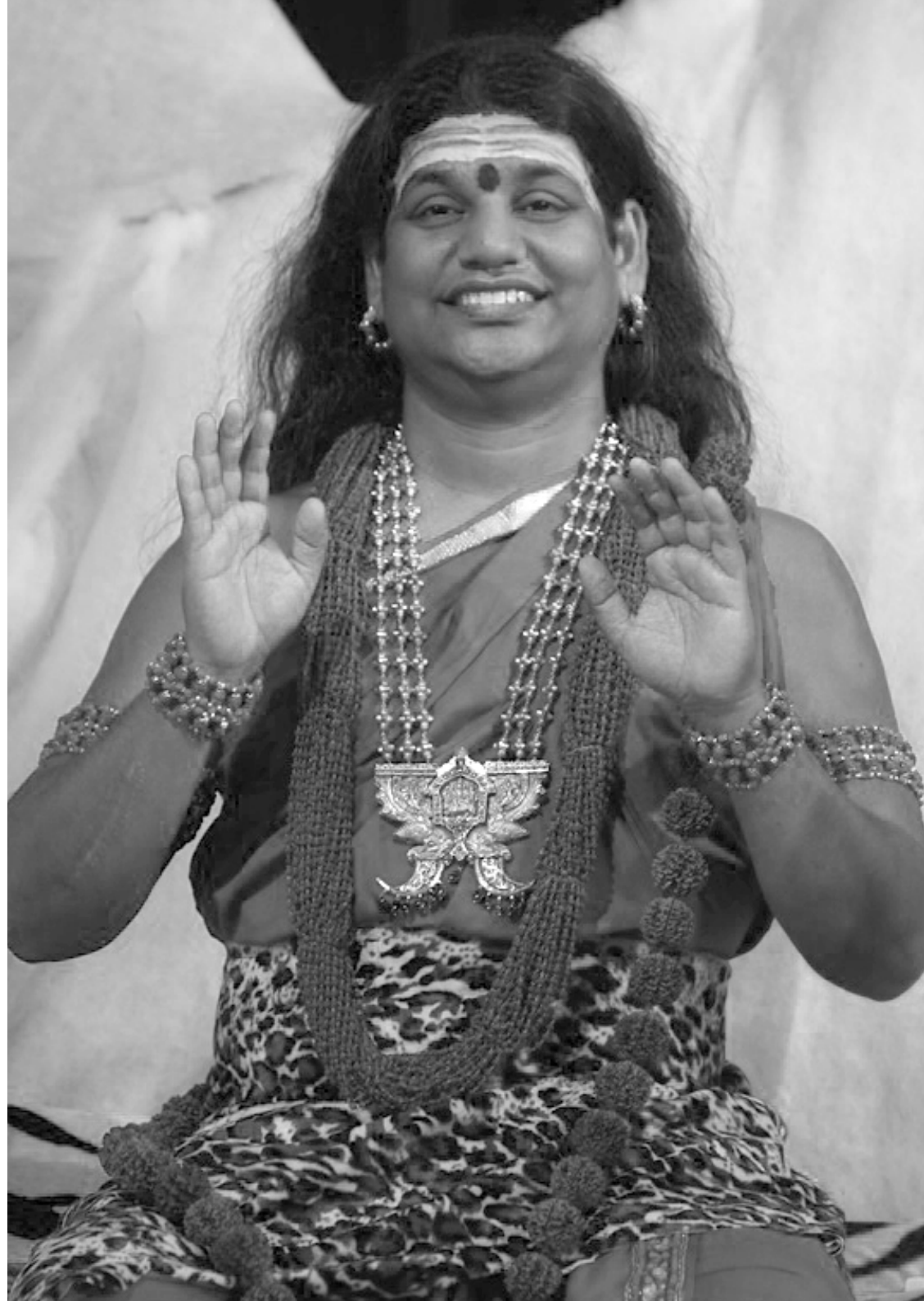
Not only that, even if he meets your demands, you will feel, 'Oh I am bound by him. I have to be independent of him!' You will have hatred towards him.

I have seen some people - if I don't meet their needs they will have hatred for me, but if I say, alright I will do what you want, they cannot accept it. They want to be independent of me, and again they have hatred for me.

Understand the difference between the non-suffering and vyakulata. With vyakulata, you will always melt yourself. With suffering you will try to melt the other person, try to change the other person. So non-suffering is different, vyakulata is different.

In vyakulata, there will never be any hatred, only yearning. But in suffering, you will start hating the other person. You will start abusing and blaming the other person. So understanding difference between suffering and vyakulata is very important.

Next Kabir very clearly says, '*There is no asking and no not asking*'.



In vyakulata, you do not ask - and it is not that you never ask either. You don't ask, but it does not mean that you don't accept when it is showered on you. It is such a deep humbleness and passiveness; a deep patience.

With suffering you ask, and even if He fulfills, you are not fulfilled. I have seen arrogant people; they don't even want to receive when I give. They feel, 'No, it is not necessary; you are giving because I begged; I don't want to take that.' Fools!

Suffering is always based on arrogance, and vyakulata is based on humbleness.

With vyakulata you don't feel that He is human; you don't feel that He is equal to you. But with suffering, you start feeling that He is equal to you. That is why I always tell people, 'If you are suffering, it means that you don't have love for me. You try to bring me to your level.'

In suffering, because of your arrogance, you try to think that you are equal to Him, and you bring Him down to your level. In vyakulata, you always know that He is the ultimate, and you only try to disappear into Him, you only try to dissolve into the Master or God.

The ego simply disappears the moment you touch Him.

The joy of looking for Him is so immense

that you just dive in and coast around like a fish in water.

When you are in the ecstasy, you always feel like touching the Guru's feet, offering yourself at His feet. There is no logical reason for why Guru puja is done, or why people touch the Guru's feet. It is an emotional feeling connection. For some people it looks like, 'Why should I do it?' For some people it is life; they can't live without it!

I know that for millions of my disciples, sitting with me every morning during the pada puja or satsang is much more important than eating food. This is their daily bliss dose. It is a powerful bliss dose; it is life itself. There is no logical reason for this. It is all based on the individual's emotion and feeling connection.

So I wanted to tell you - do all this only if you feel intensely connected to it, not otherwise. It should not be done as a ritual. As far as morning yoga is concerned, it has to be done whether you want it or not, because you are working on the body. But when it comes to guru puja comes, your mind should feel it. You should be pouring yourself into it out of love, ecstasy and joy.

If anyone needs a head, the lover leaps up to offer his.

When you are in love with the Master, when you are in love with God, you are in love, not only with him; you are ready to sacrifice for anyone. You feel that everything is worthy of sacrifice. This is the extreme love and the extreme sacred sentiment.

TECHNIQUE: Opening the Heart

Below is a powerful meditation technique to open up the Anahata chakra, the heart center, to experience bhakthi and feeling connection.

ABOUT THE TECHNIQUE

Mahamantra (the great mantra) meditation is a technique to make your mind centered and integrated, and fill you with energy.

The Mahamantra is the essential vibration which is resonating not only in your Being, but in all of Existence. This technique is designed to make your whole body *mantramayaa* (vibrate with the mantra) through humming.

Humming is a powerful means of bringing your awareness to the present moment. If you hum intensely, you cannot have any thought at that time. So your Thoughts Per Second (TPS) automatically comes down.

The energy generated by the humming cleanses the energy blocks in the mind-body system.

When you are intensely humming, all the ideas that you have about you will be completely shaken. Like an earthquake, this is a technique for a 'mind-quake'!

This technique will also fill you to the brim with energy, so that you stop seeking attention from others.

Attention-need is nothing but low energy.

Attention is energy.

When you are in a high-energy state, you don't need attention-energy from others.

Instead, you will be overflowing with energy, which you will start showering upon others!

Chanting the mahamantra is known as the *mahamantra uchchaadana* – uttering the mantra that is beyond utterance, beyond speech or writing, beyond expression.

It is the *anahata dhwani* (the unheard sound).

When you experience the energy of this meditation, you will understand that you are based in this *anahata dhwani*.

When you practice this meditation, your entire energy becomes centered on yourself and awakens your heart center to experience bhakthi and feeling connection.

DURATION: 30 minutes.

INSTRUCTIONS

This meditation should be done on an empty stomach or two hours after a meal. It is best to practice it early in the morning, as it generates a

tremendous amount of energy in your body. If you practice it at night, it may interfere with your sleep.

It can be done either alone or with a group. When done with a group, it effectively energizes the place where it is done.

While doing this meditation, you may wear your *mala* (rosary) around your neck. It will serve to store the energy that you create during the meditation.

Step 1 (20 minutes)

Sit in a relaxed way, cross-legged, with your hands on your knees, palms facing upwards.

Keep your spine erect. Your head, neck and spine should be in a straight line.

Close your eyes. *Really* close your eyes. Usually, when you close your eyes, it is just like putting off the TV outside and switching on the inner TV. So don't just close your eyelids – close your eyes!

There is a good way to do this: just imagine that your eyeballs have turned to stone! The movement of our eyes is very closely related to the movement of thoughts in our mind. That is why you are asked to arrest the movement of your eyeballs.

Just harden your eyeballs with mental pressure; the images in your mind will die. Your thoughts will also stop, or become slow. Don't be too worried about keeping them arrested. Just proceed with the meditation.

Now, with your mouth closed, start humming.

Just create the vibration *Mmmm*.

Don't chant any other mantra, don't chant *Om* or *Hoom*.

Imagine your body as an empty vessel. If you put your mouth to it and hum, what sound do you hear? Create that same vibration inside yourself.

Hum as loudly as possible, as deeply as possible, as lengthily as possible. Put your whole effort into your humming. The sound has to come from your *naabhi kamala* – from your loins.

Don't attempt any kind of breath control. Your breathing will automatically take care of itself.

Just continue humming in an intense yet relaxed manner.

Let your whole body be filled with the vibration of the humming.

Become the humming!

Whatever thoughts arise, throw them also into the humming. Gradually, they will disappear.

After some time, you will feel that the humming continues without your effort and that you have become simply a listener to it!

You enter the state of *ajapa* – where you don't even have to do the *japa* (chanting), the *japa* happens on its own. You don't have to repeat the mantra; the mantra will repeat you.

Do this for twenty minutes.

Step 2 (10 minutes)

Instantly stop your humming.

A great silence floods your Being.

For a moment, time stands still.

Witness this silence. Experience the tremendous calm in and around you.

During this time, the energy created by the humming enters all the corners of your Being and cleanses it deeply. It establishes you in the awareness of the present moment. This awareness is all that is needed to dissolve the negativities, bring clarity and enable you to experience your true potential.

After a short while, thoughts will slowly start entering into this silence. Don't stop them; don't enter into them. Simply witness these thoughts. Remain silent and blissful.

Become a centre of awareness.



Remain centered in the *anahata chakra*. You will feel completely centered, calm.

Do this for ten minutes.

Repeat for 21 days.

Feeling connection leads to unshakeable trust

A small story:

An enlightened Master was training a small boy to be his successor.

This little boy had a very deep, loving connection with the Master, but he was a very naughty boy. He would try to behave in the same way as the Master. He would try to imitate and make fun of the Master, standing behind him.

The Master had a habit of always holding his thumb up whenever he wanted to emphasize a particular point. This boy would stand behind the Master and do the same thing!

One day the Master noticed this.

He just took the knife he was carrying and cut off the boy's thumb!

Understand: the story says very beautifully that the trust and feeling-connection was so deep that the boy did not even think for a moment that something wrong was done to him.

The disciple felt very clearly that if the Master does something, it must be good for him.

Just because of this deep trust and openness, that moment of intense

pain burnt away his karmas and he became enlightened in that very moment.

Feeling connection helps you at the moment of death

This is a very deep subject; a subtle subject.

First of all, you need to know that you have taken millions of bodies and lived millions of lives before you even took a human birth!

So you need to understand how you created the body which you have now, and how you can consciously create an enlightened bio-memory in your next birth.

Understand: in every body that you take, whatever you see during that life gets recorded in your system as a samskara, an engraved memory. Whatever you see, hear, or experience through your five senses will become a samskara in you. At the moment of death, you will naturally remember the best thing that you saw in this life, and decide to make it your reality in your next life.

First, I will start with the example of when you were a fish - when you were living in a fish body.

Suppose the fish looks around himself in the ocean, what will he see? He may see some bigger fish, maybe a tortoise, and various sea animals and plants. Throughout his life, whatever he sees gets registered as a samskara inside him.

At the moment of his death, all the samskaras he has acquired in this life will appear in front of him – bigger fish, tortoise, everything. He will have a choice as to what type of body to take in his next birth.

Suppose this fish feels that the tortoise is the best animal he has seen and experienced in his life, he can choose to take a tortoise body in the next life.

One important thing is that we usually only take a jump to the nearest species. For example, even if this fish has seen a human being, he won't take that big a jump; he just can't conceive taking that big a jump.

So he will choose the best possible jump that he can make. He will think, 'Oh, see I can live only inside water, but this tortoise can live even outside water. Come on, let me take the tortoise jump.' So he will take the jump to become a tortoise.

When he is in the tortoise body, he may go around in the water and on land and collect some more samskaras. He will see the crocodile, he will see the cow, he will see the buffalo, he will see the pig; he will see all these things.

When he dies, all the cards will be in front of him to choose from!

He may think, 'Oh, the pig has a bigger body, a better ability to eat, and he doesn't have the big shell which I am carrying! I think that will be a much more comfortable body than this body. So he takes a jump and becomes a pig in his next birth.

When he is a pig, he again he collects different samskaras. But now, if he has seen a human being, he can take the jump during death. He can take the jump from the pig body and become a human being.

Understand, this is the way Vishnu's incarnations have been described – first the matsya avatara (fish incarnation), then the kurma avatara (tortoise incarnation), then the varaha avatara (pig incarnation), then the Narasimha avatara (lion-man or savage man); this is the way the



incarnations evolve.

Understand one more thing, sometimes if you take too big of a jump, you will take birth as handicapped or you will not have the mind, only the body. If you have only a human body and do not have a clear thinking system, be very clear you have taken a big jump. When you take a big jump, too big of a jump, you will tell 'its okay, human body is enough. I don't need human mind'. So when you take a quantum jump, a full jump, sometimes you know you will not be able to take a strong mind or a very sharp mind but even then you take a choice 'it's okay, I will have a human body'.

Many autistic children have taken a big jump, a long jump. They say 'it's okay, human body is enough, no need for a full-fledged human mind, just an animal mind is enough' because you see they know human life is the best life. They think, but they can't afford to create the human brain, human mind. They have only some animal mind. 'It's okay. This much of a mind is enough, that body is okay, we will manage with it'. They will try to match it and take a jump.

So, whatever you see gets recorded into your system, and the next time you take a jump, it will be towards that.

Now, an enlightened being or Avatara purusha is a better species than a human being. You know that it is the ultimate jump that a human being can take. So naturally, when you see him, when you are around him, when you feel connected to him, that memory gets recorded in you deeply. At the moment of your death, all the cards will be spread

in front of you, and I will be also one of the cards – the Master card! So naturally, which card will you pick up? You will be pick up the card that is shining most brightly!

Especially if you have lived around the Master, your muscles will simply catch his memory. Even if you don't meditate or do any other spiritual practices, your muscles will not forget me. Your intellect can forget me, try, but your muscles cannot forget me.

During the moment of death, your muscles get heated, because of the pain. They will be getting boiled by the pain. The moment they get boiled, I will open up! The moment they get boiled, the first thing that will open up is the memory about me in you, the experience of me in you. That is the reason the Vedic tradition insists so much on living around the Master.

That is why I tell you, if you feel connected to me in this life, you can be one hundred percent sure that this will be your last janma, your last birth. Or, if you want to take another birth, you will have one more janma with the same inner space as me.

When you are given a choice to create a life of your own, you will simply reproduce my life. You may or may not wear this sannyas cloth, that is different. But the best inner space you have seen is mine, and you know it. So naturally you are going to choose this inner space for your next birth. So you will land as a jeevanmukta in the next body, that's all!

Never lose THE FEELING CONNECTION

Catching the Master

In English there is a proverb, 'If you lose your wealth, nothing is lost; if you lose your health, something is lost; if you lose your character, everything is lost.'

I think, even if you lose your character, nothing is lost. Only if you lose the connection with the Master, everything is lost! That is such a deep thing; the ultimate blessing. The ultimate thing a man can have is feeling connected to a living Master. Never miss it, if at all you got it.

If you feel that constant feeling connection has happened in you, do not miss it at any cost. Anything can be sacrificed to have that feeling connection with the Master, but that feeling connection should not be sacrificed for any reason. Throw away any idea which comes in between you and Him. Anything can be lost, but not this feeling connection.

Actually I am an uncompromising Master. People who live around me know that nothing can bend me. I will not compromise or slow down or dilute my training. But there is one spot where you can bend me - that is, when I feel that the feeling connection which the disciple has for me



may be lost. Otherwise, nothing else can bend me.

If you want to bend the Master, this is the only way you can bend him. This is the only point where you can blackmail him. If you send a signal, 'I think I am going to lose the connection with you', then they come down from their stand – alright, what to do!

That is why I always tell people that the feeling connection to the Master is the ultimate thing; if at all you get it in your life, never lose it. It is too costly; it is too much to lose! Even if you miss your things in the outer world it is okay, if you miss the ideas that you carry in the inner world that is also okay. But never miss your feeling-connection.

If that one thing is kept alive, so much can happen in. The possibility is available; the doors are open. The bridge is not burnt. If the feeling connection is taken away, whatever you may try, nothing is going to work.

Missing the Master

When you have the feeling-connection with the Master, a lot of things with which your ignorance survives, a lot of things with which your mind thrives, a lot of things on which your suffering is built, will be taken away from you.

But the problem is, ignorance is such it will constantly try to retain itself, and try to have a hold over you. It will be constantly trying its best to move you out of the feeling connection with the Master in all possible ways.

What Buddhism calls as Mara, what Christianity calls as the Devil, what Hinduism calls as Maya, all of this is nothing but losing the connection with the Master. The worst Maya, Mara, Devil, is losing the feeling connection with the Master. The devil does its job by making you lose the connection with the living Master.

Someone asked me, 'Are my samskaras from my previous lives an obstacle to my becoming your disciple?'

Understand, samskaras themselves are not an obstacle. But when the Master works on them to operate or to remove them, you should understand He is working on you because you requested Him again and again, directly or indirectly.

When I work on your samskaras, you may think I have my vested interests of fear or greed. Be very clear, when you think this of me, you are only projecting the fear and greed that you have on to me and think that I have them.

Your samskara itself is not a problem. When I work on it, if you don't resist, then it is ok. Your resistance when I work on it is the problem. Your samskaras are not a problem, you trying to hold on to them is the problem. If you are ready to let go when I work on them, then it won't be a problem.

Enlightened Masters don't have any fear or greed. I work on your engrams because you requested me thousands of times in thousands of births!

You don't know how many births you have struggled or prayed to have a Master. You are not even aware of your own true yearning.

Understand, for a Master to happen in your life is not a joke. You yourself don't know how many births you have struggled and prayed intensely to have a glimpse of a living Master. Awakening to the Master in your life is nothing but awakening to this deep yearning and purpose of your life.

If you just understand that only your tumor is being removed and you cooperate with me to work on it, it is beautiful. But sometimes, you think I am directly cutting you out of some vengeance! The biggest problem is that the very samskara itself, the very engram itself, will not allow you to acknowledge that you even have a samskara. It will justify itself, because it is a question of survival for itself.

That is why I always tell people, when you are caught in engrams, when you are overwhelmed by these powerful unconscious drives of anger, lust, greed, fear, depression or jealousy, never make a major decision. Never try to escape from the Master when you are caught in your engrams. Just be in the Master's presence. Never miss that wonderful opportunity. You will be completely healed and you will be able to come out of it.

Never decide on anything when you are in the low mood. The low mood itself will naturally distort the facts for you. It is not the right condition to take any big decision. If someone leaves when they are in depression or in a low mood, when his mind comes back to normal, he will really repent his decision. But it will be difficult for him to come back. because

he will be caught in guilt and will not feel qualified to come back.

So whenever somebody is depressed and he leaves me, I feel so much for him. It is not because I have one person less in the mission. No! It is because he left me at the time of depression. If this same person leaves me when he is happy, it is alright. It is a normal relationship. He will carry me in him wherever he goes. But if he is in a depressed state, not only will he not grow outside, he will never come out of that engram also. It will become a deep wound in him. Just as a cat whose tongue has been burnt by hot milk will never go near milk again, he will never go near a Master for many, many births.

Losing your connection with your Master is too strong of a loss. It is too big of a miss. Let it not happen to you in your life.

Abusing the Master

Sometimes, people have enmity against the Master, and try to abuse the Master out of ignorance.

But even when they do that, I tell you very clearly, many molecules in their own system will not accept it, will not tolerate what they are doing - because their very molecules carry the sacred, great, amazing, joyful, intense memory of the times and experience they had around the Master. The sweetness still remains fresh and alive inside.

But out of ignorance or arrogance or some other vested interest, they go on suppressing those beautiful great memories. Just to suppress the

voice of their organs, the voice of their molecules, they raise their voice louder and louder and abuse the Master. They just want to avoid that part, suppress it, put it in unconscious - but unfortunately for them, no voice is unheard or suppressed by their own consciousness!

The suppressed voice and the suppressed truth, the suppressed experiences, naturally do not die, and those molecules which are suppressed, those organs whose voices are not heard, they naturally protest, and start a non-cooperation movement within the person themselves. This is what becomes physical and mental diseases.

Don't lose the feeling connection with the Master – it is too precious. It is like a small lamp kept in your heart; don't allow the cyclone of ignorance, or arrogance, or negativity and sensationalism, to put out your connection. Keep it alive; it is the ultimate gift!

I tell you two things: if you have not lost the feeling connection with the Master, don't allow the people who abuse the Master around you; do not entertain them in any way. Always retain the connection with the Master; it is a too precious a gift to lose.

Even if for some reason, some vested interest, or just out of unconsciousness, you have lost the feeling connection with the Master, please don't do the same thing to others; don't go around and disturb others' vitarka. It is the worst sin. The more you try to abuse the Master, the more your own organs and molecules will resist and take revenge on you. That is what I call incurring karma by yourself.

No Master curses even their abusers, but people who continuously abuse the Master will finally not just have even an ordinary death. They will fall into the worst unconsciousness; into the lower levels of Existence. This is too big of a punishment.

So protect yourself. If you have lost your vitarka, at least don't disturb others' feeling connection, others' vitarka. If you keep quiet, at least the possibility to reclaim the feeling connection exists. So work only on reclaim it, work only on reclaiming your feeling connection with the Master.

TECHNIQUE: Connect With the Existential Energy

Below is a powerful meditation technique to be in constant feeling connection with the Master.

ABOUT THIS TECHNIQUE

Here we use the moment to reconnect to our own deepest being, and to rediscover the deep connection between the whole of Existence or the Master and ourselves.

This technique will appeal more to emotional people. It is to be done with a feeling of deep devotion. Any person for whom you feel a deep devotion can become a bridge for you to touch the Divine.

Understand, when we connect to the Existential energy through awareness, we experience universal Consciousness. When we connect to the same energy through bhakti (devotion), we experience God within and without.

INSTRUCTIONS

You may feel deep devotion to someone; you may feel deeply connected to someone in your life like God, Master, parent, friend, teacher, a leader who inspired you, a person who contributed something memorable to your life. You can remember more than one person as well, even two or three people who mean a lot to you like your lovely mother, your radiant Master, your favorite God or your beloved friend.

Step 1

Close your eyes and sit in a relaxed way with your spine erect.

Remember any person who creates a deep devotional feeling in you. Remember any person to whom you feel deeply connected, who is an inspiration for you, to whom you turn whenever you want to spiritually rejuvenate yourself.

It could be your parents, your teacher, your Guru or your favorite Deity - anyone.

Remember the transformation they have created in your life. Feel deeply connected to them with your whole being. Allow your whole being to melt with devotion.

In this mood of deep devotion, become aware of the gaps between the incoming breath and the outgoing breath. Between every incoming and outgoing breath, experience the Divine shining through.

Remaining in this mood of devotion, turn your attention within. From

the Divine outside, turn inwards to the Divine within.

Understand, you are the very divinity that you wish to experience!

When you experience God, what you are experiencing is your own true nature.

This one understanding can transform all your base emotions into pure love. With the flowering of devotion, you experience the Divine in yourself and in all.

Q&A on Feeling Connection

Q: Swamiji, I have two questions related to feeling-connection:

1. Does feeling-connection carry over to the next birth?
2. Can we have feeling connection with several deities and Gurus simultaneously?

1. Feeling-connection as an attitude or quality can be carried from one birth to the next birth.

2. Not really. As they say, the lady of the house takes care of everybody with love, but she knows who her husband is! In the same way, a devotee may respect all Gurus and deities, but the feeling-connection will be only towards your Master who takes you to enlightenment, who raises you to enlightenment.

In Nithyananda Sampradaya, you are expected to respect all the Masters and Gurus. Our devotees have no right to disrespect or criticize any tradition or spiritual order.

As Sri Krishna says, 'Every path or form leads to Me.'

So the feeling-connection will be there for only one being, but you will see everybody as the embodiment of that being.

Q: Swamiji, can you throw more light on the four kinds of feeling connection described in the Vaishnava tradition?

In Mundaka Upanishad, there is a story.

There is a huge tall tree with many high and low branches and fruits.

On the tallest branch, a golden bird is sitting, unclutched from everything, in bliss. On a lower branch, there is a small bird which jumps here and there eating the fruits. When it eats a bitter fruit, it feels bad, and looks up at the golden bird sitting in samadhi, in ecstasy, and it feels, 'Why should I also not be like that, out of all this Maya?' But unfortunately, when this same bird eats tasty fruits, it even forgets that it is caught in Maya!

After a long time of jumping here and there, suddenly it eats a really bitter fruits, it has a really strong bitter experience, and it just decides - *no more eating fruits!* It just shuts its mouth and travels towards the bigger bird.

When it goes near the bigger bird, nearer and nearer, suddenly it realizes that it is losing its individuality. It feels that it is just an extension of that bird.

Actually, when you are really deeply in love with somebody, when you touch that body you won't feel it as two separate bodies. You just know that it is your very own extension.

After a few minutes, as the bird moves closer, it feels that it is not even an extension; it is just the shadow of the big bird! It was only illusion that it was a separate individual.

After a few seconds, as it goes closer, it realizes that there is not even a shadow - only the golden bird exists - and that is itself!

Those are the different levels of feeling-connection.

This story is significant to the question you asked, because in the Vaishnava tradition, they explain the four kinds of mukti or liberation that you can experience, based on these levels of feeling connection: saalokya mukti, saameepya mukti, saarupya mukti and saayujya mukti.

When you first feel, 'I am connected to him, I belong to him,' it is saalokya mukti – living in his loka, living in his frequency.

When you feel, 'He is my very extension,' it is saameepya mukti – the liberation that happens just by his nearness.

When you experience, 'I am his very form, I am just his shadow, I am not an individual identity', then you experience saarupya mukti.

And when you realize, 'I never existed, it was only he who was existing; it was just an illusion that I existed', it is called saayujya mukti.

Q: Beloved Swamiji, I used to do a lot of pooja and temple-hopping earlier, but after coming to you I have lost interest in all that. I only want to sit with your videos and books! Is this a good thing or a bad thing?

Please understand, always have God and Guru both in your life. Carry the feeling-connection for both in your life.

You may ask, why, is Guru not enough? Or, is God not enough? Please understand, however strong you may be, at some time you will not be able to have complete trust over Guru. Your feeling-connection towards Guru may get shaken a little bit. At those times, you need God to hang on to, you need God to hold on to; you need God to keep your spiritual practice and spiritual life alive.

Sometimes, your feeling-connection with God may not have a practical value, for solving your many of your say-to-day issues. At those times, feeling-connection with Guru will help.

At one time, feeling-connection with God and feeling-connection with Guru will merge into each other, and you will just experience God and Guru as one. That is okay. When it happens it happens.

But now, when you begin your practice, when you begin your spiritual life, always have God and Guru both, so that you are saved. When I say 'when you begin', I mean, till you get enlightened! This is for everybody! I have seen how some people who had only God never progressed in their spiritual life, and those who had only Guru sometimes dropped out. If you have both, even if your trust and feeling-connection towards



one of them is shaken, your trust feeling-connection towards the other will keep your spiritual progress alive.

Q: Dear Swamiji, you mentioned about feeling-connection with God or Guru. What is the feeling-connection actually? Is it just continuously thinking of Guru?

You are asking, what is feeling-connection actually? Feeling-connection is not just thinking. I will try to describe some situations.

Some of our devotees, the moment they wake up, whether they are working at their office, or cooking or doing some household work, till the moment they fall asleep, I am there in anything they do. It is not that they will purposely remember me, but I am the undercurrent of their life. I can see so many wide smiles and bright eyes in the audience! When you hear this, if your eyes have become bright, if your smile has become wide, understand that you have feeling-connection.

Please understand - there is no other definition for feeling-connection. Whatever you may be doing, just it is there! The 'best moment' that you wait for the whole day is the next satsang. You all usually run your life waiting for some 'best moments', which you expect may come next day or next week or next month. For some people, the best moment is on the last day of the month, when they receive their salary! For people who have left their family and homeland to work in another country, the best moment is the time when they go back home to see their families. Whatever it is, life moves only for the best moments.

In our sangha, there are thousands of people who feel their next best

moment of the day is the next satsang! Even if they are in another country, they keep waiting, switching on Nithyananda TV, even though they know it is too early for satsang! If you feel the next best moment of your life is the next satsang, there is a feeling-connection.

See, I can only describe certain moods, emotions and feelings, the symptoms of feeling-connection. Feeling-connection itself cannot be described. These are all symptoms of feeling-connection - if your heart rate goes up the moment you are logging onto the internet, if your pulse goes up the moment you try to call me on Dial the Avatar, or if you have done e-pada puja and waiting for my call - these are some of the symptoms which you can understand easily.

When you have feeling-connection, you will just feel that the whole purpose of life is that God or Guru has chosen you! The utility of your very existence will look like that.

I tell you, our whole sangha has only two categories of people – one, who are living with me; two, who want to live with me and are unable to live with me! First, those who already cleared all the obstacles and are here. Second, those who are still clearing them, and are yet to be here. That's all. I know the power of the cementing bond my disciples enjoy in their heart, with me and with the sangha.

So understand, feeling-connection is not just thinking. It is something beyond thinking. Your whole heart will be just flowing in that direction without any effort. You just know that the Divine is part of you, and you are part of Him.

Q: How does the feeling connection to something which is higher than me nullify the constant harassment I go through from my body and mind? After all, physical pain is so solid; it constantly reminds itself to me. It is so strong. How do I unclutch from it?

Understand, there are problems that may not be solved by unclutching, but will be solved by feeling connection. That is why I always warn you, you should be very careful about the people with whom you feel connected! If you are friendly with a person who is depressed, I tell you, knowingly or unknowingly, that person will vomit that depression on you.

If somebody is depressed, boycott that person. I am giving you as a spiritual instruction. Don't ever think that you will shower your love and compassion on that person and bring him out of depression! Try it; you will only become dirty and come back. You are not that strong. If you are that strong, then you don't even need to talk to the person; your presence will get that person out of depression.

I am telling you this because a lot of this effort to getting the other person out of depression is going on everywhere! I wanted all of you to know - the problems which you can't heal, the pains which you can't get out of by unclutching, you can get out of them only by feeling connection with something higher than yourself; either God or Guru.

Ensure that you don't have a feeling-connection, that you are not entertaining friendliness, with people who are depressed or carry the patterns of depression. I tell you, the people with patterns of depression are arrogant. It is not ignorance or innocence. It is arrogance. Because

they are arrogant, they will naturally infiltrate you even if you spend a little time with them. I warn you.

There is a beautiful teaching from Sri Ramakrishna. He says that if your spouse is in depression, don't try to get her out by yourself. If your friend is in depression, don't try to get him out by yourself. He or she will only put that depression mental set-up into you also. Instead, help them feel connected to something that is higher than themselves - to God or Guru. Stop with that, and don't try to meddle with it any more than that!

Q: My dear Swamiji, I really want to experience intense feeling-connection with you! What is the path for that?

When you have the intense desire, there is really no need to look for a path! The very need and urge for the goal suddenly opens up a path for you.

Actually, when you are possessed by the goal, whatever you do will become the path.

If you read the life-stories of the sixty-three nayanmars (Shaiva saints) and Alvars (Vaishnavite saints) of South India, you will see that they did not do some extraordinary tapas. For example, every morning, they would pick flowers and make garlands and decorate the Shiva linga; that's all.

The path itself does not seem too big. But they were possessed by the goal; they were shraddha vivecha, possessed by authenticity. When you

are possessed by shraddha, whatever you do becomes the path.

Q: Swamiji, according to the first chapter of the Bhagavad Gita, the warrior Arjuna was in deep depression. But by the second chapter he was full of gratitude to his Master Krishna, and his sahasrara chakra (gratitude center) was completely open, as you mentioned. How did this happen so quickly without any sadhana or tapas on his part? Is there a way for us also to progress so fast?

Understand, Arjuna was completely open to Krishna; his tremendous trust in Krishna was something extraordinary. For few moments he also suffered in depression, but he just got back the trust; nothing else. He just got it back.

See, falling is not wrong, but never rising again is wrong. Arjuna fell, no doubt, but he got up immediately, he stood up immediately. And he doesn't have ego in front of Krishna.

Courage or power is nothing but the ability to put yourself on the right track. Arjuna never lost that. He is really an amazing disciple. So he never lost that strong feeling connection with Krishna. It was just covered, like how a cloud covers the sun for some time. It was covered, and again it opened up, that's all.

Arjuna is intelligent enough to drop his ego and tell Krishna, 'Shishyasteham - I am your disciple. Please forgive me. I want to learn, I want to know.' He is a powerful being. He is powerful enough to do this. That is the reason the sahasrara opened immediately. Once he got

back his feeling connection, his sahasrara was immediately open and available.

Arjuna had tremendous punya, merit. His whole life was filled with Krishna leela, the divine play of Krishna. He was completely filled with Krishna. There was not much empty space for ego in Arjuna!

Understand: just because you have many great qualities, it does not mean that you will never fall into depression. In the same way, even if you fall into depression once, it doesn't mean that everything will get lost. Arjuna had a hundred good qualities, but he fell into depression. But just because he fell into depression, it is not that all his good qualities were lost! It was just his struggle on the journey.

So I wanted all you guys to understand, just because you fall into depression once, it is not that all your good qualities have disappeared from you.

Meditation for Feeling Connection

This section contains different meditation techniques to feel connected to different aspects of our lives: to ourselves, to others, to nature, to life, and to the cosmic intelligence or Existence.

TECHNIQUE: Connecting to Oneself

Below is a powerful meditation technique to be in constant feeling connection with ourselves.

ABOUT THE TECHNIQUE

Our being is basically made of sound. Your energy is constantly vibrating inside.

When we chant mantras or listen to music, we align ourselves to an external source and absorb those vibrations.

Here, we allow the sounds inside us to express themselves, and fall in



tune with our inner vibrations.

DURATION: 21 minutes.

INSTRUCTIONS

Stand comfortably with your legs apart and your eyes closed.

Just allow all the sounds inside you to gently express themselves.

Sometimes you may feel like humming, sometimes singing, sometimes you may want to chant something. Sometimes you may just make some meaningless noises.

Just allow whatever sound is coming out.

Don't feel awkward if you are making some sounds you have never made aloud before!

They are inside you, that is why they are coming out.

And anyways, there are no good or bad or meaningful or silly sounds in Existence. All are equally sound energy, that's all.

Understand, this is not a cathartic technique.

You are not going to try and release stress by shouting and screaming madly. What you are doing here is inner tuning, just helping your inner vibration to be activated. Just fall in tune and enjoy the vibrations of your

being, that's all!

This technique brings a certain rhythm to your day.

You will also feel more settled, more relaxed and sensitive. There will be less violence inside you and more friendliness and more compassion.

TECHNIQUE: Connecting to Others

Below is a powerful meditation technique to be in constant feeling connection with others.

ABOUT THE TECHNIQUE

Before we can connect to the whole world, let us first connect honestly to one person!

If we look deeply, we find that we are unable to be authentic even in our most intimate relationships.

In the first few interactions with a person, we create an idea or image about the other person. From then onwards we relate with our idea of that person, rather than with the real person! Similarly, the other person creates an idea about us, and relates only with that idea.

In this meditation, we try to contact the other person as he or she is, and reveal ourselves as we are – spontaneously, without readymade ideas, without deceit.

Obviously, such an interaction can never happen in words! The moment we start using words, we have stepped into the world of concepts. Instead, we use the direct language of silence to connect with the other person.

When you connect with words, it is called communication.

When you connect in silence, it is communion.

When you enter into real communion with another, a beautiful thing happens.

Before your very eyes, the face of the person falls away and the personality of that person falls away.

Without words, the identity built on concepts can no longer stand!

In its place, the Divine essence that is hidden within each of us stands revealed at last.

DURATION: 21 minutes.

INSTRUCTIONS

Step 1

This is a meditation to be done in pairs.

Choose a partner of the same gender.

Choose someone you don't know too well – or you will already have a readymade idea of the person!

Choose a fairly private space for your meditation.

Sit in a comfortable way, facing each other, preferably on the floor.

Step 2

Sit for a few moments with your eyes closed.

Feel deeply that you are going to reveal yourself to the other, just as you are.

You are just tired of all the games you have to play with others.

This one time, you are going to be totally open, totally vulnerable to the other.

You are just going to be like a child.

You have no idea what the other person is like. But whatever he/she may be like, you welcome them totally, exactly as they are.

Step 3

Open your eyes.

Smile at your partner.

Now put out both your hands and take his/her hands in your own.

Just sit silently for a while, experiencing you both flowing towards each other.

Then look deeply into each other's eyes.

Just look.

Don't have any idea what you should see there.

Don't imagine you or the other to be loving or connected or any such thing.

Just get all the ideas out of your head and be still.

Look silently into the pools of the other's eyes.

Just try to enter into the depth of the other person, not knowing what you might find.

Be clueless; just enter into the other through his/her eyes.

Don't let your eyes move anywhere else. Simply dissolve in the depths of the other.

Slowly, slowly, you will find that the identity of the person melts before your gaze.

There is no longer a man, a woman, a stranger or a friend!

In the other's eyes, you catch a glimpse of something you know so intimately; of some essence that belongs everywhere and nowhere.

You wonder, are you looking at another, or at yourself?

Or is there no difference at all between the two?

If the tears flow, let them flow.

If laughter bubbles up, let it.

If you want to hug the other, do it!

But don't speak a word.

Step 4

When you have fully experienced this silent communion, release the other gently and close your eyes.

Spend a few moments with yourself.

Then get up silently and leave.

Don't speak to your partner, or to anyone.

Spend the rest of the day silently, just resting deep inside yourself, savoring this experience.

TECHNIQUE: Connecting to Nature

Below is a powerful meditation technique to be in constant feeling connection to the five major elements of nature.

ABOUT THE TECHNIQUE

In the eastern cultures, man is recognized as having a deep and integral connection with the whole cosmos.

In the *Taittiriya Upanishad*¹ there is a beautiful verse:

Tasmaad va etasmaad aatmana aakaashah sambhootah

Akaashaad-vaayuhu, vayor-agnihi

Agner-aapaha adbhyah prithivi

Prithivya oushadhayah...

This verse describes how the whole material universe was created from the five major elements - earth, water, fire, air and space (or ether). All these elements find their representation in man as well.

For instance, the earth element corresponds to our physical body, the air element corresponds to our breath, the fire element corresponds to the digestive fire present in our stomach, and so on.

Each of the five elements also has its unique quality or subtle essence: earth has smell, water has taste, fire has form, air has the quality of touch, and space the quality of sound.

These five qualities correspond directly with the five sense functions in man.

Just like the universe, man was also born of these five elements!

That is why we always have a deep longing to tune ourselves to these five elements, to return to the source.

In various ways, man tries to tune himself to these five major energies. Through idol worship (*pooja*), he tries to tune himself to the energy of earth. As you know, idols are made up of the earth element (mud, brass, copper, silver etc).

By taking dips in holy rivers (*teertha snaana*), he tries to tune himself to the energy of water.

By performing *homas* and *yagas* (fire rituals), he communicates with the energy of fire.

By chanting *mantras*, he plays with the energy of air.

The highly subtle energy of the fifth element, *aakasha* (ether) cannot be accessed by external means; it has to be experienced internally. *Dhyana* or meditation is the method by which we can attune ourselves to the *aakasha* energy.

Actually, all outer rituals are only ways to make the initial connection with the cosmic energies. They are an important first step towards

discovering the cosmic energy within oneself.

In the highest spiritual sense, real *pooja* (worship) is the constant contemplation of the highest reality. *Snaana* is the cleansing of one's senses and mind in the current of spiritual consciousness. *Homa* is the offering of one's individuality into the fire of universal energy, and *japa* (chanting of mantras) is the continuous remembrance of Truth in every breath.

Tuning oneself to the cosmic energies is a beautiful way to recognize our interconnectedness with everything in the universe.

In this meditation, we use simple but powerful visualization techniques to tune ourselves to the five major elements in Nature.

Earth Meditation

DURATION: 21 minutes.

INSTRUCTIONS

Sit comfortably with your eyes closed.

Visualize a beautiful natural landscape, say a forest, a mountain or a valley.

Visualize yourself as part of this scene, standing in this place.

Now, slowly, visualize your body crumbling gently to the earth.

You are becoming the earth!

You have become the earth, the soil.

Feel the cool, dark depths of yourself.

The earth is a very hidden and secret!

Enjoy the cool rain seeping into your depths.

Enjoy the fragrance of wet earth, of yourself.

Can you feel the stirring of life inside you?

Feel very clearly that plants are growing on you, their roots growing deep into you.

Can you feel their movements inside yourself?

They are swaying in the breeze, but they are safely rooted in you.

You are solid and unmoving, the protector, the giver of life.

You are Mother Earth.

Remain with this experience for a while.

Slowly, return to yourself.

Spend a few moments with your eyes closed, visualizing your own form again.

When you feel comfortable inside your own body, relax and open your eyes.

Water Meditation

DURATION: 21 minutes.

INSTRUCTIONS

Sit in a silent place with your eyes closed.

Imagine the soft sounds of running water near you.

You can hear the gurgling of a stream, a river.

You are merging into this sound.

Your body is slowly, slowly dissolving in the river.

You have become the river!

Experience yourself as flowing water.

Feel the sheer joy of being fluid!

Feel your own coolness, your wetness, your softness.

You are taking a new shape at every bend.

Can you feel the blue sky, the clouds reflected in you?

There is a yellow leaf floating on you! You are playing with it.

You don't know where you are flowing, but you are flowing.

Nothing can hurt you, because you never resist.

Just flow with this experience for a while.

Slowly, return to yourself.

Spend a few moments with your eyes closed, visualizing your own form again.

When you feel comfortable inside your own body, relax and open your eyes.



Fire Meditation

DURATION: 21 minutes.

INSTRUCTIONS

Visualize a small flame, the size of your palm, burning brightly in your heart region.

As you visualize, the flame is growing larger. It is spreading inside your body.

The flames are engulfing your limbs from within.

You don't feel the heat or any pain, because your body has become insubstantial.

Now there is no body, only the flames.

You are becoming a flame!

You have become a giant fire, with bright orange flames.

You have a hundred dancing limbs and tongues!

Your tongues of flame are licking the air.

Can you hear your own hissing sounds?

See the golden glow spreading all around.

Feel the warmth radiating from you.

You have the power to give light and warmth, to sustain life.

You also have the power to burn and destroy.

Enjoy the movement, the energy, and the power of your dance!

Stay with this experience for a while.

Slowly, return to yourself.

Spend a few moments with your eyes closed, visualizing your own form again.

When you feel comfortable inside your own body, relax and open your eyes.

Air Meditation

DURATION: 21 minutes.

INSTRUCTIONS

Sit cross-legged on the floor with your eyes closed.

Sway your body gently from side to side, like a flower in the breeze.

Feel the movement of the breeze rippling through you.

Your body has become as light as a feather; it is being carried by the breeze. Your body is dissolving like fragrance into the breeze.

You cannot feel your body anymore!

You have become the breeze.

Feel your own lightness, your playfulness.

Listen to the swooshing sound you are making in the open spaces.

Enjoy the subtle fragrances you are carrying in your heart.

You are just diving and swooping and playing with yourself.

See, a feather!

You pick it up and carry it swirling on your tide.

You have no form, so you can go anywhere, spread anyhow.

You have no direction!

You are free.

Enjoy your play for a while.

Slowly, return to yourself.

Spend a few moments with your eyes closed, visualizing your own form again.

When you feel comfortable inside your own body, relax and open your eyes.



Space Meditation

DURATION: 21 minutes.

INSTRUCTIONS

Choose a silent place for your meditation.

Close your eyes and remain perfectly still for a while.

Now bring both your palms to your head and close your ears gently.

Can you hear the echo of space inside you?

That echo is resonating inside your whole body.

Your body has become empty. There is only space inside.

Your body's boundary is slowly evaporating.

The space inside and space outside are merging...

You have become space!

You have become space, pure and expansive.

Feel your utter formlessness, your stillness.

You are in all directions, infinite!

You are subtle, invisible, and untouchable.

You are everywhere and nowhere.

Who can experience you?

Enjoy the majesty of your own aloneness.

Remain still, in this silence, for a while.

Slowly, return to yourself.

Spend a few moments with your eyes closed, visualizing your own form again.

When you feel comfortable inside your own body, relax and open your eyes.

TECHNIQUE: Connecting to Life

Below is a powerful meditation to feel connected with life:

ABOUT THIS TECHNIQUE

An unspeakably beautiful meditation; it is more like a prayer than meditation!

This meditation is a direct way of feeling connected with the energy of all of Existence. It takes you to the threshold of the state of *turiya*, where you are in a state of total awareness but without thoughts.

This mediation is best practiced at night, just before you go to sleep. If you do it during the day, be sure to rest for fifteen minutes afterwards to assimilate the energy, or you will be in a state of intoxication for hours afterwards!

DURATION: Not applicable

INSTRUCTIONS

Choose a cool, dark room with enough ventilation. If you choose, you can practice in a private space outdoors.

Kneel on the ground. Don't sit on your haunches. Use a mat if it helps you feel more comfortable.

Raise yourself up on your knees, and raise both your arms towards the sky. Turn your face skyward and wait.

If you wish, you can visualize the blissful face of your Master or your favorite Deity – whatever helps you connect instantly with the Divine energy. (Just as a miser is at the peak of his energy when counting money, or a lover is at the peak of his energy when he is with his beloved, so also a Master is at the peak of his energy when laughing or smiling. Just remember His blissful face and allow the energy to flow through you).

In a moment, you will feel the energy of Existence pouring into you.

Be unresisting. Let the energy enter into you.

You will feel a tingling sensation, then a trembling in your arms; then slowly your whole body will begin to tremble and sway with the energy, like a leaf dancing in the breeze.

Allow the movements.

As you drink in the energy, you become the point where male and female energies melt and merge; the point where earth and heaven meet. You begin to feel as if you are floating, as if your body is no more.

Allow any feeling. Just drop yourself completely! There is no 'you'. You have simply dissolved into Existence. Bend down, and kiss the earth, or at least let your forehead touch the ground. You become a medium or a passage for the divine energy.

Stretch out your arms and place your hands, palms downward, on the earth. Give all your love to the earth. Feel it flow out from your lips and your palms. Offer your energy to Mother Earth in a mood of total surrender. If you wish, you may visualize the feet of the Master when in this posture.

Simply become an instrument carrying the divine energy into the earth.

This meditation tremendously improves energy circulation in the body.

All troubles related to the backbone will simply vanish by doing this meditation, as the maximum energy goes to the *muladhara chakra* at the base of the spine.

Repeat this cycle seven times.

Each time, each of the seven major chakras is energized.

If you repeat it more than seven times, you may feel over-energized and restless.

When you have finished your prayer, go to sleep in that prayerful state. Fall into the energy and sleep in it. When you wake up, you will feel refreshed and revitalized.

As you practice this technique, a beautiful and live connection is created between Existence and you. You experience causeless joy, and each day will become a celebration!

TECHNIQUE: Connecting to Existence

Here is a powerful meditation to experience your connection to everything in Existence.

ABOUT THIS TECHNIQUE

The sense of being a solid being, isolated from everything around you, is the root of all your misery. It closes you to the possibility of connecting and responding sensitively to the world around you.

Real sensitivity is being able to feel the subtle actions of the universe in you; to be able to move harmoniously with the ever-changing Existence. When you experience the whole cosmos as one large body of consciousness, when you can feel the pulse of life in everything around you, you have found real sensitivity.

When this happens, you will drop the load of your personality, and start living with a light and ecstatic being.

DURATION: 21 minutes.

INSTRUCTIONS

Sit comfortably with your eyes closed.

Be relaxed, but be alert and aware. You are going to consciously practice awareness!

First, start with yourself.

Be aware of your body.

Feel the aliveness in your body.

Your body is not as rigid as you think! When your eyes are closed, you will become aware that your body subtly changes shape, changes form, becomes heavy or light, expands and shrinks. Only your idea of it remains constant. That's why you don't notice these changes.

Now become aware of your breathing, the rise and fall of your breathing. Feel the life force entering you through your nostrils. Feel the prana vibrating inside you.

Feel yourself intensely alive in every cell of your body.

Welcome the pulsing of life inside your body.

Now, take your awareness outside yourself.

If you are sitting on a chair, become aware of the chair, as if from inside.

Visualize that you are alive inside the chair! Feel that you are alive inside the chair in the same way that you feel alive inside your own skin.

As you feel alive inside your skin, with the same intensity, feel alive inside the chair.

Feel the pulsing of life inside the chair in the same way that it is happening in your body. The same life is radiating in the chair that is radiating inside your skin.

Even if it feels strange at first, keep up the visualization.

This is not just imagination; it is the truth. The visualization is only to help you realize the truth that your eyes cannot normally see.

Once you can feel yourself alive in the chair, slowly take your awareness

to other things.

Feel the presence of the persons sitting around you, and feel alive inside each of them, on the same way as you feel in your own body.

Take a few moments to experience clearly that you are alive in each and every person.

Now expand your awareness in a relaxed way.

Feel that you are intensely alive in everything - the furniture in the room, the walls, the floor, the flowers in the garden outside, even the sky.

Carry this experience with you continuously.

Repeat this technique for 21 days.

You will see a great transformation in your power to live with constant feeling-connection.

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- Awakening and activating the highest potential energy hidden in the body
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LIVING WITHOUT EATING — NIRAAHAARA SAMMYAMA

- Hundreds worldwide are successfully living without food since August 2012!!
- Personal initiation by Paramahansa Nithyananda into hunger-free sammyama
- Awakens the body's ability to live on prana like trees and plants
- Breaks deep-rooted food patterns without the need for fasting
- An effortless weight loss technique & powerful spiritual practice



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- Deities of Shiva & Devi measuring 7 ½ feet in height and weighing 2 ½ tons
- Deities are made out of panchaloha (combination of five metals)
- A rare ancient swayambhu lingam found under the banyan tree is consecrated here
- Thousands gather for worship here on special occasions



NITHYANANDA LINGAM & VAIDYA SAROVAR

- Majestic 21-foot shivalingam which has been made using Nava Pashana (a strong natural medicine made of healing herbs) and 1008 sacred herbs.
- Water from six fountains bathes the lingam and falls into Vaidya Sarovar, the healing pool below
- Even a single dip in this medicinal water can heal many diseases



www.nithyananda.org
www.nithyananda.tv





His Holiness Paramahansa Nithyananda is recognized today as a clear, legitimate, apolitical voice of Sanatana Hindu Dharma, and revered as a living incarnation of superconsciousness by millions worldwide. He is a Mahamandaleshwar (spiritual head) of Mahanirvani Peeth, the world's most ancient apex body of Hinduism. He is the most watched spiritual teacher on YouTube.com with over 19 million views, and the author of more than 300 books published in over 20 languages. His lectures are watched live every day on <http://www.nithyananda.tv>, as well as on multiple international television channels and via video conferencing.

Paramahansa Nithyananda conducts INNER AWAKENING, a 21-day transformational program that unlocks your highest possibilities through practical teachings, powerful completion processes and 21 powerful initiations for kundalini awakening.

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