

Why Suffering?

HIS HOLINESS PARAMAHAMSA NITHYANANDA

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Why do we suffer?

Almost all of us have undergone suffering at some time of our lives.

Now suppose I ask you, “Why did you choose to suffer? Was your suffering necessary?”

You would surely find that an absurd question!

‘Does anyone choose to suffer?’ You would ask me. ‘Suffering just happens to us, that’s all. We can’t help it!’

But the truth is, suffering is a choice! For me to tell you that your suffering was unreal would be unfair and insensitive, because your suffering was real for you. You never gave yourself the option of not suffering! You didn’t even know you had the choice.

Please understand: suffering is not a state of life; it is a state of mind. It is an internal event, not an external event! Whether you suffer or not in a particular situation depends entirely on how you choose to handle that situation.

But now, look at the question consciously:

When do you have suffering?

When you fall ill?

When your neighbour gets a new car?

When your partner leaves you for someone else?

Now suppose you decided to just accept these situations without anger or vengeance. Will you still suffer the same way? After all, there is nothing naturally painful about your neighbour getting a new car!

Even if there is pain in the moment, as when a loved one dies or goes away, you cannot wish it away. By accepting the moment, instead of resisting it, you automatically bring down your level of suffering.

Suffering is always, ALWAYS, born of resistance to the present moment. When you stop resisting, you stop suffering!

A small story:

> *A man who had fallen out of a second-floor window and miraculously survived, was visited in hospital by a friend.*
>
> *'Did the fall hurt very much?', the friend enquired politely.*
>
> *'Oh no, the fall was totally painless. It was only the landing that hurt!', replied the man.*
>
> *As long as you go with the flow, there is no pain, no suffering. When you place your ideas and expectations in the way of life, you create obstacles to that flow.*
>
> *And often, the defences that you set up to escape pain cause more suffering than the event itself!*

What is the cause of suffering?



I can say, looking for a cause for suffering is the cause for suffering!

As long as you are thinking that there is something outside you that is responsible for your suffering, you will continue to have suffering.

At the most, those can be reasons or excuses for your suffering, but they surely cannot be the cause for your suffering.

One important thing you need to understand is that while pain might be inevitable, the suffering that comes from the pain is not.

For example, if you get hurt, there is definitely pain, but how much you choose to suffer from that pain is really your choice.

It is a question of attitude! Pain may be inevitable, but suffering is your choice. Suffering is not a state of life. It is a state of mind. It is not an event in your life. It is your response to an event.

Live each moment as it is

Buddha uses the word tathata – seeing what is as it IS. It is seeing what is there as it is, without any judgment.

But most of the time, we see things only through our pain filter. When we see everything as it is, there is only joy, and when there is joy, no thoughts get recorded in you. There are only empty spaces. That is why, when you are joyful you feel light, because nothing gets recorded. When you see everything through pain, more thoughts get recorded in you and you feel heavy.

There is a common saying, 'We don't see things as they are. We see things as we are.'

When you are powerless, you make your environment more powerful than you. When you are powerful, you make your environment powerless in front of you. If you feel there is something wrong with what you are seeing, then you should look back in at yourself, because your environment is only a reflection of what is inside you. If you feel pure love inside, then you see only pure love outside. It always has to do with you, not with what you are seeing.

Suffering is your perception

Someone asked the enlightened master J. Krishnamurti how to fall in tune with what IS. He beautifully said, 'Just don't name it, you will find you are in tune with it!'

Usually, when you see something, you either try to identify with it, or we try to condemn it. When you experience what you call as suffering, you either accept it or you try not to suffer! You never understand or go beyond suffering. You can only understand within your frame of reference, what you are familiar with. Because of this, you are caught in a limited view of possibilities. To really understand, you need to go beyond this limited point-of-view. To do that, you have to stop naming it suffering, that's all! There will be no more suffering. Only by naming it, you start the conflict. That is how you see what IS – by not naming it.

A small story:

> *A man got onto a bus and sat down next to a young man. He could see that the man was a hippie. He was wearing only one shoe.*
>
> *He asked him, 'You have lost one shoe?'*
>
> *The young man replied, 'No, I have found one shoe.'*

Stop naming any situation, person, or thing! Just see, that's all. Don't give room for condemning or accepting thoughts.

Initially there's a compulsion to pass judgment on anything that you see because that is your habit. But when you experience the great energy released in you by seeing what IS, you want to remain that way – free from thoughts, worry, and suffering.

Technique

Return again and again to what IS

How can you stop trying to escape from what truly IS? How can you enjoy each moment all the time?

Try this small technique:

When you see something, for example a person, or a situation, or a book, or anything, normally old thoughts and familiar reactions immediately rise in you.

Bring in the awareness that these conditioned thoughts and memories cover your judgment, and visualize shattering those thoughts. Next, see the situation, or person, or object now with a fresh eye, as though you are seeing it for the first time! Suddenly you see how much you missed, because of your own ideas thoughts.

Even when you see your husband, wife, brother, or anyone, look at them as though you are seeing them for the first time. Suddenly, you realize that not only the old suffering will not come back, but also that you start seeing everyone alike, whether they are strangers or familiar to you. That is the right way.

No one is familiar or unchanging. Even your wife is not known to you! Everyone is constantly changing every moment along with Existence. Only your mind is trying to make them appear to be permanent.

Once you start seeing what is as it is, all your energy will integrate within you. There is no more worry, no more



conflict. Conflict happens when your thoughts resist what you see. Once the conflict disappears, all the energy invested in suffering is released and you become free.

You are 100% responsible

Suffering happens when you invest too much emotionally, in other people or in external events.

After all, how much control do you have over them? Be your own source of inspiration. Don't mortgage your happiness to someone else!

Remember, you are 100% responsible for your own suffering and your own happiness. It is the hard truth!

A small story:

A disciple kept asking the master, 'Master, where is paradise?'

Finally one day, the master asked him, 'Do you really want to know?'

The disciple sat up and said, 'Yes!'

The master said, 'Alright, my first disciple is in paradise.' After saying these words the master closed his eyes and went into meditation.

The disciple knew it would be a long time before the master opened his eyes. So, he went and asked some of the disciples if they knew where this disciple lived. No one seemed to know.

Finally one disciple said, 'I know how to guide you there, but I have never been there myself. It is in a deep valley beyond a range of ice covered mountains.'

The disciple wrote down the directions carefully and went back to the master. He told him, 'Master, I wish to pay a visit to your first disciple!'

The master was absorbed deeply in some work. Without even looking up he said, 'Go ahead.'

The disciple started on his journey. He walked for many days, passing through sun, rain, snow, and what not. He became exhausted, on the verge of death. It took him one hundred days to reach the valley. When he finally reached it he looked at the valley and thought, 'This valley doesn't look all that great. I have seen many more beautiful valleys. Why did the master call this paradise?'

He looked around and walked further and finally found the first disciple's hut. The first disciple was very pleased to see him. He served him food and asked how the master and other disciples were doing.

All along, the disciple was thinking to himself, 'Master called this place paradise? I can't believe it.'

After a week-long stay he left and returned to his master. It took him another one hundred days to return home.



He went straight to the master and stated, 'You said that the place is paradise. But what I saw was the most ordinary place ever!'

The master said, 'Oh god! At the time of your enquiry, had you been more explicit about your intention, I would have told you the truth.'

The disciple asked, 'What is the truth?'

The master replied, 'He is not in paradise. Paradise is in him!'

When you see what is as it is, you are in heaven. When you want to see what you want to see, you are in hell. If you understand that everything is auspiciousness, you will drop expectation and

see things as they are, because everything is auspiciousness.

When you live close to Existence, without any expectation, seeing what is as it is and finding the blessings in it, you will carry heaven in you! Heaven is not geographical, it is psychological. It is not physical, it is mental. If you decide, you can be in heaven right now.

5

Your ego thrives on suffering

Then the whole work becomes too difficult. It is like trying to work Your ego cannot exist without your suffering. Suffering is the root of your ego. This is an important thing you need to understand.

We always think that the ego is disturbed by suffering.

No! Ego is enriched by suffering.

If your suffering is less, your ego feels it is too small! You feel you are too small, so you increase your suffering so that you can feel you are somebody.

Many times you may have seen, whenever someone says something to you, the first reaction inside you is a certain resistance, a 'no'.

When you say 'no', it is ego- fulfilling. You feel solid and firm inside yourself. When you say 'yes', you feel liquid and vulnerable. Your ego feels submissive, which is uncomfortable, so you say 'no'.

You feel boosted in ego when you say 'no' to rules. This is also why you feel good when you break rules at home, school, in the workplace, or while driving. You feel boosted in ego when you say 'no' to rules. You can see this with small children. The moment you say they are not meant to have certain things, they will ask only for those things!

You measure your life with your suffering

For the same reason, if your suffering is big, you feel good. Your ego feels satisfied. You measure life with the amount of your suffering. Unknowingly, you torture others as well as yourself.

The more you suffer, the stronger your ego becomes. So you always exaggerate your suffering. You go around telling everyone, 'Oh, you don't know my life. You don't know my suffering.'

The problem is, after some time you forget that you exaggerated. You forget that it was you who exaggerated your suffering. Then you are also caught in the same net!

But be very clear, after some time you are caught in the same net that you yourself created!

Whenever you try to live for your ego, you make your life and others' lives miserable. Most of the time the miseries you face in your life are not created by others. They are unknowingly created by you. You may not even derive any benefits from them. But just to prove your ego, you create them.



You think suffering makes you extraordinary

In ordinary life, every average person thinks he is extraordinary. When you feel that you have undergone the maximum suffering, your ego feels good that you have been able to handle a tough life. Only when your enemy is big, you feel big. When your enemy is small, you feel small. So the bigger your ego, the more your suffering!

Only when you don't have ego, can you really enjoy yourself and enjoy life. If you have ego, you can't enjoy. Standing in front of the mirror, you may apply make-up so that others will enjoy you, but you can't enjoy yourself. Only a person who does not have ego, who does not identify with the body and mind, can enjoy himself.

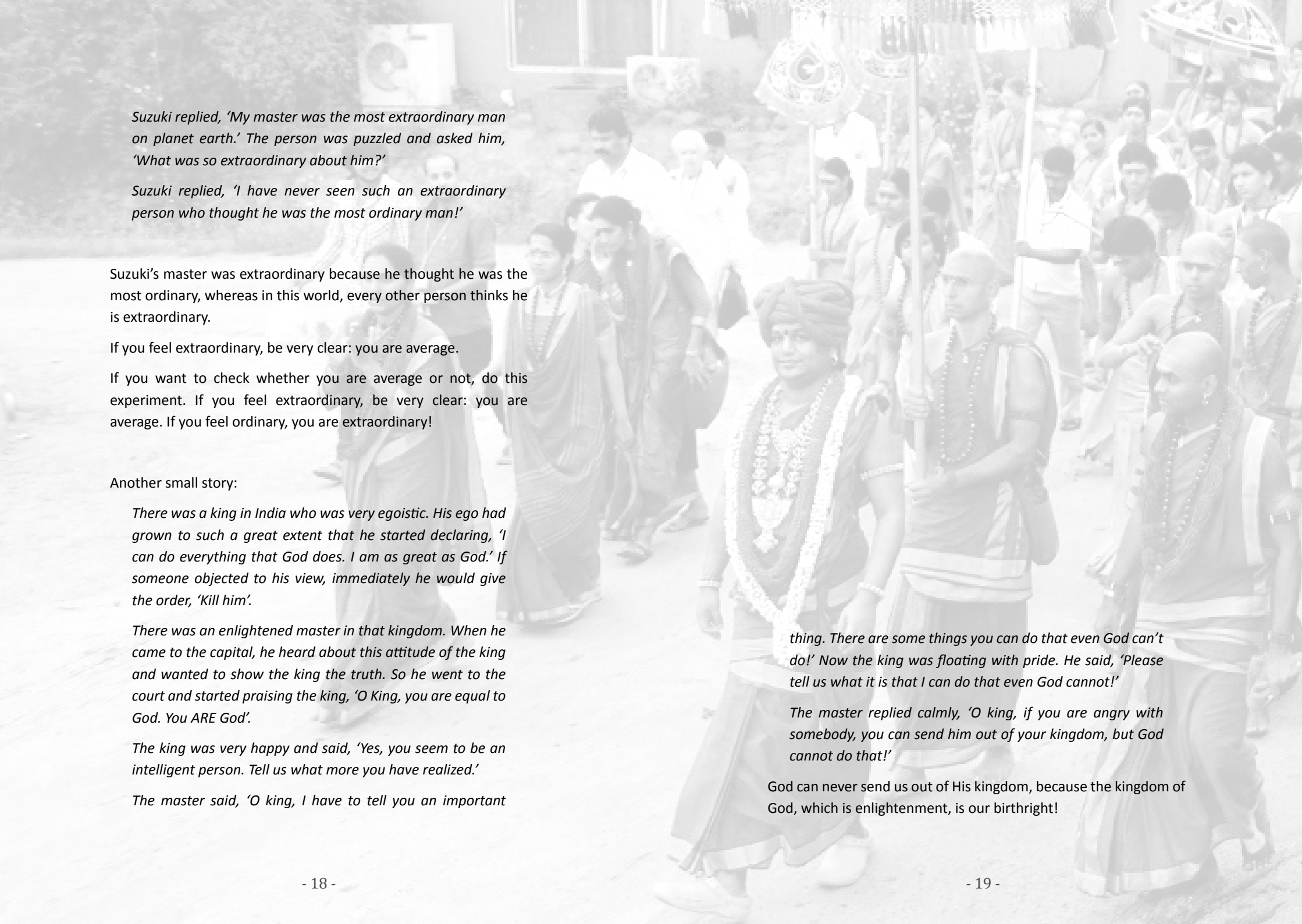
If you think something is yours, you can't enjoy. For anything that you think of as yours, you have lost the freedom to enjoy that thing or relationship.

A small story:

An enlightened master, Suzuki, lived in Japan. When his master passed away, he started weeping profusely.

One person asked him, 'You are an enlightened person. Why are you crying on your master's passing away?'





Suzuki replied, 'My master was the most extraordinary man on planet earth.' The person was puzzled and asked him, 'What was so extraordinary about him?'

Suzuki replied, 'I have never seen such an extraordinary person who thought he was the most ordinary man!'

Suzuki's master was extraordinary because he thought he was the most ordinary, whereas in this world, every other person thinks he is extraordinary.

If you feel extraordinary, be very clear: you are average.

If you want to check whether you are average or not, do this experiment. If you feel extraordinary, be very clear: you are average. If you feel ordinary, you are extraordinary!

Another small story:

There was a king in India who was very egoistic. His ego had grown to such a great extent that he started declaring, 'I can do everything that God does. I am as great as God.' If someone objected to his view, immediately he would give the order, 'Kill him'.

There was an enlightened master in that kingdom. When he came to the capital, he heard about this attitude of the king and wanted to show the king the truth. So he went to the court and started praising the king, 'O King, you are equal to God. You ARE God'.

The king was very happy and said, 'Yes, you seem to be an intelligent person. Tell us what more you have realized.'

The master said, 'O king, I have to tell you an important thing. There are some things you can do that even God can't do!' Now the king was floating with pride. He said, 'Please tell us what it is that I can do that even God cannot!'

The master replied calmly, 'O king, if you are angry with somebody, you can send him out of your kingdom, but God cannot do that!'

God can never send us out of His kingdom, because the kingdom of God, which is enlightenment, is our birthright!

Suffering can become an addiction

Almost all the miseries you face in your life are knowingly or unknowingly created by you, to fulfill your vested interests. One of the most deeply hidden reasons for suffering is that you are enjoying it. For example, falling ill can become a source of pleasure if it gets you the attention and care you have been craving.

Some people love suffering so much that it becomes second nature to them. It is almost like a comfortable feeling. You see, you sit in certain postures because it makes you feel very comfortable; that familiar cozy feeling. Same way, depression also gives you this kind of psychological cozy feeling, and without that you feel you are some way stiff or missing something. That is how depression gets rooted in your system. Suffering becomes almost like an addiction. People are very happy with it. Without that they feel something is missing.

This is what I call a mature pain body.

See, when your physical body is mature, it goes on giving birth to more and more bodies just like itself. Same way, if the pain body gets mature beyond a certain level, it goes on expanding, giving birth to itself. More and more and more pain bodies are created. When the pain body gets mature, it just goes on reproducing more and more pain bodies just like itself.

Catching the pain body, taking care that it does not become more and more mature, that it does not become like an addiction, is a very important thing.

Necessary suffering

Sometimes people come and ask me, 'Swamiji, is suffering necessary?

Yes and no!

In the same way as a seed has to rupture before a plant can grow and blossom, intense suffering can rupture your ego and leave you open and vulnerable to transformation. Suffering has tremendous potential to integrate and transform you.

In Mahabharata, there is a beautiful quote by Kunti, the mother of the Pandavas. She prays to Krishna, 'O Krishna! Let pain and suffering come from all sides in my life. They will constantly remind me about You, my Lord.'

Start to witness your experiences without judgment. See with clarity where you are suffering at the gross and subtle levels. If you are just aware, the suffering itself can open your eyes to the unreality of suffering. It can teach you how unnecessary it is to suffer at all. This is what I call 'necessary suffering'! Once you learn your lesson through necessary suffering, you will handle suffering in a more mature and beautiful way.

Never curse the pain or the person inflicting the pain on you. Instead, take the opportunity to use it as a blessing, watch objectively, and cut the root of the pain. Pain can be a great teacher if you allow it to be. If you properly research the cause and effect of pain within you, it can turn out to be the biggest turning point in your life.

The enlightened master Bodhidharma says, 'Every suffering

is a Buddha-seed.' He says, feel grateful to suffering and pain because they create the situation for you to search for the truth. Suffering can propel you to become a Buddha.

Deeper Insights into Suffering



Pain is a lie

In every situation in life, you have a choice. You can either pick up life, or you can pick up suffering. Either you pick up life and choose to live, or you pick up the lie called suffering. Even if you pick up pain and suffering, you are picking up something that is not real. I tell you honestly, I am interested in you not picking up lies. Pain is a lie. When you pick up pain, you really pick up a lie. That is why I am saying, don't pick up pain.

One more thing: when you pick up pain, you will go on giving pain to others. When you say you have a headache, it means that you are going to be a headache to others! It means that you are going to give headaches to others. That's what it means.

So find out what your mind really means. Fool! It is just putting you in suffering. I tell you, anything can be sacrificed for life. You should never sacrifice anything for a joyful life. It's the basic law.

Krishna says very beautifully - Anything you sacrifice for me, you will have me and also what you sacrificed. If you sacrifice me for anything, not only you will not have me, you will not have that either.

I also say the same thing. Whoever has sacrificed me for anything, not only will they not have me, they will not have that also. Whoever has sacrificed anything for me, not only will they have me, they will have that also. That's all. It is the truth. It is the ultimate truth!

Anything you sacrifice for life, you will see that life is there, so beautifully. A strong, clear, understanding about life will happen. So when your mind says, it is protecting you, it means it is putting you in suffering. That is what it means.

Your existence itself is suffering

Understand the deeper truth about your suffering: your existence is suffering to express your Existence to your existence. The suppressed You inside you is trying its best to break free from that suppression, and express itself to you. Suffering is not due to some reason. All your effort to find some reason for suffering is only you yourself trying to miss the real life.

If you try to find a reason for your suffering, you will take revenge on that reason. If you wrongly identify your husband as the reason for your anguish, you will start taking revenge on him. Again and again you will take birth just to take revenge on him. If you find your boss as the reason for your suffering, you will try to take revenge on him. If you find your relationships as the reason for your suffering, you will again try to take revenge on them. If you find human society as a reason for your suffering, you will again and again take birth and become a terrorist to take revenge on them.

Taking revenge on the wrong reasons continuously is what I call punarapi maranam, punarapi jananam. Birth and death, and birth and death, and birth and death.

That is why I say: when you try to identify some reason for your suffering, if you do not find the reason, you are blessed. Then you will realize that suffering has no reason. It has no reason.

Science behind suffering

When I say, 'Pain is a lie' and when I say, 'Your existence itself is suffering', both are the truth. When I say you are nothing but suffering, and when I say you are beyond suffering, both are the truth. If you identify with yourself as you understand you, you are nothing but suffering. But if you identify with yourself as I understand you, you are beyond suffering. But between these two is the problem!

Today I am explaining an important process. Consciousness is lighter than anything in Nature. It is lighter than even ether. So it always levitates. It pulls you up. Matter, earth, continuously pulls you down. Levitation and gravitation and are both constantly happening in your body, in your nervous system. The friction between gravitation and levitation is thoughts. Thoughts are nothing but the friction between the levitation and gravitation that is constantly happening in your nervous system.

Suffering happens because of the levitation and gravitation both happening in your system. Means chit and jata, consciousness and matter, both pulling you this side and that side in your nervous system.

If that friction is felt in the muladhara chakra (at the base of the spine) there is too much gravity and your thoughts are gross. If the friction is felt a little higher, in the swadishtana chakra (below the navel), it means that there are fewer thoughts, but even then, it is not subtle; it is at the gross level only. If the friction is felt in the manipuraka chakra (navel center), you are a little more pure, which means less thoughts. If the friction is felt in the anahata chakra (heart center), then you have even fewer thoughts. Therefore where the friction is felt in your system, for the majority of the time, plays a major role in your mental set-up.

Suffering is the conflict between Space and Time

Space always pulls you up, while time pulls you down.

When I say space, I mean your inner space, your psychological space, which is nothing but pure Consciousness. When I say time, I mean your inner time, your psychological time, which is measured by the frequency of the thoughts running inside you.

When you are in the pure, thought-free Consciousness, you are experiencing space more powerfully than time. When you are



having more number of thoughts per second (TPS), it means you are experiencing time more powerfully than space.

When the space you carry inside you is covered by time, it is gravitation. When the time you carry inside you is covered by space, it is levitation. If the time overtakes the space, it is gravitation. If the space overtakes the time, it is levitation.

Are you ready for levitation?

It is not easy to handle the space of levitation, because your mind is habituated to being in the space of more thoughts. That is why, many times astronauts who suddenly experience the space of low gravity n outer space start going into depression.

If you see, on planet Earth, even Tibet is in a space of slightly low gravity, because of the high altitude. So astronauts and Tibetans are both living in a space where gravity is a little less. But the Tibetans are trained to be in a less-thought space. So they become enlightened easily. They celebrate the less-thought space.

Whenever you experience the moments of less-thought space in you, cherish it, remember it and enjoy it. Rejoice in it, and it will happen again and again in you.

But sometimes you feel heavy about less thoughts, 'Oh, what happened? From morning I am so silent. Nothing is happening'.

Arrey, you are getting into peace'.

'No, no no! Maybe I am depressed. I don't know why I am depressed… oh, now I know. Two leaves on that tree there have become dry and they are about to fall down!'

You will find some reason or other and successfully convert your less-thought space into depression!

Your TPS reveals your nature

There are two ways that affect the thoughts per second (TPS). It can either come up or down. If the levitation comes down and the gravitation goes up, it becomes more thoughts. That is what we call depression. Dead rock. Nothing else. Just like a rock. But, there is another way. When gravitation comes down and levitation goes up, it becomes less thoughts per second. That is what we call sattva, enlightenment.

Understand, more gravitation, less levitation is tamas (inertia). Levitation and gravitation fighting in your nervous system is rajas (passion and activity). More levitation, less gravitation is satva (purity and goodness).

Suffering comes from misidentification

Understand this, it is a very subtle truth which I am revealing here:

You are pure Consciousness (chit). You are the seer of everything.

Whatever is seen by you is jata (matter).

Suffering happens when chit (consciousness) and jata (matter) are fighting with each other.

The misidentification of the seer as the seen, and the seen as the seer; chit as jata and jata as chit is responsible for all the suffering.

When the seer and the seen are overlapping each other, suffering happens.

Just be clear as to who is the seer and what is the seen. Always decide for life. Don't decide for suffering. Vote for life always.

Of course, ultimately, you are beyond suffering, even if your nervous system has any number of thoughts, in any way, and even if you feel any amount of friction between this levitation and gravitation! That is the ultimate truth.

Technique

Remain in the space of the Seer

Below is a very powerful meditation to experience the right space for levitation:

INSTRUCTIONS

Sit comfortably with your spine straight.

Keep your eyes closed and sit without seeing anything inside.

If you see anything inside, drop it.

Continuously create and be in the space where you don't see anything.

Whatever thought comes, drop it.

Whatever emotion comes, drop it.

Negate.

Negate.

Negate.

Anything seen is dangerous.

So be in the space of seer, not seeing anything.

Overcoming Suffering

Suffering and disease

Different types of sufferings and emotions can be linked to major diseases that people suffer with. For example, if you are suffering with diabetes, it means you are suffering with the desires and thoughts that are not going to bring fulfillment to you.

Fear is responsible for blood pressure issues. Constant fear increases your blood pressure. I have seen that even in my system, whenever the body falls into the sixth level of samadhi, the body's innate survival system will increase the blood pressure. I have seen that it sometimes goes up to 150, and in three seconds, when the samadhi level drops from the sixth level to the fifth level, it will go back to normal.

- *If your survival instinct is constantly challenged, your blood pressure will go up.*
- *If you are constantly suffering with desires that make you tired, your blood sugar level increases.*



- *If you are constantly suffering with the shrinking feeling or guilt, it can cause arthritis.*
- *If you are suffering with memories of physical, mental, and emotional pain, it is directly responsible for your relationships.*

Certain emotional pains, if they are carried strongly in your system, you will stop expanding. You will be unable to expand your life and the identity you experience as you.

Nine ways to overcome suffering

1. Overcome suffering by building a strong nervous system

All disease and depression is just a weak nervous system. You imagine and create suffering. After imagining and creating it, you say, 'It will anyway happen one day, so let me suffer now itself!'

Unfortunately, a small signal of joy or pain is enough to imbalance you. Just like a proper diet is compulsory, yoga which makes the nervous system capable of handling high frequency of pain or pleasure should be made compulsory. Work on developing a strong nervous system which can handle the signals of suffering and joy.

Technique

Gift your child a strong nervous system

Please understand this subtle truth: if a child sleeps near the father or mother, the nervous system becomes very strong, because whatever signal goes through your nervous system in the dream will not jolt your system if you are hugging your father or mother during sleep. Then the dream signals cannot to shake your nervous system.

A nightmare is like a wild tsunami current, and that should not jolt your nervous system and weaken it. A child should either be in the Gurukul, where you don't have nightmares, or in the physical nearness of the father or mother. If you don't have either the mother's or father's presence or a strong spiritual practice, even a small signal will jolt you. After that, even a small signal or small thought is enough to put you in depression. So work on having a strong nervous system, which will take you beyond the dualities of pain and pleasure, which will bring stability in you.

2. Overcome suffering by creating the opposite engram

Scientist Debbie Whitmore says the science of neuroplasticity focuses on how the brain can rewire itself to forge new connections and break cycles of negative thinking and acting.

Patanjali, the father of Yoga, very beautifully says that if you are suffering with a particular engram, a particular mental pattern, just create the anti-engram, the anti-emotion. For example, if you are suffering with violence, create compassion. If you are suffering with anger, create peace and feel that it is spreading all over your body. Release that into the cosmos through your every pore. You will see that you will just create a new mental set- up, a new brain pattern as you want.

This is exactly what Pantajali is saying. Of course, he said it 5000 years ago, and now the scientists are proving it.

3. Overcome suffering through right visualization

See, in your life, you will have something called 'resemblance visualization'.

Please understand the word I am coining. 'Resemblance visualization' means that when I utter the word 'peace' you will immediately remember some place or situation where you had really peace in your life. When I utter the word 'violence', you will remember some place or some incident in which you have experienced violence in your life. Resemblance visualization is actually a separate philosophy.

There are some visualizations - 'Yasya smarana maatrena janma samsaara bandhanaat vimuchyate.' - just by their remembrance, you are liberated! For example, if you just remember a lamp in a windless place, your mind settles down automatically. This is that type of visualization. I can give you a specific example. We have a lamp in the Banyan tree inside the cave. It is a windless spot and completely protected. How stable that lamp is! Meditate on that.

Whenever I utter the word 'Guru Bhakti', my resemblance visualization is always of Arunagiri Yogishwara's samadhi in Arunachaleswara temple. This is the spot that will come to my memory. Whenever I utter the word 'peace', my resemblance visualization is always of walking on the banks of Ganga, outside Sri Ramakrishna's temple in Belur Mutt. Outside the temple, on the banks of Ganga, I used to walk in the evenings. Those are the most peaceful moments I

have experienced in my life. Sometimes I would walk more than one or two hours. I will not even remember that I am carrying the body. I have just disappeared into that beautiful tall temple and the flowing Ganga and that green lawn. For that one hour or two hours, I know only one thing; the temple exists, the lawn exists, Ganga exists. That's all.

Whenever I utter the word 'power', I always remember the top of Arunachala Hill. That is the expression of the power – the Big Bang - when Mahadeva stood as a light shaft.

So understand, the resemblance visualizations you are carrying in your life define the quality of the life you have lived. Your resemblance visualizations are responsible for your emotions – your anger, peace, joy, politeness, softness, enlightenment or endarkenment, ignorance – for everything your resemblance visualizations are responsible. Become aware of how many times, what kind of resemblance visualizations are repeated in your system. How strong and how frequent are your visualizations related to suffering? When you consciously alter your resemblance visualization, the quality of your life is automatically altered.

Transform your resemblance visualizations to the Master's resemblance visualizations. Your quality of consciousness will become the Master's. Then the quality of consciousness you carry will be transformed that of the Master's consciousness.

My innermost space is in complete nirvikalpa sadaa samadhi. Nothing happens there. But in the space where I relate with you all, where I operate with you all, the resemblance visualizations are always of this high consciousness -

Mahadeva's consciousness, Sadashiva's consciousness. So when you imbibe the same resemblance visualizations, your consciousness also raises to the level of Sadashiva, Mahadeva.

Resemblance visualizations are realizations. When you align yourself to the resemblance visualizations, you realize.

4. Overcome suffering through Integrity

One of the reasons why humans are suffering is because of not having integrity. I can say that the straight solution for all the problems is to just integrate you. Integrate all your energies in one direction. Feel every soul, every being, as your very center.

Understand this one idea; it is a very powerful idea. All our problems are just because we go on trying to insist, we go on trying to emphasize that your being is separate from somebody else's being, and the suffering caused to that being will not touch you. You think you are separate, and what exists outside your skin is separate.

One of the worst things with this attitude is, in the beginning you start separating what is outside your skin and inside your skin, but that attitude of separating does not stop there. It just gets inside your system slowly.

Then even inside you, you start separating your intellect and your emotions. You separate your emotions and your being. You separate your being and your Consciousness. You go on separating, separating, separating, dividing, dividing, dividing. The more you divide, the more you become weak and the more problems and the more enemies you need to



handle. I have seen that some people feel that the whole world is their enemy!

So understand, one of the important sufferings human beings have in their life is the problem of not having integrity. I will explain integrity in different levels to you.

At the level of the intellect, there are too many people living inside your head! At one time, your mind will tell you to do this, and at another time, it will tell you to do the exact opposite! It keeps on changing, finding different problems and different solutions. This is what I call the disintegrated intellect. When you find one solution for one problem, you become integrated.

- *When you integrate your intellect it becomes knowledge. It leads you to the life solution.*
- *When you integrate your emotions it leads to devotion, you will feel connected to the cosmos.*
- *When you integrate your being, it leads to meditation, you will realize about the cosmos.*

Understanding, emotional feeling connection and realization, all these three happen through integration.

When integrity is added to your intellect, it leads you to the correct life solution, it solves your problems. I can say it dissolves all the problems of life.

When you integrate your emotion, it becomes devotion.

When you integrate your being it becomes meditation. You realize the whole cosmos.

So add integrity to your life, and you will achieve enlightenment and go beyond suffering.

5. Overcome suffering through Authenticity

Your perception of life has 4 components – the way you perceive yourself, the way you perceive the world (cosmos), the way you perceive human society, and the way you perceive God.

You carry an understanding about each of these – you have an understanding about yourself, an understanding about the world and an understanding about God.

But sometimes, your understanding (or your expectation) and your actual experience don't match each other! The discrepancy between your understanding and your actual experience is what I call suffering.

For example, you may be carrying a certain understanding about God, but you may have some experiences in your life which shake your understanding.

- *If there is no discrepancy between the understanding you carry about each of these, and your actual experience of them, you are liberated.*
- *If there is no discrepancy between the individual's understanding of himself and his experience of himself, he is liberated. He is enlightened.*
- *If there is no discrepancy between the individual's ideas about the cosmos and his actual experience of the cosmos, he is liberated from all the sufferings related to the world and cosmos. Nothing in nature and the cosmos disturbs him.*
- *Similarly, if there is no discrepancy between his ideas about human society and his experience about human society, he is free, liberated.*
- *If there is no discrepancy between the individual's*

ideas about God, and his experience about God, he is liberated. He experiences God.

Authenticity is the catalyst or agent for this alchemy to happen. When you add authenticity, the alchemy of discrepancy-free experience will happen. Whatever discrepancy is there, just add authenticity to it.

If you authentically have the idea that there is no God, you are liberated. But if it is not authentic, even if you have the idea God exists, you are bound. Be very clear, it is sincerity that makes liberation possible. That is the catalyst-agent for the alchemy of non-suffering to happen. The right word is catalyst-agent'. Authenticity is the catalyst agent for the alchemy of liberation to happen.

Flood authenticity into all these understandings, into all these relationships.

- *When you flood authenticity into the individual's relationship with the cosmos, it becomes knowledge.*
- *When you flood authenticity into the individual's relationship with God, it becomes devotion.*
- *When you flood authenticity into the individual's relationship with humanity it becomes service.*
- *When you flood authenticity into the individual soul's relationship with itself, it becomes meditation.*

Your understanding about the world, God, yourself and society is like liquid, like water. If you add the catalyst-agent of authenticity, then the alchemy happens. Something happens that makes the water get solidified. It becomes like strong ice on which you can walk. It becomes a bridge. That bridge between you and society is

service. The bridge between you and the cosmos is knowledge. The bridge between you and God is devotion. The bridge between you and you is meditation. These four are the path for enlightenment and non-suffering.

Technique

Add Authenticity

Below is a powerful meditation to add authenticity into all the four zones of your life.

1. *Sit alone with yourself and start writing down all the ideas you have about the world and the cosmos.*
2. *Now start analyzing sincerely, 'Am I authentic in all these ideas? Or is there a discrepancy between what I believe and what I experience?'*
3. *If there is a discrepancy, take it to the next step of analysis. Start analyzing, 'Am I having the right ideas? Or am I just avoiding looking into the right ideas?'*
4. *Then sit and write down your ideas about yourself. Find out, 'Am I authentic in all these ideas? Or is there a discrepancy between what I believe and what I experience?'*
5. *In the same way, write down your ideas about humanity and society. Add authenticity to it. Fins out, 'Do I really believe these ideas, or am I made to believe them, or am I just acting as if I believe them? Or am I just avoiding looking into the right ideas?'*

Most of the time we do not want to look into the truth. We are just too tired or just too lazy. We think that just because we are breathing, we have the right to live.

No! Life has to be earned. The functioning of the physical organs is just an accident happening in you. It does not mean you are living. It does not mean you are alive.

So flood authenticity into all these four zones: your relationship with you, your relationship with another individual soul, your relationship with the world or society, and your relationship with the cosmos. When all these four are experienced in their purest form, it is enlightenment itself, and you go beyond suffering.

6. Overcome suffering through Responsibility

Many times, suffering happens us because we do not take ownership for our body, for our mind, for our life itself. Responsibility is nothing but taking ownership for yourself and your life. It is a powerful way to come out of suffering.

How to take responsibility?

"Shareera maatram khalu dharma saadhanam' means, it is the body which is the base for all achievements. Own your body, feel it is yours. Carry this understanding, 'Come on, I am not interested in keeping the body like this! I do not want to live inside a body which is not flexible or healthy.' Spend energy, spend time, bend your body and make it yogic. It is your body. Whole day you are living with it. Why are you unaware of it? Whole day, let all your movements be such that it continuously becomes healthy and graceful, as you always wanted it. Design it as you want with yoga: make it a yogic body, so that any physical suffering or disease can

never happen to it.

In the same way, own your mind; it is yours. Design it so that never any suffering can touch you; never any suffering can happen to you. Just carry this understanding always – 'It is my mind! Come on! Now I am designing it so that nobody can give me any suffering, no suffering can touch me!'

Take ownership for your mind. See that every thought that you give life to brings only joy to you, bring only bliss to you, never any suffering, never any disturbance. Mend it and weave it as you want, train it as you want and tame it as you want. The mind which is based on knowledge is a Vedic mind. The mind that does not bring suffering to you is a Vedic mind.

In the same way, own your living. Carry this understanding, 'It is my life! Come on, let me own it! Let me enjoy it! I will make money only the way I enjoy it. I will have only the pleasures that I enjoy. I will choose my way of life. I will be conscious in every step, and see that I achieve what I want!'

Infuse awareness into every action: walking, talking, sitting, moving and breathing. Infuse awareness into everything. Slow down in every action. Let it be more with awareness. Infusing awareness is what I call meditative living or Zen living.

It is time you take ownership, 'Let me create it afresh, as I want! Maybe in the past I failed, but now it is time, let me weave it as I want, let me design it as I want!'

Own your body, own your mind, own your living and own your lifestyle. That is what I call yogic body, Vedic mind and Zen living.

7. Overcome suffering through Enriching

How to live on the planet earth without suffering that is the biggest problem.

Recently, a devotee came and told me, ‘Swamiji I feel that my husband, my family, my brother, sister, everybody around me are conspiring against me and working against me’.

I could not understand. I thought, ‘Oh God, what a sickness this person is carrying’. Of course, she is helpless. It is not that she created it. She is helpless. She is caught in it. That is the gift or punishment given by society to her.

The great saint Vivekananda said once to his spiritual guru Sri Ramakrishna ‘Whenever I fall asleep, I feel a ball of light happening in front of me and exploding into my inner space, I just fall into that and fall asleep,’

Vivekananda used to think that all kids slept like this! He never thought that he was in some way special because of that experience. Ramakrishna was so happy and he said, ‘You don’t know how special you are. Only normal human beings, only people who can compare you with normal human beings, can understand how special you are. ‘

I wanted to share an important thing with you. Just as Vivekananda always felt that whenever he falls asleep, he falls into that consciousness, that light, when I was younger, I used to feel a very strong, deep feeling inside of me. I had an experience from a young age, an unbroken thought trend. It was an experience, a thought current, not even a thought trend: that the whole world is celebrating my presence. The whole world is supporting my existence. The whole world is supporting and fulfilling whatever I took birth for. This one feeling, this one

experience, was a constant inspiration.

Whenever I just relax, either into Samadhi or into rest, or into sleep, I have such a strong confidence, such a clear experience: this whole universe is just my play! And everybody is helping in what I am doing. Everything is supporting what I am doing.

The unconscious, hypocritical society constantly makes you feel threatened. The first lesson which you learn from the hypocritical society is that only if others are second can you be first; only if others fail can you be successful. It means you have to defeat everyone to win. This is the lesson you learn on Day One in school. Unless you defeat others, you can’t win.

The very system encourages intense vengeance. The very system encourages intense jealousy. The very system encourages abusing other beings, creating distance between you and others, creating boundaries physically, mentally, psychologically, and emotionally.

First they teach you, you, you. Anything other than you is your enemy. Everything goes on, centered on you, you, you. Constantly, in every step, society teaches you that unless you destroy other people who have other ideologies, you cannot live in peace. Understand, this is the worst punishment society gives to a human being.

When you feel that nobody is supporting you, when you feel that everybody is your enemy, naturally you are not going to work to enrich anyone. You are not going to care about anyone else. I tell you, this is the greatest suffering human consciousness carries: the idea that everybody else is your

enemy. Feeling that the whole world is your enemy is the most terrible suffering you can experience.



Enrich from the space of Advaita

The single solution for this suffering is to start enriching others from the beautiful space of Advaita. I tell you, I really wish that in some way I could reproduce that feeling I am carrying - that everything is supporting me.

I really feel, even when I walk, that the trees, plants, the animals, everything is supporting my mission. I am part of everything and everything is part of me. So naturally, I will be going on enriching everyone and everything, and they will be enriching me.

If I can somehow reproduce this experience in all of you, I can say that this will be the anti-venom for social hypocrisy. You will understand that the whole universe is just fulfilling you, celebrating you.

8. Overcome suffering through 'Tyaaga' (Renunciation)

Let me define tyaaga. Not converting the shocks received by you from life into pain or anger or guilt or pain is tyaaga.

There are three levels of tyaaga.

- *Tyaaga in return for certain pleasures is a low-level tyaaga; it is not even tyaaga, it is bargaining.*
- *Tyaaga for certain high level pleasures, eg. for the sake of enlightenment - that is the next level of tyaaga. It means, renouncing with the idea : 'Once I renounce everything, I will achieve the Ultimate.' This is the tyaaga of many spiritual seekers.*
- *The next level is simply radiating tyaaga - tyaaga for no reason.*

Technique

Inhale the suffering of the world

There is a beautiful Buddhist process, a powerful process, which is - inhaling all the sufferings and pains, anger and negativity of the world, and releasing all the positive auspicious things out to the world. Inhale all the bad and exhale all the good - because your heart has the capacity to transform every bad thing into good thing. Your heart is a pure diamond. Anything you go and touch to your heart, it becomes pure.

See the tyaaga of Sita in Ramayana! See, to live with a personality like Rama is the ultimate ecstasy. But she did not have line of anger when she was forced to give up Rama. I can say, Sita is the embodiment of this process – inhaling, taking in all the sufferings, pains and negativity of the world, and radiating only tremendous joy and love. What an extraordinary tyaaga!

I was talking to one of the devotees who was in a low mood. I told him - see, when garbage is put on the face of the earth, it will smell, stink, create disease. But put it inside the earth, it will become manure! Suffering, pain agony - if it is just there unattended, it will smell. Put it inside and do contemplation.

Your Ananda Gandha chakra is the Sparsha Mani – whatever the suffering, the moment it touches, it turns into tremendous joy and peace. All the agony, darkness, negativity of the people around you, your family, your society and yourself - just inhale it. By the time you exhale it, it is already positive, completely transformed into pure gold. Just visualize this - you will have so much of positivity in life.

Love life - even if it rips you apart! Come on, who do you think is not ripped by life? When saints, prophets, begotten sons or even He himself comes down, he is ripped apart! The only difference is - they love life even when they are ripped apart. That is strength. Have the Ananda Gandha which is so strong that it takes away everybody's agony the moment they come to your breathing space; which gives tremendous joy and bliss to the person. Only then you are liveable. You make house liveable, car liveable. But you don't make yourself liveable. It is time we make our own selves liveable.

Suffering itself does not have any importance. It is the contemplation you are forced to do while suffering accelerates the process of renunciation. If you can do the contemplation and transformation without any external suffering it is called tapas. You do not need external suffering for the renunciation to happen in you. Just through the contemplation and transformation without suffering. Renunciation can be accelerated.

9. Overcome suffering through completion

To understand what I mean by completion, you should first know what is incompletion.

Listen: Any action that is unfulfilled as per your imagination, either because of an outer hindrance or an inner hindrance, is incompletion!

If your expectations are not met by you or by others, they remain as an incompletion in you.

Incompletion is anything that leaves you with an experience of suffering, low energy, 'low' emotions, a feeling of unfulfilment.

As of now, your life is nothing but a journey from incompletion to incompletion, from suffering to suffering. Even the so-called positive happenings in your life are a result of incompletion. Your success, your relationships, your wealth - everything is triggered by a sense of incompletion.

Incompletion is the worst inauthenticity you can carry as a conscious being. Incompletion comes out of the assumption that something larger than you exists out there for you, which can complete you.

The idea that something outside you can complete you, can add to you, can fulfil you, immediately reduces you to the level of matter.

But you are not matter - you are Life! Only Life can infuse life into matter; matter cannot infuse life into Life!

Only you can infuse value into anything that is outside you; nothing that is outside you can infuse value into You.

Whether you realize it or not, you are complete unto yourself. Then why do you look to something external to complete you?

The only incompletion you are really carrying is not knowing that you are already complete! It is this one incompletion that expresses itself as your fear, your greed, your anger, your jealousy, your negative mental patterns, your depression – all your suffering.

I am not saying that success is wrong, wealth is wrong. But pursuing them out of a feeling of incompletion is wrong.

Incompletion is poison in your life. It is incompletion that drives you to take one birth after another. Any incomplete action is karma. It will pull you again and again to repeat that action till you achieve completion.

Understand, incompletion can never exist in the present moment, because Life happens in the present moment. At the moment of happening, there is no reference point to measure whether you are less or more successful, less or more wealthy, less or more happy. Against what can you measure all this in the present moment? All references and inferences can be made only from the past. That is why all your negativity is rooted in the past. Past, by its very nature, does not have life. But if you indulge continuously

in the past, it swallows the future also. All negativity is rooted in the past.

Three techniques for Completion

1. Swapoornatva Kriya: Technique for Completion with Yourself

Be seated comfortably in front of a mirror. The mirror should be large enough for you to see your entire reflection.

Maintain a deep eye-to-eye contact between your body and your reflection.

Please understand - both put together is YOU! I will call it as 'kaaya' and 'chaaya' - the body and the reflection. Both put together is you! So let the 'kaaya' and 'chaaya' have a deep eye-to-eye contact.

The moment you have a deep eye-to-eye contact, the first thing you will have is tears! Allow it. You are waiting just to cuddle and cry with yourself. Cuddle yourself and cry with yourself, for so many things you

did to yourself and others did to you, for the injustice you did to you and others did to you... You are waiting to cry.

Cuddle, cuddle your chaaya. Hold your chaaya. First, learn to listen to your own heart's cry. Most of the time, you not listening to yourself!

Sit in front of the mirror and talk; say whatever you want to tell yourself.

Spend time with YOU. Talk. Talk.

As you talk, listen - as the person inside the mirror. Listen, listen and listen! Talk to the person in the mirror, listen to the person in the mirror.

Authentically listen to the cries of your heart. Your heart is crying for your listening. Complete, complete, complete.

Now, try to identify the earliest memory that created this incomplete cognition in you, forming the root pattern of your suffering.

Go back to the first few situations in your life when you first experienced conflict. This situation would have happened typically between the third and fifth year of your life. Relive that situation.

If the tears come, let it come; if the anger comes, let it come.

Standing face to face with your past, the pain disappears, the anger disappears! When the anger disappears, it turns into love. Please understand, when the energy expresses as anger, if the anger is removed from the energy, it just completely turns into love, because the chili component of the energy is removed.

The completion will not happen if you just work on the root pattern alone: every incident which stems from the root pattern must also be completed. Please understand: you need to go back to the very earliest memory you have had in your childhood and complete this memory. And, then complete each and every pattern that you've had up until today. At the end of the session, you will feel the pain of many years fall away.

Continue this practice every night as long as you feel the need to do it. When it is no longer necessary for you, it will drop from you on its own.

2. Poornatva Kriya: Technique for Completion with Others

When you are ready to listen from a space of listening, start completing with others also.

Identify the significant people in your life whose words or actions have had a negative impact on you. Meet them, call them, find some way to speak to them.

Go on completing with each and every person. If you cannot complete with that person directly, complete with the mirror, visualizing yourself talking and completing with them. Keep on practising this with each

person; complete with every pattern, every incompletion, every memory of pain.

Completion has to be done as a spiritual practice for at least one year!

Whenever you feel any disturbances in you, just sit with the mirror and complete. Whenever you experience a conflict with another person, complete with them as soon as possible.



3. Samskara Dahana Kriya: Technique to burn all incompletions

Samskara Dahana Kriya is a powerful group process that is a combination of Swapoornatva Kriya, Poornatva Kriya and beyond.

This process is part of the Inner Awakening meditation retreat conducted personally by his Holiness Paramahamsa Nithyananda several times every year. Participants undergo this process in the intense presence and energy field of an Avatar, which by itself has the power to burn away the incompletions and karma carried forward from many lifetimes.

Sammskara Dahana Kriya is nothing but the process of burning all the old incompletions and strong pain patterns that have become too deep-rooted in your system, which you cannot complete in any other way like just creating the right visualization or creating the opposite engram, or even doing completion with yourself and others.

If you are too serious and sincere about spiritual practice, just do forty-eight days do Samskaara Dahana Kriya, every night just before going to sleep. You can even do it for a week, and give a few days' break, then again one week, again a few days' break, and so on. Initially, it may take two or three hours a day, but after some time, you need not practice for more than 21 minutes every day. Just

forty-eight days of Samskaara Dahana Kriya can resolve thousands and thousands of pain patterns in you.

Samskaara Dahana Kriya has four layers.

- *Sitting and penning down all your pain patterns.*
- *Reliving them in your inner space.*
- *Re-living them using the mirror.*
- *Sitting with somebody and sharing, and listening when they are sharing, providing listening for them to complete.*

Instructions

Samskaara Dahana Kriya is a very comprehensive Completion processes. When you just sit and relive, sometime you miss some incidents, you miss the depth, you miss catching the exact pain pattern. But Samskaara Dahana Kriya is the most powerful process.

The first few days, when you sit and write, all the earliest pains, so much will come out. After three or four days, those pains will have no more power over you. Then whatever you remember, write only those things, whatever is still fresh, whatever is still hurting you; pen down only those things.

This unique powerful Completion process has four steps:

1. *Start penning down your earliest memories of your life, all the pain patterns, all the pains you experienced in your life - physical pain, mental pain, emotional pain, psychological pain, all the pains, pen them down.*
2. *Relive each incident and emotion in your inner space at least five times. Relive them and relieve them; relieve yourself from them.*
3. *Then, relive them and relieve them using a mirror, as you do in the Swapoornatva Kriya process.*
4. *Then, sit with another person and go on sharing, as you do in the Swapoornatva Kriya process. Share at least five times. Same way, give your listening to at least five persons' Completion story.*

Listen: this is the most perfect and comprehensive Completion process. Maybe the first four or five days, when you do it, you may feel, 'Oh, but the pain comes back.'

No! There is no such thing as 'coming back'. It never left you. Anything that leaves you, leaves you ONCE and FOR ALL. If anything is coming back, it means it never left you; it was inside you, hiding. You left it as a blind spot, unattended.

Your aunty is hiding behind your uncle, uncle is hiding behind the grand-father, grand-father is hiding behind the pillar, pillar is hiding behind the post, post is hiding behind the door, door is hiding behind you! It is just one hiding behind the other.

Please understand, so many pain patterns which you will not remember, which you will not catch, which you will not smell, which are sitting inside you, you will catch it, you will smell it, you will recognize it, you will diagnose it, only when you are sharing with others. Because, while you are sharing, your awareness is naturally high, and there are tons of unsaid reasons, tons of unsaid reasons. You should sit and go on sharing, sharing, sharing the pain patterns which are fresh in you, which are not letting you be active, alive, intelligent.

Start with the earliest painful memories of your life and recall all the unpleasant incidents of your life, and pen down. Once you pen down, relive in your inner-space, and then relive using the mirror, and then relive using the other persons' eyes by sharing. Same way, be a space of listening for the other person to complete. Every night, after the Completion, burn those papers.

Understand, Samskaara Dahana Kriya is the real way of spreading global peace, bringing peace to humanity.



Suffering is not worth it

There is a beautiful Buddhist sutra: no suffering, no cause, no end.

Ultimately, after all these processes and techniques, what you will realize is that none of your suffering is worth it! Whether you are suffering for physical pleasure or you are suffering for your wealth or you are suffering for health – it is not worth it.

Ultimately, there is only one law of life regarding suffering – the law of non-suffering.

Krishna directly gives this teaching to His disciple Arjuna: is naanu shochithum arhasi. Do not grieve. It is not worth it.

Sometimes people are so cunning; they say, 'I am suffering for spiritual reasons.' Understand, spirituality is naanu shochithum arhasi Do not grieve. It is not worth it!

For example, if you have a lot of loans or too many enemies in one village, you suddenly realize that you can have a new life in another faraway town. You feel, 'Ah, the world is too big. I can have a new life in new place.' So you disappear to a new place, and naturally you are out of all your sufferings. You don't care about your loans or your enemies. But here

again, you start getting new loans and making new enemies, because you only changed your place, not yourself! You create another hell for yourself. It takes at least the next three to four years for you to build your hell again. Then again, if you know that there is a bigger city or some other country where you can have another life, you jump and go there. You keep expanding your space to stay out of suffering.

I tell you, when you really know that the world is too big and your space is limitless, you are out of suffering! The universe is too big, and you have too many options. Planet earth is a small village in the whole universe. So anything you give as a reason for your suffering is a small dust in the universe. Whatever you know as suffering, non-enlightenment, ignorance, not having health, and not having wealth, whatever you think as suffering, ultimately nothing is of any significance. The real universe is avyaktam achintyam – unmanifest and beyond whatever you can imagine. Realize this and do not grieve.

Finally, after settling in the USA with all the luxury and comforts and rich life, if you sometimes remember your life in your village back home, you will feel, 'Oh God! For what foolish reasons I was suffering! One day I just stole a bicycle from my neighbor, and that fellow beat me left and right, just for that useless thousand-rupee bicycle!' When you look back, you will feel that all the sufferings you went through were useless, reasonless and juiceless.

I felt exactly the same thing, when I settled back into my body after enlightenment, 'Oh God, what unnecessary sufferings I had!' Every day climbing the pillars, blowing the nose, doing this process, that process..!

I tell you, you don't need to become enlightened and then realize you wasted so much of your life and time in suffering. Now itself, understand that the ultimate space is avyaktam achintyam avikaaryam. It is unmanifest, unthinkable, immutable. So don't grieve. Don't grieve. Don't grieve. Naanu shochithum arhasi. Don't grieve for anything. Decide, 'No suffering is my life policy'.

When you take up this one vow, 'I will not suffer', your mind, body, bio-memory, muscle-memory, everything will automatically align itself towards enlightenment. Other than enlightenment, everything will give you suffering at some time in your life. When you say, 'I will not suffer', naturally all the things other than enlightenment will be taken away from you. They will leave you. You will leave them!



Four ways to dump your suffering

1. Spontaneous completion

Don't think that you need to get enlightened to understand this truth of non-suffering.

You just need simple common sense - which is the uncommon thing! That's all, nothing else, just simple common sense to identify yourself with the truth. However much you can understand, identify with it to that extent. Spontaneous completion happens when you have simple common sense.

The Upanishads declare: prajnaanam brahma, intelligence is God. I can declare: common sense is God! Simple common sense is God. I can tell you, simple common sense can alter even the way your body behaves. Whenever people come to me with deep depression, when I see their energy, I see that somehow common sense is missing.

Common sense is nothing but a simple readiness to change your decisions and your ideas. Come on, be pro-life, don't be stuck with strong useless laws which you have created for yourself! If somebody is not interested to be in your life, just give him or her a farewell. Over! And if something is not working out, just change your idea. Over. But when I say this to those people, they say 'Oh, how can it be possible?'

When I say common sense, understand what I mean. Simply be light, be free, be liquid to change. This is the way life is – that's okay! Be simple! Be liquid. Just have simple common sense; you will just flow with life. You will understand, 'Aah this is the way life is! What can be done?' Let us be intelligent. Let us adapt. Let us live!'

But somehow people feel that this is a too big of an achievement. No! This is the first truth I want to tell you. The moment that you understand that common sense is God, you are beyond suffering.

2. Say NO to suffering

I tell you, you don't need to do anything else in your life. You don't need yoga. You don't need meditation. You don't need pranayama (breathing techniques). You don't need devotion. You don't need anything. Just take this one vow. I will not suffer, that's all. Do not allow any suffering in you, whether it is physical, mental, psychological, and/or emotional. Don't allow any suffering.

Whenever a suffering is forced on you - for example, physical pain - look into it and don't allow that idea of pain to settle in you. All your ambitions and actions, everything starts when you accept life is pain.

This is not the truth! You don't need to do anything in your life if you want enlightenment or health or a billion dollars. All the auspicious things that you aspire for, and the auspicious things you think you need in your life, will be given to you.

I honestly tell you, the the day I decided that I would not

grieve, everything started gathering around me. Whether it is good physical health or mental health or wealth or joy or emotional health or a beautiful ambience to live, everything simply started gathering around me.

If you go into a coal mine and come out, naturally the black dust will collect on your body.

In the same way, just decide on this one truth - I will not suffer. Enlightenment will sit on you like dust. I tell you, enlightenment is nothing more than a small dust, for a person who has decided, 'I will not grieve.'

People ask me, 'how can I stop suffering Swamiji? I am not able to logically understand, how I can be joyful in such a situation.'

I tell them, 'Arrey, when you can suffer so much by using the wrong logic, then why can't you enjoy using the wrong logic?'

Many times, your suffering has no support. But you continue to suffer. Often you even understand that logically it is wrong. But you develop a pattern, where even if it is logically wrong, you continue to suffer, and even if it is logically right, you don't want to enjoy. You just don't want to be in joy.

Understand, even if it is from the wrong logic, even if you are just rationalizing, if you hold on to the understanding, 'It's okay, I will not grieve anymore', you will simply fall into the right logic. With the wrong logic, you cannot deny suffering for a long time. After a few years, at some point you will come to the right logic.

Don't grieve for anything. Just decide clearly - No Suffering! Fanatically decide: No Suffering!

I tell you, even a moment of your breathing time is not worthy of suffering. Suffering is too small. Every moment you experience you are alive is too costly to be spent on ordinary suffering.

Technique

Say NO to suffering

Below is a simple but powerful meditation to experience the space of non-suffering:

INSTRUCTIONS

Sit for a few minutes with this one truth: 'I will not suffer.'

Decide consciously, 'I will not allow my husband to torture me and give me suffering. I will not allow my wife to torture me, to give me suffering. I will not allow anything to give suffering to me. Non-suffering is my religion.'

Take this as a religious decision.

3. Go to the depth of the original suffering



Understanding your original suffering can bring a tremendous relief to you from all the sufferings or your life – because you will come to know every single suffering you have is one and the same suffering, expressing in different ways. And it is NOT suffering as you understand it.

Listen: your very existence is suffering, because the cosmic existence is suffering and struggling to express its existence through your existence. It is like a child trying to come out of the mother's womb. The enlightenment is trying to come out of you. Pain is reasonless all over your existence - just like a woman who is delivering a baby

trying to diagnose her pain as a pain in the little finger, or a pain in the back, or a pain in the head, or a pain in the feet. Any reason she discovers for her pain, any diagnosis she makes for her pain, will be the wrong diagnosis and misleading.

In the same way, any reason you find for your anguish, for your suffering, will be misleading. Because, just like a baby trying to deliver itself, trying to come out of you, the cosmos is trying to deliver itself through you. Till you let that happen, you are going to carry that anguish. That suffering is going to be there.

The Dark Night of the Soul

The original suffering is what is described very beautifully in some of the Christian saints' life as the 'dark night of the soul'. As long as you are suffering with an engram-based problem, you cannot experience or catch the real problem. The first step is to find the right problem. Understanding the real problem is what is described in Christian theology as the dark night of the soul.

There are some people, if they are in depression I won't even care, because it is not a real problem. It is an engram-based problem. It is just a mental habit for them. If I give any attention to it, they will start building one more engram 'Oh if I suffer, Swamiji will give me more attention'. It will become one more engram. So I won't even bother. But there are some people, even if they have a small depression, I will directly attend to it, if the depression is due to a real

problem.

As long as you associate some reason with your suffering, you are misguided. You are running in the wrong direction. You have not diagnosed yourself properly. When you understand that there is no reason for suffering, suffering will disappear.

I will call a soul as a soul only when it has become an independent and awakened energy. Now, when any incident happens in such a person's life, he collects only the lesson from it. When your experience becomes reality, when your emotions become reality, without you taking any wrong cognizance and wrong actions, you experience pratyekatma chaitanya jagrata - the individual soul awakening.

Even blaming yourself is the wrong cognizance. When you stop taking cognizance of any particular reason for your suffering, it means the inner awakening has happened. The maturity of the soul starts. The dark night of the soul starts. The dark night of the soul should not be understood in the wrong way. Please understand, it is a tremendous depression filling your whole being, but it should not be taken in the wrong sense. Cosmos is trying to express its existence through your existence.

It is like delivery pain. Delivery pain should not be taken as an inauspicious experience. It is an auspicious experience to bring one more life to the planet earth. Same way, the dark night of the soul is the auspicious expression to bring one more enlightened being to the planet earth. I can say, the day you experience the dark night of the soul, the maturity of the soul starts.

So don't take the wrong cognizance of your suffering. Your family is not responsible for your suffering. Your friends are not responsible for your suffering. Your enemies are not responsible for your sufferings. Not even human society is responsible for your suffering. You are suffering because you are suffering, that's all. Your existence is suffering until enlightenment.

4. Have the right cognizance

Listen: your very nature is sat-chit-ananda – existence-consciousness-bliss. Existence, consciousness and bliss never get separated. During the moments of your suffering, you do not exist. Your life is a blackout. That is the time of you go through the blackout.

Please understand if we write your exact biography, the book in which all your actions are recorded, there will be many blank pages. In many pages there will be nothing written. Those blank moments are the moments when you were grieving for something.

Your biography is getting constantly written. As you live, it goes on getting recorded. All the moments when you are joyful are entered into your biography. If you are suffering, please be very clear, there are more and more blank pages.

Bliss and joy adds vibrancy to your life. I tell you: not to suffer is the ultimate spiritual practice. You grow to the level where you don't care about enlightenment; it is just a side-effect, like the dust rising while you walk. How when you walk, dust gathers around your feet, the enlightenment will gather at your feet.

I tell you, the greatest way to have enlightenment is for it to be offered at your feet, not standing with a begging bowl for a long time, and finally it will be dropped in your bowl. No! If it is dropped



in your bowl, anytime it can be taken away. You can lose it. If you can hold on to this one practice of non-suffering, even enlightenment will be just dust at your feet.

Breaking free of suffering: my personal experience

When I had the ultimate experience of enlightenment and settled with this body, everything looked useless. No really. All the sadhana I did: pooja, worship, meditation, repetition of God's name, going to temples, everything felt useless.

When I was doing my spiritual practices, I was literally a fanatic about my spiritual practices. Morning when I wake up, the first thing I will do is go and see the Arunachala hill. It was like a fanaticism in me. Understand, the spectrum where enlightenment happens is different from the spectrum where the spiritual practices are happening. There is no connection.

I suddenly felt, 'Oh God, I should not teach any of this to the next generation. The whole thing is useless'.

A small story:

All the frogs living in a forest gather together and decide that they want to migrate to some other country. They realize that the only way to go to another country is to catch a flight. All of them are planning on how to catch a flight. One intelligent frog with a long beard says, 'Hey, have you not seen that every day the morning flight goes over our forest. Tomorrow let us all stop the flight, get into the flight, and go to the other country'. The next day they try to stop the flight. They all gather and shout and shout and shout. But the pilot does not hear them.

The next day, they bring a huge loudspeaker and start shouting at the plane, 'Hey, we are all here. We are all your passengers. Please take us to the next country'. The pilot does not stop. The next day they decide, 'We will go on a strike. We will stop the flight in the sky. '

So they all gather and collect all the threads which they can, and put all the threads together. They try to create a huge ladder. With so much of effort the whole country struggles. All the big frogs try their best to bring in all the big threads and ropes. Some of the frogs even build their body to build this structure. After ten years of hard work they create a huge bridge, which is seven feet tall. But the aircraft is going at 70,000 feet height! Can these frogs ever create a ladder and do a strike and stop the aircraft. No! All their effort to stop the aircraft and get the attention of the pilot is useless.

At some point - you don't even know the reason - suddenly the pilot decides to land in the forest. Even if he wants, he cannot land completely. He can lower it to a certain level, and drop a rope, and tell the frogs come up one by one. That is the maximum thing that even the pilot can do. That is what happens when He almost comes down and drops the rope. He then asks the frogs to come up, one by one and get in.

That rope is called Incarnation.

I tell you: there is no other way. All your efforts are just useless.

When I was in the Ramakrishna mutt I will be up until twelve o'clock at night to finish all my work. I was in charge of four to five areas: publications, kitchen, etc.

Around twelve o' clock at night, I would come back to the room. After that I will have a bath, and sit and do some puja and meditation. I will sit for two to two and a half hours. By the time I am done it will be three o' clock in the morning – time to wake up for the next day's spiritual practices!

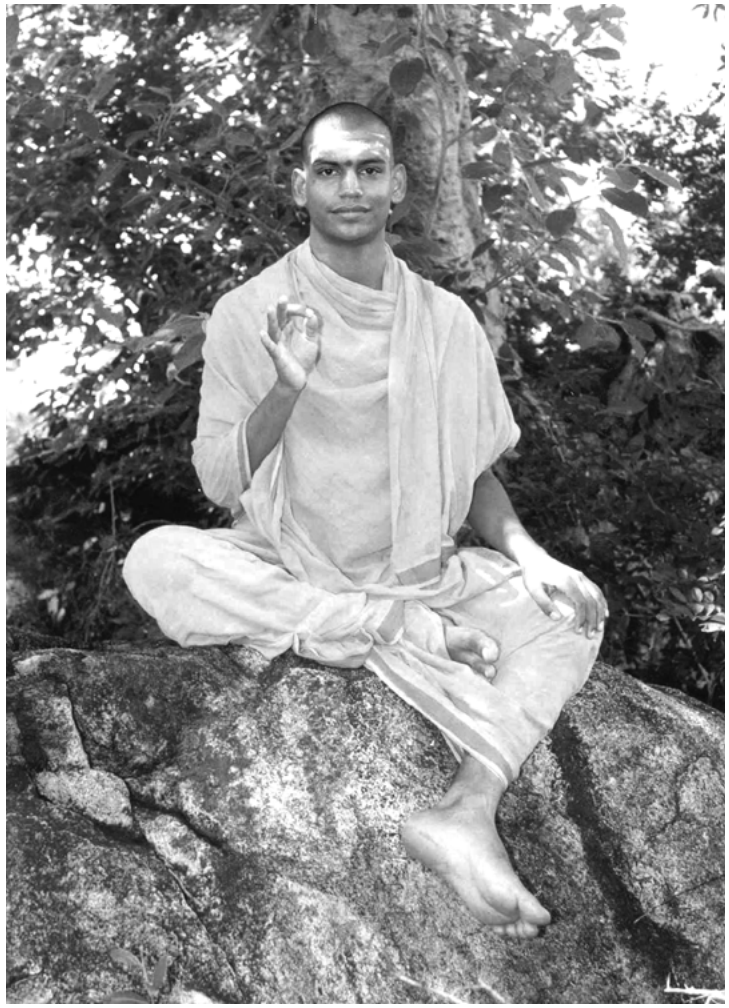
For at least two years I lived like this. I practically had no sleep. Of course, it is very difficult for everybody to believe.

When I had the ultimate experience of enlightenment, I felt, 'Oh God, all these are just useless!' It is exactly like the story I told you about the frogs trying to build a rope bridge, and stop the flight and get into the aircraft. Actually, my first reaction to my enlightenment, after settling into the body, was shock! 'Oh God, the whole world is getting misguided.'

The goal you need to experience is avyaktam achintyam avikaaryam. It is unmanifest, unthinkable and unchangeable. Vedas describe very beautifully that whatever you know as the universe, the so-called known universe, is not even one fourth of it. More than seventy-five percent is unmanifest. What does this mean? You cannot perceive it by anything that has manifested. You cannot perceive it with your eyes, with your ears, with your tongue, and with your body. You cannot perceive it.

So anything you do in the manifest world will be useless to experience the ultimate unmanifest. I don't want to give a license to all of you, but I have to make it very clear.

Also, none of your wrong actions stop your enlightenment. It is not that when the pilot slowly comes down and drops his rope for all the frogs to come up, he says, 'No. This frog is a drunkard, he



cannot get into my flight. No. This frog is a fraud, when everybody else was working and building the bridge of seven feet, this fellow was happily lying down and sleeping.'

None of this will be counted.

Enlightenment is a completely different spectrum.

Final Word on Suffering

Excerpt from

Akashic Records about Birth

Read through His Holiness Paramahamsa Nithyananda

on 26 September 2012

This is the readings from the Akashic Records about Birth.

There is no such thing as birth exists. Every individual water drop in the ocean when it moves, by its very innate intelligence, visualizes it is born and separated from the Whole. When it gets rid of the very root delusion, it is called enlightenment.

The birth is not happening as human beings understand, as the separation from the Source. The Source continues to exist as part of the, part which thinks it is already become part from the source.

Source participates completely with the part in every action, in every deed, in every step, in every behavior, in every moment, through its all permeating penetration Presence. The participation is never allows the separation of the part from the whole. So the part continues to be the part of the Whole.

The birth as you understand does not exist in the cosmos. Continuously your movements, your desires, creates different states of consciousness in you. Because of these altered states of consciousness like lust, anger, greed, fear, jealousy, competition, love, feeling of deprived, depression; because of these various experiences and the expressions, part starts feeling it is separated from the Whole. The moment the part feels it is separated from the whole, it claims it has taken birth.

So the birth actually does not happen as you think. When a body comes out of another one body, it cannot be called as birth. Only when the individual awareness feels its independent existence, the birth begins. Birth is the beginning of the suffering, as the part forgets its source existence, connection and participation with the source.

As the source relationship is forgotten by the part, the deluded suffering becomes the lifestyle from the moment of birth. Birth cannot be considered as the separation of the body you are carrying from another one body which you call as mother, as this does not immediately inflict suffering into the individual part, because the individual part does not claim, feel, potent, participate in the concept that it is individual part. So the truth exists as it is, even though the body is separated from the another one body which you may call as mother.

The moment the individual consciousness feels the part is no more participating directly with the Whole, that moment can be considered as birth. That moment indicates the individuals suffering

beginning. It may get extended as long as that individual, that part, feels it is independent existence from the whole existence.

When the part remains as a part, it continues to create various forms of conscious states, and the various forms of conscious states creates the kaleidoscopy experience of this world for that individual part.

When the individual part realizes its mistake of remembering itself from the Whole, it relaxes into the Whole; that moment is called enlightenment.





About His Holiness Paramahamsa Nithyananda

His Holiness Paramahamsa 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.

Paramahamsa Nithyananda is considered the foremost authority in the world today in the field of Consciousness and Kundalini awakening. He has successfully demystified yogic sciences like Third Eye Awakening[SM], spiritual healing, levitation, teleportation, materialization, anti-ageing and going beyond the need for food.

A spiritual genius with an enlightened insight into everything from management to meditation, relationships to religion, success to spirituality, Paramahamsa Nithyananda brings to us a wealth of practical wisdom and techniques for lasting inner change.

Paramahamsa Nithyananda is the spiritual head of several non-profit organizations worldwide which enrich lives through personal transformation programs and courses, publications, spreading

Vedic sciences and wisdom, spiritual healing and humanitarian services.

As a global humanitarian, Paramahamsa Nithyananda is working to promote global peace through the transformation of the individual. His spiritual mission includes ashrams and centres worldwide, which serve as spiritual laboratories where inner growth is profound and outer growth is a natural consequence.

Service activities include conducting meditation and de-addiction camps, free medical camps and artificial limb donation for the needy, support for education and vocational training, support for children in rural areas, conducting meditation camps for prisoners and disaster relief activities.

Paramahamsa Nithyananda is also deeply committed to creating international awareness about Indian culture and the ancient Vedic tradition. As an enlightened mystic, a spiritual evolutionary, a trained yogi, a powerful healer and a siddha, Paramahamsa Nithyananda is an inspiring personality for millions of people worldwide. His authenticity, depth of experience and his rare gift for making spirituality both practical and enjoyable have allowed His teachings to reach far and wide.

Paramahamsa Nithyananda has healed thousands of people of a wide range of diseases, often with a single touch. Working and sharing with over 10 million people worldwide every year, Paramahamsa Nithyananda and His mission are committed to help humanity make the next big breakthrough: into Superconsciousness.

Our Websites

❖ Visit the official website of Nithyananda Mission

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❖ Watch the live stream of Paramahamsa Nithyananda's satsang every day

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❖ Find out more about our flagship meditation program Inner Awakening[SM]

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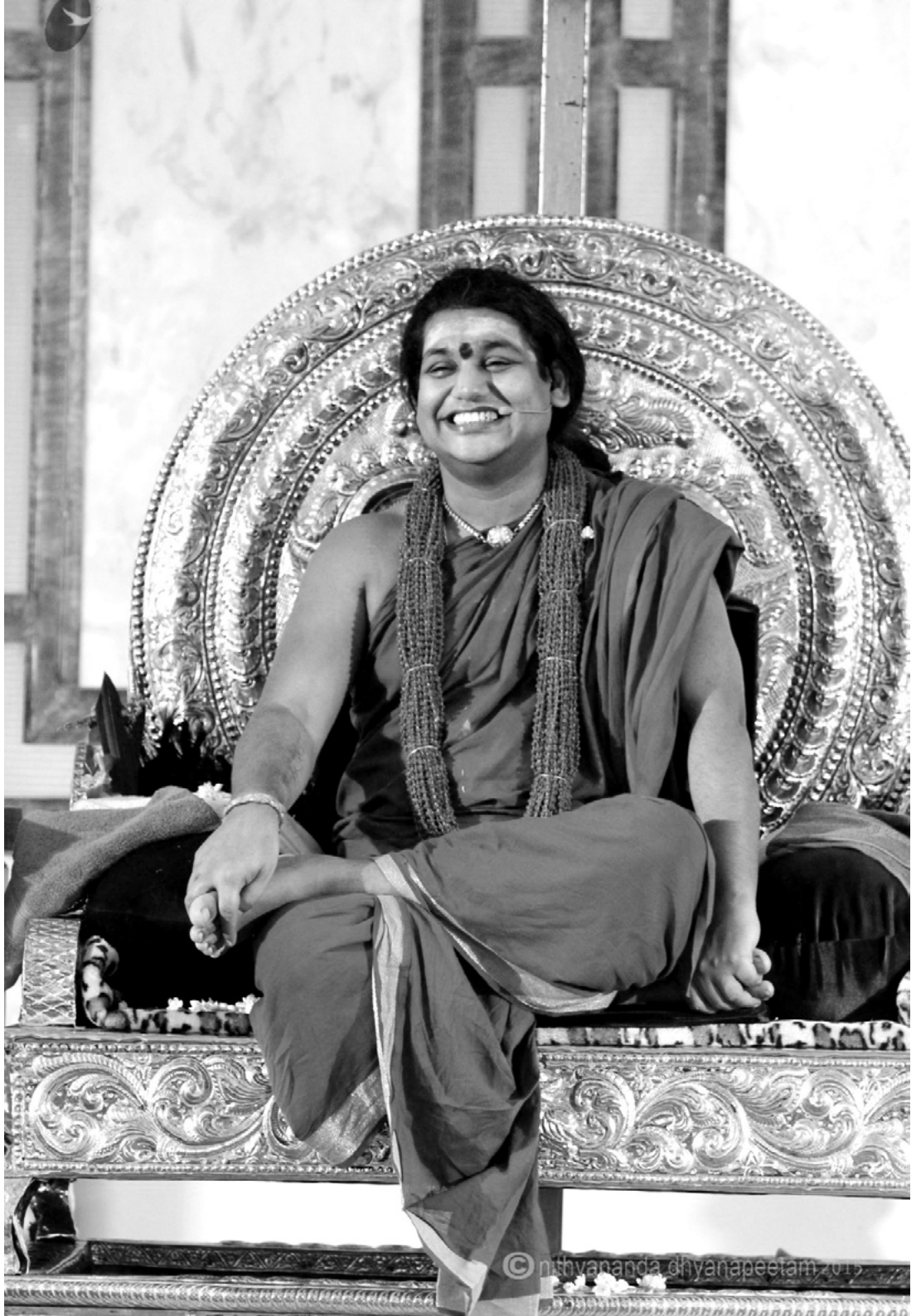
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11 Years

of NITHYANANDA MISSION
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- ***Over 300 books of Paramahamsa Nithyananda's teachings*** published in 20 languages
- ***Over 2000 free talks by Nithyananda*** on www.YouTube.com/lifeblissfoundation crossing 18 million views
- ***Over 250 e-books and 600 meditation techniques and solutions available free online***
- ***Nithyananda University offering courses in meditation, spiritual sciences and life skills*** being established across the world
- ***Breakthrough research on mystical yogic sciences*** like kundalini awakening, levitation, teleportation and yogic age-reversal
- ***The Nithyananda Order*** - Hundreds of aspirants from various religions and walks of life receiving intensive spiritual training and sannyas
- ***Ananda Yogam*** – free one-year residential program for youth aged 18-35 years, offering vocational and spiritual training for excellence and personal growth
- ***A dynamic volunteer force, including over 1000 full-time resident volunteers***, offering services such as disaster relief, counseling, initiatives for youth and women's empowerment
- ***Nithya Kriyas and Sammyamas - 108 authentic yogic solutions*** for physical and mental ailments
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- ***Yoga, meditation and spiritual counseling centers and camps*** touching over 15 million people in 150 countries
- ***Over 9000 ordained spiritual healers healing 20,000 people globally every day***
- ***Over 1000 ordained teachers guiding thousands*** in yoga, meditation, spiritual sciences and life solutions
- ***Live online morning satsang by Paramahamsa Nithyananda*** via live streaming and video conferencing, viewed in thousands of places in over 40 countries every day
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- ***Support for schools in rural areas***, including school uniforms, books, stationery and infrastructure



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- Protecting, preserving and promoting Vedic Hindu tradition through ***Vedic Temples*** in India, USA, Canada, Malaysia and other countries
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