

ENLIGHTENED AWARENESS



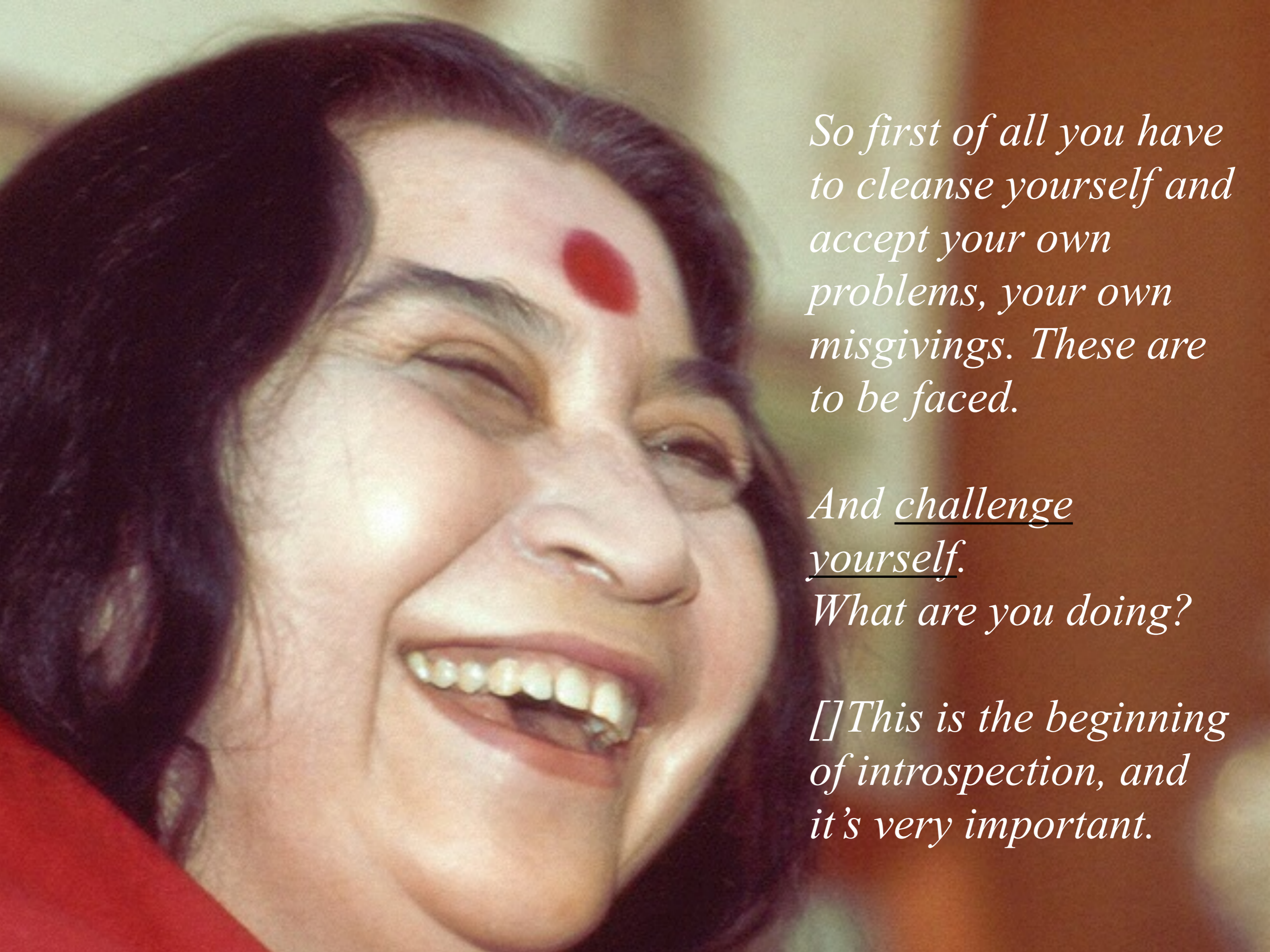
WHAT IS THOUGHTLESS AWARENESS?

- It is a state of higher awareness, where we go beyond the ego and superego
- We are in the PRESENT MOMENT
- This state is manifested by the Kundalini rising and making you feel the cool breeze



1. THOUGHTLESS AWARENESS MEANS
TRUE INTROSPECTION



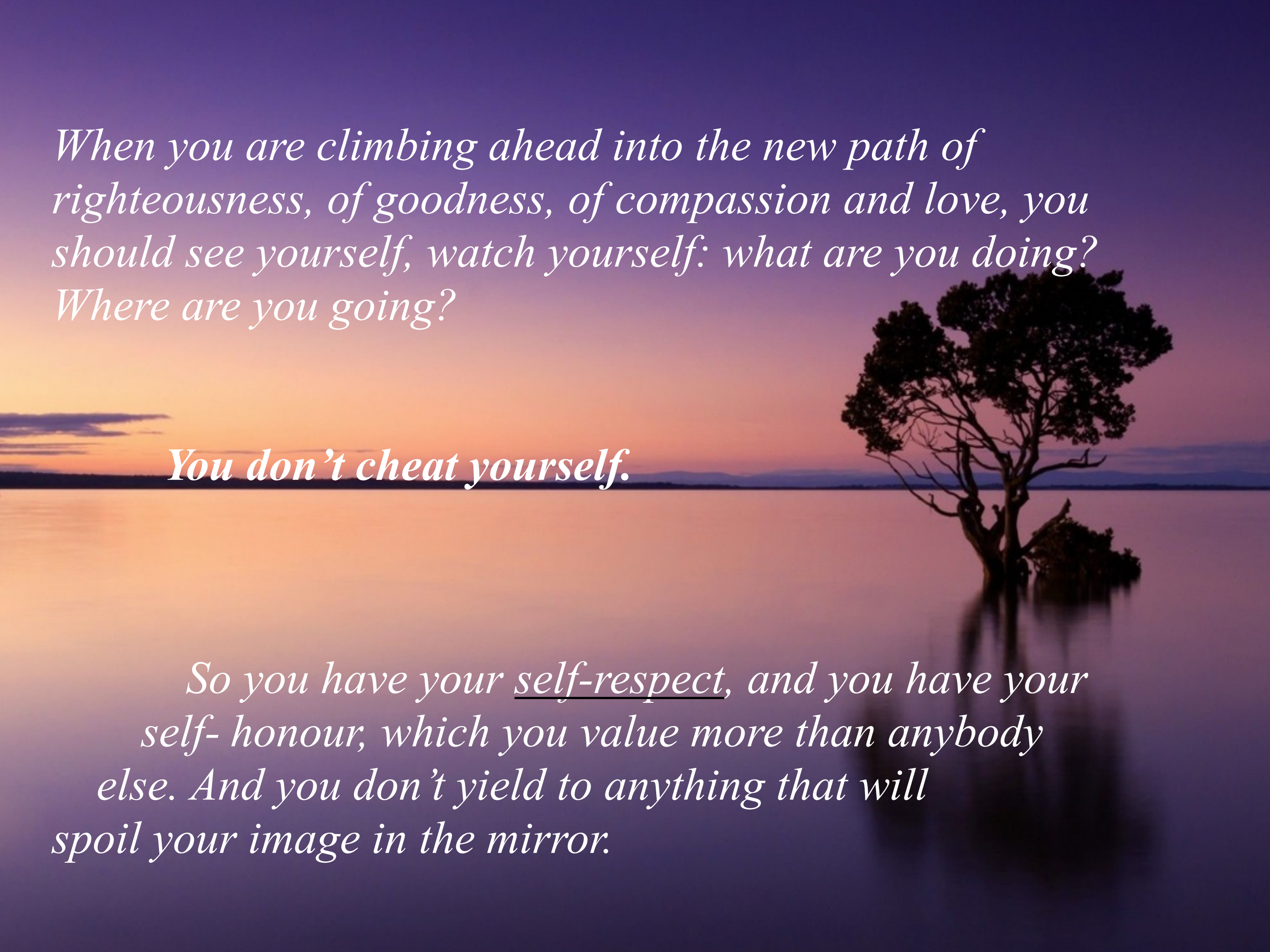


So first of all you have to cleanse yourself and accept your own problems, your own misgivings. These are to be faced.

And challenge yourself.

What are you doing?

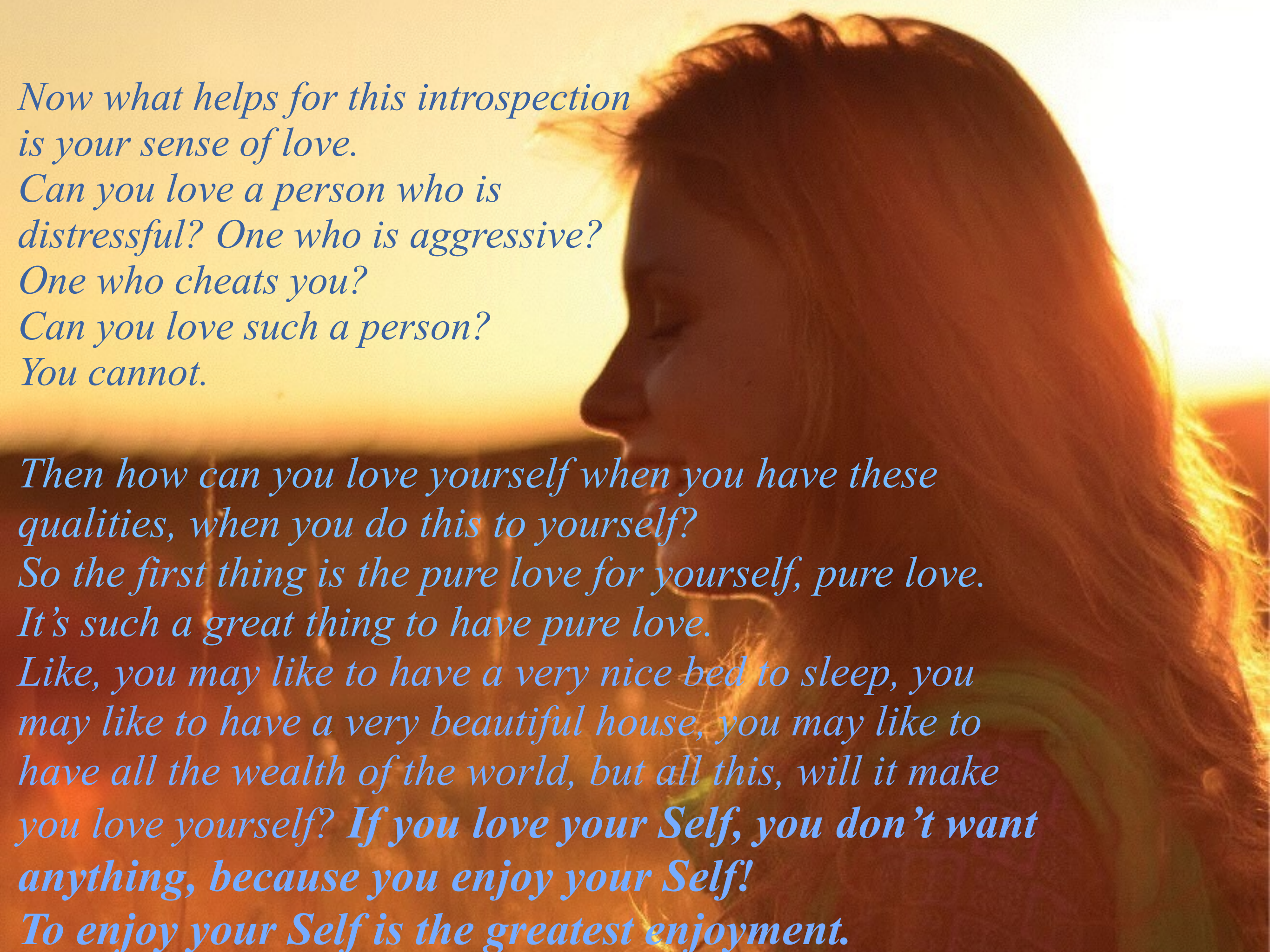
[] This is the beginning of introspection, and it's very important.

A serene sunset scene over a calm body of water. The sky transitions from a deep purple at the top to a bright orange near the horizon. A single, dark silhouette of a tree stands on the right side of the water, its reflection visible in the still surface. The overall mood is peaceful and contemplative.

When you are climbing ahead into the new path of righteousness, of goodness, of compassion and love, you should see yourself, watch yourself: what are you doing? Where are you going?

You don't cheat yourself.

So you have your self-respect, and you have your self-honour, which you value more than anybody else. And you don't yield to anything that will spoil your image in the mirror.

A woman's profile is shown in silhouette against a warm, golden sunset background. Her hair is long and appears to be blowing in the wind. The overall mood is contemplative and serene.

*Now what helps for this introspection
is your sense of love.*

*Can you love a person who is
distressful? One who is aggressive?*

One who cheats you?

Can you love such a person?

You cannot.

*Then how can you love yourself when you have these
qualities, when you do this to yourself?*

So the first thing is the pure love for yourself, pure love.

It's such a great thing to have pure love.

*Like, you may like to have a very nice bed to sleep, you
may like to have a very beautiful house, you may like to
have all the wealth of the world, but all this, will it make*

*you love yourself? **If you love your Self, you don't want
anything, because you enjoy your Self!***

To enjoy your Self is the greatest enjoyment.



TRUE INTROSPECTION MEANS
TO FACE YOURSELF,
LOVINGLY, SINCERELY
AND WITH
NO JUDGEMENT.

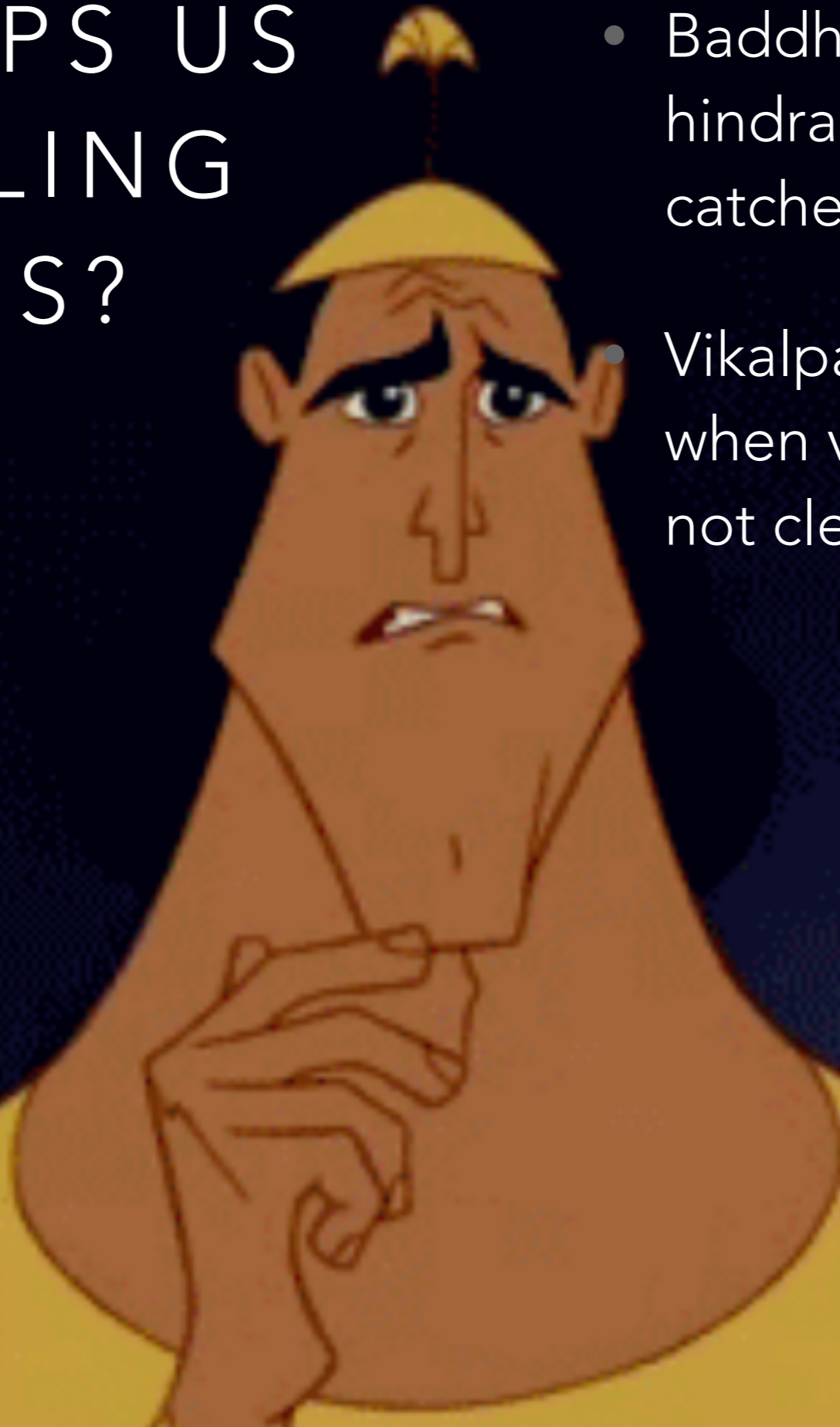
THE MORE IN
THOUGHTLESS
AWARENESS YOU ARE,
THE DEEPER THIS LOVE
AND SINCERITY

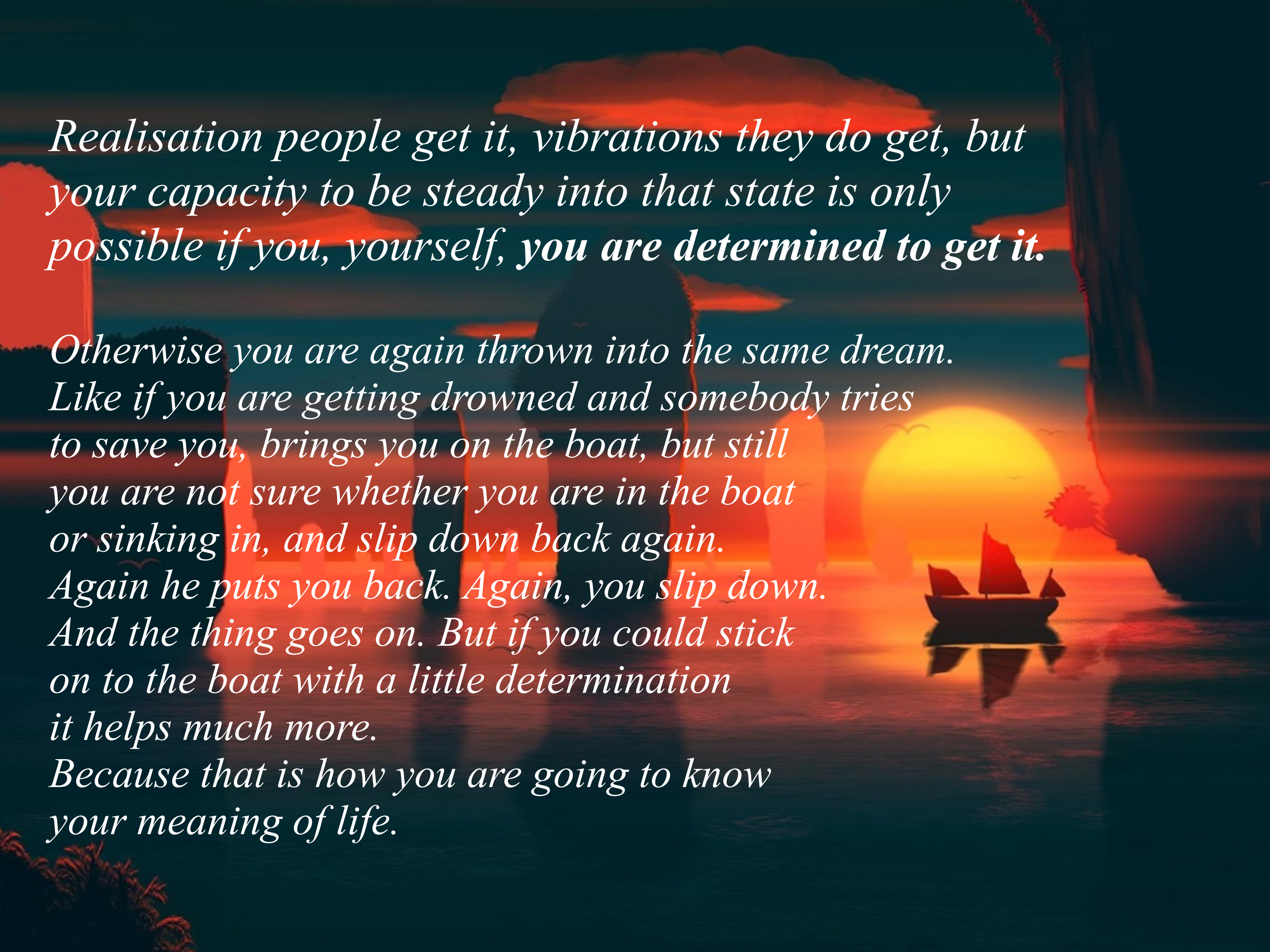
2. THOUGHTLESS AWARENESS MAKES YOU MORE AWARE OF VIBRATIONS



WHAT STOPS US FROM FEELING VIBRATIONS?

- Baddhas(obstruction/ hindrance): manifested as catches.
- Vikalpa(doubt): comes when vibratory awareness is not clear-cut.



A sunset scene with a boat on the water and palm trees in the foreground. The sun is low on the horizon, casting a warm glow over the water. A small boat with a red sail is visible on the right side of the image. The sky is filled with soft, orange and yellow clouds. The overall mood is serene and contemplative.

Realisation people get it, vibrations they do get, but your capacity to be steady into that state is only possible if you, yourself, you are determined to get it.

Otherwise you are again thrown into the same dream. Like if you are getting drowned and somebody tries to save you, brings you on the boat, but still you are not sure whether you are in the boat or sinking in, and slip down back again. Again he puts you back. Again, you slip down. And the thing goes on. But if you could stick on to the boat with a little determination it helps much more. Because that is how you are going to know your meaning of life.

A vibrant sunset scene with a large, bright sun on the horizon. The sky is a mix of orange, red, and purple. In the foreground, there are silhouetted trees and a small sailboat on the water. The water reflects the colors of the sky and the sun. The overall mood is peaceful and serene.

IN ORDER TO BE MORE IN THOUGHTLESS
AWARENESS AND FEEL MORE VIBRATIONS, YOUR
DETERMINATION, YOUR DESIRE, IS CRUCIAL.

3. THOUGHTLESS AWARENESS HELPS

THE KUNDALINI TO WORK THROUGH US



1. YOU GO BEYOND
THE EGO AND
SUPEREGO, SO...

2. YOUR
SAHASRARA
OPENS MORE...

3. YOU FEEL
MORE JOY AND
LESS WORRIES

4. YOU BECOME AN
INSTRUMENT OF THE DIVINE



AND REMEMBER!

- It's a NATURAL process, you cannot force it.
- The most important thing is that you have the Sincere Desire to be in Thoughtless Awareness.
- Again, you cannot force it. You can just Surrender to it.

AND MAKE SURE
YOU ENJOY IT!