



YOGA OF DEATH-1

What happens after Death?

What is Death?

Is it the end of an episode or the end of the show?

What does one carry with him after death? All your name, fame, shame, money, property, car, spouse and children get left behind. The empire you created does not get buried with you under six feet, or get burnt with you on the funeral pyre that turns you into ashes.

To understand death, we should first understand life.

What is life? How does one die? And what happens after the death?

There are many afterlife accounts narrated by the people who died and somehow returned back... These are available on internet and in books, but our subject is beyond this topic. We will be discussing how we can break the cycle of rebirth.

Rebirth happens. There are many accounts of reincarnation in books and on the internet. There are many investigations done by various people, many of whom were trained psychiatrists, and they all came to the conclusion - reincarnation is a fact. It is a phenomenon that has

taken place for thousands of years for everyone, and the cycle of reincarnation can be broken by the Yoga of death.

The solution is TO DIE BEFORE YOU DIE.

What does that mean - to die before you die? Let us analyze it by going through the fact of what happens when you die?

When you die, you no longer have any desires, hunger, lust, anger, greed, or ego. The key is to reach this state before you die. If you are able to achieve this, you would experience the death before you die. The upside is that your actual death would then become easier, and you will break the cycle of re-incarnation.

To understand death, let's first understand the life. Then, the puzzle of death would be automatically solved.

Life is that beam of light of the supreme-power that is running the universe that is given to all living beings individually. All the matter in universe is constantly changing and recreation is constantly happening. There is not a smallest place on Earth which is devoid of life. The moment this life ends, that will be the apocalypse and end of the universe.

We are empowered by this power, the moment that power is gone, we would be dead. This power activates our body, our mind; our intellect,

it provides us the energy we need to do our daily chores. And when this power goes off, the soul departs from the body and nothing is left, but matter. When it departs, the soul seeks another womb to continue its journey of existence.

So, death is the exit of this power from the body. We will be answering various questions explaining how does a soul reach the next womb, and what one experiences before that happens. Our emphasis would be to see this in the light of Yoga of death.

Yoga means to join. Join whom? To join with the supreme-power who is running the entire universe. How do we join with the supreme power by Yoga of death?

Before we answer that, we need to first find out what is the composition of our inner being. Our inner being beyond our body is composed of a few elements. First the mind, second the intellect and third the "I" or the ego. Like the peels of an onion, the inner most is the ego, the next is the intellect and the outer most is the mind . This structure is housed in the body. Mind is also called astral body and "I" or the entity is called causal body.

The key to dying before you die is to cross the realm of the mind and the intellect. Here you would reach to a point, where you will have the

option of whether to take rebirth or not. It's similar to reaching the geostationary orbit, by crossing the escape velocity...

Some investigations have been done about astral or mind's body.

Investigations have been done on the aura also. Everyone has an **aura** and there are colors of the aura and the sages have described some of these colors for us. Cruel people have a dark aura. Selfish and greedy people have brownish aura. Criminals have a black aura. Brave and chivalrous people have an orange aura with sparks. Angry people have a reddish aura. Spiritual people have a bright and white aura. As they progress, the aura color becomes brighter. There are some people who have a capability to see that aura with their naked eyes. So, without even talking to a person, they can easily tell just by looking at their aura, what kind of person that is, and their observation is accurate.

Death is nothing but departure of the soul from the body and it is also been investigated by various sages that whatever strong feelings or cluster of thoughts prevails during the last minutes of death, one would be reborn in the same envelop and will get the appropriate birth pertaining to that thought.

For example, if someone has spent his life doing research on snakes and while dying if he or she was thinking about snakes only, then he or she has a possibility to become a snake in the next birth. Therefore, one

must be very careful about last minute cluster of thoughts before death. It has also been suggested that if you make the life pattern working on brighter subjects, the risk of last minute negative thought is reduced significantly.

There are **various zones** after death that have been narrated by various sages. The zones as we first know is Earth, second is astral region which is middle region and third is heaven or hell. Most religions have mentioned their existence. Heaven or paradise is zone of people with good karma and hell is zone of punishment of people with bad and negative karma.

Heaven is just like a time ticket. One would remain in heaven for the time duration depending on the amount of good karma currency in his pocket, and the moment they are out of good karma currency, they are dropped back to the earth either in human form or go to some other form depending upon their accumulation of karmas.

Paradise is a place of desires fulfillment and one gets creation power to fulfill those desires. One, who loves gold, can create a palace of gold temporarily. One who love food can create food of his choice and on who is passionate about sex can get their desires fulfilled. But the stay is temporary and time bound and once the currency of good Karma is spent, one is sent back to earth for his next birth and next journey. It is

like a person in hot desert is taken to oasis for short time and then thrown back to hot burning desert again. But while on the earth, if you stop the game of desire, perhaps you won't need a paradise, and will go to higher zone which is much brighter, permanent, and blissful. SO KEEP A WATCH ON YOUR DESIRES.

Do the actions which are needed to complete your work but do not desire. It is very difficult to work without desire. If you are able to learn how to commit actions without desiring for the results, then you will be able to minimize your desires. It is better to plan and then execute the plan without any desire. This is the key to breaking the cycle of death and rebirth.

Committing actions without desires will avoid frustrations that come when we are not able to get what we desire. Many mental problems and mental health issues are the result of failure in achieving desires. Do aim but don't be wild and mad for something you want to achieve. Try your best to achieve without any attachment in you for it. Then perhaps you will be able to do fulfill the desires without creating new desires and avoid frustrations too. Your life will become full of bliss. After death, if your slate is clean, you do not have to come back to earth to fulfill the un-fulfilled desires. Perhaps you may be able to go to a higher zone and remain in blissful state.

Most people fear death. But death is a very blissful experience. It has been narrated by various people who have mentioned their after death experiences. Like Steve Jobs who prepared himself for the death, curious to watch what happens at the time of death and his last words were "wow, wow, wow!" Death is a blissful and fantastic experience. No need to be afraid of it. You would experience a gust of light, the like of which you have never seen and that's the gate to another world. If you have no desires left then perhaps you don't have to come back and would remain in that blissful state. You might go to another brighter world and complete your mission of merging yourself finally in God. That's the ultimate salvation.

So, the key is- live the life like a spectator... Whether what happens is good or bad, witness it as a spectator. You are not the doer, you are the spectator. This way, you will not have any desire and will always remain in bliss and detached. Such people are able to die before they die and having done so, they do not fear death because they have already experienced it. 99% people in the world are the victims of the desires and when they die they are still slaves to desires. They may go to paradise to fulfill those and return back. They return in the form of a human being in their own clan or may even get a body of an animal. It's a funny disclosure, but the pet you have, a dog or a cat, might be a soul

mate of the last birth and is still with you. He might have been your father, mother, sister or brother or else. You were not able to serve them in the last life and they have now become your pet and now you are serving them, and they are taking care of you. It's very interesting that the cycle of life keeps on going.

Most of the people in this birth find their "soul mates" from the last birth. When you meet someone and instantly establish a bond, you don't know why, but you instantly start liking them, the person could be a brother or a lover, or a friend from your previous birth. You meet this person again and an instant bond is established. The life cycle goes on and this life cycle breaks when you are able to cross the realm of the mind, the intellect and "I" the ego.

There are various methods to cross the stage of mind, to cleanse the mind with no desire. Path is tough but basic effort is to keep your mind away from five things- the passion for sex, anger, undue pride, greed and attachments to the material things. You need to **maintain balance** among of all these. It's like five things in a circle is of 360 degrees. Make these five elements equalized to 72 degree each; just what is required, no more, no less. If anyone of these five elements is more or less than the 72 degree, there will be an imbalance and the circle will become uneven.

All of these five elements are required to live the life but they must be perfectly balanced. And one is who is able to bring all of them to minimum or zero, the circle become smaller and smaller until it is a mere point, AND HE IS THE ONE WHO IS DEAD BEFORE DYING. The one who crosses all these five elements and doesn't need any of these does not use any of these, or uses them only as needed, is the one who has achieved salvation before death.

So, how to be the one who can transcends all of these. It's not a matter of a day in which this can be achieved. It takes time. You have to start slowly, start all your action from today in a way that you are a spectator. If someone abuses you, don't respond because a spectator doesn't respond. Indulge in sex with only one, with your spouse and then slowly reduce it to minimum and then nil. Reduce anger to zero. Banish your greed as it is not going to take you anywhere but frustrations. Keep your ego low and your attachment to material things to minimum. It takes time to achieve this. Some people do this in weeks or months, some are able to do it in years. Our ultimate aim is to reduce these five things of 72 degree into zero, so that the circle of 360 degrees becomes merely a point. This point is an "I" with no desires that is ready for salvation.

To make your way beyond the passions and the greed; slowly make your life in such a way that you are doing all the things in life as you are doing now but without any attachment. The life will be easier, better, more blissful and you will cross the regions of astral world, also paradise or hell and go further beyond those like a rocket which crosses the geostationary orbit. Create such high escape velocity that you can cross it before you are dead. IN OTHER WORDS, LIBERATION FROM DESIRES AND PASSIONS IS THE SALVATION.

These desires bring us back to earth and we re-incarnate. It is very important to finish this now, because you cannot just plan to do it later. No, start doing it from now, not even tomorrow. Make your life in a way that you are dead before the death and you will achieve the salvation before the death. Who has seen the salvation after death? Whatsoever you achieve now is more meaningful than something you may try for later.

Our inner body is built up of mind, intellect and "I" the ego. They are envelopes one over the other like peels of onion on the soul, and if you are able to break these envelopes during your present life, you will not have to suffer the pain of death.

Another method to achieve this is to remain according to the will of the God. Do the actions as if they are ordained by him, whether good or

bad, just leave you in God's will and remain happy too. If you are able to do this regularly for months, then you would stop creating desires because you living according to the will of God. If something good happens thank God, if something bad happens, again thank him saying that perhaps he has some better plans for you and he knows better. This is again is a way to break the cycle. Such people's death is a victory and one should not mourn their death because they have achieved what they wanted to achieve in life in real terms.

Many religions have explained many regions or skies one crosses after the death. Some sages have mentioned there are **7 regions**. 99%of the people remain in the first three regions. These are earth, astral, then paradise (or hell) and they come back. After 1, they go to 2 or 3 and then come back to earth re-born and the cycle keeps on going for thousands of years. You have been taking hundreds of births again and again depending on your Karma and suffered the agony in each birth. Would you like to continue this painful affair? Just think about it.

The one who is dead before the death crosses zone 3 with the escape velocity and reaches the fourth region, which is nothing but "Awareness" region, where he has although crossed the cycle of re-birth he still carries a mind, an intellect, and "I" the ego. In the fifth region, only intellect and "I" are pre-dominant. The sixth region is the region of

"I" where mind and intellect are dropped. It's a region of pure existence and the seventh is the last one, where the "I" or entity also drops. It is the region where total bliss remains. How does one even experience that because the "I" or the experiencing tool has already dropped?

Some sages say that there are few regions beyond these also, regions of the creator but our aim should be to at least to cross first three by practicing to become a spectator of the life, by zeroing down our passions and desires and remaining happy in the will of God all the time.

The human being drowns or floats by his own mental creations. Most of the people are fearful in life with lots of phobia's and manias. When their heart is filled up with the knowledge, all these fears and phobias and manias are gone and one's life becomes better.

The moment we understand that this life is a comma and not a period, which is what most people believe, we start to create a platform for Yoga of Death. Some people say life is the only one you have got. Enjoy every moment and then parish. If they realize that what they are doing is not going to give them any benefit after the death perhaps, they will change the pattern of their life.

Thus, we need to change the pattern of our life we are living. It is important to be aware that you are going to take a re-birth either as a human being or as an animal and you should try to earn the karma currency which is required in the next life. Accumulation of that karma currency is important because that will be useful to you after the death and in your next birth. If you go empty handed into the next life, you have defeated the very purpose of this life because this life was given to you to cross at least region 1, 2 and 3, so that you are in blissful state after the death. If you are lucky and persistent you can achieve even higher zones by dying before you die through Yoga of death.

Yoga of Death-2

How to become immortal

In this world human being lives with two ways. One is marred with the sex, anger, greed, passions, ego, fear and attachments (either friendship or animosity) and the other rare type is the one who has died before the death. The one who dies before the death and has crossed these elements including the self-entity, is the one who is actually alive, all others are the living dead. The formula is simple. If you go beyond all these elements, you then become the one with nature and the powers of nature would protect you, and you would obtain the real salvation and become immortal, because you have already died theoretically. So, if you are able to kill the **enemies inside you** before you die, you will start living in the real sense.

Billions of people take birth sleeping while in the mother's womb, then they sleep in the cradle, then on the bed with wife, and finally in a casket or on the funeral pyre. They are actually asleep the whole life, but the who kills the enemies inside, they have actually lived. The patient dies and the doctor also dies. One day everyone dies but a saint like Christ who had achieved salvation does not die. He reappeared because he was not dead even after death. There are many examples of various saints and sages that reappeared after death. Even the bodies of hundreds of saints have not decayed after death. They are still preserved in various

monasteries all over the world and their body is almost intact even after the death. There is no deterioration in the body because while others were sleeping, they were awake and really lived and are still alive in the astral world because they have conquered death. These realized souls do not die, they live forever. Some religions say that they will live until the day of final Judgment.

One important thing is everything is within our self. The whole universe is inside you in a micro way. All the realms and regions are all inside you, you don't have to go to anywhere. You need to go inside you. Fly inside yourself and while going in, one day you will find the real pearl which is the soul (that is you) and one who gets it, is beyond the barriers of death. These people are called beyond body because they are not body; they are doing all the things in an auto mode and living their life totally free.

Let's be clear on one thing. The one who fears the death cannot achieve all of this. One has to overcome the fear of death before one starts to achieve any of this. Fear of death can be removed, by knowing the truth about life. Some fools say live your life to its extreme. This is the life only you have. Sorry, but they are wrong. This is a comma not a full stop. This is not the only life you have; there are many more to come depending upon the karmas of this present life.

Some people insist to practice art of living. They emphasize the art of living. But there is no art of living.

Art is in “dying”, art is in living free. One who is dying to live will die. One who is living to die will live forever. You have done many acrobatics in life. Let's do this act too. Die before death. People usually die without knowing when death will come. One who knows the time table of death dies before death.

In the coming pages we will discuss all these elements like sex, greed, passions, ego, attachments etc. individually and how they are affecting our real purpose in life, which is to live before the death actually arrives.

Never trust your deceptive mind; never trust your deceptive intellect. Mind and intellect will give you strong logics to deviate you from your path. Set-up your goal, move with the steps towards the goal, otherwise you are going to perish like the millions and billions are perishing in this world or have perished in the past.

The seekers think that they have conquered the passions but no one should be 100% confident on this because it can bounce back anytime

and when it hits, it hits very hard and whatever one has achieved in a long time, he is rolled back to the foot of the mountain and back to square one.

The one who has conquered all these elements reaches to a plane or a canvas where he is beyond all and truly free. He then doesn't want to live, because he feels that the bliss he would get by dying would be many folds than his present happiness. Many sages have mentioned that they want to die because the bliss they are getting is limited and when they will be out of the body they would experience unlimited bliss because they would manifest bliss itself.

When you cross the mind and intellect, at one point you would encounter the last veil or curtain of "I" or self, which stops you from merging into the ultimate. The fruit of salvation is on a tree, which is very high and that fruit is eaten by the bird that has died before death.

It is not important to leave your house or property or go to woods or jungle for doing all your practices. No, do it here in your house, because the one who goes to mountains and jungle to achieve salvation, most of them have been seen running back to home and whatever they had even

achieved is lost. They are loser of the both worlds. Going to the cathedral, churches or temple may help us a little, but the real temple is within you.

If someone has died, don't weep for him or her because he is gone, but weep for someone who is alive and burdened by the ailments like obsession of sex, passions and attachments to the material world. Weep or pray for him so that he becomes free of these. And on the other hand, rejoice for someone of who has died before death, and when he dies, celebrate the day of his freedom because the last veil he had has also been broken and he has merged into the ultimate. Buddha told his disciples before his death - don't weep when I die, beat the drums and enjoy because I have gone back to my home, my ultimate destination.

This subject is very special and people are afraid to discuss it. So, if you are in the grip of the sex and anger, passions and desires, the lord of death will catch you when you die and tear you apart in pieces.

Imagining your day of death also give you some help and advancement. Imagine that you are dead and on the four shoulders or in casket and they are taking you to the funeral pyre or burial ground and all your possessions have been left behind. Imagine this every day and you will be surprised, you will get cleaned every day from inside just by doing this.

You would be less stressed. Imagine your bones are burning in the funeral fire like wood, the hairs are burning in funeral fire like dry grass, and the whole world is burning like this. Even getting a wash daily is fine, but if you are dirty from inside and then you need cleaned from inside too.

Ultimate aim is to be beyond the dirt and the cleanliness both. The one, who is beyond dirt and cleanliness, and is in pure awareness, is the one who is moving towards the correct destination. You will graduate to a very special state of mind if you start practicing it, and one day you will be in the constant bliss and glory for sure, and whatever you have achieved or done, will not go waste. If you are unable to complete this cycle in this birth, you will start from where you have left earlier, in the next birth. So, focus your mind. Worries, attachments, grief, pride etc. leave them aside, and run towards the path of pure awareness.

This is mine and that is yours is the real core the problem. Root this out, settle beyond mine and yours. It's my car, my house, my children, my friends. No. Be a spectator and live in a blissful state. In the coming pages we will also discuss flight of the human mind, various levels and also the descent of soul into the various forms.

Our main objective is to reach back to a point where we originally separated from god. We need to become same as we were in the beginning. We were one with the universal soul and then we got detached and we came into this world with different envelopes or coverings. First envelop was “I” or self or entity, second envelop was intellect and third one the mind and then they were all housed into the mortal body of blood and flesh and they were activated by insertion of soul power within these envelopes.

The sole purpose of life should be to go back to our original form, to become one with the universal soul. We will also discuss about these envelopes and how can they be eliminated and what are the tools with which we can eliminate them. I don't want your mind to be burdened with any religious or spiritual ideas. These ideas are like education in an elementary school, and you need to come out of it if you want to pursue higher education.

Religion and spirituality are two different things. Religion is the finger which points towards the spirituality. When you enter the realm of spirituality, the religion is not needed. Goal of all religions is the same. Try to understand the distinction between religion and spirituality.

There is a life beyond life and you need to die before you actually die. You can also go to beyond life while living in this life. Kill all the attachments, passion and the five elements and you will enjoy swimming in the sea of bliss. If you are able to break the final barrier of entity or “I”, the ultimate purpose will be achieved.

We will also discuss the role of the master or **Guru** in it. Guru is like a guide. If you are in a big desert or in a dense forest and there is no path visible or there are dozens of paths, the Guru is the guide who shows you the right path and carries you to the destination. You might waste your whole life practicing something but Guru might tell you something different and then you can achieve the purpose in much shorter period because he knows the complete route. He knows all the ins and outs, so his guidance will help you to reach your destination. But Guru should be someone who has the complete knowledge of the whole desert or the whole forest, then he can guide you well, otherwise Guru and disciple will both die inside the maze. We shall discuss Guru’s role and what heights he can help you reach. His role is not only to guide you but to be with you all the time invisibly and carry you, and pull you up and let you merge in the supreme soul. If guru is only guiding you up the stairs and is not capable of lifting you up, you both would end up miserably.

YOGA OF DEATH-3

There are better worlds than this world

We have understood that death is a new beginning. One chapter has ended and new chapter is going to open and how good the new chapter will be, that depends on the present chapter and the present life. How you are living in the present life and completing this cycle will decide your next life. There might be two possibilities. When someone dies, he may hang on to the middle zone, or to go to paradise or hell temporarily. First zone is the earth, the second one is the astral region and third one is paradise or hell. So, out of these two possibilities, if you are in middle or astral region, you may instantly take re-birth. If you get paradise or hell as per your karma, once you complete your term there, you come back to zone one, the earth, and take rebirth. Beyond the third one, starts the salvation area and goes up to seventh sky.

So let us discuss one by one. What is the middle Zone?

Middle zone consists of the astral regions where soul resides after death. Soul carries mind and intellect both but not physical body because body has been left on the earth. There are numerous middle zones, where souls of the same type or nature of death get accumulated. This experience has been narrated by the spirits who have been contacted after the death and these souls have been in the middle zones and while being there, they replied and confirmed this fact. There are areas in the middle zone for souls who have drowned in water. The people, who have

committed suicide, are accumulated separately in an isolation chamber, which is a severe punishment and they remain there for a long period. This occurs because “nature” is reacting to them, as they were given life not to end it with wanton desire in this manner by suicide.

The one who ends his life without any desire, goes into the brighter world and the persons who end their life by suicide due to petty desires or some frustration (because the root of frustration is a desire), are accumulated in a jail like isolation, striving to come out of that prison but who will bring them out? Sometimes very deep strong prayers done by their relatives or friends or prayers done by the saint and the sages might help and they come out of that jail, they come back to the earth to fulfill the unfinished desire. They may also come back in the same kind of scenario they left where they would take birth with their old associates joining.

Sometimes there are instances where the grandfather takes birth as the grandchild in the same family because he has roots of desires left in the same house that bring him back. We also discussed that your dog may be your friends in previous life and you never know in next life and he may become your master depending on your present way of life and karmas.

It's very important not to tarnish your thinking by reading wrong books and gross subjects. Few people are interested in reading about gross things. My suggestion is not to do this because you may become what you constantly think about. If a lady constantly thinks about a witch, there are chances that she might get converted into a different personality after sometime or in the next life. It is very risky because this is the option given by the nature. If you need to think, think of something brighter, something meaningful and something glorious which might shape your life as an illuminated soul.

It's very important because if you have an option to think of higher things or virtues, think about the great people, the great saints, great scriptures, great knowledge etc. If you keep thinking about Christ or Buddha 24 X 7, surely you will have their virtues transferred into you after sometime. Some sages say that if you constantly think about someone for 12 years, the whole body which consists of mortal body, astral body and casual body they all turn into the person that you are thinking about. If you are thinking about Christ continuously, you might get his virtues from day one and after a few years you might internally convert yourself and all atoms in your body will change. But the problem is, people cannot brood continuously. They think in partial brackets. I mean by sitting one hour per day and think about Christ and go back again to the worldly life and

do all worldly things won't help because whatever nectar you have accumulated in one hour, is dissipated and the net result is zero.

Coming back to three possibilities that we were discussing, middle zone offers two options, means after the death you are not taking re-birth while you have left the body from this earth so, you are in kind of suspended state and the other is after completing your term at either heaven or hell that you may take rebirth and the 3rd option is going to salvation zone which starts from 4th zone.

There are spirits and the souls residing in various parts of middle zone depending upon the way they ended their life and they wait for their jail term to be over, so that, they can take re-birth. Re-birth takes place mostly in the same nature of area of previous life. If soul is more attached to a family, he might take re-birth in that some family. If he is attached to a piece of land or a house or a factory, he might somehow come to that same place again. If a soldier had died in army and wants to come back and do the same thing again (as he told himself to die for country in every birth) the next birth he will do the same thing. In one study done in America, a lady who had gone through 86 re-births and she was able to speak about all 86 lives and what happened to her in those 86 previous births. The important point is in most of the lives she came back with the same group of people. The one who was teacher in one birth would

become her friend in the next life. A friend would become a guide. The same combination keeps on going for ever till somebody breaks from the loop. It's very interesting thing but it is saddening also because it's happening over and over again. Rebirth after re-birth is not good in the sense that you might be good, wealthy and healthy in this life but what would happen in your next life? You might take a rebirth in some kind of drought stricken village in a poor country. You might take re-birth as a person with a dysfunctional body. So, the emphasis given by the saints and the sages is to break the cycle, come out of the re-birth cycle and go beyond 3rd zone.

Salvation is of two types. One is simply not taking re-birth and the other one is completely move out of process of existence. Salvation by not taking birth happens to a lower level- the 4th level. If you break this 1, 2 and 3 levels or barriers, you go in 4th one. You have option not to come back for the re-birth but still you have not achieved salvation because you still exist, your mind and intellect still exist, though you are in a better zone. You still carry the mind and intellect. **Full salvation is crossing the barrier of mind and the barrier of intellect and lastly the barrier of entity, the "I" or self.** Interesting thing is then, when you are not existing then who will remain? -the answer is you become like God.

Another important point is the time scale. What you can do or what you can achieve in the present life is better than what you could do to finish the task after death (while you are in suspended animation), because time scale might be different. Here you might finish this job while being in the life within your age of say less than 90-100 years but after your death, you have no control over the time scale; you make it in a 1000 years or 5000 years, who knows? So, it's better to finish it now, not tomorrow (there are few zones after the 4th also, after the death you are not taking the birth again but while you have not achieved full salvation still you continue your journey there on).

Let's discuss, why re-birth takes place. As already explained rebirth take place to complete unfinished, unfulfilled desires. Nature has made such arrangements that anyone desiring anything is bound to be fulfilled someday but when? Who knows? If you want to be a president of United States, you might become president of United States but in which birth? may be after 10 births, may be after 100 births because you are in queue behind the people who have desired the same wish before you, so when your turn comes, you might become president of United States but to achieve it you would take 100 births. So, best thing is, do not desire because by desiring you are creating a cause for your re-birth. People

start creating very small desires like..... Oh! I would like to have a Pent House in a high rise building. Yes, you will get it fulfilled when the situation is favorable but in which birth, may be after two births , so , you may have to come back again two times to fulfill that desire. With that desire to fulfill, you may live again but with maybe ailments and diseases.

Life is full of two things: - happiness and sorrows, good and bad, both. So, to fulfill that good thing, the bad thing also accompanies. Why would you go into that process again and again? The best thing is **do not take risk and do not desire**. You plan a wish and finish it without getting madly attached to it. If you are attached to it, you have created a desire shell and that's a cause of your existence.

Coming back again to salvation, we discussed that if you firmly decided not to take re-birth, believe me while reading these lines, if you are emphatic in your thinking that you will not take re-birth, you would surely go to zone four. You will not take rebirth.

There are many people or patients who died with the diseases or ailments and don't want to come back to this world saying that 'Oh I am tired of it and I have lived my life of 40 years of cancer treatment. I don't want to take birth again'. It's pretty sure that they will not come back,

but have they achieved salvation? No. They keep hanging somewhere in suspended animation either completing the process of cleansing the mind and the intellect and the "I" (or self or (entity) or ego) so that they go into the brighter zone and get the salvation.

There are zones or skies after death. Some say that there are seven zones. 4th one is the one which gives you a guarantee that you will not take re-birth. 4th zone souls have mind, "I" and intellect. The 5th zone is the one where mind also drops. (Body has already dropped in zones 2 and 3. Mind drops in 5th). You are in 5th now and to cross the 5th, the intellect needs to be dropped. So in 5th the intellect also gets dropped. Then you are transported in to the zone 6th where you have only the "I" or self-left. This is a blissful zone with no mind, only pure existence with "I" and the moment you are able to drop the "I" or self, you are in the final, 7th zone which is nothing but the god element . If you believe in god, it's a god element; otherwise, it is just a pure existence without "I", without even you being there, it's just the existence. You can complete the whole 1 2, 3,4,5,6 being in this life itself, being in the given body itself but you **need a capable Guru for that**. It's always better to finish it off now rather than to wait for the next opportunity and in the next opportunity when you don't have a body; you are a wandering spirit and

try to shirk off the mind and the intellect. It becomes a difficult task. Some scriptures say that it's a near impossible work. Although there are masters in each zone, they have been assigned the task of pulling these spirits and push them into the next zone depending upon their individual efforts, and make them able to be ripe enough for the next zone. These masters have job to do for a timed task and once they finish off the task for a defined time, they go back to zone 7 or higher as per nature's arrangements. It is better to cross those skies while being in this physical life and body. A foggy today might be better than the unseen tomorrow. So, start finishing this off today and do not wait for tomorrow and take help of capable Guru.

How to find a Guru? How to find a teacher who can take you to these levels and install you somewhere in zone 4 to 7 , so that you could start and finishing off your journey now, not tomorrow, and get a pass certificate for the zone 4 or 5 or 6 now.

So how to find a Guru? The best explanation is, if you have a real thrust for this, Guru will find you, will reach to you and knock your door. The nature does this arrangement; the problem is that we do not have the thrust, the real, actual thrust. We have the thrust for the world and material things, we want to do the best for the body but we are not

interested to do anything for the soul because we are interested to do something which we can feel and touch and as we cannot see the soul, we are least bothered about it. So if you have the thrust and do prayers from deep core of heart requesting almighty power to send a guide for you, believe me it would happen, and Guru would meet you. If you have prayed with tears in your eyes and prayed that Oh God almighty, send me a teacher or a guide who can take me to the highest zone, yes, Guru of the highest zone capability will appear and knock your door. But people have desires for all kinds of material things, not this, only few lucky souls, they pray for this from their heart.

How do you judge that he is the right person for you? Your heart will tell it. What are the characteristics of the Guru? Characteristics of the Guru are that he is beyond of all of these 5 elements (anger, sex, greed, pride, and attachments). He is keeping these near zero, just to finish the task of life in the most balanced manner, and not involved in any of these unbalanced ways. He is free and not attached to anyone. He has no desire to start a commune because he is beyond any desires, so naturally anyone who has a desire to create a new commune is not a correct Guru. He might be a Guru to take you to 4th but not to the 6th or 7th. He himself is not capable of this. Guru is a person who would like to remain

secret, not come into the exposure because exposures are driven by the desires and once a desire penetrates into a Guru, he is not a guru. He might be a guide or might be a middle school teacher but not a University professor.

Another proof of it is when you think about a real guru, you feel at peace. While sitting with him, if you are not peaceful, means he is not a good Guru, because peace will emit from the person who is totally peaceful, and aura of a peaceful person make the people around him also peaceful, like you feel some cold while sitting close to the ice slabs. Another characteristic is, he will not ask for any money because he has no desire for your money, he is beyond the desire for money. He wants your dedication, not your money. If someone has demanded money, then he is not a guru. He might be a guide or teacher but not a Guru because Guru has no hunger for money. And last but not the least, he should be capable to pull you up to the next higher zones in this present life and show you different places and tell you for verification. If he is not capable of doing this, I am sorry; he is like the one who is an early swimmer who does not know much swimming and teaching someone how to swim. Result is the trainer and trainee both gets drowned.

While discussing about the Guru, let's discuss about role of disciple too! Who is a good disciple? Good disciple is the one who has surrendered totally and unquestionably to only one Guru. Surrender fully, without asking any questions and follow every single word of Guru without applying your mind. Follow word by word his instructions. If you are applying your mind, you are not a good disciple. You are not your Guru's disciple. You are then your mind's disciple and such disciples don't achieve anything. They would be wasting their time. They may remain with the Guru for years but practically get only the partial knowledge but not the ultimate one which he tries to give because when he sends transmission, your windows and doors are closed. Whereas on the other hand there are some disciples who have followed the Guru's word as a line engraved on a stone. They progress very fast. And the ultimate aim is to merge in the Guru. As he is sitting somewhere in the 6th or 7th zone. If you keep thinking about him 24x7, you will also be transferred to 6th or 7th zone while being in the physical body but Guru should be of the person who dwells in those zones. If you get a teacher or a Guru who is of the 4th zone, he can pull you up to the 4th zone not beyond, so it's important that his dwelling should be of the highest zone. The deeper the thrust you have, the higher the level of Guru would be provided to you by nature.

So, what is ultimate salvation? To explain this with an example, it's like an earthen pot floating in ocean and within earthen pot there is water. Water is outside, water is inside but the earthen pot is the "I" or existence...This is characteristics of 6th zone. The moment earthen pot breaks or "I" (or self-entity) breaks, water inside the pot becomes one with the ocean's water. Soul becomes supreme soul. Let us also find the role of Guru in between, he breaks the earthen pot.

In another example, there is a bird in the cage, the cage is the "I" or self, the bird is the soul and the bird cannot leave the "I" because she is confined in the cage. When guru enables to open the cage the soul flies out leaving behind the cage of "I" or ego and goes into flock of birds (souls) and crosses the 6th zone and reaches to 7th zone.

Therefore, start your effort now for the next world. The importance is doing it now, not after retirement, not after 5 years, not after 2 years. Do it now, not tomorrow, not today, and just now. Start doing it. Start praying, "Oh god sends me someone who can take me to highest of the highest, realize me the ultimate salvation, salvation to the 7th zone, free from mind, intellect and self." Believe me, if your prayers are from the deepest core of the heart, they would be understood, listened and

responded and nature will provide a solution and make the arrangements and if you are lucky to get such a teacher, finish off the task as soon as possible, by being a good disciple. Depending upon your thrust, you will get a Guru of that category or caliber. If you have the thrust for realization and salvation to finally become the pure existence, you will get a guru who would take you to the limitless.

Coming back to what is correct? Art of Living or Art of Dying? Art of living will only help you mostly for this life, you can get some peace, and some happiness, some tranquility, and some organized thinking till you are in this life. But what would happen after that? So, important is art of dying. Die before you actually die. We have been dying to live the life. Let us die in the life. We have played many games. Let's play this game too. We have died without determination. Let's die with the determination. We have died with full of desires unfulfilled. Let us die without any desires left, no passion, no attachment, no ego, with total zero and that's it.

We have been accumulating the wealth for this life. Have you ever thought of accumulating the wealth for next life? Let us generate some currency for the next world or for life ever. Let us be one with the nature

totally by crossing realms of mind, intellect and “I” or self, then is job accomplished, end of the story.

As already told persons who die with determination but with desires, go to better zones, they may go to paradise. Some religious scriptures say that soldiers and martyrs, they go to paradise. Yes, possible but what after that? paradise is a zone of creation where you can create objects with your just will. You play with these objects and come back reborn but the persons who have died after due purification of their mind, intellect and self and eliminated all the desires before their death, they have really died before the actual death. They go directly to zone 4 or zone 5 and beyond and if they are lucky to have the guru of higher caliber, they may go to 7th zone directly.

Such people leave the body in early age because they do not want to remain in the body since as they are capable to be in the 7th zone and the body is the only hindrance to reach to that zone. So such people, elevated souls, leave their bodies willingly. There are many people who left their bodies in 30's and 40's or may be in 50's because their job is accomplished. They were already dwelling in zone 7 while physical body became the barrier.

Finally, most important is the purification. Purification from all those 5 elements sex, anger, greed, attachment and ego, purification from all your desires & passions. Then by purifying the mind and intellect you would have booked your birth in zone 7 already. As soon as your time completes in this mortal earth, you are one with the universe, ageless, timeless and immortal.

YOGA OF DEATH-4

Death is a blissful event

Our discussion would be now on how to live to die? We have been living naturally to die but not to deliberately die. To die deliberately means

become like dead, as a dead person has no desire or passion or anger or any lust. Therefore, the first action need to be taken is to regulate the five elements, the five so called enemies, those are sex, anger, greed, attachment and ego. It is a fact that a person who is full of sex, anger, and greed and so on cannot enter the realm of godhood.

Sex is the biggest enemy. The facility of the sex was given by nature for reproduction and to keep the life go on but that has been turned into by human being into a pleasure game. Even a dog after the season of mating is over is not concerned about the sex.

But a human being all twelve months, all days and he is not tired of sex. Some anomalies in life are result of disoriented sex which ultimately leads to mental misbalance. Sex is not to be abolished for a normal being but to be regulated, but of course one who is a real seeker and would like to go into the search of himself within him, banishing the sex might help. Reason is, in the body the bright centers start from the heart and go up and these centers are helpful in attaining knowledge, wisdom, etc. Whereas, sex centers lie in lower part of body for the lower passion. You cannot be present on top floor (knowledge zone) and the basement (lower passions) at the same time. If you want to remain at top floor, you would have to think about ignoring the basement. For seekers of truth, the effort done by those, for weeks and months go waste, just by visiting

the lower passion. It's like rolling up a wheel on a sliding road on mountain, very slowly, every day you push the wheel up on the road to mountain and suddenly by indulging in sex, the wheel roll downs back to the valley within minutes. It's like any entrepreneur earning daily, slowly and accumulating wealth, and one funny day he spends it all. Would start again.

This fire of sex cannot be quenched by indulging more in sex. Hunger can be quenched by eating more but not sex. Its' like putting oil in the fire to quench a fire. Fire cannot be quenched by the oil and it's also said that where there is too much sex, godliness cannot prevail there. The whole world is being crashed into the powder in two grinding stones, one is sex and other is money, But one who remains at the center, he is ridden off, he doesn't get crushed. So, remain in the center which avoids the grinding wheels of sex and money, take shelter of almighty or guru and be in their protection in the center.

Next enemy, **anger** is the result of frustration and non-achievement. The one who are non-achievers or losers get angry soon. What is the solution to the anger? The solution of the anger is to see faults within you, not others. It has been proved scientifically that anger brings anxiety, increase of pulse rate, blood pressure, mental disturbance, health

effects. For a seeker it is again, a big enemy because whatever one achieves into the journey inside, is lost quickly.

About **greed**, the whole world is full and is in the grip of greed. And greed for what? Ultimately one goes empty handed, when the life ends, whatever greed one has shown throughout the life is ultimately gives no result. You might have earned billions but when you die, you are not going to carry anything with you. Money does not come automatically; greed is the prime mover which brings it. You can call it motivation or drive, but it is greed. Earn the money, and enjoy the money but do not become greedy. A greedy person forgets the rules and law, even the relations, in a race to fulfill his greed. Basically a very greedy person is a sick person. What is the solution to get rid of the greed? Donate. Donate when you can. . Give to others whenever you can. By giving to others, the greed is countered. Other method is to think about mortality of life. Question yourself. You cannot control everything. Had you invested the energy in some other direction instead of madly accumulating wealth, you would have been a better person than what you are.

Next enemy is **worldly attachment**. You will be surprised to know that attachment is an enemy. There are very few people who could break this fine thread. Attachment is of various kinds. Attachment to family,

attachment to position, money, house, car, even watch, shoes etc. The one who is attached to the house too much, even after the death, his spirit may roam around the house, as he or she does not want to leave the place. Too much attachment to the family is bad, people love their daughter and son so much that it becomes a mental block, and when they die, they return to the earth in the loved one's womb as a son or the daughter, or granddaughter. This game is going on for thousands of years. A millionaire father, may be reborn to his penny less daughter.

Develop attachment without it becoming a problem. Care for others, but don't get involved. Attachment is a mirage.

How to counter attachment? Consider the life as a train journey, whenever the train stops, there are new companions in your bogie or compartment and you spend time talking to them, and whenever their destination arrives, they leave. Or if your station comes first, you leave. A Husband, wife, son, daughter etc., they are companion in that train journey of life. Like with the companions in the train journey, you enjoy your time but you don't involve much. Do the same way. Attachment to the power, position, money etc. can be reduced by thinking of mortality, as you cannot carry those when you die.

Some people might say, oh! We enjoy being attached, but ask yourself, what happen when relations break?

Last enemy is **ego**. You express your ego by an attitude and sometimes by anger. God's glory cannot reside in an egoist heart. Humility is a virtue. Humility makes you a better human being. The tree which has more fruits bows towards the earth. The more you achieve, more humble you should become. What is the negative point of ego? It clouds your wisdom. Ego is expressed through bragging, unnecessarily claiming that you are the best. You become less accommodating if you are egoist. People will run away from you. They start calling you insane if you brag too much. Humility is close to the godliness, egoism is opposite.

So in the nutshell, what is yoga of death? First to regulate these five elements, sex, anger, greed, attachment and ego. Banish the desires. Unfinished desires lead one to asylums which are full of such people all over the world. Keep on thinning out the desires. Go down one by one and check what desires are left in you now. Root out them also if possible.

Be always happy in whatever situation you are in. Accept it as your destiny and remain happy in that. But keep trying your best without any attachment. Be a good citizen and good human being, and you will move further towards the godliness.

In every action of yours, watch your step, and ensure that your journey is towards your goal. Remain alone in the crowd and remain in blissful state, smiling. Breathe slow, people who are more anxious, full of desires, they breathe fast. Slow breathing with both nostrils keeps your mind in perfect composure. Remember death in every moment, if you can. Remembering of the death would take you to another plane of glory. Ask yourself, if you are dead tomorrow, are you ready? Analyze and say, Yes, I am ready. Ask yourself, if death comes in next hour, are you ready? Reply, not next hour, if it happens now, I am ready now! Be fearless. In all the phobias and manias, the root cause is fear. Become fearless. Don't fear anything in the life from anything. Keep on doing your duties fearlessly. When there is no lust, no greed, no anger, no attachment what you would be fearful of? Nothing. Fearlessness is a great virtue.

How to live to die? Find a guru. How to find a guru? As already told, pray to God Almighty; send someone who could take you to higher realms. The more earnest your prayer would be, nature would provide a befitting solution quickly. You will not go and search the guru. The guru will find you. He will knock your door depending upon your thirst and your thirst should be a real. You have been thirsty for the worldly possessions and passions. Be thirsty for something else and you will find a guide. And when you find a guru, your heart will tell, he is the one. Another test is if

you feel peace while with them, he is the one. If he does not demand anything, he is the one. If he is really capable to take you up to higher realms, he is the one, then surrender to him. No questions asked. Many people have achieved the ultimate just by following and acting on every word what a guru says. Do it without applying your mind, if you apply your logic, and you are harming yourself. Meditate regularly under your Guru's guidance. Meditate at the same place at the same time, why? Because if you keep meditating at 5.00am in the morning at the same place same time for a month, you don't need to put alarm clock for it, you will get up by yourself and your mind will be tuned up automatically for the meditation. How to meditate? There are many ways of doing the meditation. Will be discussing how to meditate in the coming chapter. Build an interconnection with the guru.

Interconnection should be such, if, guru has not eaten, you will start feeling hungry. Like husband and wife, they have an inter-connection between them. You may become one day what Guru is today. Thinking about him constantly, will transfer all his knowledge to you. You become what you think constantly.

Lastly, **be in the family but don't be in the family. Do a job but don't do a job.** Live free and ready to die any moment. That's the Yoga of death. The lord of death will not be able to capture you. Fisherman cannot catch

a fish that has converted itself into water. That's the Yoga of death. You will be beyond the clutches of death very easily very effectively.

YOGA OF DEATH-5

Meditation

Meditation is the key for dying before the death. Why should we meditate? How does it help to die before the death? We have been in the exterior world for the whole life. We have very seldom tried to go inside, to find out actually what we are. We have been to various continents and various countries but we have never tried to go inside our mind and find out what are the jewels lying there. Meditation gives

physical and mental benefits. It's a widely known fact that meditation makes your mind composed which ultimately results into your body reacting favorably, low blood pressures, low cholesterol, better health and so on. And on the mental benefits, you get better focus, concentration, clarity of thoughts etc. Everyone can benefit from meditation, be it a student, a soldier, a businessman, a politician, an engineer, a lawyer, a doctor, a housewife or an old person. It brings regulation to their thinking, mental approaches, and a better focus.

Meditation helps you to die before dying, frees you from all five elements of sex, hunger, greed, passions and ego etc. Meditation is a good tool to achieve freedom before death. People are afraid to meditate with their closed eyes. They don't want to close the eyes and think something. There is some fear inside. Even before sleeping, they like to drink or take a pill rather than go directly to the sleep.

Purification of mind is important, as it provides a passage for freedom. There are various methods for meditation which starts with training of mind and these methods start with meditating on light, sound, recitation or just sit and watch your breathe or sit with just awareness. It is pertinent to mention that all these methods are the means or the mode not the "result". They are like ladders to reach a height. Meditation with light, on light or through light is one of the important methods. In this,

the seeker sits with a single thought that he is sitting in the glory of God which is exemplified by God's light and this light has penetrated his body, mind, intellect and the engulfed his entity and everything is converted into light. Some people do this meditation by focusing on the flow of light into their heart and then spreading it to the whole body in a way that light engulfs the whole body. Some do it meditating that light enters the top of their head and then flows down to their whole body. With this single thought, they try to mediate while keeping a watch on their breath. Any thought that comes is slowly turned back and they slip into the meditation, which is a blissful experience.

Other seekers meditate on sound through some soft music in the same manner or meditating on the heartbeat, listening the heartbeat, (which is happening continuously), turning down the thoughts coming while meditating and again slipping into the meditation. Others do meditation on breathe, we are taking breathe in and letting breathe out, so while doing breathe in, they attach a name and when they exhale out, attach second part of the name. Some names are having two parts, so use half part in inhaling and next half part in exhaling and this is a very good method because breathe is occurring, all the times.

Another method of meditation is just counting the breath or watching the breath, through the nostrils. How breath enters? How it is exhaled

out? They just watch, and slowly their mind get focused, their consciousness move to the upper part of the body. It's a new experience because most of the people, their consciousness remain in the lower regions, belly or below the belly. Their aim in life is to eat, have sex, and sleep. . While watching their breath on the nostrils their consciousness moves up. And it's a new experience to them because it's a new taste, which consciousness takes.

Out of all these methods, one has to select just one method. You cannot climb five ladders simultaneously to reach to roof. Just select one which is more convenient to you and remember it's only a ladder. The process of meditation is to reach to a plain where you are in the meditation, not even doing the meditation but have the meditation become you.

While meditating, first you encounter your mind as stream of thoughts. We have been in the outer world, the mind has been in the outer world, in the exterior things and when mind goes inside through meditation, mind retaliates, and it does not allow you to sit in rest. Whatever you have been doing throughout your life; it becomes barrier for you in meditation. It's very difficult for a stock broker to sit in the meditation without thinking about stock prices. Mind retaliates and does not allow you to be in the composure because mind has a habit to dwell outside. It's like a child who loves to remain out of the home and comes back

home for sleeping. One needs to train his mind through meditation and when the mind tastes the taste of stillness, it stops wanting to go outside. You need to give a U-turn to the mind of what mind's habits are. Become thoughtless. Thoughtlessness and purified mind are two different things. Most of the meditation techniques are concerned with thoughtlessness. They are not concerned with the purification. You can achieve thoughtlessness through medicines and even tranquilizers, but for purification, there is no medicine. If you want to purify your mind, it's a long process, it's a continuous process. Stop doing bad things and change your bad habits. Purification from whom? Purification from again those five enemies. Balance them. By changing habits, regulating them, purification starts when a balance is achieved of these five elements.

Absolute purification is when all these elements go down to the most minimum level. The realm of **mind** is crossed when you achieve perfect purity and perfect thoughtlessness. Believe me it is achievable. **Mind barrier is crossed, the moment you are pure and perfectly still.**

The next barrier is **intellect**. An intellect zone can be crossed by either acquiring all the knowledge, or by surrendering that you don't want to acquire any knowledge (because there is no end to it). Test passing marks are either hundred or zero. Saying Oh God all mighty! I am not interested in going through the whole drill of acquiring all knowledge. Intellect

barrier is crossed simply by the unconditional surrender, saying, sorry – not interested.

And the last barrier is the barrier of **ego**, i.e., your existence. This barrier is crossed by burning ego into the furnace of love of god in your heart. This love is different than the worldly love. This is just pure love which flows in and engulfs the vacuum created by a still purified mind. So after you cross the barrier of mind and intellect, the last barrier of dissolving the ego is in the furnace of love where ego or “I” is separated from the soul and the soul goes back to where it belongs.

It’s like a bird in a cage. The soul is trapped in a three layered cage. The most exterior layer is of mind (which drops when the mind is perfectly pure and still). The second cage layer of intellect drops when you make unconditional surrender to the Guru, and the final innermost layer is burnt out in the fire of love. And the bird (soul) gets free. Or you can say when a gardener opens the door of the cage, allows bird to fly to her folks. This gardener is Guru.

Seekers can cross barrier of mind and intellect, but crossing the barrier of “I” or entity is solely be done by some exterior force i.e., by a Guru helping disciple to be free and get merged into the ultimate.

Another example as explained could be a pot floating in water and there is water in the pot also. The pot (which is floating in water) is you or "I", and the water inside you is the soul. You are floating in the sea of souls but you are separated (from the shell of the pot which is "I"), and as soon as, the "I" breaks, the water inside the pot is merged into water of the sea. The limited becomes unlimited or ultimate. God realization is just this, and is called Yoga of death.

Yoga of death can be achieved even when you are alive. But last barrier still remains of your very existence. The moment a person (who has achieved the Yoga of death) departs from the world, he or she merges into the ultimate and becomes ultimate.

It is important to mention here that the first barrier (of mind) is the most tough and most difficult barrier. Crossing the mind is not easy because you can make your mind still but purification takes time. This purification can be achieved by constant remembrance of any enlightened soul or a person who has already brought those five elements to zero or the minimum most level.

This is a very simple trick to cross the first barrier, a constant remembrance of the person who has achieved the perfect purity and calmness of a mind. How to find such a person? Again as discussed

earlier, he will find you, if you have a real thirst. To begin with, you may start constant remembrance of Christ or any other enlightened soul.

We have four stages of our mind. One is, in which you are transacting i.e., your full consciousness. Second, when you transacting in dream and the third one is when you are sleeping deep your mind goes into some kind of deep sleep, and the fourth one is, you are awake in the deep sleep. Your body is sleeping but you are awake. This is achievable when you cross the barrier of mind, once your mind is perfectly pure and still, can achieve this fourth stage of awareness.

In the same way, in mediation also when you are meditating you are aware first, then you are flowing into some kind of thought or dreams and then suddenly you are in full deep meditation. The fourth one is when you become aware of your existence in the deep meditation, your body is still petrified but you are awake. This is a different level which is nothing but a complete awareness.

The process has three parts, first prepare your mind for meditation (that is preparation), second one is concentrating on the thoughts, and third stage is complete stillness. Fourth one is nothing but a complete awareness in the deep meditation like you are awake in deep sleep.

Let us also discuss the types of minds. There are **three types of minds**. One is complete pure and still, second type is semi pure and active, and the third type is un-pure and reactive (There is a fourth type also which is pure awareness).

Most of the world is in the third type, un-pure and reactive or semi pure and active. There are very few people who have been able to keep their mind perfectly pure and calm in all their dealings in their life.

When you start meditating as already discussed you first encounter the mind and various kind of thoughts. When you meditate they all have to be cleaned out. For example, you have a bottle filled with some dirty chemical you want to fill it with some nice good perfume, the first step is to clean that bottle, drain out the old liquid, clean, dry and then fill it up with perfume. Same is the way of meditation. When you are meditating for stillness and purity, the old thoughts should be drained out.

New meditators sometimes get disturbed by this phenomenon. They complaint that as soon as I sit for meditation, I don't know what happen there are streams of thoughts coming to me which I have not thought of dirtiest things, I am encountering while sitting in meditation. In fact, it is good; your mind is getting cleaned. The old impressions are moving out and your mind is getting cleaned. So when bottle is clean and dry, then the nectar of god's love gets filled up in that bottle.

Most of the present world meditation techniques are for pacifying the mind, by watching the breath etc. But they don't yield many results. Results are achieved when mind is perfectly pure and cleaned. This awareness may starts with gust of light also. When the mind is perfectly cleaned, still and pure, you can soon reach to the fourth stage of absolute awareness.

This is a death before death and this is what one need to achieve before the death. And if you achieve this, and achieve it daily in meditation you are dying daily which brings no fear of death in you and thus you have achieved the purpose.

YOGA OF DEATH-6

Beyond the meditation

Beyond meditation is living life as dead. Waiting for the death, to come to take you to the ultimate glory.

This is a stage of “living Free” State. You are living and you are free. You are free from all the bondages; **free from all the fine threads which were binding you in this mortal world. It is living but not living, dealing but not dealing, enjoying but not enjoying.** You are active in the material world but you are inactive also, but active in the spiritual world.

It's a very unique combination. Very few people in the world could reach to that point. It's like a living dead situation; it's a situation where you have no bondages. If death comes any minute, you are ready. Like the one who is sitting in the airport lounge and as soon as gate opens, he shows his boarding pass and departs. This person is beyond all five

elements of sex, anger, greed, attachments, fear, love (or hate) of the mortal world and also beyond it. And this is what Yoga of death is. This person has no ego, no identity. He is there but he is not there. And he is always in bliss, merged in the supreme.

This merger is of three types.

One is merger in the Guru, (the most capable guru) and since Guru is merged into almighty, so disciples also consequently merged into almighty. It's like if $A=B$ and $B=C$, then $A=C$. This is the first merger which is still something big to achieve.

Second one is the permanency in that merger. It stays and remains all the time. The worldly actions are automatic. They are just done automatically. Like you brush your teeth in morning and you just do it and you don't remember. Sometimes you ask yourself, did I brush today? Because it automatically happens. This person's life is automatic since, he actually lives in the beyond, and things happen naturally automatically. In other words, God Almighty himself takes his place. This person in a way, becomes the like the creator. Whatever he speaks becomes a sermon or commandment. Whatever he does becomes a legend because he is not doing it. God all mighty is doing it, in his or her place.

And the third and last merger is the highest point of living Free State. First one you merged through your Guru into the supreme, second you are stabilized and the third one the last one is, you become the god element. You are at the point where the god particle was created. And this is the end of the story.

Process is tough. Process is tough for the people who want to enjoy this world with lower passions. This path is not for them. It's U-turn process. Live this world but don't live in this world. No affiliations, no connections, all family, friends, relatives, consider them mortal beings. We have the example of Christ and Prophet Mohammad, Buddha etc. They are of that category. Not to forget Nanak and Kabir. You can become manifestation of creator like them.

Characteristics of such people are, they are one with the creator. The whole world dies, they don't die, and they live forever. That the Yoga of Death. God runs after such sages. The nature waits to fulfill what they say or want, or wish. They are beyond the body. They have access to all the worlds, physical, astral, causal and all the skies. They pervade everywhere.

But process starts first equalizing and balancing those five elements, minimizing all these five elements and then zeroing them, which in this world, no one is interested to. We have our shopping list, we have our

priorities, we have our own agendas and thus we will perish. We will come again, do the same kind of things and die again. One, who dies before the death, would achieve it.

If we have achieved Yoga of Death, some say that capabilities like time travel, physical transfer to any place dual, triple, or multi existence at the same time at many places, converting into any form or shape is possible. Go to the scripture. Read the scripture of sages and saints of very high caliber and you will find all these things happened to them. Such people can vanish after the death like Christ and reappear after some days, as the Christ reappeared.

Whatever they speak becomes a line engraved on the stone, they can do anything (or everything) because their abode is beyond the mortal world, beyond the mortal forces. They can give life to anyone, they can heal anyone but generally they don't interfere in the rules of nature. They just let things flow the way the world is moving on. Just by raising one eyebrow, they can bring destructions or create unthinkable constructions but they generally don't do it. In very specific cases, they interfere, and the moment they interfere, things are considered done. They leave their body at their will. They are the people who had left the body at a particular time on a particular day and announced everyone in advance, because they had achieved the capability of leaving the body at

their will. Reason is, their body is here in this mortal world but their existence is somewhere else, beyond the world of materialism and mortal forces.

Exceptions are also there. There are people who did not have Guru but achieved it. These people are direct descendants, direct transfers from the cosmic zones. They are the super souls and god's re-incarnation on Earth in form of flesh and blood. Sometimes they don't reveal themselves. Their job is to balance the negativity of the world. Their job is to remain awake in night and convert the planet's negativity into the positivity, convert the darkness into the light. When everyone sleeps they are awake and do this job.

They are the people who have been given charge of zones or countries to clean that place during night time, similar to trees, in the night time they convert carbon dioxide into oxygen. And these people convert the darkness into the light because the whole world is indulged into the wrong doings in the night. Had these people were not there, the world would have been burnt into the wild fire of desires? And these saints have been present all the times, all the ages, irrespective of the religion, world is never devoid of them. **And these are supreme commanders,** who actually run the whole world but no one knows about them.

These people live till they want to live and sometime pass on the baton like a relay race to the next one. How these arrangements are done? No one knows but it happens. There is a line of hierarchy also in such saints. They internally know about it. When they travel from one place to another, one country to another, the moment they land, local zonal in-charge of another country come to receive them. They are the silent, invisible cleaners. We should be indebted to them. If you go deep into the religious scriptures and the life of such people, you can dig out such information. The Earth is divided into various zones, there are zone in-charges, and their job is to spread light, convert the darkness into light. These people are beacon of lights. They are the light houses. Nature does these arrangements. We have chairman and CEO of various big companies but we do not know who the CEO of the Earth is. Chairman is God which prevails everywhere but actual work is done by the CEOs and God's Board of Directors. They are God reincarnations, they are the God manifestations.

Let's also discuss the role of destiny. Yes, destiny is there. Things are almost fixed. How much you will live, who will be your family members, who will be your friends where you will do the job, whom you will be marry, who will be your children is all fixed. It's just happening when it

has to happen and how it needs to happen. But there is a limited freedom also.

Destiny is fixed but free will is not fixed and this free will creates the future destiny. So be very mindful of your actions now, because it may create a better or a worse destiny for you. Be very cautious. The present creates envelope for your next birth or your next incarnation.

Read and watch good things, bright things which may take you to the brighter world. Now you have to take a decision where you want to go, a brighter zone or a darker zone? Key is in your hand and act accordingly. If you are able to achieve the death before the death through yoga of death, then, you are a free unshackled soul who has completed the job!