

## Heart to Heart—Soul to Soul

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### 1. Atma-Paramatma Yoga

Your Swami wants to explain the inner depth mechanism of *Atma - Paramatma Yoga*. It means, Guru Parampara. *Atma* means your soul, and *paramatma* means Divine Soul.

Once after certain time period your soul matures, then will start to get ripe. When your soul gets ripe, then you're going to experience the real satchitananda. That stage that's what I want to talk.

The first sentence of the *Guru Mantra* is, Guru Brahma, Guru Vishnu, Guru Devo Maheshvara, isn't it? It means you're saying, "I don't know who all these crazy characters are. I'm so sorry Swami I can't believe them. I never met them, I can't believe these guys. Ok listening is beautiful, but implementation and practicing is not easy. But my heart

is completely open to you. You are atma. **Make my *atma* turn to *paramatma*. Make my soul to turn to a Divine Soul.**”

Every person is carrying the Brahma Consciousness and the beginning point of Brahma Consciousness is:

*Guru Brahma, Guru Vishnu, Guru Devo Mahesvara ha, Guru Sakshat Para Brahmham, Tasmai Shri Guru Vena Namaha.*

O my dear Guru! He’s the boat to make you cross the river. Without him you are really getting tired and are not able to swim. If you’re not able to swim, how long you can swim? If the Guru is there then he will lead you.

The Guru Prayer says guru is beyond the three characters. “Make my soul to connect to your soul, or whatever the divinity is there. The present situation I took you as a master. I'm looking to you. Give me that channel and make me to win that.” Once you won the master’s soul, there’s a pretty good huge chance you’ll get majority anything by grace of Mother.

It means certain links. The guru has certain options that he can give. To understand huge illusions—this lila, death and life, life and death, darkness and light, good and bad—all these crazy lilas is such a huge headache what they’re really playing. If you took just one small word of the master’s advice, simply following it, and winning the master’s heart, that’s the first target.

### **Chant 41x Guru Mantra**

It doesn't matter if I am there in my physical form or not, my energy will be around there. Whenever you're chanting the Guru Mantra 41 times, my presence will automatically be there, no matter where I am, my cosmic energy will show up there.

## **2. Melting with the Master's energy**

The master is the one who was really giving the guidance to their students to cross the samsara of their life. He’s like a boat to carry

them safely to reach their destiny. Even though the master is a boat, he's perfect. He's the one who is perfectly finding your heart's desire.

Whatever process I'm making you do it's only for charging your soul.

When you start to do some prayers, without your notice, your soul is sucking huge energy. You can suck from the master in your heart.

Keeping him in your heart, melting your energy with his energy.

Your master's soul is having some special capability in this nature. You need to suck those visions in your heart, digging it, burying it and keeping it not to evaporate it, or lose it. Keeping some of his moments, some of his energy, some experiences, memorizing that - keeping on, keeping on, keeping on *and* doing the meditation process.

Then no doubt that person is sucking highest energy from the nature through the blessing through your master's soul. *In the nature, you're taking a small seed, your master. From there you're sucking everything.* If one time you got God's blessing, the master's blessing, then you can keep that forever and ever.

In spirituality, everything is the happiness when you're linking to the master, and the master and the master. One level above master is necessary; then after that you don't need to concentrate the master's links. You link to your master (Swami); then one level higher (Baba) - that's two. Then you are one level the master. Three is enough maximum.

Like a point, the master means it's a point, just a point, a dot. It's important. Form there you can create everything. So the main point is important. This is called Atma Sam Yoga Process.

So, my sincere and serious advice once more, to learn mantras, to study the knowledge, one level good. Plus hooking the master's heart. Master is master who is waking up the knowledge in you. You have to open your heart completely surrendering to follow him. If you follow the master at one stage you will become automatically a master.

### 3. The Master opens your Spiritual Heart

*The heart is not just the source of our individual existence (Atman). It is also our place of unity and connection with the cosmic existence (Paramatman). In the heart resides our main connection with the Devatas, the great cosmic powers, the Gods and Goddesses which rule the universe, its evolution and its different planes of existence. (Isvara)*

*This heart is the core of our being, which is the core of Being itself. The heart is where we experience our own self-being (I AMness) and through it contact the nature of all things. This hridaya could be better called the 'spiritual heart' in distinction to the physical and subtle heart centers. David Frawley, Veda Acharya*

Each person is carrying two hearts. On the left side is the normal heart. On the right side an unbelievable chakra is hidden—*hrudaya chakra*. This *hrudaya chakra* is the spiritual heart, also called the soul chakra, almost all similar to Sri Chakra.

Through the heart chakra, whatever beautiful thing you're seeing, it goes directly there to melt with that energy.

Any normal person, after you feel a deep love from someone, or after someone helps you to receive some sweetness or some amazing thing, generally the heart starts to open. Then how long the heart is open is a big question mark.

For example, you're so thirsty. You're in the middle of desert. You ran out of water. A person is going by on a camel and sees you. You're really so thirsty for water. The person gives you a bottle of pure cool water. You drink it. At the time, the tears start coming from your eyes. Are the tears really coming from the eyes or are they coming from the heart? What we're seeing is on the surface.

What is really happening there, the heart chakra is starting to open and it's sucking high, high, high positive feelings in you.

At the time when the vibrations in the heart chakra coming from your body are incredibly high energy, it's the best time that you can heal. That's the time you can really give amazing energy to somebody.

It's the master's duty to make your hrudaya chakra stronger. Until you reach the heart chakra to make it wider, bigger, it's not that much easy. If you're carrying terrible blocks in you, it's very hard to bring up your heart feelings to have the faith on the master or on God.

Everything is an open heart. That open heart starts bringing incredible divine energy in you. After it comes in you, it's your duty to develop it. That's the power illusion stage (*2<sup>nd</sup> stage of illusion*). You know your energy is flowing. You know your heart is open. You have to develop that.

At certain point that melting stage will produce almost one, two, or three arrows of energy in you. You're not seeing Mother Divine, but you're seeing Mother Divine in the heart through what they're giving you.

#### 4. The soul is a dazzling light in the heart

The soul's energy is clearly nothing but a light, like a flame, or like a small star dazzling in the heart. From your head, to your thumbnail, to your feet, the soul's energy power is completely in your whole body but it's mostly focused on your heartbeat.

When the baby's heartbeat starts in the mother's womb, the soul energy comes there. **It means the soul is totally linked to the heart.** Everything depends on the energy that creates the heartbeat function—that spark. Ramana Maharshi said the left side is the physical heart and the right side is the spiritual heart. In his deep meaning he's talking about the soul being linked to the heart.

How you're going to purify that energy very deeply, to make your heart function perfectly, to make your mind and all your energy come in a certain level to maintain and produce yourself in the deep silence,

that is the starting point with your heart and soul to turn your life in the higher stages.

## 5. Purifying the vibration in your heart chakra

What is meant by silence? Is it possible to find the silence? Where is it? What does the silence mean? Mind, heart, soul – the three coming in one, like Dattatreya joining the three—Brahma, Vishnu, Maheshvara.

*Through the heart the soul is connecting. It's a deep meaning.* Some persons have a very generous nature. We say he has a big heart. We never say he has a big mind.

Generally every pumping up and down of the heart beatings, the inner side sound is *dhimi dhin dhimi*. Some persons say *dhim dhim dhim dhim*. The deeper level when we put all our concentration through our Brahma chakra it hears the heart beatings inside.

When you have the ability to receive the silence in your heart, then automatically the purification of the silence gives the highest information. In the deepest silence huge information is hidden. That is called the cosmic energy. All the Vedas, mantras, knowledge, everything came from the silence. Veda Vyasa and all the supernatural people who wrote the Vedas went into the forest where nobody could see any human beings. They sat under the trees some years together. They went into the deepest silence to receive the higher-level stages. From there they got all the information.

Silence is the biggest weapon. You can heal, you can take care, and you can create and destroy. When you have the ability to receive the silence in your heart, then automatically the purification of the silence gives the highest information. Before that, you have no idea what you're really talking about or expressing to people. That's why it is advisable for spiritual people to be in the deep silence as much as possible.

In deep silence, if you meditate in the light, then the light will come in you, then, you will become the light. In that light, your soul is making yourself to form into the same light. Whatever energy the soul is focused on, it reproduces that light from and within itself. It's the highest soul mechanism in the universe. But we can't expect the soul is going to do it just like that. If you expect it like that, unfortunately, it does it like this. There's no way to predict the soul mechanism exactly.

It's very important to rise up the silence vibrations in your heart to be very peaceful. Every person's progress depends on the way of his deep silence clarity thoughts. Not having any confusion. Just sitting relaxly throwing out all your thoughts.

When you sit in the deep silence meditation stages, you can control your mind to go down deeply. Then the soul automatically comes up. Then the soul automatically teaches you the deepest inner silent stages. No need for me to teach. No need for anybody to teach. Your heart automatically makes you get a lot of information, beautiful thoughts, and beautiful energy. Like me, every night I take the deep silence subjects, and every morning it comes out like a teacher.

You're totally working through the cosmic. You're working your soul to find God. Totally you're forgetting everything. You're making your mind pulled down. Then you're working on that. Through deep silence meditation the light comes. When you keep going like this, then 100% the victory is waiting. Positively you'll get that. To pull the silence in your heart, there are stages:

*First stage*, this body is sitting in meditation thinking on God.

*Second stage*, this mind in pin-drop silence relaxation sucking the deep silence in my soul.

*Third stage*, I'm asking the deep silence to come in my heart.

Your soul must turn like a deep silence. After you keep doing this, without realizing it, you're growing heavy. Your hairs are standing on

end. That is the symptom you're getting the cosmic energy. Then after a certain stage that deep silence is in your heart.

So to get there, work hard, be present, have a relaxed mind, and be in silence. It is very important. The real spirituality comes when you can be relaxed. If you can relax alone by yourself, you can gain more power than doing different processes. Just relaxing, it's the deeper soul mechanism. It's very simple and easy. You can reach, you can command, you can enjoy everything. How? Maintaining the silence.

## 6. Pulling the seed vibrations in the heart during deep sleep

Whenever you're sleeping, that stage is called *jaagruta sthiti* or *yoga nidra*. At the time what is happening in your heart to your soul capacity? The soul starts to chant one letter - *ta* (ॢ). That's your hrudaya chakra. When you're falling off to sleep chant *Om ta + PM*

What is that rhythm of beats inside your hrudaya chakra? The seed vibration in the hrudaya chakra is coming through the '*ta*' bija that's centered in the hrudaya chakra. The whole game is running in the '*ta*' vibration. The rhythm, the fragrance, the vibrations of the *ta* is responsible for your happiness, for your success, to make your soul strong, to discharge and charge. See in the Mahakali yantra (her heart chakra) the *ta* is like a dazzling star.



So far indirectly without your knowing it when you're chanting the Sri Chakra bijas, *ya ma ta raa ja baa na sa la gam*, the *yama* immediately



links with the *ta* there. It doesn't matter wherever you are, once you're sleeping the Sri Chakra energy is rotating in you. Through the Mahakali Full Moon and 9 Arrows New Moon prayers you're continuously receiving these vibrations. In the *ya ma ta ra ja baa na sa la gam* bijas there are 5 elements outside and 5 elements inside: *ya ma ta ra ja* (outside) + *baa na sa la gam* (inside).

With the heart chakra you can create unbelievable things. Once if you work with your heart chakra very strongly, you are a real siddha. You don't need to discharge anymore. You don't need to fight with the illusions anymore. Just feeling it and letting it go. You're breathing in, holding that energy, breathing out, that's enough.

## 7. Healing the hrudaya chakra - it's the source of true love

What is happening with the rhythm beats (vibration) inside your hrudaya? A healing is happening. Love is the mechanism. Until you make the heart chakra wider, bigger, it's not that much easy. If you're carrying terrible blocks in you, it's very hard to bring up your heart feelings to have the faith on the master or on God.

Having the Divine attachment, when you develop that, that's it. Majorly you won it. Without this love, the kala chakra, the prayer, all this stuff, it's kind of good, but it doesn't really help. You need a totally open heart. *(A closed heart means the Inner Earth element is blocked).*

*Hru-daya* means kindness in the sense of true love — *prema*.

Whenever you put true love it's a link. Like in nature, a small mango flower can produce a huge mango fruit with an unbelievable good taste. But you should not neglect the complete process thinking, "Ah, it's only a flower, take it out." That flower will create a fruit, and in that fruit there are lots of seeds that will grow more trees, creating more of flowers, which in turn becomes more fruits to create many seeds. That is the consciousness of the creation. Never underestimate Mother's creation. She knows what to do, when to do, how to do.

*Compared with all religions, the true religion is your heart religion. Your own heart is your own religion. This is so, so important.*

## 8. Hrudaya chakra and Trineytra Chakra are linked

Doing your mantras that's enough to cook you in a divine liquid. Everybody's here is really cooking in the divine liquid. That's very important. Your soul really has to purify that. If we go to the *hrudaya chakra* that is one of the most sensitive chakras. The sensitivity means everything you're ready to open.

Any master, if he wants to change the student, what type of channels he has to use, even if that person is a criminal? For example, in the story of Narada (*spiritual trickster*) who turned Valmiki, a robber, to become a holy man who wrote the *Ramayana*. What channels did Narada put on that Valmiki?

Trineytra chakra (3rd eye) and Hrudaya chakra. These channels, make a note. He received the shaktipat to his 3rd eye then his hrudaya chakra opened. To make the hrudaya chakra to open you need strong shaktipat to touch to your 3rd eye.

Then how did Valmiki develop his consciousness? Only using the name Rama — these two Agni bijaksharas *RA MA*. He used the fire element to activate his 3rd eye to burn his karmas.

Only in the deep inner silence, using the namasmarana (word of) *Rama*, he connected the nada bindu and reached the final peak stage. If you're strong enough on the hrudaya chakra, that's done. You're oneness with God. God is nothing but you. You are nothing but God. Everything, the whole creation, is in you. There is no difference between you and God, it's the same. He's not great, you're not less. Just you and God are equal. You're in God's heart. God is in your heart. You are with Him, He is with you. That's called enlightenment.