

UNIVERSAL ADAPTER

Mahendhiran Sanggaran Nair

**MAHAN'S I-GOD PHILOSOPHY & KUNDALINI
MEDITATION:
APPLICATIONS OF THE "UNIVERSAL ADAPTER"**

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This book is dedicated to my Gurus

His Holiness Gnanavallal Paranjothi Mahan

and my parents

His Holiness Paranjothi Siva Sankaran
& Srimathi Saratha Paramoo

They played a key role in my discovering
the “UNIVERSAL ADAPTER” in me.

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PREFACE

This booklet is a tribute to my gurus: His Holiness Gnanavallal Paranjothi Mahan and my parents (His Holiness Gurupiran Siva Sankaran & Srimathi Saratha Paramoo), who taught meditation, religious and spiritual practices. They were the foundation for my appreciation of life, growth and development.

I have been practising Mahan's kundalini meditation technique and I-GOD Philosophy for more than 40 years. It has helped me cope with various challenges as a student, youth, professional, householder, social/community worker and age gracefully. It has given me a universal perspective of life and helped me appreciate all blessings nature has bestowed upon me.

More importantly, Mahan's way of meditation and the I-GOD philosophy was somewhat like the "UNIVERSAL ADAPTER" we carry with us when we travel overseas to help our electrical devices plug into the energy sources in different countries. Though the adapter is small, it is the gateway for our devices to be powered by the electrical force in all the countries we visit. Without the adapter, our electrical devices would not be able to work.

I call Mahan's kundalini meditation and I-GOD Philosophy the UNIVERSAL ADAPTER because it helped me plug into the Universal divine force within me at all times. The UNIVERSAL ADAPTER has helped me nurture a more inclusive and universal perspective of life. It helped me plug into my inner spiritual SELF and access the infinite potential and possibilities that nature has blessed me with.

The UNIVERSAL ADAPTER enabled me to access the essence of the wisdom knowledge in all the religious books, scriptures and scientific works. And the UNIVERSAL ADAPTER also helped me apply this wisdom knowledge in every stage of my life (student to present) and in all circumstances, good and challenging moments.

The UNIVERSAL ADAPTER helped me discover the Spiritual Compass that guides me in every facet of my life. For this invaluable gift, I express my sincere gratitude and thanks my Gurus.

The contents of this book were from the daily messages I penned in the 'PPGM WhatsApp Spiritual Forum'. I am thankful that many forum members found the messages inspiring and helpful in guiding their spiritual journey.

I want to thank Mr. Gopal Balakrishnan, Ms. Sivamalar Anandhanadarajah, Dhanesh Balakrishnan, Professor Santha Vaithilingam, my family members and all our Sabhai committee members for their support and encouragement in editing and publishing this book. With all their effort, this book materialised.

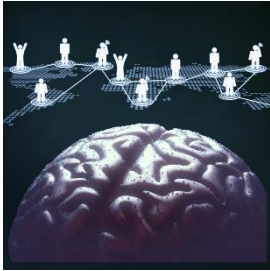
May Mahan's UNIVERSAL ADAPTER help us plug into the Universal divine force and guide us to be in the presence of the UNIVERSAL PEACE SANCTUARY within us.

SANTHOSAM and Peace be with You
Mahendhiran Sanggaran Nair (MSN)
2 May, 2023

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PART 1 - MAHAN'S I-GOD PHILOSOPHY & KUNDALINI MEDITATION

The "UNIVERSAL ADAPTER" is the pseudonym for the use of Mahan's I-GOD Philosophy and Kundalini Meditation as a means to access the wisdom and knowledge from all religious teachings & philosophies, other masters and scientific works about the Universe, the SELF and the concept of God. The Universal Adapter can help us power every stage of our life.



In a nutshell, the Universal Adapter will enable us to tap into the divine Universal force to give focus to the mind, enhance the depth & sharpness of the intellect and strengthen the health of the body. All of this is meant to help us do well as a:

- i. student,
- ii. professional,
- iii. householder,
- iv. community/social worker,
- v. age gracefully, and
- vi. prepare us for the final stage of our life

The "Universal Adapter" will help us embrace the final journey of our life with awesome grace and beauty. And, when we depart this mortal world, we leave our life experiences as lessons & knowledge to help others navigate their lives gracefully and beautifully.

Mahan's teachings and kundalini meditation technique are meant to be the Universal Adapter that enables us to access the divine electricity (kundalini force) to power every facet of our life. For students, it will help them to do well in their academic life. Students and parents with children who have difficulties should read the following message from my own experience.

I was very weak in my studies, especially in mathematics. I had several learning challenges when I was young that made it hard to remember things like spelling and timetables. I used to do poorly in my studies. My friends used to make fun of me, and teachers gave me a hard time. I did not like school. My grades were not good. I failed to secure a place in the local universities. I could not face my friends and relatives. Peer pressure sent me into a depression.

When I was in high school, Mahan was visiting Malaysia and was staying in our home. My father informed Mahan about my situation, and Mahan asked me to come to his room. He tapped me on the back of my head and said, "you practice what I am teaching you and

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study science; you will understand my philosophy". He said "when you master my teachings, leaders from many fields of endeavour will listen to my advice." I diligently practised what Swamiji (what we called Mahan affectionately) taught me. My mind became calmer as I could anchor my thoughts on the kundalini vibration from my practice. My intellect became sharper, and I started enjoying reading. I started reading Mahan's works and that of others. Things started making sense.

My grades improved, and a sense of confidence came upon me. Yes, my friends still disturbed me but it did not bother me as my mind was more focused on an inner vibration and joy my Guru (Mahan, the teacher) showed me. I secured a place in the university in 1985 to do my BSc Hons in mathematics, a subject I did not like in school, and I was going to study it at the university. By the grace of Mahan's teachings (UNIVERSAL ADAPTER) and blessings, I did well and went on to complete two master's degrees - MA in Mathematical Statistics (1990), MA in Economics (1991) and a PhD in Econometrics (1996), from York University, one of the best universities in Canada. I also received full scholarships for all three postgraduate studies due to my good academic performance at the University.

Using the scientific knowledge I acquired, I cross-checked Mahan's teachings and found them consistent with scientific works and that of other great philosophers. As meditation, philosophies and scientific knowledge started making sense to me, I intensified my introspection, contemplation, reflection, meditation and learning. I started to gain a better perspective on the different branches of knowledge about the universe, my SELF (consciousness) and GOD. Today, I am a scientist and was bestowed a Fellowship by the Academy of Sciences Malaysia for my contributions to the scientific community.

In summary, with the grace of my gurus, who imparted the I-GOD philosophy and the kundalini meditation (the knowledge of the UNIVERSAL ADAPTER), I was transformed from an academically challenged boy into an accomplished scientist and researcher in my own right. Without Mahan's "Universal Adapter", my path would have been very different. For this, I am greatly indebted to my gurus. I have dedicated my life to teaching the I-GOD philosophy and meditation (the UNIVERSAL ADAPTER) with a practical and scientific lens to other students experiencing similar challenges with their studies. Meditation and mindfulness are paths to a successful academic life. For students who struggle to cope with their studies, I will show you new techniques, including mind-mapping techniques, to sharpen your intellect. I learned it while trying to figure out my life journey via intensive meditation using Mahan's UNIVERSAL ADAPTER. Even today, I use Mahan's UNIVERSAL ADAPTER in all my work. Mahan's meditation and mind-mapping methods have helped me visualise complex ideas and concepts with great clarity. This helped me with my studies and my research work. For parents with children experiencing difficulties in their studies, I encourage them to do meditation and mindfulness activities.

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I am happy to teach them what I learnt from my gurus and share my knowledge of using the "Universal Adapter" to do well in their studies. Our centre guides the universal teachings of Mahan at no cost at all. I have nurtured many students to be successful in their academic life using Mahan's "Universal Adapter".

What is required of you? It only requires your time and dedication to learn and put these teachings into practice. I was able to benefit as a student because I held on to the words of my Gurus. Today, I sit as an Advisor for several national and regional committees and also advise the corporate sector. This is exactly what Mahan said to me – when you master your SELF, "leaders from many fields will hear your advice".

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PART 2 - NURTURING A SUCCESSFUL & INSPIRATIONAL PROFESSIONAL LIFE

Mahan's Universal Adapter help u nurture a successful professional life that looks after your material needs and that of your family. It also supports other social endeavours. Mahan's "Universal Adapter" helps us attain a calm, cool and creative mind. It also deepens and sharpens our intellect. It enables us to acquire knowledge from multiple sources and develop a multidisciplinary and transdisciplinary skillset. The knowledge we acquire is not by reading them superficially but through deep introspection, contemplation, reflection and meditation. As we acquire deep knowledge from multiple sources, our multidisciplinary and transdisciplinary knowledge will nurture a universal mindset. This helps us bring diverse skillsets into our career development and professional life. Mahan's meditation technique also gives us a focused and disciplined mindset to push the boundaries of knowledge. This will help us to improve our work skills, competencies and leadership abilities continuously.

Every morning, after my deep meditation, I introspect about the things I need to accomplish in my roles as an academic, scientist, researcher and social worker. During these meditative-introspective sessions, I am able to find the solutions to the problems I am trying to address. In some instances, I discover new and innovative solutions to resolving the challenges that I am researching. This is the power of meditation. When I was young, I wanted to be a scientist like Albert Einstein & Richard Feynman (Physicist), Ronald Fisher and Jerzy Neyman (Statisticians). By practicing Mahan's meditation and the I-God philosophy, I accomplished my goal of becoming a Professor and a Social Scientist.

I was curious about the "KNOWER" (or the BIG-I) within me. Through Mahan's teachings, I learnt about the 'knowing process' - how to gather information, analyse it, make inferences and use it for strategic decision-making processes. All this knowledge are key competency of a social scientist. When I switched the focus to using the skillset I acquired as a scientist mindset to discover the SELF in me, it led me to the "KNOWER" (the BIG-I) in me.

Mahan's teachings nudged me into a profession that is highly sought after today, leading to numerous job opportunities, consulting and income-generating opportunities. I was fortunate to complete my doctoral studies in 1996, and in a relatively short period, secure an Assistant Professor's job at a university in Montreal, Canada. Subsequently, I returned to Malaysia in 1997 to take up an academic position in Malaysia. After a short stint at a local institute, I spent 22 years at an international branch university. In this span and through Mahan's teachings, I focused on my research work in areas of sustainable socio-economic

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development. A focused mind helped me do well in my research work, and I managed to publish my works in leading international journals and presented them in numerous national and international forums. I was also privileged to supervise several PhD students with successful careers.

By the grace of my Gurus, my research work gained attention from industries, government agencies, community organisations and international development agencies. I was invited by many of the agencies to work with them to contribute to numerous national, regional and global policies, addressing some of the grand challenges that impacted communities across the globe. These challenges ranged from poverty eradication, health issues, environmental issues and sustainable development.

My career soared, and within a short period of time, I was promoted to the position of full Professor. I moved up to senior leadership roles in the university, such as Vice-President (R&D), Pro Vice-Chancellor (Research, Engage & Impact) and CEO of an R&D company. I also served on many national and regional high-level public policy panels and committees.

All of the above would not have been possible without the grace of my gurus, who helped a lost boy awaken the kundalini force and inspired him with gracious words such as "You practice what I am giving you; study science, and you will understand the secret of life. Leaders from many fields will seek your advice". Mahan's "Universal Adapter" (I-GOD Philosophy & Kundalini meditation) has empowered me to do well in my professional life and, in the process, enabled me to contribute back to society.

Mahan's "Universal Adapter" has enabled me to divinise my aspirations, ambitions and desires and not run away from my duties in life. Running away from them would have been called "escapism", which does not lead to an enlightened life. Divinising them helps us to be enlightened and ultimately helps us to become transcendental to them.

Mahan's "Universal Adapter" helped me enjoy my professional life. I tell everyone three things:

- a) "I love school so much. I decided to be in school all my life".
- b) "My life is an Ashram & Ashram is my life" - no need to go anywhere searching for enlightened living. It's within us. When we discover this truth, every place where we are present is divine. That is the greatest PRESENT (gift) nature has bestowed upon us all.
- c) "I tell people I don't have a job; I have a hobby that rewards me well".
- d) To be successful, "plan your work and work your plan".

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Today, I advise students and others to nurture an inspiring career, irrespective of their profession and educational background. I show them how to implement a strategy (adopt Mahan's Universal Adapter) to improve their career opportunities and impact continuously. I also advise businesses on how to improve their businesses – that is, to enhance their reach and richness by continuously improving their business opportunities by adapting Mahan's Universal Adapter. Mahan's Sabhai conducts weekly Satsang - Saturday (KL), Thursday (online) and Wednesday (Klang). I am happy to help you or your children on how to nurture and sustain an enriching and inspirational professional life or business opportunities.

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PART 3 - AWAKENING THE PHILOSOPHER/MAHAN IN YOU

Daily, we often find ourselves caught up in various roles and responsibilities. We tend to get caught up in the "Sukha & Dukha" moments" continuum ("Likes & Dislikes"/ "Great and Challenging"). We go through ups & downs. After a while, we get tired and lose focus, interest and intensity in our interactions and engagements in life. Hence, our performance and experiences diminish. This is why people start very well, over time, lose intensity and give up. They don't deepen their experiences, attain wisdom knowledge and realise their full potential. Frustration creeps in, and their quality of life diminishes. Here is how Mahan's "Universal Adapter" helps keep the focus and intensity of our effort. It deepens our knowledge & experiences to awaken the Philosopher/Mahan and the deep thinker within us.

Mahan's "Universal Adapter" helps us attain quietude of the mind. In the quietude of the mind, the intellect becomes sharp - able to discriminate and differentiate (Viveka) what is real & unreal, what is transitory & permanent, finite & infinite, mortal & immortal, and divisible & indivisible. In the quietude of the mind, our memory improves, and we can store deeper and more enriching experiences and leaves out the unenriching experiences. The mind starts reading widely and deeply (eternal and contemporary knowledge), assimilating and integrating them as part of our knowledge bank. The deep & calm mind and sound memory working with a sharp intellect become a powerful tool to deepen every thought and experience, allowing the Mahan and the Philosopher within us to emerge.

As the mind become calmer and quieter, we start asking deeper questions about the Universe, the SELF and GOD. All frivolous and insignificant thoughts are not given attention. The mind starts gravitating from dogmatic belief systems to exploring real and true experiences of divinity. The mind starts searching for the more subtle and deeper meaning of life. The mind transitions from ritualistic to introspective practices (from Achara to Vichara). The mind transitions from mechanical meditation & prayers to more deep soul-enriching tapas (meditation) and universal exploration. All external prayers stop as the true prayer reverberates from within you. The mind transitions from an individual identity to an indivisible personality - part and parcel of everything. Over time, the outlook on life becomes more universal, and the Mahan and the Philosopher in us start emerging. We start to attain the 7 core values of an enlightened person (the GP MAHAN values).

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Graceful mindset (kindness)

Paranjothi mindset (illuminator – cultivate patience, perseverance and persistence)

Mastery of the "BIG-I" (Universal Personality)

Awareness (constantly) of "BIG-I" (Universal Personality)

Humility (absence of small-i/ego)

Agility of the mind

Nobility in character

As these 7 core values deepen their roots in our mind, we feel the reverberations of our GURU and the PARANJOTHI (Divine Grace) resonating in the core of our beingness- our thoughts, words, and action become divine and graceful. Divinity of the Guru will engulf our entire personality.

I realised that the application of Mahan's "Universal Adapter" enabled me to connect to the "highway to infinity" - the same source that powered GP Mahan and all the Mahans, saints and sages before him and future ones. The Mahan in me arrived from within me. Through Mahan's Universal Adapter, all of us, too, can unlock the power of the Mahan within us. MAHAN here means the "Universal Personality".

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PART 4 - DIVINISING OUR RELATIONSHIPS



We, human beings, are relational and social beings. We thrive as a species because of our relationships that contribute to our growth, development and happiness. We destroy ourselves, too, because of the toxic relationships we create that cause conflicts, destruction and unhappiness. Mahan's Universal Adapter (I-GOD Philosophy & Kundalini Meditation) helps one to moderate and modulate the multitude of relationships we have with many people that walk into our life. They can be our parents, spouse, gurus, teachers, children, other family members, friends, office colleagues, neighbours and strangers. In most cases, some relationships generate good & happy feelings, and there are also the ones that cause distress and unhappiness to us.

How does Mahan's Universal Adapter help us reinforce the good relationships and transform the challenging ones as foundations for new learnings & transform them into positive and inspirational relationships ("scars to stars")? Here is what I learnt using Mahan's Universal Adapter. All relationships (good and challenging ones included) are to reinforce and expand our connectivity to the divine nature. When people come into our life, it is nature's way of extending itself to us and us with nature. It is a divine bond that nature extends to the mind trained to be self-focused. It is nature's way of opening up a multitude of experiences for us to learn and grow; and, ultimately, understand and appreciate nature in its wholesome form within our SELF.

As our mind matures from an infant to youth, then to adulthood, nature extends within us. Yes, through good & positive relationships and challenging relationships, nature helps us expand our horizon experience. The positive & negative relationships are two sides to the same coin of life that strengthen and prune us from time to time to grow spiritually. Note that when gravity puts pressure on our body, and every time we exert pressure in the opposite direction of gravity, we build our muscles. In the same way, when we have challenging relationships and experiences; and counter them with positive, inspirational and graceful engagements, we build mental & intellectual muscles. In the process, we attain spiritual maturity and enlightenment.

Gurupiran Siva Sankaran used to say, "Even if people are nasty and unkind to us, be kind and graceful to them. Their minds may be tainted, but never let yours be tainted - be graceful and kind always". He further used to say, "Whenever someone is nice to you, also positively respond to them. Learn to receive and return goodness & kindness". He also stated, "Whenever someone is not so nice to you, take it as God's (the Divinity's) way to

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test you to see if you have the patience and tolerance to manage this difficult relationship, and finally, transform them into a positive and inspirational relationship”.

The material mind is in an apprentice mode (learning mode) to the mastery of itSELF – seeking to attain a universal outlook on life. Transforming negative and toxic relationships into positive and inspirational relationships will require deep introspection, contemplation, reflection and meditation on the reasons for the relationships being toxic when. We know why we have this challenging experience; then, we can implement strategies to address them. Most people do not address or want to address these toxic relationships. Hence, it perpetuates for a long time, causing distress and unhappiness. Application of Mahan's Universal Adapter has enabled me to address many of the challenging relationships with family, friends, sabhai members, office colleagues and strangers in graceful and divine ways. Don't change them. When we change with a divine mind, we learn to accept that there are things we can change (in ourselves) and external things that will change when we change.

Two things will happen when we divinise all our challenging relationships:

- i) they transform to become positive and inspirational relationships; or
- ii) these relationships will leave us, and we will not be tormented and distressed anymore by these relationships.

Mahan's Universal Adapter has a way of transforming every relationship into an opportunity for our enlightenment. The above discussion highlights "spirituality in action" shown by HH GP Mahan. It is not an abstract idea but a pragmatic way to be one with the Divinity - divinising all our interactions and relationships. When we apply this universal mindset to all our relationships, it becomes wonderful, inspirational and enlightening.

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PART 5 - DIVINISING OUR FAMILY LIFE

Mahan's teachings helped me understand how to evolve from being selfish (self-centred) to selfness (the focus of self-development) to being selfless (extension beyond my individual being to a wider circle of consciousness) and finally self-realised (understanding of my true reality – universal personality in me), an interesting state of

evolution of the human mind.

The family institution is very important for our spiritual, intellectual, mental and physical health. Even monks and sannyasins (ascetics) were born in a household environment. They, too, were nurtured in a family before taking on a life of a monk or sannyasin.

When family relationships are not good or are very toxic, there will be constant arguments, fights, and disagreements that can trouble the mind. Over a long period, it can adversely impact the peace & tranquillity of the mind, blunts the intellect and ruins health. These will distract us from leading an enlightened way of life. Here is what I learnt from applying Mahan's "Universal Adapter" to strengthen my family bonds and relationships.

1. Respect and reverence for parents (divinise our relationship with our parents) as they brought us into this world, looked after us and nurtured us to be an adult. We owe them a moral and spiritual responsibility to look after them as they age. Be graceful, kind and generous to them. How we treat them is how our children will eventually treat us; as children learn from their parents – parents are children's first guru.
2. We are a biological extension of our parents, bonded by a spirit. When our mind realises the true spiritual connection with the divine nature, it will remember its moral and spiritual responsibility to the ones that gave rise to our biological being.
3. For children who have no time for their parents or have strained relationships with their parents, please reach out to them. Be kind and graceful to them so that this divine relationship will strengthen your divine journey.
4. Divinise the relationship with your siblings (brothers and sisters) as their divine interactions too nurture our personality. This relationship also gives us a platform to learn and experience life beyond our own identity.
5. Strained relationships between siblings also keep us from discovering the true divine nature of our life. So, if we have difficult relationships with our brothers or sisters or other family members, be kind and generous to embrace them with a divine heart. This

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will go a long way to heal the heart's wounds and build stronger bonds and relationships. In the process, it helps us nurture a divine and universal mindset.

6. Divinise the relationship with our spouse or life partner. This is a very important relationship that sets the tone for the harmony and development of other family members in the home. If this relationship is strained, there will be constant arguments, disagreements and fights at home. It will adversely impact not only the spiritual life of family members but also their psychological and mental state.
7. If the relationship between husband & wife or life partners is divine and harmonious, they and their children will grow spiritually and live a healthy, inspirational and wonderful life. They inspire and motivate one another to achieve their aspirations in life. A divine and wonderful relationship between husband and wife, too, will give rise to healthy, bright and spiritually inspired children. The divine relationship between husband & wife or life partners will transition from being at the physical level to a soul connection, making them soulmates. Even when they are not present physically, their vibrations are constantly present in one another.
8. Divinise the relationship between parents and children. This relationship is very important to nurture the life journey of the future generation. We must be kind and generous with our speech and actions and have time for our children. Spend quality time with them. Be positive and inspirational with our words and actions. Cultivate a "can-do" attitude in them. Teach them to introspect, contemplate, reflect and meditate on all thoughts before making decisions. Parents are the children's first gurus. What parents do, children will follow. Choose well, for it will determine their life too.
9. To nurture good family bonds, be kind, graceful and inspirational with your thoughts, words and actions. If any of them are in distress, do extend the help and kindness that they ought to receive. The epi-centre of all goodness starts with us, and the best place to start it is with our family members. Mahan said the following: "There is no spiritual life without a family life, and there is no family life without a spiritual life." So, divinise all your family bonds and relationships, as it is an important foundation for your enlightenment too. Apply Mahan's "Universal Adapter" mindset in your family life, and your family will be an important source of your enlightenment and you in theirs too.

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PART 6 - DIVINISING THE GURU-DISCIPLE BOND

I had a first-hand experience of observing the Guru-Disciple bond between Guru Mahan and Gurupiran Siva Sankaran. Guru Sankaran took Mahan as the Divinity (a manifestation of Guru & God) to reveal the secrets of life, the purpose of life and the discovery of God. He took Mahan as his "spiritual father" to show him the path to enlightened living (note that Guru Sankaran's biological father passed away when he was only 9 years old). Mahan became the father figure that shaped Guru Sankaran's outlook on life.

Upon accepting Mahan as his Guru, Gurupiran Siva Sankaran devoted his life to imparting the knowledge of Mahan to everyone, especially the "last, least and lost" of society. He established a Centre (Paranjothi Paripurana Gnanam Malaysia – PPGM) in Malaysia, but for 20 years, the Centre was in his home. Only in 1992, the Centre moved into its new premise. Gurupiran Siva Sankaran used to say that the Centre is the "body of Mahan - the centre for all wisdom knowledge".

Through the Centre, people of all races, religions, academic backgrounds, socioeconomic status and nationalities can access the Universal truth of God, the SELF and the Universe. The dedication to the Guru was so intense for Gurupiran Sankaran that even when committee members or disciples don't attend the Satsang, he will continue quiet meditation and research independently. I remember one meditation session in our home; we waited for someone to attend the Satsang. However, no one showed up to the Satsang. Gurupiran Siva Sankaran said, "No problem," continued the meditation at 8 pm as scheduled and continued his research. I realised that day an important lesson; for Gurupiran Siva Sankaran, whether anyone shows up, his Guru is present in spirit, and the satsangs and the Centre's work must continue.

I personally had good relationships with Mahan and all my spiritual Gurus - Guru Sankaran, Guru Neoh, Guru Leong, Guru Erulappan and the other gurus of PPGM. The Guru-Disciple bond is so special. I think about my Gurus daily and, more importantly, try to understand their philosophy of life and emulate them as best as possible. Here is what I learned from my Gurus and how to divinise the bond with them.

1. The gurus are the bridge between an unilluminated mind to an illumined mind. They show the path to enlightened living. They taught me that there is something far greater within me than my biology. They helped me unravel the secrets of existence & life and the purpose of life.

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2. My Gurus showed me how to evolve from being selfish (self-centred) to selfless (the focus of self-development - discover the "I" in me) to being selfless (extension beyond my individual being to a wider circle of consciousness - learn to divinise everything in life) and finally be self-realised (understanding my true reality - universal personality in me).
3. My Gurus showed the path to the GURU ("Spiritual Compass") in me. Mahan showed me the MAHAN in me. I feel my Mahan's vibration at every moment. "Whether anyone shows up or not, the Mahan is present".
4. I was privileged to serve Guru Mahan and all my Gurus. I remember my brothers, and I used to wash Mahan's bathroom and clean up his room on a regular basis when he used to stay in our home. He used to tell us, "What can I give you all in return for cleaning my bathroom & room and keeping me clean and comfortable?" We never asked him anything, but he blessed us immensely with a wonderful life of discovery of the SELF and God. It was a privilege to serve him. What more could we ask for?
5. Another thing I learnt about the power of the divine relationship between Guru Mahan and Guru Sankaran is the respect and unconditional love they had for each other. In all his life decisions, Guru Sankaran consulted his Guru. Similarly, Mahan used to consult Guru Sankaran on matters related to the Sabha.
6. For Guru Sankaran, Mahan was "a father in a Guru; and a Guru in a father". Guru Sankaran never took his Guru for granted and valued the kundalini initiation (Deeksha) and wisdom knowledge of I-GOD given to him by Mahan. He took it very seriously. He practised them faithfully and was eager to impart the teachings of Mahan to others.
7. Ultimately, the devotion to the work of Mahan engulfed him, and the Mahan in him emerged - the "Guru and Disciple merged into one".
8. Mahan used to say that instead of putting flowers and garlands on him and giving him all kinds of praises, the greatest gift we can give him is to use the kundalini meditation and I-GOD philosophy to discover our true SELF - the "Mahan" in us.
9. Through the process of "Spiritual Osmosis," the divine symbiotic relationship between the Guru and Disciple will unify them to become one - no separation or difference between them.

In summary, value the relationship with your Gurus. Apply Mahan's "Universal Adapter" mindset to strengthen your relationship with your Guru. Your Guru-Disciple bond will open you up to the wisdom and knowledge of all the Gurus, Mahans and Masters. The Guru will be your spiritual compass, guide, coach, mentor, friend and counsellor.

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PART 7 - DIVINISING OUR CONTRIBUTION TO SOCIETY

Mahan's Universal Adapter nurtures a peaceful mind, sharp intellect, caring heart and a universal personality. It helps us transition from selfish to selfless - expand our social circle, state of consciousness and impact on society. The following are traits I observed from Mahan and Gurupiran Siva Sankaran

that helped them divinise their social interactions and impact on each other:

1. The wisdom knowledge they learnt, they always wanted to pass it on to others so that the general public too can benefit from the practice and be enlightened.
2. They did social work without any expectation, seamlessly integrating it into their way of life.
3. Their hearts and homes became their ashram - a UNIVERSAL PEACE SANCTUARY for self-rejuvenation, self-discovery and self-realisation for people from all walks of life.
4. They made spiritual knowledge simple and accessible to all (without complicated mantras in different languages or rituals), especially to the following groups:
 - a) The LAST in society (the weakest based on socioeconomic status and educational attainment). Mahan's I-GOD philosophy and kundalini meditation were made simple and accessible to the poor. These will enable them to build their spiritual wealth, confidence and self-esteem to be competitive, improve their social status in life and enhance their impact on society.
 - b) The LEAST - the poor with very little wealth to sustain themselves and their families. Mahan's I-GOD philosophy and meditation helped them develop their intellectual capability and creative skills and give them the necessary competencies to acquire or create employment. These will enable them to generate sustainable income to meet their and their family's basic needs.
 - c) The LOST - those who are lost and do not know their purpose in life. And those who undergo various mental & emotional challenges and have very low self-esteem. Mahan's Universal Adapter helped them find their direction, purpose and meaning in life by nurturing their "Spiritual Compass" in them (inner spiritual eyes, awakened through the practice of Mahan's kundalini meditation). It helped them build a powerful mind to overcome any challenges in life.
5. The above highlights that Mahan's Universal Adapter enables one to build strong social, mental and intellectual skills to connect with people with diverse backgrounds and needs.

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6. The frequency and bandwidth of the mindset increase significantly as we operate and engage in diverse settings. In the process, the mind attains agility and adaptability to operate under any circumstances.
7. Mahan's Universal Adapter nurtures strong Emotional Intelligence and Leadership Qualities.
8. Mahan's Universal Adapter helps develop society, especially by building hope, a positive mindset, a "can-do" attitude and an enlightened way of life for people of all walks of life. This will lead to a more harmonious society.
9. Guru Mahan used to say, "One who removes all obstacles and challenges is God incarnate".

Guru Sankaran used to say:

"Don't Expect an Angel; be the Angel".

"Don't Expect a Miracle; be the Miracle".

"Don't Expect Change; be the Change-Agent".

In summary, Mahan's "Universal Adapter" showed the best way to serve society (especially for the Last, Least & Lost)- and be the "Miracle, Angel and Change-Agent".

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PART 8 - DIVINISING OUR OUTREACH TO A WIDER COMMUNITY

Using Mahan's Universal Adapter, I have learnt how we can play a key role in serving our communities in the best possible ways. Below are some of the learnings I had from

Mahan and Gurupiran Siva Sankaran :

1. Everything we do, do it with a "Universal lens" - incorporating the needs of the greater community first (circle of influence and impact). With this mindset, whatever we do will have a greater value and impact.
2. In this context, I ensured that what I learnt in school and university became a basis for serving the needs of diverse communities, especially the "Last, Least & Lost".
3. As a scientist, I incorporated Mahan's Universal Adapter in my research work. This helped me undertake research & development work in a wide range of areas - from sustainable development, environmental management, the competitiveness of businesses, poverty eradication and many other areas.
4. This has helped me contribute to various policy development, community projects and industry plans. The insights obtained from deeper meditation has helped me make a meaningful contribution to the various communities.
5. All this would not have been possible without adopting Mahan's Universal Adapter - giving me a universal outlook on various areas of research and study from multidisciplinary, inter-disciplinary and transdisciplinary perspectives of the grand challenges that impact society; and the solutions to address these challenges.
6. Mahan's Universal adapter has enabled me to access knowledge from multiple areas that helped me be a better scientist, economist, behavioural researcher and academic. The knowledge acquired has helped me serve my students, colleagues and community well and address some challenges that impact them.
7. The universal scientific lens has also helped me understand Mahan's philosophy and, more importantly, why and how Mahan's kundalini meditation gives rise to the divine vibration. The divine vibration ignites the neural transmitters in the body and brain and helps transform the mind and intellect into powerful tools to enable us to live an enlightened life.
8. By understanding Mahan's teachings, putting into practice the teachings and obtaining the experiential learnings, I can help others in different stages of their lives and help them put these teachings & philosophy into practice so that they too can benefit from what my Gurus and I experienced.

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9. Mahan's Universal adapter enabled me to "Scientify Spirituality and Spiritualise Science" in all aspects of my life, giving me a deeper meaning of life through evidence-based experiences.
10. Through the scientific & logical approaches, I impart Mahan's teachings and the wisdom knowledge in the scriptures to all so that they can attain a joyful and enlightened life, as how I have experienced.
11. This also helps dispel dogmatic belief systems and helps people transform all mysteries into Mastery of the SELF & life.

Summary: Here is what I learnt from Mahan's teachings - when we take one step towards helping the divine nature and all the creations within the divine nature, the divine nature embraces us closest to itself (zero-distance between us and nature) and reveals itself in our SELF. This is the path of Self-Realisation I learnt by adopting Mahan's Universal Adapter.

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PART 9 - AGEING GRACEFULLY

Ageing is part and parcel of life. As we age, we slowly have to learn to outlive everything in life. Whether we like it or not, everything material will change and be outlived – this is the law of the material universe we live in.

Here are some lessons from Mahan and Guru Sankaran that helped them age gracefully and can help me in my journey as I age.

1. As we age, the hormones in the body change; as such, it impacts our physical body and mental state. Meditation helps harmonise our hormones, and it slows the adverse impact of ageing on the body. It helps build stamina and strength in the body.
2. Regular meditation will strengthen the health of the brain. Hence the mind can manage all the thoughts well, ensure our memory is good and keep our intellect sharp.
3. As we age, the brain cells die or diminish. The brain loses its neuroplasticity. This impacts our memory and also potentially leads to other brain-related disorders. As such, deep introspection, contemplation, reflection and meditation reduce the degradation of our neural pathways in the brain. Regular meditation and mindfulness activities strengthen the neural pathways in the brain. Mindfulness leads to a powerful mind, good memory and sharp intellect.
4. Many of us will give up our regular jobs (retire) at some point in our life. If we do not manage this phase of our life very well, it can lead to many emotional and psychological impacts on us. Mahan's Universal Adapter will keep us active mentally and intellectually with deep introspection of various wisdom knowledge and community work that enriches and enlightens our lives and that of others.
5. Live a simple and thrifty life so that we can save our wealth for our retirement days. It is important to have financial security as we age and when we retire. This will help us remain independent and not depend on anyone for our livelihood during our non-working days. Financial security is also part of the spiritual journey.
6. Managing diseases - at some point in our life, our bodies will have some kinds of ailments, disorders or diseases. They can be chronic, malignant or terminal. Diseases are part and parcel of nature's way of rejuvenation, resilience, transformation, replacement and growth. The biological cycle of our bodies is all weaved into the divine nature – part of birth, sustenance and dissolution.

7. Understanding the cycle of life will help us manage our bodies well and not to be too perturbed by diseases and disorders. We look after our bodies, and nature will look after the natural cycle and recycle our bodies.
8. When the human mind adopts Mahan's Universal Adapter, it becomes powerful, enabling us to manage and cope with diseases & disorders, eventually healing the body. A disturbed mind will intensify the progression of a disease. A calm & cool mind will heal the body fast.
9. Mahan's Universal Adapter has taught me that we are all 'explorers' in this material world. We come with nothing (no thing; without materiality/wealth - we only come with our spiritual body). We go back to the state of nothingness (universal spiritual identity - BIG I).
10. We accumulate experiences of this material world, and we leave them back to our loved ones and the people that cared for us.
11. The body was assembled from nature. When it returns to nature, this process is called SAMADHI (literal translation - same origin). Returning also means that the mind realises its true identity. This will happen to all bodies in this universe - so why get caught up with the ego, pride, inferiority & superiority complexes or worry about death? It is the natural cycle of life.
12. We are all existing in the same divine platform. The saint and the sinner exist on the same divine platform. The king and peasant also exist on the same divine platform. The Paranjothi (enlightened one) and the unilluminated ones also exist on the same platform. Form and context may be different, but the substance is the same. The enlightened ones know this truth, and they attempt to educate the unilluminated ones to discover this divine platform within themselves (the UNIVERSAL PEACE SANCTUARY)
13. Mahan's Universal Adapter helps us nurture graceful thoughts, speech and actions - key factors enabling us to live peacefully and age gracefully.
14. The Universal Adapter teaches us to be kind and compassionate to everyone and everything nature has created. If we nurture this quality, nature will do the same to us too - it will be generous to us, revealing all the secrets of life and our SELF. "Every action has an equal and opposite reaction" - Isaac Newton.
15. Don't worry too much as we age. Why worry when the Divinity (GOD) is imprinted in us? "Live a splendid, spectacular and divine life". "Run the good race".
16. If we know God is with us, we will realise that we are transcendental to karmic (cause-and-effect) forces.
17. Death, disease, poverty and other challenges will not impact us if we nurture a powerful God-inspired mindset (anchored on Mahan's Universal Adapter).

Summary: This is what I learnt from Mahan's teachings (UNIVERSAL ADAPTER) - my universal personality has been given the privilege to take a material body (limited personality - three-

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dimensional space and time) and experience the limited world in a wholesome way. What an awesome experience of this life.

Mahan's Universal adapter enabled me to realise the following:

- a) While my body is limited, it is powered by a limitless substratum (BIG-I).
- b) While my body is perishable, it is powered by an imperishable substratum (BIG-I).
- c) While my body is finite, it is powered by an infinite substratum (BIG-I).
- d) While my body is time-bound (caught in the birth-death cycle), it is powered by an eternal substratum (transcendental to time and the birth-death cycle).
- e) While my body changes, these changes are powered by an unchanging substratum (BIG-I)
- f) While my material mind navigates through the turbulent waves of the material world, it is anchored on a peaceful, powerful and calm substratum (BIG-I).
- g) While my life is moving through time in a fleeting way, all of this occurs on an immovable and unchanging substratum (BIG-I).

This is the path of Self-Realisation I learnt by adopting Mahan's Universal Adapter - a way to ensure that my sensory organs are graceful in receiving information from the external world, my thoughts are graceful, my speech is graceful, and my actions are graceful. This is the path to graceful living and ageing. This is the spiritual journey I learnt from my gurus.

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PART 10A - PREPARING FOR THE FINAL STAGE - DEATH (SAMADHI)

This is a big topic and most misunderstood - hence we will cover it in several parts. The topic of death is something most people like to avoid. It can be traumatic if a loved one dies. Or, fear sets upon a person when they know that they will die - and not knowing what takes place after death. What is amazing is that most people want to go to heaven, but do not want to die. Interesting!

Here is the wisdom knowledge I acquired about the well-kept secret of death. I learnt about it through deep introspection, contemplation, reflection and meditation on Mahan's I-GOD philosophy. In particular, the notion of the small-i (our impermanent identity) and BIG-I (eternal identity).

The thirst to know about death pushed me to research and meditate intensively on this topic. In the process of my search, I discovered this great book that complemented Mahan's I-GOD book called "Katha-Upanishad". It is based on the Advaita philosophy, which is fundamental to Mahan's philosophy.

Katha-Upanishad revolves around a conversation between a young 6 year old boy named Nachiketa and Lord Yama (Lord of Death). For me, Katha-Upanishad is a conversation between the pure mind and the Immortal SELF in us. Mahan's Universal Adapter enabled the mind to attain the purity of the 6-year-old boy to have the conversation with the Lord (SELF).

Mahan's Universal Adapter enables the divine convergence of the material mind (small-i) and the Universal mind (BIG-I). Mahan's Universal Adapter helped me to gain a good understanding of death through deep meditation and intellectual enquiry. Here is my understanding of death based on my introspection, contemplation, reflection and meditation:

Birth and death are part of the cycle of life. Our body is a construct of this material world. Hence, it has to follow this cycle of life - continuously changing. Having said this, Mahan's Universal Adapter enabled me to discover that we possess two identities - the small-i (material impermanent and perishable nature) and the DNA of the BIG-I (spiritual permanent and imperishable nature). One can get a good understanding of the small-i (gross body) and BIG-I (subtle body) through deep introspection, contemplation, reflection and meditation (Vichara). It has to be experiential learning and not ritualistic practices or mechanical meditational practices (Achara).

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To discover the secret of death, one must possess a pure mind of a Mahan & Nachiketa. To unravel the secret of death, one must possess a mind that is not blemished by the alluring thoughts and desires of the fleeting material universe. Divinise every thought, aspiration, desire and need of the material world - only then does one become transcendental to them and gets to the stage of a Mahan and Nachiketa.

Mahan's Universal Adapter helps us divinise all thoughts, aspirations and desires - teach us to live to outlive all of them. It enables the mind to converge from the small-i (caught in the material body - trapped in the birth-death cycle) to the BIG-I (the substratum in us that is transcendental to the birth-death cycle). The convergence of the mind to the BIG-I will not happen instantaneously, but as the meditation intensifies over time, this convergence will occur gradually. When this happens, the understanding of the SELF and death becomes clearer. The mind slowly starts exploring, researching, experiencing and understanding in a wholesome way the following :

- (i) The Waking State (full awareness of the material world);
- (ii) The Deep Sleep State (no-thingness state);
- (iii) The Dream State (residual thoughts that linger in the mind in a sleep state, and intellect attempts to analyse the residual thoughts);
- (iv) Awakening Sleep State - awakening to the nothingness state (absence of material world thoughts - quietude of the mind) and awakening to the vibration of the Spiritual SELF - BIG I; and,
- (v) The Universal State: when the human mind is inspired and inoculated by the transcendental state (the SELF), the mind will project the universal transcendental state in every facet of the material existence. One experiences Divinity everywhere – there is no place devoid of it.

The understanding and experience of the nexuses between the Universal State and Material State will slowly converge and transform the mind to accept that death is not the final state (unknown state), but a continuum of changes taking place on an unchanging substratum (knower state).

An example of the above phenomenon is this valuable mineral called gold. Gold, in its original state, is a chemical compound called Aurum (Au). Gold bullion can be transformed into rings, chains and other ornaments. But, the essence of the ornaments is gold. Our material bodies are like ornaments that continually change, but the essence, the SELF, is the same. The small-i changes, but the BIG-I is changeless. The highest value comes not from the form (ornaments/material body) but the substance (gold/SELF). The form (ornaments - material personality - small i) changes and is caught in the birth-death cycle. But, the

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substance (gold - spiritual personality - the BIG-I) is unchanging and transcendental to the birth-death cycle.

Here is an enlightening quote from Katha-Upanishad:

"The Seer (Atman, Self) is not born, nor does he die". Quote - 1.2.18.

Here are some questions for you to reflect on:

On Birth:

- (a) Have you experienced your birth?
- (b) Is it a borrowed idea - somebody said you were born?
- (c) If they said you were born, what did they see to certify that you were born?

On Death:

- (d) Have you experienced death?
- (e) Have any of your family members or friends who have died, come back to say or communicated to you that they have died and explain the death experience?

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PART 10B - PREPARING FOR THE FINAL STAGE - DEATH (SAMADHI)

Here are my responses to the questions after careful research and deep introspection, contemplation, reflection and meditation and the application of Mahan's Universal Adapter & taking a scientific perspective on death. The scientific lens is about a truthful search of experiences, both objective and subjective substratum. Not a borrowed idea from others.

Here are my responses to the questions I posed to myself:

On Birth:

(a) Have you experienced your birth?

RESPONSE:

Nope. I did not experience my birth.

(b) Is it a borrowed idea - somebody said you were born?

RESPONSE:

Yes, all my understandings of my birth were based on my parents saying I was born (a borrowed idea).

(c) If they said you were born, what did they see to certify that you were born?

RESPONSE:

My parents (including the doctor) only certified that a body (mass weight of approximately 6 pounds) emerged from my mother.

I have a birth certificate to attest that my body was born at a particular time, place, location and to whom (material beings - my biological parents). My parents said I was quiet when I came to this material world. I did not know this – again, a borrowed idea! When the doctor removed the amniotic fluid from my nostrils and mouth, and the doctor gave a tap on my back, I started crying. They knew at that point that I was alive.

I asked my parents if they saw my spirit. They said only the body they saw but not the Spirit that animated the body. But they knew something was animating the body, which they could not see. They said the Spirit came from God. But, I asked them again, what was born? They said the body was born (ah yes! The small-i substratum). But, they did not see the birth of the Spirit that animated the body (the BIG-I). They said it came from GOD - the

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transcendental substratum to birth and death. I asked them how they knew that my Spirit originated from God. They said this knowledge came from the scriptures. Ah! Again, borrowed knowledge.

The above was the response my parents gave when I was young. Later, they and Mahan revealed the truth to me (We will revisit this later). I asked many people, including gurus, family and friends. They all got the same experiences and responses, too – the body was born, but they did not see the animator of the body.

The scientist in me emerged to make the inference from all the data points (responses) I have to date from many of the sample respondents (including myself). All the data shows that we have and can see the birth of the body (the small-i) but have not seen and will not cognise the birth of the Spirit (the BIG-I), at least not with our material sensory organs. We need more subtle approaches than our gross senses to understand the transcendental nature of the Spirit.

This is where Mahan's Universal Adapter is important, as shown by Mahan and my parents to me about an inner resource (power) that is transcendental to birth and death.

On Death:

(d) *Have you experienced death?*

RESPONSE:

I have not experienced death too. I have seen people dying - a process where they lose full consciousness of the material world. The body becomes non-responsive to the material stimulus of the world. After a few hours, the body starts changing its form – decaying of the body starts taking place. I have seen the body's death (non-responsive state of the body to stimulus from the material world) - this is the death of the small-i. But, I have not seen or experienced the death of the Spirit (the BIG-I) - the animator of the body.

(e) *Have any of your family members or friends who have died and come back to say or communicate to you that they have died?*

RESPONSE:

I have not had any dead family members, or friends tell me what death is all about. I am still waiting!

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SUMMARY:

Based on my observations and that of thousands of people I know (and the sample set I have), here are my inferences on the birth and death phenomenon:

1. We possess two bodies - the gross body (material body: small-i) and the subtle body (spiritual body: BIG-I).
2. I have ample scientific evidence that parts of my body die and parts are reborn again every day.
3. Even in death, when my body perishes, my body parts will be used by nature to build other bodies, as my body was built from other biological beings' body parts. This beautiful divine symbiotic relationship will always be in this material universe.
4. The small-i changes – there is a process of emergence (birth), sustenance and dissolution (ample scientific evidence showing this trinity of life).
5. There is no evidence that the BIG-I is born or dies. All evidence to date (at least the ones I have) shows it is transcendental to the birth-death cycle.
6. A mind too focused (wedded & welded) onto the material body will be caught in the birth-death cycle. They will be fearful of death.
7. A mind that has mastered Mahan's Universal Adapter will transcend the birth-death cycle.
8. The transcendentality of the mindset will enable them to unlock the power of the Supreme Reality to lead a Supreme life.
9. So, why worry too much of the birth-death cycle, you are God (the Supreme Personality) repackaged differently.
10. Enjoy this inspirational journey called life using Mahan's Universal Adapter.

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PART 10C - PREPARING FOR THE FINAL STAGE - DEATH (SAMADHI)

Here is the summary of the previous discussions.

We have two bodies/personalities- the gross body (small-i) and the subtle body (BIG-I). The small-i undergoes birth and death. A mind that is wedded & welded to the small-i will be preoccupied with the birth-death cycle. This preoccupation wastes valuable time that hinders us from discovering the truth of our true reality and having a good understanding of the birth-death cycle. The BIG-I is transcendental to the birth-death cycle. A mind anchored on the BIG-I will be transcendental and universal in nature.

Here are some key observations from the great philosophies (Advaita School of Thought) and great saints like Mahan from their research, introspection, contemplation, reflection, meditation and experiential learning. Here is what was discovered through their experiential learning (*Katha Upanishad, 1.2 18-1.2.20*):

“Man must not fear anyone or anything (not even death) as the true essence of man (Atman) is neither born nor dies; he is eternal, he is Brahman. Atman is the Self (a manifestation of BIG-I). Brahman is Universal Personality (BIG-I) – the ultimate reality. He does not originate from anybody, nor does he become anybody. He is an eternal, ancient one; he remains eternal. He is not killed, even though the body is killed”.

“If the killer thinks that he kills; If the killed thinks that he is killed; they do not understand; for this one does not kill, nor is that one killed”.

“The Self (Atman), smaller than small, greater than great, is hidden in the heart of each creature. Free from avarice (material wealth, fame & fortune), free from grief, peaceful and content, he sees the supreme glory of Atman”.

Similar ideas on transcendentalism discussed above have been expressed in many other scriptures. Many prophets, saints and Mahans have also expressed similar ideas. They have researched the scriptures carefully and, through deep introspection & meditation, have validated the findings of the truth about the birth-death cycle. Their experiential wisdom knowledge has been passed on over the years. Only the dedicated and disciplined ones that undertake deep introspection and meditation will understand the secret of death spoken in the scriptures and by Mahans.

I have gone through the journey called life using Mahan's Universal Adapter for more than 40 years. I have learnt the knowledge of the 'small-i' and the "BIG-I" through deep

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introspection and meditation. Mahan's Universal Adapter gave me a good understanding of the birth-death cycle. I realised that the truth of the 'birth-death' cycle could not be realised with instruction, memorising complex mantras, listening to others and arguments or reasoning from scriptures. Theoretical understanding will not lead us to the nature of the 'birth-death' cycle and our true identity. The true nature of our SELF (our transcendental nature) can only be comprehended through meditation and introspection - an inward exploration and experience.

Acharas (rituals) without deep introspection, contemplation, reflection and meditation (vichara) will not give us a comprehensive understanding and awareness of the birth-death cycle and our true SELF. Awareness and understanding of the birth-death cycle and the true nature of our SELF can only be attained via Vichara (deep and intensive introspection and meditation). These are what I learnt, become aware of and experienced about my SELF through Mahan's Universal Adapter (I-GOD philosophy and kundalini meditation method).

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PART 10D - PREPARING FOR THE FINAL STAGE - DEATH (SAMADHI)

Here is how Mahan's Universal Adapter helped me gain a good grasp and awareness of the birth-death cycle and the secret of death. The fear of death, diseases and poverty disappeared when I learnt to master Mahan's UNIVERSAL ADAPTER. It gave me access to the wisdom knowledge in all the scriptures and helped me attain an experiential understanding of the birth-death cycle and the transcendental state while still being in the waking state, in the sleep state and in the deep meditation state.

I realised that birth and death are two sides to the same coin called life in this material universe. Without birth, death does not exist in this material world. Without death, birth does not exist in this material world. The symbiotic relationship between birth & death is what keeps the wheel of life moving. Both birth and death give meaning and value to living beings in this material world. Without death, people will not have the urgency to explore the material world, give their best and fulfil their duties on earth.

Interestingly, as we celebrate our birthday every year, it should remind us that the end for the body is getting closer. As the end day gets closer, our time on Earth will also get shorter. This means that whatever remaining time on Earth must have greater value. What is scarce carries greater value. As every year, every month, every week, every day, every minute and every second passes, the value of our life should increase. The idea of the body's death increases the value of our material life. As time passes, it should remind us that we should create better value for our life on earth – create better Return on Value (ROV) for us, our family and society.

Yes, the death of our mortal body should remind us to live our life full of zest and in an enlightened way. A good understanding of the body's death should remind us not to waste our limited time on unproductive, frivolous, petty, negative thoughts, speech & actions. The body's death should help us avoid toxic relationships that prevent us from living an enlightened life).

Let us look at an example: gold is an essential component for many ornaments - earrings, chains, etc. Similarly, the BIG-I is the essential substratum that supports the small-i and the many roles we play in our life. The BIG-I is what gives value to our life. As the mind and intellect focuses on the BIG-I, they become universal, inspirational and transcendental.

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In Summary: Mahan's Universal Adapter teaches us about the small-i (mortal personality) and the BIG-I (immortal personality). More importantly, it teaches us how to transition from a theoretical understanding of the small-i & BIG-I to an experiential awareness of the small-i & BIG-I. And, to know that the small-i is powered by the BIG-I. The BIG-I is transcendental to the birth-death cycle. This abode Mahan calls as the UNIVERSAL PEACE SANCTUARY. The UNIVERSAL ADAPTER leads the mind to the UNIVERSAL PEACE SANCTUARY in us.

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PART 11-SUMMARY: UNDERSTANDING THE FULL CYCLE OF LIFE

This is a summary of the messages that has been covered in all the preceding sections. I will describe how Mahan's Universal Adapter illumined, enlightened and enriched me in every facet of my life.

1. YOUTH STAGE LIFE

Mahan's Universal Adapter gave me a good understanding of the cycle of life - the birth-death cycle – and it intensified my interest and curiosity to know about life. It exposed me to new knowledge that I read, studied and researched extensively, both contemporary and eternal knowledge. I tested and validated the learnings with my experiential knowledge. This led me to the works of great people, scriptures and scientific studies. It expanded my horizon of knowledge. As my knowledge base increased and my meditation intensified, the understanding of my SELF became clearer (both the gross body - small i and the subtle body - the BIG-I) and the power of the mind.

Mahan's Universal Adapter made me respect and appreciate my SELF, nature and everything therein. It made me treasure the people and the things that supported my growth, learning and development. My reverence, respect and unconditional love for my gurus, disciples, parents, siblings, friends and the society I live in, grew day by day. It taught me not to take anyone or anything for granted.

Respect and reverence for everyone and everything is critical - they are all God repackaged differently. Don't look at the physical forms, but focus on the essence - the goodness in all of them. It helped me to be successful in my studies. I was able to acquire a good university education that helped me achieve my aspiration to be a scientist and economist; and more importantly understand the teachings of Mahans and other masters.

Mahan's UNIVERSAL ADAPTER revealed the "General Theorem of Everything and Life". All other teachings were special cases of the the General Theorem.

APPLICATIONS OF THE "UNIVERSAL ADAPTER"

2. PROFESSIONAL LIFE

Mahan's Universal Adapter has helped me build a successful career as a scientist, scholar, economist, CEO and leader of research-intensive education institutions. These positions helped me develop a research infrastructure to address the grand challenges that impacted society, including exploring the beginning of the universe, studying the origin of life, and understand the principles that govern the material body, the human mind and the intellect.

I have also had the opportunity to serve various stakeholders in different capacity in my professional life - government, policy-makers, learned societies & associations, industry and community organisations. I had the privilege to learn from them all; and help develop several national policies and strategies on sustainable development and planetary health. All of these were only possible because of my adoption of Mahan's Universal Adapter, which enabled me to access knowledge from multiple channels – the knowledge that help me make sense of the world we live in; and where possible generate greater return on value (ROV) for the broader society.

3. FAMILY LIFE

Mahan's Universal Adapter helped me nurture wonderful relationships and bonds with my parents, siblings and soulmate (wife), enriching my journey on earth. I have come to understand the institution of marital union very well - two different biological/material personalities resonated as one through the Universal Soul force in us. Through our divine union, we have powered from our souls (spirit), three divine biological beings (children). It is great to see them all grow and chart their own life journey in divine ways.

4. PUBLIC/COMMUNITY LIFE

My gurus have given me the privilege to serve our Sabhai, Paranjothi Paripurana Gnamam Malaysia (PPGM). In the service of the sabhai, I had the opportunity to nurture my leadership skills. The Sabhai has given me the opportunity to serve the general public from different walks of life, especially those who are "last, least and lost".

Mahan's Universal Adapter helped me develop new strategies and approaches to address some of the challenges faced by the general population. Every person that walked into my life have become my divine spiritual family members. They have enabled me to continuously learn, un-learn, re-learn; and try to explain Mahan's (and other Universal) teachings in more simplified and coherent ways. In the process, I become the first student before imparting what I have learned to others.

APPLICATIONS OF THE "UNIVERSAL ADAPTER"

5. AGE GRACEFULLY

Mahan's Universal Adapter has helped me to age gracefully by teaching me to accept the changing state of my body and its limitations. But not let the frailty of the body impact the mind. It has infused my mind with the DNA (Divine Nectar of Awareness) of the Supreme Personality (GOD). This has enabled my mind to transform "Impossible to I am possible".

I have learnt to live every day as my last day on Earth - I give my best in everything I do. Every new day I wake up, I consider it as a bonus. I have no regrets on the path I have taken – some were successful, others I was not been successful and many others, the jury is still not out yet (remain work in progress).

The above diverse outcomes have helped me enjoy every facet of my life - youth, professional, householder, family member, spouse, father, friend, community worker, leader, disciple, student, guru, scientist, economist and finally, as an explorer.

Yes, I am an Explorer - discovering and charting new frontiers of knowledge and experience, though there were moments the terrain was impossible to pass. With the guidance of the UNIVERSAL ADAPTER, I could transcend some of the most difficult challenges in life. The good thing is that I have the tool to help me navigate future difficulties – transforming the pressures they exert on me as treasures that will enlighten and enrich my journey.

6. PREPARING FOR THE FINAL STAGES

Mahan's Universal Adapter has taught me that the material body has a short shelf life. But "I" am infused with the transcendental Spirit of the Divinity (BIG-I). It has taught me that every moment I use my time in this material universe, my time here gets shorter. Every birthday I celebrate, it reminds me that the end date for the body is getting closer. Every day, the hours, minutes and seconds I use up, the less time I have in this material universe. Hence, I need to create better value for my remaining stay here on Earth. I need to create a better return on value (ROV – refer to the Figure below) for my life (intensify my experiences and learning), for others that walk into my life and for those that have supported my growth and development. I need to create a better ROV for mother nature that has given me the privilege to experience this life. I have had an amazing journey with the support of everyone.

When the human mind focuses on the ROV, it spends less time worrying about death. When we understand death very well, we learn to live the best possible way. Life and death are two sides of the same coin, that give value for all the transactions (experiences) on Earth.

APPLICATIONS OF THE "UNIVERSAL ADAPTER"

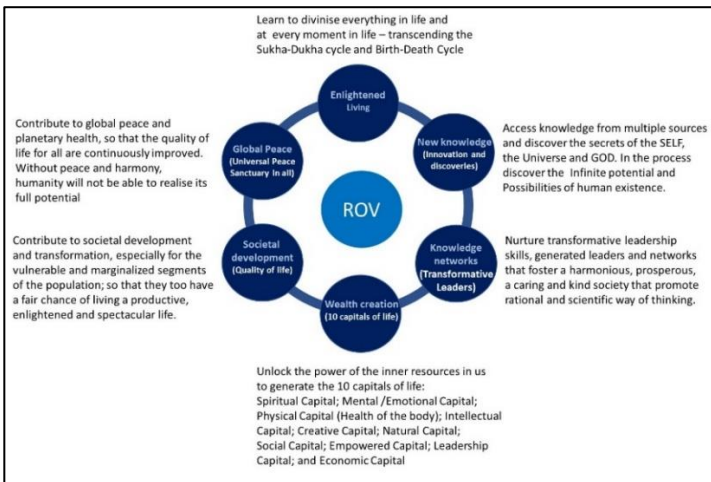


Figure: Mahan's UNIVERSAL ADAPTER enhancing Return on Value (ROV) of our life.

7. GRATITUDE AND FEELING BLESSED

I have had an amazing journey due to the generosity, kindness, compassion and unconditional love of my gurus. They showed a lost boy the path to enlightened living. Their inspirational message to hold on to "Mahan's Universal Adapter" helped me breakaway from the shackles of misery, shrunkeness of the mind and blunted intelligence. Mahan's UNIVERSAL ADAPTER was the "wind beneath my wings" that helped me navigate headwinds, turbulences of life and transcend challenges to soar high in every role I have taken and every life experience. In the process, transforming SCARS into STARS; and IMPOSSIBLE into I'M POSSIBLE!

In essence, Mahan's Universal Adapter completes me! "I AM THAT" - everything starts and ends with me (the BIG-I in me). I and my GURU are ONE!

Thank you to Mahan, my parents, my gurus, my family and others who have supported me, inspired me and from time to time pruned me so that I continue to soar in all my endeavours in life. Without them, I would have been still lost.

Santhosam and peace be with you.

Mahendhiran Sanggaran Nair

PPGM, 2 May 2023

APPLICATIONS OF THE "UNIVERSAL ADAPTER"

BIOGRAPHY OF MAHENDHIRAN SANGGARAN NAIR



Mahendhiran Sanggaran Nair (MSN) is the fourth Gurupiran of Paranjothi Paripurna Gnanam Malaysia (PPGM), a centre established by HH GP Mahan. He is also the President of the Paranjothi Paripurana Gnanam Malaysia (G.P. Mahan's World Peace Sanctuary – Malaysia). He has been practising meditation and mindfulness for more than 40 years. He is trained as an econometrician and data scientist and holds a Bachelor of Science (Honours) degree in Mathematics from Brock University, Canada; MA in Statistics, MA in Economics and PhD in Economics with a specialisation in Econometrics from York University, Canada. He is a Fellow and panel member of several scientific and learned societies and organisations.

MSN has worked in leading universities as a Professor and has held senior appointments in these institutions. He continues to hold these positions in his current employment. He has extensively researched Mahan's philosophy and other research fields in science, technology, economic development, sustainable development and planetary health. He has published over 100 research papers (journals, book chapters and conference papers). Some of his research work has been published in top-tiered international refereed journals.

He has also contributed extensively to national and regional public policy development. He has been a subject matter expert for government, industry and community organisations in the region. He has also led translational research and public policy formulation that have benefitted many community organisations and vulnerable groups in Malaysia. Among them include the adoption of computers and ICT literacy training programs for 20,000 school children from poor families across Malaysia. He also provides regular commentaries on the state of regional socioeconomic development in local and international media. He is acknowledged as the *100 Most Inspirational LinkedIn Icons* in Malaysia in 2019.

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