

Mano Nasa – Responsible for veiling to be Killed

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USE. Here are of your in built mechanism responsible
for lette veiling is killed - never to revive
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Purpose is by MIND DESTRUCTION BODY 25
SENSE IS TO BE DESTROYED. If you world the fresh, it is only
Toppel in tally to doubt concentration. If you tokune is
later stages, as breakt is also part of the embodiment
mechanism you will perfetuate body sense & you cannot
go up beyond the NO MAN'S land to the chisem booked convinues
& will remain in Blankness or VOID- Thus Miss the
most infortant all powerling REALITY.

Most sadhanas give temporary extinction and the mind revives even after 1000 years. It is of no use. Here (in permanent extinction) one of your inbuilt mechanism responsible for the veiling is <u>killed</u> – never to revive.

Former is MANO LAYA - Subsiding of mind - will revive

Second is MANO NASA — Annihilation of mind — will never revive

Purpose is by mind destruction body sense is to be destroyed. If you watch the breath, it is only helpful initially to develop concentration. If you continue to later stages, as breath is also part of the embodiment mechanism, you will perpetuate body sense and you cannot go up beyond the no-man's land to the disembodied consciousness and will remain in blankness or void – thus miss the most important all pervading REALITY.

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SHOULD REMAIN IN CONSCIOUSNESS - CONSCIOUSNESS

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All ideation – I am That, Om, Hreem, Kleem, everything disappears (middle). At that stage we should remain in Consciousness – Consciousness is Awareness of Being. Now there is no thought by Consciousness continues – remain without thoughts ENJOYING YOUR SENSE OF BEING. This second portion "keeping up the sense of being" is the key for going forward. It will only be for a short time initially and you will come back to thoughts as MIND IS NOT FULLY DEAD YET. The silence was the silence of coma and not of death. BY CONTINUED REPEATED PRACTICE OF REMAINING IN THE CONSCIOUSNESS OF BEING YOUR EFFORTS STOP – THE CONSCIOUSNESS gets absorbed in all cells – entire being. The Reality envelops you and sucks you in. If that second part of remaining in CONSCIOUSNESS IS NOT accomplished – we will remain the realisation of the SAGUNA (manifest attributes) form of OM or God and we will be so happy that our efforts stop. Then in due course after quite a long time, you will be automatically taken to NIRVIKALPA. But it could take births.