



Mano Nasa – Responsible for veiling to be Killed

THE MOST SADHANAS give temporary extinction & the mind revives even after 1000 years. IT IS OF NO USE. Here one of your inbuilt mechanism responsible for ~~the~~ veiling is killed – 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'S DESTRUCTION BODY & SENSE IS TO BE DESTROYED. If you watch the breath, it is only helpful initially to develop concentration. If you continue in later stages, as breath is also part of the embodiment mechanism, you will perpetuate body sense & you cannot go up beyond the NO MAN'S LAND to the disembodied consciousness & will remain in Blankness or VOID – thus Miss the most important all pervading 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 killed – 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.

(MIDDLE) { All ideation I AM THAT, OM, HREEM KLEEM
 EVERYTHING DISAPPEARS. AT THAT STAGE WE
 SHOULD REMAIN IN CONSCIOUSNESS – CONSCIOUSNESS
 IS AWARENESS OF BEING. NOW THERE IS NO
 THOUGHT BUT CONSCIOUSNESS CONTINUES – REMAIN
 WITHOUT THOUGHTS ENJOYING YOUR SENSE OF BEING.
 This 2nd portion "keeping up the sense of being" is the
 key for going forward. IT WILL ONLY BE for a
 short time initially & you will come back to thoughts
 as MIND IS NOT FULLY DEAD YET. The silence was
 the silence of coma & 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 & sucks
 you in. If that second part of remaining in CONSCIOUSNESS IS NOT
 accomplished – we will remain in the realization of the
 SAGUNA (manifest attributes) form of OM or GOD & 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.

THE OM SOUND OR LIGHT are all SAGUNA
 ASPECTS. The ultimate UNMANIFEST OM is beyond
 name, light or sound – IT IS THE ULTIMATE REALITY.
 WHO IS THERE TO BE CONSCIOUS OF IT?

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 ASPECTS. The ultimate UNMANIFEST OM is
 beyond name, light or sound. It is the
 ULTIMATE REALITY.
 WHO IS THERE TO BE CONSCIOUS OF IT?

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.