

DIE BEFORE DEATH!

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DIE BEFORE DEATH!

No one truly knows what happens after death. Even great scholars can explain things only up to the point of death, they simply tell very little about after death. Therefore, no one has a complete understanding of life after death.

However, the more we explore and understand this subject, it becomes more clear about how we should behave while we are alive, what changes we should bring within ourselves, and how we should live our lives.

That is why Patriji taught only what is truly important, what is necessary for everyone, what everyone should learn, what everyone should put into practice and what everyone should practice in their lives to bring about meaningful transformation.

Now, let us discuss one of the wisdom filled messages he conveyed: "Die before death." This means we must understand what happens after death while we are alive.

Only the soul-realized people can grasp this. Therefore, we too must seek this wisdom. The more we understand, the more we benefit in life. So, let us explore some key insights about what happens after death.

Naturally, most people will not discuss this topic. However, those who are at such a level like Patriji emphasized the concept of "Die before death." Therefore, let us now explore the teachings of some enlightened yogis.

More importantly, Kabir said the following: "**I find joy in attaining the death that the world fears!**"

Look, in this world, everyone is extremely afraid of death

because they fear they might die. But what did Kabir say? He said, "I find joy in attaining the death that the world fears!" Meaning, death gives him happiness.

Even Patriji said, "Birth is a celebration! Death is a celebration!" But this applies only to those who have attained soul-knowledge.

If someone fears death, it means they are in deep ignorance. Kabir, however, said, "I find joy in attaining death," because he knew what exactly happens after death and also because death is beneficial. That is why a soul-realized person neither grieves (feel sorrow) nor mourns (cry) over death.

Those who practice meditation and walk on the path of wisdom, do what all Patriji taught, do not fear death. This is because they understand that "Death is beneficial to them."

Why? Because Patriji made people engage in actions that would bring benefits even after death. Therefore, those who consistently practice Patriji's teachings never feel sorrow or fear death. However, those who believe "death is a loss" are the ones who fear it.

Now, think about this: A person who has attachment towards his wife, one who has accumulated wealth and properties, one who has attachment towards children, one who has dedicated his entire life to acquire material possessions thinking, "They are everything, they are only his life" what happens when he faces death? He must leave everything, isn't it? Imagine how terrified and sorrowful he must feel. Since he spent his entire life for these possessions, believing "this is only life," and considering them as his everything, he will be immensely afraid when the time comes to leave them.

However, those who realize "I am the soul," understand that "I will only be on this earth for a limited time." They accept that "after some time, I will have to leave this body" and recognize that "everything here is temporary." Because of which they do not give more importance to such things. Instead, while living among their loved ones and engaging with the world, they dedicate their time to the soul beneficial practices, meaning, such a person practices "observation of the breath meditation," eats a sattvic vegetarian food, reads wisdom oriented books, stays in association with those who can impart such wisdom, engages in selfless service on the soul path, and gains true wisdom. Through these practices, the soul benefits immensely.

Why? Because such actions ensure that, even after leaving the body, they reach a higher, more evolved state than their present one. They are aware that "I have completed all that I was meant to do with this body. Now, even if I leave it, I lose nothing. I will continue my journey ahead." With this decision, when they leave the body, they go with the helpers who came to take them to the higher worlds. There, they do the tasks that they must do.

That is why some soul-realized people announce their departure before they pass away. They say, "My work here is completed; I am now moving on to my next assignments." They do not grieve (feel sorrow) over death because they know it brings them great benefit. Therefore, for them death is as much a celebration as birth!

That is why Patriji said, "**For soul-realised individuals, birth is a celebration! death is also a celebration!**" He mentioned this on several occasions. The reason for him to say, "Death is good for us, death is beneficial for us," is only to help us overcome the fear of death.

Whenever someone passed away, people would immediately call him and say, "Sir, he is gone." He would respond, "Oh! Let him go... What is the big deal? He has done what he had to do, he has done it wonderfully, and now he has gone to accomplish even greater things." He would say, "Why be sad about changing an old shirt and wearing a new shirt?" He would also remind people, "Isn't this exactly what the Bhagavad Gita teaches?"

Therefore, whoever gained wisdom, those who have entered the path of meditation, and those who are striving in this path don't need to fear death.

That is why Patriji engaged us, who are souls, in many soul-beneficial services. He initiated several projects and encouraged everyone to participate in them. All these fall under the category of "services that benefit the soul." The more we involve ourselves in these projects, the greater the benefits for the soul.

However, some people wonder, "Why is Patriji making us do all this?" But by participating in these activities, we, the souls, benefit immensely. That is why he established large Pyramid Meditation Centers, built many smaller pyramids, and launched PMC Channel. His goal is to spread this supreme wisdom across the world and make everyone wise.

Human beings on earth do not know what is right or wrong. They commit mistakes and believe those mistakes are great achievements. But when it's time to face the consequences of their actions, they suffer greatly. That is why Patriji came to Earth-to open the eyes of such people.

He has clearly stated, "Do not commit violence against any living being." He said, "Do not kill any chicken or goat. They are also souls just like you. Know that they are your own reflections, improve your wisdom."

Yet, some people argue, "How can we survive without eating meat? We need strength, we need masculinity. Without meat, how will we be strong? If we don't eat, we will become weak and useless. The country will be destroyed! Who will protect the borders?" There are even people who encourage meat-eating. Such people may give long lectures, but they fail to understand the simple truth—"Even those animals are souls. They are divine manifestations. They are part of God. The divine essence exists within them also!" We don't understand why they fail to understand this.

If everyone becomes vegetarians and practices meditation as Patriji taught, why would there be wars? Where would conflicts exist? Why would we even need an army? Across the world, trillions are being spent on military defense. Imagine if all that money were invested in development—how much progress the world would achieve! Aren't wars caused by hatred, enmity, and fear? Isn't all this money being used because of these negative emotions? That is exactly what Patriji pointed out.

If people truly realized that "everything is one," where would hatred exist? Where would wars take place? That is why such a great enlightened master, Patriji, came to this earth and shared many insightful truths. One of his most significant teachings is: "Die before death." This means that we should understand what happens after death while we are still alive. Those who gain this realization will never fear death. For them, even death becomes a celebration.

The supreme yogi Kabir said: "**I find joy in attaining the death that the world fears!**". Such a great being said, "Death gives me bliss." Then why do we experience sorrow? What is the difference between him and us? The only difference is—he possessed infinite wisdom, while we are ignorant.

Similarly, the Sikh Guru, Guru Nanak Sahib, also said: "**We must all strive for the yoga that surpasses life and death.**"

Which means, he said that "one must die when still alive" which is the same as said by Patriji. This means practicing a form of yoga where one experientially understands death. In other words, one must acquire transcendental powers (supernatural powers) through meditation, attain a third eye, achieve the ability of astral travel, and, through these, visit the worlds where the deceased (dead) go, one must be able to gain complete wisdom of those worlds. This practice is called "living remembrance yoga or conscious death Yoga."

Similarly, in the Gospels of Saint Paul in the Bible, it is mentioned, "I die daily." This implies that he regularly visited the worlds of the deceased (dead) through supernatural powers to gain wisdom from them.

Likewise, a great Sufi master said: "**Learn to die before death!**"

Think about it! "What remains if you die? Meaning, what comes after death? Nothing. That is why, even while living, one must understand and live with an awareness that "Nothing belongs to me." Not only that, if one lives with the belief that "Everything is mine," they will commit mistakes, sins, wrongdoings and they will ruin their life.

But when one realizes that "After death, I must leave everything, and none of this belongs to me," they will not develop obsession or attachment towards anything.

Meaning, we are learning to "Die before death." Therefore, whatever they possess, one should always remind themselves, "It does not belong to me; it is not permanent." This realization prevents a person from committing sins for accumulation of wealth.

They will not engage in wrongdoing for their spouse or children. Instead, they will live righteously, avoid unnecessary conflicts, avoid harming others, and don't kill anything.

When do people do all this? When they learn to "Die before death."

Let me share a small incident from my life. Recently, I got infected with COVID. My children said, "The treatment is better in Hyderabad," and took me there. As we were preparing to leave, arranging everything at home, a thought crossed my mind: "Maybe my debt to these things is settled! Perhaps this is the last time I will see all these!"

Think about it-if I had really died due to COVID, "Isn't everything gone?" For a moment, I wondered, "Did I strive all these years just for these things?" It didn't feel like I was going to Hyderabad anymore; instead, it felt as if I was leaving everything and going to the higher worlds. Then another thought arose: "If there is any work left for me to do on this Earth, I will return. If there is nothing left for me to do, I will have to leave from there as it is."

Didn't Patriji say, "If there is still something for you to do, you won't leave even if you want to. If your purpose is complete, you won't stay even if you wish to stay". The more you understand this truth, the less sorrow you will experience. Otherwise, you will feel sorrow for everything.

Therefore, being infected by COVID doesn't mean fearing death. Instead, one should think, "My debts are cleared, and maybe all the tasks I needed to complete are done." Then, where is the question of sorrow?

That is why, a great Sufi master said: "**Learn to die before death!**"

Similarly, Dadu Mahatma said: "**Learn to live like a dead body with a life in it!**"

In reality, we are corpses (dead bodies), but we have life. Just as a corpse, we should learn to live like that even when alive. Your behavior should be like that.

He said, "**Learn to live like a dead body with a life in it!** **Only then you will attain the Lord's vision, meaning, you will attain soul-realization.**" What does a corpse (dead body) do? It does not care who is around or what is happening. It does not react to anything. In a way, it can be compared to an infant. An infant has life, but the infant remains indifferent to their surroundings-whether people are fighting, arguing, or cursing. He simply observes, remaining as a witness. Such people do not experience anger, revenge, grudges, hatred, or jealousy. When one lives in this way, there is no illusion, desire, attachment, or obsession. They live like, "I Am not attached to anything."

Consider this: When a person reaches their destination during a train journey, they get off the train. Similarly, when the journey of life is complete, one leaves the body and departs. Just as one does not think about the train after getting off, those who leave the body have no connection with worldly life, wealth, or possessions. That is why, one must live with the realization that "My possessions are not mine."

Look, In the Mahabharata, when Abhimanyu passed away, he ascended (reached) to higher worlds. Arjuna was deeply grieving. Seeing this, Lord Krishna sent Arjuna in a form of subtle body to the worlds where Abhimanyu was living. When Arjuna reached there and asked Abhimanyu, he replied, "What relation do we have? I have had many fathers before you." Arjuna was shocked by this response and returned. Meaning, Abhimanyu behaved like he had

no relation with Arjuna.

Then, Arjuna told Krishna, "Now I understand, I will do as you told me to do." Then, Arjuna stopped thinking about Abhimanyu and participated in the battle.

Similarly, after one's death, they will not care about-whether a wife, husband, mother, or father who are on Earth. Once they ascend (reach) the higher worlds, they focus on their own work. Look at this: It is similar to a person who gets off a train who no longer thinks about the berth they left!

Therefore, those who say "This is mine, this belongs to me" must understand that "Nothing belongs to me. "You may have an illusion that everything around you is yours and get attached to it, but you must understand that, "Nothing is yours." Hence, a person who says "This is mine" is ignorant and a fool. Why? Because on this Earth, nothing truly belongs to anyone. Everything here belongs to God! You have come to this earth only to learn certain lessons, gain experiences. "Nothing is yours." If something truly belonged to you, you would be able to take it with you. Since nothing belongs to you, you leave everything when you depart.

Then, what is truly yours? The results of your karma (action)-the fruits of your good and bad deeds-are the only things you take with you. If you have gained wisdom, that too will come with you.

But nothing else on Earth belongs to you, and you cannot take anything with you. No matter how much wealth you accumulate-whether through deception, wrongdoing, conflicts or unrighteous means-none of it will come with you. However, the result of the sins committed to accumulate that wealth will follow you, and in the future, you will suffer the consequences in the form of sorrow.

Likewise, if people engage in conflicts over things they cannot take with them they suffer greatly, face immense losses, and they even go to court in the matter of legal disputes-all for things that are not truly theirs! We are seeing many such incidents.

Nobody is understanding that, "Nothing on this Earth is mine." The one who understands this truth is wise. "Do I have food to eat or not? Do I have a place to stay or not? Do I have what I need to meet my necessities?" That is what matters.

Worrying about "Do I have millions? Do I have mansions? Do I have luxury cars?" is unnecessary.

What is the use of all these things? One must understand and realize that "Nothing lasts forever; nothing is permanent." That is why, wise people often ask, "Why?; Will you carry all these with you? Can you take them with you when you leave?"

But then, he replies saying, "At least they will be with me as long as I live, right?" However, how much is really needed to live? How many millions are required? How many buildings does he require? How many hundreds of acres does he want? He never thinks about it-he only seeks them for the sake of prestige! What is truly necessary for a living? A house to live in, clothes to wear, food to eat, and a companion for support. Actually, one is thinking of living as long as they are alive but is not thinking about "What they must be actually doing?"

One must think about: "Who am I? Where did I come from? Where will I go after death? What is my true purpose? What is the goal of my life?" Time should be spent on understanding these questions. But instead, if one spends their entire life just accumulating wealth under the illusion that "I need things as long as I live," what will their situation be like in the end?

Therefore, understand this deeply-one's time on Earth is temporary; one will not be here forever. Just as countless people before you have passed away, you too will have to leave one day.

That is why it is important to learn from the teachings of great people and live accordingly. We will understand these truths, as we become wise. We will live by them, and become truly fortunate.

What happens immediately after death?

During the lockdown, Patriji gave messages of 100 episodes, out of which 70-80 episodes were about soul-knowledge.

During that time, Patriji said, "Die before death" This means that one must understand what happens after death before actually dying.

Just like Patriji, if we can acquire a third eye, we get to experience these things.

So, let's try to understand these matters.

Look, we are all human beings. A human being consists of the body, mind, and soul, all 3 together. We are the Souls, we have worn this body. Before wearing this body, we were souls. Once we took a body, we became human beings.

When the soul leaves the body, the body is called a "corpse (dead body)", and we say "he is dead" or "the life force in him has left". Therefore, a person is considered alive only when the soul is present in the body. When the soul leaves the body, it is said that the person has died.

How did the soul remain in this body? There is a connection between the body and the soul, called the "silver cord". As long as the silver cord is intact, the soul remains in the body and performs its functions. When the silver cord is cut, the soul no longer re-

sides (lives) in the body. Why does the silver cord get cut? The soul decides how long it should live on Earth before taking birth. This is known as lifespan. When the lifespan ends, for some reason, the silver cord gets cut, or it could be due to some other cause, and the soul cannot stay in the body and it leaves the body.

When one dies at home, their soul leaves the body. After leaving the body, the soul observes from the ceiling above in the room, looking down at the body. If the deceased (dead) person is a man, he will be shocked to see his body lying on the bed, and for a moment, he may wonder, "Is this me? Am I here? I'm there too? Is the one lying on the bed is me? Or the one who is floating in the air is me?" He may feel confused and anxious for a while.

The reason he looks at it that way is that it is his first time seeing it. Until then, he believed, "I am this body." But now, he is floating in the air while his body lies motionless on the bed below. Finally, he realizes that the body lying there is not him; rather, "he is the soul" floating above. Like that, he understands for the first time, "That is my body, but I am not the body."

For many people, this realization comes only after death, and they are surprised. The reason is that until that moment, they identified themselves with their body, gave it utmost importance, struggled for it, lived for it, and did everything for the sake of the body. They were unaware that something called "the soul" even existed. That is why this realization comes as a surprise.

However, this truth is clearly understood before death by those who are in the path of meditation. They understand that, "I am not the body; I am the soul."

But others will be surprised. They think, "All this time, I believed I was this lifeless corpse (dead body), gave it all the importance, worked so hard for it, and never realized that I am not

the body at all!" They recognize that they spent their whole life trying to cure the body's illnesses, striving to keep it healthy, focusing on its beauty and strength-but never thought about their true self, the soul.

However, even among those who are in the path of meditation, many, despite knowing about the soul and understanding "I am the soul," still live as if "They are the body." They continue to prioritize their body.

Such people, even if they know about the soul, they will not understand. They strive for the body their entire lives. They don't care about the soul and don't do anything for the soul. People like that, meaning, those who lack soul-knowledge, when they leave the body, meaning, after their death, are confused.

The reason is that they find themselves floating above while the body lies below. At that moment, they finally understand and think, "I was told about this before, but I didn't take it seriously. But what the Masters said was true!" However, it was too late.

His body is now lifeless. After a while, his wife begins to suspect, "Why isn't he moving?" She tries shaking him, but he remains still. She then starts worrying, "Has he passed away?" Fear grips her, and she bursts into tears. Hearing her cries, the family members rush in. One of them runs to get a doctor. While she continues to cry, the man-now in his astral form-moves closer to her and says, "Why are you crying? I am right here!" No matter how much he speaks, she doesn't respond. Her grief is her own. Strangely, no one acknowledges him. This shocks him, because he is standing right there, yet his family is weeping (crying) as if he is gone. He wonders and doesn't understand, "Why are they crying when I am still here?!"

He thinks, "I am speaking so much, why can't they hear me?

Why is no one paying attention to me?"

Meanwhile, relatives and friends arrive. He approaches them and pleads, "My wife isn't listening to me-can you tell her?" But they, too, ignore him. Then, he starts losing his mind.

He is surprised and thinks, "What is this? Why am I in such a situation? No matter how much I tell nobody is listening to me?"

The strange thing is that he can see everyone clearly and hear their conversations, but they cannot see him or hear anything he says. At first, he doesn't understand what is happening.

Meanwhile, the doctor arrives, checks his pulse, and confirms, "He has passed away." He then informs the family that, "He is no more." Upon hearing this, everyone bursts into tears. Some of them carry his lifeless body outside the house, while others slowly start making arrangements for the funeral. Watching all of this surprises him even more. At this moment, two helpers arrive from above. In movies, they are depicted as 'Yama's soldiers.'

They say, "You have died, and we have come to take you with us. We must go to the higher worlds." He is even more shocked. He wonders, "Who are they? Why are they taking me? What do they mean by 'higher worlds'? Where exactly are these higher worlds?" He then asks them, "Who are you? Where are you taking me?" and asks, "Why should I come with you? I will not come!" Then, they tell...

"You don't truly belong to the earthly world; you are a soul. Being a soul, you came from the higher worlds, so now let's return there."

But does he leave immediately upon hearing this? No, he doesn't. Why? Because he deeply loves his wife and children. He has a strong attachment to them-how can he just leave them? Not

only that, but he has also accumulated wealth and properties through years of hard work. How can he simply leave everything and go?

Until now, he firmly believed, "All of this is mine. I am this body. These people are my family." All this while, he just thought that, "I and my family must be well." Beyond this, he never thought of anything else.

All the while, he kept thinking that, "I must earn more money, I must acquire more properties," and he accumulated everything. But he never thought about the soul-his true self-nor did he do anything for it. Not only that, he also worked hard to keep his body healthy and spent a lot of money on it.

For the purpose of physical comfort, wealth, property, and luxury, he committed mistakes, sins, and actions he should not have done. Now, those who have arrived from the higher worlds to help him tell, "Son! You are not this body, and that wealth is not yours. Come, let's go!" But does he go when they say this? No. He responds saying, "I will not go." Then, the helpers who arrived from the higher worlds tell him, "Alright! Stay here for three days, and you will understand everything."

Meanwhile, his relatives begin performing funeral rituals for his body. They prepare a bier (funeral stretcher), place his body on it, tie it with ropes, and put garlands on it. He watches all of this in amazement. As they carry the body, he also follows it to the cremation ground, feeling extremely anxious. He says, "What is this? They are taking me! No, no!" But no one pays attention to him. At the cremation ground, they burn his body. He panics even more, shouting, "Don't burn me!" But no one hears him; they simply proceed with the cremation. The pyre (funeral pile) is set on fire, and eventually, his body turns into ashes. Everyone leaves, and he

is left all alone. What else will he do? He will come home again.

Then, those who have arrived to help him say, "Look, son! No one is here, there is nothing left-your body was also burnt to ashes. No one on Earth will care about you anymore." Yet, he still refuses, saying, "I will not come." They respond saying, "Alright! Stay a little longer."

Like that, they will wait and see for 11 days. On the 10th and 11th days, the rituals conclude, and everyone returns to their own lives, immersed in their daily affairs. No one pays attention to him anymore. At that moment, the helpers who arrived from the higher worlds ask him one last time, "Will you come with us at least now or not?" This is because, in this creation, in any situation, event or anywhere nothing is forced upon anyone. Each and everyone is given complete freedom to choose. This is the great arrangement of this creation.

Therefore, the helpers who arrived from the higher worlds ask him one last time, but he being attached to wife, children, and accumulated wealth responds, "I will not come. They are important to me. How can I leave them when they are suffering? I will not come."

Then, if he doesn't listen even after their multiple attempts, they will leave. Once they return to the higher worlds, the soul doorways that were open for the soul to go higher, close forever. Then, he is left alone.

Few of those who can think, who are detached, wise, and those who have participated in classes like these, those who understood all these matters, willingly go with the helpers to the higher worlds.

However, the one who remains on Earth roaming around-goes to the room where his wife stays, visiting the place where his

children are, or inspecting his properties. His entire focus remains on them, but does not think about reaching the higher worlds.

The reason is simple: He does not know what happens if he goes to the higher worlds? What exists there? Why should he go? What happens if he goes? or What are the consequences if he does not go? Due to this ignorance, he remains stuck. Such a stuck one, meaning, the soul is called a 'wandering soul or a ghost.' There are thousands, even millions, of such wandering souls who are unable to leave the earth.

The one who remained like that spends some time watching over his wife, children, and possessions. However, no one notices him, no one hears him, and everyone continues with their own works. At last, after a few days, even the wife stops thinking about him. How long will she cry? How long will she keep thinking? Even if she continues grieving, what can he do? What can she do?

Therefore, he doesn't understand anything and does not understand what to do. He loses his mind and wanders here and there, sometimes sitting on a bridge, sometimes on a tree, watching people pass by-unable to do anything else. Such a soul that remains stuck in this state is called a 'wandering soul or a ghost'. He wastes hundreds of years like this. Just as he wasted his life while he was alive, he continues wasting time even now after death.

The reason for this is, he lacks even a little bit of wisdom, meaning, his ignorance is the root cause of all these. When he was alive, he was always busy chasing money, wealth, family, and material pleasures, never realizing that "He is a soul". He never engaged in activities that benefited the soul, never tried to acquire soul-knowledge, and never paid attention when someone tried to tell it. He always gave importance to the body and wasted his life.

That is why Patriji said, "You should die before death". Why?

Because your life should not be wasted. He always said, "Do not waste time. Do not spend your time on unnecessary things. Use your time only for soul-related activities." He emphasized that when we do this, our time is not wasted.

Therefore, as souls, we must not waste our time while living. Not only that, even after leaving the body, meaning, even after death, we should not waste time. To ensure that time is not wasted after death, we must go with the helpers who come from the higher worlds to take us. We should be prepared for what we must do next. This means, taking a new body on Earth, gaining new experiences, and learning new lessons. Like that, we must strive for the soul, meaning, for our growth.

Because life is meant for learning certain lessons! Through these lessons, we-the soul-grow. That is why we have these arrangements made in creation. This means, being born, learning through experiences, dying, and being born again... This is natural in creation. Only the one who has soul-knowledge understands this. The concept of birth and death is explained in the Bhagavad Gita also.

**Shlok: jatasya hi dhruvo mrityur dhruvam janma mritasya cha
tasmad apariharye 'rthe na tvam shochitum arhasi**

(B.G. 2-27)

Meaning:- No matter in what way you look at it, death is inevitable for one who is born, and rebirth is unavoidable for one who has died. Therefore, you cannot grieve over this inevitable truth.

Moreover, it is further stated that,

**Shlok: vasansi jirnani yatha vihaya navani grihnati naro 'parani
tatha sharirani vihaya jirnanya nyani sanyati navani dehi**

(B.G. 2-22)

Meaning:- Just as a person gets rid of old, torn clothes and wears new ones, the soul leaves an aged, old body and takes on a new one.

This is what is explained to us in the Bhagavad Gita. Therefore, one should not grieve or cry when a body is lost because you get a new body. Only soul-realized individuals understand all this.

That is why, when someone passed away, Patriji used to tell us this only. He would recite this shlok and also sing Annamacharya song "Naanati Batuku Natakamu." Soul-realized individuals say, "When you put on new clothes, why do you feel sad about getting rid of the old ones? Something better is coming, so why grieve over leaving this?"

A wife of a deceased (dead) husband thinks, "My life turned out like this, why this life?" She mourns as if she were meant to stay here permanently, grieving over his death. But does she remain here forever? No! She too will eventually leave one day. Everyone must go-some sooner, some later!

Why do the deceased remain on Earth like ghosts?

Moreover, let us understand the reasons why the deceased remain on Earth as wandering souls meaning, as ghosts instead of going to higher worlds? Why do they remain on Earth?

If we understand these reasons, it will give us the opportunity to correct our own lives. Otherwise, we are at loss. Therefore, let us know the reasons why a soul may remain as a wandering soul instead of reaching the higher worlds:

1. More importantly, due to an over attachment towards wife, children and family members.
2. After death, when everyone mourns and cries in sorrow, he cannot leave them. He thinks, "How can I leave them while

they are feeling sorrowful for me?" and stays on Earth, wanting to comfort them.

No matter how much the helpers from higher worlds advise or instruct him, he does not listen or understand. He stubbornly remains, saying, "I will stay."

That's why, when anyone dies, elders say, "Not to cry." Naturally, everyone will feel sorrow and tears will flow. Therefore, Patriji used to say, "Cry for a while, express your emotions, that's not wrong, but don't sit there crying." If everyone continues to mourn, the dead one will not leave the Earth and doesn't go to higher worlds. Instead, he will remain here as a wandering soul. Meaning, those who cry for the deceased contribute to turning them into a wandering soul, causing them loss. If they do not cry, he would peacefully go with the helpers to the higher worlds. Therefore, it is important to understand that the people alive should not cry.

Therefore, those who have some wisdom understand, "If I keep crying, I will cause suffering to the deceased. The more I cry, the more pain he experiences, and he will not be able to reach the higher worlds." Therefore, understand this-if you want to turn the deceased into a wandering soul, keep crying. But, if you want them to peacefully reach the higher worlds and continue their work, don't cry.

That is why, a wise person is someone who realizes, "I am not the body; I am the soul." He understands that "No one dies." Such a person does not cry, nor does let others cry.

3. Not only that, a person accumulates wealth, properties, treasures, immense money, gold, and alike through a lot of hard work throughout their life. Imagine how painful it must be when the time comes to leave everything! How can one leave

everything when one has acquired wealth unrighteously by committing mistakes, sins and doing the things that they should not do?

Look, there are some billionaires. They have things that are made of gold in their bathrooms! How can those who lead such a luxurious life leave everything? They will not be able to leave and reach the higher worlds because of which they remain as wandering souls on Earth.

Therefore, to avoid becoming a wandering soul, focus on acquiring wisdom that comes after death rather than accumulating wealth that does not come after death. We have to see whether our wealth and properties fulfill our necessities or not? Anything beyond necessity is not needed. Therefore, we should not have an obsession and attachment towards them.

If you have accumulated wealth beyond your necessities, use it for your benefit, meaning, for the soul related services that will benefit you in the higher worlds. These acts of service will bring you immense benefits after you leave your physical body.

Not just that, let's explore some more reasons for why they become wandering souls on Earth.

4. When a person dies while still engaged in various tasks-whether building something, planning something, or working towards goals-those unfinished tasks hold their attention. Therefore, they are incapable of reaching higher worlds as their focus remains on those itself. Despite the helpers telling them, they refuse to listen and become wandering souls.
5. A person who when alive lives their life constantly grieving-always worrying, "My family suffered so much," or "My life has been full of problems"-and is deeply in sorrow on Earth

will also struggle to reach higher worlds and become a wandering soul.

6. People who die suddenly-whether through injuries in accidents, or murder-often fail to reach the higher worlds. The reason being, they seek revenge against those responsible for their murder. They remain on earth and become wandering souls.

All of these are the reasons for becoming wandering souls. Remember, If you acquire wisdom and correct your flaws when you are alive, you will be able to peacefully reach the higher worlds, you will save time, you can plan about your next life, take a rebirth and strive to achieve many more.

Just remember one thing, No matter what happens, the deceased, meaning the soul will have only 11 days of time to make a decision. Within this time frame, he must decide and reach the higher worlds with the helpers, otherwise, the helpers who came will go back. Not only that, the doorways of the soul will also be closed. If this happens, the condition of the deceased becomes extremely pitiful.

Because, the soul will not be able to reach the higher worlds, it will not be able to take a rebirth. Meaning, it will have to stay on Earth and roam like a wandering soul, meaning, like a ghost. Just like that, hundreds of years are wasted.

That's why, Patriji once said, "**If you have a third eye, you can clearly see countless wandering souls sitting in a row on bridges like the Vijayawada Barrage or other large bridges.**" Means, know how many are becoming wandering souls. What else can they do? Nothing, except sitting and watching.

To ensure that we do not become wandering souls and go peacefully with the helpers to the higher worlds, Patriji advised us

to understand some key points:

1. Most importantly, when one is alive, they must gain an understanding that "I am not the body; I am the soul." That's why I constantly emphasize this. Not only that, you should write this statement—"I am not the body, I am the soul"—on a board in a visible place at home because seeing this daily will serve as a reminder for you that you are a soul.
2. More importantly, "Die before death." Meaning, one should know about all that happens after death in advance.
3. It is important to understand that "Death is natural and one must be ready for death." Not only that, one must understand that "Death is natural to anyone." Know that death is as natural as birth.

That is why Patriji said, "Just as we celebrate birth, we should also celebrate death." As souls, we must understand that leaving the body is inevitable (unavoidable). That's why, it is stated in the Bhagavad Gita that "One who is born will surely die, and one who dies will surely be reborn." Therefore, we must understand that "Death is Natural" and be prepared for it at all times.

I also have emphasized this before: "We should always be ready to leave the body and be prepared for death."

4. Don't develop attachment towards people and the accumulated wealth and possessions.
5. Do not grieve excessively for days together after the death of any family members or relatives. They cry thinking, "Others assume that they have no love" if anyone pays a visit they start off again! Because they think, if they don't cry, the visitors may assume that "They don't love the deceased."

Remember, A person who truly loves the deceased, who wants their well-being and wishes for their benefit and those who make sure the deceased doesn't lose will not cry.

6. Always understand that, "Life is temporary; it is only meant for learning and gaining experiences." Therefore, understand that "we don't have death." Death is not our end, it is only for us to return back on to this earth again! One must remember, death is just a resting phase.
7. Death is nothing but a change of body and place. If you have this understanding and wisdom, you will not remain on earth as a wandering soul after death. You will freely reach the higher worlds with the helpers who have arrived to take you. Therefore, the more understanding we have, the greater the benefits we receive. Therefore, one must know many things about life after death.

Programs by the Tatavarthy's that will be broadcasted on YouTube:

a) Channel name: **Tatavarthy Veera Raghava Rao**

This channel has 2,000+ videos featuring messages from Mr and Mrs Tatavarthy.

b) PMC has also launched a YouTube channel for Brahmarshi Tatavarthy Veera Raghava Rao.

Channel name: **Brahmarshi Tatavarthy Veera Raghava Rao.**

c) For messages from trainees who have trained under Mr. and Mrs. Tatavarthy, watch the Tatavarthy Spiritual Trainees YouTube channel.

d) You can also go directly to the YouTube app, type Tatavarthy Veera Raghava Rao in the search bar, and watch all the Mr. and Mrs. Tatavarthy videos.

WHAT ARE THE DIFFERENT WORLDS IN THE OTHER WORLD ?

Naturally, when the helpers come to take the deceased person, no matter how much they tell him, he doesn't listen to them and says, "I won't come." Then the helpers ask one last time, "we are asking for one last time, will you come or not?" If he still refuses to listen, the helpers leave, and the doorways of the soul will be closed. Then, he becomes a wandering soul or a ghost. As a ghost, he cannot do anything; he just roams here and there. No one cares about him. He lies next to his children on their bed. He stays in the same room. What does he do for 24 hours? He goes to his wife and stays near her. He goes to the wealth and property he accumulated and stays there too. In this way, he wastes a lot of time. Some of them remain like this for hundreds of years also.

Eventually, after a long time, he understands and thinks, "What is this? No one is paying attention to me. No one cares about me. Everyone is busy with their own lives. What should I do now? I Am stuck like this! What is my situation now? How do I reach the higher worlds? Who will take me there? Where is the path? There is nothing here-no one to show the path, no one to take me" and stay confused.

After a long time, hundreds of years later, a strong realization arises within him: "What am I still doing here? What is left here? I have no connection with anyone or anything. How many years shall I stay? I should have left when the helpers came to take me. At least now, I must go." When this realization becomes strong, someone from the higher worlds comes, offers him some kind of help, and takes him. However, by that time, he had already wasted hundreds of years and time.

Who does all this happen to? Means, to those who do not practice meditation, to those who are not even a little wise, to those who

are not familiar with Patriji.

However, those who practice meditation, acquire wisdom, and become familiar with Patriji will understand what happens after death. They become aware of what happens and what the process is. After death, when the helpers arrive, they leave with them and reach the appropriate worlds. The reason is that they realize, "I am not the body; I am the soul." Not only that, but they also understand, "One day, I will have to die, meaning, I will have to leave this body." Moreover, they also understand, "After death, I have no connection with anything. These possessions, these relationships-none of them matter. Their path is theirs, and my path is mine."

This is because Patriji often spoke about these very things. Lately, he frequently discussed topics related to death. If you regularly listen to Patriji's teachings, you will also understand.

That is why it is often said: "Live as if there is no tomorrow." I say, "In the next moment, we may be here, or we may not be here. So, put everything in order and be prepared for anything."

Look, you are about to take a train journey, but you only start packing at the last minute, wouldn't you be in a rush, full of stress? On the other hand, if you pack everything in advance, there will be no panic, and you can peacefully go out on your journey with bags.

Similarly, we must always be prepared for our journey to the higher worlds. If we keep worrying, "What will happen to my children? What will happen to all my belongings? What will happen to my husband? What will happen to my wife? What will happen to all of this? What will happen to all that?"-death will not wait. You must leave when the time you chose before coming to earth is over. You don't know the time, but nature knows.

Before you come from the higher worlds, there itself you decide, "I will stay for these many years." You don't know the time of your exit but nature knows. When it's time, you will have to exit this world for some or the other reason. If you are not prepared, you will be in great confusion after leaving the body. You will regret, "Oh no!"

I left that task unfinished! I forgot to do that! I should have completed that!" You will suffer with a huge loss and sorrow. That is why it is said, "We must always be prepared for death."

If you decide, "I want to leave today," but your time hasn't come yet, you will stay for another 20, 30, or even 50 years. However, when the time for you to leave comes, no matter how many tasks you have left unfinished, no matter how many things you still wish to do, and even if you are not ready, you will leave everything and go.

Let's look at a small example. A man, with the intention of living a comfortable life, worked hard, earned billions, built a palace-like house with multiple floors, and arranged all kinds of luxuries for himself. He thought, "I am extremely fortunate!" and believed that after all his years of hard work, he can now finally relax and enjoy life. He experienced this luxury for just a few days, but then it's time for him to leave, and he died. What can he do now? He will regret it, thinking, "I worked so hard to set up everything, but I didn't even get to enjoy it!"

For such a person, his complete focus is on his home. If helpers from the higher worlds come to take him, will he go with them? No, he won't. Instead, he will say, "I won't go!" and will remain on earth and become a wandering soul.

Therefore, what should we understand from this? Those who practice meditation and acquire wisdom gain an understanding of what happens after death. Meaning, they understand that after death, helpers from higher worlds arrive and they must go with them. They will gain an awareness that they have to choose a new life and make new plans. With this awareness, attachment and obsession will disappear. Not only that, he also understands that all of those whom he believed to be his own were also individuals like him who have come for themselves. Therefore, he also understands that "whoever it may be is here for only sometime, I am also here for only sometime." Therefore he will not have attachment towards anyone. Then, he will go to the higher worlds with the helpers who arrived from there.

Here, we need to understand an important point-what naturally happens when a person dies? Patriji explained that "When a person dies without practicing meditation and engages in sinful activities, ordinary helpers come to take them. These helpers are called 'Ancestral soul guides,' who guide him to the lower worlds."

But, "If a person meditates, engages in selfless service, acquires wisdom, and participates in many service activities, then great Yogis come as helpers to take him after death. They will guide him to higher worlds or elevated worlds," said Patriji.

Therefore, we must practice meditation not just in the morning but also in the evening. At least, according to me, "Everyone must definitely meditate for two hours in the morning and two hours in the evening." You may not realize its benefits now, but understand it after death. This concept is also mentioned in our Hindu mythologies and will describe to us as, "Those who commit sins are taken to hell (Yama Loka) by Yama's soldiers, whereas those who perform virtuous actions are taken to heaven by Indra's messengers."

Like that, when we wish to go to the higher worlds, the soul must pass through a vast, dark tunnel-like path. The helpers take the soul to the world it has to reach. In the way, he travels millions or even billions of kilometers, but he will not know about it because he goes at such an incredible speed. As the destination nears, a bright light appears at the end of the tunnel, signaling that 'the destination has arrived.' Look, this is similar to how, when a train passes through a tunnel, you see the light at the exit as it emerges into the open. That light indicates that the soul has reached its world.

Now, let's understand a few more points here. The term "Bhuloka" or earthly world does not refer only to planet earth. It includes all the visible worlds in the universe. There are billions of them in this creation-countless Suns, Moons, stars, and planetary systems and many visible universes exist under this category of earth (Bhuloka). Now think-if the earth itself is so vast, imagine what their scale is and how much and more expansive the subtle higher worlds are! Give it a

thought.

Beyond the earthly world (Bhuloka), the next world is called Bhuvarloka. Above Bhuvarloka is Suvarloka, which is also known as 'Heaven.' Above that is Janaloka, which is also called the Casual world (Karanaloka). Higher than that is Mahaloka, followed by Tapoloka, and at the highest level is Satyaloka. Satyaloka is the highest world where enlightened souls (purnaatmas) and deities live. It is a great world. Each of these lokas are further divided into many sections.

Naturally, those who engage in sinful actions reach Bhuvarloka (Hell). Those who perform virtuous actions reach Suvarloka (Heaven). People who selflessly engage in great service reach Mahaloka. Those who practice desireless meditation (Tapas) reach Tapoloka. Likewise, if one follows Patriji's teachings and travels in that path, practices intense meditation, engages in reading books, and is in association with the wise while realizing the ultimate truth, they will reach Satyaloka after death. To attain this, one must definitely have a clear knowledge of what happens after death. For that, one has to do the 4 things that were told by Patriji: 1. Practice intense 'observation of breath meditation', 2. Reading wisdom oriented books, meaning, Patriji books, 3. Staying in association with those who can impart wisdom and 4. Doing selfless service in this spiritual path.

If you observe Patriji, he always lived with the realization, "I am not the body; I am the soul" and his behavior was also the same. He always prioritized the soul and never prioritized material pleasures. If there was an air-conditioned room, he used it, and if not, he would even stay outside. For him, everything was one and the same! Anyone who experiences the ultimate truth, attains complete wisdom and dedicates themselves to spreading soul wisdom will ultimately reach Satyaloka.

Like this, we have briefly discussed what happens when one reaches higher worlds. That is why, we conduct three-day classes in Bhimavaram to share all this wisdom.

"TO WHICH WORLDS DO THOSE COMMITTING SINS GO?"

Now, let us explore what happens in those worlds after one reaches the higher worlds? To understand all this, we must first learn about our bodies.

Patriji has stated that "The soul is covered by seven bodies." So, let's first understand these bodies. Also, we should learn about the different worlds in this creation. Only then we will understand what happens after death.

Therefore, let's first understand about the 7 bodies. The 7 bodies of a human being are: 1) Physical Body (Sthula sharira), 2) Etheric Body or Vital Body (Pranamaya sharira) 3) Astral Body or Subtle Body (Sukshma sharira), 4) Causal Body (Karana sharira), 5) Supra-Causal Body (Maha-Karana sharira), 6) Cosmic Body (Vishwa-Maya sharira) and 7) Nirvanic Body (Nirvana-Maya sharira).

Likewise, there are 7 worlds in the creation: 1) The Earth (Bhuloka), 2) Bhuvarloka (Hell), 3) Suvarloka (Heaven), 4) Janaloka (Causal world), 5) Mahaloka (Supra-Causal world), 6) Tapoloka (Brahmaloka) and 7) Satyaloka.

It is important to remember that when a person dies, both the Physical Body and the Etheric Body are left on Earth (Bhuloka).

The Astral Body goes either to Bhuvarloka or Suvarloka, depending on the person's actions (karmas).

With the fourth body which is the Causal Body, we reach Janaloka.

With the fifth body which is the Supra-Causal Body, we reach Mahaloka. With the sixth body which is the Cosmic body, we reach Tapoloka. With the seventh body which is the Nirvanic Body we reach Satyaloka.

One important thing to remember here is that there are three worlds below and above Janaloka each, with Janaloka in the middle. The three worlds below Janaloka are: 1. The Earth (Bhuloka), 2. The Bhuvarloka, 3. The Suvarloka. The three worlds above Janaloka are: 4. Mahaloka, 5. Tapoloka, 6. Satyaloka.

The reason we emphasize this structure is that Janaloka has a special significance.

When we, the soul, living on earth (Bhuloka) dies, the Physical Body is left on the first day itself. The second body, the Etheric Body, falls away on the third day of the death on the earth (Bhuloka).

At this stage, we, the soul, now with the Astral Body, reach either Bhuvarloka or Suvarloka based on one's eligibility. The eligibility for a particular world depends on the past actions (karmas), the helpers escort us and leave us accordingly.

On earth, people perform different kinds of actions (karmas). This is natural in creation. Some people engage only in sinful actions, Some commit both sins and virtuous actions, Some engage only in virtuous actions. The reason behind this is: Those dominated by tamasic and rajasic qualities are more inclined towards committing sins. Also, some engage in both sins and virtuous actions. Those who rise beyond both the tamasic and rajasic qualities and enter Sattvic quality avoid sinful actions and perform only virtuous actions or good deeds.

That is why, I always say, "At least reach this level through meditation!"

Sattvic quality means purifying the mind. Only when the mind is purified, one enters the Sattvic quality. Those who are completely purified reach the state of pure Sattvic.

Therefore, let's say a person has committed only sins. In such a case, the helpers escort him to Bhuvarloka and leave him there. Patriji said that, "Bhuvarloka also has eight parts"-four upper parts and four lower parts. The lower parts of Bhuvarloka are where only those who committed sins are taken to. The upper parts of Bhuvarloka are where

those who have performed both sins and virtues are taken to.

Whoever comes into sattvic quality, and engages in virtuous activities are taken to Suvarloka meaning, the heaven.

Bhuvarloka is many times larger than the earth (Bhuloka), similarly, Suvarloka is also vast. We are unable to estimate this earth only, we can understand how grand the other higher worlds are.

The chapter 9, verse 21 of the Bhagavad Gita states,

Shlok|| **te tam bhuktva swarga-lokam vishalam**

kshine punye martya-lokam vishanti

evam trayi-dharmam anuprapanna

gatagatam kama-kama labhante (B.G9-21)

Meaning:- After enjoying the vast pleasures of Heaven (Suvarloka), when their accumulated virtue is exhausted, they return to the human world. In this way, those who follow only Vedic rituals remain trapped in the cycle of birth and death.

This explanation emphasizes how vast Heaven is. Therefore, one should not assume that the heaven (Suvarloka) is just like earth with a few countries, it is never ending.

On earth (Bhuloka), there are approximately 7 billion human souls. Similarly, in each higher world, there are hundreds of billions of souls. Each of them, based on their merit, reaches that world.

After reaching Bhuvarloka, the first thing that the soul does is rest. There is no more distinction between male and female over there. All of those in the higher worlds are just souls. The reason for this is that everyone in their real life, had gone through many hardships, faced suffering, and were tired. Therefore, after reaching there, they spend a long period in relaxation.

After resting for a while, they gradually regain awareness and begin to think about their past actions. They recall and regret remembering their each and every action, "What did I do? How many sins did I commit? How many mistakes did I make? How much violence did I

commit? How many chickens did I kill? How much goat blood did I drink?"

As they think, "I caused so much pain to those! If the same thing happened to me, what would my condition be?" they experience the same suffering in return. Like that, they remember everything that they have done in their life one by one, "What? Why did I do that?", experience hell! Similarly, if they wish to eat anything or do anything, all that will automatically happen there.

After a long time, once all desires are fulfilled and there is nothing left to do and that they have experienced what they have imagined, the Astral body, meaning, the Subtle body falls, later only the Casual body remains.

Let us know once again, On the first day after death, the Physical Body is left on earth. On the third day, the Mental Body falls on earth. Astral body, meaning the Subtle body falls in Bhuvarloka after all the desires are fulfilled. Then, only the Causal Body remains. With the Causal Body we reach the casual world, Janaloka. We cannot reach Janaloka with the Subtle Body, we cannot reach the Bhuvarloka with the physical body, it remains on earth only. Only the Subtle Body can reach Bhuvarloka, the Subtle Body is left after fulfilling all the desires and reaches Janaloka with the Causal Body.

Similarly, some people perform both sinful and virtuous deeds. They are taken to the upper parts of the Bhuvarloka. Even there, they first take a rest. After resting, since they have committed some sins, they begin to imagine, recall their past mistakes and start to think, "Will I have to experience any suffering for my actions?" as soon as this thought arises, they undergo the corresponding hell-like experience and they also fulfill their unfulfilled desires.

Once all sinful actions are over, what remains are their accumulated virtues, they reach heaven (Suvarloka). Not just that, those who cultivate a sattvic quality, purify their minds, avoid committing sins and engage only in virtuous deeds also reach Suvarloka.

Suvarloka means heaven, it is wonderful. It is an enchanting world

filled with breathtaking landscapes, melodious chirping of birds, magnificent trees and blooming flowers, mesmerizing waterfalls and streams. The entire atmosphere is serene and blissful. After arriving in Suvarloka, they first take a rest. Then, as they begin to imagine their remaining desires, each of them will be automatically manifested and are fulfilled. This process continues for countless years-there is no fixed time limit. There is no one to stop them from staying as long as they wish. At last, a thought arises, "How long will this continue?" Once all their desires are completely fulfilled, the Mental Body falls.

When the Physical Body dissolves, the Etheric Body remains, when the Etheric Body falls, the Astral body, meaning, the Subtle Body remains, when it falls, the Causal Body remains. Each of these bodies are subtler and lighter than the previous one. The more subtle the body, the higher the world they reach. Like that, they reach the casual world, meaning, the Janaloka.

Janaloka is very vast. It is beyond anyone's imagination. Also, those who have committed sins also eventually reach Janaloka from Bhuvarloka.

There, the masters who have come from the higher worlds conduct counselling.

Highest worlds (Urdhvalokas) refer to Mahaloka, Tapoloka, and Satyaloka. Those who live in these worlds are known as "Residents of the higher worlds." They conduct counseling to those who arrive in the Causal world (Janaloka). They question, "What was your purpose in going to the Earth (Bhuloka)? What did you actually do there? Why did you go there? You, leaving what you must do, have done something else and wasted all your time. You were unable to utilize the opportunity given to you. You seem like a fool!?"

They listen to everything and ask, "Then, what to do?" they respond and make them understand, "My dear, you think that "there are only these worlds and there are nothing more than these!" But there are far greater worlds beyond these! You have to reach those worlds. Instead of engaging in sinful actions, eating meat, and killing animals-actions

that lead to suffering in the lower worlds-you should strive to reach the higher worlds. You have been given a good opportunity-a human body! With it, you can achieve many things: Practice meditation, read wisdom oriented books, listen to wise teachings and engage in selfless service. By doing these, you can accumulate virtue, gain wisdom, and reach even greater worlds. But instead of doing these, you wasted your time on unworthy activities."

In that way, both those who have committed sinful actions and virtuous actions receive counselling in Janaloka. They also say, "You have performed good deeds, which is commendable. But why did you also engage in sinful actions? This time, avoid such actions!" Those who performed virtuous actions are told, "Dear one, not only virtue, there is something beyond virtue. No matter how much virtue you accumulate, you will still go to the lower worlds, you cannot reach the highest worlds (Urdhvalokas). Therefore, not virtues, not virtuous actions perform liberating actions, meaning, soul actions, meaning those that are beneficial to the soul and those which help the soul that you are, to reach the highest worlds. Practice more meditation, read wisdom oriented books, listen to the teachings of those who can impart wisdom, engage in soul related services. Doing all these, gain wisdom then you will be able to reach the highest worlds."

Then he will understand, He thinks, "I thought only these are here, but how great would it be to go to the highest worlds?" At that moment, a slight change occurs within him. However, not everyone understands this. Some people say, "Sir! If that's the case, we will do all that you told us to do. Please give us another chance," meaning, they ask for a body again. Some recall all the past sufferings and hardships they have gone through -family conflicts, financial struggles, disputes with their spouse, children, and other worldly troubles. They think, "Why go back? Why face all those difficulties and problems again? I can just stay here, right?" Those who wish to stay simply remain there.

One important thing to understand here: Everyone has complete freedom. There is no force or compulsion in any decision. So, those who

choose to stay will remain there because they are told, "You may stay for as long as you wish." Meanwhile, those who decide to return say, "No matter what, we want to go! We will do as you told us to do. What will we do sitting here? How long will we sit here? What is there to do here? Tell us what we need to do."

At that point, those who are ready to return are sent one by one into a special room called the 'Akashic Records Room.' Inside, there is a large screen where they can see all their past actions (karmas) of that lifetime from birth-like watching a movie.

They see everything they have done-how much violence they caused, how much pain they have caused, how many people they hurt, deceived, did injustice to, made cry, they also see how many people they helped, served, benefited, or fed. Every action they have performed is displayed before them.

Before entering that room, they are informed, "You are about to enter the room, where all your past actions will be shown. Since you wish to take birth again, select the actions you want to experience. Choose how many of your sinful and virtuous deeds you wish to go through in your next life."

In that way, they watch all their actions. Remember, those who have committed more sins will naturally have more of those sins available for selection, they will choose from those only, with only a few good deeds to pick from if any. Those who have done both good and bad deeds will select a mix of both.

There are some who have accumulated only virtuous actions. They will choose from those virtues only and if there are any, they may take one or two minor sinful actions. Here, you have to know that nothing is forced. Everything is our choice. One more thing, no one is required to take all of their past actions. Even if someone has accumulated countless deeds in previous lives, they are only required to take the actions that they personally select and decide to experience.

Look, there is no force of any kind involved anywhere. Everything

happens according to one's own free will. They only take the actions that they choose from their own past actions. The selected actions are known as Fated actions (Prarabdha Karmas)-the portion of past deeds that are carried forward into the next birth. Once they are reborn on Earth, they experience those actions only. When difficulties arise, people often blame God, saying, "God has made me suffer like this." But, no one imposes suffering on anyone. Because each individual is simply experiencing the actions that they chose from their past actions. Naturally, those who go through great hardships often feel sad saying, "God has written my fate this way."

That is why, Patriji always said, "You are the creator of your own reality."

Now, whatever reality that is happening in your life, meaning, whether it is suffering, pleasure, accidents, severe illness, unbearable pain, being born with disabilities, mental challenges, imprisonment, torture by enemies, police brutality, or extreme suffering as a woman trapped in a brothel. Some suffer at the hands of their husbands or family members, facing abuse and cruelty.

In this way, people go through various kinds of suffering. While experiencing these hardships, they often feel sorrow, "Why has God made me like this? He has ruined my life. What did I do?" They blame God and even question His existence, saying, "Is God really there?" Those who suffer from diseases or unbearable difficulties often say, "I have performed so many prayers and rituals, yet I still face so much suffering." But remember, all these experiences are simply the results of their own past actions, which they personally chose before coming to earth but no one has forcibly imposed these hardships on them.

That is why those who are sick with diseases or struggling with hardships must understand, "I chose this birth, I selected these actions, and this life is exactly what I chose for myself!" Then only they will face their challenges with courage. Otherwise, they will feel sorrow and tensed, constantly questioning, "Why is my life like this?" Therefore, we must understand that, "We are the creators of our own reality."

Many different kinds of people go to the higher worlds those who have committed many sins, those who have done both good and bad deeds, and even those who have done purely virtuous actions. Before deciding to return to earth, they think, "If I take all these sins with me back to earth, what will my life be like? Should I go or stay here? What will happen if I go? What will happen if I stay here only?"

Finally, they come to a realization, "How long will I stay here? Therefore, It's better to go back and set my life right this time. I won't commit such actions, I won't commit those mistakes again, I won't engage in those sins again. No matter how difficult it is, I will go through the consequences of the actions I have chosen. From now on, I will not make any mistakes then won't my future change?" and decide to take birth on earth.

However, some people think, "If I take birth again, I will have to go through suffering again, right? Why go through all that trouble? Why don't I stay here only!?" With this thought, they decide to remain there only.

But some people say, "There is no other way. What will I do here? How long will I stay?" and proceed to select certain actions to experience. Those who have committed more sinful actions select sinful actions only. The set of actions they choose to undergo are called 'Fated actions.' Once they select their actions that they choose to experience, the masters there, will construct their Subtle energy body (Nadimandal sharira) using those actions. The Subtle energy body is something that is invisible to the physical eyes. If a person has accumulated more sinful actions, their Subtle energy body becomes impure and if they have accumulated more virtuous actions, it will be pure.

This is exactly what is shown in the Spiritual Reality video. In this video, we see that when a person meditates, their thoughts stop, universal energy flows from above and all the impurities in their Subtle energy body are cleansed.

Additionally, the masters carefully determine the most suitable womb for the person to take birth in, based on the actions that they have

chosen to experience. If a person has chosen to be born into poverty, they select a poor mother's womb, if they have chosen to be wealthy, they search for a wealthy mother's womb, if they desire to be born with beauty, they look for parents with attractive features, if they want to be born ugly, they look for a mother's womb who is like that.

Thus, based on the karma one has chosen, factors such as gender-male or female, caste, religion, region and country are determined accordingly.

Look, in a previous life, if a person was born as a man and troubled his wife a lot, he now has to take birth in a situation where he experiences similar suffering-meaning, he will be born as a woman and go through hardships accordingly. Similarly, if a woman in a past life caused suffering to her husband, she will now take birth in circumstances where she experiences similar consequences.

Once the actions to be experienced are decided, the masters in that world search for a suitable mother's womb. But, is it that fast to find? Therefore, they wait. Some of them feel anxious while waiting-meaning, even after 500 or 1,000 years, if they do not find the right womb, they may adjust their preferences and say,

"I don't need to be born into a family with millions, I can settle for a family with just a few lakhs." Similarly, if someone wishes to be born with beauty but cannot find the right womb, they may say,

"I don't need to be exceptionally beautiful, any normal appearance is fine." In this way, adjustments are made regarding family, caste, religion, region, and country-but once they are born, they often regret. But, everything happens with their choice only.

Look at how marriage proposals work-both men and women start with many expectations. A woman may look for a husband who is handsome, wealthy, and has a good character. Likewise, a man may want a wife who is exceptionally beautiful, like an angel. However, he looks like a nigro, yet desires someone as beautiful as Aishwarya Rai. They will have many desires like that. He may want a huge dowry, high status,

and many other qualities in his partner. But if such matches are not found, what will he do? one by one, his expectations are reduced and he will adjust thinking, "it's fine, it's fine!" At last, they reach a stage where he says, "I just need a wife" and she says, "I just need a husband!" They will say yes to whoever agrees to get married. The same thing happens in the higher worlds-if a suitable womb is not found, adjustments are made, and they choose to be born on this earth accordingly. However, after coming on to the earth, they will regret thinking, "Why did I get a birth like this?"

But no matter what, everything is their own choice! If they decide, "I will wait," they are allowed to wait for as long as they want-even for thousands of years. There is no objection to waiting for however long they wish. So, even in that world, it is entirely their own choice.

Like that, there are 3 types of people: 1) Those who bring more sinful actions with them to this earth, 2) Those who bring a mix of both sinful and virtuous actions and 3) Those who bring only virtuous actions. Naturally, after being born on earth, you will notice various types of people. Some people are very good-hearted but still face hardships which are unbearable-this happens because they brought past sins with them. Likewise, some people experience both struggles and comforts in life-this is because they brought a mix of both sins and virtues.

Some people seem to have everything in life, enjoying great wealth and success having enough without any kind of financial struggle or any other kind of struggle-this is because they brought only virtuous actions. However, with pride and arrogance of their wealth, they engage in mistakes and sins. People around them may even scold them saying, "This scoundrel is committing so many sins, why is having so much wealth?"

The main reason for this is: Even though they are doing wrong now, they are still enjoying the results of their past virtuous actions!

Therefore, understand, the life we experience here is entirely based on the choices we made in the higher worlds!

BIRTHS TO LEARN - BIRTHS TO TEACH

Look, we have earlier mentioned that there are many great worlds above Janaloka. They are: 1) Mahaloka, 2) Tapoloka and 3) Satyaloka.

Naturally, a common question arises: "Everyone in Janaloka eventually returns to Earth. But how do they reach the highest worlds? When do they go there? What is the greatness of those highest worlds?" One should gain an understanding of these things otherwise, there is no use.

Those who commit sins and those who perform virtuous deeds go to Bhuvarloka and Suvarloka, then reach Janaloka, and from there, they return to Earth again. How many births does this cycle continue for? Definitely for 300 to 350 lifetimes. Because those who are in Tamasic and Rajasic qualities commit sins and mistakes, if they may, they may also perform a few virtuous actions.

Patriji said, "Tamasic quality takes about 100 to 150 lifetimes to evolve, rajasic quality takes another 100 to 150 lifetimes to progress. By the time one reaches sattvic quality, it takes at least 300 lifetimes above." one does not perform virtues and virtuous actions till they come into sattvic quality.

Those in tamasic and rajasic qualities continue in the same cycle: Death, traveling to the higher worlds, reaching Janaloka, and then returning to Earth. Even when someone begins their journey in Sattvic nature, in the beginning stage, they only perform virtuous deeds and don't engage in any sins. However, no matter how many virtues they accumulate and how much they do, they end up in Suvarloka, meaning, the heaven, from there to Janaloka, and again take birth on Earth. This cycle continues for another 50 lifetimes. Approximately 350 lifetimes are spent revolving in this cycle-birth, performing actions, gaining experiences, death, reaching Janaloka, and returning to Earth. Even

after so many births, they don't cross the Janaloka. From this, you can understand how great one must be to go beyond Janaloka.

Now, after being introduced to Patriji, by attending Bhimavaram classes, listening to these Zoom sessions and following the three spiritual jewels we can attain wisdom and that eligibility.

Therefore, one should cross Janaloka, then only they are great, very great. They are considered as one who achieved what must be achieved on earth. No matter how many great things you accomplish on earth, you are not great, you are great only when you go beyond Janaloka. Because beyond Janaloka, there exist Mahaloka, Tapoloka, and Satyaloka, which are extraordinarily great worlds. Those who live there are very great, they are not ordinary-they are Mahatmas, Tapodhanas (meditators), Gods, and divine beings. All those whom we consider great live in these worlds. If we reach those worlds, we, too, are great!

The most important thing to understand here is, those who enter the worlds below Janaloka are still in the learning phase, and their births are learning births while those who reach the worlds above Janaloka become teachers, their lives are teaching births.

Therefore, what is the use of endlessly revolving in the same cycle like a spinning top? Remember one thing, people with tamasic quality live entirely in the body state-they prioritize their physical body like Kumbhakarna, caring only about eating, drinking, and sleeping. Their main concern is, "What to eat? How much to eat? How to eat? What to drink?" They don't care about anything else, not even about others. They completely look after their physical pleasures and live with the belief that "I am the body." Their only thoughts are: "I must feel pleasure, experience and enjoy." They do not even care what to eat and what not to eat-they eat whatever looks tasty. They consume anything that appears appetizing. If they see a chicken, they eat it. If they see a goat, they eat it. They are concerned about their health, always in a body state. For anyone, it takes around 100 to 150 life-times in a tamasic quality.

Later gradually, as they transform, they move from tamasic quality to rajasic quality. Those who reach this stage are in a mental state. They think, "I am the President, I am the MLA, I am the Collector, I am a man, I am a woman, I belong to this religion, I belong to this caste."

They have a strong desire to be the great one among all and expect everyone to listen to them. These all are the characteristics of rajasic quality, where people prioritize desires and wealth. They aim to earn more than everyone else and want to be recognized as "great." They want to dominate and control others, like Ravana. This is the nature of rajasic quality, and people take around 150 births in this phase.

Until this stage, people remain trapped in the attachment of the body and mind. They keep revolving around Bhavarloka and Janaloka and return back to Earth. After completing these 150 births, around 300 births, they start moving towards sattvic quality.

Patriji has said, "It is not a strict rule that one must take exactly 300 births. It depends on each person's efforts."

In sattvic quality, the mind is purified and transforms positively. Therefore, one doesn't commit sins, mistakes and as much as possible engage in good deeds and work for the welfare of the society, meaning, they will perform virtuous actions. Even after coming to this state they think,

"I am doing great work, I am doing service to many." Because of their good actions, they do not go to Bhavarloka but instead reach Suvarloka, meaning heaven. Since they have accumulated many good actions, they reach Suvarloka, where they experience pleasures. This Suvarloka is vast and magnificent. Even the Bhagavad Gita describes this...

**Shlok|| te tam bhuktva swarga-lokam vishalam
kshine punye martya-lokam vishanti
evam trayi-dharmam anuprapanna
gatagatam kama-kama labhante (B.G 9-21)**

Meaning:- Based on the virtues they have accumulated, these individuals reach the vast and magnificent Suvarloka, where they experience various pleasures, once their good karma is over, they return to Earth (Bhuloka). Those who remain within the three gunas (Tamas, Rajas, and Sattvic) continue to revolve within the cycle of birth and death (samsara). This clearly indicates that even those who perform good deeds also do not qualify to go beyond Janaloka.

Remember, scholars (those who can interpret vedas and other scriptures only on surface level) often say, "Perform good deeds, and you will attain liberation (moksha)." But if one has not even crossed Janaloka, how can they attain liberation? To achieve liberation, one must reach Satyaloka. However, many people do not understand this. They assume, "I am doing good deeds." But are virtues any great? This is why Patriji has said:

"You do not need sins and you do not need virtues either. Let go of them both. Perform only soul actions meaning liberation-oriented actions because only those can lead you to liberation." In the beginning, I had doubts about this and wondered, "Why should we not accumulate virtues? How can we live without doing good deeds?"

But later, I understood. Because, no one stays on earth permanently. Eventually, everyone must leave their physical body, be it a man or a woman, each person reaches the worlds that they have to reach after death based on their actions. Those who have accumulated many virtues assume, "I have reached a higher world." But even after reaching Suvarloka, they eventually return to Janaloka only where there are counselors from the 3 highest worlds. They will give counselling to those who have arrived from Suvarloka.

They explain: "My dear, you feel that you have achieved something great because of your good deeds and are in a greater state. But these deeds cannot take you to the highest worlds. You have performed charity and service, but all you will gain from this is the experience of temporary pleasures when you return to earth and nothing more."

"But, there are many more worlds above Suvarloka. Look-you

are seeing us now, right? We belong to those highest worlds! If you wish to reach those worlds, we will guide you. Because, "you must also evolve like us." "You may think, you have accumulated a lot of virtue, but in the end, you will have to return to earth (Bhuloka) for another birth, right? The one who reaches the highest worlds is truly great, the one who tries to evolve spiritually is truly great. Therefore, if you wish to evolve like us, you must strive to reach the highest worlds." They also say, "Right now, you are learning, while we are teaching. You don't know anything, but we know many things."

"So, to reach there, if you keep holding on to 'body' and saying 'I, I,' what is the use? You have lived with the thought of the body, worked for the body, and sought benefits for the body. As long as you focus only on bodily gains, you can only reach Janaloka but cannot go beyond it."

Therefore, there must be an awareness that 'I am the soul.' Without this awareness, you can never cross Janaloka. Because many people on Earth accumulate wealth worth crores and think, 'I have earned so much,' but in the end, they have to leave all that wealth. No matter how much they earn, when they leave their bodies, they must go to Bhuvarloka. Why? Because to accumulate such wealth, they commit many sins. If not Bhuvarloka, do you think they will go to Suvarloka?" they say.

Some people become Chief Ministers or Prime Ministers and feel, 'Who is above me?' They become arrogant, proud, and commit many misdeeds. For those who commit such sins and mistakes are not qualified to even reach Suvarloka.

They will come to earth from Bhuvarloka. Even if one was a Chief Minister before, he may be born into a poor or struggling life next time, experiencing the very hardships they have caused to others. Then, what happened to that so-called great person? If you understand this, it will be surprising.

Many people think, 'I have achieved a high position; is there anything else more for me to do on earth?' They feel that they have

accomplished more than what they have to accomplish. Another person constructs 10 to 20 buildings and proudly asks, 'Who else has built like this?' They show off, 'Look at my house! It's like a palace!' and feel superior, believing, 'Who else can build such a grand home?'

But no matter how many buildings or palaces he constructs, in the end, he will only reach Bhuvarloka. Remember, he is not even qualified to reach Suvarloka, yet he believes himself to be great. However, people on earth look at such individuals and think, "Wow! He is so fortunate! Look how much he has earned! We are the unfortunate ones; we have nothing."

But whether you have something or nothing, whether you hold a high position or not, whether you have a prestigious job or not-meditate, gain wisdom, read the books recommended by Patriji. If you acquire wisdom, understand what should and shouldn't be doing, prioritize those that truly matter, and live accordingly, you won't just reach Suvarloka-you can even cross Janaloka.

Therefore, those who are interested in worldly matters only reach Janaloka and return, but only those who are interested in the soul qualify to cross Janaloka. That is why, the elders say, "One must develop disinterest towards material world and show interest in the soul."

Therefore, at the very least, if you can dedicate 50% of your attention to the soul, engage in meditation practice, and acquire wisdom, you have the opportunity to cross Janaloka.

Therefore, simply being born on the earth, living life, and eventually leaving the body isn't an extraordinary achievement. What matters is you going beyond Janaloka after leaving the body. Then you have not only achieved something significant on earth, but you are considered truly great.

In a way, it takes more than 350 lifetimes to achieve this. If you achieve that, you are considered greater than millions of people. Whether you are a man or a woman, rich or poor, with or without status, with or without a high-ranking job-you are great!

Because greatness on earth is not true greatness; the one who goes to highest worlds after death is truly great. That is why, no matter how great someone is on earth, they must still undergo training under those who are already great in the highest worlds. Our goal is not to remain in the position of those who receive training but to elevate ourselves to the level of those who provide training. All of this becomes clear only after understanding everything that happens after death while being alive.

Naturally, after entering the Sattvic state, there are three stages: 1. Sattvic meaning, purity. The mind must become pure. 2) The next stage is Deep purification, meaning, the mind must be more purified and 3) The later stage is Supreme purification, meaning, The highest level of purity must be attained. Patriji referred to this as 'Shuddha Sattvic.' Those who reach this stage perform great deeds on earth, perform acts of service, and are known as Mahatmas. Such individuals cross Janaloka and reach Mahaloka.

We have been given the opportunity to come to earth and we will again return to the higher worlds. To truly benefit in those worlds, we must intensify our meditation practice here. The purer our mind becomes, the more our actions, priorities, behavior and everything of us will change.

Therefore, we must practice "observation of the breath" meditation and follow a pure vegetarian diet. By attending the three-day Bhimavaram classes and participating in Zoom sessions like this, we gain immense wisdom and purify our minds.

Understand this clearly: One who prioritizes the body is an ignorant person, while one who prioritizes the soul is a wise person. The one who prioritizes the soul intensifies his meditation practice. Therefore remember, The one who prioritizes the soul attains all benefits, while one who only prioritizes the body gains only benefits related to body and nothing else.

WHAT TO DO TO CROSS JANALOKA?

We have discussed how those who reach Janaloka receive counseling. During these counseling sessions, they gain deep understanding because the masters conducting them are from Mahaloka, Tapoloka, and Satyaloka. These masters reveal everything to those who arrive at Janaloka.

They say, "My dear! When you were on earth, you focused only on the hen, the goat, and the pig, but you never thought beyond that."

"Throughout your time on Earth, you believed, 'I am the body.' But where is that body now? It is no longer there, right? The only thing that is there is the soul. You have come to this world as a soul, which means you were the soul, right? Did you ever think about this, at least once?" they ask.

The masters continue, "You have been coming here and returning since many lifetimes. Do you think only this is your job? You still have much to know. There are even greater worlds above this one. We have come from those highest worlds. We are teaching you because we have evolved to that level. We have gained immense wisdom and performed many great deeds on earth. But you are unaware of those highest worlds, and you are not making any effort to know them. Therefore, not for the world you are in now, but you must now strive to reach the highest worlds beyond the one you are in. You have taken numerous births till now. You are going to earth and returning again and again. What is the point of going and coming? You must elevate yourself to a higher state, evolve into a greater being, and become great."

They advise, "Now, instead of remaining in Janaloka, you must

strive to reach even higher worlds." Not only that, but they also guide him on what must be done on earth to achieve that growth. Most importantly, they emphasize the need for meditation practice, acquiring wisdom, and many other things. Then, he will decide to go to earth.

Then, he asks, "What should I do now to return to earth?" They reply, "To go back to earth, you must first select some of the accumulated actions and experience them on earth." They then send him to the Akashic Records Room.

Inside this room, he watches all of his past actions as if watching a movie. Seeing everything, he will be shocked: "Did I commit so many wrongs? If I take all of these with me back to earth, how much suffering will I have to go through? How now?" He then decides, "Alright! This time, I will not commit any sins, I will practice meditation and acquire wisdom."

After this, he will select certain actions, return to earth, but once reborn, he forgets everything that he had planned and decided in the higher worlds. Back to normal again! He will perform the same old actions and commit the same sins based on his past habits and tendencies. Moreover, there is an influence of society and family, observing all of them he will behave like them. He will make mistakes, commit sins, commit violence against living beings and consume meat.

Not only that, but he again starts believing, "I am the body," and works tirelessly for the sake of the body. He prioritizes bodily pleasures, beauty, health, and decoration. To satisfy bodily pleasures, he eats what should not be eaten, he does what should not be done to fulfill his desires, and ultimately accumulates more sins. After doing what should not be done and committing sins, he will return to the higher worlds once again.

There, he will get scolded again! This is what Adi Shankaracharya referred to as "Punarapi Jananam, Punarapi Maranam"-the cycle of birth and death repeating endlessly. This is

what happens. Now, why should we learn about all this? Why did Patriji emphasize the importance of knowing all these?

Meaning, the same kind of counseling that happens in the higher worlds is now happening here on earth also! Through Patriji, many people learnt all these and are sharing them with everyone. In a way, what we are doing now is also a form of counseling!

What we are saying is, "It's not about what you are doing now; it's about understanding what you should be doing! Recognize that and act accordingly. Do only such things." Also, we are telling you what should not be done.

Therefore, understand this-after reaching the higher worlds, no matter how much you learn, you won't have a body to practice meditation, you won't have the opportunity to gain wisdom, and you won't be able to experience what you have learned. But after coming to earth, if we are able to know, we have the opportunity to meditate. Because here on earth, we will have a body. With this body, we can meditate, read spiritual books, associate with wise individuals, acquire great wisdom, and gain necessary experiences.

The strange thing is that when we come here, we forget all that we had planned in the higher worlds. But through enlightened masters like Patriji, we get to know what we should do and what we should not do. When we follow their teachings, avoiding what should not be done and focusing only on what should be done, then-when we return to the higher worlds-the masters of the higher worlds will praise us saying, "Well done, my dear! You have worked hard and put in great effort!"

They also say, "You have done everything you were supposed to on earth. You are truly fortunate! Now, you can reach even higher worlds! So, remember-it's not just about reaching Janaloka and coming back again and again. One has to try going beyond Janaloka. Only then one is truly great. Reaching Janaloka after life on Earth is auto-

matic; it's nothing extraordinary. What is required is going beyond Janaloka. That's what makes one truly great."

It doesn't matter whether you are a woman or a man, rich or poor, from any caste or religion-nothing matters. Just remember and be aware that "I am the soul, not this body." Not only that, let go of all labels—"I belong to an ordinary family, an ordinary caste, this religion." You are the soul! "Are you dark or fair? Beautiful or not? Young or old?"-Who cares about all this? Whoever you are, always remember, "I am the soul."

That's why I tell you to write, "I am the soul" somewhere highly visible so that you can always see it. The reason is that we tend to get caught up in an illusion and forget it but when we read it every day, we will remember it.

Because if you think "I am the body," your actions will be one way. But if you think "I am the soul," your actions will be in a different way. That's why you must constantly remind yourself, "I am the soul." Now that we have heard this subject, you must understand it deeply. Everything we have learned so far is one thing, but what we are about to learn now is on a completely different level. That's why I am explaining everything in such a detailed manner-all this is only for you to cross Janaloka.

Because there is so much to understand about "Life After Death." There is so much to think and learn! If you think that after death you will simply go to some world, stay there for a while, and then return to earth-there is no use of that. Therefore, it is essential to think deeply about these matters.

On Earth, you may be a woman or a man, but once you leave the body, everyone is just a soul! As long as the body exists, one may be a man or a woman. Not just that-caste, religion, nationality-all these exist only as long as the body exists!

Therefore, do not think about the body. Since we are souls, we must think about the soul. We don't belong to earth. Earth is like a foreign land to us; the higher worlds are our real home. As souls, we do not belong here. We are meant to exist in the higher worlds!

We have to first understand that we do not go to the higher worlds from earth, we came from the higher worlds to this earth.

The reason is that every individual comes to this earth to gain certain experiences, learn lessons from them, practice meditation, and acquire some wisdom. However, earth is not our permanent place. Similarly, nothing we possess here truly belongs to us, nor do the people around us permanently belong to us. All of these exist only for as long as we are here. The moment we leave this body, we have no connection with anything on earth-we must leave everything and go. This is something we must always remember.

Therefore, the higher worlds are our true residence. That is where our growth, progress, and true greatness exist. Hence, the greatness on earth is not real greatness because one is not considered great even if he is a Chief Minister on the earth.

Because how long do people stay on earth? Think about it-how many Chief Ministers have come and gone? How many Prime Ministers have passed away? So, just becoming a Chief Minister is not true greatness. The reason is that such luxury lasts only for a short period! There is nothing to be overly joyful about. The greatness attained in the higher worlds is permanent, and that's why we must attain it. I'm saying one thing-ultimately, even reaching heaven is not of great benefit.

Scholars advise us to perform virtuous deeds to reach heaven, but heaven is actually a lower world compared to Janaloka! It would be great if you could cross at least one world because you don't have to go to Satyaloka at first itself. If one reaches a world higher than Janaloka, it means they have put in immense effort, hard work and

achieved a lot on earth. Therefore, only through sincere efforts on earth, one can attain a state required to cross Janaloka.

However, true liberation is not attained unless one crosses Janaloka and attain that state. Because liberation is attained only upon reaching Satyaloka. This is also explained in the Bhagavad Gita.

Shlok|| a-brahma-bhuvanal lokah punar avartino 'rjuna

mam upetya tu kaunteya punar janma na vidyate (B.G. 8-16)

Meaning:- Arjuna! Even after reaching Brahmaloka meaning, the Tapoloka, one must still take birth again on earth. However, those who reach Satyaloka, the world where I live, do not have to be reborn on earth.

Many people, as soon as they begin meditation, practice for a few days and start thinking, "My third eye has opened!" or "Maybe it will open soon!" But is attaining the third eye so simple? The moment they see a few visions, they assume, "I have become a Third Eye Master!" But do they realize how much effort, how much hard work, and how much growth is required? Is the third eye so easy to attain? Is it something casual?

Therefore, let us now understand what must be done to cross the Janaloka.

Many people think, "Meditation is tapas, right? So, we are performing tapas, that means, we might go to Tapoloka."

But understand this-just entering the path of meditation or practicing it does not automatically grant access to Tapoloka.

The reason is that more than 90% of those who meditate are doing it for physical benefits-curing diseases, fulfilling desires, or gaining experiences believing those to be great and assume, "We have progressed so much!" Many have numerous desires. They face various challenges in their families and worldly lives, and they seek different things. They meditate with the thought that it will bring them

benefits, fulfill their desires, and remove their struggles. But, they don't practice meditation without any desires. Therefore, practicing meditation with desires is of no use. Such people cannot cross the Janaloka.

The reason is that they are not meditating for the benefit of the soul. They keep meditating with desires and intentions. Even the masters give the same advice. They say, "Meditate with intentions... your problems will disappear, your sufferings will end, your diseases will be cured."

Think about it-why did you, the soul, come here? Was it for bodily gains? If you keep meditating only for bodily benefits, how will the soul reach the highest worlds? How will it cross Janaloka? If you always strive for the body, how will the soul progress to the highest worlds? Why don't you think about what you have done for the soul? Why is it always about the body? Pay attention to the soul. Meditate, read wisdom-oriented books, associate with the wise, do services in the path of meditation, and gain wisdom. Didn't Patriji say, "Only through meditation, one can attain wisdom." Only then you the soul can reach the highest worlds, and you will be able to cross Janaloka.

But some masters say, "Without curing diseases, how can one even think about the soul?" Think about it-are all the people on earth so sick that they can't even meditate? Are they in a state where they can't think about the soul? Is there no one who truly seeks to cross Janaloka and attain liberation? Of course, they are there! It is for such people that we are sharing all these.

Some masters also say, "If we don't tell people that meditation will cure their diseases, how will new people join? Isn't it for health reasons that most people come into meditation?"

But if someone has been meditating for a year, three years, or even five years and is still stuck on "body and diseases," when will

they ever think about the soul? When will they gain soul-knowledge? You, the souls, why did you come to earth? Is it just to cure bodily illnesses?

Think about it! Why did diseases arise in the first place? Isn't it due to the lack of soul-knowledge? Therefore, if you want to be free from diseases, you must first attain soul-knowledge and put in the necessary effort.

That's why I say, "Those who meditate with desires and intentions can never cross Janaloka." But the moment you firmly decide, "No matter what, I must cross Janaloka," and when that intense burning desire and deep aspiration arise within you, then you will meditate without selfish motives, without desires or intentions-practicing observation of the breath meditation. You will acquire wisdom, and only then you will be able to cross Janaloka.

Actually most people don't even know that Janaloka exists. However, many have the desire to attain liberation. They don't even know what liberation means, but they keep using the word.

The scriptures say, "Without desire, one cannot attain liberation." The word desire here refers to the intense craving for liberation. What kind of desire? The desire that says, "I must attain liberation." Without that intense desire, one cannot achieve liberation. Just casually wishing for liberation is not enough. It requires a deep inclination, determination, curiosity, interest, and persistent effort. Only those with such strong willpower can achieve it.

Patriji said, "Yad Bhavam Tad Bhavati,"

Meaning "As you think, so you become."

After I met Patriji, I realized, "I am not this body; I am the soul." I understood that "Money and wealth have no true value for me who is a soul. They do not benefit me, they do not elevate the soul-I only want wisdom."

With the realization that "I am the soul", I left everything and reached this stage. Before this, I was just like everyone else. But just like me, anyone can do it and reach to the same level.

Recently, on the PMC channel, Patriji was interviewed by youth in the "Youth for Truth" program. In one of the interviews, one of them asked, "How many lifetimes does it take to reach your level? Or can it be achieved in one lifetime?"

Patriji responded, "It depends on the effort you put in. You must put effort accordingly. Look at how I am doing it! If you put in the same effort, you can achieve it in this lifetime itself. If you lack that level of willpower, then surely, it will take many lifetimes." He further said, "I have read 50,000 books. How many books have you read? Think about it!" He also asked, "How much of my time am I dedicating to this? How much time are you dedicating? If you work like me, why wouldn't you reach my level? If you put intense efforts, you can achieve it in this lifetime itself."

He continued, "I have taught meditation to millions of people. Now, check how many people you have taught."

But, many people hold on to one Zoom session of just 25 or 50 people and conduct it for years together. Do they think that doing this will make them like Patriji?

Do these people have a mind or not? They are just doing this for a passtime. They gather a handful of people and go on conducting meditation sessions for years. Are they the only ones? Is there no one else? Think about it!

Therefore, if you understand that you have to cross Janaloka then you will put in the effort that is necessary for it, you will reach the highest worlds and attain liberation. Meaning, you will reach Satyaloka. Therefore, will power is needed. Always remember-if you wish to cross Janaloka, you must put in immense effort by engaging in intense meditation practice, by dedicating a few months or years with hard

work, you can achieve it.

That is why I say, "Two hours of meditation is not enough; increase it further." The reason is that if we want to grow and reach a great state, our mind must become purer and purer. Along with meditation, we must strictly follow food rules, do selfless service, and avoid thinking about others. We should cultivate the thought, "May everyone be well, may everyone benefit."

Among those who dedicated themselves entirely to the service of others include not only Mahatma Gandhi and Mother Teresa but there are many others also. They renounced (left) their selfishness and dedicated their lives for the sake of the world. Such people are referred to as "Mahatmas." They will cross Janaloka and reach Mahaloka.

So, who can cross Janaloka? Those who live selflessly like Gandhi and Mother Teresa, renouncing (leaving) their selfishness, not living for themselves and dedicating their entire lives for the welfare of others, will reach Mahaloka.

Remember this: If anyone purifies their mind further without stopping at this stage, Patriji calls them "those in pure Sattvic (parishudh) state." Such individuals who attain supreme purity (maha-parisudh) are considered to be very close to Nirguna.

At that stage, the influence of their mind reduces completely-meaning, it loses its significance. Meaning, it reaches a state where one cannot even tell whether it exists or not. This is only called Pure Sattvic state. In the Ramayana, Hanuman is given as an example of this state. Those who reach such a level attain mystical, spiritual powers and many more benefits. Isn't it said, "Hanuman had many spiritual powers."

Such people also attain the third eye. All such things are attained at this state but they do not happen instantly just by sitting in meditation.

Look at Hanuman, he began to meditate from the age of two! For such beings, meditation is the only priority in life. They meditate with intense longing and dedication. This intense practice is what is called "Tapas."

Those who practice such intense spiritual practice, known as 'Tapas', have no desires, no intentions, no expectations, and no selfishness. For them, meditation meaning, Tapas is the only work. They engage in intense practice for years with deep determination. Such beings, when they leave their physical body, go to Tapoloka. But, they will have to strive immensely and practice meditation with great will-power.

To inculcate such intense longing and dedication in people, we are conducting a three-day meditation program in Bhimavaram. Meditation is not just sitting for an hour as a formality and then coming out. In Bhimavaram, meditators can sit continuously for three to four hours with ease. There, we practice 'Silence Meditation,' which means 'Observation of the breath meditation' as taught by Patriji. This is the right meditation, and therefore, there are significant results.

Many people today are practicing 'Guiding Meditation.' In guiding meditation, the mind remains active. That is why a thoughtless state, or true meditative state, is not achieved, and no real energy is gained. Why is this so? Because a thoughtless state means the absence of thoughts, which means the state where the mind is not functioning is only when one receives true energy, experiences real benefits, and acquires wisdom. But in guiding meditation, the master keeps speaking, and the meditators listen with their minds. This means the mind is still active, right? Therefore, they do not receive the energy needed no matter how long they sit.

That is why, practicing 'Observation of the breath meditation' as taught by Patriji not only purifies the mind but makes it supremely pure. By doing so, one can acquire immense energy and cross Janaloka.

HOW TO GAIN WISDOM?

In the world, everyone lives as if they are the body, but the truth is that we all are souls, not bodies. Here on Earth, we stay for a short time and eventually leave this body. As souls, what we truly need is wisdom. We have taken this body to acquire wisdom.

Through practice of meditation, reading of wisdom oriented books, association with the wise, and service performed with this body, we gain wisdom and reach the great worlds. But performing rituals on earth and making donations have no benefit.

Many people believe that the rituals performed by their children after their death will help them reach the highest worlds. That is why many people think of having a son.

However, whether it's a son or a daughter, both are the same. Because, the rituals performed by children after death do not benefit the departed in any way. The worlds that one reaches depends only on the actions one performs while alive.

Likewise, during these post-death rituals, if there is any virtue from donations made, it belongs to the sons who made the donations, but not to the departed. Kabir said, "**The hand that performs an action will experience the result of that action.**"

Narada also told Valmiki to ask his wife whether she would share a portion of his sins. But when Valmiki asked her, she replied, "I have nothing to do with your sins."

Therefore, whatever we achieve is only based on the efforts we make, the spiritual practices we follow, and the service we do while we are alive with this body.

That means attaining greater, higher and highest worlds is possible only through our own actions. It is important for every-

one to understand that no one else's actions can benefit us. This applies to both men and women equally!

If you look at Ramana Maharshi, you will see how much he achieved in his lifetime by taking birth. Similarly, Mummidivaram Balayogi took birth and accomplished so much. If you observe any of the great people, they strived so much from a young age to shape their future, worked hard, became great ones, and ultimately reached the greater worlds.

Hence, we must remember this truth: Right now, we are on earth, living in this body. This means we are not just physical bodies but we are the souls residing in these bodies. Everyone must first understand this fact. The more one understands this, the more they benefit in life.

Look at parents-they give immense importance to their children's education, meaning materialistic learning. They ensure their children study for around 20 to 25 years, believing that if their child excels academically, they will become great. But remember, one who excels in worldly education is not truly great; only the one who attains spiritual wisdom is truly great. When will this become evident? Only after leaving the body and reaching the higher worlds.

Here, one may become an IAS officer, a top engineer, or even a rank holder, but what is the real benefit of that? It is only relevant while living on Earth! Now think-they are spending 20 to 25 years studying worldly subjects, are they allocating even a little time for soul and spiritual wisdom? The answer is often no, it is not visible.

The main reason for this is the ignorance of parents-since parents themselves lack wisdom, they are unable to teach their children about wisdom. Therefore, children remain unaware of it.

This has been happening for generations-all are taking birth, living in ignorance, and finally departing.

Their entire focus is on "How can I live a luxurious life before I die? How much can I enjoy? How can I experience the maximum comfort and pleasure in life?" Since money is the primary requirement for such enjoyment, they spend 20 to 25 years studying only those subjects that will help them earn money.

That is why the elders say, "Do not pursue perishable knowledge; seek eternal wisdom." Perishable knowledge is related to that which is destructible, eternal wisdom is related to that which is indestructible.

Many people say, "We performed a ritual of initiation into learning eternal wisdom for our child." But in reality, what they have done is a ritual of initiation into learning the perishable knowledge! What are they teaching and telling? Means, they are only imparting perishable and worldly education. But this entire material world is perishable and impermanent!

Learning eternal wisdom is related to the imperishable soul. Learning perishable knowledge is related to the perishable body. With perishable knowledge they are learning the knowledge of conducting research on the body but they are not learning the knowledge about the indestructible soul.

In reality, those who teach their children soul-knowledge and meditation from a young age are the ones truly giving them initiation into learning. Just making a child write a few letters does not mean that they have received initiation into learning. Here, what truly matters is how much wisdom one acquires. The more wisdom one gains, the greater they are considered.

Earlier, we learned that after death, those who are ignorant, when helpers come from the higher worlds, do not listen to them

and remain stuck on earth and become 'wandering souls' and waste hundreds of years. However, those who practice meditation, acquire some wisdom, and understand these concepts will follow the helpers without wasting their life and will reach the higher worlds. Once they reach those worlds, they will do what they have to do.

Therefore, understand this: Naturally, on an average, a person lives through 300 to 350 lifetimes, only reaching the Janaloka and returning repeatedly without going beyond it. But only those who put in great effort can go beyond it and such people are great.

That is exactly what we are doing now. Those who are attending our Zoom sessions, participating in the three-day classes in Bhimavaram, and gaining this wisdom are already making that effort. If they grasp this understanding and work a little harder, they will truly achieve what they are meant to achieve.

This will become clear after you go up. Not only that, but you will realize, "I am truly fortunate!" and be amazed, thinking, "Are there so many things I should have given a thought about?" However, while on earth, this may not be fully understood. But after leaving this body, it will become evident that there is so much to know and so many lessons to learn.

What happens naturally after death? It can be explained simply as follows: Sins lead one to Bhuvarloka, good actions lead to Suvarloka, selfless service leads to Mahaloka, tapas leads to Tapoloka, and those who will realize the truth reach Satyaloka. But just hearing this or merely knowing about it does not mean one will reach Satyaloka. Is it that easy? To reach such a state, one must attain the status of those whom we worship as deities on earth. Only then it is possible.

Remember, before taking a human birth, everyone goes through many lifetimes of learning. In later births, they begin to

teach. I have already mentioned that for around 300 to 350 lifetimes, one listens, learns, and gains wisdom.

Similarly, all of us have now reached the stage of teaching. That is why I keep telling everyone, "Teach classes!" If you started teaching, it means you have been promoted. If you want to move from the stage of learning to the stage of teaching, you must share the wisdom you have gained with everyone.

Remember, the moment you step into the path of teaching wisdom, you earn the qualification to reach the highest worlds. I do not claim it to be a complete qualification, but overall, you have attained eligibility. That is why Patriji said, "Teach meditation to everyone." I am only repeating what he said. It is not enough to just learn; one must also rise to the level of teaching. Teaching is the characteristic of those who fit to exist in the highest worlds. Keep in mind, the lower three worlds consist of disciples, whereas the higher three worlds consist of teachers meaning the preachers. So, if everyone wants to become a guru, they must become a teacher. This is what Patriji has instructed us all to do.

Even I initially used to wonder, "Why does Patriji insist so much on teaching?" I did not realize the greatness of teaching at first. Later, I understood. He once said, "What is shared will be multiplied." This means, if you share wealth, wealth increases; if you share wisdom, wisdom multiplies.

Remember, the soul does not need wealth, it needs wisdom. And for wisdom to grow, it must be shared. If you share a little, it will grow a little; if you share more, it will grow more; if you share abundantly, it will expand abundantly. If you truly want wisdom to grow, you must share it. I have realized this truth. That is why I have closed all my businesses, sent my children out to live separately, and now me and my wife are fully concentrating on sharing

this wisdom.

For the past 23 years, our one and only purpose has been to share and expand meditation and wisdom. Ever since we met Patriji, we have been spreading meditation and wisdom. Without even realizing it, we have been continuously improving our wisdom, and we are still trying to improve it. That is why, you all have to share at least a little.

Why? Because one who is purified (parishudh) reaches Mahaloka. One who achieves supreme purity (maha-parisudh) reaches Tapoloka and one who completely empties the mind, meaning one who attains the state of Nirguna (beyond qualities), reaches Satyaloka. This means it is understood that one must go beyond these three qualities (tamasic, rajasic and sattvic).

This only was also explained in the Bhagavad Gita.

**Shlok: trai-gunya-vishaya veda nistrai-gunyo bhavarjuna
nirdvandvo nitya-sattva-stho niryoga-kshema atmavan**
(B.G.2-45)

Meaning:- Oh Arjuna! The Vedas speak of worldly matters that are governed by the three gunas (tamasic, rajasic, sattvic qualities). But you must go beyond these qualities, be free from dualities, forever seek refuge in truth, be unattached to well-being and security, and become a soul-realized person.

Similarly, Hanuman did not possess complete wisdom. He did not have the wisdom like Lord Ram. Though Hanuman performed intense tapas, attained many mystical powers, possessed great abilities, and had immense divine powers, he was not wise. He attained wisdom only after taking the refuge of Lord Ram.

After death, those who are still bound by the three qualities remain within the lower worlds of Janaloka. It means that one can go beyond Janaloka only when they go beyond the three qualities.

We are only sharing with you the essence of the teachings of Patriji, what the enlightened beings told, and all that is told in the Bhagavad Gita.

So, remember this-those who remain in the lower three worlds are still bound by the three qualities. They engage in rituals, worship, and devotion, calling themselves "devotees."

Not only that, they say, "I love God very much." But do they ever wonder whether God loves them? Who does God love? He favors those who have attained the qualification to reach the three highest worlds. Then who has that qualification? Only those who have gained wisdom because they alone can reach those worlds.

In the Bhagavad Gita, Chapter 7, Verse 17 and 18, Lord Krishna says,

"Among those who worship me, there are four types of devotees-1. The distressed, 2. The seekers of material gain, 3. The inquisitive (curious) and 4. The wise. Among all of them, the wise one is dearest to me."

Therefore, only those who attain wisdom are dear to the Divine. Such people only are eligible for the highest worlds and cross the Janaloka.

This is the wisdom that Patriji urged us to acquire. Everything he taught was for us to reach the highest worlds. Therefore, practice meditation and become wise.

Patriji gave us four essential practices to become wise: 1.Practice of meditation, 2.Reading wisdom oriented books, 3.Association with the wise and 4.Engage in service. Thus, those who wish to reach the highest worlds must practice these four.

WHAT CHARACTERISTICS ARE NEEDED TO REACH THE HIGHEST WORLDS?

Anyone who, while alive, engages in actions that bring benefit after death is truly great. As for me, I am fully dedicated to such actions. I have abandoned (left) everything I used to do before. My life has completely changed-I can say it has taken a U-turn. People who see me will be surprised and wonder, "What? He has changed so much!"

The reason for this transformation is my association with Patriji. After meeting him, I realized, "I am not this body; I am the soul." I also understood, "I am not going to stay on this earth forever." Moreover, I grasped the truth that "Everyone must die one day." Most importantly, I realized that "The benefits gained after death are eternal, whereas those obtained on earth are temporary."

Since then, I have been using everything I have only for what benefits me-the soul-after death. What should one do for that? What actions lead to benefits after death? I have understood these answers too. I learned that "By following the Patriji teachings, the soul-that is, I-will benefit." That is why I prioritize the soul's benefit. From that moment until now, I have been working only for the benefit of the soul.

Most importantly, everyone must follow what Patriji taught. He emphasized, "One must come out of ignorance, acquire wisdom, and become wise." For that, he instructed everyone to practice meditation. He repeatedly clarified that "Meditation is meant for gaining wisdom, not for curing diseases, fulfilling desires, seeking personal gains, or having mystical experiences."

He also said, "If you meditate for the sake of wisdom, all the benefits you desire will come automatically. These small material benefits are not significant; you don't need to ask for them, seek them, or even look for them." This made me realize that we don't need to worry about such things.

Patriji explained about all the spiritual services we must engage in on this path. He said, "If you continue doing these, all the difficulties in your material life will disappear." Even if you are struggling financially now, you will not only overcome those struggles but also live a prosperous life. Take the example of Srikanth, whom everyone in our society knows. He takes classes everywhere. He left his hometown and moved to Hyderabad because he did not like his life there. He always had a strong inner urge, thinking, "I need to learn something deeper; I need to do something meaningful. This is not life." With this deep desire, he left his family. Even though he had some wealth and property back home, he abandoned (left) everything. No matter how much his family tried to compel him, he firmly said, "I cannot stay here," and left from there.

Alright! He came, it is fine. He refused to stay with them and left, so they didn't give him any money, yet he didn't care. I was amazed by his passion. If he had come with a job, it would have been different. But he had no job, no income, no financial support-
nothing. Still, he came. Coming was easy only but tell me, who would provide him food? He somehow managed, depending on different people. He stayed wherever he could, sometimes sleeping in a meditation center and eating whatever someone offered him and stayed like that only. Gradually, he came to me, he started attending my classes and improved his wisdom with full focus. One remarkable quality in Srikanth is that he never forgets what he listens to. If you ask him to explain something he heard, he can

repeat it very well. Whether it was Patriji teachings or something I said, he could explain it clearly. Because of that by continuously listening to my classes, he grasped all that wisdom.

Then I told him, "You should share this wisdom with everyone and spread it." I explained that "this is considered as a great service." Understanding this, he began teaching.

By attending the Bhimavaram classes continuously, he met many people. He started reaching out to them and conducting these classes. People really liked his way of teaching. He kept traveling from one place to another, spreading this wisdom. I also told him, "Providing spiritual books is also a form of service." He understood this and started distributing books. The small amount of money he earned from it helped with his maintenance. Slowly, because of his efforts and service, everything started falling into place.

There is a saying, "For the giver, the greater the giving, the greater the reward," right? Likewise, step by step, things started aligning for him. Eventually, he even began setting up book stalls at spiritual gatherings. By building more connections, he reached a level where he is now marketing books on a large scale. If anyone needs spiritual books, Srikanth supplies them. He started with nothing but has now reached this level. How did all this happen? It is only because of the service he rendered!

So, if you ever feel like you lack something, don't worry about it. It is simply the result of past actions that you are experiencing now. But from this moment, try to do some form of service, no matter how little. Your future will change accordingly. There is no use of sitting idly and saying, "My situation should improve." Whatever you do, that is what you will receive.

Many people ask me, "We are facing severe financial difficulties. Please tell us how to overcome them." I tell them, "My

dear, you are experiencing the results of your past actions. Whatever you have done, you must go through its consequences. So, you need to be patient for some time-there is no other way. But instead of sitting idle, at least from now on, start doing some service. You don't have to give money only; you can contribute through physical service, participate in spiritual gatherings (yajnas). Many people are serving in different ways. If anyone is organizing meditation classes in your village, support them. By doing such things, your future will change."

I have seen many people like this. Even in our society, those who once struggled are now leading a good life.

We also left everything and dedicated ourselves to service, the few shortcomings we had before gradually disappeared. Therefore, the advice I give to everyone is: If you practice meditation, read wisdom oriented books, be in association with the wise, and take part in service as taught by Patriji, you will not only be financially stable but also find peace in your family life and mental well-being. Think about it-what else do you need? What could be a greater life than this?

Know this: Regardless of what one has or doesn't have, if they have peace, they are great. That is why we must follow what Patriji said. He said, "Die before death." This means that if we realize what happens after death while we are alive, we will understand what we need to do now.

Most importantly, the fear of death disappears. We learn about what kind of actions lead to benefits after death and we start prioritizing those actions.

Patriji always said, "Whatever we focus on, we will achieve it." If you focus on music, you will become a great musician. If you focus on politics, you will become a political leader. If you

focus on business, you will earn a lot of wealth. Similarly, if you focus on wisdom, you will become wise. That wisdom alone can help us reach the highest worlds.

We have already learned briefly about this before. That is, whoever is dear to God are those who attain wisdom, and they will surely cross Janaloka and reach the highest worlds. Therefore, we must become dear to God.

So, remember this-meditate and acquire such wisdom. Not only that, How is your behavior? How should it be? What qualities should you have? What kind of characteristics should you have? These are things you must first understand.

You may be meditating and trying to gain wisdom, but only if your behavior changes you are considered as a wise person. Only then you will be dear to God, and only then you will cross Janaloka and reach the highest worlds.

That is why Patriji said, "**Difficulties, losses, and insults are all steps towards spiritual progress, meaning the elevation of the soul.**" He also said, "They only help in your soul growth; they do not truly cause you suffering." Therefore, you must understand that if the soul is to evolve, difficulties are inevitable. The more difficulties you face, the more you grow spiritually. That's why Patriji said, "One must remain equanimous (balanced) in both happiness and sorrow."

Similarly, when we practice meditation, it is also quite challenging. Sitting still is not as easy as it seems. People often say meditation is "easy," but is it really easy? Sitting on a sofa is easy, locking hands is easy, crossing the legs is easy, even closing your eyes is easy! But from that moment onwards, the real struggles begin-discomfort, restlessness, and mental agitation (mental uneasiness). Only then one realizes how difficult it is.

If you decide to sit for two hours, then after closing your eyes, you should open them only after two hours. There might be discomfort in between, but under any circumstances you should not open your eyes before the decided time. You must have that patience, that endurance (tolerance), that forbearance (self-control), that perseverance. These are the words of great enlightened beings.

That is why Lord Krishna said, "One must have patience." Patriji emphasized "tolerance," and Shirdi Baba spoke about "saburi (perseverance)."

But it is not about getting up as soon as a thought arises or as soon as you feel a little discomfort. No matter how difficult it is, you must sit through it because patience is one of the qualities that God appreciates.

Through meditation, we are directing our attention towards the Divine. Therefore, to focus on Him, we must be patient. Controlling the body is possible, but the real challenge is dealing with the thoughts that arise. We can reach a state free of thoughts only by tolerating and sitting through them. That is when you will be in the divine state.

Thus, to focus on God, to attain Him, to reach Him, patience is essential. Simply sitting is not great-anyone can sit-but endurance (tolerance) is required. That is why Patriji said, "Patience is progress."

In his Nine Gems of Wisdom, he stated, "Only those who show patience will progress in life." The path to spiritual progress is meditation, and even in meditation, patience is the key to progress. This is what Patriji taught. Therefore, to reach the higher worlds, patience is necessary.

THE PURPOSE OF HUMAN LIFE

Before coming into meditation, I used to live as if "I am the body." But after meeting Patriji, I understood the truth that "I am not the body, I am the soul," and I began to live accordingly.

Earlier, delivering a message was very difficult for me, but after coming into meditation, I can now speak about various topics effortlessly not for hours but even for days. Then how did this transformation happen? It was only because of practicing meditation of 'observation of the breath', as taught by Patriji.

In Patriji's teachings, the concept of life after death was occasionally mentioned. Since I listened to his messages more often, I gained deep insights. He used to explain a single topic from multiple perspectives in various places. What I did was compile everything he said about life after death in one place. Similarly, whenever I read about life after death in any book, I would note it down in the same collection.

This is because many people think they have understood everything after hearing just one aspect, but they don't gain complete clarity. However, when you put together all perspectives, you get a good clarity. When structured systematically, it becomes a wonderful concept.

In the same way, by studying texts like the Bhagavad Gita, Bhaja Govindam, and Yoga Vasishta, I keep adding relevant wisdom to my collection. This approach helped me gain a broader and clearer understanding of the subject.

So, even if you want to expand your wisdom, you must compile the teachings of all great yogis in one place.

You need to organize all this wisdom in a structured way. You must put in effort and work hard. Our wisdom grows only through effort. How can it grow if we do nothing? Many think, "If I just meditate, everything will come to me." But Patriji repeatedly emphasized that hours and hours of meditation alone is not enough.

He said, "Meditation helps you immensely. It blossoms your intellect, enhances your ability to understand, improves your grasping power and enables you to analyze everything."

However, to expand wisdom, one must read wisdom oriented books and seek the company of the wise. Generally, beginners talk about "this experience, that experience," but such experiences are of no benefit to us.

But by listening to the teachings of the wise, we can acquire immense wisdom. Like that, if one listens attentively to what I am sharing like there is no other work, why wouldn't there be growth?

Patriji said, "Do not waste time." He said, "Do your work, take care of your family, be happy, enjoy life." But he also said, "Along with that, do not waste your free time on unnecessary gossip. Do not read irrelevant books, do not waste time."

We have plenty of time, not only during the day but also at night. If we dedicate that time to meditation, reading wisdom oriented books, and being in association with the wise, why wouldn't we grow? If we don't have any other distractions, why wouldn't we acquire wisdom? Why can't we also become great?

Right now, we are learning about what happens after death. We have understood that there are six higher worlds beyond this earth. Among them, I am more often speaking about Janaloka.

The reason is that there are few worlds above Janaloka and a few below it. It is said that ordinary people can go to the lower worlds below Janaloka, but great souls, enlightened beings, yogis,

and sages can cross Janaloka.

One has to understand a few things about the significance of Janaloka.

Patriji explained that a enlightened soul (purnatma) creates individual fragments of soul from itself. These fragments of soul are assigned a purpose by the enlightened soul: "You too must attain immense wisdom, evolve to my level, and reach Satyaloka, where I reside. If you reach Satyaloka, you will no longer need to take birth on Earth. But until you reach Satyaloka, no matter which world you reach, you will have to be reborn again and again. Even if you reach Tapoloka, also known as Brahmaloka-an extremely great world-you will still have to return to Earth."

This only is explained in the Bhagavad Gita also.

Shlok|| **a-brahma-bhuvanal lokah punar avartino 'rjuna
mam upetya tu kaunteya punar janma na vidyate**
(B.G. 8-16)

Meaning: "Oh Arjuna! Even if one reaches the Brahmaloka, they must take birth again. But if one reaches the world where I reside, which is Satyaloka, there is no rebirth. That means there is no need to take birth again on Earth," said Lord Krishna. We have discussed this many times.

Thus, the enlightened soul assigns a goal to the individual souls. The individual soul has to reach Satyaloka. This is the purpose of everyone's life. But who can reach Satyaloka? Who resides there? Only the enlightened souls (purnatmas) live in Satyaloka. That means only those who become enlightened souls are eligible to reach Satyaloka.

Meaning, whoever it may be, they must become an enlightened soul.

That is the purpose of each and everyone.

Naturally, some people have doubts, especially when they face many difficulties. They question, "Why did God create me? Why is He putting me through so many hardships? What am I supposed to do in life? Actually, why is this life?" Such many doubts arise in many.

Some people believe, "Life is meant for enjoyment," so they spend all their time earning money and seeking pleasures.

However, as births increase, deeper questions like these arise: "What should I actually do? Why is this life? What am I supposed to achieve?" These thoughts create confusion, and the answers are not available.

Now, we are understanding the answers to such questions.

The enlightened soul first creates the individual soul and assigns it a purpose, then sends it to Janaloka. Since it is the soul's first birth, the senior souls in the highest worlds tell everything that they have to tell and remind it, "When you take birth, you must strive to fulfill your purpose." Then, they take their first birth, either as a male or female, rich or poor-some form of birth.

Like that, the first birth on earth begins. They enter the mother's womb and are born. Initially, memories of the higher worlds remain for a short time, but soon everything is forgotten. They are influenced by their surroundings.

More importantly, in the first seven to eight years, the child is deeply impacted by parents and family members. They do whatever they are told to do, eat whatever food they eat, do whatever they are doing, live the way they are living. This is their situation. If the family eats meat, they will also become meat eaters, if they are vegetarians they will also become vegetarians, also, if they are Hindus, the child identifies themselves as Hindu; if they are Christians, the child considers themselves Christian. Like that they fol-

low the traditions, customs, and behaviors of the region, like that, approximately they become like them.

Slowly, after crossing the ages of 7 or 8, they enter society. Once they step into society, they are influenced by it. They start spending time with friends, going to school, and are influenced by that environment. Naturally, most people give importance to money, respect those who have wealth, look down upon those who don't have wealth and consider them inferior. Seeing the luxuries of the wealthy-their cars, lifestyle, and comforts-they will form an opinion and a thought in their minds, "If I earn money, I can also live comfortably like them."

Like that, they start living the way others do, adopting the same habits. After completing their education, they enter family life, which is another new type of life. Then, they have children, raise them, and take care of them. Since they don't carry past karma (action) from their first birth, they don't face many hardships.

Therefore, they develop pride and arrogance. That's why it is said, "When there are no difficulties, one doesn't remember God; only in times of hardship one turns to God." One who has never faced struggles does not care about others and never ever thinks about God. They feel superior to everyone else. This arrogance gradually leads them to make mistakes and they commit sins.

Like that, his karmas (actions) begin. The actions he performs start accumulating in his account. Some of the karmas are experienced in the same lifetime, while the rest will be stored up in his account after death which are called as 'Accumulated Karmas' (Sanchita Karmas).

After death, he leaves the body and goes up. When he takes birth again, he carries some of his accumulated karma and returns to earth. It's as usual again!-experiencing karma, creating new karma, accumulating more, and increasing the number of births.

This journey of life continues this way.

Patriji explained that in the first lifetime, a person will be with body consciousness, meaning-giving importance to the body. Means eating, drinking, and sleeping but Nothing beyond it.

After about 100 to 150 lifetimes, a slight transformation begins. Their qualities start changing. Then, they come into the mental state, prioritizing their mind and desires. They start craving status, power, and recognition. They want to be the best, achieve great things, and earn a big name. While striving for these, ego grows, leading them to commit mistakes and sins. Their karma keeps increasing, and along with it, their suffering increases. Like this, another 100 to 150 lifetimes will be completed.

As the number of lifetimes increase, the challenges and hardships due to the burden of accumulated karma also increase. Reason being, they have all the karmas that they have accumulated from many lifetimes, which they will bring and experience.

When the hardships become unbearable, they begin to question, "What is this hardship? Why am I facing this hardship?" They don't understand anything. This is when they go to elders and spiritual teachers, seeking their guidance and keep asking them. He asks, "How can I get out of this suffering? What should I do?" and does what they say.

In earlier lifetimes, they neither needed a Guru (spiritual teacher) nor sought any guidance. But after 250 to 300 lifetimes, they actively search for a Guru. Once they find a Guru of their liking, they gradually start listening to their teachings and slowly change his behavior. Gradually, he transitions into sattvic quality.

At such a time, he tries to learn more and more. Eventually, he thinks, "There is still something beyond this," and reaches a guru like Patriji. Then, masters like him say, "Not these, my dear!

Not rituals, bhajans, chants, or prayers-do meditation."

Then, he starts meditating, becomes vegetarian, and reaches a state where his intellect develops. He begins to think more about right-wrong, good-bad, sin-virtue, righteousness-unrighteousness. Gradually, he gives up mistakes and sins, engages in good deeds and service, and progresses spiritually.

As he continues meditation practice, reading the books recommended by the guru, and listening to their teachings, slowly their wisdom expands.

Now, all of us are at this stage only. We have gone through many lifetimes, crossed various stages, and reached this level now.

However, some people, even after coming into meditation, are not at this level. They are still in the bodily or mental state. They come to meditation thinking, "Meditation will heal diseases, meditation will fulfill desires," but not for wisdom.

Therefore, they attend such classes. Nowadays, different types of meditations are emerging-like guiding meditations, intentional (sankalpa) meditations, money meditations-so they get drawn to them. But they still have many lifetimes ahead. To reach the path of wisdom, they must at least take 50 to 100 more lifetimes definitely. Until then, they don't grasp it even if we explain it.

Since you have already gone beyond all these stages, I am telling you with certainty-many of you have come into this path of wisdom after trying guiding meditations and not finding results, wondering, "What? What?" Those who remain in guiding cannot understand soul-knowledge.

That is why Patriji often said, "Birds of a feather flock together." So now, what we must do is improve wisdom and not waste this lifetime. Until now, 300 to 350 lifetimes have already been wasted. We must not waste any more. As soon as possible,

we should attain our life's ultimate goal-complete wisdom-and strive to reach our destination, the Satyaloka. Those who cross Janaloka make great efforts. Through intense meditation, they enhance their wisdom, serve selflessly, and go beyond Janaloka.

One thing to remember here is that those who have crossed Janaloka do not need to return to it. Therefore, everyone should strive to reach the highest worlds beyond Janaloka.

As we mentioned earlier, "Those who perform extraordinary service on earth, live selflessly, and dedicate their lives to others are called Mahatmas on earth." After leaving the body-after death-they reach Mahaloka. From there, they may again come down. Through service, they gradually enter into meditation practice. Along with meditation practice, they acquire wisdom.

They engage in intense tapas meaning, meditation. Due to such intense practice, they reach Tapoloka. From Tapoloka, they return to Earth, further intensifying their meditation practice. They live lives of complete dedication to meditation, like Hanuman, Mummadivaram Bala Yogi, Jillelamudi Amma, Chivatam Amma, and Avadhutas. Through such intense practice, they gradually experience the ultimate truth.

In the end, they realize the ultimate truth and reach Satyaloka, just like Sathya Sai Baba, Shirdi Sai Baba, Swami Vivekananda, or Ramana Maharshi. Once they reach Satyaloka, their cycle of coming and going ends. They no longer need to return to earth. From there, they engage in the tasks meant to be performed in that world.

If one understands this, their focus remains on this goal. If they don't understand it, their focus shifts elsewhere, engaging in different activities. Regardless, everyone must naturally fulfill their responsibilities towards their body and its needs. Those in a family

life have unavoidable duties towards their children and family-this is the law of creation. That's why Patriji said, "Nirvana within the household."

Our parents brought us into this world. How is that acceptable? If we come on to the earth and say, "I don't need anything anymore." Just as our parents fulfilled their role in continuing creation, we also must fulfill our role. We must give birth to children as part of the natural order and take responsibility for them until they become self-sufficient. This means raising them, guiding them, and supporting them until they stand on their own feet.

Once they secure a job and can take care of themselves, we must completely let go of them-just as a bird pushes its chick out of the nest once it gets wings. But we should not hold onto them until death. Therefore, we must take care of our family responsibilities and also ensure financial stability.

In this, both husband and wife must play their roles. They should share their responsibilities-while the husband earns, the wife manages the household. Therefore, there is no problem. In this way, by doing this one must strive to achieve life's ultimate goal. When we live in this manner, we make the best use of our life, we will be the one who accomplished the purpose for which we came, and the one who fulfilled our intention with which we came on to earth. Living like this makes us great!

If you live according to your plan, what more could you ask for? Not only that, if you find a guru like Patriji, you can achieve even more than your own plan. Therefore, regardless of which stage of life you are in-whether adolescence, youth, or adulthood-you must recognize your goal and strive to achieve it. Whatever time you have, you should dedicate it to the soul.

There may be some difficulties, obstacles, and even tests. There will be many challenges, but they have their own way. Our

determination, perseverance, and goal are ours! That is why distinctions like male or female, rich or poor, are unnecessary. None of these are permanent. We must not forget that everyone is a soul. No one is permanent to anyone; each person has come alone.

That is why Patriji said, "Do not focus on others." He said, "Why do you think about others? Focus on yourself."

In guiding, they say, "If you do not ask the astral masters, why would they give you anything? They will give only if you ask!" Therefore, some people keep asking, believing they must keep requesting, they say, "Even a mother won't feed her child unless the child asks," and they keep chasing after such things.

But in God's creation, there is no need to desire anything; if we do what needs to be done, we will surely attain what we are meant to attain. Therefore, Patriji said that "we should not focus on wishing for the desires to come true, but we should focus on what we do."

He said, "In the early births, one does not receive what they desire; they receive according to their eligibility." If you desire wealth, it will not come to you. But even if you do not desire it, if you have performed acts of charity in your past lives, you have earned the eligibility to receive wealth. Based on your past donations, whether you become a millionaire, a billionaire, or an extremely wealthy person happens automatically. Then, you don't have to make any effort-crores flow towards you automatically.

Look, imagine that Mukesh Ambani's grandson is born. The moment he is born, he is already an ultra-billionaire, isn't he? Did he work hard for it? Not at all. But based on his worthiness, he was able to take birth in that family.

Similarly, "Even in middle lifetimes, one does not get what they desire; they get what they need," they say. This happened in

my life also. I used to desire many things, but actually were those needed to me? No! What I needed was wisdom, but I didn't know it. I was chasing wealth.

At that time, I faced failures everywhere-losses in everything! Whatever I tried would fail, and I couldn't understand why. During such a time, I met Patriji. I learned about the path of meditation and wisdom. I was drawn to it and entered into it. That means, because what I needed was wisdom, nature guided me in this direction. It was as if nature told me, "This is not your path, my child! Your path is this one," and led me towards meditation. The same thing happens to you-observe it.

Likewise, by the time one reaches the final lifetimes, like Patriji, "Whatever is needed for the welfare of the world will naturally be provided to you." Patriji was someone at this level. To spread this wisdom to everyone, large centers are needed. Places like Bangalore, Kadthal, Peravaram, and Prakriti Valley are gradually developing. Whatever is needed for his mission has been provided to him at the right time.

That is why it is important to understand that "At any stage in life one does not get what they desire." The truly great person is the one "who has no desires." This is exactly what Lord Krishna said.

When we cultivate such qualities, we will surely go beyond Janaloka and become eligible to reach great worlds above Janaloka.

HOW TO REACH SATYALOKA?

Because this is not only very important but also very necessary! If you do not reach the highest worlds above Janaloka, then even if you take 100, 200, or 300 lifetimes, it is of no benefit. Everyone must definitely reach those worlds!

This is exactly what is mentioned in the Bhagavad Gita.

Shlok|| **a-brahma-bhuvanal lokah punar avartino 'rjuna
mam upetya tu kaunteya punar janma na vidyate**
(B.G. 8-16)

Meaning:- oh Arjuna! Even if one reaches worlds like Brahma-loka, they must still take birth again. But if one reaches the world where I reside (Satyaloka), there is no rebirth.

Therefore, one should not remain below Janaloka; they must go beyond it. Those who cross Janaloka will naturally reach further on their own. But those who remain below Janaloka must put in great effort. Once they go beyond it, they will automatically do what is necessary-it will not seem difficult to them. Why?

We the souls, we exist in the physical body on earth. We, with the second body, also stay on earth only. With the astral body, we can reach the worlds above the Earth, such as Bhuvanaloka or Suvarloka. These worlds cannot be reached with a physical body. If the astral body dissolves, we will reach Janaloka with the causal body to plan, determine our future birth and then take birth.

Mahatmas who engage in selfless service take on the Supra-causal body and reach the Mahaloka.

Similarly, those who practice intense meditation on Earth-without desires or intentions-reach Tapoloka with the cosmic body.

Those who experience truth on earth will reach Satyaloka with the nirvanic body. But, one must understand that "One can-

not reach Satyaloka with the cosmic body, and one cannot reach Tapoloka with the Supra-causal body."

Previously, we mentioned that those who selflessly render great services-like Mahatma Gandhi or Mother Teresa-reach the Mahaloka. However, even after reaching the Mahaloka, they must return to Earth. Once back, they must engage in intense meditation and reach the realization that "All living beings are me only, they are not different." Only after reaching that level they can reach Tapoloka.

From there, if they return to earth and intensify their meditation even further, they experience the Truth. Remember, experiencing the Truth means living as a soul, It means giving complete importance to the soul just like Ramana Maharshi and Swami Vivekananda.

Such individuals will limit themselves just to necessities, always prioritizing the soul. Their actions, words, deeds, and activities are all related to the soul only.

For example, imagine you have a wedding to attend, but at the same time, there is a three-day class in Bhimavaram. Naturally, you might think, "These classes happen every month, but this wedding is a rare event," and choose to attend the wedding. This means you are prioritizing the body. But if you decide to attend the three-day class, it means that you are prioritizing the soul.

That is why, when you remain in the "I am the soul" state, you will always give importance to the soul rather than the body. We advise everyone to balance their focus-50% on the body and 50% on the soul. Gradually, this percentage should shift: 60% soul, 40% body, then 70% soul, 30% body, over time, 80% soul, 20% body, eventually, 90% soul, 10% body and finally, living entirely as a soul. With this gradual transformation, one will experience the state of "I am the soul."

Previously, one has never experienced the soul. No matter how much spiritual practice one did, no matter how intense the practice was, even if one attained many supernatural powers and displayed various mystical abilities, it means that the truth has not come into experience! One would not reach Satyaloka.

If such individuals continue their meditation practice intensity, they gradually bring that truth-the soul-into their experience and eventually reach the Satyaloka.

If you progress your practice, a realization arises: "Where am I truly? Until now, I have been thinking 'I, I,' but where exactly is this 'I'? The only thing that truly exists is the Almighty! God! The Soul! That alone is 'I.'" One will experience that there is nothing else other than that. Therefore, they begin to live as the soul.

Naturally, when the soul, which originates from the Enlightened Soul, enters the body, the old sense of "I" disappears, and a "new I" emerges. This new "I" perceives everything in this world as its own and considers everyone as its own. However, upon death, all that one identified as "mine" is left, and in the next lifetime, a new identity of "I" is assumed again.

But when this truth is realized, one understands: "There is nothing truly here. There is only one reality-the Soul, the God. Everything else only appears to exist but is, in fact, unreal." To think that the unreal exists is ignorance and foolishness. Those who remain in such ignorance continue to stay in lower worlds.

Therefore, as one engages in introspection and following the meditation practice taught by Patriji, the importance of the mind gradually reduces. We think of "I, I" only because of the mind. Thus, as one continues their practice, this sense of "I" weakens. Eventually, the significance of the mind reduces completely, and in the end, the mind becomes empty.

If the mind becomes empty like that, then where does the "I" remain? At that point, the previous sense of "I" that was there till then disappears, that means the idea of "I am this body" vanishes, the moment this identification with the body is lost, the real "I" is realized and the true "I" comes into experience.

When we reach this state, we reach the Satyaloka, radiate as god, and become co-creators.

Therefore, one must reach such a state through the practice of meditation. But these states are attained only if one crosses Janaloka. To increase the desire to go beyond Janaloka, one must first understand the benefits of crossing Janaloka. Only then one will develop the interest. Similarly, to go beyond Janaloka and reach the three highest worlds, one must know what qualifications are required.

When we understand the benefits, we make wilful efforts to attain them. Likewise, it is essential to understand how to acquire those qualifications.

That is what we are learning now. We have also discussed many teachings of Lord Krishna and Patriji. Study them deeply. Observe whether you possess those qualities within you. If those qualities are developing, it means you are gaining the eligibility to go beyond Janaloka and reach the highest worlds.

Patriji said, "If even a trace of sorrow remains within you, you are still in ignorance." This means that even the slightest suffering-such as questioning, "Why has my life turned out this way? Why did I face this difficulty?"-should not exist. Meaning, if you are COVID positive, you should not suffer, instead, one should be able to say, "What can even something like COVID do to me?"

We are souls. Can the soul be affected by COVID? It cannot do anything to the soul.

Haven't we read this in the Bhagavad Gita?

**Shlok|| nainam chhindanti shastrani nainam dahati pavakah
na chainam kledayantyapo na shoshayati marutah**
(B.G. 2-23)

Meaning:- The soul cannot be burned by fire, cut by weapons, wetted by water, or extinguished by the wind. Therefore, the soul is eternal. So, what can anyone do to such a soul? What can something like COVID possibly do?

Remember, "I am the soul, and therefore, COVID cannot harm me; I have no suffering." This understanding comes to those who possess wisdom. That is why, no matter what happens, a person with this awareness does not grieve.

No one knows when someone will pass away. It could happen in just a short while. Therefore, if we do what we must do before leaving the body, there will not be any problem. Why? Because if death brings benefits to us, why would we fear it? Only those who think "death is a loss" are afraid of it.

When you see people who fear death, understand that they have done nothing for the soul or for its benefit. Such people do not meditate, do not read wisdom oriented books, do not seek the company of the wise, do not engage in selfless service, and do not even acquire a little soul wisdom. They spend their entire lives chasing money, power, status, and fame but do nothing for their soul's growth and earn something for it.

People like this fear death because they think, "If I die, all the wealth I earned will be lost, my position and status will be gone." Not only that, but they also have deep attachments to their wife and children, and fear that they will be separated from them. Why does all this happen? It is simply due to a lack of wisdom!

But when one attains soul-knowledge, they realize, "Every-

thing is one, everything is me." With such wisdom, if they leave the body, they understand, "I will attain a higher state than my present one; I will get an even greater lifetime." In that case, what is there to fear about death? They depart with joy.

Therefore, understand this: Death is nothing but discarding old clothes and wearing new ones! That means, as a soul, we simply leave the old body and take on a new one. This was only told in the Bhagavad Gita.

**Shlok|| vasansi jirnani yatha vihaya
navani grihnati naro 'parani
tatha sharirani vihaya jirnanya
nyani sanyati navani dehi (B.G. 2-22)**

Meaning:- Just as we leave torn, old clothes and wear new ones, we, the soul, leave our present body and take on a new one.

Whatever had to be done with this body has been accomplished. There is nothing more to be done with it. For doing what should be done next, a new body is required. Therefore, we leave the old body and take the new one. Patriji emphasized to know about this.

But what must be done here? We must accomplish what is meant to be achieved with this body. We must attain the wisdom we are meant to acquire. To do so, we must meditate as much as possible, read books whenever we have free time, and keep listening to messages like these. Fortunately, Patriji's teachings are widely available on YouTube and the PMC channel-we should listen to them. With this, we begin to know one by one. Then, where is the place for grief? Where is the room for sorrow?

Even when goddess Sita was separated from lord Ram, she did not grieve-she meditated and remained in a meditative state. She was a great enlightened being. That is why she knew, "Lord Ram will come and kill Ravana." It was Ravana who acted fool-

ishly-not only did he bring about his own destruction, but he also destroyed his entire descent.

What did Sage Vashishta say? He said, "A soul-realized person does not be joyful in wealth, power, and has no pride." Not only that, but he also said, "When a soul-realized person sees those who are obsessed with these things, he feels pity for them."

Why? Because an ignorant person believes these things are permanent. But he does not realize that, sooner or later, all of them will be lost. That is why a wise person feels pity for him, as Vashishta explained. That's why Sita Devi also felt pity for Ravana.

We are also the same! If anyone behaves improperly toward us, harms us, causes us loss or suffering, we should feel pity. Why? Because nature itself will punish them.

Let us know about an incident from Ramana Maharishi's life. One night, a thief entered his ashram, thinking, "Many devotees visit here, and they always offer something. Surely, Ramana Maharshi must have a lot of wealth."

Ramana Maharshi saw him but did not stop him. Instead, when the thief entered, he calmly said, "Oh dear! It looks like you have come to take something at midnight. Do one thing-I'll step outside so you can pack up whatever you need and leave freely." Why did he say this? Because he thought, "If I stay here, you might hesitate. If I step out, you can comfortably take what you want and go." Afterwards when Ramana Maharshi went out leaving the thief inside, the thief fell at Ramana Maharshi's feet.

Ramana didn't feel that his belongings were being stolen because he had risen to such a great state of realization. We, too, must grow to that level.

I observed Patriji, once, I went to the railway station to give him a send off. He was sitting, and I was standing. When he saw

beggars asking for alms, he showed no particular interest in them.

But what he used to say is, "They are only experiencing the results of their past actions now." means, If someone is begging, they are only facing the consequences of their own past deeds. The same applies if someone is disabled or blind-it is all a result of their past karma. So, why feel pity for them?

Keep this in mind-whether someone is blind, physically disabled, or facing any other hardship, we often feel sympathy for them. But why did they end up in such a condition? Isn't it because of nature's decision? And who is nature? Isn't it God, the Creator? Is He not compassionate and kind? Think about this once.

Why would the Creator impose such a severe punishment on that person? Was His decision wrong? Would He ever make a wrong decision? No-every decision He makes is correct. Why? Because that person, in their past life, committed wrongful actions out of ignorance. They caused suffering to many.

He caused harm to that animal, creature and fellow human being. But why did they act that way? Because they had no understanding of the pain they inflicted. So, to make them understand and experience that suffering, nature imposed that punishment. Once they undergo that pain, they will not repeat them. If they do not experience it, they will continue making the same mistakes. But if they experience that suffering, they will evolve and grow spiritually.

In this way, with each lifetime, a person gradually corrects their past mistakes through experience. One must know that this is the purpose of life-to gain experiences, learn from them, elevate the soul, and attain spiritual growth.

In that way, if each lifetime a person experiences a particular mistake, the soul progresses. Remember, the more mistakes you

give up, the more your soul—that is, you—evolve. That is why Patriji did not care much about such people.

That's when I understood—"Acts of charity are of no benefit." Later, I also realized, "Even virtuous deeds are also not necessary." One must perform liberation-oriented actions—soul-related actions—selfless soul services.

Even Sri Krishna

Shlok|| **yo na hrishyati na dveshti na shochati na kankshati
shubhashubha-parityagi bhaktiman yah sa me priyah**
(B.G. 12-17)

Meaning:- Whoever neither rejoices nor hates, neither grieves nor desires, and who has renounced both good and bad deeds (virtue and sin)—such a devotee is dear to me.

That is why Patriji said, "Not only sinful deeds, but even virtuous deeds must be overcomed. One must engage only in soul-related actions."

Only when we can live in this way do we become eligible to cross the Janaloka, reach the worlds above Janaloka, and ultimately become eligible to reach Satyaloka.

Therefore, we must bring each teaching into practice.

Therefore, by following Patriji and implementing it in our lives, we will surely attain the eligibility to enter Satyaloka.

THOSE WHO CROSS JANALOKA WILL RECEIVE THE BIRTH ACCORDING TO THEIR DESIRE

But if one understands the greatness of the highest worlds, they will strive to reach those worlds. So, let's understand the benefits of reaching the highest worlds beyond Janaloka, such as Mahaloka and Tapoloka.

Look, we always try to enroll our children in good schools, preferably in corporate schools if possible. We don't prefer ordinary schools because, in ordinary schools, there will be children of daily wage laborers and rickshaw pullers. If we enroll our child in such a school, what happens? They will naturally associate with such students. How many years they study there, they will form friendships with them only.

After some time he will become like them only. But, if we enroll them in a reputed convent or corporate school, they will be surrounded and study with children of high-ranking officials like collectors, IAS and IPS officers, ministers, doctors, and other professionals. In such schools, they will develop associations and become friends with students from influential families.

Their conversations will always be at a higher level. After completing their studies, they will discuss whether to go to America, Australia, or Britain or to join a prestigious institute here only. Through the parents of their friends, they gain exposure to these possibilities. Since their friends come from elite backgrounds, they discuss significant matters, shaping their perspectives and ambitions.

Moreover, friendships formed in childhood often last a lifetime.

The friendship will remain like that only. Growing up in such an environment, these children naturally progress to higher levels in society. Their social circle consists of influential individuals, making it easier for them to achieve great positions. Since their friends also occupy high positions, they can accomplish tasks effortlessly. That is why every parent prioritizes enrolling their children in such prestigious schools.

What happens if you enroll your children in ordinary schools where children of rickshaw pullers, daily wage labourers study? Their parents often come home drunk, engage in fights, argue, and use foul language. These children witness such things daily and absorb them. When they come to school, their conversations revolve around, "Yesterday, my father came home drunk and hit my mother. My mother couldn't bear my father's beatings and left us." These are the kinds of stories they share. They are exposed only to such realities and nothing beyond that. Eventually, they grow up the same way. If their father drinks alcohol, they will start drinking too. If their father smokes, they will start smoking. They pick up the same habits as their parents.

That is why no one prefers to send their children to low-tier schools. Instead, they strive to enroll them in high-level schools, knowing that such an environment will shape their future positively. No matter how difficult it is or how much it costs, parents try to provide the best education possible.

Similarly, if you reach the lower worlds after death-such as Bhuvarloka-you will encounter souls who arrived there before you. These are individuals who committed crimes, made mistakes, engaged in sinful acts, and inflicted harm on others. You will form

associations with them. Now, what do you think they will talk about? What knowledge will they share? "I killed someone. I slaughtered and ate a goat or a chicken. I got into fights." What more can they share? How can they teach something they themselves do not know?

But, those who cross Janaloka and reach the highest worlds, such as Mahaloka, will find themselves in the company of souls like Mahatma Gandhi and Mother Teresa. Think about it-what happens if you associate with a drunkard? What if you befriend a gambler or a murderer? Now, imagine the impact of being in the company of someone like Mahatma Gandhi. How inspiring would their words be? How profound and meaningful would their messages be? Even today, we listen to and cherish the teachings of such people. Now, try to envision how it would be to be in association with such great people.

Similarly, if you reach Tapoloka, you will be surrounded by saints-those who have dedicated their lives to intense meditation. These are sages, great rishis, and spiritual seekers who have acquired immense wisdom through rigorous tapas. Their association is purely wisdom-driven and not in any other way.

He will know there. "With a little more effort, I can attain the ultimate goal of reaching Satyaloka. I can achieve even greater spiritual heights." This deepens their understanding of soul-knowledge, enhances their spiritual practices, and helps them unlock and utilize their inner divine powers effectively.

Therefore, when one is in the company of such great people, their awareness of the soul's journey expands. Their purpose becomes clear.

When they take birth again, all the wisdom they acquired in Tapoloka continues to flow from their soul. This inner guidance

shapes their choices, leading them to engage in spiritual practices and deeds.

Look, if you have come to the soul-knowledge Training Centre in Bhimavaram, isn't it because of an inner calling? Otherwise, why would you come? People like you naturally engage more in activities related to soul-knowledge and wisdom. Their goal is to intensely strive to reach Satyaloka. That's why, if one can cross Janaloka and attain the highest worlds, they are truly fortunate. Everyone should strive to attain those worlds.

Moreover, those who are in the lower worlds beneath Janaloka will receive their next birth according to their karma, not based on their desires. If they have accumulated a lot of sins, they will have to choose from them only and gain such experiences. But how can they get a luxurious life? That is impossible, right?

But, yogis who have reached the highest worlds above Janaloka have an opportunity to choose a birth of their choice. Because of their meditation practice they will clear all their karma. Therefore, they get a birth as per their desire. They decide about "What further experiences do I need? What more do I need to achieve?" and select their family and choose their next lifetime accordingly.

This very concept is mentioned in the Bhagavad Gita. Lord Sri Krishna explained what happens when a yogi who meditates dies.

**Shlok|| prapya punya-kritam lokan ushitva shashvatih samah
shuchinam shrimatam gehe yoga-bhrashto 'bhijayate
(B.G. 6-41)**

Meaning:- Seeker who falls short of yogic practice, meaning, one who leaves the body before completing their yogic practice-after death, spends several years among the virtuous souls in

the higher worlds.

Later, they are born into the household of pure and wealthy families.

**Shlok|| atha va yoginam eva kule bhavati dhimatam
etad dhi durlabhataram loke janma yad idrisham**

(B.G. 6-42)

Meaning:- He is born into the descent of a wise person or a yogi. Lord Sri Krishna has stated that such a birth is extremely rare and precious.

Actually, why should one learn all this? Because the more one understands, the stronger their determination becomes, and they will put more effort.

That is why Patriji said, "Die before death." This means one must understand what happens after death while they are alive. Only then there will be a realization of what to do when they are alive. Many great yogis and spiritual masters, who have attained extraordinary inner powers, have explained what happens after death.

By understanding this, one engages in intense meditation and will be qualified to the highest worlds. Those who fail to do so will have to take many more lifetimes.

Therefore, one should not stop by reaching the Janaloka but strive to cross it. For that, it is not enough to stop in the Sattvic state; one must reach pure sattvic and supremely pure sattvic states. This is not that easy.

One must engage in intense meditation like Mummidivaram Balayogi, Ramana Maharshi, Swami Vivekananda and Veerabrahmendra Swami. One must follow strict food discipline and acquire wisdom then only anyone can achieve it.

BENEFITS OF UNDERSTANDING

LIFE AFTER DEATH

Similarly, highly enlightened yogi Kabir said, "**I find joy in attaining the death that the world fears!**"

Gurunanak also said, "**We must all strive for the yoga that surpasses life and death.**"

In the Gospel of Saint Paul which is in the Bible, it is stated, "**I die daily.**"

Dadu Mahatma said, "**Learn to die before death.**"

He also said, "**Learn to live like a dead body with a life in it! Only then you will have the vision of the Lord.**"

Not only that, he also said, "**Learn to die before death! There is no use in dying like everyone else.**"

He said, Do not die like everyone else; learn to die before death and then die.

To understand what the above great people have said, one must know what happens after death.

Because if we can understand what happens after death, we can gain many benefits. More importantly, certain fears that are there will disappear. Moreover, we will avoid actions that we should not do and prioritize the deeds that benefit the soul, most importantly, we will acquire the necessary wisdom.

Most importantly, we will no longer fear death. Not only that, but we will develop the understanding that "I am not the body; I am the soul." This understanding does not come when we are alive-no matter how much it is explained, it is difficult to grasp. But it becomes crystal clear after death.

Because the physical body remains on the bed, while the soul, which has left the body, floats in the air above. From that position, he looks down and sees his own body lying below. He will be amazed—"What is this? I am here, and I am there also! Then who is that?"—such a doubt arises.

At first, he will be confused, but soon understands. For the first time he realises, "The one floating in the air is me but the body lying below is not me." He clearly understands through experience, "Oh! All this time, I believed 'I am this body,' but now I see that I am not the body." In this way, after death, it becomes clear to everyone that "I am not the body."

Not only that, he roams here and there. He approaches his wife and family members and tries to talk to them, "Why are you crying? Don't cry! I am right here." But no matter how much he speaks, no one listens. He becomes frustrated and wonders, "Why can't they hear me? I haven't died! I am still here." Yet, they ignore him completely. The reason? They cannot see him, nor they can hear his voice. So, they think, "He died" and continue mourning.

But he then realizes that he still exists—he has not died, meaning, "There is no death for me."

Like that, those who understand what happens after death while they are alive will clearly realize even before dying that "I am not this body; I do not die." Because only the body dies—but not him.

Therefore, if anyone can understand what happens after death, the most important realization they get is, "I do not die." That is why, it becomes clear to them that "neither diseases like Covid nor anyone else can do anything to me."

Most people in the world are fearful of everything. To overcome this fear, one must "die before death." Moreover, there are

several benefits of this. The way they live and act changes drastically because, until now, they have been doing everything with the belief that "I am the body." But once they realize "I am not the body; I am the soul," they will give less importance to the body and more to the soul. They reduce body related activities and focus on soul related activities and perform soul related services. Like this, all their deeds change.

Even though we repeatedly say, "You are not the body, you are the soul," they do not understand it when alive, but they will understand it fully after death.

Additionally, their responsibilities also change. Notice this-if we tell someone to "meditate and read spiritual books," their immediate response is, "Where do I have the time? I have so many responsibilities!"

If it is a man, he will say, "I have so many responsibilities! I need to earn money and take care of my family. Where do I have time? I leave for work early and return late at night. When will I do all this?"

If it is a woman, she will say, "I have to take care of the household, do all the chores, look after the children. Isn't this my responsibility? Where do I have time for anything else?"

Thus, everyone considers these as their "responsibilities" and continues to focus on them. But these responsibilities exist only when one believes 'I am the body.' However, when they are aware that "I am not the body, I am the soul," their responsibilities will completely change. For them, meaning, the responsibility of the soul is to do what benefits the soul and what is necessary for the soul-acquiring wisdom. Therefore, they start engaging in spiritual practices like meditation, reading Patriji's books and other wisdom oriented books, and listening to messages that impart wis-

dom about the soul.

All of this is because 'they are souls', and as a soul, one needs wisdom. That wisdom is what comes after death and what truly benefits them. Previously, a man's responsibility was earning money, and a woman's responsibility was managing the household. But once they realize "I am the soul," they understand that acquiring wisdom is only their responsibility. That is why we mentioned that responsibilities change.

Similarly, priorities will also change. Before, they used to prioritize activities related to the body. But now, they give importance only to the activities related to the soul. Take my example-I used to compulsorily attend weddings. I also used to attend various small functions like birthday celebrations, maturity ceremonies, and many other events. But now, I have completely stopped attending them. The reason? They are a waste of time. Instead, I think:

"Why not use that time to give a class on soul-knowledge somewhere? That way, my wisdom will improve. Why not stay home and read books? That will enhance my wisdom. Instead of wasting four or five hours at an unnecessary gathering, why not sit at home and meditate for two hours?"

Therefore, one who has realized "I am the soul" does not give importance to bodily engagements but prioritizes soul-related activities. Meaning, if there is a three-day meditation program happening, they will set aside weddings or other functions and definitely attend the Bhimavaram three-day class.

Because coming to Bhimavaram means giving importance to the soul, whereas attending other events means giving importance to the body. Those who have "died before death" undergo a complete transformation in the kind of services they engage in.

Therefore, they no longer prioritize services that benefit the body but instead focus on services that benefit the soul.

Likewise, they dedicate their time, money, and speech for the sake of the soul. That is why elders say, "One must understand what happens after death before actually dying."

The same thing happened in my life. I realized that "I am not the body; I am the soul." Before meeting Patriji, I was running a rice mill business which I closed after meeting him. I also closed down the free homeopathy hospital I was running. Similarly, my wife used to run a training center where she provided free training to 200-300 women daily, employing two or three teachers and paid their salaries herself. She taught various skills to help women become self-reliant. However, she has now stopped all of that because those were body-related services that only benefited the physical body.

Now, she prioritizes services related to the soul. She attends meditation classes and teaches in various places. Previously, she used to read all kinds of books; now, she reads only spiritual books. Earlier, she listened to different speeches; now, she listens only to Patriji's wisdom-filled messages. In this way, her activities and priorities have completely changed.

Similarly, if you also have an understanding that "I am the soul," your priorities will also change. If your priorities have not changed yet, it means you are still identifying yourself with the body. Now, even in our PSSM society there are many people who are striving for the body.

Many who are practicing meditation think, "As long as it helps me cure my illnesses, that's enough!"

But those who have entered the path of wisdom remain in the awareness of "I am the soul" and understand everything. There-

fore, their way of thinking also changes. The thoughts they used to have before were of one kind, but now their thoughts will be completely different. If observed carefully, they are entirely opposite.

Moreover, those who have "died before dying" no longer focus on bodily relationships and relatives but instead give importance to spiritual companions. They constantly think about "How can I expand my wisdom? What are my works actually? What should I be doing?" In this way, they reduce their focus on body-related activities and increase their focus on soul-related activities.

Not only that, by understanding what happens after death, one also realizes what should not be done and what must be done. I, too, have learned many things through Patriji. Earlier, I used to engage in body-related activities, but now I am dedicating myself entirely to soul-related works.

Also, they will understand many more. They realize that "Nor any living being or a human being should ever be harmed." When one thinks, 'I am the body', they see everything as separate: Chickens are different, goats are different. This leads them to commit sins like killing and eating animals. But once they understand "I am the soul," they also realize "These animals are also souls!" Therefore, they do not harm animals, kill them, or eat meat. They also understand that, "Garlic should not be eaten, one should not attend non-vegetarian feasts and functions, one should not engage in useless conversations, one should not interfere in others' affairs and one should practice as much silence as possible. In this way, their entire life transforms.

But when one believes "I am the body," they commit many mistakes and sins-insulting others, criticizing, blaming, humiliating, and feeling jealous.

But, once they realize "I am the soul" and understand that "I am everything, and everything is me," then whom will they blame? Whom will they insult? Whom will they deceive or harm? It is all just you, right? They will not do anything and completely transform. Therefore, by doing what should be done only good happens-no loss, and the entire future will change.

No matter how you are now, your future will take a very favorable turn. When that time comes, you will notice changes within yourself that will surprise you. You will wonder, "How has my life changed so much?"

Not only that, understanding "Die before death" concept has another great benefit-it prevents the wastage of not just hundreds but even thousands of years. Meaning, it reduces the number of lifetimes. Because look, people who live their entire lives with the feeling, "I am the body" spend their whole life as if they are body. They do nothing for the soul, nothing for its benefit, do not do even a little for it and neglect it completely. Those who neglect the soul in this way are called "soul murderers."

Look, naturally if a person destroys their own body, it is called suicide-jumping into fire, falling under a train, or hanging oneself.

But if someone else destroys a body, it is called murder.

But if someone lives their entire life without caring for their soul, they are considered a "soul murderer."

Actually, Why did the one who is a soul come to earth? What must he do? Means, for soul benefit-to perform deeds that benefit the soul. But the entire lifetime is spent without doing anything for the soul, did not benefit the soul and did everything only for the body, such individuals are called "soul murderers."

Isn't that entire lifetime wasted? If someone lives multiple

lifetimes like that, aren't all those lifetimes wasted too? One must understand that after one life ends, another birth doesn't come so easily as some may assume. It can take thousands of years or even longer to be reborn. Naturally, In most cases, the gap between two births is very long but in rare cases, the gap between is short.

Because there are very few women on Earth with the eligibility to give birth to a soul with the required qualifications. But there are countless souls waiting for rebirth in the higher worlds. That's why people have to understand that birth is not as easy as they think.

Patriji once said, "I was Ananda, a disciple of Buddha, 2500 years ago. In another birth, I was Benjamin Franklin in America. In another, I was in Odisha, and in yet another, I was Hazrat Inayat Khan in Hyderabad. Now, I am born as Patriji."

Then I asked Patriji, "Sir, you were Ananda 2500 years ago, right? Why did it take so long to be reborn?" He replied, "You think it took a long time. If you go to the higher worlds and see, this entire period is like a drop in the ocean."

"It means, it may seem like thousands of years on earth, but it feels just like a few days. It's not a big deal."

Then I understood that "Getting lifetimes is not that easy." if we waste the precious life we have received, just think-how much of our life is wasted?

Not only that, we have also learned that after death, helpers from the higher worlds come to take them. But if they are too attached to worldly things, they will refuse to leave with the helpers who came to take them, they will remain there only-becoming a wandering soul.

Not only that, but once the helpers from the higher worlds leave, the soul doorways that were opened for the soul to go to

the higher worlds will be closed. They, unable to go up, remain here on Earth not knowing what to do for hundreds or even thousands of years. Why? Because their family members do not care about them. Unable to do anything on earth they will sit on trees, walls, and bridges, simply staring in all the directions. They don't know how to reach the higher worlds. Like that, they remain like a wandering soul meaning, like a ghost.

But some day, when a strong desire arises within—"I can no longer stay here! I must move on to the higher worlds!" someone from the higher worlds come to show them the way and take them. They have no other opportunity.

They may feel fine in the beginning-watching their family, their house, and their belongings. But how long will he be like that? How long will he be watching? His loved ones will be busy with their lives. Over time, they forget about him and even if they do remember, what can he do? Other than wasting time.

But if one "dies before dying"-meaning, if they realize what happens after death while they are alive-meaning, if they will know that they will have to go to the higher worlds and if they will go with the helpers who have come to take them they will avoid wasting hundred, thousand years.

But by understanding what happens after death, attachment to family-wife, children, relatives, and even wealth and possessions-disappears. After death, he will leave with the helpers who came from the higher worlds.

Without awareness of what happens after death, those who are alive grieve for the departed not doing their works, not doing anything for the soul that they are, not practicing the practices that benefit the soul and keep mourning. Through out their life they sit in sorrow, questioning, "Why did this happen to me? Why did God

do this to me? I have done so many prayers, yet He has done injustice to me."

Not only that, they worry thinking, "I have never done any wrong to anyone, I have committed no sins. Why did this happen to me?" If a young person dies, they say, "He left too soon," and cry endlessly but nothing else. There is only sorrow in their entire life. They will have wealth, comforts, everything will be there-but no matter how much there is, there will still be sorrow! Some even think, "It is better to die than to live in such a suffering."

But if one realizes "I am the soul," and understands "I do not die," then attachment to family, wealth, and worldly affairs fade away. They no longer commit mistakes or sins for the sake of their family. They do not ruin their future.

But understanding "I am the soul" also brings another realization: Those whom one considers "mine, my people" are not theirs. In reality, there is no relation between them.

Arjuna understood this, didn't he? He realized that Abhimanyu was not related to him. When Lord Krishna sent Arjuna to the worlds where Abhimanyu is there and greeted him, Abhimanyu asked him, "Who are you?" Then Arjuna understood that for the dead, there will not be any relation with the ones who are alive.

Like this, many people believe, that "these are my people." But after death, they realize, "They are not mine." That is why Adi Shankaracharya clearly said:

Who is your wife? Who is your son? This world is strange. Who do you belong to? Where have you come from? Oh brother, whenever you can, introspect into this truth."

He explained that actually, you have no relation with anyone. If you deeply think about this, you will understand it.

You are making mistakes for the sake of those who are

not related to you. You do not know who you really are, nor you are understanding what you should be doing. Therefore, he advised, "Engage in introspection and understand the nature of the soul."

He also said, "Who am I? Where have I come from? Who is my mother? Who is my father? One must renounce (leave) this insubstantial (unreal), dream-like world through such introspection."

Moreover, see how many more things we can understand if we "die before death" That is, if we learn about what happens after death, we realize that everything that happens is just like a movie, just like a dream. Then we understand, "Until now, I thought everything that happened was real, but now I see that it was all just like a dream!"

Because after death, one leaves the body-along with everything else-and departs. That means nothing remains, and no one remains. Yet, while living, they believe, "All of this is real." But after death, they realize, "Nothing is real." Therefore, they come to understand that all the wealth they earned with great effort, all that they have accumulated, and everything they claimed as "mine"-none of it actually belongs to them, and none of it will go with them. Along with wealth, positions, status, high-ranking jobs, titles, and awards-no matter how prestigious-none of them will come after death or are useful to the soul that they are.

Therefore, everyone should understand that the things for which time that they are spending their entire lives pursuing will not go with them, nor will they be of any use to them. So why chase after them? Why strive for them? Don't commit sins for them.

A film star like Chiranjeevi may act in 100 movies and think, "I have achieved greatness." But even if he acts in 500 movies, it is

of no use. Someone else may enter the Guinness Book of World Records and believe, "No one is greater than me." But whether they enter the Guinness Book or any other book, what is the use? That body will no longer exist, that name will no longer exist, and finally, even they will not exist. They will again come with another body and another name.

Therefore, those who understand this-why would they waste an entire lifetime chasing after such things? Therefore, what is the value of positions, status, or any high-ranking title? Think about it. One may say, "I am the Chief Minister," but is any of the so-called 'Chief Ministers' alive now? One may say, "I am the Prime Minister," but is any of the so-called 'Prime Ministers' alive? Will anyone take their position with them after death? Similarly, one says, "I am the Collector(IAS)," or "I am the Superintendent of Police (SP)." But what will remain? Nothing.

In the end, after death, all of this disappears like a dream-nothing remains. This means, we can understand that life is nothing more than a waking dream. All attachments, desires, and illusions vanish.

Not only that, those who die before death understand that "this life is just a dream." Think about it-while dreaming, everything feels real. The events, struggles, and sorrows in a dream seem to be actually happening but once the dream is over, nothing remains-they all fade away.

Consider this: In a dream, one may be a king, but once the dream ends, the king is gone, and so is his kingdom. Likewise, in a dream, one may be a Chief Minister. Till the dream lasts, all the power of the state belongs to him, officials bow before him, he displays great authority-but once the dream ends, none of it remains. It was all temporary. Similarly, everything in this life is also

like a dream.

That is a night dream, this is a waking dream. A night dream lasts only for a night, while a waking dream lasts for an entire lifetime. Ultimately, this is also a dream. When we wake up, the night dream disappears. When we die, everything from this life disappears. Therefore, learn to live by keeping all these in mind, you will greatly benefit.

None of these are useful to the soul that you are. In the end, he will understand that only the results of one's karma remain. He knows, "If I commit sin, I will face its consequences. If I perform good deeds, I will receive their rewards. If I gain wisdom, only that wisdom will remain with me."

Therefore, one must focus on what is beneficial and strive for it. Since the most valuable gain is wisdom, one should strive to acquire it. That means following the teachings of Patriji. There is nothing more than that.

Not only that, but when one "dies before death," another realization comes into awareness: "This life, which lasts only for a short while, is just a play." Everyone is here only for a short period. Think about it-how many people we knew passed away during the COVID pandemic? They were here for some time and finally departed.

Look, in a play, an actor comes onto the stage, makes a hustle for a while, and then disappears. Similarly, in life, no matter how much hustle one makes or how many high positions one attains, in the end, they disappear. After death, it becomes clear that "This life also is just a play."

This is exactly what Shakespeare conveyed: "All the world is a stage, you are all mere actors, destruct and fume, do your part and then depart." This is what Patriji has always emphasized. He

said numerous times, "My dear! You are just an actor in this grand play. This whole world is a stage, and all of us are merely playing our roles for a while before exiting."

In movies, actors play the roles of husband and wife. But once the movie is over, they go their separate ways. Look, if a hero of the movie kisses the heroine in a movie, she doesn't say anything. But, outside if he says, "I will kiss you" will she stay silent? No!

It's the same here! The husband is just playing the role of a husband, and the wife is playing the role of a wife. Once the play is over-meaning once the life ends-each one departs on their own path. Likewise, some actors in a play are guest artists; they leave early. Similarly, some people leave their physical bodies sooner. How can anyone stay in a life like a play? Therefore, they will understand that "Life is a play."Therefore, through an understanding of life after death, one can gain immense benefits.

To watch Tatavarthy's zoom sessions:

a) Silence meditation from **4 a.m.** to **6.30 a.m.**, followed by messages related to soul-knowledge from **6.30am to 7.30am**.

Zoom ID: **2413823868** Password: **RAO**

b) The above-mentioned Zoom session will also be livestreamed on **YouTube** from **6.30am to 7.30am**.

c) Those who are in the TVR & TRL WhatsApp group will receive Zoom and YouTube links, along with details about the Tatavarthy's classes. They must save Sindhura's phone number: **8555995217**

d) Those who wish to join the Tatavarthy's WhatsApp group can contact Sindhura: 8555995217, Madhu: 7893917364 or visit www.tst.org.in and click on the "Join WhatsApp Group" link.

MORE BENEFITS OF UNDERSTANDING

LIFE AFTER DEATH

If there is an understanding of life after death, many more benefits can be gained in life. Most importantly, just as birth is seen as a celebration, death can also be seen as a celebration.

Not only that, but in *Yoga Vasishtam*, Sage Vasishta said that a soul-realized person—one who has attained soul-knowledge—considers "Letting go of the old body and taking a new body as a grand celebration."

It is said that a soul-realized person does not grieve death; instead, they rejoice in it.

On this note, Patriji once shared an incident that happened in Tirupati. He attended a birthday celebration carrying chocolates. He distributed half of them but kept the other half. When asked why he kept the remaining chocolates, Patriji replied, "I gave half for the birthday celebration now. I'll give the other half when the person dies, they may die in a while." Then they were shocked.

Then he explained that both birth and death are festivals! That is an occasion of joy, and this is also an occasion of joy. He said understanding and accepting this only is wisdom.

That is why Sage Vasishta said, "Letting go of the old body and taking on a new one should be seen as a great celebration." Because if not a festival, what is it when we remove old, worn-out clothes and wear fresh, new ones? How happy he feels when he wears new clothes?

During festivals, everyone wears new outfits, enjoys themselves, and proudly shows off their attire, asking others, "How do I look? How are my clothes?" They eagerly go to movies, attend small gatherings, and try to be among people just to show their

festive attire.

That means people consider wearing new clothes as a joy. Similarly, "Taking on a new body should also be considered a grand celebration," is the message of Sage Vashishta. Look, no one feels sad about leaving old clothes. Likewise, a soul-realized person does not grieve when leaving the old body.

That is why Sadananda Yogi, three days before his death, called Patriji and said, "Dear Subhash! I will be leaving my body in three days. Find a place for my body to be buried." Upon hearing this, Patriji selected a location in Nandavaram.

As he had said, Sadananda Yogi left his body exactly on time, joyfully. That is why it is often said, "Yogis leave their bodies after announcing while materialists die when told."

Why is that? Because materialists are people who have earned wealth and riches, and they have attachment to all of it. When they fall ill, the doctor examines them and says to everyone, 'It's serious; he's going to pass away,' and this news reaches the person too. The moment he hears this, fear grips him. He starts recalling everything he has-'Oh no! I have earned so much. What will happen to all of it? I haven't made any arrangements for my family yet. What is my situation now?' As soon as these thoughts arise, fear takes over, and a heart that should stop in a week stops right then. That's why they say, 'A materialist dies when told.'

Not only that, what did Vashishta say? He said, "Consider taking a new body as a grand celebration." Look, when the body becomes old and weak, one can no longer take care of themselves. They have to depend on someone for everything. Not only that, all sorts of diseases attack in that condition; they lose the ability to earn, and for anything they need, they have to depend on their children. The children take good care of them for a while, but later they start neglecting them. If he asks for something, they get irri-

tated. Some people can't even bear that much and put them in old-age homes. We are observing that even those with a lot of money are sending their parents to old-age homes.

People who have lived a prosperous life find it unbearable when they reach such a helpless state. They begin to wait for death, thinking, "When will I die?" and even pray to God, "Please take me away." Look, for people in such a condition, isn't death actually a celebration?

But a soul-realized person knows everything. He knows what happens after death, 'I am the soul, and there is no death for me,' and 'death is only a change of body and place.'

Not only that, he also knows that "Because of his meditation practice and the wisdom he has gained, he will attain a higher world." He is aware that "he will reach an even greater state." That's why a wise person is the one who does not fear death, he knows that death is actually beneficial for him.

That's why a soul-realized person does not care about death and considers leaving the body as a grand new celebration. This is exactly what Vashishta said.

When the soul leaves the body, it takes on a new body. Look, leaving an old body that can no longer function and taking on a new body-what is it if not a celebration?

That's why Patriji said, "Where is death for you? If you leave this body, you will get another new body-why would you feel sad about that?"

With a new body, one might be born into the same family or into a different family. After entering a new body and completing nine months, suppose he takes birth-then see how grand his life becomes! From the moment he is born, they feed him milk without him even asking for it. When he was in the old body, even if he

asked, people would get irritated. Not only that, as he grows little by little, they give him milk, biscuits, or anything else without him even having to ask."

In the past, when he couldn't sleep in old age, suffering from some minor illness and coughing, people would scold him. If it was a small house, others couldn't sleep either. They get irritated and say, "You don't sleep and you don't let us sleep either." But when he takes a new body and cries, they put him in a cradle and rock him, or they stay awake, holding him in their lap to calm him down, putting in all sorts of efforts to help him sleep.

Now think about it-how grand it is for those who take a new body! This is something a soul-realized person knows, and that's why they don't feel sorrow about leaving an old body; for them, it is a celebration! The reason is that a new body comes, and what follows is a magnificent life.

Those who meditate and acquire wisdom have no reason to feel sad at all. Why? Because they can attain an even greater birth. That's why they consider it a grand celebration. This is exactly why Vashishta said like that. Therefore, when such a beneficial death occurs, a soul-realized person rejoices in bringing such a new body. He thinks, 'Birth and death both are equally a matter of joy.'

Likewise, Vashishta further said, 'Why do you think, "I will die, I will die, I will die"? Why don't you think, "Even after death, I will exist, I will exist, I will exist"?' So, if you say 'I will die,' it's nothing but ignorance. The one who realizes the truth that 'Even after death, I will exist, I will exist, I will exist' is considered a soul-realized person.

Remember this: Vashishta also said something else-'A soul-realized person sees death, life, and birth as mere worthless straw, meaning, like "things of no importance."

He does not regard death as something of great importance. Similarly, he views birth and life as things of no significance. Such a soul-realized person becomes 'desireless,' meaning free from desires, and 'impressionless,' meaning free from past habits or traits. He is 'soul-realized,' meaning he lives in the soul state, yet outwardly appears as if he knows nothing. He remains still like a mountain, giving no importance to whatever happens-whether it's birth, life, or death. The reason is that he has realized, 'All these happen naturally.'

The wise person also knows that 'One who is born will not escape death, and one who dies will not escape rebirth.' So, why to think much about these? Therefore, Vashishta explained all these aspects about death.

Therefore, after death, those in ignorance remain on earth, becoming wandering souls, wasting hundreds of years. But those with wisdom reach the higher worlds and gain much wisdom. Most importantly, they develop some understanding about the worlds beyond Earth (Bhuloka) in this creation. There, they realize, 'We must reach the great worlds beyond Janaloka, such as Mahaloka, Tapaloka, and Satyaloka.'

Those who have this understanding, when they return to earth, strive to attain such worlds. We are all among those who are making such efforts!

Let us understand one more thing here. We have said that after death, 'Ancestral beings' come to take those who have committed sins.' Similarly, we have mentioned, 'Yogis come to take those who have practiced meditation and acquired wisdom after death.'

It means 'Ancestral beings' come to take those in the worlds below Janaloka, while yogis come to take those who have crossed Janaloka.' This was told to us by Patriji. Here, 'Ancestral beings'

refers to those who are dead before us and live in those worlds-they are called 'Ancestral beings.'

Our grandfathers, great-grandfathers, and even those of earlier generations wait there for their next birth. They are assigned such tasks-it's an arrangement within creation. Similarly, those who practice meditation, reach a higher state, and reside in the higher worlds are called 'yogis.'

Once, I asked Patriji, 'Sir! In movies, they show "Yama's soldiers" coming after a death, but we say they are helpers. Who are these helpers?' Then Patriji explained that these helpers are none other than 'Ancestral beings.'

Therefore, the 'Ancestral beings' come only to take those who have committed sins and virtues; they are the ones who take people to the worlds below Janaloka. But for those who have earned the eligibility to go to the great worlds beyond Janaloka, ancestral beings don't come-only yogis come! Why? Because to take someone to the highest worlds, only those who have come from those worlds can take.

Also, if we can reach those highest worlds, we can gain the company of great beings there. Not only do we get the company of great beings, but we also get another choice: We can choose the kind of birth we want. By taking such a birth, we can shape our future even better.

Why? Because by associating with such beings, we can acquire immense wisdom there and have the opportunity to grow spiritually and evolve as a soul.

Patriji said, 'Even on earth, we should seek the company of the wise.' The reason is that by associating with great people, all these things become clear to us.

That's why Shankaracharya said, 'Trijagati sajjana sangati reka, bhavati bhavarnava taranenouka,' which means, 'In all three

worlds, there is nothing better than the company of the wise to escape from these kind of sorrows.'

We should seek such company on earth, and even when we go to the higher worlds, we should do the same there. Why? Because everyone needs to earn the eligibility to reach those highest worlds. For that, we need to put in intense effort. This means, practicing intense meditation, reading wisdom-oriented books, associating with the wise, and performing soul services. By doing so, we will surely earn the eligibility to reach the highest worlds.

Therefore, keep this in mind: Right now, all of us are doing that only. Everyday we participate in a zoom session for two and half hours, doing silence meditation of 'observation of breath'. It has become a way for us to pass the time without any disturbance. Isn't that truly a matter of great fortune? Therefore, let us improve our wisdom, reach those great worlds, and attain that level in this very lifetime. If we cross Janaloka, if we go beyond the sattvic state, we will surely reach the highest worlds.

Therefore, let us practice intense meditation and strictly follow food discipline.

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MESSAGES OF YOGIS

**"Letting go of the old body and taking on a new one
should be seen as a great celebration."**

- Vasishta Maharshi

**Soul-realized person "dies before death."
For a soul-realized person, "Birth is a celebration!
Death is also a celebration!" - Brahmarshi Patriji**

"I find joy in attaining the death that the world fears!"

- Kabir

**"Learn to live like a dead body with a life in it! Only then
you will attain the Lord's vision meaning, you will attain
Soul-knowledge" - Dadu Mahatma**

"I die daily." - Gospels of Saint Paul

**Practice meditation, read wisdom oriented books,
be in association with the wise and engage in services
in the path of meditation, gain wisdom then you,
the soul will attain the greater world.**

- Tatavarthy Veera Raghava Rao

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