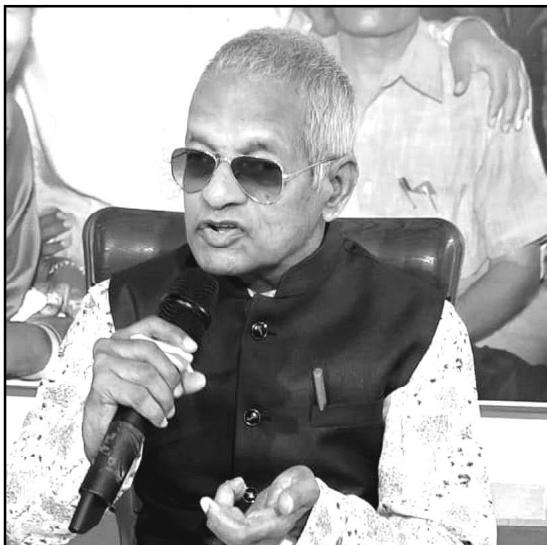


Learnings through the male and female births

Brahmarshi Tatavarthy Veera Raghava Rao



LEARNINGS THROUGH THE MALE AND FEMALE BIRTHS



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Learnings through the male and female births?

Naturally, people think, “I am a woman” or “I am a man,” but these are just births we have taken. If one is born as a woman, it is a female birth; if one is born as a man, it is a male birth. That means we are neither a woman nor a man, we are all souls. As souls, we are fragments (amshatmas) separated from the enlightened soul (purnatma) or the source soul (mulatma). This fragmented soul enters a human body and is called a ‘living being’ (jivatma).

The enlightened soul assigns a goal to this living being, saying: “You must learn many lessons, and gain wisdom on earth so that you may rise to our level, it means become an enlightened soul. Until then, you will continue to take a birth again and again.” Like that, each and everyone enters the human birth and from then onwards, the cycle of karma begins.

As Patriji said, "it takes around 400 to 500 lifetimes for a fragmented soul which has entered the cycle of birth and death to become an enlightened soul."

Like that after entering the birth and death cycle, they must learn countless things because they must also become an enlightened soul. An enlightened soul is one to whom nothing is unknown. The enlightened soul is called a “Co-Creator.”

Just like the Creator manifests various worlds and countless forms of life in this vast creation, in the same way, when we the fragmented souls, rise to the level of an enlightened soul,

we also gain the ability to do such works. So, to do such works, we must learn many things. That is why it takes many lifetimes.

Therefore, this fragmented soul must learn all kinds of lessons. For that reason, it takes half of its births as male and half as female. Moreover, it takes birth in various religions, regions, castes, and families learning different lessons through each one of them. Why? Because all kinds of lessons cannot be learned through a single type of birth, it's impossible! It may take many lifetimes even to learn one trait. Like that, the soul keeps learning through numerous births and finally attains the state of an enlightened soul. The soul doesn't have satisfaction until it achieves this goal.

Look, for suppose you leave your home and travel to other states or countries. No matter how much you enjoy, you never think of staying there permanently; you always keep thinking, "When to go back home?" Similarly, we, the fragmented souls, separated from the enlightened soul, will not have the satisfaction until we return to our own world, the Satyaloka, where the enlightened soul resides.

See, whoever goes anywhere must ultimately return home. Our own home is Satyaloka! Until we reach there, this journey of life does not end and to reach there, we must learn countless lessons, undergo many experiences and gain immense wisdom.

Therefore, let us now know about what lessons do we learn through female births, and what do we learn through male births?

The main learnings through female births: 1. Love, 2. Patience, 3. Tolerance, 4. Sacrifice, 5. Sanctity

The main learnings through male births: 1. Courage, 2. Bravery, 3. Fearlessness, 4. Adventurousness, 5. Initiative. These are some of the key traits. There are many more that we learn.

Like that, through each birth, certain traits are learned in male births and few in female births. In this sequence of births, the souls in their early stages, that is, within the first 100 to 150 births are in one kind of state; those in the middle stage, that is between 150 and 300 births are in another state; and in the final births that is between 300 and 400 births the state changes further. Finally, in the last stages, that is after crossing 400 births, their condition is completely different.

Now, suppose someone has completed a few female births and then taken a male birth, the traits they learned as a woman are visible in them. For example, if in their female births they had learned the quality of love, then even as a man, they continue to express that love.

Similarly, if one learned courage during male births and then took birth as a woman, she will naturally express that courage. When you observe such couples, you may find that the woman is far more courageous than the man. She might even say, “Are you really a man?” because the man has not yet learned the lesson of courage.

Like that, even when one moves from female births to male births, they will express the traits previously learned. Likewise,

the traits learned in male births are also expressed even when they take female births.

Naturally, one may wonder, “Why so many births? Can’t everything be achieved in a single birth?” But for anyone to change even one quality or trait, it takes several lifetimes. That’s why, in the world, it is said, “The nature of a person, acquired from birth cannot be removed even by a funeral pyre.”

For those who lack determination, it takes many births to achieve even a single trait and even for those who decide, “I will attain it with full determination,” this creation offers so much to learn and attain. As my own wisdom deepened, I also understood, “There is still so much to learn.”

Many people complain, “Why did God create me? Why did He give me so many hardships? Did I ever ask for this?” They feel sorrow because they see only the pain in their struggles, but what they don’t know is that those hardships carry lessons for them to learn. They learn many things through those difficulties only.

Whether you are a woman or a man, don’t feel sad or happy about whatever is happening or happened in your life. If an incident occurs, a conflict arises, or you gain or lose something, don’t react emotionally but think from a learning point of view, “What am I supposed to learn from this?” There is always something to learn. When you learn that lesson, you evolve much faster and those who evolve quickly reduce the number of their births.

Therefore, don’t get elated when success comes, and don’t get dejected when failure comes. Instead, know to ask, “What should I learn when I lose?”

“What should I learn when I gain?” Try to learn but one should not cry about it.

Remember this: Your gain is not permanent, your loss is not permanent, your happiness is not permanent and your suffering is not permanent. In this creation, nothing in your life is ever permanent! Once you understand this, you will never feel sorrow.

Whatever happens in your life, never forget that everything is for the sake of learning lessons. Patriji said, “You choose your own births, right?” and the reason we choose a particular birth is to learn what needs to be learned through it: whether it is through a female birth, a poor person’s birth, a birth in a certain caste, religion, country, or region. Know that each birth is chosen only to learn such lessons.

Many people think, “Oh! It would be good if I had been born in that caste, or as a rich person, or in that country! Why did I have to be born in this remote place?” But all of it is only for learning! Therefore, there is no need to grieve over anything. Whatever happens, whatever is happening, it is all for our good, for our growth. What we have to do in life is simply to keep learning.

Some people feel sorrow because they are unable to have children. But even in that, there is a lesson to learn. Whether you have children or not, why does it matter? Didn’t Patriji say, “One must not be attached to anyone or anything?” In a previous birth, you might not have been able to overcome attachment and so, in this life, you have taken such a birth where you must evolve without children.

Moreover, it is also possible that you have no children in this life because you need to learn lessons from the sins of your past births. In a previous life, you might have enjoyed eating eggs. That means, when a living being was trying to take birth on this earth, you ended its life in its very beginning stage, inside the egg, just to satisfy your taste, hunger. To learn the lesson from that karma, you have now taken birth in this life without children.

Don't forget: Actually, you did not come here for the sake of children. You are a soul, you came to achieve your goal.

Those who have children often spend their entire lives attached to them, dedicating all their time and energy to their children, not doing anything else. They don't know that they are souls, they have much to learn and evolve. Not knowing this, they lose themselves in attachment to their sons or daughters and lose the time by spending all of it for them.

So, tell me, in how many births will such lessons be learned? Not everyone will have children? If one keeps spending every birth only with children, when will one ever learn and evolve? One should evolve like Patriji, Shirdi Sai Baba, Sathya Sai Baba, Vemana, Swami Vivekananda, right?

Those realized souls do not have such attachments or worldly pleasures, they had already learned those lessons in previous lives. What else will they learn? That's why some, like Adi Shankaracharya or Swami Vivekananda, did not marry at all. Their focus was on their life's goal. Their only deep longing was, "I must become an Enlightened soul, a Co-creator, and return to Satyaloka." but their focus will be on nothing beyond that.

If you have attachment to anything, you will have to take birth again. How can you be free if you get stuck in that only? Why don't you think, "Who really am I? Where have I come from? Why have I come?" You say, "I am a woman, I belong to this caste, this religion," and you keep trying to enjoy life. When the husband dies, you cry; when the wife dies, you cry; when there are no children, you cry. What did you, the soul, come down from higher worlds for? To cry like this? Or to learn lessons?

Therefore, whatever happens, whatever is happening, whatever incident arises, in every event, one should question themselves: "What do I have to learn from this?" But should not cry, "Oh no! Why did this happen like this? Why did this disease come? Why did this financial trouble come? How will I get out of this?" or worrying, "Will my children take care of me in old age or not?" Do what you must do, and what should happen will happen.

Will the One who sent you to this Earth ever let you starve? Sri Ramatirtha also developed detachment like this only. He, for attaining liberation, packed a small bundle containing just a cloth, a bowl, and a glass and left everything. He meditated wherever possible and wherever he went, someone would always give him something to eat. One day, while traveling, he thought,

"Why am I carrying this bundle? Can't the One who created me take care of my needs? Why should I even carry this?" and he threw the bundle into the nearby river. From then on, he had nothing. He focused entirely on his practice, and yet, some or the other person would always come and give him something.

From his life, we can learn that “thinking that life can run only if we have all these things is sheer (total) foolishness.” Therefore, when our focus is only on earning, it only increases our births, nothing more happens. That’s why Patriji said, “Limit yourself to your needs.”

You just have to see, do you have a place to live, whether rented or owned? Do you have food to eat? Do you have clothes to wear? Do you have a companion to live with, a husband or a wife? That’s enough.

Once your basic necessities are met, all your remaining time should be spent learning these lessons and improving your spiritual wisdom. That’s why I say, “Don’t skip the Bhimavaram class; try to attend even by creating opportunities” and I also say, “Don’t skip the Zoom sessions.”

Many of you think, “It’s being recorded anyway; I can listen later,” but listening live is like eating hot food, while listening later is like eating cold food. During the live session, you listen with eagerness, “What else will he say? What more can we learn?”, but when one listens while doing work, one doesn’t pay attention and you leave it after listening.

When one listens attentively in the Zoom sessions, they understand deeply and put them into practice. The more sincerity one shows, the more lessons they learn and lessen their births.

Moreover, you must know that even when you face loss or hardship, it is only for the sake of learning a lesson.

Conflicts often arise between husband and wife. They think, “Why has our married life turned out like this?” But when

you understand and are aware that “you are the soul”, you will understand that there are lessons to be learned in these also. Then, you will not have stubbornness, ego. You won’t worry about anything, you won’t do what shouldn’t be done, won’t deviate from righteousness and you will know the laws of creation and start living in accordance with the creation.

Therefore, one who knows the truth, one who knows “I am the soul”, never experiences sorrow. They understand that everything happens only for learning! and so, everything is bliss. In a way, this truth has completely transformed my life. When I believed “I am the body,” I kept thinking, “I must earn more and more.” But once I understood “I am the soul,” I had known, what is the use of earning so much? None of it benefits the soul in any way, right?

Moreover, I understood that the mistakes, sins, and unrighteous deeds done by this body for the sake of earning wealth must again be experienced as their results. Knowing this, I gave up all the businesses and focused on acquiring wisdom. I have known that this body exists only for learning lessons.

Such an opportunity was only given by creation. How long will this body even last? How long will it function? If one thinks carefully, it doesn’t work during childhood; it doesn’t work in old age; and in youth, it is lost in pleasures and desires. So tell me, where is the time left to think about the soul?

That’s why Shankaracharya said, “In childhood, life is spent in games and play; the young age is lost in attraction to the opposite sex; and the old age is spent by worldly worries, but there is no one who shows interest in the Supreme Brahman (Almighty).”

He then asked, “So when will you, the soul ever think about yourself? Is it always only coming and going?”

That is why he said, “**Punarapi jananam, punarapi maranam**” - “Again birth, again death.”

Therefore, if one lives in the feeling of “I am the body”, this life is wasted! But if one lives with the awareness, “I am the soul” then one learns immensely. This body is a priceless opportunity given to the soul. Therefore, the behaviour of someone who lives as “I am the body” and that of one who lives as “I am the soul” are completely different.

A person who lives with the feeling “I am the body” sees everyone as separate, he thinks, “That person is wrong, he made a mistake, he shouldn’t have done that,” criticizing others, feeling jealous and developing hatred toward them. He does not know the truth, “I am the soul, and they are also souls! Everyone came to evolve.”

A person who is in ignorance never minds his own business, he is always caught up in others’ matters! He never thinks about himself; he always thinks about others. Patriji said, “Why get involved in others’ matters? Everyone is here to learn their own lessons. Mind your own business!” He also said, “Do not criticize others, no comments.”

Patriji once mentioned, “Whoever comes to Earth, no matter what level they are at, will make mistakes. At every level, people commit mistakes according to their level. Therefore, there is no one who never makes mistakes.”

A person at level A makes “A-level” mistakes. Someone at level B sees A as someone who is making mistakes. When the one at level A grows to level B, he knows the mistakes made A-level. Similarly, a person who reaches level Z will notice the errors made by those at level Y. Thus, people at every level make mistakes appropriate to that level.

Like that, everyone is in the process of correcting their own mistakes and learning lessons. Only when one reaches the Z level and stops making mistakes completely, he does not have a lifetime again.

Even wearing saffron robes is often just an act of committing fraud, nothing more than that. Patriji said regarding Swami Vivekananda, “If someone has reached a high spiritual level and then chooses to wear them, even that is considered a kind of mistake at that stage.”

Like that, Sri Ramakrishna Paramahansa got married but treated his wife like a mother instead of giving his wife the happiness she deserved. That also, was his mistake at that level and he would have to take another birth to correct it. Likewise, some of those who reached that level exhibit their supernatural powers. But, one should attract people through wisdom, not through miracles or powers. That’s why Patriji, despite having immense powers, lived as if he had none.

Therefore, one who has the understanding of “I am the soul” always thinks, “I am learning from this situation.” But one who lives in the ignorance of “I am the body” makes mistakes. Tell me, who here is not a soul? Everyone has come from the same

Source Soul (mulatma), right? All are one! The only difference is, some have taken more lifetimes and learned more, while others with fewer lifetimes still have lessons left to learn. That's all! There is no other difference! After a few more births, he will also reach that level.

If you see mistakes in what someone does, you should correct the mistake, not criticize the person. Patriji used to correct, not criticize. He said, "Idol worship should not be practiced," but millions still do it. When he said, "Do not worship idols," many felt hurt and thought, "Is he trying to change our religion?" But Patriji never criticized anyone; he only opposed the act done with ignorance.

He would say, "Know the Truth, and live by the Truth." One who holds on to Truth moves forward victoriously; one who holds on to untruth wastes his life. That's why he would just oppose it.

Likewise, he would boldly and fearlessly say, "No to meat, vegetarian food is good." In the world, most people eat meat. They would argue, "Why is he saying that? Our grandfathers ate meat, our forefathers ate meat." Some would even say, "It's our business, if we give it up, how will we survive?" Still, no matter who felt hurt or what anyone said, he would speak the Truth fearlessly.

In Patriji's 18 Guiding Principles, the 14th principle states: Do not worship idols, worship only the Truth." He clearly said without hesitation, "Truth itself is God; an idol is not God. How can an idol made by a human being be God? The one who created

a human being, He alone is God, and He alone must be held on to. At first, I used to think, “If only he removed this one point, it would be fine,” and would worry about it.

But later, when I understood this Truth, when I knew what Divine means, I myself wrote an entire book about vegetarianism. Then I understood, “Ah! How courageously he speaks the Truth!” From that day onwards, I also began to teach about it. Therefore, never think, “Whatever I know only is correct.” It may seem right within your present level of understanding, but as your wisdom expands through the realization of Truth, you yourself will begin to change your opinions.

Many people think that just knowing “I am not the body; I am the soul” is wisdom, but wisdom is knowing that which the physical eyes cannot see. Whatever can be seen with these eyes belongs to ignorance. That which cannot be seen with the eyes that only is wisdom. The more you know that invisible Truth, the wiser you are. Whatever is known to the eye is untruth; what is unknown to the eye is the Truth.

If you think, “I have known so much” through these physical eyes, you have not gained wisdom. Whatever is known through these eyes is ignorance! Whatever you can see with these eyes does not exist, it is all disappearing, impermanent, ever-changing and unreal. Whatever you see with these eyes is untruth; only that which you see with your third eye is the Truth. With this physical body, you can move only in this visible, perishable world. But with your subtle body, you can travel through many invisible worlds and know many things.

These supernatural powers exist only to help you acquire that wisdom. When your practice becomes intense, when a deep desire arises within you, when you are not diverted and when there is still more for you to learn then nature itself grants you those powers. It grants them to anyone, but they must be used only for expanding the wisdom, never for selfish purposes.

Therefore, whether we are woman or man or anyone else, we must always remember: “I am the Soul” and understand that I have taken this body only to learn certain lessons, not to enjoy, not to indulge, not to seek comfort.

As wisdom improves, sorrow disappears. Sorrow exists only in ignorance. That is why Patriji said, “If there is sorrow in you, it means you are still in ignorance.” Even when Goddess Sita was separated from her husband and lived in Ashokavana, she did not grieve because she was a wise being.

Therefore, let us know the learnings learnt in a woman’s birth.

“Learnings through the female births”

In a woman’s birth, one mainly learns traits such as love, patience, tolerance, sacrifice and sanctity. Among these, let us first know about love.

1) Love

Women love their husbands and children so much. They care for them immensely and consider them as the most important in their lives. Out of that love, they are even willing to give up many comforts and pleasures.

In the early births, human beings remain in the tamasic quality. After about 100 to 150 births, they move into rajasic quality. After 150 to 300 births, they progress into sattvic quality. After 300 to 400 births, they enter shuddha sattvic quality. Beyond 400 to 450 births, they reach the Nirguna.

Those who are in tamasic quality are generally lazy and self-centered. In rajasic quality, there is ego, the feeling of “I.” In sattvic quality, people start thinking about others. In Nirguna, one loves everyone selflessly.

In tamasic quality, the focus is on the body; in rajasic quality, on the mind; in sattvic quality, on the intellect; and in Nirguna they live in a soul state.

That means, in tamasic quality, importance is given to the body; in rajasic quality, importance is given to the mind; in sattvic quality, importance is given to the intellect, that is the intellect functions very well; and in Nirguna, importance is given to the soul, one lives in the soul state.

Therefore, as these qualities change, the nature of love in any woman also transforms. Gradually, in the tamasic and rajasic states, there is love with limitations, she loves her husband and children because they are “hers.” But as she progresses into sattvic and nirguna states, that love becomes limitless. As the soul evolves, love becomes their natural trait. She then evolves to a level where she loves not only her husband and children but everyone in the same way.

Thus, the trait of love is something that women can learn deeply through their births as women. Men also learn it, but not to

the same depth as women do. Hence, for anyone to expand this trait of love, one must rise to the state of an enlightened soul. Who is an enlightened soul? God. He is the embodiment of love; love is His natural trait. That is why, as one evolves towards the state of an enlightened soul, love becomes one's inherent trait.

This is why Sri Sathya Sai Baba emphasized “Love and Service.” Each guru incarnates on earth to teach the human beings certain divine traits. The purpose of Sathya Sai Baba’s incarnation was to awaken the sattvic qualities in all beings. Similarly, Patriji’s purpose of incarnation was to try and help those who have reached the sattvic level to go beyond it, into the nirguna state.

For that, he gave the appropriate practice and gave us the “observation of the breath meditation” and tried to help us go beyond even the sattvic quality. He said, “Everyone has the tamasic, rajasic, and sattvic flaws.” Not only did he say this, but he also gave us “observation of the breath meditation” to go beyond it and shared that kind of wisdom also.

In this way, during a woman’s birth, one learns the trait of love so much. Initially, it is limited love, but gradually, it becomes a divine trait, limitless, and natural love. The practice of “observation of the breath” greatly helps in this process. Those who continue this meditation gradually experience the decline of the mind’s importance and the rise of the soul’s prominence, allowing these divine qualities to naturally develop within them.

2) Patience

Another trait learned through the woman's birth is patience. Women naturally possess so much patience. Their lives often involve many hardships, yet they showcase patience for the sake of their children and carry on with their family responsibilities.

Even during physical union, they display so much patience just to give comfort to their husbands. They think, "My husband's happiness is more important than my own." That is why, she showcases patience even if the husband behaves harshly at such times, but never wishes to leave him. Hence, elders say, "A woman's birth is only for learning patience."

Moreover, even when the husband passes away, she bears that pain with great strength and makes many sacrifices for her children. Only widows know how much patience is required in a woman's life. If the same situation happens to a man, he easily marries again, sometimes twice or even thrice, but a woman naturally dislikes doing so. How does she manage to live on then? It is only because of her trait of patience.

If we observe, we find that husbands usually pass away before their wives. There are many widows, but very few widowers, mainly because men often remarry.

Why do husbands tend to die earlier? The main reason is that they struggle greatly for the sake of their families. They go through countless problems and pressures. Naturally, the responsibility of earning and maintaining the household falls on the husband. He silently bears many burdens without letting his wife know and becomes deeply exhausted. That's why, I feel, he

dies a little earlier. The woman does not have the kind of stress a man has in life.

A woman takes on responsibilities willingly and feels burdened only because she makes them her own. That is why, when her husband passes away, think how much patience she needs to take on the entire responsibility of the family!

There are three kinds of fires that constantly burn within a human being: 1) The fire of hunger (Jataraagni), 2) The fire of desire (Kaamaagni), 3) The fire of wisdom (Jnaanaagni). When the fire of hunger burns, it's hard to bear if food is not given. In the same way, when the fire of desire burns, it's equally hard to bear if that desire is not fulfilled. What one desires for cannot be seen outwardly and therefore bearing it is no ordinary thing.

Nowadays, not only men but even women in foreign countries remarry after losing their spouses. However, in India, this practice is quite rare. In Hindu tradition, a widow generally does not remarry after her husband's death.

As soon as a husband dies, the woman is told, "You are of no use anymore." Her bangles are broken, her bindi is removed, her head is shaved, and she is told, "This is your life from now on." No one cares about her pain, instead, she is banished as she is of no use. However, now things are slowly changing. Elders are beginning to understand that they also have desires just like everyone else. There is a gradual change in society. It means the quality of patience has been deeply learned through Hindu religion.

About 2,500 years ago, Gautama Buddha attained enlightenment and travelled across many countries spreading his

wisdom. During that time, because he taught that wisdom by travelling on foot, Hinduism in India gradually declined and changed to Buddhism.

Then, people lost the opportunity to take birth in Hindu religion and learn the lessons meant to be learned through Hindu traditions and practices. To restore this, nature sent Adi Shankaracharya to earth.

He travelled on foot from Kashmir to Kanyakumari, completely removing Buddhism from India and re-establishing Hinduism. He replaced Buddhist monasteries with temples and restored the Hindu religion. Like that, Shankaracharya re-established Hinduism. This entire transformation was guided by the Creator. Why? That means, one has to learn the lessons that are meant to be learned while living in this world as a Hindu.

Therefore, every soul must learn everything. That means, every soul has to learn as a Hindu, learn through every religion, castes, and learn in every region. Likewise, one must learn as a rich person, as a poor person in many different ways.

In ancient Hindu traditions, when a husband died, the wife was not allowed to remarry. She was excluded from social functions, not allowed to appear in public and was even labeled with the title “widow.”

But now, all those customs have changed. After another 1000, 2000 years, new kinds of changes may occur again. Such change is natural in this creation!

Whatever the case, we can understand that the quality of patience is deeply learned through a female birth. Moreover, during

pregnancy, a woman learns immense patience, she carries the child for nine months and bears great pain during childbirth. Bringing a child into the world is the woman's responsibility, not the man's. The pain is so intense that at that moment she even resolves, "I will never be physically intimate with my husband again." But that feeling of detachment known as detachment from child birth (prasooti vairagya) lasts only until that time.

During that period, the woman learns the highest form of patience. Every woman, throughout her life, bears many things in many ways and situations. This trait of patience doesn't fully develop in just one lifetime, it gradually grows over several births. With each life, patience improves step by step until it reaches its peak and becomes a natural trait of the soul.

In this creation, nothing is permanent. That means, whether it is our difficulties, losses, or diseases, none of them are everlasting. But naturally, when hardships arise and people cannot bear them, they rush to temples, churches, mosques, or hold on to some guru, swamiji or baba. They keep wandering to all places.

However, a person with a little understanding thinks, "Why did this difficulty come to me?" Our elders usually say, "It is because of our past karma." Then how does the suffering caused by karma end? It ends only when that karma is experienced and to go through that experience, one must have patience, right? If we go through it patiently, we will slowly come out of it.

The advantage we have after entering the path of meditation is that through meditation we gain immense energy. When that energy increases within us, we can withstand anything,

we can bear and go through it. After some time, we naturally come out of our problems because of that patience.

I have personally observed this trait of patience in Patriji also. Many of his own disciples disagreed with him, but he never reacted or spoke against anyone. He calmly bore all the criticism for years together.

In the end, those very people who opposed him eventually returned to his path. Once, I asked Patriji, “How could you be so patient, waiting for them to change?” He had gone through even the biggest problem.

This patience is found most abundantly in female births, women learn it so much. That is why, by the time they reach their final births, their behaviour becomes like that of Patriji.

On one occasion, I behaved a bit harshly with our Masters. That matter reached Patriji’s attention. When he came to know about it, Patriji said to me, “Hey, you are a Brahmarsi, you must learn to be patient. Don’t I also bear things patiently?”

It means, he gently warned me, “My dear, you must have patience!”

This trait of patience is something that anyone learns through female births. It doesn’t come in just one lifetime, it becomes a natural trait after several lifetimes.

3) Tolerance

This tolerance is something anyone needs greatly. This trait of tolerance is one of the great traits learned through female births. A female birth is never taken in just one caste, one religion,

one region or one similar type. The world has countless kinds of castes, religions, and families, they take and must take female births in all of them.

If you observe, in many households husbands behave harshly, imposing many restrictions on their wives. A husband often believes that he must keep his wife “under his control.” He may go anywhere he wishes without informing her, but the wife is not allowed to go anywhere without his permission. If she doesn’t obey, he not only scolds her but sometimes even beats her.

A husband always tries to dominate his wife, but no matter how harshly he behaves, the wife bears all of it with tolerance but never wishes to leave him. That is the trait of a woman. If we look at certain castes and religions, we see that women are subjected to many restrictions, they are not treated as individuals but as slaves. They behave as if they exist only for their sake.

Even then, despite everything, a woman tolerates it all and continues her family life. That is why tolerance has become an inherent trait of women. It is only because of this trait that family lives are continuing. But in rare situations, when a woman loses tolerance and stands up against it, conflicts arise, sometimes even leading to divorce.

With male ego, society has suppressed women not just today, but for countless ages. Women were denied equal rights with men. In ancient times, most elders and scholars were men. Using their intelligence, these learned men created a system where they gave women the title of “chastity (pativrata).” Under the name of “chastity,” they imposed numerous restrictions upon them. To

justify their beliefs, these scholars even wrote stories of chastity women in the scriptures.

Women who tolerated immense suffering and pain for their husbands, living lives of so-called chastity. They were not allowed to even glance at another man; if their eyes fell on someone else, their chastity was considered lost! Such stories were written and deeply rooted into society, making women believe, “Oh! So this is how we must live!” They even wrote that “for a wife, the husband is the visible God,” meaning that a woman need not look elsewhere for God, her husband is the deity before her. But the truth is, even those scriptures were written by male scholars!

They wrote, “For a wife, the husband is the visible God” but nowhere it is written that “For a husband, the wife is the visible God!” After reading all those stories, women began to think, “Maybe that’s right! Maybe this is how a woman should live!” Such beliefs gradually became deeply rooted in society. Whatever it may be, because of these societal systems, the soul learns tolerance through a woman’s birth. We must remember one thing: Everything happens only according to nature’s decision.

If we observe, for ages, society has denied women equal rights with their husbands. Women were confined to their homes and kitchens. For instance, in the Muslim religion, women have almost no rights. They are not allowed to go out freely, and if they go, they must cover themselves with a burqa.

But men have no such restrictions. In that religion, a man can marry as many women as he wishes, but a woman does not have that right! If a man doesn’t like his wife, he can simply say

“talaq” three times and end the marriage, declaring, “There is no relation between you and me.” Moreover, women are not allowed to go to mosques or sacred places, not even to Mecca. In a way, they live as if they are only for the sake of men.

In the Muslim religion, women are treated almost like machines meant for bearing and raising children. But all this can be seen as a part of nature’s arrangement, a setup for women to learn tolerance. Women in the Muslim religion learn great tolerance. The men of that religion also, may be born as women in their future lives to learn that same tolerance, though they do not know it, because they believe “there is no rebirth.”

In the same way, for a soul to become an enlightened soul, the soul must be born in all kinds of religions, it cannot happen by taking birth in one religion. That is why there are so many religions on this earth. Anyone who says, “I belong to this religion,” is still in ignorance. Only when one knows that “Everything is one and the same” is the wise one.

A person may be born as a Hindu and hate Muslims. Later, the same person may be born in the Muslim religion and hate Hindus. As a Hindu, he fights and kills Muslims; as a Muslim, he fights and kills Hindus. Such is the strange arrangement of this creation.

Whatever we see happening in front of us is not the reality! It is all an illusion (maya). Illusion means something that appears to exist but in truth, does not exist. Everything seems to be real now, everything appears to be happening, but in the end, nothing remains!

It's like a movie, an actor may play the role of a king or a minister, but is he truly is? It's all real only as long as the movie lasts! This life is also a movie! Just like a film is directed by a director, this grand play of the universe is being directed by the Divine Creator, the Supreme Director of the Cosmic Drama that's it! When you know, "I'm only playing a role in this divine play," you will never get angry with anyone, never feel jealous, never hate, criticize anyone and never pass judgment on others. Not knowing all these, they are doing these deeds.

Now, in India, many people feel sad saying, "Hindus are turning towards other religions." But the truth is quite strange. In this creation, nothing ever completely disappears. Everything must exist, and everything exists."

In fact, in some countries like Russia and even in Muslim nations, the Hindu religion is spreading. What should exist where? And what should not exist where? All these happen according to the Creator's decision. For the creation to continue, everything must coexist! Therefore, instead of worrying about such matters, we should focus on who we are? What should we do? And what we must achieve?

We need not worry, He takes care of everything. Our only concern should be: "How can I become an enlightened soul and in what way?" Therefore, a human being attains perfection by acquiring certain qualities through female births and certain others through male births, and finally becomes an enlightened soul.

4) Sacrifice

Another important quality to be learned through female births is sacrifice. Sacrifice means the willingness to give up almost everything. A woman, for the sake of her husband, family, and children, gives up many of her own desires and enjoyments. That is, she sacrifices.

If you observe, almost every wife eats only after her husband and children have eaten. She cooks the food herself, but waits until everyone else has finished. She eats whatever is left over and feels satisfied. She never complains, saying, “Oh! My favorite dish is over.” Like that, if her husband and children eat well, she feels as if her stomach is full.

If the food she cooks tastes good, the family members themselves eat most of it. Sometimes, there isn’t even enough left for her! Yet she never feels dissatisfied. Such is the greatness of a woman’s sacrifice. She feels more fulfilled when her husband and children eat well than when she eats. Like that, in life, she sacrifices in many aspects for the sake of her husband and children.

A woman, just like a man, also has many desires, hopes and enjoyments. But she gives up all of them for the sake of her family. Moreover, while giving birth to and raising her children, she sacrifices her sleep and comforts for the sake of her little ones. After many such births filled with sacrifice, this trait of sacrifice becomes a natural trait for a woman.

We have now understood that we are souls, and that our goal is to become an enlightened soul. Having crossed over 350 births, we are now making sacrifices to progress and achieve our

goal. We are sacrificing tastes, desires, pleasures, likes, movies, serials, and so many. We are able to do this only because we learned the trait of sacrifice in our past lives but those who are still in their early births cannot sacrifice.

Look at Ramana Maharshi's life, how great was his sacrifice! He ate whatever was available just to fill his stomach; he never craved delicious, rich foods. For him, "It is enough if this body serves its purpose of spiritual practice and fulfilling its goal." Beyond that, he did not care about anything else.

We are all in that same state now. The trait of sacrifice is strong within us also. How much have we given up?! We are content with whatever we have and do not crave to "live like everyone else" or "be like everyone else." We live with contentment with what is available and sacrifice the remaining.

Because we have learned the trait of sacrifice through many lifetimes, that is now greatly helping us in achieving our goal. Otherwise, who gives up things? If someone is told to give up eating meat, do they stop? Hardly anyone does! They will say, "If you want to stop, you stop! Why live at all if we can't enjoy eating? Is that even a life?"

They mock what we eat, calling our food, "just dal rice!" But without this trait of sacrifice, no human being can reach their goal. To know and experience the soul, we leave all of these and become detached from all matters. To renounce (leave) pleasures, comforts and become detached from worldly enjoyments is only sacrifice. That's why it is said, "There should be interest towards the soul and detachment from sense pleasures."

Before meeting Patriji, my life was entirely different. I used to believe that earning money, having fun and enjoying pleasures were only great. But after meeting him, my life has completely transformed. I gave up all of that and how was I able to make such sacrifices? Because in my previous births, I had already acquired this trait. The more deeply this trait of sacrifice is developed within you, the more you evolve spiritually and the more you evolve, the further you move away from sorrow.

We have taken many births as women and through them, have acquired this trait called sacrifice. Even after coming into meditation, a wife often thinks, “It’s enough if my husband meditates.” I tell such women, “Your husband’s soul state is different, and your soul state is different. Focus on your own practice! Why worry about his progress?” But she still doesn’t feel satisfied. She keeps thinking, “It would be so good if he also meditates... if he also enters this path.” Thus, keeping her focus on her husband, she ends up sacrificing her own practice.

Similarly, some women think, “My children should also meditate.” They have come into this at an older age, but they say, “Their children should start early.” They aspire to make their children meditate. Patriji used to say, “They will come on their own when their time comes! Why are you worrying about them? You continue your practice.”

We are souls. Each of us has come here with our own design. The one who lives according to that design lives a right life. The one who goes against that design wastes his life. Therefore, don’t sacrifice for your family, children or husband. Simply tell

them, “This is the right path.” You may say, “That is wrong action; that is unrighteous; eating meat is not right.” Say it once, but if they don’t change, why should you feel sad?

Because of this habit of sacrificing, a woman is blocking her growth. Even though she knows what to do and how to live, she lets it go, that is foolishness. Children in the family, parents, and husband, all will be in different soul states.

When you understand that everyone is a soul, everything is understood. Each one has come to experience their own lessons and their life will be accordingly. No matter how much you advise, it won’t reach them until it’s their time; they will keep doing what they are meant to do. What can you do? How can others live as you wish them to? Just live the way you believe you should live then you are living according to your design.

Just remember one thing, in every person’s body, there is a soul. The soul comes to the earth according to the design that the soul decided upon in the higher worlds, but forgets that design after taking birth.

However, when a person lives contrary to that pre-decided design, the soul within cries out in turmoil. But when one lives according to that design, the soul feels content and happy.

Naturally, women do all the household work. They cook for their husbands and children, serve them, and they eat later. This is their daily routine! Sometimes, they feel within, “Is this all my life is about? Did I take birth just for this?” Who do you think makes them feel that way? It is the soul within reminding them: “You didn’t take birth only to do these things. You have something

greater to do and you are not doing it yet.” When such women meditate, read spiritual books or attend meditation classes, they feel very joyful inside.

You can observe this yourself. If, for some reason, you skip the Bhimavaram class or miss a Zoom class, there is turmoil of the soul inside immediately. But once you join the class again that inner turmoil disappears.

Likewise, a man works hard from morning till night to earn and provide for his family. But when the same routine continues every single day, there will be a turmoil of the soul, saying, “What is this? Is this all my life is about?” When such a person, whoever it may be, eventually comes into meditation, he begins to feel so much inner satisfaction and experiences indescribable joy.

Before I came into meditation, I used to do some charity work. I used to do some service activities like I had set up a free homeopathy hospital, installed water coolers, and my wife ran a free center for women. Yet, there was no inner satisfaction. Inside, I felt, “Something more must be done!”

But after meeting Patriji, coming into this path, meditating, and sharing this wisdom with others, I finally found contentment. No matter how many service activities I did earlier, they never gave me that satisfaction. Then I understood, “This is the work I was born to do.” Even now, when I take a break from spreading meditation for a few days, I cannot sit still; I feel something is lacking.

Many people ask, “Why do you work so hard? Can’t you just take some rest?” I may appear to rest, but my soul doesn’t

allow me to! Once you understand that inner turmoil, you also won't be able to sit. You are also in your final birth. If you waste your time, you are wasting your entire life! Therefore, whenever you get the opportunity, make full use of it.

There is always a conflict between the mind and the soul. The mind says, "Seek comfort," while the soul says, "Strive, achieve, don't waste time and life."

To follow like that, one must sacrifice some things. When we sacrifice like that, we can easily achieve our goal.

5) Sanctity

In a woman's birth, the trait of purity is naturally learned. A woman, by her very nature, lives a life of sanctity. She likes to live with purity and strives for it. Even her relationship with her husband is sacred. A woman who lives such a pure life is called a chastity. This is a trait of a woman.

Naturally, women have more devotion towards the Divine. In matters of worship and prayer, they perform everything with deep sanctity. When they go to a temple, they bathe, wear clean clothes, and leave their footwear outside. Whenever a person performs any act with sanctity, good results follow. In devotion, women show more interest towards maintaining that sanctity.

Even in this path of meditation, mostly there are women. Meditation doesn't mean just closing one's eyes and sitting, it means, taking refuge in the truthful God, divine, the Parabrahman (Almighty), it means to worship. That path is only given by Patriji, "observation of the breath meditation." Only through "observation of the breath" one can take refuge in God.

However, many people today are stopped at the level of the mind, listening to guidings and music. They fail to go beyond the mind and reach the soul. Remaining at the level of the mind is called ‘chanting’ (japa), but when one goes beyond the mind, that is called ‘meditation’.

While meditating, one must meditate with sanctity. That’s why everyone takes a bath in the morning before sitting in the Zoom session. Since we are taking refuge in God, we must maintain sanctity. When we go to a temple and worship an idol, just a doll, we go with a sense of sanctity. Then, when we are directly taking refuge in the Almighty, we should be scared, right? That is why we bathe before meditation.

Moreover, elders say, “When you perform worship, it’s not just about outer decorations, your mind must also be focused on the divine.” But, you close your eyes and focus on your problems, desires, and worldly affairs. If the mind is filled with all these thoughts, where is the focus on God? How can that be called taking refuge in the Divine?

Likewise, during meditation, one should not focus on anything else, the attention must remain on the soul. That is real devotion and only then the results come. But, how can results come just like that? The mind must be trained to stay focused on the soul without wandering. It may take a few days of effort, but once achieved, meditation done with such sanctity yields great outcomes and through that, sanctity in meditation improves.

How fortunate we are to have found this path and to be doing this practice! Because in meditation, we spend hours in union

with the Almighty. That's why those who meditate have achieved many achievements and reached great states.

To remain free from worldly disturbances, many seekers went away to the Himalayas, to ashrams and into forests. They would do their practice by staying alone in mountain caves, they became great yogis and achieved everything.

Even if we are not living like that, when we continue doing our work and take care of our family, while earning enough for our livelihood, if we engage in this practice whenever we get free time, all the work we do will naturally become favorable.

When our only intention is “to reach God, to be with God, and to know God,” then what more do we lack? What difficulties can we face? Whatever comes as a result of our past karma will automatically dissolve, we don't even need to think about it!

We have entered a very great path. By doing this, our intellect blossoms and we learn in this very life what would otherwise take many lifetimes to learn.

If we continue to meditate sincerely, keeping our focus on God, regularly attending Bhimavaram classes, attending every possible class and participating in the morning Zoom session without negligence or wasting time, then we will surely learn all that we were meant to learn over many births in this life itself. We will grow greatly, our soul will progress and the soul benefits immensely. Therefore, the trait of sanctity is learned so much through female births. The more these traits one learns, the more elevated one becomes!

“Learnings in the male births”

We have already known about some important traits that one learns in a female birth. Now, let us look at the important traits one learns in male births. In male births, one mainly learns traits such as courage, bravery, fearlessness, adventurousness, and initiative.

Why should we learn these traits? Because we, as souls, need them to achieve our ultimate goal. Many people practice meditation thinking that “it helps cure diseases, fulfills desires, or brings mystical experiences and benefits.”

But we have already crossed that stage. We have come into our final births. Our aspirations and our goals are entirely different! If you observe the people around you in life, you will notice that up to about 300 or 350 births, every soul has different goals.

For example, a woman who has been singing since childhood might think, “Someday, I must reach the level of Susheela.” A man, on the other hand, might think, “I want to reach the level of Ghantasala or S. P. Balasubrahmanyam.” When they reach that level, they feel, “I have achieved my goal.”

Similarly, one person may think, “I want to become a great cricketer,” another might say, “I want to be a good football player,” and yet another may say, “I want to break sports records, that is my ambition.”

Some people spend their entire lives thinking, “I must earn more money than anyone else,” believing that “this is the

purpose of my life.” Some may feel, “I want to be able to support hundreds of people, give them a means to live that is my ambition, my goal, my satisfaction.”

And some others might say, “I want to become an MLA or a minister.”

If we look at it this way, each person has a different goal. Such goals continue for up to about 350 births. But after that, they will know, “I am not this body; I am the soul.” Until that point, they live with the belief “I am the body.”

When they are in that bodily consciousness, their goals are different. But once they come into soul-consciousness, their goal changes completely. The goal of the soul is to become an enlightened soul. To attain that, one must become a fully enlightened being. To gain that wisdom, all of us are now practicing meditation.

That is why I keep telling everyone, “Do not stop coming to Bhimavaram.” If you, as a soul, wish to achieve your goal, then you must surely come to Bhimavaram. There are many people who go to the Himalayas to meditate, going through great hardships. Is meditating in the Himalayas a simple task? Their entire lives are dedicated there. Even if we don’t do it to their level, we should at least make some effort, right? Acharya Nagarjuna said, “Realization amidst the world” and the same was taught by Patriji. That is exactly what we are doing now, living in the world while striving for realization.

If you want to travel in the right direction in your life, you must firmly determine, “I am the soul.” Whoever makes this

determination will no longer focus on anything else. They continue to live within the worldly life, but they won't leave their goal.

Didn't the great yogis and maharshis also have families? For spirituality, family life is not an obstacle and worldly pleasures are no obstacle. Patriji said, "Enjoy with whatever you have." Therefore, one must not waste time but strive to achieve the goal while leading a family life. You should continue your practice and also try to serve on this path.

Now, let us know the trait of 'courage' that one learns in male births

1) Courage

Naturally, it is the man who exhibits courage. In any situation or task, he steps forward courageously. Whether it is during the night, when he is alone, or even in times of conflict, it is the man who takes the lead with courage.

If we observe, in ancient times it was men who participated in wars, because that was a masculine trait. Men were bestowed with strength, power and a strong body, while women were given gentleness and softness.

If noticed, a young boy and a young girl of the same age appear quite similar until adolescence. But as they grow older, the girl becomes softer and shows many changes in her physical form, while the boy's masculine traits develop. This is the arrangement of creation.

Even in a family, you can see this pattern, though the mother herself is a woman, she encourages her son to be bold, but the mother herself instills cowardice in her daughter by saying,

“Why do you need that? You are a girl, don’t get involved in everything, you are a girl, be like a girl. Why do you bother about fights? Why do you always go out?!”

A boy does not have such restrictions. From childhood, he is encouraged to be courageous and because of that constant encouragement, a man continues to exhibit courage throughout his life. In earlier times, when men went to war, women would apply the mark of valor (veera tilakam) on their foreheads and send them off with encouragement. Though such wars no longer happen these days, fights happen. During such times, the woman at home motivates the men saying, “Someone is attacking our people, you go!” and thus motivates the men. Moreover, if you notice, whether it is the sound of thieves at night, a utensil falling or a noise at the door, it is always the man who gets up first, goes courageously and checks. In many such situations, the man naturally exhibits courage.

If someone says, “Why should we get involved in those fights?” It means, there is some fear in him! When thieves break in, some men even cover their faces in fear. Then, the woman giving him courage says, “What’s this? Aren’t you a man? Don’t you have manliness? Go!” The reason for some men to fear like that is, they being in their early births. They may have learned certain traits, but not this trait of courage yet. After spending a few more lifetimes, courage becomes a natural trait. That is why, in the early births, a woman has to give courage to a man. If a woman is giving courage, it means that she was a man who had already learned courage in her previous births and now, she has come as a woman. That’s

why she is able to give courage. If both the man and the woman lack courage, then both of them would just lock the doors and tremble in fear!

Therefore, the power and strength to exhibit courage have been naturally given to men. Even if a man cannot show courage in his early births, he gradually learns it by observing others around him and begins to exhibit it. Eventually, he becomes so courageous that he does not even hesitate to face death.

Moreover, the one who demonstrates courage becomes a leader, a king. Such a person not only shows courage himself but also inspires others through his words to act courageously and leads them under his leadership. If observed, in any situation, victory does not depend on how many people are there, but rather on how much courage they can demonstrate.

Look at the animal kingdom, the courageous of all animals is the lion. The lion boldly faces any creature, no matter how large it is! Whether it's an elephant, a camel, a giraffe, a rhinoceros or even a crocodile. It never retreats or hesitates; it attacks and attempts to kill.

That's why we often see in movies or on YouTube, if a lion appears, hundreds of animals such as cows, goats, bulls, deers or buffaloes, even if they are calmly grazing, will suddenly run away in fear. In open fields and forests, these animals graze while remaining alert, constantly listening for any sounds out of fear. Even a small rustle or noise is enough to make them flee (run away). Fear is their natural trait. However, in the process of evolution, these animals also learn courage. In their future births,

they will learn whatever they need to learn there. That's why a single courageous lion can make hundreds of other animals run away.

Its roar shakes the entire forest. Just that roar alone makes all the animals scatter in fear. If the animals are so terrified just by the sound of its roar, think how they would feel when the lion itself appears!

If observed, after about 300 births, one will notice masculine traits in some women, in their speech, actions and behaviour. The reason is that in their previous births, they had taken male births and had developed those traits. But if the husband has not yet gone through those many births, he still behaves like a woman and no matter how much courage his wife tries to give him, he will not gain courage!

Look at our Patriji, his level of courage is beyond imagination. He was not a millionaire, he had no wealth, and yet he initiated massive projects!

I remember visiting his home around 2004-2005. At that time, Paul Vijay Kumar had come from Vizag because he wanted to inform that a valley had been selected near Bangalore for a project and told Patriji, "For the registration, we will need around 15 lakhs."

He was explaining to Patriji that for that he went to Vizag to raise the amount and told, "Everyone agreed to contribute Rs.25,000/- each." At that moment, Patriji didn't even have a single rupee in his pocket! I wondered, "How will he get the registration done? How will he build such a big project? What is his courage?"

He didn't think about it at all. I casually asked him, "Sir, is this really necessary for us right now?"

Then he asked, "When the time comes, will people get married or not?" I replied saying, "Yes!" He said, "The time has come for our society to have this project. That's why we are taking this step now." After that, he started the project and brought it into form.

Once it was completed, he began the Kadthal project and gave shape to that also. Later Peravaram and beyond all these, he even started the PMC Channel. Before that, whenever any TV channel aired an interview with Patriji once in a month or two, all our people would eagerly share messages like, "Patriji's interview will be telecasted on this channel at this time. Everyone, please watch!" Such was the situation and starting a TV channel ourselves is no ordinary thing!

Many doubted, saying, "How can we manage this? It's a multi-crore project! So many others started channels and had to sell them off because they couldn't run them." But Patriji never shook even a bit. He would always courageously say, "Don't worry, it will happen!" Already everyone was scared about one channel and he immediately started Hindi, Kannada, Tamil, and Marathi channels.

He would courageously say, "No problem, the money will come on its own!" There is nothing to be afraid of when we also move forward fearlessly on the "true path". The vision of PMC is to spread the truth and that's why, our emblem carries the words: "Vision of the Truth on-the-go".

Patriji said, “Water knows only to flow towards the lowlands, just as truth knows only to spread.” This means that falsehood does not spread, grow, progress further or flourish. The truth grows slowly and expands endlessly.

That’s why it is said, “Hold on to truth, take refuge in truth and live in truth.” Such a person is unstoppable! Therefore, when we encourage truth, even PMC will rise steadily without obstruction. Nature wants that only, it only wants truth!

Those who strive for truth receive the support of nature. As Patriji said, whatever has to come, will come when the time comes. Only “observation of the breath meditation” means taking refuge in the truth. If one takes refuge in anything other than ‘observation of the breath’ such as speech, song, music, name, form or chant, it means taking refuge in falsehood.

Because in creation, only the soul is truth! Anything other than the soul is false. Whatever arises from the soul or is created by the soul is also false. One who depends on falsehood will surely fail. A temporary success may appear, but it is a failure! That’s why I say, “Never abandon (leave) this ‘observation of the breath,’ we will be unstoppable, we will become extraordinary and become great beings.”

Often, we think, “How can we start even a small project in our village? Is it possible for us?” But as the saying goes, “As your thought is, so it becomes.” (Yad bhavam tad bhavati) If your thought remains doubtful, it will never happen.

If noticed, everyone else usually thinks, “What can we do?” or “Is it possible for us?” and they step back. But Patriji

never stepped back, he always moved forward courageously and succeeded also! Now tell me, who can be that fearless?

Those who are in their final birth naturally exhibit courage according to their level. We also must exhibit that courage. None of you are in a lower birth, but you fear turning on the video, you fear meditating with the camera on and you fear speaking in Zoom sessions. What will happen? Even if you fail once or twice, what's the loss?

How can there be success without one or two failures? Even doctors become experts only after killing some of their patients. If a doctor keeps thinking, "What if the patient dies if I operate?" He will never become an expert. That's why anything we do must begin with courage.

In the beginning, some were called "senior masters." I didn't like that at all! I used to think, "Am I not a senior? What's so special about what they say? I can also say. What is there in what he said?"

As Krishna said, "As your thought is, so it becomes" (Yad bhavam tad bhavati) was proved true in my case. Because I always thought, "Why can't I be a senior?" That very thought brought me to this level.

Therefore, whether we are women or men, we already possess courage. Never think, "Since I'm a woman, I must be afraid." Everyone is a soul! Therefore, even if you are a woman, you must exhibit courage.

Courage doesn't only mean fighting in wars. Speaking about meditation, accumulating wisdom, travelling to spread wisdom, all these are acts of courage! The main trait learned through these male births is "courage", and every one of us must possess it.

2) Adventurousness

Whether one is a woman or a man, they are a soul! Everyone must remember this truth and never forget it. But a woman thinks, "I am a woman," and a man thinks, "I am a man." Every person should be like, "I am neither a woman nor a man, I am the soul," and remember this at every moment.

If you think, "I am this body, I am a woman, I belong to this caste, I am a wife, I am a husband," then your way of living will be in one way. But if you think, "I am a soul, and I have taken this birth only to learn certain lessons," then your way of living will be different.

Look, in a movie, the heroine acts as a wife, and the hero acts as a husband. Inside, they are having a feeling, "We are only acting." Their feeling is, "She is my wife only until this movie is completed, and he is my husband only until the movie is completed."

In the same way, we, the souls, are also playing certain roles just to learn some lessons. One lesson might take 30 births to learn, or 50 births, or it might be learned in just two or three births. The fewer births one takes to learn, that number of lifetimes are lessened!

The trait called “adventurousness” is learned through male births. Naturally, many men engage in adventurous acts. We see various such daring adventures on YouTube.

Some people climb hills and mountains, swim across oceans, jump off cliffs, venture into dense forests filled with wild beasts, or walk into deserts where nothing is found. Likewise, some take part in car and bike races, and few others jump into the flames to rescue those trapped inside when a house catches fire. Some even jump out of airplanes, all these are adventurous acts.

Such adventures are undertaken by anyone in certain lifetimes. Especially those who are in rajasic quality engage in such acts, always seeking to “break records.” You see, as Patriji once said, in the movie Pataala Bhairavi, the sorcerer (a person who practices magic through spells) says, ‘Dare to take a risk, Dimbhaka! Whatever you desire can be attained through adventurousness!’ It means, we can know how great adventurousness is!

Moreover, if you observe, you will notice that every movie contains some amount of adventure. Why is that? Because people watch movies with interest only when there is adventure. It’s the element of adventure that brings attraction to the movies.

Therefore, life should not revolve just around food, sleep, family, house, and comfort. Everyone must take up some noble activities. The reason is that we did not come to earth just for eating, sleeping, and family life! We have come to earth to accomplish some noble activities.

To keep the body alive, one must naturally meet basic needs like food, rest, and shelter but along with that, each person should, according to their capacity, engage in great activities. Life is not meant to be spent just eating comfortably, enjoying pleasures, and sleeping peacefully! Because if you fail to learn what you must learn on earth and do not gain the experiences you are meant to gain, you will have to come back to earth again.

Many people think, “It would be nice if there were no problems, sorrows, or difficulties in life.” But if life is smooth, what is there to learn? That’s why one should never sit idle, one must work hard, learn something, do something useful and engage in activities that benefit others.

Only then, life becomes an adventurous one. Such noble causes are what one should dedicate life to. Moreover, being able to give from whatever one has to others is also an adventurous act! Offering a part of what we have for the welfare of the world or for the service of others is also an adventure!

Some people, reaching the peak level of adventurousness, do not even care for themselves, do not care for their comforts, do not look if they have or not, they dedicate their entire lives to others. Living like that also is an adventurous life! Generally, people perform such adventures when they are in rajasic quality.

After several lifetimes, when they move into the sattvic quality, their adventures change. Adventures does not always mean climbing mountains or jumping off cliffs. Giving what you have, leaving your possessions for others is also a great adventure!

Take Gandhiji, for example, he didn't live for himself; he lived for the nation. Take Mother Teresa, she is also like that only! She also lived for others. Those who perform such great deeds cross the Janaloka and reach the higher world, the Mahaloka.

Naturally, in the world, when children see such noble acts and get inspired to follow them, parents and elders often discourage them saying, "That's not for you. Why invite unnecessary trouble? Just mind your own work. You can live comfortably, can't you? If something happens to you while doing such things, what will happen to your family? What about your children? Why do you need all those?"

But Patriji used to say, "Do not discourage children. Teach them, tell them to go into the dark, take them to the cremation ground; do not frighten them about any work, do not teach them fear. Only then, they will do great deeds."

Every human being is born to take up some noble and elevated mission and accomplish it, not to live in fear! The soul's desire is also to be adventurous.

The body's desire is to satisfy hunger, but the soul's desire is to undertake adventures. Therefore, one who lives like 'they are the body' lives only to fill his stomach; but the moment one knows, "I am the soul," they try to do adventures and become an adventurous one.

For those who live like, "I am the soul," adventure becomes natural. Those who enter into soul-knowledge make adventure their daily way of life, it becomes natural to them. Hence,

Patriji used to say, “Children must be taught adventure right from their childhood.”

They should not be frightened by saying, “There are ghosts, spirits, demons, or thieves.” Teaching such fears only makes a child a coward and useless”, said Patriji. He also said, “Frightening children to calm them down when they are being mischievous is a sign of lack of intelligence.”

They should be taken to the cremation ground and allowed to walk around freely there. That’s how fear is removed. They should be encouraged to swim in rivers. While ensuring safety, they must also be taught the adventures. Even when everyone else hesitates, one must boldly follow what the soul feels and what the heart says, is ‘adventurousness.’

The soul always guides towards righteousness. Therefore, adventurousness means doing what your heart says without worrying about what others think. If one person lives fearlessly like this, seeing it, another person also does it. Patriji fearlessly said, “No rituals! Hold on to the Truth! No name, no chant (mantra), no form, no meat!” We also are fearlessly following and telling the same. That is only adventurousness!

When one person does, another person follows and becomes a great individual. Remember, in the higher worlds, adventurousness brings many marks. When on earth, if you don’t perform any adventurous acts, you will be questioned after going to the higher worlds, “Why didn’t you do any adventurous act when you were on earth?” You may give excuses like “children,

job, heavy responsibilities,” and tell all such stories, but you won’t earn any marks for them.

When told to attend a three-day class in Bhimavaram, many people come up with countless excuses. But think, if you gain that wisdom and live in the soul state, how many marks will you earn in the higher worlds! When you write an exam, you get marks and a promotion. If you don’t write an exam, you will not get any marks and no promotion. If you don’t acquire wisdom, you cannot go to higher worlds; you remain where you are, even fall lower.

Patriji said, “The greatest adventure is doing ‘observation of the breath meditation.’ ” He also said, “Cleansing and purifying the mind, opening the third eye, and seeing past lives, these are the most adventurous acts.” Above all, the highest adventurous task is to do ‘observation of the breath meditation’ and to gain wisdom through that meditation! Therefore, let us daily do this great adventurous practice and immerse in meditation.

The adventures of those in the rajasic state is of one kind, the adventures of those in the sattvic state is of another kind and the adventures of those who are attaining the state of the soul is yet another kind. Moreover, upon reaching this state, one takes refuge in truth, teaches truth fearlessly and lives in truth. Such an adventure is like stepping into a lake filled with crocodiles! To take refuge in truth, to teach truth and to live in truth, these are all great adventurous acts.

Those who engage in such deeds receive immense support from nature. Right now, all of us are also doing that work only.

Only those who are in the soul state can perform such great adventurous activities.

No matter what others think, a master's goal is to stay fully engaged in the work he has chosen, without being influenced by anyone. One more thing must be known, when we do adventurous deeds, success or failure doesn't matter! It is unnecessary to ask, "Did it succeed or fail?" What is required is, "Did you do a noble deed or not? Did you go and do it or not?"

Whenever there is an opportunity, did you make use of it or not? That's what is important! All of us are practicing that adventure. Those who do so will evolve spiritually, gain many benefits in life and reach higher worlds.

3) Initiative

One of the most important traits to be learned through male births is "initiative". Naturally, among husband and wife, it is the man who usually takes the initiative in all matters. The woman generally follows the man. She may offer advice when necessary, but she leaves the final decision to the man.

Whether it is during travels, when going out, at night, or even in times of conflict, it is always the man who steps forward and takes the initiative. In all matters, the woman stands behind him, offering her cooperation.

Therefore, in male births, the trait of initiative is thoroughly learned. However, any trait is not gained in a single lifetime, it takes several births. If you observe, you will notice that a man is given a strong and muscular body, while a woman is given a soft and gentle one. That is why the woman, with her delicate body, lives under the control of the man. Likewise, since the man must

cultivate all these above traits, he takes control even in family life and takes initiative. Even during intimate physical union, as you might have observed, it is the man who usually takes the initiative first. The woman also desires that only.

A woman surrenders her body to a man and never refuses whatever he does. At times, she even bears it! This arrangement naturally exists in creation. Because the man has a strong and muscular body, the act of creation takes place and the creation is continuing like this. If the man was weak and the woman was strong, creation would not happen. Hence this arrangement was set up in creation.

That's why, if you observe nature, be it among animals, birds, or even insects, you will see that the male bodies are much stronger and more well built than the female ones. For example, look at the lion, how powerful and muscular the male lion's body is! The female lion, called lioness, submits seeing the strength of the male lion.

Moreover, since a man has to attract a woman, the male body is bestowed with natural beauty. Likewise, look at the peahen and the peacock, notice how different they are! The beautiful feathers are there only to the male peacock, not to the peahen. The moment the male peacock spreads his feathers, the peahen is attracted to it.

Similarly, the male deer has beautiful antlers, while the female deer has none. In any species you observe, the female's body is delicate, whereas the male's body is strong and muscular. This arrangement exists in nature to ensure that the process of

creation continues. That's why this creation has been sustained for ages like this.

Hence, no species is becoming extinct; life is continuing. This structure of creation is designed so that it may sustain itself for millions of years to come. For creation to continue, everything must exist, there is a necessity of everything; creation would be incomplete if anything were missing! Look, it will be surprising if we observe how much magnificent creation the creator created with his infinite intelligence.

To describe the greatness of that creator's intelligence, there is a story in the scriptures.

One man was traveling under the hot sun and became very tired and exhausted. He thought, "Let me rest for a while and then continue my journey," and laid down under a big banyan tree.

As he laid there, he saw small fruits of the banyan tree scattered at a side. He thought, "How foolish God must be! He gave such a huge banyan tree such tiny fruits, but gave large pumpkins to a creeping vine that grows along the ground." Thinking he was wise and God to be unintelligent, he fell asleep.

After three hours, when he woke up, he saw a few banyan fruits had fallen on his body. He was surprised and exclaimed, "Oh my! I thought God's decision was wrong. If He had made the banyan fruits as big as pumpkins, what would have happened to me? I would have been crushed to death by now! Whatever God does, He does only after thinking thoroughly. We lack the ability and intelligence to understand his acts."

Therefore, nothing that God has arranged is wrong! For this creation to continue, He has perfectly designed the exact traits

needed for each and every living being. He gave women the traits appropriate for them, and He gave men the form suitable for them.

If you observe, in all species, for mating to happen, the female always stays below while the male gets on her to mate. It cannot happen in reverse; the creation would come to a halt with that.

Moreover, the male animal is strong and powerful which enables him to dominate the female and perform the act of intimate physical union. Otherwise, mating would not happen. Every female animal must also be ready for that act of physical union. When she is prepared, people say, “She has come into heat,” meaning she is ready to mate with the male. At that time, she is taken to the bull or the male animal for mating and only then, she conceives.

Even after conceiving, an animal comes into heat again after six months. Meaning, it becomes ready for mating once again. That’s why, after mating once, it doesn’t ask or desire again for some time; it stays like that. Some animals come into heat only once a year. However, in humans, women experience what is called ‘the menstrual period’ once every month.

I used to have a doubt: “Humans desire sexual pleasure almost every day, right? But God has arranged for animals to experience that pleasure only once in six months or a year, right? Why is that?” After much thinking I understood, “God has designed everything exactly as it should be, according to the necessity of each being.”

Therefore, whatever God does, there is always a reason behind it, nothing happens without a reason. Look, if you observe

hens or sheep, you will notice that one ram (male sheep) is kept for about ten ewes (female sheep), and one rooster (cock) for about ten hens.

But if there were an equal number of males and females, say, ten each, the female birds or animals wouldn't be able to handle it; they would die! The animals cannot tolerate it if all the animals fall upon it. So, God arranged everything thoughtfully. We learn many things by observing all these.

When I was a child, I used to feel very irritated seeing caterpillars. I would wonder, "Why did God create these creatures? These caterpillars eat up all the leaves by morning!" I used to dig a hole, throw them in, and bury them. But after coming into this I understood that even though they destroy leaves, after some time, they build a cocoon and emerge as beautiful butterflies.

That very caterpillar which once seemed so irritating, transforms into an attractive butterfly. I thought, "What is the use of this caterpillar?" I later understood that butterflies move gracefully from flower to flower, helping in the process of pollination. It means, they carry the pollen from the male flower to the female flower, enabling fertilization. Because of that, we are getting flowers, fruits, vegetables and crops. Humans are surviving only by eating them. If there were no caterpillars, this wouldn't happen, there would be no yield of crops and there would be no human existence.

Therefore, even among trees, we can observe the distinction between male and female. The coconut tree is a single type, but in the case of the palm tree, there are two kinds: 1) male

and 2) female. The female palm tree bears fruits, while the male one does not; it only has flowers.

By observing plants and animals in this way, we can understand how magnificent and surprising God's creation is. As our intellect blossoms, we begin to think about many things and learn many things from them. Otherwise, life becomes limited to just eating, drinking, and sleeping, we will be as if that only were life.

The more your intellect expands, the more you learn and gain experiences in life. That is why I say, "One must blossom their intellect." Life is not just for running a family, bearing children and raising them. It is to observe this creation and learn from them, to become a co-creator, create and participate in the activity of creation!

We, the souls, have come to earth to expand our wisdom! To attain the divine state, we must possess all the traits, right? We have to become enlightened, right? For that, deep contemplation is needed! Only then, we learn. That's why we must get doubts on each and everything! Only when doubts arise, you find the answer; and only when you find the answer, you will be able to learn.

The enlightened ones who attained that state wrote many stories in ways we could understand. We are also future elders! Future generations will speak of us as examples and they must! Are we now not speaking of Vemana, Veerabrahmendra Swami, and Patriji? This is natural in creation! The same ones don't stay forever, new ones keep coming! Change is natural in creation! Everything keeps transforming; nothing remains just like that permanently.

We, the new ones also must rise to such a state! This lifetime is for that only! Therefore, it must be understood that initiative is a great trait that must be learned in a male birth. It exists in every species. Initiative should be exhibited to face conflicts, initiative in mating physical union, initiative even in darkness. This is a male trait.

4) Bravery

Whatever kind of birth it may be, it is the soul that learns. The soul only must attain experiences. Therefore, instead of saying “female birth,” we must know that the soul learns certain lessons through a female body and other lessons through a male body. The soul takes on whichever body is suitable for its learning.

The female body is very delicate and, in a way, weak; a woman cannot lift as much weight as a man can lift.

If you see a man’s body is well-built, strong, and larger in structure. Even though the children are born to the same parents, the girl child becomes delicate, while the boy becomes strong. If you observe more, no matter how many exercises or weightlifting routines a woman does, no matter how much she eats, she cannot build the muscles, only a man can get muscles. That’s why men are strong.

The trait of “bravery” is something the soul learns through a male body. A brave person is one who fights without caring even for his own life. A brave person thinks, “I must achieve what I have set out to do; I must win.” Therefore, since ancient times, it was mainly strong men who took part in wars. To do anything,

one needs a strong body. But women are placed in tasks that do not require physical strength.

A warrior who fights in battles is called a brave person. The one who fears that he dies is called a coward. In a way, life also is a battle! One who fights through the battle of life is also a brave person. Whatever situations may arise, no matter how many difficulties come, one must never step back, never fear, and never act cowardly by committing suicide. Those who do that are not brave.

Some people begin to tremble the moment difficulties arise. They say, "What's the point of living anymore? It's better to die than to live like this!" Such people cannot be called brave. A brave person continues to face every hardship till the very end of life's battle, gaining experience through all of it. If he has even a little wisdom, he faces them thinking, "These are the challenges I myself have brought upon me! I chose them knowingly! I must not fear them or run away from them."

Those who cannot face their problems and commit suicide like cowards are given, an even harsher and more difficult birth by the nature to teach them the lesson of bravery. When they choose to be born saying, "I will experience and bear," but then tries to escape, breaks their word, are reborn into the same kind of problems again. It means, if they commit suicide because of financial problems, they will be again born with the same financial problems.

Normally, it is uncertain whether a new birth is obtained immediately after death or not. But those who commit suicide are reborn immediately just like a ball that bounces back after hitting

a wall. They haven't yet completed the lesson they came to learn. To finish that lesson, they are born again, perhaps in a different place, in a different family, but the problems remain the same, sometimes even more intense. They have no choice, they have to bear them. That's why, Patriji many times said, "One should not commit suicide under any circumstances."

Suicide is not an escape, it is like a bread loaf slipping from the pan into the fire! Many people think that in ordinary life, if they are punished, they can escape by paying bribes. But in that invisible governance, there is no way to escape under any circumstance.

If someone escapes from a normal prison, they are caught again, thrown back into prison, given a harsher punishment, and locked in a dark cell with chains, leaving no room to escape. If one tries to escape from this prison called earth without completing their punishment, Nature says, "You think you can run away, fool?" and brings them back, giving them an even more terrible birth.

Therefore, it is said, "One should not commit suicide under any circumstances." If one wants the strength and courage to face difficulties, intense meditation practice is essential. That's why if you attend the three-day Bhimavaram class, you will gain command in your practice. If you continue coming for a few months, you will develop immense power without even you knowing. Those who have that power bear everything. Everyone faces difficulties, no one is exempted but, they don't feel like difficulties.

Without that power, people will tremble and they keep thinking, "Oh no! My life has turned out this way! I can't handle

this anymore, I will die. God has done injustice to me, what wrong did I do?”

But when difficulties arise, one must not commit suicide instead, they should exhibit bravery like a warrior. To stand by Truth also requires bravery!

Practicing Truth is not an ordinary thing. To speak the Truth, teach the Truth, practice the Truth, live in the Truth and establish the Truth, one must not fear or flee (escape), one must stand firm like a warrior. No matter how much criticism comes, one must not get shocked.

If we observe, Patriji always spoke the opposite of what the world practiced. Many people criticized him, yet he didn't shake, in every gathering, no matter who was present, he always spoke the truth as it is.

Patriji said, “An idol is not God.” Imagine how much courage it takes to say that! Because of such statements, many confrontations arose in different places. But he stood firm like a warrior. He never ran away thinking, “Why should I get into trouble?” He faced everything boldly. That is bravery!

Patriji also said, “No to meat-eating,” but most people around him were non-vegetarians. Many opposed him, saying things like: “If no one eats meat, what will happen to the butchers, poultry farms and shepherds? Why is he saying such things?” But he remained unshaken and never took a step back.

Once, I went to a village where people were heavy meat-eaters. When I spoke on this topic, a few listened quietly, but one man almost came forward to hit me! He shouted angrily and started

to aggressively argue, “Are these the lessons you came here to teach? Our livelihood depends on this! How can we live if we stop eating meat? How must we live? Who is not eating? How can anyone survive without eating?” I replied, “I have said what I wanted to say. If you like it, practice it; if you don’t understand it, what should I do?” Finally, the whole situation settled.

Wherever I went and saw such things, our Masters only would say, “Sir! Most of the people here eat meat. Teach them meditation, slowly, they will only give it up.” But I know that if we don’t speak the actual truth, even going there is useless! Acting like that would be nothing but cowardice. It means they are not brave!

Moreover, we don’t always get opportunities. When there is an opportunity, even if we speak to a hundred people or fifty people, even if one person transforms, that’s enough! Whether they later conduct classes or not doesn’t matter. I was never the kind of a person who leaves an opportunity, I would only speak about it.

Similarly, Patriji said, “No medicines.” Many doctors criticized him for that. They said, “How can one survive without medicine?” Everything Patriji said seemed contrary to common belief, but all are truths! He said, “You are not the body,” which is also strange! Because everyone believes “I am the body,” while he said the exact opposite, “You are not the body.” One must possess great courage to speak the truth like that.

Likewise, now, everyone has abandoned (left) the true path of “observation of the breath” and taken to the false path of

“guiding.” Everyone has gone into guiding. Truth does not attract as much as falsehood (untruth) attracts.

It takes immense courage to say, “That is not the truth.” To face such a situation one must display so much bravery. But I hesitated nowhere, never feared, never stepped back. I never compromised by saying, “Let it be, why to care about him? He will look after it. Why get into trouble?” I always spoke the truth straightforwardly.

I even wrote a book on that. Many people agree that “observation of the breath” is the right, but they make excuses saying, “It is for beginners.”

Buddha called it Anapanasati, and Patriji expressed the same as “Observation of the breath.” Everyone who comes to our Zoom sessions is already in a state of intellect! Those in this state of intellect show courage and bravery.

But when one moves from the state of intellect to the state of the soul, one learns even more. They exhibit courage and bravery, gain patience and skill. There is no quality that they lack. The soul is none other than God and God possesses all qualities and all traits. The more intense one practices meditation, the more these traits unfold. Such a person can do anything and accomplish anything.

This bravery is something that is learned more with a male body. One learns each trait one by one by taking around 250 births in the female body and 250 births in the male body. Therefore, even the design of each life is based on what needs to be learned. Therefore, never hesitate to tell the Truth.

5) Fearlessness

One more trait learned through male births is “fearlessness”. Even if not in a single lifetime, one learns to live fearlessly over the course of several lifetimes. Wherever he goes or wherever he lives, a man remains fearless. That is why a man can go anywhere, even alone. In contrast, women usually need someone’s help. The female body is delicate and sensitive. The main reason women hesitate to go alone is the fear of losing their modesty or the fear that someone might harm them.

But a man does not conceive and there is no issue of modesty for him. This is also one of the reasons why, through male births, one learns to live fearlessly. If any man is still afraid, it means he has not yet learned the trait of courage. Moreover, it also indicates that the traits carried from his previous female births have not yet been let go of, that is why, they fear.

We have often said, “A human being is not just the body, he is mind, intellect, and soul.” This means among humans, there are those who live in the bodily state, those who live in the mental state, those who live in the state of intellect and those who live in the soul state also...

Naturally, those who live in the bodily and mental state tend to fear everything. But anyone who, through “observation of the breath meditation,” rises to the state of intellect, even without physical strength, can fearlessly face and overcome any situation with the power of their intellect. To understand this better, let us look at a story from the Panchatantra.

A story of a Rabbit and a Lion

In a forest, a lion entered and started killing the animals as it pleased. Then all the animals gathered they concluded, “If this continues, we will never have peace. Let’s come to an agreement with the lion. Every day, let one of us go as its food. Then it won’t attack anyone else and we can live courageously.” They decided on this and conveyed it to the lion, who agreed. Thus, each day, one animal went as food to the lion. One day, it was the Rabbit’s turn.

The rabbit walked towards the lion thinking with all its intelligence, “If I can outsmart this lion, there will be no trouble, right?” Approaching the lion, it said, “Oh King! You may think you are the greatest, but a lion stronger and mightier than you has entered this forest. Your games will not continue anymore!”

Then the lion became very angry and with full pride said, “Someone stronger than me? Who is it? I will deal with him!” The rabbit said, “Come with me!” and led the lion to a ruined spot in the forest, pointing to a well it said, “There! That lion is there.” Immediately, when the lion peered into the water, it saw only its own reflection. It thought it was another lion and roared at it. The sound echoed in the well, making it seem as if the other one also roared. Saying, “I will handle him,” it jumped into the water and died.

Thus, the rabbit, with its intelligence, was able to defeat such a mighty lion. It means that while living in the bodily or mental state, we cannot overcome any situation. Many think, “With strength, one can live fearlessly,” but more than physical strength,

if one has courage and intellect they can overcome any circumstance. That is why it is said, “The power of intellect is greater than physical strength.”

That’s why I say, “Blossom your intellect.” If you reach the state of intellect in this lifetime, it means you have already accomplished so much! You can consider yourselves very fortunate. If you are in tamasic or rajasic qualities, it doesn’t mean you have attained the state of intellect. Only when you enter the Sattvic quality, one can be considered to reach the state of intellect. For that, practice intense meditation and follow a Sattvic vegetarian diet. These two are enough; nothing else is required.

When you come to Bhimavaram, you can engage in such intense practice. Moreover, you can do right silent ‘observation of the breath meditation.’ There is no proper practice elsewhere. People say, “guiding,” “music,” or “Patriji made us do.” With many such reasons, right practice is not being followed. No matter how many years you spend like that, it will all go to waste.

Only with intense practice will you reach the state of intellect. Then, with the power of your intellect, you can overcome any situation in your life. Whether the other person is physically strong or not is irrelevant; strength is not required for that.

Even in husband-wife relationships or anywhere else, if a situation arises and you can respond appropriately to whatever the other person says, they will be left thinking and cannot argue further. When you cross the state of intellect and if you reach the soul-state, you face every situation fearlessly, without thinking about

your life. They do not require physical strength; what they require is fearlessness.

Soul means God, Where is fear in God? Only fearlessness! Therefore, such individuals face every situation with courage and fearlessness. They also behave fearlessly.

Let us consider Prophet Muhammad, who was in the soul-state. He participated in many battles. On one occasion, while he was fighting, an enemy threw him down, placed a sword on his neck, and said, "Now let's see who comes to save you." Without any fear, Prophet Muhammad replied, "My Allah will protect me." His confidence slightly shook the enemy. At that very moment, Muhammad turned on him, placing the sword back on the enemy's neck saying, "You don't even have Allah! Now let's see who will save you." It means that even in a seemingly losing situation, he faced someone stronger than him fearlessly.

Those in the soul-state always live fearlessly, no matter the circumstances. If we take Patriji, like Prophet Muhammad, he also was a great soul in the soul-state. Being in that state, the truths he spoke were often contrary to the world and many could not digest them, but he spoke them courageously. When he said, "The idol is not God; do not worship the idol, worship the truth," in some places and on some occasions, people in ignorance opposed him. In some cases, they even attacked him. But being in the soul-state, Patriji fearlessly expressed the truths he intended to teach.

When one fearlessly speaks the truth, nature provides support. In such situations, no matter what challenges arise, with nature's cooperation, they can overcome them easily. Really, if so

many opposed and suddenly confronted Patriji, then he alone would overcome the situation with the help of nature's co-operation.

I keep saying the same thing: "Hold on to Truth, teach Truth and live in Truth, you will have nature's full support." I am telling you only one thing: Whether you are a man or a woman with a weak body, whoever you are, if you want to behave fearlessly and live that way, you must attain the soul state. At least reach the state of the intellect; then you will have nothing to fear.

Many people when asked to come to Bhimavaram say, "I can't come alone," thinking, "My money will be lost, my gold will be stolen, or something bad might happen to me." But if you don't harm anyone, no one can harm you. As long as you don't deceive or cheat anyone to take their money or cause them loss, there will be no danger to the wealth you have.

If you cheat others, then no matter how many locks you put on your house, someone will come and steal. But if you don't expect what belongs to others and don't cheat anyone, then no matter whatever may be the reason, even if you keep your doors wide open and lie down at home, no one will come in. If anything did happen, it means, it can be considered that you definitely did something.

Some may say, "Women are being kidnapped and sold to brothels," but all those women are those who, in their past lives committed rapes and kidnappings as men and caused suffering to those women! In this life, they are born as women and are experiencing that same hell.

Remember: What is there to fear when you live righteously and justly, if you live with honesty? Why compare yourself with them? You should be afraid if you commit such crimes. But are you the kind who does those things? Those who are in early births do such things and learn from them. That is related to them. Why think, “It happened to them, so it will happen to me,” unless you’re out of your mind? You all have crossed beyond some 350 births, you have already overcome all that.

All those lessons are over for you now, stealing, being stolen from, committing rape, being raped, all of that is finished! Killing and being killed are finished. Your present state is that you are trying to acquire wisdom and attain a birthless state. You have reached that level.

When I say, “You have had so many births,” if you still feel fear, that is your foolishness is not gone yet! Do you have any doubt, “Have I done something wrong?” If you have done something and if you think, “Maybe something will happen to me now,” then no matter how safe you are at home, what is meant to happen is not going to stop from happening. I am surely telling you: No matter how many precautions you take, you must undergo what you have to experience. Escape is impossible! Many people say, “If I go outside, I will get into an accident and break a leg,” and so they stay carefully at home. How many people didn’t break a leg by falling in the bathroom while staying home? Nobody can escape the consequences of their karma.

If you want no harm and have nothing to fear, then make sure you do not cause harm, loss or violence to anyone. If you can do that, nothing will happen to you.

Many say, “We have ants, rats and cockroaches in the house, what can we do?” Learn to live without killing them. Nothing will trouble you. Even mosquitoes may enter the house, but they will not come near you. Attain that state! If you have not yet reached the state of intellect, you will be thinking only about these kinds of thoughts.

If you think, “Will it harm me?”, then pick up the rat and release it outside; don’t kill it, don’t poison it! Catch the cockroaches and throw them into the dustbin and take them out! If you keep doing that, those will stop coming near you. All creatures can sense your intention. You only don’t have the ability to sense their intention, but they can read yours. Observe: Any animal, when it faces you, looks into your eyes, through your eyes it senses your intention. It checks, “Are you here to harm?” You in fear begin to think, “Should I beat it with a stick? Or kill it?” The moment the intention to harm appears within you, it is likely to react and attack you by the time you cause harm.

Therefore, if you live righteously, there is no need to fear anyone, you can live fearlessly. That is the very reason we are learning all these. It’s not important how long we live? But how do we live? Why live a life filled with fear, anxiety, restlessness and sorrow?

That’s why I firmly say, “Come to Bhimavaram for a few months, engage in intense meditation, attain the state of intellect and see how much transformation happens within you.” You will not only live courageously and fearlessly! You will also inspire others to live in the same way.

To watch Tatavarthy's zoom sessions:

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

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.

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.



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Naturally, people think, "I am a woman" or "I am a man," but these are just births we have taken. If one is born as a woman, it is a female birth; if one is born as a man, it is a male birth. That means we are neither a woman nor a man, we are all souls. As souls, we are fragments (amshatmas) separated from the enlightened soul (purnatma) or the source soul (mulatma). This fragmented soul enters a human body and is called a 'living being' (jivatma).

The enlightened soul assigns a goal to this living being, saying: "You must learn many lessons, and gain wisdom on earth so that you may rise to our level, it means become an enlightened soul. Until then, you will continue to take a birth again and again." Like that, each and everyone enters the human birth and from then onwards, the cycle of karma begins.

- Brahmarshi Tatavarthy Veera Raghava Rao

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