

How to become a champion?

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HOW TO BECOME A CHAMPION?



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W.G.Dist., A.P. Ph: 94403 09812

Rs.50/-

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How to meditate? Observation of the breath.

Sit in a comfortable position, with your hands clasped (locked) and legs crossed, and close your eyes. Simply focus on your natural breathing, noticing each inhale and exhale.

Even if numerous thoughts arise while focusing on your breath, let go of them and refocus on the breath. Gradually, you will reach a state of thoughtlessness, where the flow of thoughts ceases (stops), and the mind becomes empty and calm. This is the true state of meditation.

Once we reach a state of thoughtlessness, we must observe various experiences related to the body, nervous system, and soul. In this state, the universal life force flows abundantly into the body, cleansing the nervous system. This energy heals all ailments (illnesses), and as the nervous system is purified, our karmas will dissolve.

Everyone should meditate twice daily for at least the same number of minutes as their age.

HOW TO BECOME A CHAMPION?

Humans should not remain ordinary in any field, they must progress and become experts. One should not simply learn something and leave it. Whatever field a person enters, he must become a champion in it. Such people earn recognition among many and are praised as great individuals on earth. Whether it is cricket, football, cinema, or any other field, whatever one chooses, they must aim to become a champion in it.

Likewise, now that all of us have come into this spiritual path meaning the path of wisdom. To become a champion in this, one must progress greatly. Progressing means becoming an inspiration to many people. Others should learn by observing us and strive to become like us. If we can do that, we are definitely considered as champions. Only then it can be considered as we have accomplished something meaningful coming to this earth.

Considering champions in other fields, they may be champions only in that particular lifetime. But in the spiritual field, whether one is alive or dead, their championship remains the same. That is why, if you look at Krishna, he is a champion in this spiritual path. From ages, countless people are following him and are taking him as their inspiration.

Likewise, if we look at Buddha, Jesus, Muhammad, Guru Nanak, Sathya Sai Baba, Shirdi Sai Baba there are so many like them. We will never forget them. They are champions in the spiritual field. In the same way, to progress and excel in any field, one must follow seven principles. They are:

1. Practice.
2. One must never forget rules.
3. One must know the techniques.
4. One must not follow blindly.
5. One must know that there are no limits for learning.
6. One must keep learning everything that is related.
7. One must blossom their intellect.

1. PRACTICE

Whatever it may be, one must practice it. If someone has become a champion in anything, it means they must have done endless practice for it. In movies too, before showing someone as a champion, they first show how much practice they went through. Later they show them as champions. Therefore, practice is extremely necessary.

Similarly, those who have come into this spiritual path must also attain wisdom. For that, they must practice more meditation. One must constantly practice this; the more they practice it, the more they progress! That's why there is a saying, "Practice makes a man perfect." The more one practices, the more expert and great they become.

It is not a great thing to enter some field and then walk away from it. Whatever field you have chosen, you must make an effort to achieve in that field.

Those who practice the meditation achieve progress in all areas. They acquire the required energy and intelligence through the meditation. If those who practice this meditation want to become experts, they need to remember a few things.

A) “One should choose any one particular field in the beginning itself.”

Many people choose two or three fields. They think, “I will become a champion in football and also in cricket,” but they can’t achieve either. Similarly, those who think “they can progress in meditation and also grow in business at the same time”. They can’t achieve either. They get to know a bit about the field, continue for some time, in the meantime, their life would come to an end, but they will never become a champion.

After coming into this path through Patriji, I knew that this is the right path! This path of wisdom and meditation is absolutely necessary for those who are born as humans. I understood that no matter how many lifetimes one goes through, eventually one must come into this path, there is nothing beyond this!

Through Patriji, I got to know, **“I am not the body, I am the soul,”** and I was surprised! Then I thought, “If I am the soul, will all the money that I have earned so far will benefit the soul in any way?” and I understood that it is not useful! It felt like everything that I had done until now was a waste, and It made me a little sad!

When I understand that it would bring me no benefit, I decided that whatever exists right now is enough, and I stopped all my businesses. I used to run a rice mill. I was one among the top business magnets in Bhimavaram. I was involved in many businesses like cool drinks manufacturing, ice factories, and chit funds.

I left all of them and focused entirely on this path. I reached to this level because of concentrating like that.

If there is even a small discomfort, my children tell me to take rest. Did we come to this earth to take rest? Why did we take the body? I came to do the work that benefits me, the soul. After knowing that, the path for that is practicing meditation and acquiring wisdom, how can I simply sit? I must achieve it; “I must become a champion on this path”. That is my goal.

From then until now, for almost 22 years, I have been continuously on the move without a break. My focus is always on what I can do to progress further, to acquire more wisdom, to learn many more new things. Whatever needs to be done for that, I do exactly that. Why can't I achieve it? I will definitely become a champion!

If one wants to become a champion in any field, they must choose one field and concentrate on it. This doesn't mean you should abandon (leave) your family life. You must take care of it and progress in this. I also took care of my family while doing this, I didn't abandon anything.

Patriji set a goal:

- ◆ World of non-violence,
- ◆ World of Meditation,
- ◆ World of Pyramid, and through these, a World of Wisdom.

Hence, he left his job and concentrated only on this. Just look at the level that he has reached! He has achieved things that surprise us. If he had tried to do all this, while working, how would it be possible? Buddha also gave up family life to achieve this.

Therefore, anyone who wants to become a champion in any field, one must first choose that field.

B) Once you choose that field, you must work very hard to master it.

This is also very important. It's not enough to simply choose a field, you must work very hard. Why should you work hard? Because effort bears fruit. The more you work hard, the more results you will get. Nothing comes without effort; irrespective of any field, you must work hard. Nothing comes just like that.

If we observe, in movies during the fight scenes, they spill blood, damage their bodies, they go through physical injuries, and achieve victory. Similarly, when you choose this field, you must work hard in this also. You can't expect to relax, you definitely have to put in the effort.

C) You must choose the right guru.

Another important point to note. Without a Guru, one does not know anything and nothing can be understood. A guru is absolutely necessary. It's because of Patriji that we have learnt all these things. Otherwise, how could we possibly learn them? He may claim, "I am not a Guru," but he said it simply.

The moment people hear the word "guru," a kind of blind belief arises. They think that must worship his feet, worship him, and seek his blessings. To avoid them from falling into such superstition. He said, "I am not your guru, your breath itself is your guru."

So you must choose the right guru; otherwise, it is of no use. If you randomly consider anybody as your guru and follow them, you will suffer a great loss. Therefore, we must know who is an expert in this field.

Because once we entered this path, we understood that

we are not only the visible body. Along with this body, there is the mind, there is the intellect, and there is also the soul.

If we observe, the mind is greater than the body, the intellect is greater than the mind, and the soul is greater than the intellect. When the soul is greater than everything, when everything exists because of the soul, and when nothing exists without the soul, we must understand that, we need to hold on to the soul. We must choose someone, who can teach about the soul and who has expertise in it.

I have seen many gurus, but among them, I did not find anyone greater than Patriji. At that moment I chose him as my guru. I did not choose a random person to be my guru. Now, if you look at our PSSM society, each one is considering a different person as their guru, ignoring the actual ones. That is where they suffer a loss; due to which they cannot evolve and remain as it is.

There are some people who teach about physical benefits, some teach about mind, and some teach about intellect. But there are very few who teach about the soul.

That is why I chose only Patriji. Back then, there were many senior masters, but I did not listen to any of them. Whenever I had any doubt, what Patriji said, about that doubt, was my standard answer and I would follow him! No matter what other senior masters say, I would cross check it with Patriji's books and CD's to see if he had said the same. If it wasn't there, I would leave it. No matter how senior masters they were, it is unnecessary to me. Patriji was greater than all of them.

In this way, I have observed many organizations and gurus on the spiritual path. But I have not come across anyone who teaches about soul-knowledge like Patriji or who can teach such

wisdom. Therefore, as I have understood that I have chosen the right guru, and now I have nothing to worry about, I can certainly progress and still following him.

Hence, one must choose the right Guru. Suppose there is a person who plays cricket. If he considers someone who knows nothing as his guru, then what will that guru teach? What will the student learn? Therefore, when we choose a guru, we must choose the right guru.

D) One should not waste time.

We should not waste the time we have. Not only we must focus entirely on what we have chosen, but we must also use our time for that. In family life, whenever we find even a little free time, we should direct our attention to this. We should not waste time on movies, fun, entertainment, or idle pastimes. We must dedicate our time completely to this. We should continuously practice whatever Patriji said.

1) Practice Meditation, 2) Reading spiritual books, 3) Association of the wise, 4) Service. All of these must be followed consistently. Then you will definitely become an expert, it means, you will become a champion. The more you know, the more you will have the opportunity to progress. When you progress like that, you will be praised by many people. You will become a role model for others. You will remain in their hearts in an unforgettable way. Therefore, all these must be practiced.

When Arjuna entered the yogic path, he said, “It is difficult”. Then Krishna advised him saying, “follow both practice and detachment, you will overcome it.” Since Krishna stated this clearly, we must know all of these.

2. One must never forget rules

In every field, there are certain rules. If you forget them and act against them, you can neither progress nor learn in that field. Therefore, it's essential to strictly follow all those rules.

Now that you have entered the path of meditation meaning, the spiritual path. In this also, one must know the rules. Those who forget these rules, no matter how many years they have been on this path, become the ones who wasted their lives, and are the ones who are on the wrong path.

Significantly, Buddha spent many years in hardship, met many teachers, and practiced various forms of meditation. After knowing that none of them are useful, he finally discovered that “Observation of the breath” is only the right path. Through that practice, he attained enlightenment and taught the same to everyone. That is “Anapanasati meditation”.

Patriji also studied many people. After that, he clearly defined that all of those were incorrect. He wrote, “Meditation means observation of the breath” like a dictionary definition. With the intention that no one must forget, he clearly wrote, “Meditation means observation of the breath” in every book.

His intentions behind doing this was anyone might forget, or go into another path.

But strangely, many masters are setting aside observation of the breath, which Patriji made a strict rule and teaching observation of the speech. It means they are conducting guided meditations. They make people close their eyes and tell them whatever they like.

Because masters are not bothered about seekers. Many

people are conducting all sorts of experiments in the name of meditation.

Patriji clearly stated, “There should be no sound!” But every other person is teaching a different kind of meditation. How will someone new to meditation know? They are considering this as meditation and are continuing to practice it.

These sounds, music, and words are good enough to sit in meditation, but what they don’t understand is that they don’t give results! If masters who teach can’t understand this, how will the newcomers understand? If those who were with Patriji cannot understand this, then how will others grasp it? So, if we want to become champions, we must follow the rules and regulations. If we don’t follow them, there is no use at all. That is why I focus on this point wherever I go.

Is saying, “Do this, achieve that, acquire wisdom, rise to a higher state, become an enlightened soul, reach satyaloka” is enough?” One has to follow the rules at least for a few years. If one does this, there might be any opportunity. How can anyone attain it without any effort? Hence, I am mainly focusing on rules from the beginning.

It made me think, “What exactly are the rules involved in this? What rules must be followed to speed up the journey in this path and bring transformation?” That’s what I have been focusing on and talking about the most. There is no use in speaking about higher subjects. One cannot understand anything further if one has no knowledge of fundamentals.

That’s why, I’m focusing on the rules particularly. Everyone else is paying more attention to experiences, other topics and about different worlds, the beings that exist there, and the

support we get from them. But I'm concentrating mainly on these fundamental rules and regulations. If these concepts are properly understood, all the above mentioned things will come naturally to us without even telling about them. So, we must not forget the rules.

We must strictly follow whatever Patriji said. Some people are claiming "Didn't Patriji conduct music meditation?". Patriji tells people according to their individual level. He would guide newcomers in one way and those who have progressed a little in another way. So, he didn't say the same thing to everyone. No one can understand this, which is why we must know the rules properly.

A) Observation of the breath.

This is the very first rule we must know. Doing anything else apart from this means we've taken off the wrong path! Look, you are travelling. You plan to go to Hyderabad from wherever you are. You know the shortest route. But as soon as you reached a junction, you did not understand the route to travel further. What happens if you take the wrong route instead of the right one? The longer you travel, the longer it takes you to reach your destination.

After knowing that, the journey is not taking you to the destination, and you travel back to the beginning. Look at the loss this journey caused you. By this time, you might have actually reached your destination but because you took the wrong path, all that time was wasted. In some situations, you may not be able to reach your destination at the expected time.

Similarly, those who wish to become champions in the spiritual path will never become champions if they forget the rules. They will remain as ordinary people. Meditators will remain just as meditators. They will never progress to a higher state.

But if one follows the proper rules and regulations, anyone can become a champion.

So, what everyone must clearly know is that, the very first rule on this path is “observation of the breath meditation”. Those who abandon this are no different from someone who has never entered this path because there are countless number of gurus in the world. They guide people in various practices, and the people who entered PSSM but don’t practice “observation of the breath meditation” also end up in their category. It does not mean that they have entered into the right meditation.

They are simply making them close their eyes and saying whatever pleases them. Some tell to recite a name, some tell to recite a mantra (chant), some tell to focus on a form, and others teach many kinds of paths. Those who don’t do “observation of the breath meditation” also fall into the same category as these people.

Therefore, one must know the greatness of “Observation of the breath meditation.” Once you know this, you will understand how meditation should be taught. These guiding masters do not think that much. They are concentrating on what new concepts might attract people, and are giving importance only to that.

But many people have doubts. Didn’t Patriji say, “Observation of the breath meditation” then “why are these people teaching guiding meditation? Why are they playing music?” Many such questions arise. Therefore, the rules and regulations must be followed strictly.

B) Sattvic vegetarian diet.

This rule must be followed without fail. Just as much importance is given to meditation, the same importance must be

given to sattvic vegetarian diet.

Patriji has very clearly explained “purity of the vessel-purity of the ingredients-purity of the cooking.” You will understand this if you read Mrs. Tatavarthy Rajya Lakshmi’s book, “Rebirth.”

Everyone follows the rules properly at home, but once they step out, they don’t follow them at all. Therefore, even when you go out, you must follow them very strictly.

We must take the Brahma Kumaris organization as an example when it comes to food. Wherever they go, they carry their own utensils. They cook their own food and eat. Even if others, who offer to cook for them are vegetarians and tell, “We will cook according to your rules,” the Brahma Kumaris still don’t agree. They cook and eat by themselves. They follow their discipline very strictly. That is exactly what I learned from Patriji.

Once, I questioned Patriji that, “It is difficult to follow rules regarding food while traveling” he said, “Fast! If there is no opportunity, but never compromise in the matter of food.” From that day onwards, I still strictly follow this rule. In some households, if the husband gives up, the wife doesn’t; if the wife gives up, the husband doesn’t; and if both of them give it up, the children don’t give up.

Some people quit eating non-veg, but they don’t stop cooking it. And some, when they attend functions, end up eating there, out of hesitation or stinginess. Such people can never become champions. They will never acquire wisdom. Therefore, food regulations must be followed strictly. The same importance that is given to meditation should also be given to food discipline.

C) Reading spiritual books.

One must read books which enhance soul-knowledge. It

means one must mainly read Patriji's books.

Not the books that involve topics such as thought power or mind power. These days, many different kinds of books are coming out. Some people say, "But Patriji told us to read all kinds of books, didn't he?" That's alright, but did he ever say to stop reading his books? People have stopped reading Patriji's books and are reading all the other books. How much wisdom did they develop?

Just as a Hindu, without the Bhagavad Gita is said to be incomplete, in the same way, a Pyramid Master who doesn't read Patriji's books is also incomplete. Therefore, buy Patriji's books first and later buy all the other books. During the Yajna, I observed something, lakhs of books were being sold, but not even 5% of them were Patriji's books. I found that very strange. They don't understand even if we tell them that they are Patriji's books!

They say 'it's Patriji's path!' and when Patriji would come, they would become overjoyed. But I don't understand why don't they understand when we say, "they are Patriji's books".

First and foremost, one must definitely read Patriji's books. My wife and I read only those books. It is through that knowledge, that we have progressed to this level. In fact, if you read Patriji's books, there is no need to read any other books. All the wisdom found in every other book exists within Patriji's books.

Therefore, to become a champion, one must follow the rule of "Observation of the breath", take a sattvic vegetarian food, and read only books related to soul-knowledge. To become a champion, one must possess immense wealth of wisdom.

Patriji said "Meditation is only for wisdom but no one

focuses on wisdom”. Their focus is only on experiences. How can they become champions with this attitude? If they continue the same, they need many more lifetimes. “For the giver, the greater the giving, the greater the reward.”

D) Association with the Wise.

This is also a very strict rule. Everyone must follow it. We should associate with those who teach us soul-knowledge. You will reach that state (soul state) only by being in association with them. This means, one must attend the Bhimavaram 3 day soul-knowledge classes without fail.

E) Service on this path.

Similarly, the service done on this path is also very important. You must perform as much service as possible.

Those who follow the rules in this way will definitely become champions. It is of no use if one leaves the body as an ordinary person without becoming a champion even after taking this birth, coming onto such a great path, and being guided by such a great guru. It is of no use even if a little bit of wisdom is not acquired.

Some people say, “My health has improved.” Some say, “My desires have been fulfilled.” They perform only worldly services related to the intellect. Many still don’t understand the uses of them. You are not the body, mind or the intellect. Then who are you? Meaning, you must know that you are the soul which is the pure consciousness, and you should be able to live accordingly.

3. One must know the techniques

Many people who have entered this path of meditation, often say that even after being for a long time, they are unable to sit in meditation for long periods. They are unable to sit for more than fifteen minutes or thirty minutes, and struggle with a lot of thoughts. Some even leave the path of meditation after some time, because they are unable to meditate. Therefore, for those who wish to progress on this path and meditate with ease, there are certain things to know.

So, to be able to sit easily in meditation for hours together, one must reach a thoughtless meditative state. Those who are in that state can sit effortlessly for any number of hours. How does these thoughts reduce?

A) One should not get involved in unnecessary matters.

When you are free, you should peacefully sit or close your eyes and observe the breath, that's it. There is no need to get involved in unnecessary matters. This is because thoughts arise from inside, it means from the mind. So, how did these thoughts go inside the mind? It means whatever your mind focuses on, it gets recorded in your mind.

If you watch a quarrel happening in someone's house and come, that only will come to your mind when you sit for meditation. But if you hadn't paid attention to that quarrel, why would it come to your mind during meditation?

Similarly, if you watch the news and then sit for meditation, the same news-related matters keep coming to your mind during meditation. Likewise, if you watch a TV serial, all the scenes from that serial appear in your mind during meditation. Why to watch

those things, and why to bring them into your mind during meditation?

You think, “Yesterday I meditated for many hours, there may not be any thoughts now.” But you are living a family life. Your thoughts are based on whether you got involved in unnecessary matters today or not?

If you keep involving yourself in unnecessary matters, no matter how much you meditate day and night, the thoughts keep coming again and again, they don’t have an end. So, you should try to be as silent as possible.

By being silent, we don’t interfere in anybody’s matters. As a result, the mind doesn’t accumulate unnecessary waste. While leading the family life, some things are unavoidable and everyone must have to take care of them. More importantly, one must stay away from anything that pollutes the mind; if no incident occurs, no thoughts arise.

B) One should meditate whenever one gets free time.

The reason is: Whenever one sits and practices “Observation of the breath meditation”, one will be clearing some thoughts. That is why Patriji said, “Even while travelling by bus or train, instead of engaging in unnecessary conversation with the person next to you, if you get even five or ten minutes of time, observe the breath.” Similarly, even if the train is delayed by an hour, sit there and meditate. By doing like that, even if it is ten minutes, one or two thoughts will be cleared from the mind.

What remains when all thoughts are cleared? One can sit in a meditative state for hours together. Or, when one attends classes at places like Bhimavaram, there is no other work, they will be able to fully focus on meditation and clear all the accumulated

waste. Many people say, “we went this month, right?” It is true, you came. But once you return home, you again get involved in new matters. In a month, many troubles and problems arise at home, and all of them again accumulate in the mind. That’s why I say, “In order to clear out the garbage accumulated over 27 days, one must attend Bhimavaram every month.”

C) “One should also follow food discipline.”

If anyone says, “I am unable to meditate.” I will definitely ask them: “Have you stopped eating eggs, meat, garlic?” The reason is that if they are eating these, they remain in the rajasic quality. Their mind does not allow them to remain steady. They may sit with great difficulty, but it is of no use. No matter how long you sit in meditation with thoughts in the mind, it is not considered as sitting in meditation. They may be sitting, but it’s not considered as meditation.

Consider, someone sits in meditation for an hour. For a while, thoughts arise. Then they observe the breath. Again, thoughts arise. By repeating this process, eventually, in a certain state, for a minute, two minutes, or five minutes, all thoughts stop. That is only considered as meditation. But after opening their eyes they say, “I meditated for an hour.” Did they really meditate for an hour? No, they didn’t meditate for a full hour. So what did they do then? They just put in intense effort to reach that state.

How do you know whether you have reached that state or not? You will know this when, even after sitting for two and a half hours, if you feel like you did not sit at all, then you are considered to be in a good state. But if you are still struggling with thoughts, cutting them off, and thinking, “When will I open my

eyes?”, it is considered as if you have not reached that state.

Those who have reached that state will sit until ‘okay’ is said. Later once they open their eyes, they feel, “Is meditation over this early!?” One should reach a state where it feels like they did not meditate at all. If it is done in this way, it can be considered as you have attained a good state in meditation. When you sit in that meditative state for hours together, many internal changes occur without your knowledge.

Internally meaning, many changes occur in the mind. All these changes greatly contribute to your growth, your progress, and the advancement of your meditation.

D) “One has to choose just one thing.”

It’s not about choosing four different things. One has to choose just one and become an expert in it. If one moves forward in this way, one will progress very well.

4. One must not follow blindly

This has become way too much in the world. Blind imitation means people are getting attracted everywhere where there is more crowd. Nobody will think about things such as, “What is it? Why are so many people going there? What’s really in it?” They just see everyone going and decide, “Let us also go!” that’s it.

Even in matters like guiding meditation, people don’t think, “Is that really right or not? What exactly is it? How much will it benefit us? What is the use of it?

They blindly follow something called the “inner journey.” They proudly say, “We are doing the inner journey.” But if you ask them, “What is the inner journey?” they go blank. One must first know what it is? It is not wrong if you follow it after knowing that it is right. Patriji visited many organizations, met many people, and saw many kinds of practices. He understood, “whatever practices they are practicing are not right”.

Some people join an organization just by looking at their appearance. Others follow a guru simply because they see disciples who follow that guru. But no one thinks what can that guru actually teach? How much can he teach? What does that guru truly know? Will we get what we are seeking from him or not?

The gurus will always teach well. The reason is, since ancient times, many great people have given numerous messages and have written many books. These gurus read all those teachings and then teach us the same. So, teaching is not important, what matters is, “Are they giving us the right wisdom or not?” Are they making us do a practice that actually helps us attain that state? Or not? All such things must be known.

I have seen many gurus. But among all of them, only Patriji has clarity. No matter what the subject was, there was nothing that he did not know. Having read a hundred thousand books and being enlightened for five lifetimes, how could there be anything that he didn't know? If you gave him a book, he would finish reading it in five minutes. That would surprise me!

When I was writing a book, I would bring that book and ask him to rectify the mistakes, if he would casually flip the book, and say, "This book has these mistakes, correct them." If I go through the book, I would find many mistakes of the same kind. It would surprise me! He was such a genius!

He never taught anything except about the soul and soul-knowledge. Since there were many different kinds of people, sometimes he would also speak about ordinary matters along with soul-knowledge. But if we focus only on those ordinary things, which he mentioned once in a while, then we have not really understood Patriji and in that case, we will be at loss.

There are people who call themselves gurus, dress up, and teach fluently. No matter how great the guru was, I would observe "Whether he would make us practice ritual worship or not?" I noticed that no matter how many moral lessons they gave or how many talks they delivered, at the end, they would make people engage in idol worship and devotional bhajans. From this, I understood that they had not yet reached the soul level.

When the Vedas so clearly state that "Aham Brahmasmi" which means "I am that God," then why are they making us perform idol worship? Who made the idol? All these are understood, if you think. They perform ritual worship and continue to give such messages. By observing such few things, one can understand well.

Patriji is one such great soul who has surpassed all such stages.

I also noticed one more thing in Patriji. There is a book called “Dhyan Jagat”, Patriji made sure that ‘Dhyan Jagat’ always puts images of the living masters on the cover. They don’t print imaginary photos. But if you look at the books of other organizations, they, however, put images of Lakshmi Devi, Vinayaka.

This would put me into thinking why Patriji doesn’t print such images? I understood that all of those are imaginary photos. No one has actually seen what Goddess Lakshmi or Lord Vishnu look like! They are not from this age (yuga), they existed many ages ago.

Then how could their real images be printed? That is the reason why he did not print such imaginary photos. We can understand if we observe a few things like this. So, we should not follow blindly. Don’t do it just because everyone else is doing, don’t do it just because it has come down as a tradition, don’t do it just because someone has said, take your own experience into consideration.

Don’t blindly believe, don’t follow anyone blindly, use your own discernment (judgement of good and bad). That’s why I say, “Blossom your intellect”.

Patriji once said that, “a seeker of a certain state, will find a guru corresponding to that certain state”. As you elevate your state, you will find a guru that matches your elevated state. If we have received Patriji as a guru, it means that we are also in a great state.

So, one should not follow blindly, don’t follow anyone blindly, don’t believe blindly, think and know. Don’t practice anything blindly.

5. Learning has no limits

Many people come to this path because of illnesses or problems. After coming, they focus only on whether the illness has reduced or not? or whether they have come out of their problems or not? Suppose the illness does not get cured, they think, ‘this meditation path is not good’, so they go to another guru and another path. If it is cured, they say, “It has cured anyways”, and then stop meditating and even neglect it.

Some people practice this meditation and continue doing it regularly. Even after practicing for a long time they don’t understand. Because every day they just sit with their eyes closed. But nothing seems to change. Then they start having doubts: “How long should I do this? How many days should I do it? Is there anything more to do, apart from this? Is it just sitting, with my eyes closed everyday?”

After some days, they start feeling, “Maybe I can stop now.” A doubt arises “When to stop? They think, “We got and achieved what we wanted”. They think, “We will sit again when illness or problems arise.”

This opinion is common among many people. Remember, if they stop with that, they will remain the same. They will never become champions in this field; they will remain as ordinary meditators. There is no other benefit.

Therefore, this meditation is not something to stop or abandon midway. It is extremely important. Everyone should know this. Those who enter this meditation should ask themselves many questions. One should not think about how long the meditation should be practiced? rather one should know, “If I have moved from my early states of tamasic, rajasic to sattvic quality? Or not?

Has my intellect blossomed or not?"

One must check "Whether I have stopped making mistakes or not?" But before that, you must first know what mistakes and sins actually mean? Once you know that then you can understand whether you have stopped committing them or not? Also, you must ask yourself whether you feel the urge to do acts of service or virtuous activities? Or not? Do you feel like doing any acts of services or like participating in service activities, or sharing a small portion of whatever you have? Or not? Not only that, you should also question yourself, whether you have gained any wisdom or not?

One enters into meditation for the sake of wisdom, right? So, one must check "if one has attained any wisdom? How much of it has one attained?" Then how can one know it? It is known by our behaviour.

If any of the things mentioned above are missing, it is considered as you have not yet attained wisdom. Without attaining all these, what will you do by stopping the meditation practice? If you stop practicing meditation you will again commit mistakes and sins. Whatever hardship or sorrow one celebrates as "having gone away," they will again end up suffering due to the same hardship and sorrow.

Not only that, have I cleared all the karmas that I have accumulated, or not? There is a mountain of karma stored in our account, we have agreed to experience some of it in this life. Now, we are struggling to go through those experiences. We must clear all those karmas, right? If we don't clear them, difficulties keep arising and suffering will continue.

If we are suffering so much for just the small amount of karmas that we have brought with us, then there is still a huge

stock of karmas behind us! All of them must be spent. Adding to that, you are currently accumulating more! How will all this karma be cleared? We must think about these.

Without thinking about all these things, what happens if you stop your meditation practice with an attitude of “how long should I practice”?

When difficulties arise, people start meditating again. Is doing this only our work? So, no matter how much we have progressed spiritually, meditation wise, and wisdom wise, one must know that there is always more to progress. There are no limits for this. Many non-meditators say, “How long will you meditate? Every morning you sit to meditate, will you not do any other work? Don’t you care about anything else? Why do you waste your time like that? You could be doing some sort of work right? You could arrange the necessities required for your family right! Why give up all that and just sit with your eyes closed?”

But remember, there are no limits to learn. No matter how much you have progressed, you must keep progressing. No matter how much you have learned, to become a champion, you must continuously learn.

We all know that Lord Shiva is still meditating. Whether in movies or in ordinary images, he is always depicted as being in a meditative state. But what is the need for him to meditate?

We have been advised to meditate because we lack wisdom. But what does Lord Shiva lack? Who is greater than him? Then why is he still meditating? Only a person whose intellect has blossomed will have such a doubt. One whose intellect has not blossomed, would never even think about such questions.

When all the deities had the same doubt and went to Lord Shiva to enquire about it, he said, “You all know that, I am the

great one to all of you. But there is someone greater than me, and I meditate to know about Him.”

Even Lord Shiva who knows everything, continues to meditate in order to know more, then what we know?

How much do we know? How many do we know? So, how much more should we meditate? Therefore, there are no limits in practicing meditation.

Whoever it is, they must do intense meditation. They need to ask a few questions to themselves; have I become like Swami Vivekananda, Ramana Maharshi, Vemana, or Veerabrahmendra Swami? Even if I haven’t become like them, have I at least achieved a small part of what they have achieved?

If we have acquired even a small portion of their level or state, then we can consider we have progressed to some extent. If you look at people who practice guided meditation, they always say things like, “I had so many experiences,” “I saw many masters,” or “I felt a lot of energy.” These are not the things that we want.

Because the wisdom to be known in this creation is infinite. There are no limits to learning. Learning a little does not mean it’s over, one can never become completely perfect. Patriji teaches about Jnanam, Prajnanam, Vijnanam, Mahajnanam, and Brahmajnanam.

A ‘Prajnani’ is greater than a ‘Jnani’. A ‘Vijnani’ is greater than a ‘Prajnani’. This stage is called the “maha vriksha dasha” (A giant tree stage). Jnanam is like a sprout, Prajnanam is like a sapling, and Vijnanam is like a tree stage. The tree keeps spreading endlessly. In Kolkata, there is a huge banyan tree, that is about 1,500 to 2,000 years old, with countless inter junctions.

If you go there and see it now, it has spread over kilometers. No one can really know, neither its beginning nor its

ends. It continues to expand endlessly which is the stage of a Vijnani.

Therefore, everyone should remember that there are no limits to learning. If one understands this, they will never stop meditating. It is only due to a bit of good fortune, we have found a guru like Patriji in this life, and we have got this path, so we are able to practice meditation.

Truly we are incapable of doing things like everybody, which is going to the Himalayas, to ashrams, or elsewhere to find such gurus and learn all this. While staying at our homes and doing our work, we received vast wisdom from Patriji.

Truly we are fortunate! Otherwise, we would have to leave behind family life, children, wealth, and everything else to stay with those gurus and do services to them. Disciples of those times would wait like the koel bird waiting with its beak open for rain. Disciples would have to sit there, constantly wondering, “When will those words of wisdom come from the guru’s mouth?” We don’t have such circumstances.

Therefore, we must not waste this opportunity. It is only due to the fortune of past lives that we have been able to come onto this great path of wisdom and meditation. You will not be able to move forward and practice if the question of, “How long should I meditate?” arises. Due to good fortune you are on this path, another fortunate thing is being able to attend the 3 day soul-knowledge classes in Bhimavaram.

So, understand this, there are no limits to learning. Everyone must know that no matter how much you do, you must keep doing more; no matter how much ever you learn, you must keep learning. Only then, you will become a champion.

You have come onto the very path, to which you were supposed to come!

We are now attaining that wisdom after which there is nothing more left to be attained. We are knowing that which, once known, leaves nothing else to be known. You must become champions in this field as well. Patriji said, “You shouldn’t study just to pass the exams, you should study with the aim of achieving first class”.

Patriji said, “If you think, ‘it’s enough if I just pass the exam’, you might fail the exam. But if you study with the determination to achieve first class, you will surely reach a great state”. Patriji would always set big goals; never small ones.

Look at the Yajna, Patriji would say, “One lakh people should come to the event.” Now, whether one lakh actually comes or not is secondary. If you set the goal at ten thousand, only 100 or 200 might show up. But when you aim for one lakh, even if that full number doesn’t show up, at least 25,000, 30,000, or 50,000 will attend. He said, “There will be one lakh subscribers to the ‘Dhyana jagat’.” Does that mean that the one lakh goal is achieved? No! His message was, “we must put in the effort to reach that goal.”

There should be no lack of effort. Focusing on the result is unnecessary. But the efforts must be intense. Just like those who participate in the Olympics or the Asian Games put in immense effort, we must make the same kind of effort in this field also.

Why can’t you become great? You can do things that seem impossible, and you can achieve things, which are believed to be impossible to achieve. You can transform yourself in ways that surprises those around you. Your family will be surprised to see your growth and the changes in you. Therefore, you must definitely become a champion in the path you have chosen.

6. You must keep learning everything that is related

Whatever field you enter, you must keep learning everything related to it. For example, a cricket player may either bat or bowl, but he doesn't stop there. He also practices all the other aspects connected to the game.

He exercises and runs every day. He follows all the rules in it. If there are any other games that are useful, he practices those as well. By doing all these things, he becomes a champion in that field.

Likewise, now that we have entered this spiritual path, we must keep learning everything that is connected to it, which means one must learn everything related to this field. We must learn whatever helps and supports us in this path.

Patriji used to tell us that he had previously worked in a job related to marketing. He would say, "My previous job has been very useful to me now." Back then, he marketed fertilizers; now, he is marketing meditation. He used the same skill in this as well.

Coming to me, I used to do business before. I am using all that marketing experience in this meditation path. Also, Patriji learned music, learned to play the flute. Both skills have been very useful. Because of learning them, he could attract many people.

In this path, practicing 'observation of the breath meditation' alone is not enough; along with that, one should take sattvic food. It means food is also very important. If we observe patriji, wherever he went, he would cook and serve the food to everyone.

If asked "why?", he would say, "You all are working in

so many different ways. What am I doing for all of you? I prepare and serve it in this way”. Since he knew how to cook, he would cook for everyone, right? Thus, he used to tell everyone to learn cooking.

Similarly, to share this wisdom with everyone, one must learn to speak. Why should it be shared? Because Patriji would say, “When it is shared, it multiplies”. Out of fear many people think “why to share?” and step back. Such people are less intelligent. Even if you speak incorrectly, you should come forward courageously and speak. Only when you come forward courageously and share the wisdom, it multiplies; if you hide it, it gets stolen.

There is no need to hide whatever you know. Share as much as you know. If you don’t know something, you can clearly say, ‘I don’t know,’ there’s no need to feel shy. You can say, ‘This is all I have learned, this is all I know; I don’t know the rest, no one is perfect; even Lord Shiva is still learning.

There is no need to fear that you will lose your reputation, if you cannot answer someone’s question. Instead you can say, “I don’t know the answer to your question; I will find out and tell you,” or, “Come to Bhimavaram, your doubt will be cleared there.” There is no need to feel shy if you are unable to answer.

Because when I first entered this meditation path, I used to travel with Patriji. He advised me, “share whatever you have learnt with everyone” To which I replied, “I will tell everyone, once I acquire, as much wisdom as you have.” He said, “Alright, do as you wish.” Then my inner churning began.

To acquire wisdom as much as him, how many more lifetimes will it take!? When will I ever reach that level! We must

do whatever the guru says, right? Hence I replied, “I will do it.”

Then he said, “Tell only as much as you know, dear!” If you don’t know, say “I don’t know.” He clearly said, “Don’t make things up and tell.” Truly, if he had not stressed this, I would not have even tried to teach this meditation. The moment I started teaching, wisdom began to expand within me, without my knowledge.

I was surprised thinking, “Is it really me, who is speaking so much! Before that, I knew nothing, I learnt nothing. How am I able to teach so many things? Meaning, the secret to this is, If you share, Nature will keep on giving you. If you don’t give, how will nature give it to you? That’s why one must learn to speak.

Patriji used to tell everyone to write books. He would tell Mrs. Tatavarthy Rajalakshmi to write as well, but she did not like to write, but Patriji never let it go. Whenever he saw her, he would ask, “What did you do?” and finally she wrote! Just look at the success of her book.

If it was not written, how would everybody get to know about these things? If it was known to few people, who would grasp it? Who would know about it? Only when it is in book form, all that wisdom will get preserved, right!? Even the books which I have written are reaching millions of people. Many have been translated into Kannada. Now they are being translated into Tamil, Hindi, and English also.

People are being deeply influenced by reading those books. One must learn to write and speak, in the areas that are related.

Similarly, we must also make use of the latest technology. If we want to progress in this path, we must also learn about the new technologies that are emerging. Look, it’s only because of

Zoom, people are able to know so many things, see everyone, get to know one another, and teach the classes at many places. When it comes to money, I would also calculate a lot.

Until I gained the understanding that technology must be used properly, I used to calculate a lot. When everyone was buying phones worth 10,000, 20,000, or 25,000 rupees. Meanwhile, without any shame, I continued using an old phone worth just a thousand rupees. Later, I understood that, if we do not make use of the technology that comes with these devices, we will not be able to progress.

How would it be if I become stingy about money and be calculative? So I bought a better phone and learned how to use it from my grandchildren. After learning like that, when I started explaining things which they did not know, they would be surprised! They are asking me, “When did you learn all this?”

If I take up something, I won’t let it go until I dive deep into it. I hold on to some or the other one who knows it and learn from them. Before this, we did not have a laptop. I bought one after starting the Zoom sessions. It is only because we are using this technology that we are able to teach so many people and achieve these results. So, in this path, we must definitely learn everything related to it. If we work hard and focus on something repeatedly, why wouldn’t we get it?

So, whoever you are, however you are, if you learn everything that is related to the work, you will become a champion. Likewise, you must make use of things like Facebook, WhatsApp, and all the latest technologies.

7. You must blossom your intellect

The final point is that we must definitely develop our intellect. That is why I tell everyone to develop their intellect.

To develop the intellect, two things must be done:

1. Practice intense ‘observation of the breath meditation’.
2. Take sattvic vegetarian food.

Intense meditation means sitting in a meditative state for hours together. May be able to sit continuously for several months. That is why I tell people to attend Bhimavaram for three months to six months continuously. There will be a definite transformation. If someone comes for six months continuously, they will naturally move into a sattvic state. When one has entered a sattvic state, it means that their intellect has developed. From then onwards, they will do miracles.

You must work hard until your intellect blossoms. Later on, it is your intellect that will guide you.

That intellect will guide you towards the soul, the truth and wisdom. It will not let you remain idle. Observe all the points you have known since the beginning till now and try to follow them. You will surely become a champion in a short time.

No matter where you go, you will effectively teach classes. Everyone who listens to your classes will be surprised. So, you must work hard and put in the effort!. You are doing that work only, then why wouldn’t you progress? Why wouldn’t you achieve?

If you have an attitude of, “Someday, someone will come and do it,” you will never progress. But if you have a perspective of, “I must work hard, I must achieve it myself,” then you will definitely succeed, progress, and become a champion!

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.

Information available on Tatavarthy's website:

Website address: www.tst.org.in

- a) Details of programs conducted under the guidance of Mr. and Mrs. Tatavarthy and Google Maps location are available.
- b) All books by Mr. and Mrs. Tatavarthy are available in PDF format for free download in Telugu, Kannada, Hindi, and English languages.
- c) All the messages of Mr. and Mrs. Tatavarthy are organized in concept-wise YouTube playlists.
- d) Summaries of Mr. and Mrs. Tatavarthy's messages are provided in the form of quotations.
- e) The gallery of Mr. and Mrs. Tatavarthy is also available.

For registration of a 3 day free meditation and soul-knowledge training classes held in Bhimavaram on the 1st, 2nd, and 3rd of every month, contact Sindhura, 8555995217.

To subscribe to Tatavarthy's YouTube channel:

When you click the YouTube link sent in the WhatsApp group, it will open the Tatavarthy Veera Raghava Rao channel. Once open, you will see the "Subscribe" button-click on it to subscribe. By clicking the bell icon next to it, you can receive notifications of new videos everyday.

Otherwise, visit www.tst.org.in/videos/ Click on "Tatavarthy Veera Raghava Rao" in Section I, or on the names in sections II & III. This will open the respective channels. Once open, click the "Subscribe" button, and by pressing the bell icon next to it, you can get daily video updates.



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Humans should not remain ordinary in any field, they must progress to become experts. Whatever field a person enters, he must become a champion in it. All of us have come into this spiritual path meaning the path of wisdom. To become a champion in this, one must progress greatly. Progressing means becoming an inspiration to many people. Others should learn by observing us and strive to become like us. If we can do that, we are definitely considered as champions.

Considering champions in other fields, they may be champions only in that particular lifetime. But in the spiritual field, whether one is alive or dead, their championship remains the same.

To progress as a champion one must follow seven principles. They are: 1. Practice, 2. One must never forget rules, 3. One must know the techniques, 4. One must not follow blindly, 5. One must know that there are no limits for learning, 6. One must keep learning everything that is related, 7. One must blossom their intellect.

If you have an attitude of, "Someday, someone will come and do it," you will never progress. But if you have a perspective of, "I must work hard, I must achieve it myself," then you will definitely succeed, progress, and become a champion!

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