MAKING OF A YOGI

GYANI BAILE

Making of a Yogi

By

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Sri Sathya Sai Kuteer

Puttaparthi

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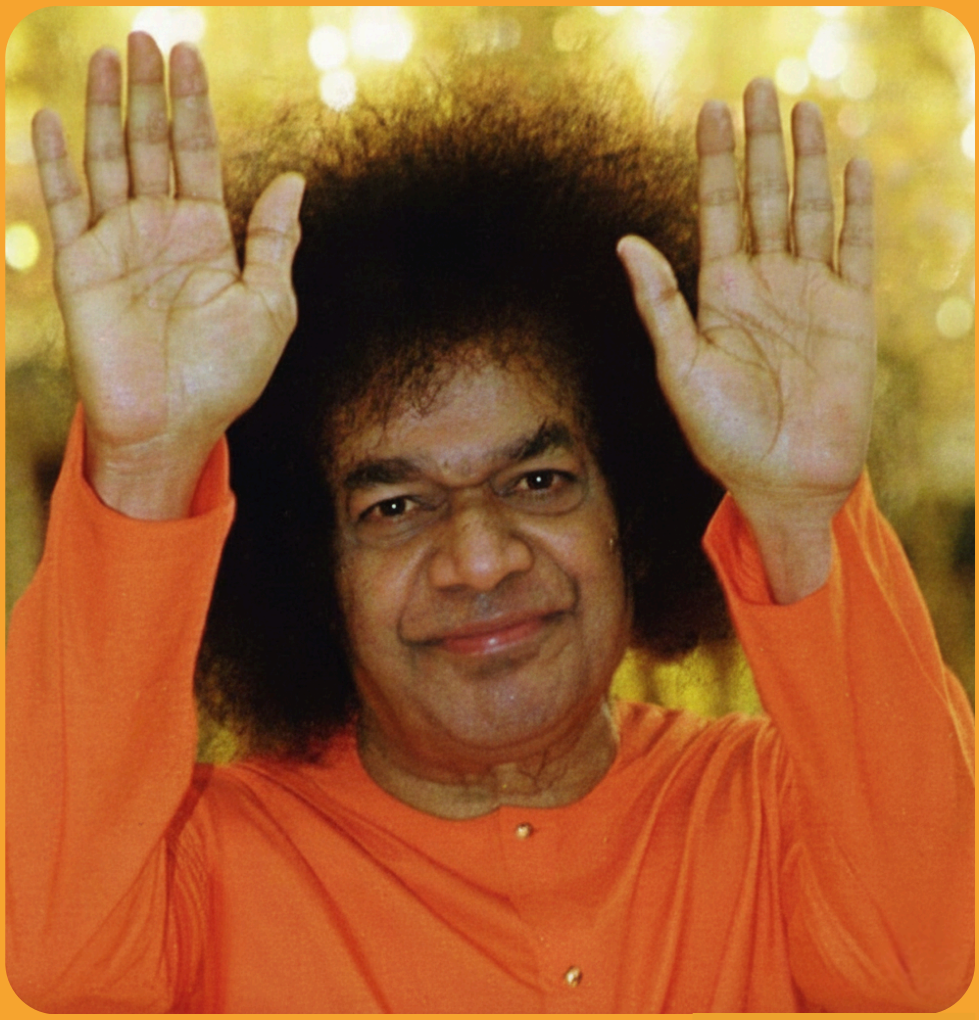
Bhagawan Sri Sathya Sai Baba



He heralded the Sankalpa (Will)
He announced the title of the book and how it will turn out
He gave the shelter of a Guru
He brought Sri Anjaneya as Sadguru
He gave the ability to write
He prompted me to write

To That Supreme Controller of our times

On his 100th Birthday Celebrations,

May this humble effort serve as a small offering of love at the divine lotus feet of

Bhagwan Sri Sri Sri Sathya Sai Baba,
the monarch of time

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1. Foreword

Generally, a foreword is written by a well known personality in the field of book's subject matter, to introduce the book, it's author and their work, to give the context to the book's subject, and finally provide a seal of approval. As I pondered about who do I need to approach for writing the foreword to this book, it dawned on me that Sri Sathya Sai Baba (Swami) has already done that in various interactions of ours over the last 25 years. Those interactions are outlined below.

On April 11,'98 Swami said to Shivangini (my late spouse) in her meditation "It is a message for Gyani. What he is doing in helping write this book (Inner Experiences[1]) is nothing compared to what his role is. His role is to understand the issues of mankind, and what are the obstacles in reaching divinity. Capture this understanding. He will have a role to play after liberation in evolving the mankind if he has this understanding." From that time onwards, we started calling this future effort as 'obstacles to reaching the divinity'.

On March 12,'03 Swami made Shivangini do a 12-day Vrata (sacred vow, fasting) for purification, and for other spiritual reasons. Since it was hard to do, to keep her mind off of it, we started doing some pending spiritual work as advised by Swami. Shivangini talked to me about getting started on the book that Swami asked me to write titled 'Obstacles to reaching divinity'. I said to her 'at this time I do not know what to write because I do not have any content'. Swami said to Shivangini "That is going to be a master piece and it will be the last book to be written."

On Apr 29,'14, In the interview, Swami said 'I have given you what you desired in that life, that is to become a Yogi'. (See Guru Sadguru God chapter)

On July 1,'14 Swami to review the foreword I wrote for 'Nithya Sathya Bodha'[3], asked me to read it out loud. I said 'I wrote the names of the books written earlier, in the foreword'. Swami said "I like to hear them too". I said "Inner Experiences"[1] and "Making of a Yogini"[2]. Swami said "there is a third book". I looked up not knowing what Swami meant (because I wrote only two). He said ''Making of a Yogi' that you need to write". All of us laughed, yet I

had no clue about the content of that book. (See Guru Sadguru God chapter)

On Jan 31, ’25 while meditating, the thought of writing my experiences as suggested by two of my friends came into mind. At that time my inner voice said ‘naivedyam’ asking me to write it as an offering to God.

As you can see, Swami has already enumerated all the aspects of foreword - of course he is the subject matter expert, named and introduced the book, asked me to write, explained the importance of the subject, and finally gave a seal of approval.

October 11, 2025

[1] ‘Inner Experiences’, Gyani & Dolly Baile, Sri Sathya Sai Publications Trust

[2] ‘Making of a Yogini’, Gyani & Dolly Baile ‘Shivangini’, Sri Sathya Sai Kuteer

[3] ‘Nithya Sathya Bodha’, Noone Visalakshi (Amma V), Sri Sathya Sai Kuteer

2. Preface

There are many reasons why this book is written, and those reasons are applicable to a vast majority of educated public, particularly those with scientific, rational and logical minds like myself and my late spouse.

Shivangini and my spiritual journeys started together, but proceeded on fairly independent paths. Her given name was Dolly but Sri Sathya Sai Baba (Swami) gave her spiritual name of Shivangini. She was a Punjabi, with Arya Samaj background, grew up in Gwalior, Madhya Pradesh. While I was born and raised in Hyderabad, India in a traditional Telugu Hindu family, who were into average amount of rituals but not spirituality. Both of our families were non-vegetarian and had a sufficient exposure to alcoholic beverages.

In my early childhood, I used to observe my parents had a discipline of doing puja (worship) of Lord Shiva daily, in a little shrine in our home. My mother was a firm devotee of Lord Sri Rama and she used to do a small worship everyday. I used to make fun of her as she came out of the puja room by asking her 'what did Lord Rama say in your puja today'. She would just smile and ignore me. While growing up, I never bothered with any of the rituals my parents were engaged in, and they never insisted that I follow their routine. My state at that time was, I just accepted what they did, assumed there must be a God, but did not have any feeling or relationship with God. With no significant exposure to religion or God, I completed my high school and engineering education in my hometown, and then went to the USA for higher studies

A significant episode occurred when I was doing my MS in chemical engineering at Michigan State University, Michigan USA. I do not remember how but one night in 1976, I ended up discussing God with my roommate Derek, a Christian. He was emphatic, and firmly stated that 'there is no God, it is only a moral crutch for people who do not know how to walk'. Though I was not religious or had any strong feelings for God, but somehow his statement shocked me, and could not get over it for days. Then I slowly started reading up on the subject of God. I read J. Krishnamurthy. Not sure what I understood, but was impressed with his logic, conclusions etc. I

ended up becoming a non-believer in God, not that I had any great insight into it. Slowly the subject of God, both pros and cons, receded into the background. I got married, got a job, and both Dolly and I started pursuing our careers in Dow Corning, a chemical company in Michigan. Life continued in a mundane way, pursuing careers, raising children, partying on the weekends, and chasing the almighty dollar, till 1997. Then, a spiritual seismic shift occurred, impacting both of our lives profoundly. Details of that shift may be read in 'Inner Experiences'[1]. Shivangini's spiritual journey can be read in 'Making of a Yogini'[4].

Reason for neither believing nor disbelieving in God at that time was due to many unanswered questions. Like, is there God really? Why are so many conflicts among religions or sects about God? Why so many religions? Why so much poverty, hunger, and suffering in the world? If God is there, Is God a He or She or it? Where is God, in heaven or in higher realms of sky? Is God limited to places of worship? Does God give boons and punish? what does God do all day? Does God really manage the world, if so how? I did not have the knowledge or intelligence or keen desire to get resolution for these doubts. So all these doubts and God, receded into the background till the above mentioned spiritual seismic shift occurred.

Now I am at a state where neither I have questions nor I have any doubts. You might ask, how did this happen? That is the primary aim for writing this book. It is to remove similar doubts of others who are in similar situation like we were. I found out that these doubts do not get removed by tackling each one of them with specific reasoning and arguments. Instead if one journeys towards the Truth, the ultimate purpose and goal, these doubts merely evaporate away (pay attention to what Swami said on May 4,'14 interview in 'Guru Sadguru God' chapter). As you read this book, you will notice that it did not happen overnight but occurred over a period of 25 odd years for me, while it took only couple of years for Shivangini. Reason for this is the difference in our samskars (tendencies) from our past lives that we carried forward. This will become evident as you go through this book.

I made every effort to share the experiences the way they occurred as much as possible. At times it might seem vain, but I removed myself from it and simply stated the events and experiences as they occurred. Many a place in the book, I shared my

own beliefs, understanding, conclusions, opinions etc Please do your own analysis and draw your own conclusions of the experiences presented.

Sri Ramakrishna Paramahamsa once said 'devotees are of three kinds, they are like wet wood, dry wood, and gun powder'. As soon as a spark touches them, gun powder explodes and is gone right away. As far as I can tell, her journey was closer to gun powder. She took off like a rocket from seemingly ground zero in 1997 and made the finish line under 7 yrs, which is quite remarkable in the spiritual world. My journey started right behind hers with - hearing and witnessing her experiences first hand, reading spiritual books, rituals, satsangs, meditation, singing bhajans, service activities, spiritual discussions, and at times foolish arguments etc. Looking at the progress of my journey I can say it is more akin to wet wood. I had to keep on working on it so that it did not extinguish. Swami (Sri Sathya Sai Baba) himself said about me to Shivangini on April 25, '98 '…Gyani will take a looong time. He will have to spend a lot of effort, lot more sadhana ….'. When I translated Anjaneya Swami (AS) messages[2] given to Amma Visalakshi (Mata Viswatmananda Giri) (AV) into English, I finally understood, after ~ 20 yrs, that my spiritual journey had been on the lines of Atma Vichar, who am I enquiry?. Another benefit of 'looong journey, lot more sadhana' is, it made me climb the spiritual ladder step by step, which helped me greatly in understanding, and be able to write this book.

Why is the book titled 'Making of a Yogi'? Primary reason for this title is Sri Sathya Sai Baba himself called it so (see 'Foreword' 'Guru Sadguru God' chapter, July 1,'14).

On Dec 4,'05 In meditation, I thought of Shivangini as to what path she was on and my inner voice replied "she was a Jnana Yogi". When I read Bhagwan Ramana Maharshi's book in 2011, I read about the who am I enquiry? Then I understood that back in 2008 my inner voice was asking me to do this very practice. Self inquiry is the central practice of Jnana Yoga. Our shared path of 'Jnana Yoga' is another reason for similarity in the book's title. Another minor reason for title being similar to Shivangini's 'Making of a Yogini' book, is a comment made by Susheelamma, a God devotee who visits our ashram (Sri Sathya Sai Kuteer). After reading Telugu version of 'Making of a Yogini' and hearing my experiences, she said it reminded her of a couple in Tripura Rahasya, where wife was fully

realized soul, assisted her spouse reach the final goal, and both of them treaded the path of Jnana Yoga.

Reason I call it 'Making' because I want the aspirants to see the steps, ups and downs one goes though while they are on this journey. Hence my experiences are listed in a chronological progression. This would give a glimpse of, a *Mumukshu's* (ardent seeker of liberation) day to day journey and progression, that could be useful to the aspirants treading the path of Atma Vichar (who am I enquiry). In my case the progression has been slow and looong (as Swami said), meanwhile Shivangini's spiritual journey as described on a day to day basis, was relatively very rapid. This would help the *Mumukshu* readers to see the variations and differences between these two journeys, despite both of us treading the path of Jnana Yoga.

I have been doing Satsangs in the USA and a close friend Nagarjuna (KR), who heard most of the Satsangs, made a suggestion in the latter part of 2024 to write a book on my experiences. I didn't do anything. I was visiting Hyderabad and stayed with my engineering class mate Sethuraman (GV). On Jan 29, '25 Sethu made a suggestion also to write a book on my experiences. On Jan 31, '25 while meditating, the thought of writing my experiences as suggested by both of them came into mind. At that time my inner voice said 'Naivedyam' asking me to write it as an offering to God. That pretty much sealed the decision to write 'Making of a Yogi'.

My humble prostrations at the divine feet of Sri Sathya Sai Baba, Sri Anjneya Swami, Mata Viswatmananda Giri, Shivangini for facilitating the writing of this book. And all other Saints and Sages who assisted.

Gyaneshwar (Gyani) Baile

[1] 'Inner Experiences', Gyani & Dolly Baile, Sri Sathya Sai Publications Trust

[2] Anjaneya's Command vol 1, 2, 3, Sri Sathya Sai Kuteer

[3] Inner Voice, See the chapter next to preface of this book

[4] 'Making of a Yogini', Gyani & Dolly Baile 'Shivangini', Sri Sathya Sai Kuteer

3. Introduction

I am sharing in this book an insight into my personal spiritual journey in *Mumukshatvam* (yearning for liberation/ freedom) via the path of Atma Vichar, Who am I enquiry. Most of us have come across *Mumukshus* and enlightened souls, at least in literature. But rarely do we get a peek into their spiritual journey on a daily basis. Every effort is made here to give you a peek into the day to day spiritual journey of this *Mumukshu*.

Self-inquiry (Atma Vichar or Who am I enquiry), Self-discovery is a journey in continuous spiritual growth. As many human personalities exist in the world, potentially that many spiritual experiences occur while traveling this path. So this book outlines my spiritual experiences, with the hope that it can shed a little light on the process of Atma Vichar (Who am I enquiry). Further, I have shared here content that has never been shared before, some of it quite personal, and some of it that may seem vain. I've done this only with the notion that it is not my story, but the story of one of Swami's (Sri Sathya Sai Baba) puppets.

Humbly, I put forward the idea of pre-requisites needed for benefiting from this book. One needs to have faith and belief in karma, birth-rebirth, merit-sin (paap - punya), God, and God's role of creation - sustenance - dissolution. If one does not have that faith, this book might seem like a fairy tale or unbelievable. To develop this faith and belief, scriptures advocate one to attend varieties of Satsangs where one gets to hear what the ancient lore says, read/ hear Bhagavatam, hear personal experiences of saints, sages, gurus and spiritual aspirants etc. If one is still skeptical about them, then one is beset with doubts and disbelief which will be a hindrance in spiritual growth. All doubts need to be cleared up via satsang, scripture reading, personal spiritual experiences while engaging in spiritual practices, hearing others experiences, Guru etc. This book is written essentially for *Mumukshus* (keen seekers of God). *Mumukshatvam* is a necessary step on the way to the highest purpose of life - liberation, spiritual freedom.

Of all the pre-requisites, a keen desire (asakti) is crucial. Swami said 'Your guri (aim) is your Guru'. If there is sufficient intensity in that aim, that alone will lead you towards the goal. A

Mumukshu is one who is a keen seeker of liberation, God, eternal peace, Nirvana. A *Jivan Muktha* is one who has attained these (highest purpose of human life) while still living in the body. Sri Anjaneya Swami (AS) says [1]'many people go to Guru. They make effort for spiritual growth. But, only few get benefited. Do you know the cause? First, it is the samskar (vasana) of the individual. Second, shradha (unwavering faith). Only real jijnasus' (keen seekers of Truth) can attain higher states through sadhana'[1]. It is said in the Bhagavad Gita that there are four kinds of devotees - Arthi (one who is afflicted, suffering, seeks God for relief), Artharthi (one who seeks God for wealth/ prosperity), *Mumukshu*, and Jnani. First two are not seeking liberation while a Jnani is already liberated. Hence, this book is geared primarily for *Mumukshus*.

There are multiple paths to seeking the highest purpose of life, like Karma, Bhakti, Raja, Jnana Yogas primarily. If one were to ask why Atma Vichar? Why not some of the other paths mentioned here? I had the good fortune of starting my journey with one of the best Satsangs. My spouse Shivangini (Dolly) took off on a rapid spiritual journey where she reached the highest purpose in seven years under the remote guidance of Swami. By witnessing it first hand, built my faith and a keen interest in God and spirituality. We started with bhajans, rituals, meditation, seva activities as directed by Swami (remotely), satsangs, study circle, reading spiritual books, and writing a book of Shivangini's experiences etc. We got started and continued just the way Swami says 'start early, drive slowly, reach safely. Go on a four wheel drive'. Four wheels being - Bhakti, Seva (selfless service to others), meditation, and reading scriptures.

After all the above activities, I ended up on the path of Atma Vichar ie. Who am I enquiry. I am still learning, developing and evolving and my guess is that as long as one is embodied, this journey continues. This book consists of my personal journey in Atma Vichar (who am I enquiry). It outlines how I got into spirituality, how I got onto Atma Vichar path, what my experiences were along the way, what I learned from others experiences, from Gurus, and from various books and scriptures. I am sharing them so that it can be of help to those who are on this path or planning to get onto it. This is by no means a prescription of how to do - who am I enquiry, Atma Vichar.

Organization of this book

Every effort has been made to transcribe my experiences just the way they occurred, a large portion of which were intertwined with Shivangini's. It is assumed that the aspirant is familiar to some degree with the philosophy of Sanathan Dharma (generally considered Hindu). What is unfamiliar/ unknown can easily be searched on the internet, which provides amazingly detailed and clear elaborations. It is for this reason there is no Glossary to this book. Each chapter's references are listed at the end of that chapter. Sanskrit or Telugu words are included with English equivalents or explanations. Simple explanations for Indian cultural and/or Vedic references are included where deemed necessary. Most of the statements in double quotation marks is what is heard or spoken, while single quote are used while paraphrasing, or for statements borrowed from other sources.

'Inner Voice' (IV) is the first chapter. Here three levels of IV are clarified. Belief in its validity and efficacy is one of the foundations of this book. Actually based on my inner voice messages and how my journey progressed, you can draw your own conclusions. Inward journey does not have street signs to tell what is what, where is the next junction point, and which way to turn. Inner Voice is the mechanism of communication with the Sadguru who leads us in the inward journey. Other important ways of inner communication are the intuition and conscience.

'Bliss-Ananda' is the second chapter. Many of us use the word Ananda (Bliss) casually to denote happiness or joy. In Sanathan Dharma, God is Sat-Chit-Ananda (Existence - Consciousness - Bliss). So a little background and clarity about Bliss, joy, happiness are given, which would help in understanding my experiences. Because Bliss became a daily feature that I enjoyed since 2008.

'How my Spiritual (Higher) Journey started' comes next. In general it is stated that for most of the seekers, a 'burning platform' or crisis is needed to mobilize them into spirituality. Here details are given of the background and development of my 'burning platform' that propelled me into spirituality. Also how my 'Asakti' (keen desire or interest) for spirituality got developed. I have outlined here the actual meditational experiences of Shivangini that motivated me into higher journey.

'My Spiritual Experiences Journal' forms the bulk of the book along with Guru Sadguru God. It contains the log of my spiritual journey starting about 1998 in a chronological order. It was intertwined with Shivangini's journey for the first ~10 years. I kept the records in chronological order to preserve the flow and progression of the many changes one must undergo, while journeying towards the spiritual goal. This book is segmented into chapters based on topics and not experiences, hence some of the same dates / experiences appear in multiple places. This chapter is to be used as a reference, and can be skipped without missing the continuity of my journey.

Next comes 'Cleansing - Chakra, Vasana, Karma'. Spiritual Journey begins when the focus/ vision (drushti) turns inward. Sadhana refers to practices that lead one to the ultimate goal of human life, knowing who they really are, which is why it is called Self-Knowledge. For each one of us on this journey, 'cleansing' is the first step as we begin. One engages in Kriya to do chakra/ vasana cleansing. I was shocked to find some events/ incidents that occurred 50 yrs prior were coming to surface, and I did not even remember them. This is where Kundalini activity begins. Kundalini activity begins as one goes through Chakra/ Vasana cleansing.

After a lot of the cleansing occurred for ~4 yrs, I got into 'Atma Vichar' in 2008. As it progressed, I started experiencing Bliss related to subject - object contact. Over the years I noticed that, after bliss got started, I got into contact with other saints and sages.

I continued my sadhana which led me to experience 'Brahm-anubhuti' (experience of Brahman) in 2011. While I was journeying, I received encouragement and guidance from Other saints and sages.

Then I had the great good fortune of obtaining the highest grace - nearness and guidance of a Self realized Guru (Amma Visalakshi, AV), Sadguru (Sri Anjaneya Swami, AS), and Easwar/ God (Bhagwan Sri Sathya Sai Baba). This is outlined in Guru Sadguru God chapter. My past life revelations as revealed through Shivangini, and AV; experiences in meditation: lessons learned and guidance received from interactions/ interviews with AV, Swami, AS. etc. are included here. This is the longest chapter.

'Other Saints Sages who assisted' outlines my interaction/ or experiences with other saints and sages - Bh Ramana Maharshi, and Amma Karunamayi and to lesser degree Mata Amritananda Mayi,

Janaki, Srikanth Sola, Vaishali, Seema Dewan, Padma (a friend), Sonia (a friend) - and the assistance they gave me while I am on this journey. Janaki, Vaishali's assistance is interwoven into Guru Sadguru God chapter.

'Sharanagati (Surrender)' is a brief outline of what it is, why it is important as one journeys to Bindu and then to Prashanti. What Swami and AS said on this is included.

'Bindu or 'Haridwar" is a necessary step as one journeys to Prashanti. It is the gateway to Prashanti. This is where all paths and practices meet before one steps into Prashanti. My experiences and how to cross it is indicated.

Next comes my experiences of Prashanti, what I learned. Also, how this journey needs to evolve into Prashanti, then Prakanti, and finally to Parama Jyothi. I outlined my experiences as far as they have occurred to date.

'Guru Seva' is the last but one chapter. Swami said to Shivangini that I will be working on his mission; also he wanted to portray a 'millionaire' prophet to the world since world had seen mostly pauper prophets; further said my salvation is through money (because I had attachment to money (miser)). So, whatever work done in - building temples, ashram, bhajan hall, writing and translating books, printing, distributing free of cost, donations to ashrams, hospital etc. - are mentioned. Money is mentioned unabashedly, for it is Swami's money, and he is putting the thought in me to give. One comment I want to make is, I have not come across any saint, where God did not make them do good work for the benefit of society before they are liberated.

Last chapter Grand Puppet Show. Based on my experiences to date, I shared the conclusion I drew of my spiritual journey. And what Sri Anjaneya (AS) said on these lines. I shared my perspective but as a sadhak, you draw your own conclusions.

I made every attempt to keep what I heard through my Inner Voice or direct conversations as pristine as I could. Primarily for the purpose for you the aspirant to know how everything occurred for me, as is. Also it helps you to draw your own understanding and conclusions. I sincerely hope you gain something useful and beneficial to your spiritual journey. May God's grace be upon you.

My humble pranams (obeisances) at the divine lotus feet of Bhagwan Sri Sathya Sai Baba, Sri Anjaneya Swami, Mata Viswatmananda Giri (my late Guru), Shivangini (my late spouse and first Guru), Bh. Ramana Maharshi, Amma Karunamayi, and all others who assisted.

Also my sincere thanks to all the friends, well-wishers who directed, advised and assisted me in this journey. In particular, my thanks go to Nagarjuna and Radhika for proofreading, making valuable suggestions, designing the covers, and putting together the collages. Special thanks also to Nagarjuna and GV Sethuraman who funded the publishing of this book entirely.

Hari Om Tat Sat !

October 11, 2025

Gyaneshwar (Gyani) Rao Baile
Sri Sathya Sai Kuteer

[1] Anjaneya's Command Vol 1, Msg 483 dated 23-07-2018

4. Inner Voice (IV)

When I used to share Shivangini's or my experiences in satsangs, invariably the subject of hearing through Inner Voice (IV) used to come up. I was frequently asked questions like, do you hear it through your ears, is it a voice, is it a thought, how do you differentiate it from your own thoughts etc. Hence to give you a little background before you read this book further, I thought I will share with you what I read, learned about inner voice, and what our inner voice experiences have been.

Shivangini started getting inner voice (IV) messages, and conversations with Sri Sathya Sai Baba through inner voice starting late 1997 till the time she left her body in Sept 2005. She had two way dialogue with Swami most of the time and Swami himself would connect with her often. She had the ability to recognize when Swami's voice was angry, when it was serious, stern, playful or humorous. She saw his form with eyes, only once, in our home in midland, MI USA. Swami was in white robe, walked from our dining room into the living room which she saw from the corner of her eye while standing in the kitchen. She also had conversations with Divine Mother, Lord Krishna, Hanuman ji etc.

I heard my inner voice (IV) for the first time in Feb 2000 after practicing meditation for about a year. Initially while meditating I would transcend (not aware where I was at) but when I heard the IV, I was already dropping down into awake state awareness from that transcended state. As I progressed in meditation, slowly I would hear in normal awareness in meditation as a response to the thought that occurred a second or two earlier to it. Last decade or so, I could hear the IV in my normal awake state while I am doing day to day activities, always as a response either to my thought or to my state of mind. My understanding is, this is a function of the degree of mind silence one has, that is, how much less thoughts one has. I read this in a book and also saw it written on a milestone while walking down the road from the old museum in Prashanti Nilayam, Puttaparthi. It said "Hear the whispers of the super soul to the soul, that can be heard in the depths of silence".

After Shivangini left her body in 2005, my spiritual journey was guided by Swami, and Shivangini at the subtle level. In 2012 (a

year after Swami left his physical form) I got led to Amma Visalakshi (AV) who was residing in Sri Sathya Sai Anugraha Gruham, Puttaparthi. It is an old people ashram that she founded along with the help of other trust members. She not only had the ability to hear Swami (almost 24/7), know his voice and its expressions, but also his physical form used to appear during a large part of her conversations. Swami used to dictate, discuss, guide, and direct spiritual activities. Some of the elaborations on spiritual points/ topics by Swami were later published into Telugu book Nithya Sathya Bodha (Eternal Spiritual Teachings). Though Swami used to appear to her in physical form, but others who were present there could not see him. Although they could feel Swami's presence by other means like fragrance, and by the way Amma Visalakshi would pause, hear, and speak as she conveyed Swami's words in our direct interactions. The point I am making is, this is out of the ordinary but not an unbelievable phenomena. Seema Dewan who lives in Canton, OH, USA stated similar phenomena in a Souljourns Youtube video, where Swami appears in her living room and she asks her children to bow down to Swami's feet. She had to point out the spot where Swami's feet were, because her children could not see Swami. Recently I met two devotees, one from Puttaparthi and other from Vijaywada, who stated that they are experiencing the same phenomena of seeing Swami while conversing with him. I was also told about a devotee in Kodaikanal who is experiencing similar phenomena, and a devotee in Toronto who sees Shirdi Sai Baba in the same way.

Summarizing, there are three stages of Inner voice connection. First level - one hears a voice speaking at thought to thought level. At second level - one can identify whose voice it is, its state - like sober, happy, appreciative, serious, male/ female etc., and at the third level, not only one hears the voice, knows the moods, but also sees the form. It is a factor of the depth of one's mind silence and ability to tune in.

I am deeply indebted to our friend late Dr. Kamal Saxena in Columbus, OH, who gave me a book titled 'Sai Armrita Varshini' written by Sudha Aditya[1], when I visited her in 2010. Swami himself explained this phenomena to Sudha through inner voice which she documented in that book. I am quoting here directly from the chapter called 'Silence and Inner Voice' of that book.

SAI (Swami) - The Inner Voice, *Antar Vani*, is the Voice of the Sadguru or the Divine Voice. It is incorporated in the *Ajna Chakra** which has its focal point in the *bhrumadhya* region; that is, in the region of the third eye or the eyebrow centre. When this chakra is awakened and the *Kundalini* energy ascends to it, the Inner Voice or the Guru's Voice can be heard. In order to awaken the *Kundalini shakti* and make it rise to the Ajna Chakra, you have to concentrate on this *chakra*, in the *bhrumadhya*. You have to sharpen your concentration to a very fine degree and shut out all other sensations, feelings, thoughts and emotions. Then, in the void, can be heard the Inner Voice. It can be heard only in the state of mindlessness.

I (Swami) shall give you a small example. In your radio, you have various frequencies and wavelengths. Each transmitting station is tuned to a particular wave length. If you want a particular station, you tune in to that particular band or wavelength through which it transmits. It cannot be heard on any other band. Thus you have medium-wave bands and shortwave bands. But you also have a FM band which is a high frequency modulation. It is a special band which exists on a special frequency modulation. When you tune into this FM band, the transmission is loud and clear without any outside disturbances. On the other hand, when you tune into the shortwave bands, stations often overlap and the result is discordant noise and confusion.

Now, the *Ajna Chakra* is like the FM band and all the lower *chakras* are like medium and shortwave bands. When you tune in to *Ajna Chakra* (FM), all other frequencies, waves and disturbances are cut off and the Inner Voice comes through clear, strong and true. Of course, the strength and clarity of Antar Vani depends on your fine-tuning, that is your concentration and your ability to reach the state of shoonyam (void) or mindlessness.

S (Sudha) - How would You explain the fine-tuning, Baba?

SAI - Fine-tuning is the degree of your concentration. There are three stages in concentration. In the first stage, you receive My messages in the form of thought waves. In the second stage, you can hear My own Voice and in the third stage, you can hear My Voice as well as see me. With successful *Chitha-Suddhi* (purification of the mind), you will be able to progress from stage to stage.

The question is not whether God can make Himself heard; the question is whether you have the ability to hear Him. Anyone who has the ability to clear the mind of disquiet, unrest, thoughts and conflicts and is able to keep the mind in a state of silent equilibrium, can tune in to the Inner Voice of God. After all, silence is God. When the heart and mind are silent, you can experience God.

I am quoting from Inner Experiences book[2] what Swami said to Shivangini which is consistent with what was told to Sudha Aditya above in 1980's. On Feb 8, 98 Baba told her in meditation "Last year the knot of the chakra in your forehead loosened. That is what has allowed the flow of my thoughts to you. Now the knot of the chakra in your throat has also loosened. By Shivratri the other three chakra knots (some names, she could not recall) will hopefully loosen. This will clear the passage. The complete loosening of the knots of top and bottom chakras will depend on your further Sadhana." On March 10, 98 Shivangini started her meditation at 4:40 am. As soon as she closed her eyes to meditate Baba said to her "Shivangini, spread the Vedic knowledge". This was in reference to what she was reading yesterday about Lord Buddha[3] who, at the time of the Brahma Muhurta (3-5 am), used to see with his Buddha eye as to who is ready to receive, and send his thoughts to them which they used to receive as inspiration. Followers of Vedas behold that this is how the heavenly knowledge is passed onto the saints and seers. This is an unbroken chain and it is passed on. This is the Vedic knowledge Baba referred to. On Feb 20, '10 I thought of the inner voice connection and said to myself 'it is good to hear' meaning the skill of hearing. At that time I heard 'it is VER..RY good to hear' emphasizing on 'ver..ry' slowly.

Hope the aspirant got a better understanding of Inner Voice and how the Vedic knowledge gets spread by now. I will share my experience with Inner Voice. My ability to concentrate is in the first stage. Shivangini's ability was in the second stage, while late Amma Visalakshi (my Guru from 2013 onwards) was in the third stage. Initially when I heard, there was a doubt if I am hearing IV or is my mind making it up. As I improved my ability to keep my mind staying silent, I started hearing it more clearly. When we have a continuous flow of thoughts, it is hard to discern which thought is ours and which is not. This flow needs to stop for accessing Inner Voice. As mind silence improves, one can identify Inner Voice more clearly.

What Swami said further about inner voice to Sudha Aditya is quoted here[4] “Some of you have the ability of inner communication with Me. You are able to ask Me directly for advice, guidance and instructions. Such an ability is not a boon or a gift from the Gods. It is something which you yourself have achieved and refined over a number of years and, perhaps over a number of births. This ability lies in each and every person and is only waiting to be discovered and developed. It is like a diamond which lies buried for years under layers of dirt, grime and dust. If these layers are removed, the true luster is revealed. So, if you are not able to have inner communication now, don't think you can never have it. You can start cultivating it right from this moment by practicing silence for a while every day. I have already told you that the Voice of God can be heard only when the heart and mind are silent. So, practice inner silence every day. When the mind is silent, my words flash across your mental screen in the form of thought waves. Problems get solved, ideas are resolved. What is this but the voice and work of God?”[4]

Each and every individual possesses the capability to hear the inner voice. Only reason one does not hear it is, due to the noise of their continuous thoughts that covers up the signal of inner voice. Essentially it is noise to signal ratio, lower the noise clearer the signal. I will share with you an analogy Swami gave us through Amma Visalakshi to describe what is needed to hear inner voice “imagine very tiny anklets tied around the feet of an ant, and it is slowly walking. Your mind must be silent enough to hear the very subtle level of sound coming from the anklets”. Swami says in Sathya Sai Speaks Vol 23 ‘All objects manifest the power of the atom. Every object is composed of atoms. It is the nature of atoms to combine and to separate. But in all human beings there is one unchanging and indivisible divine entity, the Inner Voice. It is the divine Inner Voice issuing from the *Atma-thathwa* (*Atma* Principle). It is continually declaring: ‘I, I, I..’ - ‘*Aham, Aham, Aham*’. This is the Truth that is subtler and more fundamental than the atom.’

All this elaboration on Inner Voice might raise a question, is inner voice a necessary requirement for spiritual growth, and reaching the ultimate goal? For a while, I thought it was. On Sept 18, ’22 I thought of whether inner voice is a pre-requisite for attaining Jivan Mukthi. My inner voice said in response ‘అక్కర లేదు’ meaning ‘not necessary’ for attaining Jivan Mukthi. A few days later I asked my IV if the reverse is true, that is, ‘all those who have inner voice will

attain Jivan Mukthi?'. My IV said to the effect "not all will get it". After reading 'My Spiritual Experiences Journal' chapter another question might arise, why is that my IV spoke in single words or at best in half sentences, while Shivangini and Amma V had lengthy conversations? My best guess based on what I learned from Swami is - it is role dependent; stage of individual's spiritual evolution; to further develop intellect by not spoon feeding to understand situations/ issues etc. On April 11, '98 - Swami said to Shivangini "It is a message for Gyani. What he is doing in helping write this book (Inner Experiences) is nothing compared to what his role is. His role is to understand the issues of mankind, and what are the obstacles in reaching divinity. Capture this understanding. He will have a role to play after liberation in evolving the mankind if he has this understanding." This clearly indicates pre-determination of my journey. Why worry about any results, just enjoy what you get to hear, and follow IV directions.

The point I am making is not to worry whether you can hear your inner voice or not, just tread the path and things will take care of themselves. As I was writing this book when I went through Shivangini's and my past experiences, I realized that I did not know much about Kundalini, chakras/ cleansing and yet everything proceeded step by step the way scriptures allude to.

[1] 'Silence and Inner Voice', Sathya Sai's Amrita Varshini, Sudha Aditya, Published by Sai Towers publishing

[2] Inner Experiences, page 47, 103, Gyani & Dolly Baile, Sri Sathya Sai Publications Trust

[3] Science and the Unseen world, pages 44-55, J. S. Hoyland

[4] 'Attune Yourself to Me', Sathya Sai's Anugraha Varshini, Sudha Aditya, Published by Sai Towers publishing, Pages 59-60

[5] 'Making of a Yogini', Gyani & Dolly Baile 'Shivangini', Sri Sathya Sai Kuteer

5. Bliss - Ananda

[1]'In this creation there is only one thing, that is Sat (Existence). In the language of Vedanta it is called Brahman, Atma, Iswara. Swarupa (real form) of 'Sat' is 'Chit' (pure consciousness), and its swabhava (nature) is Bliss. If you realize that is what you are, then everything is pure consciousness (chaitanyam), everything is bliss![1] [2]Bliss is man's natural state (sahaja stithi). It is not something one can get through external sources. Those who transcend the body, senses, mind, and buddhi and reach Atma stithi (state), only they can experience Bliss (Ananda) … Ananda is a state only. There are no descriptions, elaborations, estimations, highs and lows in it. For that, Jiva feeling needs to completely melt away, and Ahamkar (ego) needs to go. Entire samskars (vasanas) from lives after lives need to be uprooted from the roots'[2]. Swami[7] says [3]'Hold on to Bliss. That is the only real thing, rest is all imagination.'[3]

Swami says [4]'from the monarch in the palace to the beggar in the streets, all are caught up in the game of extracting pleasure from the outer world'[4]. Currently everyone is pursuing joy and happiness in the external world. Joy is physical, related to bodily comforts, sensory gratification/ pleasures. Happiness is more mind related like winning a lottery, getting a job promotion, success of progeny etc. Through these, one feels they are happy and content, and delude themselves into thinking they are in Ananda-bliss. Pain centered in body and the senses is the opposite of joy. While sorrow/ misery are opposite of happiness. Bliss-Ananda has no opposite. Joy and happiness are caused by external vishaya (objects, emotions, thoughts OET[9]). Bliss has no external source, it is internal, within. Joy and happiness are transient, and subject to dilation effect. Same sweet which gave joy has opposite effect when one consumes ten of them. Same job promotion after sometime is taken for granted. But [3]'Bliss is ever new and always fresh'[3] as Swami said. Hence it can never be described as this or that else it is no longer ever new and fresh.

A question may arise - is joy, happiness and bliss three distinct things? No! Bliss is only one but its reflections are many. Taittiriya Upanishad explains the reflection as follows: Avidya (ignorance) leads to attachment (moha), that leads to desire (kama), which creates the turbulence and anxiety in the mind. Anxiety stays

till we acquire the object. Once that object is attained, that is subject - object contact, the turbulence ceases and calmness prevails for a short time, and at that time Brahmananda reflects in mind, gives the feeling of joy or happiness. Because of vishaya prapti (OET[9] attainment)- brahmananda reflects, resulting in joy, happiness, ie vishaya ananda. Due to ignorance (avidya) an individual mistakes it as coming from vishaya, when it is actually a reflection of Brahm-ananda in a temporary quiescent mind.

Taittiriya Upanishad gives a scale for Ananda. It's like, a doctor asks the patient about his pain level by pointing to a poster with faces - smiling, serious, not happy, severe frown, …last face is shedding tears. Likewise Upanishad presents a scale of 10 levels, each level increases by 100x of previous level. Lowest level is the best human happiness, while Brahm-ananda is the highest.

[5]The Bliss of the highest Subject-Object contact is Savikalpa Ananda. This stage is what is called Rasa Aaswaadanam or the Enjoyment of Bliss. Even this is not the highest of the Supreme Bliss, which one does not attain or acquire, but simply IS, becomes aware of, so to say. The Rasa, or the sweetness of the Subject-Object Samadhi is a temptation one has to avoid, for it is only the second best. It is enough joy to act as a handicap. The joy is as great as that of a greedy person who has just killed a serpent guarding a vast treasure he wanted to grab. The killing of the serpent is Savikalpa samadhi. The acquisition of the treasure, that is the Nirvikalpa Samadhi, the highest stage.[5]

As I continued my sadhana, it started with initial Kundalini stirring, current flowing up my spine etc. I restated some of the experiences from 'My Spiritual Experiences Journal' chapter, that are related to the Kundalini activity - energy flowing up to various chakras, opening of chakras, experiencing energy rise, then Bliss started around 2007. These are mentioned in a chronological order.

Jan 31,'01 For last few months when I meditated, I had been feeling as if current was flowing up my spine. When this happened my spine would stiffen up as if something in the spine is crawling up from mid back to the neck and above.

Nov 19,'05 Meditation: … A little later I started feeling the Kundalini energy rising up my spine. It has been a long time since I felt the Kundalini energy. It was vigorous, continuous, and went on for about 5 minutes or so.

May 21,'06 … Started doing chakra concentration, my spine experienced energy flowing through it quite a few times. My body would stiffen up as the energy reached to my head. Sometimes it was so strong it felt as if something is going to break loose as the energy climbed up the spine. (Kundalini energy rising through the spine, strong surge of Prana force, higher awareness)….

May 31,'06 Last night dream: I saw a shiny cross. It means spiritual guidance, transformation. In morning meditation I was concentrating on chakras and I could feel the energy rise up my spine couple of times.

Feb 10,'07 In meditation there was fair amount of energy rise along the spine (Kundalini)…..

May 7,'07 …. At Ajna chakra – I continued to see the eye. Energy started rising through the spine or Sushumna…

Aug 23,'07 Meditation: a fair amount of energy kept rising along my spine.

Aug 27,'07 ….. I had lots of energy rise up my spine……..

Sep 10,'07 ……I came and lay down in bed and continued to meditate. Energy was flowing fairly vigorously up my spine while in lying down position. In a vision I saw a hand go from bottom of my spine upwards towards my head as if someone is pushing something up. Energy flow continued. I thought that a granthi (knot) may have opened up …

Sep 30,'07 Meditation: Right away energy started rising up my spine. Mind was quiet and I could just look into blank screen. (Touching the state of blankness)

Oct 6,'07 Around 10 am I was doing the morning Arati when waves of happiness started rising up my spine. After Arati, this experience continued and it felt so good that I sat down in the chair in front of mandir. There was loud silence I could hear and I felt that Swami is here and the waves of happiness continued. 2-3 weeks back I had this feeling and it continued even at work. I would get up to go get tea or go to bathroom, the feeling continued.

Mar 30,'08 ….. Much later during meditation I felt the energy rising up my spine, after some time saw a vision of energy entering through the top of my head.

Apr 3,'08 IV gave the first indication that there is not much to be cleaned at heart chakra. On Aug 2,'08 I was told to discontinue chakra concentration.

May 5,'08 …. Evening meditation: Felt a lot of energy rising in very interesting ways up my spine while I was hearing fairly intense silence.

Jul 5,'08 ….. Waves of bliss rose up my spine. (pleasant, fills up entire mind)

Jul 20,'08 A remarkable day experiencing bliss. I was in the state of bliss in the morning for ~ 1 hr in meditation and another 1 hr afterwards. While returning from Ravi's home, I was in that state while driving and ~ 1.5 hrs after reaching home. It was continuous and remarkable. In meditation inner voice (IV) said "that is Atma".

[6] *'if you practice meditation continuously for seven or eight years you will find peace and bliss, and enjoy the fruits of your practices'*[6]. Interestingly I started meditating around 2000.

Aug 1'08 Meditation: saw the formation of the face of a beautiful lady with sharp and young features. I came across a picture today resembling what I saw. It was Anandamayi Ma of Calcutta who was always in a state of Bliss.

Aug 5,'08 … Energy rose up my spine significantly. Around 8:45 am at work, energy started rising up my spine, and ringing of silence in the head… and connected to that wonderful force in my spine with my mind and activated it (earlier I was told in meditation to push the energy up). Energy rise started and kept going up my spine in extremely pleasant waves…. Energy rising up the spine into the head continued. I asked if this is SR (self realization), and I heard "find out". A strong dose went up my spine that started making me dizzy, thought I would pass out. I said 'whatever is right, let that happen'. Energy dropped down to previous levels. At 10:15 am I got up and went to get myself a tea, while the sensation continued up my spine. Around 11 am I came back to normal, what a difference!

Aug 17 …. Last 10 days or so I had been getting into bliss during day and at work, each lasting 1 - 1.5 hrs.

Aug 21,'08 Meditation: while doing subject concentration and feeling the bliss, I heard "meditation" twice very softly. As I was enjoying the bliss and doing AUM I heard "not anymore". I thought I must not feel this anymore, so I continued concentrating on the Subject when I heard very clearly with emphasis "Exaactly!". Right after that silence in the head got intense.

Aug 27, '08 …… For 45 mts, wave after wave of bliss (anand) rose up my spine. It was different from energy rising up the spine which entailed some exhaustion/ soreness in spine. This was coming from inside of spine, till then did not know it existed.

Sep 8, '08 … At times I transcended sounds, got engulfed slowly by beautiful sensation up my spine. Something rapidly spread from my lower back/ spine, reached my head, a dense feeling gripped me, felt it took me into another consciousness level.

Oct 14,'08 I had been going into state of bliss where my thoughts completely stop and a very nice pleasant feeling emanates from the spine right in between my shoulder blades. It started in the Prashanti Mandir and I was in that state for 20 mts after Bhajans were over. Since I returned from India, even while at work or walking or driving I am getting into this bliss state almost twice a day. I started experiencing variations in bliss that I could distinguish. Yesterday I was in bliss for 1.25 hrs while sitting in the courtroom as a potential juror, listening to the judge.

Oct 20,'08 ….I reached work, slowly the bliss feeling started again but I had work to do and hence could not sit still. Bliss stayed but was at diminished levels. When I sat down and got my mind quiet, it slowly started increasing in intensity. Around 2 pm received a reply from Dr. Srikanth Sola, he stated this Ananda will stay with you eventually even while you are doing Karma (actions).

Oct 22,'08 …I was in the bliss state and started meditating. As the waves of bliss were rising I continued to stoke the intensity of the waves. At that time I heard "cool down" asking me to slow down the stoking.

Oct 26,'08 ….Strong connection to heart and concentration on subject. I heard "temporary" referring to the loss of connection to bliss. I was in bliss for 1.5 hrs. In the evening I was in bliss for ~ 1 hr.

Oct 29,'08 In meditation I could invoke bliss and stay in that for 1 hr. (around this time frame, learned the ability to trigger bliss whenever I wished most of the time)

Nov 1,'08 .. I started feeling the bliss come from the middle of my chest …

Nov 16,'08 Meditation: Heard in meditation "infinity" and then "invisible" - indicating bliss/ meditation are infinity, bliss and God are 'invisible'. At 10 am I was in bliss for about 40 mts. Then I had a quick vision of Swami[9] in Ochre robe with his both hands raised in a blessing position. Late afternoon I was looking through email, suddenly bliss started pouring from inside. I closed my eyes and started enjoying the bliss. I continued to make effort to stay with the subject meditation as I was guided before. It was a marvelous state and I continue to concentrate and not let my mind drift. At the tail end of it, after almost an hour I heard very clearly "Samadhi".

Nov 18,'08 Meditation: I found a technique to keep mind on the subject that started working when I heard "enjoy", then "paddati" (technique), started feeling bliss when I heard "wonderful". I stayed in bliss for 30 mts when I heard "చెప్పాలె" meaning 'share'. I went to work and I was in bliss all day till I came home. Last Friday, Vishu posed a question 'how does one live once they reach bliss in meditation or Samadhi' and today IV said 'share'.

Nov 20,'08 Meditation: I heard "Rasa" and then "Aswadanam". Jnana Vahini says this is Savikalpa samadhi just before the final step of getting to Nirvikalpa Samadhi[5]. Later as I was concentrating on the subject I heard "beautiful". All day I was in bliss till I came home at about 4 pm.

Nov 22,'08 … Little later I heard "restart" referring to the effort to invoke bliss. I did and all day I was in bliss on and off. In the evening I sat in bliss for more than an hour with eyes closed, saw a vision of Swami entering into where I was. I heard "God is with you". I said 'yes God is with me'.

Nov 23-26,'08 …. I could concentrate well on subject and intense silence. Bliss spread all over my body coming from the heart. On 26th I was in bliss most of the day.

Dec 3,'08 Meditation: I could concentrate well. Experienced different kind of bliss coming from the spiritual heart. Heard "Kundalini", then "vibrate". Bliss went up a few notches. At times extraordinary waves of bliss were coming from the heart. I heard "Brahman", "right now", then heard "Brahman" again (Bliss is Brahman?).

Dec 5-7, '08 …… I was in wonderful bliss coming from the spiritual heart while I concentrated on subject. Heard "Atma" twice. I was in bliss for 80 mts. …… Wonderful heart centered bliss stayed even while I conversed on the phone.

Dec 12,'08 …. Meditation: focused on vacuity and enjoying the bliss. I heard "remarkable".

Dec 17,'08 Meditation: …… I thought of what Swami said to John Hislop[9] that bliss is the only reality, when I heard "you bet".

Jan 13,'09 The bliss from heart chakra stayed with me from about 5:30pm till almost night time. At times it was very intense.

Jan 18,'09 In morning meditation I heard "santosham" and after a while I heard "very close". Yoga Vasishta Telugu – After savoring the amrith called Santosh one gets peaceful and contented (shanti and san-trupth).

Jan 20,'09 Meditation: …..felt the bliss with contentment which is different than the one from heart chakra (which is like itchy feeling looking for satisfaction).

Jan 21,'09 Meditation: …During day I was in bliss twice for fairly long periods.

Feb 11,'09 Meditated morning, afternoon, and night. Beautiful intense Bliss.

Apr 13,'09 Today in the evening meditation, I was in intense bliss and was literally breathless from it when Inner Voice said "Prasad" meaning it is God's gift.

May 28,'09 My allergies, breathing became normal. Meditated in the night and was in bliss for 30-45 mts, felt very good. Noticed that the bliss feeling is getting into my head also, along with the heart. (Heart chakra got cleaned on May 23,'09)

Jun 1,'09 heard yesterday "enjoy it" referring to bliss. Started feeling the bliss again, this time it is different than the one I felt for last 6 months. This bliss involves both the silence in my head and the sensation in my heart, while the first one was heart based but at times lot more intense.

Jun 2,'09 Meditation: focused on the subject when I heard "perfect". A little later I heard "move higher". Moved as far back and higher when I reached the core where bliss originates in heart. Started concentrating there, in a few seconds heard "perfect".

Jul 21,'09 During day I was in intense bliss for couple of hours.

Jul 29,'09 Evening Meditation: I got into bliss and the location of Atma right away. I focused on the Atma, rotated right in there enjoying the bliss, it intensified based on what I did. I heard clearly "Need to come back" to which I said OK. Heard in hindi "bus" (enough). Stayed focused but stopped rotating, bliss was intense. I thought of the subject, object, and process, all were just one and that was bliss.

Aug 4,'09 Few days back I was trying to focus on the location of Atma like I did before where it was almost like playing with bliss. Heard 'అనవసరం' (not needed)

Sept 23 Meditation: it was intense silence and a great level of bliss that lasted till mid morning. Sep 24 focused my attention on the subject and felt the bliss along the spine. I heard "contemporary" meaning that Subject and bliss are present together.

Sept 25,'09 Meditated 1hr 20mts and at the end extended it by 20 mts due to the peace and bliss I experienced. When in bliss I heard "kitna accha hai" (how good it is!).

Oct 8,'09 In meditation I posed two questions. Is bliss simultaneously present with subject consciousness? Is subject consciousness Sat-chit-ananda? I heard "wonderful" (pleased with questions). A little later heard "massage" and heard it again. I rotated around in subject consciousness and it started bliss in the spiritual heart area which answered the first question. A little later heard "can be" meaning subject C can be Sat-Chit-Ananda. It means what I am touching is Jivatman.

Nov 13,'09 Meditation: I heard 'ఐపోయింది (all done, over). I was in strong bliss, clearly understood that when attention is deep in the subject then strong bliss starts coming from heart chakra.

Dec 5,'09 Meditation: experienced a silence that was unusual. Could keep attention on subject effortlessly while in that silence, there was intense level of bliss.

Feb 11,'10 Meditation: I concentrated on the subject then, in a strange way, on the mental spot where the subject is. My dharana practice on Swami's form helped in holding attention on strange empty mental space. Lost it and came back to it, I heard "maintain". All along I was in bliss, but kept up this practice instead of enjoying bliss.

Mar 18,'10 Meditation: as I was doing concentration on Subject and Dharana I heard "Ram Navami". As I continued and felt the bliss, heard "Amrith" (nectar). At some point I drifted and then brought my attention back to subject and the spot, I heard "wonderful". Mar 20 Yesterday meditation was a state of bliss and contemplation at the same time. Today I was encouraged by IV for focusing on subject and dharana on heart by saying 'it is better', 'it is alright' etc. All along from start to end it was continuous bliss. Mar 21 - After meditation around 10 am I felt lot of bliss… Focused on subject, dharana on the heart. Bliss level was high to intense. For some reason I shifted my attention from there to the subject of the silence in my head. At that time heard "like this?". Later heard "guaranteed" meaning the result. Stayed there for few minutes, suddenly heard "right here" and felt as if I penetrated and entered into what I am calling Awareness (constant silent buzz of thoughtlessness, awareness, effortless, bliss in the head and heart at the same time (Prashanti?)).

Apr 6-8,'10 … I was asked to "move back", once got there heard "meditate" (hold it there). I was able to hold it, when I heard "God's grace". After a few minutes tightness released, moved slowly to the back of the head and could hear continuous buzz of bee humming, bliss, and awareness with not much effort. At that time I heard "its amazing". Apr 8, 4 pm meditation: I experienced fairly intense bliss all afternoon. Around 5 pm I opened my eyes, I looked out the window and saw a naturally formed 12" tall Aum symbol in the pink flowers of crab apple tree in our backyard. Saw it for a minute, then it was gone.

Apr 11,'10 Meditation: focused on subject, dharana on the spot in consciousness. Transcended and was in total emptiness with continuous hum, bliss. As I came out of it slowly, heard "that's the way". This state is intense silence with beautiful hum in the thoughtless mind. Even this bliss is more at the head than at heart.

Apr 20,'10 After 1.5 hrs of bliss in meditation I heard "first time".

Apr 29,'10 Meditation: … focused on a spot in heart chakra, I heard "milega", then "dhire dhire" (you will get it slowly). Stayed on it, not sure how long, but I heard suddenly "congratulations" very clearly. I felt a beautiful hum spread through my head, felt lighter, and effortlessly thought less, but aware. Bliss at the heart chakra reduced and a different feeling persisted in the head (not physical anymore).

May 4,'10 …focused on subject and heart chakra, kept mind blank as much as I could. Not sure how long but something came alive in my head, it highlighted, grabbed and moved something in my head by an inch (like laptop cursor, highlight-drag-drop). Immediately experienced a deep sensation, intense silence, and bliss at the same time. Head got lighter and was in awareness, I heard "perfect". … Focused on the spot in the heart, effortless. Started hearing high frequency silence that grew in intensity, felt like I might go into trance. Bliss intensity shot up to the extent tears were coming down, head got lighter, was in thoughtless awareness. I heard "wonderful". Opened my eyes - 7:40 am. Bliss and silence were so intense, I kept slipping back into meditation. Finally got up at 9 am.

May 17 - Meditation in Prem's home, I was in heavenly bliss, heard "enjoy"..

May 29,'10 I meditated on heart and went right into Bliss. It didn't let me do anything but sit and enjoy it for as long as I wanted. Amritha Varshini pg 33 Swami says 'last of five sheaths is that of

Bliss, it comprises of ignorance. It is deep sleep state to consciousness which is considered blissful because all sensations, feelings, and agitations are stilled in this state. But even this sheath does not remain once self-realization is attained.'

June 17,'10 … Around 10 am intense bliss started, so meditated again. Kept wondering why I am not reaching Samadhi, when I heard "there is another step". After meditation, intense bliss and silence continued. Ajna chakra continued to tingle.

Aug 5-9,'10 Meditation: I held on to Subject and was in bliss, heard "there is nothing to do". Kundalini energy rose straight up to Sahasrara while a continuous feeling/focus on Ajna chakra persisted. Around 11:15 am intense bliss arose, so meditated till 12:45 noon. Gita VI-3 'upon well established in Yoga, inaction is said to be the way' (reminded me of morning bliss and what I heard).

Sep 24,'10 …..I also understood the bliss from heart chakra is sensation based, while the one in head is more like equanimity or steady hum based.

Jan 18,'11 Meditation: Bliss started. I heard "100%". A thought came - did I reach awareness. I heard "100%" again. Then heard "it won't remain all the time". Went to Kulwant hall, meditated, I was in marvelous awareness and bliss, very different than bliss from heart. A continuous hum in the mind, bliss that is centered in the heart and mind at the same time. After lunch at 2 pm as I write this, the hum and bliss continue.

Jan 20,'11 Sat down to read at 9:20 pm. Instead I went into bliss, intensity was twice the normal. Lay down in bed, it won't stop, stayed awake in bliss for another hour. Felt my nervous system might fall apart. Amazingly the bliss is ever fresh, always new as Swami said and it was non-tiring.

Feb 6,'11 Evening in darshan hall, I was in bliss for almost 2 hrs. Focused on S chakra and on subject. Understood that meditation on third eye leads to Siddhis. How nicely IV is leading me on to the goal, and not get deviated by Siddhis.

Feb 10,'11 My back ache triggered again. In the morning I was in very intense bliss in spite of severe pain in the darshan hall from 9 – 9:45 am. Evening - back was hurting pretty bad. As I sat in darshan hall carefully, any slight movement was sending sharp pain in the back. I meditated focusing on S chakra and subject, bliss started spreading slowly. Held attention on S chakra, bliss

intensified. Sat in that state for 1 hr, shifted position 3 times with pain. Despite pain I enjoyed the bliss.

Feb 19,'11 Meditation: after a little struggle with pain and concentration, I went into intense Bliss. As I was in Bliss, I felt the pain slowly start in the back, it reached to a crest, and then slowly reduced. While in Bliss I watched the rise and fall of pain and understood that this is how one can deal with pain when in Bliss.

Feb 28,'11 Meditation: I was in great amount of Bliss. As I enjoyed and kept my mind quiet, I heard "బాగుంది కదా" (good, isn't it?). As I continued to enjoy it, I heard "This is God".

Mar 3,'11 All through Maha Shiv Ratri I was in intense bliss for about 15 hrs. This is the first time ever I had been in bliss this long while going through the day.

Mar 7,'11 Left today to USA. Bliss started as I got into taxi at 10 pm. It stayed with me till I boarded the plane, had dinner and slept around 5 am. Now I can really tell the difference between blissful versus normal living.

Apr 23 Last night meditation: focused right in the center of being in surrender mode, it was awareness and bliss only. I heard "baat khatam ho gayi" (its over). (Swami flatlined that morning). Today I was in bliss all day, level of bliss was medium. Night meditation 9:50 pm to 11 pm. Bliss was so intense, I thought my nervous system and head would burst open. I kept my focus and kept it going. I remembered, Bliss is one reflection of That. Swami left his body at 7:40 am on 24th which was 10:20pm US EST.

May 6,'11 Morning meditation I heard "12 September" (probably Brahm-anubhuti experience). Night meditation: Lodged my attention on to subject and went deeper without exerting. Bliss was amazing. I heard "first time", later "best", then "intensity". (First time, best intensity of bliss).

May 9,'11 Dream. … Next, only Swami and I were walking up to his residence, he talked nicely to me. I asked him for something. He said "you don't need anything. After you leave this body (deham in Telugu, pointing to my body) you will merge in me" indicating it will be liberation. I wanted him to put his hand on my head. He paused and said "I will not put my hand on your head". I turned back a little dejected. Suddenly Swami comes out and comes to me quickly. He puts his right hand around my neck and tells me lovingly "*I did not want to put my hand on your head. Because if I do that, it will disturb (bhangam) the Bliss you are already having. All humans desire and*

work hard to get to this bliss that you are already having. I did not want to disturb that and hence I refused to place my hand on your head." I was satisfied, woke up. It was 2 am.

Jun 24,'11 Meditation: I was in intense bliss. This continued through morning, while walking, and into the afternoon. I meditated in the afternoon. I heard clearly "There is really nothing to do". Later I heard "Samadhi".

Aug 17,'11 (See Cleansing - Chakra…. chapter) ….. After a while entered a state where I saw a greenish white blank screen, and could stay there effortlessly. I was in intense bliss, heard "Gyani" then "enjoy it".

Aug 27,'11 … Today during day I dropped for 1/2 hr to a level where there was no bliss and it felt strange like losing a treasure.

Sep 4,'11 (see My Spiritual Experiences Journal chapter) …. I heard "Stitha Prajna". After 1hr of blissful meditation, did Arati. Noticed all around Crown chakra there were currents in my scalp and felt tightness…… still in intense bliss…. in the night I had intense level of bliss that I did not experience before. I closed my eyes, I heard "original" (Brahmananda of Stitha Prajna?).

Oct 26,'11 Today is Diwali. Meditation: as I reached 'I' awareness, bliss began. I thought of 'where is this bliss?' I heard "andar hain" (its inside). Amazing, awareness is bliss but 'awareness of this or that' is not. Also in bliss during awake means low to no thoughts. I heard "celebrate" (meaning this state and knowledge).

May 3,'12 Yesterday since morning I was in bliss at a scale of 8 or 9 all day, in flights, in airports, while eating lunch, and sitting thru Gita session.

May 16,'12 Meditation at 5 am: focused the mind on S chakra but thoughts kept coming despite bringing the mind back. Moved it to Self and bliss started.

Dec 19,'13 Meditation: I contacted something in Self. All day in intense bliss.

Jul 23-24,'14 In intense bliss since I woke up, probably touched stillness state. Bliss now a days is all in S chakra. At the end of 25 mts saw AV[7] cooking with frying ladle in her hand. She turned her head, raised the ladle, and gave a look of joy 'Yaay!'.

Jun 8,'15 Last night and morning meditation, I felt S chakra open and free of obstructions. Sent energy to RD[7], then shifted to center when I heard "fantastic". For 20 mts i was in a state of very pleasant peaceful effortless thoughtlessness. I heard 'Vartamaan' ('present') first. Later heard "Prashanti". It was marvelously peaceful.

Aug 11,'15 I was thinking about how this bliss started and how it changed. In the beginning it used to be in the spine and would come in waves after waves at times very intense as if my spine would split. It would rise only up to heart. Later it started coming from the heart chakra. Still could feel the throb but was more spread out. Now it is only in crown but spread all through my being while spine etc are not involved in it anymore.

Aug 12,'15 ….silence no thought awareness - Bliss in this state is calmer, does not throb, and spread uniformly with consistent intensity.

Feb 10,'16 In last few days, I was at a new level of bliss and quite intense when I meditated in Kulwant Hall. In Ashram Kitchen I told AV[7] that it looks like I am at a different level of bliss. Swami said thru AV[7] 'Just like tastes have Shad-ruchulu (six flavors/ tastes), so does bliss. You will experience those also.'.

Here I like to share some of the bliss related entertaining and enlightening conversations. These are not documented, though they occurred and I remember them because they made an impression on me.

When I am in bliss during day time, AV would know that and she would just smile looking at me and start humming 'Atma rama, ananda ramana …' bhajan.

It was sometime in 2014. In one of our interview sessions Swami said 'Gyani was grieving over separation from Shivangini. So I granted him bliss.'

On another day, Swami said 'he had a peg'. RD asked 'what kind of peg'. Swami 'Nityananda (eternal bliss) peg'. Swami just arrived from Nara-narayan Gufa and Kedarnath. In Nara-narayan Gufa there is Virojananda Swami who was in Samadhi for 84 days. He just came out of it. Swami gave him darshan. Swami materialized Amrit mixed it with water and gave it to Virojananda. Then Swami gave darshan to a yogi who was in Samadhi for 50 days. He gave them darshan and bliss. This is the peg of Nityananda, Swami referred to (See interview of Jul 24,'14 in 'Guru Sadguru God' chapter for details).

Over the phone from USA I was conversing with AV and RD. I told AV about the bliss I feel vs Brahm-ananda. AV tried to explain the difference but her words did not connect to me. At that time Swami said to her 'tell him in the language he understands' then he gave her the words 'It is like the difference between how you enjoy

when you take 1 peg versus 2 pegs'. I said 'I understand, I do not need any more words'. All of us laughed. (Dec 3, '14 telephone interview see 'Guru Sadguru God')

It was sometime in 2018. In the morning Swami and Sri Anjaneya came. I, RD, and Tirupatamma waited outside as AV wrote down the message given by Sri Anjaneya. Like most of the days I was in bliss, but today it was intense. After the divine message got written, we were called into the room. In the conversation seeing my tranquil face, Swami asked through AV 'are you in bliss'. I 'yes, swami. I am trying to increase it further.' Swami 'if you increase it anymore, you will not be able to do anything'. Then said 'it is sushupti anandam' (bliss of deep sleep).

Sep 15,'19 Night meditation: First heard "want to talk" in Telugu, I said 'yes'. I could zero into bliss. Along the way I felt I am just enjoying bliss but not recognizing 'Sat'. Then I zeroed in on that which knows itself, is continuous, unbroken. Suddenly realized that one can be in bliss and yet be oblivious to the continuously present 'Sat'. I heard "అర్థమైంది" (you understood). While in 'Sat', I started experiencing bliss. Then heard '10 rojulu' i.e. 10 days.

Jun 18,'20 Last 2 days I got peace and bliss that I never experienced before. This bliss is very different from the others above. It felt as if, it is unidentifiable but peace and pleasantness are right at the core. Hard to explain. Anyway I had been practicing to keep mind quiet while doing parayan or consciously doing it for the core with in. Most of the time it was taking me into bliss without much effort. At 10:20 pm, I was meditating lying in bed, enjoying the bliss and peace by getting rid of thoughts. I heard suddenly "*Jivan Muktha*",

Jul 15,'20 Evening after Parayan (recitation) I meditated. Uttered bija mantra of divine mother, got settled in the Self, every time a thought arose I warded it off with bija mantra, when I heard "correct". Mind was blank, settled into the Self, enjoying STKA[8]. I heard "Satyam". Mind was still, great STKA, and experiencing presence. Thought if this is samadhi, I heard "this is the best". Even 2.5 hrs later, that intense STKA continued. Meditated before sleeping. I got surrounded with intense bliss mostly in S chakra. It is like emotion, filled with intense bliss and certain vibration/movement. I remembered and did not hang on to it, instead focused on Self and held to it. After a minute or so, intense bliss got replaced with STKA.

Now I understand how Turiya is surrounded with intense bliss as a barrier.

Sep 5,'21 …….As I am writing this I am feeling that same peace bliss (very different from what I used to feel, intensity is steady and peaceful while other was in waves – peak and trough).

Mar 29,'23 Meditation: Bliss kept ascending. Very intense. I kept focused on the Self. As I held on to it, slowly descended and plateaued out into steady bliss 'with peace', I thought is this 'going through bliss, and plateauing is penetrating through the bliss sheath'. At that time heard "exactly". Stayed there. Then heard "this is a test".

Dec 5,'23 Finally understood that 'stithi' (state) is referring to 'Being' which has both 'isness' and 'self awareness'. I continued, heard "sakshi" (witness). Later heard "sakshi" again. Tried to understand the difference. Only thing I felt is, the peace and bliss is different. But as swami said 'it is ever new and always fresh' hence it can never be described as this or that else it is no longer new and fresh.

Mar 24,'24 Last 2 days meditation: clearly understand the difference between peace-bliss, santusht, and bliss emanating from various chakras which is always like a wave rising, picking up intensity, and subsiding. While peace-bliss is steady, santusht gives peace at the core, at the bottom of mind. Today meditation: 1 hr. Stayed enjoying 'santusht', peace-bliss, knowing the difference.

Nov 19,'24 Meditation: Heard "moksha", later "adbhutam" (wonderful). Heard "moksha" again, then "anandam" (bliss) when I was in bliss. I thought of what Taittiriya upanishad says 'bliss is Brahman', heard "అవును జ్ఞాని" (yes, gyani).

In summary, my experience with bliss is as follows: In the beginning it was stirring of the Kundalini, feeling of current flowing up the spine. When this happens spine would stiffen up as if something in the spine is crawling up from mid back to the neck and above. Later as chakra concentration (kriya) started spine experienced energy flowing through instead of current flowing. Initially it rises up to the chakra that is activated. It rises in waves. At times it can be so strong, feels like something is going to break loose as the energy climbs up the spine. As various chakras get opened up with sadhana and kriya, energy will rise to higher chakras. Later, in my case, it started coming from the heart chakra. It is no longer energy but bliss (feeling of pleasantness, happiness,

sweetness). This bliss is under my control - can be started, stopped, stoked to increase in intensity - Rasa aswadanam. Later as upper chakras opened it got centered in Sahasrara crown chakra. Around 2020 it started coming from the center of my being or crown chakra as I chose. When it is from the center of being, it does not seem to emanate from any of the chakras. Bliss emanating from various chakras which is always like a wave rising, picking up intensity, and subsiding. While peace-bliss is steady and tranquil. Santusht (contentment) gives peace at the core, at the bottom of mind.

Hope this gives an idea of what Bliss is, how it changes as one progresses spiritually, how to gain it, and what the final goal is. Remember 'if you practice meditation continuously for seven or eight years you will find peace and bliss, and enjoy the fruits of your practices'[6]. I wish you the best of luck in your spiritual practices and may God grace you with bliss.

[1] Anjaneya's Command, vol 1, msg 52, dated 28-10-2015, Sri Sathya Sai Kuteer

[2] Anjaneya's Command, vol 1, msg 128, dated 10-10-2016, Sri Sathya Sai Kuteer

[3] John Hislop, 'Conversations with Sai' Part 31, Sri Sathya Sai Publications Trust

[4] Sanathana Sarathi, January 1980, p. 5, Sri Sathya Sai Publications Trust

[5] Jnana Vahini, published June 2002, Pg 6, Sri Sathya Sai Publications Trust

[6] Eternal Companion, Swami Brahmananda's instructions on 24th Jan 1921, P.149-152

[7] Swami - Sri Sathya Sai Baba, AV - Amma Visalakshi, RD - Ravi Daggupati

[8] STKA - 'shanti tho koodina anandam' - bliss together with peace, I refer to it as peace-bliss also.

[9] OET - Objects, Emotions, Thoughts as described by Swami Chinmayananda

6. How my Spiritual (Higher) Journey started

In Taittiriya Upanishad, Prajapati says 'Ahaar, Nidra, bhaya, maithunam…..jantu lakshanam' ie 'food, sleep, safety, sex' are four desires common to humans and animals. He further adds "The Buddhi is the greatest distinction among humans. Without it, they are no better than animals." Here Buddhi refers to discriminating intellect that can differentiate between Real versus Unreal. Bhagavad Gita further says 'Buddhi grahyam ateendriyam' meaning Buddhi can grasp and understand that which is beyond sensory perceptions. This Buddhi is granted only to humans and not to other species, hence the statement in scriptures that, in general only human birth is capable of liberation. So why is human granted this Buddhi? Here I like to quote what Swami said to John Hislop's question, 'Is there something that is unique about having a human body?'[1] Swami replied 'The human form is unique in that the divine force is as much as 80 percent present. In the animal only about 15 per cent. Man can raise himself to union with God, whereas the animal can never be free of its natural state…..By virtue of human birth, the next step is the full realization of the Divine. Human life is sacred and must be appreciated as having the highest value….It is a special opportunity to get free from birth and death.' [1]

Adi Shankara states 'Jivo brahmaiva na parah' that is Jiva and Brahman are not different (meaning they are alike without adjuncts or upadhi). In Bhagavad Gita (Ch 2, Verse 22) Lord Krishna says 'Just as a person sheds worn-out clothes and wears new ones, the Jiva sheds its old body and takes on a new one.' In Katha upanishad it states in Ch 2 'The Supreme Self is the cause of the universe. From Self, all beings arise, and into Self, they return'. These lend support to the statement that there is no perdition for Jiva, sooner or later it will exit the wheel of birth and death and return to the Self through the door called liberation. Till then it roams in the wheel of birth and death (punarapi jananam, punarapi maranam). All of us who do not enquire into real vs unreal and lead a auto-pilot life, fall into this category.

In change management, it is well known that a burning platform is an essential step in shifting from 'status quo'. Similarly in spirituality, a life changing event is considered necessary to bring about a fundamental change in an individual. Otherwise the common

outlook is 'if everything is going well, why rock the boat'. Every sadhak's (spiritual aspirant's) situation, position, circumstances will be different, hence there is no 'cookie cutter' way for the change to come about. In case of Arjuna in Bhagavad Gita, an impending war where he had to fight to kill his own grandfather, guru, cousins, kith and kin became the 'burning platform', which prepared him for seeking the highest purpose of life while performing his Dharma.

In Jan 1997 while living in Midland, MI, USA, my spouse Dolly Baile 'Shivangini' got spiritually awakened by Sri Sathya Sai Baba (Swami) from eight thousand miles away. She was taken on a rapid spiritual journey to the state of '*Jivan Mukthi*' in ~ 7 years. She left her mortal coil in 2005. Her experiences are documented in two books - 'Inner Experiences'[2], and 'Making of a Yogini'[3].

My spiritual journey started right along with my spouse Shivangini's journey, though much more slowly than hers. I was a witness to her spiritual journey right from the beginning and assisted her in all the activities she was made to undertake like - Bhajans, satsangs, celebrating holy festivals at home for the sake of the community, 'bal vikas' teaching to the local children, documenting her experiences which were later codified into the above books. She was told by Swami via inner voice (IV) in 1998 that she would be merging in him in 7 years. Swami called her a *Jivan Muktha* towards the end of 2003, and in 2004. She left her mortal coil in Sept 2005. Although I had been involved in all the activities she undertook, but I was lacking the keen desire (asakti) that she had for reaching the highest goal and purpose of life. By 2004 both of our children left home to pursue education in out of town colleges. Swami made a comment in Apr 1, 2004 to Shivangini about my spiritual sadhana or lack thereof. When she shed her body in 2005, I was all alone to continue the next phase of my life's journey. These factors - her early death/ my aloneness, Swami's comment - were my 'burning platform' for fundamental change.

As Shivangini's spiritual journey started and progressed, she would relate each and every incident to me. We started documenting them which resulted in the above two books. On my own, I started reading spiritual texts by Swami Vivekananda, Sri Sathya Sai speaks, Gospel of Sri Ramakrishna, A primer of Hinduism by Prof D S Sharma, Autobiography of a Yogi by Paramahamsa Yogananda and anything else that I could get hold of (internet was not prevalent then). In the beginning it was like entering a maze. Did not know the

right meaning of many of the words used in the texts, could not grasp quite a few concepts outlined in them. In our little town of Midland, Swami told Shivangini thru IV to start Thursday bhajan singing discipline. Since there were only a handful of devotees of Sri Sathya Sai Baba in our town, and no Bhajan singers among them, Shivangini and I started to sing. I helped her in decorating our basement, cooking for celebration of the festivals at our home for the benefit of those who were inclined to God. I assisted her in conducting weekly Bal Vikas for the local children in our home. Both of us took the bal vikas boys and girls on a human values, week long summer camp at the Vivekananda Vedanta Monastery, in Ganges, Michigan. I did most of the documentation of Shivangini's dreams, visions, meditation experiences, inner voice conversations, etc. Further she would discuss with me many of the things that she did not understand, and I would look them up in the books available. This is before the days of internet/ google search. I chanted Vishnu and Lalitha Sahasranama with her occasionally, while she was asked to do it on a regular basis. She started doing daily prayers, and meditation following IV directions from Swami. I joined initially in the prayers, later slowly I started doing meditation. I had a great difficulty in keeping my mind focused while meditating. Yet I persisted. Shivangini asked me couple times as to what was I meditating on. I tried Jyothi meditation as stated in the books, did not work for me. Tried alternating between name and form for concentration, did not work for me. Right from day one I liked and felt comfortable meditating on silence though it was extremely difficult to still the mind even for seconds, initially.

Some of the actual IV conversations that occurred between Swami and Shivangini pertaining to me which slowly developed my interest (Asakti) in spirituality are listed below.

In Guru Sadguru God chapter, under Sri Sathya Sai Baba and Shivangini section, see what Swami told Shivangini about me on the following dates - Jan 7,'98; Feb 9,'98; Mar 12,'98; Mar 22,'98; April 3,'98; April 11,'98; April 25,'98.

April 22,'98 Shivangini said to Swami "You keep giving upadesh (spiritual instruction) to me and like machine I go down and record it. Poor Gyani has the burden of writing it which takes a lot of time." Swami said "You got to understand Shivangini, that Gyani was a priest and the priest like discipline and routine." He said it with an affectionate smile.

On Nov 10,'04 Swami said "I want Gyani to write". That is how I ended up as writer of both the above books but not the author.

April 30,98 Swami said " ..because we need to get Gyani on the Bhakti marg. Remember you have to be the tree which does not taste its own fruit. You have to get him on this path."

May 9,'98 He reminded Shivangini of the dream where she and Gyani were lying on the ocean, on a float, on their back and the waves were smoothly swinging them and Swami said "You have been blessed."

Oct '02 Shivangini sees in meditation that her seat is empty and Gyani standing next to it with tears in his eyes. Feb 2004 in meditation my IV said "All alone, Gyani". Though understood that she will leave me soon but never imagined the impact it would have on me.

Apr 1,'04 Shivangini asked Swami why Gyani is not traveling with her on higher journey since he is participating in all the spiritual activities she is doing. Swami said "what he is doing is Dharma and not Sadhana. As long as body is given, no matter who they are, has an obligation, Dharma, to connect to God. Not to go astray. Amount of Sadhana he does is for maintenance and not a striving sadhak who has to do a lot more. If he goes astray, then he will have to take 17 more lives."

Last sentence lit a fire underneath me. That is how I entered into spirituality. Only impending crisis was she will leave me, I will be alone. Swami with his grace prepared me for that. Although a witness of Shivangini's spiritual journey, Swami gave me a taste of divinity by the time she left her body. His statement that I will have to take 17 more lives if I go astray gave me the final push to get going.

As I said earlier, everyone's case for entering into spirituality is going to be different. If and when the burning platform arrives for you, hope this story of mine gives you encouragement to make best use of it.

[1] Conversations with Sathya Sai Baba, John Hislop, Sri Sathya Sai Publications Trust

[2] 'Inner Experiences', Gyani & Dolly Baile, Sri Sathya Sai Publications Trust

[3] 'Making of a Yogini', Gyani & Dolly Baile 'Shivangini', Sri Sathya Sai Kuteer

7. My Spiritual Experiences Journal

I started reading books on spirituality in 1997/98 and meditation around 1999/2000. Below is my daily spiritual experiences journal till spring of 2014. From early 2013 onwards my experiences were mostly tied to Amma Visalakshi (AV), Sri Sathya Sai Baba (Swami), and Anjaneya Swami (AS)[3], hence the log from ~2014 onwards are in 'Guru Sadguru God' chapter.

Spiritual transformation of subtle body or Anthakarana (mind, intellect, ego, chitta (sub-conscious)) is a slow and gradual process. It is purifying these faculties, awakening the intellect, and eventually dissolving the ego. This is an experiential process and it occurs inch by inch, step by step before it becomes one's faith, belief, conviction, resulting in a transformed personality. Hence the day to day spiritual journey, by its very nature, gets quite repetitive at times with boring details. They are presented in chronological order. Early on, I used to see deities in dreams and meditation visions. It persisted till I reached the stage of meditating on the subject, after which they reduced. It is said that the deities are seen when the vision is external, mind is calm, keen interest/ devotion, and a 'calling' of the divine.

As stated in the Introduction, this chapter can be skipped without missing the continuity of my journey. This and Guru Sadguru God chapters can be used as reference for getting full details of experiences mentioned in other chapters. In the beginning Swami conveyed considerable details of my past and they can be read in Guru Sadguru Chapter under section Sri Sathya Sai Baba and Shivangini (S)[3]. Key points of the messages in this chapter are underlined for easier read.

Jan 21,'01 In the morning while I was half awake heard Omkar sound coming from within. It was not my awake self that was uttering it.

Jan 30,'01 Dream: I saw myself and S in a resort like place where there were two white color houses. Next both of us were in a room inside one of them. I picked up two papers that were attached at the bottom by a staple like thing, which I disconnected with scissors, and suddenly realized some indescribable but very significant bond got broken. I told her and showed the two

disconnected pages. Then I said "Look how bright and white everything is." Whole room looked like it got lit up with white light coming from outside. Next S and I were outside of the house. I turned my head and looked inside the house, which seemed 30-40 ft away. I saw Lord Shiva's picture in sitting posture. I looked at his eyes and forehead. From the eye in between the eyebrows on the forehead of Lord Shiva, rays of light came and hit me. It started out as few rays, then it became bright and intense as they hit my right eye. Made me wonder if I was going to get blinded. Dream ended. After waking up before I related this to S, she told me what she saw in meditation that morning. She saw me sitting at the same height as our mandir (3' above floor). Our mandir was all lit up and with it I (Gyani) was lit up too.

Jan 31,'01 For last few months when I meditate I felt as if current was flowing up my spine. And my spine would stiffen up as if something is crawling up from mid back to neck and above. (Stirring of Kundalini)

Feb 14,'01 Dream last night: There were people in a bldg, all of them about my age, were making an effort to realize God. One of them gently shoved me in to the open area telling me to go towards the goal. I resisted, came back inside, and told them it is not the right thing to do. I asked them if they saw anyone who is self-realized or do they know what self-realization is. Suddenly it dawned on me in the dream that it's all in the mind, as soon as mind gets reduced to a trace, one is self-realized.

July 22,'01 We brought three pictures from Puttaparthi of Swami bringing out lingam – one as it was coming out of mouth, second one holding golden lingam in his hand, and third one a picture of hand with lingam in it. Swami spoke to S when she was at our mandir. She asked "How are we supposed to use them?" Swami said "You forget. I told you earlier to bring the golden lingam. I had given this to you. This is for you to draw energy as you do my work". She asked "How about Gyani? Should he also use it or just me?" Swami said "I had chosen you as my instrument". "But he is doing your work too, Swami". Swami said "Devayani, he is your basis. He has more energy than you think. He does not need energy. He has served me more than you can imagine. He can sing my glory but he does not need to draw energy for that….."

Aug 27,'01 In the evening S and I meditated in front of the shrine at home. For the first time in meditation I saw the symbol Om couple of times although it was faint. After meditation I mentioned it

to S and then she told me that in her meditation she was unusually thinking about the symbol form of OM.

Aug 28,'01 Later in the day Swami said to S "North West region is yours to Reach, Preach, and Teach". On Aug 1,'04 Swami reminds S again that 'Northwest is her region'. (Audience of her experiences are English speaking)

Sep 19, '01 Meditation: I saw Lord Ganesha and a Thali with items in front of him. In the thali there were alternate layers of silver and gold coins. (Spiritual/ worldly prosperity).

Dec 8,'02 Dream: I was in Puttaparthi waiting for Swami's darshan. It was a mandir, not prashanti nilayam, with couple rows of people sitting, waiting for darshan. I was in the first row, right next to the wall of mandir. Next I see Swami standing next to me speaking to someone, I stood up with my hands in namaskar posture. Swami puts his hand around my shoulders and gently squeezed. I did not touch his feet because a year back he declared he is not giving Pad Namaskar anymore. Swami said "wash my feet". I was thrilled. Suddenly see a tap with a faucet that comes out of the wall, I take water in my hands and wash Swami's feet gently scrubbing the front part of feet while holding the rear part of the feet with other hand. I started crying profusely when dream ended. I woke up and felt happy for seeing Swami in the dream. It was 4 am so went back to sleep, had another dream. I saw myself in a Shiv mandir, saw my deceased father walking up to me while proceeding to the inner shrine. I told him I washed the dirt off of his feet (although I washed Swami's feet). There were some coins on the floor that fell out of my pocket. I took some water and sprinkled on them as if sanctifying. My father gently moved the coins aside. Dream ended.

In our last trip to India we did puja of the Shirdi Baba sculpture that we purchased and established in our village in India, washed lingams as part of puja, visited Uma Maheswaram, Sri Sailam, Sri Ganesha and Lakshmi Ma temples in Mumbai, and conducted all the spiritual and bal vikas activities in USA. *Swami said to S that our Dev Rin, Pitr Rin were complete*.

Mar 1,'03 Maha Shivratri in Puttaparthi - while waiting for darshan, meditated, had bunch of visions. 1) Saw a white star shining very bright for 20 seconds, 2) A tall double door got opened from inside by someone in white. He was about to come out towards where I was at, there was shiny white light behind his left shoulder, 3) Saw an oval lingam with three horizontal stripes on it, 4) Saw cloudless vast sky. (new avenues opening, auspicious, divinity).

Mar 18,'03 Dream: 1) I am invited with a few others to Swami's house. Swami was in orange robe sitting in a chair and we (5-7 of us) were sitting in front of him. In the next scene we and Swami were in the back yard of Swami's house where there was water. There was grass on the bank of the water which needed cutting. As Swami was watching we started cutting the grass by hand with a instrument and the grass cuttings were forming about 8-9" round balls. We said to Swami that grass at the opposite bank of water also needs cutting but don't know how to reach there. Opposite shore was not visible from where we were. Swami told us to utter Ram mantra and throw the round balls of grass cuttings into the water. Those floated on the water and we understood that they will carry us to the opposite shore. 2) In the next scene all of us were around Swami. He was seated and we were at his feet. I could see Swami's both feet up to ankles as they were stretched out in front of me. As Swami looked at me, I hesitatingly asked if I could take Pada namaskar. He said gently "No". Scene changed, we were inside the house, sitting at his feet. I see myself close to Swami. His left palm stretched out facing downward and resting in my right palm. With my left palm I was gently brushing his palm. In the dream, I felt Swami's palm and hand to be extremely smooth and silky, and soft like cotton. I marveled at that touch in the dream.

Sep 23,'03 Dream: I saw Anjaneya Swami (AS) on a hill kneeled down on his right knee and doing namaskar to Surya Bhagwan in the sky. I saw both of them distinctly.

Feb 19,'04 Day after Maha Shiv Ratri night: Shivangini and I did Aarti and then Visarjan of the Lingam in the evening (Swami - that is the proper way to do Visarjan). While cleaning up afterwards, Shivangini commented that she would like both of us to go on Dhyana Marg (meditation path). A little later in meditation I heard "All alone"…"Gyani". Next day evening I told her about what I heard. She said she had been getting a strong feeling to join God and wanted that to be soon. Didn't see any interest in living. At that time I did not know how soon Shivangini will leave her body (1 yr 7 months later).

Feb 22,'04 Morning meditation: I saw myself go in front of a mirror, reflection was only a dark outline with no features visible. I came down in consciousness and was hearing inner silence a few times stronger than normal. I said to myself my morning meditation is going well (usually mornings were hard to concentrate). Then I heard in response "achha ho raha hai naa" (it is going well, isn't it!).

A little later I saw a Diya lamp burning with bright yellow flame. (Mind is getting satvik, balanced)

Feb 24,'04 Meditation: Saw Swami seated in an elevated position with his hands raised in a blessing posture, wearing orange colored robe. Also saw 2 people one on each side of him at ground level who were also wearing orange. I could not tell if they were male or female. (Met AV, RD[3] in '12; they started wearing orange robes ~2016).

Mar 3 '04 So far we were writing almost like data gathering, now is the time to compile it. Swami says "Like Vyasa" …. "Now begins the Guru Seva".

June 4, '04 Swami said to Shivangini "You are ready but he (Gyani) is not ready. You will be proceeding alone." Shivangini said to Swami "I am not proceeding without him." Swami said "Hmmm" (see Guru Sadguru God on how Swami drove my journey).

June 11,'04 Later in the night Swami said the following to S "Kalyani. Devi, live with me Yuga after Yuga, eternally. That is my blessing and boon. I will give you the power and the boons to carry on the work for which you are created. Narayani, today was a blessing. He (Gyani) has advanced. Let him flourish. He is there a simple, reckoning, fluid, capable, noble, a great rishi to support and work on ~~the~~ My mission." When she wrote 'the mission' I said 'Sai Avatar mission is different than Ram Avatar mission, and Krishna Avatar mission'. As I said it, Swami said to her "My" mission.

Oct 2,'04 During day Swami said to S "I have given you power of speech and Gyani the power to write. You no longer want to talk and want to become a saint, as a result he no longer is writing. You both think that you can advance your spiritual growth with your own efforts instead of the path I have laid out for you. Work as Sai team. He can understand but he is a fool." S asked 'how is he a fool'. Swami continued "He thinks but does not act. You act but don't think. Often you can't understand because you are a young soul and that's why I have given him to you. Work as Sai team."

Oct 21,'04 Swami said to S yesterday. "Gyani will do good work". S asked "What will he do?" Swami said "You will be pleased."

Nov 10,'04 Today Swami clarified to S that writing needs to be done by Gyani and not by her. He said "When you were having experiences in 97, 98, I said it is for you to realize and for Gyani to summarize. Now you are being told by different people that your writing is not up to par." "Is Gyani's writing better than mine?" Swami said "That is not the point. I want Gyani to write. You have health

problem which interferes with writing. If you write about your own experiences, it will be perceived as vanity. But if he writes, the impact will be different. Does he not show more interest and diligence in writing than you do? Even if you do the writing, it should be under his name. Whatever got written so far would not have been possible if he did not write. He came to give a boost to the young soul and writing is a part of that."

Nov 14,'04 S in her meditation saw Gyani in white outfit turn into a 4-5" ball of light. As we wrote this down later, Swami said to S "You turned him into a ball of light." She said "Swami, you turned him into light". Swami "OK. But you and I are one."

Sep 3,'05 Since Shivangini was weak with cancer, we moved to downstairs bedroom. Her bed was in between the attached bathroom and the bay window in the room. About two weeks prior as she was returning from the bathroom, she said in a weak voice "Hanuman ji is standing there". I asked where, she said "in the tree". There was a white pine tree about 20 ft outside the bay window. I did not see. A week before, she again said while returning from the bathroom "Hanuman ji is still standing there". I looked but could not see, so forgot about it. She left her body in our home on Sep 3, 2005 Saturday at 4:41 pm. Hospice nurses came, and to clean the body, asked us to step outside. I along with family friends, two couples, sat in the family room. I looked out the window vacantly - It was a part cloudy day, I saw in the cloud very clearly Hanuman ji wearing his crown, with a sober face, flying in the air with something on his back. I turned my head towards my friends, and about 40 seconds later I looked out again. I still saw him slowly moving in the air with a bulky bag on his back. Slowly he dissolved away. I understood Hanuman ji had been waiting in the tree, and finally carried Shivangini to her destination. I confirmed this with Hanuman ji when we had our first audience with him on Oct 11, '14 (See Guru Sadguru God section).

Sep 15,'05 Shivangini's shradha karma (funeral rites) was performed, about 70 people came for the evening bhajans. SJ (who was S's brother in last life) also came and he related this to me. After a prior meeting as he was returning home, he was deeply troubled by S shedding her body. He went home and prayed. In 48 hrs Hanuman ji appeared in gray/ white hair and asked him to come with him, and brought him to the room where she passed away. He saw me standing there and he also saw the spirit of S, which looked like a white cloud. He also said that Hanuman ji took S with him like I saw in the white clouds.

Sep 26,'05 Yesterday evening at Southfield, MI Sai Center, I shared the last part of S's physical journey. While driving back ended up shedding tears for a quite a while. In morning meditation in front of mandir, I heard "I will take the burden of all of YOUR karma" with emphasis on 'your'. I was stunned to hear that. I asked for a confirmation. Saw Swami's picture that we have in our bedroom with both hands in blessing posture that moved back and forth vigorously. A few years later understood that it was Shivangini who took on the burden of my Karma.

Same night I had a dream where I saw S driving our Jaguar while I was sitting in the back seat (highly unusual). Jaguar was going through a narrow tunnel that was lit up and saw the day light ahead indicating the end of the tunnel. Based on what Swami taught us: tunnel - inward path, car - spiritual journey in this life, S driving me - literally being a Guru and I was the disciple. (Very consistent with taking burden of my karma).

Sep 28,'05 Yesterday was Shirdi Sai's birthday, I did bhajans in our basement and could not stop tears. I apologized to Swami saying tears are due to missing S and not that I am second guessing Swami's decision to take her. I had a vivid dream in the night. I saw Swami in dream and he held my hand. I could feel the silky, cotton soft touch of His skin (this is second time) and marveled at it in the dream.

Oct 4,'05 In meditation I saw S with her right palm raised to shoulder level in a blessing posture. Next day in meditation I heard S calling me distinctly 'Gyani'. Later I saw vision of Lord Shiva with multiple arms with the weapons like Vishnu. Then I saw a bright spark come from the middle of his chest.

Oct 12,'05 Vijay Dashmi today. My friend Vishu and I started going through Bhagavat Gita. I also had been listening to Bhagavatam. Today in meditation had a marvelous vision of Lord Krishna in yellow, red, green colored ornate clothing and was wearing a mukut (crown) with peacock feather.

Oct 17,'05 In meditation I heard 'wonderful' at the mind level. I asked 'what is wonderful?' Then I heard "wonderful meditation".

Oct 18,'05 In meditation saw Swami's feet, I bowed down and touched his feet and heard myself saying Pad Namaskar, which felt good and reminded me of Swami saying to S that all I need to do is get his Pad Namaskar to get Moksha (liberation).

Oct 25,'05 Meditation: Heard "Krishna" and then a little later saw a basket of fruits (pears, banana, and nectarine/ peach type

fruits) (auspicious sign). On 26, Meditation: I heard "Spirit". A little later saw a Diya where flame was extinguished. Next I heard "Continue to pray to God". (pray to God for lighting up devotion)

Oct 27,'05 Meditation: I heard "we love God". Interestingly saw myself kissing God, but did not see any form. Right after that saw very quickly Vishwaroop as depicted in some pictures and the central figure was male, and blue in color. But I could not tell who it was.

Oct 29,'05 I saw a beautiful saffron colored lotus just beginning to blossom with many petals in it. Little later I heard "offer it to perfect God". (Lotus are known to reside at various chakras and blossoming indicates awakening or energizing. Swadishtan or Manipurak chakras harmonizing).

Oct 30,'05 I went to Southfield Sai Center to hear Nari Khubchandani. He shared a story told by Swami on attachment. Arjuna and Lord Krishna while roaming in the forest got very hungry; went searching for food, found a rich man's mansion who feeds many people each day but since they came late, they were told the kitchen was closed for the day; while leaving the mansion Lord Krishna gave a boon of 3 more mansions to the rich man which surprised Arjuna. Later they came across a hut where there was a yogi who invited them in, found out that they needed food, he indicated that he has only a cow which gives one average pot of milk a day and he lives on that; he then went and got the milk from the cow and gave all of it to them, and they quenched their hunger. After leaving the hut, Lord Krishna utters 'may your cow die', that shocked Arjun, he asked Lord for explanation of such unreasonable boons. Lord said the rich man is attached to the mansion and so he gave him 3 more and did not want him to come to Him. While the Yogi is accomplished, he still had a slight attachment to the cow, and when his cow dies he will get detached, and he will come to me. It hit me hard that Swami made me hear it, just to let me know my only attachment S was taken away, so that I can go to Swami now.

Oct 31,'05 I was packing to go on round-the-world business trip. As I packed S's stuff to be given in India, started shedding tears. 30mts later Padma called and told me about her dream: she came to visit us and knew S was not there anymore. Before S passed away she told Padma that her house will be overlooking Lake Michigan. Padma went to the back of the house to look for the water, she entered a veranda (similar to Indian house verandas). There was a big shrine on the veranda and inside the compound wall of the

house there were lot of small shrines, and a large amount of water like an ocean in the back. She saw Gyani as a pujari and he was going from shrine to shrine, lighting them up, and praying. At that time she heard S's voice "Look at Gyani, he is performing all the puja's just like the way I used to do." Dream 2, same night - Padma came to our home to tell us about the first dream. She sees S there as if she never was gone, though she realized it is S's subtle form. S welcomes Padma into the house happily. S is going about doing her activities normally. There were other people and everyone is acting as if S was there and she is giving advice to them in the dream. Padma then sees Gyani come in with some papers and asks S for advice. S tells Padma "Look at Gyani, he is praying and doing everything just the way I used to do. My absence is not felt here in terms of doing puja's and attending to day to day divine austerities." S looked pleased with Gyani in her dream.

Nov 4,'05 In meditation saw a vision where Shivangini was walking down the stairs into our living room area although she looked different and younger.

Nov 6,'05 In meditation I heard "miracle". But didn't know what miracle is going to happen. Around 6 pm started taping S's funeral video to take it to India for my mother who wished to see it. While taping I heard what I spoke, and started shedding tears. I said in my heart to Swami and S that I don't need any further assurance that they are with me like they showed it through Padma on Oct 31. About 30 mts later Rashmi called and left following message. She had a dream yesterday morning at 7 am. She was at a party she did not like, so she left and came to our home. S was at home wearing white clothes, looked more like an angel form than human. She gave jasmine flowers to Rashmi, who saw lot of jasmine flowers hanging off in lots of windows. S then applied Vibhuti on Rashmi's forehead. Rashmi then asked Gyani 'Is Shivangini staying with you, she does not go out but lives here with you?' Gyani replied 'yes'. Rashmi said 'that is pretty good, she eats with you and doing everything else with you but does not go out'. Gyani said 'yes that is good, she is always here'. Rashmi felt that the white flowers are indicating that peace will descend on Gyani.

Nov 10,'05 Meditation: I saw Lord Shiva in a meditative posture. Then I saw a sharp pointed white light right in the middle of his chest. I thought of it as the Atma. Then I saw the figure change to different looking figures, some were ghastly looking, and I saw the same pointed white light in the middle of their chest also. These

visions portrayed the Atma as the white pointed light in them near their chest and they all are same at that level.

Nov 11,'05 In flight from Midland to Minneapolis on way to Tokyo, I read the booklet on Nama smaran. At one point Swami said in the booklet that Pranava upasana is better than Nama smaran. It appealed to me and I started doing slow Omkar for almost an hour. At Minneapolis while waiting for next flight, I started dozing off. At that time, I had a clear vision of life size ivory sculpture of Lord Buddha in his meditative sitting posture. I thought it was due to undistracted chanting of Omkar.

Nov 16,'05 Dream: I am walking down the walkway on east side of Kulwant hall. As I walked down I saw Swami standing in the hall, his back towards me, speaking to some ~25 people. I raised my both hands and did pranams to him knowing fully well that he is not looking at me. Swami continues to speak to them with his back towards me but raises his right arm and gives me a blessing.

Nov 19,'05 Kundalini energy rising. See this date Cleansing - chakras…. chapter.

Nov 20,'05 In Shanghai Hilton hotel, Sunday. 1) Meditation: As I transcended I had a question in my mind 'what am I to do' (now that S left her form). Saw a vision as I dropped down to awake state. Saw a narrow room, on the left side there was a shelf that was packed with books. On the right side there was a desk with table lamp, and saw just a hand with pen in writing position. Understood that I need to write the second book of S's experiences. A little later saw a vision of two Indian stoves lit up with gas flame and there were pots on it as if someone is cooking. A few minutes later heard "please be with Gyani". S was asking divine to do that. 2) Today we visited Suzhou, China, while returning did Gayatri mantra and on the way dozed off in the Van. Had a vision of Lord Ganesha. Little later saw two separate scenes together, saw Aum symbol in top half, in lower half saw Swami in orange robe seated in a chair.

Nov 24,'05 Today we went from Mumbai to Pune to visit our company's factory in Ranjangaon. Morning meditation saw Lord Ganesha without any alankar. Felt it was a little odd. As we headed to Pune, Prasad and Devendra who accompanied me, to my surprise, stopped at a Ashta Siddhi Vinayak temple. We picked a modak, coconut, garland and went inside. Vinayak had no alankar just the way I saw in meditation. Lady pujari took my garland and draped it around Vinayak. While returning from Ranjangaon to Mumbai, I dozed off in the car and had a vision. In the vision saw in

front of me a cave like tunnel on the left side. It was slightly curved in the middle and was lighted half way through, but could not see the end due to curvature in the middle. On the right, there was a open path which was in daylight. Based on S's experience where Swami showed her similar choice, tunnel path means inward journey, curvature and no end indicates unclear direction. While open path in daylight is outward spiritual journey. Whatever path I am on, Vinayak is blessing.

Dec 4,'05 In the afternoon at 4 pm I lay down to take some rest in my brother's home in Hyderabad, India. As I was waking up I felt someone kissed me on the cheek. As I got alert, I experienced another kiss on my cheek, saw S's face moving away, and she looked happy. I asked for confirmation. Had another vision, I saw two men in white, one of them grew three fold, that person was me, which made S happy. (See Dec 23).

Dec 10,'05 Meditation: I had been thinking of how to cultivate a satsang group. I heard "you don't need any satsang". In another vision saw a big black ant with big head and body. First half of body was saffron colored, translucent, with some shine, rest of the half was normal black color. (Single ant is indicative of foresight, first half says divine in nature, and other half worldly). In another vision saw a picture of Lakshmi, Saraswati, Ganesha, although I did not recognize others except Lakshmi. Right after that, bunch of coins were in my hand and they started sliding out of my palm. (Time has come to spend money. Jan '06 Achampet temple construction plans started).

Dec 14,'05 Meditation: I transcended and saw moon, big and bright like Sun, with white moonlight. I saw a laser like beam of white effulgent light come and hit my face. Then I dropped down in consciousness into my awake state.

Dec 23,'05 As I was falling asleep last night, suddenly saw a 4-5" ball of silvery moon light. I did namo namo thinking I am seeing Atma. In morning meditation I saw a vision of someone kissing me on the cheek and I did not know who it was. Later I understood that this is in answer to my doubt about S kissing me on Dec 5, if it was a vision or actual awake physical presence.

Dec 24,'05 Vision: Saw S sitting in a chair by the living room talking to Shobun (our son) and laughing. It was a pleasant sight.

Dec 27,'05 Meditation: I heard 'contemplate, contemplate, contemplate' then heard 'write, write, write', little later heard 'be happy'. (write 'Making of a Yogini'[4]).

Dec 31,05 Dream: S and I were on a train (means soul journey). I look out and see some tall structures. I asked the driver, where were we and did we reach the destination. Driver said it was Gurgaon (village of Guru) and asked if I know how far it is. I told him it was 100-120 km away and takes ~ 2 hrs to reach. He agreed and asked where would I want to get off since there are multiple stops. I said I did not know and need to ask S. He kissed me on cheek showing that he was pleased with my answers. I turned to go back to where S was, I noticed a bunch of people in white were looking at the driver. Then realized driver was Swami who is driving our spiritual journey (train) and he liked the answer we gave. Morning meditation: See Cleansing…. chapter.

Jan 5,'06 Dream: Saw myself in a house with Shobun and Raeshum (Son, daughter) along with Ashok (S's elder brother). I see S and say "you are physically here!" I touched her and she had a pleasant expression. I called out loudly to Ashok, Shobun, Raeshum saying "Come see, Mom is here".

Meditation: Mind was blank for sometime. I decided to put in my effort. After 40 mts I transcended. Saw an old man seated, his right hand was raised and finger pointing above (to God). Little later I saw two feet that were bare and wore a dhoti where one ankle was visible while other ankle was covered with Dhoti. Right next to the left foot there was a bow touching the ground (Dhanush), made me realize they are Lord Rama's feet. I checked the Ram parivar picture we had. Lord Rama was bare footed with Dhanush in his left hand.

Jan 12,'06 Vision: Last night just before falling asleep saw a vision of a square window. It was daylight outside and saw Sun as it moved out of sight. I uttered Surya mantra 'Hiranmayena patrena, sathya saapihitam mukham ..', then saw the full Sun come backward into my vision, and gave me darshan in response to mantra prayer.

Jan 13, '06 Meditation: Heard 'Telugu'. Little later I saw and read Sanskrit in Telugu script. After sometime heard "Krishna" twice. Two minutes later I heard "Daiva Darshanam". Immediately saw tail and part of the body of four white horses attached to a chariot and in that saw something white of no particular shape. During that time, I was listening to Bhagavad Gita daily while going and returning from work. Later saw inside of a Mandir, left side inner shrine was filled with white light. Rest was all dark. Then I saw the inner shrine doors were closed. Last two days meditation hinting of form to formless.

Jan 14,'06 Makara Sankranti (New Year) Saturday. I sat in the sunlight in our living room, started meditating. At that time I heard "I

am calling you". I was puzzled. Thinking someone is trying to call me on phone asked "Where are you calling from?". Immediately "from India", I asked "Where in India?". Immediate reply "Puttaparthi".

Jan 15,'06 Meditation: Saw Lord Shiva meditating. I went over for lunch at Ravi and Rashmi's home. Rashmi had a dream last night. She saw a swan that came and insisted to be fed with Dahi Vada. Rashmi thought Swami is telling her to cook for Gyani. So she made Dahi Vada. Two days later I saw in Sanathan Sarathi a picture of Swami with a swan bird. When Rashmi saw it, she confirmed it was the same bird.

Jan 16,'06 At work felt a little sleepy at the desk, so closed my eyes. I saw S sitting on a bench on third row from bottom, like the ones you see in a stadium. She was wearing a white saree and her head was tilted slightly with a lit up smile on her face. I was in the field. Shows S is a spectator of the game (Maya) while I am still in the field playing the game.

Jan 22,'06 Meditation: 1) Suddenly all thoughts ceased and effortlessly could stay and see a screen in front of greenish background and felt very peaceful. This is second time I reached this state. 2) Later saw the formation of a forehead, eyes and nose of a face. I see a sharp, pointed white light, it moves to a position in between the eye brows and felt it sent out light rays that hit me. I felt a current going all over me for some time. It was S's forehead.

Jan 25,'06 Meditation: After transcending saw a piece of paper on which it was written "one attachment - to one another". Understood it to mean one attachment left, and that is to S. Later saw a vision of Lord Krishna and there was star like white bright light source. Little later saw Divine mother with weapons, blessing with right hand.

Feb 3,'06 Meditation: Saw vision of Radha-Krishna with Radha on his left side. Later saw a pointed shiny white light, like a star, in the middle of a paper, and right below 'Guru' was written in English. Understood written word is going to be Guru giving Jnana.

Feb 5,'06 Meditation: Saw a written page, on its top left corner there was Ganeshji's picture, and on top right corner a female deity sitting on a Lotus, mother Saraswati. Since yesterday started working on the book diligently.

Feb 9,'06 In our mandir we have only Lord Krishna's ivory sculpture in the center. In meditation I saw first sculptures of Radha - Krishna in that spot (indicating purusha - prakriti are worshipped). Next saw a sheer curtain in front of the sculpture (actually not there).

Yet the angle from which I saw I could see both the sheer and a clear view of the sculpture (go past the veil someday?).

Feb 11,'06 In meditation first saw an open eye. A little later I heard the sound of liquid being poured into a container. (awakening of inner perception, spiritual transmission of subtle energy is occurring).

Feb 13,'06 Meditation: I was fed some food that tasted like sesame brittle (candy). Then I heard "repeat after me". A few minutes later heard the liquid pouring sound just like on Feb 11. (initiated to move my subtle energy to next level)

Feb 18, '06 What a lesson in surrender! Now I truly understand what it means to surrender when the stakes are high and you have a choice that you think you can reasonably influence the outcome in a positive way and yet you need to truly leave it in Swami's hand after surrendering to him. On Friday Feb 16 at 7 pm we lost power. Electric company said power will come back on Sunday 11 pm. Temperatures were in mid teens (°F). We covered all the windows with blankets as much as possible, packed up and left to Prem's home in Detroit. I told Swami in my heart that I am leaving it up to him. Friday night temp in midland was 0 °F (-32C) and it was predicted that Saturday night is going to be as cold. When I saw that online on Saturday, I started worrying about pipes inside the walls that has water in them which might freeze and burst. It is well known that such damages are very messy, costly, and takes time and effort to repair. So Prem suggested we can take his portable power generator, go there Saturday evening, run the heat for couple of hours and come back. I was all set to go with him. In the afternoon while writing the 'Making of a Yogini' book, I was reading Shivangini's logged experiences. At one place Swami said "if you have true surrender then act like it. Don't just say surrender and then make plans for what to do next." As I read it, it felt Swami is speaking to me. I told Prem that I will not go to midland unless I get positive confirmation from Swami to go. Prem did not agree but kept quiet. He still made arrangements to leave to midland at 6 pm with the generator. I sat to meditate and had hard time concentrating due to all kind of thoughts impinging on me. Along the way I heard "dekhlo" (means 'up to you', or 'watch'). After a little while, I saw someone kissing me on the lips but I had no sensation of any kind. I realized it was S and I remember from the past that she expresses her extreme happiness this way sometimes. At 3 pm Prem asked me if we are going to midland. I said I did not get any directions from

Swami, so will not go. He kept quiet. Then I called Vishu who lives 10 houses down from me to let me know the power situation as it changes. After that Prem, Vidya, and I went to Somerset mall to walk inside. While walking I was doing Japa to keep mind off of cold weather and possible damage at home. We headed back from the mall at about 6 pm when Vishu called and told me that the power has come on (28 hrs sooner than what Electric company predicted). I called our next door neighbors who confirmed that lights in our home were on. What a lesson in surrender! Now I truly understand what it means to surrender when the stakes are high and you have a choice that you think can reasonably influence the outcome in a positive way, and yet you need to truly leave it in Swami's hand. It is a tough test and also made me feel good for making the choice not to go to midland. I also understood why S kissed me showing her extreme happiness.

Feb 24,'06 As I woke up at 6 am I heard "You need to give 100%". I understood that this is confirming what I heard yesterday on S's tape recording where Swami said 'writing the book is his worship and meditation'.

Mar 3,'06 Dream: S tells me Karma sanyas (letting go of karma) is not right, and I need to go back into the society and do Karma. Meditated lying down due to back problem: I saw divine mother's picture (Durga Ma) and it was being rotated from upside down to normal side up position but only got half way thru, to 9'0 clock position. My understanding of Divine mother is getting corrected. Later I saw snow, slowly a bright golden light reflected off of the snow at me. Understood Illumination will come through Satva quality.

Mar 5,'06 Meditation: I heard "long message". I heard one line sentences but could not remember. At the end a female voice said "I am satisfied".

Mar 6,'06 Meditation: I saw Swami's picture that we have in our mandir. Then it quickly changed to His eyes occupying my entire vision. I transcended and as I dropped down in consciousness I heard "powerful knowledge needs to be shared with others" little later "Gyani" (about writing the book).

Mar 8,'06 Meditation: Saw a few visions. Later I heard "you have grown, Gyani".

Mar 10,'06 Meditation: Heard a female voice say "I am extremely satisfied". I was not sure if it was Divine mother or S. See this date in Cleansing - chakra… chapter.

Mar 18,'06 Meditation: I saw the spot in our mandir where Lord Shiva's picture is. But instead of Lord Shiva there was Sun giving out golden light. (Formless is giving spiritual awareness). In Dream - Saw Hanuman ji kissing me on the cheek. (Connects to 'Genesis of Anjaneya's Command' [5])

Mar 26,'06 At 4 am heard Shirdi Baba's voice gently calling "Gyani". Earlier Swami said to Shivangini 'God gives the first prompt. What you do after that is your limited free will'. Got up, went to our mandir, sat down to meditate. I heard "remember this". I asked "remember what". No reply. Little later heard "you do not understand". Little later I heard "Why do you come to meditate?" I said "for spiritual growth". Then I heard the whisper "that is correct". Then I transcended. Had a vision of few ft high large container, inside was dark. At the bottom I saw a Diya with a steady flame.

Apr 11,'06 Meditation: I heard "there is work that needs to be done". Little later "definitely" (about writing the book)

Apr 12,'06 Meditation: Saw two hands, each holding one half of sheer curtain, suddenly curtains got pulled back. I see a 2' by 2' window with one cross bar in the center. It was a moonlit night and I could see the sky with some clouds. At the top right corner of the window, I could see some white effulgent brightness but source was slightly above my vision. It was a nice pleasant vision. A little later suddenly I saw a white sheet of translucent paper got pulled away to the right, saw the picture of Swami's smiling face when he was in his 50's. (Divine pulled back a veil of ignorance to show gateway to higher awareness. This is occurring under Swami's blessing)

Apr 14,'06 Meditation: Vision- 1) Saw a pure white clean porcelain dish, except there was some food stuck to it at the top edges,. (Spiritual growth and purification with some residual patterns to work on.) 2) Saw Lord Krishna's sculpture we have in our mandir except it was faceless as if it was not carved out yet. (guidance, to focus on inner growth, and cultivate self-awareness). 3) Saw a picture of Lakshmi Ma and Lord Ganesha on her right. There was a lamp with a steady flame to the left of the picture. Right after that I saw a close up of the picture where only Lakshmi Ma was visible. (spiritual prosperity using intuition and wisdom, pursuing with steadiness)

Apr 15,'06 Meditation: Vision 1) Saw front door of our house. Saw it unlocked but the door did not open (Still more work needs to be done). 2) Saw a forehead and in the middle of it saw a round (1/2") opening that had green light in it. In that green light I saw a

Shiva Lingam without the base. (Intuition/ insight are gateway to higher consciousness through heart chakra). 3) A morning scene where I saw a little bit of Sun behind branches. I was waiting for Sun to come up but vision ended. I said to myself that Sun did not come out. Right after that I saw the same scene again and this time Sun came up fully. (Spiritual growth/ illumination will come with persistent sadhana). My mind slowly drifted to work and worldly stuff, when I heard S drawing my attention by saying "Hey, Gyani".

Apr 20,'06 Last couple of days I was reading the books materialized by Swami in our home - Krishna Vol 1 and Sri Isopanishad. In meditation I heard "Vishnu Maya". Then in visions I saw two Baba's - one on the left in white robe, other on the right in Saffron robe, saw only the clothing and no form. Little later I saw two Ganesha's. One on the left was life size, and Ganesha on the right was smaller. Smaller Ganesha had a distinct '+' sign on his forehead where normally a bindi is. (Showing dualism of names and forms even in spirituality is all cosmic illusion, Vishnu Maya. Ganesha with '+' on forehead indicates new insight or wisdom being granted). I lay down to sleep and started meditating. Saw Durga Ma, not a picture but live. Her left eye opened and closed. Right after that I saw two criss crossed blue feet of Lord Krishna.

Apr 22,'06 Meditation: I saw reflected light off of a pool of water. (Inner wisdom is guiding the spiritual journey). I meditated in the hospital waiting room for MRI scanning (for the back pain). I saw blue sky with white clouds. Little later had a vision - S with some more people walking down from a building that was behind her. I am not in the vision but I am able to see her. She looks up towards me and with her left hand she waved at me. This is the first time in a vision she acknowledged me although I am not in that vision. Till now whenever we were in a vision we were together in it.

Apr 23,'06 1) Realized I need to work on the book diligently. As I woke up had a vision of a clear sky and bright effulgent Sun. Went down to Den to work on the book. But mind was sluggish so I closed my eyes and meditated sitting in the chair, saw a vision of only upper body of a female deity with Veena (like harp) across her, Saraswati. Little later saw only hand of Swami in a blessing posture. 2) Today I found very useful information for the book from Jnana Vahini. At 10 pm I went to the den and picked a book to read. It was a (new) copy of Jnana Vahini with picture of mother Saraswati with Veena just like I saw.

Apr 28,'06 Meditation: I saw Hanuman ji's sculpture we have in our mandir but it was four times larger. (Devotion and service increased 4x ?)

May 18,'06 See Cleansing - chakra….chapter for details. Experienced diya with steady flame, Lord Krishna with flute, Swami, and then thoughtless, blank screen for ~ 15 mts. (meditation is moving thru stages of divine connection (Krishna), detachment (people/ Swami leaving), and Shoonya (blank screen)).

May 21,'06 See Cleansing.… First signs of transformation and kundalini rising.

May 24,'06 I had been praying in the morning daily to Swami and S's picture in my bedroom. In meditation today, had a vision of Swami's picture, S's picture below it and a Diya lamp (the one in our mandir) in front of them. Based on what Swami said on 3/28/98 to S, they are invoked by the worship and prayer.

May 26,'06 Today is S's birthday. Saw 2 dreams today and S was in both of them. Also today her tombstone got finished at the cemetery by the funeral home. On May 27 in meditation when my mind drifted, I clearly heard 3 claps to bring me back. Then mind went blank for a little while before it drifted again.

May 28,'06 In meditation saw Anjaneya as he was putting someone on his back and about to fly. Just like I saw him on Sep 3, '05 right after S left her body.

May 31,'06 In dream last night saw a shiny cross (means spiritual guidance, transformation). In morning meditation concentrated on chakras and I could feel the energy rise up my spine couple of times. Along the way I transcended, had a subtle vision just as I came back to awake state. In that, I was stretching my right hand trying to reach someone else's hand. Did not succeed the first time, then stretching further, my finger tips made contact with the other hand's finger tips. After dropping to awake state I could feel the energy going through my body (transmission).

Jun 4,'06 Meditation: Heard "make the call". After meditation I went to bed. As I was waking up, I saw Swami in orange robe with letters in hand. Ended up calling Sudershan and offered him our house to do anthim samskar (his spouse passed away few days back, he needed a place to do last rites, because his house was all smoke damaged).

Jun 10,'06 Last night I read Adhyatmic Ramayan in Telugu published by Gita press till about 10:30 pm. On the cover it had the picture of Sri Ram parivar with Hanumanji sitting at their feet in

Namaskar posture with eyes open. After meditation I went back to bed due to aching back. As I woke up at about 8 am, had a vision of Hanumanji at the feet of Lord Rama in a Namaskar posture with his eye open as seen on the cover of the book. As I looked, his eye closed giving me the indication that it was live. I continued meditating in the bed. Little later heard "With you 100%". Hanumanji said he is with me 100%.

Jun 18,'06 I heard in meditation "make the effort regarding children". I am being asked to make my effort to help our son and daughter. Then I heard "it is the highway (spiritually), but it is difficult". Forewarning that it is not going to be easy.

Jun 20,'06 After meditation I lay down to sleep. While half asleep, heard the sound of a switch turned off, all inside my head. Immediately mind went quiet, could see blank green screen, and heard silence with greater depth than normal. In dream saw Swami's picture, touched his feet, and looked up. He was laughing, could see movements of face, lips etc.

Jun 24,'06 Dream I was shown that I help, but have a hard time parting with money/ giving charity. In dream Shivangini gives charity which I could not give myself.

Jun 26,'06 Dream of cleansing, chakras meditation - See Cleansing….

Jun 29,'06 In the night before going to sleep I heard S's voice "Hadh ho gayi Gyani" (its like saying "that is too much or out of line"). Then I heard "shaam ko" (in the evening). It was referring to the hot tempered conversation I had with Raeshum.

Jun 30,'06 Meditation: it was mostly blank and silent. Saw a vision of a tunnel, a curtain with small opening at the top, light was visible (means inner path is slowly opening the next level). A little later I had a vision of some people and Hanuman ji with a halo was sitting with his hands stretched out to give or take something.

Jul 6,'06 Saw Shivangini in dream. In the morning as I started meditation, heard "stay on the line" (stay connected). Though some thoughts arose I concentrated pretty hard to see the blank screen and hear the silence. About 30 minutes later I heard "promotion" (seems like succeeded in 'staying on the line'). As I went back to sleep at 5 am, I saw a vision of a Diya with tall nice yellow color steady flame. (Diya with flame is the path of light, steady flame - stable awareness).

Jul 7,'06 Dream: Saw S. I was sitting in a chair and studying some scripture in a corner room of a house that opens on to a large

balcony. She had something she was reading and asked me to read. I said I will not get diverted from what I was reading. Then casually she got up and was thinking of leaving. I called her and asked her to sit with me. She came and sat with me. Dream ended.

Jul 8,'06 In meditation I was told "September" a little later "what you do not know". Seems I will be made aware of some special knowledge in September.

Jul 9 -13,'06 In a vision saw a picture of S in professional attire, on the mantle; in the evening Mamtha came to drop off some video tape and as she turned the corner towards our house, she had a vision of huge Hanuman ji and S was sitting in his arms, smiling and looked happy; had a vision of seated Sri Lakshmi in red colored clothing; saw Shiva Lingam and then "one" written on paper (God is one only). Saw S in dream.

Jul 15,'06 Visions: Saw Lord Buddha; saw a picture of S smiling, looked happy. In the evening went to Rama's place in Detroit to attend bhajans for going away of Simi and Hiten. Hiten shared a dream he had: about 2 months back he had a dream which left a strong impression and hence he remembered. In the dream he was standing on a ledge quite high in the air, afraid to look down, gets an inner prompt to look up. Sees Hanuman ji flying in the air, wearing a crown, with a scarf that was flapping. He saw S in white saree orangish color hair was sitting on his left shoulder like a butterfly (Her hair had a touch of orange due to dyeing with Henna). She turns backwards slightly, smiles and raises her hand in blessing posture. Then he sees Hanuman ji disappearing into clouds. (This is very similar vision I saw on Sep 3,'05). Next day morning saw nice white Lord Ganesha fully decorated, sitting on a throne. Saw same Ganesha again following day but without throne.

Jul 26,'06 In the morning when I was still dozing, I heard the gentle voice of S saying "Utho" (wake up). In meditation saw Sun's bright rays come on to my face.

Jul 28,'06 I had a vivid dream early morning between 4 - 5 am. In the dream I walked through a town. Road ahead was winding and there were driveways leading to various houses. I enter the open area of the house at the dead end of the road, there were 3 women sitting and doing some house work (like in India). The older woman asked me what was I looking for. I told her I am in search of this holy man. She asked someone else to take me inside to the holy man. This holy man was sitting in a very small room facing a wall and was in some Yoga type posture. He spoke to me partly in Hindi but

mostly in English. I asked him about Atma-nubhuti and Brahm-anubhuti. He indicated that they are not that different and seem to say that I have misunderstood it. In the next scene, I see myself sitting on the floor in a cinema hall (India 1950's style) with some other folks with me. There were pillars in the hall and we were trying to find a spot where the cinema screen was not blocked by the pillars. Movie started. I saw that same holy man was sitting next to me and my right foot was underneath his foot. As we watched, he pressed my foot with his and I went into a transcendental experience. In that experience everything in front of me the people; pillars; movie screen, etc. turned into white blankness. I looked around and it was all white blankness. I said "what are you, God?". This whole scene disappeared and came back again. Then I saw a star like white light in white blankness. Scene changed and I am standing outside of the cinema hall along with others and the holy man was sipping tea from a glass tumbler (old Indian style again). I am about to tell them my transcendental experience when the holy man pulled me aside and told me to tell this experience only to those who have 'Asakti'. He further said that 'you have amazing level of Asakti'. Meaning of Asakti is devotedness, diligence, attaching oneself firmly.

Jul 30,'06 I was facing difficulty in keeping my mind quiet since the day I saw the door open on to the street and I heard "I gave it to you". Yesterday I meditated in the evening and my mind was racing like the last few days and would not quiet down. At that time I heard clearly and a little bit loudly "Calm DOWN".

Aug 6,'06 Meditation: Saw a foot of Lord Krishna's sculpture in our home in the silver Thali (plate) in the mandir. Last night I was reading the Pada pooja procedure for Swami. It is telling me three things – Krishna and Swami are one, Krishna is our central deity in mandir, confirmation for me to do the Pada pooja on Sep 22, 06

Aug 11,'06 Meditation: I saw 3-4 pictures together and all of them had Hanuman ji along with others. The center picture had Hanumanji kneeling on one of his legs.

Aug 13,'06 Meditation: heard "very happy" (for planning S's first anniversary). While meditating as I was concentrating I heard "expand". I made no effort of mind to stay blank and not think of anything, more like in surrender mode. I heard lot of silence in meditation, while dozing, and after waking.

Aug 20,'06 Meditation: I saw sky in day light and then from the bottom of the sky I saw something of the size of a ball come

right out suddenly and it was brilliant silvery white, saw it for a second or less. Same night I read the following in Upanishad Vahini under Keno Upanishad it said "the Atma when cognized in the consciousness, flashes like a stream of lightning; in a second it reveals its brilliance and splendor….."

Aug 23,'06 Saw many visions in meditation: Sky in daylight and Sun; saw outdoors, through an opening in a white curtain; much later saw a 8 by 11 paper filled with typed words (I had been writing the 'Making of a Yogini' book).

Aug 24,'06 Meditation: Saw a 10x14 framed photograph of S with garland and someone is doing puja to it; Saw a calendar's page got lifted and two deities Saraswati Ma, and Lord Ganesha were on it (again pointing to 'Making of a Yogini' book about S).

Aug 31,'06 Dreams: 1) Last night saw S and myself in a scene from the past and we were conversing casually. 2) We reached a place and suddenly I realized in dream that she is no longer alive and said "wait a minute, you are not supposed to be here. Are you real?" She just stood and looked at me. Then I asked again "Are you real?" I moved forward and hugged her and could feel her touch very distinctly. I felt happy thinking that she is back. Then right as I looked at her she disappeared. Dream ended there.

Sep 5,'06 In meditation I was given an orange that was large and ripe, little later a banana that was just ripe. (Out of 4 yogas, one is fully ripe, second one just got ripe)

Sep 6,'06 Meditation: saw Lord Krishna's sculpture just like the one in our mandir except this was live and moving. See Cleansing….. for additional visions.

Sep 7,'06 I laid down in bed after meditation, saw two visions. 1) Saw Hanumanji sitting in a chair next to a young man sitting in another chair and Hanumanji was explaining something to him. 2) Heard myself saying Moksha Deepam and clearly saw a steady yellow flame (10 yrs later - Hanumanji taught us; my focus on liberation - see Guru Sadguru God chapter)

Sep 12,'06 As I was waking up, saw vision of Sun god in full effulgence. In meditation saw a framed picture of Hanuman ji with garland. He looked younger, fair color hair, and features more like human.

Sep 17,'06 Dreams. 1) I was a widower. There were two women who wanted to date me and get together with me in physical relationships. Next I see them in bed with me though they are 3 feet apart from me. Someone is saying to me that I should know why I

am getting together with them, if it is because of the house then it will wear off. Then I said in the dream, if it is for that person then that person is also not permanent. Hence none of the reasons are good enough to get together with them. (Looks like my awareness of reality took a step up even in dream state). 2) I see S and myself and we are in a city attending some conference. I tell her about the dream where I saw these two women etc. in the night. She then told me that she heard in meditation 'the boat is ready'. (Meant for me, spiritually boat means vehicle to carry people across).

Sep 21,'06 First anniversary of S: Morning meditation: I transcended and as I came back to awake state, I realized that some divine adult touched my feet, and I as a 7-8 year old child immediately got down from the chair and touched this adult divine man's feet while uttering Om Sai Ram. Understood, S is this divine man, he touching my feet in reverence due to our past relationship, child and adult indicates spiritual states. Finally I touching his feet is showing respect to this divine personality. A little later heard "Write down"(here it is !). After Shradh ceremony, in the night just before sleep, heard in S's voice "Thank you".

Sep 24,'06 Meditation: I saw bunch of coins of different denominations. I said to myself what are these for and why do I need them. Little later I saw the coins again. No thoughts or speculations. (Hind sight - wealth got spent and lot more came my way).

Sep 25,'06 Meditation 3:30 am: saw a vision (see Cleansing - chakra…. chapter), second vision - Saw a picture frame that seemed like Swami's picture but it was all blank and it disappeared. I heard "Phir se dekho" (look again). The frame appeared again and I could see only a pointed star size light in the middle of the frame. I was not sure what I saw when I heard "Hum batha rahe na" (I am telling you). I understood that Swami wants me to move away from the form and move towards the light. At 5 am as I lay down in bed I heard "do work" (meaning book writing).

Oct 6,'06 Last 3 days I spent writing the Higher Journey chapter for 'Making of a Yogini' book. In the last sentence I made a mention of Yogananda and Sri Yukteshwar ji. Next day morning in meditation I saw two eyes first, that were dark, big and kind of intense. Then slowly I saw the nose and mouth. Later when I looked at the cover page of Autobiography of a Yogi, it was Paramahamsa Yogananda.

Oct 21,'06 Today is Diwali. Meditation: Saw Lord Krishna wearing crown with large Kaustubha jewel in the center. Last night in

our Bhagavad Gita study circle, we ended up discussing our different interpretations. Not much progress was made. I felt bad and prayed to Swami to help when I heard "definitely".

Oct 30,'06 Meditation visions: Saw Divine Mother and Lord Shiva seated on the ground and in meditation. Then I saw a Kalash and something pressed it right in the middle and there was a loud cracking sound. The spot was concave and cracked about ½" in size, and at that time I heard 'Tamasoma'. (Kalash refers to Jiva, and Tamas of Jiva is cracked).

Nov 12,'06 Back on Oct 21 (see Cleansing - chakra….chapter) I heard my understanding gets clear in three weeks, today is 3 weeks. While showering had an inexplicable understanding of 'Ocean and the waves'. I felt I was getting disconnected from Swami's form. In meditation saw a vision of sky filled with brilliant orange light (of Sun) and the center of that light was in the middle of the sky. As I saw that, there was an even more brilliant silvery light, from a small portion of the center that fell onto me.

Nov 15,'06 Last night dream was quite difficult. I saw S emaciated, suffering and crying due to pain. I burst out crying in sleep, and even after waking up. In the morning as I woke up I heard "Shoshanam, Shoshanam" (means 'drying out'). In meditation: vision of me looking out a square opening and there was vast nothingness. At that time I heard "we cannot see (That)" meaning Brahman. Later I saw a chain in my neck with a beautiful pendant of multi colored stones. I saw number 7 which turned to zero (0).

Nov 24–Dec 31,'06 Meditation visions: 1) Saw a long passage with arches that were equidistant. A wall at the end of the passage had dull red and blue colors, started in the center and got broader as it reached the edges of the wall. Right in front of the center of the wall, there was a beautiful white marble lingam. 2) I bought a garland from Parthi and put it on Shirdi Baba's picture in my brother's home. Next morning in meditation saw Shirdi Baba sitting on the throne made of marble and was wearing a muslim Topi (hat). He was smiling and moving his head sideways. 3) Dec 22, Meditation: I saw S smiling and beaming with love, came up to me, took my hand and held it in hers and caressed it lovingly. Felt as if she was happy and pleased 4) In vision saw Ayyappa in sitting posture with his hand blessing 5) I saw Swami's outline and orange robe. There was just a blank in the place of his face. 6) In my vision saw a door open and my mother was climbing in (my mother started

staying with me for 3 months a year in Parthi from 2010 till 2017. Swami asked her to move in to our Kuteers in 2017 and since then she is here, as of 2025). 7) On Dec 25 I saw mother Sita quickly and then Lord Rama's feet that were bare, blue in color, and wearing a dhoti. Around 9 am my mother received a call and told me that some Pandit is coming to see me. He arrived around 10 am and told me about the project they needed financial help on. At that time I asked for guidance internally. I asked him whose Bhajans would they be doing in the hall. He said Sita Ram bhajans!! Hence ended up supporting the entire building construction in Jagadev puram. 8) In meditation I saw S's face from the side and her third eye was open and there were rays of light coming out of there. 9) On 30th, saw 3 closed doors attached to each other. The far left door had a lock hanging on it. I saw a normal size key chain with a tiny key. Then I heard "Raeshum is the key" (my daughter who was facing a lot of challenges).

Jan 4,'07 Meditation: Mind was not quiet. Struggled with it for 1 hr. I heard a knock that comes when someone using knuckles taps on the head. Everything in my mind went suddenly quiet and still. I stared into greenish white light and experienced good feeling. This is the second time it happened like this.

Jan 11,'07 Meditation: Heard "end of decade, you will get special knowledge". Saw S twice in dream night before, and saw her again last night. (End of decade - Brahm-anubhuti occurred in 2011)

Jan 18,'07 Meditation: I asked for directions on writing the book. I heard "Look into it for themes".

Jan 26,'07 In meditation I saw myself lighting an agarbathi which lighted up like a match stick and in that light I saw Divine mother sitting on the tiger.

Jan 28,'07 Received disturbing news from Raeshum on 26th. Did not get disturbed, provided supporting comments. Today in meditation I see Raeshum very happily saying "dancing, dancing" and kisses me on my right cheek. (In synch with hearing "raeshum is the key" on 30th). Then had rapid visions of Diya lamp, saw divine mother blessing, saw Lord Surya, and then Ganesha.

Jan 31,'07 Meditation: I saw myself going forward and coming across a man walking in the opposite direction. Then I said "I want you, and you, and you only, God". Then I saw just an eye and white light came and struck me. A little later I saw a hand that moved aside door blinds and right behind it, as I looked, very bright white

light came and hit me. (White light - divine; eye - inner perception; grace)

Feb 3,'07 Vision: Saw 'Maha Chaitanya' book I had been reading. Saw a hand picked it up, opened a drawer and put the book in the back. Little later I had another vision where Ganeshji was on the cover of the book. This indicated that I need to use my intellect as the guide and need to stop reading the 'Maha Chaitanya' book.

Feb 5,'07 In meditation heard "I will publish" referring to the 'making of a yogini' book (actually it got published end of 2007). Right after that I saw the face of Divine Mother with the crown appearing close by.

Feb 8,'07 In meditation I heard "this is the best job ever". I was surprised to hear it. Particularly at work, my job changed in 2007 from people management to a very ill defined role with no people responsibility. Actually they were getting me ready to show the exit door. (I took voluntary retirement with a lucrative package in Apr '09, else they would have fired me anyway). In the evening meditation I heard "it is an advantage".

Feb 12,'07 Meditated with concentration on Chakras. I would transcend but was bringing myself back and continued. I saw something being removed and there were 15 - 20 coins (indicating money).

Feb 14,'07 Today I got a letter from our company indicating they will pay out $57,000 in long term bonus, and our profit sharing will pay out $69,000 next month. My financial planner called and said he is cutting a check to me from the non marital trust for $32,000. So in March I will get a $136,000 check from work, and $32,000 check from trust equaling to $168,000. So this is what the vision meant.

Feb 16,'07 Maha Shiv Ratri. Last night I cleaned the house, I got rid of materials, condolence cards etc. In the process I read some of them, and started shedding tears. Told myself I got to stop this. I meditated a bit and saw the face of S. Later I lay down in bed and was reading Yogananda weekly letters (Vishu gave these). I read 2 paragraphs, came across the following as an answer to my grief - "When two souls are ideally mated, they spiritualize their love, so that after death their love is registered in eternity as the one love of God." In the night had dreams of dirt indicating my mind's impurities. In the morning meditation I started with Chakra concentration to stabilize my mind. See Cleansing - chakras……. chapter

We spent Shiv Ratri night in Lansing temple. There were loud bhajans all through the night. I tried to meditate taking the noise as a

test. I transcended and saw following visions: 1) Saw Lord Shiva seated on a slightly elevated place in meditation posture. Trishul was also on elevated place standing erect about 2-3 feet away from him. From the middle of His chest there were energy waves coming out, expanding as they moved towards the audience. 2) During one of the meditations, I was deep somewhere when I heard a loud snapping sound inside my body, not in brain. This pulled me right out of the depth of where I was at.

Feb 20,'07 Meditation: I saw an eye few times before I transcended. Saw a container and liquid slowly filling up in it. Then I saw Swami's picture come closer to me with his right hand raised, he was blessing and smiling. Little later saw a marvelous scene of a full Sun shining brightly in the total cloudless sky. After a little later I saw Swami again, smiling and his hand blessing again.

Mar 7,'07 Last 10 days meditation visions: 1) Saw 8 x 11 pictures with deities, then I saw a 8x11 colored picture of something indescribable (formless?). 2) Saw a closed curtain (like a stage curtain), little later saw the beginning of opening of two curtains (seemed like window curtains) and could see little bit of the light on the other side. 3) A little later I heard Raeshum distinctly saying "Dad". A few seconds later I felt as if I used my hand to pull something out of her. I opened my palm and could see couple of things in there that were dark but could not identify them. Understood that I pulled some of her deficiencies out.

Mar 19,'07 I was at the Self Realization Fellowship (SRF) retreat in Encinitas, mostly meditating. Had a vision of Maha Avatar Baba blessing with his hands raised.

Mar 20,'07 Last night saw two amazingly clear dreams of Swami. 1) Swami comes walking near me in darshan and extends his foot about 2 feet away from me. Since Swami no longer gives Padnamaskar, I did not move. He had a mischievous smile. Swami's chin, mouth, and nose feel similar to my father's features. A little later I saw his foot again up to the ankle and there was no leg or body attached to it. This time I saw myself washing his feet and kissing them. 2) Saw Swami. He lay down on the floor. I felt he was not well, looked frail and smaller than he is now. Since I could not hear what he said, I put my ear close to his lips. He said "left side is heating up. Bring water" "Bring Ganga Jal". I was disturbed and sad because Ganga Jal is often used when end of life is near. I uttered Gayatri Mantra as much as I could to reduce his suffering, like he told his devotees in the past.

Mar 23,'07 Afternoon meditation: I had a vision of a middle aged man, meditating looking into the Sun. I could see the Sun's rays, but his head was blocking the vision of the Sun. He had short hair, was wearing a cloth across his shoulder like Sannyasis' do. (Actually faced this obstacle in 2020-2024)

Mar 24,'07 Meditation: First I saw the upside down picture of Paramhamsa Yogananda and as I watched, it turned right side up. (Looks like my understanding about him is finally set right)

Mar 27,'07 Sri Ram Navami - After doing Puja and Arati for Sri Rama, I went down to the basement where we have a 5' by 4' Ram Parivar picture. I first touched mother Sita thinking of her as one who would facilitate in reaching Purusha. I actually had the physical touch feeling when I did that. I was stunned. I touched Lord Rama, Laxman, and Hanuman ji's feet but did not get that feeling (affirmation of my thought 'mother will facilitate in reaching purusha').

Apr 5,'07 Meditation: I saw up close a picture of Swami in a blessing posture. Little later I saw two currency (US) notes folded in the middle. After a while I opened a door and entered. There was neither light nor darkness. (Evolution continues)

Apr 7,'07 In last night Bhagavad Gita study we came across 'God is Anoraniyan' (subtler than the subtlest). Today a realization occurred, accomplished souls would know God, to different extents, to the degree their mind becomes finer/ subtler. Today in meditation a vision of 2 streets cross section with a curved arrow sign indicated to me that spiritually I will be changing directions (is this related to subtler aspect?).

Something has changed that I am seeing Shivangini everyday for last 10 days either in dream or vision. (See Cleansing……..)

Apr 09,'07 I saw a door half open towards inside, from left to right. On the door there was a reflection of white light (a door opened where reflection of source can be seen). After the door vision I saw 'MOVE' written on a paper. Much later I heard "I am more than that. Do not limit me to Swami." I was stunned to hear this and thought my mind is going nuts again. I lay down to rest a bit and had a vision of a bright white star size light with the effulgence of Sun. This gave the feeling of confirming what I heard, but still I was afraid. As I brushed, I suddenly realized that it is right. Is not this same as don't look at waves but look at the ocean (Actually Swami in that form we see is not limited to the body). Did all pervading Brahman convey a message today!

Apr 10,'07 As I meditated I had two questions seeking approval - sell my home, sell my Jaguar car. After a while I heard "Koi Jaldi Nahin" (finally sold the home in 2022, and still have the Jaguar in 2025). Later had a vision of Divine mother on the tiger but this time there were beheaded heads around her instead of normal weapons she holds in her hand. The place where her body and face were a blank, a blur indicating she is Nirakar or formless.

Apr 14,'07 My mind was quite disturbed due to the work situation with my new role. One day I struggled for 1 hr 10 min but could not settle the mind. As I was getting up I heard "Khatam Hua?" ('is your effort over?') indicating that it is God's will and not your effort that is going to make it happen. Today I started meditation with Omkar and concentration on chakras. Felt spinal energy rise. Then mind drifted to work and our study circle conflicts. Tried to control by Japa and Omkar. Then I heard "Next". Saw two visions. 1) see Cleansing - chakra…chapter. 2) I stood on a metal grill that I could see into. Right below me there was a large room with tall ancient storage pots similar to the one's you see buried in pyramids. There was some light coming through another grille falling on these containers, giving enough light to make out what was in the room. The room was neat and not cluttered. (Swami once told S about her vision "Gyani is not aware of the treasure he has access to …"). Looks like I am finally able to see that treasure!?

Apr 15,'07 Meditation visions (see Cleansing…. chapter): Vision 2 - Saw something that looks like an altar at home. There was a cloth at the base. The cloth was lifted and I saw an ornament with large dark stone. I picked it up to examine and it was actually gold with some self design and was shining (consistent with hidden treasure vision above. See Cleansing…. chapter for meanings of dream/ visions). Vision 4 - saw myself in a very long hallway. As I move forward I came across two black tables touching each other blocking my way (some unsuitable path, hindrances).

Apr 21,'07 Meditation: 1) Saw a 4"x15" cardboard box with cover. I opened it. Inside there were yellow and pink colored round Rasgolla sweets. It was 2/3 full. 2) A little later I saw a tree branch with leaves up close to me. I said to myself that leaves and limb of a tree indicate Samsara. At that time I heard "Correct". ((indicates nurturing sweet experiences of Samsara). 3) Next I heard "Entering the next phase". A little later I heard "Go ahead". After some time I heard "2 years". My mind took 2 years to mean that I will work for 2 more years. (Hindsight, retired in Apr '09, next phase began). 3) Saw

a large open area, at the far end there were four identical, very tall, dark wooden doors going from the floor to the ceiling about few hundred feet tall. At the bottom of the second door from the right there was an horizontal opening, like a door that can flip back, and there was a person about to enter. I could see some light coming through that partially open door. Rest of the open area was totally empty, no people (four yogas, as important, but not many tread the path). See Cleansing chapter for meaning.

Apr 28,'07 Prem and I went for Sen's funeral in Virginia. While driving there, I meditated in the car, had following vision: A male deity (Narayana) was carrying a baby and floating through dark waters. (Understood I was the baby, Lord Narayana is carrying me through the darkness (ignorance)).

May 8,'07 Last night I saw S in the dream and we were conversing about some house related thing. (See cleansing - chakras)

May 9, '07 Last night I had couple of dreams with S in them. 1) She seems to be working on my buried Vasanas and bringing them to surface to work them out. In the dream both of us were together and I was having difficulty in parting with money while she wants me to give more. 2) Someone came and put on our car a female dummy. Despite we saying that it is not ours, she insisted it is. My mind connected to Raeshum (our daughter). Her role is created for my continued evolution.

May 10,'07 Dream: I was with some of my friends from college. We were crossing a street where lot of water was flowing down. I picked up my pants to cross but realized I was wet only up to ankles, and was literally floating on water. Raeshum starts to cross, as soon as she steps into water she goes down a manhole, almost drowning. I walk back and pull her out of it (I am floating on Bhav Sagar while Raeshum is drowning and needs my help).

May 19,'07 Meditation: I was at the bottom of the stairs. There were about 10 steps in front of me and at the top it was dark and nothing; next I saw a picture of Swami in a blessing posture (Swami's blessing me in climbing steps till next stage).

May 20,'07 Visions: 1) Saw Sun through tree branches (divine effulgence thru prakriti). 2) I was concentrating at Ajna chakra while thinking of Aum and formless when I heard "type of worship only". 3) Saw a round thing and I was pulling something off of it, like skin but extremely thin. I heard "so nice". (A very subtle layer covering is peeled off). 4) Saw a cup and could see milk in it. Later saw a

container that had extremely transparent liquid in it, and a spoon was put in it and as the spoon was brought out with liquid, it was all bright shiny gold (indicates progress towards bringing forth divine nectar (Bliss?) to the surface)

May 24,'07 Meditation vision: I saw a forehead, and a formation of a triangle with greenish light in it. I focused to see if it was a forehead, at that time saw the formation of a circle inside the triangle. (Activation of third eye (intuition) balanced with heart chakra (love/ compassion)). While I lay down in bed, saw a vision of a person kissing me on the left cheek and then on right cheek, like an adult kissing a child.

May 25-26, '07 Dream: 1) I am sitting in Shirdi Baba's temple. Pujari said "You need to pay fees to Shirdi Baba". I told him that I am constructing a temple for Baba and the Pujari looked at me in disbelief. 2) I was in a bus with lot of people in white, young and old. I got down the bus along with them. An older gentleman pulled me aside and said he needed to give 2 dollars to someone. (Seems like Shirdi Baba is asking for 2 virtues - attachment to money, sense control (food)). 3) Dream visions looked similar to meditation: Saw brilliant light and the shape was such that it had no source. Little later I saw Ganesh ji in a cage. (Indicating my Buddhi is limited. See Sep 22,'10 Cleansing - chakra chapter)

May 27,'07 Meditation: I was doing chakra concentration and was at the heart chakra while uttering 'Om Krishnaya Namaha'. I saw a vision of a door that was open got moved to close position. Behind the door there was a table covered with white cloth with puja items, and there was a round white porcelain plate with some nice border all around it, resting against the wall like a deity's picture. Later on I saw clearly number '7' and then a Diya with flame. (Integration of spiritual and material is indicated)

May 29, '07 Meditation: I saw a silver drinking glass with water in it. It was bright shiny and the water was spotless and very still, could barely perceive the presence of water. (Accessing the subtle and refined states of consciousness due to purity and clarity). My mind must have drifted, I heard 2 loud claps to bring my attention back.

May 31,'07 Meditation: I heard "offer the job". On May 12, '07 I was in the middle of writing a CV for volunteer teaching position in Swami's business school, Puttaparthi. I was working through Dr. MS Krishnan, prof at U of Michigan business school, who is doing voluntary teaching at Swami's college. I was proposing to teach

Supply chain management and Business process management. On May 12 in meditation I heard "Business Process Management". Understood that not both but one. Today IV seems to say job will be offered. They accepted my role and asked me to put together a syllabus. Just about that time Raeshum moved back home and I had to let go of that opportunity.

Reader will notice a slow shift in my meditation where more contemplation is occurring and the inner voice (IV) is guiding me with appropriate comments in between.

June 2,'07 Meditation: 1) A thought crossed about how all the avatars, saints etc are, with one divine behind everything. A little later heard "That's wonderful"…(see Cleansing - chakra.. chapter) 3) Later saw white sculpture of Lord Krishna in our mandir, and rest of the deities were not there. It was only outline with no features, but the legs were crossed and were clearly visible, with foot fingers (indicates divine is formless but for puja or meditation feet are appropriate). 4) At the end of meditation I saw two hands and they were holding 8x11 white envelope and slowly pull out a picture. It was Lord Krishna with crown and flute.

Jun 8,'07 I meditated in front of the mandir in my brother's home for the first time at 4 am. Somewhere along the way in chakra concentration I heard a fairly loud sound come from the mandir. I remembered Swami said to Shivangini it is due to spiritual energy generated by meditation, invocation etc. At that time I heard "You have been thinking about Me" as if in response to my thoughts. (Divine acknowledgment)

Jun 9,'07 Dream: I entered the inner part of a shrine. Inner shrine was on a slightly raised platform (about 9"). It was covered with a see through sheer made of some fabric. I wanted to touch the feet of the deity, so I put my hands under the sheer and extended to touch the feet. I saw myself on other side of sheer, did not touch the feet of formless deity because Swami stopped giving Pad Namaskar, instead I bowed down to it. I realized that a little to the right of the formless deity there was a standing sculpture of Swami. I looked into his eyes, they were closed. I was disappointed Swami was not live. Dream ended. At 4:10 am meditated. I did chakra concentration and then I drifted into contemplation on God - one single God, Brahman the imperishable, all deities, avatars, etc. Just then heard "you know".

Jun 17,'07 Meditation: I saw myself in a mirror, second time in last few days (seeing the Jiva). Next I saw four things in my hand and were being washed with water from a tap (cleansing). I saw a wall that was curved and full of various deities pictures. My eyes focused on to a picture and it was mother Saraswati seated on a white swan with Vina in her hands. A little later I saw a silver tumbler and water was poured into it. Then I saw one of the things I had in my hand earlier was peeled and I ate the seed inside. (Fruits of sadhana, progress towards next stage).

Jun 20,'07 Meditation: Saw a train standing on rails at the same height as my vision. On the right much below there was a body of water. Ahead of the water there was a large green hill (Bhav Sagar). On the left of the train there was a small station. Behind all this was blue sky (Akasa) interspersed with white clouds. The height of the tracks and the train was as such that the train will go into Akasa. (Vehicle waiting for upward spiritual journey into higher levels of consciousness)

Jun 27,'07 Meditation: Saw mother Saraswati sitting under a tree, only veena in her hand (blessing for the 'making of a yogini' book nearing completion). Later I saw an old Indian style gate in front of me and it was closed from the other side. I opened the closed handle and gently moved it back and opened the door as if the latch and slide were on this side (divine grace is opening layers of consciousness for me)

Jun 28,'07 Meditation: while doing slow Omkar I transcended. I saw open sky and in the middle some small window like thing appeared and from there I saw extremely white, silvery, effulgent light formed and increased in size. As soon as I realized it, I dropped down to wakeful state (progress continues, saw light of the Atma).

Jul 3,'07 Meditation visions during chakra concentration. Saw Lord Krishna wearing a crown. At Ajna chakra I saw upper portion of a Lingam, top half was in light, lower half in darkness. I saw about ½" wide two golden stripes on the Lingam that looked like it was going all around the circular portion (Ajna chakra is getting activated with deeper levels of insight, balancing wisdom and ignorance)

Jul 5, '07 I saw S in a dream yesterday and today. In both the cases she was getting me to remember that she was there in the dream. Morning meditation: while doing kriya at Sahasrara (Crown chakra) I saw that I opened a door to a room that had no windows. There was a white machine which is visible due to light shining on it.

At that time an ugly thought went through my head, I said "repair it". Few seconds later I heard "repairing inside". (Suggestion got implemented)

Jul 7,'07 Saw S in dreams once day before, last night twice. 1) Situation was worldly with Raeshum also present in them. 2) Saw myself in a Shiv Mandir. I saw a white lingam and there were flames all around it as if it is in flames. Someone asked me to take a picture with Lingam burning in the foreground. 3) I see someone sitting with varieties of food. I was seated slightly elevated in a meditational posture. I said "I want Brahma Vid" (knowledge of Brahman) indicating not interested in food (sense).

Jul 8,'07 Saw S again last night in dream. Meditation: I entered a parking lot that had "God" written on it. As I moved to the entrance, heard "just be careful" and I responded "Ok, Swami. but you have to take care of me since I do not know what I am doing" (entering God's parking lot, surrendering)

Jul 10,'07 Last night had a dream where S and I were living together in a Condo sharing with friends. (Rest see in 'Cleansing-chakra …' chapter)

Jul 12,'07 Meditation: I heard "India, marvelous world". Later I transcended and saw large darkness of unlimited size and its base was round and there were lights all along the front of its perimeter. I saw only a fraction of the circle and that view filled all of my vision. Then my vision changed and now I was seeing the same scene from a height of ~ 1000 ft. I saw myself, very small, sitting in meditation posture facing this huge thing (dark and formless) in front of me, it had light along its perimeter.

Jul 13,'07 Meditation: I was moving towards a door with something in my hand . I was going to use my knee to open the door but as I reached it, door opened by itself. (Divine is opening entry into next level of consciousness). I continued meditation when I smelled a pleasant flowery fruity smell. I thought is it due to divine when I heard "unequivocally" (without any doubt) (after meditation I checked the smell of incense stick I burned, it was different). Little later I saw a palm with fingers in quarter fold position, there was a Lingam in the palm. A little later I had a vision of open sky (akasha). (Experiences are getting subtle, indicating progress to formless).

Jul 14,'07 While half awake my left eye (only) turned towards left side and I saw an extremely brilliant white round light in a flash. I could feel the brightness for almost a minute in my head. In meditation saw someone suddenly pulled something down and a

photograph of S was visible right behind it. At that time I heard "happy". (flash of divine light)

Jul 15,'07 Last night in dream I saw S. She and I were moving around. I turned to her and said "Your (cancer) wounds must have healed up fine" and wanted to see them. As I said that she disappeared, and that is when I realized I was dreaming. Meditation: I saw coins twice. First saw a few then saw about 10 coins in my right palm (indicating prosperity coming my way). Later saw a rectangular container that had water in it that was absolutely still and it was solid like ice and clear like glass. At the bottom I could see rust on the container. Understood mind is able to get still but subconscious still has buried vasanas .

Jul 16,'07 Meditation: I transcended when I was at Ajna and Crown chakras and heard "everything is managed". Few minutes later I saw in darkness, a door opened in front of me and a lady walked in towards where I was. She was in darkness and I could see only the outline and could not tell her features. I heard "look after her". I said "Ok, Swami" (understood later it was Raeshum returning from Singapore, time for refinement and test).

July 18, '07 Meditation: Saw subtle vision of Divine Mother and Lord Ganesha. At the end saw a picture of S in her middle age unlike any of her pictures we have. After meditation I lay down in bed when I saw a vision: Venkat Ramulu's father who came up and talked to me on the roof of an Indian house we were standing on. He had a big smile on his face and said 'mother told me that you cried that evening and at that time I was feeling ….' 'Jagdeva puram visit made your trip meaningful' (I went to Jagdeva puram with my mother and donated to build a bhajan hall for Lord Rama upon their request).

Jul 21,'07 Yesterday in meditation I saw Divine mother's foot the way it appears in the picture in our mandir. I kissed that foot. Later I saw the Sun, sunshine through clouds. Last night in dream saw S. I told her that I am having all these visions that I did not share with her, and where has she been. She said many like Pushpa, Mummy ji etc are taking her time. Realized in dream that she is not alive, immediately expression on her face became still, lifeless. Dream ended (lucid dream is a stage towards witnessing)

Jul 25,'07 Yesterday saw in the vision a single door in front of me with a round knob. I opened it. Inside it was light color carpet with large half moon shaped pattern on it. After a while saw myself up close against a double door that was slightly open. Through the crack I could see rays of light coming through indicating a strong

source of light on the other side (new dimensions continue to open). Today in meditation I saw a written page and was compulsively reading it. First line was in Sanskrit and I read the words, second line was written in English and I read 'Spiritual ……' and thought it was spiritual discipline. Line below had 'September 10'. (See Sep 10, '07 experience in chapter Cleansing - Chakras …).

July 26,'07 Saw three dreams. One of them was quite disgusting indicating that either my speech or food habit of eating indiscriminately needs to improve. 2) S and I were trying to sleep in bed and she asked if I was using her pillow, which I was and gave it to her. I reminded her that she was not alive when dream ended. 3) Raeshum was being unclean blatantly to spite me. Meditation: saw 6 visions. 1) Saw Lord Krishna's sculpture through the side glass of our mandir 2) Saw a hand pull out 4-5" round thing wrapped in newspaper 3) I was up close to a double door and through the crack, could see two people talking to each other walking down a long hallway 4) saw shiny clean bottom of a silver glass as I drank from it 5) Saw our mandir, there was a nice burning flame on a decorative lamp on the wall where Lord Krishna's picture is.

Jul 30,'07 Yesterday while meditating I thought about the Asti, Bhati, Priyam, and Namam, Rupam from Sutra Vahini. At that time I heard "quite complicated". A little later I heard again "complicated". Today meditation: I was focusing on the vast darkness with lights around its perimeter (see vision July 12, '07) . At that time heard "Krishna" (also means dark, Swami says Krishna was there at time of Vedas also). Then I saw a written page with many lines, some in Telugu, and I read them slowly and carefully. Little later I plunged into the vast darkness I focused on earlier when I heard "Pasand Atha" (in hindi, 'do you like it?')

Jul 31,'07 Dream: I saw myself in a house and in bed. As I tried to move, my hand touched a pillow like lump on the bed, I heard a whimper. In surprise I moved the lump and it was an infant. Dream ended (swami is showing me a spiritual infant is born)

Aug 1,'07 In 'Guru to disciple' book, It said that Vasanas and impressions are at the causal level. These need to be cleaned out from causal consciousness else even if you become Deva or Devi you will have to take birth again. Last night as I was falling asleep I heard "quite a lot of time" (understood it takes a lot of time to clean them). I had many visions and most of them were indicating my Vasanas are getting pulled out and new avenues were getting opened up.

Aug 2,'07 See cleansing - chakras - how to remove vasanas

Aug 3 - 6,'07 Meditation 3rd morning: I saw S (just the face). In the night I saw her in dream. On 5th I had many visions as soon as I closed my eyes. In meditation saw Lord Krishna on 3rd and 4th. 5th meditation: saw our mandir and in place of one of the deities pictures, there was only a blank spot although rest of pictures were there. Evening meditation I saw Ram parivar (Ram, Sita, Laxman, Anjaneya), only difference was Anjaneya was huge compared to rest of them (Anjaneya played major role in our journey since 2015). I saw myself couple of times and in one of them my reflection in mirror is looking back at me. (Increasing self awareness eventually leads to witnessing). Another remarkable vision - my slipped disk condition got removed after 2 years of pain. I saw a spine with a slipped disk and I pushed the disk back into place using my right thumb. Last vision - a picture of Swami, only eyes and face showing from behind some books (under Swami's purview)

Aug 9,'07 Saw in a vision Lord Krishna's sculpture we have in our mandir except there were no features (leading me on to formless). Today I got subjected to a test in regards to money attachment.

Aug 16,'07 Meditation: I saw a paper with the following written on it 'Prema, mother of all pearls' (prema is love). Last night in vision: I heard S say "Meri baat tho suno" in hindi ('listen to me'). This is the first time she spoke to me in a vision.

Aug 18,'07 In morning meditation I was trying to do Vichar as advised by Aparokshanubhuti. I heard "discipline, discipline", a little later "education", "…", "…". (Discipline and education are needed for Vichar). I was at Crown Chakra and doing concentration on the formless. Along the way I had a vision of a shiny steel key with key cuts on the right side and I heard while looking at the key "put it away" (to be used in future). On 19th meditation, I was thinking about Vichar. While doing chakra concentration I reached a new level of quietness, saw a Diya type flame, .., when I heard "fantastic".

Aug 21,'07 Yesterday during meditation I heard "another gift". During dental cleaning I practiced concentration and breath control. Did not feel cold sensitivity and soreness due to cleaning. Today in morning meditation: I heard "Calmness … is spreading as a layer". Later I saw Divine Mother's foot that I could touch and feel. I held the foot and kissed it (progress continues under grace)

Aug 23,'07 A day back I saw S's face in meditation. Today Meditation: a fair amount of energy kept rising along my spine. Later

heard “Bengali lady” indicating 2 days back the foot I saw was of Kali Ma. After a while I heard “advice” …. “sit down and write”. This was in regards to English book ‘Making of a Yogini’ writing. Decided not to go to Chicago for Sai Retreat, instead do the writing.

Aug 27,’07 Two days back saw S in a vision in her work environment. Last night in dream saw S and she was complaining to someone that I did not tell her something. I started responding in a slightly raised voice that she did not even give a minute to me so that I could tell her. When I woke up I realized, I still have some degree of anger buried inside of me. Apologized. In today’s meditation I saw a Diya flame and as I was watching it, the flame grew and became twice its size (wisdom or sadhana doubled).

Sep 1,’07 Dream: Someone took a huge hammer and came to hit me with it. I closed my eyes folded my hands in namaskar and uttered Om Sai Ram. Then I felt that hammer hit me on the head and I saw a wisp like vapor move out of my head and I knew that it was my inner being (subtle body).

Sep 2,’07 Morning meditation: first I saw a serving dish being cleaned (getting ready to offer service and receive grace). After chakra concentration I was staring at a blank greenish white screen in front of me. I thought of establishing connection with Krishna, the dark image I saw in the vision before. I lost connection and was back to staring at the blank screen again. Suddenly like a lightning, a brilliant white dime size light appeared in the middle of the screen and it spread light like lightning does, and it was gone in a flash. (glimpse of pure consciousness as light, moving into subtler perceptions). Much later had a vision where I saw a tunnel in front of me that was fairly short. At the end of the tunnel I could see bright sun light. A little bit away from the end of the tunnel I saw a wall, and right in the middle, it had a double door made of light brown wood (proceeding on the inner path, in a short distance I will come out, then I will have to open a door, with sadhana and grace, to move forward).

Sep 3,’07 Last night went to Krishna Janmashtami celebration (actual ashtami is on 4th) at Manhar and Ani’s place. Just like last year the picture of Lord Krishna was beautiful and kept my attention all the way through Puja, Bhajans, and Arati. My concentration was totally on the Lord and tears rolled down my face when Ammachi’s Krishna bhajan was sung. I felt energy rise quite often during those 2.5 hrs in spite of sitting on the floor and a sore back. Today in meditation: saw a conical shaped brass Diya being wiped and

cleaned (ready for more sadhana). Saw a container that had some type food in it, a spoon got dipped, brought up the food. I opened a refrigerator and took out a box filled with rectangle shaped mithai of different sizes (spiritual sadhana is bearing fruit). I was at Crown chakra concentrating when I saw a 8-10 yr old boy in white in a hallway, and was nicely inviting someone with reverence at the door. A little later I heard distinctly "I came to you". (8 year old is myself inviting the Lord last night, in the morning on Sep 2 I saw lightning and Lord referred to that).

Sep 4,'07 Today is actual Janmashtami. Meditation: (see Cleansing - chakra.. chapter). I saw young Lord Ganesha moving around happily. Later saw young Lord Krishna's picture and I started doing what I imagine it to be samayama (Dharana, Dhyana, Samadhi on one object). I saw the Lord Krishna become alive and move.

Sep 7,'07 Meditation: Saw some clouds and Sun was behind them. As I watched, the Sun came out up to 2/3 into the open sky. It was a beautiful sunshine. Much later I saw Lord Krishna in blue color with head ornament, but no flute.

Sep 8,'07 Meditation: I saw a door open, leading into a garage and I could see daylight at the other end through the open double door. Later I heard clearly " 'I' got to go" with gentle emphasis on I. (ego sense needs to go). Interestingly today Raeshum tried to drag me into a controversial conversation, I avoided participating in it. She called me a liar, and kept going at it. I did not respond, kept cleaning the dishes. I was calm internally. With in a minute I heard "I am happy".

Sep 10,'07 Today is S's anniversary. Morning Meditation: First I heard "good". Saw very briefly at subtle level Divine Mother. (See Cleansing - Chakras… for rest)

Sep 24,'07 Meditation: Yesterday when I was to enter the space where I perceived formless before, I heard "divinity" and then "ా" ('come' in telugu). Today I heard "avilamb" (means without delay, or hesitation) (Come without delay to divinity)

Sep 26,'07 Last night in dream I saw S. Meditation: in one vision saw a tree that was totally covering everything I could see except a little bit of sky in a corner. I heard "thinking" (my thinking is getting crowded with Prakriti - Chennai assignment, Raeshum issues etc.). Next saw car door getting closed on the passenger side and I am right outside of it. Then I heard "think" meaning contemplate (my

short term journey is getting over, now I understand it as end of work career).

Sep 28,'07 Decided not to take Chennai assignment due to Raeshum being unsettled. As soon as I decided, great relief feeling came over me.

Sep 29,07 Meditation: First I saw clouds with a rim of golden bright sunshine showing through (getting clarity). Later I heard "delay 1 year" (retirement got delayed by 1 year, 2008 April would be 30 yrs of service)). After that I saw Sathya Sai Baba picture with one hand in blessing posture. Then it converted to Shirdi Baba in his loving benign form also blessing. In afternoon meditation I saw my form (understanding ego).

Sep 30,'07 Meditation: Right away energy started rising up my spine. Mind was quiet and could just look into blank screen. When doing chakra concentration, I heard "this is a bonus" (referring to 1yr delay). Saw a door opening, and room was empty (slowly stepping up to formless). Saw a clear glassy looking waveless surface of a lake (thought free mind).

Oct 2,'07 During chakra concentration I heard "are you ready". I had a lot of energy rising up my spine. I saw a door closed and a double door had one side open (moving into different levels of consciousness while shutting off some). After a little while I saw a window that was filled with greenish white light (harmony of head and heart). While lying down in bed had a vision of a very nice blue baby Krishna. I looked at the eyes and they were alive and moving. Never saw these features before.

Oct 7, 07 Meditation: Thoughts went back to 1978 when I was going through strong feelings of anger at times, disappointment, sense of being alone etc. As those feelings arose I apologized for having them and said to myself to let them out and take their own course. As soon as I said this heard, "bilkul" (absolutely). In last few days and today, I had been seeing almost every day, a bright shining Sun.

Oct 9,'07 Meditation: Saw Divine mother in all beautiful gold mixed with white clothing sitting on the tiger. Later saw a box mostly white with something written on it (like a cereal box) and my attention was drawn to IMPROVED written on it. Then I had a very subtle vision of Lord Rama sitting on a throne with Sita on his left and Anjaneya in front on the right. Next was a interesting vision: I saw a window looking into a dimly lit area and as I watched, the window moved to the right and saw a single mass of very white light

come into my view (indicates that my view is going to shift from mundane to purity/ divinity).

Oct 11,'07 Woke up around 12 midnight and could not fall asleep. Tried Japa but my mind kept thinking about work situation, where I am being pushed out of main stream management. Thoughts about how to balance Raeshum's needs and Chennai assignment needs (see Sep 28, '07). At that time I heard "trust me" "Gyani" (a little louder). In morning meditation while doing Visuddha chakra concentration uttering divine mother mantra, I saw my palm with a dime in it (money is coming my way?).

Oct 13,'07 Meditated on formless I had seen before in vision. Saw Ganesha's small sculpture we have in our mandir. I heard "Mudra" (pose or gesture affecting flow of energy). Then saw a vision of a little dirt on a container and it got washed away, leaving it bright, shiny, clean (cleansing of body-mind). Later saw myself opening a door about 4 inches and there was bright, golden, effulgent light that I could see. Whole room filled with that light, source was behind the door (opened a consciousness level from which divine knowledge/ jnana can be brought in). Saw Ganesha again, this one bigger silvery white and bright (divine removed obstacles). Then saw Swami sitting in a chair, his hand raised in blessing posture (Swami's purview). Oct 14, I was at Vishu's place last night, Vikram was there, all evening it was eating and conversation about food, sense gratification, and travel. Felt I was caged. Today morning meditation: heard "unfortunate" (referring to last night). I was at heart chakra and was trying to go to the formless God I saw earlier when I heard "I can help you with that". At Ajna chakra I was thinking of something and I said to myself that I need to replace that with positive thought, heard "That is intelligence".

Oct 15,'07 Meditation: A remarkable vision and learning. I saw three things in an inverted triangle. First I saw in the top left some presence but no form (formless). It immediately followed with a Lingam formation opposite to it, on the right. Immediately following that saw Lord Shiva below them in the center. (Formless gave rise to Lingam which then led to Lord Shiva, portrayed this sequence nicely).

Oct 21,'07 Meditation: I was thinking about how to experience as stated in Jnana Vahini, when I heard "complicated" (took many years). I had been doing charity work - upgrading a guest house at Shiva's temple, building a Sathya Sai temple in Achampet,

etc. In regards to that IV said "విర్ర వీగుట" (means conceit, arrogance), letting me know that ego is increasing.

Nov 6,'07 In meditation I heard S and at that time my left hand chin mudra got opened. I wonder if it means my attachment to S is going to go (Rashmi said a couple of days back that I was too attached to S).

Nov 24,'07 Today is Karthika Poornima (auspicious day). I saw in my meditation Shirdi Baba, and then Sathya Sai Baba. I felt that Swami became live right in the portrait that I saw. In the afternoon I saw Lord Shiva sitting in a Lotus which is a very unusual scene. (Received blessing from Shirdi and Sathya Sai as well as Lord Shiva)

Nov 25-26,'07 On 25th in meditation I said involuntarily జ్ఞానం ప్రసాదించండి (grant me Jnana). Today in meditation I saw a door open and through the crack of the opening I could see bright light behind. Much later heard "అవుతుంది" (will happen, response to asking for Jnana). Then heard a sound right in my forehead. Later I heard "wonderful".

Nov 27,'07 Meditation: Saw a picture of three deities. Then I saw silver Kalash half filled with liquid and being offered (spiritual effort). I heard "దాని అవసరము లేదు" (no longer need that). I wondered what that was. Then I saw a vision of the mandir I was meditating in front of, and the grill door through which light was filtering out, got closed shut. Later heard "ఆలోచించు" (think) (no longer need pictures/ mandir for meditation).

Nov 30,'07 Meditation: I saw one square steel padlock at the bottom and it had a key in it. Lock got unlocked with key still in it. A door got opened that was partly lit and partly dark. I also saw Laxmi ji couple of times but very subtle. (Evolution continues)

Dec 4,'07 Meditation: There were many messages. 1) yesterday spoke to a Sadhu about the spiritual state I am in. I heard relating to that "దిగులు చెందవద్దు" (don't worry). Later I was also made to understand that I need to be in this state to do work, get guidance etc. 2) I heard "press my feet". I smiled and visualized Swami's feet and started pressing them. As soon as I was done pressing both the legs, I saw an open ancient wood door and at the other end there were two windows – inner and outer. I could see the outer through the inner and there was white light outside the outer (nirvikalpa a window into great God, and savikalpa a window into nirvikalpa) ; 3) Saw a tunnel and white light at the end (getting closer) 4) Saw a man

clothed just like the Sadhu I met and touched feet yesterday after giving money. I only saw the hand and feet portion and did not see his face. He handed me a small briefcase like cloth bag (got a spiritual gift)

Dec 15,'07 Meditation: I saw the mandir that I had seen on Nov 26, light was on but deities on the wall were absent. As I looked, mandir lights got turned off. (Again same message, forms are not necessary anymore) .

Dec 16-17,'07 Puttaparthi. I saw a series of visions while I waited for Swami's darshan in Prashanti Nilayam. 1) While meditating on formless, I transcended and saw Swami walked up to me rapidly with his forefinger pointed at me and his eyes were intense (like US army poster, uncle Sam pointing intensely 'I want you for US army'). 2) Later saw a door open and behind it there was another door that was closed, I could see the door handle 3) Just before falling asleep saw a mandir that gradually came into my vision. Inner shrine started coming into view, there was a round ball of light in the place of the idol of a deity (again told to move to formless God behind all pictures/ idols) 4) Saw double doors and they swung open suddenly. I could see the shadow of someone tall and lean 4) Lastly saw a place or room above in PN, on the opposite wall there were carvings and one of them in the middle was Lord Shiva.

Dec 19,'07 Meditation: Concentrated on the vision of the formless God I had seen and due to the quietness, I thought if I would go into Nirvikalpa Samadhi. At that time I heard "Abhi Nahin" (not yet). A little later I heard "start speaking to you". Little later I had the vision of four armed Vishnu with sudershan chakra in his left hand instead of the normal right. At the end I heard "Atma Jnani".

Dec 25,'07 I heard at the beginning of meditation "samadhi". I don't know where I was at during meditation, don't remember seeing or hearing anything. At the end I saw curtains suddenly move back and could see very deep blue sky – Akasa – in the back. (Vision of the infinity - in samadhi?)

Dec 28,'07 Last night Raeshum did not come home. My mind thought that no matter how well and nicely I treat her, she is a victim of her own desire to have fun irrationally. She has no sense control. I sat down to meditate and started doing chakra concentration to stop my mind from thinking although I was having difficulty. Along the way I transcended. A little later I heard "అంతా బాగుంది" (everything is fine). See Cleansing - chakra … for rest of visions.

Dec 31,'07 Meditation: I saw Lord Shiva with a bright light around his head. My focus shifted from the face to the light and stayed a few seconds on that.

Jan 5,'08 Meditation: I was told twice "go to India". Visit or permanent, not sure.

Jan 10,'08 Meditation: Tried to hold on to formless that I saw earlier, without drifting. Mind kept drifting but I kept trying. In the end heard "I am impressed" (referring to effort).

Jan 15,'08 Meditated in flight. I heard "four things you must do" but did not get clarification as to what they were. I saw the bright Sun in the sky and within the Sun I saw a round small white effulgent light even brighter than the Sun (vision of divine effulgence, basis of Sun). In Amsterdam airport while walking up and down the aisles I realized how calm I am over Raeshum's predicament because God is taking care of her and she must go through what she is destined for.

Jan 16,'08 Dream: I saw S in white saree and white blouse. She was smiling happily. Both of us interacted with some people. Then saw a house with tall compound wall and there was a road in front of it. There was a side opening through which she came to the adjacent house which also had a similar compound wall and I was standing there. When she came up to me, I said I am happy and content that she is always with me (santhust). I touched her hand and then hugged her. She said with smile "yes, I am with you all the time. We are happy and we don't need to tell this to the world." I woke up and the feeling of santhust I had in the dream continued.

Jan 20,'08 As I woke up saw the vision of Lord Ganesha in blessing posture. Meditation visions: 1) 3 coins – one large and others medium in size 2) saw divine mother and her hand was in blessing posture 3) saw Shirdi Baba's sculpture with his hand in blessing posture (blessings for prosperity?)

Jan 22,'08 Dream: Saw a life size Jesus on cross, all white like a sculpture, and there was white light behind the cross like a halo. It was in a large hall that felt like a church. Next saw myself in front of a wall, to the right of it there was an entrance into this same church, and saw white light coming from the entrance. Went close to it and stretched to look inside for the cross and Jesus. Instead saw a silvery throne in its place. On the throne to the right, there was a slightly bearded man seated. Next to this man there was a lady seated on the throne (did not see her features), and to the left of her there was a boy seated, who was in his pre teens. All three of them

looked live. In next scene I saw myself walking with S and someone else into this same church.

Jan 25,'08 Meditation: I thought that I have Bhakti (love for God) and tapana (longing for god) when I heard "really!". God made fun of me indicating tapana is missing. Then I thought of Samadhi, when I heard "three days".

Feb 4,'08 Day before saw Lord Vishnu sitting with his legs hanging down. There was five hooded serpent (Shesh Naag) behind him. On his left there was Laxmi ji and her complexion was marble white (Satva, Vishnu Bhakti). Yesterday in meditation I saw Swami when I prayed to him as Saguna Brahman. His right hand was raised and the palm was open slightly at an angle (like indicating "that's me"). I heard in Telugu "తయ్యారు" (means ready). Little later I saw two official looking cars with flashing lights (white). Today in meditation on Aum and formless, I saw Lord Shiva seated in lotus posture. He was blue in color and wearing the tiger skin. In front of him on the floor there was an oval plate with white effulgent light in it having an interesting pattern. A little later saw a door open couple of inches and there was effulgent white light behind the door as if it is all filled with it. I heard "ఇప్పుడు" (now). (Lord Shiva with Jnana. It is behind some layer of consciousness not accessed yet).

Feb 7,'08 Meditation: Saw people queued up on stairs, I along with someone else were advising. I was telling then on what is the right thing to do. Then I saw another vision where there were two rows of people sitting on the floor and eating food. Servers went up and down serving the food. I was there in the middle and saying 'feed them till they are full'. (Spiritual advice and spiritual/ actual food). I saw Ganesh ji twice along the way (remover of obstacles). Saw Shirdi Baba's sculpture and kissed his feet (seeking blessing). Then started thinking about Samadhi as described in Mandukya Upanishad and when can I get to it. I was in transcended state when I heard "అకారం ఉకారం పోయినప్పుడు" (only when Awake and Subtle states are gone). Heard it so clearly that I was startled and dropped down to awake state. Later I saw very brilliant white light but could not behold it due its brilliance (proxy to Atman). After 2 hrs of meditation I lay down in bed. Had a vision of golf cart like car, right outside the Sai Kulwant Hall gate, heading towards Swami's house and it stopped. Swami stepped out of that car and he looked about 50's. (Nice darshan).

Feb 8-10,'08 Last night I had a usual 1 – 1.5 hr long conversation with Raeshum that was meaningless and purposeless. It kept rolling in my mind as I was trying to meditate. It was depressing and so I sat down quietly continuing to make the effort. On Feb 10 I tried to meditate but had very difficult time taking Raeshum out of my mind. Constantly I get reminded of her laziness, lack of understanding, argumentativeness, anger etc. I think God is subjecting me to this, due to either past Karma or get me to detachment state or both.

Feb 23,'08 Last 10 days meditation was sporadic. One day it felt like I didn't know how to meditate. Last 2 days went back to chakra concentration, Kundalini activity. Saw visions and dreams during this time: Dream - saw myself and S in a room and there was JS from work also there. S was nude and I was saying to myself why is she not aware of JS nearby, though JS was not aware of her. Interestingly neither was I perturbed nor upset but observed what was going on very casually. It felt to me it was a test for me to see how would I react. Dream: saw Lord Rama and Sita multiple times. Later I saw the sculpture of a deity lying horizontal on a platform and I touched its feet. Vishnu and Iswara come out of him, indicating deity I touched is Atma or Paramatma. Meditation: Saw a door open and there were stairs going up like that of a multi-story building (stages ahead of me). After a period of blankness, saw an open sky and Sun in full brightness with about ¼ covered with tree leaves. As I looked at that beautiful vision, I saw a sudden white effulgence that flashed in the Sun and was gone. (continue to see light of Atma). At the end heard "incredible future". Vision: saw a road ahead of me which went down into a valley, below my sight. Suddenly saw a round ball of light rise up from the valley, came into my vision just above the road where it went down. (Though path ahead is not clear, Divinity encourages me to continue)

Feb 25,'08 I heard during meditation "ఎందుకు అంత తపన" (why are you so anxious) indicating my effort and desire for samadhi. I saw a diya flame few times.

Feb 28,'08 Today I had a difficult time with meditation due to uncontrollable discussions with Raeshum last night. At the tail end of it I kept seeing darkness like a dark tunnel, and then suddenly saw white effulgent light suddenly burst into vision (divine is telling me there is hope ahead).

Very interesting episode occurred over March 6, 7, 8. March 6 was Maha Shiv Ratri. I will first share the leela and message of

Swami which occurred on 7th. Then I will share the Maha Shiv Ratri experience that occurred on March 6.

Jody Cleary (spouse of Ted Henry of Souljourns) wrote to Seema Dewan and Seema responded back in this following email which I am copy pasting here. I took out their email IDs to protect privacy. I underlined key points.

From: Sanjeev & Seema Dewan
To: jodycl@XXX.XXX
Sent: Fri, 7 Mar 2008 9:20 am
Subject: RE: Raeshum

I just typed out what Bhagwan asked me to in the email I sent you. In fact after I was done with the letter, Bhagwan told me that Shivangini really wishes her daughter to settle with a good boy. Her mother is still watching over her.
I am sure I will see them â€¦â€¦â€¦..the right moment is what we have to wait for. Bhagwan has given Gyani a big test in life. He has to stay strong as a rock. The knowledge within will help him to do so. Love you. Sairam.

Mar 6,'08 Maha Shiv Ratri day Meditation: saw a female deity sitting, shining in gold and peach colors. There was gold confetti around her. Saw a huge AUM in gold color above her to the right. I spent all night in Bharatiya temple, Lansing. When we reached the temple, I saw Radha Ma, standing next to Lord Krishna, was dressed in the same colors as the female deity I saw. I understood Lord Krishna is the AUM I saw in my vision (of course He is verily the Para Brahman, Swami said). At the temple, meditated from about 8:30 pm till almost 11 – 12 pm in spite of lot of noise around. I did chakra concentration, energy was rising during that time for hours. Unfortunately my mind was agitated too with the state and behavior of Raeshum. (See the message from Swami on Mar 7). At one time I said to God in my heart that I would do the effort and penance for her benefit so that her life gains some goal.

Mar 07,'08 Meditation: while doing chakra concentration, again my mind kept going around her situation. I said again that I would put the spiritual effort for her. At that time the Lord said "అక్కర లేదు" (not needed). Although I heard it, a couple minutes later I did the same thing again, when I heard "I mentioned earlier". Immediately I quit. Later heard "subject" meaning I need to meditate on the subject instead of object (heard it first time, most pivotal statement that took me to 'Atma Vichar').

Mar 08,'08 Meditation: I was focusing on 'subject' when I heard "Atma Jnani". Heard the same thing again couple of minutes later. Later I thought about a friend of ours who has ideas of curing the world of hunger etc, at that time I heard "he is doing it to himself".

Mar 12,'08 Early morning before meditation I had a very subtle vision of Swami up close and his hand was blessing. After a while I saw myself on stairs, about 5-6 steps were still ahead of me and it was mostly dark. On the left there was a door and it was 2/3 open out into space – no light, no darkness, no anything. (Six or so stages to go through before getting to formless). Next day saw open sky and white effulgent light with the shape of Sun, and it was second time saw effulgent Sun in open sky (seeing divine energy with still mind).

Mar 14-16,'08 Satsang at Ted and Jody's home with Dr Srikant and Shivani (See 'Saints and Sages who assisted in the journey'). In the morning meditation I was thinking about hearing God's voice. A thought occurred 'does God talk to me', when I heard "Yes" very clearly. A little later same thought went through me and heard "Yes" again. A little later as if to reassure, I heard "God is talking to you". Srikanth during satsang said 'you will work few more years or be like this a few more years. Then you will get self realization. Later you will become a part of the light or be one with the light.' (Besides what Swami said to Shivangini, this is the first time other than Swami mentioning about my self-realization)

Next day morning meditation I heard "Ravi" (Goyal) which surprised me. After a minute I heard "Ravi" again. I said 'what about Ravi?'. After some pause I heard "progressing slowly" indicating that he is spiritually moving along slowly.

Mar 17,'08 Meditation: I had a thought about Jagdev puram Lord Rama Bhajan hall. At that time I heard "ఇవ్వ వలెను" meaning 'you must give'. This cleared my thought on if I must give them in addition to what we promised for the construction of the Bhajan hall. Later in meditation saw Swami when he was young and he was pulling up a bow and arrow as if getting ready to shoot (see Mar 19 below). Later in the day, Raeshum threw a tantrum about going to Ottawa on Mar 19. Due to that we postponed it and went on May 12. Later found out that if we went on Mar 19, we would not have made it because Ottawa was buried in snow making it very difficult to drive. So God's grace came in the form of Raeshum's tantrum. Next day in meditation only thing I heard was "be honest". Later in the day

Raeshum's way of responding and making faces got me very upset and angry resulting in a huge argument where I let her know what I thought of her. Felt bad for anger burst and apologized to Swami.

Mar 19,'08 Meditation: I started doing chakra concentration for cleaning my Vritti (anger yesterday). At that time I was given a vision of the silver plate in the mandir and it was clean. During the day I realized that it was not Vritti (thought) but it was Ahamkar (ego) (see Apr 3,'08). This is the arrow Swami shot at me day before.

Mar 20,'08 Meditation: I heard "తెలుసు" (aware) but did not know what it meant. Later I heard "ఎరుక" (knowing/ to know). After some time heard "Atma". Understood that all my hearing/ reading of Mandukya Upanishad, thinking about drusyam/ drsta, meditation on subject … I finally got to 'know' Atma! (saw an open door – some more Maya is removed)

Mar 21,'08 Meditation: Saw daylight, clouds in the sky, and effulgent Sun but not as bright as in daytime. I examined this Sun and somehow felt good that I could do that. I heard "Shabhash" (attaboy). A little later I transcended, saw a book, saw its pages flipping, came to chapter titled higher journey, and below it I saw Lord Krishna with a round, full face, young, his head tilted to left with a flute and legs crossed and at the same time I heard 'Avatar'. Right after that I heard "ఎందుకు బాధ" (why worry or why grieve). (Now I realize, Avatar is taking care of my journey, and this book)

Mar 25,'08 Today was Raeshum's foot surgery that went well. I prayed to the angels last night and as I was praying saw a double door open (thinning of the kosha). On 26th in the morning I saw an elevator door open in front of me (higher journey?). In meditation I saw a nicely green dialed wrist watch up close and then I saw 62 written on the dial. I also heard "it could be 65". (turned 62 in Sep 2011, see Brahm-anubhuti). On Mar 28 Heard a loud sound in my head closer to the Crown. I was stunned (increased awareness and energy activation in Crown).

Mar 29,'08 Heard in meditation "you will get it". Understood it to be self- realization. I saw Swami behind a column not visible but I had a brief vision of him (all occurring under his purview).

Mar 30,'08 Last night meditation: I saw someone standing in a group of people in white clothes, called me. I got off the meditation chair, stepped towards him. As I did so, I saw myself as a 10 yr old boy wearing shorts and my body was still in the chair (spiritually a 10 yr old, astral form). Much later in meditation I could feel energy rising in my spine and then after some time I had a vision of energy

entering through my head. I felt the energy up my spine go up to right elbow where I had been hurting for last 2 months (elbow pain was gone). Morning meditation: Made effort to keep mind still. Along the way felt as if someone switched off something, I became quiet but aware. I heard "Samadhi". As I was about to sleep in the night I heard very clearly Raeshum, at astral level, calling me"Dad" lovingly. Praying to angels and sending love is working!

Mar 31,'08 Meditation was unusual. It was quite blank/ quiet, but awareness was there, and peaceful feeling. At that time I heard "it is unbelievable". After a while I heard "I don't know any better". Interestingly I was in this state of thoughtlessness as I was focused on the subject for 20 minutes or so (I was amazed at that time).

Apr 1,'08 Last night in a dream I saw S and we were together in work related environment. Meditation: I could connect to yesterday's quietness but in between thoughts kept interfering. I kept dragging my concentration back. Saw a steady flame (quiet mind/ effort), at that time I heard "Jnana". I saw a few doors closing on me, contrary to usual visions (old patterns/ attachments removed, withdrawl of senses)

Apr 3,'08 Last night I had multiple dreams where I saw an aged aunt of mine, S, a film actress etc. Meditation: started with heart chakra to clean up sub-conscious when I heard "there is not much in it". I remembered what was realized on Mar 19 that it is the Ahamkar and not chitta. Today's message confirms it.

Since I started doing Aum mindfully, when I woke up in the middle of the night I heard AUM in someone else's voice. After watching Manfreid Gaans dvd and reading Swami literature understood that Prajnanam is the substratum of awake, dream, sleep stages. I was asked to meditate upon it.

After 2 years of chakra concentration, meditations are starting with Omkar and subject meditation.

Apr 5-6,'08 Saw a vision where I with my right hand got hold of a door handle and had to pull it to the right and then opened the door. Apr 6 visions 1) Opened a door and stepped outdoors 2) Opened another door that lead to a second door that opened to outdoors. (Still doors need to open before I get freed of them). 3) Saw steady flame of Diya couple of times (spiritual effort/ quiet mind). 4) In the end saw a big jar that had crystal clear liquid and I drank it till empty (getting ready for new phase).

Apr 9-11,'08 Started uttering Omkar. At that time heard "meditate". Heard it two more times. Started meditating on the

subject, the source of 'I'. I concentrated and focused on it, when I heard "absolutely". Then I heard "not expecting" which I understood as 'no expectations' while focusing on 'I'. I cannot describe it but I kept understanding things around objective and subjective consciousness. Apr 10 I started meditating when I heard "good job". Before falling asleep, saw a tunnel where there were people moving down it, and there was white light at the end of the tunnel. (Lot of people taking inner path to God). Apr 11 it was quite a bit of effort to meditate on subject. I heard "చాలా సంతోషం" (very happy). Little later I heard "Atma". Don't know why but I thought of something else to take over my mind when I heard "I don't know if that is good". On another day I saw a glass double door that was closed and could see open outdoors with daylight. Then I saw vertical horizontal bars on those doors and I heard "this is not for anyone" meaning to see or cross the doors. Next I see that one of the double doors gently opened for me and I was up close to it. Little later I saw cut up fruits in a plate for me (grace is opening the door, result of spiritual efforts)

Apr 13-14,'08 I was meditating on the subject when I heard the following in hindi "bahut achha" (good), "sab kaam khatam" (all works are over). Then I heard "there is no other way" (meaning meditating on the subject). In the afternoon I saw Swami. On Apr 14 I heard "progress" and a little later heard "Yoga" (union with Atma).

Apr 18,'08 Meditated on subjective and objective consciousness, ocean and merging of river and objects into it. At that time I heard "later on" (not yet). I was lying in bed since I woke up very early, when I saw our mandir from the side and the Diya. I heard "join the essence" (Mandukya Upa. says essence is Brahman).

Apr 19,'08 At 11 am started meditation on Pranava (Omkar). I imagined the three stages of our existence merging into the fourth stage of Turiya while uttering Omkar. I am not sure when but I saw S and she was smiling. I continued the subject – object meditation and whenever mind goes to object I drag it back to subject. I heard at that time "this is preparation". I saw blue Lord Krishna in adult form and Radha ma next to him. I experienced a beautiful silence and state of bliss that felt very good and indescribable. Along the way I saw white light, like a large star, but I pulled my mind away from the object to subject. I transcended and saw myself as a reflection with hands folded across my chest (increasing self awareness). I asked 'when something happens what does one do?' At that time I very clearly heard "go along with it".

Apr 20,'08 In meditation I thought about the bliss I had yesterday that 'it was 2 to 3 hrs long' when I clearly heard "3 hours". Later I saw a face that materialized slowly facing me with sharp nose and very fair to white in complexion. It was Anandamurti Gurumaa whose Pranava I had been listening to.

Apr 23 - 25,'08 I heard "Atma Jnani" (I was taken aback a bit, thinking my mind is acting up). 24th, I used to listen to a tape called Guru Mantra and every time I heard it, I would start shedding tears. First time in 1997 when I heard Sudershan sing Guru Ashtakam, I started shedding tears involuntarily. I saw Mata Amritananda Mayi in my dream and she gave me a Krishna mantra. It made me understand that it is our intensity, concentration, love, faith, one pointedness and Shradda that cause all these to happen/ invoke.

Apr 30,'08 Last few days Visions 1) Heard sounds inside my body – head, heart area. 2) Saw a tall, ceiling height double doors and one door was opening. 3) Few dreams related to some impressions from the past. 4) I saw something like an oval shape thing about 9" in size that got sliced into half. Meditation: As I thought of how to meditate I heard "surrender" twice. In subject based meditation I had been blocking any visions. Today I started with subject and let it run the way it wants to go. Visions: 1) saw '7' 2) saw a person and I uttered "Sant Kabir" 3) saw top half of Mother Saraswati.

May 2,'08 Heard in meditation "relax" twice, while in surrender mode with personal effort of concentration on subject. I saw many people and as I returned to awake state, my mind was saying 'do I need all these (friends, relatives, etc)' when I heard "No". Little later heard "hum dono" meaning God and I. In Mandukya summary by Swami Krishnananda, I read the following: Relationships with what is seen (external) in awake state is Samsara. Existence not in relation to other things but existence in its own essential nature, 'Kevala', that leads to Kaivalya which means moksha. Meditation before Gita study in the evening: saw an eye get formed in my vision, then saw the eye up close, occupied my complete vision, very large iris and pupil. Pupil was light in color with touch of gold. I thought of entering into the pupil, right away eye lashes closed gently and the eye was gone. (Actually I confused 'Bindu' as pupil of eye, hence I thought of crossing Bindu by entering pupil).

May 3,'08 My ego got a jolt last night. At that time I heard "chalta" meaning it is ok. Later I heard "wake up" and then "steadily"

- meaning awakening will be steady and slow. (Now in 2025 I can vouch that it is slow and steady).

May 4,'08 I heard Maha Bharat section 10 last night. It says Pranava is the bow, Jiva is the arrow, target is Paramatma. Equanimity to the degree of watching everything as entertainment, a movie. I lay down in bed when I was shown sky, clouds, sunlight, and then Sun one after the other slowly depicting how illumination occurs. In last 2 days I have been developing understanding and feeling for Aum, Pranava - as symbol, as sound etc.

May 5-6,'08 Meditation: When I dragged my mind back to subject, heard "fantastic". Saw a vision of some solid dirt get swept away across the stairway. Then tried doing heart chakra concentration, I heard "Gyani" in a tone asking me to move away from that. Evening meditation: While hearing fairly intense silence, felt a lot of energy rising in very interesting ways up my spine. Along the way suddenly realized there was anticipation in the air as if something was preparing itself. Then I suddenly saw a large knife come down in a single swoop and cut a large squash like green vegetable (6-8" dia., long) into two pieces. Right after that heard a sharp sound in my heart but no sensation like pain etc. (severing of old patterns/ attachments, a clean break). May 6, Saw Shiridi Baba completely in saffron clothing (Vairagya).

May 7,'08 Heard "Avidya". My Kundalini was active for weeks now and I would feel the energy rising as I lay down in bed. Yesterday I saw Raeshum in a subtle vision and I touched her head lovingly and moved her hair back that was coming on to her face. This is one of the rare times this kind of love got exhibited, though at subtle level. On May 8 saw a 3 ft tall wick basket, and it got tossed on to ground (out with more baggage).

May 11,'08 Meditation 6am: Prayed for joining Omkara. I heard "at 7". Then I heard "today". At around 7 am I went into pleasant blankness with greenish light screen in front of me. I felt great level of happiness for about 20 minutes. Understood this is what was told to me. Made a resolve to connect often to inner silence. Afternoon Dream: Saw my astral body advising someone on how to deal with bereavement, at that time I see S's picture with Swami, my eyes get filled with tears, could not control anymore, stepped out of the room, profusely crying, I saw my face how it looked as I cried. At subconscious level there is still much grief.

May 12,'08 Meditation: I was trying to concentrate on subject heard 'కాపాడు' (protect).

May 17-18,'08 In the church on the top of the hill in Montreal, I saw the holy family (baby Jesus, Saint Joseph, mother Mary). This is the man I saw on Jan 22 in a dream. Jody told me it is a blessing to see the holy family. May 18 contemplation on what scriptures say "world is unreal, body and world are created by mind which in turn is governed by Vrittis and Vasanas", what does 'no Drushyam, no samsara/ world' mean? Samadhi/ equal minded – is it no drushyam?

May 25,'08 Yesterday Meditation: I saw Ajna Chakra spot and something was trying to light up a flame there. I heard "not ready". Today I was doing concentration on subject when I heard "not yet".

May 26-27,'08 Today is S's birthday. Meditation: I heard a very clear cracking sound at the top inside my head. I saw something about the size of 5-6" round thing get broken with good amount of force (clean break of attachment?). A little later I saw a man who was sprinkling some water on me as if to sanctify (purify). Much later I saw myself in a car in the passenger seat and S is driving the car. I saw Raeshum driving a car by herself, ran through a stop sign, and drove off. S also ran through the stop sign. I said 'you and your daughter both ran through stop signs'. S said she was tired, not getting enough sleep. I said to her that it is ok, I can drive (till now my spiritual journey was driven by S and today she is handing it over to me. While Raeshum is driving her own spiritual journey). On May 27 I was having severe back ache and could not sit long for meditation. When I was brushing my teeth I heard "normal" meaning my back will become normal. (2025 - my back has been and is normal for 10+yrs).

June 6,'08 Vision: saw morning sunshine, Sun was out ~ 10%. Saw the scene again to the same extent except but totally white effulgent Sun (glimpse of divine energy of Ajna chakra). Got started on subject concentration few weeks back, since then I am improving my ability to concentrate on it. Also realizing visions are not seen when one is doing this. Meditation: 1) Saw a room like the inner shrine of a temple. Where the doorway begins, I saw a hand come to the edge and pull a sheet of translucent paper across the doorway. I could see a white light about an inch in dia. at the center of the sheet of paper (vision of consciousness light that illumines, what we see is transient like the translucent paper). 2) I opened a door about 9", and white light was streaming forth, gave the feeling that the room was completely filled with that light. Last 10 days my ego got smashed pretty good by God.

June 30,'08 Meditation: I was at a door which was 1/8" open, and I am standing in front of it and waiting. A little later I heard "ఆలోచించు" which means think.

Jul 2-3,'08 Saw S in dream. Contemplation: we need to learn the ability to separate mind from consciousness, to be able to use mind as a tool. Concentration /focus can be made to go to consciousness, away from mind and ego. As I thought these through, I heard "Right". Later in meditation heard "power to be 100%" meaning this practice can take you to 100%. Later saw a glass container surface that had a little bit of dark specks stuck to it and it was being cleaned with finger nail and water, saw the dark spots come off – (cleaning continues). July 3, Spent 2 hrs read/ distilled retreat notes, and sent my comments to Jody. Saw the blessing hand of Swami moving, in the picture on our bedroom wall. In meditation saw a floor (cloud like) at my eye level (rest of my body was below the floor) giving the feeling that I am rising. I saw a door half open. (moved up a level in understanding).

July 4,'08 Meditation: Thought about the experience I had where something inside my mind (attention) stopped moving. Experience repeated. Later I saw a bandage like layer being peeled off of my skin (subtle layers of ignorance removed). I meditated before and after lunch in Swami's chair in our living room. Waves after waves of bliss went up my spine. Saw light that was in the shape/ size of a thumb, proxy to Atman (angushta matra purusha).

July 5,'08 In the morning I heard "do it slowly" asking me to go slow. Meditated after breakfast. Waves of bliss rose up my spine. I said to Swami in my heart that Self Realization (SR) is the highest level of Seva and why can't I do that, have SR and then do Seva. Then I heard "How long you want to work?" Then Swami reminded me "I am talking to you". Saw Swami for a fraction of time and then saw Lord Ganesh's picture on a coin. Jul 11 - first saw a door being closed. I heard "bahut dinon ke baad" (after many days) and a little later I heard "Poocho" (Ask). I asked if I had SR or when will I get it, no answer.

July 16,'08 Meditation: I saw something put on a tree and in next scene it has normal size fruit hanging but green. (Effort/ results are not ripened yet). Heard a sound in my brain distinctly. Yesterday saw a clean container with liquid that got emptied out second time in last few days (old understandings are discarded). I was concentrating on subject/ object consciousness when I heard "I like it". Later saw a container covered with uniform layer of dirt that is

hardly visible. Then I saw a hand wipe it across and it was shiny clean with a couple of spots. Later saw a light shining very clearly off of it (cleaning continues, seeing light of Atma gets clearer).

July 20, '08 A remarkable day experiencing bliss. I was in the state of bliss in the morning for ~ 1 hr in meditation and another 1 hr afterwards. While returning from Rashmi's home, I was in that state while driving and ~ 1.5 hrs after reaching home. It was continuous and remarkable. In meditation inner voice (IV) said "that is Atma".

July 26,'08 Dream: Realized new understandings coming from within. I saw S with me, realized she is no longer alive, asked her if I could touch her to make sure. I touched her hand and she was real. I hugged her. Meditation: IV said "exactly right" to the effort I made in meditation. Little later I heard "April". I was thinking of retiring and selling home and it was in response to that. (I retired in April '09). Then I saw a thick metal chain with 2-3 ancient locks, one was open, others closed (some old ideas getting removed). Saw 2-3 times pages of different books turned slowly as well as rapidly (learning from scriptures).

July 31,'08 Last night in dream I saw S and told her 'I like the way she smells' and would like to continue to smell her perfume. Night before I saw her in a dream where she and I were in our house (not current one). I said 'I am glad I have access to her'. In meditation I heard something related to lack of my seriousness (going back and forth on retirement date). During day after reading Raeshum's mail, I thought about the difficulties she is going through when I heard "it is ok".

Aug 1,'08 Meditation: Saw the formation of the face of a beautiful lady with sharp and young features. I came across a picture today resembling what I saw. It was Anandamayi Ma of Calcutta who was always in a state of Bliss.

Aug 3,'08 Meditation: "I enshrouded myself in ignorance". I found myself bending forward or sideways in meditation lately, and I am being told it is ignorance - 'sleep'.

Aug 5,'08 Meditation: I heard "this is a test". Then saw two eyes appear, eyeballs turned and looked towards me. As soon as I made eye contact, there was movement in me (చలనం). Energy rose up my spine significantly. Around 8:45 am at work, energy started rising up my spine and ringing of silence in the head. Since my schedule was free, I sat in front of computer, without effort slipped into meditation, and connected to that wonderful force in my spine with my mind and activated it (earlier I was told in meditation to push

the energy up). Energy rise started and kept going up my spine in extremely pleasant waves. Opened my eyes it was 9:11 am, it kept going till 9:42am. I had two visions: crystal clear tall vase overflowing with crystal clear liquid (nectar); saw a single stem plant was pulled out with the root (cleaning). Used method of choosing God Vs world that worked well to bring the mind back. Energy rising up the spine into the head continued. I asked if this is SR (self realization), and I heard "find out". A strong dose went up my spine that started making me dizzy, thought I would pass out. I said 'whatever is right, let that happen'. Energy dropped down to previous levels. At 10:15 I got up and went to get myself a tea, while the sensation continued up my spine. Around 11 am I came back to normal, what a difference! Aug 6 Meditation: A tall vase like container that had light blue colors to it (Ajna chakra) and saw a hand gently wipe out the dirt sticking to the outside of it (cleaning). I heard "next Monday" a little later "be careful". (pleasant energy rising up the spine into the head accompanied by feelings of ecstasy/ bliss, is strongly associated with the activation and balancing of the Ajna Chakra (Third Eye))

Aug 7-10 ,'08 Meditation on 7th: Cleansing of recently acquired dirt is shown in the visions - flapping a bedsheet to remove dust, barely visible hair gets pulled out. Aug 8 night dream: I see a big snake coming to kill me and it steered through streets to the building I was in. It gets entangled with something blue in color and is close to dying, its head gets closer to me. I do namaskar to it and say 'if you want to kill me, I am ready'. Snake just dies (a powerful harming pattern ego/ ignorance is shed). Aug 9th - meditation - I thought of our Gita study group and how complacent they are about their spiritual state. I heard "do something about it". Then heard "I am coming" into "younger generation". In the afternoon I was in bliss state again. In the night I had another dream about my death. MS was trying to kill me using an axe. I did namaskar and said I am ready to die. He asked me where should he hit me with the axe. I said 'head'. I am released and not killed. Aug 10, Meditation - I went into higher energy/ bliss. Visions: I saw a hand search and pull out a single hair from the neck (realized that cleaning is going to be there as long as we are embodied, hence it is necessary to do sadhana regularly with discipline).

Aug 11,'08 Monday Meditation: Saw S's face form very close to mine, and then her face came forward and kissed my face and she was very happy. Dream: there was intimacy with S and after

waking up I was surprised at it (some of my vrittis are being addressed, warning on Aug 6). Aug 12 meditation: heard "desire", "Atma", "internal", "that's all it is", "now". Understood it as, needs to have desire for Atma, search for it inside, tha's what it takes, IV is asking me to do it now.

Aug 21,'08 Meditation: while doing subject concentration and feeling the bliss, I heard "meditation" twice very softly. As I was enjoying the bliss and doing AUM I heard "not anymore". Thought I must not feel this anymore, so continued concentrating on the Subject when I heard clearly with emphasis "Exaactly!". Right after that silence in the head got intense. Aug 17, Returned from Detroit last night, started meditating early today. Thoughts kept invading constantly when I heard "Maya". Little later I could concentrate and feel bliss, I heard "undisturbed". Later saw an Indian style cabinet/ almirah with a key. Tried opening by turning the key, it didn't. Understood it has treasure. Then I saw a Cross (ego is the key to be turned inward). Next vision, shallow water coming in waves and washing off some dirt (cleansing). I was in blissful state. Later saw a coconut in a hand. Thumb was placed on the top of the coconut and was pressed to push it in, showing effort to Self realize. Last 10 days I was getting into bliss during day and at work, each lasting 1-1.5hrs.

Aug 23,'08 Today is Krishna Janmashtami. Slept last night at 12 am. Woke up at 4:45 am started to meditate. Had difficulty in concentration on the subject, when I heard "special day". Continued to struggle, heard "make the effort". Struggle continued, a little later heard "it is going to happen". Mind started to speculate, at that time I heard "It I…S going to happen" with emphasis. I got up and lay down in bed and meditated. My vision turned into a computer screen with visions and a curser arrow. As I looked the cursor goes to top corner and turns off the entire screen. I heard "wake up" twice as if to get spiritually awakened. Next morning meditation, I heard "congratulations".

Aug 27,'08 Meditation: I heard "subject focused meditation" then "take off" meaning I will take off by doing that. Heard "kiye tho" meaning 'you did it before'. For 45 mts wave after wave of bliss (Anand, causeless) rose up my spine. It was different from energy rising up the spine which entailed some exhaustion/ soreness. This is coming from inside of spine and did not know it even existed. Dream: I am in a town with people, and everyone is searching for something. While moving helter-skelter I see a slight brilliance that is hidden, mostly. Then I start seeing more of it, totally white extremely

lustrous with silver like shine, a little fluid, round in shape, and effulgent. Thought I was seeing Atma. In excitement woke up, then went back to sleep, I saw it again. Later I felt someone was trying to catch me and I took a leap like flying, could fly into air with improved control. Later I was among people who were all gifted (siddhas) and there also seems to be some struggle over who is better.

Aug 30,'08 S's anniversary. Last night I saw S in dream lying next to me. I understood that she is close to me like she was when we first got married. After the shradh ceremony, moksha deepam, took prasadam. In the afternoon meditated in front of the mandir downstairs. Had a vision where I saw S in white and she did Namaskaar to me. I immediately bowed down doing Namaskaar to her. Ravi called next day morning and said, he saw S at 5 am in dream, she came into their garage and gave him a platter covered with brown cloth. Sep 6, Meditation: Concentrating/ understanding the sub stratum of wake, dream, and sleep consciousness, when I heard "exactly".

Sep 8,'08 I saw S last night in my dream. I kissed her on the cheek and said to her that she looks happy. Yesterday in meditation I heard "Omkar". I also saw a vision of mother Saraswati with her veena. I saw her Veena move forward away from her towards me and got bigger in size. I understood later based on experiences, that I am learning about sound (Saraswati is the deity of sound, Intellect, etc). Today's meditation: There were sounds of dogs barking, and mother's snoring made it difficult to concentrate. I continued Omkar meditation. At times I could transcend sounds and get engulfed slowly by beautiful sensation up my spine. I thought of Para, Pashyanti, madhyama, vaikhari that I heard. Vision - saw a tiniest of Arati lamp with handle and the tiniest of flame with no oil in it. I heard "Pashyanti" at that time. I thought of Maha Vishnu. Something rapidly spread from my lower back/ spine, reached my head. It was a dense feeling gripping me, felt like lifted me up into another level of consciousness.

Sep 29 - Oct 1,'08 Yesterday I saw a wooden door, opened it, and behind it was all light. Today Meditation: I heard "అంతా బాగుందా?" (Is everything ok?). I said "yes swami, everything is good". Little later heard "మరచి పోవద్దు " meaning don't forget. Later I heard a clear click sound in my head, immediately heard "అర్థమైందా?" (did you understand?) (One more knot got untied). I saw clear sky and a brilliant source of light just beyond my vision. Thought 'am I going to see it, is it Sun?' At that time I saw formation of Aum indicating the

light just outside of my vision is "That". On 26th I shed tears in Prashanti Nilayam during Bhajans asking Swami to 'take me to the ocean'. Later I thought did I make a mistake asking. Today in reply I heard 'తప్పు లేదు' (not wrong in asking). In the night had a dream that showed one of my Vasanas. Wondered how much more is there. I heard while awake "ఇంకా కొద్దిగా ఉంది" meaning 'still a little bit left'. Sep 30 - a vivid dream - saw marvelous single story sprawling house with three wings - office / den, living room, guests etc, marvelous dining room full of glass. All of it was modern, completely decorated. House was on a single lot island connected to the main land on the left, a P shaped driveway in front of the entrance, with water on opposite side. S and I were there and she got it built totally without my knowledge. I asked her as to where she got the money to build, she said she was sorry that she did not tell me, but she had some loose cash. Of course she had her enigmatic smile typical of when she does not want to reveal. To my surprise, house was all complete with wall and window decorations, furniture etc. Some western friends came and we entered the dining room that was tastefully done with a mirrored wall and they asked me if this house was worth $1.5 million. I told them that I had no clue how much it cost and how many square feet it was. There was a banker over there and I told him that I wanted to find out how this got financed. Surprisingly I remember this dream vividly unlike all others that I forget by mid morning (unknown to me she built an elegant/ plush spiritual structure for me to stay in and work with people). Oct 1st Meditation: I saw myself open a door leading into a tall room with two rows of windows all around it with lot of daylight, felt like a Sun room or a vacation place (connected to last night dream?). Visions: I saw a double door with handle drawn across in closed position, I pulled the handle back and opened the doors. There was light at the other side. Next vision, I saw double doors suddenly swung open outward and I saw a couple with 2 children on the other side (don't know who they were).

Oct 9,'08 Meditation: I heard "నీ లోపల ఉన్నాను" (I am inside of you). Yesterday I was almost transcending into something but for some reason I pulled back when I heard "వద్దా?" (don't want it?). Then I transcended, heard a voice very clearly uttering Sanskrit. Last thing I heard was "Atma chatuspadam" (Atma is four footed).

Oct 14,'08 (See Bliss-Ananda for first part) Last couple of days visions: 1) Saw a curtain in front of me and I could touch it and see it move 2) Saw many doors slightly to fully open 3) As I was going into bliss I heard "Jagratha" (be careful) and then after I came

out of it I saw a vision of Swami smiling. Oct 16 Last night saw S in a dream. I closed myself in a room to get some privacy when S called me out. There were trees and a little bit like Ashram environment. She said we could sit under this tree and talk since no one is around.

Oct 18,'08 Saw S in dream last night. In meditation heard clearly "detachment" (from S?). Around 11 am I had an amazing 2 hour contemplative meditation (single thought or subject). Mandukya Upanishad understanding crystallized as follows - Mind getting quiet and no thought stage is crossing the awake and dream states. Entering into this quietness, hearing silence, and feeling the bliss is really at the causal state where existence of 'I' and samskars are there. Seems samskars are fairly cleaned out. I was in causal state and thought I need to cross that non apprehension where Reality is still covered up. As I stared at the darkness I thought what should I be doing, when I felt I should be uttering Omkar. So I did that slowly, a minute later saw a Lingam forming. Now I understood what Iswara was and what Lingam was. As soon as I realized this in meditation I saw lightning pattern in blue light on black background. Now understand the term I heard in meditation "Atma Chatuspadam" (four footed Atma). When you reach causal body (sheath of happiness), the bliss one feels is what I felt for the last 12 days intensely (twice a day) and occasionally for about 2 months. I understood that Sadhana at this time is invoking this bliss and Omkar to cross the sheath of Avaranam. Seva I need to do, at the same time, send the bliss I feel, out from spiritual heart location for Samasth Loka Sukhino Bhavantu.

Oct 20,'08 Meditation: Saw a body of water whose surface was glassy with slightest of a ripple (fairly still mind). Today first I heard "tremendous". Later, I lifted a coconut in my hands and it was slightly cracked. I was shaking with my hands to break it (working on my ego). I reached work, slowly bliss feeling started again but I had work to do and hence could not sit still. Bliss stayed but was at diminished levels. When I sat down and got my mind quiet it slowly started increasing in intensity. Around 2 pm received a reply from Srikanth Sola, he stated this Ananda will stay with you eventually, even while you are doing things.

Oct 22,'08 I was in bliss state and started meditating. As the waves of bliss were rising I continued to stoke the intensity of the waves. At that time I heard "cool down" asking me to slow down the stoking. Much later I heard "hang on" to continue to stay in that

state. Visions: I saw milk then yogurt and then Ghee (churning process); a little later 3 coconuts (3 bodies); I saw some liquid that was a little dark and I drank it in the vision; I heard "made decision" (sankalp to get to Atmic state).

Oct 24,'08 In a dream I saw our CEO, myself and Shivangini. Our CEO wanted something and S told me I would expand by going along with it. Then I complied with CEO's desire. Oct 25 - I see S in dream again and she is helping in fixing the home. Meditation: I heard "వచ్చింది" (arrived), "వాతావరణం" (environment), and then heard "spiritual goal". (hindsight says "the conditions for reaching spiritual goal has arrived". VRS[1] announced in Jan'09, I retired Apr'09. Swami once told Shivangini about time windows that 'open' and 'close').

Oct 26,'08 All day I was too wrapped in cleaning, cooking, shopping, getting ready for India trip, hence did not meditate, no bliss despite trying. Before sleeping I did not turn on the alarm and said "Swami, you wake me up when it is time". Exactly at 4:45 am Swami calls me distinctly "Gyani", I woke up, meditated. Strong connection to heart and focus on subject. I heard "temporary" referring to the loss of connection to bliss. I was in bliss for 1.5 hrs. In the evening I was in bliss for ~ 1 hr. I bowed to Swami and then to S and felt their presence. Involuntarily I said to S if she will come in my dream. Shockingly S came in the dream, saw a scene where we were close to each other quite a few years back.

Oct 29-Nov 3,'08 In meditation I could invoke bliss and stay in that for 1 hr. On 30th saw S and kids cleaning home. I came and she told me I am late by 1/2 hr. On 31st Meditation: I am up close to two tall double doors, waiting for them to open. Next I see a 12 oz pickle jar, I open it, it is mostly empty except oil/ pickle sticking to the walls (most of age old vasanas are gone). I tried cleaning it. Later heard "what happened today is good". Nov 1, 08' I see S and myself in a dream and with her bare hands, she pulled out snakes like pythons, and pushed them out of the window (cleaning my Vasanas). Meditation: I was in and out with thoughts. When my mind was sitting blank I heard "use my name". Vision: I saw a mandir with narrow entrance – one person at a time can enter or come out. I saw a man come out and then I entered into it. I go up to the deity inside, but see a framed picture in its place. It was blank or void or something that is hard to describe. Twice before about a year back and now, I am being taken to formless. It was 11:50am, I started feeling the bliss come from the middle of my chest and started meditating again. Later I saw white string around me hanging loosely

helter skelter like a cobweb. A little later I saw it was all gathered up into a bunch and thrown away into garbage (old ideas, notions getting removed).

Nov 4-6,'08 Meditation: Heard "Conclusion finally. Atma is (exists)". I was reading Mandukya Advaita Prakarana for a while, in that, it says 'Atma is' and there are no other words that can be used to explain. Nov 5 Meditation: heard 'Prashanti' and right after that I saw nice comfortable blue screen in front of me. Later heard "vikas" (bloom/ manifest). Today while listening to Mandukya on Advaita understood the following: how did our ignorance/ maya begin individually? Dreamer comes into existence in dream and disappears with it, for him dream was always there. Wakeful experiencer knows when it started and ended, because he is outside of the dream, but not the dreamer. Similarly wakeful experiencer would not know when this awake experience started for he appears only when there is experience. For him It has always been there. Hence Jiva is Anadi, so is Maya.

Nov 7-15,'08 While concentrating on subject and taking it to formless, clearly heard "exactly". I thought of those who try to launch from their body to formless instead of from the heart, at that time I heard "they lose Atma". Nov 12th While concentrating on subject and taking it to formless, I heard "in the middle" (meaning heart), "cognizant" (be aware), "understood". Nov 15th Meditation: as I was trying to concentrate on subject and do similar to the way I did before, I heard "continue", then "consistent", "అంతే" ('I need to continue to do my practice consistently and that's all.')

Nov 16,'08 (See Bliss-Ananda chapter) Meditation experience of bliss/ meditation are infinity, bliss and God are 'invisible'.

Nov 18 - 20,'08 Meditation: I found a technique to keep mind on the subject that started working when I heard "enjoy", then "పద్ధతి" (technique), started feeling bliss when I heard "wonderful". I stayed in bliss for 30 mts when I heard "చెప్పాలె" meaning 'share'. I went to work and I was in bliss all day till I came home. Last Friday Vishu posed a question 'how does one live once they reach bliss in meditation or Samadhi' and today IV said 'share'. I shared the experience during lunch hour. Nov 19th, Saw S in dream. Dream portrayed my attachment to money. Nice part is, I was resigned to the outcomes. Nov 20th Meditation: I heard "Rasa" and then "Aswadanam". Jnana Vahini says this is just before the final step of getting to Nirvikalpa Samadhi. Later as I concentrated on subject I

heard "beautiful". All day today I was in bliss till I came home at 4 pm. (Savikalpa samadhi bliss is Rasa Aswadanam).

Nov 22,'08 Last night saw S in my dream - Our house was partially affected by a storm while all the houses around were totally wiped out. Both of us were not perturbed. Meditation: Could not concentrate. Saw an eye. Tried to enter into the pupil, when I heard "do not enter" (see May 2,'08 experience). Last night question in Gita study came to mind, I was formulating an answer, when I heard "do not answer". Saw a piece of toast, when I heard "vairagya" - detachment from food. Little later I heard "restart" referring the effort to invoke bliss. I did and all day on and off I was in bliss. In the evening I sat in bliss for more than an hour with eyes closed, saw a vision of Swami entering into where I was, heard "God is with you". I said 'yes God is with me'.

Nov 23-26,'08 (See Cleansing - chakra, vasana ..chapter) Meditation experience of the method to get bliss, internal alignment.

Nov 27,'08 I bought mattress for Shobun and helped in moving to his apt. While waiting for Sandip in his office, I closed my eyes and was in bliss. I suddenly felt someone touching my chin lovingly and then I see the smiling face of S.

Nov 28-30,'08 Meditation: I heard "dangerous", "yogi", then "in the world" (yogi mingling with worldly things is dangerous)". Nov 29, reached Prem's home, talked about attack on Mumbai on 26th. Just about to sleep, heard "bekaar baath" (useless talk). Nov 29, I was concentrating on subject when I heard "definitely" (method will work). As I focused, heard "perfect". Little later abruptly heard "no more". Saw a bad violent scene from a movie seen 20 yrs back, terrorists attacking Mumbai thoughts,.. no bliss.

Dec 3-4,'08 Meditation: I could concentrate well. Experienced different kind of bliss coming from the spiritual heart. Heard "Kundalini", then "vibrate". Bliss went up a few notches. At times extraordinary waves of bliss were coming from the heart. I heard "Brahman", "right now", then heard "Brahman" again (Bliss is Brahman?). Dec 4th I heard "Bete", "baat bataoon", then heard "forgiveness". This message made me aware that I am not forgiving my children for the way they turned out and their behavior toward us, though at the surface I am detached.

Dec 5-7,'08 Meditation: I heard "any questions". I asked if I reached Samadhi. Didn't get a reply. I saw the Lingam in my heart. I heard "puja" and then "perfect". Heard "perfect" again. Dec 6 Meditation: I was in wonderful bliss coming from the spiritual heart

while I concentrated on subject. Heard "Atma" twice. I was in bliss for 80 mts. Dec 7 In morning meditation heard "danger" and then "japa" - need to ward my thoughts with Japa. Heard "mubarak" - congratulations for understanding correctly. I initiated bliss. Because bliss and silence kept increasing, I meditated 3:25 - 4:45pm. I heard "it is going to happen" and I asked what is going to happen?. Then heard "samadhi". Rest of meditation went well and at times I thought I might transcend in bliss. Couple of times my body jerked involuntarily, lost sensation in hands and legs etc. Wonderful heart centered bliss, even while on phone.

Dec 12-16,'08 Dream: Saw Swami doing miracles for newcomers. There were 2 non believers. Swami tells the two, he knows each and every thought of theirs and demonstrates it. I tried to ask, Swami did not encourage. Understood what Swami says and does in a group is not for everyone. Miracles are for newcomers, early devotees. Understood good and evil. Prayers done together are powerful and manifest, hatred can manifest. Disasters are prayers of many manifesting. Learning/ teaching unity is so important. Meditation: focused on vacuity and enjoyed bliss, heard 'remarkable'. Dec 16th Missed doing normal subject focus yesterday. As I did it today, I was told "everyday" meaning not to miss.

Dec 17,'08 Meditation: Heard "remember" meaning concentration on the subject and how to doing it - heart chakra, connecting to three visions/ dreams of formless, etc. I thought of what Swami said to John Hislop that bliss is the only reality, IV said "you bet".

Dec 24-26,'08 Dream: I saw Shirdi Baba sculpture with his right foot crossed over the left and the fingers were moving back and forth to draw my attention. I said Baba's sculpture was live and touched his feet with both hands. Had strong sensation of touch that was silky and cottony soft. Even after waking up I felt the sensation. Dec 25th I struggled to concentrate when I heard "పర్వా లేదు" (no big deal). Dec 26th I heard "తొందర పడవద్దు" (don't rush). Relaxed immediately and started doing 'chitta' (sub conscious) concentration, when I heard "Shuddh" (all clean).

Jan 11,'09 Had difficulty meditating on Subject. Finally after struggle I got it there but kept drifting in and out when I heard "tune up". Spark plugs do not fire properly either due to dirt/ bad fuel/ misalignment. It is important to ward off and maintain discipline. Jan 12 - Meditation: two mosquitoes were bothering me, I killed one of

them, later I decided to ignore the second, when I heard "don't think". I tried that. Mosquito sat on my face during the period I meditated, yet did not feel anything.

Jan 18-20,'09 Meditation: I heard "santosh" and after a while heard "very close". Yoga Vasishta Telugu 'After savoring the amrith called santosh, one gets peaceful and contented'. Jan 20, Meditation: In surrender mode determined to keep the mind on subject while hearing silence. At the end heard "minimum", "ten days", "love marriage" - means if meditated like this for 10 days it will be love marriage with divine (samadhi?). Today I felt the bliss with contentment which is different than the one from the heart chakra (like an itchy feeling looking for satisfaction). I meditated in the night and I was in full bliss. Vision: I saw S with hands stretched out as you do to a child when you want to express your love.

Jan 21,'09 Meditation: Saw a bunch of keys in a key chain and I picked it up from the floor. During day, I was in bliss twice for fairly extended periods. Last few days I saw opening and some closing of doors. Also saw a nice lighted Diya in front of a deity. Yesterday saw Swami with indescribable expression that said things are going well. Jan 22 - I saw three coins on a table and a bag full of coins next to it (severance packages getting ready at work?). Heard "discipline" and "satyam" thrice (advice).

Feb 3-11,'09 Meditation over last few days: Saw Lord Ganesha three different times in one sitting. Today I saw three Ganeshas'. Yesterday saw a bunch of pictures of deities and my sight focused on Lord Ganesha. (Some major obstacles are being removed/ will gain knowledge). Feb 4, I saw coins twice, also saw them couple of times in last 10 days. Feb 11th I was focusing little intensely on subject when I heard "నిదానంగా" (gently/slowly). I meditated morning, afternoon, and night in the village. What a beautiful intense Ananda. Few days back saw a light that was the size of the round headlight of a car. It was unusually white, brilliant. (Divine light). Saw S twice in dream.

Feb 13,'09 I heard very distinctly "Objective consciousness is going to end". Then saw a hand with a pointed forefinger and heard "IS going to end". On 15th I was focusing on heart chakra and bliss instead of the Subject when I heard "they are same". Feb 18th, I thought of Savikalpa ananda when I heard "that is the first stage".

Feb 21-26,'09 Maha Shiv Ratri on 23rd. I came to Puttaparthi on Feb 20 and I had been meditating. Visions: I saw Lord Ganesha

many a time. I saw fireworks. Saw S's face while I was meditating in Swami's mandir on 20th. She smiled, her teeth were very white and she looked happy. Then I saw her again on 22nd in meditation. She was standing looking at me and I was approaching to talk to her. Both days I reached and stayed in bliss during meditation. I saw twice door closing on me; I saw a tall jar about 3' high that was filled with milk. Significant experience – I felt something inside of me suddenly got pushed down - just like a hammer hitting a stake. I did not see a stake, it was just a feeling. I am seeing a lot of subtle visions as soon as I close my eyes. It is like I have a thought and I am seeing a vision of that thought right away as it occurs. I saw myself once and I knew that I am seeing my astral body which looks just the way I am looking now. I thought of Yoga Vasishta's comment on 'drushyam', as long as it persists then mind is active. I thought even Swami is Drushyam so imagination. Interestingly in his speech on 23rd Swami said even avatars are imagination of our mind hence they come and they go. But we need to hang on to the memory and the name to take us through the journey. Swami said in the speech today – there is mind, buddhi, and then Atma. When mind dies, there is still buddhi functional. Sathya and Dharma are followed, bliss is experienced and love is born out of that bliss. Once you have this love, you do not have hatred, anger, jealousy etc. Also when you have this love you do not experience above lower qualities even if mistreated. Left Puttaparthi on 24th by train, reached Hyderabad 25th morning. I fasted and stayed up all night on 23rd and 24th all day. On 25th morning I attended our department staff meeting, it was about WFR[2], need to eliminate 800 positions and they were offering incentive package. (This is the reason I was seeing so many coins and Lord Ganesha).

Feb 29,'09 Meditation: I was warned saying "Jagratha" (be careful). My mind was in turmoil with eagerness in wanting to get into a business deal with a relative who on the surface is minting money. I understood this is the reason for 'Jagratha'.

Mar 15,'09 Day before yesterday in meditation I was thinking about the VRS[1] package, I heard "Prasadam" (God's gift). In the afternoon today while meditating I heard "Jnana Samadhi". Some evolved souls define Nirvikalpa samadhi as 'Jnana Samadhi'. Later realized I mistook what I heard, it was "Dhyana Samadhi", and in Sandeha Nivarini Swami refers to Dhyana Samadhi when Rishis experienced divine.

Mar 18-29,'09 Three different days I heard "thousands will die", "in India", following day "anytime now". 28th Vision: I saw at a very subtle level, a hand (only up to wrist) gently beckoning me to come towards it (time has come to go Godward full time, went on Parthi Yatra with region 5 group). 29th vision: Saw Swami blessing with his right hand. Last night I calculated how much money I would be making with Shobun and Raeshum expenses. I said to myself S's pension and social security will pay for Raeshum and Shobun expenses, when I heard "she left that for me". I smiled and said "yes Swami, she left that for you".

Apr 6,'09 Meditation: I was able to concentrate on the Subject, could feel the silence and bliss. Along the way I saw S's eyes and forehead. Later only saw forehead and then the third eye. A white light came out of the third eye towards me. Later in the day Anita Madan called and said Swami asked her to do daily 30 minutes of complete silence. She asked how to do complete silence when Swami told her "ask Gyani". Nice affirmation from Swami of the silence I am practicing. Few days back contemplation on Sat-Chit-Ananda as stated in Sandeha Nivarini. Reflection of Atma conditioned by Chit is Iswara, and Iswara conditioned by mind, buddhi etc is Jiva so on. As I was coming out of meditation I heard "bahut kuch samajne lage ho" meaning "you are understanding quite a bit". A day back heard at the end of meditation "అంతా నేనే" meaning "I am everything". Inner voice (IV) spoke on two different occasions: I thought about someone, IV said "way over using the senses"; and to my thought about something depends on effort, IV corrected saying "destiny". Apr 8th Meditation: thought that as long as one is at the periphery of consciousness where subject is, it is easier to stay with it. Once you move away from periphery into the consciousness, it's easy to slide back into object consciousness. IV said "correct".

Apr 10,'09 afternoon meditation for 2.5 hrs. My mind felt as if I am sliding back into it and could not get out. Along the way only in my right eye I saw a black long thing which was tapered towards my eye appear, and it suddenly contracted itself and dealt me a blow in the eye that made my head bounce back a foot and then forward. Physically nothing really hurt me but eye felt uneasy for a short while (strong shift in perception, forced removal of ignorance). At night saw S in dream, she drove the car right through the house damaging both of them. (Expenses ahead).

Apr 13, '09 Today in the evening meditation I was in intense bliss and was literally breathless from it when Inner Voice said

"Prasad" meaning it was God's gift. I saw a door open and then there was daylight, total emptiness, and a sheer drop below. I stopped as if that is not the right way maybe out of fear.

Apr 19-28,'09 In meditation heard "రేపు" (tomorrow), then "Brahma Vidya" (knowledge of Brahman). Afternoon meditation: I was observing the breath which took me to observing prana, and what I felt was different from subject concentration. At that time heard "fantastic" (for understanding the difference). Apr 20th I heard "santosh" (happiness/ contentment). Much later "pavitrata" (purity). Last night dreams showed me going to toilet. Similar dream a few days back (cleaning goes on). April 28th Last night before falling asleep I heard twice very loud sounds in my mind, not scary or painful. Lately when I concentrate on the silence in the mind while bliss pours out of heart chakra, I hear a higher frequency silence. I continued to concentrate on this silence and not get lost in bliss from the heart.

May 7-13,'09 Meditation: I had difficulty focussing on subject, heard "practice". After a little struggle, I was slowly able to, I heard "coming back". May 8th, I heard again "practice". As I focused and then did chakra concentration on the subject, I heard 'fantastic'. May 11th Meditation: As I took my attention to subject and not let it divert, I heard "దగ్గర" (close/ near). After a while as I rested on the subject I heard 'congratulations'. Last night saw S in two dreams. 1) she wanted to be with her friend Pushpa. 2) She told me that the medicine I am taking for my enlarged prostrate is working. Afternoon meditation: heard "Subhadr" means auspicious/ excellent. Saw three visions: 1) saw myself holding one end of a coiled white rope. As I watched, I threw away the rope and it lay on the ground coiled loosely (got rid of an attachment). 2) Saw myself with my left hand close to ground as if to catch something. As my thumb and rest of four fingers came together I noticed a very subtle, almost invisible object that was spinning. As my hand closed on it, I could see it stop as my left hand held it (Mandukya Upanishad says chitta is constantly vibrating energy). IV said "congratulations". 3) Saw S resting her head on my chest just like we see couples in portraits. May 13th, Last night in 2 dreams, further cleaning is getting done– one toilet related, and another I was defending my position. In meditation started cleaning up my chitta, I heard "it is not that bad". Next I found myself on a staircase with six steps ahead of me (journey continues).

May 18,'09 Meditation: focused on the subject and then focused on the heart when I heard "it is alright" meaning it is clean. Then I heard "darwaza" (door) and a little later "get over there". Later saw a large double sliding door with huge handles and it was closed. Suddenly I saw a hand grabbed a handle and opened a small door. It was so subtle that till the door opened, it was not visible. After that I saw many doors. Later I saw a square opening that showed the blue sky (moving to new levels).

May 20,'09 Meditation: Heard " అంత బాగానే" (everything is ok) then later as I was doing chakra concentration I heard "no shortcuts" (Swami once said 'short cuts are long cuts'). Next day morning I read the following from Bh Ramana Maharshi - *Atmãnusandhana* is like churning the curd to get butter, mind is the churn, heart is the butter, practice of concentration on the Self is churning. Natural changeless state of *nirvikalpa samadhi* is produced by unswerving vigil and concentration on the Self, ceaseless like the unbroken flow of oil. This is the process and IV said "no shortcuts".

May 22,'09 Meditation: Heard "move it over there", I continued with heart and subject concentration. Along the way I heard "bingo" meaning I got it. I was sitting in inner silence and unaware when suddenly I heard a clear, gentle voice uttering AUM. I heard it twice before Feb 18,'07 in meditation, and Apr 3,'08 sleep.

May 23,'09 (See Cleansing … chapter) In the night got a dream that was mixed with characters, scenes reflecting still some degree of body consciousness, attachment to value of money, spiritual practices (being in Swami's ashram) etc.

May 28-30,'09 My allergies, breathing became normal. Meditated in the night and was in bliss for 30-45 mts, felt very good. Noticed that the bliss feeling is getting into my head also along with the heart. I spent as long as I could with the subject and contemplated on Atmãnusandhana, when I heard "it is up to you". May 30 Meditation - took my attention to the subject right away when I heard "yaad aa gaya" (came back to memory). Started doing a slow chakra concentration on the heart which felt good, did Omkar to keep attention on subject. Later I understood not to hold my attention on subject too tightly. Then I started experiencing the silence/ bliss associated with it.

June 1,'09 (See Bliss-Ananda for first part) I wanted to clean my consciousness as read in Jnana Vahini, so I tried focusing onto my objective consciousness to clean it when I heard "it is

dangerous". I stopped and focused on the subject, understood that cleaning is accomplished by subject focus which in turn sublimates the agitations.

June 2,'09 Meditation: I focused on subject when I heard "perfect". Slowly I drifted into going around the consciousness in front of me (object) when I heard "disastrous". A little later heard "move higher". Moved as far back and higher, I reached the core where bliss originates in the heart. I started concentrating there. After a few seconds heard "perfect".

June 8,'09 Last night meditation: Heard "sadhana", a little later "is over". I was stunned. Today meditation: I started concentrating on the subject when i heard "వద్దు" (don't). I was not convinced what I am hearing is correct or if it is a test. Afternoon meditation: I was in medium level bliss. Raeshum's thought and plight came into mind, led to a negative thought. Tried stopping but had a hard time, persisted and managed to bring it back to subject when mind went still. Heard "Good Job". Later saw a very bright sun (orange) with a very small portion that was white. As soon as I saw that, it moved behind the trees. It felt as if Atma is showing me the hemline and then quickly staying behind Prakriti.

June 10-12,'09 Last night I sat in bed quietly after reading about Brahman in Jnana Vahini when I heard "in about 2 years" very clearly. I asked what would happen in 2 years. Heard "paripoorna" means 'complete' (see Brahm-anubhuti chapter, Sep 6, '11). June 12 Last 2 days messages are "discipline", "focus", "confidence". As one approaches closer to discarding the ego, one needs to have these three attributes to successfully let it go.

June 14, '09 I had been doing Gayatri japa for Raeshum's benefit for a month or so. As I did it today, I heard "this is solo, Gyani". I paused but continued again. Then I heard "you will not be able to get it". From that day on, I stopped doing it.

Parthi Yatra significant events. July 5,'09 I was leaving by 9 am bus hence did not plan to go to darshan. In the morning meditated in the room. I saw Swami's feet just the way you see in the back of a book. Did namaskar. Later saw his form also in a separate vision. Later I stepped out, ran into Satish who said they were writing a letter to Swami to give them Pad namaskar. I told them they will get it. They got Pad namaskar while I left in bus to village, though there was no need for me to go!. Jul 9,'09 I saw doors open, and one time I saw many doors open together. Jul

13,'09 Meditation in Prashanti Nilayam: I saw mother Lakshmi with four hands sitting on Lotus and saw Lord Ganesha's body in the middle of her (discrimination regards money, bought apartment in Parthi since I am retired now)

July 18-26,'09 Meditation: As I was focusing on subject, I heard "100%". Jul 19 Meditation: it was calm, easily concentrated on Self. Later in the day I was in bliss, attention on Self, and slowly uttered Gayatri in mind. I saw deep blue light. A little later I heard 'తప్పకుండ' (meaning without fail). Understood that if Gayatri is done this way without fail will reach the deep blue beyond. Jul 21st - During day I was in intense bliss for couple of hours. July 23rd Meditation: I prayed to angels and God to take care of Raeshum and Shobun. In the end I saw a fruit on a tree, and as I watched, it fell to the ground on its own. I am told fruit will fall on its own in Raeshum and Shobun's case. Jul 26th - I attended Sai Center meeting where they shared their Parthi Yatra experiences which humbled me seeing their virtues and recognizing my own lack there of. Came home, in meditation I heard "soja" (go to sleep). I lay down in bed. First I heard "Sairam" (Swami). Later "So, how was your trip?". Shared the greatness of others and my short comings. Heard "Prasad" meaning it was a gift to all of us.

Jul 29-30,'09 Evening Meditation: I got into bliss and to the location of Atma right away. I focused on the Atma, rotated right in there, enjoying the bliss, it intensified based on what I did. I heard clearly "Need to come back" to which I said OK. Heard in hindi "bus" (enough). Stayed focused but stopped rotating, bliss was intense. Jul 30th - meditation was not working, to stabilize, I said Gayatri first and then switched to Aum. Heard "meditate". I continued, heard "sadhana". Understood sadhana to be meditation on Aum, I thought I need to do Gayatri when moving about, I heard "absolutely". In last 2-3 days I had a dream where I saw Swami and I asked for his permission to do Pad namaskar. He said ok with both of his hands. I took the Pad namaskar.

Aug 4-14,'09 Few days back I was trying to focus on the location of Atma like I did before where it was almost like playing with bliss. I heard 'అనవసరం' (not needed). Had lot of dreams involving S, Raeshum, and Swami. Aug 8th In meditation I heard "empty" (my chitta is empty). Aug 14th, I read in Swami's message - Dhyana is above senses and it is when the object, the process, and the subject

all become one. I wondered if I reached it, when I heard "you are there" - affirmation.

Aug 16-23,'09 Started meditation with focus on heart chakra where bliss emanates from. I heard 'comfortable?'. I meditated for about 1.5 hrs with lots of bliss and awareness. Aug 18th, Saw S in a dream early morning (saw her few days back also) wearing a colored saree. She came up to me and endearingly held my chin and said 'they are all impressed with you inside' (her family members). Aug 21st, I was at the heart, and mind was silent in meditation. I heard "అంతే" (that's all), then heard "he decides" (make the effort and wait for grace). Aug 22nd, My mind was all over the place, started chakra concentration to control it. Heard "few minutes". Vision: Saw a round ball roll off of me and went over to Swami's lap in wheel chair. I Heard "sakara Brahman". I recollected Swami's advice to S - puja to sakara (form), meditation on nirakara (no form). I heard "Nirguna". I realized Guna is in mind, and Nirguna is silence beyond mind. Aug 23rd I was thinking of Ganesh puja on chaturthi, I heard "ten days" meaning to do Ganesh puja for 10 days.

Aug 24-28,'09 Meditation: About samadhi, I heard "impossible to get it" by keeping mind quiet while enjoying the continuous bliss in the heart. Aug 25 Meditation: Started to go to heart chakra again after Omkar when I heard "hey, come back". Few seconds later I went to forehead chakra, subject concentration at the same time, when I heard "this is how it is going to work". Vision: Saw a shiny gold rupee in my left hand, which I understood as spiritual prosperity will come. During last week as I closed my eyes, I saw something hard to describe moving in an elliptical fashion in slow motion. Yoga Vasishta says 'the power of energy of consciousness is in motion all the time..' Aug 28th Meditation: I concentrated at Ajna chakra, and mind was quiet. At the end I heard "guaranteed" meaning goal is assured.

Aug 29,'09 Meditation: Started by concentrating on subject at Ajna chakra. Thought of formless God I once saw in my dream, combined it with the subject inside myself. At that time I heard "perfect". Little later heard "as it is", and then "half an hour". I continued but thought keeping focus for 1/2 hr is a long time. Remembered I need to focus on Nirguna. Much later heard "anandam udbhavam" (bliss manifests) and a little later "వస్తుంది" (will come). In the end I heard "practice". Vision: I walked through many open doors aligned in a straight line, one after other. Then I came to

a greenish door slightly to the right, it was closed. I stood there. I saw a symbol of Aum, started doing Aum at mind level. I waited when I heard "Are there any questions?". Noon meditation: Saw a face up close, focused on eyes and forehead. At Ajna chakra saw a small black lingam appear for about 10 seconds.

Sep 1-4,'09 In last few days a copper and white colored flower was given to me in vision. After meditation on Ajna chakra, I lay down to sleep when I heard "ఎలా వుంది" (How is it?). Today morning meditation I was asked "do you have any questions". I did not have any. Sep 4th - Dream: I and S going somewhere in a taxi with luggage. We stopped near some stores, S gets down to go to a store, and she was gone. I got out looking for her, then I got worried about luggage, went back to where the taxi was, it was gone. Soon I find out taxi, luggage, and S are gone. Yesterday's thought for the day: 'Remember all that is not "you" is luggage. Mind, senses, intelligence, imagination, desires, plans, prejudices, discontent, distress, etc. are all items of luggage. Jettison them soon'. Saw S last night in a dream. Another dream saw Swami and he told me that no matter what, one always starts with form before they finally reach formless. I asked does this apply to all including Islam, Christianity etc. He said yes.

Sep 11,'09 At Chicago retreat (Sep 5-7)I heard in meditation: "Three dangers ahead", "Glucose is going to be one" (17 years later I am still pre-diabetic). I met Kamal and Chander on 10th in Columbus, OH. On 11th I meditated in their mandir which had Amma Karunamayi picture in it. I started with Omkar and on 10th Omkar, my mind suddenly went still. At the end of meditation heard "Mata Karunamayi is divine mother".

Sep 15,'09 I had a thought about how rapidly Kuber is moving forward spiritually when I heard "it is all based on Karma". A response to my thought if S will speak to me (inner voice), I heard "not yet". Then I saw Swami's standing picture with Diya in front. A little later the picture was gone and in its place there was white cloth and only Diya was burning. Continue to indicate my journey to formless. Sep 21, Meditation: heard "don't worry" not to get concerned with progress. Later heard "Jnana" and then "very soon".

Sep 22-24,'09 Meditation: Heard in the evening "meditate". I held back thoughts with force when I heard "vaisa nahin" (not like that) twice. Vision: saw a very thin transparent layer was peeled off of me with a forceps. Heard "meditate" again. Then I saw eyes that turned into Swami's penetrating eyes, started feeling needle like

sensation in the back part of my skull in the bald area. Read Swami Turiyananda's quote 'it is Maha Maya manipulating everything' which reminded me of what I heard in meditation but forgot "everything, everything is divine mother". Sep 23rd - Meditation: it was intense silence and a great level of bliss that lasted till mid morning. Vision: Saw Aum and right in front of it like a flash Radhe Krishna. Sep 24th, Focused attention on Subject and could feel the bliss along the spine. I heard "contemporary" meaning that Subject and bliss are present together.

Sep 25-27,'09 I meditated 1 hr 20 mts and at the end I extended it 20 mts due to the peace and bliss I was experiencing. When I was in bliss I heard "kitna accha hai" (how good it is!). About an hour into meditation, heard "ready". Evening meditation: I heard "surrender". This was the direction for the Satsang we were going to have. Sep 26th, At Ajna chakra I went to subject and stayed there when I heard "perfect". Next day vision: I saw whole bunch of coins and as I turned the corner I saw more coins. A little later I saw a curtain was drawn down in front of me as if a veil is put on my vision. (Interestingly Kuber mentioned that a veil is being put on you to hold you back.)

Oct 3,'09 Meditation: I continued to listen to Silence while focusing on the Subject. While doing it I said to myself, this is the voice of Brahman when I heard "Vaakimein" (urdu - in reality, it is). Next I thought of Name and Form mentioned in Brahma Sutras, when I heard "Everything" with emphasis.

Oct 5,'09 In meditation I was mostly in bliss and along the way IV asks "Jo bole tho vho karoge?" (in hindi 'will you do what ever I ask you to do?). I said 'yes Swami, I will do'. Felt as if my mind, chitta etc got scanned to see how much conviction I had. Vision: I saw many glass walls, windows, and doors in front of me. A ceiling height double door was there and I was in front of it. After a little pause the door swung open and I could see inside, had sofas and a few people. (I got tested today, result?).

Oct 7, '09 Sudershan, participant of our satsang, is a long time devotee strong of Mata Amritanandamayi (Ammachi, hugging saint). His wife Padma passed away in 2006 due to fire accident. He told me that he is not eligible for social security surviving spouse benefit. I called him yesterday, told him he is eligible and should apply. Last night in a dream Ammachi came to our house. She hugged me and was smiling like her usual self. I got the feeling that she hugged me many times. One time I was lying next to her and

she hugged me like a mother does. She told me multiple times that "Swami is real" which I understood as Saguna Brahman. We were all in backyard. I served an edible item in Ammachi's plate. She looked at it and started uttering mantras.

Oct 8,'09 In meditation I posed two questions. Is bliss simultaneously present with subject consciousness? Is subject consciousness Sat-chit-ananda? I heard "wonderful" (pleased with questions). A little later I heard "massage" and heard it again. I rotated around in subject consciousness and it started bliss in the spiritual heart area which answered the first question. A little later heard "can be" meaning subject C can be Sat-Chit-Ananda. It means what I am touching is Jivatman. Is the subject I experience is Jivatman or Brahman? In reply I heard "both". At the end heard "enjoy".

Oct 13-17,'09 I was subjected to two situations yesterday which disturbed me considerably. One of them was due to my attachment to money, and other S is breaking the connection we had so far. I handled both of them as well as I could. Today in meditation I struggled initially but could take my attention to Subject consciousness and bliss slowly started spreading. At that time I heard "అయిపాయె" means it is over referring to yesterday's all day struggle. I concentrated nicely and was in bliss. Towards later half I heard "advanced", little later "ability". I am told I gained this due to the test yesterday and to remember to use this tool when disturbed i.e. subject meditation. Oct 16th was an opportunity to use this method. I ended up doing chakra concentration due to old vrittis and terrorists stuff. I heard "Dhire, dhire" (slowly/ patiently). Right away bliss and silence started. At that time I heard "all taken care of" twice. Oct 17th, Meditation: With effort I slowly got into subject and silence. Focused and stayed there, heard "meditation". Later heard "Samadhi", then "spontaneous" meaning samadhi occurs spontaneously and not gradually. Around Oct 14th Rashmi in a dream saw S, who did not look like before, but like a sadhu or a rishi with her hair tied up. (Indicator of breaking our old ties).

Nov 4,'09 Few days back saw a diya lamp below and another diya lamp above it – like disciple sitting in front of Guru. Nov 2 was Karthik somvar and Poornima. In Achampet mandir we did Sai Narayan Pooja and abhisekam for 12 lingams that came from Jyotir Lingam locations. One of them was Pashupati Nath lingam. Nov 5, In Prashanti Nilayam mandir I kept doing subject meditation, saw shiva lingam, diya lamp etc. I heard "రుచి వచ్చింది" which means developed

taste for Subject meditation. Nov 6, I got to subject meditation in the mandir when I heard "first class" meaning I am able to reach it well. Later heard "I like to make a suggestion", suggesting to do subject meditation as much as possible while doing other activities.

Nov 11,'09 Meditation: Saw Lord Shiva visible up to his chest, to his right saw Trishul by itself slanted at an angle. Right below that scene there was a brilliant Aum which was diamond studded with a big green stone in the middle of top half. Right below that saw S and a male figure, both wore head decoration like Devas.

Nov 12,'09 Meditation: I was given a large cup full of liquid by two very tall celestial men, later I heard 'కాపాడు' (protect). It is the connection to Atma that I need to protect by constant practice. I saw in a vision Lord Shiva and Parvati. I was in quite a bit of bliss in the afternoon. Nov 13 Meditation: I heard 'ఐపోయింది' (all done, over). I was in strong bliss, clearly understood strong bliss comes from heart chakra when attention is deep in the subject. Vision: saw S in white dress, I said, seeing you after so long, are you not going to kiss me? As soon as I said that, realized she was not alive and came down to normal consciousness.

Nov 15-28,'09 9 days of seva in the Super Specialties Hospital Reception started today. First night as I slept in reception, heard "temple" (reception plus dome). On 19th I saw Lord Ganesha in meditation while Arati was being done, though in that state, I did not hear arati. On 20th I heard "Rasa" (essence) and then "true knowledge". Today I opened Vasishta Yoga vol II randomly, and read following on pg 45 "essence is knowledge". In afternoon meditation saw a hand that had a cloth in it, and the hand pressed my Ajna chakra with the cloth. I could feel the tingling sensation for few minutes. On 22nd evening saw perspiration just below the crown of 7' Ganesha sculpture. 23rd Swami's Birthday. While getting ready at 4 am, I did subject concentration when I heard "correct", later heard "happy" (Swami was happy with my concentration). Meditation: Saw black statue of Lord Ganesha and a very steady flame. Today a foreigner told me that cosmic energy flows through the center of the dome downwards. At 9:30 pm I sat underneath and meditated when I heard "ప్రొద్దున", "మనస్సు", "empty", "బ్రహ్మాండముగా" (morning, mind is empty wonderfully). Nov 24 Meditation at 3 am. Heard "discipline", "discipline", "discipline". Little later heard "ఏమి లేదు" (there is nothing), later heard "Jnani". Nov 26th, Last couple of days I had been doing Dharana on Swami hoping he will come to me like Lord

Krishna did. I saw Swami come to me and bless me with both hands. On 27th saw him blessing again. His right hand moved forward and light came out of the palm towards me. I saw Swami come out of Yajur mandir in his subtle form, walking like he used to years back. Nov 28th I did Anusandhan with Swami's right eye when I heard "కోటి బంగారం" (crore of Gold) about the practice. 29th morning meditation I saw lots of coins, and Swami (wealth/ prosperity).

Dec 2,'09 Last night before and during meditation I was in great bliss. Along the way I heard "Vijnani" (one with spiritual wisdom). Today in meditation I heard 'samadhi' early on. Later I sat for almost 40 mts in fairly thoughtless and scene-less state. Dec 3rd Morning meditation: Saw Swami twice. In the first vision I saw bunch of chairs in the back while a function was going on in the front. A little bit to the left in one of the last rows Swami was sitting alone. This vision indicated that Swami will be there at the speech on Spirituality by Prof Anil Kumar at Nagar Kurnool that we were planning to attend. Dec 4th, while doing chakra concentration I heard "Gayatri చెప్పు" (utter Gayatri mantra) which I did. In the end had a vision of Swami. Dec 5th Meditation: experienced a silence that was unusual. Could keep attention on subject effortlessly while being in that silence, there was intense level of bliss. There are no space time relationships in that silence. Dec 12th I went around Swami's home three times. When second round completed, I closed eyes and did namaskar, when I saw the same set of hands did namaskar back to me (puja to be done to inner being).

Dec 13,'09 Meditation: meditated on subject from 6 - 9 am with breakfast break, and was in bliss. Despite all the disturbances, I could stay in that state with effort. While standing in the darshan line, bliss started at 2:30 pm, it was intense bliss from 3 - 5 pm. At 6 pm went inside mandir to meditate in silence. I thought that I am making effort to do Atma anusandhan when I heard "అంతే" (that's it)

Dec 16-17,'09 As I woke up, heard the following as uncontrolled thought 'the book in Telugu is not translated correctly. It was done by someone who does not know English. The English book is written very well and I will translate it into Telugu.' No idea who said this and who is going to translate it into Telugu (in April 2024 I ended up translating). In morning meditation, I was not on subject initially but later shifted anusandhan to subject when I heard "very important". Later as I concentrated on Atma I heard "that is correct". Dec 17th, I heard "అంతా మంచిగుంది" (everything's good) and it was quiet and blissful. Meditation in Kulwant hall: I saw Swami in

white walking down the darshan walkway, there were 2 boys in white walking behind him. I barely saw Swami as he moved forward because a pillar blocked my vision. This is the second time I see Swami coming in subtle form during Bhajan time (see Nov 25).

Dec 18, '09 Dream: I am to travel to some place and to get there I had to take a train to Chicago. Got to the station but did not know how to get to platform, had to cross tracks, bare ground etc. A train came and stopped and as I was getting to the platform, it left. Second train came, I was struggling to get to it when it started moving, could see the ticket collector (TC) in last compartment. I yelled 'stop, stop' and barely got into the last compartment. TC made a comment 'talk about boarding early!'. (Train is spiritual journey. S took first one. Looks like I will barely make it (see 'Guru Sadguru God' Apr 25, '98 experience). Meditation: After 21 Omkars, I heard "close the door". I would drift a bit but overall I was on Subject and did dharana at the same time. Almost in the end I heard 'అదృష్టవంతుడు' (means 'lucky man').

Dec 19-28,'09 I said to Swami in my heart "I know that you are here in the subtle form. You have shown this to me twice. It will be nice to see you Swami". Right away in vision I saw Swami leaning against a pillar in Kulwant hall, he turns his face to the right and looks at me. Dec 27th Meditation: Started doing dharana on subject, when I heard "అంతే" (that's all), and as I concentrated, heard "it is at the heart". So I did it there but as my mind drifted I heard "repeat" and when I drifted again, heard "again". In night meditation as I did the same, heard "I love it". Dec 28th As I did the same, heard "I am happy". Dec 30th Meditation: Quiet and blank screen in front of me. I heard "you can't go" to my thought of visiting Bhopal, Calcutta etc. I thought of how not to go, when I heard clearly "you can go". I was surprised at the blankness of mind. I thought of vacuity, equanimity, and bliss mentioned in Jnana Vahini, I heard clearly "it is the best".

Jan 4-23,'10 Night meditation: Heard "darshan", "comfortable", "sitting", then "ready?". Meditation on 6th: today's experience clarified the message, darshan was of Atma in samadhi. I meditated on Atma (Subject) at the head level (unlike at heart). For a brief moment I thought my mind was going into a trance and getting seized. Then I blinked and it stopped. One needs steadiness (not blinking), relaxed (no exertion), sit comfortably, gently do dharana at head level. Above all surrender and wait. On Jan 16th I meditated doing as described above, I heard "అంతే" (that's it). In the morning

saw a vision- in the bhajan hall saw many people in white on the right side of veranda with their hands blessing. Are they astral beings? Also had a vision of Swami in white sitting in kulwant hall today (4th subtle form vision, he did not come to give darshan today). On 22nd night I heard in meditation "Kaivalya" (merger) and then saw Swami blessing me.

Feb 4-10,'10 Had couple of dreams and in all of them I was aware of my current spiritual practices etc. In one of the dreams cleaning is still going on. Feb 6th I thought of the Crown lotus and wondered if the petals would open, when I heard "they will". As I sat in that awareness, I saw a bright flash of light, like lightning, that was white with silvery brilliant shine to it (light of Atma). Feb 10th Meditation: Saw a ring finger putting Vibhuti, and a little bit of it fell down from the side. Felt auspicious. Yesterday in meditation thought of inner voice connection, and told myself 'it is good to hear' (the skill of hearing). At that time heard 'it is VERRY good to hear' emphasizing on 'verry' slowly. Last couple of days I saw Swami's form at subtler level than the usual I see.

Feb 11,'10 Meditation: I concentrated on the subject, then in a strange way on the mental spot where the subject is. My dharana practice on Swami's form helped in holding attention on strange empty mental space. Lost it and came back to it, I heard "maintain". All along I was in bliss, but kept up this practice instead of enjoying bliss.

Feb 12,'10 Maha Shiv Ratri in Prashanti N. It was strenuous sitting, waiting, in the hot afternoon. I did Gayatri mantra most of the time, it was hard to meditate. Vision: saw a big wood door with 1.5" wide flat strip, door lock handle, that was open (at 60 degrees with the door). The lock hanging on the other half of the door lock mechanism was in open position with the key in the key hole. The door was in the closed position but ready to open with a little pull. There were two buttons one above and the other below the lock mechanism. I saw my hand pushing one button, then the other, to open the door. Understood the door is all set to open by mere pull, instead of other methods. Feb 15th - Meditated in the mandir, during Arati I rotated my awareness in subject. Saw a vision of something indescribable non-descriptive thing move closer to my awareness.

Feb 16,'10 In morning meditation saw Swami sitting in the chair (mauve leather) that is usually put out, when he is not coming (4th time subtle form). They do this to indicate that he will come and sit during darshan in the morning. Feb 17th I meditated on subject,

put my attention where I was asked to "maintain". Then I heard "గుర్తు పట్టినావు " (recognized). Feb 18th As soon as I hit that spot, heard "Oh, Good". As I maintained attention there, heard "samadhi". This is the door to samadhi.

Feb 22-23,'10 Meditation: Saw human size Lord Krishna's sculpture in blue color. Later I was told not to get diverted "do not touch anything else". Yesterday meditation: Suddenly pulled a door open, there were people sitting facing to the left as if there was a stage there. Rashmi called and told me that she saw me in a dream, all bloody one side, handcuffed, and two policemen got me down. Later understood that I am getting bloodied by trying to comprehend Adwaita, Dwaita, Vishishtadwaita by reading and using intellect and analysis (reading 'I am That'). Hence I stopped reading 'I am That' unless IV directs me to read it. Feb 23rd I heard "మెల్లగా" (slowly, gently).

Feb 24,'10 Meditation: Did 21 Omkar, concentrated on subject. Saw a vision of a open tall double door. Started doing Dharana on empty space while staying connected to subject. Not sure how long, but I jumped over to awareness when I heard "Khatam ho gaya" (its over or done). Stayed in awareness for almost 20-30 mts and tried to feel it and remember it when I heard "compulsory" (necessary). Feb 27th Did concentration on subject and dharana on the spot to get to awareness. Not sure I got there. Later I had a thought that I need to practice to get to the spot regularly so that it can be done while moving about, I heard very subtly "exactly". Feb 28th Meditation 5 am - focused on the Subject, then gently focused on the spot (doorway) to Awareness. I was in great amount of bliss and kept focus at the spot whenever I dropped out of it.

Mar 7-21,'10 Yesterday morning saw vision of a rubber like chord tied at two ends, and a hand was trying to sever it, instead the chord would just flex. A little later I saw a vision of peeling of a very thin layer. Today I heard "fortunate" as I focused on subject. As I meditated I heard "fantastic". Lately I began visualizing God inside me, outside as Swami. I do Arati recognizing both. Mar 17th Concentrated on subject and did dharana on the heart chakra. After a while I heard "అంతే" (that is it). Little later heard "30 minutes", "నా మాట" (my word) (God's assurance). Little later heard "సంతోష పడ్డాను" (I am happy), "ఐపోయింది" (it is done). All through this I was in medium to high level bliss both at heart and at the head level. Mar 18th Meditation: as I did concentration on Subject and Dharana, heard

"Ram Navami". Continued feeling the bliss, heard "Amrith" (nectar). At some point I drifted and then brought my attention back to subject and the spot, heard "wonderful". Mar 20th Yesterday meditation was a state of bliss and contemplation at the same time. Today I was encouraged by IV, regards focusing on subject and dharana on heart, by saying it is better, it is alright etc. All along from start to end, it was continuous bliss. Mar 21st After meditation around 10 am, I felt lot of bliss. I did dharana on Swami's eye for 10 mts and sat down to meditate again. Focused on subject, dharana on the heart. Bliss level was high to intense. For some reason I shifted my attention from there to the subject of the silence in my head. At that time I heard "like this?". Little later heard "guaranteed" meaning the result. As I stayed there for few minutes, suddenly heard "right here" and I felt as if I penetrated and entered into what I am calling Awareness (it is a constant silent buzz of awareness, thoughtlessness, in the head and it is effortless, bliss both in the head and heart at the same time, Prashanti?). A little later heard "మంచి పని అయింది" (good thing got done).

Mar 27,'10 Dreams: First I dreamt about work situation where I am asked to do three things that are diverse and at times conflicting. Finally I align all three things and get it ready for prioritization. Dream changed: Swami is telling me, though his form is not clearly visible, "sit quietly, silently in a corner". I thought of what am I supposed to do. He answered saying "everything will get done as you sit silently, by mere presence and witnessing". I woke up and in meditation I told myself that I need to be able to silently witness my mind, when I heard "exactly". Little later got a thought, realized it, pulled my mind away from it, and went directly to the void. At this time I had a distinct experience, I saw the background as thought disappeared, like the picture on a screen disappears, and you get to see blank screen. At that time I heard "fantanstic".

Mar 28,'10 Last night saw two dreams. 1) I was with my mother who is in a wheel chair, though looked different. We were waiting for Swami's darshan but had to move the wheel chair to take my mother to bathroom. Seva dal tried to stop me since Swami was about to come. I still ended up outside hall near bathroom. Then I realized Swami came to the gate outside the darshan hall, where I was standing, and spoke to both of us. I touched Swami's hand, body on one side while conversing, my mother touched the other side of his body. It felt very good that we could touch him and speak

to him. 2) I saw Swami's wheel chair come up to me. I could distinctly see his feet, then slowly for a long time took a good pad namaskar. In the afternoon did dharana on Swami's eye. It gave me bliss and lot of silence in the mind.

Apr 6-8,'10 Mind was going all over. Focused and brought it back to subject when I heard "there". Then I was asked to "move back", once I got to the spot, heard "meditate" meaning hold it there. I was able to hold it, heard "God's grace". After a few minutes tightness released, moved slowly to the back of the head, and could hear continuous buzz of bee humming, bliss, and awareness with not much effort. At that time heard "its amazing". Apr 8th Couldn't meditate due to many disturbing discussions prior night. I kept trying till, at the tail end, I saw a flame about 2" tall that was fluttering in the wind, became calm and still (mind became still). I came to bed and focused on Ajna chakra, saw a brilliant white sun in the middle of eyebrows. 4 pm meditation: I experienced fairly intense bliss all afternoon. Around 5 pm I opened my eyes, I looked out the window and saw a naturally formed 12" tall Aum symbol in the pink flowers of crab apple tree in our backyard. I stared at it, after a minute it was no longer visible.

Apr 9-11,'10 Got the mind to slow down and started Anusandhan on the heart. Heard "exactly", later "practice", little later "అదృష్టం" (good fortune). After some time heard "Itni jaldi" (so soon/ quickly). I saw someone in vision who showed four fingers of his palm, meaning four (years/ months? for what?). Apr 10 Meditation: began with concentration on subject, slow uttering of Aum with constant bliss. Held my focus on the spot of subject. Heard "right now". Continued. "Right now" again. Held on to the spot without blinking inside. In-between alarm went off, got up shut it off, came back and settled into Anusandhan right away. Heard "excellent". Continued in bliss. Quite a bit later heard "Good Job". After breakfast in meditation saw Swami's smiling face and his hand waving and blessing. Apr 11th Evening, meditated on subject and dharana on the spot in consciousness. I transcended and was in total emptiness with continuous hum, bliss. As I came out of it slowly, heard "that's the way". This state is intense silence with beautiful hum in the thoughtless mind. Even this bliss is more at the head level than at heart.

Apr 20,'10 (See Cleansing - chakra, vasana .. chapter) Told to meditate three times a day.

Apr 24-28,'10 Meditation: focused on subject and on awareness at the same time. At the end of 1 hr I heard "one year", later "you will be ready" (See Sept,6 '11). Later saw consciousness which is motionless void and a huge elliptical mass moving continuously in that void (see Oct 6,'14 Guru Sadguru chapter). Saw a tree with branches in that mass. I understood what is called 'Alatta Shanti prakaranam' of Gaudapada acharya. While this was going on I was in intense bliss. Meditated for 1hr 20min. Apr 28 Dreams: 1) Saw S and asked her to come with me. She takes me to this man who is lying down, a Pharsee muslim, and she is living with him. 2) She says this is all a joke. (We are slowly getting disconnected, see her less often etc). In meditation, saw a curtain pulled up completely (maya veil is getting lifted?). Right after that saw darkness, and suddenly light flooded the whole scene. Understood that when light of Jnana is turned on darkness disappears.

Apr 29-30,'10 Yesterday in meditation I saw two cars, the lighter color car left the road and was flying in the air (car is spiritual journey in this life). Today's Meditation: Realized I need to go past subject, not by going deep or far but by concentration and getting to a subtler substance than subject. At this time I heard "Indeed" confirming my thought. Started doing it, focused on a spot in heart chakra, I heard "milega" (you will get it), then "dhire dhire" (slowly). Stayed on it, not sure how long, but I heard suddenly "congratulations" very clearly. I felt a beautiful hum spread through my head, felt lighter, and effortlessly thoughtless, but aware. Bliss at the heart chakra reduced, and a different feeling (not physical anymore) persisted in the head. Apr 30th meditation: I saw in my Ajna chakra a round, bright white light and it stayed longer than the usual. Rashmi called and shared her dream where Swami comes to their home and says "Gyani and .. gave me an interesting gift. It is a neck tie. I will wear it when I wear a suit to meetings." After pondering understood Swami is referring to the 15000 sq. ft Shirdi Sai and Sathya Sai temple in Achampet that Krishnaiah and I got built.

May 4,'10 Despite allergies/stuffy nose meditation at 5:40am: Thoughts kept invading. So I quit making effort, focused on subject and heart chakra, kept mind blank as much as I could. Not sure how long but something came alive in my head, it highlighted, grabbed and moved something in my head by an inch (like laptop cursor, highlight-drag-drop). Immediately experienced a deep sensation, intense silence, and bliss at the same time. Head got lighter and was in Awareness, when I heard "perfect". Slowly a thought came and

pushed me out. I said I want to get back into it and understand the process. Focused on the spot in the heart, effortless. Started hearing high frequency silence that grew in intensity, felt like I might go into trance. Bliss intensity shot up to the extent tears were coming down, head got lighter, was in thoughtless Awareness. I heard "wonderful". Opened my eyes, 7:40am. Bliss and silence were so intense, kept slipping back into meditation. Finally got up at 9am.

May 8,'10 (See Cleansing - chakra, vasana .. chapter) Obstruction in heart chakra is removed.

May 12-26,'10 (See Cleansing - chakra, vasana .. chapter) Uneasiness in Kundalini removed, chakras opened. May 17th While meditating in Prem's home, I was in heavenly bliss when I heard "enjoy". It lasted all day. On 18th While meditating I thought of going deep, when I heard "how far do you want to go?". I thought Nirvikalpa Samadhi, when I heard "mushkil hain" (that's difficult). May 26th I sought permission from Swami to go to Amma Karunamayi's retreat, I heard "ok, go ahead". Today is S's birthday. I looked at her picture right below Swami's in our bedroom and said Happy Birthday. Her face moved for a minute, she sent flying kiss at me 2 -3 times.

May 29-31,'10 Last 2 days I meditated on heart and was going right into bliss. Bliss was not letting me do anything but sit and enjoy it for as long as I wanted to. Today for some reason, I held my focus somewhere in between head and heart but made sure my vision was turned inward (at times I found myself floating to external vision). I held it there although there was no bliss that got triggered. After a while I suddenly heard "beautiful". May 31st Meditation: Lot of thoughts, it was hard to stay focused on a void spot around the heart, though bliss tried hard to pull me into heart chakra. I resisted. I thought, based on the agitations in mind, if I am putting in enough effort to get these cleaned out, I heard "100%".

Jun 3,'10 Meditation: Focused on silence in surrender mode. Amazingly I sat for an hour, could hold attention at the heart chakra with barely any thoughts, except awareness and uttering of Om at mind level only. In the end I heard clearly "perfect".

Jun 7-12,'10 Meditation: Kundalini energy started rising. For some reason I focused that energy to Ajna Chakra diverting from the top of head. I thought of stopping when I heard "continue". I continued. June 10th meditation: heard "100%" twice. Also heard "definitely" indicating spiritual goal will be reached. June 8th meditation on Ajna chakra, saw a round brilliant white light about the

size of small Sun right in the middle of eyebrow. Outline around the light was jagged. June 12th meditation: saw a square bottomed clean empty porcelain jar, at the bottom there were two small spots. Later I saw a window got opened up to outside blue open sky, I heard "opened up".

Jun 17,'10 Ajna chakra continues to tingle (See this date in Cleansing - chakra, vasana …chapter).

Jun 30 to Jul 2'10 (See 'Other Saints Sages … ' chapter).

Jul 10,'10 As I thought about last night satsang discussion, I thought of Jivi as the 'I' consciousness of mind, when I heard "and body" (mind body consciousness).

Jul 17,'10 Third time I am noticing that as I wake up, my mind was uttering something, and as I watched, it completed 2 more sentences. In awake consciousness my mind operated independent of the Seer/ witness.

Jul 19,'10 (See Cleansing - chakra, vasana .. chapter) Ajna Chakra is done.

Jul 30,'10 I heard in the meditation as I was focusing "bahut nazdik hain" (it is very close) (next stage is very close).

Aug 3-9,'10 Saw S in dreams last few days. Yesterday meditation saw S's face from the side, she was laughing out of happiness and amusement. Today as I woke up, heard "meditate" twice. Aug 5th Meditation: focused with full immersion of attention on Sahasrara, I heard "perfect". Later as Kundalini energy was rising, focused and sent the energy to Ajna and to Sahasrara back and forth. Heard a loud cracking sound from mandir. I held steady when I heard "good connection". Aug 9th meditation: As I held on to Subject and was in bliss, I heard "there is nothing to do". Kundalini energy rose straight up to Sahasrara while a continuous feeling/focus on Ajna chakra persisted. Around 11:15 am intense bliss arose, so I meditated till 12:45 pm. At 9:30 pm I read from Aparokshanubhuti by Swami Vimuktananda verses 125, 126, '. aspirant should carefully practice meditation that reveals his natural bliss until … it arises spontaneously..,'. '… having attained to perfection, becomes free from all practices..'. Gita VI-3 'upon well established in Yoga, inaction is said to be the way' (reminded me of morning bliss and message I heard).

Aug 11,'10 (See this date in Cleansing - chakra, vasana … chapter) Got freed from some large burden hanging onto me.

Aug 18-29,'10 When I was thinking about self realization, I heard "September", then heard "everything", again "everything". Aug

25th Focused on subject and held it there, I heard "wonderful". I was thinking about how love drives creation etc. I heard "pandit ji". I laughed. Aug 29th Focused on the subject. I heard - pulling of a string and clicking sound of a switch - in my mind only, though no light came on. I heard "right now". I continued, later heard "marvelous".

Sep 5-12,'10 After a hectic, disturbing day, I went for Krishna Janmashtami celebration at Manhar's. Entire 2 hrs stayed focused on Lord Krishna's picture, kept asking when is he going to wake me up from 'samsara slumber'. Came home and trying to fall asleep, I heard in a distinct new voice "Gyani". I said 'is it my name or a title?' I heard "title". Sep 10th - focused on consciousness right behind Ajna chakra and held it there, I heard "bus" (enough). I turned my mind's eye inward and going deeper, after about 5 mts I heard "amazing" twice. Held my attention there. I heard "andar hain" (it's inside). Then saw a vision of a broom sweeping dust (cleansing). I transcended, as I returned heard "Vijayee bhava"(may you be victorious). Sep 11th when meditating on consciousness I heard "chinta mat karo" (don't worry) for result. Sep 12th Got to the spot in consciousness and held steady when I heard "beauty". Right after that I heard "Nityanand" (ever blissful).

Sep 14,'10 Large fist comes and bangs me on Anja chakra … (See this date in Cleansing - chakra, vasana …chapter)

Sep 16,'10 Today is my birthday. Dreams: 1) God (cannot recall features) said to me that I should be given some Siddhis or part of his powers. My initial reaction showed interest in it but realized and said "you know best and whatever you think is right". 2) Saw my father getting angry and kicking someone and that person kicked back. My father fell down, he got up and got ready to fight, I intervened and said to him that this is the world which is nothing but anger and conflict. He realized it and repeated the same and walked away amicably.

Sep 21,'10 Today lot of my shortcomings got exposed - long held negative opinions, ego, vanity etc. I prayed to Swami that 'I have strayed or failed in these tests and needs his help to overcome it'. Later my meditation went very well. Ajna chakra was active, I held on to the subject tightly. I heard "thin, very thin" (sheath).

Sep 22,'10 Meditation 3:15 am: (see Cleansing - chakras … chapter) Night Meditation: Right away got into consciousness in the middle of the forehead. I was in bliss and Kundalini energy rose from the base, all the way to Ajna and Crown chakras. I heard "prasadam"

(God's gift). Later "celebration". Sep 23rd I heard "blessing", then "blessing" again. Later heard "getting closer and closer to God". Sep 24th meditation: I heard "naukari mil gayi" (got the job). Saw a vision of Lord Shiva sitting up close to me and he or someone put tilak on my forehead. Felt something got pushed down inside my mind, and I experienced a higher degree of silence.

Sep 30,'10 Night meditation: (chakras are open - see this date Cleansing - chakra … chapter) I gently took my attention to base of S chakra, without effort kept it there. Transcended, saw the whole screen in front of me turn greenish white for a few seconds, did not blink/ flinch, realized I was in effortless awareness. Felt I need to repeat this regularly so started making the effort, when I heard "that is the only way" (to reach the basis).

Oct 7-18,'10 I tried to meditate on the same spot to get to the blank screen as yesterday, I heard "it is not there". Oct 8th Slowly I got to consciousness and felt the bliss, and slowly let the Kundalini rise up to S chakra. Then moved my attention to S chakra when I heard "that is the only way" again. Next day I saw myself open a door suddenly (another level up). I heard "three months". Oct 10th In meditation saw Ram parivar (family). All day took notes from Yoga Vasishta like - leave all doubts become Maha Karta, Maha Bhokta, Maha Tyagi; A mind that is Nirvikalpa is Turiya etc. Oct 18th My mind would not keep quiet in meditation, suddenly heard a stern voice "No talking"!

Oct 23,'10 Reached Puttaparthi on 21st. Meditated in the darshan hall today, I was in bliss all through. Afternoon meditation: focused on silence, hung on to higher frequency sound to go into subtler level, when I heard "yaad ho gaya" (remembered it). All through I was in bliss. Moved to S chakra and focused on consciousness, I heard "magnificent". After 20 minutes, went to bathroom and came back, meditated. Went to S chakra again when I heard "that's all done".

Nov 10,'10 In meditation heard - "there is a problem", little later "muslim". Few seconds after "Do you understand?". My dislike for extremist muslims (terrorists, hard core) is hurting my spiritual growth. Started working on removing it.

Nov 28,'10 Meditation: I heard "what do you want". Could not think of anything. Then heard "santhanam" (children). Only thought was whatever Swami wants. Though in worldly way both Raeshum and Shobun are leading average/ below average life.

Dec 7,'10 Jnana Vahini pg 58 says 'Qualities like Ignorance or Knowledge attach themselves to Jivi and not to Sakshi.… sakshi which is the apparent basis for Jnana and Ajnana is devoid of both, while the Jivi is actively bound by these two. pg 63 Every moment the spring of Sat-Chit-Ananda will well up in the individual and that is the real Sakshatkara. Acharyas too emphasize this discipline and dwell on bliss.'

Dec 23,'10 Meditation: I got to depths of subject that triggered delightful bliss inside me, I heard "excellent". Dream: I was telling someone that Swami said this in my meditation. Suddenly I noticed S sitting close by, realized that I did not tell her what Swami said. I asked her if I already told her, she said no. I went ahead and told her, she smiled and was happy.

Dec 25,'10 I had darshan of Swami in Nilayam and returned to apartment and meditated. I heard "Siddhi" and a little later "Gift", and "Gift" again. Asked what siddhi, no reply. Dec 26th meditation- As Kundalini rose in blissful waves to S chakra, I heard "exactly", later I heard "everyday" (need to practice everyday). Vision - I saw myself holding a coconut in one hand and a hammer in the other, ready to break the coconut (ego?)

Jan 9,'11 Read 'The Path of Bhagwan Ramana' and in that, read the Self Inquiry or Who am I? I was shocked to find the practice of meditating on Subject I had been doing since '08, and the way IV was leading is exactly same as advocated by Bhagwan Ramana. It is advocated to constantly keep attention on the Subject. As I tried to do it in my meditation, IV stopped me twice. Once it said "వద్దు" (don't), then "don't do it".

Jan 18,'11 Meditation: Bliss started. I heard "100%". A thought came - did I reach awareness. I heard "100%" again. Then heard "it won't remain all the time". Went to darshan hall, meditated, I was in marvelous awareness and bliss, very different than bliss from heart. A continuous hum in the mind, bliss that is centered in the heart and mind at the same time. 2 pm after lunch as I write this, the hum and bliss continue.

Jan 20-31,'11 I sat down to read at 9:20 pm. Instead I went into bliss, intensity was twice the normal. Lay down in bed, it won't stop, laid awake in bliss for another hour. Felt my nervous system might fall apart. Amazingly the bliss is ever fresh, always new as Swami said and it was non-tiring. Jan 26th I randomly opened Yoga Vashishta for about 10 sec, my eyes fell on a line, my mind read it without comprehending - "సాక్షి రూపుడవు అవుతావు" ('you will become a

witness'). Jan 31st, I heard "ప్రొద్దుట జపము చేయి" meaning 'do Japa in the morning'.

Feb 2-5,'11 Meditation: Started doing concentration on Self. It started the bliss within. As the thought 'if this is right' arose, I heard "perfect". Meditated under Vata Vriksha (meditation tree), after 1 hr it took me to a stage where heaviness in the mind was gone like a burden got lifted. Feb 5th Meditation under the tree: I saw forehead with trident at the spot where third eye is. Then i saw an eye, then 2 eyes, then one eye with two eye balls one next to it. (Ajna chakra active, getting ready to open in future). In the evening I meditated in my apartment. Focused on third eye area then on to S chakra. I saw a vision where Swami was in wheel chair pushed by the students. In next vision I saw Swami's picture and time almost 7 pm. Realized that Swami is asking me to come for darshan. Hurriedly reached darshan hall, realized Swami is already in Poornachandra hall. Swami came and gave darshan within 10 mts of my arrival. It was a pleasant feeling that Swami called and gave darshan and prasad. Last few days he came at ~ 7:20. (Hindsight - Swami left his form on April 24, '11)

Feb 6,'11 Evening in darshan hall, I was in bliss for almost 2 hrs. Focused on S chakra and on subject. Understood that meditation on third eye leads to Siddhis. How nicely my IV is leading me on to the goal, and not get deviated by Siddhis.

Feb 10,'11 See 'Bliss - Anand chapter for this experience of bliss and pain.

Feb 16,'11 Meditated at 4:50 pm in my apartment. I said to myself 'Swami will let me know when I should go to Mandir like he did on Feb 5'. Got lost in meditation. Around 5:30 pm suddenly heard from my heart "govinda krishna vithale" bhajan, knew Swami is asking me to come. For some reason I got delayed by 4 mts before I walked to darshan hall. Reached the walkway, could see Swami's chair, last "Jai" of Arati got uttered. If I came at the planned time 6:20 pm, Swami would be gone. I was touched by how lovingly Swami called and gave darshan.

Feb 19,'11 Meditation: after a little struggle with pain and concentration, I went into intense Bliss. As I was in Bliss I felt the pain slowly start in the back, it reached to a crest, and then slowly reduced. While in Bliss I watched the rise and fall of pain and understood that this is how one can deal with pain when in Bliss. 4:50 pm meditation - focused on S chakra and tried to stay there. I would drift, then I brought it back. After an hour, I heard "from here

to there", little later "pahunch gaye" (reached). After a few mts I heard "Thank God". To thank God in person, headed to mandir right away at 6:30 pm. I stood at the drinking water dispenser at the far back end. Around 7:40 pm they brought out Swami's chair to do Arati and lot of people started leaving. After a few minutes they took back the chair. I slowly walked to the front and sat down at the corner where Swami's car turns on the mens side. Around 8:20 pm Swami came and I had a good darshan as the car went by with window rolled down. After arati car came around again to give second darshan. We also got prasadam!

Feb 28,11 Meditation: I was in great amount of Bliss. As I enjoyed and kept my mind quiet, I heard "బాగుంది కదా" (good, isn't it?). As I continued to enjoy it, I heard "This is God".

Mar 3,'11 All through Maha Shiv Ratri I was in intense bliss for about 15 hrs. This is the first time ever I had been in bliss this long while going through the day.

Mar 7-8, '11 Left today to USA. Bliss started as I got into taxi at 10 pm. It stayed with me till I boarded the plane, had dinner and slept around 5 am. Now I can really tell the difference between blissful versus normal living. On 6th morning I did Gayatri mantra hurriedly when I heard "pyar se" (with love). Then I did it slowly while enjoying the stillness of mind when I heard "wonderful". In one of the visions I saw written on a paper "Yearning (Will-Urge)". Never came across this definition before. Mar 8th Did Gayatri slowly while enjoying bliss when I heard "beautiful". I was quiet, suddenly from inside I heard "Om Namasivaya". Later heard "అన్నీ తెలుస్తాయి" (you will know all). A little later I went into deeper silence, after some time I heard "there is Naad" (sound in deeper level of silence). In those depths, intensity of silence is different than bliss. Heard it once before when I looked at Swami unblinkingly and did gayatri slowly.

Mar 13-14,'11 I did Gayatri slowly with my mind, everything else was silent, when I heard "incredible". I stayed focused on consciousness when I heard "fantastic". Mar 14th I kept my mind quiet and did Gayatri, when I heard "very good". Vision - Lord Krishna's white sculpture with flute, and there was golden brightness on his forehead.

Mar 22-23,'11 Morning meditation was Japa as advised. Towards end saw Swami sitting on a chair and laughing. His right hand stretched towards me with his forefinger raised. Most of today was contemplation: trying to find this 'I' is all duality because who is finding who. Becoming vs Being. Thought if focusing/ meditating on

oneself leads to 'Being' because whatever attention finds, it is becoming. Right then I heard "absolutely". Began holding attention on to itself, in synch with what Swami indicated. Mar 23 Meditation: I tried going into consciousness moving away from attention, heard "అది కాదు" (not that). I practiced focusing on attention in the afternoon, when I heard "ప్రతి రోజు" (everyday) (Do it every day).

Mar 27,'11 Meditation: As I put my attention on subject I heard "connect". Understood one end is 'I', attention in the middle, and other end is object (vishaya). To go to oneness, restrain the attention to rest in 'I'. No becoming, time collapses. Based on purity and Vasanas, thoughts arise and attention branches out into duality. I heard "అంతే" (that's all), again "అంతే". I continued practicing when I heard "beautiful". A little later heard "prepare" (get ready?).

Apr 1,'11 Struggled to hold my attention in 'I', thought going deeper into 'I' could be better. I heard "neeche me hein" (its below). Started going deeper into 'I', I heard "aur neeche" (further below). I went deeper, I could hold on to it. After 1/2 hr I heard "that's enough". A key thing learned today is holding attention from backside keeps you in 'I' unlike focusing on the front side which is always seeking outside.

Apr 5,'11 Highly disturbing last 2 days - city rejected tax appeal, car in Houston got towed and owe large sum of money, Raeshum broke up with her boyfriend, came across contradictions in scriptures, Swami is in intensive care and all of us are praying. Today in mediation as I did Gayatri heard "అయిపొయింది" (finished, its over). There is unverified information that freezer box for Swami's body got ordered on April 4.

Apr 17-23,'11 Last night meditation: Focused on 'I' and held it there, I heard "right there". Reiterated "right there" confirming the location. Few minutes later heard "it's gone". Little later heard "khatam ho gaya" (finished/ dead) (no clarification). Apr 19th Held my focus on the center of 'I' when I heard "move downward". Moved my focus and held it there, I heard "100%". Vision: Saw a shiny clean mirror partially visible, deep inside me. I thought of intellect in samadhi seeing Atma. On 20th I heard "by the end of the year" (see Brahm-anubhuti chapter). Apr 23rd Last night meditation: focused right in the center of being in surrender mode, it was awareness and bliss only. I heard "baat khatam ho gayi" (its over). (Swami flatlined that morning). Today I was in bliss all day, level of bliss was medium. Night meditation 9:50 pm to 11 pm. Bliss was so intense, I thought my nervous system and head would burst open. I kept my focus and

kept it going. I remembered that Bliss is one reflection of That. Swami left his body at 7:40am on 24th which was 10:20pm US EST.

May 6 -18,'11 Night meditation: Lodged my attention on to subject and went deeper without exerting. Bliss was amazing. I heard "first time", later "best", then "intensity". (First time, best intensity of bliss). At this intensity, no thoughts. May 8th, after a long blissful meditation, I saw Swami (felt live) with his right hand blessed me. May 9th, towards end of meditation saw a white intense bright light. I focused on the light when I saw formation of a Lingam slowly, 15" tall, black and shiny. Light was reflecting off of its surface.

May 9,'11 Dream: Swami is supposed to come to a temple type ashram building near a sea shore area, and about 15 of us were waiting for his darshan. One of the people asked for Viswaroop darshan. I was on the lower level below the balcony upon which Swami was giving darshan, hence could not see. Swami was younger, in his 40's. All 15 of us got his darshan, he materialized big enough prasad for us. We all got a piece. I still wanted his ashirvad (blessing). Next, only Swami and I were walking up to his residence, talking nicely to me. I asked him for something. He said "you don't need anything. After you leave this body (దేహం), (pointing to my body) you will merge in me" indicating it will be liberation. I wanted him to put his hand on my head. He paused and said "I will not put my hand on your head". I turned back a little dejected. Suddenly Swami comes out and comes to me quickly. He puts his right hand around my neck and tells me lovingly "*I did not want to put my hand on your head. Because if I do that, it will disturb the Bliss you are already having. All humans desire and work hard to get to this bliss that you are already having. I did not want to disturb that and hence I refused to place my hand on your head.*" I was satisfied, woke up. It was 2 am, I bowed to Swami and S. May 14, '11 In meditation heard "all ready". I was in intense bliss. May 15th, As I did Gayatri, I heard "everyday". May 18th Meditation: Saw myself the way I look now and that image was looking at me. (Increasing self awareness)

May 21,'11 Yesterday meditation: Saw Shirdi Baba with his head band, and his forefinger raised like indicating number One. Later saw a sliding door open and a long tunnel was visible (new avenue of inner journey). Midday meditation: I was in bliss and focus shifted naturally to S chakra when I saw a wrist watch dial and its hands started spinning rapidly (some process is speeding up). Night meditation: I heard "one or two days".

May 25,'11 Last 3 days mind was in turmoil. Tried to control it repeatedly. Last night in meditation I heard "you are not listening" when my mind was still churning. I got it to quiet down, went into wonderful bliss. I heard "Viswamitra". Heard it again. Later heard "it is marvelous life down here". I continued meditating blissfully.

May 27,'11 I heard "meditation" as I began. A little later heard "samadhi".

June 9,'11 Lately when I meditate, focus ends up with S and Ajna chakras at the same time, at times felt I was about to transcend. I did not. Later heard "tomorrow". June 12th I had been thinking about S chakra concentration and Samadhi. I asked in my mind "when am I going to experience you, God?" A little later I heard "I am ready to meet you". I heard the same thing again in next meditation. Last night had a dream twice. In both cases I was tempted to have a relationship with a female, but with God's grace intellect prevailed in the dream, I did not succumb. Understood why I was called Viswamitra because he was tested by Urvashi/ Ramba. I am also tested as a process to get ready to meet God.

June 15,'11 Last night in meditation I linked the Ajna and Sahasrara and kept my focus on it when I heard "fantastic". Dream: badly needed to go to toilet but could not find a decent clean one. I asked a person, he showed me a ditch nearby with no privacy which I said I will not use. As the need got urgent, I said "Swami, please help me." Next I see myself in a queue in front of a decent toilet with two people ahead, and I waited patiently. This is the first time I ever remember asking Swami for help in dream. Prapanna or refuge is a requirement to meet God. Not sure if I fulfilled it today. In morning meditation I linked Ajna and S chakra when I heard "remarkable". Vision: saw at subtle level a person's eyes, face, and body form. A gesture was made for me to move forward. Moved forward in focus and found in state of void neither light nor dark.

June 21,'11 Experience of - mind getting wiped clean. Meditation: Saw many times some written material and I read it like in the past. Interestingly today as I read, the script vanished. Next I see another sheet of written paper and as I am reading, a hand appears and starts wiping it clean. Then I see a black board totally empty except one or two spots on it. After a few minutes my whole vision turned whitish green and kept hearing the humming in the mind. I stayed that way for about 10-15 minutes.

Jun 24,'11 Meditation: I was in intense bliss, it stayed into morning, while walking. Because of ongoing bliss I meditated in the

afternoon. I heard clearly "There is really nothing to do". Later I heard "Samadhi".

June 26,'11 Meditation: Without exerting, gently I focused on S chakra. After 1/2 hr I started losing touch with my senses. Suddenly felt something started pulling me, I thought I might transcend. Felt I went past Sahasrara, and slowly different level of awareness and silence came into experience. It was peaceful, aware, alert. As I wondered if this is samadhi, heard "samadhi". I heard it again. After 1hr 20mts, I continue to feel the hum, bliss, awareness, and lighter feeling in the head.

July 2-3,'11 S comes in dream twice. Overall it points out that I have still issues with my ego, and they got highlighted.

July 13,'11 July 10th Meditation: I held my focus around Crown chakra and stayed there for the first time. Did not move for minutes, when I heard "vare wa", "Shabash" (amazing, and well done). Meditation: as I reached Crown chakra, felt silence and low level bliss, I heard "బాగుంది కదా" (its good, isn't it). Focused on the back of the head and heart to increase bliss, when I heard "అది కాదు" (not that). Came back to Crown chakra when I heard "that's all". After sometime heard "samadhi" and a little later heard "invitation". Couple of times it felt I would transcend but did not. 10 am meditation: without exerting I stayed at Crown chakra. Twice my body jerked suddenly because of sensation in face and then in the arm. Vision: Saw my shadow in front of me, there was sunlight behind me. (First aspect of consciousness is shadow).

July 15,'11 Mid day meditation: focused on Crown chakra and held it there with vision turned inward. Heard "Proceed" (make effort). I held it at Crown chakra and was in great bliss. Understood calmness and concentration helps in holding tight to the chakra. I heard "wonderful". I asked if this is samadhi, I heard "meditation". Saw a vision of a layer being pulled off from a mass. Heard "wonderful". A little later heard "tamasha khatam" (show is over). A little later I heard "final".

Jul 19-22,'11 see these dates Cleansing - chakra…chapter for cleansing experiences

Jul 23, '11 I saw S in my meditation. Once her face was fully visible she looked at me. She then rotated her right palm in a motion indicating "nothing is here". A little later I heard "Shivangini disappeared". Whatever link was at consciousness level got broken.

Jul 27-28,'11 Meditation: I got to S chakra right away. Sensation in Ajna chakra began and was in great bliss. I heard

"Gyani", I responded "yes, Bhagwan". A little later heard "Bhagwan", then "Kya chahiye beta" (what do you want, son?). I said "whatever you think is right, Bhagwan". No reply. There was crawling sensation in S chakra. Then heard "chinta mat karo" (don't worry). Didn't have many thoughts. Jul 26th Meditation: Focused on Crown chakra. Contemplation: awareness feels peaceful and calm, yet it has all the powers and capabilities because all of them exist in awareness only. Heard "exactly". Vision: saw a brilliant pointed sharp white light at Ajna chakra giving out rays. Jul 28th, Saw S in dream doing day to day activities as in the past.

Aug 17-22,'11 Meditation: Saw a tall jar that had a little dirt sticking to it and saw a long duster cleaning that jar. I was at Crown chakra and continued to feel the tingling and bliss. I heard "wonderful". After a while entered a state where I saw a greenish white blank screen, and could stay there effortlessly. I was in intense bliss, heard "Gyani" then "enjoy it". Aug 18th After a conversation with Raeshum I thought again, as to how she will survive in the world. I meditated and by controlling mind, was able to get to bliss. Vision: Raeshum was 5 yr old sitting in our car trunk with open window and she was smiling and waving as the car left. Understood this is all a play. Few days back in a dream, Raeshum was 20+, speaking sarcastically, showed me some numbers on a black board. Understood that there are still some accounts to settle between us. Aug 22nd In meditation heard "బాధ పడకు" (don't agonize) in regards to Raeshum. I asked Swami for strength, I heard "pucca" (for sure).

Aug 24,'11 Last few days thoughts about Raeshum hounded me. I kept fighting them. Today started Gayatri japa and centering on Crown chakra. Despite difficulty kept going for 1/2 hr, when I heard "Gyani" indicating japa to be stopped. Heard "promoted" to a different role. Saw a vision of a role of cleaning paper trash of people in a train (cleaning spiritual journey trash of others). Aug 25th Heard "talking" when my mind kept thinking. To quieten it, thought of Viveka Chudamani I had been summarizing, I heard "you will get it". I continued to enjoy bliss. (See Cleansing - chakra . chapter) how divine lets me know cleaning is done.

Aug 26,'11 Night meditation: At the end I suddenly heard very clearly "Bodhi Sattva". Did not know what it meant, only knew about the tree (Lord Buddha). Buddhist meaning is too lofty to apply to me, so looked up Sanskrit meaning - "heroic-minded one (satva) for enlightenment (bodhi)" (a keen *mumukshu* made sense).

Aug 27,'11 Lot of contemplation on Viveka Chudamani (VC)) I summarized, where it kept on repeating constantly as how a Jivan Mukta is continuously centered on the Self (Nitya-Avadhan, Atma-Anusandhan). I kept asking myself what do I need to do to own up Atma as my very Self (Sat-Chit-Ananda). This world is like a dream for the realized man (VC), and I need to treat all happenings in the world as dream events in terms of how we feel, react to them after waking up. At that time heard "Saraswati". Now I understand Swami's comment to VS Page 'nothing is unknown in the world. You only have to do away with the veil of ignorance …'. Today during day I dropped for 1/2 hr to a level where there was no bliss and it felt strange like losing a treasure.

Aug 30, '11 Meditation: Saw an interesting symbolic vision of the Self. Saw myself in front of a mirror, had a strange feeling of someone coming from my left side towards me. Just then noticed someone's image came into the mirror. It was mine! The image entered from the side of mirror, leaning on its elbow, looked at me with an amused smile, while I stood. Gave a eerie feeling that my image was separate from me. Reminded me of what 'Guru to disciple' book said "first aspect of consciousness is shadow, next aspect is luminous; its third is reflection; and final and full aspect is only of the Drashta' (witness).

Sep 4,'11 Today all day I was in bliss, and stayed close to 'I'. Walked for 1hr 35mts, I kept bringing the drifting mind back to 'I'. Evening meditation: stayed as much as possible with 'I' and was in intense bliss. Heard "silence" asking me to still my low level of thoughts. Understood what I read 'complete absence of thoughts is Stitha Prajna'. Then I heard "Stitha Prajna". After 1hr of blissful meditation, did Arati. Noticed all around Crown chakra there were currents in my scalp and felt tightness. My eyes were closed, it was total blank, lighted screen, and I was alert/ aware. Still in intense bliss. I stayed put for 5 mts, and that state persisted. Understood Stitha Prajna state. Absolutely no thoughts, full awareness, blissful, a blank screen but not darkness. In the night I had intense level of bliss that I did not experience before. I closed my eyes, I heard "original" (Brahmananda of Stitha Prajna?).

Sep 5,'11 Most of the day I could not hold on to bliss; mind was lethargic; could not concentrate on 'I'. Kept trying, when I heard "everyday". Vision: Saw a woman's face form, then whole vision got occupied by the eyes, they were glittering bright and brown in color.

Sep 6,'11 Tuesday, Marvelous day! See 'Brahm-anubhuti' chapter for details.

Oct 5,'11 In last few days understood how to experience Atma? With very subtle buddhi (Su-sukshma). Buddhi (intellect) is extremely dull and gross in Tamas due to disinterest/ lethargy/ laziness; It gets subtle in Rajas but goes helter skelter due to desires/ passions; In Satva it gets subtle and gains concentration due to equanimity.

Oct 6,'11 Meditation: It was quiet, blissful with low level of thoughts. As last thought disappeared I heard "Gyani", then "khatam", again "khatam" (finished). Felt as if I was about to transcend. Everything in front of me was blank, awareness, and blissful. I heard "complete". (Some part of me is finished)

Oct 9-13,'11 I had four dreams and all of them related to Swami. 1) I volunteered and ended up massaging Swami's both legs with Bengay. Oct 13th Meditation: Started on Crown chakra but mind kept drifting. Heard "koi baat nahin" (not a big deal). Lot of contemplation - God has imaginable/ unimaginable potencies. What value does it have if not manifested? Existence means its manifestation. Duality is necessary for manifestation and its existence is dependent on oneness. Maya with Vidya and Avidya is the mechanism of manifestation and realization. Pain and misery bring one back to its source. Being exists with Chit not projected, only then the puppet show recedes. Dharma is a state of consciousness (Vidya) and no decline is possible, only practice undergoes change.

Oct 14,'11 Held attention on Crown chakra, I heard "go inside". Understood it as, when one holds steady on Crown (or any) chakra it gets subtler & that is going inside. Read Sadhya Bhakti by Narada and its sadhana, I heard "Next September".

Oct 21,'11 Again the same phenomenon of waking from dream and mind continues to play out the dream in words. Interestingly I watched my mind keep coming up with imaginary sequence of events of all parties in the dream.

Oct 26,'11 Today is Diwali. Meditation: as I reached 'I' awareness, bliss began. I thought of 'where is this bliss?' I heard "andar hain" (its inside). Amazing, awareness is bliss but 'awareness of this or that' is not. Also in bliss during awake means low to no thoughts. I heard "celebrate" (meaning this state and knowledge).

Oct 28,'11 Last night in a dream two of my friends were there and it involved killing a buffalo for food. I said to my friend that

neither can I kill nor can I see killing. One friend takes a big knife and strikes the buffalo, it starts bleeding and waiting to die. I woke up, was getting breakfast ready. I saw in my mind's eye the buffalo trying to close its wound with its tongue as it is dying. It felt so docile, non-harming, not trying to retaliate. It made me shed tears uncontrollably for few minutes (shed tears as I wrote this). Prayed Swami to forgive me for all the killing that got supported by my food habit of the past.

Oct 29,'11 Dream: Swami was there with his close circle, I and Krishnaiah were there. Swami praises Krishnaiah's seva in an appreciative way regarding the Achampet temple construction. Krishnaiah through tears said 'gyani sir' is here who did seva also. I looked at Swami and his eyes turned shiny like diamonds as He said something.

Nov 5-12,'11 In meditation at 6 pm near samadhi I heard "Earth is burning all over". I also saw briefly flames engulfing the Earth. Nov 6th I was told to stay active instead of sleep in the afternoon. Nov 11th Meditation: Saw my own shadow in front of me with sunlight behind me. Today's discourse was by Sri Srinivas. In the end he mentioned that a disciple is like a shadow of the master. Nov 12th Meditation in my apartment: Held my mind still gently. In a vision I saw a mirror. There was no reflection in the mirror at all. I thought if this is the stage of Drashta (witness) where there is no reflection of world at all. I heard a sound come from the altar, opened my eyes and saw the garland on Swami's picture got untied and it made the sound as it fell.

Nov 14,'11 Meditated right in the bed because of ongoing cold and insufficient sleep. I kept holding my mind still on and off from 3:20 to 5:30 am. In the end I suddenly heard "bas, khatam ho gaya" (enough, it is all over). Immediately saw the screen in my mind go blank with greenish white color.

Nov 15-29,'11 Meditation Visions: 1) Saw Swami sitting in the chair next to Samadhi and his hands were moving to the beat as Vedam was chanted 2) Saw Swami in darshan hall and he blessed me with his right hand 3) Saw him in my apartment 4) Saw Lord Krishna as a child playing the flute 5) Saw white marble sculpture of Shiridi Sai in white chair right behind Samadhi in kulwant hall 6) a very large single door was unlocked using a key, it swung out fully, saw only the beginning of a tunnel behind it 7) Saw a temple, blue in color with touch of white. It had a AUM symbol on the door of inner shrine, with same AUM symbols above extending all the way up to top which was beyond sight. Is this infinite AUM temple? On 16th all

day after meditation I was in bliss mostly at the head level, with very pleasant hum. Bliss was there every time I woke up.

Dec 12,'11 Shirdi Sai Sathya Sai temple in Achampet Prana Pratishta and three day Homam began. Pundits were excellent; Dec 14th, A day to remember with Prof Anil kumar speeches, breakfast, short talk, purna-ahuti, touching the Yantras, placing them under sculptures, pouring kalash water on them, etc; Dec 15th Meditation 5 pm: saw Shirdi Sai white sculpture, it became alive, mouth opened, we poured water from a metal pot. In spite of worshipping the sculpture for 10 yrs, it became alive after the Prana Pratishta yesterday showing the importance of Yantra, Mantra, and Tantra.

Jan 1,'12 Meditation: I was in bliss. Saw whole sky turning orange (ochre) with bright orange Sun. Later I heard "Gyaneshwar" (first time IV called me so). In darshan hall contemplation continued. Oneness is when jiva is one with the cosmic 'I'. This is possible for 'drashta' and not to bound Jiva. 'Drashta' has a constant understanding (CIA?)[12] that what we see is bodies acting per nature (gunas) but the jiva in them is same as cosmic 'I'. Each of the bodies consists of body, organs, mind, intellect, which are all due to Pancha Bhutas and gunas. All these need an 'I' to function which is either bound jiva or free drashta. One can be a drashta when one sees all bodies as Gunas and a part of the cosmic puppet show. What each body gets, what it has etc are governed by the laws of Prakriti – dharma, karma etc.

Jan 3,'12 Morning meditation: Saw Swami, he had his hand behind his ear indicating that he is hearing me, listening to my thoughts. I heard "enjoy".

Jan 14,'12 Today is Bhogi, first day of Makara Sankranti (new year). Today I was asked to talk about Shivangini to English speaking europeans in Fred and Valerie's apartment. Swami already gave permission to talk. Jan 15th Meditation: I heard "fantastic", a little later heard "gift".

Jan 30-Feb 6 '12 Dream: Saw Anil Kumar and Swami. Swami said "I appointed him. He is like me." Feb 1st Contemplation: Started thinking all Sadhana as peeling the layers off. When last layer is peeled off the *jiva* or ego disappears, but till then it is there. Suddenly you realize the whole thing just vanished leaving behind the eternal cosmic 'I' like I experienced on Sep 6,'11. What a magical show this is! Feb 6 Meditation: I held my focus on 'I' and was in great bliss at Crown chakra. Held it for 1/2 hr. At the end saw Swami's feet, and heard "bagundi" (it is good).

Feb 13-18,'12 Meditation: Saw Lord Shiva and mother Parvati in white marble. Lord Shiva's right hand was in blessing posture. Feb 15th Heard a heavy voice uttering AUM slowly and clearly. Feb 17th While bathing thought about the comment I made that I won't be here during Prema Sai Avatar. Suddenly it dawned on me how meaningless is that statement, because where will 'I' go. It is eternal. Feb 18th As I walked past security at Prashanti, realized that only 'I' exists, I and Swami both won't exist. Felt I lost the form of Sai, and for a little while it felt like I lost something precious.

Feb 26-28,'12 Meditation: in morning I heard "done". Night - I heard "Vairagya" (detachment) as I was in silence. Later heard "wonderful". On 27th - contemplation on how life is a dream. Vision on 28th: Saw Swami in darshan hall walking towards me.

Mar 4-6,'12 Meditation: Focused on the Self and stayed there without exerting. Good level of bliss with crawling sensation in the crown area. At that time I heard "Prashanti Nilayam" (abode of unwavering peace). Soon my mind will be at peace. Mar 6th Meditation: I heard "bete" (son). Little later I saw Swami with a camera in front of his right eye pointing at me (seems like Sarupyam - identity with the divine, realization that 'you and I' are one).

Mar 18,'12 Vision: I am looking at the filament of a bulb that was lit up (Self?). I meditated in the darshan hall of Dharma Kshetra (Mumbai) when I heard "amazing".

See 'Cleansing… chapter' Mar 27th, 28th clear warning not to focus on Ajna chakra.

Mar 29,'12 Meditation: After heeding the above warning I moved to subject. A little later I heard "amazing". I kept focus on subject as much as possible, while listening to AUM. I heard "ever free". I reminded myself that I should always come to subject and not to Crown or Ajna chakras. I heard "always".

Mar 31,'12 Sri Rama Navami. Dream: Saw 45 yr old Swami. He was telling someone about me "He will do very well. He will do very well". I was joking with someone saying "I am not sure what is it I will do". Swami gave something in a silver bowl along with a large laddoo in it. I mixed them, it became a paste. Wondered if I am to eat it. Swami looks at my left side by turning my chin, looks at the Rudraksh mala, says keep it and bring with you at the end. He says it is precious like gold and can be stolen. He then takes it out of my neck and dips it in a small bowl of liquid, and starts uttering some mantras, and did some procedure. I was on my knees in front of him, kept looking at him and thought 'how fortunate to see God in front of

me doing all this' and my eyes filled up. He put the mala around my neck. Evening meditation: heard "I am giving you something" (See Guru Sadguru God chapter)

Apr 5,'12 Contemplation on 'I' perception. I realized the reason we know all of our body at any given time – like ant crawling on body, wind moving against the skin – even when we are not looking, is because of the CIA of the body. At that time I heard "అంతే" (that's it). Immediately bliss started as affirmation. Realized body awareness is due to CIA of body, pure CIA is Brahman. Few minutes later heard "Prasadam".

Apr 9, '12 See 'Sages and saints who assisted …' under Bh. Ramana Maharshi.

Apr 14,'12 Dream: Saw Swami lying down on a podium as if he is not alive. Went there, tried to turn the body, realized Swami was breathing and his lips touched my body. After I woke up in an unexpected way heard Nimesh Pandya's Guru Poornima address where he says 'living breathing samadhi'.

Apr 15,'12 After struggle for 1/2 hr, held mind still, not dive into bliss, and kept going to the Cosmic 'I' experience of Sep 6. Kept telling myself I do not exist, only Cosmic 'I' does. At the end had a vision of a mountain and water fall. First experienced 'I' as water, falling down, where I could not see the water, water flow, or the mountain. Then as if I pulled myself out of water and was able to see - water, water flow falling down, and the mountain. I became the observer. This and Sep 6 experience conveyed the same message, to remove confusion due to various terms in scriptures. Existence of I is dependent on consciousness, and cannot be separated. Is this the experience of Drashta? See Apr 19, '12 experience

Apr 16,'12 Night meditation: I saw a Tonga (horse carriage) and it was turning a corner. I thought it shows my spiritual journey in this life (though slow like a Tonga !), at that time I heard "kahan jaa rahe ho" (where are you going?). I thought a bit and said 'no where' because there is no need to go anywhere, 'Just Be'.

Apr 23,'12 As I flew from Midland to Minneapolis I meditated in the flight. Deep somewhere I saw Swami and heard "Atma (soul) looks into the elements and gets bound and becomes Jiva." After I reached Atlanta I was walking up and down the concourse and suddenly realized, because of Maya, veil (avaranam) hides our real identity (ignorance). Since we are Sat-Chit-Ananda, we have 3 urges and since we forgot our Reality, we look into the 5 elements due to those urges. This is how we get into bondage. I started laughing at

this realization. It is our very nature of Sat-Chit-Ananda that causes us bondage. It is this same Sat-Chit-Ananda we are supposed to realize to get out of the bondage. What a game, joke!

Apr 25,'12 Meditation: I was told "makki choosi mat karo" (don't be stingy). Apr 26th Ted conducted my Souljourns interview 'Clarifying the path to Bliss' Apr 28th Swami said about the interview "it will be useful worldwide".

May 2,'12 I heard "it is Nirvikalpa Samadhi" to the 20 second experience I had on Sept. 6, '12 when my mind stopped and I was one with the Cosmic 'I'. (In 2015 when I had a conversation with Swami, this experience topic arose. I said it was about 20 sec, then Swami replied "to be exact, that experience lasted 3min 42 sec")

May 3,'12 Contemplation about the state of witness. I heard "ultimately", then "sahaj samadhi". Nirvikalpa samadhi is coming 'face to face' with God, while Sahaj samadhi is operating in the world with constant awareness of that. One needs to step back from the scene to be able to observe it (see Apr 15,'12) - as long as one is water then one cannot see the water, waterfall, and the mountain. I thought of all the time being equal minded is more important than Nirvikalpa samadhi, I heard "100%".

May 13,'12 Early morning dream was all Swami related - getting things ready for his arrival, stay close to him, prepare things, lastly I end up traveling with Swami in a plane (indicates spiritual journey with Swami before I reached AV ashram). Meditation: I heard "Gyani" then "Swami", little later "How are you?" (Swami is asking me). I did not reply, stayed with subject in silence. Saw written page, only part I remember is 'Self' written on it. Then I heard "100%", and then "feel comfortable" (assurance of Self).

May 16,'12 Meditation 5am: Focused on Crown chakra but thoughts kept coming despite pulling the mind back. Moved it to Self and bliss started. Saw a vision of single hair sticking out of something that got plucked. I got up, lay down in bed and had a dream. Woke up, but dream continued as thoughts and I heard them. I dozed off again and forms in dream reappeared and dream continued. Woke up, dream continued as thoughts and no forms. This went on couple of times. This made me understand that thoughts take names and forms in the dream. (Sir Humphrey Davy experimented (1800's) with laughing gas and reached a state he describes as 'Nothing exists but thoughts! The universe is composed of impressions, ideas, pleasures, and pains.')

May 21-24,'12 Meditation at Kuber's at 9:30 am. I held steady on subject when I heard "beauty". Stillness of mind went up another notch as I held it on Self. May 23rd Finally past, present, future got unravelled by Swami Ram Sukhdas 'We either think of the past or the future. We cannot think of the present. The present cannot be thought of. The present cannot be grasped by the mind'. By the time objects of sight, hearing, touch reach the mind, it already becomes past. Future is imagination. Present is the base upon which mind imposes past and future. Mind cannot see present, only awareness can. May 24th Meditation: with effort held the mind on Self, drifted, then brought it back. Little later vision in front of me went blank. I heard "awareness".

June 5-9,'12 Venus eclipse. Meditated for 3 hrs. Heard/ said Gayatri till 1:30 am. When I was at Crown chakra and on subject, I heard "Sri Chakra". Later heard "kuch din baad" (after a few days). June 9th Meditation: I heard "చచ్చి పోయింది" (died) and then "proceed" (something died inside). Saw a flower with many open petals.

Jun 18-27,'12 Meditation: Saw myself twice as I look now. First time saw myself getting up and doing something. Second time saw me looking back at myself intently (awareness of self). Jun 21st Meditation: Heard "Prashanti Nilayam", later "Bhagwan", then "oopar" (above), and much later "mantra" (focus on subject is PN, God is above Crown chakra, I uttered Gayatri but was asked to stop). Jun 27th My father's shraadh. Did pinda daan (ritual) at the Flint Shiva temple. After ritual I meditated in front of Shiva and was in bliss, I heard "Thank you for the enjoyment" (for sending the bliss).

Jul 3-12,'12 Meditation: I was in bliss and heard "welcome". Later "enjoy karo", then "khul gaya" (some facet got opened up). Jul 9th I heard "Atma Arpanam" (offering one's mind to God). Night before conversation was around Raeshum and her drug addict boy friend, I said "it is Swami's job" and not mine. At Raj Prakash's wedding anniversary, when asked about children, I said "Ask Swami, he knows". Jul 11th I heard "nectar", later "శాశ్వతం" (bliss permanent). I heard "Aruna", again "Aruna". Aruna refers to supreme light. July 12th, Saw Ganesha, very effulgent with golden rays of light streaming from behind him as if a halo is there. I heard 'Gyanayya' clearly in my mother's voice. I called and talked to her.

Jul 16,'12 Meditation: Heard "86". I thought if it is my age when I leave this body? I Heard "100%" (on May 1,'12 I heard "86". Told R&R that someone is going to live that long, but don't know who that is. I thought it was one of them).

Jul 26,'12 Last night spoke to Raeshum about her bipolar problem that manifested during final exam and she ended up taking incomplete in both the courses. Morning Meditation: held on to thoughtless state but aware. I heard "more money", I thought what am I going to do with it. I came to bed and lay down. Suddenly I heard "Bingo" and something heavy got untied in my mind, head became light.

Aug 11,'12 Saw Swami in a dream. I went up close and asked him "Swami, are you always in the Present?" Swami said "yes", then he frowned and said to me "why are you not asking the Sadguru for it". I did not say anything and Swami moved his feet away when I tried to take Pad Namaskar. Consistent with Padma's vision on Aug 5,'12.

Aug 28-31,'12 Meditation few days back: Held my attention still on the Self and it was hard. Kept at it for 20 mts. Saw a vision of a rope with weights at each end of it, came flying, hit and wrapped around a thin pole extending from above. I heard "Perfect". Understood I zeroed in on Self. Next day meditation: reached the same spot in the mind and held very steady on it. I heard "celebrate". Night, I could not meditate and my IV said "don't do that", then it said "5 O' clock". Started meditating at 3:30 am. Got easily to the Self and held steady. Bliss was overflowing. I thought this is Self, is this Brahman? IV said "authentic". Aug 29th after much effort I reached a spot when I heard "exactly" confirming that is the Self. Aug 31st Meditation: Did at 1pm because of steadily increasing bliss. Comfortably merged my mind in the Self. Bliss became intense, I heard "2 hrs". Thought Crown chakra and spine would split open under that degree of intensity. Along the way I heard "Satsang" …"wonderful".

Sep 5-26,'12 Meditation: Kept my mind in the Self and was totally thoughtless for about 5 mts. I heard "all the time". Sep 23rd Three of us (R&R, I) meditated. Thought of when 'I' goes Brahman alone is, heard "definitely". Stayed with the Self most of the time, I heard "wonDerful" with drag on D. Sep 24th I heard "surrender", later "temple" while I stayed with the Self. Then heard "wonderful". Sep 25th Meditation: Saw a face seemed like S's, later saw an eye. Then saw a white flower with yellow stem. Flower was pushed into my third eye, stem first. Suddenly I became still. In the evening meditation at the tail end, heard "golden age". Sep 26th Heard along the way "be still and enjoy the bliss". Held steady and was in bliss for 25 mts, which continued later.

Oct 16,'12 Last night as my mind merged in the Self enjoying the thoughtlessness, and bliss, heard "contemplate". I did, thought that in this state there is no doing or effort anymore. It is just being. Later just before sleep I was in that state again and heard "contemplate". I said "there is no becoming, it is just being". In reply I heard "fantastic".

Oct 17,'12 Last night had difficulty meditating. Morning: merged my mind in the Self and enjoyed the bliss. I heard "aa gaye" (you have come). Understood it as 'you have come to me or reached me where I am at'.

Oct 21-30,'12 Meditation: Focused on Self below Crown chakra, when suddenly, entered something and went deeper into it. I heard "yahoo" (joy, excitement). Went deep and stopped, marveled because didn't even know it existed. I heard "Bingo" (won). Oct 23rd Meditation: I was in a state of disassociation, no exertion on any chakra or heart. I heard "Dissolve". Later heard "Dissolve" again. After sometime heard "Dissolution" (some aspect of mind got dissolved). Oct 24th Meditation: I turned a round door knob and opened a door. There was light and cars on the other side, one of them was blue (our car). Later I reached the Self, mind got stilled as soon as I focused. I heard "central focus" referring to the spot. As I was there, heard "meditate" twice (nidhi dhyasana - meditate on the truth you have painstakingly garnered over the years and plant this wisdom deep down in your consciousness … Divine discourse, Sep 8, '66. Oct 27th In meditation I said "Self is ..' and drifted when IV said "Brahman". Oct 30th Held my focus on the Self, heard "contemplate", I thought a bit and came up with "It is Being and not Becoming". I heard "fantastic".

Nov 4-18,'12 Meditation: I could not reach Self for a while because Crown chakra kept interfering. After 2 hrs at 4 am heard "that is enough", little later "I will be your doctor". Nov 18th Day back saw a vision where two things got separated by peeling one from the other, one was like the spine and the other its mirror image (Jiva and Self?). Today I was at a spot lower than the true 'I'. I heard "phas gaye" (stuck). I thought a bit and moved to the center of my being. This helped me analyze.

Nov 20,'12 Last night I was in intense bliss and it was ongoing since morning when I turned to the center of my being. As I lay down, I heard "you are lucky". Today in meditation I heard "number 7". I went to Anugraha Gruham seeking answer - if 7 is a

spiritual circle. I got the clarification that it is not, but indicating second time I am lucky.

Dec 20,'12 Last night focused on the self, bliss as I got ready to sleep. I heard loud and clear "Guruji". Little later heard "ho gaye" (you have become). Last 2 days in channeling session with Krishnaveni, who said Shivangini is with me taking care of me.

On Dec 26 As I was reading, suddenly heard "Stitha Prajna". (Tests? Can't be true)

Jan 5,'13 Tonight I completed reading Sri M's book 'Apprenticed to Himalayan Master'. Got couple of things from Babaji Maheshwar Nath: when Silence comes, just be with it. Hold still ; Meditate with open eyes; Hold the mind still and enjoy the scene with consciousness. A great understanding/ clarifications come from the mind silence.

Jan 7-28,'13 Heard "energy" twice in meditation. In Sri M's book came across the following: when mind becomes extraordinarily free of distractions and hence full of energy, only a mind that has this undistracted energy can explore into the infinite. On 21st heard "math hilo" (don't move). In above book saw 'be still and reach center of consciousness'. Jan 26th Meditation: focused on center of my being, I heard "bas" (that's it), then heard "genuine" (assuring). Then I heard "remember". Later heard "Vidya" couple of times. I thought 'is this Sri Vidya?' When I heard "Sri Vidya". This repeated two more times. Along the way heard "dhire" (gently) indicating not to use force/ exert. This is Sri Vidya.

Feb 2-13,'13 I held on to the Self without exerting, heard a very interesting Naad (sound) in all of my mind. I heard "its a miracle", then "miracle" twice. Feb 9th I reached the Self, then saw just a blue screen, I heard "prasadam" (gift). Feb 13th I was studying for Rita Bruce's project that Swami wants me to collaborate on. In meditation heard "Prajna", then "backward", later "energy" (prajna is energy in the back, that which supports, see May 8, '13 for details on Rita Bruce's project).

Feb 16-22,'13 Meditation: Held my attention and mind merged in Self and held still, I heard "100%". All day there was a strange lightness in the mind as if some knots got untied. Level of hum was different. I worked on some of the vasanas that showed up in dream, day before. Feb 21st Terrorists bombed in Hyderabad at 6:58 and 7:02pm. About 6:10pm intense silence took me over and stayed in that state till 7:05 pm. My stay in Hyd was filled with exposure to violence, sleaze. Traveled by bus to Parthi -

unbelievable amount of loud music, violence in video all the way. Next day meditated, heard "కాపాడు" (protect inner connection/ peace). At 11pm heard "తొందర పడవద్దు" (don't get anxious), later "బాగుంది కదా" (good, isn't it). Feb 24th meditation: focused on the scene that I watched in the bus and moved it out. I heard "అద్భుతం" (miraculous). At night heard Amma V's 'manasarovar' experience.

Mar 6-23,'13 Meditation: I heard my IV saying "you are going beyond me" which perturbed me thinking my ego is acting up. All afternoon I read on Saguna and Nirguna creating a file. Above statement is referring to going from worship of Saguna to Nirguna. Saguna, IV are in duality. It is consistent with Padma's meditation experience (Aug 5,'12 Other Saints Sages… chapter). Mar 23rd Meditation: I was shown a written placard "think about you" with emphasis on 'you'. Following quote matches it 'to contemplate on the principle of 'I' is true meditation. No other sadhana matches it.' A few days back heard "you are not going to merge in me". Did not know if it is good or bad, I said "whatever you think is right, Swami".

Mar 27,'13 See Guru Sadguru God chapter for Amma V's dream.

Mar 31,'13 Last 2 days conversations with Revathi created ripples in my mind. Realized everything is a thought. Meditation: focused on Self, told myself not to think, if any thoughts occur not to assess. I heard "excellent." Bliss started increasing when I kept my mind on the Self, I heard "highest knowledge".

Apr 1-7,'13 Night meditation: heard couple of times "surrender", asking me to surrender mind. Apr 7th Due to prior busy day, meditation today was a struggle. Along the way started doing Omkar slowly, but was hearing silence at the same time. I heard "already" which meant I am hearing Omkar as silence already, so no need to utter Omkar as sound.

Apr 19,'13 Ram Navami. Just about to fall asleep at night, I heard "just remember", little later "I will come to meet you". Five days later I heard 'Monday or Tuesday'. Apr 29th Monday I started with a little pranayama and focused on the Self. Contemplation began on CIA (continuous integrated awareness) which I understand as Prajnana. I actually experienced (did not see anything) the awareness as radiation that is permeating from the source (did not see the source) just the way sunshine radiates from Sun. I felt its presence for a good amount of time. At that time I heard "Swami".

May 8,'13 I was in Naples, Florida with Rita and Robert Bruce to work on the four aspects of conscience and its links to Vedanta

('Love of Conscience' by Rita Bruce, Videos: SOULJOURNS - A discourse by Rita Bruce -Love Of Conscience, Four Aspects Of Human Nature). In meditation today, I heard "understand quite a bit", then heard "little Bhakti" and then "perfect". I need a little more devotion. On Feb 13th Swami said to me "Prajnana is energy in the back". Swami said same thing to Rita decades back, 'human nature is one energy with four aspects – physical, emotional, intellect, and discrimination.' It is this one energy that is Prajnana. 11 am meditation: yesterday after reaching Self, mind was moving, IV said "నిలబడు" (stay put). Today I held it steady, heard "perfect". Understood thoughts are movement, once you get past it, even thoughtless awareness is movement if not steady, one needs to stay put at Self - when I heard "absolutely".

May 22,'13 Meditation at Banwari's: Saw three headed divine mother - Savitri, Saraswati, Durga. She blessed with her right hand.

Jun 14-16,'13 Meditation: I tried hard to stay put on Self, when I saw vision of a boy getting on and balancing a bicycle, I heard "OK" (ie. comes with practice). Later I saw two things, one on top of another, and the top one moved to the right in exact alignment with lower thing. I heard "perfect". June 16th Contemplation was on Presence of Self in all the roles and relationships as – silence in sound, stillness in movement, space in objects.

Jun 20-24,'13 Lately I drifted into thinking that if I pose open ended questions to Self, I will get answers. Because of that I thought more in meditation which slowly started drifting into worldly things. I got a vision where I was dragging something like a bed, when I heard "do not do it else you will be very unhappy with the results". Jun 24th meditation: Focused on the Self and held on to it for about 10 seconds, I heard "అంతే" (that's all). Meditation later in day, saw a rope lying on the floor (no snake anymore?).

Jun 29,'13 Last 2 days constant contemplation on 'knowing' and 'knowledge'. Knowing can exist without knowledge, but knowledge cannot exist without knowing. 4:20 am Meditation: Kept hearing strong silence despite thoughts. Focused on Self and kept mind silent, struggled for 45 mts. I lay down in bed and meditated, heard "final step". Slowly bliss started from the Self. Heard "final step" again. Little later, suddenly sound and air came out of me in a whoosh, just the way when a ballon is burst (all at subtle level). All thoughts disappeared, only sound of silence was there. Then heard "done". I raised my hands and did Namaskar to Swami, Krishna, Ganesha, and S. I heard "Ekoham Bahushyam" (one in many).

Jul 26-28,'13 I read about Maha Mounam. Meditation: Held my attention on the inner sound of silence, I heard "wonderful". After sometime heard "absolutely remarkable". Little later heard "no doubt". Continued the practice. Heard "wonderful" again. My guess is I was at the 'knowing' without knowledge. Jul 28th Read the following from Bh Ramana Maharshi. 'The experience of Self is possible only for the mind that has become subtle and unmoving as a result of prolonged meditation. He who is thus endowed with a mind that has become subtle, and who has the experience of the Self is called a *jivan mukta*. It is the state of *jivan mukti* that is referred to as the attributeless *Brahman* and as the *Turiya." "*Practice of breath control, meditation on the forms of God, repetition of *mantras*, food restrictions, etc., are but aids for rendering the mind quiescent (quiet). But will not destroy the mind.'

Aug 3,'13 On Alaska cruise for a week. Meditation: when I was at the state of 'Being', heard "అంతే" (that's it). Then heard "kalpa vriksha", as I thought about it, heard "definitely". IV confirmed about fruit of Tapas called kalpa vriksha, where one's wish comes true.

Aug 13-16,'13 Meditation: Kept my mind still and heard silence of sound. I heard "integrate heart". I am guided to focus on Self while hearing the silence. Aug 15th Meditation: focused on head and heart and held for a while. I heard "very, very happy". I did that and enjoyed the silence, sound, and bliss. Aug 16th I did the same, heard "అయిపొయింది" (complete or finished). Received 'Final talks by Annamalai Swami' from Rita and Robert Bruce. Read 90% and rest on 17th morning. Last night I dreamt of kalpavriksha siddhi. Today at 1 pm I was getting ready the info IRS asked for. I had no clue where to start on completing AMT schedule. I thought it would be nice if I had kalpavriksha siddhi, I could do it in a day. Amazingly it got done in 3 hrs, put it together, printed and mailed back to IRS by 5:30 pm.

Aug 18,'13 Meditation: I reached where Self, attention became one. I heard "precious". Later I heard "ఐపోయింది" (complete or finished).

Sep 5,'13 Meditation: Initially I had thoughts. Then I kept pushing with effort to get centered on the head and the Self. After sometime I heard "kahan jao ge" (where do you want to go?). Immediately relaxed my attention in Self. I had a vision of a Lingam in my hand, same color and texture as my body, and I gently let that go into void. (Did I let my subtle body (linga deha) go?). I kept

meditating where I am trying to hold still in the Self. I heard "You only can do it" (effort must be put in).

Sep 13-23,'13 While still in bed at 3:30am I practiced merging of the mind in the Self. Little later, suddenly the sound of silence in my mind turned off like a switch. I heard a new silence more silent than before but sharper sound. Fell asleep and woke up, that sound of silence was there. Sep 23rd Last night meditation: I thought about where am I when merged in Self, and hearing silence and experiencing bliss. Thought about what Annamalai Swami said that there is no sound once entered into peace. I experienced that. I heard peace comes "later" to bliss. I heard 2-3 times "Prashanti" (unwavering peace). Also heard once "Viswamitra" (sage).

Oct 2,'13 Meditation 4 am: 1 hr in front of altar (mandir) and 20 mts in bed. I constantly held attention on the Self, despite thoughts streaming in one at a time. Along the way I heard "nothing more" (nothing further to do).

Oct 21,'13 Yesterday was the Pratishta (installation) of Sri Sathya Sai Baba (Swami's) sculpture, Lord Ganesha, and Saraswati. I touched the Yantra, put a copper coin, pearls, and beads and touched them to my head. (See Guru Seva).

Nov 2,'13 Meditation in Kulwant hall. Saw a vision of a Thali (plate) with metal figurines. A hand took out a figurine (Lord Venkateswara) and extended it to me. I physically moved my hand forward to receive it. (Prosperity?)

Nov 6,'13 Meditation in Kulwant hall: Focused on Self at times successfully and at times not. Vision: Saw a large framed mirror facing me, right in front of it a smaller but identical mirror was facing me. As I watched, the smaller mirror turned 180 degrees facing the big mirror. (the Jiva (little mirror) turned away from the world and turned towards Self (big mirror)).

Nov 21-30,'13 In last 10 days saw following visions. 1) Someone going on a bicycle, saw a lot of coins fall down (wealth?) 2) Saw Lord Ganesha, I was feeding some liquid with a long ladle into Lord's mouth and he was drinking it 3) Saw a large pinkish flower given to me and in my hand it bloomed fully into a pink lotus with blue edges. 4) Saw aligning of a vertical piece into a round hole in a horizontal piece. Nov 30th meditation: Made effort to merge mind in the Self as much as possible. Along the way I heard "complete". (Many worldly and spiritual aspects are getting aligned)

Dec 12,'13 I got into intense bliss around 10 am. I went for a 1 hr walk. During walk I realized that Sama – dhee (samadhi) is not

different from Sharanagati. In fact one does not get Sama – dhee without Sharanagati. Bhakta's way of Sharanagati, God is doing everything, while a Jnani's way is everything in world is Unreal except Self.

Dec 18-19,'13 I went for evening Samadhi darshan in Kulwant Hall. I bowed down requesting sama-dhee (equanimity) as usual. Though I did not have any cold, my right nostril dripped clear fluid onto the marble slab. This is considered as God's grace in Yoga kundalini upanishad and Tejobindu upanishad. Dec 19th Meditation: Made contact with something in my Self. All day I had been in intense bliss.

Jan 27-31,'14 In meditation heard "అయింది" (happened), "today", and later "jivan mukthi". I did not believe it and waited for confirmation. On Jan 30th heard "100%" but no context. On Jan 31st I heard "అబద్ధం" (not true), later "69" and then "don't worry". Seems to say earlier message was not right, but might happen when I turn 69. (See sept 26, '09, is this the 'veil put on me to hold me back'?)

Feb 15,'14 Dreams: I am sitting in the front seat of car, a little bit off of driver's spot. S sat in the back seat and driving (she is guiding me from behind); Saw a person I used to compete with, suddenly my outlook shifts to awareness where we are one, and I could feel the shift; Saw computer controlled equipment where one can dial in input for right mix of three gunas with which one can control the outcomes.

Mar 4,'14 was the first time I had an interview with Swami in Anugraha Gruham, AV's[4] old people ashram where I started staying starting Dec '13 when I am in India. I recorded a total of 41 interviews in 2014, and a total of 89 interviews. There are many more that were not documented. All those are in 'Guru Sadguru God' chapter under the heading of Sri Sathya Sai Baba, Sri Anjaneya swami, Amma Visalakshi.

Mar 29-31,'14 Dream: I was supposed to go through open heart surgery. In dream I said 'here I thought I was so healthy'. Next my whole body was open just like you open the door of a casket. There was no blood/ bleeding. I could see the internal organs symbolically (not the way they are). Mar 30th Last night I got tested again on my Vasana for sex, non veg eating, and health. I am glad I did not give in to the sex vasana. Mar 31st Vaishali's comment that I did not do my duty towards kids when Swami asked 'santhanam' got me disturbed. Lot of contemplation and praying. Finally

understood that we need to let go of logic using logic, let go of mind using mind.

Apr 7-9,'14 Dream: Saw S in a lab by the bench where one does lab work. I told her that I need to tell you about this lady, how she and I got involved etc. I didn't say any further, she looks into my eyes and says calmly "you know what your choices are". I agreed with her saying "I am adult enough to know that". Woke up and meditated. Took my mind to Self and was in silence. Sent love to RD[3] (Swami's assignment to me), to Bharat, to Raeshum and Shobun (my kids), and my mother. Along the way I heard "feel the presence in silence". I kissed everyone on cheek, when I kissed Swami on cheek, suddenly felt like I got lost. Next I was floating in this consciousness, blissful, silence of mind.

From March 2013 onwards experiences are in the chapter 'Guru Sadguru God'.

[1] VRS - Voluntary Retirement Scheme

[2] WFR - Work force reduction

[3] RD - Ravi Daggupati, AV - Amma Visalakshi, S - Shivangini, AS - Anjaneya Swami

[4] 'Making of a Yogini', Gyani & Dolly Baile 'Shivangini', Sri Sathya Sai Kuteer

[5] Genesis of Anjaneya's Command, Anjaneya's Command Vol 3, Sri Sathya Sai Kuteer

8. Cleansing - Chakra, Vasana, Karma

Cleansing or purification is the most important and time consuming part of the spiritual journey and it is essential for reaching the highest goal. There are differing views about what methods (sadhana) are needed for cleansing and practicing to reach the ultimate goal. I do not have the knowledge or understanding of variety of methods and practices that are out there in various philosophies for reaching the objective. Hence, I am limiting myself to what I (and Shivangini) experienced and what I learned from Sri Sathya Sai Baba (Swami or Baba), Sri Anjaneya Swami (AS), Amma Visalakshi (AV), and by reading some spiritual texts.

All of us have three bodies - gross, subtle, and causal (sthool, sukshma, karana sharers). Subtle and causal bodies migrate to another body upon physical (gross) body death. Lot of cleansing focus tends to be on the subtle body and causal body, which have constant interaction (Karma -> Vasana -> Karma, cycle goes on). Primary components of subtle body are mind, intellect, buddhi, and chitta (sub consciousness). This is called Antah karana (inner instrument). AS says [1]'There are three faults of the Antah karana. They are Malam (impurity), avaranam (veil of ignorance), vikshepa (restlessness, affects concentration). Mala means the sin that occurs due to desire, attachment, jealousy, anger, greed, pride. The faults of Mala are removed by Nishkama Karma (selfless service). Avarana means ignorance that blocks one from knowing the real nature of things. When the veil (avarana) of ignorance is removed, that itself is direct experience of Atma (Atma darshan). Vikshepa - Restlessness (chanchal) of mind. Modifications of mind like attachment - hate, happiness - misery are vikshepa shakti's work. It is overcome by Upasana (worship, service to God) as directed by Shastras (scriptures). Because of that, restlessness in mind gets removed and gains concentration.'[1] Yoga Vasishta says one needs three things for getting liberated. They are Vasana Kshayam (destruction of all Vasanas), Mano Laya (dissolution of mind), and Tatva Jnana (direct experience/ knowledge of Atma).

There are seven major chakras (energy centers) along Sushumna (spinal column) with Sahasrara (Crown) (S) chakra at the top and Muladhara (base of spine) chakra at the bottom (Seven chakras are listed at this chapter's end). Divine energy (Kundalini) lies

dormant at the base of Sushumna. With sadhana this energy is made to rise all the way to S chakra, where energy and consciousness merge (Shiv-Shakti) resulting in liberation. If there are blockages in the chakras in between, then it cannot rise beyond the blockage. These blockages are removed with sadhana practices, like meditation, pranayama etc., and psychic energy is harmonized to rise up the Sushumna to the top. As one performs sadhana practices focused on chakras, one experiences colors, sounds, lights, visions, that are unique to that chakra. Just an example Oct 28,'06 Meditation: I heard "meditation is important under this situation". Then I saw the cleaning of a finger nail, then cleaning of a vessel, saw something is dropped into a garbage can. So, as long as cleaning has to be done, meditation is important.

Below are my day to day experiences where cleaning is occurring as indicated by sounds, inner voice (IV) messages, colors, visions, dreams etc. Further, I underlined the main point being delivered in that days experience. At the end I listed the various interpretations of what we see in dreams and visions, that we learned from Swami, IV, spiritual texts or internet. Hoping it could be useful for a sadhak on this journey.

Mar 28,'98 Swami said to Shivangini in meditation "….The visions you saw in meditation were to show you all different aspects…"

May 25, '99 In Shivangini's meditation Baba explained that 'each chakra in the body represents a different state of consciousness and by repeated concentration on the Chakras in the meditation, one increases the level of consciousness within each state of consciousness, and that leads to expedited evolution of that individual, and that is what people call siddhis'. I was told to write down this concept, so here it is.

Jan 31,'01 For last few months when I meditated I felt as if current was flowing up my spine. When this happens my spine would stiffen up as if something in the spine is crawling up from mid back to the neck and above. (Shivangini passed away on Sep 3,'05)

Oct 14,'05 meditation: I saw three 2-3 inch long sticks or stems in my right hand as I was discarding them into a round garbage bin (getting rid of samskars)

Oct 17,'05 Meditation: I heard "wonderful" at the mind level. I asked "what is wonderful?" Then I heard "wonderful meditation". Later I transcended and saw following visions - I scraped something

off of my right hand fingers and discarded; saw a glass of liquid gently tipped to pour out the liquid; then I saw a vision of Sri Sathya Sai Baba's picture upside down. After I woke up remembered what Swami said to Shivangini, seeing upside down is incorrect understanding. During day I analyzed and realized that Swami taking away Shivangini (Sept '05) left some disappointment in me.

Oct 29,'05 meditation: I saw a beautiful saffron colored lotus just beginning to blossom with many petals in it. Lotus indicates purity and detachment, saffron - renunciation; this process is just beginning and has many aspects.

Nov 6,'05 meditation: I saw a spoon covered with some short noodle like things and then I saw it being washed away till I could see the shiny clean spoon. (Cleansing)

Nov 8,'05 Meditation: I had a vision of Lord Shiva in his meditative posture sitting on the floor next on the right side of Shirdi Baba, who was sitting at a normal height as we see in pictures. A few minutes later I saw a large serving spoon about 3" in diameter that had dark liquid, look and consistency of black tea. Then I saw the spoon got emptied into my mouth and I drank it. (Initiation)

Nov 9,'05 meditation: I saw a serving spoon with some semi white material on it which was fed to me. (Initiation continues)

Nov 19,'05 Meditation: First I saw some solid food in big serving spoon, it came very close to my mouth, and I ate it. A little later I started feeling the Kundalini energy rising up my spine. It has been a long time since I felt the Kundalini energy. It was vigorous, continuous, and went on for about 5 minutes or so. I was pleasantly surprised. As I was deep in meditation, I suddenly realized that I was hearing a nice continuous sound from flute. After I realized it, I prayed to Swami to give me another indication that I indeed heard the flute and not some sound from outside of the hotel in Shanghai. No sign came through but I kept meditating. Then almost at the tail end of meditation, I had a vision of Lord Krishna's face, blue in color, adult features, wearing a crown, and with a flute. He was not playing it. (Sound of flute is heard when Anahata chakra is activated according to yoga tradition)

Dec 3,'05 In morning meditation I had following visions : 1) I saw a light that had three portions to it – the top portion was of white light, middle one was of red color, and the one at the bottom was of yellow color. (found this out first time - In yoga tradition, the three-partitioned light is associated with the concept of "Trikundu" or the "Three Lights" of the Ajna Chakra (Third Eye Center) - supreme

consciousness, prana (vital forces), and jiva). 2) Little later saw an envelope, something opened the envelope just like a letter opener. I distinctly heard the sharp ripping sound which startled me. (just found out - the sharp, crisp sound of letter opener cutting through the envelope is believed to resonate with the energies of the Vishuddha Chakra, helping to clear and balance it.)

Dec 4,'05 Meditation: Saw a small opening like that of a door and saw bright golden light coming in. (Seems like a threshold to higher consciousness levels). In another vision saw a lot of ants (lot of activity).

Dec 25,'05 Felt spine tingling sensation twice. Next day in meditation saw a speck of dust on a clear glass, while cleaning it saw another spot, cleaned that also. In meditation heard 'sab thooth jayega' (all of them will be broken) meaning relationships. At the tail end of the meditation saw a flame 2" high and it was very steady. (This vision is often associated with the awakening of Manipura Chakra (solar plexus)).

Dec 31,'05 Meditation: My inner voice said "there are three messages". Then showed me in vision attachment to money, then it showed me India (attached to country), and then attachment to food.

Jan 5,'06 Yesterday and today in meditation mind was blank for sometime.

Jan 15,'06 In meditation saw clear glass with clear water sloshed around to remove some solid dirt sticking to the wall which got removed. (a symbolic way to show emotional cleansing and purification, a key aspect of the Svadhishtana Chakra).

Jan 19,'06 Meditation: Heard today in meditation 'control the way you do it' and then I saw a glass container that looked just washed and there was a bead of water that was rolling down. After a few minutes I heard "Make it four wheel" meaning four wheel drive. Telling me to do Karma, Bhakti, Meditation, and Jnana yogas.

Jan 22,'06 (See My Spiritual Experiences Journal) Saw Shivangini's forehead, saw light is sent out to me from Ajna chakra. It made current go all over my body.

Jan 25,'06 (See My Spiritual Experiences Journal) shows my attachment to Shivangini.

Feb 5,'06 Meditation: At different times saw pages that were written in Hindi and Sanskrit that I could read but don't remember what I read. Little later I saw a small porcelain white container that had 5 petals to it as if they are opening and it was empty. (Now I understand - By reading Hindi and Sanskrit resulting in blossoming

of spiritual awareness, gain purity, go beyond the 5 koshas to emptiness).

Feb 11,'06 I could not meditate because of hurting back and left foot went numb while doing it. I got up and sat in a chair and closed my eyes. After a little while I saw an eye and a little later I saw a rectangle container with liquid in it. It looked as if some liquid was being poured into it and at the same time I clearly heard the sound of liquid pouring. (just learned in '25) - hearing sound of liquid pouring means Prana flow thru Nadis, can also mean purification or cleansing).

Feb 12,'06 Meditation: Two visions. 1) I saw a diya lamp with flame. Next I see only the closeup of wick and yellow flame and it was gently moving. (Shows spiritual state is improved and inspires to stay connected). 2) See Lord Shiva in sitting position just the way his picture is in our mandir but he is in the central position (where Lord Krishna sculpture is normally). Then I see first eyes, then face, then all of Durga Ma. I uttered 'mother' as soon as I recognized. I heard "Han ji" ('yes').

Feb 13,'06 Meditation: I was fed some solid food which I thought was sesame mithai. Then I heard "repeat after me". A few minutes later heard sound similar to the one made when liquid falls from a little height into a pool of liquid. (I am given energy or mantra to get kundalini energy to rise to heart chakra (Anahat))

Feb 16,'06 For about a week my back was hurting and in last 3 days it got worse. In the morning as I was trying to get ready, I pulled my back muscle pretty badly. I did not go to work and started working from home. Speaking to a Sai devotee who has inner communion with Swami, she told me what Swami said about cleansing. When our bodies are going through cleansing, it is negative energy in the body that is blocked and needs to be released. When released it comes out at the weakest points in the body.

Mar 8,'06 Meditation: I saw bunch of flames like what you get when you burn wood. Just at the top of the flames I saw a small cross that was in the same color as that of the flames. (flames and cross - purification of self, increased self awareness.)

Meditation: On two different days saw the same vision of an unlit candle and as I watched, the candle is lit up and could see the flame. On second day the flame had an interesting shape of roundness in the middle of the flame. (symbol of inner guidance,

illuminating the path and higher consciousness. Roundness indicates fullness)

Mar 26,'06 In meditation I transcended, saw a large container, few feet high, and dark inside. At the bottom of the container I saw a Diya with a steady flame. (steady flame - inner guidance/ illumination, awareness getting stable/ undisturbed by external)

Apr 1,'06 Meditation: I saw a two inch ring through which there was a thin rope made out of cloth, and it was knotted. There was a metallic thin chain hanging from the ring. Two hands were trying to untie the knot. (working thru karmic or emotional bond).

Apr 15,'06 Meditation: In second vision, I saw a forehead and in the middle of the forehead saw a round (1/2") opening that had green light in it. In that green light I saw a Shiva Lingam without the base. (Intuition and insight are the gateway to higher consciousness, through heart chakra by getting detached with the worldly). Vision 3 - a morning scene where I could see a little bit of Sun behind branches. I was waiting for the Sun to come up but vision ended. Still meditating, said to myself that Sun did not come out. Right after that, I saw the same scene again and this time Sun came up fully. (Spiritual growth and illumination requires patience and persistence, but the breakthrough will come).

Apr 16,'06 Meditation: I focused on chakras just as Swami told Shivangini to do, to speed up spiritual progress. When at Muladhara chakra I had a vision of lighted lamp in our mandir, lamp holder was 3/4th full of oil. As I went through other chakras, saw different visions which I could not recollect. After chakra concentration, I saw Swami's picture with hands in blessing posture. Then saw only his right hand blessing. (under Swami's purview)

Apr 22,'06 Meditation: I saw reflected light off of a pool of water. (Inner wisdom is guiding the spiritual journey of the mind).

Apr 29,'06 Meditation: I saw a tap that was open pouring out water. I held something in my hand and was cleaning it. (Cleansing)

Apr 30-May 2,'06 Meditation: I saw various deities - divine mother on tiger, another darker form of divine mother, saw Swami in a blessing posture, deities of Buddhist tradition. Today in the end, I saw a Diya with steady flame in the middle of our mandir and none of the sculptures were there - indicating inner self, light beyond the forms. I saw Diya with steady flame many times in meditation, visions which indicates - inner purification, inner stability/ clarity, inner guidance).

May 5,'06 Mediation: While doing chakra concentration, I was at the heart chakra when I had a vision of a lotus flower and in that saw two feet of a female deity standing. (indicates opening of the heart to divine grace). While focusing on throat chakra heard a metallic squeaky sound indicating purification or shifting of energy. Right after that saw water fall in a jungle setting - also indicates purification, cleansing.

May 9,'06 Meditation: I heard my niece in India calling me in her sweet voice "Gyani uncle". I spoke to her during the day, she is in pretty bad shape with cancer spread all over her body. In meditation I saw a lake with extremely still water in a moonlit night. I saw a small ripple like the one caused by a water drop falling. (deep meditative state, where the mind is tranquil, yet sensitive to subtle insights). Next I see in a similar moonlit night, a lake with small wavelets and light was reflecting off of them. (With divine grace, the inner awareness is perceiving movements in consciousness - that is awareness expanding).

May 10,'06 Meditation - Saw a green light and in that saw outline of Swami up to his chest. As I was watching, his outline and green light around him turned into the iris of an eye. Then I saw the eye with eye lid, filled my whole vision. (Swami is initiating activation of Ajna Chakra - helps in understanding realities beyond the senses)

May 14,'06 Meditation: Saw lighted up vision of a door that is cracked open1/8". My eyes were up close to it to see inside but only could see the light. (Revelation of higher knowledge at Ajna Chakra, some inner barriers exist to be worked out).

May 18,'06 Last night ate food at a late business dinner at SAP conference in Orlando. In the morning body was sluggish, thought may not be able to meditate. Started meditation with chakra concentration. Came up to heart chakra, did concentration and stopped, naturally. I heard "Gyani", then I saw Lord Krishna in a flute playing position with a cow behind him. Later saw a diya with nice steady flame (steady effort). Scene changed. Saw Swami from the back, in orange robe with his hair outline, he was the last one among many others who were leaving. Then I sat blank looking at an empty screen, neither bright nor dark, thoughtless but fully aware. I rolled my eyes from one side to other few times slowly. It lasted ~15mts. No feelings. Started contemplating, I smiled when I thought this screen is reality every thing else is transient. (meditation moving through stages, divine connection (Krishna), detachment (people/ Swami leaving), and Shoonya (blankness).

May 21,'06 Meditation: 1) I saw some food being cooked and it had some dark liquid in it. 2) Next I was made to drink from a small white paper cup. (transforming karmic impurities, getting ready for new phase) 3) Started doing chakra concentration, my spine experienced energy flowing through it quite a few times. Body stiffened up as the energy reached my head. At times it was so strong, felt as if some thing is going to break loose as energy climbed up the spine. (Kundalini energy is rising through the spine, strong surge of Prana force, higher awareness) 4) I saw a battery in a car, there was a jumper cable from another car and was about to get connected to give a jump. Understood that we are drawing energy from higher source. As I thought about it, my whole body experienced goose bumps sensation like energy is going through it. 5) Saw water that was very crystal clear, could barely detect its presence. (Indicates mind is becoming pure, tranquil, and still).

Jun 14,'06 Due to continued back problem, could not sit and meditate. So went to sleep and meditated lying down. Had a vision of closed doors of a house, I pressed the handle and the door opened. (In Kundalini - doors, gates, locks indicate energetic blockages. Making effort, opening door is entering into next level of consciousness)

Jun 23,'06 Meditation: Saw a spoon being cleaned with water under a tap. Then saw another spoon being cleaned. Later saw a vision of nice green colored water, and using tongs, a single partly gray hair was pulled out from the bottom and brought to the surface. (cleansing emotional imprints, growth/ healing old buried patterns by letting them go) A little later saw a toilet someone used with toilet paper in it. (mental/ emotional dirt is getting removed). Then I saw a very straight road with nice green trees on both sides of it. (direct path of journey). After this saw a vision of a curtain, at the bottom it was slightly parted, could see still water in a lake (stillness of mind beyond the veil). Last, saw white sculpture of Shirdi Baba with head band, pleasant face.

Jun 24,'06 Meditation: saw a glass container with milk stains on the side being cleaned. Then saw a clean, crystal clear glass container. Next vision, in a transcended state heard the sound of a clipper as it snapped a 1/4" thick cord (more cleaning, few attachments getting cut).

Jun 26,'06 I saw a toilet where someone went but did not flush. Manager of the area got upset. (my cleaning continues). I did 21 Omkars, started chakra concentration. At heart chakra in a vision,

saw a diya filled to brim with oil, but was not lit (indicates spiritual effort to be continued). Later in vision saw water in our backyard pond, it was night time, just enough light to see reflection of the house, trees, etc on the south west side. Water was still, like glass, with no waves. I heard "difficult" meaning hard to get to that state. When concentrating at Ajna chakra, I had a subtle and short vision of Lord Krishna, cross legged, flute, and a cow standing behind him.

Jun 27-28,'06 Meditation: saw myself opening a white door. I see the door and I close it behind me with my elbow (entered into next consciousness level).

Jul 4,'06 Meditation: Started chakra focus from Muladhara. At every chakra above, I had a vision that I could not recollect. At throat chakra (Vishuddha) saw a vision where I entered a doorway and there was light of the Sun but as seen through heavy fog (work to be done in self expression, purification of thought, word, action)

Jul 9-14,'06 Saw many visions related to progress in spiritual journey - saw a hand holding a lock of hair in the back of my head, about to pull them out (hair removal indicates Vasana cleaning); in meditation opened a door and stepped into light; saw a glass wall with very thin layer of dust being wiped clean, and some deity figure was on the other side; saw a glass double door and when I opened, saw another similar looking glass double door with curtain behind it; later saw a still lake of water (moved to next higher level, cleansing, mind stillness).

Jul 15,'06 Visions: Saw two hair pulled out of water (indicates some vasanas from mind being pulled out); opened a door with my left hand and entered; saw a key in a key hole, I said "give me the key", key turned by itself, opened the door and entered (entering new awareness levels; key - wisdom, knowledge, merit; asking for key - readiness).

Jul 16,'06 Meditation visions: I saw myself opening a door to step out, and through the crack I could see it was outdoors, at that time I heard "gave it to you"; I saw a glass that had milk type dirt and being washed away with water; saw a dust pan gather dirt and got thrown away; I saw a steel dish with water (dirty) in it and and getting thrown away. (Cleansing continues, new layers of consciousness being opened)

Aug 21,'06 In meditation: Saw a door open inward partially, from left to right. I saw a very multi colored towel on the floor. After a while at the end of the meditation, saw a double door with a chain above and a dead bolt below, and it was locked. As I watched, I

could see through a crack in the double door. (Approaching next layer of consciousness)

Aug 29,'06 In meditation: Something was put in my mouth and I distinctly gulped it down (surprising how real it felt, did not feel any taste). After that I had a vision of a door opening towards inside and to left. There was only whiteness of a cloud outside (new layer inside opened, containing Satva guna).

Sept 5,'06 Meditation: I was given an orange that was large and ripe, later a banana that was just ripe. (Out of four yogas, one is fully ripe, second one just got ripe)

Sept 6,'06 Meditation: Saw a vision of a door, 3 feet tall that opened outwards, to the left. Ahead of me I could see a room, and at far corner, there was a rectangular opening at ceiling height through which light and sky were visible (entering deeper level of awareness, needs humility/ surrender, moving to higher chakras, that will lead to sky of consciousness)

Sept 15,'06 Meditation visions: An open scissor ready to cut something but could not tell what it was (ready to let go); I first saw a mirror in front of me, and someone flipped the reflecting portion to the right like a page. Right after that I saw a door closing behind me. (mind reflecting the self, turning a page in spiritual perception, letting go of past - stages, attachments etc.)

Sept 20,'06 Meditation: I saw briefly a knot of multiple strings was being untied. A little later I saw something flat being broken. I understood that both of these are indicating that some kind of bond is being broken and some knots are being untied.

Sept 25,'06 Meditation 3:30 - 5 am: Vision: Saw a hand with grease board eraser and erasing almost the last line of something on the board. (Wiping out samskars?)

Oct 10,'06 Meditation: Saw a human palm, it had some pentagonal piece and the fingers were closed around it, as if it was holding onto it. There was a string that was attached to that piece and it was taut, as if something is trying to pull it away, and the hand was trying to hold on to it. (Shows my attachment, money?). In mail received 8 parking tickets ($2 each but due to delinquency, now $40 each) incurred by Raeshum. As soon as I saw it, I burst out laughing at the vision followed by a test.

Oct 11,'06 Meditation visions: 1) saw a hand with black paper putting it against a bigger same black paper, stuck on the wall. Pulled it hard and the paper on the wall got unstuck (get rid of

money attachment using money). 2) saw a fruit and a thin layer of skin is being peeled back. (Koshas thinning?)

Oct 21,'06 Meditation: I saw through trees, a road in front of me that goes down into a clear area, curves to the right, and then moves to the left, as it climbs up into trees again. In the clear area it was nice broad daylight. (Indicates some understanding clearup). Next I saw two fingers, go towards left and down into something out of sight, and pulled out two hair (tendencies). I heard "you will see in three weeks".

Oct 28,'06 Meditation: I heard "meditation is important under this situation". Then saw the cleaning of a finger nail, then cleaning of a vessel, saw something dropped into a garbage can. As long as cleaning is to be done, meditation is important.

Nov 13,'06 Mediation 1am: Started doing Chakra concentration. At Navel chakra I heard "Yesterday morning". When I was at heart chakra I heard a sound like that of horse hooves/ crickets. At throat chakra saw two eyes, forehead, and the bridge of a nose, realized that to be Paramahamsa Yogananda when he was younger. I heard "private interview" (this is my desire). At eyebrow chakra I saw a hand that had an eraser going back and forth, erasing what was on the left side of the board. Then it erased the top line on the right side and was 1/3 of the way through the second line (intuition/ wisdom will wipe clean past understanding).

Nov 23,'06 Meditation visions: Liquid pouring (concentration); a closed door opened and on top shelf saw a red container (Rajas inside?). Oct 30, see 'my spiritual experiences journal'); I saw myself in a mirror dressed in white pajamas and could see my hair etc but in place of my face it was blank (losing of body sense or looks).

Nov 24 – Dec 31,'06 Meditation vision: At Vishuddha chakra I saw an ancient rustic wooden door open and the room was empty; (old barriers to self expression are removed, a clean slate to start)

Jan 25,'07 In meditation I saw a door open fully in front of me, which was at the same level as I was at. There was a floor outside the door for a few feet, and then it was all open vastness in daylight. (Stepping into next higher realm)

Jan 29 '07 In meditation I saw a door open, and there was just light beyond the door. A little later I saw a very clear mirror. Later saw white bright light reflected on to me from some surface (clarity, self awareness leads to reflection of divine light)

Feb 5,'07 In meditation saw a door close. Suddenly the door swung open, saw a lady inside who was worshipping a deity, and

there was a lit up lamp in front of the deity. (A door to devotion that was closed got opened up)

Feb 10,'07 In meditation there was fair amount of energy rise along the spine (Kundalini). Visions: closed wooden double doors of a mandir; effulgent lights; beautiful clear day with very bright 9 am effulgent Sun (devotion -> effulgent divine light)

Feb 11,'07 Meditation: 21 Omkars, then chakra concentration to keep mind steady. Kundalini stirred as I moved up the Chakras. Continued to stir for 15 - 20 mts.

Feb 14,'07 Meditation: Had difficult time controlling thoughts on what to do with money coming next month (see 'my spiritual experiences journal'). Focused on chakras to gain concentration. I transcended and saw following visions: saw water pouring from a tap into a container and could hear the sound (Anahat chakra); then I saw a container being cleaned out by water (cleansing); In one vision I saw a right hand that turned the key quarter turn to the right, immediately thoughts ceased, I only saw greenish white light and felt very calm and peaceful (found key to Anahat); Later saw my right hand on a door handle, pushed the handle down, opened the door (opened new layer into Anahat chakra).

Feb 15,'07 Meditation: I heard a voice say 'Lord Krishna' right after doing heart chakra concentration. Later saw white effulgent light.

Feb 16,'07 Maha Shiv Ratri. Morning meditation: started with concentration on chakra to stabilize my mind. When I was on Ajna chakra saw a lingam (auspicious). Later I transcended and saw Divine mother with multiple heads like a Virat (cosmic) form in a book. I concentrated on S chakra and at times I transcended. I heard in the left side of my brain a distinct dense sound of something snapping. Later heard in the center of my brain a clicking like sound. Little later, remembered about ongoing cleaning and buried vasanas I have, and prayed to Swami that he needs to take care of it. Before I finished the sentence, saw Swami's picture in the mandir come close to me (2-3 feet away), felt alive and his hands moved in blessing posture. Expressed my Namo, Namo. Few minutes later saw a big green glass container and a hand was cleaning it with a sponge that had soap. A little later saw water being poured out of it as if being cleaned out. (cleansing as a response to my prayer)

Feb 18,'07 Meditation: Initially mind was all jumbled up with thoughts about 'Making of a Yogini'[2] book, foreword by Jody, publishing etc. I was upset at myself. Then started doing

concentration on Chakras to bring mind in control. I was near about heart or throat chakra when I transcended and did not know where I was at. After a while I heard "Aum" which brought me back, and then heard "Namassivaya".

Feb 20,'07 Meditation: Saw some door got closed. There was a metallic hook that got moved and secured the door (crossing some lower layers of consciousness). Saw paper with writing in some unknown language and I read it. (Past samskars?)

Mar 7,'07 Last 10 days or so I had a lot of Kundalini activity. It went on at times for good 5 minutes, and kept coming in waves as it rises up the spine. At times I heard interesting sounds from inside of my body, giving the feeling that something is broken or opened but there was no pain or discomfort due to it (barriers getting removed)

Mar 9,'07 Yesterday meditation: saw myself entering an elevator, then I saw +3 inside. I heard "that is it. Not anymore". Meditation today: while doing chakra concentration and at navel chakra (Manipura), I felt sensations. Later saw 3 clearly followed by vision of a large eye. Confirmed what I saw day before - there are 3 more chakras above where I am at and then spiritual awakening/ wisdom.

Mar 18,'07 Last night in three different dreams saw snakes. 1) Saw a python like big snake anemic and close to death. It had two smaller snakes nearby. (A big vasana got finished, left behind two smaller vasanas). 2) there was a very active snake inside a black zipped vanity bag. Took it to a sink, slowly opened the zip 1/4 inch and turned on the cold water. Went inside to get milk to feed it, but noticed the snake put its head out and was unzipping to get out. When I came back, there was no snake but only a black rope like thing with frayed end. (Some fear or emotion got healed). 3) I had a small baby cobra as pet though I did not see its form, and it was friendly to me (indicating money can be harmful as a cobra, but a useful pet for me).

Mar 23,'07 Meditation: Saw one of my thumb nails got cut off (like trimming). Later saw something got blown off of my palm by blowing hard on it. (Getting rid of Vasanas).

Mar 27,'07 Between last night and today, saw three subtle visions that were indicating finer perceptions. 1) Saw three facial and body expressions of my mother. 2) Saw the subtle and finer expression of Prem before he starts laughing in delight. 3) Saw Baba's smiling expression as he stood next to elephant Gita which made me smile too. Meditation: While doing chakra concentration I

heard "be careful". Understood that our thoughts at the time of this kriya have potent effects - beneficial/ harming.

Mar 29,'07 Visions: Saw a door open. Next day saw a quarter coin, I dropped a quarter, then saw a page flip over and underneath it there were bunch of coins. Little later saw a bed of yellow rice near an altar and there were coins on the top of it. (Coins indicate money - see Feb 14,'07 vision)

Apr 1,'07 Meditation: A wave of bliss came over me and I was looking at a blank bluish screen and just kept feeling good. No thoughts. Little later saw a big padlock and my hand was on it as if I was going to open it. Later I heard 'I am progressing well'. After a little while I heard a breaking sound in the top portion of my left brain. Then I saw Swami's picture in a blessing posture. Afternoon had a dream. I was waiting in my office at work for Shivangini. She enters into my office and says I brought your things. I saw a nice jacket crisp, clean, pressed, on a coat hangar which looked exactly like a sports coat I own. (Shivangini assisted in cleaning up my garments (body/mind?))

Apr 4,'07 Meditation: Made effort not to think of anything else while I did chakra concentration. I heard 'so simple'. After navel chakra, stopped for a while before starting heart chakra when I heard 'finally'. At Ajna chakra I heard 'definitely'. A little later I saw a page filled with pictures of deities and a pencil was pointing to the middle at Ganeshji (Viveka). Later saw picture of Swami in an ornate gold frame, blessing. My mind drifted when I heard a loud sound inside my head as if to bring my attention back. Lastly saw an open door in front and there was darkness inside (new unknown avenue).

Apr 7,'07 Meditation: saw a blank screen of bluish/black light, an open eye few times (inner perception). In one vision saw a close up of a silver coin mounted on a stand with Laxmi ji and Ganesh ji's figures that we have in our mandir. I saw a hand and it wiped it, with something 2-3 times as if polishing it. The coin became bright and shining (Intellect/ removal of obstacles; Sathwa/ prosperity – are getting better). A little later in another vision saw something getting moved out by a clipper with a long white silvery hair in it (silver – worldly, hair – vasana got removed).

Apr 8,'07 Meditation: Felt something in my head started moving the whole thing up. I was a little afraid and resisted it. It stopped. I continued to meditate and said that I am ready and wont resist but that sensation did not come back again. Lot of natural spinal energy traveled up into my head. I transcended along the way,

saw Vibhuti in a palm and then a finger applied it to my forehead where Ajna chakra is, started having sensation in that part of the head. (Ajna chakra being activated.)

Apr 14,'07 Meditation: First vision (see my Spiritual experiences journal). Saw a round thing, shape of a coin, rising up in a liquid and reached up to a interface. There was another liquid of different density and the round thing rose half its way into this other phase. A little later I saw light orange color light. (Kundalini energy has risen from one chakra into another. Orange indicates cleansing and balancing)

Apr 15,'07 Meditation visions: I saw a pot and it was slightly dirty and was being cleaned (cleansing continues). In third vision saw a single door that was off-white and had a turn handle. I heard the noise of door opening first and then I opened the door. I was still in the doorway and inside was neither dark or bright (many doors/ working my way inwards layer after layer).

Apr 20,'07 Woke up at 2 am, stayed in bed and kept doing Ram mantra. Saw following visions: Saw an open door and I could see inside the room. Saw a subtle vision of the upper portion of a lingam and two palms holding onto it. Third vision of a brilliant Sun and heard "Good Morning" (new dimension leading on to divinity)

Apr 21,'07 In meditation I did concentration on heart chakra and uttered 'krishnaya namaha', saw a subtle vision of a deity with crown climbing the last step and coming towards me (invoked the deity)

Apr 28,'07 Meditation: Felt sensations in my body different than when energy is rising up the spine with force. These were more on surface and occurring effortlessly. Vision: I saw myself in a lighted area, and as I looked, there was a passage way ahead that was dark. Metallic bars slid down smoothly from top and blocked the passage completely (passage into ignorance got blocked). Saw Lord Ganesha in the center wearing a garland with deities on either side. (His blessings blocked above passage).

May 7,'07 Today's meditation was very significant. It revealed that my Anahat (heart) chakra spiritual effort is complete. At Vishuddha (throat) chakra it showed that I am gaining insight and getting ready to go to next phase. At Ajna (third eye) chakra I continue to gain insight and my spiritual efforts are or will be bearing fruit. Need the blessings of Ganesha to remove obstacles. Also showed that I am proceeding to formless. At Sahasrara chakra it

showed that it is not open yet. My spiritual efforts are bearing fruit, petal by petal. Also I am told once it opens, it will not close.
Last night I had few visions: saw an open door; saw a large double door in front of me, went up close, could see through the crack a brightly lit podium with some people sitting on it, though door latch was closed showing it is locked; in dream Shivangini was with me, she cleaned the kitchen floor and said she has to clean another spot (spiritual journey continues - Shivangini's help). Today's meditation: I got great respect/ understanding of Chakra concentration and started reverentially with Muladhara chakra. 1 hr long meditation of various chakra concentration. At heart chakra, I did the kriya while uttering Vishnu mantra. Transcended and saw a Ghee container with spoon and there was nice melted clear Ghee in it. At throat chakra I continued to see the open eye. I was made to drink something from a silver glass. At Ajna chakra – I continued to see the eye. Energy started rising through the spine/ Sushumna. I transcended, saw a 9" steel kitchen bowl. There were about 5-6 white square looking desserts (mithai) and a coconut in it. Saw myself touching the feet of formless though I did not see anything (very interesting vision). At Sahasrara chakra I imagined a lotus with many petals. I heard "not open". Little later I saw a gate that was closed and heard that "once open, it is hard to close". Later I saw a bunch of written pages in unknown language yet I read them. As I was going around the lotus petals I could feel that the petals were lighting up and getting brighter. I saw one of the petals getting bright. I saw white bright light reflected off some liquid that had a very slight single wave on its surface. (Ghee is the state one reaches after significant churning in spiritual efforts, clarity of Ghee shows completeness - Swami. awakening of inner perception, insight; transforming the karmic impurities; getting ready for new phase; spiritual efforts are bearing fruit. Lord Ganesha removing hurdles)

May 8,'07 At throat chakra I had a vision of an empty silver tumbler with a few drops of liquid on its side. At Ajna chakra had a very rapid vision where I saw a black Lingam. Then saw a marble white Lord Shiva in his meditative sitting posture. Later saw Diya with a flame to the right of them. At S chakra had a vision, I passed right through a closed plain wooden door. Then I turned left, saw an open door into some large room or space. (Spiritual journey continues from throat to S chakra)

May 9,'07 Meditation: I was at S chakra. Visions: saw a Diya flame and light was reflecting from oil in the container. Saw a tall

glass 1/3 full of orange juice that I drank. Saw clear moon. Saw pictures of couple of deities and one of them was Lord Rama. (Steadiness in meditation, some efforts are clearing up karmic impurities, vision of reflected consciousness)

May 12,'07 Meditation: Continue to see reflected consciousness as moon reflecting on a still lake. In another vision saw a good size glass jar and saw water pouring into it till full. Later in the day I was reading Jivan Mukthi Viveka given to Shivangini by Julie. It indicated that my mind/ body are undergoing purification.

May 14,'07 Meditation visions: I saw a jar and something almost not noticeable was stuck to it and was being cleaned out. A little later I saw the Jar full of water and looked very clean and transparent. (Cleansing body, transforming karmic impurities); In my right palm 3-4 peanuts and an almond were put in it (abundance and awakening); I saw a round Sun like sphere with white effulgence appear and suddenly the whole vision was filled with 'greenish white light' coming from that sphere. Stayed for few seconds. (profound activation or opening of heart chakra); saw three maroon colored flowers together and one of them fell down (With God's grace stability and grounding is occurring); I saw myself milking something that looked like a coconut in color and size, and milk poured out into a container that was almost full (approaching completion of drawing forth spiritual sustenance and strength/ vitality from divine source); saw a Diya flame (steady wisdom or sadhana).

May 22,'07 Last night I saw Shivangini in dream and she was working on getting my Vasanas out. Next I saw my head being shaven off (vasanas/ body consciousness getting removed). Meditation: heard "Shabhash" (well done). Later saw some deities and right behind them saw Lord Krishna's face in blue wearing a crown with a flute. I heard "the life force behind" indicating Lord is that force behind other deities.

May 24,'07 Meditation: Saw a steel pot (Indian) that had a small dark spot which got cleaned by a thumb. Later saw myself close a door to a room that was dark, made effort to shut it (cleansing, then closing chapter on some past negativity). Then saw a door that was ¼" open, saw the room filled with golden light. I leaned on the door and saw myself gently ever so slightly opening it (progressing to new levels of consciousness leading to divinity).

Jun 2,'07 (see 'my spiritual experiences journal') 2) While doing chakra concentration very slowly, first I saw a white curtain and light

was coming through the small opening in the center, revealing only vast open space behind it (peek at divinity)

Jun 11,'07 Meditation: Chakra concentration. At heart chakra saw a steel glass with liquid and I drank it (getting ready to move to higher chakra). At Ajna chakra I uttered Om Namasivaya while doing kriya. I saw a closed (third) eye in vertical position. Then I saw a blunt thick nail like instrument slowly got pushed into the eye and penetrated it. There was no pain. (deepening Intuition and Insight, mental blocks being removed, ready for deeper experiences). Continued concentration on S chakra while uttering Aum. Transcended, had a vision of Goddess Lakshmi with four arms. Thought of Iswara behind form of Lakshmiji, when a wonderful energy rising, partly goose bumpy feeling washed all over my body.

June 18,'07 Meditation: Saw a silver tumbler, someone picked it up, made me drink it. (getting me ready for next level). I was focusing on various chakras and realizing that I was getting deeper into meditation. During S chakra concentration I heard the sound of something breaking in my mind (breaking of mental constructs, old patterns).

July 3,'07 Meditation visions during chakra concentration: Saw myself turning a door knob (that made a sound) and opening the door. There was day light outside. (New dimensions). A spot light was falling on a single coin of the size of a quarter.

Jul 10,'07 … Last night in meditation there was lot of Kundalini energy flow. Today in the meditation during chakra concentration felt the same energy flow again.

July 15,'07 Meditation: Saw a rectangular container that had water in it that was absolutely still and it was solid like ice and clear like glass. At the bottom I could see rust on the container. Realized my mind is able to get still, but still has buried vasanas.

July 16,'07 Meditation: thought about cleaning of the container I saw yesterday. Then had a vision where I was cleaning with a spoon. I was removing fairly thick stuff when I heard "this is from the time ….." meaning this tendency is from which time and life. I continued cleaning with the spoon.

July 18,'07 Last night I slowed my breathing before falling asleep, heard a fairly loud sound as if something broke inside my head on the upper left side. No pain or sensation. (Indicates deepening of meditation). Morning meditation: heard same sound but lot gentler. Saw subtle vision of Divine Mother and Lord Ganesha.

July 19,'07 Meditation: Started with chakra concentration. Saw visions at upper chakras. In one I saw a deity in blue color that had four arms, wearing a crown, and a flute to the lips (four armed Lord Krishna). At the end heard myself saying 'avahayami' (invoking/ inviting), immediately saw Lord Ganesha and Lakshmi ji standing next to him.

July 21,'07 Meditation: Saw a door open, it was dark inside (unknown/ un-manifest layer of consciousness). Saw open sky filled with white light and source of light that was round like Sun. (indicates illumination/ knowledge of source countering the unknown in first vision). Meditation: saw an open door from which light was pouring in to where I was. Next started cleaning the dirty vessel I saw on July 15. As I cleaned, my thoughts drifted. I drag it back and it repeats. Kept at it 6 - 7 times, I heard "Wow".

July 28,'07 Yesterday while doing chakra focus, thought of Raeshum. I heard "very dangerous". Stopped doing the concentration.

Aug 2,'07 While doing chakra concentration I heard "everyday" (to do). Little later saw a white Lingam. Next, I heard "structurally" and then saw a brass colored lock with key in it. I saw what looked like a wall with no doors, and I suddenly turned the key and a door opened. I understood there was no structural opening and yet it got opened. I heard "by the way", a pause, "I did it". A minute later I heard "Dhyanam" and then "do proper way" (విధముగా చేయాలి), then saw a empty container and my hand swept the bottom and got some reddish looking stuff out. I understood that if Dhyana is done properly it has the cleansing (of vasanas and vrittis) capability.

Aug 12,'07 In meditation I saw today a tall silver tumbler that was shiny clean inside. I saw Swami almost the size of a penny far away in the right corner of my vision. I saw subtle vision of Durga Ma, blessing with her right hand that was clear. I saw my feet yesterday and today (getting grounded). Yesterday I was moving my feet in small baby steps and seem to be moving through a dense fog like surroundings where I could not see ahead (undergoing spiritual transformation, cultivating faith/ surrender, working out *kleshas*).

Aug 13, '07 Meditation: Did chakra concentration, I saw container and solid block of see through liquid, taking them as my mind and consciousness I started cleaning the sides one by one and the base. Then I pulled out the accumulated dirt. At that time I heard

"very nice". Later I saw a triangle with eye in it. I said I wanted to enter it. I heard "no problem". I entered it and felt myself going in and it was dense fog. I heard "at the gate" meaning I was at the gate. (Ajna chakra getting activated, at the gate to enter, unknown path)

Aug 14,'07 Meditation: To get lot of disturbances happening at home out of my mind, started chakra concentration. Visions: Saw the eye few times. One time I entered the eye and saw same dense fog. I saw the lake at the back of our house, it was still (indicating stillness in mind). Later saw fiber like string that was attached to something on the left side, and my right hand was pulling it. It broke loose, came off at both ends. I heard "nice!" With effort released obstacle to spiritual growth, Raeshum attachment?

Aug 16,'07 Meditation: I was going through cleaning my inner consciousness, I saw a clear crystal vase with nice pattern on it, it was very clean and shiny. (serene, tranquil mind)

Aug 21,'07 Meditation: After sometime I saw a key, and my hand turned the key clockwise, then I saw a door open. (new levels of consciousness opened up). Little later saw a self effulgent paper (hard to describe), shining white with touch of blue green around the edge (core consciousness is getting purer and more self aware, developing virtues).

Aug 22,'07 Meditation: There was a lot of upward flow of energy during chakra concentration. I started cleaning the vessel fairly thoroughly. After cleaning well, I overturned and threw the contents away. At that time I heard "very well".

Aug 25,'07 Meditation: I saw a large cooking vessel (~18" dia.) and it had a lid that was tightly closed with strong clips around the perimeter. As I was viewing, two of the clips were being opened, as if to remove the lid, vision ended there. After meditation I lay down in bed and slept, and had a dream. Back in 1960 or so, there used to be this young girl who used to live with her parents in the downstairs rental. As a teenager I had only some passing thoughts relating to her that were intimate. In the dream she says to me "let's go". We enter into the room to get intimate. As I entered the room, saw right in the center of the room, on the floor, an office like set up with a seating position for an officer. I saw a gunny bag curtain behind the office set up, slightly drawn aside at one end. On the far wall of the room behind the curtain, I saw picture of Radhe Krishna on wall. It invoked righteousness in me, and I felt it was wrong to come into the room with that girl. All along the girl was not there in the room and

the dream ended. I contemplated on this dream during the day and marveled at the finesse with which God portrayed it. (large cooking vessel - samskars that are buried in consciousness; the girl instigating me to go into the room - divine is getting that vasana out; office set up in the center of the room is Chitragupta – karma recording officer; curtain is Maya; curtain drawn aside - Divine Mother is letting me see past Maya, Radha Krishna on far wall is the eternal witness with in us and watching what am I going to do)

Aug 27,'07 Meditation on 25th: Saw a spoon that was brought out of a container that had dark stuff, and I ate that. Little later saw a very still lake (calm mind). Had lot of energy rise up my spine. Meditation today: Saw a door go up (new avenues opened).

Aug 30,'07 Meditation: When I was doing chakra concentration heard "not like that". A few minutes later heard "follow the written and spoken word of Sai".

Sept 4,'07 Today is actual Janmashtami. Meditation: I saw something dark with an extension to the right. Then I saw something slicing the extension off which is like 1/3rd of the mass. (Cleaning continues. See my spiritual experiences journal for rest of visions).

Sept 5, '07 Meditation: I heard the key turn in the lock I saw a while back, and the lock opened (next level got unlocked).

Sept 10,'07 Meditation: Saw a lamp with oil but no flame. Then I saw a finger just above the oil, it went around the wick like doing some magic, and the wick got lit up. At this time I was concentrating on Ajna chakra when I heard a clicking sound in my head but no sensation of pain. Later saw Swami very briefly. I came and lay down in bed and continued to meditate. Energy was flowing fairly vigorously up my spine in lying down position. In a vision I saw a hand go from the bottom of my spine upwards towards my head, as if someone is pushing something up. I continued to have energy flowing. This is when I thought that a granthi (knot) may have opened up.

Sept 15,'07 Vinayak Chaturthi. Meditation visions: Saw a container that looked like 2 lb yogurt box, but with a lid and a key hole in it. I see a key chain and tried to fit one of the keys into the key hole. Saw a hand pull out a key chain with keys from under a book. (Some aspects of mind are still inaccessible); felt energy surging up the spine for quite a while; saw round light on a forehead where Ajna chakra is which stayed on for a while (indicates inner vision is opening, allows perception of subtle truths). I lay down in bed after meditation, saw following visions; on a toilet paper I saw

dark toilet and knew it was mine. Picked it up with paper and flushed it (cleansing continues). Later saw a curtain suddenly go up, saw a peculiar looking self luminescent greenish white light (balance of head and heart, clarity).

Oct 6,'07 (See Bliss - Ananda chapter) Experience of waves of happiness (bliss?).

Oct 8,'07 While doing chakra concentration, I was thinking about S and at that time I heard "No, no, no, ..", telling me not to think of people when doing this. This happened to me second time. Later I saw a lake with slight amount of waves on it and a reflection of the full moon and it was wavy. I thought to myself that I have disturbances at mind level.

Oct 9,'07 Meditation: Raeshum thoughts continue to haunt me and would not leave. To gain control I started chakra concentration. I asked if I ever reached Samadhi. I heard as a response "దగ్గర" (near or soon). Just to confirm, I heard in hindi "pas" (close by). Looks like I am closer to Samadhi but not attained it yet.

Nov 6,'07 In meditation heard a sound at heart chakra which was like breaking. Then I heard 'Lam' destroyed (inclination to sport, delight).

Dec 27,'07 Today for the second time (first was yesterday) a noise came from the Ajna chakra when concentrating or transcending. In a vision, I saw drapes move aside for two windows, located at the top of the room touching the ceiling. I could see Akasa. Right after this vision, my eyes moved towards back to the left side, I saw white round light like that of a bulb. In one vision I saw lots of silver coins. (worldly prosperity)

Dec 28, '07 (See 'my spiritual experiences journal). Meditation: Later saw something like a golden colored globe similar to Matri Mandir, Pondicherry. I saw myself looking from the top, at a point on the globe where a dollar size piece came loose from the crest of the globe, and then it settled back in position loosely. At that time, I heard a very clear sound along my spine all the way from the top of my head to the base of the Kundalini. (this was the effect of DVD I watched yesterday. Actually in Feb 2016 Amma Visalakshi told me that my S chakra was not open yet)

Dec 31,'07 Meditation: I continued to keep my mind on the formless. A little later saw myself sliding back a door handle, opening a door and entering (new dimension). After some time saw a very deep container made out of dried wood materials. My vision was focused on the inside of container, it was totally empty (Vrittis?).

At the end of the meditation I took a match stick, ignited it and lit up a wick with it, which started burning very nicely (sadhana)

Jan 2,'08 Meditation: I saw a round ball of light on my left shoulder. Then I saw three round balls of bright shiny lights on my chest, close to the middle where spiritual heart is. Then I saw up above me on the left side, a large white shiny light that had a bar of even brighter light, in the middle with a touch of light green to it. (significant awakening and purification of Heart Chakra).

Jan 5,'08 Meditation: I saw a head board of a bed with wood look to it. As my hand touched it, I saw a rectangle 1 by 2 inch hole in it, and I was trying to patch with my hand, I heard "I will take care of it later". (Something in consciousness needs to be set right, grace will take care)

Jan 6,'08 Meditation: I saw eye forming in vision few times. One time I saw the eye on a forehead and rays of light were coming out at me (inner awareness, intuition). Then I saw in dark background a square window with nicely rounded edges. Through the window I could see dark blue sky and in the top right quadrant I saw a nice shining star. Later I saw a steel container that had stuff in it first and then it was all empty and clean (ongoing cleaning).

Jan 16,'08 Following Dream shows my Vasanas continue to persist : Raeshum drove the Jaguar and the right headlight was totally bashed. I got upset in the dream and called her a dirty mean name. Immediately realized I should not think and talk like that. Then I see myself, Shivangini, and Raeshum in the car and Shivangini was driving it. She drove it a little roughly and I was getting irritated that she is not driving right. Both of these reactions were my past Vasanas, still hanging on to me. Meditation: Started doing Om, later started chakra concentration. I heard "Dhyan se karo" (do it carefully with concentration).

Jan 22,'08 In meditation I was doing concentration internally on the formless in me, Maya as my mind etc. I started doing heart chakra concentration with the intention of cleaning my Vasanas. At that time I heard "no need to do that". Along the way I saw white light and heard "universal form" (meaning universal form recognized by all).

Jan 23,'08 Meditation: I saw doors opening three different times. One of them was a double glass door, could not see it prior to its opening. Behind one of the doors I saw light through a window (new layers of consciousness opening, all leading to higher knowledge), In one vision I saw about 20-30 quarters in a coin

container (prosperity). Another vision saw pictures moving around as it does on computer screen when windows are moved. Then all pictures disappeared, like switching off a projector and only dark screen was visible (mind stillness). I thought about Sun worship when I heard "continue to do".

Jan 24,'08 Meditation: Saw very subtle vision of Mother Lakshmi in a seated position. Later I saw Ganesh ji with multiple heads, I bowed to him. Later I heard "Hi Gyani" very clearly. (Prosperity, removal of many obstacles)

Jan 25,'08 Meditation: I saw open double doors, but could only see top portion of doors due to some obstruction. I could see the daylight outside from that top portion (layers of consciousness continue to open, indicating divine knowledge is ahead).

Feb 8,'08 (see 'my spiritual experiences journal' for prelude to this) In meditation saw black liquid oozing and filling up to the surface from an apparent hole in the middle of my chest (Anahata chakra - negative emotions, feelings). Following that I saw a lightly dust coated mirror and a hand rapidly started wiping it from left to right from top down. (cleaning of the sub conscious)

Feb 12,'08 Meditation: Did omkar and then chakra concentration. Initially I saw interesting combination of diffused colors – pink, light green, blue, etc. (colors of heart and throat chakras - feelings, compassion, clarity, truth). I saw two forms with lot of intricate pattern surrounding it. One of them was blue in color seated while the other was fair in color and was standing. It felt like Lord Krishna and Arjuna. I heard a sound somewhere inside me from the region of chest. Right after that saw a road ahead of me and suddenly like a lightning, a white silvery pattern covered the middle of the road along its full length (seems like a path will be shown to me by the Lord)

Feb 28,'08 Yesterday meditation: Saw two very thin layers of polythene removed from a package (removal of subtle ignorance layers). Another vision: As I approached a see through glass doors, right side door opened by itself. Later on I opened a latch of a see through glass door again and opened the door (one layer of consciousness is opened by grace and the other by effort). I saw my own self the way I look now with gray hair and some wrinkles on my face (self awareness towards transcending ego). Saw a dirty plate being washed under an open tap, saw a very old empty barrel but had some rust at the bottom (cleansing, old carried over vasanas). Then I saw my hand had something in it and it dropped it in the

barrel while my mind kept saying why am I adding more vasanas (awareness of vasanas).

Feb 29,'08 Had difficulty concentrating. Started doing concentration on heart chakra thinking chittam (sub conscious) is at this location. Despite trying, it kept drifting and along the way heard a male voice "Hey Gyani" fairly loudly. From there onwards mind quietened down. I saw at least 5-7 different containers – different sizes, some shiny clean, others a little old looking. They were mostly metal (stainless steel) and large like oversize cooking pots. They looked as if just cleaned. I also saw a toilet door closing. I saw a sink that was filled with stuff and as I looked, a hand moved all of it aside and the sink was clean. I saw bunch of household dirt on a floor like we see in our family rooms. Then I see a broom that gathered all the dirt and took it out. These experiences are telling me that my sub-conscious is getting fairly cleaned up (good!).

Apr 3,'08 Meditation: Started with heart chakra to clean up sub-conscious when I heard "there is not much in it". I remembered what was realized on Mar 19 that it is the Ahamkar and not chitta. Today's message confirms it.

I started chakra concentration practice since Apr 16,'06. Today is first indication that there is not much to be cleaned at heart chakra. See Aug 2,'08 meditation. I was told to discontinue as I did chakra concentration. From that day onwards chakra kriya is stopped. Instead meditation shifted to subject as well as doing Omkar mindfully.

Apr 11,'08 Visions: I saw a door open into a large room or hall, and it was filled with white light that I could not see through. On another day, I saw a glass double door that was closed, and could see open outdoors with daylight. Then I saw vertical horizontal bars on those doors, I heard "this is not for anyone" meaning to see or cross the doors. Next scene I see is that one of the double doors gently opened for me, and I was up close to it. Little later I saw cut up fruits in a plate for me (grace is opening the door as a result of spiritual efforts). Apr 15th Saw myself drinking crystal clear liquid out of a extremely clear glass container (getting ready for new phase). On 17th I saw checkered pattern door open and it was not visible till it opened (un-manifest realms are opened by grace).

May 5-7,'08 As I started heart chakra concentration, I heard "Gyani" in a tone asking me to move away from that. Evening meditation: While hearing fairly intense silence, felt a lot of energy

rising in very interesting ways up my spine. Along the way I suddenly realized, there was anticipation in the air as if something was getting ready. Then I saw a large knife come down suddenly in single swoop, cut a large squash like green vegetable (6-8" dia., long) into two pieces. Right after that heard a sharp sound in my heart but no sensation like pain. (severing of old attachments/patterns, a clean break). May 7th Kundalini was active for weeks and I would feel the energy rising as I am lying down in bed.

May 26,'08 Today is Shivangini's birthday. Meditation: I heard a very clear cracking sound at the top inside my head. I saw something about the size of 5-6" round thing get broken with good amount of force (clean break of attachment?). A little later I saw a man who was sprinkling some water on me as if to sanctify (purify).

Jun 20,'08 A day back saw a vision in my meditation, where I saw some dirt in a corner and something was sweeping it. At that time I heard and understood that it is relating to money, it is stagnating, and needs to be swept out.

Jul 4,'08 I thought about the experience I had where something inside my mind (attention) stopped moving. Experience repeated. Later I saw a bandage like layer being peeled off of my skin (subtle layers of ignorance removed).

Aug 2,'08 Meditation: While doing chakra concentration heard "discontinue" and I immediately stopped. Aug 3rd, Meditation: I heard "I enshrouded myself in ignorance". I was finding myself bending forward or sideways in meditation lately, I am being told it is ignorance - 'sleep'.

Aug 17,'08 ….. Later saw an Indian style cabinet (almirah) with a key in it. Tried opening by turning the key, it didn't. Understood it has treasure. Then I saw a Cross (ego is the key to be turned inward). Next vision shallow water coming in waves washing off some dirt (cleansing).

Nov 6,'08 Today I did concentration on connecting to formless I saw in my meditation a few days last week, as well as to two previous ones. Along the way I started doing chakra concentration on heart when I heard "100%" meaning it is all done. Consistent with above messages.

Nov 16,'08 (See Bliss-Ananda chapter) Meditation experience of bliss/ meditation are infinity, bliss and God are 'invisible'.

Nov 23-26,'08 Started meditation to get bliss when I heard "there is no question" affirming the method I used. I concentrated on heart chakra when I heard "practice". I heard a loud sound in my

forehead. Then I saw two flat pieces (like boards) come together and the male female fittings on them fit together exactly. I concentrated well on subject and intense silence. Bliss started spreading all over my body coming from the heart. At the end saw deep maroon red sun rising, fully visible. Nov 25 while doing subject meditation, I heard "I like it". Later I saw a small fruit and a knife in my palm with the sharp blade facing up. On 26th I was in bliss most of the day.

May 23,'09 Today was completely around cleaning my impressions. Heard "need to get it out". Started cleaning my heart chakra. Vision: I saw a plate with a little bit of dirt being washed, a container being emptied, etc indicating cleansing process. After some time I heard "perfect" indicating it is all clean?.

Nov 20,'09 While doing seva at Super Specialties Hospital, I meditated in the afternoon. I saw a hand that had a cloth in it, and the hand pressed at my Ajna chakra with the cloth. I could feel the tingling sensation for few minutes.

Apr 20,'10 After 1.5 hrs of bliss in meditation I heard "first time". Yesterday in meditation after struggle, got to bliss and quietness, when I heard "all the time", a little later "anand". Later heard "three times" indicating need to meditate thrice a day.

May 8,'10 Meditation 10:30 pm: Focused on the spot in heart chakra, strong silence and lots of bliss for about an hour. Around 11:30 pm I lay down but in 10 mts kundalini energy started rising up the spine, while I passively let it rise while focusing on heart. Energy rose strongly 4-5 times all the way up into head. Suddenly felt the obstruction in the heart chakra was gone. When energy rose 4th time, I saw a bulb like shape, black in color, got pulled out of my body and dropped below that fell into a bottomless pit. It sent a shiver of bliss through my spine (obstruction got removed).

May 12-26,'10 Last 2 days I felt something in my Kundalini wanted to rise. Yesterday I was told to "concentrate". Today I struggled to concentrate due to uneasy feeling. Finally I came to a point of focusing on the Subject at my head level, my IV said "affirmative". I came to bed, lay down and Kundalini started rising slowly. I let it rise for a while, all the uneasiness in Kundalini was gone, energy rose to the head freely. I thought in last 4-5 days chakras must have opened, when I heard "exactly".

May 31,'10 Meditation: Lot of thoughts and was hard to stay focused on a void spot around the heart although bliss was trying hard to pull me into heart chakra. I resisted. I thought, based on the

agitations in the mind, if I am putting in enough effort to get these cleaned out, I heard "100%".

Jun 12,'10 Meditation: Saw a square bottomed clean empty porcelain jar, at the bottom there were two small spots. Later I saw a window got opened up to outside open blue sky, I heard "opened up" (consistent with chakras opening May 12 above).

Jun 17,'10 Meditation: Focused on heart chakra for a while then it occurred to me that the principle behind the Seer is Eswara. So shifted my focus to head and kept going back towards the principle. Later I heard "wonderful". I incorporated Ajna chakra also into this effort. Heard "wonderful" again. At the end I heard "perfect". Around 10 am intense bliss started, so meditated again. Kept wondering why I am not reaching Samadhi, when I heard "there is another step". After meditation intense bliss and silence continued. Ajna chakra continued to tingle. (Ajna Chakra needs to be open?)

Jul 19,'10 Last night meditated around 2 am concentrating on Ajna chakra, when I heard "done" and a little later heard "done" again because I doubted what I heard. Today's meditation, started concentrating on last chakra, I heard "continue". (Ajna chakra done)

Jul 30,'10 I heard in the meditation as I was doing concentration "bahut nazdik hain" (it is very close) (next stage is very close)

Aug 5-9,'10 Meditation: Focused with full inversion of attention on Sahasrara, I heard "perfect". Later as Kundalini energy was rising, focused and sent the energy to Ajna and to Sahasrara back and forth. Heard a loud cracking sound from mandir. I held steady when I heard "good connection". Aug 9 meditation: As I held on to Subject and was in bliss, I heard "there is nothing to do". Kundalini energy rose straight up to S chakra while a continuous feeling/focus on Ajna chakra persisted. Around 11:15 am intense bliss arose, so I meditated till 12:45 noon.

Aug 11,'10 I got very tired from lot of yard work yesterday, hence could not meditate last night. Meditation 3am: continued to have uncontrollable thoughts of everything I come across - internet, news etc. I kept pulling my mind back, after 40 mts I heard "finished". As I focused on Ajna chakra I had a flash of bright Sun vision. I continued. Along the way I felt something snapped in Ajna chakra and my head jerked due to that force. No pain or discomfort, so it is at subtle level. It was 4am, I came to bed but still alert, so meditated again. I could feel the bliss, and concentrate on Subject and Ajna chakra at the same time. As I focused and felt energy rising

in my Sushumna to Sahasrara and Ajna, I heard "let it be". I stopped and just focused on Subject. Little later heard a gentle male voice uttering AUM inside me. After about 5 mts or so, I suddenly felt something that is connected to me (thick like a large body part, not like a chord or string) got snapped or cut off with force. This happened so suddenly that my whole body shook with force. Immediately felt awareness, no thoughts, and a huge load was taken off of me. I sat in shock, and thankful because it felt good. As I thought about it, I heard "liberated" (liberated from some burden hanging onto me).

Sep 14,'10 Meditation: Focused on subject, kept mind as quiet as possible. Later came to bed and continued meditation. Focus slowly moved to Ajna chakra and started tingling there. Held on to Ajna chakra and the focus. Suddenly saw a large fist come and banged on the Ajna chakra. The vibration from the bang was so strong that my body vibrated for 30 seconds. As it subsided I realized that the knot in chakra must have opened up for I could feel energy and sensation spreading uniformly all through my head. Even an hour later continued to feel transformer buzz all through my head.

Sep 17,'10 Meditation: I saw once something like a surgical drill being driven into a barrier. Little later I saw a sharp thing is being forced through the barrier. I understood Sadhana is making headway to get through the Anandamaya Kosha.

Sep 22,'10 Meditation 3:15am: started well with calm mind, focused the inner eyes on subject. Later heard "Pandit". I did not respond. Later I heard "this buddhi is not going to make it". I opened my eyes, saw the candle stick is half burnt. I relighted it and said "Swami, let us go" (for cleaning buddhi). Vision - half of a broken coconut that has some yellow, is washed off with liquid. Saw the yellow got thrown out. Then saw a big knife and with both of my hands, pressed down hard on a dense mass to cut it off. I focused and pressed down. Heard "kat gayee" (its cut off). I continued concentration and meditation, I heard "empty". Did pranam to all Gods. Continued meditating. Something made me shift my concentration to Sahasrara from Ajna. 4:30 am came to bed, nice hum of silence, Ajna chakra was sore with all the exertion.

Sep 30,'10 Night meditation: While focusing on Ajna chakra I was told by IV "దాని అవసరము లేదు" (that is not needed). Looks like Ajna chakra is open. Again on Oct 6 my mind was fairly messed up so I tried doing heart chakra concentration etc when IV said "అవసరము లేదు" (not needed). Right away I moved it to Sahasrara and

held on to it, bliss began, I heard "wonderful" (Chakras up to Sahasrara are open).

Jun 21,'11 Mind being wiped clean experience. Meditation: Saw many times some written material and I used to read them. Interestingly today as I read, the script vanished. Next I saw another sheet of written paper and as I read it, a hand appears and starts wiping it clean. Then I see a black board totally empty except one or two spots on it. After a few minutes my whole vision turned whitish green and kept hearing the humming in the mind. I stayed that way for about 10-15 minutes.

Jul 19,'11 Last 2 days felt crawling sensations right at the top where S chakra is. Today's meditation on S chakra, got the crawling sensations when I heard "fantastic". Around 6 pm I heard "meditate". Meditated for 1 hr 20 min. Mostly I was at S chakra, silent, blissful with some activity at S chakra. A thought arose, Sama dhee is equal mindedness when I heard "that is more important" (than transcending).

Jul 22,'11 Meditation: I saw a black piece come off from the mass that it was a part of and heard "Muslims" (cleaning continues). Last night I saw two or three dreams that are still testing or cleaning me up on man woman relations.

Aug 17,'11 Meditation: Saw a tall jar that had a little dirt sticking to it and saw a long duster cleaning that jar. I was at S chakra and continued to feel the tingling and bliss. I heard "wonderful". After a while entered a state where I saw a greenish white blank screen, stayed there effortlessly. I was in intense bliss, heard "Gyani" then "enjoy it".

Aug 25,'11 Saw a vision of open manhole cover, water inside was still, light reflected off of it. Saw this vision a few days back with dirt in it. I heard "just to let you know" (cleansed). Saw a door get propped open, transcended, intense silence and bliss, as I dropped back I heard "victory". (successful cleaning)

Mar 27,'12 Few days back ended up focusing on Ajna chakra intensely, I heard "Tumhari Marzi" (as you wish!). Immediately stopped and moved to S chakra thinking this is a warning that Ajna is for Siddhis.

Mar 28,'12 Meditation: As I was focusing on S and A chakras instead of subject, I heard "dangerous". I quickly moved to subject.

Mar 29,'12 Meditation: After heeding the above warning I moved to subject. Later heard "amazing". I kept focus on subject as much as possible, while listening to AUM. I heard "ever free". I

reminded myself that I should always come to subject, not to S or A chakras. Heard "always". Few days back in meditation saw something written on a slate board with green pen. Then I saw a hand erasing line by line. All lines got erased except one (wiping my mind clean of impressions continues)

Apr 21,'12 Meditation: As I took my mind to S chakra, I heard "be careful". I stopped and took it to the Self, heard "perfect". I also heard during the same meditation many coaching words like "fantastic", "wonderful" etc.

May 12,'12 Dreams. One dovetailed into the next dream after I woke up in between. First dream was shopping trip (after '05 I probably went shopping ~ 12 times) - marvelous shopping trip to another city for 3 days, five star hotel, wonderful food, gained a few pounds – travel cost, purchases were paid by that company. I felt happy. Next dream - lucrative real estate; very nice looking home in a prime location; seeing celebrities etc. Understood that these are all buried desires, likes.

Jul 26,'12 (See My Spiritual Experiences Journal chapter) Raeshum bipolar issue.

Sep 25,'12 (See My Spiritual Experiences Journal chapter) Experience of a flower's stem gets pushed into my third eye.

Oct 21-23,'12 Meditation: Focused on Self below S chakra when suddenly I entered something and went deeper into it. I heard "yahoo" (joy, excitement). Went deep and stopped, marveled because didn't even know it existed. I heard "Bingo" (hit the target). Oct 23 - Meditation: I was in a state of disassociation, no exertion on any chakra or heart. I heard "Dissolve". Later heard "Dissolve" again. After sometime heard "Dissolution"(some aspect of mind got dissolved)

Jan 5,'13 Meditation Kulwant Hall: Saw a garment peeled off from another, by removing the stitching thread that held them together. In another vision saw few chambers getting aligned and could see a series of rooms with doors exactly aligned, and I could see far through open doors (detachment/ mental alignment/ far sight).

Jan 24,'14 In meditation I saw a white large mass in a container. Then I saw a huge hammer whose head was the size of the white large mass, came and hit it. It broke the mass into large pieces (could be transforming of ego by divine power).

Apr 9,'14 Two Dreams. Both highlighted past impressions, habits. Meditation visions: very carefully going thru picking very tiny

particles from a clean background and throwing them out; Saw some extremely small insect was crawling on this clean background and I removed and discard it (very minute cleaning). A little later everything went still and felt like my breathing stopped.

May 2,'14 Based on what AV[3] and Swami said yesterday about my Ajna chakra I started doing Kriya around it to correct it (See May 1, '14 in 'Guru Sadguru God' section). Then I asked IV. I heard "ఎందుకు" (why), a little later "వద్దు" (don't) so I did namaskar and quit.

Jul 16,'14 I was at S chakra when I saw in vision a knot being untied.

Jul 24,'14 Another time I saw something huge connected to me got separated. I heard "finished" two three different times. Amma said, it means I reached the center of I and now it is very hard but one need to concentrate on it.

Mar 6,'15 I drifted towards S chakra, heard "negative", then shifted to Self, heard "positive". Later as I gently landed into Self, heard "final".

Jun 8,'15 - Last night and morning meditation I felt S chakra open and free of obstructions. (Based on what AV said in 2016 - not open, it was open by 2020)

Aug 22-23,'15 Meditated: Got to the stage of uniform bliss, hum, silence. After staying there for sometime, felt as if something unchecked in S chakra, felt very light. Had a vision: Saw right side door of a white cabinet open, shelves were empty. Shelves were not shiny clean like new, but looked used but empty. (Satva guna vasanas done?)

Aug 29,'15 … About half way through while sending energy, suddenly a person came in my thought whom I had not remembered in last 40 yrs. He lived in a hut, a bicycle repair person, and was friendly to me as a kid. I sent him light and love. This recollection stunned me. Then I remembered every person I mistreated or did wrong. I asked them for their forgiveness (kshama), sent love and light to them. As I continued I heard "let it go". I understood that these are all impressions.

Aug 12,'17 Meditation: It was quite difficult due to continuous invasion of thoughts related to past that were buried deep inside, did not even know they existed. Got rid of one, mind became quiet for moments, another one springs up. I heard "let it go". Kept at it for 10 mts. I heard "magnificent". Saw a vision - I am picking up dirt in a

carpet with fingers, one by one (Deep old vasanas are surfacing, getting cleaned).

Sep 19,'20 Meditation: Reached empty mind, Self, and music. Soon thoughts of way past started uncontrollably. Kept fighting and not getting disturbed by it. I heard "congratulations", heard it again. With so many Vasanas generated thoughts, why the praise. Little later heard "ఐపోయినవి " (finished). No confirmation. Only thing I know is when vasanas are over, then uncontrollable thoughts need to stop i.e. thoughtlessness needs to become natural. As I wrote this last part, I heard "simple".

12/8/23 When I was at the state of being where my drushti is centered - neither inside nor outside. I heard 'ఉన్నది' (Uniki, 'Is'). A little later heard 'Paramatma'. I could stay for about 1/2 hr out of 1 hr with thoughts invading. Not sure when I was thinking about the dream I had, I said to myself "all vasanas". At that time heard "చాలా ఉన్నాయి" (there are a lot).

As inner voice said above there are still lot of Vasanas. As Swami said to Shivangini - April 25,'98 'Swami spoke to Shivangini about people around her. In that conversation with her He said "Gyani is also going to get liberation but it will take him a looong time. He will have to spend lot of effort, lot more sadhana, but he will get it." I did not realize the import of what Swami said back in 1998. Now I understand, and you as an aspirant, can see the long journey I had to tread. It is all because of my 'excess baggage' . 😀

While on this journey we learned a lot about the interpretation of what we see symbolically in dreams, visions etc. from Sri Sathya Sai Baba, Sir Anjaneya, AV, spiritual texts etc. Although in 2025 artificial intelligence AI chatbots etc have the ability to interpret some of the visions and dreams although it has to be customized to the individual. I thought it could be useful to the *Mumukshu* who is treading this path to benefit from what we learned, although they need to harmonize it to their state and circumstance.

Vision and Dream Interpretations

- Seeing upside down - wrong or misunderstanding.
- altar – divine; black stone – ordinary; Silver - worldly
- pick up to examine – contemplation; gold – all auspicious, divine.
- door – enter; tall/ height – significance/ clout; door – gateway; very tall – important; light on other side – divinity; one person and

empty space in front – rarity; Identical doors – lead to the same end goal; same size, as important.

- Trees, plants – prakriti; Fire is also the same but more halchal, vigor; still lake – calm mind ; lot of ants vision - lot of activity; round opening - gateway
- fruits in meditation - refers to four yogas. Ripe fruit - ripe in one yoga
- dense fog – delusion/ Maya; lower falling – blessing;
- full luminescent moon – reflection of divine
- Ganeshji in a cage – Buddhi is in restriction
- baptizing – initiating; married to God means delivering
- seeing Diya flame – Sadhana. Wavering vs steady flame – wavering mind vs one pointed mind; Diya with steady flame - inner light or wisdom, steady flame - balanced satvik, steady flame - inner guidance/ illumination; roundness of flame -fullness; Unlit candle - dormant; candle gets lit up - illumining the path; Lamp – one will travel on lighted path, Gift of lamp – Keen vision ; steady flame (diya) represents the inner guidance and illumination, awareness is becoming stable, and inner stability (undisturbed by external distractions) ; Flames and Cross in it - purification, self awareness ; reflection of light - divine light
- Sound of liquid falling into a pot/ pool - indicates Anahat chakra; middle of forehead (Ajna chakra) - Intuition and foresight; green light - Anahat chakra - growth/ healing;
- Opening large cooking vessel with tight clips - samskars that are buried in consciousness being brought forward
- Knot of cloth or other - karmic/ emotional bond; untying - working out
- Seeing oneself nude in public - ego and its fears,
- lake with extremely still water, moonlit night. Saw a small ripple in it - deep meditative state, tranquil, mind yet sensitive to subtle insights
- light reflected off of a pool of water - Inner wisdom guiding spiritual journey of the mind; Seeing a Lingam - higher consciousness proxy; Light for knowledge, and darkness for ignorance [2]
- energy flowing through spine, body stiffens up as energy reaches head, at times very strong - Kundalini energy is rising up the spine, strong surge of Prana force, higher awareness
- spoon cleaning - cleansing emotional imprints; gray hair - old buried pattern (vasana)

- open a door - new level of awareness; key - wisdom, knowledge, merit
- Asking for the key - readiness; key turned by itself - divine granted it
- Open scissors ready to cut - ready to let go;
- Seeing oneself in mirror - increasing self-awareness, , a step towards understanding/ transcending ego, and strengthening witness consciousness; Seeing clear mirror - clarity, self awareness;
- Seeing eye - awakening of inner perception
- Ganesha - Intellect/ removal of obstacles; Lakshmi - Sathwa/ prosperity; Shoe – Heaven by riding horse; Umbrella – relief from heat
- Ghee is the state one reaches after significant churning in spiritual efforts, clarity of Ghee shows completeness - Swami[2] ; Clear water - internal purity/ tranquility/ clarity; milk - purity; clarified butter - result of spiritual efforts or sadhana, as a churning process.
- Seeing oneself at the top of a mountain – difficulties are over [2]
- Cotton cloth – courage and preservation; Garments – attainment of the world of moon; Horses – attainment of the region of Shiva
- Copper pot, food grain, & seed – comfort while traveling after death
- Oxen – full of prosperity;
- Snake movement is associated to stirring of Kundalini [2]
- Snake - harmful by nature - Vasanas, Money/ Wealth (Yoga Vasishta)
- Kundalini coiled energy. If friendly can be a useful tool. Snake came to kill but died - a powerful harming pattern ego/ ignorance is shed
- Swami explains seeing in dreams people as animals means they are exhibiting the intrinsic quality of that animal – dog / faithfulness, cat/ selfishness, snake/ biting and hurting, etc. [2]
- Kalash represents human spiritual efforts and is in the same shape as the vessel which is used to churn milk to get butter. Seeing Vibhuti in Kalash means success in churning resulting in divine glory. [2]; Kalash half filled with liquid and being offered (spiritual effort)
- Boat symbolizes worldly journey; train - spiritual journey; traveling on bicycle – indicates mode/ speed of spiritual journey [2]
- Luggage – burden of vasanas or tendencies [2]

- Bigger build of a person indicates more clout [2]
- Oil represents effort in Sadhana; Dead flesh falling - dead concepts [2]
- Cow in vision or dream represents Jivatma or Jivi [2]
- Lakshmi is God's body form and someone who is householder and existing only for God's service is 'Grihasth Lashmi' [2]
- mixture of Vibhooti and Kumkum, symbolically Vairagya and worldly activities [2]
- Swami handing a child to a person in a dream means that person got Diksha (initiation) directly from Swami. [2]
- food being cooked, dark liquid in it - transforming the karmic impurities; made to drink - getting ready for new phase
- stringing garland means Karma Yoga, almost complete, little more left,
- Ring finger represents work; cross on forehead - annihilation of Ego
- Sound of elephant in meditation - mind is beginning to settle and consciousness deepens inward. The sound of a bell, flute, thunder, bee, or elephant - suggests you're entering a deeper state of pratyāhāra (withdrawal of senses) or dhyāna (meditative absorption). [2]
- Marrying God means delivering ; Seeing horses and chariot – senses and mind; also means horses indicate Shiv Lok and chariot is the one being taken there.
- Snow covered path – path that is slippery, has obstacles, usually journeyed alone ; Seeing opening of a door – more of the veil is being removed. Seeing steps in vision - spiritual journey is continuing.
- given flowers by Guru indicates purity of feelings.
- Dreams are based on Vasanas. Need to interpret spiritually particularly holy dreams
- Seeing toilet, want to go to toilet - releasing or need to release negative emotions, beliefs; Seeing own feet - grounding and foundation ;
- Baby steps - new beginning, slow steady progress; Dense fog - Avidya - uncertainty, lack of clarity ; Showering - increasing self awareness
- Craving, aspiration, and desire for God brings all the Devas and ascended masters visions and their blessing.

- Hearing the sound of liquid pouring into a container in meditation - spiritual transmission of subtle energy (from one chakra to another)
- Seeing desserts, mithai in container in meditation at a chakra means - spiritual efforts are bearing fruit at that chakra level.
- Coconut - represents ego (hard outer shell) hence broken symbolically in temples indicating surrender. Another interpretation - representing Ganesha and sign of obstacles being removed, or need to get his blessing.
- Peanuts - abundance/ prosperity; hidden potential; humility/ simplicity
- Almond - watchfulness/ awakening; Silver glass shiny - container - body; Water - mind/ consciousness/ life force;
- silver shiny - pure, refined, spiritualized;
- Seeing light in meditation: chitta shuddhi, chakra activation, prana flow, glimpses of higher consciousness, subtle inner guidance at times
- light on left shoulder: localized purification or activation of emotional or intuitive energies on your left (receptive) side. It suggests a gentle release or illumination of something you've carried, or an awakening of subtle sensory awareness in that area.
- Three lights on chest - three lights could also symbolize a new balance and harmony within your emotional and spiritual center, significant awakening and purification of your Heart Chakra.
- Light at Ajna chakra - light of knowledge, awareness, and illumination.
- Doors closing - old patterns/ attachments removed, withdrawal of senses
- Para - Vak - transcendent sound, ‘divine word’, first impulse of creation. Resides in Muladhara connected to Nada Brahman, Turiya state, no distinction between word and meaning - silent hum of existence; Pashyanti Vāk - seeing sound - Pashyanti ‘that which can be seen’, Manipura chakra, intuitive understanding of a concept before you formulate it into language; Madhyama Vāk: The Middle Sound, anahata chakra, process of forming words in your mind, the internal conversation you have with yourself, the thought process before external expression; Vaikhari Vāk - gross sound, visuddha chakra, ordinary, spoken word,

Muladhara (Root Chakra). Base of the spine, around the tailbone and perineum. Grounding, security, stability, and basic survival

needs Red and shades of red like maroon, Lam is bija mantra for this chakra.

Svadhisthana (Sacral Chakra) Lower abdomen, just below the navel (around the sacrum or root of the sexual organs). Creativity, sexuality, emotions, pleasure, and relationships.

Manipura (Solar Plexus Chakra) Upper abdomen, between the navel and the bottom of the rib cage (solar plexus area). Personal power, self-esteem, confidence, and willpower.

Anahata (Heart Chakra) Center of chest at heart level. Love, compassion, empathy, and emotional well-being. Green is the color of this chakra. Sound of liquid pouring

Vishuddha (Throat Chakra) Communication, self-expression, truth (purification of thoughts, words, actions), and authenticity.

Ajna (Third Eye Chakra) Intuition, insight, wisdom, imagination, and clarity. Indigo color (deep blue, purple). a pleasant energy rising up spine into the head, often accompanied by feelings of ecstasy/ bliss, strongly associated with activation/ balancing of the Ajna Chakra

Sahasrara (Crown Chakra). Spirituality, enlightenment, divine connection, and pure consciousness. White light or violet is often associated with this chakra

[1] Anjaneya's Command, Vol 1, Msg 245-251, dated 11-01-2017, Sri Sathya Sai Kuteer

[2] 'Inner Experiences', Gyani & Dolly Baile, Sri Sathya Sai Publications Trust
'Making of a Yogini', Gyani & Dolly Baile 'Shivangini', Sri Sathya Sai Kuteer

[3] RD - Ravi Daggupati; AV - Amma Visalakshi, S - Sahasrara, AS - Anjaneya Swami

9. Atma Vichar (Who am i enquiry)

Many a time in Satsangs, I came across a common misunderstanding among most of the people about what Atma Vichar (Who am I enquiry) is. Many of them think that, enquiry is analyzing their mind with concentration, step by step with the question and answers of Who am I enquiry. So what is Atma Vichar (Who am I enquiry)? Let us first examine what various Sadgurus said about it.

[1]'Without Atma Jnana (Self Knowledge), without knowing who one is, to know God is impossible[1]. [2]Atma Vichara is to search for the birthplace of the mind (via Who am I enquiry, contemplation). It will merge right into that source[2]. [3]Inquire into who you are. If you are immersed completely in it, Atma Vicharana yields Atma Anubhava (experience of Atma)[3]. [4]…If you keep inquiring who am I with shradha (faith, fastidiousness), that shradha itself will take you to your Atma.… As long as you have thoughts about your body, your mind, you will not get Atma experience[4]. [5]When you gain control of mind, turn it inward, and dissolve (laya) it in Atma, what you get is Peace. This is liberation. There are two paths for this. One is searching the birth place of mind. That is where it dissolves. Second one is surrender (samarpan)[5]. [6]Real sadhana is the one which makes one lose body consciousness and gives Atmic bliss (Atma ananda). Only enquiry (Vichar) of Atma can do that. This is possible only with sharanagati (surrender)….. With formless worship, mind must be turned inward. Turning inward means penetrating the five sheaths (koshas) and experiencing the 'Atma God'. Who is Atma Deva? It is all pervading Brahman[6] [7] My Guru ordered me to attend to the sense 'I am' and to give attention to nothing else. I just obeyed. Whatever happened, I would turn away my attention from it and remain with the sense 'I am'. It may look too simple, even crude. Yet it worked! [7] [8] What is the difference between enquiry and meditation? Enquiry consists in retaining the mind in the Self. Meditation consists in thinking that one's self is Brahman, Existence-Consciousness-Bliss.[8]

Fortuitously in my spiritual journey, I was spared from the quandary of what is Atma Vichar. Without my knowledge, my inner voice (IV) silently led me on to the path of Atma Vichar, as you can read below. After I translated the three volumes of Anjaneya's

Command[9], based on what Sri Anjaneya said regarding merging the mind in the Self, I realized I had been on the path of Atma Vichar.

My spiritual journey started with Shivangini's journey as outlined in chapter titled 'How my spiritual (higher journey) started'. Our initial spiritual practice consisted of what Swami guided her to do - bhajans, reading spiritual books, meditation, doing seva activities, satsangs with some spiritually knowledgeable people. It was basically going on a four wheel drive, doing a little bit of bhakti, karma, jnana, and raja yogas. I started meditating around year 2000. Shivangini asked me few times as to what was I meditating on. I tried Jyothi meditation as stated in the books, did not work for me. Tried alternating between name and form for concentration, did not work for me. Right from day one I liked and felt comfortable meditating on silence though it was very difficult to still the mind even for seconds, initially.

I continued meditating on silence. Along the way I started hearing inner voice (IV) brief messages. Started seeing deities in meditation. Went through lots and lots of cleansing of chakras, vasanas, karmas etc. Received lot of guidance from the divine through my inner voice (IV), and from Shivangini through visions and IV. Then came Maha Shiv Ratri of 2008 which was on March 6. Stayed up most of the night in the Bharatiya temple, Lansing. In morning meditation for the first time I heard "subject" meaning I need to meditate on the subject instead of object. I did not know what is meditation on 'subject', and how to do it. Yet from very next day, I started making effort and IV guided me. It told me only in single words like 'not like that' or 'excellent' etc. I will share with you what I recorded in my logs.

Mar 08,'08 Meditation: I was focusing on the 'subject' when I heard "Atma Jnani". Heard the same thing again couple of minutes later.

Mar 13,'08 I was trying to meditate on the subject. Along the way I heard "don't worry too much". This was in response to a concern I had.

Mar 21,'08 Heard bunch of things in meditation which I could not connect to. I said to Swami I don't know any better and I am staying with what I heard earlier about 'subject'.

Apr 1,'08 Meditation: It was extremely quiet or blank, there was awareness, and a feeling that felt very peaceful. At this time I heard "it is unbelievable". After a while I heard "I don't know any

better". Interestingly I was in this state of thoughtlessness as I was focused on the 'subject' for 20 minutes or so. This was quite amazing for me.

Apr 9-11,'08 As I did Omkar, heard "meditate" twice. So started meditating on the 'subject' – that 'I' which is the witness. I had to concentrate and focus on it. I heard "absolutely" meaning that is what I need to do. I cannot describe it but I kept understanding things around objective and subjective consciousness. Apr 11th, As I was meditating on the 'subject', I heard the following in hindi "bahut achha" (good), "sab kaam khatam" (all works are over). Then I heard "there is no other way".

Apr 19,'08 I did the subject – object meditation and whenever mind goes to object I drag it back to subject. I heard at that time "this is preparation".

May 4-5,'08 In meditation when my concentration drifted outward, I heard "andar" (inside). Immediately I shifted it to 'subject'. May 5th, In the morning, I heard "fantastic" one time when I dragged my mind back to subject. Energy started rising up my spine.

Jun 6,'08 A few days back, I got started with concentration on Subject (consciousness) to clean out my Ego. Since then I am realizing that I am improving in my ability to do meditation on Subject. Also when I do Subject concentration I am not seeing visions. I realized visions are seen only when focus is outward. In Subject concentration, as long as I can stay inward with no thoughts, then there are no external vishaya (objects, emotions, thoughts, OET).

Jul 16,'08 I was concentrating on the Subject and the Object consciousness when I heard "I like it". Saw a hand wipe across a steel container with uniform layer of dust on it, made it shiny clean, saw a light shining clearly off of it.

Aug 21,'08 In meditation, while doing the subject concentration and feeling the bliss (started few months or so back). I heard "meditation" twice very softly.

Aug 23,'08 Subject based meditation is more difficult than object based because subject is so subtle that it easily slips and goes towards object. As I continued to have the difficulty I heard "make the effort". I continued to struggle and a little later I heard "It is going to happen". I was having doubts, I heard "It I..S going to happen".

Aug 27,'08 As I started, heard "subject focused meditation". A little later as I was trying to do it, I heard "take off".

Nov 7,'08 I was concentrating on the subject and taking it to formless and I heard "exactly" very clearly.

Dec 3,'08 I could concentrate well on the subject. I felt very nice but different kind of bliss started from the spiritual heart. I heard 'Kundalini' and a little later heard 'vibrate'. Then the bliss went up a few more notches.

Dec 16,'08 I missed doing my normal subject concentration yesterday. As I was doing today I was told "everyday" meaning I am not to miss.

Feb 15,'09 I was concentrating on the heart chakra and bliss, instead of the Subject when I heard "they are same" meaning both are Subject consciousness.

May 18,'09 I continued to focus on the Subject. When I focused on heart, I heard "it is alright" meaning it is clean. A little later I see a large double sliding door with huge handles and it was closed. I kept my attention on Subject. Suddenly saw a hand that grabbed a handle and opened a small door. It was so subtle that till the door opened, I did not realize it was there. After that I had a vision of many doors. Intuitively I pulled myself back to the Subject. Later I saw a square opening that showed the blue sky. Overall, a door opened today for me where I got a glimpse of Aakasa (God).

I noticed that many days when I was focusing on subject and any chakra, I was going through cleansing like the one above where new avenues were opening up. I also understood that the cleaning of consciousness is accomplished by focusing on the subject. It is a result, a sublimation of the agitations of consciousness.

Sep 24,'09 I could focus my attention on Subject and could feel the bliss along the spine. At that time I heard "contemporary" meaning that Subject and bliss are present together and hence by reaching Subject you access Bliss.

Since Jan 9,'11 I read the e book 'The Path of Bhagwan Ramana' and in that I read about Self Enquiry or Who am I? When I read it, I was shocked to find out the practice I had been doing since 2008 meditating on Subject and the way my IV was leading me is exactly same as the method advocated by Bhagwan Ramana.

Atma Vichar (who am I enquiry) is a core practice of 'Jnana Yoga'. On Dec 4,'05 my inner voice said 'she (Shivangini) was a Jnana Yogi'. I realized I am on the same path as Shivangini after I translated the Anjaneya's command into English [9].

I will verbalize my understanding of Atma Vichar or Who am I enquiry process. It is not thinking activity of the mind. Mind is a collection of thoughts. It is taking your drushti or attention, turning it inward, taking it to the point where thoughts begin and merging it there. This takes effort, perseverance and needs Grace. As one stays there longer, with divine grace, becomes effortless. Is this a practice meant for all or who is well prepared to go on this path?. I will state here what Sri Anjaneya and Bh Ramana Maharshi said. Sri Anjaneya says[11] 'Those who transcend - physicality, diversity, names and forms, body, mind, intellect (Buddhi) and reach the state of Atma, only they can be in the state of God experientially. ….. For Atma Vicharana/ Atma Anubhuti one must attain completeness (pari-poornathwam). For that, samskars (vasanas) stored from lives after lives need to be entirely uprooted, from the roots'[11]. Bh Ramana says[10] 'Can this path of enquiry be followed by all aspirants? This is suitable only for the ripe souls. The rest should follow different methods according to the state of their minds'[10] . Another great saint says 'It is only for those, whose Chitha (mind) has become ripe'.

[1] Msg 51, 27-10-2015, [2] Msg162, 14-12-2016, [3] Msg 118, 07-03-2016, [4] Msg 119, 07-03-2016, [5] Msg 24, 28-08-2015, [6] Msg 55, 30-10-2015, [11] Msg 131, 16-10-2016 Anjaneya's Command Vol 1

[7] I am That, Sri Nisargadatta Maharaj, Editor Sudhakar S Dixit

[8] Who Am I? (Nan Yar?) Q27, Sri Ramanasramam, Tiruvannamalai, Tamil Nadu, India.

[9] Anjaneya's Command Vol 1,2,3, Sri Sathya Sai Kuteer, Puttaparthi, India

[10] Spiritual Instruction of Bh Ramana Maharshi, Sri Ramanasramam, Tiruvannamalai, Tamil Nadu, India.

10. Brahm-anubhuti

Brahm-anubhuti is a direct spiritual experience that transcends the limitation of mind, senses, and ego. It is profound and leaves a deep impression on the individual who has that experience. Transcending the limitation of mind, senses, and ego is of two kinds - [1]'The destruction of the mind is of two kinds: (rupa and arupa) i.e., in its form-aspect and in its formless aspect…The latent impressions (vasanas) manifesting as modes (vrittis) constitute the form-aspect of the mind, the latencies perishing, the supervening state of samadhi in which there is no stupor of sleep, no vision of the world, but only the Being-Knowledge-Bliss is the formless aspect of mind….The mind is lost in its form-aspect but not in its formless one of Brahman. Hence the experience of Bliss for the sage, liberated while alive'[1]. The experience that I had was transcending the mind, that is temporary destruction of 'rupa', like in deep sleep but fully aware.

In Bhagavad Gita, Arjuna had Viswaroopa Darshan in 11th chapter. That is the experience of Brahman. After that his journey continued till 18th chapter, which is Moksha Sanyasa Yoga. What Arjuna saw in his experience was pertinent to his position, situation, and circumstances. Likewise every sadhak on this journey when they get the experience, it will be pertinent to them, their situation, position, and circumstance. Also it is important to note that Brahm-anubhuti is just a major milestone in the spiritual journey, and not the final goal.

Experience I underwent is pictorially depicted in the attached picture. It occurred in the early morning hours of Sept 6, 2011. But prior to getting the Brahm-anubhuti, a sadhak undergoes many experiences that are precursors to it. As I said earlier, these precursors will also be specific and personal to a sadhak's spiritual journey. Without further ado, I am describing the precursors and then the experience itself.

Mar 26, '08 Meditation: I saw a nicely green dialed wrist watch up close and then I saw '62' written on the dial. I also heard that "it could be 65" (at that age). (I turned 62 in Sept 2011) (probably '65' is dependent on the effort put in, and progress made).

Apr 24, ’10 Meditation: focused on subject and on awareness at the same time. At the end of 1 hr I heard “one year”, later “you will be ready”.

Aug 18, ’10 When I was thinking about self realization, I heard “September”, then heard “everything”, again heard “everything”.

Sep 24, ’10 Meditation: Saw a vision of Lord Shiva sitting up close to me and he or someone put tilak on my forehead. Felt something got pushed down inside my mind, and I experienced a higher degree of silence.

Apr 20, ’11 … I heard “by the end of the year”.

May 6,’11 Morning meditation, I heard “12 September” (you might get a Q that it was Sept 6 and not 12. This variation usually depends on the effort we put in, and interim progress that need to be made).

Aug 26,’11 Night meditation: At the end, I suddenly heard very clearly “Bodhi Sattva”. Sanskrit meaning - “heroic-minded one (satva) for enlightenment (bodhi)” (a keen *mumukshu*; Buddhist meaning of this is way superlative, which does not apply here).

Aug 30,’11 Meditation: Saw an interesting symbolic vision of the Self. Saw myself in front of a mirror, had a strange feeling of someone coming from my left side towards me. Just at that time I noticed someone’s image came into the mirror. It was mine. Interestingly it entered from the side of mirror, leaning on its elbow, looked at me with an amused smile while I was standing. It gave me an eerie feeling that my image was separate from me. It reminded me of what ‘Guru to disciple’ book said ‘first aspect of consciousness is shadow, the next aspect is luminous; third aspect is reflection and the final and full aspect is only that of the Drashta’ (witness).

Sep 4,’11 …. I heard “Stitha Prajna”. After 1 hr of blissful meditation, did Arati. Noticed that all around S chakra there were currents in my scalp and felt tightness. My eyes were closed, there was lighted total blank screen and I was alert and aware. Still in intense bliss. I froze and stayed put for 5 mts, and this state persisted. Understood Stitha Prajna state. Absolutely no thoughts, full awareness, blissful, and a blank screen but not darkness.

Sep 5,‘2011 …… Vision: Saw a woman’s face form, then whole vision got occupied by the eyes, they were glittering bright and brown in color.

For the last one month I was engaged in deep contemplation on understanding - reflection of Atma conditioned by Chit is Iswara,

Iswara conditioned by the Antah-karana is the Jiva; Chid-abhasa; 'I' awareness, etc.

Sept 6, 2011 Tuesday was a Marvelous day.

Last night, I had a dream. All of us in the dream, including myself, were Caucasians, and the scene felt like it was in Italy. A wedding was being planned, and I told the folks who were getting married about this place in my town, and they shifted the wedding there. They were holding the wedding reception in that place which was all cobble stones and ancient structures with steps like those we see in the ruins of Roman architecture. There were lots of young pretty women dressed in white. The dinner was going on, there was a wine table with glasses, and the chefs preparing fresh food for each of the guests. I was standing next to the wine table. Suddenly, I realized someone had me in a choking hold from behind, trying to kill me. I don't know what I did, but I flipped the person over. Then I told the person that he was mistaken in thinking that I am his girl friend's lover. He seemed to be ok with it. And the wedding party continued as if nothing happened.

In the morning meditation, it was fairly quiet and I zeroed in on my 'I' right away. I started contemplating instead of just focusing and staying in bliss. I felt good that bliss came back. At that time my mind went to the dream I had. I was thinking of this person trying to choke me, and how fictitious was that dream. I felt a little upset because of this strange dream, as to what kind of Vasanas (impressions) are these that are manifesting as this dream. As I was contemplating, suddenly the 'I' in my body jumped out and joined an endless mass of 'I' (consciousness) that was witnessing the whole party scene from above (this mass of consciousness was like a huge cloud and all the wedding party scene was on the ground). All the bodies including my own had no 'I' in them. All of their 'I' was in this endless mass of 'I', where I was. I distinctly remember looking in the direction of the endless mass of 'I'. It strangely felt that the 'I' of all the bodies down below is up there, entire mass was throbbing 'I', yet it was not a grouping of individual 'I's, but only endless single 'I'. While I was up there, I could not recognize my own body. Because of the flipping motion down below, which I had seen in the dream above, I assumed it must be my body. I suddenly felt that all the bodies are acting on their own, like in a live puppet show, being watched by this all pervading 'I'. ('When last thought is also ended, there is no object for the witness to watch and witness-hood ends.

Thus the witness entity, the ego, merges with the pure infinite Consciousness [2].) I suddenly realized the reason why I was drifting away from my 'I' focus and knowledge. It is because I am retaining the consciousness of my body, although I pulled down the veil of ignorance on Aug 21. Till we lose consciousness of our body, we will not be able to stay rooted in the knowledge even after experiencing it. Just about this time IV (Swami) said "Done".

If we can see everything as a puppet show all the time, then we become Sthita Prajna, else remain a sadhak. ('Without coming to this state of total Self-realization, even though for only a fleeting moment, there is no liberation possible' ….according to our scriptures). I had no clue how long this experience lasted, I guessed may be 20 seconds or so. It gave such an exhilarating feeling most of the day. At times I felt like wanting to go out to do something or meet someone. During the day I got busy cutting the grass, and later Kuber called and spoke for 1+ hrs and that pulled me out of it. I meditated in the night and by then my state of mind changed back to normal.

Sep 10,'11 The experience on Sept 6 was a depiction of Cosmic 'I' which is Cosmic Consciousness. Today at 10 am meditation I heard 'sampoornam' (complete, whole, end), and then I heard it one more time 'sampoornam'. (Today in 2025, I realized that this experience indeed depicted the entire cosmic show.)

May 2,'12 Meditation: I heard "it is Nirvikalpa Samadhi" to the 20 second experience I had on Sept. 6, when my mind stopped and I was one with the Cosmic 'I'. (In 2015 during an interview with Swami, this experience topic arose. I said it was about 20 seconds, then Swami said "to be exact, that experience lasted 3 min 42 sec").

All Samadhis are Merging, Laya, not destruction. In Nirvikalpa Samadhi, mind/ body consciousness along with ego are merged and not destroyed (similar to deep sleep but with awareness). Once one emerges out of the Nirvikalpa Samadhi, all the merged latencies/ tendencies emerge. Hence despite Brahm-anubhuti, my journey/ cleansing towards the final goal continued as evidenced by subsequent experiences I went through till date (2025).

What makes one eligible to get Brahm-anubhuti? To answer this question I am copy pasting a conversation we had with Swami. 'On Mar 16,'14 AV mentioned to Swami a question RD had. 'Does one need to be free of six bad qualities (ari-shadvargas) or one

needs to acquire six good qualities (Hari-shadvargas) to attain Atma Sakshatkar. Gyani has neither and yet he had Atma sakshatkar?' Swami asked me to answer the question. I thought a bit then said need to overcome bad qualities (purity). Swami asked "have you overcome the ari-shadvargas?" I said "No", then He asked "did you acquire all the hari-shadvargas?" I said 'no' again. Then He asked "what got you Atma sakshatkar?". I scratched my head a bit and said "divine grace". He said "why didn't you say that right away".'

My Spiritual Journey continues!

[1] Advaita Bodha Deepika, 25, Pg 95, Sri Ramanasramam, Tiruvannamalai, 2002,

[2] This is a core teaching of the Viveka Chudamani of Adi Shankaracharya

11. Guru Sadguru God

Adi Shakaracharya says in Viveka Chudamani:

दुर्लभं त्रयमेवैतद्दैवानुग्रहहेतुकम् ।
मनुष्यत्वं मुमुक्षुत्वं महापुरुषसंश्रयः ॥ ३ ॥

durlabam trai mey vaitad, daiva anugraha haitukam
manushyatvam mumukshatvam maha-purush samshray

'Very rare indeed are these three things and happen only due to the utmost Grace of God—a human birth, a burning desire for liberation, and the blessed refuge of an illuminated sage.'

My spiritual journey and experience began with Shivangini (my spouse Dolly). She was awakened from the sleep of samsara (while in USA) and taken on a rapid spiritual journey by Bhagwan Sri Sathya Sai Baba (Baba/ Swami) where he evolved her from a common householder into a *Jivan Muktha* over a span of 7 years. I was a witness, assistant, helper, and scribe of her spiritual journey from its beginning to the day of her Maha Samadhi (Sept 3, '05). After she left her physical form, she guided me for next ~ 5 years in her subtle form. I was also guided by Swami via inner voice (IV) and dreams. Also scriptures, saints and sages assisted me in this journey.

In a natural and interesting way, I was brought to Sri Sathya Sai Anugraha Gruham (old people ashram) in Puttaparthi, where I met Amma Visalakshi (AV) aka Swamini Viswatmananda Giri in Feb 2012, who was founder chairperson of the trust operating that ashram. I ended up buying a room in that ashram in Dec 2012, for my mother to stay, when I visited/ stayed in Puttaparthi during winters. Rest of the year I lived in USA. This same year a young man in late 20's, Ravi Daggupati (RD) aka Swami Sujnana-nanda Giri, a celibate, left his career in USA, came to Amma V for dedicating his life to service activities, and I met him there in fall of 2012 for the first time.

I am sharing my experiences with Shivangini and Bhagwan Sri Sathya Sai Baba (Swami) first. Then sharing our experiences (Amma Visalakshi (AV), Ravi (RD), myself) with Bhagwan Sri Sathya Sai Baba and Sri Anjaneya Swami (AS). All of my interaction and involvement with Swami and AS occurred when three of us were

present. Amma V our Guru, Sri AS our Sadguru, and Swami our God. As Adi Shankaracharya said, It is utmost grace to get the refuge of an illumined sage. I am totally lost as to what level of grace is simultaneous refuge of Guru Amma V (illumined sage), Sadguru Sri AS, and God Sri Sathya Sai Baba. In addition, I also witnessed how Swami evolved Shivangini from a common householder at ground zero into a *Jivan Muktha* over a span of 7 years. Further, Shivangini after her Maha Samadhi continued to assist me for ~ 5 yrs.

Sri Sathya Sai Baba as God has directed and worked through Shivangini, AV, and inner voice (IV) every step of the way in my spiritual growth. Later Swami brought Sadguru Sri Anjaneya swami (AS) to us in 2014, where Sri AS took on the active presence/ role of guiding us spiritually. (Prior to that, for few years Sri AS was doing only miracles at AV's residence and Anugraha Gruham (old people ashram)). Swami was actively present as long as Shivangini and AV were embodied. Similarly Sri AS till AV took Maha Samadhi in 2021.

Sri Sathya Sai Baba and Shivangini

Initial Swami's guidance and Shivangini's role cannot be summarized into a section because it spans a period of 15 yrs. This can be understood only when one goes through the day to day journal, on how they assisted me in moving forward on the spiritual path. Also this guidance/ revelations over a period of time, built confidence and faith in God, scriptures, and active presence of God.

In the beginning Swami conveyed considerable details of my past to Shivangini, and through her to me. Those are mentioned first.

Jan 7,'98 Shivangini was feeling uncomfortable putting a structure around her experiences for bringing them into a book form (Inner Experiences[2]). Swami said "it is OK. Continue. It is for Gyani to summarize and for you to utilize. Gyani is the one to convey this."

Feb 9,'98 Swami indicated in meditation to Shivangini that there is heaven. Gyani was a priest in a prior life. Priesthood had earned him a life in Brahma Loka. Baba said "The people who practice Vedic rituals, like a Brahmin priest, earn a life in Brahma loka, but after exhausting their merits they are sent back to Earth. Gyani also, after exhausting his merits, has been sent back to Earth, for the experience of life and experience of divinity on Earth. This is the reason Gyani has many of those qualities."

Mar 12,'98 Swami said to Shivangini "Your role is to utilize and Gyani's is to summarize." She asked "Am I going to be a teacher

or Gyani is going to be a teacher". "Both will play a role. Your ways of teaching are different. Gyani will be effective in a preaching mode while you will be effective in a story telling mode."

Mar 22,'98 Swami said to Shivangini '…..Gyani would be a teacher, not you, and with the warmth behind, he will be successful in accomplishing the task (Swami's task)'.

Apr 3,'98 She is doing exactly like Swami wanted her to do as an instrument, and she has to keep working as an instrument. He further said "I know what you want. But it is not your time yet (for Moksha). But Gyani is the ripe soul and it is his time. Continue to help Gyani, and you are, because if he misses this chance in this life, it will be many, many more lives before he gets this kind of chance again. His route to getting to that point is still through money." ('through money' dovetails with Guru Seva chapter).

Apr 11,'98 She closed her eyes for meditation. Swami said "It is a message for Gyani. What he is doing in helping write this book (Inner Experiences[2]) is nothing compared to what his role is. His role is to understand the issues of mankind, and what are the obstacles in reaching divinity. Capture this understanding. He will have a role to play after liberation in evolving the mankind if he has this understanding."

Apr 25,'98 Swami said to Shivangini while revealing to her about other people's future, "He (Gyani) is also going to get liberation but it will take him a looong time. He will have to spend lot of effort, lot more sadhana, but he will get it."

Jul 22,'01 When Shivangini asked Swami if Gyani can use the pictures of lingam to draw energy like he is advising her to do, at that time Swami said "Deva-yani, he is your basis. He has more energy than you think. He does not need energy. He has served me more than you can imagine. He can sing my glory…"

Dec 8,'02 Dream: I was in Puttaparthi waiting for Swami's darshan. I see Swami standing next to me speaking to someone, I stood up with hands in namaskar posture. Swami puts his hand around my shoulders and gently squeezed. I did not touch his feet because a year back he declared he is not giving Pad Namaskar anymore. Baba said "wash my feet". I was thrilled. Suddenly see a tap with a faucet that comes out of the wall, I take water in my hands and wash Swami's feet gently scrubbing the front part of feet while holding the rear part of the feet with other hand. I started crying profusely when dream ended.

In last trip to India we did puja of the Shirdi Baba sculpture that we purchased and established in our village in India, washed lingams as part of puja, visited Uma Maheswaram, Sri Sailam, Sri Ganesha and Lakshmi Ma temples in Mumbai, and conducted all the spiritual and bal vikas activities in USA. Swami said to Shivangini that our Dev Rin, Pitr Rin were complete.

Jan 24,'03 During lunch today while we were conversing Swami said to Shivangini out of the blue "Kalyani, Do you want to be a millionaire?" She said "Why do I want to become that?" Swami said "For Fun." "What am I going to do with millions?" "Do my work". Then she asked "Am I already not a millionaire?" "Oh, No. Not that kind. A real Millionaire!" "Swami, are you doing it for Gyani?" Swami gave an expression which seemed like he did not want to admit but perhaps it was for Gyani. Thinking of Raeshum and Shobun she asked "Swami, will my children get the benefit?". "I already said that they will have enough and don't worry about them." Then He continued saying "Most of the prophets have been paupers. Let the world see a millionaire prophet." (Prophet means here - a mystic, clairvoyant, seer, diviner, …)

Shivangini negotiated with God for my spiritual growth; took the burden of my Karma; consoled me with physical touch after her samadhi; constant presence in dreams/ visions; she passed energy to me from her third eye; assisted in working out my vasanas; pointed out my shortcomings/ ego; woke me up to meditate; constantly pestered Swami to take care of me spiritually even after she shed her body, etc. In July '11 our link finally got detached after 5+ years of her Maha Samadhi. These are listed in chronological order.

Jun 4,'04 Swami said to Shivangini "You are ready but he (Gyani) is not ready. You will be proceeding alone." Shivangini without even pausing to think replied to Swami "I am not proceeding without him." Swami said "Hmmmm…". Swami had an expression which was adult like and serious (gambhir, but not upset).

Jun 11,'04 Swami said to Shivangini "..Narayani, today was a blessing. He (Gyani) has advanced. Let him flourish. He is there a simple, reckoning, fluid, capable, noble, a great rishi to support and work on My mission."

Oct 2,'04 Swami said to Shivangini "I have given you the power of speech and to Gyani the power to write….."

Nov 14,'04 In meditation Shivangini saw me in white outfit and then turn into a 4-5" ball of mainly white light with a touch of some other colors. As we were writing this, Swami said to Shivangini "You have turned him into a ball of light." She said "Swami, you turned him into light"

Nov 19, '04 In my meditation, I saw a very pin pointed stream of light came from Swami's feet and hit me in my face.

Shivangini took Maha samadhi on Sept 3,'05.

Sep 26,'05 In meditation I heard "I will take the burden of all of YOUR karma" with emphasis on 'your'. Same night, in dream saw Shivangini driving our Jaguar, I was seated in the back seat (highly unusual). The Jaguar was going through a narrow tunnel that was lit up, and I also saw the day light ahead indicating the end of the tunnel. (this life's spiritual journey driven by Shivangini on inward path). Very consistent with taking burden of my karma.

Nov 20,'05 I was shown a vision while meditating in Shanghai Hilton to write 'Making of a Yogini'. Then right after, Shivangini says to divine "please be with Gyani".

Dec 4,'05 As I was waking up in my brother's home, I felt someone kissed me on the cheek. As I got alert, I experienced another kiss on my cheek, saw Shivangini's face pulling away, and she looked happy.

Jan 16,'06 In meditation I see Shivangini as a spectator watching the game of (Maya, world), while I am still in the field playing the game.

Jan 22,'06 Meditation: I saw the formation of a forehead, eyes and nose of a face, it was Shivangini's. Saw a sharp, pointed white light that moved to a position in between the eye brows and it sent out light rays that hit me.

Feb 6,'06…When Swami tested me on surrender and with lot of difficulty I managed to surrender, Shivangini kissed me showing her happiness. (See 'my spiritual experiences journal')

Mar 3,'06 Dream: Shivangini tells me Karma sanyas (letting go of karma) is not right and that I need to go back into society and do Karma.

Jul 26,'06 In the morning when I was still dozing, heard the gentle voice of Shivangini saying "Utho" (wake up).

Sep 21,'06 Shivangini's Shradh today. Meditation: realized some divine adult touched my feet, and I, a 7-8 yr old boy, immediately got down from the chair and touched the adult divine man's feet while uttering 'Om Sai Ram'. Realized Shivangini is that

divine man and the boy is myself (size is indicative of our spiritual state). I heard "write down" (so here it is). Before sleep, distinctly heard her say "Thank You".

Dec 25,'06 Meditation: I saw Shivangini's face from the side and her third eye was open, there were rays of light coming out.

Apr 7,'07 Something has changed that I am seeing Shivangini everyday for last 10 days either in dream or vision.

May 9,'07 Last night I had couple of dreams with Shivangini in them. She was working on my buried Vasanas, and bringing them to surface to work them out. In the dream we were together, I was having difficulty in parting with money while she wanted me to spend more.

Jan 16,'08 Dream: .. When she came up to me, I said that I am happy and content (santhust) that she is always with me. I touched her hand and then hugged her. She said with smile "yes, I am with you all the time. We are happy and we don't need to tell this to the world."

Apr 19,'08 Meditation: I saw the face of Shivangini and she was smiling.

May 26,'08 Shivangini's birthday. Meditation: I saw myself in a car in the passenger seat and Shivangini is driving the car. I saw Raeshum driving a car by herself, ran through a stop sign, and drove off. Shivangini also ran through the stop sign. I said 'you and your daughter both ran through stop signs'. Shivangini said she was tired, not getting enough sleep. I said to that it is ok and I can drive (till then my spiritual journey was driven by Shivangini and today she handed it over to me).

Aug 11,'08 Meditation: Saw Shivangini's face form very close to mine, and then her face came forward and kissed my face and she was very happy.

Aug 30,'08 Shivangini's Shradh. In meditation saw Shivangini in white and she did Namaskar to me. I immediately bowed down doing Namaskar to her.

Oct 18,'08 Shivangini was in the dream last night. In meditation I heard clearly "detachment" (from Shivangini).

Oct 24,'08 In a dream I saw our CEO, myself and Shivangini. Our CEO wanted something and Shivangini told me, I would expand by going along with it. Then I complied with CEO's desire. (Prelude to voluntary retirement announced in Feb '09).

Oct 25,'08 I see Shivangini in dream again and she is helping in fixing the home.

Nov 1,'08 Saw Shivangini and myself in a dream and she pulled out with her bare hands, snakes like pythons, and pushing them out of the window (cleaning my Vasanas). Nov 19th, saw Shivangini in dream. It showed my attachment to money. Nice part is I was resigned to the outcomes.

Jan 20,'09 Night meditation: I was in full bliss. In a vision - saw Shivangini with her hands outstretched as you do to a child when you want to express your love.

Apr 6,'09 Meditation: I was able to concentrate on the Subject, could feel the silence and bliss. Along the way I saw Shivangini's eyes and forehead. Little later saw only forehead and the third eye. A white light came out of the third eye towards me.

Sep 4,'09 (4 yrs after her samadhi). Dream: I and Shivangini going somewhere in a taxi with luggage. We stopped near some stores, shivangini gets down to go to a store, and she was gone. I got out looking for her, then I got worried about luggage, went back to where the taxi was, it was gone. Soon I find out taxi, luggage, and Shivangini are gone. (She got rid of my spiritual baggage).

Oct 14,'09 Dream: Shivangini was breaking the connection we had so far. Rashmi had a dream. She saw Shivangini, who did not look like before, but like a sadhu or a rishi with her hair tied up. (Indicator of breaking our old ties).

Nov 11,'09 Meditation: …..saw Shivangini and a male figure and both were wearing head decoration like Devas.

Apr 28,'10 Dream: I saw Shivangini and asked her to come with me. She takes me to this man who is lying down, a Pharsee muslim, and she is living with him. In second dream she says this is all a joke. (We are slowly getting detached, see her less often).

July 3,'11 Shivangini comes in dream twice. Overall it points out that I have still issues with my ego, and they got highlighted.

Jul 23,'11 I saw Shivangini in my meditation. Once her face was fully visible she looked at me. She then rotated her right palm in a motion indicating "nothing is here". A little later I heard "Shivangini disappeared". Whatever was the link at consciousness level is disconnected. Though I saw her a few times in later years either in dreams or visions, but the frequency reduced to less than 10%.

Apr 14,'14 Vaishali (V) had a dream related to me, she woke up, tried to sleep, when she heard Shivangini say "'Tell Gyani I am happy with his choice". V said "You know, Gyani loves you a lot". Shivangini said "I know. Tell him I love him too. He has lots of work to do. His work is much larger than mine." (See this date for details).

Jun 11,'14 Swami said that Shivangini's body (*jivan muktha's*) was very holy. Gyani touched it hence he became 80% or so holy. Swami decided to take care of the rest, because of his sadhana and being with Shivangini (see interview below under this date).

Jun 22,'14 Swami said to AV 'In the past Gyani was very attached to Shivangini. Based on Shivangini's desire for Gyani to get higher spiritual state, she agreed to split away from him.'

Jul 2-5,'14 Swami said to AV that Shivangini put a petition to Swami for Gyani to reach a higher spiritual state than herself. Swami said that only a *Jivan Muktha* would ask like that where they wish another Jivi to rise higher than they did. Swami said to AV on 4th that Shivangini is a lady with strong will and determination. She put a condition on Swami that she will take those 2 births mentioned, only if Swami will agree to her petition of Gyani rising above her spiritual state (see details below under this date)

Jul 22,'14 Swami said 'you need to be thankful to two women one AV, and the other Shivangini'. I was surprised. He said that Shivangini was giving me the right understanding and thoughts as I was writing (see details in interview with this date).

Back in '07 when the grief of Shivangini's loss was deep I came across a weekly newsletter from Yogananda ashram as an answer to my grief as well as to our relationship - "When two souls are ideally mated, they spiritualize their love, so that after death their love is registered in eternity as the one love of God."

Sri Sathya Sai Baba, Sri Anjaneya Swami, Amma Visalakshi

After Shivangini took maha samadhi in '05, I continued to work for 3 more years and took voluntary retirement in Apr '09 (see 'my spiritual experiences journal' logs). In July '09, I came with region 5 Parthi Yatra to Puttaparthi, and purchased an apartment (apt.). From '09 till '23, I had been visiting Prashanti Nilayam (PN) from Oct - Mar of every year to visit Swami, at the same time escape the Michigan cold weather. When I was in Parthi for 5 months I used to bring my mother from the village, and she would stay with me couple of months. I used to purchase my meals from PN canteens. But when my mother, who needs walker to walk, is with me, I was bringing the meals to the apt. from PN canteens, which was cumbersome.

After Maha Shivratri Feb 20,'12, a few friends suggested of visiting Anugraha Gruham (old people ashram) in Kammavari palli, 1/2 mile from my apt. They said lot of miracles were happening there

like - copious amounts of Vibhuti comes on Swami's picture; daily when they offer food at Swami's chair, he partakes the food etc. We visited the place on Feb 22,'12. For the first time, I met the lady who was the founder chairman of the trust that operates it, her name was Amma Visalakshi (AV). Very pleasant, peaceful and easy to talk to. She had lot of Swami miracle stories to relate, and I shared Shivangini stories with her. We clicked from day one. I visited her couple more times before I left to USA on Mar 7. Ashram was serving some needy old people who lived free in dormitory downstairs, while there were rooms on the first floor that were for sale, which included lifelong food and board. Once the person or couple passes away, the room reverts back to the trust. After we saw their daily routine of morning Suprabhatam; tea/coffee/milk; abhisekam; breakfast; bhajan/ Arati; lunch at 1pm; tea/milk/coffee at 5 pm, evening bhajans/ Arati, dinner at 8pm), both my mother and I liked it. So we bought a room for her in the ashram in third week of Dec 2012.

See the experience on Feb 24,'04 in My Spiritual experiences journal. I was shown a vision of meeting Swami and two individuals (AV, RD) in the future.

Mar 31,'12 Sri Rama Navami. In USA (See the experience on this date in 'my spiritual experiences journal' chapter) Dream: Swami utters mantras, sanctifies the Rudraksh mala in my neck …

Dec 8,'12 My mother, Amma V (AV), Ravi (RD) and I came back from Achampet temple (see 'Guru Seva' chapter for details). While there, we did pooja to Shirdi Baba at 8 am on Wed; on Thurs we went to Dindi Shirdi temple inauguration – puja and arati, felicitation, inaugurated daily Anna daan; went to Uma Maheswaram and did the Lingam pooja; lecture in Shirdi hall in Achampet. We did bhajans, offered prasad at Krishnaiah and his nephew's home. Swami took prasad at both places. Wherever Amma was present and prasad is offered, most of the time Swami used to partake the food.

Mar 3,'13 I read the message AV got from Swami in Telugu (AV has IV connection to Swami 24/7), it was as if Swami spoke to me directly. Translation: 'Just the way we assess which class we reached to in a school, similarly for spiritual progress, we need to self assess the stage we have reached. Then we need to decide to progress to the next higher stage, should put in our complete effort. This will ensure you to receive God's grace. Do not bargain or get discouraged. It is enough to take step at a time towards the goal without losing sight of it. Be alert and careful of egoism due to

prosperity, and pride due to scholarship or position. Do not find faults in others, instead find your own faults. There are two paths for success – dhyana, and prayer. Prayer will make you reach God's feet as a seeker. Dhyana will make God come down near to you. It makes you rise up to him to the same level. With prayer you become free from bondage, but still meditation is the royal path. Control your senses which are always after materialistic pleasures. Wherever you might be and whatever you do, if you have faith that God has kept you there to do his work, then it turns into a spiritual practice. Get much closer to God everyday with your thought, word and deed. That gives you great bliss and confers salvation. This is possible only with spiritual practice.'

Mar 27,'13 I called AV from USA. She related a dream she had - Shivangini (S) dressed in all white came to her. S gave Amma a white lotus; looked at her and left. Amma did not understand because she never knew or met S. Then Swami came, and she asked "Swami, I did not understand why S came to me? And why S gave white lotus flower?" Swami said "S is a symbol of Shuddha Satva. She attained the state of *jivan mukthi* and she is in me. Your state is pure and you are in the process of moving to Shuddha Satva. When two Shuddha Satvas join, they would separate from the world and then "the *Nirguna Parabrahma* nature will become still and stainless, and guaranteed to merge in me". You were handed the white lotus to remind you of Shuddha Satva".

Dec 7,'13 I went to see AV in her apt. around 6:30 pm, but I saw she was in their trust discussions, so I returned to my flat and started meditating. After 15-20 mts in bliss and focused on Self, heard "బయటికి పో" (go out). Few mts later, I got up and went over to AV. AV was speaking to 5 visitors. I went in and sat in a chair. RD came out of the bedroom and said, just before trustee came (~ 6 pm), Swami was in the room speaking to them. Swami told them "Gyani is feeling bad that I have not spoken to him for a while. When he comes, make him stand for a few mts and make him sit in the seat I am sitting." While sitting in that seat, I was in intense bliss. Back in my apt as I meditated, heard "ఈనాటి prasadam" (today's gift).

Jan 15,'14 Last night, we met with a crystal child at Anugraha Gruham. Swami came afterwards and spoke to AV and RD. In the conversation He asked about the child. He said the child has some powers but the parents are exaggerating, and it could lead to difficulties in future. At the end, Swami told them he is going to Manipal hospital, asked them if they knew where it was. They didn't

know. Swami said the guy upstairs with black box (Gyani) can google it. Swami is constantly letting me know that he is the witness in me, to get me rooted in this awareness via conversations with RD, and Vaishali. Vaishali sent a text of what Swami said "Gyani is understanding the meaning correctly except a couple of points. I will be clearing that soon."

Feb 7-13,'14 On Feb 2 I heard "solitaire", later "meeting", then "fantastic". Many days later understood - I am mostly self absorbed, it will be fantastic meeting folks. Interestingly I ended up in Nasik at Vishal, Vaishali, their parents residence, of which I had no clue till Feb 5. In conversations I understood Vaishali has the ability to send a thought to others. While there, we visited Trayambakeshwar, Brahma Giri, Shiv Jata giri etc. Feb 8th, Swami said "Thursday" when I asked the date to return, but didn't specify which Thursday. Feb 9th Swami said "kaam khatam" (work is over). "Begin Monday" regarding when to return to Puttaparthi. Feb 10th, Getting train ticket was hard, finally got it for 13th Thursday. After bhajan Vaishali conveyed what Swami said "Karma Bhoomi. His (Gyani) mission begins now". Feb 11th, we were on terrace Swami said thru Vaishali "Long way in, begins now in Karma Yoga" (lot of Karma Yoga work ahead of me). Reached Puttaparthi on 14th. Went over to see Amma V, She said it would be nice if I joined her to Arunachalam, and that Swami told her not to cancel the ticket.

Feb 15-17,'14 Early morning txt msg from Vaishali conveying what Swami told her to convey. "Transformation can happen only thru association" a big pause, then said "induced magnetism". (Apr 5, '13 Swami said to Vaishali (V) "Do you know the law of induced magnetism?" V said, "Yes." HE said "Well...that's what I am doing through you. I am inducing magnetism in others through you." V "But, induced magnetism is either temporary or permanent." HE,"Depending upon the purity of the object & it's will & efforts to retain it, the magnetism will be either permanent or temporary. But, magnetism is induced & that's a truth."). I asked Swami for a sign to go with AV or to go Nasik. Feb 17th Dreams: Swami came and there was freshly made warm food with Rotis. He is saying to me "Why you did not ask me the reason I am asking you to visit Nasik again". Conformation to go to Nasik. In next dream someone told me, in a scolding way, everyone plays different roles and why should I be affected by that (a rude reminder).

Instead of interviews with Swami, I call them conversations, marked with **. There are 89+ of them. Starting Mar 4,'13 there had

been many conversations through the years till April 28, 2021 when AV took Maha Samadhi. Some are documented, rest from my memory (of course paraphrased), some of those I ran it by RD. Most of the documented conversations are from 2014, when I was mesmerized by the experience, and hence diligently wrote them down. To understand the proper context of the conversations and the links to various people, I pulled together various parts of my past lives as revealed by Sri Sathya Sai Baba through Amma Visalakshi (AV).

Revelations of Gyani's past lives

Amma Visalakshi (AV) in her last life was Swami Moktananda, who was a *jivan muktha*. He had an ashram in UP which is still there under Govt. control. Moktananda lived up to 96 yrs, and then took next birth as AV, who was about 54 in 2014. He was a disciplinarian, an angry Guru, but very accomplished. Ravi Daggupati (RD) was Chakradhar then, very devoted to the Guru and was doing lot of personal seva to him. Gyani was Mitrasun, a given name by Moktananda. Mitrasun was in charge of the Ashram maintenance.

Mitrasun (M) and his wife (Shivangini now) were spouses for 3 lives. Once before the life of M, then as M, and now in this life. As M he was wealthy and his wife was beautiful in that life too, and they had four children. M used to do lot of charity (దానం) and Dharma (ceremonies and rituals). He used to visit the ashram of Swami Moktananda to listen to discourses. M over a period of time developed vairagya and decided to take sanyas. He left his wife and children, used to sit in front of the Ashram, and not go home. Moktananda used to keep an eye on him and used to tell him to come and eat in the ashram. M persisted upon which Moktananda felt he is ready for sanyas. When M's wife came to talk to Moktananda, who used to defend saying that there is sufficient wealth to take care of M's wife and his children, and if M wants to pursue higher goals of life, then she should let him. M and Shivangini had four children in that life. M left his wife and four children, took sanyas. His wife got very angry, told him that you are leaving your responsibility by taking Sanyas, and whatever you are going to achieve there, I will achieve it sooner than you, right here as householder while looking after the children. She was a very determined lady then. She took a human birth after that life, then in next birth became Shivangini (this life). M took an animal birth after that before being born as Gyani in this life. She became his wife as

Shivangini and accomplished *jivan mukthi* sooner than he did. Swami told AV that Shivangini was a determined lady then and in this life also. M had four children and those four were born to them in their prior human life also. Now in this life Raeshum and Shobun are the two children and the other two are Vaishali and Vishal. Swami said Gyani has great debt to pay off to Shobun and Raeshum. Swami said leaving family responsibilities and taking Sanyas is a great sin. He also said Gyani needs to wash off those debts before I get him to cross Bhav Sagar. Interactions now with Vishal and Vaishali, Bharat etc is to settle all those debts. I seem to have some significant debt to Raeshum and somewhat less debt to Shobun.

Mar 4,'14 At 9 am while we were serving breakfast to old people, Swami told AV that He wants to give a gift to Gyani. 1) He told her that Gyani will be invited to the interview in the evening, and there is no other gift higher than that. All she told me at that time was "Is the guy with black box available in the evening?" (my laptop was black, since Nov '13 Swami called me that way). I knew right away it was interview call. At 9:40 am during Bhajans, Swami came first to AV's room gave her two messages. I was in the Bhajan hall outside AV's room, translating her talk into Hindi for some residents. AV came out and signaled that Swami came and sat in his chair in the Bhajan Hall, only she could see him. As I was sharing in Hindi, a flower fell down from Swami's foot stool, little later 2 more flowers fell down, all the ashram residents saw that.

** Around 8:40 pm while we were serving dinner in the dining hall, AV told me that Swami arrived to her room, and she just took Pad Namaskar and made me smell her fingers. What an intense smell of Sandal Wood! 1) She asked me to go to her room, I went. I could not see Swami but could smell the sandal wood. Following the trail of smell, I figured out Swami is sitting in the chair by AV's bed and not in the recliner. I took Pad Namaskar although I could not see the form. Then I stood a few feet away, took my mind into silence, and kept looking at the chair where the upper body and head would be. I could see wavy movements (similar to heat rising from desert sand). I kept enjoying the bliss. Soon AV and RD came to the room with their food plates as instructed by Swami. 2) AV asked me how did it go. I told her that I could not see the form, but I could smell and see the wavy movements in the chair. Swami responded thru AV "Oh… I need to sit still and not move". He told AV and RD to finish eating. 3) Afterwards Swami asked me "are you happy?" I said "with your blessings" and then said thank you but switched to "Namo,

Namo" immediately. Swami "బాగా జ్ఞాపకం పెట్టుకున్నావు" (you remembered it well). (Once Shivangini said thank you to Swami, then he told us that proper way to thank God is "Namo, Namo"). 4) I asked "How do I find the girl Vishal is supposed to marry?". Swami "Right time has not come yet". I mentioned "I was made to go to Nasik from Pune to be with Vishal's family and stayed 8 days". Swami "You were made to stay there so that Vishal's parents know you and get comfortable with you. This would allow them to have trust when you take this girl's proposal to them from girl's family". 5) I asked Swami about Brahm-anubhuti experience of Sep 6, '11 "when I entered the Cosmic Self, was that Swami?" Swami "What is there which I am not". I asked about 'pandit' I heard in meditation. Swami "Pandu (ripe fruit) not Pandit". Heard "beautiful" when I reached thoughtless state. Swami "it is beauty", then said "You have not tasted. You are just looking at the beauty of the ripe fruit but not eating and relishing it. AV tasted and digested that state completely." (Hindsight - a profound statement that I did not understand at that time). 6) Swami asked me "when are you leaving?". I "Whenever you say Swami". "You learned how to answer questions". I "20th Swami". Swami asked again. I corrected and said "19th Swami". "How many days?". I "15 days Swami". "When do you have 1 hr time in the day?". I "11-12am". 7) Then Swami said "giving you an assignment and responsibility of spending time with RD, till he becomes as ripe as you by end of 2014 (meditation). Call every 3 days and speak to him." I "Is my Karma Yoga started with RD activity?" (See Feb 10, '14). Swami said thru AV, gist of that is 'Karma is action. Karma with expectation of fruit is binding. Karma done without expecting the fruit is not binding and elevating. In both of these Karmas, it is only fulfilling the desires of others, and their bodies. Anapeksha Karma (no eye on the fruit) begets Grace. (story of farmer, had excess of leafy vegetable seeds, donated to neighbors, next birth was of Raja (king), Raja knew how he became king so did lot of charity, but with the eye on the fruit, following birth was ordinary farmer again). 'When Anapeksha Karma is done to elevate others spiritually (thru elaborations, teachings, clarifications, meditation assistance, etc – helps them transform) then it is Karma Yoga. This is the highest form of Karma. When one does Karma Yoga in plenty, it leads one to Raja Yoga. Raja is a King who has huge amount of treasure. When one does a lot of Karma Yoga, it becomes Raja Yoga due to the amount of accrued merit. When one gets totally detached from even these merits, then it leads them into Sanyasa Yoga.' 8) After Swami left,

three of us discussed it but had some unresolved questions. Swami came to AV's room on Mar 6 at 9 pm. He mentioned that we seem to have trouble with the above three yogas and he was not satisfied with what AV and RD wrote. Here is what Swami made us understand: 'Actions performed with a good desire (sat sankalp) to help others that is to give peace to the suffering; giving succor to their bodies; satisfying their physical needs to make them happy can be considered as good deeds (sat karma). Higher than this state is where one helps others to progress further in their spiritual journey. When one makes this effort as a part of their journey, their sadhana and spiritual progression, then it is called Karma Yoga. In this Karma Yoga a Jivi (individual soul) gets spiritually uplifted, it is called Yoga when you got ready to make the effort to uplift the Jivi. Since this Yoga involves action, it is called Karma Yoga. It is not possible to estimate the benefit one accrues from this Karma Yoga. Purposeless earning of millions in the end leads exactly to that, wealth with no goal. But here it is purposeful earning, and hence the value of accumulated wealth increases by many folds and makes you a king. This meritorious wealth (punya sampada) is called Raja Yoga. When you sacrifice all this sacred wealth you earned from Raja Yoga, forgetting all self-interest, for the benefit of society, then it is called Sanyas. This is the state where one totally abandons differences between self and others. After recognizing Jivi (individualized soul) and the individual, body and the indweller, when one sacrifices everything then that state is Sanyas.'

Mar 6-13,'14 Meditation: Saw that with effort I opened a double door inwards towards me. I heard "light is in the back". Understood that the 'I' that is used to stay with Self need to go behind it. I made effort, heard "mangalam" (auspicious), then heard "అంతా అనుగ్రహం" (it is all Grace). In the back it felt as if there is no movement but heard the buzz of Aum. Heard "mangalam" (auspicious) again. Mar 8 Meditation: heard "భగవంతుడు" (God), "America", "opportunity", and "maddat karne ke liye" (God is saying sending energy to Bharat in USA is an opportunity). Mar 11th Heard "నేను గదిలో ఉన్నాను" (I am in the room). Mar 13th I took my attention to Self and held it steady, heard "Kya baat hai" (exclamation like wow!), later "ఊహించలేదు" (never imagined).

Mar 13,'14 Vaishali sent what Swami said "Gyani is getting more centered. But the path of Karma Yoga is not that easy. It will be cutting all traces of 'I'."

** Mar 15,'14 Swami arrived to AV's room about 9 pm. RD told me Swami is there and asked me to come. Hurriedly got there by 9:06 pm. 1) There was intense smell of sandalwood even before I entered the room. I and RD took Pad Namaskar first. Swami spent time with us till 10:30 pm. During conversation I could see a few times the wavy, vapor like movement of energy in chair and slightly above chair. Swami gave 14 instructions which AV wrote them down. 2) Out of them 5 were for me. 'Ask Gyani not to get too involved' (in ashram management); 'Because he should not generate negativity' ; 'I have already cautioned you that you are sidetracking, but you did not understand'; 'remind Gyani about this second direct interview experience'; 'tell them Dhyana, Dhyasa, Dhyata should become one'. 3) I was told I misunderstood meditation message of 'firing Gyani arrow', which is being fired at RD. There is still wait time for Vishal's wedding. Swami said 'you must go to US so that negativity goes away and love remains'. 4) RD sang three funny bhajans - dummy mummy, greek veerudu, natarani (in the tune of natraja bhajan). We all had lot of laughs. 5) Swami was coaxing us to dance and we said we can't. Swami says 'people wait 1 year for the opportunity to perform in front of me (referring to the dance programs that used to get held in PN). I was wondering how to do 'disco dance' with drinks (only dance I know), Swami knew my thought and said 'do you need a glass in your hand'. All of us cracked up. AV was clueless because she never heard of disco dancing habits etc. 6) I asked about 'centering' (meditation) and Swami cracked jokes about 'centring' (construction term). 7) Swami asked me 'what is the 'eye of the mind", I said 'attention', Swami said that mind has no eyes. Its eyes are thoughts. Turning your thoughts from the world towards God like Namasmarana is called turning inward. It is not like you sit for sometime doing things like Japa, or Meditation. It is turning most to all of your thoughts, actions, and words towards God. This will help one to reach to the God in us which is the Self. As you approach the Self, practices like chanting etc cease and mind centers on Self. Then the next step is to become *Nischal* in that center. 8) we had hilarious conversation on 'spine tingling' (ecstasy I get in meditation), lot of jokes on 'బుసలు కొట్టుట' (hissing of a snake). Then Swami said as we experience the bliss, it creates the spine tingling sensations (para vasyam, ecstasy). Then Swami made a statement I can never forget "ప్రశాంతతను మించిన ఆనందము లేదు" (there is no bliss higher than Prashanti - unwavering peace). 8) Swami told the meaning of why he called me "one with the black box'. Black indicates Tamas

(ignorance) and when you 'open it' (remove it), it contains wealth of Jnana (my laptop is filled with tons of spiritual experiences, books, learnings from Swami, Bh Ramana, and other saints along with devotees experiences). 9) Swami alerted me of my responsibility to stay in touch and work with RD on his spiritual growth. He asked me when would I come back for this divine satsang. 10) Swami asked RD as to what he is seeking. He said the state Amma reached once where Swami had to wait for 1 hr and Amma requested not to be brought out of that state. Swami said when one gets centered on God in words, actions, and thoughts all the time, then they will be able to experience that state. 11) RD is 30 yr old, a brahmachari (celibate), and Swami made lot of jokes about marriage. Swami cut a joke at the end that he wants to see me in a photograph, with me carrying my black box under my armpit. He made a gesture that AV saw and showed it to us, all of us cracked up. All three of us took Pad Namaskar. Out of 1.5 hr we were laughing for ~ 40 mts.

** Mar 16,'14 After lunch I went to AV's room to pick up her notes of conversation with Swami. 1) I smelled strong sandal wood odor as I approached the room. AV was lying in the bed. Swami's chair was facing the entrance. Strong smell was still there. I went ahead and took Pad Namaskar at the approx. location of the feet. RD came and he smelled the odor too. In the evening I went for Giri pradakshina from 6:30-9 pm. 2) I proceeded to AV's room, could smell the strong odor of sandal wood. Stood outside the door and asked AV using sign language if I could come in. She said yes. I went in and took Swami's Pad Namaskar. Swami stayed from 9:30 till 10:50 pm. 3) I had this question about Vaishali's issue with Bharat, Swami said 'ask her to talk to me directly'. 4) AV mentioned RD's question to Swami, 'does one need to be free of six bad qualities (ari-shadvargas) or one needs to acquire six good qualities (Hari-shadvargas) to attain Atma Sakshatkar. Gyani has neither and yet he had Atma sakshatkar?' Swami asked me to answer the question. I thought a bit then said 'need to overcome bad qualities (purity)'. Swami asked "have you overcome the ari-shadvargas?" I said "No", then He asked "did you acquire all the hari-shadvargas?" I said 'no' again. Then He asked "what got you Atma sakshatkar?". I scratched my head a bit and said "divine grace". He said "why didn't you say that right away". Then AV asked me to go get RD, and we spoke further about it. 5) Later I asked about the second person I am supposed to help progress spiritually. It was Bharat whom Vaishali is supposed to marry. 6) After that Swami asked us about dance, we

picked Krishna bhajan by Valerie and Fred. He said “bring the right music tomorrow”. Swami commented “does Gyani need a glass in his hand?” referring to my disco days.

** Mar 17,’14 Swami was there from 8:40 - 9:50pm. 1) We danced to ‘chamak challo’ and waltzed to Krishna music. AV related the dance drama of Rishyashringa, where Swami played the role of that lady (Swami said later that by the dance he made us do, he took out a buried desire in me that I developed during Shivangini’s time). 2) Ashram resident Dhansukhlal came, Swami let him come in. He took Pad namaskar. Swami asked him if he is happy, then said He gave medicated vibhuti in the box for his son. 3) Sarojini, Parvati (ashramites) came in and took Pad namaskar. 4) I asked about second person I am supposed to help, Swami indicated I need to wait till he makes it happen. 5) In pure consciousness, ari shadvargas can be expressed. They seem like they are there. But they don’t stick. It is simple, one who has purified himself and stays in that consciousness, even if impurities crop up, they get corrected quickly. This is the difference between Jnani and Ajnani. 6) I asked, ‘have I moved to the center?’ Reply ‘centering’ (not quite). 7) Opportunity in America to help (Mar 8 exp)? Reply “you will be made aware”. 8) Swami asked “how do you feel now as compared to before going to Nasik”. I said I am getting to state of thoughtlessness more often. 9) Swami reminded that I forgot to ask one other question, I went blank, could not remember. He reminded me of notes on interview of 15th that I was debating to send email or not. He said ‘you must enjoy this experience 4-5 more times before letting the world know. You will enjoy that right in this Ashram.’ (On Mar 21st meditated while in the flight to USA, I heard “keep quiet” to the thought if I should share this with R&R, R&R, T&J). 10) Swami said in the end that he is blessing me in my journey, then added life long journey. I said for this ‘pad namaskaram చేయాలి కదా’. Swami said “is it a barter?” I said “No Swami, it is poor choice of words.” Instead it is ‘Pad namaskaram చేయాలి’. I did Pad Namaskar after asking AV where his feet were, she replied ‘on the bed’. 11) After Swami left, AV said ‘next time when you come, there will be lot of changes, and that your spiritual state would be quite different (growth)’. RD said Swami told Amma that she is like Ramana Maharshi but he is putting a thin veil on her to get his work done and she not get flooded with people. RD said once Swami said AV is Jagat Janani which is someone who is totally empty and God operates through them 100%.

Mar 22,'14 (in USA) All night I was centering and having Swami dreams. Woke up twice, slept again after centering. Dream: Swami was in AV's ashram and giving darshan to the residents, mostly to the women in the dormitory. He is there, yet he is not visible, though I could see him. I went up to take Pad namaskar, he moved his legs forward, I could see the feet still under the robe, I took Pad namaskar. Addressing all the residents he asked, I will appear to all of you but you need to tell me what is it you are going to do (afterwards). I said 'I will be reaching the center more. I will do *Karma Yoga* leading me to *Raja Yoga* and then *Sanyasa Yoga'*. Dream: In ashram I am climbing down the stairs and it is packed with people. Saw Swami moving among the people in the ashram. I asked someone to move aside, came down the stairs, and reached up to Swami. Everyone was casual about Swami moving among them. Swami, looked younger/ leaner in face with different hair, was looking for folks to ask him a question. I said 'Swami, I have a question'. He looked happy and gave me a kiss on my cheek just like a mother does, which I could feel even while I wrote this down. I asked "Do you look the same to all of us (physically) or do you appear to each of us differently based on our feelings for you". He said '"ask Kriti", it will answer but it is going to be scientific, hard to understand'. (I wrote Kirti first. Next day Vaishali texted me 'He said 'Ask Kriti' and not 'Kirti'). 'Kriti' in Vedanta means - creation or manifestation (of Maya).

Mar 24,'14 Received a note from Vishal (Vaishali's brother) saying Vaishali got a message from Swami "Before Maha samadhi day. Don't make me tell repeatedly" (come back to India). On Mar 25 I made one way reservation to India, and will return whenever Swami says. I had a dream that night. Dream: Swami was sitting in chair, appearing to me first, I signaled to RD that he is in the chair. Swami adjusted some flowers at his feet. I looked at others, nobody noticed. Then Swami got up, walking up to people, started a discourse. Meditation: still in bed, after a while something shutoff in my mind, became quiet. At 5:30 am I got up and meditated. I was at the center (Self), I heard "Energy", "give it up". I bowed, uttered 3 Aums while letting the energy go. I heard "blessing".

** Mar 28,'14 Last night dream: 1) About ashram, I and AV were there along with others, and both of us were there with only one leg. AV told me that it is lot of effort and suffering to stand in the Ashram (conflicts, politics). 2) Today I got msg from Swami thru Vaishali "Gyani needs to mature now". She asked "How come?" Swami said

"No. I mean spiritually. Practice makes one perfect. What he's doing is good. He must become mature now. Then Karma yoga becomes effortless. Things happen smoothly." Around 12:30 pm, we had a 3 way call between RD, AV, and I. 3) Told her about my dream of being one legged. She read to us her conversation with Swami. AV asked about asha (desire/ expectation), Swami replied. 'At the level of needs - earning to support family, working hard towards that, etc. asha (desire/expectation) is ok. When it moves to wants over the limits, it becomes durasha (bad or evil desires) like desire to wine and dine in star restaurants, leading to earning via illegal/ unethical means. It leads to the *karmas* causing birth and death. This *durasha* is so bad that one can shed their bodies, but those desires hang onto the mind and subsequent lives etc. While listening to them I completed making the cauliflower subji, took rice/ subji and offered it as naivedyam at altar upstairs. I came down and mixed the Prasadam into the pot of rice and subji. From 1:20 till 2 pm Swami came to AV's room, held her phone to his ear and let her speak his replies to us. Conversation was hilarious, we were laughing half the time. I was telling AV, RD about what to take for Vishal's wedding from girl's side. Swami said bring suitcase filled with love. RD said "కొంప మునుగుతుంది" (submerging of home). I said "that is Andhra langauge, we don't say that in Telangana". Swami said "There is no river like Godavari behind his (Gyani's) home, for his home to get submerged. There is a small pond behind that never overflows". I explained to RD, AV that the man made pond behind my home drains into rainwater sewer when it overflows. Then Swami said "he (Gyani) offered me naivedyam with no salt in the subji". I almost fell out of the chair, because when I emptied the subji dish into the pot after offering, took a small bite and realized I forgot to add salt, due to conversation with AV and RD before Swami came. I did not tell anyone. Swami later said he wanted to give us this *Anubhuti* experience of Swami's instant presence, to assure he is here always. 4) Swami asked RD and I to sing a bhajan each, which we did. Conversation then went to saree wearing, I said I cannot do that due to implications in west, Swami said he will enlarge the photograph of RD wearing Saree standing next to me and put it in front of home in Midland. I said, 'then for sure I will have to vacate and settle down in Parthi'. Then Swami said "that is what I want". I said 'Swami, you have to get this house sold'. Swami said "deep down you still have desire to keep it" though on surface I didn't. 5) We talked about my dreams of ashram. Swami said "those dreams are not just dreams".

He said about AV being one legged in dream indicates 'she just started hopping on one leg, till now she was stand still. Then she will start running'. 6) Afterwards Swami said get a Karra (walking stick) to protect yourself from RD. I said I won't look good in wedding with a stick. Swami said "holding a stick in wedding gets you stature". He added if family of Vishal won't agree to marriage proposal, you can use it to hit them. Lots of laughs.

Apr 14,'14 Vaishali sent me a dream she had last night. In her words: 'I saw that you were driving a goods truck...small one like the one used to carry vegetables or mail delivery van. The goods carrying side of truck was open, without roof. It was loaded with baskets of sweets (laddoo). The road you were driving on was lined by huge crowds on both sides. People were trying to grab the laddoos from the baskets. You were not trying to avoid them, but seemed like enjoying the whole thing, yet you didn't stop but kept driving at a nice leisurely pace, neither too fast nor too slow. Finally, the crowd fell behind & you kept driving along the road with the sweets'. Vaishali woke up and tried to sleep, when she heard Shivangini "'Tell Gyani I am happy with his choice". V said "You know, Gyani loves you a lot". Shivangini "I know, tell him I love him too. He has lot of work to do, and his work is much larger than mine."

As instructed by Swami, I left USA on 17th to reach before Maha samadhi day. On Apr 22 Swami said the following to AV in their conversation: "How soon *apara Gyani* is released (to go back to USA), is dependent on how soon he begins his work on your son (RD). This is the reason I got hold of him and dumped him here (from US). Else what difference does it make to me as to where he stays? I decided to grant him *Raja Yoga* and that is why I am making him a *Karma Yogi* first. At the time your son (RD) needs to offer *Guru dakshina* in plenty. He needs to attain complete surrender *sarvasya sharanagati*." Swami further said "In those days he (Mitrasun) used to constantly nag you for attaining Yogi state. You used to just smile and keep quiet. He used to get a little more upset and got more determined in attaining that state, and winning your praise. He tried many different ways and left his mortal coil, but that determination is still pursuing him. That is why he is still chasing you. Otherwise where is Chirala, A.P., where is USA, and where is Puttaparthi. (Chirala town is 500km from Puttaparthi, where AV was born, raised, married, lived till she moved here in 2003). This Puttaparthi is the abode of Yogis, a land worthy of Yogis. I recognize the yogic state of

Yogis, invite the deserved ones, bring them here and guard them. Also grant them their spiritual state and utilize them as instruments, in the *sankalpa and vikalpa* (decisions to do or to reject) for the welfare of the world. Once work is done I sanctify and clean these instruments and keep them safe in my home. I do not give access to them to anyone. If I see a need I take them out, use them, and after use, clean them. Because these are my instruments and it is my work, hence work of keeping them safe is mine too. No matter how big the work is or what kind of work it is, the instrument has to do it. Because it is only an instrument and whatever the owner assigns it to do, its role is to perform the assigned work without any protest. It never forgets that it is just an instrument and hence it does its work very easily. Such capable and deserving instruments are Yogis."

Apr 25-27,'14 I was waiting in the Ashram bhajan hall during lingam abhisekam at 8:30 am. As I watched the last lady walking up to do abhisekam, suddenly I felt I am watching her from Self state, a puppet with body, senses, mind etc walking down. I was in a strange kind of bliss and mind silence. Felt it during the day also. In the night I told this to AV. Swami immediately replied "It will increase tomorrow". Apr 27th Swami said to Vaishali "will you please get Gyani to work? A bit more active? He's idling the time away. Is this why he is here?" Again at 1:52 pm, "wasting time, not doing work".

** RD and I meditated in AV's apartment around 11:20 am while AV was in the outer room. 1) RD smelled sandal wood odor in between, later AV said Swami came for few minutes. RD and I meditated in the evening at 5:45 pm in her apartment. I was able to turn my mind away from thoughts and go into silence and bliss. I got centered. I said Swami, you are the one who sends energy, so please do what is needed. It went on for a while. Along the way I heard "చాలా బాగుంది" (it is very good) in AV's voice. Later AV said Swami and she were sitting in the outer room conversing. Along the way Swami said to her 'send divine love energy to Gyani'. She sent golden and pink energy to me. Then little later Swami said to her, Gyani is not sure if energy he is sending is reaching RD, so you go tell him. Then AV came into my consciousness said 'it is good'.

Apr 28-29,'14 As I was focusing and trying to pass energy to RD, I saw that I was holding a spoon, and serving with that into a basket that was empty. My hand was shaking and I spilled a bit along the way. Apr 29th Morning meditation: Saw white or cream color light come from my left side. I moved into it, and from there sent energy to RD. Later AV said she sent the energy, it was mostly

white with lavender color in it. I struggled to focus on RD, mind kept moving. Suddenly heard and saw a door closed shut with force and thoughts stopped. Later AV said Swami was there with AV in the outer room and he slammed that door. Evening meditation I was at S chakra[1], I heard "వీలు కాదు" (not possible). I moved to center started sending energy, heard "ఈ విధంగా" (in this way), "బాగుంటుంది" (will be good), tail end heard "santosham" (happy). Later upon my asking, AV said she is the one who said those.

** Apr 29,'14 AV, RD, and I were invited to interview. Swami arrived at 4:10 pm stayed till 6 pm. We laughed a lot and talked about many things. 1) Asked Swami about Shradha's wedding I was invited to. Swami said not to get sidetracked. If I lacked shradha in RD's case, I would be showing "A-shradha"; About 3 other weddings - Swami said he would let me know when needed. 2) RD asked Swami "are these same type of marriages like the one he is going through with Gyani". Swami said, "do you want to get married". RD immediately said "No". All of us had a good laugh at his expression. 3) Swami asked "is love like 'air' for consciousness or mind?" Initially I said mind, but Swami made us understand love is like 'air' for consciousness; Asked about home in Nasik, Swami replied "there are many homes. They are all like "అతిథి గృహములు" (guest homes); Swami said to me 'I have given you what you desired in that life, that is to become a Yogi'. He also said he gave Shanti to Moktananda which is AV. He said he has brought the three of us together and is giving these. He said there is lot of work to be done by you three. He said to AV that she will be getting two more new people. There will be shanti and harmony in Anugraha Gruham. 4) Swami asked if you knew Arati for XX, like a goof ball I said I did. He asked me to sing, they all laughed and I realized 'giving Arati' meant 'bidding good bye'. It was a big joke. 5) Amma told us the story of Pranavananda, who till then had not visited Parthi or AV's apartment. 'How he was brought by Swami in subtle body to Samadhi in Kulwant hall. Swami took him to the stairs going down behind samadhi (not there physically). At the end of it, there was a hall studded with diamonds and gems, and brilliantly lit with a shining throne upon which Swami was sitting. This is the real form of Swami. Swami then took him to AV's apartment through a tunnel, that surfaced right next to Swami's picture in AV's apartment. Swami specially asked him to remember all the items in the closet next to the fridge. Swami made coffee and gave it to him. Then Swami made him call AV and tell her that he had been to her apartment.' AV did not believe, so he told her the items

in the closet. Just before 6 pm Swami said he stopped here on his way to Kulwant hall. AV asked which way is that. He said "skyway" and all of us had a good laugh.

** Apr 29-30 This conversation took place over two days between AV and Swami (in the form). 1) Swami dictated the meaning of a dream involving Gyani and Shivangini. It is a back and forth dialogue, I am writing key points only. Swami said "Today I showed you your child's (RD) vessel (subtle body)? Did you observe?" AV "Saw it Swami". Swami "What did you see? Tell the way you saw it." AV "that vessel was filled with lot of light. But it is quite empty. It is filled with many different things; many different human feelings; a few cries of pain; a few smiles; senses tied down by the strings of pestering desires; a few blemishes here and there of pure and innocent nature; human feelings that got cleaned up in Vishuddha chakra, but could not attain full purity due to hindrance by Ajna chakra movements; due to lack of support from Ajna chakra, svadhishtana chakra is unable to get activated, and has been waiting to do its work. I have observed all these qualities." Swami "You observed and analyzed it well! He is able to store the energy given to him during last 3 days. Earlier he was unable to store, spending all of it as it was coming to him. He looked like someone who is bankrupt without any visible income. Now he is traveling along a profitable path. While he is traveling on the path of profit, he will be a target of some jealous eyes. He needs to withstand that and fill his vessel at the same time. As the vessel gets filled all the other stuff in it needs to leave, one by one. There is no possibility for the stuff in the vessel to stay as it keeps getting filled. Images associated with the feelings of the mind are bound to disappear. Activate his Ajna chakra, as much as possible, from today onwards. This will allow Visuddha and Svadhishtana chakras to perform their work properly. Put sandal wood paste combined with *sindhoor* on his Ajna chakra i.e. first put a dot of sandal wood paste and then put *sindhoor* dot right on it. Ask him to put Vibhuti dot in between his eyebrows. This will activate his Ajna chakra. When the love (child's love towards its mother) he developed for you increases significantly and becomes limitless, then the qualities in him that are pestering and noisy will quieten down. What I prescribed earlier – *Go (cow) puja, Abhisekam, Gita parayan (chanting), Seva (selfless service), Name chanting, handful of food from AV, touching the feet of AV, blessings with Ghee, AV's Abhisekam, Hanuman Jnana ksheeram (ksheeram is milk), AV blessed ksheeram, Thursday Jnana ksheeram* – all these will remove

the blemishes in human nature and make it attain pure పాదరసం (Mercury) (goldsmiths use it, very hard to get hold of due to its high surface tension). Once the pure light begins, the *S chakra* gets ready to open. 2) Did you notice Gyani also?". AV "No, Swami". Swami "focus on him tomorrow". AV "His spiritual state is quite advanced. To recognize that state I may have to take more time." Swami "Ask him to sit in front of you. He cannot escape your scanning. It did not solidify in him (like RD's). One can consume it as it is. He told you yesterday about a dream. Did you understand it?" AV "No, Swami". Swami "He did not understand the meaning of that dream either. I gave him a clue earlier and yet he did not understand. I make the *Jivas* do plenty of *satkarmas* and increase their balance beyond expectations, convert their efforts into *Raja Yoga*. The one he married (Shivangini) was a *Jivan Muktha.* With that *Jiva* he got delicious dishes made (he didn't know, he felt it was brought from outside). He got ready to share with many others those delicious things called *Atma Sakshatkar* (experience of Atma). People saw the substance in the truck, and they started grabbing as much as they can. He saw it but was indifferent to it, because it was Shivangini who cooked it, and he is the one who distributed, then how would he know the value of it? That is why, since then I arranged for him to cook again and distribute what he cooked to those who deserve. As a part of that arrangement, I got him to serve now. He cooked this with his own effort and hence he is serving it carefully with a spoon (Apr 28th vision - serving with a spoon). On that day, he thought it was ok for people to grab and did not learn watching Shivangini. Although she cooked it, she remained nonchalant and undisturbed, by the way Gyani was distributing it indiscriminately. This can happen only in the case of *Jivan Mukthas*. These are the ones who understood that nothing is their's, and there is no lower self remaining in them. S*arvasya Sharanagati* (complete surrender) is bringing the following into experience: unstable to stable (*asthiratva to sthiratva*), disturbed state to equanimity, fearfulness to fearlessness, cowardliness to courage, turmoil to peace, *adharma* to *dharma,* obtain blessings from whatever they seek, and losing ego while journeying into *Advaita* (oneness). Through this S*arvasya Sharanagati* one travels to the state of *Jivan Mukthi,* and after traveling that I facilitate them to rest and recline in infinity. The one in front (AV) is traveling this path and the other one (Shivangini) is resting and reclining. Gyani, you have to become *apara Gyani*!

Because you are already in the process of making the substance (*Atma Sakshatkar*) and distributing. In order to make this substance, you must have complete understanding of it. I have already heralded the auspicious *sankalpa* (Will) that you will deliver this substance to many *Jivas* (beings). This is the meaning of this dream." He further said "AV is looking sleepy and anxious. I will leave, will come tomorrow. AV is soft and sensitive instrument. Hence I use this instrument gently, sensitively, and for a long time (సుదీర్ఘంగా). Some instruments are like that. I use these instruments carefully because some of these can greet me as well as punish me with their looks. I plead with them as well as I let them plead to me, because they are the life in this drama (play) of mine. As long as they live, they must not feel burdened." 3) May 1st AV "Swami, I scanned Gyani today the way you asked me". Swami: "What did you see in him?" AV ": Everything is fine Swami, but one small doubt. Only a small part of the feelings/thoughts/emotions of heart are able to reach Vishuddha chakra. At the time I examined the light/energy vibrations came up to the tip of nose, traveled below the eyes trying to reach to the Ajna chakra. I did not understand why they were traveling roundabout way to Ajna chakra. Another thing, heart chakra is partly open and partly closed, why? Another thing what needs to reach Vishuddha from Svadishtan, it is reaching Manipurak. Why? All of them seem to be associated with doubts. Is there a fault in my scan? Or is he that way? Are there any special qualities in being that way? All of them ended up as questions." Swami "You analyzed all of them very well. Only a small portion are able to reach Vishuddha chakra. Those that reached there how long does it take to reach Ajna in the roundabout way. Reason for this is, whatever he learned if taken directly to heart and experienced directly, then they will be pumped with lot of force from Vishuddha and will reach quickly to Ajna chakra. That state is beyond description. One has to experience it." AV "will you be granting such experience soon, Swami?" Swami "To grant it, one must get their vessel ready". AV "if you tell us the list, I will start the effort to acquire them." Swami "Ok. Here is the list of the materials for this cooking: 1. Peace 2. Self-control (నిగ్రహం) 3. Discipline (కట్టడి) 4. Taste, sense control 5. Control of vision 6. Ego must die 7. Be able to converse with God 8. Recognize the divinity within you 9. Compassion must be in excess proportion 10. Detachment/ disinterest 11. Must acquire feeling of oneness of Atma i.e. must let go the feeling of An-atma (body/mind consciousness). If you acquire them in right proportions, the dish will turn out tasty".

** Apr 30,'14 Morning meditation: Saw a vision while passing energy to RD. First I saw a dark tunnel straight down. I entered and went way deep inside, and it was dead ended. Then I saw a tunnel going down, I entered and saw that it was going into open sky, was not sure of the color. After that entered a third tunnel and as soon as I entered, saw it was open to sky also, I could see white thing looking like cloud. I did pass energy to RD. After meditation I came out into the outer room and AV who was sitting there, extended her hand, said "hats off". Swami told her to say it. He told her that I was able to see Satva i.e. go beyond it.

May 1,'14 Few mts before Noon, Swami said to Vaishali "Now Gyani can send love and change thoughts of this person and make him bring out the love in him". I meditated around noon, sent thoughts and love to Bharat. Later at 1:40pm, I got a severe headache. Ravi massaged my head wonderfully (yesterday he did my feet). Evening meditation: I cleaned RD's Ajna chakra when I first heard in AV's voice "అవుతుంది" (it will happen), then it assured me "100%", once I connected I heard "ఐంది" (done). I sent energy for about 20 mts. First time I could sense the flow. AV was at old people ashram. RD said later he had sensation in the Ajna. We came to Ashram. Swami told AV that our meditation went well.

May 2,'14 Based on what AV and Swami said yesterday about my Ajna chakra, I started doing Kriya around it to correct it. Then I asked IV. I heard 'ఎందుకు' (why), a little later 'వద్దు' (don't) so I did namaskar and quit. Meditation: Started at 12:15pm, RD joined at 12:20. Immediately energy started flowing heavily to RD. It was like someone was pulling it. I saw RD's face and Lord Vinayak right behind it, meaning obstacles are being removed. Then I transcended, saw RD and I speaking, laughing. Then I saw AV with her hair outline first and then the face. She was kissing RD and seemed happy. Then I saw a white substance in a container like yogurt with a spoon. I saw myself take out a spoon. As I explained to AV saying it was like dry yogurt, she said it was like white butter. Understood I saw Satva again. Then went into a state of quiet where I could see things in front but totally nothing, a level of calmness, peace that is very strange unlike the intense bliss I feel. This is more like tranquil bliss. I heard "నిశ్చల స్థితి" (state of stillness). Stayed in that mode, then I heard "అద్భుతం" (miracle), it continued, much later heard "నీ అదృష్టం" (your good fortune). Around 1 pm (5-10 mts into still state) the food bell rang. I thought of stopping and getting up, it will not let

me. Finally I pulled myself out of it at 1:20 pm. Somewhere in the middle, I saw AV's foot, said to myself I will touch her feet in dining hall, and tell others about her state, when I heard in her voice "సరే లె" (don't bother). At the end saw a small empty container, I put a spoonful of the butter into it.

** RD called at 10 pm, said Swami was in AV's room, wants to speak to me. 1) I said "Namo, Namo". Swami "you remember well". I "I can never forget". Swami "you should not ever forget that". 2) Swami "how is your disciple (sishya) doing?" I "Swami, today I saw his vessel empty and put the white butter like substance in it." Swami "you can enjoy by putting more". I "yes Swami, there is still container full'. Swami "do you remember the message I gave you two days back". I scratched my head. Swami "don't tax your brain, I will tell you. I told you and RD that there will be more tests and you will have to work hard." Then I remembered "yes I remember it Swami". He said "I will talk to you two about sharanagati"."I remember what you said about Sarvasya Sharanagati in the message, Swami". AV said be ready Swami will come tomorrow.

May 4, '14 Meditation: Heard in AV's voice "ఇవ్వను" meaning she will not assist in giving energy. I established connection with RD's Ajna chakra. I heard "paripoorna" meaning good connection. Along the way I shifted to Self when I heard "అవసరము లేదు" (not needed) (after 5 pm meditation, AV said I used to do that meditation in USA where I was merging within myself. Then there is no sending energy. You need to focus outward to pass energy). I stopped. After about 20 mts of passing energy I heard "complete చేయండి" (finish it off). Heard "late" meaning getting late. Then heard "వెళ్ళండి" (go) when I opened eyes, saw RD just got up from meditation. 5pm meditation: I heard "తొందర పడవద్దు", "అలవాటు చేయి", "america లో", then I changed focus, connected to RD.

** Swami came to AV's apartment at 8 pm. I joined at 8:30, RD came at 9, Hari Prakash at 9:30 pm. Swami left at 10:40 pm. 1) It was Hari's first interview. We had lots of laughs. I am only sharing the stuff pertaining to me/ my involvement. 2) Swami 'How AV is helping?' I 'I am able to hear her, how she is coaching me to focus externally to pass energy'. 3) Swami enquired about RD, and asked him to read three questions from AV's diary. It was about how people who come near Mahatma's cannot benefit. I mentioned how ashram residents do not recognize AV. Swami added 'his own life can be taken as example with all the folks who were around him. Today after

he left the body, he is looking for those far away devotees who recognized his divinity and he keeps reaching out to them.' 4) I mentioned 'I do not have a list and feel good'. Swami 'that's how it should be, sign of Sharanagati'. I mentioned what Swami said about *Jivan Mukthas* - (కావలసినది ఏదీ లేదు, నాది అనునది ఏమీ లేదు, నేను అనునది మిగిలి లేదు). Nothing that is a want, nothing that is mine, no more 'I' left. Swami said one must do manana, rote memorize it, and remember it in every action. I mentioned about Moktananda (AV in her last life) how she says Gyani garu now, even when Swami says Gyani she writes down Gyani garu. We had a lot of good laughs making fun of AV in this life, while in last life we were terribly afraid of her, when we were together at Moktananda ashram.

May 6,'14 heard in AV's voice "చాలా బాగుంది", "ఎంతో బాగుంది" ('very good', 'lot of good'). She said "automatic", connection will be automatic from here on. I saw white something (Satva?). AV did namaskar to me in a half body turn as if she is leaving.

May 8-13,'14 RD and I did meditation in kulwant hall. Felt my S chakra open and energy was flowing from there to RD. May 10th Meditation 10:30am. I heard RD say "thank you". Then heard "చూస్తున్నావు"(just looking, not doing). I started exerting. Along the way heard "కనిపిస్తుంది" "full pressure" "ఐపోయింది" (visible, full force, all done). Meditation at night: heard "అంతే" (that's all) when I zeroed on center and RD. I did as advised about exerting. At the tail end heard "Wonnderful". May 11th Meditation 11:30am: Got connected to RD, heard "santosham" (good/ happy), kept pushing energy to him. Much later heard "it will take 4 yrs", I said "want it sooner Swami". Heard "ఒప్పుకోను"(won't agree). Later saw a conical copper vessel (kalash like), some transparent liquid was in it. After sometime heard "ఇది చాలు" (this is enough). Later I saw open sky with white cloud (Satva?). May 12th 5am meditation: Initially I kept to Self. Later moved to send energy when I heard "అదియే పద్ధతి" (that is the method). I started exerting and passing energy when I heard "ఇదియే" meaning this is it. 10:25 am meditation: I was already in bliss. I sat down, went deeper into it. Then I focused on RD, said I am sending bliss, started doing it. Heard "ముందు అనుభవించు" (enjoy it first) but I continued. Then I heard "నీకే చెప్పేది" (being told to you). I shifted, went deeper, and then started exerting. Along the way saw a silver tumbler half full of clear liquid. Later I loosened the hold and relaxed, when I heard ''అది కుదరదు" (can't do that). So I focused outward and connected to RD again. When I locked tightly with the center of

focus heard "గుర్తించు" (recognize), little later heard 'recognized it well' ("బాగా గుర్తించావు"), then a little later I heard "Prashanti" when I let go and totally relaxed into emptiness. 1:29 pm Vaishali sent Swami's message "Gyani's vacation time coming to an end. Time for action again. I want him to shift focus on to Bharat (B) now and I want quick results." 2:30-3:30 pm meditation: Sent energy (love and bliss) to B. Vision: saw forehead of B, saw an eye where Ajna chakra is. It then became round, inch in diameter, greenish white light. Right in the middle saw a lingam with its base. 6-7 pm meditated in Kulwant hall. 11pm meditation, sent energy to RD, B. May 13th morning meditation: sent energy to B, when I got grip on it I heard 'fully' ("పూర్తిగా"). So I gave it 100% for good 15 mts. After first half, started sending it to RD, and thought if half full glass means RD's solidified state is melted 50%, when I heard "100%". In night meditation I sent energy to B, then I shifted to RD, I heard "బాగున్నాడు" meaning he is fine. On May 14th, at the end of giving energy to RD heard "Khatam" meaning finished. Since then no more focusing on RD, only B.

May 14,'14 Morning meditation: I started with B but he kept bouncing me out into some other thought. Along the way I started focusing on his image and then on to Lingam that I saw in his forehead. That held fairly decent. I heard "go inside". 10:22 am meditation: I relaxed, got centered, then thought of his image, then to the round ball of light I saw in his forehead where lingam appeared. This time it held. Heard "దొరుకుతుంది" (will find) .. "temple" (lingam in forehead).."అనుభవించు" (experience it) .. "దొరికింది" (found it) .."transfer" (started pouring energy) .."full" (exerted, poured energy).."flowing well". After 15 mts, I heard "చాలు" (enough). Slowly I eased. I was in bliss all through and could feel the energy. It was blissful calm exhaustion.

May 15-17,'14 Saw a vision where I saw a closed third eye and some blunt pencil like instrument was pushed in, no blood or pain. In another vision saw a hand with honey colored liquid of honey consistency was brought near me. Did not see myself drinking it. May 16th Meditated for 30 mts at 11pm. I heard "భోజనం చేస్తున్నాడు" (eating food) (1:30 pm USA). Meditated at 3:20 am, connected to B, first to his image then to lingam at Ajna chakra. Heard "గుర్తు పట్టడు" (does not recognize). We connected well, he was taking in bliss energy fully as I sent it to him. Had a vision of a door with lock (ancient), I put in the key and turned it to unlock. Did not see actual unlocking. Continued with full force, along the way B said "thank

you". Tail end saw a steel dinner plate with food as they serve in ashram. Then I only saw a ladle filled with liquid food, came slowly to my plate and poured it in. I went back to bed and continued to enjoy the peace and bliss, when I saw a hand that took out a bit of peas and coconut dry curry and fed it to me. May 17th 4:30-5:20am meditation: Focused on B, but kept slipping off. I said as a thought 'Bharat, we need to work together'. I could enter into his consciousness space through the lingam in Ajna chakra. I sent bliss and energy at times intensely. Vision: saw a screen double door, I pushed it open, someone was standing there (only outline) facing me. After some time I saw a push button, pushed it in. Later saw a tilted silver glass, that had table spoonful of very clear liquid, denser than water, with shine to it (saw something similar for RD when his spiritual solid started melting). Along the way I heard a "thank you". At the tail end saw a spoon with butter like, very white fluffy solid (Satva?). I was fed that and I ate it. Meditated at 11am, 2:30pm, and then at 6:10 pm. I entered into B's consciousness space thru the lingam at Ajna. I thought 'did I enter', when I heard "complete". Started passing energy. Later heard "పర్వాలేదు" (it's ok). I remembered Swami's comment about blasting thru doors, when I heard "come on". After that exerted as much as I could, poured in energy.

May 18,'14 4:50am meditation: I entered into B's space, felt as if there are no obstructions. Did not find anything to focus on. Saw a vision of turning a page in a book. Next page was mostly red with touch of darkness, I kept pouring bliss energy. I heard "full", then "complete", little later heard "ఐపోయింది" (all done). Amma arrived on 18th, she said B's consciousness needs to be pink white or blue. Next 5 days I need to focus on B while I keep an eye on RD.

** May 19,'14 Morning meditation: I got to heart chakra and got ready, I heard "సిద్ధం" (ready) .. "food". Sent energy to him. Swami came 9:50pm-11:40pm. 1) It was a continuous rip-roar all the way through. He said he came to spend time "సరదాగా" (fun) and not discuss spirituality. Swami 'Vaishali likes to make bland food without namak mirch (salt, pepper). B likes namak mirch. He will change and develop love quicker if he gets food with namak mirch. Tell it to her'. 2) Swami 'how is your sishya (disciple) doing.' I "Swami, I saw half of his solidified spirituality is melted and since then I shifted to B as instructed by Swami". Swami advised to attend morning and evening bhajans at Anugraha Gruham (old people ashram).

** May 20-22,'14 Meditation: while connecting to B, RD came and joined. 1) At 2:30 pm I could stay with B. Heard "good" as I got

connected, asked me to stay with it “10 minutes”. I saw blue circle and lingam form in it, heard “perfect”. 6pm meditation: Connected and saw dark to light blue shade. Saw lingam many times. As I was in his space, it was peace and bliss. May 21st, Swami said via AV, yesterday’s two meditations did not reach B (interesting how mind misled). AV said I need to concentrate better. I did that at 10:45 am meditation, checked with AV, she said it was ok. Trick seems to be - stay at the center, not deviate, stay connected to focused externalized concentration, and pass the energy. 2:50 pm meditation: reached center, thought of B, held on to it, concentrated not to move from center, passed energy. Saw a forehead in cream color flood light. As I concentrated, there was pink in it at the edges. May 22nd Meditation: I reached the center, heard “santosham” (good). Made connection and was waiting when I heard “రావటంలేదు” (not coming). Realized I was not passing energy. So I exerted gently and kept attention on the center and B. AV said there were no messages hence all may be ok. Later Swami said to AV that, the energy I was sending, Swami was converting it to pink energy because it was needed. 2) Last few days I saw RD’s Ajna chakra, there was a deity’s sculpture in it. Saw a live figure but could not identify. In some cases when I couldn’t concentrate, I was told not to meditate but do Japa

** May 23,’14 Swami came at 9:45pm, stayed till 11pm. 1) Swami was waiting in AV’s room, AV had to go to bathroom, RD and I were outside the room bantering about how Swami got nothing to do, keeps everyone going around in circles – Vaishali, me, Vishal, Maria etc. Swami said to AV “call them in, they are talking about me”. RD and I went in. I took Pad Namaskar, there was usual marvelous fragrance. As I touched the spot, Swami said “I told you before to take off your glasses because they press against my feet”. This was a third time reminder that I must remove glasses for Pad namaskar. 2) He asked how is the summer heat. I said “bhayankar” (horrible). He said we can turn the AC on which I did. Yesterday while giving Arati, a resident of Ashram came right in front, I said to Swami that I gave Arati to that person instead (bidding goodbye). Swami said “I knew you will do your work quickly, that is why I call you Apara Gyani”. 3) I asked two questions and Swami told me to live the moment. I asked about B. Swami said he will let us know thru AV and I would have to send energy to him next 4 days. Asked about message to Vaishali “ask Gyani about dates of wedding”. Swami quipped “you are the father of the bride, you should know the dates”

I “Swami, you are priest (ayyagaru) of all priests, so you will give the dates”. Swami “watch for message from Vaishali tomorrow”. 4) Conversation about how much money does AV have. Swami said “this is a quiz for you”. I said she has enormous divine wealth. But money wise she has couple of lakhs after she gave away everything she had. AV shook my hand indicating I was close in my answer. 5) RD’s out of body experience – Swami said he touched him with the edge of his little finger and RD had unbearable vibrations a few days back. He saw himself go thru a tunnel, cross mountains, rivers, some goats etc. RD asked about those visions, Swami said they are there due to mind, not important. 6) RD had been bugging Swami for darshan of his physical form. Swami said by mere touch to your finger, you felt as if you will pass out, what would you do if I gave full darshan. Funny conversation about RD giving massage to Swami’s feet if they become visible. Swami said “just like you gave the massage with Ben Gay to Gyani” (RD put so much Ben Gay on my back, it burned for hours). 7) Swami further said that he is coming here to us after visiting his mother Easwaramma. I asked Swami about next stage of our passing energies. He said he will instruct through AV. I remembered to take my glasses off, took Pad Namaskar. AV says Swami just vanishes.

** May 26,’14 We came to AV’s apartment at 9:10pm after Kulwant Hall darshan, 11 pradikshanas at Chatri Ganesh, and Saraswati at college building, bought flowers, vendor gave flowers for Swami’s feet for free. AV put those on Swami’s feet. Swami stayed till 9:55pm. 1) Swami came primarily to give instructions: I asked “Swami, are we doing ok in our meditation?” Swami “If you were not, I would have given you few slaps by now” (learning slowly how to interact with God). Swami said meditation will be changed for 5 days starting tomorrow - RD and I to do one in Anugraha Gruham after morning bhajan, second before evening bhajan. Swami said ‘It will be good for us and for the Ashram’. ‘RD needs to come back to AV’s apartment to eat lunch. AV and RD will attend bhajans after evening meditation by RD and I, and have their dinner at Ashram’. Swami asked AV to do meditation at the same time in her apartment and pass energy to RD and I. This needs to be done for next 5 days till May 31. 2) I am to do night meditation in my room and send energy to B. It will be difficult to shift focus. Swami asked about difficulty, I said ‘Swami with your grace everything will work out’. Swami appreciated my attitude and the comment. Swami said he will convert my energy as I send it to B into pink energy because he

needs it. Swami also said that in one of those 5 days he will send Golden (divine) energy to me. Asked me to notice it. Also said that I need to get recharged because I would be giving energy to 1 or 2 more people. Swami asked me to do morning meditation for myself. 3) (When RD and I were in kulwant hall, we started talking about business like behavior in spiritual world, RD mentioned 'even Swami says that he is a pucca business man'). Swami asked us about it in Telugu "కోతలు కోయడం" (what BS were we talking about?). RD replied a little bit but Swami asked me to say exactly how it went. I repeated what I said to RD, "in God's world there is account for every penny, else how can there be perfect justice'. Swami said "yes, my judgment is perfect". 4) Swami said to RD 'Chakradhar was very obedient and felt like giving him a kiss' and not the way you are'. RD replied 'you are the one who made me this way, just the way Chakradhar was made'. Swami said 'that is sharanagati, finally you are reaching it'. Lot of laughs. 5) RD made a comment about Gyani and AV passing energy to him (దంచండి). Swami said then I will raise both of my hands (like giving up). RD said 'then I will be turned into Vibhuti and AV can put on her own head and body every day.' Swami said 'why would you turn into Vibhuti?' RD said because you raised both of your hands Swami, that is why' (God's power). Swami said 'people when they buy my picture from the store, they insist on buying the one with both the hands raised'. All of us cracked up at the pun. 6) Ravi insisted to Swami that he wants only Swami in Ajna chakra, not all the deities Gyani was seeing.

May 27,'14 As Swami instructed, RD and I meditated in Anugraha Gruham. Connected to him very well for 25 mts. I kept seeing a very large eye, on and off. As I concentrated on it, it will close. At the end I heard "apara Gyani". Right after that saw a glass with a spoon, completely full with whitish colorless liquid, looked just like Ghee getting close to all melted, when it becomes colorless. Evening, as I passed energy to RD I saw a filament bulb and light from it (golden in color- as Swami said?).

May 28-29,'14 I had hard time to concentrate and was falling asleep. May 29th Swami came to AV's home and said that RD and I are sleeping while meditating around 10:30 am. He said further it is because of contaminated energy that is being sent to them from outside, and that has to stop. RD and I meditated in my room in Ashram from 6:10 – 6:51 pm. I struggled a lot but kept pulling myself away from thoughts and focusing on RD. I heard "పర్వాలేదు" (not bad).

I kept going and heard "చాల సంతోషం" (happy). I sent energy to B last night, which was ok.

** May 30,'14 Tried sending energy to RD and B at separate times, it was a lot of struggle as drowsiness was taking me over. 1) Around noon AV, RD called. Swami came and we got connected thru phone. Swami "ఏమిటి సంగతులు" (what's happening). I said that we are trying (prayatna) hard in making the connections. Swami said 'your efforts will succeed'. I also said, I spoke to Vaishali last night. Swami asked 'what did she say?' I said, she thinks I have attachment and probably not her, to which I replied it does not matter who has it, but we need to get rid of it. Then Swami said 'Give your heartfelt thanks to Shivangini'. I said 'definitely Swami'. Then I said 'Namaskaram and Namo Namo Swami' to which He said 'I was waiting for your Namo Namo'. 2) In the afternoon AV and RD shared with me what Swami told them (see Revelations of Gyani's past lives). Contaminated energy got sent to Gyani and he passed that energy to RD. That is the reason why RD saw that girl in his meditation twice, whom he looked at while explaining the episodes, due to this contaminated energy. Last 2 days RD and Gyani were unable to meditate and were falling asleep. AV was blocking that energy from reaching RD. She was in great amount of stress doing that last night. Swami asked Shivangini to go help AV. Shivangini was happy that she finally got something to do. That is the reason why Swami told Gyani to express his 'heartfelt thanks to Shivangini'. Complicated stuff! 3) I said to AV that this is all complicated and best is to follow what Bh Ramana taught of just staying with the SELF and letting go of the rest. AV said 'I think Swami will make you give energy for 1 or 2 more and then you will go after SELF'.

May 31,'14 Sent energy to RD for about 30 mts. It went much better. Entered into his consciousness, saw lots of light and dark blue. Kept at it. Saw his eyes closed, opened very slightly and then closed. Then saw round light like moon. Along the way saw lingam and serpent hovering over it, like a still picture. Heard "remember".

June 1-3,'14 Sent energy mid-morning to RD. Went ok for sometime, then I fell asleep. 5:40 pm Sent energy to RD and it went well. When I was steadily exerting in sending the blue energy, I thought if this is the right away. I heard "100%". Earlier to that I heard "you have no rebirth" (నీకు జన్మలేదు). Later I heard "finished" so I slowly stopped. Sent energy to B at 10:23 pm, went ok for 30 mts. June 3rd Heard in AV's voice "go inside" (లోపలికి వెళ్లు), and as I settled on 'I', heard "that's it". In meditation while passing energy, saw a

round light, then a four petalled design, and then a lingam in RD's forehead. 5:30-6pm sent energy to RD. Made effort not to deviate for 31 mts. Half way through I heard "జయించావు" (you won).

** Jun 4,'14 Swami arrived around 10:30 am, stayed till noon. 1) Swami asked if I had any questions, I mentioned Vaishali's message 'there are 2 deadlines that are coming up in June and why Gyani is unable to understand'. Swami by asking questions made me understand that 'deadlines are approaching, thinking that you need to be here to meet deadlines shows as if you are accomplishing these deadlines, need to remember that Swami is the one who is doing it all'. 'I told you that day 'Maria' (Vishal's would be whom I am representing) is 'Maya' (meaning I was getting stuck in the Maya of Vishal and Vaishali). Swami said I need to show them love and affection that i could not in the past life. If I take over their parent's responsibilities, they would need many births to fulfill their obligation. Swami said even the responsibility of your children now, I have removed that from you so that you get detached, and journey towards me. Do not create new bondages. You have no obligations from that life left over. You provided for them very well, they did not have any shortage except the love and affection that they could not get enough. That is the reason you were not made to go to Pune (Shradha's wedding). Because from there you would be called over to Nasik. Then you would be told this is Swami's wish, and you would be stuck. Shivangini kept bugging Swami saying 'my Gyani, and you are not doing anything while this is going on'. It is like the buzz of a bee in your ear (lots of laughs). She keeps reminding me my promise made to her then (2004). 2) Swami said about Shivangini's jewelry that I was packing for Vishal's wedding. Jewelry she wore is sanctified because she and her body, although transient, became holy when she evolved spiritually. And Shivangini said 'what is he (gyani) doing with my jewelry?'. All of us laughed. He further said they must be used for a divine purpose as a great charity (గొప్ప దానం) and Swami would guide me in that at the right time (See Guru Seva). Nice joke about అప్పులం కర్ర – 'Shivangini would hit me with it if Gyani is not taken care of, she is there all the time (with Swami), while if he appears to RD who would pounce on him to shower his love which is petrifying, he can neither go back and nor stay here on Earth. He said Sage Viswamitra will be happy that finally he (Swami) visited his Trishankhu Swarg.' Lots of laughs. 3) I asked about selling my home, Swami 'if you are going to Maria's wedding where is the కట్నం (dowry), you will have to sell your house, then you can come to

Puttaparthi and sit with a begging bowl, you will get biscuits from devotees, sleep under tree'. I said my disciple RD will bring me food under the tree. All of us laughed. 4) Asked me to go to wedding in Vijayawada – need to share spiritual experiences with folks who are anxious to hear. 'share and make them happy', that is why I am sending you there. Make sure bride does not forget spirituality and Sai once she gets wedded, do Jnana Bodha'. 5) Swami advised 'when you get Swami messages from Vaishali, contemplate if Swami would say something like that'. In the evening I sent energy to RD, B.

June 5-10,'14 Noon meditation: while sending energy to RD I saw two hands clapping and then heard "ఐపోవచ్చింది" (close to done).

** Jun 11,'14 Swami came to AV's apt. 9-10:30pm. He gave four questions to RD and I that we answered. In one answer I said we were not getting interviews full benefit because we are unable to see or hear Swami. He decided not to show his presence via the nice fragrance anymore. Swami told us following: 1) Stop giving energy to B. Vaishali is blocking it. Also that energy will return as a flood and my body will not be able to withstand it. He said he had given me a great boon by keeping me here and not letting me go to Nasik. Else I would be stuck over there. 2) He said that Shivangini's body was very holy. I touched it hence I became 80% or so holy. Swami decided to take care of the rest because of sadhana and for being with Shivangini. 3) Swami mentioned about letting me go back to USA, I asked for the date. He said go after Dussera (Oct 4). 4) I asked about Shivangini's anniversary celebration. HE said celebrate it in Anugraha gruham. Provide banquet food (విందు భోజనం) to ashramites. Bring 3 different sweets from outside. HE further said, donate 3 bags of rice, 5 kg of urad dal, etc. to ashram. Lingam Abhisekam to be done right in ashram with Rudram chanting. HE said make a donation to the Ashram and left the amount up to me. 1 bag of cow feed to be fed to Brahmini (very holy cow) with your own hands.

** Jun 14,'14 1) On Jun 12 Swami told AV that he asked Shivangini if she would do some work for him by taking birth. She said 'it is up to you'. Swami said to AV 'this is how one's reply should be'. AV said 'that is the reason I am back, took this birth'. 2) Swami then said 'Shivangini will take 2 births. First one is in Uttaranchal for 16 yrs and the second one is in western countries where she will be born for a life of 48 years.' AV said Swami is using her as his instrument like he said in one of the messages. 3) About 10 days back Swami and Shivangini visited AV in the night. Shivangini shared

secrets about Gyani, as to how to make him work more, how she handled his anger, how she showed her disgust or disapproval, how to make Gyani work hard by giving him praises, then he would gallop to do the work etc.

** Jun 15 - Few days back there was an argument in bhajan hall, I said 'would people behave that way if they believe Swami is present'; I sat in bhajan hall with coffee mug; sat cross legged in bhajans. Last night Swami came to AV at 3:30 am. He said to her "Gyani commented that 'will people behave the way they do if they truly feel God is present like standing next to them'. Meanwhile, Gyani came couple of times to bhajan with coffee cup and drank coffee, sits with his legs crossed etc' (pushing me to CIA[12]).

** Jun 17,'14 Swami came around 9pm, stayed for 40 mts. A resident of ashram Padmajamma (P) was there along with three of us. Swami said to P: Write this in your life history in Golden Letters (interview). P asked Swami's pardon for any errors, he said I have pardoned you, that is why you are here. He said 'You were a good cook. You used to make good North Indian food. Used to cook for 200 people (Moktananda (M) ashram). Her name was Kshud Pipaasa (one who feeds). He said she came at 18 and took Sanyas at age 21. Moktananda gave that name to her. She used to cook in the ashram feeding all the ashramites. At time of Sannyas, M asked her if he should give different name, she said she liked Kshud Pipaasa. Swami said following to rest of us: 1) Did it hurt when AV told you about coffee drinking in bhajans, sitting cross legged? Swami said with love that there is proper decorum and conduct when sitting in front of God. 2) Stop giving energy to B. Do not take messages from Vaishali seriously. Think of 'lifelong usefulness of the message'. Your ability to centering, you got it from sadhana. 3) I asked if we are doing ok in our sadhana. He said if you were not, you would have got a reminder (Sharanagati?). 4) Swami said 'the thought of translating the book was put by me. Book needs to be done and released by Swami's birthday.' AV said book needs to be ready by Aug to meet that deadline. He asked us to start categorizing it into chapters. He told RD to do DTP later after writing down in the notebook in Telugu. He said we need to memorize all the messages.

Jun 17-18,'14 Meditation 11am: I sent energy from my Ajna chakra to RD's Ajna chakra, I heard "miracle", later "fantastic". Jun 18th I sent love energy to Raeshum, Shobun, my mom, I heard "send". Later heard "disciple", so sent it to RD.

** Jun 25,'14 Meditation in my room at 3 pm. RD called I didn't pick up. Two calls from AV. I was getting tired of translating for foreigners, hindi speakers. RD picked up and insisted, initially I resisted, then went over at 3:20 pm. Swami was already there since 3 pm. Swami said 'you have lot of questions, ask'. 1) I said how to communicate to R&R, T&J, P, V etc that I am returning in Oct instead of Aug. Some are eager to know and others I have obligation to let then know. Swami said "you have curiosity to tell everyone that Swami spoke to you". I thought a bit, said "yes". He said none of them have great spiritual interest. Only when you see Swami and he directly speaks to you, then you can share. 2) 'Focus on the book, translate, and get it done by Nov.' 3) Swami said Shivangini had a desire to have her Shradh done in Puttaparthi and we need to fulfill her wish (one of the 4 wishes she wanted me to fulfill just before leaving her body). 4) Shivangini will be born in Uttaranchal in 2 days, will live for 16 yrs. Then another birth of 48 yrs. 5) Sanyasi who walks around as mad man, comes to ashram for food once in a while - Swami said since 4 yrs he left his job as a district judge. He actually touched Amma's feet. AV was wondering as to how he knew. Swami said he recognized AV, he is a evolved yogi and this is his last life,. 6) AV got a severe headache due to protecting me from bad energy last 2 days, and by concentrating on me as Swami said. 7) Swami said I am forgetting my responsibilities - translating book, RD.

*** Jun 28, '14 Today Swami came three times. In the morning at 9 - 9:25am. Then at 11:43am for 40 mts. Again at about 5pm. 1) In the morning Swami gave instructions that RD and I need to write forewords to Telugu book to be published before Swami's birthday. Swami said 'he wants these spiritually evolved messages to be sent out to many people who need it'. Told us to get forewords ready and he will come to review at 11:30 –11:40am. RD and I scrambled to write the foreword. I managed to write in bullet form under two headings, Karma Yoga and book translation. He came at 11:43am, heard what RD wrote. Swami cut a few jokes and made a few corrections, got Amma to write them. Then as I started saying I wrote it in bullet form, Swami cracked jokes about bullets. After I explained, Swami said to some parts 'if you wrote those, then people will start bee-lining to me'. Understood it has to be changed. Asked me to write in text form so that Swami can review it. Told me to not point anything at the trust members. Swami said to get it ready, he will be back by tea time to review. Told RD to complete his half finished write up. I sat all afternoon, wrote a single page write up

which will turn into 2 printed pages. Swami decided not to come that evening.

** June 29,'14 Around 10 pm as I was translating I had a question to ask AV about a Telugu word 'ఆది వ్యాధులు'. I called AV, RD picked up and I was told the meaning. Then RD said Swami was there. I offered my prostrations over the phone. Swami said thru AV 'where is my Namo, Namo'. I offered those. AV said Swami advised that we should not include in the book anywhere that Swami comes in his form to speak with AV. I asked what am I going to write as to how AV heard the messages because most of the book is back and forth conversations. Swami said ' will let you know tomorrow or day after'. Swami also said 'don't feel bad that you are not invited downstairs because it won't look right to the Ashramites'. I said 'I understand, and not a problem'.

** Jun 30,'14 Meditation: 4:45 to 6am. At 6:20 went downstairs draping myself with పంచ, thin cotton cloth. 1) After taking the tea cup in the kitchen, I glanced at AV's room, it looked slightly ajar. So I went over there to say hi. When I entered, Swami was in the chair already speaking to them about segmenting the book. I went in and took pad namaskar. Swami said 'he has ప్రాప్తి *(destiny)* that is why he is here'. 2) They looked at me and asked about my unusual 'shirt'. I said brahmin like attire is due to association with RD (who is a brahmin). Swami said 'in short association with RD you changed like him, why did you not change like me?' I said 'Swami, that kind of change is easy. All I need to do is buy a robe.' 3) One ashramite stopped by before I arrived, Swami was there but unseen. I said 'he has *prapti* too, to come when Swami is here'. Swami said 'so are all of you.' I said 'yes swami, we all are one.' 4) AV started marking the messages as Swami was telling her, but for us it was silence. Hence RD took up ashram accounts book to write. Swami said 'instead of these not useful accounts, why don't you work on your life accounts'. Both of us did not know what to do. Then Swami said 'you could meditate'. Both of us meditated. I was constantly saying to myself 'calm down'. In the beginning my mind was running around with different thoughts but then it settled down. I think I got into a method of concentrating on Self which I did not know before. I will have to try again to see if indeed I got a boon.

** Jul 1,'14 At breakfast AV said I have small work with you right after, so don't take off to your room upstairs. 1) Actually Swami arrived to her room and is waiting there. I quickly ate and reached there 9:05 am. Swami asked 'what are your questions?' regarding

foreword of the book. I said lot of the messages are conversations, a reader would have questions about who, where, and how these dialogues occurred. Swami said it is ok to say they occurred in 'dhyana avastha' (state of meditation). 2) He said change it and get it ready, he will come at 11am to review it. Said same thing to RD to get his foreword ready by then. Swami arrived at 11:30 am. There were people with whom AV was busy in the ashram and hence he postponed his timing. We got together in AV's room. I reviewed my write up of the foreword. Swami asked me to remove the dates (2010-2014) in first sentence because they will raise lot more questions. While reading when I uttered 'purity', Swami said I will give them 'surety' with it i.e. if we get purity, we have God's surety. When I said I wrote down the name of the books, Swami said I would like to hear them too. I said 'Inner Experiences'[2] and 'Making of a Yogini'[15]. Then Swami said there is a third book. I looked up not knowing what he meant. He said "Making of a Yogi' that you need to write'. All of us laughed. 3) Swami asked me to remove all miracles I mentioned that are occurring in Anugraha Gruham. He asked me to write about how AV is helping RD evolve further. Then I read on Gayatri Mantra, how I used it to control mind and be god centered. Swami said write that you received enormous benefit by doing that. Swami ok'd the Karma Yoga part. He asked me to change 'ashram residents' to 'with Swami's help I learned ….with variety of people'. When I read last sentence, AV said why 'indebted to RD'. I said there is no Guru without a disciple. Swami asked me to make changes, translate into English, he would look at it again.

Jul 2-5,'14 Swami said to AV that Shivangini put a petition to Swami for Gyani to reach a higher spiritual state than herself. Swami said that only a *Jivan Muktha* would ask like that, where they would wish another Jivi to rise higher than they did. Swami said to AV on 4th that Shivangini is a lady with strong will and determination. She put a condition on Swami that she will take those 2 births mentioned, only if Swami will agree to her petition of Gyani rising above her spiritual state.

Jul 6-19,'14 Bizarre experience: Yesterday in the night my body literally got shook up as if some force was attacking me, but no pain. I was not afraid. I said 'go ahead, do what you want. I am not this body'. I opened my eyes to see and there was nothing. Then I closed my eyes and same experience repeated, I said 'if you want to kill me, go ahead. If you want to eat me, go ahead. I am not the body' saying that I turned my attention into my Ajna and Self. Don't

know what happened. In the morning I asked AV. She said 'it has done good to you'. Later she said 'it took out any little negativity you had'. AV further said that a lot of negativity got piled up on you, and Swami got rid of it. Jul 16th Last week saw RD thrice in meditation and once in dream. I saw AV couple of times. Meditation today: Saw Brahmini (cow) and I gave Arati to it. Then I saw a round diya with three wicks equidistance apart burning with good, slightly wavy flames. I heard AV saying 'finished'. Day before I was at S chakra when I saw in vision a knot being untied. Jul 19th Meditation: I heard 'finished'. AV said, I am touching the state of stillness but now it needs great concentration to stay there.

** Jul 22,'14 I was drinking coffee at AV's apartment, just then Swami arrived at 11am, stayed till 12:10. AV's friend couple arrived. 1) I smelled the perfume in the air due to fan. I took pad namaskar at the spot where AV did pad namaskar. Tried smelling but did not find any. AV asked about smell, I said I did not get any like normal. Then Swami said, take it again. I took Pad namaskar again. It was wonderful smell at the spot where his feet were. That smell stayed on my palm for next 3 hrs, the spot on the bed where his feet were, the smell persisted afterwards. We would rub our hand on the spot and smell it. 2) Swami said English translations went well and there are no corrections to it. It will be ready at the same time as Telugu. Earlier he gave guidance on 'Swapna Sakshatkar' that it will be very difficult to translate with such a extensive expression of feelings and intent. He said 'Telugu you two did it, but he did English by himself'. I said 'swami how could I do it alone, you were there'. He said I need to be thankful to two women - AV, and Shivangini. I was surprised. He said, Shivangini was giving me the right thoughts and understanding as I wrote. 3) Swami said Gyani thinks great of Shivangini. But where she is with Swami, she is almost at the bottom. I laughed and said 'may be that is why Shivangini wants me to go to higher spiritual state than she'. Swami said then, in those states there are no conflicts, jealousy or upset. 4) Swami asked if I had any questions. I thought a bit, said 'no swami'. Swami said that is good, one should not have questions. Although I had some questions but then I thought I would just use my discrimination. That will be God's will. 5) One marvelous thing I realized was the speed with which conversation goes between AV, RD, and Swami. AV is just voicing Swami's words, but it was so fast that I had a heck of a time following what was going on. No matter how well RD tries to corner Swami, Swami turns the tables on him so quick and so fast

that we cannot even remember the sequence. 6) Conversation changed to Kodaikanal event. Swami asked what did you understand from it. I said 'Swami you are giving us the experience that you are actually sitting there and conducting the conference'. Swami 'what made you think I was not standing'. I 'Swami they put a chair for you'. He cut a joke, at times he had to stand next to the chair because someone is trying to pounce on him (a jab at RD). We laughed. By the way we laughed 80-90% of time. Then Swami said 'I am providing opportunity for them to do good work (*sat karma*) because they like to, and they need to do. So I help them do. I will tell you about a saying in Telugu 'జనం పెరిగితే మజ్జిగ పలుసనవుతుంది ' *(butter milk gets thinner as crowd increases!)*. Your goal is different and that is to come nearer to me. Hence we have this private and close contact, humor, discussions. When I was young in my body, there were many people who used to be close and enjoyed it very much. As the crowds went from hundreds to thousands to lakhs the closeness gets progressively less. By then mostly people are interested in how much got done, Prashanti campus, kulwant hall, etc but not interested in transforming. While you, who are close, want transformation. Do you want this or that?' During this conversation Swami said being close to Swami you will get *Ekantham* but not '*Ē kāntham' (*you will get aloneness but not a woman -nice pun). I said 'Swami, don't want any Kantha (woman), had enough of that'.

Jul 23-24,'14 In intense bliss since I woke up, probably touched state of stillness. Bliss now a days is all in S chakra. At the end of 25 mts saw AV cooking with frying ladle in her hand. She turned her head, raised the ladle, and gave a look of joy 'Yaay !'. Jul 24th After I sent energy to RD for 27 mts, at tail end saw a steel glass which was 90+% full with clear liquid. During last 10 days heard 'RD', 'హెచ్చరిక', 'silence' - a warning to RD to meditate on silence. Once I was at S chakra, I saw a knot got untied. Another time saw something huge connected to me got separated. Once I heard 'finished' two three different times. AV said, it means I reached the center of I and now it is very hard but one need to concentrate on it.

** Jul 24,'14 RD called at 10:20pm. 1) Swami was at the other end with RD and AV. We had a 28 min conversation, Swami to AV to RD to Gyani. Swami told RD to tell me that Swami was there for last 55 mins, making them laugh non-stop without repeating any jokes. Then Swami asked RD to relate the jokes he heard, which went like this. 2) Swami said 'he had a peg'. RD 'what kind of peg'. Swami

'Nityananda (eternal bliss) peg'. Swami just came from Nara-narayan Gufa and Kedarnath. In Nara-narayan Gufa there is Virojananda Swami who was in Samadhi for 84 days. He just came out of it. Swami gave him darshan. Swami materialized Amrit mixed it with water and gave it to Virojananda. Then Swami gave darshan to a yogi who was in Samadhi for 50 days. He gave them darshan and bliss. This is the peg of Nityananda Swami referred to. 3) RD related couple of jokes. One was ఎర్ర గుంట and ఎర్ర గడ్డ. One in Tamas falls into ఎర్ర గుంట (red pit) while one who is crazy goes to ఎర్ర గడ్డ (mental hospital). RD forgot to take pad namaskar today and there were jokes around it. There was a joke involving Chitra Gupta. RD got a little upset today, AV forgot to call him from Dharmavaram. Lot of jokes around it.

** Jul 26,'14 Swami came to AV's apartment from 10:17-11:40am. Most of the time, it was non- stop humor. 1) We were leaving to Ahobilam (pilgrimage), planned to leave at 11:30 am. Swami told us to change it to 12:20 pm because it is auspicious then. In the end he told us to do at least 20 mts meditation in the Narasimha Swami temple, focus and concentrate. This is for tearing/ killing the bad qualities in us (as done to demon Hiranya kashipu). Swami said 'there will be no ATM or cell phone coverage, so take cash with you'. 2) Swami gave a definition of *Maya* - From the birth of man (***Ma-****nava*) onwards everything that is in the path of going to ***Ya****ma loka* is *Maya;* 3) Very good joke about my Telugu language lately. Swami said 'I heard the way you are speaking now'. I used the word *Stree* (woman) while speaking with AV and RD. Swami said 'Shivangini three days back sat with a book in her hand, Telugu to Punjabi translation. Shivangini will meet me while I am going and I would say 'O' Stree what are you doing' then she would say 'O' purushuda (man) I am waiting here '. 4) Today while AV was on phone, she told a person that RD was in the hallway. Actually RD is the one who made her speak to this person. RD commented to me about truth and lie and how he used to get aggravated at her initially. Swami picked up this conversation and gave a strong dose to RD while keeping everything humorous. Swami said 'in what AV said there is no loss of property (ఆస్తి), or reputation (పరువు), or knowledge or Karma or vitality (prana). In that instant, there is no harm of any kind and she is keeping the other person happy. 5) Swami gave directions on the book. He has not named it yet. He said there will be no index. First Q&A, a blank page, second conversations, blank

page *swapna sakshatkar*. He said the beginning will be Author's foreword, my foreword, then RD's foreword. No titles are given to these three sections yet. I asked about glossary. Swami left it up to me. Swami then asked me to try one *swapna sakhsatkar* translation into English. Then we will decide whether to include it in English book. Swami said to get a book print out.

Aug 5-11,'14 Meditation: I saw Swami's picture in the Sathya Narayana puja altar with garlands around it except the picture was just a blank. Later I hung on to the Self and became still, when I heard "అదే"…"Guru" (that is Guru). Aug 8th Meditation day back: I was following a lady and she opens a door for me (don't know if Shivangini or AV). Aug 9th I was lodged in Self, I heard "perfect". Later "there is nothing there". When I asked AV, she said 'if you look, there is nothing there. One must experience it, else there is nothing.' Aug 11th I went for Giri Pradakshina (1.75 hrs). Did Gayatri kriya during the walk. Meditated at 3:30pm focusing on experiencing the Self. I saw Swami's picture above and then saw a white Sun like brilliant light formed below it, and its rays came to me. It was so bright, I was literally blinded and couldn't see anything including Swami's picture. Later felt as if I was moving from awake state to something else. I pulled myself back, maybe fear or something. Later heard 'నీ ఇష్టం ' (it is up to you).

** Aug 24,'14 I went over to AV's apartment at about 5:15 pm. While I was crossing the dirt road shortcut I met the tall lanky yogi (see Jun 25,'14). As soon as I saw him I put my hand in pocket. He said 'అకస్మాత్తుగా' (fortuitously) and then stretched his hand. He said something about yesterday that I could not understand. He said what you gave yesterday, I gave him Rs. 30. 1) Then I went over to AV's apt. Swami came at 5:35pm. AV was making coffee, and milk (for RD). We were waiting for her to bring them, I sat down in the chair and did Gayatri kriya 3 times looking at Swami. He stayed for 2.5 hrs and we were laughing almost all the time. 2) Swami asked me how things are and did I want to say anything. I said 'I did not speak to you for a long time Swami. Other than that there is nothing to ask'. Swami said he would normally come to AV later in the night, but came at this time only to talk to me. 3) Swami asked me 'what role or assignment you want to do'. I said 'whatever you ask me to do, Swami' and I really meant it. Then RD cracked up and said 'Swami, ask him to run the Anugraha Gruham ashram' because he knows how much disinterest I have in that role. I just smiled. Swami said 'that is sharanagati'. RD said 'I know he does not like it and that

is why I said it'. Swami said 'in all this conversation (back and forth jokes) he is not saying anything and only smiling. That is sharanagati'. 4) Swami gave 10 questions to write answers and express our feelings. One of them was how the Avatar and AV are helping me spiritually and how AV is helping so many people spiritually. RD wrote nice answer and at the end he wrote that he had witnessed how she is helping so many and he is one among them. Swami said 'read the last sentence again'. Then Swami asked me 'what do you think as his Guru, and you two carry on the dialog on that sentence'. I told RD that what he wrote is not right. He said 'why?' I 'as far as I know what is being done for you is extraordinary, unique. I have not heard of anything or anyone getting this kind of treatment'. RD 'I did not want to feel egoistic'. I 'that is ok but one cannot forget to be thankful because of that. I do not know anyone whom God, Sadguru, guru are holding hand and giving special attention. What AV is doing for you, I do not think she did that for anyone else'. As RD read, Swami asked me to listen carefully and see how he escapes in his responses'. We had lots of laughs. 5) Swami said he wanted to honor a resident because of the Pujas, so he put the thought in RD's head to honor him with pair of clothes. 6) Swami asked AV if she would give her fridge to ashram. She said she would. Swami cracked a few jokes with RD if AV means it. 7) Swami asked her to buy two door refrig. She asked why she needs it. Swami said Gupta would need it when he builds the home next to ashram. 8) There were jokes about why RD is being targeted. RD said why not AV or Gyani be the targets. Swami said that Gyani does not have anything to be a target of. Some jokes about AV's weight and 'elephant పడడం'. (AV said ok when Swami asked her if she would take on herself a kids fall recently. She was in the kitchen, Swami asked her to step out. She did and slipped on the wet smooth tile floor and fell flat on her back). Swami said he took her fall and made jokes about how heavy she is. If he did not take the fall, she would have burst open. 9) There were jokes about 'bruhannala', 0.5 and eunuchs. Arjun's name was that during the curse. 10) As RD wrote answers to the questions, Swami asked us to keep silent for about 10 mts. AV and I ended up doing meditation. I focused on Self although mind kept running. I had beautiful bliss. Swami asked how the meditation was. What a marvelous opportunity to do meditation and Gayatri in the active presence of Swami. Swami asked us to do Arati. Three of us sang it. Swami asked how we felt while doing Arati. I said I imagined him lying on

the serpent as we sang it. He said that we should do Arati with similar 'Bhav' every time, it will get us great benefit.

** Aug 25,'14 On 24th night AV was thinking how to cook Karela. Swami told her the recipe – first to boil water and only put the karela pieces in it after it is boiling, when to take out, what to add etc. RD likes karela. Swami got AV to make tomato rasam. When she offered it as Naivedyam in front of Swami's picture, Swami said to keep it aside and give it to Gyani, and said 'it is same as I eat'. RD called and told me at 1:50 pm. So I went there at 5:20 pm, ate karela, drank rasam. Karela was amazing and I could eat it as is, without mixing with anything. 1) Swami arrived at 8:20pm and stayed for 1+ hr. Swami asked me how was the Karela and I said 'బాగుంది'. He said tha's all. I replied, my Telugu is limited. Swami said, you could say it in English and use words like amazing. Then asked me how was the rasam. 2) There was a joke about how wives yell at their spouses. Swami asked me if I remembered how Shivangini used to call me. Only one I could remember was 'Gyani raja'. Swami reminded that when she was upset at me for not doing work, she would say 'O Mr. Gyani, tum kaam theek nahi kar rahe ho'. In Telugu there is a word called 'joreega' means a 'buzzing fly'. Swami said earlier that she is like a 'joreega' buzzing in his ear relentlessly. He said 'how did you bear her when you were married to her?' All of us had a good laugh. He said 'if I knew she would buzz in my ear like this I would have delayed her liberation. I would have had peace at least for sometime'. Another big laugh! 3) Then Swami asked me 'when is, and what are you going to do about her anniversary'. I said either 23 or 24 but I think 23 because majority of the day is Amavasya. Swami said there is another reason why 23. I said because of Nov 23. Swami said 23 is holy because it is the day he was born. I said I do not know what to do, call priest or not, if AV will do, etc. Swami asked what does priest do. I said priests utter some mantras and a procedure. Swami said uttering mantras unknowingly might be creating harm. Hence not to have priest on that day for anniversary. Abishekam – just do the abishekam to the Lingas that we do every day. Do Narayan Seva. Shivangini asked me thru Swami to get three sweets that she liked. Swami asked me what they were. I said 'rasgolla', 'chena murgi'. Swami said to get the 'rasgolla' and he said only place that is available is in the Ashram store. He said you will not get 'chena murgi' in Puttaparthi and it won't be good even if you did. She likes 'Gulab Jamun'. Then Swami reminded me of Kaju barfi that she liked. These need to be served to the Ashramites. Swami

said ‘get a silk saree for your mother on that day’. I ‘ok Swami’. RD said can we get that in Parthi. Swami said in ashram shopping mall there is a closed door shop upstairs, where they sell them. I asked ‘how about this mother’ pointing to AV. Swami said ‘get a crown for her’. We laughed. 4) Swami said R wants to put a crown on her and make her another Jillella moodi Amma. RD said R wants ‘jal-jal’ sound of money. Swami said ‘you said it right Gyani, she is like Lord Venkateswara hundi for them’. Swami said ‘get Binny silk saree, plain with Zari border’. He made a joke about he needs to increase his store sales. I asked about color. Swami said ‘your mother is not ready to wear white yet’. I agreed meaning the lack of purity yet. At that time I said ‘Swami, at times I feel that by being constantly on her case I may be torturing her’. Swami said that is not torture because you are trying to help her. 5) Along the way one important comment made was that if we talk seriously there is hardly anything to speak. Swami will give a short answer that pretty much settles all the doubts or questions. Only with humor, jokes one can have a long conversation like this.

** Aug 26,’14 I went over to AV’s apt around 11 am. RD and I were discussing question 10 where message got changed, R came. 1) As soon as R left, AV turned her head and saw Swami peeking in from the open bedroom. She jumped up, and both of us went over to bedroom. We did our Pad namaskar, of course smelled the amazing fragrance. There was a joke about how AV jumped up, just like one saw a ‘Tiger’. I said it is ‘Lion’. Swami said it is ‘పులి’ (tiger) because (పులి నోట పడ్డ ప్రాణి తప్పించుకోలేదు) ‘a living being that falls in a tiger’s mouth cannot escape’. 2) Swami told us to change ‘పూర్వ జన్మ’ or ’20 years’ etc. to ‘ఎన్నో జన్మలు’ (many lives); AV was hurting in the ribs due to a fall she had in the ashram (see Aug 24). Swami asked RD to bring a spoon of ghee and a spoon of water, mix it well, till the color of ghee changes to almost white. He asked RD to apply where it hurts. I asked if this is good for all kinds of muscle pains etc. Swami asked RD to apply that on my knee where I had an injury about a month back, but pain was still there, and to my ankle. Swami said ‘tell me tomorrow how it feels’. Swami asked RD to read his questions and changes. 3) As he was searching I asked Swami four things – about changes being made by RD, I will be adding Glossary to make it clear to the western audience, RD’s foreword translation that he wants to do but will do after he is done with Telugu book, due to which I suggested if I can do it and he correct it, do we need to sequence the English book to come out after Telugu

book. Swami said – RD's changes are mostly spelling/ small corrections and if my writing reads ok and consistent, then not to worry about minor differences between English and Telugu books. There was a wonderful joke about how if I write RD's foreword, he would read it and in exasperation will throw it on the floor hard. RD did a simulation. I did one very weakly. AV was gently touching the book, when Swami said look at how she is caressing the book as if its feelings are hurt. Swami told us to read forewords and as we read, he made some small corrections. Swami said English book will come out first before the Telugu book. This gave me the clue to proceed full speed ahead. Only then it can be released by October before I leave to USA. 4) Swami said 'in a household of adults if there is a toddler, everyone likes to play with them and everyone enjoys. Similarly you (RD) are the youngest so we kid and tease you so that all of us enjoy it'.

** Aug 27,'14 Swami came at 11:30am, stayed till 12:30pm. He said we will meet again at 4:30 pm in AV's apartment. We took pad namaskar. His feet emitted a unique smell, mix of sandal wood/ sindoor/ something else. 1) Swami asked me about the pain in my knee. I said 'amazingly lot of sharp pain is gone'. He said 'what do you think, this is sathya sai baba'. He further said 'if this remedy is publicized in US it will sell like hot cakes'. I said 'yes Swami, it will mint money'. 'Do you want to do that business?' 'I don't want it, I had it enough with this money' 'I will tell you what to do with it'. I 'Please do'. Swami 'make a curry out of it'. All had a good laugh. 2) He asked RD 'how is the book coming'. He said since yesterday he is translating the foreword he wrote into English and it's almost done. Swami said 'since yesterday and it's not done yet'. RD said 'only one paragraph is left. It is hard to concentrate Swami, with all the disturbances.' Swami asked him to get a booklet of poems that Amma offered it to Swami at his 81st birthday. He asked RD to go get it from the Ashram. He told AV 'meanwhile cook rice, dal etc for their lunch'. 3) He asked me to meditate sitting right in front of him and then pass it on to RD. I said 'Am I to take energy from you and pass it onto RD right away?' He said 'you don't have that capability yet. For now take energy from me and store. Later pass it on to RD'. I started meditating. Along the way I am not even sure where I was when RD touched me and I got out of it with a start. Swami said 'you had enough sleep'. AV told me that my neck was drooping means sleeping. What a shame! 4) Next Swami asked us to take turns and read the poems in the booklet called 'Hrudaya Kusumanjali'. He said

the total Vedanta is condensed in these poems. He asked us to summarize and explain the meaning of poems. We took alternative turns. In one of them Swami asked us to explain the difference between Anand and Brahmanand. Anand comes from our state and not from a thing. We experience it for a fraction of a time. Brahmanand is to float in that experience constantly all the time. He gave example of when I asked AV how is the pain, she smiled and said ok though she was hurting pretty bad. That is Brahmanand. 5) In some fun filled conversation Swami said to RD 'am I to touch your feet', in response RD stretched out his feet saying 'I don't mind', Swam said it is 'advitiya bhava parakashta' (zenith of oneness). 6) Our conversation switched to Lord Rama. Swami said Lord Rama was 21 feet tall while mother Sita was 16 ft tall (considered short). Laxman was 1 ft shorter than Hanuman. By the time Dwapar came Lord Krishna was 16 ft tall.

** **4:30 pm** I got up at 4:10pm and headed to AV's apt. It was raining heavily. I was 1/3 way to their home when RD called, 4:29 pm. Swami asked thru AV if I was coming by IST. I reached by 4:36 pm. Swami stayed till about 7:10 pm i.e. 2.5 hrs. AV had coffee ready by the time I reached. We took pad namaskar (amazing strong sweet smell). We continued to read 'hrudaya kusumanjali'. RD and I took turns. Swami would prompt AV to tell us stories in between which were her actual experiences. AV used to compose those during 2006/7 while in Chennai. She also used to compose them in Kulwant hall while watching Swami's darshan. There was one that she composed which Swami read and cried. Swami confirmed saying 'your mother made me cry'. Tsunami incident 2006 – Swami came in the form of a Tamilian neighbor, spoke to AV for 1.5 hrs and took the food for service activity. We read the whole booklet, AV explained the feeling and expression behind each of the poems. Swami added comments to it. In the end we sang 2 songs. We sang a bhajan song that AV was learning years back with her friend. Even after 20 trials she could not get the tune right when a male voice joined the two and sang with them till they got the tune right. There was no third person there. Next Swami asked us to do Arati and we sang the Arati song. Swami said it is nice to have Satsangs like this.

Sep 2,'14 Last night as I thought about silence and quiet, I heard very clearly "it is *param" (supreme)*. Today in morning meditation, as I practiced to be still and one with the Self, heard 'అద్భుతం' (amazing).

** Sep 3,'14 RD called at 9:40 pm. Swami spoke thru AV over the phone. 1) Swami asked 'what are you doing'. I 'writing (రాస్తున్నాను)'. 'whose రాత'. I 'Swami's రాత'. Swami 'Are you writing Swami's future'. Till then I didn't get the drift of the conversation that రాత also means destiny or future. Swami said 'I need to rewrite yours'. I 'definitely Swami and as you wish'. Swami 'I will give you the address to mail it to, write it down'. I said 'Ok'. Swami 'SSS SSbaba c/o Gyani baile' 'what is Gyani baile address'. I said 'I know my address'. Swami said 'what is it'. I said 'I am I'. Swami said 'you are clever, aren't you'. Then he said 'c/o address is Vaikunta loka, near Brahma Loka, Kailasam district, Urdhwa lokam'. Lots of laughs. 2) Swami said 'you did not say Namo, Namo'. 'I said it right away as RD was on phone thinking Swami is hearing'. Swami 'I have to ask for it to get it from you'. I 'Swami I say this everyday at your feet in the morning at abishekam'. Swami 'I have to actually come and ask you to get it from you'. I asked 'should I come downstairs'. Swami said 'not now, I will come tomorrow or day after. come prepared'. I 'how am I to prepare'. Swami 'tuck in your shirt, put on a nice pant, apply perfume'. I said 'is Shivangini coming?' Swami said 'you are clever. She used to like you to tuck your shirt' 'wear nice shoes'. I said 'how can I come to you with shoes'. Swami said 'not to me, she is coming to you'. We had a good laugh. 3) Swami said 'I have to talk to you about a few things. Come prepared with lot of energy. There will be lot of laughing'. Tomorrow or day after in the morning.

** Sep 5,'14 I stopped by AV's room in the morning when I heard she got cold, cough, hoarse voice, and some fever. She was reading the book on laptop. I made a comment that Swami may not come since she is not well. At that time Swami to her, he would arrive between 10:30-11am. 1) Swami arrived at 10:30, stayed till 11:05 am. Today he specifically came to tell me a few things. I took pad namaskar, said 'namo, namo'. Amazing fragrance! He asked me how is the book coming. I said 'I am in my 3rd reading of the translation and will be done in 3 days, and another 3-4 days for writing the glossary'. Swami 'you need to complete it by Sept 10 and get a printed copy'. He said earlier English book was to be distributed as electronic copy only. Now it needs to be printed in limited copies only. These will be distributed to folks in India who need a printed copy. 2) Swami said 'plans have changed'. He said 'are you not going to ask why'. I said 'Swami, I am a little curious to know what causes change in God's plan'. He 'you should not have that curiosity. Remember you are a *sadhak.*' (I understood this

curiosity is a hindrance to *Sharanagati*. Afterwards I got to thinking that *Brahman* is one that is ever expanding – situations, thoughts, feelings, emotions, creation etc. In this book he says for anyone trying to know him, he will be experienced differently every time hence futile to know him but to just experience him). 3) Swami asked about Sept 23 Shivangini anniversary plans. He said 'she is waiting to see how grand you are going to do. When she passed away, to bring her body here would have cost you a lot, hence need to do it grandly. She is going to get mad'. Later he said 'she is just curious to see what you will do'. Swami said 'work with RD and get a plan ready'. Swami will review it. 4) Lots of jokes about 'joreega' and Shivangini, and how she will come down and bug Swami. AV said instead of her coming down he can go up, then they can come down together. I just smiled all thru the conversation. Swami asked 'what do you think'. I said I have no particular feeling one way or other. 5) RD made a joke about AV needs to put on a board on her head saying that 'here all colds, falls, sore throats, fevers will be accepted'. I said 'freely'. Swami said 'yes but that board will not be visible to others'. All of us had a good laugh. Swami made AV give RD a good kiss on the cheek. 6) Swami made another comment 'you can buy some sweet and offer it to me at my chair'. AV told us Swami brought a sweet box that appeared by itself next to his chair. When they opened the sealed cover, a little bit was taken by Swami. It was distributed to all and I was not there. Now they gave a piece to me also. I tasted and said 'nice orange flavor to the sweet'. Swami said 'my favorite color'. Some jokes about '5 mts Swami will leave' while RD said 'stay at least 10 more minutes'. Eventually Swami left 8 mts later. We all took pad namaskar. Swami said to me 'you did not say Namo, Namo'. I said 'Swami I said loudly when I took pad namaskar in the beginning'. He said 'how about now'. We all said 'Namo, Namo'. AV said 'poof, he is gone'.

** Sep 13,'14 I was meditating at 10 pm, RD called. Swami wanted to speak to me. I said 'Namo, Namo Swami'. He said 'That is what I wanted to hear'. RD read out what Swami dictated to AV regarding the cover page of the book 'Nithya Sathya Bodha'. Underneath AV's name, RD, and my names were included. Swami made a joke about Bhel puri and dishum dishum referring to 'Baile' and 'D' last names. He said Noone (AV's last name) is hard to catch because it slips away. Swami said to me 'I am granting you what you wished'. I had no clue but I am sure unimaginably wonderful.

Sep 15,'04 One time I heard AV say 'Ammo' like exclamation when I was making the effort to stay still. Another time saw a black pearl neck chain with a solid pendant in the middle fall off in front of me. AV said it is 'Tamas' that has left me. Same meditation I saw solid letters written in Telugu 'Ahamkar' and the top half was burning with flames. AV said it is showing how Ahamkar is.

** Sep 19,'14 AV said at 8:30 pm that Swami will arrive ~ 10 pm. I reached AV's room 9:35 pm. Swami arrived at 9:30pm, I entered AV's room 9:36pm. Swami stayed for 2.5 hrs. 1) AV was about to call me when Swami said to her 'he is coming right now'. Most of the conversation was lot of jokes with RD. Swami called AS figurine chinna (little) Swami that was moving around in the Ashram (appeared at Ashram from AV's apt., then in money plant pot, brought it to AV's room and did 11 times Chalisa that night. Then disappeared and appeared in the kalash water pot we use for Lingam abishekam. Disappeared from there and appeared in a corner in kitchen and he was not even wet. Then appeared in AV's room in money plant. Gone again, and came back today to money plant). 2) AV wrote down the conversation between her and Swami last couple of days. Swami got me to read it first. Then RD read it. In that RD was tested and refined. AV was focusing on his S chakra for last 5 days. Yesterday or prior AS took blessings from Swami's mother and father, came and impacted RD's S chakra significantly to attain that state. Swami got RD to do namaskar to AS first, to Swami next, then to Amma and to me. 3) Asked me how are things coming? I said 'we are done with the english book' then I blundered saying, 'i did as much as I could'. As Swami was saying 'you did it?', at the same time, I said 'sorry swami, it is you, Shivangini with her dictionary who did it'. 4) Next dosas, and powder chutney was to be made in 15 mts. RD made it in 17 mts. It was offered to Baba - 7 dosas and chutney made as instructed by Swami. Swami took a piece of a dosa from bottom up. AV kept searching and found 4th from top was missing a piece. They gave me that dosa to eat. 5) Regarding book, Swami said mail it tomorrow (i sent by email at 12:10 am Sept 20). I asked for how many copies. He said 2000 Telugu, and 1000 English. He asked 'is that ok?'. I said 'yes, Swami'.

** Sep 20,'14 Swami arrived 9:40 pm, stayed till 10:50 pm. I said if we should turn on the fan because of the heat. RD commented saying I am perspiring already because RD is going to hug and kiss me on the cheek. Then he said Shivangini must be jealous seeing the hugging and kissing. 1) Swami made a comment

"Shivangini was beyond feeling bad or happy now. Even when she was in body, she was beyond those feelings as a *jivan muktha*." 2) Most of the conversation was with RD. It was the role of disciple and Guru that was mentioned yesterday in a funny way, it continued today. RD acting as Guru and Swami as disciple, the conversation went on for about 40 mts and it was comical all the way; Hilarious conversation between Swami and RD when the name "keerthi" got mentioned. RD said 'is that a girl's name'. Swami 'why you want a girl, I can send one to you tomorrow'. 3) Next RD mentioned 'sharanagati'. Prior to that one needs to do 'nama smarana'. All actions need to be done for the sake of God 'భగవత్ ప్రీత్యార్థం'. Swami said It does not mean one does wrong, saying it is for God. Actions to be done with constant thought of pleasing God. This will lead to only good actions, hence good results. Only then the first step to 'Sharanagati' begins, 4) Swami asked RD to do meditation 3 times a day once they move to apt. in Oct.; Swami asked me 'so what is your plan for your stay in US, gyani'. I 'I was thinking of asking you Swami, what should I do there on a daily basis'. Swami 'will you be talking to me?" I asked "am I to talk to you through AV or by telephone?" Swami "I like to talk to you only if you talk to me". I "how am I to talk to you swami?" Swami "in order for you to talk to me, you need to call my number". I was puzzled as to how to call. Swam said "do you know my tele number?" I "I dont know, am I to call AV and talk to you?" "your disciple knows the answer and eager to say it" RD said "AUM kaar". Swami said do japa of AUM and it will take you to converse with me. 5) Swami said about 'pada puja' for my mother. "She is mother who gave you birth. She could have put conditions on you and with crying etc made you follow her wish. Instead she nobly let you go and for this you have to express gratitude to her." "This also applies to your shishya (disciple)".

** Sept 23,'14 We performed Shivangini's anniversary on Sept 23. Bought clothes for everyone, distributed, bought the gulab jamun, rasgolla, holigas. Fed them to the cows twice. Bought rice, dal, and cow feed for the ashram, purchased all the puja samagri, all of us did abhisekam to the lingam. All of them wore new clothes. I told RD that I will do pada puja of my mother and Guru. He said he will do it to AV as Guru. I told this to the Pujari. Yet on that day all three of us forgot. Shivangini came to the anniversary. Shyam said he saw her in the flame and she looked satisfied. AV said she saw Shivangini come, take 2 flowers and offered it to the Lingam Puja we performed. Swami said "she came to the puja, sat next to you, and

performed the puja". 'After puja she went to Swami, in her characteristic way, extended her hand out and shook Swami's hand, and said 'thank you, thank you'. After that she kept bugging Swami why Pada puja was not performed. Swami started making fun by saying "she bugs constantly, how did you bear her?"

** Sep 24,'14 Swami arrived at 4:20 and stayed till 5:45 pm. We did pad namaskar and could smell the usual fragrance. AV, I took our coffee into the room. RD got his Horlicks, as he was mixing it, I finished my coffee. I looked at time. 1) Swami said "Are you going to say I came late?" I "how will I say that Swami, since I myself am getting forgetful". Swami "you already started defending yourself" alluding to forgetting the Pada puja. I "I don't know how I forgot Swami". Swami "when did you remember that you forgot?" "Around 7 pm when I went to give clothes to the watchman and his wife." Swami "you had enough time to come back and do it". I "I thought we might need the Pujari, hence I did not pursue". "You don't need a Pujari for that". Then Swami said "I made all of you forget. Most of you were tired (i was dead tired). Hence I wanted you to do it next day". 2) Swami asked RD to sing 'Manasa bhaja re guru charanam'. We all sang the bhajan. Swami asked "explain the meaning". RD explained up to crossing the Bhav Sagar. Then he could not explain. Swami asked me to explain. I thought a bit and said "Om Namah Sivaya" meaning is in the book that we are writing. Swami said to RD "See it is there. You wrote it but did not pay attention." I said "it has something to do with Akshar-abhyas when a child is taught the Panchakshari". We opened the laptop and AV said about Guru Brahma, Guru Vishnu ..... question. RD looked it up and read it. Swami asked him to summarize. He did a nice summary. Swami said "Mother is the one who gave birth to your body. Wash her feet with water sanctified with either Ganga jal or Manasarovar water. Wipe her feet dry. Then do puja with flowers offering at her feet. Utter AUM at that time. Ask her for Prema Bhiksha. Buy her a new saree and offer it to her". I "Swami, what should I do for Guru" "Do you want to do Guru Puja?". I "I am thinking of doing Pada Puja for her also". "Do the same for her too. Ask for Jnana bhiksha from Guru. There is Dehi and Deha. Mother is Deha-mata, Guru makes you aware and shows the way to Dehi, hence Dehi-mata. Both are mothers. Before you start the puja, speak to the ashramites for 10 mts about the significance of these mothers before telling them that you are going to do Pada Puja". RD asked "Am I to speak on it also". Swami "He (gyani) is in the Guru-sthan. You speak first and tell them your

experiences. Don't re-quote what I said but actually how you got transformed". 3) Swami "You had some questions (referring to my talk with AV on silence and what exactly is AUMkar sound)." "Yes, Swami. I am clear about that". 4) Swami was getting ready to leave he asked "do you have any questions" "I don't have any Swami" "Good you should be a zero with no questions". RD asked for Swami approval for the back page design of the book. Swami suggested a picture that AV had seen a few years back. Swami said that will be nice on the back cover. He later said to AV that it is available in Das gallery. Swami asked "how come you are absconding from bhajans?" meaning both RD and I. He further said "I have said it before. Among the names you are chanting while singing even if one of them is called with aarthi, it will reach me. I am present there. You can sing or sit with closed eyes." After Swami left we were hurrying to go buy saris before bhajans when Swami told AV that 'don't let them give this excuse for not attending bhajan'.

** Sep 27,'14 1) RD came to my room and shared about someone's births. So far took 4 births since leaving their body - rat, bandicoot rat, some animal, tiger. Recently that Tiger got hurt. This person had Swami's pad namaskar. RD asked Swami 'but they got your pad namaskar?' 'yes, took it, but I did not give it'. 2) Later RD killed a mosquito that landed on his arm. RD asked 'what happened to that Jivi?' 'In seconds it entered into the womb of a jackal' 'so fast Swami, they say it goes to God, spends time there?' 'it depends on its good deeds' as to how long that stay is with God'. Cell phone rang. It was AV. 3) I shared with AV what I understood - misconceptions about human birth not deteriorating into an animal life according to some scriptures. Instead it seems like a rule that average people take lower species births, if they do not, it is a rare exception. AV said 'you have lot of doubts, lo...t of doubts' then said Swami is sitting in the room listening to the conversation. Swami said "I will speak to you freely after Oct 1 in AV's apartment". "looks like you have lot of doubts?" I said 'misconceptions, not doubts'.

** Sep 28,'14 RD called me down at 9:45pm. Swami was already there. All of us conversed till 11:10 pm. 1) Swami came to spend time with us. Today it is AV's birthday per lunar calendar. Swami commented "that is my calendar". All of us laughed because Swami left his body at age 96 yrs by lunar calendar. We said 'Swami fooled everyone'. Swami 'it is my job to fool everyone'. All of us laughed. By christian calendar AV's birthday is Oct 5. Swami said 'it is the birthday of the *karana janma* (AV) and I came to honor that'. I

asked 'normal human birth seems like it will slide into animal life'. Swami 'how many of people are having good qualities?'. I 'very few, swami'. 'then why would you not think that they will end up in animal life?' Gunas/ qualities determine rebirth. 2) About doing seva in US, Swami said 'continue what you use to do, that is what earned you this spiritual state'. About house in US I said 'swami, it is getting burdensome' 'you want to sell it when?' I said 'when swami wills it' He 'continue till it gets burdensome'. 3) I asked if I should continue sending energy to RD. Swami said 'yes. what you are sending is insufficient, AV is sending it to him also'. 4) Swami said 'shivangini is a little peaceful now' after the anniversary, pada puja of Guru and Mother. Then Swami cut a joke about Shivangini's persistence 'you have escaped and I am stuck with her now'. 'ఎలా వేగావయ్యా శివాంగినీతో?' 'how did you survive with her?' We laughed. 5) Don't remember the reason, RD hugged AV and kissed her on the cheek, then he came toward me and we joked about me start perspiring. He hugged me in his usual way, I hugged him back when Swami said 'hug him well, he is your child, disciple is more than a child to the Guru'. RD cracked a joke saying 'you have to give me my share in your wealth'. I said 'you will get the real wealth (spiritual wealth)'. Swami said 'there is no one ready to share that wealth of yours'. 6) We spoke about castor oil faces. Swami said 'how is the castor oil face you met yesterday?' I scratched my brain to no avail. Swami cut a joke about a husband hitting his forehead dealing with his wife. Lot of laughs.

** Oct 6,'14 Swami arrived at 8 stayed till 10 pm. He said he came to spend time freely with us, now that the crowd departed. 1) RD said it is nice Swami gave interview to so many - Mohan family, Nirmala family, Shyam, Hari family etc. Swami said he wanted to distribute it widely but some of their Gunas are hurdles to them. 2) Swami said to AV before I came 'questions are coming'. AV thought of getting a notebook to write them down. She did not realize Swami was referring to 5 questions I prepared to ask. I wrote them in Telugu since written questions work well in conversing with God. 3) Shivangini anniversary in future - I wrote that I will not do 'pinda daanam' based on how her samskar got done on Sept 23. Swami "are you asking a question or telling me what you will not do?". Realized my mistake. Swami said for a *jivan muktha* there is nothing that has to be done except 'భూత దయ' (clothes, animal feed charity). No pinda daan is needed. Asked about lingam abhisekam - Swami 'do it if you felt like' but she does not need it. In case if I did, which lingam do I need to do. Swami said "it does not matter which one".

'When you feel like put a garland on the lingam at the Samadhi'. 4) AV said earlier 'one or two more people will be given energy, then turn to Self'. Swami asked me to explain AV's comment and Padma's vision (see 'Other Saints and Sages …'). I said 'AV's comment of 1-2 people will be given energy then stabilize in Self. In Padma's vision, Swami's comment about going to blue sky towards సుడిగుండం (vortex). Both comments are referring to Nirakaar, Nirguna which is the Self'. Swami said 'you explained it better'. 'You are already doing the stabilization on the Self'. I said 'yes, Swami'. 'what does blue stand for - divinity, it is not vortex but slow movement of the blue clouds, that is movement of 'జీవన చక్ర పరిభ్రమణం' (life cycle revolving), beyond that is the divinity, that is where you are heading'. 'You already gave energy to 2. I will tell you later about who the other is'. 5) Much later in conversation I asked about other person. Swami said 'when I sat in AV's room and sent the energy (back in june), a cockroach moving in the room felt those vibrations. This cockroach had the sparshan of the spot where Swami touched and its destiny ('gati') changed (hence felt vibrations?). Four days later, left its body. It is born as a human in Bihar and is going to be a priest in a temple over there.' 6) Swami said 'continue to send the energy to RD. what you are sending is not enough and last 15 days or so AV is also sending it to him'. There were jokes about how RD 'keeps taking energy, like a deep empty pit.' 7) I asked 'are prashanti and anand two things, not sure if I heard it right?' 'did you hear it right?' 'I think I did Swami'. Then the question 'is prashanti together with Anandam or is it something one gets to after anandam?', Swami asked 'are they two things?' 'anandam is an anubhuti...pause... but so is prashanti'. Swami said 'without prashanti there is no anand, you experience it only in prashanti' 8) Jivan Mukthas - Swami said 'give a మెట్టకాయ to AV'. He asked AV 'is that what I said' 'no, swami' 'then why did you not ask?' 'you will get upset'. Swami said 'those names are those who are already jivan mukthas who took on kaarana shareer just like visalakshi'. They are the names of those in India only; Next Swami dictated and asked RD to write down a tongue twister. Swami said 3 sentences all using the word 'kashta', 'ishta', 13 ishtas, and 10 kashtas. 'When you subtract, you are left with 3. Three is 3 gunas, and those who go beyond, reach me.'; In the end Swami asked us to sing 'ఉయ్యాల లూపరమ్మా' lullaby - we all sang. Swami asked RD to explain the meaning to me. 9) Lastly some advice for me - In US spend time alone, meditation, do not spend much time in travel because it disturbs. No need to change anything

you do in your activities. Eat fresh food. No need for variety. It impacts meditation.

Oct 8,'14 Eclipse today. While going back to my apartment, in an unexpected way I met the Sanyasi (see Jun 25,'14). He did namaskar to me. I gave him Rs 30. Went to AV's apt. RD was meditating and upon AV suggestion I meditated for giving energy to RD. I sat in the spot where AV sits usually. It was probably the best concentration I had on RD. Saw two visions - mute lady fell down and two people lifted her up and one of them was RD. In second vision saw a gate in front of me and it gently opened. AV said 'Swami is welcoming you'. At the end I heard 'వాడికి ముట్టినది' (he got it). AV said it is her who said that.

** Oct 11,'14 I was in AV's apt., RD said AV is feverish, having high sugar levels. AV said Swami is here and AS is there also. AS was sitting on the floor. We entered the bedroom carefully not to step in the area he was sitting. I bowed to Swami and did Namaskar to him. Others did too. AS said 'if you touch Swami's feet, that is enough for me'. 1) Swami asked if any questions for AS. I said 'I wanted to express my Namo Namo to AS for coming, standing in the tree waiting to carry Shivangini's Jiva with him, carrying her on his back, and showing that vision to me'. He said 'whose thanks are you giving, Shivangini's or yours'. I said 'mine, shivangini can give her own'. Then he said 'I already collected my dues'. 2) Swami said AS's height was only 2 inches less than Lord Rama. RD asked how tall was Lakshamana swamy. AS said 'he was a foot shorter than me'. 3) In conversation after AS left, I remembered a question and asked Swami 'we need to pick a date to release the book officially'. At that time Swami said 'Release the book on 23rd ' 'On that day put the books in front of the altar, give Arati, and then distribute to the ones you encounter'. 4) Then Swami said 'none of you thought of dedicating the book to Swami's 89th birthday like it was done earlier' (AV's kadali tarangalu was dedicated to Swami's 83rd b'day). I said 'English is already printed but we can still tie it with a ribbon or something on which we can write the message'. Swami said 'that is a good idea, but ribbon will fall away, instead get a page printed and either paste or staple inside' (next 2 days we scrambled to get that done). Swami said "only 100 books will go to USA while 900 will be here". I didn't say anything but was wondering how I would take 100 books with only one extra bag. In the past I could never take more than 60 books. When I landed in USA, I had 101 books with me.

Two days later RD said the following.

** In this Yuga, Swami, AS giving darshan together, is first time. AS is still doing karma. He always wants work. Does any work Swami tells. He likes to be busy with work. He is still moving around in crowds, places and doing God's work. To move even his finger, he takes Swami's permission. Always doing 'Nama Japa'. Swami said to RD - you will get the opportunity to ask him questions about 'sharanagati'. 1) AV and RD cooked some noodles and brought the food. After AS left Swami mentioned about not offering food to AS. 'You could have offered a carrot. He would have munched it all the way to Dwaraka'. I asked 'where is he now, on the way, in the middle or already reached'. Swami said 'he is at the door of dwaraka temple about to enter'. 2) When Swami asked AS to come talk, he refused initially due to lack of our deservedness. Swami said 'they do seva ok'. AS said 'I will see' about coming. It is Grihasta ashram dharma to give food to Atithi since we have all the resources. Four people from Chennai came and they did seva by sharing, singing bhajans, etc AV offered food to them since it was lunch time.

** AS sat with his tail lying down on the ground. Tail is like an alankar (adornment) for vanara, it is similar to the face of a human, (Oct 14 AS said how can I sit with my head raised in front of Swami). AS asked 'are you offering me what you have to give' 'yes, swami' 'what is it you are giving'. What AS wants is Seva of Swami. AV started singing Anjaneya dandakam, Swami asked AV to include Dwaraka in it, she said 'Rama', AS asked her to say 'Sai Rama'. AS's foot is 8 ft long. Gave a puzzle about Ravan's height. 1) RD asked AS about Sharanagati since he is the pinnacle of it. AS said 'who? me? I only have 1% of Sharanagati'.

** Oct 12,'14 Swami came and unexpectedly i was there, so i got to sit down. I am sure it is his plan. He asked me 'when are you leaving?' I said 'I am leaving on Oct 22 to USA but leaving Puttaparthi on 15th. I am going to Achampet mandir to do Brahmotsav, your Brahmotsavam' 'what will you do?' I said 'I don't know Swami. Krishnaiah and Anil Kumar are asking me to wear silk traditional clothes and give Arati to you' 'will you do whatever asked' 'yes swami'. Swami repeated 'whatever is asked'. 'I guess yes, what is there, I will do whatever they ask'. Then Swami said 'give Arati well'. I did Yajna well but could not give Arati well due to lot of commotion. Swami gave a nice surprise present by sending Shyam, Ravi, AV to attend the Brahmotsav on second day morning and third day. It was a pleasure to see them in Achampet.

** Oct 13,'14 In the evening I was at AV's place where we were packing the books. RD put 5 books in front of Swami. Little later AV said Swami blessed them. I walked up and opened the books. Inside front cover of the first book there were materialized Akshitas.

** Oct 14,'14 I was at AV's place. She just stepped into her room and came right back (door was open all along). She had red sindoor in her right palm. She said just now AS came and asked her to approach him. She stepped into the room and he put this sindoor in her hand. She asked what is she supposed to do with it. AS said 'Give it to Gyani. It represents renunciate life 'త్యాగ జీవనమునకు గుర్తు'. Swami asked me to give it to him (Gyani) so I brought it'.

** Oct 15,'14 night AS, Swami, AV, RD interview. 1) RD wanted to sit on the floor, Swami said to sit in chair, RD asked why, Swami said will tell later. Swami said in the end 'one does whatever Swami asks them to do, there is no counter suggestion or question, one just does what is told, that is sharanagati'. Swami gave AS's example 'he was like baby monkey in front of Ravan. This baby was once told by Rama to get Ravan's crown, he never questioned, just grew himself and did it. That is sharanagati'. Swami said 'AS actually attained Sharanagati by his effort'. Swami said 'many took my darshan, many thought Swami is God, yet how many have reached the state of Sharanagati?' AS once he realized Rama is God, he slowly steadily developed the faith and confidence that Rama is God and he takes care of everything. 2) AS was searching for mother Sita in many rooms of the palaces, then he started cursing himself for looking for Sita in these places, instead she will be in great sadness of separation from Rama, reason for thinking like that is the effect of the place he reached of Rakshasas. AS speaks like gun shot, to the point as said by Swami.

Oct 27-30,'14 Returned to USA on Oct 23. Yesterday in meditation as I zeroed in on Self I heard "amrutam iha bhavati" (attain immortality here). Oct 30th I was sending energy to RD, saw a vision at the end - saw a small flower garland flew out of my right hand, landed on a coconut sitting on top of a Kalash. It nicely fell on coconut encircling it and stayed (hit the target). In the background saw Swami's robe.

** Dec 2,'14 1) Msg from Vaishali (V), Swami spoke to her about me having unfinished Karmic account in India. I thought a bit. Instead of ignoring, I decided to call AV. I called, AV picked up and said 'You called at the right time. Should I get the third chair?' I did not know what she meant by getting a chair. 2) She then related the

following: Just before my call, Swami arrived. AV and RD brought 2 chairs. Swami said how about getting third chair. AV said for who? Swami said 'వాడిని పిలువనా' (should I call him). She thought Swami is going to bring me there for interview physically or astrally, and then send back after that. She said call him 'పిలవండి'. Just then I called'. I laughed and said 'If Swami wants to call like that, I am ready'. Swami said 'time has not come for that yet'. 3) Swami asked, what am I doing, what is going on. I started to relate the V messages – 'Prajna aparadh', 'Keeping mind silence', 'unfinished Karmic account in India'. Swami said 'request V to ask Swami as to what Karma is unfinished. Ask in an enquiring and unknowing way'. 'Do not tell to V, there is no Karmic account left except Daiveeka Karma. By which you will attain divine experience and you will be left only with Anandam.' I said I did not know what Prajna aparadh meant. Swami said 'Prajna is intelligence. You are given that. There is no aparadh that you have committed. It is V's ahamkar giving the understanding she is getting. If anything, she is doing 'prajna aparadh'. Her ego is strong but needs to go and it is fighting. She should not lower her spiritual state.' 'Tell V that Swami had asked you to do the practice of mind silence and you had been doing that. She needs to know that you get Swami's messages also. And ask about left over karmic account.' 4) Then Swami asked about yesterday's meditation. I said I need to look it up since I write it down. Swami said 'these two (AV, RD) don't write it down, and don't remember what is said'. I looked it up and told Swami about 'Anugraham', 'అదే', 'అవును', 'చాలు' (grace, that's it, yes, enough). Swami asked if I could recognize Swami's voice. I said I could not. Swami confirmed he said those and said 'You need to use your Prajna. When you have 'Anugraham', how can you have 'Aparadh'.' He said 'there is a need for you to interact with V to help her, but not get entangled. She should not go backward.' 5) Swami said 'I had to tell you when you reached the Self and since you had a doubt, I had to confirm. Once you reached there, still making effort or groping or thinking am I there, is wasted effort. Hence 'chaalu' comparing it to a full tumbler still being filled'. 'Once that state is reached just stay still there, then you will go into silence, that is beyond the knowledge of I am doing meditation. There is only silence. Only thing that remains is Anand, Bliss.' 'Do meditation tomorrow, morning hours or evening 6 pm, when it proceeds well.' I asked since I am doing 'suprabhatam' in the morning, do I do meditation after that or before. Swami asked 'Oh, so I need to wake up?'. I said you are always awake, it is I who needs to wake up to

you. Swami said 'it is to wake up from the Tamas in you'. Then he said 'Tell us how the meditation went'. I did not understand how to tell? Understood I need to speak to Swami, and tell AV, RD. Then Swami asked me to speak to RD for few minutes. Whole interview went on for 31 minutes.

** Dec 3,'14 Meditation: I reached the silence state and as I stayed there heard "Brahmanandam". I called RD. No pick up. Got a call back at 10:40 am. 1) Spoke to AV and RD. Told them about the bliss Anandam. I said to AV how it was different from the one I used to experience. AV was trying to explain when Swami said 'tell it to him in the language he understands. It is like the difference between how you enjoy when you take 1 peg versus 2 pegs'. I said 'I understand, I do not need any more words'. All of us laughed. 2) Swami said that 'Gyani was feeling lonely and wishing he was in Parthi with them', I was missing the conversations etc. Hence he wanted to give me Anandam which he did yesterday. AV said Swami just came to talk to me and did not spend much time afterwards. 3) I asked her if this 'silence' is the final state, the goal. She said 'yes it is the final goal. Only thing now is how long can you stay in that state each time you enter it'. 'Rest other things like astral travel (coming to Parthi in subtle) etc are all siddhis.' She sang a song by Swami where there is a line which states that. 4) We spoke about what V wrote regarding the Karmic account. AV reminded me of 2 things that Swami said – I do not have any Karmic accounts except Daiveeka Karma, how can there be aparadh when you have anugraha. AV said don't respond to V, just keep doing your sadhana of entering silence. 6 pm Meditation: went straight to S, centered, I heard "congratulation", then as I kept at it, heard "అదే, అదే" (that's it). When I drifted to bliss heard "అది కాదు" (not that). Then went into silence, heard "wonderful".

Dec 6, '14 Meditated from 3:30-4:40am. Easily reached the Self, stayed, then got into silence. Amazing level and intensity of bliss, as I didn't make an effort to hold but floated with it. Stayed greater than 40 mts in that state, all of it at S, in the center, emanating bliss. As I am writing I could just drift right back into it. I heard while there 'Visalakshi Amma', 'తెలుసుకో?' (It is AV, recognize).

** Dec 9,'14 Contacted AV and RD in the evening. Last night Swami and AS came. RD told me the answers he provided to questions and their comments. Key points 1) name chanting – japa, should not give room for any thought. If work is to be done, one needs to do it while chanting. AS in between conversations was

chanting 'Ram, Ram'. 2) Actual Sarvasya Sharanagati is mind, body are instruments i.e. what is said and done, is done by God. To that degree one needs to have faith, confidence, discipline, practice. Swami and AS sent ఆశీస్సులు (blessings) to me. They said 'I was in good spiritual state – మంచి స్థితిలో ఉన్నాడు'.

Dec 15-23,'14 Last few days while at Self I couldn't stay still, heard "నిలబడు" (stay put) couple of times. Whenever I reached Self, heard "100%" or "perfect" etc. Once AV said "చాలా బాగుంది" (very good). Yesterday after I sent energy to RD, heard 'You are very lucky'. Today as I stayed at Self, suddenly felt the state of 'no two', calm silence and bliss. I shook off a thought as it came, went back to the state when I heard 'that's it'. I thought, is this what AV and Swami mentioned, I heard "exactly". Dec 22nd Meditation: I heard "when the time comes", "prashanti nilayam","everything". Dec 23rd Last night meditation: Heard "prashanti". Zeroed in on Self, stayed without exertion, after sometime felt that my head was gripped, reached another state, still aware and alert. Heard "Bingo" (reached it), then "trust'. Understood it is prashanti, stayed in it. Its quite new and strange, sitting effortlessly thoughtless, no will to do anything. Peaceful and pleasant, not the bliss I am used to. Woke up twice in night still in that state despite dreams in between. Woke up at 4:40 am, still in that state. Sat down to meditate, only to realize, for what - that very same state I am already in. I got up, after a while called AV. Only last night Swami told her to call me "you are not giving attention to gyani. Put your attention on him also. He is not calling you thinking you don't have time".

Dec 28-31,'14 Last night I was in intense bliss, had to turn on side to fall asleep. Woke up at 5, mind was quiet, hardly there. Focused on Self and stayed. Two hideous thoughts surfaced. Immediately started last night way of saying Aum japa. In a short while I became empty and stayed with the Self. Then I heard "well done" (shabash), "recognized" (గుర్తించావు). I stayed there, calm, a thought once in a while, low steady bliss, and silence. I heard "అంతే కదా" (affirmation). These three were said by AV. Much later heard Swami's voice which said "అవును కదా"(agreeing). Dec 30th Reached the state - effortless, thoughtless, awareness, peace, bliss. No thoughts naturally. Dec 31st All day had back pain and bliss at the same time - as I got out of meditation, while walking in the mall etc. Jan 1, 2 struggled with severe back pain, almost immobilized, yet by end of second day almost back to normal, with soreness.

Jan 3,'15 Reached Self by uttering Aum with slow breathing. Thoughts kept coming. I remembered and focused on white space in between thoughts. I heard "combination". I hung onto white space and Self, heard "important". As I stayed there heard "100%". Kept hanging on to both even if thoughts arose. Heard "100%" again. After I stayed there for a while with no thoughts, I heard "welcome". Offered my 'Namo, Namo'. I heard "Center" twice. Understood white space and Self form the center. (See 'Yoga Nidra' Aug 24-25,'20)

** Jan 8,'15 AV told me that RD did not receive energy last couple of days. I asked AV about selling home in Michigan. Swami said "it will not be for 2-3 yrs. This home provides right environment for you. It is filled with vibrations that are very conducive for your spiritual growth. You are Gyani and I have decided to make you Apara Gyani. This home is charged with divine vibrations and atmosphere is right for that (alone).' 1) About moving to Texas for joint living with friends, Swami "Is this a matter that you should be asking about?" "I am trying to make you Apara Gyani. You are thinking of moving into worldly living. You already strayed once before (i said 'nasik', Swami 'yes') and I saved you from it. Now, this. You will stray one more time and I will save you from that. If you stray again, you will get 'మెట్టకాయ'" (rapping on the head).

** Other tidbits of info: 1) There is nothing to be done for Raja Yoga. One keeps on doing Karma Yoga and sufficient accumulation is Raja Yoga. Then letting go even that accumulated wealth is Sanyasa Yoga. Only then one can merge in God. 2) AV wanted to leave her body quickly. We were asking why. In that conversation AV said what does a disciple do to make Guru happy. I said 'to attain the state that Guru wants them to attain'. She said 'Yes, first you attain it, then RD will attain it. Then I will leave.' 3) Vel Murugan discussion. Swami said he will bring Vel Murugan to assist. I kidded around saying either RD is lucky or he is such a tough case that every one is being brought forward to assist him. All of us had a good laugh. At that time AV said he was recently trying to run away. RD said he likes to be alone and do sadhana. Swami said he will be giving him that opportunity. Swami said Vel Murugan is a very determined person and will take a lot of coaxing to come because he is Deva Senapathi. AV said he kills or conquers the Ari Shadvargas in us. Like AS brings Sharanagati.

Jan 14-Feb 5,'15 Makara Sankranti. Meditation: 5-6:15 am. Was able to stay in Prashanti, effortlessly in white space and Self. Peace and tranquility. Jan 22nd Meditation: Concentration was still,

and focused on the Self. I heard “yogin” twice, heard it is going to happen. Then everything went into Prashanti again, I heard “grace” twice. Offered my ‘namo, namo’. Later heard “RD”, sent him energy. Called and spoke to AV. They were in Vijaywada for the wedding, RD unable to meditate and AV unable to give him energy. Hence Swami’s prompt for me to send. AV said to send it fully. Sent RD energy three times today. As I sent it at 9:30 pm, heard “work done”, then stopped. Jan 26th Meditation 5:20am: Went straight to Self without touching S chakra, I heard “pehchan liya” (recognized). For quite a while I was in state of Prashanti. Sent energy to RD while walking in the mall. At noon, still in Prashanti and bliss. Feb 3rd meditation: I went to Self, after a while got to stillness. As I stayed, heard “conclusion”. After a few moments of tightness in head, everything relaxed, no thoughts effortless Prashanti.

** Feb 5,’15 Last 2-3 days I was unable to send energy to RD. Once I heard 'చాలు' (enough) but thought my mind is acting up. Heard it again. I said tell me some other way, I heard AV's voice ‘వద్దండి' (don’t). I was puzzled so stopped. Yesterday I walked in the mall, tried to pass energy when I heard ‘వద్దు’ (don’t). So I called AV at 10:30 am. 1) She picked up phone, said 'వెయ్యి ఏండ్లు ఆయిష్షు’(blessing). RD was on line and I told him what I heard about sending him energy. AV said Swami told her to see RD's condition by not giving him energy. Hence she stopped and I was told to do the same. I mentioned to AV that I am able to pass energy a little better due to less thoughts. Swami told AV – 78% i.e. able to transmit energy 78% of my effort. So what I heard was real about not sending energy. Today Swami came and AV asked if she should call Gyani. Swami 'వాడే చేస్తాడు లె’ (‘he will call’), hence AV blessed me with long life. RD told about how he felt lot of turmoil in his mind. He went to Kulwant Hall where analysis told him that all thoughts are reflections of ego engagement. I shared how I realized that mind is a 'thief'. Swami arrived, and I thought Swami had been there speaking through AV. Swami said before you ask a question, you are supposed to do something. I paused and then immediately said 'Namo, Namo Swami'. Swami said 'see I have to ask for it and get it'. I said 'I am sorry, Swami. Namo, Namo again'. 2) Swami asked RD to tell me what he experienced without the energy. He related an incident where his mind kept imagining pros cons, critique etc, I said that mind is a 'thief'. Swami said 'From the beginning till the end, mind tries to divert you away from the Self'. Then Swami cut a joke about 'if you keep calling it thief and mistreating, it can get angry too. You

need to love it also. But if you fall into the trap of its love, it will lead to your demise'. I was asked to send energy to RD from tomorrow onwards. I told RD I will continue to send till I am told not to by Swami or AV. 3) Swami said in the end 'keep your week free with no engagement, I would like to visit and spend time with you' !!! I was stunned. I said 'Namo, Namo. I love you Swami'. Few days later called RD and got clarity that Swami meant he would call.

** Feb 11,'15 I sent energy to RD in the morning. I heard "చాలు", but I was not sure, so I continued. Along the way my mind drifted, i heard " వాడికి ముట్టుట లేదు" (not reaching him). I focused and continued. Almost at 2/3 way I heard "horrible". I apologized, focused more and continued. When I finished it was 50 minutes (20 mts more). I called AV to find out if RD got it. She said he got it plenty and "horrible" was to indicate way too much energy got sent. 1) RD said Swami and AS came. AS was like a midget only 3 ft tall. Swami said to AS that AV is scared of his huge size. Hence he came in small form. AS said with Swami's grace he could change his size. Swami said to RD thru AV 'no matter where you go hide, inside the caves of a mountain or in the middle of oceans, there is no escape for you' referring to 'living being that falls prey in tigers mouth or a Jiva falls in the hands of Sadguru, there is no escape'. I was listening with full attention if Swami was including me (I believed I am in the safety net of Swami's grace). At that time Swami said something to AV. She came on the phone, told me that Swami said 'వాడు బాధ పడుతున్నాడు, వీరిద్దరూ తప్పించుకోలేరు' ('he is feeling bad, tell him, both of them cannot escape no matter where they are'). That felt so good !

Feb 19-22,'15 Morning while passing energy to RD, thought of not having any thoughts, I heard in AV's voice "అంతే కదా" (that's right). Evening of Maha Shivratri I was doing what Bh Ramana says about staring at the Self for 1/2 hr a day. After a while I heard "చాలా బాగుంది". I smiled at 'చాలా'. Little later I heard 'చా...లా... బాగుంది'. I called AV, confirmed RD was overloaded with energy when I heard "వద్దు", "చాలు". Feb 22nd Doing 3 practices since Shiv Ratri - stare at Self with open eyes for 1/2 hr, send energy to RD for 20-30 mts, and meditate on the Self. Last night I heard 'samadhi' as I settled and stayed with Self, and Bliss kept getting more and more intense. Then heard "Savikalpa Samadhi", after 1.5 hrs I got up to go to bed, bliss was intense. In the night had dreams of violence, but all of them ended as 'with spiritual effort they become good and peaceful'. Last

couple of days when I was at Self, heard once "God" (భగవంతుడు). Another time "నేను భగవంతుడిని" (I am God).

Mar 1-7,'15 Spoke to Prem, he said he is planning a Caribbean cruise with our common friends. I immediately said "Oh, iValways wanted to see the Caribbean." He said "you can join. I did not tell you because you may not have permission." In meditation I sought permission from Swami. Initially I heard 'go' but later 'don't'. I knew my mind was acting up. Continued meditating. I drew an analogy of how a plane gently touches and lands, likewise mind needs to land on Self gently else it is easy to go right past it. As I did it, bliss became unbelievable. Later I heard "in Texas" and later "best friend". As I stayed in that intense bliss, I heard "congratulations". After much later heard "now you can go". I took this to be permission to go on the trip (error). Mar 3rd I drifted towards S chakra, heard "negative", then shifted to Self, heard "positive". Later as I gently landed in Self, heard "final". Mar 4th As I sent energy to RD, wanted to hear differently than 'వద్దు' or 'చాలు', heard "Khatam" (finished). Mar 5th I was in intense bliss and at Self, wondered if this was really it? I heard "Karma Saakshi". Mar 6th RD conveyed AS's message today 'taking refuge in the thought of Self is the only sadhana to drive out rest of the thoughts. So the practice one needs to do is to stabilize vision on the 'I' and block any other thoughts that invade. As you do this 'I' focus becomes stable and destroys all other thoughts. In the end this thought also merges in its source which is pure consciousness. Then meditation occurs naturally.' Mar 7th Two dreams. 1) I was a witness to the conversation occurring within my mind. My mind was spinning out the conversation of two people as it unfolded like a Hercule Poirot mystery. 2) I was officially taking Shivangini home after remarriage. Rita asked what is this supposed to do. Shivangini said 'I am already spiritual. By this union, his spiritual state will improve.'

** Mar 10,'15 Last night AV called at 9 pm. Swami was there. 1) Swami said that I am filling up cans in plenty. Initially didn't understand but after a little grappling, I said 'it could be the bliss I am feeling intensely'. Swami confirmed it. Swami said he came to my home three times and did I notice. After thinking a bit, I said one time I saw Swami's whole face peeped out of the picture sitting in the chair in front of where I meditate. Swami said to keep the picture on a table and make room for Swami to sit. I said I will right away. 2) He asked me what else is going on. I mentioned about trip to mediterranean and how I said to Prem, I will join if Swami gives

permission. I said in meditation that Swami gave permission the way I heard it. While thinking about how Savita and V heard Swami, and how they said things that were driven by their ego and desire, so I doubted what I heard was due to my desire. Swami said 'you have a strong desire and your mind responded to that desire by giving you that message. Swami did not say that. What did (V and Savita) tell you when they said Swami said this or that (i replied 'worldly related things'). It is not enhancing your spiritual state. Also I need to transform them too (meaning they hear in line with their desire, Swami allows that and slowly transforms them).' Swami said 'I am to associate with only those where my spiritual state enhances further'. I said 'ok, Swami', and thought I will not join Prem. Swami said 'Go with them but be careful about developing attachments etc'. 3) About the state I touched when I heard 'now you can go with them', Swami said 'that is a good state. You need to be in that state during wakeful state.' 'You still are not able to control your mind fully. You are 40% able to control it and it needs to be full control'. 'With your blessings, I will definitely get there'. 'నా ఆశీస్సులు దండిగా మెండుగా ఉన్నాయి' (my blessings are there copiously). 4) AV said Swami is giving her deeksha on Mar 17. I asked 'is it Sanyasa Yoga there onwards?' She said 'yes'. I said 'Oh my goodness. You are so evolved and you are getting that now?" She said 'yes, these are అతి దూరపు బాటసారులు' (long distance travelers to Godhood).

Mar 18,'15 Spoke to AV. Swami gave her the Sanyasin name of Shudha Chaitanyananda Giri. RD got Moktikananda. Both got saffron clothes. 1) Next about Vasanas, Swami gave the example of a child clutches on to a rupee, so what about adults. These are Vasanas. I said she is at the 7th stage of Jnana – Turiya avastha. She said she is journeying to it. She mentioned again mind being in mounam constantly.

Apr 26-May 14,'15 Few days back as I reached Self, heard "అదే", "అంతే" (that's it, that's all). Woke up at 3:30, was debating if I should meditate, when I heard "it's worth it". When attention got stuck at S chakra, heard "mistake". 27th As I settled in Self, heard "perfect". Then heard "enjoy". A little later heard "darwaza bandh" "ek saal baad" (door closed after 1yr). Evening meditation heard "tremendous", felt something significantly changing in S chakra. I was in wonderful bliss. 29th Last evening as I sent energy to RD, heard "చాలు" (enough).

** May 5,'15 I called AV. 1) Swami gave following directions. RD needs more energy and concentration from May 28th onwards. I

decided to give 45 mts everyday to RD. I told AV I will be arriving in 3rd or 4th week of Oct, return around Mar 18 for filing taxes for myself and the kids. Swami said after March 25. 2) I told AV what I heard in meditation of 'no ego' twice. She said when you reach this state, you develop ego that you got there, and Swami is alerting you to that. Swami said about visit to Virginia etc that I need to be vigilant and should not come down even a step in my spiritual state. 3) Swami cut a joke about me giving away everything when I do not know what I will be downsizing to. Then Swami said 'never to lose what is inside you, outside you can let go, reduces attachment'. 4) Then AV told me of today's marvelous dream. There was a huge house like a Mahal with many many rooms. Swami was staying in the room right in the middle of it. Swami says to AV that all the 13 people or so who are going on this Yatra on May 27th will be attending to the guests who will arrive. They are all heads of various ashrams. Start from this room, and whoever comes next, make them stay there and look after their needs. Swami then said it will not look nice if I am not showered when they arrive, so I will go take a shower, you attend to whoever comes. First Swami Pranavananada arrived and he smiled looking at her in saffron robes. She said she will take him to his room but he said he will wait till he speaks to Swami before going to his room. So sat down in the sofa waiting. Next came Vidyananda Giri (no more in body). After that Amma from golden temple in Vellore came. Then Ganapati Satchidanada swami arrived. She mentioned a Swami's name I never heard of. Then a 90 yr old Swami, head of some ashram in Karnataka came. Next Adi Shankaracharya (S) arrived. Swami came back after getting ready. All of the heads of various ashrams did sashtanga namaskar to Swami. Swami then told Adi S that all these 13 people are getting ready to do Swami's mission and bless them with success. Adi S then uttered mantras like Aditya Hrudayam, Nirvana shatakam, another one, then told them never to forget their Self while engaged in this work. After that all Swamis went to their rooms. Swami told them to go to their room, attend to the guests, and spread bliss. Then she woke up. Swami later said that their work is to spread bliss by working with all the people who visit them etc.

May 13,'15 Meditation 3:30 am. Effortlessly no thoughts and I did not have to turn my vision inward. I could stay like that for 1/2 hr. Evening I got into this state again - calmness, a silence, no invasion of thoughts while sending energy to RD. Heard "anand" (bliss). A little alter I heard "no ego", "no ego" again. At the end I heard

"ఐపోయింది" (finished). May 26th I was struggling due to back ache, reached bliss, but could not keep mind still. It kept drifting, I would pull it back few times. I heard "hard work", later "establish", later "blessing".

Jun 4-21,'15 Morning meditation: Sent energy to RD for 40 mts. I heard "upward", so I ended up at S chakra, stayed there for sometime. Returned, put effort to get to standstill. Drifted due to some thought, brought it back, drifted again. As I tried to bring back, heard "together", later "అంతే కదా" (that's all). It was AV helping. Much later, in one of the states of emptiness I heard "Para Brahma". Jun 5th While passing energy to RD, heard "అద్భుతం" (wonderful). Afterwards as I centered on Self and getting mind to stillness, heard "temple". Today was last day of Havan at our Tri-city temple opening ceremony. Last 1/2 hr I meditated while listening to the mantras. Stirring started at Ajna chakra, shifted to S chakra. At one point I could feel the energy rising unhindered from base chakra to S chakra. Jun 8th Last night and morning meditation I felt S chakra open and free of obstructions. Sent energy to RD, then shifted to center when I heard "fantastic". For 20 mts i was in a state of very pleasant, peaceful, effortless, thoughtlessness. I heard 'Vartamaan' (present) first. Later heard "Prashanti". It was marvelously peaceful. Jun 21st After many days gap I felt the same chakra flow as Jun 5th. I went deeper, had a vision. Saw dark brown Indian chappals by themselves with nothing around. Two sheer like curtains slightly above them and moving like fanning them. I put my feet in them, only saw the right chappal, and it fit perfectly. I heard "congrats". Little later heard "Atma"... then "rejoice". I wondered if I heard it right, when I heard "100%". A little later heard "enjoy".

Aug 13-21,'15 Sent energy to RD, slowly drifted into silence, had the least amount of thoughts ever for the 1/2 hr I sent energy. I heard "say good bye", bliss was quite strong and my body shivered twice. Aug 14th 3:10 am meditation: I could reach Self and silence, bliss easily. As I stayed there, heard "khatam". Then a little later heard "*Jivan Muktha*". After sometime I heard "celebrate". This is the second time I heard but still not convinced, because I got messed up once before. I sent meditation experience to Janaki (Swami connected us, I was her father in another life). She said 'I knew it three days back'. Mama (she calls Shivangini so) told me 'your baba knows this he never shared with you'. I said 'know what?'. 'That he is a *jivan muktha*'. She was not too excited or overjoyed as she stated it. Aug 21st Last night I read Rama Katha Rasa Vahini pages

indicated by Janaki. Read the parting of Sita and Janak after marriage, and the dialogue they had in the forest. It brought tears to my eyes. In morning meditation: stayed in the state for 1 hr where head and mind felt very light, there is uniform bliss, light feeling like body not attached. I heard “wonderful”, “lucky”, after sometime “చాలా సంతోషం” (very happy), then “very nice”. A thought came as to what this state is, heard “energy”…”cosmic energy”. Got a msg from Janaki: Mama (Shivangini) told me yesterday night before going to bed 'your baba is crying in bliss after reading the lines in ramakatha rasa vahini’.

Aug 22-26,‘15 Sent energy to RD around 3:40 am for 25 mts. Then meditated, got to the stage of uniform bliss, hum, silence. After staying there for sometime, felt as if something untied in S chakra, felt very light. Had a vision: Saw the right side door of a white cabinet open, shelves were empty. Shelves were not shiny clean like new, but looked used, empty. (Satva guna vasanas done?). Aug 25th For sometime I and Janaki meditated at the same time, 10 pm (located in different cities). (I was having difficult time getting mind quiet last few days - social visits, food, lots of reading on Trusts). It got better, reached bliss and silence. Started having doubts of ‘*jivan muktha*’, I heard “you are already there”. After sometime heard “Jnani”. Aug 26th meditation: Mind was calm, after omkar and prayers, it settled right away into the calm center of Self. Heard “in business” ... “very good”. Later heard “remember”. Got into amazing stillness of mind centered on self and in bliss, very uniform and calm. Later I heard 'done'....'all done'. After sometime heard “Ananda”. Later heard “Bhagavan” “భగవంతుడు”. Much later heard “enjoy” twice.

Sep 4-26,’15 Made effort to stay still while enjoying the bliss. That state (peace) is felt when there is bliss and silence. Bh. Ramana calls it the 'throb of self-bliss’ (bliss and awareness of no thoughts). 1) Sep 8th Last 3 days heavy turmoil with Raeshum issues. Janaki helped in working through them. We did cosmic mantra 108 times, and then meditated. During mantra, mind stilled for a minute when I heard “perfect”. Swami guided thru Janaki to ‘do Ganesh gayatri 108 times’. We both did Aum, Ganesh gayatri, meditation. During gayatri mind got stilled a few times, when I heard “bilkul theek hai”, then “shabash” (good job). Evening Swami said to Janaki about me 'since you (Gyani) are a *jivan muktha* you had to clear this with Raeshum .. for no further births.' 2) Sep 13th In meditation heard “everything is seen only in the light of Atman”, pause “only Atman”. I sat in peace and uniform bliss. Yesterday we did Shivangini’s anniversary in

Montreal at Rama/ Ravi's home along with Siba and Janaki. 3) Sep 19th In Barcelona. Meditation: got my mind quiet and settled in Self, heard "sahaja samadhi", little later "such mein" (really). Later heard it again. Next day morning meditation, heard "equanimity". 4) Sep 24th Meditation. As mind got stilled, heard "empty", as focused on Self, heard "that's it". Later I heard something good but forgot, so I said "Swami, what is that other word?" I heard "awesome". My vision looking outward saw a blank dark screen, then I turned the vision inward when I heard "this is the one". Sep 25th Sent energy to RD, mind was in bliss and stillness. Sep 26th Last night meditated on the cruise ship while Prem etc went to comedy show. I heard "fantastic". Today - Sent energy to RD for 1/2 hr. Focus was steady, I was aware of no thoughts. Then 4 thoughts came, I pushed them away and held steady. 15 mts later heard "that's awesome".

Oct 1,'15 Meditation: As I got started heard "you will see". As mind got settled into Self, heard "gone". Later heard it again. In that state of silence and peace, I heard "chintamani" (free of worries, bliss). Mind was in that state even after meditation.

** Oct 24,'15 Came to Parthi from USA at 11am. Spoke to RD, AV two days prior to leaving. Swami was there, I offered my Namo, Namo, Swami accepted. He was telling them in a funny way how I start packing ahead of time, how I arrange etc. AV asked me to come to her apt for lunch on 24th. By the time I reached her apt, Swami already told AV to make bitter melon and sambar because Gyani likes, and Swami told the recipe how to make it. 1) We started eating lunch at 2 pm, Swami came and sat down on the sofa and started speaking to us. I offered my Namo, Namo. Swami kept prompting AV to give me more rice, chutney etc. While eating sambar rice, Swami said add ghee to it, only then real taste of sambar comes out. Then Swami said take more rice, mix well with chutney, crush the papad and mix into it, add ghee and eat it before papad gets soggy. It was wonderful, I overate and said so. Both Swami, AV said all mothers feel happy when their children eat well. 2) Later Swami asked "what are you planning to do" "whatever you tell me to do, Swami". I said I will get a little busy with Janaki's visit, concerts etc. Swami joked saying "who?" I said "primarily, I will do sadhana". "What sadhana?" "I will meditate, whatever you tell me to do Swami. Don't know what is right sadhana" "Do you want high way route, or the side routes, lot of people take side routes thinking it will get there quicker" "'I remember what Swam said about short cuts to foreigners many years ago, I want the highway route swami".

Swami said “keep an eye on RD, you and him do morning and evening 1 hr of name chanting (nama smarana)” “I gave that Rama mantra (sri rama, rama rameti)” “it is the best way to control and eliminate ari shadvargas”. 3) Later Swami asked “where are you going to eat?” I knew Swami was asking me to eat food at AV's. Didn’t know how to respond. Little later Swami asked again, I said “ok swami, I will eat at Amma's place”. 4) Swami asked RD to relate their Ananda ashram yatra. AV related once devotees of Swami Ramdas came to see Swami. When they said they are from Ananda ashram, Swami said 'even a crow when it flies over ananda ashram will get liberated in that life', 'such is the power of Rama mantra'. 5) AV also related incident at Mata Amritananda ashram. Mata said to RD ‘'you reached where you are supposed to’. To AV she said 'your work and my work is one and the same, give my namaskars to Swami’. Swami told AV to make Pesarattu for breakfast, gave her a recipe change for pesarattu and chutney. On Oct 25th I came and ate that breakfast. For lunch Swami told AV to make Rasam (his recipe). Swami said 'make rasam, వాడు (Gyani) drinks it by the glass'

** Oct 25,’15 During day I told RD and AV about Janaki and our connection from earlier life. At 7 pm I was at AV’s apt., she brought some colostrum from ashram, gave me a piece, I took a bit of it. It was tasty. Swami arrived, said there are two families coming in the evening, so I came now, even though this is your sadhana time (name chanting). Swami asked 'you have not finished your colostrum' reminding me to eat it. I ate it. 1) Swami asked ‘how is the book coming?’ (Janaki wrote it with Swami’s guidance). I said book review is done, looks positive, they may print 200 books by Swami’s b’day. Swami said 'keep guessing, it is my job to give the surprise’. 2) Swami 'how are things going, is there anything you want to share?' I shared about Janaki, her father, and I. Swami 'say whatever you want to say, then I will tell you, if you need a మెట్టకాయ (rap on the head)' (he warned me earlier Jan 8,’15). Then Swami said 'Janaki felt very lonely and wanted love, you have given a great amount of fatherly love that made her very happy, this love should not turn into attachment. If you do any actions that result to hurt feelings in her, then you will incur the bad karma from that. Have love but it needs to be beyond form or speech. If you do not see the form or have conversation, it should not lead to pain and hurt feelings. You need to be detached. Do not have body attachment. You developed detachment from Shivangini and your children, you do not want to start developing attachment again. You are doing

sadhana and you do not need to develop this kind of attachment. I introduced you as baba to Janaki to avoid the issue you had with V cropping up again.' 3) Swami "how is your meditation coming along?" I 'Swami, last year I could not understand the state AV goes into when meditating. I knew only the stage of bliss I was going into and not the peace, quiet, emptiness, awareness. Now I understand that. I don't know if I touched that state. Only you have to tell me swami.' Swami 'you are only at upper KG in this field of meditative state. You have touched that state a few times. You need to make progress to feel that longer and longer. You need to reach a state where you are like that while moving about. To put it harshly even if you were to witness a rape occurring, you need to have no movement in your mind and consciousness'. This is when I realized and said 'yes swami I am only in upper KG'. 4) Swami said 'this is a golden opportunity. You three are here, getting direct guidance, my presence, close monitoring. Utilize this opportunity to grow spiritually. Do not waste this chance.' 5) Swami asked RD 'how was his meditation after name chanting in the morning'. AV said 'he slept nicely'. RD 'I did, that is why I restarted name chanting after I realized I was falling asleep.' Swami 'they (referring to me) are climbing the stairs to the top of the mountain, you are taking a short but steep path to the top'. RD 'Swami as long as I have your presence, I am not concerned what path it is. You can kick me and I will fly to the top.' 'I am too old to kick you like that' 'whichever way you do it swami' 'tighten up your lungi else it might fall off' 'oh, it will be nice if I wear shorts' 'then your eczema will start up again' (they explained to me a private joke of swami, AV, and RD). All along we were laughing hilariously. Swami ended the conversation (30 mts), we took Pad namaskar. Poof, he was gone. Just then the 2 families mentioned earlier arrived.

** Oct 26,'15 Swami arrived ~6:30pm. AV, RD were dead tired after 10 hrs of two wheeler ride/ wait at repair shop. AV said too tired to cook, Swami said make cut banana peppers deep fry. I cut onions. AV made mirchi bajiya with stuffing of onions/ lemon. While making we were chatting, Swami said 'speak when in front of me'. So we took over our snack, I signaled to AV about offering, when Swami said ''when you eat, it is I who is eating'. 'Do jai bolo', which we did. Swami 'have some nice coffee'. We had delicious bhajiya and coffee. 1) Swami 'what were you talking inside?'. I 'Swami, I spoke of 2 topics. One is Janaki's note and the other Gwen's (only email contact - she shared her IV message related to me). Swami

'you have finished your karma with those children in that life and are away from them. If you keep going back to those relationships, then do you want me to bring your spouses, children from the past so you get linked and make new connections. Shivangini was your spouse twice before, there were others prior to that. 5 lives back you were a woman who raised 8 girls and 4 boys. You used to tell your husband, everything he brought home is gone to feeding them, and nothing is left. It is not easy to raise 12 children. Because of your sacrifice in that life you got prosperity and wealth in all the following lives. Do you want me to bring those 12 children into this life? So that you get connected and develop relationships'. I 'No swami, I don't want to know those connections and get entangled'. Swami 'you are finished with those ties, why do you want to bring them forward again?' Swami did not say anything about Gwen. 2) Topic of death. I 'everything is and happens in the present and hence where does one go after liberation?' AV replied about coming back again to do Swami's work and what he said about his instruments in Nitya Sathya Bodha. Swami said 'Shivangini is born as a Jnani. She will take Sanyas at age 11 similar to what Adi Shankara did. She will obtain that Sanyas through her parents'. Swami then said 'gyani, she is a very stubborn woman. Once she decides to get something she will get it and is willing to bear the consequences. Is not that true, gyani?' I said 'Swami, she was very determined but do not know how she felt inside about the consequences'. Then Swami explained how she used to think about them inside her heart. Swami shared in a very positive way. 3) Swami said to AV 'AS is going to come, you need to write.' AS had been coaching RD since '14 on variety of subjects related to awareness, senses, deep sleep, koshas, how actions occur, mind, intellect etc. He came at 7:15pm, AS, AV, and Swami moved into bedroom to take notes. RD and I were told to do Japa of Ram Mantra. We did for 1 hr. RD was so tired he fell asleep for 20 mts. AV said later, inside the room she fell asleep while writing, and AS used his tail to wake her up. At 8:25pm we went inside. RD was made to read the answers that AV wrote down as dictated, to the 10 questions given my AS two days back. RD read them, they were amazingly easy to understand explanations. In the end, AS said he is taking Swami with him, and you can get your food from restaurant before they close. We did Namaskar and they vanished.

** Oct 27,'15 RD and I went to market to buy veggies, after we came back, AV, RD shared the conversation they had with Swami earlier today. Swami asked RD 'what is happening with Gyani', RD

replied ‘he is talking a lot about Janaki’. 1) Swami 'what do you think, should we leave him'. RD said 'no swami'. Swami then said 'Gyani talked about some ship with 12 floors in cruise, he will have to climb a huge ship to cross Bhav sagar if he develops Moha’ (meaning lots of difficulties)’. I explained, Swami introduced me as father to Janaki. She has inner voice, heard her experiences, saw her great amount of love for me as her father, she helped me in meditation etc., she only wants my love, and she is a *jivan muktha*. AV said ‘how will it help you even if she is. Shivangini was *jivan muktha* but you still have to do your own sadhana to grow’. Swami came at 9:10pm. She made Vada in a hurry. We offered our Namo, Namo and pad namaskar. Swami 'bring the food and eat, else I will leave'. AV brought out the Vadas and asked me to take it. I took one, looked good but not fully cooked inside. 2) Swami 'what were you discussing today’. I shared the above. Swami ‘all love in this world is tinged with some want or desire, even mother's love. Only God's love is pure. He only wants your benefit and growth and nothing for himself. In my entire body life I was never called selfish. Love in this world of relationships can lead to attachment if not limited.’ I ‘just received a note from her where she states that you told her 'gyani will be a physical support in atmic state' and other things’. ‘do you know the meaning of that?’ ‘No, Swami’. ’why don't you ask her to explain because you don’t understand, see what the response is’ ‘swami, then you did not say it' 'the poet writer in her said that’. That shocked me. I 'Swami, I seem to get in trouble with people who have inner voice more than the worldly people, I need to stay away from them.' ‘'ok but if you stay away from AV (connection to Swami through her) then you will be in deeper trouble.' All of us laughed. 3) Then I said I won’t bother responding to Gwen’s message. Swami ‘what did she say?’ I ‘she says Swami said Gyani is not spiritually evolved hence he does not have the connection to higher beings, he lost grace’. Swami 'I already told you that there will be one more situation comes towards you'. Also said there will be many people who will come to you, 'when someone gives you inner voice message, tell them that you have a message from Swami, he said so and so. You can push it on to me'. 'Be careful of what you say about what Swami said. If done for wrong purpose, it will take you downward.’ 4) Swami 'there is this shakti which is asking me how are you going to take care’. I asked who it was. Swami 'Shivangini, she said you promised me when I left my body that you will take care, how are you taking care of him'. I was pleasantly stunned.

Then Swami said 'even God is afraid of Jnanis' and hence he had to come running here'. All of us laughed. Swami said 'I want you to stay happy and have a smile on your faces'.

** Oct 28,'15 RD had to take an ashram resident to hospital. I went over to AV's, had breakfast and returned since she had to rest. Around 1pm I reached to AV apt. She said after I and cleaning lady left in the morning, Swami came, made her write the below conversation. AV said to Swami she had to get up and cook instead of writing. 1) Swami said you write the conversation and I will cook. Swami made nice dal, beet root chutney, and fried okra, plus boiled rice. I said 'what a good fortune that we are being fed food made by Swami with his own hands. I got to take a picture.' So I took a picture of the food as it was being served by AV (pic in collages). Just then Swami arrived, sat down, while we ate this delicious food. Swami made suggestions on how to eat that food, what to mix etc. AV asked Swami for the beet root chutney recipe because it was superb. Then Swami shared how he made that. He lightly fried the beet root first, added red mirchi to it (said add green mirchi if one wishes). After it cools added garlic before grinding, etc. 2) Here is a summary of the conversation Swami made AV write (in Telugu): AV said: 'I am contemplating upon the things you spoke last night'. Swami 'I see. What is the contemplation about?' 'About Gyani's attachment. The love and affection shown by Janaki towards Gyani is tying him in bondage of attachment. If one understands this, one can imagine the plight of Jivas and myriad of attachments tying them down. How and when does a Jivi get release?' 'Wait, wait. The Vasanas of the sub conscious (chitta vritti) will not get destroyed till one gets spiritual detachment. Till the Vasanas are destroyed, mind does not immerse in the contemplation of God. There is no opportunity for deserving God's grace. To get God's grace one must get upadesh from guru about discrimination of Atma- Anatma, evidence from scriptures, and nearness of Sad Guru.' 'How does a Guru assist the disciple in this?' Swami 'First and foremost Guru will make the disciple understand Who am I through inquiry. Are you the body? No. Is it yours? Not. Because it does not do what you wish. Without heeding your wish, and without your permission, why does it die. This is the primary inquiry through which a Guru instructs the disciple, and attracts him towards study of the scriptures.' AV 'After this, does a disciple realize?' 'I understood you are asking these questions for the benefit of your children. For them, you need to write down this conversation.' Swami 'Only through systematic

practice that leads one to personal experience can a disciple realize that this body is not mine; I cannot be what is not mine. One gets firm in their realization that I am only the consciousness that is a witness of the changes undergoing in the body, as well as the entire actions performed by the body. At that instant one recognizes that the body is an instrument given by God for seeking liberation. This in turn generates increasing interest in Who am I enquiry leading one to the state of no rebirth (janma rahitya) in this very life.' AV 'The very instant the disciple realizes that leads to …' Swami 'That very state is Brahma Jnana or Atma Jnana. When one attains that, then the karmic consequences of thousands of lives get burnt down like dry grass exposed to fire spark.' 'yes swami. In Gita it is said 'Jnanagni dagdha karmaani' .. 'Yes the essence and inner meaning of that statement is as said above. Then you realize that you have become that where everything is fearlessness, bliss, and peace (abhaya, ananda, shanti). As I stated many times, that is the essence and inner meaning of the Maha vakya 'Tat tvam Asi'.' 'What is the outlook of a jivi who has attained that?' 'Then realization will dawn that this entire seen world is a playground; Jivas (individuals) are players; and the conscious witnessing entity as Paramatma. In this play one meets and separates with many other players. This Jagat (world) consists of this meeting and separating. Ja means that which is born and Gat means that which dies, is the meaning of Ja-gat. Hence 'Mithya' (illusion) means that which creates the illusion of what is seen as real. Once one has imbibed this, they will understand the statement 'Brahma satyam, Jagat mithya'.' 'Then does one realize what they really are, Swami?' 'In other words, one recognizes that in the battle of life, the failures, happiness and suffering, birth and death are only imagination and illusion, and not real. Then the existence of I and mine which is ahamkara (ego) and mamakara (possessiveness) does not arise. Everything is yours, everywhere is you, you are I, I am you. One realizes this meaning of the statement 'Brahma vid Brahmaiva Bhavati'. The fear of death leaves.' AV 'That is, does a Jivi (individual) understand the birth and death and become fearless?' 'You understood it correctly. This body is born in mud, lives in mud, dies in mud and what goes, that is, what breaks is a mud pot called body. The basis of the body is mud and it stays as mud. Since it is made out of mud, when it breaks it remains as mud. It becomes clear that what goes is name and form. The consciousness (chaitanya) which is the basis of this body is always nithya, sathya, and mangala (permanent, truth, auspicious).

That is why shiva is propitiated as 'sada shiva'. The real meaning is that Shiva is not only mangala swarupa (auspiciousness), but one that is there, will be there even in dissolution (Pralaya).' AV 'Swami, Does the jivi who understood this get liberated?' 'Liberation is not something that is given, or received. Ajnana (ignorance) is not realizing what is, the way it is. You are always liberated. Yet not recognizing that, and making effort to attain it is Ajnana. One must understand this. Before birth there are no relatives or friends, and will not be there after death. That which is not there in the beginning and in the end and came in the middle, then it must go in the middle. The attachment formed with these is the cause of your bondage, this is the naked truth. To realize this is liberation, that is, attachment is imagination, impermanent. You are truth, that you is the form of Atma. This is what I spoke a lot last night to Gyani in terms of attachment and bondage.' AV 'Swami, does one receive this Vidya through experience only?' 'Vidya is everything that is a teaching to the mind. Vidya means manifestation of your divinity. It is not following law, rules, or ethical code. It is you yourself being ethical. Every individual (Jivi) must feel and resolve that they will transform themselves. Vidya means this and not filling your head with information. Yet in entire world Vidya is taken to be stuffing one's head with things and information.'

** Oct 29,'15 Swami arrived at 10:30am. 1) Swami was kidding around with RD, we were enjoying. At that time father and son arrived. After cleaning lady left, Ramesh arrived. Swami 'No one comes here without his plan. Now go and lock the door for no one else is allowed'. 2) Swami 'What kind of sadhana each one of you are doing?' Some of us replied. Swami 'Today I would like you to make a promise that you will let go of one bad quality in each of you, as your sadhana and promise to God. Each of you need to give me a reply.' This was intended for five of us (not AV). RD said he will give up impatience (asahan). Swami kiddingly asked him something couple of times, RD replied a little impatiently. Swami 'how about you Gyani?' I 'I will give up anger, Swami'. 'Do you have anger' 'yes swami, it reduced by about 50%' 'did it reduce because you got older?' Thought a bit then 'Swami, I think it is due to sadhana also. I knew how much anger I had a few years back.' 'I think it is due to aging'. 'Swami, I do not know. You know the best' 'There are times one needs to demonstrate anger so that work gets done and keeps things in balance.' Ramesh said 'he will give up jealousy' 'do you have jealousy?' 'I think I might' 'If you don't have it, then why are you

picking that for leaving' 'who is the jealousy against, your wife?' Ramesh 'her and towards others swami' Then Swami said 'you have jealousy'. Other two people picked pride, and let go of desires.

** Oct 30,'15 When I reached, RD was reading the messages Swami made AV write at 11am. 1) One of them was sacrificing one bad quality discussed yesterday. When AV replied that all of us are ready to pay the price in terms of sadhana, Swami laughed with open mouth. It was like we are not realizing what it takes. 2) Swami kidded around with RD thru AV's inner voice, as we got ready for lunch. We were half way thru lunch, Swami arrived. Lots of laughs with RD as focus. Rice was left over. Swami said to AV that one can make Dosas out of it. AV was surprised. Swami said urad dal, rice, salt, and add left over rice while grinding to make batter. Project for tomorrow's breakfast. 3) Laughs continued. Swami asked me if any doubts. I said 'nothing seems to come to mind'. Swami said 'good, no need to bring them into your mind'. 4) There was a comment by Swami regarding sadhana with full faith and confidence, then God will be forced to manifest, he has no choice. 5) Swami said 'As Moktananda, AV had a Rin to pay off to Mitrasun because he did a lot of service as the head of the Ashram maintenance, that is why AV is cooking and feeding Gyani since Oct 24th, and it is finished by tomorrow Oct 31'. 6) 'Dhansukh lal distributed clothes to Ashram inhabitants but were short 15 sanyasis. He said he will bring them and did not show up. Hence he is giving clothes to AV. So far 9 pairs are given and still 6 more to go'. 7) 'Chakradhar (RD) also owes Rin to Mitrasun who used to bring him Jangri, Jilebi, Jaggery etc from town market. They used to give him because he was youngest one in the ashram'. 8) 'RD also has Rin towards Ligili'. RD asked 'is it a she?' Swami 'No, why you want a female?' Ravi said 'No'. Swami said 'you had your fill of females when you were born as monkey, and then elephant, that is why I made you brahma-chari in this life'. RD said 'thank you swami'. We all laughed.

** Nov 4,'15 I ate lunch at 12:30pm. RD called me to come over, I sat there while they ate. Swami arrived. 1) Next 1 hr, it was side splitting laughter filled conversation with RD as the focal point. Swami said 'Gyani you be the middle man and the judge. RD said vacate this place (indicating the cushioned bench). You are invited to come to the ashram (as after thought). Order in which it is said changes the meaning.' I agreed with that, all along lots of laughs. Swami used endearing terms 'చూడవయ్యా Gyani' 'నీవే చూడవయ్యా' etc. 2) In the middle of laughter, Swami gently alerted me to ego's hidden

agenda in going and meeting Rita Bruce etc. In the end Swami said he wanted us to spend time happily before RD, AV go to ashram to do their one month service.

** Nov 5,'15 AV asked me to come over for lunch. Swami was there and he asked them to call me, to decide which sambar I like, first day sambar or one in between. Swami said I have to pick one, I picked first day sambar. AV made sambar, karela fry today, and there was cabbage and eggplant curry left over from yesterday. She made beet root chutney. Mixing rice, beet root chutney, with karela and ghee was amazing tasting. Sambar was out of this world. Swami arrived as we were eating and said he is enjoying seeing us eat. 1) AS asked Swami to find out what path we are on - Vicharana (enquiry), Bhakti, or Sharanagati. We didn't know. Swami said sharanagati is the easiest of all. What one needs is firm faith. When God himself comes and has fun and frolic with you, even then if you do not have firm faith, then what about common man who does not get that opportunity. Faith should not waver due to ups and downs. If it does, then you will fall off. 2) Humorous conversation around RD's MS degree in IT. Swami 'I am uneducated hence they call me only Sat-chit-ananda. While he (RD) is master sat-chit-ananda (MS).' 3) 'Go to ashram, do good service'. Reminded us to practice our virtues, and bad qualities we promised to let go. Sahana and anger are blood relatives. Reminded RD of showing impatience, even while conversing with God, when asked the third time. 4) Swami left. AS asked RD about his conversation with Swami. While leaving, he said to RD that when Swami is just having fun and frolic, he is actually assessing each one of you deep inside. Be alert, alert, alert!

** Nov 21,'15 Swami called me for interview, asked about Janaki. He mentioned that 'you don't have any karmic connection with her as daughter. He said five lives back you were a woman who had 12 children. Should I bring all those children, you want to get connected?'

** Dec 4,'15 RD called and said Swami wanted to give interview. I went over there ~ 11 am. 1) Swami 'how are things going?' I 'Swami, I told Janaki what you told me.' 'What did you tell her?' I narrated. Swami asked me what I thought of Janaki. I said Janaki is way up there spiritually. He asked me to explain. I told about the messages she gets from Swami. Swami asked what message. I said about the one where 'Swami will come and take her to the highest level along with Baba (Janaki calls me Baba), AV, and RD'. Swami 'those messages are for her, how does it help you

spiritually'. I had no answer. Swami said 'I took away Shivangini, kept your children away from you, asked you to stay by yourself in the house so that you can be alone. It is a great opportunity given. If you lose it, don't know when it will come again.' 2) Today in conversation Swami mentioned AV promised me *jivan mukthi* also in that life at her ashram when she was Moktananda. I was surprised, said 'Oh! AV promised me also. I thought all this is due to Shivangini'

** Dec 6,'15 1) I reached AV's apt at 10am, RD and AV were singing Shiva Stotram, AV signaled that Swami is sitting on the bed and AS was sitting on the floor. Bowed to both of them, joined in singing. 2) After that Swami asked us to chant Ram Mantra because AS is waiting to chant with us. AV asked me to take out the Rudraksha mala from my neck and chant 108 times using that. RD and I chanted Ram mantra while AS joined, though neither of us could hear. AV meanwhile went in, showered, got ready. She joined. Two visitors came to apt., AV signaled to us that Swami and AS had left. 3) 6 pm I was at AV's place. Told AV what I heard as I woke up in response to my thought of being able to see Swami "Sadhana you are doing is not sufficient. You need to do 3 times more sadhana. Do it three times a day". Since then I started doing 15 mts of Trataka on Self as advised by Bh Ramana. AV said that is one way of doing it. Eventually we need to be able to stay connected while moving about in the world. 4) AV asked if I would like to drink leftover rasam, I said yes. She said when she was about to discard it, Swami asked her to keep it because Gyani would like to drink it.

Dec 13,'15 Night before as AV was measuring dal for soaking to make pesarattu, Swami asked her to add a fistful more. She thought someone might be coming for breakfast tomorrow. I was at their apt at 10 am, she told me the above and asked when would you like to eat. I ate 2 delicious pesarattu at 12:30 pm. 1) I told AV that I saw her twice in meditation. I saw half her face behind someone, smiling and looking at me on 9th. 2) On 10th or 11th saw her in a vision. AV was in saffron robes but very oddly there was a gold coin necklace (కాసుల దండ) in her neck. Her face was bright as if there is a powerful glow to it. Interestingly right after this vision, I saw Swami sitting in a chair casually as if he is watching. 3) Then AV told me around 9th Swami asked AV to put her sight on Gyani 'వాడిపై కూడా దృష్టి పెట్టు'. So she turned her inner eye towards me. On 10th Swami said to her that I want to see you with jewelry. AV said I do not have any with me. Swami replied, the one who gives everything will take

care of that too. He put the gold coin chain in her neck. Both these happened when AV was at Tirupati and I meditated in Kulwant hall.

** Dec 14,'15 I had to meet SBI bank folks to see what options are there for Achampet temple issue. I reached AV's apt to seek Swami, AS's advice on this issue. 1) AV said Swami and AS waited for me till 10:50 am, AV could not reach me because my phone was in the apt. Didn't feel bad because nothing happens without his will. As I related my quandary to AV, Swami and AS appeared at 11:10 am, AV signaled to us. Immediately did Namaskar, Namo, Namo, and said "sorry for all the turmoil". Swami said he specifically came to talk to me. Asked RD to read AS's message given in the morning. 2) Conversation centered around faith and confidence (nammakam, viswasam). RD said he had faith and confidence in Swami as Guru but not in AV as Guru. Swami asked me the meaning of Guru. I said 'దరికి దారి చూపువాడే గురువు' (one who shows the path to the shore is the Guru). I said I take Swami as God and Guru, AS as Guru, and AV as Guru. I am at a point I don't differentiate much between AV and Swami. We spoke about how we are getting deceived by forms etc. 3) Swami asked 'what is going on with you?' I related the Achampet temple needing funds for operation, they are pressing me hard for corpus fund etc. Swami asked about expenses. About Rs 30 thousand per month per convener. Money they owed me, they want it to be put in corpus fund. Swami reprimanded me for lending money to them by saying 'am I not giving you enough money?' Swami said 'there are many people who are needy, why does not your buddhi tell you to help them'. I kept quiet. 'You can give money at the ashram (old people). Don't become indebted to others. Then you would have to take another birth to address that debt. Do you want one more?' I said 'No Swami, I do not want another birth.' 4) Swami said 'There are many over in Achampet who embezzled the money you gave. By giving money to them liberally, you have made them commit sin, then you become a participant and accrue part of that karma.' (This is what Swami told Al Drucker when he gave money for digging a well in Puttaparthi back in early 70's.). 'Tell them you do not have ability to give money like before. There is no place it says, one who builds the temple must give funds to run it.' 'Speak to them firmly'. 'So far in all samithis not a single one closed down because of no funds. Assign expenses of flowers to some devotees who will take turns, pujari salaries to some who will contribute monthly few hundred each of them etc.' 'Expenses made for para brahmotsavam – swami said by palllaki seva, band baja, dais and

speeches, how many people got pari-vartan (transformed)?' ‘Swami does not need processions, speeches, etc. He needs seva to needy, and transformation. Stress the importance of transformation.’ 5) Swami said to me 'there are people who are hungry, children who are struggling and seeking education due to lack of funds, there are blind people.' 'Ashram people may be poor by money but rich in God's grace. They were very charitable in their past karma with what little they had.’ 6) Swami told about Nara Narayan Gufa. Those people who wanted God had countless crores in 80's. He told one of them who had given up everything, came with a diamond studded watch to the interview room, prior to going to the Gufa. Swami said 'in this moment go and give it away, else you will lose the chance (to go to Nara Narayan Gufa). You cannot give it away to anyone in Prashanti Nilayam'. That man hurriedly went outside the gate, gave the diamond studded watch to the first man he came across (did not see deservedness), and rushed back to the interview room. Swami said 'Money is a great obstacle'. 'ధనము దయ్యము’.

Jan 5-7,’16 AV had a dream: There was a huge hall, staying arrangement on either side for 20 people, with nice garden and flowers. One can take as many flowers as they wish. Food vessels were there with - biryani, rava kesar, raita, Gupta buys onions for raita etc. Everyone ate, Ramesh said he never ate biryani like this. In the hall, there is a throne where Swami is seated. Swami asked “how is it”, everyone says good. Then Swami asks ‘who likes to stay here?’ Out of 20, only three raised hand - AV, RD, and Gyani. Jan 7th Gyani’s Dream: 1) there were about 10 -15 of us, all dressed in white walking together thru a winding tunnel with sandy floor like a beach. It left footprints as we walked. Suddenly scene moves forward, few 100 ft, I see a white tiger. Saw the tiger turn its face back, sees them. It leaps and runs towards them. All of them see the tiger, they turn back and run to escape. The tiger catches one of them with its mouth. Then I see myself go up to the Tiger, open its mouth, and put my head in it. 2) Dream: Saw my childhood friend driving a car, I sat next to him giving directions. He takes a road that is rough and bumpy despite my directions. Misses the destination, car stops. Realizes he missed the destination (This life spiritual journey).

Jan 16-19,’16 In mid Dec ’15, Swami asked us thru AV to do parayan of Sai Sacharita for 5 weeks. Last week of the parayan was to be done in Shirdi. After 4 weeks of parayan, we reached Shirdi on Jan 14. At Shirdi, Swami asked us to do parayan of Sri Guru Charitra also, in the evenings. Lot of miracles during parayan - First 3 -4 days

Swami partook food; on 3rd day as AV doled out large spoonful of Rava Sira to each of us, Ramesh found a white cream lingam in his share of prasad; did pada pooja to AV; on last day at Havan two more similar lingams appeared, one in sweet pongal, other in coconut rice prasadam. RD and AV saw a 6' tall sadhu in orange who said Sai Ram to them. Swami confirmed it was Him who came to make RD happy. On 16th morning saw a dream. I saw a bridge that was curving down from sky towards land. AV was on the bridge and I was a little further down on it closer to land. Shore was closer, a few hundred feet. AV walks towards me, says "you are done with your Karma, there is no more karma left (కర్మ శేషం ఏమి లేదు)." Meditation: a corridor with lot of doors as in a hotel. All doors were closed. I watched and thought, someone will walk out any second. Then I felt as if something is gripping me and started shivering. Jan 19th In morning meditation heard "సిద్ధం" (ready). After that sat in silence-awareness for ~ half hour effortlessly with no thoughts. It continued later for an hour. After we returned to Puttaparthi, one evening I, RD, AV, Hari were in her apt. Hari mentioned to me you are a *Jivan Muktha*, I asked how did he figure that. He said 'AV said in dream that you have no more Karma left, so must be a *Jivan Muktha*.' I said 'I have no clue'. At that time AV said to me "your S chakra is not even open."

** Feb 2,'16 RD called at 9am, asking me to come. I said I will come from Kulwant hall after meditation. He called back saying AV's home is Kulwant hall too. Understood it is Swami calling. RD said Swami asked me to come prepared with list of questions. I went with 6 questions. 1) Sadhana routine in USA - Swami 'Do max amount of time meditation. Only a little time left, do not waste your time. Apply sindoor after bath in the morning, again in the evening after washing face. Else only once' 2) What can I ask AV, 3) When? Swami 'Call AV before 10 pm. No restrictions on what to ask. AV will give answers, if Swami is there he will answer them' 4) What to share with others - Swami said 'Do not share your swa-anubhuti. Not yet. Can share Shirdi miracles etc. Not to share the conversations you had with Swami.' (Jealousy, attracting criticism etc.) 5) Sai center visits - Swami said 'Can visit Sai centers once in a while'. 6) What is beneficial that I cannot think of? Swami 'Do not get indebted to anyone. Where you are to spend ½ rupee, spend a rupee' 'Mother has very little time left. I am not saying it is minutes, hrs, days, or months. My time scale is different.' Swami asked 'can I share something about mother' (my). I said yes. Swami said 'your mother

has a desire that you buy a good silk saree (pattu). She had this in 2014 and it was not satisfied by what you gave her. Buy her a good saree. She will wear it in the wedding and you will see happiness in her face.' 'It is important to have mother's blessing in the spiritual journey'. 7) Swami 'Out of all the ashramites from the past, only three of you are traveling on this spiritual journey. You only have some time left'. 8) Swami asked about home. I said 'I will put it into Trust'. Swami said 'this house is sanctified by a *jivan muktha*. Do not put the house in Trust. I will send the right person to buy the house. That money has to be put to good use. I will tell you where to give. Giving to children, they will only enjoy or waste it, a *jivan muktha*'s legacy is not to be used like that.' 9) Swami asked about kids. I indicated Shobun wants it given to them instead of trust. Swami said 'they will not be able to take care of it, they will lose it'. (Both of their share is in Trust now till they turn 60). 10) 'it is ok to distribute Shivangini's saris' 10) Swami said 'all three of you will be in me, which is presence. There is death only of the body but not you.'

Feb 5,16 Dream: Saw Shirdi Sai Baba looking exactly like the marble sculpture in Shirdi but alive. He spoke to me and said in Telugu 'I have been observing since many years. I will give you darshan with my crown.' Then I saw Baba sitting in the marble throne, did not have a crown. I took a picture. Then little later I see that there was someone else in front of him. Then saw the crown grow on his head. I went ahead and took another picture. Feb 6th Early morning as I woke up heard "Prajnudu is both inside, outside and everywhere. Prajnudu does not know it has the physical body".

** In first week of Feb, I came back from Kulwant Hall after morning meditation, I was in intense bliss. I said to AV that I probably had 2 pegs today. Swami said 'you must be accurate with your statements'. I said '3 pegs?'. Swami said '2.5 pegs'.

Feb 12,16 Last night meditation: thought about Achampet and its issues, when I heard "Swami will take care". Meditation 5:30 am: In a vision saw AV smiling and shook her head approvingly, with her hand extended, with pointed forefinger. Then I saw a lift (journey upwards). Next vision I transcended and just before I came down, I heard "did you want xx or swami" "I want swami". Then I saw someone put tilak on my forehead.

** In last few days when I meditated in Kulwant Hall, I was at a new level of bliss, quite intense. I told AV in Ashram Kitchen, looks like I am at a different level of bliss. Swami said 'Just like tastes have

Shad-ruchulu (six flavors), so does bliss.' 'You will experience those also'.

Feb 17,16 Few days back in meditation I heard 'ఐపోయింది'(done), a little later 'one week'. Today saw AV in meditation and she was smiling, happy. In meditation heard 'I am going home'. Today in the morning after cow puja, AV asked me to follow her. After we stepped inside, she took the Arati with her hand and put it on my head. I took her Pad Namaskar. After Abhisekam while putting gandham tilak she put it on my S chakra for the first time.

Feb 20,'16 Last two days AV put gandham tilak on my S chakra. As soon as I got up I naturally did trataka to hold my thoughts still while going to bathroom, realized it is an excellent technique to hold mind still. I came back and sent energy to RD and was surprised, how easy it was to hold mind still. It is centered on source. Then after 1/2 hr I started meditating by focusing on Self and holding it there. When I did this with closed eyes I felt I am experiencing Sushupti like stillness. Since I got up I am doing this practice again and again while doing work. Need to perfect this so that I can center my mind on self while doing activity. Realizing mind normally resonates or reacts to external input. By doing this practice, I am stopping mind from doing so. This is an excellent way to keep mind still for 1 hr the way swami wanted us to do. During meditation had a revelation regarding AS message to AV yesterday about mind does not really exist. It is like glass filled with water, glass is mind and water thoughts. When thoughts are removed, we should have an entity called mind if it exists.

** I returned from Hyderabad on Mar 8th. Had interview with Swami in AV's home on 8th-12th, with AS on 10th, 11th. Didn't record.

** Swami said to AV and RD in middle of Feb that since Gyani will not be here when all of you are going to Ganagapur for parayan, why don't you three go there on a scouting trip. We went to Lord Dattatreya pilgrimage. On Mar 15th I thought of going to Mandir to meditate, Swami came to our room in Sai Datta residency, and told me not to go there, instead meditate right outside the room in the hotel corridor. He spent ~ 1 hr talking to us, making us laugh etc. He said he came to say hello. He directed us to do Anna Daan by giving money. Then he told me where to buy biscuits, how many to buy, how many bananas, and then he made us drive and distribute those to various people, cows, bulls, dogs. Swami commented about each of the recipients as we were giving. Amazing experience.

** Mar 22,‘16 Today Swami and AS came. Key points: 1) Swami said he has given my address to AS. He will visit. He will also be testing and reporting back to Swami (I was happy to hear that). 2) Asked me if I was in bliss while doing name chanting today (while chanting name AV put her hand on my head with a smile, she knew my thoughts). I said may be a little but mostly thoughts. Swami said “if you said you were in bliss, నేను ఒప్పుకోను (won’t agree)”. “What were you thinking about?” I said “what to do once I land, all activities I need to get done etc. Although I know that thinking now is pretty useless because it is going to play out the way it is supposed to.” 3) Conversation went to car. Swami said “cant you buy her (Raeshum) one”. “I can”. “Give it to her once she starts making the effort to work at a job”. 4) Swami said that every one has to fulfill their Karma. Parents might plead, pray, worry, etc. No matter how hard they work in improving their child, the individual soul has to undergo its karma (see Mar 23rd comments). 5) Stressed again importance of Name Chanting. In all other practices, ego gets strengthened. 6) Asked me to memorize Swami's poem on how to lead life.

** Mar 23,‘16 I came back after meeting Robert and Rita Bruce. Swami came and sat down at 9:10pm. I did not realize it and was cutting some jokes about Swami not knowing English, 'America' instead of saying American etc. I told AV I am cutting this joke so that Swami comes and talks to us, not knowing he is already there. All three of us laughed. 1) Devi was getting tears about seeing Swami physically. Swami said 'అంతర్ నేత్రముతో అంతర్ దృష్టి అంతర్ముఖము చేసి ఆది దేవుని దర్శించమను’ (with inner eye, turn inner vision inward and experience the eternal God). 2) spoke about Raeshum getting ready for the battle. Using RD as Sai kavacham, got lots of laughs. Swami said Raeshum is thinking on what to say, keeps changing, will end up saying what comes on that day. 3) హరి హరాదులు అడ్డు వచ్చినా సరే, కర్మ తీరవలసినదే (despite intervention of Shiva and Vishnu, Karma has to fulfill !) 4) Importance of chanting name (Sai kavacham). I said I used it today when my mother exploded a bomb when I spoke to her. I explained after Swami asked me to. Swami said ‘that is only talk, nobody wants to give up that easily’. Then we spoke about how terrible money is. Swami said 'that is why I call it దయ్యము’ (a devil). 5) Swami spent more than an hour with us. He said 'I promised Gyani that I will spend some time సరదాగా (happily) before he leaves. I always keep my word.’ 6) Told me to come after 2nd week of October. Pulled my leg about going to Achampet. 7) He said

laughingly 'see did you notice. You will be ok till then' regarding health, life.

Apr 10,'16 Few days back after meditation I heard 'one month' .... 'honest'. A day or so later I saw a dream where I and Amma Karunamayi were together like being similar to one another. I was driving Jag, she told me to pick her up etc. Yesterday at tail end of meditation I heard suddenly out of the blue '*jivan muktha*', after sometime I heard 'coconut', I thought of going to temple and breaking the coconut. I was doubting if I reached that stage hence did not get excited.

April 11,'16 Yesterday did japa and meditation for ~ 2hr 20mts. Last half hour I could just sit, not think. There are two levels of silence - one with sound vibration and other even more silent with no sound. But presence is there which is strange kind of knowing, seems like mild hum to it. Today morning I woke up with that presence and silence but no thoughts. Sent energy to RD for half hour. Then meditated for 40 mts. First half hour was that silence then thoughts started invading.

Apr 25-27,'16 Today after sending energy to RD, I heard "pure energy" (free of stray thoughts). Apr 27th Last night dream: 1) Saw AV. Saw a sanyasi, late 40's with slight beard. Then I see a mantap with a statue of Swami but he is live. AV expressed interest to merge in Swami soon. Swami told this sanyasi that 'she will be joining me'. He said why the rush, there are more things to do. 2) Next I am in a car with AV and heading to the same location where Swami's sculpture is. To the right of the sculpture I see Lord Krishna's life size image. As we approach, Lord Krishna beckoned me with his right forefinger. I reached there by myself and Lord Krishna turned into Swami. I go up to him and he hugs me warmly and tightly. I said 'Wow, you never gave me a hug like this, Swami'. Swami said 'till now you always viewed me as God. Now you have started seeing me as you, in you. When you leave body you will become one with me. AV was telling me earlier 'swami why don't you take him closer''. Dream ended. 3) Sent energy to RD after I woke up. It was mostly pure energy. Then I reached to Self. Amazingly stayed 20 mts in silence with no thoughts, full awareness, pleasant and uniform bliss. Week later told AV. AV said she had a dream about few days prior to mine. She, RD went to a beautiful place up in the mountains, a beautiful house was there. Swami was there, said to AV 'you all can stay here. You can have wonderful bliss if you stay here'. AV asked 'what bliss Swami' 'bliss is bliss' 'will you

be there?' 'No, i am not there' 'we have no interest in that place where you are not there. We want to be always with you Swami'. Then Swami's heart area became big and opened up. AV and RD entered there.

Apr 29,'16 After hours of worldly talk, I came back home, wondered how meditation is going to be. Surprisingly it went well, heard "Prashanti" (unwavering peace). Next morning sent energy to RD, half way thru it felt my entire mind was filled with it. After I turned my mind to Self, heard "that's it", kept at it. Later "samadhi". Afterwards heard "Gyani", then "independent" twice.

May 12-15,'16 Dream: 1) I was in a room, felt AS is going to visit. AS materializes on my left side. He was wearing a crown, his body was rippling with muscles. I said my kids are going to come. Then I saw his body became invisible and only head was visible. By the time kids came he was fully visible again. After seeing him, kids left. I turned to AS and said I got to do Pad Namaskar. So i went down on my knees to touch his feet. He bent down and lowered his head and got it in line with my head, and touched it with his head. He said you and I are one, and there is no need to touch the feet. Dream ended. 2) May 15th, I had a persistent dream, see myself with someone. See a tall sage in a reclined position. I go to him, he gets up and I take Pada namaskar. This person with me says he is adopted son of Sage Bhrigu. Scene changes and there are few sages around and we approach this elderly sage. I do namaskar to him. I am told he is sage Bhrigu. Right behind him is a Yajna kund. I reach to the edge and see that it is a Kund almost infinite in size. I could see down the side which is at an angle and was so deep that i could see some sages at the bottom who looked like ants. I am told that is Sri Sathya Sai Yajnam. I am told that Achampet is in that Yajna Kund (offering). 3) In the morning I looked up - sage Bhrigu had two sons, 1 daughter through his spouse. He had another child through Khyati who was sage Shukracharya. (Swami used to say Shivangini was Shukracharya's putri (daughter) and was called Devayani then. Interesting!).

Sep 16,'16 My birthday. Got a message from Janaki. Swami had asked her (IV) to call me. She "Swami, it is 15th September today!". Swami "In India it is already 16th sept, his birthday, actually that is the time he was born..call him now!!" Janaki called at 4:57 pm (India 2:27 am). Today in morning as I meditated, mind was just blank without any effort. I sat like that sending energy to RD. I heard "remember".

In Jan 2017 RD called around 9 pm said Swami wants us to leave next day early morning to Sri Sailam. Only 5 were invited - AV, RD, Tirupatamma, I and my mother. We stayed at Sri Shivaji Kendram guest house in Sri Sailam for ~ 4 days. Swami came everyday. First day he told us that he decided to pull 4 of us who were serious about doing Sadhana from Anugraha Gruham because conditions over there were a hindrance to our spiritual growth. Said 'this is your ఆఖరి మజిలీ (last stage) of life". He said Gyani's mother will stay with you, and said she is not only mother to Gyani but mother to all of you. Asked RD and me to draw up how it is to be built. Next day we drew up some rough sketches, Swami said they are to be round like పర్ణశాల (round huts), conducive for meditation, small to meet needs of hermit stage (vanaprastha). He told me to take care of the financial aspect of building the Ashram. After returning, we scouted for land to purchase, as we stood on a plot for sale near bypass road, Swami said to AV "this is the land". Right away agreement was made, gave deposit, registered on Feb 1 2017. Swami named it Sri Sathya Sai Kuteer. Swami guided us every step of the way: made us sprinkle sugar water on ground prior to Bhumi puja for ants, they will vacate that place for us; under each Swami chairs in Mandir, pits were dug and likhita japam books were placed; made us place crystal salt under four tiles in mandir entrance to take out negative energy etc. Design consisted of round kuteers (6), 2 floor building consisting of kitchen, dining, with 2 dormitories upstairs. Largest kuteer in the center is Mandir, kuteer on southwest is Gurusthan, where AV and RD will stay. 1 kuteer is kept for visiting guests. Swami guided us thru AV in design, bhoomi puja, sanctifying the ground, all the way through inauguration (Dec 24, '17). On that day, small Annapoorna figurine (metal) manifested in rice used for making పాయసం (dessert). Swami gave us what routine to follow, how to take care of guests, what sadhana to do, daily Gita homa, morning bhajans/ Arati, evening parayan schedule, mantra pushpam, gayatris, nirvana shatakam. Chant entire Gita every Sunday.

** In 2017 AV and RD visited USA for ~2 months. They were with her son in North Carolina. I drove down and brought them to Midland, MI, stayed with me from July 6-27. I have not documented any parts of that visit, what I am stating here is all a recollection to the best we remember. As soon as we landed in midland, Swami arrived and told us what sadhana to do. He asked me to vacate the master bedroom, move my toiletries etc out, said he will occupy that

room for 3 days and no one to enter in there at that time. He also said he is teaching Yoga Vasishta to Shivangini at that time. We had at least 3 visits from Swami in my home, sitting around our dinette, conversing for hours hilariously.

Aug 2-4,'17 Meditation: Saw a blank screen in front, enjoyed great level of bliss and constant sensation in the crown chakra. I thought 'this may be how S chakra gets open', heard "quite true". Continued in that state for a while, I heard "my blessings". Aug 3rd Night, saw Swami Sarvapriyananda's video on Kenopanishad, understood everything is in consciousness. In meditation realized that mind pointing to Self, feeling bliss etc all are happening in Atma. All effort is in the presence of Atma. Suddenly all effort stopped, just stayed put, experienced great calmness and silence. After 20 mts like that I heard "supreme". Continued. Heard "congratulations". Aug 4th Understood that no effort and natural stillness is the key**.** Till now all the practices I had done were with effort.

Aug 11-12,'17 Bh Ramana dialogues indicate that Samadhi is to know one as they are. Morning meditation: Sent energy to RD. Later I kept my focus on being as I am, heard "samadhi" after some time. Screen in front became brighter. During this process as focus gets to the center there is bliss, it takes effort to be at the center, not try to grab it. Along the way, entire inside of my head got filled with light and felt very light for a brief time, as if everything got empty. I heard "Turiyam". Little later heard "miracle". Dropped down to thought level. Made effort to get back there but could not. Heard "practice". Later heard "*jivan mukthi*". Aug 12th Meditation was quite difficult due to continuous invasion of thoughts related to past that were buried deep inside, did not even know they existed. Got rid of one, mind quietened for few seconds, another sprang up. Heard "let it go". Kept at it for 10mts. Heard "magnificent". Vision - I am picking up dirt in a carpet with fingers, one by one.

Sri AS actively came (in form) with Sri Sathya Sai Baba to AV's apt when three of us interacted (see Oct 11,'14). He came to evolve us further spiritually. For first 6 months he gave personal messages to RD in the form of tests, assessments, teachings, etc. He started giving spiritual messages applicable to every sadhak starting July '15. (See Anjaneya's Command (AC) Vol 3, 'Genesis of Anjaneya's Command'). Over the 7 years, a total of ~ 920 messages (1059 pages) were given compiled into Telugu first, and translated into English Anjaneya's Command Vol 1, 2, 3.

During 2017 (see 'Jan 2017' Kuteer building write up) everyone was very busy and tired due to all the construction, selection of materials - doors, knobs, tiles, colors, windows, wood work etc. etc. Hence there are very few messages (22) during that time. In 2018 there were 200+ messages were given. Each message after it is written by AV, we (some visitors and us) were called in, one of us is asked to read out loud that day's message, AS would ask us thru AV if we had any questions, then he would end the interview with comments, or further elaborations, or reprimands, or warning/ caution etc. For some reason I did not write down any of spiritual experiences in 2018, hence they are lost.

May 13-14,'19 A month back heard in meditation "you have a remarkable name", little later heard "Gyani". May 13th Meditation: Heard "mulaqat" (meet). (heard same word in Parthi while experiencing strong bliss when we sat in front of AS, I mentioned, he confirmed it was him who said that). I sat in silence with closed eyes and started identifying the light I was seeing. As I thought if this is the light AS said (see 29-04-18 message[4]), I heard "నీకు అర్థం కాలేదు" (you did not understand). Last night read Bh Ramana's 'Maharshi Bodha' in Telugu, 'Atma is self luminous (swayam prakasa) … it is due to this we see the world'. Understood AS said light is this self-knowing capacity, first person experience, so I meditated on it, when I heard "wonderful". There is peace and steady level of bliss with it, not from any body part or S chakra. Mind doesn't know 'presence', first-person experience, it is always in the past or in future. It knows of an event a moment after it occurs, as memory.

May 20-31,'19 Last night I read Upanishad Vahini. It said 'when the seer and the seen are both the same, the joy is described as that of fourth stage, Turiya.' Meditation: Mind was disturbed by what my mother said about relatives, stay in Parthi etc. Had a difficult time to steady it. Finally using 'Trataka' method taught by AS, I stabilized in thoughtless stage with only the self and void, I wondered if this is Turiya. I heard "Purushottama". I held on, enjoying the bliss, heard "100%". Later heard "Bhagwan". After ~ 10 mts in that state with effort, everything suddenly became effortless. I could see the lighted void while my 'drushti' was centered in self. I heard "samadhi". May 31st Meditation: I settled in the Self and was enjoying the bliss. I thought if this is still duality. I heard "Sathya", later heard "Nirguna", 5 mins later heard "Brahman".

Jun 1-4,'19 Few days back mind was disturbed by News, I heard in meditation "Himalaya", later "confident" (have unshakeable

confidence). Today as mind drifted from Self, I heard “come back”. I did but drifted again, then heard even louder “hold firm”. I held on to Self and stayed there, after sometime heard “samadhi”. Got to a stage where it became effortless, everything was empty, heard “as a witness”. Jun 2nd Realized that dreams and thoughts in meditation are all vasanas and only way to get them out is by keeping mind quiet, I heard “pucca” (for sure). 4pm. Woke up from nap, mind was still, with ‘మౌన ఘోష’ (sound of silence). Stayed in bed, kept enjoying it, I heard “nirvana”, later “mukthi”. In the night mind was naturally blank and blissful. Thought of Chit-Shakti that I read, when I heard “Shiv-Shakti”. Jun 4th Woke up at 3 am due to stuffed nose. I was in one of those weird ‘awake-dream’ stages where my mind was playing out a discussion between two unseen forms. I thought who are these? Mind said one is ‘a-shareera Lord Rama’ and other is Sage Vasishta discussing duality/ non duality. It was subtle, deep and clever discussion, but I couldn’t recollect. Lord Rama says “one appears as dual so how can we deny it”. Sage V “yes, one appears as dual. But that appearance does not ask you to act or react.” Lord Rama “Yes, it does not ask us to act”. Understood they were discussing Ajata Vada of Mandukya Upanishad - ‘one appears as many (adhyasa) but two does not exist”.

Jun 10,’19 Yesterday I wrote down the gist of Ashtavakra Muni’s wisdom (3 step) - Nithya/ anithya; drk/ drushya; chetana/ jada. Then - Ocean/ boat; Ocean/waves; Ocean/ appearance - gave me understanding that this body is mine but I the consciousness is a witness of it. Today morning meditation for ½ hr, I could focus on silence of mind and emptiness with no memories or thoughts. While in there, I heard “enlightened”. A week back in meditation while enjoying peace-bliss, heard “Amrith”.

Jun 12,’19 Yesterday tried to stabilize in silence but kept drifting, kept trying when I heard ‘దొరుకుట లేదు’ (unable to find). Today I did the two step to still the mind. When I heard the hum kept hanging on to it to keep mind tied up. I heard “this is the method”. When it became effortless, I saw light spreading in my vision. At that time I heard “Swami” couple of times. Did not know which Swami (SS or AS). Today at Gym while walking I could hear the hum and stay silent.

Jun 15,’19 I read the message on Silence by AS. I heard “Yajnam” (meaning silence is tapas, yajna). In the morning I heard “Allah” when I was silent with Self.

Jun 18-23,'19 Meditation: heard "want to give it a try?" I said "yes". It was amazing meditation with peace and bliss. Later I thought of 'who we really are?' when there is nothing but 'presence', I heard "Shivoham". Jun 19th I was updating spreadsheet with stock market info, when I heard "meditate". In meditation I was in a state of no effort of doing or holding on tight etc, vision was empty of content, just looking, feeling of presence, and no intrusion of thoughts. At that time I heard "the best". Jun 20th Gita Study – I thought about how to speak to the group to express my understanding, thinking of Arjuna's Viswaroopa darshan, I heard "Prapti". Understood each of us gets/ attains what is our bhava, and deservedness/ destiny. June 22nd Meditation: I heard "amazing", after sometime heard "buddha", assumed it is related to meditation state I was in. Looked up on the internet, it means enlightened/ awakened. Jun 23rd In morning meditation heard "wow" then heard "done". After sometime heard "all done". All day I was in no thought stage. Thoughts were intentional, rest of the time no thoughts, peace, the rumble/ sound of silence.

Jun 29-30,'19 Meditation: I heard "నిశ్శబ్దం" (silence). Later heard "most powerful". Jun 30th A thought came to me "నిశ్చలం" (stillness). Understood Silence addresses the dirt in the lake of mind, while stillness addresses the waves.

Jul 1-13,'19 Did likhita japa of Sri Rama with mind, so as to empty the mind. I heard "practice".. "night time".. "medicine"… "2-3 days". Jul 2nd I meditated using Ram Mantra to calm the mind when I heard "మళ్ళీ రేపు" (again tomorrow). Jul 3rd I went for a walk and mind kept getting active, to calm it started doing Rama Mantra, when I heard "Finally!". Jul 4th Used this technique in meditation when I got an unwanted thought, I heard "wonderful". Jul 8th Looked for self-knowing entity within the seer/ seeker. Heard "absolutely". When I became still, heard "exactly" and a little later heard "enjoy" (bliss). Jul 9th Read the following in Ribhu Gita saram "Nothing else is knower of the self. It knows itself by itself." Jul 10-11th Couldn't reach the still state. Slowly with effort I was reaching there, heard "remember", as I reached it, heard "exactly". Jul 13th Reached the still state when heard 'enjoy'. Later as I exerted more, heard "jagratta" (be careful).

Jul 14,'19 As I woke up from one of those peculiar dreams, I witnessed the dialogue in the mind. In the dream I was there and AS asked me to check something he left behind. When I pressed, it felt little soft. As I did that, I grew 100 times my size. I asked AS, if this is

how he is. He said 'ఇది నిన్ను నీవు చూసుకునే విధానం' (it is the way you see yourself). Understood that the way I am practicing 'it knows itself by itself', AS is showing me that I am spiritually growing (100x in dream). In morning meditation I stayed in stillness, heard "brilliant".

Jul 15-18,'19 Guru Poornima. Meditation: focused on that which knows it exists. As I did it, ended up somewhere, heard clearly suddenly "sakshatkar", that got me back into awareness. Jul 18th Read in Ribhu Gita 'Self knows itself. This knowledge is continuous …'. 'Continuous' caught my attention. Started experiencing continuous self-awareness and thought it is Turiya or Atma when I heard "100 percent". During day it dawned on me that this continuous is what Swami calls CIA.

Jul 29,'19 Few days back I lay in my bed before sleep and stayed with the Self, enjoying the bliss and quiet. I heard "prajnanam" (pure consciousness/ awareness), little later heard "Prashanti" (unwavering peace). Three days later as I was in pure awareness, heard "Atma".

Aug 4,'19 Last night meditation: As I was with Self, heard "enlightened". Much later heard "give money" (donate). Today: I zeroed in on Self heard "Swarupa" (real form/ nature). I was in that child like awareness for a while ~ 20+ minutes. I wrote following description one by one *while in that state*. It is totally empty, hum of silence ('horu'/ rumbling), unbroken awareness of Self, continuous presence, knowing Self continuously, amazing peace. No thought, fully aware of Self, no world, no relations, no possessions, no past, no future, no problems, no fears, no Gods, basically no nothing, yet in continuous constant bliss. It has been 30+ minutes, I am maintaining that state.

Aug 25-26,'19 Two days back while I zeroed in on Self, heard "Amrith" (nectar). Later a thought came 'if I am thinking about 'I' while in that state', heard "అక్కడ ఏమీ లేదు" (there is nothing there). With meditation/ contemplation gaining more understanding about Self - to be in 'I' without thinking 'I', 'I' does not pierce out (పొడుచుకొని రాదు), attention/ drushti folds itself into Self ('ముడుచుకొని నేనులో నిలుస్తుంది'). Aug 26th, Meditation: Practiced attention folded back into 'I'. I could stay, after a little effort. Along the way, saw some lady (perception, no form) was happy, kissed me on my right cheek like one does to a child. As I stayed in 'I', heard "అస్సలు దొరికిపోయింది" (found real thing).

Sep 6-15,'19 Meditation: I practiced folding attention into the Self. Understood that while in continuous awareness mind needs to

be totally empty – not even 'I'. I did that, thought this must be 'uniki', when I heard clearly "existence". Understood that is 'Sath'. Stayed in that with open eyes as I wrote this. 8 yrs back this day I experienced cosmic 'I' and every thing else inanimate, but moving like puppets. Sep 8th I was in bliss for 5hrs till night. I was in presence also. Heard "Sat Chit ananda". Sep 15th Night meditation: First heard "want to talk" in Telugu, I said 'yes'. I could zero into bliss. Along the way I felt I am just enjoying bliss but not recognizing 'Sat'. Then I zeroed in on that which knows itself, is continuous, unbroken. Suddenly realized, one can be in bliss and yet be oblivious to the continuously present Sat. I heard "అర్థమైంది" ('you understood'). While in Sat, I experienced peace-bliss. Then heard '10 rojulu' i.e. 10 days. How close can one get, yet not know the Self. To know is to become one with it. Till then 'triputi' exists. I heard "Indeed!". I offered 'namo, namo'.

Sept 22,'19 My thoughts last couple of days were around Raeshum's destiny. If one were to center in pure awareness, the thoughts that arise would see all this is transient (illusion, appearance). My mind fell silent and instead of centering at usual place, it centered in the periphery. It was effortless, amazing level of peace, bliss. I continued to stay in that state. I heard "Moksha". A little later heard "*jivan muktha*". After some more time heard "ultimate". I bowed to Swami's picture and went to bed. In the night, in dream saw Raeshum (~ 10 yr old), was getting reprimanded, later she was sitting by herself and crying. I went to her and took her in my arms lovingly, she said 'did I do anything wrong?' thinking I was going to punish her, I said 'no', then she said something about my love for her. I was shedding tears in sleep, woke up and shed tears for a while. Later went back to sleep. In the morning meditated for ~ 30 mts. During that time I was in pure awareness, I heard "Turiya".

Dec 1,'19 In Puttaparthi. Spoke to AV and she said 'during meditation one needs to get to the state of not only silence but no identification with the body'. What is no identification of body? And how to get there? As you concentrate on self knowing entity, one might eventually go into samadhi. This would be no identification of the body. I started doing this meditation with every effort not to think, and at the same time stay focused and centered on Self. Then I heard 'పండగ' (means celebration) and later heard 'kamyab' (success). As I focused like that, there was a hum. I thought, do I need to focus on hum, when I heard "అక్కర లేదు" (not needed).

Dec 12-29,'19 Meditation: Heard "samadhi" three times as I did above practice. Dec 14th Meditation: Did above practice and

stayed as long as I could in it. I heard “complete”, then as I stayed in that state heard “amrith” (nectar). I struggled to bring mind to the center of Self. I heard “సరిపోయింది" (sufficient) and heard “control” as thoughts arose. I kept trying to push out the thoughts and focus on Self when I heard “madhur” (sweet) and later heard “ఇప్పుడు sadhana” (now it is sadhana). Dec 16th In the night I spent about 1.5 hrs with stock market. Later I meditated like above when I heard “khatam ho gaya” (finished). Dec 17th After omkar did ½ hr meditation as indicated above, when I heard “ఐపోయింది” (done). Dec 19th Spent lot of time in the night on stock market assessment for what to sell and what to buy. After that I started meditating. As I stayed centered on myself, it was peaceful. I heard “బాగుందా?” (is it good?). Then I thought if I am making a mistake spending time on market like that. I heard “karma yoga”. Dec 28th In the evening mind was quiet and I could hear silence. It was like meditating. I tried to maintain it as much as possible during Lalita Sahasranama chanting, conversations at dinner time. Interestingly all speech is fairly peaceful, appropriate with right words, when one thinks and speaks while listening to the silence. In the night after about 2 hrs on stock market and accounts, sat down to meditate. I was hearing silence all along the 2 hrs. Initially I could zero in on Self quickly with silence. I heard “perfect”. Then a little later thoughts started heavily around the maid issues at the ashram. At that time I heard “mantra” referring to what was taught few days back. I heard ‘mantra’ again twice. I kept doing that practice. A little later heard “అయింది” (done). As I wrote, mind was quiet like meditating and hearing the ‘horu/ ghosha’ (rumble). Dec 29th Last night meditation: While in silence I heard ‘ఎంత బాగుంది’ (how good it is?). Later suddenly all the ‘horu’ or ‘ghosha’ stopped and it was dead silent and peaceful. At that time I heard ‘గుర్తించావా’? (did you recognize?). I replied I did not. Understood later that this is what AV referred to ‘no body awareness’.

** Jan 3, ’20 Morning meditation: zeroed in on self knowing entity while keeping mind silent. I heard “Atma”. Today Sri AS called me in for one on one thru AV. He asked “do you have any questions”. I said ‘only one thing. What I am hearing in meditation, is it real or is my mind making up stuff?’ He said ‘tell me what you heard and I will tell you’. I said ‘I heard ‘ఐపోయింది’ (all done) couple of times, heard three times ‘samadhi’, and today I heard ‘Atma’.’ He said “put all those together – finished, samadhi, Atma. What is there not to understand?’ Then he said “you are unable to restrain your mind and

you need to do that soon. Not much time left. This opportunity is rare to come by where you are closer to Sadguru. Sadguru is God, there is no difference. Say Namam with full heart to gain control over your mind." I said "Swami I am focusing on silence as namasmarana". He said "you are unable to gain steadiness in it" saying it can be done but need to improve. He said "while focusing on silence, tamas is active and taking over. You are either falling asleep or yawning. You need to gain control over Tamas." Then he said "I am repeating again. You need to complete your Rin (debt) to your mother. I have given her another life (referring to the stroke she went thru and came out cleanly with no after effects). She needs to utilize it and you have the responsibility to enhance her spiritually. She is older in age but spiritually she is younger to you, and it is very difficult to get this opportunity again. Her mind is not focused even while she is doing likhita japam. It is like photo copying. It is a great good fortune for her to come and stay in this ashram, and this opportunity is very hard to come by. She needs to utilize it to attain what she seeks." I said "it is hard to work with her. She quarrels when I try to tell her about her behavior being spiritually out of synch". He said "even if she gets upset, you have responsibility to help her". Then I asked "I am planning to give charity to SSS hospital, Ramana Ashram, Ramakrishna ashram. Is that ok?" He said "now that you raised the topic, I will tell you what to do. Should I?" I said "of course Swami." AS said "Go to Ramana Ashram. There are my children (sadhus) over there. Give clothes to 400 of them (first he said two pieces of 2.5 meters each per person, paused, then said one 2 meters, and another 2.5 meters per person). I will not say all of them are spiritually advanced – there are some who are struggling. Give them a bread and biscuit pkt each, a fruit, and flowers along with clothes. Put them in a bag which is useful to them later on. Give them the bag, put a flower on each of their feet, touch their feet. Get their Ashirwad (blessing)". Swami said "Call Chennai people, they are ever ready to jump on any service opportunity. Call Manimaran. Tell him that he has to follow the directions of God. He was told to start the construction of project (opposite our Kurteers) in Feb. Tell him he has to come here on 6th, for Narayan Seva on 7th. He will have to stay here till Feb and get construction started in March. There will be others joining this seva opportunity.' As Swami said this AV paused thinking that today is 3rd, can he leave Chennai by 5th for stay in Kuteers for a month. AS said to AV "who is this 'I' who is thinking that if it is possible?". AV later said that it was 3rd time where

she paused with a thought. i.e. mind is active, and ego is active. While speaking to God, even then mind wants to come up with what ifs. This is how ego functions subtly. Another lesson in Sharanagati.

We started calling, informing various followers of AV, car and stay arrangements, where to buy bread, biscuits, flowers, fruits, how to transport etc. By 9 pm, ~ 20 people and 3 cars got ready to go.

Jan 7,'20 Meditation: As I got settled in Self, heard "ఐపోయింది", later "జీవితం" (life finished). Understood my karmic living is finished. Heard "correct".

** Jan 19,'20 After we returned from Ramana ashram, AS sent me a personal message through AV. It said "do you want to get the full benefit of the Seva you have done? Or do you want to share it? If you wish to get the full benefit, then you need to bear it all. You and your mother transported other Jivas to a pilgrim center and became bridges to their merit. Therefore do no accept anything from them. They got sanctified in matru seva also. Once you have surrendered, do not accept. Do not share in the Danam. Shubham." I did not understand. Today Sri AS called me in and clarified as follows. "You were going to go to the pilgrim center anyway. Don't accept money for the people who travelled with you (in our car). My heart did not accept for you to get only part of the benefit. Instead I wanted you to have the full benefit. Reaching to the peak is one aspect, but maintaining oneself on the peak is whole another aspect. It is easy to slip. That is why a Guru and Sadguru's help is needed." I said "I asked RD about how are we handling the costs in riding cars etc. He said to divide it, and I followed it." Swami said "They are all in journey and their situation is different. One who has reached the peak, their situation is different. Ego can crop up easily and that is why Guru/ Sadguru help is needed." I thanked Swami in letting me know and that I need to maintain. It is wonderful to know what I heard in meditation is all genuine.

Jan 24-31,'20 Meditated in Mandir while bhajan was going on. I had a vision where I saw a red car (Rajas) near AV's Kuteer. Tirupatamma was in driver seat. She turned the wheels to right as if about to drive away from AV's kuteer. (She moved out of kuteers on Jul 13,'22). Jan 26 Meditation in mandir: Heard "company, how do you like it?" I said "it is good swami". Then I heard "Sathya Sai baba, Hanumanji". At that time mind was blank while attention was stabilizing in Atma. Afternoon meditation: Saw a holy deity sprinkling water on Tirupatamma and rest of us. Jan 31st Meditation: based on what AV said about higher level where hearing also stops, I thought

while hearing Aum, I need to get to a stage of not hearing, when I heard "Thadastu" (let it be so/ Amen).

** Feb 3,'20 Meditation: Stayed in the Self with no thoughts, I heard "prashanti". I continued to meditate drifting in and out of Self. I heard "prasadam". Yesterday I asked Sri AS 'what state one needs to be when they die for AS to come and take them with him'. He said 'answer is in today's message'. After we heard the message I did not understand. Then I was explained that in the message 'jnana swabhavam' is answer to my question. It dawned on me later as 'ordinarily we are with vasanas and it is our swabhava. In Jnana swabhava, swarupa and swabhava become same. Swarupa is Jnana and when it becomes our swabhava it is *Jivan Mukthi*'.

Feb 8,'20 Meditation: heard repeatedly 'samadhi' indicating what it is, as well as the stage I was at. As I continued in that state, heard "చెప్ప నక్కరలేదు" (how great it is).

** Feb 18-25,'20 I had been focusing on the self knowing entity – ek atma pratyaya saram[13]. In this process I (jiva) and self knowing entity are still there, Savikalpa. To practice it while doing activities requires equanimous mind (thoughts, desires subside and intellect focused on 'Brahman exists as I') while Jiva bhava (duality) persists. Can one practice Nirvikalpa while doing other activities? On Feb 25 I asked this question to Sri AS. 1) He said it is already told in previous messages. RD tried to explain to me, but I did not understand. For Nirvikalpa, mind and intellect have to completely subside. When actions occur by intuition and not from mind/ intellect, one is free of Rajo and Tamo gunas, then that could be practicing Nirvikalpa? 2) At ~11am Sethuraman asked Sri AS that he is looking for Prashanti and happiness. AS already gave a 2 page message on this very topic to AV starting at 9 am, who wrote it down and it was read to all of us in his presence. AS further said today's message is for Sethuraman. Feb 25th msg states '..to attain eternal happiness and bliss, it is possible only by taking shelter of the eternal supreme being …'

** Feb 28, '20 Swami and AS came together at 8 pm. AS stayed quiet all the way. Swami asked each one of us if we had anything to ask. 1) I asked what I need to do as I am in USA. He said to cook and eat daily fresh food. I said I am not asking about that. He said I want your body to stay healthy. I said then I need to take a pressure cooker. He said your suitcase is empty, take it from here. Then he said about 3 in one deal – 2 pressure cookers and a pan – ugadi special – prestige or butterfly. 2) I asked about sadhana. Swami said to increase meditation. He said when in USA you need to move up

one more step. I asked AV if this was the step she spoke to me earlier. She said yes. Further Swami reminded the message AS gave today about pot getting filled with Ananda but leaking through the holes of abhiman, ahamkara, anger. He later reminded us that before coming to Kuteer we had more love for each other. Now that love has reduced. I agreed with conviction. He went on to say about the ahamkar that is the cause. How we need to get rid of it and increase love for each other. If we feel any criticism towards others, then you have not even started doing sadhana. Your Jiva is mine and I will take it back whenever I wish, whether you are ready to let it go or not, because it is mine. As God I don't need to extend my hand and plead with anyone for anything, yet I am pleading with you to develop love. You have planted the right seed but if you don't water it properly it will get rotten. If it is all not cleared out and even little rot is left, then one need to come back (rebirth). There are people who are eager to come and join us, what will they learn from you all as role models. 3) Swami spoke to my mother. Played around a bit with her regarding the promise she made last year. Later Swami said I took care of her as I promised. This Jivi still needs to undergo certain experiences. I wont let her hurt much, before I take her. 4) I asked about coming back, he said you need to be ready to come when I ask you to. Not trying to scare you, most probably it is not needed.

Mar 2-17,'20 Yesterday meditation: started focusing on Self in Nirvikalpa way i.e. identity of knower and knowing is one and the same, just be the way one is. At that time I heard "అద్భుతం" (fantastic). I asked what is adbhutam. A little later heard 'ఖచ్చితంగా' (unquestionably). Today morning I could be in that state for a little while. Since then started experiencing amazing level of bliss and quiet. Mar 17th, Meditation in mandir, focused on Self in Nirvikalpa way above, started enjoying deep bliss, when I heard "బాగుందా?" (is it good?). I smiled said yes. As I kept my focus for a while, I heard "Naivedyam" (offering or Chadava to God).

Apr 13-15,'20 I returned to focusing and being the self-knowing entity. Felt bliss. As I continued to stay there with disturbances on and off, I heard "Atma". I realized the reason I don't have full confidence because for some reason I moved away from it. Apr 14th Meditation: I was at self-knowing entity, experienced very nice bliss. I thought if this is Atman, heard "absolutely". Later heard "fortunate". Continued to stay there, a while later heard "samadhi". Apr 15th Contemplation: All of us have inner eye or attention or drushti. When we turn it outwards, we see, hear etc or think. But

when turned inward and kept with self-knowing entity everything disappears. When drushti moves away from the Self, then an image of the Self reflects in drushti (abhasa).

Apr 25,'20 Last few days I had been practicing to hold mind still, it was a method divine let me do, to make me understand it is of limited use. Today went back to mantra given to me. I could hold it steady, heard 'sarva sreshtam' (best all round).

Jun 3,'20 Last few days I stabilized in Self (ek atma pratyaya saram). I heard 'ఐపోయింది' (finished) on three different days. I asked Amma V – she said 'keep doing and don't worry'. Meditation today: As I zeroed in and was still, I heard "perfect".

Jun 18,'20 Last 2 days experienced a never before peace, bliss, very different from others. This felt as if peace and pleasantness is right in our core. Hard to explain. 10:20 pm, I meditated lying in bed, enjoying bliss and peace by getting rid of thoughts. At that time I heard suddenly "*jivan muktha*". Had no reaction, except observed casually. Next thought, what is *jivan muktha*? Self always been, and no one else is there to claim this *jivan mukthi*, anyway I enjoyed the peace and bliss. Then I heard "*jivan muktha*" again, this time there was a quiet emphasis. About 10 mts later had a thought about *jivan muktha* when I heard "pucca" (for sure). I thought there is no one left who got *jivan mukthi*. Self just got untied to antah karana (mind), only knot (bondage) is gone, when I heard "అంతే" (that's it).

Jun 21-22,'20 Meditation: Quickly steadied on shoonya, and drushti on Atma at the same time. Thoughts arose but drove them out. Sat thoughtless for 10 mts+ while holding onto the above, in that peculiar bliss of silence/ peace. I heard "excellent". Jun 22nd while reading Sandeha Nivarini, slipped into bliss, thought of *jivan muktha* when I heard "pucca" (for sure). (Janaki wrote to me today 'What were you telling Hanuman yesterday? He was standing in front of you with the same height of yours and listening to you.')

** Jun 27,'20 I asked AS (thru AV) about what I heard. 30 days back "ఐపోయింది" three times, 10 days ago experienced 'శాంతముతో కూడిన ఆనందము (STKA[1])' (peace-bliss[1]), 8 days back heard "*jivan muktha*" thrice, and heard "pucca". AS said, if I fell down from my state then will not be able to return 'ఐపోయింది', if I don't correct now, things will change. STKA is all there is. *jivan muktha* is not there? (something similar to this). Sadhana is to stay in that STKA as much time as possible. 'That's all there is'.

Jun 29,'20 Clarified a few things with AV. 1) Is STKA Turiya? She smiled and said "yes". 2) Why *Jivan Muktha* is not there? She said 'all that there is, 'Turiya". I said 'is it something that is spoken of when we are on this side of turiya'? She said these are names given for aspirants to understand. 3) AV said one time she did not feel like keep pushing spiritual knowledge on people who are far from it. Swami said 'all the people who used to come to Kulwant hall were not spiritually oriented, yet I came day in and day out to see, bless, and help them etc. you think you are a very advanced soul who has no need to grow further?' 4) I asked 'when does Sahasrara open?' She said it has to open first even to get near STKA . 5) I asked her about my anandam (bliss) in 2008 till now. She said it is like climbing the steps. Asked her 'can one get to this state without experiencing ananda' thinking of Padma. She said 'no'. 6) I asked 'after reaching karana sarira, effort does not help'. She agreed with it. She also said even hearing in meditation need to go.

** Jul 9,'20 Since Jun 30th, meditation focus is to reach and stay in STKA. Meditation: Today STKA changed with little more peace and bliss (shanti and anandam), stayed steady in it. Got visions, pushed them away, back to STKA. Asked AV, "if there are steps in STKA". She smiled, said yes. Told her I noticed it today. I said "is S chakra opening a pre-requisite?" "Yes" "When did my S chakra open - in USA or here?" Then Swami said thru AV "unnecessary". I asked "Jnana Vahini says about *jivan mukthas* – Brahmavid, vid-wara, vid-vareeyan, vid-varishta etc. Is this saying same thing as steps in STKA?" Swami said "it is like an ocean. One cannot handle it if they jumped straight into the ocean. Like a swimmer, one needs to learn swimming in a well or a pond first. Then they can move up to a river, huge lake, then onto the ocean. Then they are called 'olympian swimmer'." "You are on the first step of STKA". "Is this why I am asked to stay in STKA and keep meditating more?" "Yes. One can fall back if one does not practice". (Swami said to Shivangini 'meditation is eternal', eternal meditation is to stay in that state, which is Brahman). I was in that state most of morning, napped 1/2 hr, state continued after waking up rest of afternoon, even as I write. While writing heard 'సంతోషమైంది' (became happy). Stayed in STKA all evening.

Jul 10-11,'20 Unlike yesterday meditation got hindered with thoughts. Kept at it and could settle. I heard "Chid roopa" (form of pure consciousness). 10am meditation Got to STKA with effort. After a while thought of Turiya, heard "100%". As I held myself there,

heard "అంతే" (that's all). Jul 11th I went over and shared with AV. Told her 'I was in that state all day, in evening heard 'became happy'. AV smiled and was happy to hear that. Then I told her of 'chid roopa' and Turiya '100%'. Swami and AV cautioned strongly to make sure ego might not rise thinking it is *jivan mukthi*. There is danger of not being able to stay at the peak after reaching it. Clearly understood I reached that stage, and need to be on guard not to fall back due to lack of practice or pride.

Jul 13,'20 Meditation: immediately zeroed in and held there after 9 AUMs, heard "ఆశ్చర్యం" (surprise). While enjoying the Self, thought of how nirakara and nirguna it is. I heard "Atma tatvam". I stayed and thought of the music of silence that AS mentioned[4]. I clearly experienced a step change in STKA, peace was deeper with gentle bliss integral to it. I had feeling of like/ love for Turiya, I felt like kissing it. I heard "అద్భుతం" (amazing). I kept enjoying the improved STKA. Heard "చాలా సంతోషం" (very happy). After sometime heard "అత్యద్భుతం" (absolutely amazing).

Jul 15,'20 Meditated after recitation. Uttered bija`mantra of divine mother, got settled in Self, every time a thought arose, warded it off with bija mantra, when I heard "correct". Mind was blank, settled in Self, enjoying STKA. Heard "Satyam". Thought of Samadhi (transcendence?). Mind was still, great STKA, and experiencing presence. Thought if this is samadhi, I heard "this is the best". Even 2.5 hrs later that intense STKA continued. Meditated before sleeping. Got surrounded with intense bliss mostly in S chakra. It is like emotion, filled with intense bliss and certain vibration/movement. I remembered and did not hang on to it, instead focused on Self and held onto it. After a minute, intense bliss got replaced with STKA. Now understand intense bliss is a barrier surrounding Turiya. (See AV's dream Apr 27,'16 confirms this understanding).

Jul 16, '20 zeroed in on Self with STKA and used Aum to drive off thoughts. A little later heard "తెలిసింది" (you know). As I continued, I tried to get to samadhi by digging into Self. I heard "పొరపాటు" (error, mistake). I settled into Self, stopped movement and was looking, when I heard "stop" (don't do anything). Understood that stay put with being, not move or look for more. (No Vikshepa).

Jul 24-25,'20 yesterday when at Self and focused on S chakra, I heard twice "Brahman". Today meditation: remembered yesterday"s "Brahman" and nischala shanti of Jul 13th so took attention to Self and S chakra. Heard "prashant-ata" (unwavering

peace). I kept my focus and was as still as possible. Heard same thing twice. Then I asked for experience of nischala shanti again. As I stayed put, heard "darshanam" twice ('vision/ experience'). I continued, enjoying the peace and bliss. Then I heard "daily". Asked AV about these experiences. Understood the following – nischala shanti is all that there is. I had short experience of that. One needs to be able to do any work while internally connected to this nischala shanti. Practice it daily to get rooted in it. Jul 25th - Meditated after chanting divine mother's recitation. Held on to Self and connected to S chakra as it evolved into it. After 30 mts while doing Arati, chanting mantra pushpam, a strong feeling of connection with Self and S chakra started. It was so intense that I had to close my eyes and chant remaining mantras very slowly. At the end, had to sit down and meditate for ~15 mts. It was strong connection with Self and S chakra, and it was effortless – experienced that nischala shanti. Stayed 2 hrs more. Amazing experience.

Jul 26-29,'20 Zeroed in on Self and stayed there, reached out to S chakra, heard "it's complete". I continued, heard 'నిజంగా' (really is). Jul 27th Meditation: I said 'please tell me if I heard correctly in different words'. I heard arrived ('వచ్చింది'). Then heard 'came' (వచ్చేసింది). Later heard "అమ్మ ప్రభావం" (Amma effect). Then heard 'అమ్మనడుగు' (ask amma). Earlier at S chakra I felt there was something to hang onto, now I feel there is nothing there, freely flowing. Meditation in the evening: As soon as I settled into STKA and felt S chakra, I heard "yogam" (union). I stayed there, heard "prashanti nilayam". A little later heard it again. Then, I had a thought about Raeshum and Shobun need jobs (lost them in Covid). I said to myself God will give them some job or other, heard "definitely". I stayed in that fairly nischala state, aware of silence, Self, S chakra. I heard "samadhi". Jul 29th - In meditation heard a few things, spoke to AV about them. AV insisted 'not to pay attention to any of these. They become obstacles in the journey. Final goal is no hearing, and stay in equanimity, peace, stillness (నిశ్చల స్థితి)'.

** Aug 4,'20 AV called at 7:30am, said Swami will come at 11am to Anugraha Gruham, asked me to come there. I reached by 11 am. Both Swami and AS came, and as usual Swami sat in the chair and AS sat on the floor next to his feet. AS as usual asked us if we had any questions. I said 'I am planning to go on 31st. When to come back, I do not know'. 1) AS said "you wont come back this year". 2) He asked "what will you do there". I mentioned about my do-list things. He said "I am not asking about that". I said "as you

mentioned earlier I will be doing lot of meditation". AS emphasized "do not lose your peace no matter what circumstances are or where you are". 3) I mentioned "staying in the winter will be hard in the home in midland due to cold and Covid. I am thinking of going to Texas". AS said "all arrangements are already made for your stay". Initially I got confused a bit, but RD clarified that it is going to Luthra's place in Texas. 4) I mentioned about selling home. I said "I will not put the home on the market but will let know the realtors that it is for sale if a party comes through". AS said "do that". AS cut a joke "even though my share in the house will reduce" (referring to realtor fees). 5) AS asked AV to mention the dream she had. Some Indian village name in Karnataka (AS temple is there in that town). There is a large body of water that had waves like an ocean. There were stones in the water. AV and about 30+ people came in cars to that place. AS arranged all the stones in the water in a way AV could sit on the center stone and these 30+ people sat on other stones around AV. All of them were meditating. Waves would come and recede back. Slowly some of the people got pushed out by the waves and were gone, leaving about half of them. Then waves kept coming and receding. Slowly some others got pushed off of the stones and were gone, leaving only four people including AV. Then AS used his tail to build a protection wall surrounding the four, like he built a seat in Lanka in front of Ravan. There were enough openings in the wall built out of tail for air to breathe in and out. After that Sathya Sai Baba appears inside the wall and the four merge in him, He takes them with him and vanishes. Then Swami said I wont tell you the names of those four. 6) In the end AS addressed me. He said, "the way (విధానం) you are doing sadhana is very good (చాలా బాగుంది). Keep doing it and attain higher state (ఉన్నత స్థితి అందుకో). Do not pay attention to what you hear, and don't let them distract you away. It is my dharma to say those things to you (what I hear in meditation). Just focus and don't let them distract you. Whatever happens do not let go of the నిశ్చల స్థితి (stillness state). Always come back to it."

Aug 15-23,'20 Meditation: heard "music". Started enjoying that. At one point I moved to enhance it, when I heard "mistake". AS said 29-04-2018 [4]'..In silence there is music that you never heard of. Music that you never experienced before is hidden in there. There is luminosity that can be only seen through the inner eye. This is the truth (ఇది నిజం). Silence is shoonya stithi. Yogis and siddhas for years make an effort for attaining this state'. [4] Jun 23rd Dream: Saw AV, she

was much fairer and she tested me over one of my Vasanas, looked as if I passed the test.

Aug 24-25,'20 Morning: while doing pradakshina heard this new music inside me. It was strong and pleasant to the degree I came to my room and meditated, enjoyed STKA, sangeet (music). Went and got Covid test done, cut tree branches, had lunch, while trying to take a nap heard "Yoga Nidra". This music was there till night.

Sep 9,'20 Last night meditation: While at STKA had a thought. The Self, self knowing capacity, as it engages into a thought it moves outward. I heard "samsara". Morning meditation: I was at Self, I heard "santosh" (happy). As I got closer to Self, started having bliss. Intensity increased and there was this tendency to stay in it. But I held steady and moved to the Self even as intense bliss was alluring and trying to drag me into it. After I reached the Self, it was STKA. I heard "prasadam".

Sep 13,'20 Meditation: Got my mind to blank out in under 2 mts, when I heard "nidra" (sleep). Later heard "nidra" again. Understood that this is how sushupti is for all of us where mind is blanked out, no awareness. Here there is awareness. Heard "prasad" (gift). Later turned inward slowly and settled into Self, felt increasing bliss with peace STKA. I heard "yoga". Suddenly realized AS is telling me what is "yoga nidra". I heard "prasad". I stayed in that state of nidra and yoga (yoga nidra) for an hour.

Sep 19,'20 Meditation: Reached empty mind, Self, and music. Soon thoughts of way past started uncontrollably. Kept fighting and not get disturbed by it. I heard "congratulations", heard it again. With so many vasana generated thoughts, why the praise. Later heard "ఐపోయినవి" (finished). No confirmation. Only thing I know is when vasanas are over, then uncontrollable thoughts need to stop i.e. thoughtlessness needs to become natural. As I wrote this last part, I heard "simple".

Oct 3,'20 Meditation: Heard 'Stitha Prajna'. Got repeated after some time.

Oct 29,'20 Dream – saw Swami and I were moving together, he then hugged me for a long time, when it ended Swami let go of me reluctantly.

Nov 3,'20 A few days back I heard "good bye", later heard "manassu" (mind). Today while in 'yoga nidra', heard "Prajnanam" (awareness). Later heard "very good".

Dec 10,'20 AV sent a message. "Swami is commanding you to continue your 'yoga nidra'. That is why not contacting you." "lucky person" (అదృష్టవంతుడివి).

Dec 16-23,'20 Meditation: Reached a state where there is no second, great peace, steady bliss, STKA. Stayed in it for about 10 mts. At the end heard 'jivan mukta' three to four times. All day I was in strong bliss. All day through various activities, nap etc I was in great bliss. I heard "its the end of it". Dec 17 Meditation: As I reached 'yoga nidra', heard "perfect'. Meditated for an hour. I heard "congratulations" followed by "*Jivan Muktha*" at least twice. Dec 23 Yesterday I heard in meditation "enlightened". I heard it one more time little later. Today I was in Self, STKA, when I heard "wisdom".

Dec 31,'20 Meditation: Under 2 mts mind was thoughtless and settled in Self. I practiced Mantra that AS taught. About 10 mts later sitting thoughtless and in Self, became effortless. After a while as I enjoyed the peace and bliss, I heard "ఇంత కంటే మిన్నగా ఉన్నది ఒకటి చెప్పనా?" (<u>one that is even better than this, can I tell?</u>). I said please tell. The state I was in steadily changed, I could feel a deeper level of peace, while bliss continued, and it was effortless. Stayed in that state about 10 mts,

Jan 18-23,'21 Tried to meditate. Had a hard time to still the mind. Kept on trying, along the way managed to still the mind, started to go for Self. I heard "naivedyam" (offering mind to the Lord). 'Prasad' is gift from grace. Jan 23rd Meditation: immediately zeroed in on yoga nidra, felt bliss. Then as I stayed at Self, an amazing level of peace mixed with bliss was experienced. I stayed there, heard "excellent". As I continued, heard "prashanti" referring to the peace felt.

Jan 27,'21 Meditation: Zeroed in on Yoga Nidra right away with STKA. Stayed there long time without thoughts when I heard "Brahman". Heard it again later as I continued. Also heard "samadhi". It is a remarkable STKA where the bliss is not as intense but the peace was quite peaceful. On Jan 23rd this state was called "Prashanti".

Feb 3,'21 Sonia Meyers (see 'Other Saints Sages chapter') - a message from Maha Devi.

Feb 18,'21 Meditation. Focused on Self-shining (SS) first. By holding on to SS it slowly gets into Self-knowing (SK) along with STKA. As I enjoyed it, heard "Advaitam". Understood there are no two, actually there is nothing else.

Mar 4,'21 Meditation: Using Yoga Nidra method settled on SS, SK[3]. I heard "that's about it" (nothing more). A little later heard "complete". After sometime heard "practice" and a little later "dissolution". As one keeps one's focus on the SS, SK while doing activity or listening, dissolving of 'names, forms' will occur. For brief moments I experienced it twice - once in Midland Mall, second while on walk with Raju, Madan.

Mar 6,'21 Meditated before falling asleep. I was with SS and SK. I heard "you are done". Just to assure me, heard it again but louder. In the night I had a dream. I was with Bh Ramana Maharshi in his ashram (see under 'Other Saints Sages….' Chapter).

Mar 11-16,'21 Maha Shivratri. Meditation: Quickly got to SS, SK, STKA. Held on to it with effort for a little while, later it eased to effortless thoughtless peace bliss, stillness, absolutely no notions, no nothing, but awareness. I heard extremely subtly "Witness". After sometime heard it again. Mar 12th Meditation: Worked on getting rid of notions from surfacing, when I heard "absolutely". Later when in SS, SK, STKA heard "Naivedyam". Mar 13th Woke up late. Heard "practice". Meditation: Immediately got into SS, SK, STKA which is yoga nidra also. Very peaceful. I heard "ఎంత బాగుంది" (how nice it is). Mar 16th Woke up at 5:25am with strong mind silence. Immediate SS, SK, STKA. Heard words with gaps in between. "Shantam" (tranquility). "Nirvikalpam" (free of thought and ego). This was defining my state. A little later "ఐపోయింది", few seconds later "vidya" (spiritual vidya is over). "Infinity" again referring to the state. After some time heard "Shankara" (auspiciousness/ destroyer of doubt). In the end heard "Advaith", then heard "nirvikalpa" again. All these words are defining that state I was in.

Mar 18,'21 I practiced no thought, no word, Sw. Tattvavidananda mentioned for dissolving mind. Actually this is similar to Yoga nidra with the difference that union with SS, SK is there. I was in that state initially and made effort to have no word and thought, which is a little hard to do but kept at it. I got to no word and stayed there for a while. Heard "Tat tvam asi" (That thou art). Heard it again at the tail end. Much later heard "Atman" twice. I could clearly tell it referred to the experience I was in.

Mar 19,'21 Three dreams around fear, pride and killing/death. 1) I was trying to run away from, some authority trying to catch me. 2) I am trying to get a job where I am enumerating my background/ experience. 3) I was locked into a cage with a tiger. As the tiger slowly approached me, I was screaming for help, out of terror. Tiger

opens its mouth and is about to grab my skull. Dream ended. I never ever felt that much terror. (shows how it feels at the time of death/ losing body consciousness).

Mar 20-24,'21 Meditation: Emptied mind of words/ thoughts, finally settled down when it suddenly became effortless. No thoughts/ words, SS, SK, STKA. Just be (JB)[3]. Stayed like that for 20 mts., heard "very lucky". Later "wonderful". I marveled at how peacefully pleasant it was. Much later heard "do you want to know, why?" I said yes but no answer. In the night got into SS,SK,STKA, JB. Heard "Advait" couple of times. Then about to fall asleep I heard "congratulations". (Advait ananda?). Mar 21st terrible awful guilt related dreams. Felt like I am working out various vasanas as I saw in Bh Ramana dream – terror, fear, greed, now guilt. After I got to SS, SK, STKA, JB, heard "purush". Later heard "witness". Later on I heard "listen carefully". A little gap heard "madan" and a little later heard "Raeshum". Mar 24th Meditation: after effort got to SS, SK, STKA, JB, heard very clearly "nirvikalpa samadhi".

Apr 2,'21 Last two days when I was at SS, SK, STKA, JB, I heard very clearly "Brahman". Stayed in that state – no big or huge, no small, no knowledge of anything, only awareness, knowing. Today in meditation I heard "done", then "vasanas", few mts later "100%". Experienced different level of peace - soothing, pleasing, with steady bliss. (On 12/17/20 heard 'April, Jnani').

AV took Maha Samadhi on April 28,'21. Last I spoke to her on phone was around early April when they were leaving Bhuvaneshwar. Last sentence she uttered to me was "అదృష్టవంతుడివి" (you are lucky). There are some things she told me over the years which I did not mention anywhere here. 1) As I was close to focusing on Self, she told me it is like mercury, if you try to grab, it will slip away. 2) When I first heard 'yoga nidra' in my meditation, I asked her about it. AV said 'Only one, known by many names, this is one of them'.

May 30,'21 Meditation: Heard "జాగ్రత్త " (be careful) as I got into bliss. I let go of bliss and focused on SS, SK. Meditated for 2 hrs. Understood bliss surfaces when you are at SS, SK. When attention is put on bliss, then duality occurs. Instead if one focuses on becoming one with SS, SK, then ego (attention) dissolves into it. Only stillness remains, Just Be. Peaceful. STKA, P-B arises.

Jun 10,'21 In Making of a Yogini[15] Swami said to Shivangini on 2/26/'02 'I have done it that way for him (Gyani) till on his own he takes refuge in me'. It reminded of what I said to Swami in

meditation few days back. I said “take this mind Swami”. He asked “పర్వాలేదా” (is that ok?). I said “yes swami పర్వాలేదు. I know you will take care of everything”.

Jun 28-Jul 2,’21 We are studying Upadesa Saram in our satsang. Contemplating on Self (verse 19, 20) - realized what my earlier state was. I knew what Self is for few years. I would reach there but could not stay (did not know what it takes to stay), I would branch out to Bliss (Savikalpa Ananda) and stay there thinking it was the real thing (easier to stay in bliss because it kept mind occupied). Upadesa Saram describes effortless abiding in the Self happens initially with effort, then periodically effortless, finally always effortless. Requires ego (root I-thought) to be dead, abandon all conceptualization, surrender to the creator (Iswara). Jun 29th Got to pure awareness (no language or words). My issue is unable to stay there. Attention drifted to S chakra (used to find bliss there), realized and brought it back. Heard “అలవాటు” (habit). Jul 2nd Meditation: Heard “Advaita”, little later “చేరుకున్నావు” (reached). Then heard “puja” (do puja to that state). A little later drifted into thoughts. Heard “పొరపాటు” (mistake), brought it back. Heard “Advaita” again, then “తెలుసుకో” (get to know).

Jul 3-17,’21 Was in bliss all night, woke up twice, in bliss with interesting stillness in mind. Morning meditation: Heard ‘Advaita’ twice. Later on heard “Guruji" twice. In the evening listened to Karra Suryakantam gari lectures. She defined ‘Advaita’ state is wiping out of individuality or losing doership (kartrutwa). Jul 17th, Last night satsang was lot of debate, diversion into worldly stuff. Meditation today was hard with those lingering thoughts, worked hard to push them out, finally when they left, heard “moksha” (freedom). Understood white light screen is there only when in SS and SK and no thoughts. Even being with SS, if there is no white screen, thoughts continue to arise. Shoonyam plus SS are necessary. Heard “krupa” (grace). Later heard “Guruji”.

Jul 21-Sep 8,’21 Meditation: Initially a little effort in Shoonya and SS when I heard ‘Savikalpa Samadhi’. Immediately relaxed and stayed in that state, heard “nirvikalpa samadhi”. There was a constant hum, peace and pleasantness. At 6:22 pm as I write this, it is beautifully continuing. Jul 23rd In meditation heard when in SS and Shoonya – “chaitanyam” (consciousness). After sometime heard “Brahma chaitanyam”. Aug 8th After a little effort settled on to the Self, Just Be. Heard “Nenu” (looks like this is the touchstone). Attention keeps drifting. Understood it needs to stay put and not

move. Restraining it is effort. Little later it was effortless. Understood it is effort to think and no effort to stay in Self. Wonder why we think? Lots of bliss, stayed alert not to drift into bliss. Heard “samadhi”. Aug 18th I heard “you have done very well”. Aug 19th In meditation heard “Viswamitra”, and after some time heard “very good”. Aug 23rd Meditated before puja in the altar (of Padma in LA), I heard “పండు" (ripe), looked at the pictures and thought all is Brahman. I heard “everything”. Little later heard “everything” again, heard it one more time. Indicating each and everything is Brahman. As I was falling asleep heard ‘Prasadam’ and saw just a hand serving me pulihora and a sweet. In midland heard on two different days “Congratulations”. Different days heard “all done”. Heard “Brahman” twice. Aug 28th I was going to bathroom, at that time I went into effortless ‘just be’, heard “Brahman”. Aug 29th In ‘just be’ when I heard “Ananta”. Aug 30th In ‘just be’, heard “Nirguna”, little later “nirguna” again. Then heard “Vedanta”. Understood it is end of Vedas. Little later heard “Govinda”. Krishna Janmashtami today. As I wrote this down, forgot ‘Vedanta’, tried to recollect, heard “Vedanta” again. Sep 3rd, In above state, heard “Viswaroop”. Sep 6th When at ‘Just Be’, heard “Nirankar” (Guru granth sahib uses this word for formless. Sikhs have a sect called ‘Nirankaris’).

Sep 22-Oct 13,’21 Reached ‘just be’ state quickly, held onto it. Noticed when my mind is not free of language, it slowly drifts. Holding it in that ‘nidra’ and focusing attention on ‘yoga’ is ‘yoga nidra’, being reiterated again and again. I stayed in that calm, steady state with beautiful peaceful bliss. I heard “listen”. Little later heard “tat tvam asi” (you are That). As I continued, heard “tat tvam asi” again. Continued to enjoy the peace and bliss. Then heard “finished”. As I wondered if it is ego. I heard “Maya”. Oct 13th There is a difference in feeling versus focusing on Bliss. Feeling is passive enjoyment while focusing is active pursuit. I was at SS, SK when I heard “Atma”. Felt bliss and peace, heard “prajna”, later heard “gone” referring to mind/ Maya. Enjoying the effortless state, when I heard “Sri vidya”. This is yoga nidra.

I was in India from Oct 23rd onwards till March 5, 2022. Translated the ‘Anjaneya’s Command Vol 1’ which got published in Feb 2022 (see Guru Seva section for details). Spent about 5-8 hrs of actual writing everyday.

Mar 7-18,'22 I was made to experience the state of mind in Vipassana. Then when I moved to SS/SK[3] I heard "yoga". Mar 18th Meditation: Heard "liberation". I thought of mind, heard "it's gone".

Jul 8-12,'22 Nagarjuna, Sai Prasad, Sarika were here. Mind boggling satsang with Sai Prasad. Hearing all his experiences with Sai and how Sai is driving their activities, I felt a shift in my meditation during this time.

Jul 28,'22 Woke up at 4:45 am, I was in an amazing stillness of mind. I wondered why? In meditation heard "environment" and then "sadhana". Great meditation for 1 hr. At 5 pm after nap, same quietness, no effort, 1 hr meditation. Amazing bliss. As I stayed with bliss heard "తప్పు" (wrong). Dropped it immediately. Shifted to Self.

Jul 31,'22 Afternoon meditation: Mind was quiet, heard "Prashanti Nilayam". With a little effort, I was at Self, no thoughts, steady. Saw a soft gel like thing get pushed aside by a shovel. Heard "it is amazing". Then heard "literally". Later heard "finish it". Stayed in stillness of 'Just Be', and there was bliss all along, also was constant back pain. A little later heard "prasadam" (gift of grace). Almost ~ 10 mts later I saw three peach like just ripe fruit fall down in refrigerator. Little later heard "done". Heard "prasadam" again (3 yogas are done?).

Aug 3-4,'22 Night meditation: used 3 step process (Shoonya, SS/SK, just be). after initial thoughts subsided, held myself steady. I made a shift from awareness to 'looking at myself'. Few minutes later heard "paripoornam". I stayed steady. In the end as I thought about what I heard, it got repeated twice. AC msg 25-07-2015[4] , I found 'Directly searching the root source (moolam) of illusory self (ego) and merging it in the Atma is the way. With pari poorna Jnana (total complete knowledge of Atma) one surrenders (sharanagati) only then it will be successful. That Jnana arises only from contemplation (vicharana). This vicharana ends with sharanagati. Ahamkar (ego) dissolving into its root source of Atma is the real sharanagati !'[4] Aug 4 Meditation in morning, afternoon, and evening, practiced merging in the Self. I heard "welcome", little later it repeated it again.

Aug 8-13,'22 meditation, I got to pari poorna quickly and for a minute was effortless and simple stillness when I heard "dynamite". Yesterday and today I heard "samadhi" when I get to 'looking at myself'. Before afternoon nap I turned my mind to 'look at myself' as a part of sleeping when I heard "sadhana". Aug 13th Meditation: I was in that paripoorna state (effortlessly thoughtless)

for about 1/2 hr. At the end heard 'wonnderful' a little drag on the 'n'. Aug 15th After 1/2 hr struggle got to effortless no-thought state, looking at myself. As I stayed there, I went deeper inside of SS/SK[3] and could feel the bliss. I heard "Lingam", little later "Bhakti" (bhakti of Atma Lingam).

Aug 16,'22 Now the practice is reach SS/SK (Atma), 'look at yourself', thoughtless (vasana kshayam), staying/ abiding in there is mano layam, when this becomes effortless then it is Atma Lingam. Doing this with open eyes is Sambhavi-mudra. This is also 'Bhakti' and 'vairagya'. Yesterday understood what Swami says 'where there is Sat and Chit, there is bliss'. Looking at yourself while at SS/SK is 'Sat and Chit', as one holds on to it, bliss arises. (tatva jnana (SS/SK), Manolaya (no movement), vasana kshaya (looking at oneself).

Sep 1-18,'22 I heard today first "Crorepati" (millionaire), then "promise". Sep 2nd I asked if I am on right path 'looking at myself', heard "fantastic". Evening meditation reaffirmation loudly, "hunndred percent" drag on nnd. Sep 12th Meditation: I was very steady, when I heard louder than my thought "*jivan muktha*". Sep 18 - I got right away to 'looking at myself', SS/SK, held steady with not much effort (8 mts). Held on to it, with occasional thought. Few minutes into it, heard "Guru Gyani". Meditated for 1+hrs. Around this time I asked "is IV necessary for JM". I heard "అక్కర లేదు" (not necessary).

Oct 3-7,'22 Meditation: I settled into 'looking at myself', pushed out thoughts, I heard "beautiful". I continued. Later heard 'కొద్దిగ' meaning small misalignment. When I corrected, I heard "perfect". Still I did not reach 'bottom' of my mind like I did yesterday. Understood prolonged 'look at myself' is needed to reach to 'bottom'. Oct 7th As I woke from nap there was stillness in mind. Meditated with open eyes till 6:30pm. I stayed in stillness effortlessly. Felt 'bottom' of the mind. Got up and went for walk till 7:05 pm. All along felt 'bottom' while seeing and noticing. I heard "highest". After writing this, I read Ramana's key sayings.

Oct 13,'22 Had an unusual dream just before waking at 4:32 am. 'I was in a university building and my mind was totally blank. I was worried as to how will I reach my class, and how will I perform. I walked by lot of class rooms still totally blank. Came across someone I knew. He said 'lets have coffee, and then go to class'. Thought it was a good idea and it might make me remember. Then I lost him, and no coffee. I was wandering as some students walked by, still very worried, I don't remember anything.' I woke up, mind was absolutely blank. Went to bathroom, then to altar to meditate. I

sat down and mind was silent. I was in that state with open eyes. Around 5:50am went into kitchen and made tea, drank it. Mind still as silent as I got up. Around 6:15am, realized mind became active as it hummed a prayer. 10:10am after looking at the market crashing news, mind is as silent as I woke up. This is effortlessly 'just be'.

Nov 17,'22 Back in 2021 I tried translating a 2 page message Sri AS gave to AV and after 2 days, gave up saying language is too difficult to translate, in particular the poems. I was hoping RD will find someone else to do the translation. After I came to Parthi end of Oct, when he said there is none else to do translation, I told him I will do it but at my own pace, probably by end of 2023. Today in meditation I heard clearly "dakshina". I understood translation of this book is my 'Guru Dakshina'.

Nov 21,'22 Meditation: Saw a vision where I saw myself, AV, RD. There were 9 steps, like the ones you climb into a house from ground level, with a wall as a handrail. We were sitting on the steps, AV was sitting in the middle, I was sitting on the step above, on her right side. On her left side on a lower step, RD was sitting with his head tilted, resting on her left shoulder.

Jan 10-19,'23 When translation got done heard "santosham" (happy) in normal awake state. Jan 19th Completed proof reading at 8:40pm, heard "Guru Dakshina" and then "Prasad".(AC vol 2[14])

Mar 29,'23 Experience of penetrating bliss sheath. See Bliss-Ananda chapter. Afternoon meditation: I was in the state of 'peace-bliss' of Self, heard "bangaram" (precious). Then heard "that's it". Stayed in that serene, steady bliss, knowing it is Atma. Heard "peace" twice, "amazing". Vision, saw a round disc like thing. Positioned a knife in the center and cut it in half. 'Peace-bliss' state continued effortlessly.

Apr 6,'23 Dream: Some authorities came out and went after my neighbor to arrest. I was about to assist the authorities, when my mother says someone is calling you. I was told by a kid to go up into a building still under construction. I go up to a half constructed room, it has a 2 seater throne like bench. AS was sitting in it, but I didn't see his form. I bowed and touched his feet. I asked if I should go to assist in catching that person. AS said 'leave that to us whether he is caught or not'. AS advised on how to work with this lady who will be in our home. How she will enhance all of our state if we work well with her. She can also ruin us if we do not work with her. At the end I asked 'how will I see you again'. AS said 'right here,

you can come see me'. After waking up I found out today is Hanuman Jayanthi.

Apr 8-9,'23 Last night I was in (fourth state, turiya?) enjoying, thought of how peaceful it is, as a reply I heard "Khubsoorat" (beautiful). Today meditation: I stayed in that state for 30-40 mts with few thoughts, when I heard "Tapovanam" (hermitage). 5 pm: In that state with open eyes, fairly strong bliss. I heard 'Amrith" (nectar). Little later I reminded myself and shifted to the center. Bliss reduced but peace stayed. So easy to get lost in bliss. As I stayed in Self, felt contentment like peace-bliss. Apr 9th Meditation 3am: struggled for 40mts, thoughts kept coming (mostly vasanas - now or past) and I kept pushing them out. After 40 mts I gave up, went to bed. Woke up at 7 am and meditated. Right away my focus on 'mere self' and bliss was on. I heard "enjoy". I thought 'so it is not our effort but grace is granting this connection'. I heard "wisdom". I continued, heard "peace". Little later "permanent". This is the permanent peace-bliss probably Prashanti. A great lesson in "Sharanagati".

Apr 12-17,'23 Stayed in peace-bliss for 1/2 hr, when I heard "Tapovan", later "Sadguru", repeated again. AS is saying this is an hermitage for spiritual practices. Apr 13th Struggled, kept slipping away. Tried in the afternoon, could stay in peace-bliss for 1/2 hr. In the night, after lot of effort as I settled down, I heard "1/2 hr", so kept at it. I read JM viveka[5], convinced that this is the last practice to do. I heard "complete" twice. Told me the spot where to stay put by saying "అదే" (that's the one). Later said "permanent" followed by "Advaita",.. "brahma jnana".. "mukthi". (Once this practice becomes permanent, these three will follow.) Apr 14th when in peace-bliss I heard "incredible", then heard "Sadguru" three times. (AS said it). Apr 15th I was in nice peace-bliss, when I heard "kaisa hai" (how is it). In the afternoon while ironing, I said to myself it is good opportunity to keep centered on P-B[3] , when I heard "Brahma Jnana". Apr 16th At 10am, P-B started. So sat down to meditate. For 10 mts thoughts, bhajans interfered, then settled to P-B when I heard "Prashanti" (unwavering peace). Apr 17th 4pm meditation: From get go, no effort, no thoughts, no 'interception', no focusing, steady peace, no bliss as I am used to. Did a few things on internet, wrote this down, still steady peace, effortless. I heard 'Vedanta', heard it again (Is this the final state).

May 26,'23 See 'Other Saints and Sages …' chapter under Bh Ramana Maharshi.

Sep 3-Oct 7,'23 A week or so back I thought of donating majority of savings (50 thousand $) in bank to hospital. As that thought crossed my mind in meditation, heard "naivedyam" (offering to God) and then heard "Sadguru". Gave that check when Sai and Sarika visited. Sep 8th I was in Tampa with Shobun, Meghna, her parents. I heard in meditation "you are going to die". Sep 9th I heard "*jivan muktha*" twice connecting to death. Oct 7th At puja time started sitting silent and focusing on the Self. After being with it, I heard "Pashyanti". Gita mantra where it says 'pashyanti yam yogino ..' means 'whom the yogis see with their minds absorbed in Him through meditation.'

Oct 10,'23 Meditation: started feeling a steady pleasantness, bliss at the base of Self (lack of better words). Focused on it, it spread, very pleasant, no thoughts, enjoyed for 30 mins. I thought 'if this is peace'. I heard "Prashanti". It stayed into the afternoon.

Oct 27-Dec 31,'23 meditation experiences below are in sequence date wise. 1) As I zeroed on 'being', I heard "అంతే" (that's all). Stayed in that peace, heard (bliss) "anandam". 2) When thoughts were invading, I tried hard and pulled attention into 'no mind' state when I heard "shabhash" (good job). 3) I was in 'no mind' state but was moving back and forth from the center. Then I zeroed in, when I heard "గుర్తించావు" (recognized). In afternoon meditation heard 'compleeeete' as I stayed in center of 'no mind' state. 4) Jnana, karma yoga (akarma), bhakti, vairagya become one experientially - Atma sakshatkar. I could see how one thing in the center is all the four. 5) Heard "prasad" - Gita Ch 2 verse 65 calls it peace, god's blessed food. 6) Again when in that state heard "perfect". 7) When I stayed in 'no mind' state heard "abundance", as bliss picked up heard "bangaram" (precious) twice, when became effortless heard "kya baat hai" (wonderful), "santosham" (happy) along the way. 8) In last few days understood how by 'being' (attention in Self) is Jnana, is Bhakti, is vairagya, is karma yoga (akarma), is tyaga, is true sharanagati (offering mind). Today as I re-read msg 35, AC Vol 2[6] I translated earlier, came across the following *Whichever path is taken to reach the peak, after that rest of the paths are understood* - exactly what I had been going through. 9) Yoga nidra-> all light. Many times I drift away and come back to the realization that it is another name to that 'state', heard "vara prasad" (gift of divine grace). 10) When mind clutched onto something else, heard "అది కాదు" (not that). When I brought it back, heard "Ek dum" (totally right).

Then I heard “correct ga” (correctly), later “Jnani”. 11) Where I was at, I wondered if that is Atma, heard “identical”. Then heard “samadhi” twice at that state. 12) Tried to stay at ‘being’, mix of ‘is’ and ‘self-awareness’, heard first “phalitam” (as a result), then “అలాగే చేయి" (do like that). Then as I stayed there, heard “శ్రీ రామచంద్రుడు ఇచ్చిన అఖండ జ్యోతి” (Lord Rama given eternal light) from Sadguru AS. Effortless awareness free of any thoughts, interestingly I typed all this while in that condition. 13) Saw myself throw away something. Entire 1 hr was a struggle to stop thoughts, all vasanas. Heard ‘ఐపోయింది’ (finished). 14) Sri AS said (AC vol 1[7]) ‘… *God is only a ‘state’ (‘stithi') alone*.’ Finally understood that ‘stithi’ is referring to ‘Being’ which is both ‘isness’ and ‘self awareness’ (ek atma pratyaya saram[13]). Meditated that way. I heard “sakshi”. Later heard ‘sakshi’ again. Only difference I could notice is - peace and bliss is different. 15) When I was at the state of being, where my drushti is centered neither inside nor outside, heard “ఉన్నది" (Uniki, ‘Is’). A little later heard “Paramatma”. 16) I thought about the dream I had, I said to myself ‘all vasanas’. At that time I heard “చాలా ఉన్నాయి" (there are a lot). 17) 4am meditation: when attention clutched on to something to still the mind, heard “అట్లా కాదు” (not like that). Shifted attention to the center, away from inside or outside, stayed like that for 45 mts in the center. In stillness touched Self, felt bliss, heard “anugraham” (grace). Suddenly heard ‘Pakistan’. Didn’t know what it meant, had no reaction, when I heard “Shabash” (good job), heard it again. Understood what no reaction/ no response means. 18) Contemplation: Understood that eventually mind has to be wiped out. It is done 2 ways. Taking the language out of your mind making it null, staying in Turiya as a default state. Other way is fill mind entirely with God, wiping out the entire world. In both cases one needs Sharanagati for eliminating worldly concerns/ thoughts. 19) When at SK/SS heard “Moola prakriti”. Then later as I was at ‘being’ state heard “akasha” (moola prakriti is when 3 gunas are in balance. Experienced moola prakriti is ‘ek atma pratyaya saram’ which formed from densification of ‘akasha’. It is present in everything in creation from which all else arose. While ‘just be’ is akasha. Densification and melting away is swabhava of akasha. Heard “అంతే” (that’s all). Stayed 30 mts as akasha. This akasha is turiya, also called chid-akasha. 20) Last 2 days subtly had a feeling that I need to go beyond moola prakriti to chid akasha, a sense that one is less than other. I heard “aparadh” (offense/ sin). Understood Shiv -

Shakti. Shakti is a part of Siva. Hence must stay connected to it while being in akasha. Can one ever know akasha without 'ek atma ….'. So I started staying connected to Self while 'being', when I heard "beautiful". 21) Meditation: understood what 'turning inward' or the tenth-man[8] is. It is what I do in 'being' or the yoga part of yoga nidra that Sri AS taught ~ 5 yrs back. I was in that 'being' state for about 20 mts, when I heard "నిమ్మళం" (peace/ tranquility). Next day when at 'being' heard "Hanuman" (he is That). Stayed 25 mts in that state. 22) Stayed around 30 mts at 'being', during that time heard "darshan" (atma darshan). Today read in AC[9] vol 2 'There is Atma-dhyana that gives darshan (experience) of Paramatma'. Did not invoke any reaction or feeling. 23) In 'being' state for 45 mts, four thoughts arose which got pushed out. Heard "sakshatkar aindi". Experienced atmic bliss throughout, very pleasant peace bliss. Also heard "అంతా బాగుంది" (all good). Once drushti turned outward, images started forming. Quickly pulled it back. 24) I was amazingly at being state for ~ 45 mts in the morning. It happened effortlessly. Later in the day found out today was Bh Ramana Jayanthi. 25) 8:05 pm As I was translating 'Name or the form which is greater - Rama -Anjaneya battle', clearly heard in my quiet mind "Naivedyam" (AC vol 2 translation). 26) Despite so many affirmative experiences, even then one can drift or not understand. Sat - existence is still elusive due to vikshepa (restlessness) of mind. Like 'Aparadh' few days back, today I heard "try to understand". Understood very clearly that you need two things together - SS/SK and stillness of Sat. 27) One other realization I had is it is very hard to get rid of thoughts. Only way to stop is when drushti hangs onto Sat-Chit.

Jan 4-Feb 10,'24 1) I was re-reading AC vol 1, making changes to align with Telugu printed version. Read the following: 'Atma vichara must be done ceaselessly'[10], right then I heard "నిలబడుతుంది" (it will stay). 2) Last 10 days realized clearly how this world is Maya at the same time experiencing marvelous bliss. Lately I had been walking inside the kuteers with stillness of mind, hearing the sound of Prana, very pleasant peaceful bliss. Today as I walked inside, heard "ప్రశస్తమైన ధ్యానం" (excellent meditation). 3) In afternoon meditation when I was at above state, heard "Brahma Nirvanam" (identity with Brahman) 4) Heard 'వచ్చేసేయి" (come back). I said whenever you want me to Swami (moved back to India June '24) 5) While proof reading the last few pages today of AC vol 1, heard "final exams". Next day heard "vibhuti" (glory/ power). Heard "నిమ్మళం"

again (peace/ tranquility). 6) two days back two accidents occurred - electric shock thru appliances, large pressure cooker gasket burst. Today meditation: transcended, as I returned heard "…maruthi rakshitaha" (protected by AS). 7) RD and I had difference of opinion last night. Morning mediation: Saw Amma V's picture in her samadhi with a lamp (similar to one in mandir). As the lit lamp came into view, I saw another lamp to the left of her picture (reinforcing RD on her left and I on her right). I just need to witness and support RD.) 8) Meditation: I was at SS/SK, effortless, no language, peace-bliss, I heard "అదే" (that's the one). A little later heard "దండం పెట్టు", later "Jnani" (asked me to pay obeisance which I did). Over next 2 days heard "moksha" twice, and "mukthi" once. 9) Learning 'not to resist". Wanting-resisting are dualities, if one successfully applies this to all situations, one can get past duality.

Feb 13-28,'24 In meditation heard "darshan" (direct experience). Next 48 hrs my background mind was empty all through, with pleasant hum of emptiness. Feb 23rd When I wondered if I am at the spot, heard "నేను చెబుతాను" (I will let you know). Next day in meditation heard "చాలు" (enough). Stayed there for 5 mts, heard "perfect". Feb 28th meditation: Heard "awesome". Very quickly came to no thoughts, totally effortless (more than what I used to feel before), steady peace-bliss (not intense/ strong). Stayed for 1.5 hrs, thought or two came but got rid of it easily. As I write this, still in that state - totally effortless, no thoughts, low steady peace-bliss, a degree of contentment.

Mar 24,'24 I woke up to go to bathroom, heard "*jivan muktha*" twice.

Jun 10,'24 Heard "back to India", then "welcome back to India".

Jul 2,'24 Meditation: Three things from S Sola's address at Sai center: sending love, I thought sending love is same as sending bliss, what can be better to give to others. I heard "I will teach you". Started sending it out, mind became steady, and its own bliss increased.

Though I continue to hear IV, but I had not been writing it down. For a while now, I had been trying to to stay in 'just be' state while meditating - no thoughts, no notions, only focusing on Self. Had been shooting for a target of staying for 1 hr in that state. I hit that target few times in last 10 months.

Nov 6-9,'24 Meditation: Heard 'Seva' little later 'highest', after sometime heard 'this is guaranteed' (establishing in Self is the

highest seva, guaranteed). Nov 9th In meditation heard “highest” referring to establishing in Self, continued with Self meditation. After 1/2 hr, heard “beautiful”. Later heard “prasadam” (gift from Grace).

Nov 11-12,’24 Today I sat in the state where attention and Self are joined, I heard “Brahma Jnanam” (knowledge/experience of Brahman). Nov 12th Meditation: Heard “moksha” (liberation), and in the end heard “super”. Late morning I remembered what AV spoke to me on phone in early April 2021, last word she said was ‘అదృష్టవంతుడివి’ (you are lucky). As I remembered, IV said “100%”.

Nov 19-22,’24 Meditation: Heard “moksha”, later “అద్భుతం” (wonderful). Heard “moksha” again, then “anandam” (bliss) when I was in bliss. I thought of what Taittiriya upanishad says ‘bliss is Brahman’, heard “అవును జ్ఞాని” (yes, gyani). Nov 20th 3:30 pm meditation: after about 30 mts of nicely staying in silence with Self, I heard “moksha prapti” means “attainment or achievement of moksha”. I continued. After about 5-10 mts I heard ‘sooper’ meaning very good. Nov 22nd In meditation I heard “prasadam”. Reminded me of Ch 2 BG “prasada" refers to peace. Little later I heard “permanent”, I think it referred to everlasting peace. I heard “permanent” again.

Nov 26-Dec 1,‘24 I traveled to Ramanasram in Tiruvannamalai. See 'Sages and Saints who assisted’ section for details of experiences on those days.

Dec 2-15, ’24 1) Meditation: when I pushed away a thought that disturbed the meditation, I heard “బాగుంది” (that’s good). After I abided in ‘just be’ heard “samadhi”. Little later heard “samadhi” again. As I merged my little ‘I’ in the Self, I heard “darshan”. IV is saying that is “darshan”. 2) Night meditation; a thought occurred to me that if I keep doing this ‘just be’ meditation, I might be able to see and hear Swami and AS. I heard at that time “sadhana karo” (keep doing sadhana). 3) Its been happening for a while, when I drift away from the center on to something else, inner voice would guide me saying “అది కాదు” (not that), or “dont" or ‘mistake’ etc. This is such an invaluable guidance without which it is so easy to drift away. 4) Meditation: IV told me not to do something by saying “వద్దు” (don’t). Then it said “center”, later “siddhi”, then “differentiate”. It meant what I was doing would lead to siddhis versus staying in the center, and I need to know the difference. I stayed in the center, heard “satyam”. Heard it 5-6 times more. I stayed at the center, later I heard clearly “Atma”. Continued, then heard “surrender”.

Understood that by staying in the center, one is 'surrendering their mind, their ego'. Then I heard "mantra", followed by "ten minutes". This is the 'mantra' I must follow, do it each time at least 10 mts. 5) Meditation: As I was in that state, a thought crossed my mind 'wonder if this is Bindu, because it felt like hanging onto a point'. Later I lay in bed due to aching back, I thought about Bindu, first I heard "Prashant". Later "Prashant" again, followed by "Anjaneya". AS said it is Prashant (unwavering peace). (See 'Bindu or Haridwar chapter) 6) Started doing the mantra AS gave for 10 minutes at 6:54. Took ~ an hour to overcome thoughts. I finally zeroed, heard "అంతే" (that's all). I continued. Mind must have moved a bit, I heard "అక్కడే నిలబడు" (stay right there). So stayed put. 10mts later heard "Ravi", little later "he is operating there". Meaning RD is operating from the center.

Dec 16,'24-Jan 26,'25 experiences see 'Bindu or Haridwar' chapter. Feb 2,'25 onward experiences are in 'prashanti, prakanti, ….' chapter.

[1] STKA 'shanti tho koodina anandam' - Peace-Bliss ; S chakra - Sahasrara chakra

[2] 'Inner Experiences', Gyani & Dolly Baile, Sri Sathya Sai Publications Trust

[3] AS - Anjaneya Swami, SS/SK - Self-shining/ Self-knowing, P-B - Peace-bliss, JB - Just Be

[4] AC vol 1 - Msg 25-07-2015 ; AC vol 1 Msg 29-04-18 Anjaneya's Command Vol 1, Sri Sathya Sai Kuteer

[5] Jivan Mukthi Viveka, by Sw. Vidyaranya

[6] Q35, 26-08-2018; [9] Q 180, 15-7-2019 Anjaneya's Command, vol 2, Sri Sathya Sai Kuteer

[7] Q131 16-10-2016 ; [10] Q94, 22-02-2016 ; [11] Q35, 24-10-2015; Q95 23-02-2016 ;

[8] Tenth-man story, Panchadasi by Swami Vidyaranya

[12] CIA - continuous integrated awareness

[13] Ek Atma Pratyaya Saram, verse 7, Mandukya Upanishad

[14] Anjaneya's Command, Vol 2, Sri Sathya Sai Kuteer

[15] 'Making of a Yogini', Gyani & Dolly Baile, Sri Sathya Sai Kuteer

12. Other Saints Sages who assisted

It is my firm belief that just as a child needs parents to nurture and bring them up, so does a *Mumukshu* needs any of the Sages, Saints, Avatars, Sadgurus, Gurus. Either through their physical presence or through inner voice or through dreams etc,. I had the great good fortune of having Guru Sadguru God who guided my spiritual journey. On top of that, I had also other saints and sages who assisted me in this journey like Bh Ramana Maharshi, and Amma Karunamayi and to lesser degree Mata Amritananda Mayi, Janaki, Srikanth Sola, Vaishali, Seema Dewan, Padma (a friend), Sonia (a friend) etc. I am presenting them in a chronological order. Vaishali and Janaki's IV messages are detailed in Guru Sadguru God chapter.

On Mar 6,'08 Maha Shiv Ratri day my IV told me to meditate on 'Subject'.' (Leave alone how to do it, I did not know what it meant).

On Mar 15,'08 We met Srikanth Sola, Shivani, and Sridhar in Ted & Jody's home in Pepper pike, OH, USA. Told Srikanth that IV is telling me to meditate on 'subject'. He paused as if looking up something, and said "You will work few more years or be like this a few more years. Then you will get self realization. Then you will become a part of the light or be one with the light."

Oct 20,'08 ….I reached office, slowly the bliss feeling started again, but I had work to do and hence could not sit still. Bliss stayed but was at diminished levels. When I sat down and got my mind quiet, it slowly started increasing in intensity. Around 2 pm received a reply from Srikanth Sola, he stated 'this Ananda will stay with you eventually even while you are doing Karma (actions)'.

Apr 24,'08 I saw Mata Amritananda Mayi in my dream and she gave me Krishna mantra. (See My Spiritual experiences journal chapter)

Oct 7,'09 Last night in a dream Mata Amritananda Mayi came to our house. She hugged me and was smiling like her usual self. I got the feeling that she hugged me many times. One time I was lying next to her and she hugged me like a mother does. She told me multiple times that "Swami is real" which I understood as Saguna Brahman. We were all in backyard. I served an edible item in her plate. She looked at it and started uttering mantras.

Jun 5, ’09 I took voluntary retirement in April ’09. Region 5 was going on Parthi Yatra, I enrolled to go with them. We were asked to come to Chicago to learn Mantra Pushpam and Narayana Suktam. On the way to Chicago, I stopped at Sri Ramakrishna temple in Ganges, Michigan and meditated. I thought of what Sri Ramakrishna said to Shivangini about seeing ocean and not the waves. I thought of principle of smell being Brahman while good and bad smell are Jiva, I heard “that is right”. Continued to focus on subject, asked for some sandesh (message) from Sri Ramakrishna, a few minutes later I heard “you have done well”.

Mar 7,’08 (See Mar 6,7,8 ’08 ‘My spiritual experiences journal’ for details). Seema’s email to Jody who forwarded it to me said “I just typed out what Bhagwan asked me to in the email I sent you. In fact after I was done with the letter, Bhagwan told me that Shivangini really wishes her daughter to settle with a good boy. Her mother is still watching over her…… Bhagwan has given Gyani a big test in life. He has to stay strong as a rock. The knowledge within will help him to do so.”

Jul 2,’10 For the first and only time I saw Seema Dewan in one of my dreams. She said to me “you will get self realization since you are already engaged in the practices that will get you there.”

Aug 3-8,’12 We had a Satsang at our home where my college time friends came - Padma, Sudhir, Raju, Madan, Prem, Vidya. On Aug 5 all of us meditated in our basement in Midland, Michigan. We started with So-Ham meditation. Padma had a remarkable experience. In Padma’s words: ‘I saw Hamsa, the bird, in front slightly to the left of me; it kind of looked like a swan; but, was much larger with white abdomen and beautiful pink color feathers with long neck curled to its right side. Then that same space became orange in background and an eye in purple color appeared at an angle slightly to my left in the place of Hamsa bird. It was left eye only, right eye was not visible. The eye was large about twice the size of normal human eye, almost closed with long lashes that felt very much alive. Then next to the eye on the left (to my right) I saw Shivangini in white saree, then Sharada Ma in white saree slightly above and to the left of Shivangini; then slightly above and to the left of Sharada Ma, Goddess Saraswati appeared in white saree with gold threaded magenta border, seated on a stone with right leg crossed over the left, with a veena in hand across. Right above Goddess Saraswati from waist up Ramakrishna Paramahamsa appeared large with white cloth on left shoulder; and then Swami

appeared standing further behind and above Paramahamsa, large in form, from feet to head in long orange robe. Bright sun was shining far behind Swami. Then I saw each and every one of them all at once one above the other in the order mentioned from Shivangini to Swami! An amazing sight! Then I came out of meditation. But the sight lingered on and meditation continued again. Then I saw Gyani moving towards the Sun and Swami & Shivangini were sending rays to Gyani. Gyani was proceeding beyond the sun, behind Swami. Then looking at Swami in the meditation, while seeing this vision, I asked "Is Gyani going over there?" Swami said "Yes, tell him that".

Feb 3,'21 Sonia, a part of our satsang group in USA, gets inner voice messages from Maha Devi. Divine mother gave a message thru Sonia to each of our satsang members today. 9:57 am Sonia Meyers: Oh almost forgot! Gyani uncle: 'The light shines from within you, let it grow ever more powerful!' Divine mother's message.

Amma Karunamayi (Vijayeshwari Devi)

A couple of us from Detroit went over to see Amma Karunamayi (AK) in Dayton, Ohio in 2009 for the first time. I saw her speaking to some devotees in a hall way at the conference center where she was giving darshan. We approached her, touched her feet. I did not say anything. She looked at me and said "you don't let your mind go here and there". We had her darshan in the hall and returned.

Sept 11,'09 Kamal Saxena was a devotee of Amma Karunamayi in Columbus, OH who used to organize Amma's event of performing Homa (fire ceremony) in her backyard every year for about a decade. On this day, Kamal ji asked me to meditate in the shrine at their home. At the end of the meditation I heard "Mata Karunamayi is divine mother".

June 2,'10 On May 26 I sought permission from Swami (IV) to go to AK's retreat in Columbus, OH, when I heard "Ok, go ahead". I started doing Seva (service) at AK's retreat. AK said to me at retreat "Baba varu pouring his grace on you" meaning Swami is pouring his grace on me.

Jun 30,'10 AK said the following to me at retreat "You are pure soul. Your mind does not go anywhere except to God. This is your last life. You will have self realization. You are like a sage leading a family life". Last day Amma said referring to me "He is Hanuman, selfless".

A year later at her retreat I asked “Amma, what sadhana must I do?” Interestingly Amma had an expression as if why are you asking this, and said “I already told you. You will have self-realization”.

On May 26,’12 AK said to me in one on one that “you are a very mature soul.” “you have no more births” “Anyone who has seen or been with Baba has no more additional lives” “Swami’s Seva is Karma, Jnana, and Bhakti margas (paths)”.

May 28,’12 Last night in meditation I heard ‘1500’. I knew it was the amount to give because I was thinking of giving $1000 to Amma’s trust. I wrote a check for $1503, a note about what I heard in meditation, how I lost check book and found it, and how Swami said to give $1500. All of us waited for Amma and I sat down and meditated before her coming out. Interestingly, again, I was the only one there (like last 2 times) and I touched her feet, gave her the envelope. She talked to me about coming to Penisula for Seva with medical camp in Dec for 1 week. While leaving she called me ‘bangaru nanna’.

May 26,’24 After a decade+, I attended Amma K retreat in Dallas. In one-on-one Amma said “How many people are named ‘Gyani’. It is not an accident. Rishis in the subtle level have given that name to you. You are a puttu yogi (a yogi by birth). You do not have rebirth (she said this in the past interviews also). ‘ఊరకనే అనడంలేదు’ this means ‘I am not merely uttering words’ (meaning she meant it).

Couple of weeks later I went to see her in Houston. She recognized me and asked “are you ok. Do you have any health problems”. I said “I am fine, Amma. No health problems. I need some help, Amma. ‘నేను నేనుగా ఉండటంలో నిలకడలేదు’ means ‘unable to stay put in the state of ‘being’ and I need help in it’. She verified what I asked, as if she was making sure of what I was asking, also got the impression that not many people ask her for such help. Then she said “ఖచ్చితంగా చేస్తాను” meaning “I will positively do it”. After a month or so later I noticed my ability to stay put in that state improved.

Bhagwan Ramana Maharshi

Since Jan 9, ’11 I had been reading the soft copy of the book ‘The Path of Bhagwan Ramana’. In that I read about Self Inquiry or Who am I?. When I read it, I was shocked to find the practice I had been doing since ’08, meditating on Subject, and the way my Inner

Voice (IV) lead me is exactly same as the method advocated by Bhagwan Ramana.

On April 9, 2012 In the evening meditation, I was in the state of 'no thought', hearing the sound of silence and in bliss for more than an hour on and off. In the night I had a dream where I saw Swami first and he was saying that I will be doing something and handed me a brown paper bag. I looked in and it revealed to me that I will be representing Swami like Anil Kumar. I said in the dream diffidently 'can I really do such a big task'. (Radhika reminded - it refers to AC[1] translations). Scene changed and then I saw at very subtle level Bhagwan Ramana Maharshi come towards me.

Feb 19,'15 On Maha Shivratri evening, I was meditating on what Bh Ramana said about the practice of staring at the Self for ½ hr a day. In 3 – 4 months one will see the results. I started doing that. Quite a bit along the way I heard "చాలా బాగుంది" (very good). I smiled at "చాలా" (very) how it is said. A little later I heard "చా.....లా బాగుంది" (Ve….ry good).

Mar 6,'21 As usual I meditated before falling asleep, I focused on that which is self-knowing and self-aware, heard "you are done". Just to assure, heard it again but louder, while I was in no thought stage. In the night I had a dream - I was with Bh Ramana Maharshi in his ashram (not the way it looks now, it was more like huts). He was to take samadhi and preparations were going on. Volunteers were hustling around. He looked younger and energetic. I see Bh Ramana moving around and I am close to him. I was given a hut to stay. I went in and closed the door. Some of my vasanas got removed there in the form of dirt. Realizing someone at the door, I opened it. Bh Ramana was there and he asked me to come with him. I said "Bhagwan, there is still cleaning to do" referring to the dirt in my hut. He said they will take care referring to all others who are engaged in preparations. He took me by hand and said "lets sit under the tree, I will answer all your questions". Felt it was a long dream. Many people were seated waiting for him. He kept me around him all through the dream. Either in dream or I may have woke up in between, but I felt thrilled that it was Bh Ramana Maharshi and I was so close to him.

May 26,'23 Meditation at 4 pm. I was in state of peace-bliss. Not sure where I was but as I came back to awake state, I heard 'complete, complete' then heard 'Ramana Maharshi' indicating he said it. After that I stayed in steady peace-bliss state even after doing some activities on the laptop. (Ramana Maharshi said

'complete' referring to this experience of Jiva chaitanya sticking to Brahma Chaitanya)

Dec 29,'23 I was amazingly at the state of 'being' (as I understood then) for about 45 mts in the morning. It happened quite effortlessly. Later in the day, I found out today was Bh Ramana Jayanthi.

Arunachala visit Nov. 2024

Back in July '24 a thought entered my mind to give financial contributions to Ashrams which house mostly evolved Sages. This as a Seva to them for Swamini Viswatmananda Giri's anniversary (AV^2). We went and gave first one to Swami Pranavananda in his Hare Rama Hare Krishna Japa Yagna ashram in Karamchedu, following month second one to Ananda Ashram, Kanhangad, Kerala. Next on the list was Bh Ramana's Ashram in Tiruvannamalai, Tamil Nadu.

I contacted Ramanasram. They gave me accommodations inside for Oct 26, 27, 28. Our Puttaparthi Kuteer Ashram residents RD^2 and others wanted to join. They did not get accommodation inside. So if I went with them, I needed to let go of my stay inside the ashram. For some reason I wished to stay inside. That and for other reasons we ended up canceling that trip. I informed Ramanasram 15 days in advance that I will not be able to make it, and can they give me accommodations same time in Nov. Never got a reply.

GV Sethuraman, my engineering class mate in Hyderabad, told me to go online and apply. End of October I went online and submitted all the info, adhaar (identity card), passport photo etc. Asked for Nov 27, 28, 29 accommodations. In couple of days they replied saying it is approved. Our ashram members were tied up with lot of Seva activities etc. so I ended up going alone.

Four days before travel, Nov 19 Meditation: Heard "moksha", later "adbhutam" (wonderful). Heard "moksha" again, then "anandam" when I was in bliss. I thought of what Taittiriya upanishad said 'Bliss is Brahman', I heard " అవును జ్ఞాని" (yes, gyani). Nov 20th 3:30 pm meditation: after about 30 mts of nicely staying in silence with Self, I heard "moksha prapti" means "attainment or achievement of moksha". I continued. After about 5-10 mts I heard 'sooper' meaning very good. Nov 22nd In meditation I heard "prasadam". Reminded me of Ch 2 BG "prasada" refers to peace.

Little later I heard “permanent”, I think it referred to everlasting peace. I heard “permanent” again.

On Nov 26 day of travel. Early morning I had a bizarre dream. Initially it was something to do with light and darkness. I felt when light is not there, that thing (darkness) will hurt me. Then something unearthly but live came to attack me. Looked like a long hose with distinct opening at one end and it came at me floating in the air, it was quite bizarre. I was scared and to get away I moved away from it in the dream. Next I know I fell from the bed on to the tiled floor taking full impact of my weight on my right ribs and right cheek bone. I could feel the swelling right away on my cheek bone. Ribs were bruised. Thought I had a fracture in my ribs. I thought ‘whatever destiny decides’ I will go along with it. Anyway after I got over the shock I sat down to meditate. Ten minutes into meditation I heard “*Jivan Muktha*”. A little later heard “*Jivan Muktha*” again. Then I heard “Bhagwan”. I understood that it is Swami[2] who is saying it, as opposed to AS[2] who had been guiding me lately. I did pranam to Swami, AS, and AV[2] in my heart. In the evening while dropping me at railway station, RD[2] mentioned to do Girivalam (go round Arunachala hill), and have darshan of Arunachaleswara in the temple. With aching ribs and bump on cheek bone, I traveled to Tiruvannamalai by train, changing trains at Bengaluru. Reached at 4:40 am

I reached Ramanasram on Nov 27 morning at 5 am after evening and night travel, with still hurting ribs and bump on the cheekbone. At 5:30 am gates opened but the office of accommodations was supposed to open at 7:30 am. Guard at the gate let us in at 5:10 am. Luckily one of the office people was there and he filled my personal info in the accommodation log book (not in computer), and gave me a single room with bathroom, pretty close to temple, meditation hall, dining hall across from the Samadhi shrines of Bh Ramana disciples.

I quickly freshened up, took a bath, and went for breakfast. Then went to meditation hall and meditated. RD told me to do ‘Girivalam’ and have darshan of ‘Arunachaleswar’ in the huge temple. So after lunch, just to get it done, I went on 13 km ‘Girivalam’ by walk and returned to ashram by 3:30pm. Slept early due to fatigue.

Nov 28th In morning mediation Bh Ramana said “final exams”. I noted it but did not know what does it entail. At 4:15 pm I walked up

to 'Arunachaleswar' temple in town. While moving in the queue for darshan I accidentally hit my head against the stone edge of one of the temple pillars. Got slight split skin and a bump in the head right away but no bleeding. I thought my 'prarabda karma' is working out one after other. I walked back to my room after darshan of Arunachaleswar in the temple and was tired. I heard "sit down". So I sat in the room and meditated for a little under 3 hrs (first time ever in my life). Entire meditation was trying to abide in the Self.

Nov 29th Today in meditation I heard 'Samaapth' (means 'over'/ 'end'/ 'finished'). A little later heard "Ramana". Looks like Bh Ramana did the testing and its over. During this time I only practiced 'abiding in the self', 'just be' as much as possible.

Nov 30th In morning meditation in the room after 1 hr in 'abiding in the self', 'just be', I heard "ఐపోయింది" (means finished, done, or over). Later I meditated in the meditation room from 7:48 to 9 am. About 15 mts before the end, I saw two unusually large divine palms holding a plate that contained few lit up camphor flames. The center one had a large flame split in the middle and there was something in the center of that flame. Saw a lingam shining due to fire reflection or it was made of gold, from which bright shining light was coming. Other flames were normal. This was brought to me up close from a few feet away. It felt so real that I dropped down into awake consciousness with a jerk, and as a reflex took Arati three times touching it to my head (my habit). I did not know but searching on internet later, I realized I had darshan of Agni Lingam. (According to Shiv Purana, Shiva took the form of Agni lingam and established in Arunachaleswar temple and Shiva himself became the Arunachala Hill).

Since late morning it started raining so heavily (due to the cyclonic storm 'Fengal' that landed near Pondicherry) that I sat in my room and worked on some finance stuff for few hours. Then started meditating at 8:42 pm. About 40 minutes later I heard "Anjaneya", at 9:40 pm I heard "sampoornam" (entirely complete, spiritually complete). Sri Anjaneya conveyed that whatever it was, is spiritually complete.

Dec 1,'24 morning meditation in the room at Ramanashram (still very heavy rains outside). I was told by my IV to do "abhisekam to your heart's content". Here I understood 'abhisekam' is abiding in the Self.

At 6:30 pm I went to accommodations office to let them know I am supposed to check out but due to heavy rains and possible train cancellation, I wanted my stay to be extended. They gave the OK. She then took my room #, my name and wanted to enter my extended stay info. She could not find me in the computer system. I told her my info was entered in the log book. She kept searching under my room #, my name, the date I checked in, verified my info that was entered into the log book etc. She was perplexed. Finally she found my name under 'no-show'.

She told me their policy which is - when anyone is granted stay and if they cancelled in advance prior to arrival date, they are still marked no-show and blocked for 3 months from re-entering. My October cancellation made me a no-show. When I applied for Nov stay, I did it online. Because they were migrating from old system to new system in accommodations office, old data was not there and hence I ended up getting room allocation. Otherwise according to their policy, I am not allowed to enter ashram for 3 months !!

So did I go to Arunachala? Or was I brought there by the divine for conducting final exams, perform certain rituals like Girivalam/ Arunachaleswar darshan, Agni lingam darshan/ blessing etc…..?

[1] Anjaneya's Command Vol 1, 2, 3, translation into English. Sri Sathya Sai Kuteer

[2] RD - Ravi Daggupati; AV - Amma Visalakshi; AS - Anjaneya Swami ; Swami - Bh Sri Sathya Sai Baba

13. Sharanagati (Surrender)

Sharanagati means surrender, specifically a total and humble surrender to God. Implies a total giving up of one's own will, ego, and sense of doer-ship. [6] 'Generally, people surrender (sharanagati) to their family, to their scholarship, to their greatness, to their wealth, to their position, to their fame, to their courage, to their glory, or to their intelligence, but not to God. The good sense to seek refuge in God comes to one in a million. But what is true surrender (sharanagati)? It is to believe that everything is God, nothing is yours, you are merely an instrument, and everything is happening according to God's will. You should not have any preferences. You should be content with whatever God grants. This is what surrender (sharanagati) means'[6].

[1]'Saying 'I surrendered to God' is like walking on razor's edge. Not only is it leaving the entire burden on God, but one needs to be free of likes and dislikes. Actually the 'I-ness' and any desires like 'I want' must not be there. A feeling of 'God's will is my will' needs to get rooted. When one gets to the state of 'let thy will be done' then sharanagati becomes complete (sampoorna).'[1] [2]Swami said 'Actual Sarvasya Sharanagati (complete surrender) is mind, body are instruments i.e. what is said and done is done by God. To that degree one needs to have faith, confidence, discipline, practice.'[2]

To get to the state of Prashanti (unwavering peace), one needs to cross Bindu (outlined in 'Bindu or Haridwar' chapter). To cross Bindu, one needs to hold still, thoughtless, and centered in the Self at the doorway. To hold still and be thoughtless, one needs to attain 'chitta vritti nirodha' (cessation of mind movement, goal of Patanjali's yoga system). [3]'How to get stillness of mind? There are two ways to accomplish this. One is Vichara (enquiry, contemplation) and the other is Surrender (samarpan). Vichara is to search for the birthplace of the mind (this is done thru Who am I enquiry, contemplation). It will merge right into that source. Samarpan is to whole heartedly dedicate oneself (to God), then it will submissively surrenders forever. Samarpan is not that easy. Our ego will not, it surrenders only when it recognizes a higher and greater power than itself. For both enquiry and samarpan, mind control is necessary.'[3]

Swami while describing Jivan Mukthi state of Shivangini said [4]'Sarvasya Sharanagati (complete surrender) is bringing the following into experience: unstable to stable (asthiratva to sthiratva), disturbed state to equanimity, fearfulness to fearlessness, cowardliness to courage, turmoil to peace, adharma to dharma, obtain blessings from whatever they seek, and losing ego while journeying into Advaita (oneness). Through this Sarvasya Sharanagati one travels to the state of Jivan Mukthi and after traveling that I facilitate them to rest and recline in infinity'[4] .

[5]'To achieve surrender, five practices are necessary. 1) Being free from Abhiman (pride, ego) 2) Being free from Moha (delusion) 3) Being free from Sang-dosh (attachment) 4) Being free from Korika (desires) 5) Being free from notions of Dwanda (duality)'[5].

On Oct '14, Swami said to RD[7] - you will get the opportunity to ask AS questions about 'sharanagati'. Swami used to tell us that AS was at the pinnacle in Sharanagati. Here I would like to quote in our words what Anjaneya Swami (AS) said. So RD[7] asked AS about Sharanagati since he is the pinnacle of it. AS replied 'who? me?, I only have 1% of Sharanagati'[7]. Sharanagati is not like either you have it or you don't, but a gradual scale for one to make progress on.

A personal experience of Sharanagati. On Feb 16,'06 Lost power due to winter storm in Michigan, USA at 7 pm. Left home on Feb 17 to Prem's home in Detroit to keep out of freezing cold. As I left I said to Swami that 'I am leaving it all up to him'. (See Feb 18, '06 'my spiritual experiences journal' chapter for details) All the drama that happened after that is a lesson in Surrender. I asked Swami for guidance and in meditation he said 'dekhlo' basically means 'it is up to you'. After all the drama was over, I truly understood what it means to surrender when the stakes are high, and you have a choice that you think can reasonably influence the outcome in a positive way, and yet you need to truly leave it in Swami's hand. It is a tough test and also made me feel good for making the choice not to go to midland. In meditation Shivangini kissed me the way she used to do when she was extremely happy with me. One may leave it up to Swami, but it is very tough not to think/ mull over it, particularly when the stakes are high and you think you have the ability to change the outcome.

In all the interviews we had with Swami in the chapter 'Guru Sadguru God', Swami used to say quite often that as sadhaks (spiritual aspirants) we should not have questions, doubts, curiosity,

anxiety etc which are all signs of 'not having Sharanagati'. Over the years spiritual growth occurred in such a way that all my questions about God, world, poverty, suffering, religious/ political strife, social injustices etc ceased. Not because I got specific answers for them. They just evaporated. Is this a sign of minutest amount of Sharanagati?

I cannot recollect the name of the book where I read the following back in 2001: 'there exists in social order such complicated problems which no institution, no government, no amount of wealth, no man, no power can solve. These can only be resolved by spiritual power.' As we look around the world, this still holds true and at times it got even worse. With this much of turmoil all around us, how can we get to 'chitta vritti nirodhaha', then to Prashanti without Sharanagati (surrender)? Swami once said to John Hislop 'Liberation cannot be permanent without total surrender'. [9]'Only with the strength and maturity of sadhana, the curtain is removed entirely. Then there are no more obstacles. You might ascend to the peak but if you are not careful, cautious and are careless, you might fall down or might perish. Therefore for experience of Atma, sadhana with determination/ resolve is needed. Anywhere on the path one can stop. One can fall down due to ignorance (Ajnana). Hence once ascending to the peak of spirituality one must be alert and vigilant. Due to the maturity of sadhana, a time will definitely come when you can firmly abide in Atma and there will be no more possibility of falling down. You will firmly stay there. Then sadhana and effort are not needed. Till then firm sadhana is necessary'[9].

Illustrating the last points, Swami said[8] in 2014 "I had to tell you when you reached the Self and since you had a doubt, I had to confirm. Once you reached there, still making effort or groping or thinking am I there, is wasted effort." Despite Swami telling me I reached the Self, I still kept on groping till ~ 2022 primarily due to doubts, lack of mind control ie due to lack of Sharanagati.

[1] Msg 2, 25-07-2015 ; [3] Msg 162, 14-12-2016 ; [9] Msg 88 20-2-2016 Anjaneya's Command Vol 1, Sri Sathya Sai Kuteer

[2] Dec 9,'14 interview, Guru Sadguru God chapter

[4] April 29-30,'14 ; Guru Sadguru God chapter

[5] Msg 90-A, 03-09-2020; [6] Msg 105, 15-09-2020 Anjaneya's Command Vol 3, Sri Sathya Sai Kuteer

[7] RD - Ravi Daggupati; AV - Amma Visalakshi, S - Sahasrara, AS - Anjaneya Swami

[8] Dec 2,'14 interview, Guru Sadguru God chapter

14. Bindu or ‘Haridwar’

In Sanskrit, Bindu (बिंदु) literally means "point" or “drop." Concept of Bindu appears in at least 4 upanishads - Nada Bindu, Dhyana Bindu, Amrita Bindu, and Tejo Bindu. According to them - It’s the "seed" of creation, where everything that exists in the cosmos is held in a concentrated, undifferentiated state; by concentrating on this single, indivisible point, a practitioner can dissolve the distinctions between subject and object, knower and known, and ultimately realize their own identity with Brahman; Bindu is the point of absolute stillness from which the primordial vibration of creation (Nada) arises; It is the final convergence point where all spiritual paths—be it through knowledge, devotion, or meditation—lead to the direct experience of the ultimate reality. It is the converging point for Yoga, Vedanta, Tantra practices. Also the point of union where individual consciousness converges with the universal consciousness.

Anjaneya Swami says [1]‘Breath (Prana), thought (mind), these two are separate in man’s life. Yet, these two are intertwined and tied together. Therefore, by restraining one of them, second one gets controlled without any effort. If you restrain prana air, thoughts get restrained. Then thoughts turn inward and get merged into a Bindu (point, source). If one puts their attention on the place where the thoughts disappear and observe, it helps you to merge in the heart and attain Atma Nishta (stabilize in Atma) easily. Your drushti (vision) should not get disturbed by senses or thoughts. If you get habituated to Antar drushti (inner vision), you can stay in any place or under any circumstances. If you reach your Kendra Bindu i.e. your heart and stay as the form of Atma (Atma swarupa), you will get bliss of Atma’.[1]

I reached Bindu in my spiritual journey, after karma, meditation, dreams/ visions, cleansing process (which is still ongoing), Atma vichar, attaining bliss, Brahma-anubhuti, access to Guru Sadguru God and saints/ sages. My IV took me step by step up to Bindu and beyond, those experiences are outlined below.

Dec 12,’24 Meditation 6:05 to 7 pm. As I stayed with my attention centered (on the Self), a thought went through my mind about ‘Bindu’, I wonder if this is Bindu because it felt like I am hanging onto a point. After 7 pm, I lay down on bed as my back was hurting, then I thought about Bindu - first I heard “Prashanti”

(unwavering peace). Little later heard “Prashanti” again. Then “Anjaneya”. Anjaneya is saying ‘it is Prashanti’ (unwavering peace).

Dec 16,’24 Night meditation. Quickly got to the Bindu. I heard “అలవాటై పోయింది" (got habituated). A little later I heard “మొత్తం ఐపోయింది” (‘everything is done or over’). After staying at the center for 35 minutes, it was totally effortless, no thoughts were coming. It felt very ‘nice’, pleasant, maybe this is ‘satisfaction’ which is referred by scriptures as ‘tushti’. I recorded on my phone, then I got immersed in that state again, when I heard “prashanti”. So this is ‘prashanti’, now I can identify it - state of effortlessness, state of total silence, state of no thoughts, nice ‘hum’, felt that one can stay in that state on and on. As I stayed in that state I finally understood. Bindu is the state where you get centered, become thoughtless with effort. You hear the hum. If stayed there without moving, not drifting - that is Bindu. Once you stay there for a while, not sure how long (minutes), suddenly you become thoughtless and are in ‘Prashanti’. In this state you can’t locate Bindu like you did earlier. Once you cross or enter Bindu, it is Prashanti. It is almost 1 hr. Out of that, first 30 mts was getting to and staying at Bindu. Next 20 - 25 mts, it is Prashanti, it is totally effortless, no bothering thoughts. As I recorded the experience, mind was calm, no thoughts, nice hum, very pleasant. Remembered what Swami said in 2014 ‘ప్రశాంతతను మించిన ఆనందం లేదు’ meaning ‘no bliss greater than prashanti’.

Dec 18,’24 Started meditating at 10:14pm. Reached Bindu quickly to my surprise (earlier used to take 15 - 30 mts). IV said “understand” meaning I am still not doing it right. When we hang on to Bindu - it is either trying to hold it, or trying to join it. I went back and tried to join it. Started experiencing bliss coming from the center. Then I heard “అద్భుతం” (miraculous). Later I heard “buddhi” three times. Understood that ‘buddhi’ is active, it is telling me ‘I am at bindu’ ‘crossing it’ etc. At that time I heard “samadhi” which means sama-buddhi i.e. equal mindedness. Need to be equal minded and join it, not try to grab it. A minute later heard “పద్ధతి” (process/ procedure). Need to follow the procedure to get there. It is ‘being’ and not ‘knowing’. At that time I heard “prasad” (gift). Contemplation - buddhi needs to go into seed form like it does in deep sleep. ‘Samadhi’ is like deep sleep - it is ‘being’ with awareness. It does not tell you that you are there. It ‘just experiences that state’. At this time I heard “prasadam” (gift) three times.

Dec 19,’24 Morning meditation 4:09 am. I reached Bindu, but was still putting in effort. Kept trying to let go of effort. At 4:26 am

shifted into effortless thoughtlessness. No longer was experiencing Bindu. There was peace, effortlessly thoughtless, and mild bliss. I heard “wonderful”. Trying (putting in effort) to shift from Bindu into Prashanti does not work. Reach up to Bindu, join it and stay put, till it naturally shifts into Prashanti. Later heard “namaskaram”. I did ‘namaskaram’ to that state. I stayed in Prashanti from 4:26 onwards till 5:10 ~ 44 mts. I finished recording this experience, Prashanti was still there (recording is transcribed into log later).

Dec 20,’24 Meditation. Started 4:21 am. Reached Bindu but could not stop the thoughts, but held on to that state. I kept struggling. After 33 mts, slowly mind started settling, could hold attention on Bindu, without moving, but with effort. At that time I heard “Haridwar” means ‘doorway to Hari (God)’. Indeed, Bindu is the doorway to Hari. Stayed there few mts - thoughtless, effortless, filled with the Self. Then I heard “అంతే” means “thats all/ that’s it”. All the 32 mts I struggled, not a word from IV. So by holding steady at Bindu, thoughtless, effortless, it shifts by itself. In Prashanti if you get thoughts, then you drop down from that state. Being with the Self is ‘Ananya Bhakti’ (‘none other than thou’ devotion). At that time I heard “Prashanti”. From Haridwar onwards it is all Prashanti. About this time, IV said “scientific” which made me smile - Swami is making fun of my step by step approach. Though I was there, some tightness in the head persisted (unlike earlier times). After 5 mts or so the tightness started leaving. Pleasantness, bliss steadily increased. As I was further centered (with the Self), I heard/ felt something unwound in my head close to S chakra. Slowly it settled, relaxed, nice hum, no thoughts (even as I record), silence, effortlessness, bliss - Prashanti. Once I got to that state, I opened my eyes, saw things, head was still empty. I sat in yoga posture, heard muslim prayer coming from speakers outside, yet my state did not change.

Dec 22,’24 Meditation: I must have assessed in meditation as to where I was at, I am at bindu now, I need to hold myself steady, thoughtlessly, I am crossing bindu etc. At that time I heard “manas” which meant it is all mind activity. It was not good meditation but towards the end I understood the difference between ‘knowing’ and ‘being’. In ‘knowing’ it is done with mind while ‘being’ is not done with mind but experiencing with consciousness/ awareness. As long as there is language in the head, it is mind (ego) game. ‘Being’ is mere observation/ participation without any thoughts. No assessment, no analysis, no conclusions- which is all buddhi activity.

'Being' gets one across Bindu while 'knowing' is nothing but an hindrance.

Dec 24,'24 Started meditating at 4:23 am. I was at Bindu by 4:32. Tried not to engage in buddhi activity. Stayed at Bindu. Heard "ఇలా కాకుండా ఎలా వస్తుంది" (if not this way, how will it come?). So I kept at it, 4:37am. About 4:52 (15 mts) when I just entered into Prashanti state still a little bumpy. Stayed there about 10 mts, when IV said "beautiful". Another 10-15 mts in that state I heard "చాలా బాగుంది" (very good). Bliss was there all along, about half way, started increasing in intensity. But I held on to Self. Bliss is like the waves of ocean, up and down to it. But when I held on to the center, it was like the calm ocean of bliss. It was peace - bliss, calm and not wavy. At that time I heard "Brahmananda". Stayed there till 5:45 (~ 52 mts). Slowly got up did Vajrasan (yoga posture). Then, I recorded the experience, still stayed in that state. No uncontrollable thoughts.

Dec 26,'24 Meditation 4:15 am. In 10 mts I was at state of Prashanti. Understood all that needs to be done is to get to Bindu and hold still, thoughtless. Crossing over to Prashanti happens by divine grace, not by doing anything. Stayed there in that state, calm/peaceful/effortless/thoughtless, for about 20 mts. Then I heard "Japa" meaning this is the Japa I need to do. Later I heard "Jape nityam" (do this everyday). Then I heard "Brahma Jnanam". Understood this is Brahma Jnanam or it gets you to Brahma Jnanam. After 40 mts, still in that state - very calm, very peaceful, stillness, slight naad (sound) to it, pleasing, thoughtless, no effort. Felt like staying there. It is few mts over 1 hr now, still in that Prashanti, no thoughts, and centered. Then I got up did Vajrasan (yoga posture), still held onto that state. Unbelievable!

I have described what some of my experiences have been with reaching to Bindu and crossing it into Prashanti. I hope it clarified what to do once one reaches the converging point, Bindu, regardless of the direction or sadhana practice from which one approaches it.

[1] Msg 37, 24-10-2015; Anjaneya's Command, Vol 1, Sri Sathya Sai Kuteer

15. Prashanti, Prakanti, Parama Jyothi

Sri Anjaneya says [1]"In this secular world after facing many hurdles, with experiences of success failures, and in the end entering into the spiritual path, you travel from death to deathlessness. In human's spiritual sadhana, world plays a key role. Through the birthing pains of spiritual seeking (anveshana), a child called Jnana gets born. Hence one has to go through this birthing pain. Because, it breathes life into a new way of living. From Ashanti (unrest) to Prashanti (unwavering peace), Prashanti to Prakanti, Prakanti to Param Jyothi arises"[1]. This trio is referred as priyam (useful/ attractive), Bhaati (luminescence) and Asthi ('Is-ness') in Brahma Sutras. These can be understood easier by Sun (asthi), Sunlight (Bhaati), and warmth (prashanti) analogy. Warmth is its nature (prashanti), light/ luminescence (prakanti) is its form, Sun (parama jyothi). It is only one thing but experienced as three just like a rose flower is experienced as three things - fragrance, beauty, softness of petals.

Last chapter addressed how to get to Prashanti. How does one journey to Prakanti and Parama Jyothi? I believe this is addressed by the Jnana Bhumikas as explained by Sri Anjaneya [3] 'First three stages of Jnana are known as Jagrat. Why? In these stages world is seen same as it was prior. The ones in the first three stages are sadhaks and not liberated. Fourth stage is in accordance to a dream. How? World is identified as equivalent to a dream. Those who enter into the fourth stage are Brahma Vids. They are pure, liberated. Those in next three stages are Brahma Vid Vaar, Brahma Vid Vareeya, Brahma Vid Varishta. Brahma Vid Varishta means among Brahma Jnanis they are most eminent, famous.'[3] About these Brahma Vids', Swami explained with an analogy [4]"it is like an ocean. One cannot handle it if they jumped straight into the ocean. Like a swimmer, one needs to learn swimming in a well or a pond first. Then they can move up to a river, huge lake, then onto the ocean. Then they are called 'olympian swimmer'."[4] Based on these Prashanti is like Brahma Vid/ swimming in a pond or river. While Prakanti and Parama Jyothi are expert swimmers who can swim in huge lake/ ocean. But all four are swimming in the same water called Brahman.

Below are my meditation experiences, contemplation, and IV comments related to Prashanti, Prakanti. At this point my IV never

mentioned Parama Jyothi to me. First time my IV mentioned 'Prashanti' was in May 8-13,'14. See Bindu or 'Haridwar' chapter which indicates how I got to Prashanti.

Dec 30,'24 Meditation 4:15am: Got to Bindu quickly. Made effort to be thoughtless and steady. 4:40am Divine switched me into Prashanti, and heard "suprabhatam" (good morning!). Interestingly while in Prashanti I was thinking. Usually you drop out of Prashanti when you think. Noticing first time that I could have a thought, then I could turn it off. Understood that thought driven by vasanas are uncontrollable and they sweep you off, make you flow with them. While this thought is in our control, it can be started and stopped without losing Prashanti.

Jan 1,'25 Yesterday evening I was busy with year end tax loss harvesting, yet I was in strong bliss all through it. I meditated, didn't feel like closing eyes, yet stayed in the state of peace-bliss. Today woke up at 3:50am. Noticed if attention is put on Self, there are no invading thoughts. There is focus on Self (realized this itself is Bindu). Stayed like that for 1hr +. During that time heard "super", then "anugraham" (grace), later "prasadam" (gift). Much later heard "పూర్తిగా ఖాలీ అయింది" (totally emptied out). Stayed 1hr 30mts. Peaceful, pleasant, no need/want, no thought, nothing else, not boring at all.

Jan 2,'25 It was a struggle to meditate. Went back to sleep. Woke up at 4:50am and meditated. As I tried to center, heard "enter here" (it's all about centering). Stayed there and suddenly I was back into yesterday's state. Stayed for 30 mts in that state. Night meditation: I heard clearly "Aham Brahmasmi" (Maha Vakya) [5].

Jan 5,'25 Understood that Bindu is actually putting your attention/ joining it with the Self, and holding it there. Don't know how long, it varies, before it switches into Prashanti. It took about 20 mts before it switched at 4:40 am. About 5 mts later I heard "Namaskaram" clearly. I did namaskar to that state. Little later I heard "Swami". A little later heard "Anjaneya". Did namaskar to both. In this effortless thoughtlessness there are no two - I just examined it. Thoughts come occasionally, 4 or 5 during one hour in this state, I warded them off.

Jan 7,'25 On Jan 3 in meditation AS said "వదిలి పెట్టకు" (don't let go) as I stayed with Self. After ~ 9 mts I heard "వదిలేయి" (let it go). First put in effort to curb the tendency of attention drifting out, once stabilized, let go of the effort.

Jan 14,'25 Meditation at 12:15pm: Reached Prashanti quickly. Although my mother called me couple of times to eat lunch, I stayed in that deep, peaceful state, did not feel like getting up, stayed there close to an hour. Got up to go eat lunch at 1:35 pm. Very tranquil, silence, bliss, peace, effortless, stillness, thoughtless. As I wrote in the journal at 7pm, I was still in that state.

Jan 15.'25 Morning meditation. Did not go to Bindu or do the rest of practice, yet it was quiet, thoughtless. After sometime heard "anugraham" (grace). Then heard "Swami", later "Prashant". Then after sometime heard "Brahma Jnanam". Understood that by Swami's grace, I was in Prashanti. State of Prashanti is Brahma Jnanam. Noticed all day today, I could slip into Prashanti state to certain depth effortlessly.

Jan 17,'25 Meditation: Thoughts were fairly low, peaceful. Thought I was there, closed my eyes. Heard "పొరపాటు" (mistake). Immediately pulled back, stayed with the Self. Heard "అంతే" (that's all). After 10 mts in that state, heard "శాశ్వతం" (permanent) twice. Stayed in that state for 1hr. Today it took me to a state - centered, silent, motionless/ stillness, peace, pleasantness, steady bliss level, absolutely no thoughts.

Jan 22,'25 Meditation: I reached the center, could stay there fairly well, when I heard "super", continued to stay there. If a thought comes I push it out, later heard "Swami", little after that heard "సమాధానం". I understood it is Swami's reply. Stayed in that state for 1 hr from 4:04 to 5:04am. Somewhere at 4:50, I must have gone a little deeper, I saw not a light but some sort of illumination, at that time I heard "wonderful", then after sometime heard Swami's "సమాధానం" again. Is this illumination Prakanti?

Jan 30,'25 Meditation: I was in the state of language free thoughtlessness, awareness, effortlessness, and centered. Heard "Tatva Jnanam"[2] (knowledge of Atma).

Feb 1,'25 Entire meditation was what to include, how to include, and how to organize Making of a Yogi book.

Feb 2,'25 Meditation 4:09 am. Got into the silent state by 4:20 am. There was some effort involved because thoughts were coming and I pushed them aside. This kept on till 5:09 am (49 mts). Reached a state of calmness - effortless, no thoughts, no influx of thoughts. At 5:09 am my inner voice said "welcome". Very thoughtless (literally had to grope for thoughts), effortless. Normally had to exert to keep out thoughts (hence the effort). Little later heard

"అద్భుతం" (wonderful). Realized this is samadhi. I got into Vajrasan (yoga posture) and recorded at 5:31 am, I was still in that state.

Feb 3,'25 Meditated in the mandir. Did AS given mantra. I stayed there a minute or so, but got pushed out by thoughts. Then went back at it, slowly got into effortless state. Yesterday I read AS's message on how to get mind to quiet down. 'It is always restless no matter where you put it, only when it joins/ dissolves/ rests in Atma then it is no longer restless'. Mind just got there now, that is why even when you grope for thoughts you don't find them because your mind is with Atma at that time. So when mind is language free, thoughtless, centered, still, nice level of bliss, effortlessly in Prashanti state, no thoughts even after groping, then one is with Atma.

Feb 17,'25 Today I was in strong bliss all day. At times it would take me to a state of not wanting to do anything but just sit and enjoy bliss. I knew from what Swami said - that is not the highest. At about 8 pm, understood that there is strong bliss all around Self which drags one away from the Self. It is pleasurable enough as a temptation. It also is oscillating in intensity, and lethargic. But when one focuses on the Self, the oscillation stops because illusory 'I' stays stable when merged into Self. Anywhere other than Self, ego keeps moving which is its nature.

Feb 22,'25 Meditation: Easily got to Prashanti, stayed there 10 mts, did namaskar to Self. Heard "nenu" (Self) then heard "done".

Mar 1,'25 Meditation: struggled for 1 hr. Tried to do AS given mantra - be effortless, steady, thoughtless, still, stay10 mts that way, but could not do it. Finally got up did other things. Then meditated again. It worked. I was in that state even while I looked at cell phone. My understanding is, this is possible only when you get connected to the Self and are in bliss. Else mind keeps on pushing and pulling.

Feb 28 Day after Maha Shiv Ratri. I got into Prashanti and stayed in there. Experienced sushupti, absolutely peaceful and calm, then heard "prasadam" (blessing).

Mar 3,'25 Meditation 3:30am. About 3:49 entered into the state of Prashanti. Thoughtless, effortless, stillness, peace-bliss together, focused on the Self which had a nice hum to it. Stayed in that state, centered on the Self, till 4:49am. I probably had 4-5 thoughts, warded them off. Peacefully pleasant. This is possible only if you center on Self where Prashanti is. Else thoughts will invade you. As I recorded this, the peace-bliss continued. Now I know how to go past vishaya ananda and get to Atma ananda. Peace, nothingness, pleasantness, contentment, there is nothing in this

state - creator, creation, created, or God. 1hr 23 mts into it, started morning activities, still in that state when silent. Interestingly in Prashanti there are no Guru Sadguru God etc. Yet you cannot get there without them. What a paradox! Actually in this state you start enjoying silence so much that you dislike noise (even fan turning).

Mar 22,'25 Last few days all the experiences given by divine were related to writing the book. I meditated thinking I was getting to Bindu and crossing over to Prashanti but it was putting me in ecstasy (vishaya ananda). Few days I was lethargic in that high degree of ecstasy. Then I realized what Swami said way back about 'sushupti ananda'. I focused on Self and saw ecstasy go away. In its place peace-bliss came in. Low intensity bliss compared to ecstasy. Few days I got dreams that won't let me meditate. Realized this needs to be captured for the book.

On this path of meditation as we start, we don't know what Self is, and how to get to it. One meditates to keep mind silent by focusing on silence, or form, or name so that one focuses and concentrates on one thing only, instead of constantly shifting thoughts. Here is where lot of cleansing of vasanas/ chakras/ karmas occur, kundalini gets active, energy starts rising, experiencing many levels of ecstasy. Basically, these result in slowing down the thought process. As we do that, eventually one is able to turn vision or drushti inward. If still outward, only a Guru (physical or IV) can make it turn inward. But if you are able to turn inward, that is, able to reach up to the Self unknowingly, then one starts experiencing the vishaya ananda like I did in 2008. This is still an effort to get to the Self, but not reaching or touching/ staying at the Self. One has slowed down their mind and turned inward - subject-object contact occurs at various levels, chakras. I experienced it coming from heart, Ajna, Sahasrara (S) chakras. Experienced it for quite a long time at S chakra, which does not mean the Chakra is open. Years later AV told me my S chakra is not open yet. The highest level of subject-object contact is called Savikalpa Ananda. This is still vishaya ananda but highest level. One is turning towards the Self, but still not getting there, groping around it, you think you are there but are not. If you focus on vishaya ananda it gets very intense and it will take you over. Even in Prashanti one will not feel that intensity, instead it is more uniform, peaceful bliss. It is quite easy to get trapped in vishaya ananda thinking that is the ultimate. But this ananda is deep level of sushupti ananda that makes you lethargic and inactive. Last 2 days I was put there by divine so I could write this in 'Making of a Yogi'.

This is the last barrier (Anandamaya Kosha[6]) you need to penetrate to reach up to Bindu, then cross over into Prashanti. In order to cross this barrier, you need to divert, and get to the Self. But, you need to know what Self is, where you can experience the Self. 'Knowing' Self is not knowledge, it is experience of keeping your vision, drushti, at the center of where thoughts originate from (Self). Meditate, quickly get to the center, keep your mind free of thoughts (there are methods to do that, one of them is 'Trataka' (look it up on internet)). Sri Anjaneya showed it (nidra of yoga-nidra) to me in my meditation. With the Trataka, mind gets quiet but still the vision is external. Now you need to turn the vision inward to where the Self is (where thoughts originate from). Then need to make effort to stay there as long as one can. This is actually who am I enquiry. So staying steadily, free of thoughts, at the Self, and slowly stop making the effort, then one is at the doorway called Bindu 'Haridwar'. Stay there. Since you are not making effort, then how are you going to get to the other side of the Bindu?. It will happen only through God's grace. How long you need to stay at the doorway Bindu, the point of consciousness, only God will decide. In my case first time it was ~ 10 to 20 mts. Then later on only couple of minutes, at times right away. When it happens, you just realize you are on the other side when it becomes effortless. Don't try to impose effortlessness with effort, using mind, it does not work. Other side of Bindu is thoughtless (literally grope to find a thought), stillness, peace, effortless, pleasant (peace-bliss). My IV said "this is Prashanti".

Apr 9, '25 Morning meditation - as I centered on Self I tried to hang on to a location behind when I heard "అది కాదు" (not that). Brought back to Self and kept at it. Movement stopped, got peaceful, only experienced the Self and nothing else. After I stayed there for some time, I heard "Thats all".

April 10,'25 I got myself to the above state and stayed there for 1hr 15 min. Probably had thoughts in between for less than 15 min. Experienced the Self for an hour. (wrote this on 11th afternoon still no thoughts, stillness, nice hum, peace-bliss..).

Apr 11,'25 Meditation - Again I did not get to Self, IV reminded me. I zeroed in on Self. While there, this contemplation occurred: Staying with Self is very elusive. Attention shifts away easily. Till you get to Self, it is like mountain climbing where you clutch on to a ledge, as you move up to the next. We start with chakras from lower to upper. Then you start finding the source of illusory 'I'. At this point thoughts get sporadic, and eventually

disappear as you persist. Once you get there, staying there is as much difficult, and needs as much practice as reaching there. Actually it is more difficult, because till you get there one gets something or other to clutch on to, like getting to the top of a mountain peak. Once at the peak, to stay there, one has nothing hard to clutch on to, and one must withstand oncoming thoughts (vasanas), even if free of thoughts, one must withstand the movement of the mind (vikshepa), and not let go of Self by clutching onto something imagined to be Self. (Vasana kshayam, mano layam, tatva jnanam[2]). (While writing this, I am at - no thoughts, nice hum, peace-bliss low level when I write, increases level when I am quiet, no movement of mind - everything that I tried to stay at in the morning meditation, now it is coming effortless).

April 12, 25 Today it was contemplation. Swami was making me go through it so that it is captured for the book. Night before, even if one has last minute discussions, they leave an impression and surface in next morning meditation. Vasanas from past and recent keep coming up. When you cross Bindu and go to Prashanti state, when these thoughts surface, they kick you back to other side of Bindu. Then you need to put effort to cross over. Another thought comes up, kicks you right back to other side of Bindu. This keeps on going. One can increase the time one is on this side or that side of Bindu, but this process keeps on going till all our thoughts/ vasanas are cleared out. If you have Sharanagati, why think. Nothing should bother you. Worry, concern, bother about anything needs to go. Once one zeroes in, experiences Atma/ peace-bliss etc, in day to day life, all they can do is serve. Serving is in many ways - all the sevas, physical and subtle. Subtle - pacify concerns, make them understand holistic picture. Or silently send out love, i.e bliss. One has to be in silence, to be able to send out bliss to others. Cleans the environment - thoughts, fears, aggression…

April 15, ’25 Last few days when I centered and in effortless, still, non-moving state, peace-bliss, I heard “Bhagwan” meaning ‘God’ referring to the state I was in. In those times I did namaskar to that state. Today morning meditation I could sit in above state for ~ 2 hrs. There were occasional thoughts when mind drifted, may be ~ 6 times, but I quickly brought it back. Many a time I meditate now, I am not going thru Bindu because right away it is becoming effortless since mind is free of thoughts before getting into meditation.

April 20, 25 When I started I immediately went to the center, but was unable to stay there for long. It took me almost 25 mts to

get to the state of effortless centering. I heard "అర్థమైంది" (understood), little later I heard "amazing". This triggered a thought that I must be at the center to hear these words, when I heard "100%". One time I drifted focusing elsewhere when I heard "math karo" (don't do that). I stayed in that state for ~ 30 mts.

Apr 28,'25 Meditation 4:30am. Peacefully, quietly, aligned my 'drushti' with the Self Shining entity (Self), I heard "perfect". Stayed there without movement, later heard "that's all". Stayed in that state for 1hr. Not once looked at time, didn't even know that much time passed. Along the way saw an empty bus come right in front of me and stopped, could see only 1 person moving inside. After sometime saw something, little deformed in shape, moving away, with its deformed head waved me good bye. Bus - spiritual journey in this life; only 1 person - rarity; deformed shape leaving (ego?). Stayed in that state, very peaceful bliss, prashanti, even as I recorded.

May 9,'25 Meditation: As soon as I centered on Self, it was effortless. Next 10 mts thoughts of book invaded. It felt like going from gross to subtle to subtler. Its like climbing a mountain where you clutch onto something till you get to the top, but once top is reached, there is nothing to grab on to. You need to stand there by yourself. In meditation, at that point, the way to stand by yourself is to focus, attention stays at the center of 'I', the sphurana. As I stayed there, heard "temple", the is the inner shrine of that all powerful God.

May 22,'25 Meditation: Yesterday for some reason I grabbed onto something else as I tried to zero in on the center, where Prashanti is. IV said "మరిచి పోతున్నావు" (forgetting). Another time when similar thing happened IV said "అర్థం కాలేదు" (didn't understand). Today's meditation: I reached, stayed at the center very loosely, not grabbing anything, 'just be'. Stayed there ~ 10 mts when I heard "darsanam" (direct experience of Atma). Stayed like that for ~40 mts, heard in-between "చాలా బాగుంది" (very good). Went to bathroom, lay in bed due to aching legs, then back to the meditation chair . All along I was in that state. Felt that something in the top of the head opened up, felt very light, heard "done". Stayed that way. As I recorded, still at the center, nothing is attached, very peaceful. Over 1hr 20min.

Jul 3-4, '25 meditation: Got into state of effortless, at Self, I heard "చాలా బాగుంది"(very good), toward the end heard "congratulations". Stayed in that state for 40 mts, did namaskar to that state. Jul 4th, Took 15 mts to get to Self but it took effort to stay there. I heard "shubam" (auspicious). Another ~ 15 mts later it slowly became effortless thoughtless peace-bliss, void, I heard "miracle".

Aug 7,'25 Woke up at 4:10 am. In meditation stayed with the Self, thoughtless, effortless, silent, peace-bliss. I heard "superb" (4:20 am). Stayed in that state, next I looked at time it was 5:50 am. Stayed in self aware state for 1hr 20 mts. Nirvikalpa Samadhi?

Aug 15 Meditation 4:50 am. Took 9 mins to get to language free mind, language free awareness, merging in Self with effort. Took 5 min (5:09), it became effortless. Steady peace and bliss. Continued, focused on Self. It is surrounded by bliss. Did not go in direction of bliss. I heard "Prashanti". In prashanti, need to stay focused on the Self. Attention did not go here and there, stayed put. About 30 mts stayed that way. Stray thoughts came 3 times, I pushed them out. Stayed in effortless state with Self, language free mind/ awareness, heard "Atma Sakshatkar". I did namaskar to atma along the way. 26mins later alarm went off. I recorded and still was in that state. Recollected the sequence I went through. Yoga-nidra is similar. Don't know if it is Prakanti. Lost body awareness - 5-10 mts in first half and in second half. Not all the time.

Aug 16 4:40am, took 8 min to reach the center, merge in the self but with effort. Another 8 mins, it turned effortless, language less mind/awareness (thoughtlessness), and peace-bliss. 4:56 am. Got out of that state at 6 am due to alarm. 1 hr 4 min in that state of 'Prashanti'. Along the way peaceful, blissful, did namaskar to my own Self. It continued, stayed focused on the Self, 30-40 mts later I heard "Prakanti". This may turn into Parama jyothi, don't know?.

Aug 18,'25 Meditation at 4:42am. Zeroed in on the Self with effort. Stayed there, thoughtless, language free mind, but with effort. In 6 min it became effortless, lodged in the Self, unmoving, language free, thoughtless, no sound, but aware and peace-bliss. I heard 'naivedyam' (offering to God). Later heard "super". Stayed there till 5:44am. In between I bowed to that state of consciousness.

Sept 4,'25 Meditation: Took 8 mts to reach to Bindu, stayed there about 10 mts, shifted into Prashanti. Stayed centered on the Self, and held there. About 15 mts later entire everything shifted, very peaceful, language free, peace-bliss, aware, in Self. Stayed like that for 20 mts. Alarm went off. Probably not Prakanti. On Aug 16th I had to stay in that state for ~40 mts for IV to say "Prakanti".

Sept 7,'25 Yesterday I struggled for 45 mts, could not stay at Bindu. I gave up, but most of the day I was in peace-bliss while writing the Sharanagati chapter etc. Today from the get go, it was peace and bliss. Started meditating at 4:23 am. Did not have to go through Bindu. Next 1hr 20 mts thoughtlessness, language free

awareness, effortless, centered in the Self, stillness, wonderful peace-bliss. Only thing I heard closer to the end is Prashanti.

Sept 18,'25 Meditation: Crossed over into Prashanti in 10 mts. Thoughtless, effortless, centered, stillness, peace-bliss. Thoughts did come, but they were far between, and I warded them off. Stayed there for 1hr 25 mts. IV was quiet, not a word. After 1/2 hr, I kept my focus on the center. Peace-bliss was there 4 hrs later.

Sept 20,'25 Meditation: In dream I was centering on the Self with effort. Woke up at 3:21am. Mind was very quiet, no thoughts, peaceful. Did not need to close eyes to meditate but did it due to habit. No thoughts, no effort, no Bindu, already in Prashanti, 3:42am. I focused on Self knowing entity, held it steady, unmoving. Peace-bliss was deep, more intense than normal. As Swami said 'always new, ever fresh'. Yet this feeling feels different than Prashanti, deeper, calmer. Prakanti? No idea. Stayed in that state for 1hr 2 min.

Sep 30,'25 Yesterday started proofreading this book second time. I was in bliss all day but around 10 am it got intense and extremely pleasant. Stopped and lay down in bed. Fell asleep. Woke up, bliss continued all day. Today morning meditation at 3:30 am. Reached Prashanti, steady peace-bliss, effortlessly thoughtless in 10 mts. About 20 mts into it, centered on the Self, I heard very subtly 'samapth' (finished), then 'khatam' (done). Then heard 'Swami' (Swami said something is all done and finished). Then heard "Prakanti", heard it one more time. I asked Swami 'how do I know the difference between the two'. No reply. As I contemplated, Peace-bliss is deeper, focused, stillness that is firm, felt at the base of mind.

[1] Msg 305, 24-01-2018, Anjaneya's Command Vol 1, Sri Sathya Sai Kuteer

[2] Vasana kshayam, mano layam, tatva jnanam, Vasishta Yoga (Telugu), (destruction of tendencies, dissolution of mind, knowledge/ experience of Atman). All three are necessary for liberation.

[3] Msg 137, 05-12-2016, Anjaneya's Command Vol 1, Sri Sathya Sai Kuteer

[4] interview dated July 9, 2020 See Guru Sadguru God chapter

[5] 'Aham Brahmasmi' (I am Brahman), One of the four Maha Vakyas, appears in Brihadaranyaka Upanishad, Chapter 1, Section 4, Verse 10

[6] Anandamaya Kosha - there are five sheaths enshrouding Atma. They are Annamaya, Pranamaya, Manomaya, Vijnanamaya, Anandamaya (food, vital, mind, intellect, bliss)

16. Guru Seva

In ancient times when Gurus lived in secluded ashrams/ hermitages, *Mumukshu* disciples used to approach them to receive holistic spiritual indoctrination. Disciples used to live with the Guru (for years) in the hermitage and used to do Seva (service) to the Guru/ hermitage. While disciple's did the Seva, Gurus used to assess their state and Gunas (attributes), and customize the teachings/ experiences accordingly. This was the Guru kula system, and Guru Seva is a significant aspect of this indoctrination.

In current times the Gurukula system as well as *Mumukshu* disciples seeking Gurus and doing seva to them for years, is a rarity or non-existent. Yet it is such a wonder to see, how divine is bringing forth the holistic spiritual indoctrination into current modern society, despite its immersion in technology/ worldliness. Shivangini and I are a small example of, how both of us enmeshed into worldliness/ technology (she a chemist, I an engineer, chased the almighty dollar in the west), got awakened and received holistic spiritual indoctrination[1].

First lets go through how divine orchestrated my Guru Seva activities (See Guru Sadguru God chapter, under the heading of 'Sri Sathya Sai Baba and Shivangini').

Apr 3,'98 Swami said to Shivangini "…… Continue to help Gyani, and you are, because if he misses this chance in this life it will be many, many more lives before he gets this kind of chance again. His route to getting to that point is still through money."

Jan 24,'03 …Swami says to Shivangini out of the blue "…. "Kalyani, Do you want to be a millionaire?"… "What am I going to do with millions?" "Do my work" …. "Baba, are you doing it for Gyani?" …. "Baba, will my children get the benefit?" "I already said that they will have enough and don't worry about them." Then He continued saying "Most of the prophets have been paupers. Let the world see a millionaire prophet." (Here prophet means - a mystic, clairvoyant, seer, diviner, …)

Swami clearly stated that money is the route for me. He is giving me the money. It is for doing his work, and Raeshum/ Shobun to have enough. What he wants to portray to the world regarding 'millionaire prophet', only He knows. I am stating the facts as they

occurred, unabashedly. Outcome is in his hands and it is not my concern.

Apr 30,'98 Swami said to Shivangini "… Gyani used to be the pujari there (temple). He had seen lot of people donating lots and lots of money. His desire for money is stemming from that time…". Looks like my miserliness/ stinginess stems from way back. Charity is the cure for this defect, and Swami is saying my route is through charity (money). Here I like to share how Shivangini used to make fun of my miserliness. She used to tell her older brother (who shared it with me after her Samadhi) "even if Gyani has to throw away money, he will count it first".

Apr 11,'98 "…..His (Gyani) role is to understand the issues of mankind, and what are the obstacles in reaching divinity. Capture this understanding. He will have a role to play after liberation in evolving the mankind if he has this understanding."

Again I am sharing everything/ all my experiences, spiritual learnings without any reservation. There is nothing here that is mine, neither the money nor the experiences, or the power to write.

Oct 2,'04 "I have given you the power of speech and to Gyani the power to write…..".

Mar 12,'03 … Swami asked me to write a book titled 'Obstacles to reaching divinity'. I said to her that at this time I do not know what to write because I do not have any content. Swami said to Shivangini "That is going to be a master piece and it will be the last book to be written."

Dec 16-17,'09 As I woke up, I heard the following as uncontrolled thought 'the book in Telugu[6] is not translated correctly. It was done by someone who does not know English. The English book is written very well and I will translate it into Telugu (Inner Experiences[6]).' No idea who said this, and who is going to translate it into Telugu.

Jul 1,'14 …….. Swami said "I like to hear them too". I said "Inner Experiences"[6] and "Making of a Yogini"[1]. Swami said "there is a third book". I looked up not knowing what he meant (because I wrote only two). He said "Making of a Yogi that you need to write". All of us laughed. (See Guru Sadguru God chapter)

Jan 31, '25 while meditating, the thought of writing my experiences as suggested by two of my friends came into mind. At that time my inner voice said "naivedyam" asking me to write it as an offering to God.

What I am writing in this book is already orchestrated. So where is the room for 'me' doing it ! If I come across as if I (this mind and body) did it, then there is no bigger fool than this 'I' of mine.

Lets get on with the Seva part of this *Mumukshu's* sadhana.

Book writing and Translations

In March of 1999 Shivangini's experiences were printed first in English under Swami's directions (Swami gave directions and corrections to our write up through her IV). Telugu translation of Inner Experiences titled 'Antargatha Anubhavalu' translated by A. Raghuveer and N. Lakshmi Narsimha Rao, both from Achampet, got printed in 2001.

'Saadhana, my spiritual journey' booklet was written by Shivangini for Bal Vikas children she was teaching, as a part of graduation ceremony. It is a summary and guide booklet of daily spiritual practice for children. It got published in 2003.

I was told in Nov 05 to write Shivangini's remaining spiritual experiences into a book. On Dec 27,'05 my IV goaded me to think and write. Feb 25,'06 IV says I need to give 100% in writing the book. Aug 23,'07 IV gives me advice to 'sit down and write' instead of going to region 5 annual Sai Retreat. Finally 'Making of a Yogini' got published by the foundation in Dec 2007. Telugu translation of 'Making of a Yogini' titled 'Sai Shivangini' was translated by A. Raghuveer and it got published in Oct 2007 by the foundation[8].

Shivangini's maternal aunt Smt. Krishna Arora translated the 'Inner Experiences' into hindi titled 'Antharik Anubhav' which got published by the foundation[8] in Feb 2009.

On Jun 17,'14 Swami said 'the thought of translating the book was put by me. Book needs to be done and released by Swami's birthday.' (See Guru Sadguru God chapter for how Swami reviewed our forewords etc). Swami brought me back from USA in April '14 and I spent part of summer and entire monsoon in translating the book. English translation of 'Nithya Sathya Bodha' written by Noone Visalakshi (AV[7]) got printed in October, 2014.

Anjaneya Swami (AS[7]) started coming with Swami from Oct 11,'14 (See Guru Sadguru God chapter). Later on, AS came by himself. He dictated spiritual messages to AV from 2015 onwards. After AV took Maha Samadhi in April 2021, RD[7] compiled all the Telugu messages into three volumes under the titles 'Anjaneyuni Anathi' Vol 1, 2, 3. RD published the Telugu volumes in Nov 2021, Nov 2023, and Nov 2024 respectively.

I spent my entire time in Puttaparthi in 2021 translating the messages of Telugu Vol 1 into English titled 'Anjaneya's Command', vol 1, and got it published in Feb 2022.

I did the same in 2022 and got the translation titled 'Anjaneya's Command' Vol 2 published in February 2023 (before Telugu which got published in Nov 2023).

As I was translating the Vol 3 in 2023, I alerted RD that we will end up with four volumes. Then he rearranged Telugu Volumes into 3 volumes. By then English vol 1, 2 that were already published, got out of synch with Telugu Vol 1 and 2. I had to go back and rearrange the English Vol 1 and Vol 2 to match to Telugu volumes and published the Second Prints for both the volumes in Jan 2024.

I continued translating Telugu Vol 3 all through 2024 and published the translation titled 'Anjaneya's Command', Vol 3 in Nov 2024.

See Dec 16-17,'09 experience mentioned above. Interestingly in Apr 2024, using google lens transferred the Telugu book 'Anthargatha Anubhavalu' into a word file and made the corrections to align with the English 'Inner Experiences'. Published soft copy on May 2024.

See Jan 31,'25 Meditation experience written above. IV asked me to write my experiences into a book as an offering to God. Since then I had been working on 'Making of a Yogi' diligently and were able to offer it to Swami on his 100th birthday, Nov 23, 2025. (See Collages)

Shirdi Sai Sculpture

In 1999 convener of Sai Samithi of Achampet, Mahboob Nagar district, AP, India asked if we would be interested to buy a life size Shirdi Sai Sculpture for Sai Mandir yet to be built in Achampet. Swami told Shivangini to do it. We donated the entire amount, bought them the sculpture. After almost a 2 yr delay in delivery, the sculpture reached Achampet, 2 days prior to our arrival there on June 24, 2001. Sculpture was placed on a temporary concrete slab with shelter. On June 25th Shivangini and I got a chance to do the inaugural puja of Shirdi Sai. At the last minute, a Veda Pandit showed up and performed the puja. (In this trip we washed lingams as part of puja, visited Uma Maheswaram, Sri Sailam, Sri Ganesha and Lakshmi Ma temples in Mumbai, and conducted all the spiritual and bal vikas activities in USA. Swami said to Shivangini that our Dev Rin, Pitr Rin were complete).

Bhajan Hall for Ram Mandir, Jagadeva puram, Medak Dist., Telangana

Dec 25,'06 Meditation: I saw mother Sita quickly and then Lord Rama's feet that were bare, blue in color, and wearing a dhoti. A pandit Venkat Ramulu came to see me around 10am (met him first time). He sought financial help in building a Bhajan hall next to their temple (Rama's). I asked him whose Bhajans would they be doing in the hall. He said Sita Ram bhajans!! Hence ended up supporting the entire bhajan hall building construction in Jagadev puram, Medak district, Telangana. By the time the project got completed it went over by another 30%. In my meditation on Mar 17,'08, when a thought came to me about what they incurred, IV said "ఇవ్వ వలెను" (give). Shivangini Foundation[8] gave additional funds also.

Mother Sharadamba's sculpture, Veda pathasala (school)

Dec 2, '05 Raghu Ramulu came to see me with his son and a student who is learning the Vedas at his home. They recited the moolam to me and the two boys sang it just the way they do in Prashanti Nilayam. After hearing how selflessly he is doing Seva, I gave him money to build the upstairs of his home and take in another 4-5 students for teaching the Vedas. About 2 yrs later, Raghu Ramulu was in a jam because mother Sharadamba's sculpture that he ordered arrived, but the donor who was going to support it, backed out. Shivangini Foundation (see Achampet temple below) paid for the sculpture and half of the cost of the temple.

Choultry at Veera Bhadra Swami temple, Bonthapalli, Telangana

My grandfather built a choultry (rest house) at the Veera Bhadra Swami (Lord Shiva) temple in Bonthapalle, Telangana about 35 km from Hyderabad. Due to lack of water and bathroom facilities, the choultry fell into disuse and was almost in ruins. Shivangini foundation took up this project in building a bathroom, water pipelines and restoring the entire building in 2008. Handed the building to endowments which operates the temple facilities.

Shirdi Sai, Sathya Sai Temple, Achampet, Mahboob Nagar Dist. Telangana

Apr 30,'98 Last night Shivangini had a dream. Her friend Pushpa is telling her that her sister Kusum made a beautiful temple and in those times she spent 32 to 36 lakh rupees on that mandir.

Lot of people used to come to that mandir and the name of that mandir was Bal Vaakya. Dream ended.
Swami revealed to Shivangini (see April 30, 98 experience above) ……. She asked about what is Bal Vaakya? Baba said "The name has no significance. Pushpa telling you about Kusum has no significance. This is a way of communicating". She asked "Baba, are we supposed to do something about it?" He said "Not yet." Both of us laughed at the choice of the words which indicates that we are supposed to do something later.

And that later arrived in 2006 (Shivangini took Maha Samadhi in Sept 2005). I met Krishnaiah, convener Sai Samithi, Achampet, in Jan 2006, and asked him as to how their Sai Mandir to house the above Shirdi Sai sculpture is coming. He said they have the land but no progress on construction due to lack of funds. I said he needs to get a plan and an estimate together first. After many months he got the plan and estimate. Initial estimate was ~ Rs. 9 lakhs. I told him to proceed and I will support. Meanwhile I set up a Donor Advised Fund in USA called Shivangini Foundation[8] (long story of how Swami facilitated it). Started sending in the money from USA. By the time Shirdi Sai Sathya Sai temple got finished in 2013, it cost 15 times the initial estimate. Shivangini Foundation funded 90% of it. During this time 2008 financial crisis occurred where 40% of our family assets got lost. Over that period foundation averaged a conversion rate of Rs 38-39 per $. I took Voluntary Retirement in Apr 2009, else I would have got laid off due to economic crisis. Both the kids were struggling with the loss of their mother and trying to build a career. It was one heck of a test to go through, but Swami pulled me through it nicely.

Inauguration of the temple was done in two phases. First phase opening was Shirdi Sai sculpture pratishta (inauguration) in December of 2011 and Prof Anil Kumar was the chief guest. On Oct 20, 2013 Sathya Sai Sculpture pratishta was done, and Prof Anil Kumar came again as the chief guest.

Water Projects, Hanuman ji's shrine

In Achampet, Foundation did two other projects. Funded a building for free water distribution to the travelers in the town bus stand (terminal). Other was building an enclosing shrine for Hanuman ji sculpture in town.

Foundation provided support to water reservoir project in Shahpura district, Thane, Maharashtra in 2010.

It also provided funding to establish a scholarship for deserving students in Padma Vidyalaya school, Gwalior, MP, India. This is where Shivangini got her schooling.

Following Guru's advice and guidance

Swami mentioned in Inner Voice chapter, one of the important aspects of hearing IV is following it. Same thing is applicable in Guru Seva - following and doing what Guru says. Over the years Swami guided me in two major areas - financial stability for Raeshum and Shobun, and my returning back to India.

Children Finances

Like any parent, I was worried about children financial security. On June 24,'03 When Shivangini asked Swami "Baba, will my children get the benefit?" "I already said that they will have enough and don't worry about them." On May 16,'98 Shivangini [2]touched the feet of Ganeshji and Lakshmiji in the engraved coin we had, and she closed her eyes while touching it to her eyes. At that time she saw Lakshmi ji get much bigger than as seen on the coin, and it was in the outline form in white light. Then she heard the voice "I told you that Raeshum and Shobun and their 20 generations are blessed with Lakshmi. So are you in this life [2] ".

Despite these assurances both the kids were struggling financially around 2015 or so. At the time of Shivangini's Maha Samadhi, I created a Non-Marital trust and put half of what we owned jointly, into the Trust with kids as beneficiaries, 50% each. It was small and generated about $1000 per month for each kid. Raeshum was struggling more because of her bi-polarity.

Feb 2,'16 Swami asked about kids[3]. I indicated Shobun wants the money given to them instead of putting in a Trust. Swami said 'they will not be able to take care of it, they will lose it'[3] . After I returned to US in March, I started reading up on all kinds of Trusts to see which offers best protection. Finally I zeroed in on Irrevocable Trust where I had to completely relinquish the assets to them, and can't even touch them even if I am in emergency. I got a new Will made and established an irrevocable trust with Shobun as the primary trustee, myself secondary trustee, kids as equal beneficiaries. Both of them will receive dividends & capital gains each year, but cannot withdraw principal till they turn 60. This process took about 2 years to establish. In 2019 I had this strong urge that I need to give away majority of the assets to the kids for two reasons - I am in much higher tax bracket than the kids, ending

up paying more tax than if kids owned the assets, and they needed the money more than I did; secondly, I wanted to reduce the headache of dealing with money. So I divided the entire assets, including my and Shivangini 401k's, into three portions, put 2 portions in the irrevocable trust in Oct of 2019. Each kid started getting ~$3000 plus checks each month directly from the Trust. As soon as COVID hit USA in 2020, both the kids lost their jobs. I am so indebted to God for giving me sad-budhhi (good intellect) and driving me to take this action just-in-time!

Since that time, assets in the Trust grew by 40%, while generating a current income of $80-100K a year for each kid that is exempt from Social Security deductions. This income and assets will continue to grow into the future even after they retire. Now what Lakshmi ma and Swami said is clearly visible. Back in 2014 Swami said 'Gyani has great debt to pay off to Raeshum and Shobun'[5].

Biggest benefit of all this is, my mental agony and burden about their security is gone !

My return back to India

In an interview with Swami [4] "…. I said then for sure I will have to vacate and settle down in Parthi." Then Swami said "that is what I want"[4]. Sometime around 2015 Swami asked me to come back to India. I said it is hard, too many things needed unwinding. Swami said "there is no one there to take care of you". I did not say anything. Around 2016 I made a checklist of almost 20+ items that need to be addressed before I could move back to India. Major one's being kids financial security, and upgrading/ selling the home. Then I forgot about it. Without realizing, one after another things started falling in place. Last thing was selling the home we lived in since 1990. That got sold in 2022. Except for car, no immovable property is on my name. On 18/1/'24 in meditation heard "వచ్చేసేయి" ('come back'). I said 'whenever you want me to, Swami'. In June 10,'24 came to India on one-way ticket. On that day in Meditation: I heard "back to India". Little later heard "Welcome back to India". Current plan is to visit USA when it is summer in Puttaparthi (Mar - May). My Kuteer in our ashram is a 170 sq ft room with attached bathroom. When I am in USA, I rent similar size space in USA for three months.

Sri Sathya Sai Kuteer

Refer to Jan 2017 experience/ interview in 'Guru Sadguru God' that describes how Swami got us started with Sathya Sai Kuteer. Swami took 5 of us to Sri Sailam, told us about Kuteers,

purpose, what sadhana to do etc. In that conversation Swami said to me 'to look after the financing' of the project. We performed Kuteer opening ceremony on Dec 24,'17. It was functional enough to move into it but rest of construction continued. Initial estimate was ~50 lakhs. It finished at twice the estimate. AV and RD invested 10%, rest of the folks 5%, Swami got me to take care of the rest. This is where we (I, my mother, RD) live now. When Swami pulled us out of the Anugraha Gruham and placed us in Kuteer, one of the things he said in Sri Sailam was "this is your ఆఖరి మజిలీ of life" (last stage or final destination of life). During the time AV lived here, she took Maha Samadhi in Apr '21. My mother (96) passed away peacefully, painless in 15 mins in the kuteer in Jan '26. RD's mother, father, grandmother moved adjacent and are connected to the Kuteers.

Sri Anjaneya Swami (AS) Kshetram

Sri Anjaneya took the sankalp to have Anjaneya Swami Kshetram built on the two plots of land owned by RD and Nagarjuna (KR). He specified how tall it needs to be, gave us a choice of 3 heights and asked us to chose what fits. We ended up with 33 feet tall sculpture on a 7 foot pedestal. Cost of the project including land ended up costing ~ 1 crore. Approx. 40% of investment by Nagarjuna (KR), 30% by RD, 30% Swami got me to provide. He said back in June 4,'14 'jewelry she (Shivangini) wore is sanctified because she and her body, although transient, became holy when she evolved spiritually. And must be used for a divine purpose as a great charity (గొప్ప దానం) and Swami would guide you in that at the right time'. I sold one of her heavy traditional necklace made out of gold, precious stones, real pearls (గొట్టం పూసలు). All that money was put towards this project.

Support to Ashrams with evolved Saints/ Sadhus

Back in July '24 this thought entered my mind to give financial contributions to Ashrams which house mostly evolved Saints/ Sadhus, as a Seva to them for Amma V's anniversary in '24. In my meditation my IV said "support them". In 2024, First ashram we visited was Hare Rama Hare Krishna Japa Yajna ashram, Karamchedu, AP, headed by Pranavananda Swami. Next visited Anandashram, Kanhangad, Kerala, followed by Ramanasram, Tiruvannamalai, Tamil Nadu; then Ramana Kendram, Hyderabad; 'Ear to Hear' Meenakshi Venkatraman foundation, Hyderabad; Sri Sharada Peetham, Sringeri, Karnataka in Feb 2025. Swami got me to

give Rs 1 lakh to each of them. In 2026 gave 1 lakh each to Matru Devobhava Trust in Hyderabad, and Ramana Kendram.

Seva activities in USA

In May 2025, Swami got me to send $8000 to SMVA trust (Amma Karunamayi) towards building the upcoming ashram in Houston, Tx, USA and $6000 in '26; $5000 to Sewa International, Houston in 2021, $5000 in '26 for helping families in distress.

Sai Aashraya Super Specialty Hospital

Sai Prasad, Sarika, and Nagarjuna (KR) visited and stayed with me in Houston, Tx July 8-12, 2022. I had a great good fortune to hear the story of how this project got started by Sai Prasad. I heard all the extraordinary events that took place as the project evolved from serving the poor and needy around Bengaluru, to building a super specialties hospital with no billing department in Kolar District, Karnataka (in the final stages of construction). I got convinced enough to support them every year since I started taking RMDs from my, and Shivangini's IRA's in 2021. As QCDs from the IRA's, sent to Sai Aashraya $15,000 in 2021; $50,736.26 in 2022; $137,160 in 2023; $100,000 in 2024, $100,010 in 2025, $100,000 in 2026.

[1] Making of a Yogini (Shivangini's spiritual journey), Sri Sathya Sai Kuteer
Making of a Yogi (Gyani's spiritual journey), Sri Sathya Sai Kuteer

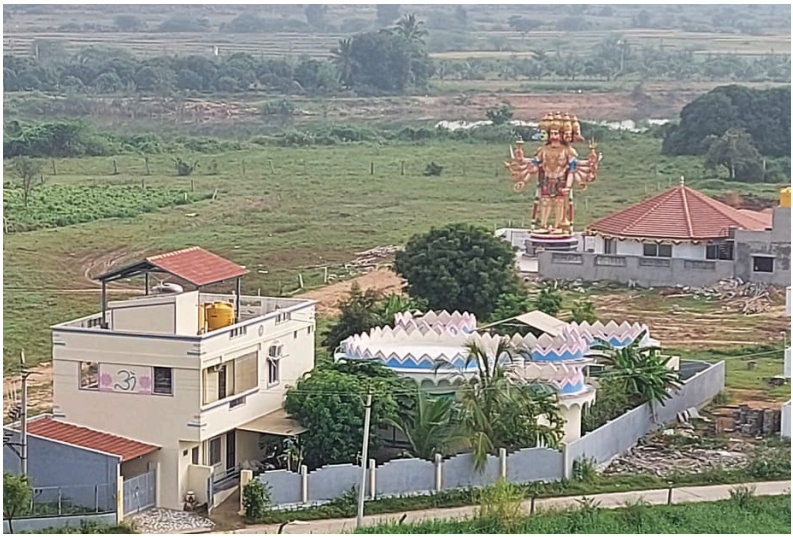
[2] Making of a Yogini, Experience of May 16,'98, Sri Sathya Sai Kuteer

[3] point #9, Feb 2,'16 ; [4] point #3, Mar 28,'14; [5] Revelations of Gyani's past lives; Guru Sadguru God Chapter

[6] Inner Experiences, Gyani and Dolly Baile, Sri Sathya Sai Publications Trust

[7] RD - Ravi Daggupati; AV - Amma Visalakshi, AS - Anjaneya Swami

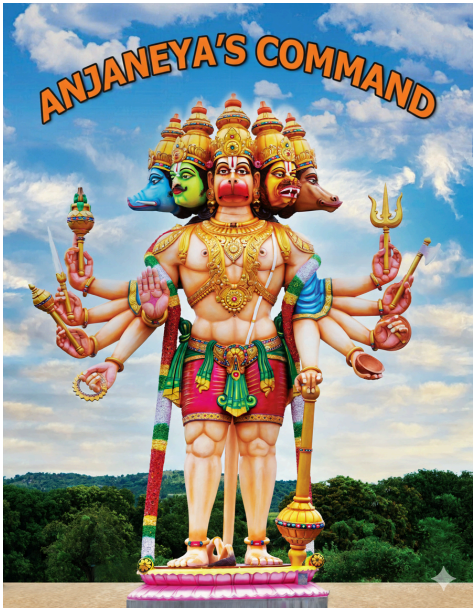
[8] Shivangini Foundation, a nonprofit 501(c)(3), 509(a)(1) under the National Heritage Foundation, accepted on March 1, 2006.

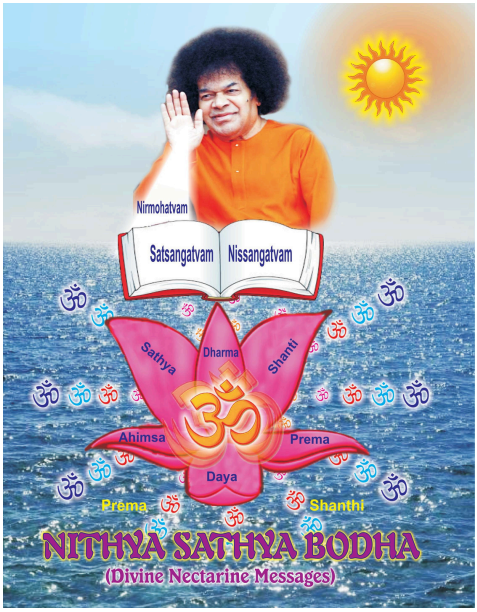


Sri Sathya Sai Kuteer

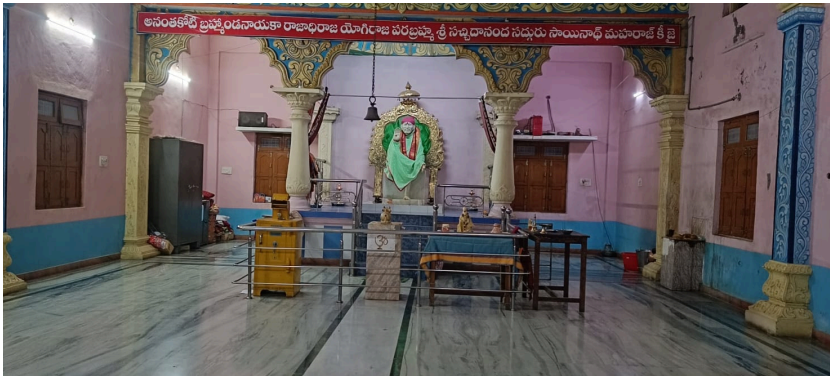
Pancha Mukhi Anjaneya Kshetram

Amma Visalakshi





Books authored/translated by Gyani Baile



Shirdi Sai Sathya Sai Temple, Achampet

Shivangini Sculpture in Sathya Sai Shirdi Sai Temple, Achampet

This is to certify that on Monday, March 06, 2006

Shivangini Foundation

Founded by:

Gyani Baile,

has been accepted as a part of the National Heritage Foundation. As a Foundation at NHF, Shivangini Foundation is a nonprofit 501(c)(3), 509(a)(1) under the National Heritage Foundation, and shares its federal tax status (Tax Identification Number 58-2085326).

Our motto, "For every hurt there is a helper," is certainly embodied by Shivangini Foundation. We applaud your charitable scope of work, namely: To provide support for charitable, educational, and humanitarian activities that may be approved periodically for administering through Sri Sathya Sai trusts in India, the United States and other countries. Also to assist organizations or individuals engaged in the above activities after verification. This is certainly an example of what foundations at National Heritage Foundation are trying to do: restore, maintain and extend our national heritage of people helping others.

Signed,

John T. Houk, III, President
National Heritage Foundation

NATIONAL Heritage FOUNDATION

Bhajan Hall, Lord Rama Temple, Jagadev Puram

Veerabhadra Swamy Temple Guest House

Free Drinking Water at Achampet, Bus Station

Sri Anjaneya Swamy Temple,
Achampet

Sharadamba Temple,
Veda Pathashala,
Komuravelli

Swami cooked lunch on Oct 28, 2015

Shobun, Gyani, Shivangini and Reshum

17. Grand Puppet Show

[1]'Atma only has light, awareness as its nature. It is not possible to know Atma, because, anything that wants to know Atma, needs the assistance of Atma. That is why, Atma needs to come into experience only. This Atma can be experienced in 3 stages - 1) Mixed up (కలుషితంగా - thoughts, desires,…) 2) Savikalpa - state of suppressed samskars (seeds), buddhi is still, and focused. 3) Nirvikalpa - seedless samadhi - mind and buddhi are extinct'.[1] [2]'Lighting up/ awareness is the nature of Atma, because of it world and its contents get known'[2].

Mandukya Upanishad verse 7 describes Atma by enumerating what it is not 'Neti, Neti' - not the consciousness of awake, dream, and deep sleep; neither knowing, nor unknowing; invisible, inexpressible, intangible (not an object to organs of action), devoid of characteristics (cannot be inferred), inconceivable, indefinable (cannot express with language). Then it says 'ek atma pratyaya saram' (sole essence being the consciousness of its own Self), which means self-knowing and self-shining. As AS said above, light and awareness is the nature of Atma. This is the one I clutched on to in my spiritual journey. Examining the above first stage of experiencing Atma, which is our daily experience, if one were to ask 'Are you here? Can you see or hear?', the answer will be 'yes'. Did anyone of us had to use a flash light or any other aid/ instrument, 'to know we are here, and we can see or hear'. No, because it is self-evident. This knowing / awareness capability belongs only to Atma in the entire creation. And we operate with it constantly.

The picture in Brahm-anubhuti chapter portrays the experience I had on Sep 6,'11. My 'I' (Self) leaped out of the body and joined an endless consciousness of 'I' (like a huge single cloud). All the bodies including my own, were below (like on the ground below) and none of them had an 'I' in them. All of their 'I' was also in the endless mass of 'I', where I was. I distinctly remember looking in the direction of the endless mass of 'I'. It strangely felt that the 'I' of all the bodies down below is up there, entire mass was throbbing 'I', yet it was not a grouping of individual 'I's, but only endless single 'I'. While I was up there, I could not recognize my body. Because of the flipping motion down below that I had seen in the dream night before, I assumed it must be my body. Interestingly all of them were

moving like they did in the dream, despite without an 'I' down there. When I came back to my body, I guessed this whole episode must have taken about 20 seconds or so.

May 2,'12 Meditation: I heard "it is Nirvikalpa Samadhi" to the 20 second experience I had on Sept. 6,'11 when my mind stopped and I was one with the Cosmic 'I'. In 2015 during an interview with Swami, this experience topic arose. I said it was about 20 seconds, then Swami said "to be exact, that experience lasted 3 min 42 sec".

What I experienced in 2011 was the third stage of experiencing Atma, Nirvikalpa way, where mind, body, intellect were extinct. So, ordinary human journey proceeds with experiencing Atma mixed up with thoughts/ desires/ vasanas etc (కలుషితంగా). Once they become a sadhak, by doing considerable sadhana, they will experience Atma Savikalpa way, mind gets quiescent, buddhi gets still and focused, one will experience Savikalpa Ananda. Then the sadhak has the divine experience where Atma is experienced Nirvikalpa-way. But this is not the end. I had this experience in 2011, yet sadhana continued, made me eligible to receive grace of Guru Sadguru and God to continue the journey.

Let us examine our human life journey as stated by Sri Anjaneya. [3]'All your actions are dependent on your mind. All thoughts depend on the vasanas hidden and un-manifest in your heart. These vasanas were all earned by you with great relish (ప్రీతి). Journey of the body has to proceed on this karma bhoomi (land of action) in accordance to these vasanas. Hence the prarabda karma that you have to experience is already pre-determined. Whether you like or dislike, journey of your body follows prarabda. All actions, instances related to the body are gathered, provided by your prarabda. Outside of the prarabda, human cannot do anything for their body…… Body itself is prarabda ! Whatever purpose this body arrived for, that work takes place on its own. Work is done by your body, and not by you. That is why, whatever needs to happen according to prarabda karma will happen, no matter how much you try to prevent. What is not meant to happen will not, no matter how much you try. Based on this, recognize that some divine power (shakti) is making us dance. Because of that force, you are getting affected and you need to let go of the belief that 'I am doing'. There is only one power (shakti), thinking that you are separate from it leads to complications (చిక్కులు). Stay without bondage by putting the burden on Iswara, and on its own whatever needs to happen will

happen. Human body came on earth for the sake of performing karmas. There is the notion that by performing actions, one can get desired results. The one who performs karma in this world is you, yet the results or consequences of those karmas is decided by Iswara, karma phala pradata, residing in your heart.'[3] [4]'Mind, buddhi, chittam, ahmakar (mind, intellect, subconscious, ego) combined together are called Antah Karana (inner instrument) or sukshma shareer (subtle body). They take the form of Jiva and play a key role in keeping life functioning….. Subtle body is a transmutation of Prana shakti. Prana shakti is a transmutation of pure consciousness. So, everything is a reflection of God, there is no doubt!'[4]. [5] 'Thought is a transmutation of Prana energy. It is created from mind. Indriyas (senses) send information to that mind, while Jiva consciousness makes those senses function.'[5] [6]'Atma residing in the human body has two branches. One is 'prana' (life energy), the other is 'aham' ('I'). 'Prana' as kriya shakti (power of action), 'aham' as grahana shakti (knowing power) perform different functions, yet for both the root source power is only one. That is 'Atma'….. 'Aham' shakti stays in the heart, and becomes the basis for all the resolutions (sankalpas), thoughts, feelings (భావాలూ). 'Prana' shakti sustains the human body. 'Aham' shakti makes the human body operate. Entire creation is filled with five elements (pancha bhutas)….. One forms from the other. Likewise they dissolve, one into the other. Therefore, there has to be some divine power behind for these changes to occur. That divine power is called 'Prana Shakti'. Five elements have 'Prana Shakti'.'[6] [7]'Pure consciousness is pure, tranquil, and still. When it densifies (ఘనీభవం) Prana Shakti emerges. Transmutation of that Prana Shakti is atoms and sub atomic particles. Substances are formed from the mixing of the atoms and sub atomic particles. Therefore, in creation nothing stays still, keeps transmuting in accordance with creation, sustenance, and dissolution. Root cause for that is Prana Shakti. First a sankalpa (resolve, resolution) gets formed. To fulfill the sankalpa, substance is verily needed. Objects are formed out of substance. Through those objects sankalpas get fulfilled. Once sankalp is fulfilled there is no further need of the substance, hence that substance merges/ dissolves into creation…… Visible gross universe is pure consciousness…. Entire visible physical world emanated from God, and merges back into him!'[7] [8]'If one examines in line with scriptures, God is not a person, not a shakti (power or energy), not an object, not at all a substance. That is only a state. Shoonya stithi (state of void), Bhavateetha stithi

(beyond feeling/ notion), thoughtless state, egoless state, state of Atma, state of Parabrahma ! Therefore the right words are Atma Vicharana (enquiry), Atma Anubhuti (direct experience) instead of Atma Sakshatkar, Atma Darshan, Atma Anveshan. One must attain completeness (pari-poornathwam). For that, samskars (vasanas) stored from lives after lives need to be entirely uprooted, from the roots.'[8].

Brahm-anubhuti experience in 2011 told me that it is all a grand puppet show. Puppeteer is pure consciousness (Atma). There is no second consciousness (knowing power) in entire creation. All the people in my vision were performing their activities based on their nature (swabhava) and circumstance. Though in my experience, I saw cosmic 'I' up in sky while people were down below, it was a figurative way of indicating 'no contact' (asangoham) between pure consciousness and the worldly objects, activities. Mandukya Upanishad gives the analogy of space and objects to indicate 'no contact'. Objects exist in space and operate, undergo change but space stays immovable and unaffected by changes/ movements of objects. Similarly, it gives the analogy of Sun radiating light to earth making it functional, likewise Atma radiates the knowing and acting capacity (chidabhasa) to buddhi giving rise to ego, then buddhi to mind, mind to senses, giving the apparent feeling that these (antah karana) have knowing capacity of their own. That is the movement of puppets down below despite no real 'I'.

Bhagavad Gita, Ch 18, verse 61 'O Arjuna! The Lord dwells in the hearts of all beings, causing all beings revolve like puppets by His illusive power (Maya)'. Here the illusive power is the notion of 'I am this body and mind'. As long as this notion of mind/ buddhi is there, Atma remains unknown. When Atma is known, Maya/ ego becomes unknown, like when light comes, darkness becomes unknown. In Nirvikalpa way, mind and intellect become extinct, when Atma is experienced.

How are we to conduct ourselves in the world in awake state with above understanding?

[9]'As Kshetrajna (resident of Kshetra (body)) you have no relationship with the gross, subtle, and causal bodies, or their pursuits/ activities. You are only a 'seeing' witness. They are doing their activities/ work because of your light, that's all…. Only a witness. You are self illuminating, eternal truth, Atma. The witness that you are, stay as witness. Do not get entangled in activities/

transactions of dream and awake state. If you engage, you get entangled in happiness-grief, gain-loss, win-failure, accolades-insults, disturbances, agitations, unrest. Therefore be alone as witness, disinterested… You have no relationship at all with the activities of Kshetra (body) and resulting experiences. …If you identify with them and join them? You will feel those experiences are yours and will laugh and cry. Instead, by letting go your relationship with them, remained and did not keep the illusory relationship, then? You will be in comfort and happy. To stay happily like that you must know the history and impermanence of this Kshetra (body). Like this, by knowing that the gross, subtle, causal bodies, as all three are Kshetra only, one can let go of the unreal identification with them. Can let go of Abhiman (identification as 'I', 'me', 'mine') in them' [9].

Swami stated over the years many things to me, and about me to Shivangini, AV, RD, Vaishali, Janaki etc. which are in foreword, my spiritual experiences journal, Guru Sadguru God, etc. Another thing I realized as I am writing this book now is, lot of things that Swami said to Shivangini from 1997 to 2005 apply to both of us, and not just to her.

Briefly let us go over what Swami said: what my (Gyani's) role will be in the future ('98); going to take a looong time and lot of sadhana to get liberated ('98) ; Gyani would be a teacher ('98); Gyani will have a role to play after liberation in evolving the mankind if he has this understanding ('98) ; 'most of the prophets have been paupers. Let the world see a millionaire prophet ('03)' ; 'given you the power of speech and to Gyani the power to write' ('04); 'His (Gyani) mission begins now in Karma Yoga' ('14); about settling down in Parthi, Swami said 'that is what I want' ('14) ; 'you have to become *apara Gyani*! I have already heralded the auspicious *sankalpa* (Will) that you will deliver this substance to many *Jivas* (beings) (Apr '14) ; 'I got hold of him (Gyani) and dumped him here (from US)' ('14) ; 'I have given you what you desired in that life, that is to become a Yogi' ('14) ; 'You will stray one more time and I will save you from that. If you stray again, you will get 'మెట్టకాయ'" (wrapping on the head)' ('15); AV said 'Yes, first you attain it, then RD will attain it. Then I will leave.' ; Swami said 'all three of you will be in me, which is presence. There is death only of the body but not you.' (Feb '16) ; AS said "all arrangements are already made for your stay" (in Texas) (Aug'20). In Mar '08 Srikanth Sola said you will get self-realization. Jun 30, '10 Karunamayi Amma says you will have self-

realization. (Swami said 'Shivangini will take 2 births. First one in Uttaranchal for 16 yrs and the second one in western countries where she will be born for a life of 48 years.' (See Guru Sadguru God - Jun 14,'14))

Based on all these statements, future and past of this body/ mind of mine were pre-determined. Swami is not only revealing but 'willing' it (sankalpa), like the Supreme Controller, master puppeteer. Rest of the evolved souls are reading off of the script willed by Swami. This is just my case. Interestingly Brahm-anubhuti experience showed it to be much broader, except for the cosmic 'I', everything else is a Grand Puppet Show. Cosmic 'I' is the puppeteer. This experience points out clearly that there is only one 'I', cosmic 'I', in all of us, and we are that. What is happening down below is nothing but a Grand Puppet Show, the power of 'Maya'.

Let us hear what Sri Anjaneya said about this [10]'Your growth-decline, anxieties-struggles, these sufferings - teachings are all Maya only ! For this you already have your doctrine of Karma…. That nothing is in your hands gives rise to so much despair, but it is all a drama. Yet, there is great freedom in it that birth and death are false/ illusion. One is for Ajnanis (deluded) - second one for Vijnanis (wise)…… In this drama you are merely playing a role. You could be a beggar or a millionaire. You could be beautiful, handsome or ugly. You could be an owner or a slave. Could be a king of kings or daily wage labor. Whatever it is, all of it a world drama. Everything is transitory only (మూడు నాళ్ళ ముచ్చట). Why those tears? Why all that expostulation? Why weariness? Why hopelessness? Is it because you didn't get hero's role? In reality you are the Jaganatha (master of universe). You are the director of this drama. That is your real swarupa (nature, form). You are God in disguise. Any day in any way if I made a mistake, committed a sin, that is only when I called you all as 'humans'. You are not children of goats. You are ferocious lions buried in Maya. Shake off your illusion. Drive out your despair. Recognize your real nature. Courageously tell yourself that "you are eternal Atma, you are equally nectarine, lord of entirety, you are complete, be aware" [10].

Choice is ours, either be a puppet, or the puppeteer (Atma)! And there is no other option !!

In song of the Sanyasin, Swami Vivekananda says:
'good good; bad bad; and none can escape the law;

But whosoever wears the form, must wear the chain'

Wearing the form is being a puppet, and the chain is doctrine of Karma. Living and abiding by the doctrine of Karma is being a puppet.

To be puppeteer (Atman), one must get to the state of 'witness'. To get to state of 'witness', one must attain mind silence, stillness. Yoga Vasishta says 'mind is the cause of creation, bondage, and liberation'.

So how to make this restless mind still? Sri Anjaneya says [11]'Mind wanders in two ways. One proceeds facing outward while the second, proceeds facing inward. Reason for mind to turn outward is due to the forceful up-swelling of the hidden sankalpas. When you are in deep sleep without any effort, your mind turns towards its source and stays. That is, outward journey of mind hinders its inward travel. Hence an aspirant needs to turn the mind inward by constant spiritual effort.'[11] [12]'There are two ways to make restless mind still. One is Vichara (enquiry, contemplation) and the other is Samarpan (surrender). Vichara is to search for the birthplace of the mind (this is done thru contemplation, Who am I enquiry). It will merge right into that source. Samarpan is to whole heartedly dedicate oneself, then it will submissively surrenders forever. Samarpan is not that easy. Our ego will not, it surrenders only when it recognizes a higher and greater power than itself. For both enquiry and samarpan, mind control is necessary.'[12] [13]'In all times and all circumstances, God's will prevails is the Truth. Individuals cannot do anything according to their will and wish. Staying silent recognizing God's will and when you firmly believe God is, God takes care of everything for you, to protect you is his responsibility, only then sharanagati is possible. If one does not have that firm steady faith, then leaving God alone, one needs to make effort to find out who they are. In this path there is no room for faith and belief. Directly searching the root source (moolam) of illusory self (ego, mithya 'I') and merging it in the Atma is the way. With pari poorna Jnana (total complete knowledge of Atma) one surrenders (sharanagati), only then it will be successful. That Jnana arises only from enquiry (vicharana). This vicharana ends with sharanagati. Ahamkar (ego) dissolving into its root source of Atma is the real sharanagati !'[13]

So to make the mind still, it needs to be turned inward, then either by 'who am I enquiry' or 'samarpan' (refuge) to God, merge the illusory 'I'/ ego in Atma. This can occur only by surrendering the

ego with complete knowledge of Atma.

Source of your speech is you motivation for your perseverance is you
you are creator of your character you are the guarantee of your work
prop for your ups-downs is you you are the secret of your Jnana
you are the ideal for your humility you are the direction for your trajectory
you are the guarantee to your decisions you are sadhana for your destiny
you are root cause for your fame
Hence, you are homage for my bliss you are indicator for my recognition
I am the doer for this beautiful life of yours
I gave everything you needed why you don't think about me?
what will you give me?
give me what is not yours floating ever in kingdom of bliss
reach Anjaneya ever be happy forever
my sweet little children ! [10]

[1] Msg 122, 15–05–2019 ; [8] 11–10–2018 Q&A, Q2 ; [2] 27–09–2018 Msg ;
[9] 11–10–2018 Q&A, Q2 ; [10] Msg 47, 15–09–2018.
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[3] Msg 15, 24–08–2015 ; [4] Msg 371, 06-03-2018 ; [5] Msg 374, 07-03-2018 ;
[6] Msg 27, 19-10-2015 ; [7] Msg 130, 16-10-2016 ; [8] Msg 131, 16-10-2016 ;
[11] Msg 164, 14-12-2016 ; [12] Msg 162, 14-12-2016 ; [13] Msg 3, 25–07–2015
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కావలసినది ఏదీ లేదు, నాది అనునది ఏమీ లేదు, 'నేను' అనునది మిగిలి లేదు.

Nothing that is a want, nothing that is mine, no more 'I' left.

పులి నోట బడ్డ ప్రాణి, సద్గురువు చేత బడ్డ జీవి, తప్పించుకోలేడు

Living being that falls prey in tigers mouth or a Jiva that falls in the hands of Sadguru, there is no escape

Gyani Baile

Bhagwan Sri Sathya Sai Baba

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